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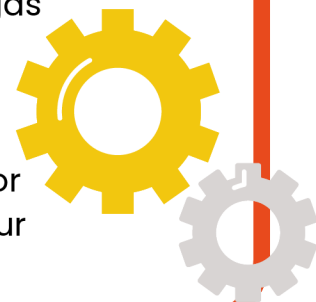
The Menopause Friends Network

Menopause Friends is a group which brings people together to drink tea, eat biscuits, have a laugh, and learn something new. So, if you want to learn more about menopause and meet like minded people, why not pop along for a FREE cuppa and to connect with others, and access professional support from guest speakers. These meetings take place on one Saturday each month, chat to your Champion to find out more.




Understanding the Priority Services Register (PSR)

The Priority Services Register (PSR) is a free to join register that helps gas and electricity companies look after customers with additional communication, access or safety needs. It ensures that services are tailored to support households who need extra help with everyday energy matters like bills, and in the unlikely event of a power cut, gas or water supply interruption, providing you with extra reassurance for your personal and home security.



Over the Counter Medication

Some medicines and vitamins are no longer routinely prescribed by your GP. These are items which can be bought quickly and easily without needing a prescription, and includes things like paracetamol. You don't need to spend lots of money on the expensive brands, as a pharmacy or supermarket's own-brand medicines are just as effective and can cost a fraction of the price. They also usually have the same ingredients. It's really easy to stock up your medicine cabinet, which will help you stay well or get better sooner, for less than £10.



We have lots more information available. If you're looking for local health information or support, chat with your local champion.

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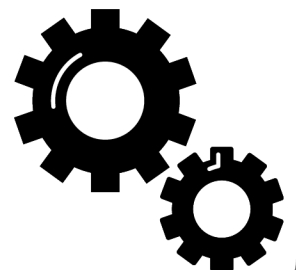
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