



Salisbury Racecourse

Non-Raceday Event

Talk and Walk
Coffee Morning

Tuesday 28th June
Salisbury Racecourse
10am – 12pm (1pm for those who would like
to walk the racecourse afterwards)

Helping to break the stigma around menopause so that women
can get the information they need and support they deserve.

This is a FREE event with refreshments provided.

‘One of the big challenges has always been that talking about the menopause has been seen as a big taboo. No more. Groups like the Menopause Talk & Walk at Salisbury Racecourse are tackling that head on, giving women a safe space to chat, ask questions and at the same time get out in the fresh air. We all know the importance of exercise, but that it can sometimes be difficult to motivate yourself on your own. The company and support of others who are going through similar experiences is invaluable. It has been great to see this initiative go from strength to strength, and I know what a help it has been to individuals’

The Rt Hon Caroline Nokes MP

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Objectives



Menopause and perimenopause affects more than 75% of women, with over 25% experiencing severe symptoms. The support offered to these women is limited, primarily due to the fact that doctors are only given two hours to cover the topic whilst studying, furthermore it is an elective module. We recognised that many of our staff, both office and race day, fell into this statistic.

On non race days, the Owners and Trainers bar has fast become the 'go to' space for all of us needing a friendly ear and the opportunity to hide away from the world for a short space of time for whatever reason. Often we'd talk with a colleague and then go for a walk around the course to continue the conversation and clear our heads. It's never lost on us just how fortunate we are to be able to do this at work. We wondered whether we could offer this respite to the wider community and address the lack of resources available to menopausal women at the same time?

Our main objective was to share our unique space to a new audience on non-race days. To provide a small intimate workshop for our staff and the wider community, creating a safe and informative group for like minded ladies navigating the challenges of the menopause.

To offer support, advice and encouragement at a difficult transitional period of a woman's life, tackling the taboos head-on and discussing how peri-menopause and menopause can be debilitating at work and at home.

To provide expert advice and guidance from womens' health experts in one place and to follow this with an invigorating walk around the course to continue the conversation and enjoy the mental and physical health benefits that walking offers.

To host regular small events going forward, depending on the success of the first.

We identified a date in the calendar where we could commit to giving a full morning to our first event and held a meeting with the team to discuss logistics and communications.

To enhance the the experience, we felt we should invite a keynote speaker followed by two experts in their individual fields.

We began by e-mailing The Rt Hon Caroline Nokes MP for Romsey and Southampton North, to invite her to speak to the group about the Menopause (Support and Services) Bill she was working on in parliament at the time. Fortunately, she accepted and so we structured the morning around her talk. In addition to this we secured a nutritional therapist and a 'yoga for womens' health and wellbeing' instructor.

The event was shared on many local platforms including 'Salisbury Mum's Chat' which hit the mark demographically and we informed doctors' surgeries and asked them to re-share and display posters in waiting rooms. We publicised the event on our Salisbury Racecourse social platforms and distributed leaflets to staff we knew didn't have access to social media.

We opened the doors to our Owners and Trainers bar which was fully stocked with tea, coffee and biscuits for the occasion and at 10am we welcomed our first group of ladies to our 'Talk & Walk' group.

The structure for the morning was at first to introduce ourselves, share stories and experiences, then to listen to the speakers, followed by a walk around the racecourse to continue the conversation.

Results



17 nervous women turned up that day. Some were professionals, some were stay at home Mums, and a few were retired but all of them were looking for support they couldn't find elsewhere. They shared their own experiences, offered advice and broke down barriers discussing very personal stories.

The nutritional therapist spoke about foods and vitamins that could improve bone health and breathing exercises to help with anxiety were offered, along with coping mechanisms for dealing with symptoms at work.

The Rt Hon Caroline Nokes MP discussed the menopause in the workplace bill and her personal menopause journey (along with some very interesting anecdotes from parliament).

Coffee and cake were consumed and there was lots of laughter. There were also tears and an overwhelming feeling that our meeting couldn't be a one off. We have now run 7 'Talk & Walk' events over the year, focusing on different subjects every time including a 'Make-Up for Ladies' Evening' (some of the group had decided they were coming to Ladies' evening this year).

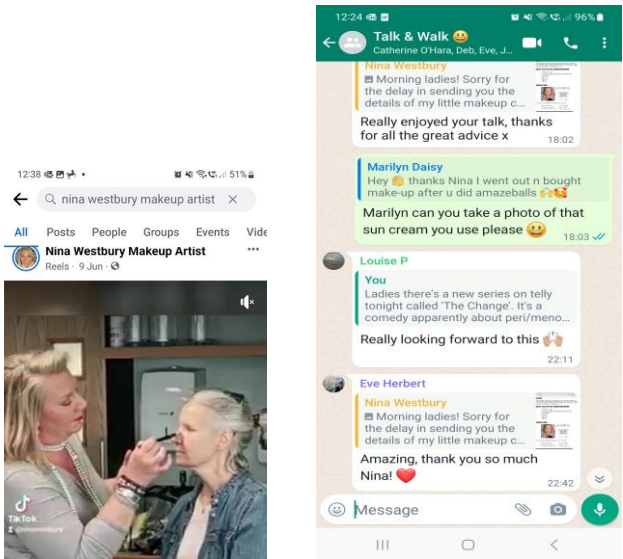
On average around 15 women attend each time, some have attended all meetings and we've run them on different days in the week to try and make it more accessible for working women. 'The Talk & Walk' WhatsApp group is where we keep in touch, share ideas and offer support and resources.

We have contributed to an article in Racing Home and taken part in a podcast through Simply Racing.

Talk & Walk now runs regularly and we are currently working on our first full day event on 28th October celebrating the end of Menopause Awareness Month. Whilst there is no financial return on investment, watching women invest in themselves has been very rewarding. Promoting Salisbury Racecourse in this positive way has certainly proven valuable and we are exploring other similar initiatives as a result.

'This is the first time I've spoken about my symptoms and anxiety. Thank- you for a really informative morning'

Eve-Salisbury



Makeup, menopause and getting ready for Ladies' Evening



Caroline Nokes MP attended our third meeting to discuss the parliamentary bill for menopause



Salisbury's biggest medical practice shared our event



Enjoying our lovely tranquil course