

Menopause Policy

The Institute
of Contemporary
Music Performance

Version number	Date approved (including committee)	Reason for production/revision	Author	Proposed next review date
V1	10/05/22 ExCo	Every 3 years	HoHR	April 2025 and as required
Related policies				
• Sickness Absence Policy • Single Equality policy • Health & Safety policy				
External Reference				
N/A				

1. Introduction

ICMP is committed to ensuring the health, safety and Well-being of its employees and ensuring everyone is treated with dignity and respect.

The menopause is a natural process and for many can be positively managed through lifestyle adjustments. However, ICMP recognises that for some the menopause is not always an easy transition. Some employees may need additional considerations to support and improve their experience at work. Therefore there is a need for clear guidance in this area.

ICMP is committed to supporting employees who are affected in any way by the menopause and to support and inform managers so that employees reporting issues are treated fairly and given appropriate support. This Policy is inclusive of all gender identities including trans and non binary employees. It is important to note that the menopause can happen at various stages of life, although the natural end of the menstrual cycle is the predominant time, the menopause can occasionally be medically induced early to treat other health conditions.

2. Legislative Drivers

The Health and Safety at work act (1974) requires employers to ensure the health safety and welfare of all workers. Within this, employers are required to perform risk assessments which should include any specific risks to menopausal employees.

The menopause is also an equalities issue. Under the Equality Act (2010), employers have a duty not to discriminate in terms of age, sex and disability. Detrimental treatment related to the menopause could represent direct or indirect sex discrimination on any or all of these protected characteristics.

3. Aims

The aim of this Policy is

3.1 To support employees to remain at work

3.2 To raise awareness of menopause, the related issues and how this can affect employees.

3.3 To break the stigma and taboo surrounding the menopause at work and to promote an environment in which employees feel confident in discussing menopausal issues and ask for support and adjustments, if required.

3.4 To provide guidance and direction on how to support employees who raise menopausal issues not only for the individuals experiencing the menopause but also those who may be affected indirectly which may include managers, colleagues, partners and family members.

3.5 To inform managers of the potential symptoms of menopause, how this can affect employees and what can be done to support individuals including reasonable adjustments.

4. Definitions

4.1 Menopause – The menopause is a natural part of ageing and refers to the time in life when periods stop and the natural reproductive cycle ends. It usually occurs between the ages of 45 and 55 with the average age being 51.

4.2 premature ovarian insufficiency (premature menopause) – Approximately 1 in 100 affected people will experience menopause before 40 years of age (naturally or as an effect of a medical condition or treatment).

4.3 Peri-menopause – the time leading up to menopause when menopausal symptoms can be experienced. Symptoms can start a few months or even years before periods stop.

4.4 Post-menopause – The time after the last period.

5 Symptoms of Menopause

5.1. According to the National Institute for Health Care and Excellence (NICE) the most commonly reported symptoms of menopause (hot flushes and night sweats) can occur in approximately 75% of cases with 25% being severely affected.

5.2 Symptoms are associated to a decrease in the body's production of the hormone oestrogen. Other factors such as diet and exercise, lifestyle and medication can also influence the symptoms.

5.3. It is important to note that not everyone will notice symptoms or need help and support. The most common symptoms include:

- Hot flushes
- Night sweats
- Sleep disruption
- Fatigue
- Difficulty concentrating/memory problems/loss of confidence
- Mood disturbances including anxiety and depression
- Headaches
- Irregular periods/heavy bleeding
- Bone and Joint problems

5.4 Symptoms on average continue for 2-4 years however some individuals will experience symptoms for longer.

5.5 The nature of symptoms will vary from mild to severe. These symptoms can have a significant adverse impact on the quality of both personal and working life.

5.6 It is also important to note that the onset of menopause symptoms can also coincide with other health issues as well as potential caring responsibilities for elderly parents/relatives/children.

5.7 Please note that the Swan report (January 2022) found that Black, Asian, and Latina women on average begin the menopause earlier than white women. Black women take longer to transition to menopause¹.

6. Roles and Responsibilities

6.1 Employees - All employees are responsible for:

- Taking reasonable responsibility and care for their own health and well-being.
- Being open to having conversations with managers. If for any reason they feel unable to speak to their manager they can also speak to Occupational Health or Human Resources.
- Upholding a positive working environment treating others with dignity and respect.

6.2 Line Managers - All line managers will:

- Familiarise themselves with the Menopause Policy
- Be willing to have open discussions with employees about changes in their health including issues relating to the Menopause, treat the discussion sensitively and recognise that each individual's experience may differ.
- Use the guidance in section 7 to inform the discussion, reviewing together before agreeing with the individual how best they can be supported.

¹ [Racial and Ethnic Disparities in Menopause | Everyday Health](#)

- Use appendix 1 to record a summary of the discussion and any agreed actions or adjustments.
- Ensure on-going communication and agree a plan for review where appropriate.
- Implement agreed adjustments
- If adjustments have not been successful and/or a member of staff is reporting on-going difficulties or concerns about their health at work consider a referral to Occupational Health for further advice.

6.3 Human Resources Human Resources will:

- Offer support to managers and employees on the interpretation of this Policy.
- Promote awareness-raising activities including training and education for employees and managers

6.4 Occupational Health Occupational Health will:

- Provide support and information to employees who are referred to the service (either self referral or management referral) to discuss health related issues as a result of menopause.
- Provide support and advice to employees, managers and HR in relation to workplace adjustments, if required.
- Signpost to appropriate sources of help and advice

7. Guidance for Managers

Discussions with Employees - Regular, informal conversations between manager and employee can enable discussions about issues related to menopause. One of the most valuable things a manager can do is listen and respond sympathetically if issues relating to menopause are reported. These conversations can assist to identify support at work which can make a real difference with how employees cope with menopause. This may enable them to continue working well, productively and to remain at work.

It is important to note that employees experiencing menopausal issues (directly or indirectly) may feel uncomfortable or embarrassed to approach their manager however, if a manager is aware of the symptoms associated with the menopause and how this can affect a person, this can greatly assist in promoting an environment where employees feel more confident to approach their manager, or another manager, and seek support, if required.

If an employee wishes to talk about changes in health including symptoms of menopause it is important to:

- Encourage the employee to discuss any relevant health concerns with their GP practice.
- Maintain confidentiality when handling health information.
- Allow for sufficient time to have the conversation and encourage the employee to be open and honest when discussing any difficulties they may be experiencing.
- Explore with them ways in which they can be supported, if required (see section 8 for common symptoms and adjustments to consider)
- Agree an action plan, record the outcome of the discussion and agree a review timeframe (please see Appendix 1 for a Discussion template).
- Provide details of support and external services available (appendix 2)

8. Symptoms and Suggested Adjustments to Consider

Hot Flushes – Can result in employees feeling uncomfortable and less tolerant of workplace temperatures.

- Review control of workplace temperature and ventilation – consider desktop fan in an office or locate desk closer to an opening window or away from a heat source.
- Access to drinking water
- Access to washroom facilities
- Avoid tight fitting uniforms.
- For staff who are not required to wear uniforms recommend loose fitting layers and cotton fabrics rather than manmade fibres.
- Access to a rest area/room for breaks if work involves prolonged periods of standing or sitting.
- Access to a quiet room/area for a short break to manage a severe hot flush.

Night Sweats/Sleep disruption – Can result in increased tiredness and fatigue.

- Consider flexible working hours or temporary shift changes to accommodate difficulties

Difficulty concentrating/Memory problems – Performance may be affected

- Regular supervision/review with manager for additional support, if required
- Review task allocation and workload
- Consider flexibility in working pattern or shift pattern; for example if concentration is better or worse at certain times of the day.
- Offer quiet place to work (if feasible)

Low mood/Depression/anxiety/panic attacks/loss of confidence – Can make work tasks more difficult to carry out and performance may be affected.

- Provide opportunity to openly discuss any concerns/difficulties
- Regular supervision/review with manager for additional support, if required
- Access to a quiet area for a short break if required (allowing time for simple relaxation and mindfulness techniques)
- Encourage that they discuss symptoms with their GP practice
- Signpost to sources of support (see appendix 2)
- Consider referral to Occupational Health

Headaches

- Access to drinking water
- Access to quiet space or area for short break and to take medication if required.

Irregular/heavy bleeding

- Access to toilet and washroom facilities
- May require more frequent short breaks

Bone and Joint problems – certain moving and handling tasks may be more uncomfortable

- Local risk assessments and moving and handling assessments, if required.
- Consider temporary adjustments or modifications to work tasks

Personal/intimate issues

- Advise to attend GP practice for advice

Appendix 1

Name		Job title	
Managers Name		Date of Discussion	

Summary of discussion

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Agreed actions/adjustments

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Date of next review meeting	
Signed (member of staff)	
Signed (manager)	

Appendix 2. - Sources of information/support

If you have troublesome menopausal symptoms please arrange to see your GP practice in the first instance who will be able to discuss management options with you.

External links:

Menopause Matters - <https://www.menopausematters.co.uk/>

NHS Choices - <https://www.nhs.uk/conditions/menopause/>

The Daisy Network (support for early menopause/premature ovarian insufficiency)
<https://www.daisynetwork.org/>

The Menopause Exchange - <https://menopause-exchange.co.uk/>

Women's Health concern - <https://www.womens-health-concern.org/>