

News from our service:

COMING SOON IN JUNE 2024

Did you know that filing for divorce by women is at its highest during the Menopause? Did you also know that the number 1 reason for leaving employment by women over 50 is due to the Menopause?

We are delighted to announce a new 2 part workshop about the transition from Perimenopause to Menopause.

The workshop covers the physical and emotional symptoms of the menopause and offers you the opportunity to explore different ways to manage symptoms.

It looks at how menopausal symptoms can exacerbate issues such as joint pain, low mood, anxiety, memory and feelings of low self worth. This workshop aims to connect women as a community and offer women a source of valuable support and knowledge.

Most referrals this month have been from Wombwell Medical Centre Practice, George Street. Thank you!

Upcoming workshops

Course name: Mindfulness

Date and time: 4th of June at 5.30-7.30pm

Location: Virtual

Course name: Breathing and Relaxation

Date and time: 11th of June at 5.30-7.30pm

Location: Virtual

Course name: Improving Mood and Motivation

Date and time: 22nd of May 5.30-7.30pm

Location: Virtual

Course name: 2 Part Bereavement Workshop

Date and time: 12th and 19th of June 5.30-7.30pm

Location: Barnsley Talking Therapies, Cudworth, Rose Tree Avenue, S72 8UA

To book a place please visit our website:

www.barnsley-talkingtherapies.nhs.uk or call 01226 644900

Don't see the workshop you would like to do? Then have your say with this link or in the polls posted on our social medias! [Barnsley Talking Therapies Workshops Poll \(office.com\)](#)

What people who use our services say:

"I feel my therapy has given me the tools to modify my thoughts and behaviours in a more positive and healthy way."

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barnsley.talkingtherapies@swyt.nhs.uk

Refer to our service:

Online:

www.barnsley-talkingtherapies.nhs.uk

Call: 01226 644900

Or speak to your GP



for anxiety and depression

Service delivered by South West Yorkshire Partnership NHS Foundation Trust