

Menopause support. Ready for real life at work.

Living Well Menopause

Practical digital wellbeing support for employees.
A focused starting point for employers.

Are you preparing your workplace menopause support?

A written commitment matters. Employees also need to know what support is available, where to find it and how to discuss what would help them at work.

THE CHANGING EXPECTATION

Government guidance allows employers with 250 or more employees to publish voluntary equality action plans covering gender pay gaps and menopause support. These are expected to become mandatory from spring 2027, subject to legislation.

Different rules apply to public authorities in Scotland and Wales.

Support shaped around people

Experiences and support needs vary. Our approach starts with the individual, their working context and what they find useful.

Turn your commitment into accessible support.

01 A dedicated digital hub

Give employees access to specialist menopause wellbeing resources, practical tools and guided journeys. Living Well Menopause can be offered as a standalone hub or within the wider Living Well ecosystem.

02 A scoped workplace pilot

Agree the employee group, access package, duration and support before launch. A paid pilot can help you understand usability, engagement and what employees find useful before a wider rollout.

03 Implementation and learning

We can scope onboarding, launch communications and evaluation with your team. Agree proportionate feedback and reporting that protect individual privacy; personal health records and coach conversations should not be shared with employers.

04 An ongoing organisational licence

Continue with an agreed user allowance and support package. Additional adaptation or commissioned research can be quoted separately. Pricing follows a discussion of your needs and delivery scope.

What have you already put in place?

Arrange a short conversation or demonstration with Dr Julie Winstanley, founder of Living Well Partners Ltd. Reply to the person who shared this brochure to discuss a paid pilot or licence.

Founded by a psychologist and researcher, bringing psychology, research and lived experience to practical digital support.

The hub supports wellbeing and implementation; it does not replace clinical care, workplace adjustments or your organisation's responsibility for its action plan. Pilot outcomes must be evaluated rather than assumed.

Policy source: GOV.UK, Creating an action plan: guidance for employers - Overview. Checked 14 October 2026. [Read the official guidance.](#)