



Menopause Café

"At our Menopause Cafe, you're not alone. Meet others experiencing menopause's ups and downs for companionship and chats in a relaxed setting."

Next Café

21st February 2024 at 10am – 12 noon,
Halstead Leisure Centre, Meeting room.

Warm Spaces and discounted gym/swim sessions 50p available before we start.

Lets get Talking



Colne Valley
Primary Care Network

