



Tweet

**Stockport Council** 

@StockportMBC



After the sad death of [@SarahNHarding](#) who grew up in Stockport, our thoughts are with her family & friends at this time.

Please check your breasts regularly & speak to your GP if you notice anything unusual. Women 50-71 will be called for breast screening [orlo.uk/gl89g](https://orlo.uk/gl89g)

**SAVE YOUR LIFE**

Tweet your reply



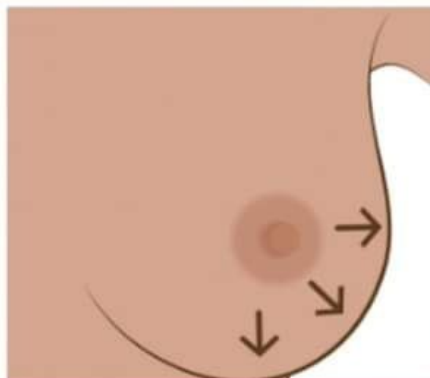
# SAVE YOUR LIFE

IN THE TIME IT TAKES TO GET CHANGED

Check NOW for the signs of breast cancer



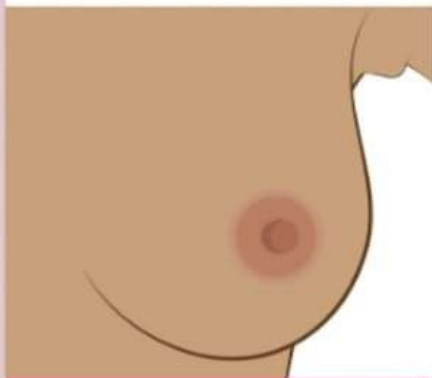
Lumps



Swelling



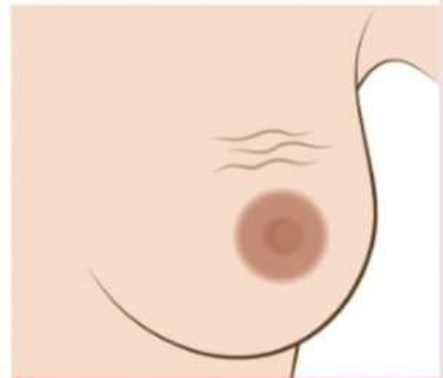
Bloody Discharge



Lumps in Armpit



Dimpling



Skin Rash / Thickening



Nipple Inversion



Unusual Pain



Colour Change

# CONNECTED Support Group

Greater Manchester pregnancy loss support group on Zoom. Book the following sessions via the CRADLE website [www.cradlecharity.org](http://www.cradlecharity.org)

31st August 8pm -10pm

8th September 8pm - 10pm

16th September 8pm - 10pm

20th September 8pm - 10pm

[GMsupport@cradlecharity.org](mailto:GMsupport@cradlecharity.org)



**“Friendship Café”**  
175-177 Bramhall Lane, Davenport  
Stockport SK2 6JA



# Everybody Welcome

Starting Tuesday 14<sup>th</sup> September 2021

10.00 – 11.30 am



Arrive as strangers, leave as friends

# MENOPAUSE ♀

EVERY WOMAN GOES THROUGH THE MENOPAUSE  
IT USUALLY OCCURS BETWEEN THE AGES OF 45 & 55

## DO YOU HAVE ANY OF THESE SYMPTOMS?

HOT FLUSHES



HEADACHES



MOOD SWINGS



PALPITATIONS



TIREDDNESS



PAINS IN JOINTS



## YOU MAY ALSO EXPERIENCE:

Brain Fog • Night Sweats • Depression • Anxiety • Vaginal Dryness  
Low Libido • Insomnia • Feelings of not coping • Changes to Periods

If you struggle with any of the above you may be menopausal. Please be reassured your symptoms can be managed. Do discuss options with your doctor.



**PAUSIVITY**  
KNOWYOURMENOPAUSE

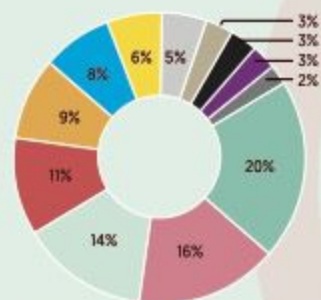
#KnowYourMenopause @Pausitivity2 [www.pausitivity.co.uk](http://www.pausitivity.co.uk)

Produced by: 50Sense.net and Yournewlifeplan.com. Designed by:shieldsdesign

# #KnowYourMenopause

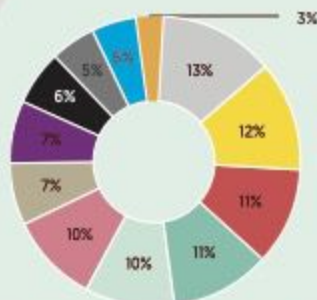
## Working together to help women & their medical practitioners

We surveyed more than 850 peri-post menopausal women and asked them how much they knew about the menopause before it began. This is what they said...



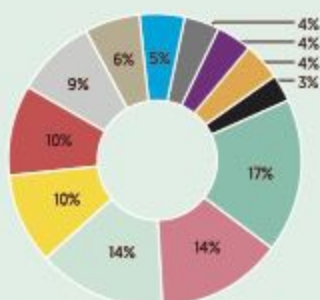
- Hot flushes
- Night sweats
- Irregular periods
- Mood changes
- Vaginal dryness
- Loss of libido
- Sleep problems
- Depression/anxiety
- Joint pain
- Headaches
- Palpitations
- Dry/Itchy skin

Hot flushes, night sweats & irregular periods are the most well-known menopause symptoms.



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However, the main symptoms women first saw their GP with were anxiety, depression & sleep problems.



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Yet these are the symptoms that finally led to them being diagnosed as menopausal.

Leading to 57% of women waiting more than 12 months for a diagnosis.

Here's one of many similar quotes from the survey:

"This poster would have made me realise the menopause is more than hot flushes and night sweats and I may have been able to link some of my symptoms together much earlier"

Help more women #KnowYourMenopause. Share this page with your GP and ask them to display the poster for all to see.



Question: Would you like to see a KYM poster on display? - And a massive 94% think seeing a #KnowYourMenopause poster at their GPs' could have helped them get a diagnosis or realisation earlier...



Tweet

 Village Web Company liked**SPACE Stockport**

@SPACEstockport



We're back! We'll be at [@FunkyMonkeyCC](#) tomorrow from 7pm for our ADHD parent and carer meet up. [#ADHD](#)  
[spacestockport.org/we-are-back/](http://spacestockport.org/we-are-back/)

**WE'RE  
BACK!**

[www.spacestockport.org](http://www.spacestockport.org)10:24 07 Sep 21 [Twitter for iPhone](#)

Tweet your reply





# Coffee Morning

Join us after the school run  
for a brew & a chat

Starting 9th September

**EVERY THURSDAY  
FROM 9AM**

START POINT  
COFFEE SHOP  
WOODLEY PRECINCT





Mark Boulton

✍️ • 23 h • 🌐

### *look what's coming to Offerton*

your new community magazine will be arriving with you all soon, there are some great write-ups as well as letting you know what's happening around the Offerton area in the next couple of months to receive a digital copy of the magazine then please email [markfromwhatson@outlook.com](mailto:markfromwhatson@outlook.com)

# WHAT'S HAPPENING IN SK2 OFFERTON



YOUR LOCAL COMMUNITY MAGAZINE

ISSUE 1  
Sep/Oct  
2021



Wanted to jump a year ago today

Has a tune in her head but doesn't know what it's called or who it's by so will lose it forever

Making a mental note to put a wash on tonight

Going to propose tonight

Period has started very suddenly

On her way to the first investor pitch for world-changing tech company

Uh oh



HAZEL MEAD



hazel.mead

Keeps catching eyes with the lady next to him but feeling too shy to give her number

Keeps catching eyes with the guy next to her but feeling too shy to give her number

First day at new job

Forgot suncream ...again

Was catcalled on the way to the station

Off to aqua aerobics



HAZEL MEAD



hazel.mead

In M15

Having a hot flush

Off to see some friends with benefits

Wondering what's going on in people's lives

Has an awkward itch

Used to be homeless



When's this guy gonna drop his pain au chocolat?

You fly at him, I'll take it. 50-50 split.

HAZEL MEAD



hazel.mead

# YOU DON'T KNOW WHAT'S GOING ON IN PEOPLE'S LIVES

Off for a post-cervical screening doughnut

Anxious about the crowd

Off to a protest

Been up all night, feels like a bad Mum, lost her backpack

Just had a boob leak

Revising for a psychology exam, wants to be a therapist when she's older



HAZEL MEAD



hazel.mead