

# The menopause at work: it's time to talk about it

Wales  
**TUC**  
Cymru



**Around 1 in every 3 women has experienced or is going through the menopause.**

Are you affected? Around 8 out of 10 women experience symptoms. Often simple workplace adjustments can help, and employers should provide these for women who need them.

**Speak to your union rep if you need help getting adjustments or support at work.**

**Contact:**

Find out more about the Wales TUC's menopause campaign:

[www.wtuc.org.uk](http://www.wtuc.org.uk)