

NEWS

Olympic star welcomes better understanding of menopause

By Megan Davies

mdavies@jerseyeveningpost.com

POSITIVITY and motivation were the main messages an Olympic gold medalist hoped to bring to the Island at a speech delivered to mark World Menopause Day.

Former track athlete Sally Gunnell won gold in the 400-metre hurdles at the 1992 Games in Barcelona, as well as claiming the World and European Championships.

Her recent talk, which was organised by Vitality40plus and sponsored by SG Kleinwort Hambros and Accuro, took place at The Royal Yacht hotel.

World Menopause Day raises awareness of the menopause and options available for improving health and wellbeing.

Mrs Gunnell said that conversations around the menopause seemed to have changed in the last few years. She said: "It's probably only three years ago that you got people like [TV presenter] Davina McCall doing a programme on it, one of the first sort of real strong messages that came across."

"And then, having some strong doctors like Louise Newson and people like



■ Sally Gunnell, pictured at SG Kleinwort Hambros Bank Ltd, was in the Island to give a talk on the menopause. Picture: JON GUEGAN (36831856)

that, I think that has made a big difference. And then celebs getting behind it."

She added: "It was brilliant, everybody was like: 'that's why I feel like that.'"

Opening up the conversation helped society move on from bad press around hormone replacement therapy, a treatment used to relieve symptoms of the menopause, and "misunderstood information".

Mrs Gunnell said there was an increasing awareness among men. "Men understand it, I've brought it

up with my boys," she said.

She described a lifelong journey of adapting to her body changing – going from retirement to perimenopause within ten years.

"You sort of twig: 'Oh that's why I've had a red rash when I was doing Question of Sport or in a stressful situation.'"

Mrs Gunnell described never having felt like this before, even worrying about her mental health after having seen her mum go through mental-health issues.

"Probably, a lot of my mum's mental health would have been because of her menopause."

"She's 91 – back then, they would not even have linked it whatsoever."

In Jersey, it is "Mrs Menopause" Trudi Roscouet who has been essential to opening up the conversation on menopause, founding online coaching platform Vitality40plus and The Menopause Forum, both of which raise awareness and encourage conversations on menopause.

Mrs Roscouet campaigned for female employees over 45 to receive menopause-specific health checks, a change a number of Island companies agreed to making.

Teachers accept pay offer

SENIOR teachers have voted overwhelmingly to accept an improved pay offer after going out on strike last week.

Members of the National Association of Head Teachers were balloted on the offer last Tuesday, with the vote closing yesterday at noon.

Under the new offer, the States Employment Board agreed to backdate the previous 7.9% pay offer to 1 January. School leaders will also get an additional 'education reform allowance' worth approximately 2.5%.

More than nine out of ten (93%) of members who voted opted to accept the offer.

In a statement, the association said that its members would receive 'a further one-off allowance worth the same amount next year if joint work between NAHT and the Island's government to address the impact of changes to school leaders' roles and workload and the Education Reform Programme has not been completed by October 30 2024'. The government also agreed to look at the possibility of a healthcare plan for school leaders, along with commitments to 'review terms and conditions and explore other benefits'.

Get 4.59% AER on your savings

with our Island Instant Saver Account



Search Lloyds Bank International Island Instant Saver or scan the QR code to find out more

No minimum deposit required. 4.50% Gross/4.59% AER is payable based on a minimum deposit of £50,000+. Rates correct at 4th September 2023. Interest is paid monthly and all rates are variable. Terms, conditions and residency restrictions apply.

LLOYDS BANK



LLOYDS BANK INTERNATIONAL

AER stands for Annual Equivalent Rate and illustrates what the interest rate would be if interest was paid and compounded once each year. The Jersey branch of Lloyds Bank Corporate Markets plc is a participant in the Jersey Bank Depositors' Compensation Scheme. Full details are available on the Government of Jersey website www.gov.je/dcs, or on request. Lloyds Bank International and Lloyds Bank International Private Banking are the registered business names of Lloyds Bank Corporate Markets plc in Jersey. Lloyds Bank Corporate Markets plc, registered office: 25 Gresham Street, London EC2V 7HN. Incorporated in England and Wales with company number 10399850. Lloyds Bank Corporate Markets plc in the UK is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority under registration number 763256. The Jersey branch of Lloyds Bank Corporate Markets plc, principal place of business 9 Broad Street, St Helier, Jersey JE2 3RR, is licensed by the Jersey Financial Services Commission to carry on deposit-taking business under the Banking Business (Jersey) Law 1991 and general insurance mediation business under the Financial Services (Jersey) Law 1998. Lloyds Bank Corporate Markets plc has also notified the Jersey Financial Services Commission that it carries on money service business. Lloyds Bank Corporate Markets plc, Jersey branch, subscribes to the Jersey Code of Practice for Consumer Lending. Information correct as at September 2023 and is relevant to Lloyds Bank International products and services only.