

Menopause & PMS

This leaflet has been written by staff working in the Menopause & PMS service at Chelsea and Westminster Hospital for clinics at Chelsea and Westminster Hospital and West Middlesex Hospital.

Take home messages

- This is a support group for young women diagnosed with POI
- It runs once a month over 4 months, twice a year. Spring and Autumn terms

Dates are published on the trust website
[www.chelwest.nhs.uk//POI support group](http://www.chelwest.nhs.uk//POI%20support%20group)

Contact information

If you need to re-schedule your appointment please ring the appointments office on 020 3315 6666.

Menopause & PMS Service
Gynaecology Outpatients
Chelsea and Westminster Hospital
369 Fulham Road, London
SW10 9NH

Further advice and support

www.menopausematters.co.uk (Menopause Health)
www.the-bms.org (British Menopause Society)
www.daisynetwork.org.uk (POI charity)

Patient Advice & Liaison Service (PALS)

If you require information, support or advice about our services, you can contact the PALS office on the Ground Floor of the hospital just behind the main reception. Alternatively, you can feedback your comments/suggestions on one of our comment cards, available at the PALS office, or on a feedback form on our website www.chelwest.nhs.uk/pals. We value your opinion and invite you to provide us with feedback.

T: 020 3315 6727
E: pals@chelwest.nhs.uk

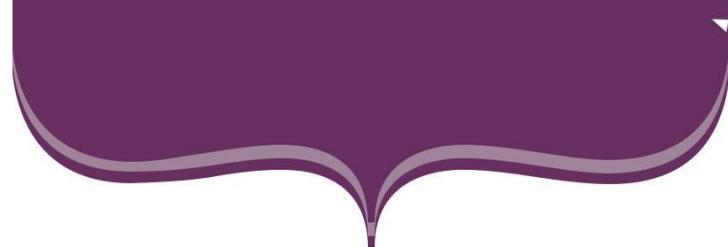
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Speak to your clinician



Premature Ovarian Insufficiency (POI) support group

Information for patients



Premature Ovarian Insufficiency (POI) support group

POI Support Group

Participating in groups can be therapeutic in its broadest sense because being part of a group emphasises the social nature of human experience. This can be particularly true in relation to POI.

We would like to encourage free flowing discussion within a largely unstructured but confidential and bounded environment. There is little if any formal agenda. Instead, topics will emerge as communication and trust develops.

Who are we?

Claire Bellone is the Clinical Nurse Specialist within the POI service. Dani Singer is a Specialist Counsellor with extensive experience working with women with POI and patron of the Daisy Network.

What is our role?

Our role is to foster a group culture which facilitates:

- free discussion
- the sharing of experience
- reflection upon that experience

What is your role?

Your role is not only to get help but also to give it. This does not mean 'playing therapist'. What is most helpful is for you to be yourself – open, honest and to contribute as personally and as fully as possible.

What can I gain from the group?

Groups can be anxiety provoking, particularly at the start, particularly when joining the group. However, most people find that meeting other women with a diagnosis of POI can provide a freedom that fosters a sense of wellbeing in rich and rewarding ways.

There may be times when members feel hugely supported by the group, but there may be tough times too. This is not surprising because although the group is intended to be supportive, it is also a microcosm of the wider social groups to which everyone 'belongs'. The important difference is that in the 'outside' world, we don't often get a chance to think it through and gain strength from it. Hopefully, within this group we do.

How often does the group meet?

The group runs once a month in blocks of four, twice a year: in spring and autumn, with dates published on the trust website www.chelwest.nhs.uk//POI support group.

What commitment is needed?

To establish both the group's capacity to support each member and to work through any difficult experiences that arise, commitment to the group over a term is encouraged. Confidences are built up quickly within the group and this is best achieved through regular and punctual attendance.

If you cannot make it for a whole term, we still encourage you to attend – you will be warmly welcomed even if it is only once.

Confidentiality within the group

The group is expected to respect everyone's individual right to privacy and confidentiality. An individual's identity must not be revealed outside of the group or their comments, either explicitly or implicitly, shared without their prior and explicit consent.

Publication on social media is strictly prohibited.

Friendships are often made within the group that continue outside of meetings and social media support groups may spring up from this. However, the rules of confidentiality still apply to protect all past and current members attending the POI group.

Notice of Absence

If for any reason you are unable to make a meeting, it is important to let us know as early as possible.