Please find enclosed content for you to use:

This includes:

1. Text for website article
2. Social media posts with campaign images to use.

## MENOPAUSE EVENT FOR SHARING (EMAIL / WEBSITE / NEWSLETTER, etc.)

Thanks for considering helping spread the word to raise awareness and challenge stigma around menopause with our free event.

Here is the link to information about our event and the free signup:

<https://bit.ly/MenopauseHope>

Here is the QR Code:

A qr code on a white background

Description automatically generated

## SOCIAL MEDIA POSTS

## GUIDELINES

Please see below suggested copy for social media posts to promote the The SUN Network and CPSL MIND Menopause Event 2023 with three picture (PNG) images and three PDF (clickable links embedded) versions of the same three images.

Any questions or extra information about the toolkit - Please email: [kc.cade@sunnetwork.org.uk](mailto:kc.cade@sunnetwork.org.uk)

**Handles:** When promoting the campaign feel free to link the below handles

* + [Twitter](https://twitter.com/DCMS): @CambsPboroICS / @SUNNetworkCambs / @CPSLMind
  + [Facebook](https://www.facebook.com/dcmsgovuk/): @CambsPboroICS / @SUNNetworkCambs / @CPSLMind
  + [Instagram](https://www.instagram.com/dcmsgovuk/?hl=en): @CambsPboroICS / @SUNNetworkCambs / @CPSLMind

|  |  |  |
| --- | --- | --- |
| **Message** | **Asset** | **Alt text** |
| Facebook / LinkedIn / Instagram, Twitter post  for main image (1)  You are invited to join our menopause event on 6 October in Huntingdon. Our special guest will share their lived experience. We are partnering with @cpslmind to help learn, share, talk, listen & find hope together. Info & reserve your free place here: [www.bit.ly/MenopauseHope](http://www.bit.ly/MenopauseHope) |  | An image promoting our Let’s Talk About Menopause Event with date (6 Oct 2023) time (10am-12:30pm) location (The Maple Centre, Huntingdon, PE29 7HN) and the link to sign up online: [www.bit.ly/MenopauseHope](http://www.bit.ly/MenopauseHope)  Flower picture and what to expect at the event, like “overcome stigma”, “friendly chat”, “discuss how we can help others”, “tea and cake”, “free event”, “everyone welcome” |
| Facebook / LinkedIn / Instagram, Twitter post  alternative Image (2):  You are invited to join our menopause event on 6 October in Huntingdon. Our special guest will share their lived experience. We are partnering with @cpslmind to help learn, share, talk, listen & find hope together. Info & reserve your free place here: [www.bit.ly/MenopauseHope](http://www.bit.ly/MenopauseHope) | A pink flower with green leaves and text  Description automatically generated | Menopause Event with message, “How can we support each other through menopause?  Let’s Talk About Menopause  At our event”  with date (6 Oct 2023) time (10am-12:30pm) location (The Maple Centre, Huntingdon, PE29 7HN) and the link to sign up online: [www.bit.ly/MenopauseHope](http://www.bit.ly/MenopauseHope) |
| Facebook / LinkedIn / Instagram, Twitter post  alternative Image (3):  You are invited to join our menopause event on 6 October in Huntingdon. Our special guest will share their lived experience. We are partnering with @cpslmind to help learn, share, talk, listen & find hope together. Info & reserve your free place here: [www.bit.ly/MenopauseHope](http://www.bit.ly/MenopauseHope) | A pink flower with green leaves and a qr code  Description automatically generated | Menopause Event with message, “Let’s Talk About Menopause  everyone is welcome  to our event”  with date (6 Oct 2023) time (10am-12:30pm) location (The Maple Centre, Huntingdon, PE29 7HN) and the link to sign up online: [www.bit.ly/MenopauseHope](http://www.bit.ly/MenopauseHope) |

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