



20 March 2026

Dear Parents and Carers,

We are pleased to invite you to an informative evening focused on women's health and wellbeing.

The Balance Project: Perimenopause & Menopause Talk

📍 Location: Stamford Green Nursery & Primary School

📅 Date: 17 April

🕒 Start time: 7:00 pm (the event will finish by 10:00 pm)

The evening will feature an expert speaker who will share practical, evidence-based guidance on perimenopause and menopause. The session will cover hormonal changes, common symptoms, management options including HRT, and how nutrition and lifestyle choices can support wellbeing during this stage of life.

#### Speaker highlight

Dr Mehreen Tahir – GP and Women's Health Specialist

Dr Mehreen Tahir is a local GP with a special interest in menopause and contraception. She works within the Epsom and Ewell Integrated Care Partnership and is also involved in teaching at St George's Hospital, supporting the training of future GPs. During the talk she will explain the hormonal changes that occur during perimenopause and menopause, common symptoms women experience, and evidence-based treatment options including Hormone Replacement Therapy (HRT).

Friends, partners, spouses and family members are very welcome to attend, so please feel free to share the invitation with anyone who might find the evening helpful.

#### 🎫 Tickets

- £7.50 standard ticket

- £10 supporter ticket (optional extra support for the school)

All proceeds support Stamford Green School PTA.

Tickets can be booked via the [PTA website](#).

Please see the attached leaflet for more information about the speaker and the event.

We hope you can join us for what promises to be an informative and supportive evening.

Warm regards,  
Stamford Green PTA

THE BALANCE PROJECT:

# Perimenopause & Menopause Talk



Understanding • Managing • Thriving

Stamford Green PTA invites you to an evening dedicated to the health and wellbeing of women

## What You'll Learn:



Hormonal changes & symptoms



Managing your health & wellbeing



HRT, diet & lifestyle support

Open to  
all parents  
& carers



Wednesday, 17 April

7:00 pm



Stamford Green Primary School and Nursery

Book by 15 April to attend

Guest Speaker:

**Dr Mehreen Tahir**

*GP & Women's Health Specialist*

- Local GP specialising in menopause & contraception
- NHS experience & trainer at St George's Hospital

Submit Questions

— by 10 April: —



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*Everyone Welcome*