

To all GP practices, staff and colleagues;

For anyone who knows any young girls who are struggling with periods the gynaecology team are organising the below event on Saturday 23rd March 0930-1330.

Drop-in session with gynaecologists and nurses. All welcome!

For all those who are interested
I know periods are a pain!

Many young girls suffer in silence with their period and find it hard to talk to about their concerns and worries with family and friends.

That's why we are opening our Education Centre doors at Queen's Hospital Romford for the first of our 'drop in' information events on the subject of the monthly period.

This is an open invitation so please come along and join us and meet the team of doctors and nurses - we are here to help.

We have a team of consultant gynaecologists, who have an interest in adolescent gynaecology, as well as gynaecology nurses, who will all be on hand to ask any questions.

Our first event is taking place on Saturday 23rd March from 0930-1330 at Queen's Hospital Romford, Education Centre (Ground Floor). It is located just off the main atrium at Queen's Hospital.

This is a drop in event where our gynaecology doctors and nurses will be available for an informal face to face chat where hopefully you will find answers to all your questions. We will also be running a short introductory presentation at 10.00am and 12 noon. Hopefully, these will give the girls some information and much needed advice about their periods. Remember you are not alone with your period problems.

Come and join us on Saturday 23rd March in the morning from 0930-1330. You can come at a time that suits you and stay as long as you want. You will not be expected to stay the whole length of the event. This morning has been organised for the girls so they can use it as they wish. There will be refreshments too to enjoy during the session.

We hope to make it an educational and enjoyable morning for the girls so do come along!

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