



Healthy Campus Case Study

HEA | AN tÚDARÁS um ARD-OIDEACHAS
HIGHER EDUCATION AUTHORITY



Let's talk about menopause – café series

Name of Institution and Initiative Lead

TCD Faculty of Health Sciences and faculty of STEM. Healthy Trinity initiative

Date, timeframe and reach

The academic years 2022 – 2025 and ongoing
The initial Menopause Café series in 2022 engaged Trinity staff, students, and healthcare workers. Subsequent events targeted women in addiction recovery and the general public. Cumulative reach is estimated at 250+ attendees over multiple events.

Aims and Objectives

- To raise awareness around women's health issues in the context of menopause
- To provide free, expert-led events on topics such as mental health, menopause, nutrition, exercise, and general health.
- To reduce stigma and create an inclusive, supportive space for women in menopause.
- To raise awareness, empower attendees, and inform policy through engagement.

Aligned Frameworks, Polices, or Strategies

- Healthy Trinity and Healthy Ireland Framework
- Women's Health Action Plan (Dept. of Health)
- 2022 CSO Well-being Strategy on Menopause
- 2021 Global Consensus Statement on Menopause in the Workplace
- WHO Mental Health and Wellbeing Strategy
- Irish Women's Health Action Plan

Project Collaborators

- Health Trinity
- TCD Faculty of STEM
- TCD Faculty of Health Science
- TCD HR Dept
- TCD St James Hospital
- TCD Unit 18 and the Unit 18 Advisory Group
- Recovery Academy Ireland (RAI)
- Ringsend Drugs Forum
- South Inner City Drugs and Alcohol Taskforce
- Health Trinity Sexual and Reproductive Health Group

Key Learning Points

Menopause is a public health and workplace issue requiring multifaceted responses. Open discussion reduces stigma and fosters inclusion by creating a supportive forum and services.

Healthy Campus Process

Whole Campus Approach

Topic

Population Group

Coordinate; Consult

Campus Culture & Communications

Mental Health & Wellbeing;
Sexual Health & Wellbeing

Staff; Wider Community



Trinity College Dublin
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