

# WOMENS' HEALTH: MENOPAUSE, HRT & CONTRACEPTION

12<sup>th</sup> May 2026

Science Centre, University of Wolverhampton Science Park, Glaisher Drive, Wolverhampton WV10 9RU



**MIDLANDS  
PRACTICE  
PHARMACY  
NETWORK**

## INTRODUCTION

We are pleased to invite you to the MPPN Workshop: **'Womens' Health: Menopause, HRT & Contraception'** to be held in Wolverhampton on **Tuesday 12<sup>th</sup> May 2026**.

The session will be delivered by Dr Victoria Hobbs and Dr Heidi Kerr who have developed a bespoke programme designed to build confidence in the management of women's physical health issues that commonly present in primary care settings. It will help you navigate through this minefield with simple, practical tips to everyday consultations, aiming to grow your confidence in managing female patients in a safe, effective and efficient way.

The day will help you:

- Gain confidence in the diagnosis, management and review of womens' health issues
- Know when to manage in primary care
- Understand when to worry and when to refer
- Consolidate the guidelines you need to know

## SPEAKERS

**Dr Victoria Hobbs.** GP and Accredited Menopause Specialist, British Menopause Society Advanced Certificate in Menopause Care, MBChB (Birmingham 2000) RCGP (2005 merit) DRCOG DCH DFSRH, MSc certificate in Community Gynaecology.

Victoria is a practising NHS GP with a strong interest in women's health. She holds the Advanced certificate in Menopause Care from the British Menopause Society along with the diploma of the Royal College of Obstetrics and Gynaecologists and Faculty of Sexual and Reproductive Health. Vicky is also a faculty registered trainer and experienced coil fitter. She trained at Birmingham Women's Hospital, gaining the FSRH Certificate in Menopause Care in 2012, a MSc Certificate in community gynaecology and also now hold the Advanced Certificate in Menopause Care from the British Menopause Society.

**Dr Heidi Kerr.** MBChB (Birmingham 1997) FRCGP (2002 merit) DRCOG DCH DFSRH

Dr Heidi Kerr graduated from Birmingham Medical School in 1997 and chose to pursue a career in general practice gaining experience in women's health, before completing her GP training in 2002. She is a practising GP Partner in the NHS, alongside her role as medical director of VHK Womens Health.

Heidi has gained invaluable and varied experience throughout her career in all aspects of women's health. She is a Diplomate for both the Royal College of Obstetricians and Gynaecologists and Faculty of Sexual and Reproductive Health. An experienced coil and implant fitter, Heidi is a member of the British Menopause Society and is truly passionate about supporting women through the perimenopause years and beyond.

## VENUE, DATE & RESERVATIONS

- Science Centre, University of Wolverhampton Science Park, Glaisher Drive, Wolverhampton WV10 9RU
- Tuesday 12<sup>th</sup> May 2026
- Audience: Clinical Pharmacists, Pharmacy Technicians, Foundation Year Pharmacists

If you would like to reserve a place at the workshop please email [jonah@mppn.org.uk](mailto:jonah@mppn.org.uk)





## PROGRAMME

- 8:30 am Registration, coffee and networking
- 9:15 am Welcome – Bharat Patel, MPPN Chair
- 9:30 am Session 1: An Introduction to Womens' Health
- *Basic anatomy overview*
- Session 1 (contd.): Menopause and HRT
- *Definition and symptoms*
  - *Holistic approach including lifestyle*
  - *Risks and benefits of HRT*
  - *Prescribing HRT*
  - *Management of bleeding (incl. British Menopause Society guidelines)*
  - *Topical oestrogen*
  - *How to deal with testosterone queries*
  - *Non-HRT alternatives*
  - *Includes case-based discussion*
- 11:00 am Tea & coffee break
- 11:20 am Session 2: Menopause and HRT (contd.)
- 12:30 pm Lunch
- 1:30 pm Session 3: Women's Health & Contraception
- *Heavy menstrual bleeding*
  - *Endometriosis*
  - *PMS*
  - *Safe COCP – continuous use – 1 2month prescribing*
  - *FSRH guidance on GLP-1 agonists and oral contraception*
  - *POP prescribing – including Slynd*
  - *What's new in contraception*
- 3:00 pm Tea & coffee break
- 3:20 pm Session 4: Women's Health & Contraception (contd.)
- 4:00 pm Feedback and discussion
- 4:15 pm Workshop close

This workshop is sponsored by pharmaceuticals companies (TBC) who have only paid for exhibition stand space at the meeting and therefore will be given the opportunity to discuss their products with attendees. Sponsors will be present with an exhibition stand and the stand will not be in a public space. None of the companies have had any input into the content of the programme, and no involvement in choosing, briefing or paying the speakers.