



## SOFIAA Pop-Up Menopause Clinics: Giving Women a Voice in Health

### Health Inequality in the UK

- **Earlier and more complex menopause in this group:** Women from lower socioeconomic backgrounds and minority ethnic groups experience **earlier onset and more complex menopause symptoms**, yet are *less likely* to receive effective treatment such as HRT.
- **Stark treatment inequity:** Use of HRT is **significantly lower for Black and Asian women and for women in deprived areas** compared with White women and those in affluent areas, despite similar or greater symptom burden<sup>1</sup>.
- **Cultural and trust barriers:** Qualitative work shows Black and Asian women often **do not discuss menopause in their communities**, report **mistrust of medical institutions** and fear **stereotyping in consultations**, all of which delay or prevent help-seeking<sup>1</sup>.
- **Workforce and access inequality:** GP density is **lower in the most deprived areas**, and inequalities in GP distribution are *worsening* over time—meaning women in these communities have less time, less continuity and fewer options for menopause-informed care.

\*\*\*

Informal insights gathered through conversations in food banks, temples, and local community settings indicate that **many women in these communities are not engaging with NHS services**. As a result, menopause symptoms often go unreported and untreated, leaving women to cope in silence and increasing the risk that more serious underlying health issues remain undetected.

Even when registered with a GP, ethnic minority women in deprived areas are significantly less likely to access effective menopause care or HRT, due to structural, cultural and access barriers.

**SOFIAA pop-up clinics meet women where they are—outside traditional settings they may not trust or us**



## SOFIAA Pop-Up Menopause Clinics

SOFIAA Health's clinical team—an **NHS doctor, gynaecologist, and biomedical scientist**—works closely with local clinicians, healthcare providers, and trusted community leaders to deliver culturally sensitive menopause care tailored to ethnic minority women in deprived areas.

Our clinics are staffed entirely by female clinicians from similar backgrounds, reducing stigma and creating safe, relatable spaces for women who rarely engage with the NHS. **SOFIAA Pop-Up Clinics** offer a cost-efficient, high-impact model that reaches women otherwise unseen by traditional services.

With ongoing support through our digital large language model delivered via an app, women gain confidence to seek care from their GPs, understand their changing bodies and reclaim wellbeing—simply because **no woman should suffer in silence**.



SOFIAA Chief Medical Officer Dr Yvonne Chang at the West Midlands Knowledge and Action Partnership x Warwick University *Our Health, Our Voice* Workshop, and Phoenix Court Works Community Day.

## Our Ask

SOFIAA Health is inviting corporate partners to help bring life-changing menopause pop-up clinics into disadvantaged communities—whether for local residents or for their own workforce.

Led by female doctors from minority ethnic backgrounds, these clinics offer a safe, culturally attuned space where women can finally talk openly about menopause, understand their symptoms, and receive clear signposting to appropriate care.

Alongside medical guidance, women gain practical support on nutrition, movement, and wellbeing. Each clinic builds confidence, provides accessible language tools, and helps women feel prepared to speak to their GP. This is meaningful, measurable impact for women who are too often unseen.

## The logistics

At each SOFIAA Pop-Up clinic:

- The SOFIAA doctor will provide **one-to-one consultations for up to 15 women**, offering personalised menopause assessment and guidance.
- An NHS-trained nurse will deliver **cervical cancer screening for 10 patients**, ensuring essential preventive care is accessible within the community.
- In addition, **up to 30 women**—depending on venue capacity—can participate in a group education session focused on **practical, affordable nutrition, movement, and wellbeing strategies**, equipping them with clear, culturally sensitive tools to support their long-term health.
- Unlimited access to our ongoing digital support.

### Venue

- A suitable venue such as an office space, school classroom or community hall, with two private rooms. During summer months, we used a tent.

### Community Engagement

- Contact details for local community leaders to facilitate outreach and participation, except in locations where we already maintain an established presence (London, Birmingham, Coventry).

LinkedIn page: <https://www.linkedin.com/company/sofiaa-health/>