

a kit to create and conversate : a kit to create and conversate : a kit to create and conversate : a kit to create and conversate : a kit to create and conversate

Making

In

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Menopause

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WELCOME TO THE MAKING IN MENOPAUSE WORKSHOP

Welcome to our Making In Menopause Workshop! As a group of women, we felt connected and drawn to this subject matter that we are yet to or have already experienced in life. The kit became a product of our discussions about the social taboos surrounding menopause and how we could therefore work towards counteracting this, making a fun yet educational environment to create and converse.

We trialled the workshop, nurtured it and manipulated it so that it is accessible to everyone as we really hope a wide range and reach of people can find the benefit it has provided us personally. This can be a solo activity or carried out with friends, in whichever way you choose. The kit is here as a guide with recommendations of how to curate and foster a sense of community with the workshop.

We hope you enjoy!

RECOMMENDED PLAYLIST

Making In Menopause



search Making in Menopause or scan the code below in Spotify!



MATERIALS LIST

(included)

- Extract of Text
- Pencils
- Collage Papers

(recommended)

- Colourful paper
- Magazines
- Newspaper
- Cardboard
- Drawing materials (pens, oil pastels, paints..)
- Scissors
- Glue

A QUICK GUIDE

Here are some step by steps:

- We suggest you do this activity in a calm relaxed setting, perhaps grab a drink of choice, gain comfort from your surroundings
- We encourage you to read the extract provided, we hope it sparks some thoughts and prompts about visualising menopause and acts as an introduction about how menopause can affect the everyday person
- Materials are provided however a list of other recommended materials that you can find from around the house is also included within this pack
- Play some tunes! Included is a sample playlist as a backdrop for your making
- Get started! Dive deep into collage, tear the papers, glue, stick, layer, do whatever it is that you want to do! This is your response to hear how you feel when hearing about this topic. You may feel anger, hurt, frustration, delight, nothing at all and this is completely okay. Your thoughts and experiences deserve a place so feel free to be as creative as you like
- We spent an hour on this activity however you can spend however long feels right, you may want to do more than one piece
- Feel free to reflect on your work and if this is in a group setting, respond to each others. We shared our thoughts about one person's work and then afterwards they shared what was the inspiration and message behind the piece
- Create a positive space where it is safe and free to chat and discuss these topics that are often silenced

PILOT WORKSHOP: THE OUTCOMES



"The reading spoke of beautiful snakes boldly shedding their skin, a description the author had experienced women say growing up when talking about reaching their prime, which I thought shed a really powerful way of looking at a new experience in life."

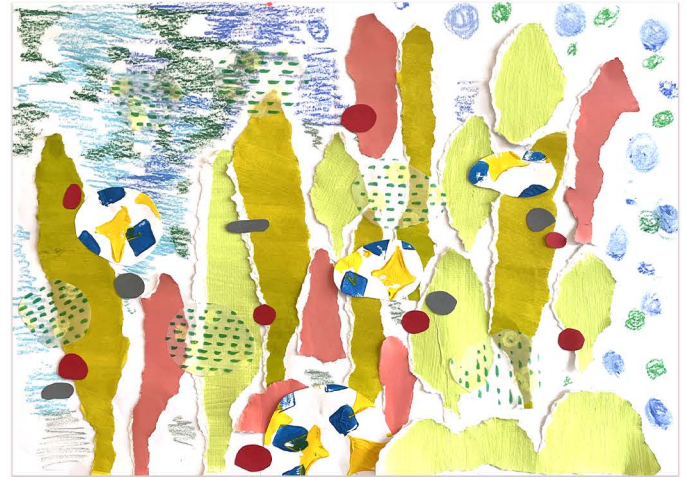


"This collage is a depiction of a middle aged woman who is doing her best to be free, the most important freedom which is spiritually free. I really appreciate the collage experience ,talking through bell hooks' book ' Communion', and the amazing ideas during the whole session. Today my coloured paper for collage just arrived home and 'Communion' is already on my table. Thank you team!"

PILOT WORKSHOP: THE OUTCOMES



"I loved this exercise of collage and being able to feel free and tear the papers I had coloured in. I wanted my work to represent all women being inspired by Georgia O'keefe and her work that looks organic but representing the women's body parts."



"Reading the material gave me a sense of calm and self-love. I wanted to make women going through menopause, and moments of anger and anxiety, feel peace and tranquillity. An image of watery woods came to my mind. I envision a place of solace, where one can find their inner peace. Women of all ages should be able to access this solace and discover their true self."

aging to love, loving to age

[SAMPLE TEXT]

EVERY day I talk to women about love and aging. It's an over-forty thing to do. The exciting news is this: Everyone agrees that aging is more fun than it has ever been before. It has its joys and delights. It also has its problems. What's new for many women is that the problems don't always get us down. And if they do, we don't stay down—we pick ourselves up and start over. This is part of the magic, the power and pleasure of midlife. Even though trashing feminism has become as commonplace as chatting about the weather, we all owe feminism, the women's liberation movement, women's lib—whatever you call it. It helped change how women see aging. Many of us feel better about aging because the old scripts that told us life ends at thirty or forty, that we turn into sexless zombies













