

THE DAISY CHAIN NETWORK

HEALTH AND
WELLBEING
CALENDAR 2023

Daisy Chain is an informal Menopause network created by the employees, for the employees, creating a safe space to help educate and support staff to cope with Menopause in the workplace. Everyone is welcome, whether you're going through the Menopause, supporting a family member through it, want to be better informed as a Manager to support your team, or just want to learn more. Read on to discover more about how the Daisy Chain network has supported our staff and how you can join.



I joined the network last year and I am very glad to be part of it. It's a very active group which offers a variety of workshops and regular gatherings. Since the agreement between BNP Paribas and AXA, I have been able to see a gynaecologist who gave me a treatment adapted to my situation and thanks to that, I feel much better.

Having Daisy chain helps with building confidence with both discussing and managing menopause in the workplace. There is relief in realising others are facing the same or similar challenges and this can help with trying to keep sense of perspective on it all. Not just the community but the supporting tools and conversations are helpful and provide reassurance. I am very happy to be in a workplace that supports this community and thank you to those who both co-ordinate and mature the process.

Through Daisy Chain, I feel less alone and I am able to talk about this sensitive topic more freely. It has also reduced some of the shame and discomfort associated to the symptoms I went and go through still. I'd like to take this opportunity to thank all the women involved in the Daisy Chain. Great job, let's keep going.

I joined Daisy Chain from the very beginning, I am very pleased and impressed with how it has evolved from an informal ladies support group to a network that provides support, resources and activities to the members. I find it very easy and comfortable to join in discussions within a safe environment, there is a lot of support and empathy for all which makes it a great network to come and share. I have seen members bring their vulnerable selves to meetings and return with fantastic feedback after speaking with other members.

In groups like Daisy Chain, people have the courage to tell their stories and support each other and I'd encourage anyone who is going through the menopause, or who has a loved one going through it, to come along and join our Daisy Chain community - we're a friendly bunch offering a shoulder to cry on (or a fan to cool down with).

Overall one of the best networks to be part of, it is no longer an uncomfortable topic for discussion as there is support for Staff their partners and Managers. So grateful to be a part of this group.

Thanks to Daisy Chain raising the awareness of women's health, I found Peppy who gave me safe support through my diagnosis, answering those odd questions I kept forgetting to ask my doctor and nurses. Daisy Chain's work also gave me confidence to communicate with my manager because I had felt BNP Paribas London were talking about women's health openly yet with sensitivity. Six months later (and with the fantastic help from OH and HR), I am now recovering well, back at work full time and even back to cycling as part of my commute!

Just saying out loud how I was feeling, and not being judged, written off or worse, has helped me to understand, accept and take small positive steps towards a better way of coping each day, although it's still a daily struggle.



Scan here for more information on all of our Menopause support services

 **DAISY CHAIN**
Join the Daisy Chain today!



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