

# Gill wins award for championing menopause conversations

News story

An LLWR colleague has been presented with an award for helping to normalise discussions about the menopause.



Gill Bragg, Head of Internal Audit, won the Business Champion Award at the Diverse Cumbria Awards, which celebrate those making a push for equality, diversity and inclusion across the county.

Gill has created a 'Menopause in the Workplace' community where colleagues can share experience, offer advice and support each other. She also led open forums for male and female colleagues to come together and talk about how the menopause affects them, their partners or family members.

As a result, female colleagues feel more comfortable talking about menopause in the workplace, while male colleagues are better equipped to understand and support their colleagues.

Gill was unable to attend the ceremony so Craig Ashton, Director of Waste Services and ED&I Champion at LLWR collected the award on Gill's behalf. He said:

Over the past couple of years, Gill has worked tirelessly to raise awareness internally and across the NDA group about the menopause and its impact on people.

Like many issues, we choose not to talk about menopause but Gill felt that this was something that needed to be discussed openly, a goal she has achieved with her passion and commitment to the cause.

It's fitting that this award is announced during National Inclusion Week, as the NDA group launches a new strategy which will embed inclusivity into the group's culture.

Well done Gill, we at LLWR are all really proud of you.

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