



WORKING TOGETHER TO SUPPORT WOMEN THROUGH MIDLIFE

Evidence-based movement, education and lifestyle support that compliments clinical care.

A trusted local resource

I am Sharon Clapp, founder of The Menopause Wellness Centre in East Devon. Following my own experience of menopause, I created the service to bridge the gap between medical care and practical day-to-day support.

I work alongside GPs and healthcare professionals - never instead of them - helping women turn lifestyle advice into realistic, sustainable action.



Sharon Clapp

Menopause Wellness Practitioner
Menopause Movement Coach
Menopause and Women's Coaching Specialist

“I know what I should be doing - I just don't know where to start.”

That is where I help.

Women who may benefit from signposting

- ✓ Perimenopause, menopause or surgical menopause
- ✓ Loss of motivation, strength or confidence
- ✓ Joint pain, fatigue or reduced mobility
- ✓ Weight gain, poor sleep, stress or anxiety
- ✓ Reduced physical activity or returning to exercise
- ✓ Pelvic floor concerns alongside appropriate specialist care

How I help

- ✓ Build strength safely and improve balance
- ✓ Return to exercise with confidence
- ✓ Develop sustainable healthy habits
- ✓ Improve sleep, energy and stress management
- ✓ Stay motivated and accountable
- ✓ Support healthy ageing and independence

PERSONALISED • PRACTICAL • EVIDENCE-BASED • NO FADS • NO JUDGEMENT

HOW WE CAN WORK TOGETHER

My role is to complement clinical care by helping women put advice into action.

Services available

- One-to-one coaching - online or in person
- Train Together coaching for two people
- Small-group fitness classes in Sidmouth and Newton Poppleford
- Flow, circuits and chair-based exercise
- Menopause Wellness Days
- Workplace talks and education

My professional promise

- ✓ Work within my professional scope of practice
- ✓ Encourage clients to continue following medical advice
- ✓ Refer clients back to their GP or healthcare professional where appropriate
- ✓ Communicate professionally where collaborative care would benefit the client, with consent
- ✓ Provide evidence-based, practical and compassionate support

Working within scope

I do not diagnose or prescribe.
Clients are encouraged to continue working with their GP or healthcare professionals regarding medication and medical treatment.

I am not the appropriate service for

- ✗ Urgent medical assessment
- ✗ Diagnosis of medical conditions
- ✗ Advice regarding prescribed medication
- ✗ Acute mental health concerns
- ✗ Red flag symptoms requiring medical investigation

Professional qualifications

- Menopause Wellness Practitioner
 - Menopause Movement Coach
 - Women's Coaching Specialist
 - Menopause Coaching Specialist
 - Level 2 Fitness Instructor
 - Level 3 Exercise for Older Adults
 - Online Personal Trainer
 - Sleep, Stress Management & Recovery Practitioner
- Insured • First Aid Qualified**

Contact Sharon

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[@menopausewellnesscentre](#)

Available across East Devon and online throughout the UK.

Scan to learn more



Helping women become stronger, healthier and more confident through midlife.