

Liz Earle MBE to share her wellbeing advice, during The Latte Lounge LIVE 3rd birthday, in aid of The Eve Appeal at The Grove Hotel & Country Club in Hertfordshire. Live Latte Lounge

Submitted by: LATTELOUNGE.CO LIMITED

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On Wednesday July 3rd, Liz Earle MBE, will be sharing some of her wellbeing advice with Katie Taylor, Founder of The Latte Lounge (an online platform for Women over 40) and guests, at a charity spa day at The Grove.

The event marks the 3rd birthday of The Latte Lounge, and also aims to raise money and awareness for the women's gynaecological cancer research charity, The Eve Appeal.

Joining Liz and Katie after, for a panel discussion and q & a's, will be CEO of The Eve Appeal, Athena Lamnisis, along with some of The Latte Lounge website advisors and bloggers:

Menopause GP, Dr Louise Newson, Founder of The Menopause Support Network – Diane Danzebrink, Director of Jo Divine – Samantha Evans and Author of My Menopausal Vagina – Jane Lewis.

The morning will be attended by members of The Latte Lounge Facebook Group as well as being streamed via Facebook Live to over 16,000 of its members.

Guests will enjoy a delicious breakfast at The Grove and will have the opportunity to win some amazing raffle prizes too. Liz will end the mornings proceedings with a book signing and all guests will be given a copy of The Liz Earle Well-being Yearbook, Volume 2 to take home.

In the afternoon, everyone will be able to enjoy the luxurious Grove Hotel Spa facilities and relax in the tranquil countryside setting.

Commenting on this LATTE LOUNGE LIVE, Katie Taylor said:

"I am so thrilled to be holding our 2nd Live Latte Lounge with Liz Earle, who is someone I have always admired for many years and i am so grateful to her (and to all of our speakers) for giving up her time to come and help us celebrate our 3rd birthday and raise money for The Eve Appeal too.

I am also exceptionally grateful to The Grove Hotel and our other sponsors Sylk, TENA and Become for enabling us to host this event in such a stunning venue.

Last year we held our inaugural Live Lounge, hosted by Andrea McLane, to celebrate our 2nd birthday and to launch our website and I can't believe how much we have achieved in such a short space of time.

Like Andrea and myself, Liz has also shared a very similar journey, when it came to being slightly taken by surprise with what we all know now were peri menopause symptoms, so I was absolutely delighted when she agreed to come along and help me host this very special day, knowing how much she could relate to everything we are all striving to do to support women through midlife and beyond.

Not only has our Facebook Group grown from strength to strength in this past year, with over 16,000 members now, but our year old website has also become an incredibly useful and much loved landing page and stand alone resource for all midlife women both on and off our Facebook Group.

In this past year, we also launched, what is now, a very successful Instagram account as well as a monthly Latte Lounge Podcast on Radio Gorgeous, and a regular monthly members newsletter, so we really have become a 360 degree platform supporting so many women in so many different ways.

This could not be possible without my incredible team of admins, our brilliant medical and legal advisors and our wellbeing bloggers and experts who all support the website and our members day in day out."

Liz Earle said:

"I am delighted to be able to support this Latte Lounge event in aid of The Eve Appeal, The UK's Gynaecological Cancer Research Charity. From mid-life wellbeing and gut health to happier hormones and the menopause, I look forward to sharing the wisest ways I have found to look good and feel better than ever."

The Grove Spa Director, Jamie Pagan said:

"We are pleased to support such a vibrant Facebook Group on what is their third anniversary. The panel of guest speakers attending on the day, including Liz Earle, will provide specialist wellbeing advice enriching the lives of all fortunate enough to attend the event. We look forward to hosting which will be a great day."

Sylk Natural UK said:

"Only a third of menopausal women will seek medical help for vaginal dryness. There's still a stigma around women using lubricants and it's time we change that. Events like this shine a spotlight on the Menopause Journey and encourage open and honest conversation around the symptoms which can be hugely debilitating for some. Well done to The Latte Lounge for championing the Mid-Life Woman."

TENA said:

"Despite the fact that one in three women over 35 experience bladder weakness, it remains a taboo subject. At TENA, we are on a mission to tackle these taboos and inspire women who experience incontinence to feel good about themselves. We're proud to be partnering with The Latte Lounge to support The Eve Appeal and we're thrilled to be involved with an event which helps empower women. At TENA, we champion such events and communities that encourage women to feel confident, happy and able to talk openly about bladder weakness."

Become said:

"We are absolutely thrilled to be working with the Latte Lounge and supporting The Eve Appeal - With over 10 million women struggling with menopause symptoms (including hot flushes and night sweats) at any one time in the UK, we believe it is crucial to transform how modern women talk about, think about and take on their menopause. Events like this absolutely support these goals."

-ends-

Notes to editors:

The morning will run from 9.30am-12.30pm with the spa afternoon running from 12.30pm-6.30pm

The event is being very generously sponsored by:

The Grove Hotel and Country Club, Sylk Natural UK, Tena Lady and Become.

Raffle & Goody Bag prizes/gifts have been kindly donated by:

Liz Earle MBE, Sylk Natural UK, TENA, Become, Healthspan, Erica Harel, hhdesigns, abacus foods and Philip Kingsley Hair.

ABOUT OUR SPEAKERS:

KATIE TAYLOR & THE LATTE LOUNGE

Katie is the CEO & Founder of The Latte Lounge. She set up this online midlife platform for Women Over 40 after suffering from debilitating peri-menopause symptoms at the age of 45. She is now passionate about supporting, signposting and celebrating all women in midlife by providing them with a forum that offers easy to understand, helpful, professional and trustworthy information.

Email: Katie@lattelounge.co Tel: 07739802520

ATHENA LAMNISOS & THE EVE APPEAL

Athena Lamnisos is the Chief Executive of The Eve Appeal - The only UK national charity raising awareness and funding research into the five gynaecological cancers – womb, ovarian, cervical, vulval and vaginal.

For further information, please Tel: 020 7605 0151 or Email: athena.lamnisos@eveappeal.org.uk

LIZ EARLE MBE

Liz Earle MBE is a wellbeing entrepreneur, TV presenter and the number one bestselling author of over 35 books on a range of health, beauty and wellbeing topics, including her latest bestsellers The Good Menopause Guide and The Good Gut Guide. A global brand pioneer, Liz co-founded (but is no longer connected to) the multi-award winning Liz Earle Beauty Co., before moving on to launch Liz Earle Wellbeing. She is the Founder and Editor-in-Chief of Liz Earle Wellbeing magazine (published internationally by Hearst), Founder of Liz Earle Fair and Fine, an award-winning range of Fairtrade gold botanical jewellery and the host of the popular Wellness with Liz Earle weekly podcast.

Please note: Liz Earle MBE Photo credit: Georgia Glynn Smith

DR LOUISE NEWSON

Louise is a GP, menopause specialist and director of the Newson Health Menopause and Wellbeing Centre in Stratford-upon-Avon. She is also passionate about improving knowledge about safe prescribing of HRT.

For more information, please contact: Stacy Tuohy, stacy.tuohy@newsonhealth.co.uk

DIANE DANZEBRINK

Diane Danzebrink is a Menopause Counsellor, psychotherapist & wellbeing consultant with professional nurse training in menopause. She created the #MakeMenopauseMatter campaign calling for mandatory GP education in menopause which has 25k signatures to date.

For more information, call: 07711142241 or email dianedanzebrink@gmail.com

SAMANTHA EVANS

Samantha Evans is co-founder of online sex toy retailer Jo Divine <https://www.jodivine.com/>. As a former nurse, sexual health and pleasure expert and menopausal woman she has written extensively about sex and the menopause and advises women and their partners about practical ways to enjoy sexual intimacy and pleasure.

She can be contacted on 01892 888284 or samantha.evans@jodivine.com

JANE LEWIS

Jane Lewis, who is 52, suffers with vaginal atrophy (the hush hush of menopause), admins a support group & has co-written "Me & My Menopausal Vagina " with her daughter Penny.

For more information, please call: 07981 490044 or email: jane.esmerose@gmail.com

ABOUT OUR SPONSORS:

THE GROVE HOTEL

Set in 300 acres of stunning Hertfordshire countryside, The Grove is the ultimate five star retreat. Lovingly restored, the former home of the Earls of Clarendon is situated just 18 miles from London, and is home to an award winning spa, championship golf course and mouth-watering restaurants.

SYLK

Sylk is an intimate, plant-based moisturising lubricant that provides immediate relief from vaginal dryness. A water-soluble, pH friendly lubricating gel, Sylk's female-friendly formula is kind and gentle to sensitive tissues.

TENA

TENA provides incontinence products to people of all ages to enable them to continue to live an active life. Trusted by millions TENA is the global leader in the incontinence market, offering products that help manage urinary incontinence throughout the day and night. For over 60 years TENA has been creating discreet and effective solutions for this surprisingly common, yet infrequently talked about, condition

The TENA range for women includes:

Lights by TENA

Discreet Liners that lock away moisture through its 5 in 1 freshness™.

TENA Woman

A range of liners, pads, pants and incontinence underwear that are discreet with a comfortable fit and built in triple protection™ against leak odours and moisture.

BECOME

Female led, FemTech Company Become™ is an innovative brand working to break barriers surrounding the menopause. We provide groundbreaking solutions to alleviate hot flushes and night sweats through our patent-pending Anti-Flush Technology™.

Our research, feedback and reviews prove we are helping to change the lives of women around the world with our range of intelligent, every day apparel.

Our product works in four unique ways:

It cools the skin: The soft, lightweight fabric is made with a flat thread and knitted on a cross section to maximise surface area to transfer warmth away from the body. Tiny channels in the material drive away heat and encourage cooling.

It wicks moisture: The fabric has two innovative coatings. The first works in much the same way as skin. As body heat begins to rise, it works hard to bring the temperature down by evaporating moisture away.

It releases heat back: The second fabric coating absorbs and stores the heat from the surface of the skin during a hot flush or night sweat, then releases it back during the chill that follows. This helps maintain a stable body temperature and lessens fluctuation.

It reduces odour: Our hi-tech fabric also controls odour. Traditionally used for extreme sportswear, an anti-microbial finish creates a barrier between the bacteria and the fabric, immobilising the odour source and locking it in.

www.webecome.co.uk