

MY CINEMA CLINIC™: THE MENOPAUSE

LOOKING FOR DOCUMENTARY CONTRIBUTORS

We are looking for people to submit video diaries of their experience going through the **menopause** for a cinema event on World Menopause Day 18th October 2026:



**SUPPORT
US!**



Only submissions from those belonging to at least one of the following groups will be considered:

- Those living in the West Country, East Anglia, North of the UK, Scotland, Cornwall, Wales and Midlands
- Those living with a disability/disabilities and conditions such as HIV, POI, PCOS or endometriosis
- Those from the LGBTQIA+ communities
- Those from Gypsy, Roma, and Traveller (GRT) groups
- Those from ethnic communities particularly from the Asian, African, Chinese and Middle Eastern or refugee communities
- Those on lower income and universal credit or temporary accommodation
- Those from neurodivergent communities

Please submit a 3-minute video of yourself shot on your phone (please film landscape) introducing who you are and describing what the menopause means to you and ask one question you would like to see answered in the documentary.

Submit your video link, WeTransfer, MP4 or .mov file along with your consent & contact form to info@mycinemaclinic.com.

To download the consent & contact form, for more details AND to support us please visit www.mycinemaclinic.com