

PEN Awards 2026

Emerging Good Practice Award
Oncology Menopause Support Group

Transforming Cancer Survivorship Care Through Patient-Led Innovation

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Living With and Beyond Cancer Team



**Royal Devon
University Healthcare**
NHS Foundation Trust

Hiding in plain sight

01

Treatment-induced menopause can be overlooked after cancer treatment

02

Women felt unprepared and isolated

03

Access barriers include fatigue, work, caring and geography

04

No dedicated oncology menopause pathway existed

Why we did this?

Because surviving
cancer should not
mean surviving
alone.

We listened. We
acted. We
changed the
pathway.

Inclusion: Health Inequalities

Open to women across ethnicities



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graph TD; A[Open to women across ethnicities] --> B[Designed around accessibility]; B --> C[Hybrid delivery being developed]; C --> D[Identify who is still being missed];
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Designed around accessibility

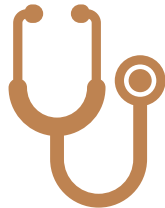
Hybrid delivery being developed

Identify who is still being missed

Leadership



Clear aim:
improve
understanding,
confidence and
quality of life



Led by oncology
dietitian with
MDT and patient
partners

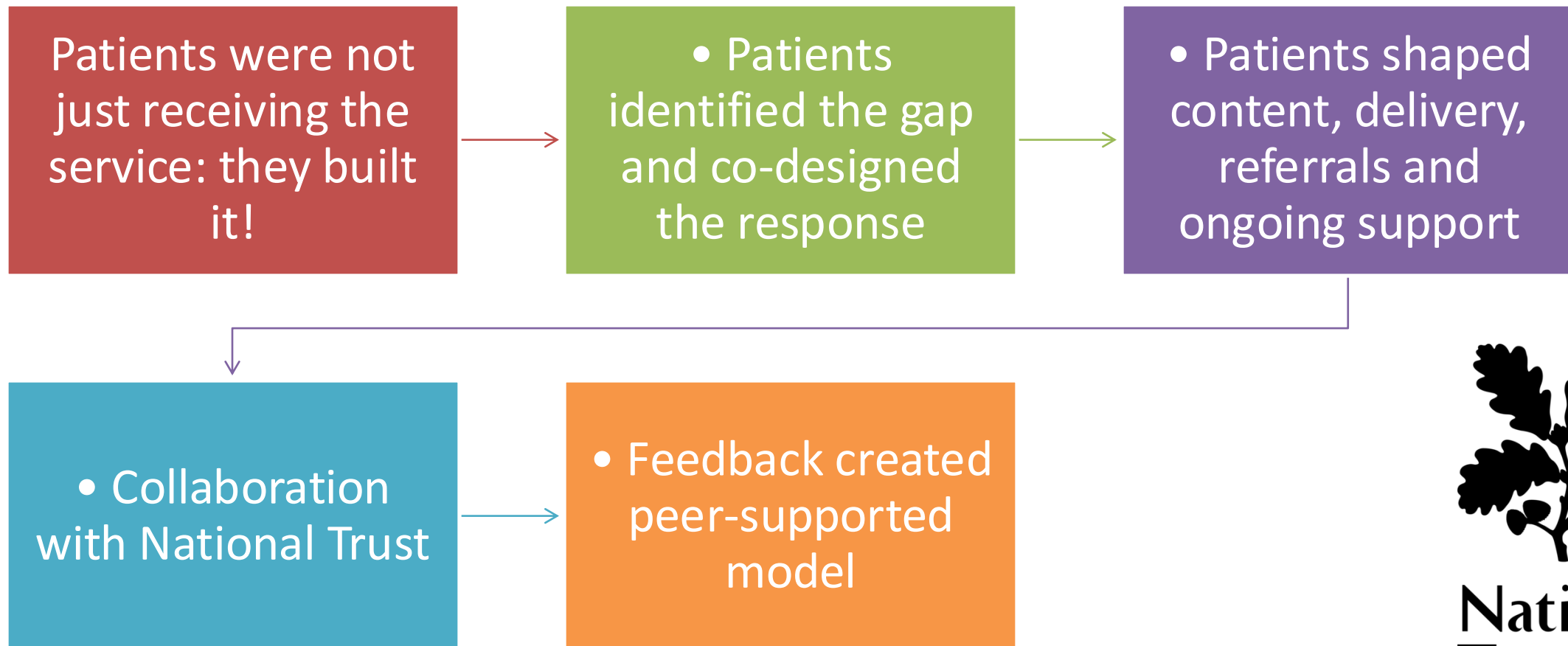


Built alongside
existing priorities



Adapted through
feedback

Involvement & Co-production



National
Trust

Our approach



LISTEN →



DO →



MEASURE →



LEARN →



ADAPT

Transferability & Dissemination

Accessible through 6 oncology teams



Low-resource model



Identify → Co-produce → Support → Connect →
Adapt



Sustainability



Outcomes and Success

125 referrals within the pilot



6 oncology teams able to refer



100% said it was needed



The impact is bigger than the numbers

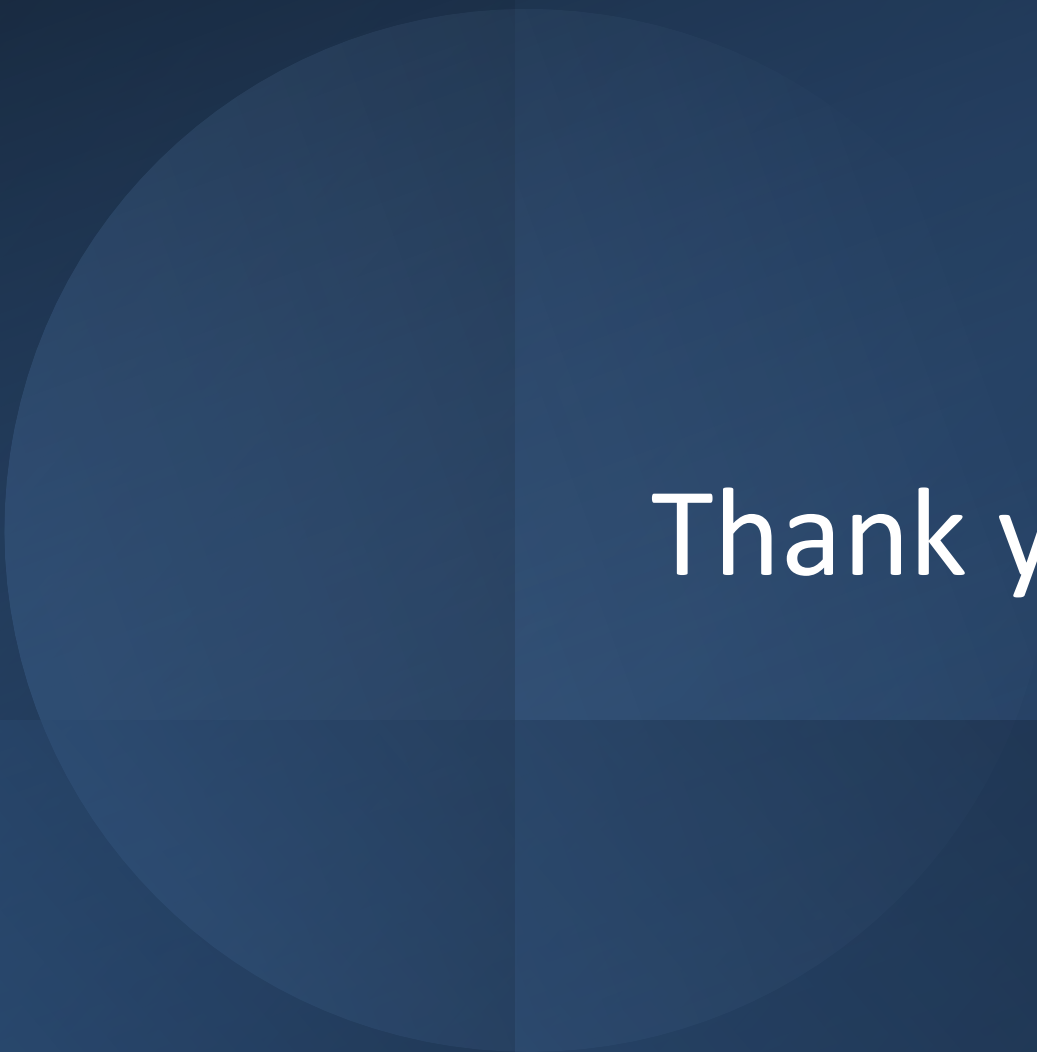
“I’m not alone”

“Why has this not existed before?”

“I left feeling more confident and in control.”

“For the first time, I understood what was happening to me.”





Thank you