Library & Knowledge Service

Resource Guide
Menopause Network

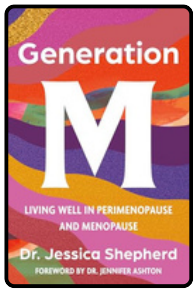
Educational Game

Menopause Game
This game raises awareness of the menopause, challenges common myths and helps women to recognise and manage symptoms. It can be played by anyone to raise general understanding of the menopause and reduce stigma around the menopause.

Presenting menopause information in a fun, interactive and non-judgemental way, it empowers players to share their experiences and their concerns.

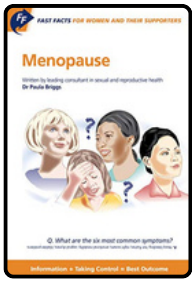


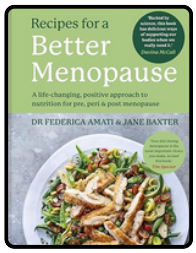
Books



Generation M : living well in perimenopause and menopause (2024) by Dr Jessica Shepherd. ISBN: 9781454954897
With clinical insights, actionable tips, and holistic guidance, Dr. Jessica Shepherd, a board-certified OB/GYN and women's health advocate, redefines how to sustain the marathon of this life stage so you can make the most of your health and vitality. In Generation M, she throws out the old playbook and provides you with an empowering approach to thriving through this change and beyond. Dr. Shepherd draws upon many conversations with leading experts in nutrition, meditation, and fitness, as well as with those living through perimenopause and menopause, who've shared what challenges them and what helps them live vibrantly.

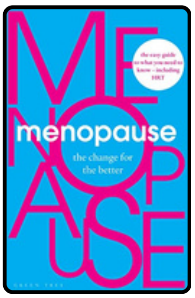
Menopause : fast facts for women and their supporters (2018) by Paula Briggs. ISBN: 9781912776085
The menopause transition affects different women in different ways, with symptoms ranging from mild to debilitating. This fact-filled workbook explains in simple language what happens during the perimenopausal years, highlights the long-term consequences of the menopause, and debunks the myths surrounding menopausal hormone treatment.

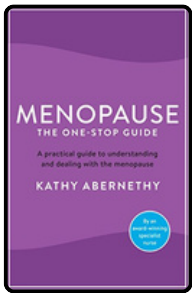




Recipes for a better menopause: a life-changing, positive approach to nutrition for pre, peri and post menopause (2023) by Dr Federica Amati and Jane Baxter. ISBN: 9781804191439
Written by a menopause specialist, this will give women and their families the facts for stages and symptoms and details for safe and effective treatments for their particular needs.

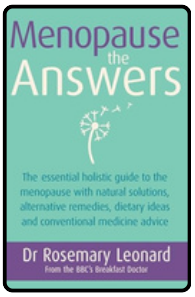
Menopause: The change for the better (2018) by Deborah Garlick and Henpicked. ISBN: 9781472948731
Reflecting the latest NICE guidelines and information about HRT, this book provides a balanced view and encourages you to explore the options and think about what's right for you. Covering the facts, the myths, different approaches to menopause, including natural and medical options, and what to expect. Also included are quotes and stories from women sharing their own experiences.

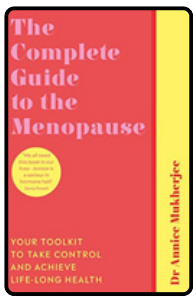




Menopause: The one-stop guide: a practical guide to understanding and living with the menopause (2018) by Kathy Abernethy ISBN: 9781781258729
Reflecting the latest NICE guidelines and information about HRT, this book provides a balanced view and encourages you to explore the options and think about what's right for you. Covering the facts, the myths, different approaches to menopause, including natural and medical options, and what to expect. Also included are quotes and stories from women sharing their own experiences.

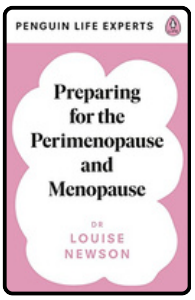
Menopause: The answers (2017) by Dr Rosemary Leonard. ISBN: 9781409153344
Covering everything from hot flushes, changes to your menstrual bleeding pattern, how to tackle sex after menopause, and advice on alternative remedies, this book is a comprehensive guide on how to navigate your body's changes.



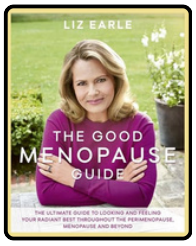


The complete guide to the menopause (2021) by Dr Annice Mukherjee. ISBN: 9781785043291
This book includes a lifestyle toolkit and demystifies the menopause by looking at: how to manage the menopause at work, how things change in the decades after the menopause, what happens if you have a medically induced menopause and when to consider hormone therapies and HRT.

Preparing for the perimenopause and menopause (2021) by Louise Newson. ISBN: 9780241504642



Despite being something that almost every woman will experience at some point in their lives, misdiagnosis, misinformation and stigma are commonplace. In Preparing for the Perimenopause and Menopause, the UK's leading menopause expert, Dr Louise Newson will demystify the taboos and show why every woman should be perimenopause aware, regardless of their age.



The good menopause guide (2018) by Liz Earle. ISBN: 9781409164180

Liz Earle, MBE, is one of the world's most respected and trusted authorities on wellbeing. Following on from her bestselling books Skin and The Good Gut Guide, this beautifully illustrated guide shares all of the information, tips and advice you need for a healthy menopause. She provides guidance on how to balance your hormones, the importance of a nourishing diet, the myths and facts about HRT, osteoporosis, how to optimise bone health, and how to boost energy and self-esteem.

All of the books in this resource guide are available from the library. Scan the QR code to search the library catalogue and reserve them, or ring/email the library.

Online Resources

NHS Employers: Menopause and the Workplace
https://www.nhsemployers.org/articles/menopause-and-workplace
Information on how menopause can affect women at work, and practical guidance for employers on how to improve workplace environments for them.

NICE: Guideline NG23 - Menopause: diagnosis and management
https://www.nice.org.uk/guidance/ng23
This guideline covers the diagnosis and management of menopause, including in women who have premature ovarian insufficiency. The guideline aims to improve the consistency of support and information provided to women in menopause.

Faculty of Occupational Medicine: Guidance on Menopause and the workplace
https://www.fom.ac.uk/health-at-work-2/information-for-employers/dealing-with-health-problems-in-the-workplace/advice-on-the-menopause
These practical guidelines aim to help women experiencing troublesome menopausal symptoms, and to support them and their colleagues and managers in tackling the occupational aspects of menopausal symptoms.

NHS: Menopause
https://www.nhs.uk/conditions/menopause/
Patient information, including overview of menopause, symptoms, treatment and advice on when to see your GP.

British Menopause Society
https://thebms.org.uk/
The British Menopause Society (BMS) informs and guides healthcare professionals on menopause and all aspects of post reproductive health. This is achieved through an annual programme of lectures, conferences, meetings, exhibitions and our interactive website.

Women's Health Concern

https://www.womens-health-concern.org/

The ***patient arm*** of the British Menopause Society (BMS). We provide a confidential, independent service to advise, reassure and educate women of all ages about their gynaecological and sexual health, wellbeing and lifestyle concerns.

The Menopause Charity

https://themenopausecharity.org/

To bust myths, overcome ignorance and make menopause symptoms history. The Menopause Charity aims to:

- Support women with fact-based research and ensure access to the safest HRT
- Help educate healthcare professionals and employers in the menopause
- Campaign for excellent and inclusive menopause care worldwide

International Menopause Society

https://www.imsociety.org/education/world-menopause-day-2026/

World Menopause Day Resources and more information for both healthcare professionals and women.

Henpicked: Menopause Hub

https://henpicked.net/menopause-hub/

Expert information, useful resources, top tips and women's stories.

PositivePause

https://www.positivepause.co.uk/

PositivePause embrace midlife, menopause and beyond, helping women to be the best that they can be. Formed in 2016, by Ann and Jo, both menopausal, frustrated and over-whelmed by the range of information available online as they navigated the menopausal minefield. The website looks at the menopause with a more optimistic, up beat approach, to help you find the support you need during this complex time in your life.

Menopause Info

https://www.menopauseinfo.org/

Reliable information, advice and support around menopause, perimenopause and postmenopause. Created for women, their partners, families and friends, plus anyone interested in understanding midlife women's health.

The Daisy Network

https://daisynetwork.org/

Daisy Network is a charity dedicated to providing information and support to women diagnosed with Premature Ovarian Insufficiency, also known as Premature Menopause. Their aim is to:

- Provide a support network of people to talk to
- Allow members to share information about their personal experience of POI
- Provide information on treatments and research within the fields of HRT and assisted conception
- Raise awareness of the condition among GPs and the broader medical community

Mumsnet: Menopause Forum

https://www.mumsnet.com/talk/menopause

A forum to talk to other women going through the menopause.

Gransnet: Menopause

https://www.gransnet.com/health/menopause

Balance Menopause Support App

https://www.balance-menopause.com/balance-app/

Brought to you by menopause specialist, Dr Louise Newson and thousands of people who've shared their perimenopause and menopause insights, Balance allows you to track your symptoms, access personalised expert content, share stories and lots more. Available from Google Play and the App Store.

Find out more about the Menopause Network on the Trust Extranet, or email: menopause.staffnetwork@sthk.nhs.uk

Contact us

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