

Menopause overview resources - staff

General information

- [British Menopause Society \(BMS\) resources](#)
- [Primary Care Women's Health Forum \(PCWHF\)](#)
- [Menopause: Diagnosis and management \(being updated currently\)](#) - NICE
- [Menopause Matters](#)
- [HRT for generalists](#) - RCGP podcast (18 minutes)
- [Benefits and risks of HRT](#) - Wellspring Health
- [Women's Health Podcast](#) - Personalised Care Institute (30 mins)
- [Menopause in ethnic minority women](#) - BMS
- [Understanding the risks of breast cancer](#) - Women's Health Concern (WHC) infographic
- [Menopause](#) - Moving Medicine
- [Contraception for Women over 40](#) - Faculty Sexual Reproductive Health, FSRH
- [Osteoporosis Resources for Primary Care](#) - Royal Osteoporosis Society

Proactive care ideas

Menopause awareness sessions

- [Hrtea sessions](#) at Lennard Surgery

Practice website information

- [Menopause](#) - West Walk Surgery
- [Menopause Symptom Questionnaire](#) - BNSSG
- Patient resources overview

Menopause group consultations

Menopause Champion

- [Future NHS](#) Menopause Champion Support in Menopause section

More training

- [Menopause awareness training](#) E learning for health
- [Menopause explained](#) BMS video
- [Menopause - BNSSG Training Hub](#) more webinars available

Menopause overview resources - patients

General information

- [Women's Health Concern](#), WHC (British Menopause Society, BMS)
- [Rock my menopause](#) (Primary Care Women's Health Forum, PCWHF)
- [Menopause Fact Sheet](#) - Self-care forum
- [Menopause Easy Read guides](#) - Learning Disability Wales
- [Perimenopause and HRT leaflets](#) - available in Arabic, Punjabi, Somali, Urdu
- [Understanding Menopause](#) - Menopause Support
- [Understanding Menopause for Partners](#) - Menopause Support
- [Living Well Through The Menopause](#) - CBT book by Myra Hunter
- [Cognitive Behaviour Therapy for Menopausal Symptoms](#) - WHC
- [Silvercloud](#) - self-referral for computerised CBT-insomnia, CBT-i
- [Sleep hygiene advice](#) - Sleep charity
- [Menopause and insomnia](#) - WHC
- [5 Minute Kitchen Workout - Dr Rangan Chatterjee](#)
- Joe Wicks routines for menopause: [Strength Workout 1](#) & [Strength Workout 2](#).
- [Nutrition in menopause](#) - WHC
- [Complementary and Alternative Therapies](#) - WHC
- [Emotional wellness in menopause](#) - WHC
- [HRT Pre Payment Certificate](#), HRT-PPC - NHSBSA

Premature Ovarian Insufficiency, POI (menopause before age 40)

- [The Complete Guide to POI](#) book by Dr Hannah Short
- World Menopause Day 2020 [Leaflet](#) and [Poster](#) (available in 14 languages)
- [My Life on Pause](#) book by Dr Siobhan O'Sullivan

Genito-urinary syndrome of menopause

- [Me & My Menopausal Vagina](#) - book by Jane Lewis about her experiences
- [Vulval Care](#) - Primary Care Dermatology Society
- [Yes natural vulval moisturisers and lubricants](#)
- [Self-referral for pelvic health physio at St Michael's](#)

Patient support groups

- [Black Women in Menopause](#)
- [Queer menopause](#)
- [Surgical menopause](#)
- [Daisy Network](#) (POI)
- [Mothering and the menopause](#) (POI)
- [M power](#) Greenway Centre, Bristol

Workplace guidance

- [Manifesto for menopause at work](#) CIPD
- [Faculty Occupational Medicine guidance on menopause and the workplace](#)

- [Menopause and the workplace guidance](#) BMS
- [Wellbeing of Women Menopause pledge](#)
- [Menopause at work toolkit](#)
- [Menopause and the law: Menopause at work](#) ACAS