

THE MENOPAUSE TEAM

*HELPING EMPLOYERS & EMPLOYEES
WORK WITH THE MENOPAUSE...*

Resources

Menopause Symptoms

<https://www.menopausenow.com/symptoms>

Greene Climacteric Scale

<https://www.menopausematters.co.uk/greenescore.php>

Websites

British Menopause Society (including the Women's Health Concern resource)

<https://thebms.org.uk/>

Balance, Dr Louise Newson

<https://www.balance-menopause.com/>

NHS Menopause Advice

<https://www.nhs.uk/conditions/menopause/>

Fair Treatment for the Women of Wales (FTWW)

<http://www.ftww.co.uk/report-menopause-care-in-wales/>

Daisy Network – Help for those experiencing early menopause

<https://www.daisynetwork.org/>

Meg's Menopause

<https://megsmenopause.com/>

Menopause Matters

<https://www.menopausematters.co.uk/>

NICE Guidelines – Management of the Menopause

<https://www.nice.org.uk/guidance/ng23/ifp/chapter/Menopause>

Government Report (2017)

<https://www.gov.uk/government/publications/menopause-transition-effects-on-womens-economic-participation>

Books

Menopausal by Davina McCall and Dr Naomi Potter
Older and Wiser: A Survivor's Guide to the Menopause. Jenny Eclair
How Hard Can it Be? Allison Pearson (Fiction)
Management of the Menopause (sixth edition). British Menopause Society. Hillard, Abernethy et al
The Shift by Sam Baker
The M Word by Dr Philippa Kaye
Preparing for the Perimenopause and the Menopause by Dr Louise Newson
Everything You Need to Know About the Menopause by Kate Muir
Men...Let's Talk About Menopause by Ruth Devlin

Articles

What is the menopause and when does it strike?
https://www.theguardian.com/news/2019/aug/26/what-is-the-menopause-and-when-does-it-strike?CMP=Share_iOSApp_Other

Journals

British Menopause Society
UK academics writing about the menopause at work: Professor Jo Brewis, Dr Andrea Davies and Dr Vanessa Beck amongst others.

Podcasts

The Dr Louise Newson podcast
Gallop and Catastrophe
Michelle Obama
Get Lifted with Lisa Snowdon
The Hot & Moody Podcast
Fortunately with Fi and Jane
The Happy Menopause

Apps

Balance by Dr Louise Newson (excellent source of evidence-based help including a symptoms tracker).

TV

Davina McCall has two great programmes available on Channel 4 catch-up. Watch and learn!

Facebook, Instagram and Twitter also have interesting menopause group pages.

Keep an eye on the menopause progress made by Carolyn Harris (MP)

Dr Michael Mosley has developed the blood sugar diet, a diet which focuses on health. Dr Mosley is also interested in sleep. Sleep can be very much disrupted during menopause. Watch his BBC Horizon programme on sleep and listen to his Radio 4 series on the same topic.

Note of caution: in many instances the menopause has become a commercial opportunity. Please be aware of the false claims and rather outrageous solutions offered by some *seemingly* reputable organisations.

Compiled by Jayne Woodman of The Menopause Team
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This resource list is made up of my suggestions. I cannot vouch for any of the organisations, although I do really rate the Kate Muir book! (2022)