

MENOPAUSE

Below is a selection of resources related to menopause that you may find useful. If you know of or find other useful resources please send them to #HRPayroll and we will ensure they are shared with everyone.



Websites

The Menopause Charity – <https://www.themenopausecharity.org/>

Their main aim is to educate everybody so that perimenopause and menopause are properly understood.

Menopause Support – <https://menopausesupport.co.uk/>

Home of the #MakeMenopauseMatter campaign

NHS - <https://www.nhs.uk/conditions/menopause/things-you-can-do/>

Menopause and Me - <https://www.menopauseandme.co.uk/en-gb>

This website is dedicated to supporting women throughout the menopause journey.

Menopause Matters - <https://www.menopausematters.co.uk/>

Is an award winning, independent website providing up-to-date, accurate information about the menopause, menopausal symptoms and treatment options. You will find information on what happens leading up to, during and after the menopause, what the consequences can be, what you can do to help and what treatments are available.

Podcasts

The Happy Menopause - Join award-winning nutritionist and author *Jackie Lynch* as she takes you on a journey through midlife to learn how diet and lifestyle can help you take control of your menopause symptoms.

The Dr Louise Newton Podcast - Have a menopause question? You'll find the answers here. Join me, GP and Menopause Specialist Dr Louise Newson, for the definitive perimenopause and menopause podcast.

The Positive Perimenopause Podcast - The place to be informed, supported and inspired through the rollercoaster ride of perimenopause and menopause.

The Menopause Sisters - The Menopause Sisters show is presented by Dr Claire, an Advanced Menopause Specialist, and her sister, Caroline a trauma informed yoga teacher with a special interest in menopause.

Get Lifted with Lisa Snowdon - Lisa Snowdon is the queen of self-care and feel good alternative therapies

The Mid Point with Gabby Logan - Gabby Logan is middle-aged and unashamed. But, what does it mean to be at the halfway stage of your life?

