



# Menopause Newsletter

June 2023 Volume 10- SPECIAL EDITION



**Welcome to this special LGBTQI+ edition of the Menopause Newsletter.**

Commissioned by the Health and Wellbeing Team, to support our wonderful colleagues experiencing menopause and peri-menopause. In this issue:

- Useful links for LGBTQI+ colleagues
- Guidance on supporting LGBTQI+ colleagues
- Further reading

## Useful links for LGBTQI+ colleagues



**We need to talk about the LGBTQ+ menopause experience** (2021) from Good Housekeeping  
[www.goodhousekeeping.com/uk/health/a35227597/lgbtq-menopause-experience/](http://www.goodhousekeeping.com/uk/health/a35227597/lgbtq-menopause-experience/)

**LGBTQIA+ menopause: room for improvement** (2022) from The Lancet  
[www.thelancet.com/journals/lancet/article/PIIS0140-6736\(22\)01935-3/fulltext](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(22)01935-3/fulltext)

**Menopause: It's not just a women's issue** (2022)  
<https://peppy.health/blogs/menopause-its-not-just-a-womens-issue/>

**Transgender menopause: it's a thing** (2022)  
<https://queerforty.com/transgender-menopause-its-a-thing>

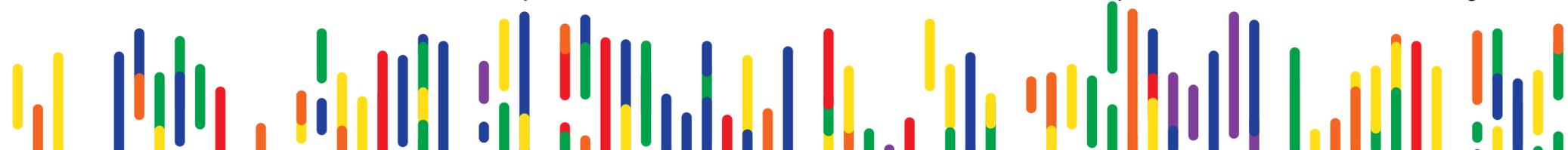
**Why we need to take the next step towards an inclusive menopause** (2021)  
[www.lattelounge.co.uk/why-inclusive-menopause-lgbtqia/](http://www.lattelounge.co.uk/why-inclusive-menopause-lgbtqia/)

**LGBTQ+ & menopause** (2022) <https://menopauseexperts.com/lgbtq-menopause/>

**RockMyMenopause** has a **transgender** health section at  
<https://rockmymenopause.com/get-informed/transgender-health/>

At [www.queermenopause.com](http://www.queermenopause.com) you'll find information and links to resources for LGBTQIA+ people and health practitioners.

**England's official menopause guidance to include trans and non-binary people for the first time.**  
Pink News (2022) [www.thepinknews.com/2022/05/28/nice-menopause-trans-non-binary/](http://www.thepinknews.com/2022/05/28/nice-menopause-trans-non-binary/)



## Supporting LGBTQI+ colleagues

Appendix 3 of **Supporting our NHS people through menopause: guidance for line managers and colleagues** includes useful information about supporting transgender, non-binary, and intersex colleagues with the menopause.

Unison's guidance **The menopause is a workplace issue: guidance and model policy**

[https://www.unison.org.uk/content/uploads/2021/02/26305\\_menopause\\_guide-1.pdf](https://www.unison.org.uk/content/uploads/2021/02/26305_menopause_guide-1.pdf) is helpful to understand how experiencing menopause symptoms may be additionally difficult for lesbian, gay, bisexual and trans plus people.

# PRIDE!

### Want to read a bit more?

Take a look at some of the LGBTQ+ books you can borrow from our libraries:



[LGBTQ+ books at GEH](#)



[LGBTQ+ books at SWFT](#)



Don't forget, you can also search the [library catalogue](#) and reserve books held by other health libraries across the Midlands to collect from your Trust library.

<https://koha.healthlibrariesmidlands.nhs.uk/cgi-bin/koha/opac-main.pl>

### And there's even more available online!

Access NHS England's **Diversity ebook collection** at

<https://library.hee.nhs.uk/learning-academy/equality%2C-diversity-and-inclusion/diversity-ebook-collection>

Here's a sample of the books available:

[Gender Diversity and Non-Binary Inclusion in the Workplace: The Essential Guide for Employers](#)

[Can I tell you about gender diversity? A guide for Friends, Family and Professionals](#)



### Something shorter perhaps?

Learn what it means to be transgender in this useful article from [Patient](#)

***Debunking transgender stereotypes and myths***

<https://patient.info/news-and-features/debunking-transgender-stereotypes-and-myths>

### Support for you

For more information about menopause support within the Trusts please contact the Staff Health and Wellbeing Team Email: [hwb@swft.nhs.uk](mailto:hwb@swft.nhs.uk) Twitter: [@GEH SWFT HWB](#)

This newsletter has been produced for the Health and Wellbeing Team by the Clinical Librarians from GEH and SWFT Libraries. Many thanks to colleagues who have shared links to useful resources. For more information about accessing quality information resources please get in touch- [Lisa.Mason@geh.nhs.uk](mailto:Lisa.Mason@geh.nhs.uk) or [Rayanne.Byatt@swft.nhs.uk](mailto:Rayanne.Byatt@swft.nhs.uk)

