

Menopause Newsletter

July 2023 Volume 11

♥ SELF ♥
CARE

Welcome to the latest Menopause Newsletter.

Commissioned by the Health and Wellbeing Team, we'll be sharing information sources, advice routes, and personal stories to support our wonderful colleagues experiencing menopause and peri-menopause. In this issue:

- Self-care
- Know your numbers
- Healthy eating
- Beat the heat
- Mental health
- Manager's corner
- Further reading

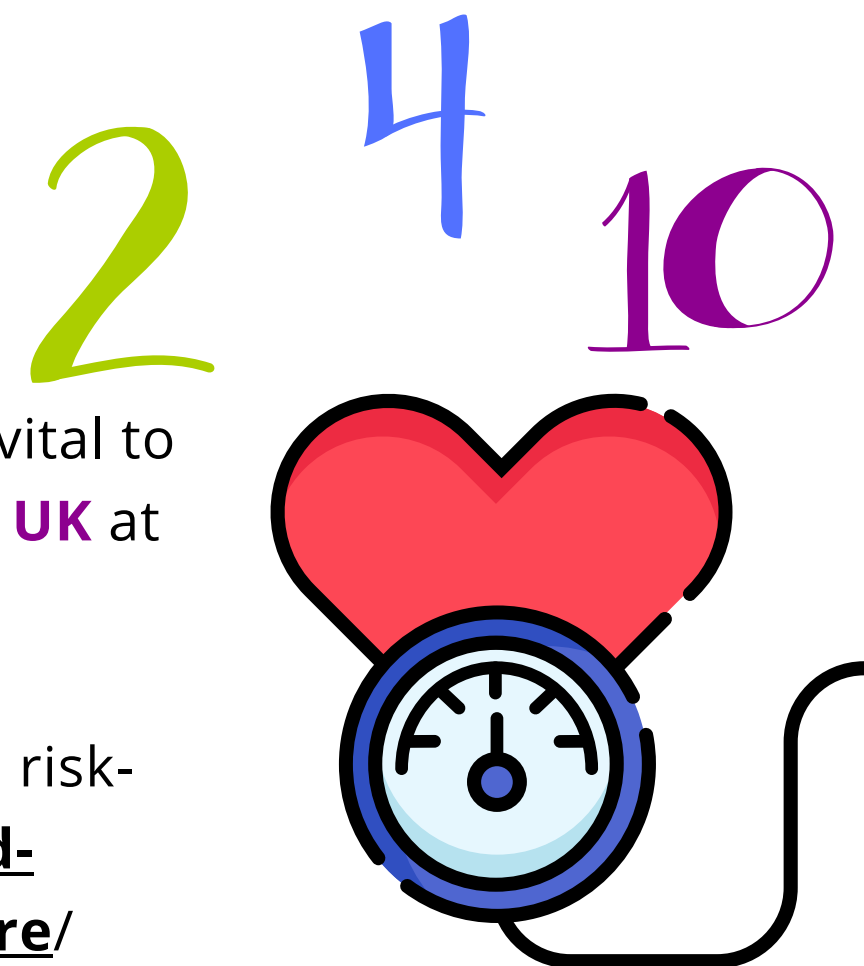
Know your numbers!

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4-10th September is **Know Your Numbers Week**
www.bloodpressureuk.org/know-your-numbers/

Many people experience higher blood pressure during the menopause so it's vital to get yours checked. Find out more about blood pressure from **Blood Pressure UK** at www.bloodpressureuk.org/your-blood-pressure/

If you're of African Caribbean or South Asian descent you may be at increased risk-
www.bloodpressureuk.org/your-blood-pressure/how-to-lower-your-blood-pressure/healthy-eating/your-ethnic-background-and-your-blood-pressure/



Take care of yourself



Keeping fit- September 20th is **National Fitness Day**, pop your postcode into www.nationalfitnessday.com/ to find a new activity to try.

Women's Health Concern have advice on the best exercises to support your mind, body and soul during the perimenopause and menopause
<https://www.womens-health-concern.org/wp-content/uploads/2023/06/29-WHC-FACTSHEET-Exercise-in-menopause-JUNE2023-A.pdf>

The **NHS** suggests Things you can do- lifestyle changes to help menopause and perimenopause
www.nhs.uk/conditions/menopause/things-you-can-do/

Davina McCall's menopause fitness secrets suggests several options if fitness isn't your thing. How about a kitchen disco? www.mymenopausecentre.com/blog/davina-mccalls-menopause-fitness-secrets-2/

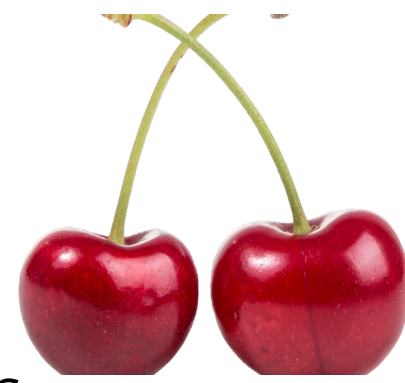
Read more about how fitness and diet can help you through the menopause in this **Guardian** article
www.theguardian.com/society/2021/aug/23/work-muscles-rethink-diet-fitness-help-menopause

Healthy Eating

To understand why weight gain can be experienced during the perimenopause watch the videos on the **Women's Health Concern** Menopause Wellness Hub:

<https://www.womens-health-concern.org/help-and-advice/menopause-wellness-hub/>

Registered dietician Nigel Denby talks about a perfect storm of changes to oestrogen levels combined with loss of muscle mass. Nigel suggests some simple ways you can make changes to diet and lifestyle.



Unsure which foods to include in a healthy diet? There's advice from registered nutritionist Dr Harriet Holme on **The Menopause Charity** website on what to eat for long-term health including maintaining bone health and preventing cardiovascular disease

<https://www.themenopausecharity.org/2021/06/12/healthy-eating-during-menopause/>

There's further advice from the **Patient** website about eating healthily to combat tiredness, mood swings, hot flushes and reduce the risk of breast cancer and cardiovascular disease

<https://patient.info/news-and-features/your-diet-and-the-menopause>

Have you heard about menowashing? In this **Zoe** podcast Dr Sarah Berry talks about the limited evidence on menopause supplements, the marketing of products meant to alleviate symptoms, and how a healthy diet can help reduce symptoms <https://youtu.be/05qfMQnkq-A>



Phew, it's hot!



It may not seem as if the summer heat is a problem at the moment, but just in case the weather picks up, here are some tips for coping with the warmer weather.

Holland and Barrett's 5 minute read How to manage menopause symptoms in the heat has some great tips, but also advocates not suffering in silence www.hollandandbarrett.com/the-health-hub/conditions/womens-health/menopause/menopause-symptoms-in-the-heat/

If you're one of the 8 out of 10 women affected by hot flushes, **Balance** look at how to cope in warm weather www.balance-menopause.com/menopause-library/how-to-cope-with-hot-flushes-in-warm-weather/

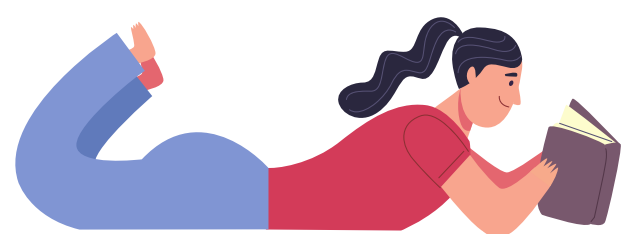
There's lots of generic advice from the **government and NHS** on hot weather and how to prevent it affecting your health at www.gov.uk/government/collections/hot-weather-and-health-guidance-and-advice



Manager's Corner

Do you know how to record menopause as a reason for sickness on **ESR**? Choose the primary reasons for the sickness absence, then under the **Related Reason** field, record **Menopause**. Find out more with this handy guide from ESR-

[https://my.esr.nhs.uk/dashboard/web/esrweb/browse-content/-/document library/7FXjBv5vbrZX/view file/1079292912](https://my.esr.nhs.uk/dashboard/web/esrweb/browse-content/-/document%20library/7FXjBv5vbrZX/view%20file/1079292912)



Further reading

Books available to borrow or reserve from your Trust library

Click on the title to view the online library catalogue or visit

www.healthlibrariesmidlands.nhs.uk/

Coveney, P. (2021) *Menopause yoga : a holistic guide to supporting women on their menopause journey*. London: Singing Dragon.

Fletcher, S. (2021) *Mindful menopause: how to have a calm and positive menopause*. London: Vermilion

Henderson, A. (ed.) (2021) *Natural menopause : herbal remedies, aromatherapy, CBT, nutrition, exercise, HRT*. London: Dorling Kindersley

Menem, S. (2021) *Deliciously healthy menopause : food and recipes for optimal health throughout the perimenopause and menopause*. London: Dorling Kindersley.



Looking after your mental health

The perimenopause and menopause can be a challenging time and have an impact on mental health. Fortunately there's lots of support available from within our Trusts, locally and via national charities. If you are feeling overwhelmed or need someone to talk to there's someone to listen 24/7 at:



The Samaritans - call: 116 123 or email jo@samaritans.org
<https://www.samaritans.org/how-we-can-help/contact-samaritan/>

or text SHOUT on 85258 <https://giveusashout.org/>



Free Recovery and Wellbeing Academy Courses

The **Recovery and Wellbeing Academy** www.recoveryandwellbeing.co.uk/ is an initiative from Coventry and Warwickshire Partnership NHS Trust and Coventry and Warwickshire Mind. They offer a wide range of workshops, and bite-size videos designed to empower your mental health and wellbeing, delivered mostly online via Zoom with some face-to-face sessions.

The Menopause and Mental Health 2 hour session is run by South Warwickshire and Worcestershire Mind and is aimed at anyone experiencing hormonal changes that may be affecting their mental health, or who may want to know more about the subject to support others. Go to www.recoveryandwellbeing.co.uk/Courses and scroll down to T (it's listed under The!) to book on

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
Twitter: @GEH_SWFT_HWB

