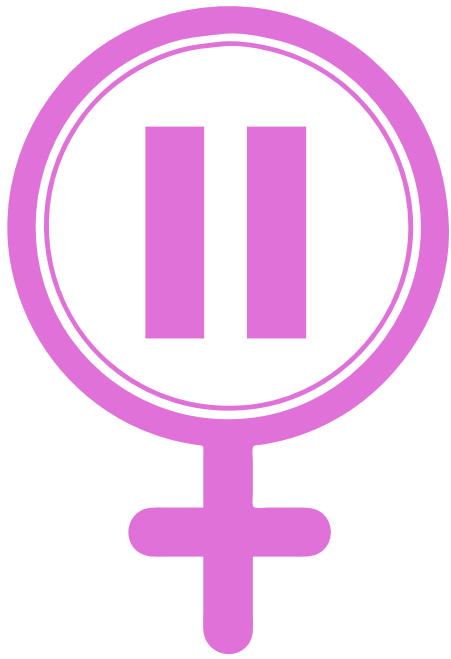


Menopause Newsletter

Supporting each other's journey



Welcome to the latest Menopause Newsletter

Commissioned by the Health and Wellbeing Team, this newsletter has been produced by the Clinical Librarians from GEH and SWFT Knowledge and Library Service to support colleagues experiencing the menopause or peri-menopause. In this issue:

- What's new?
- Useful to know
- Listen or watch
- Manager's corner
- Books
- Support for you



To access some of the resources on this newsletter you may require an OpenAthens account.

[NHS staff can register for free](#)

You can access this and previous issues of the Menopause newsletter by scanning the QR code.

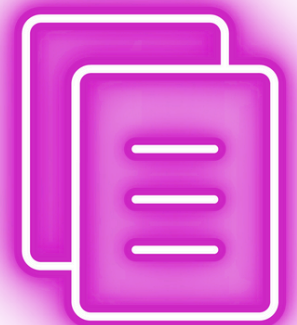
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What's new?

Australian Menopause Society (2020)

[Early menopause- chemotherapy and radiation therapy.](#)



Department for Work and Pensions (2024) [Women's health campaigner Mariella Frostrup appointed as Government Menopause Employment Ambassador.](#)

More news...



Foster, C. (2024) '[Symptoms you might not realise are perimenopause or menopause](#)', The Independent, 30 September.

Foster, C. (2025) '[How to combat sleepless nights](#)', The Independent, 20 January.

Hudson, P. (2025) '[The unspoken agony of vaginal dryness: 'I had to give up 4 jobs in 4 years'](#)', The Guardian, 16 Feb.

May, N. (2025) '[Surviving breast cancer was enough- Patsy didn't want to undergo early menopause as well](#)', The Guardian, 31 January. Study finds too few women are told chemotherapy can cause early menopause – or given the drug that can lessen that risk.

NICE (2024) [Updated menopause guidance includes discussion aid to support conversations about HRT.](#)

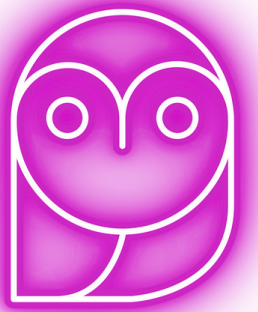
Owen, L. (2025) '[How menopause is affecting your nails](#)', The Independent, 9 January.

Seal, R. (2025) '[The big menopause swizz: do hormone supplements really work?](#)', The Guardian, 12 January.

Svensen, E. et al. (2024) '[A novel low-impact resistance exercise program increases strength and balance in females irrespective of menopause status](#)', Medicine and Science in Sports and Exercise, 57(3), pp.501-513.

Witte, R. (2025) '[Hot flashes and mood swings: why perimenopausal symptoms get misdiagnosed- and how to treat them](#)', The Guardian, 17 January.

Useful to know



New patient information leaflets from Women's Health Concern (WHC):

- [Menopause and kidney disease](#)
- [Menopause after brain injury](#)

[HRT Prepayment certificate information](#)

[Flush toilet finder app](#) Flush Toilet Finder a quick, simple way of finding a public bathroom or restroom. Simply open the app and it will display the nearest toilets to you.

Well+good [5 yoga poses that can help manage menopause symptoms](#) (looking at your hot flashes!). March 2024.



[BBC Sounds Science Café- Menopause](#). January 2025

Together we learn about the different stages of menopause, discover what some of the symptoms are, and ask how those symptoms impact women on a daily basis.

British Menopause Society (BMS) February 2025.

[Hormone Replacement Therapy \(HRT\) explained - a British Menopause Society \(BMS\) video](#)

Dr Louise Newson podcast (2025) [Exercise: how to stay active and strong in menopause and beyond](#), with Matt Roberts.

[Seaweed underwear making a difference to women](#). BBC video. 2024

[Menopause: Do we need to rethink women's health?](#) The Global Story podcast, BBC World Service (with Kirsty Wark, and Professor Joyce Harper of the Institute for Women's Health at University College London).

Manager's corner



NHS England (2022) [Supporting our NHS people through menopause: guidance for line managers and colleagues.](#)

NHS Employers (2024) [Menopause and the workplace.](#)

Information on how menopause can affect people at work and practical guidance for employers on how to improve the workplace environment.

"The menopause is a natural part of ageing and is not just a gender or age issue. It can impact colleagues directly and indirectly and should therefore be considered an organisational issue."

Watch: [Menopause in the workplace - Sally's story](#) (2024)

Sally, a nurse from Guy's & St. Thomas' describes her experience and the impact of the support provided at her Trust.

NHS England Midlands (2025) [Ways to stay. High Impact Actions for Retention.](#)

A collection of resources for five impact actions to aid the retention of nurses, midwives and other staff which includes [Menopause Support Actions](#). Aimed at healthcare leaders and managers the portal brings together resources, tips and advice on implementing support actions. Case studies from other NHS Trusts also demonstrate how providing support to staff going through menopause can benefit organisations, teams and patients.

Chartered Institute of Personnel and Development (CIPD) (2025)

[Menopause at work: Guide for people managers.](#)

Guidance for managers on how to support employees through the menopause. Includes advice on honest and open conversations and enabling changes and adjustments to help employees thrive at work.



Produced by Knowledge and Library Services on behalf of Health and Wellbeing .

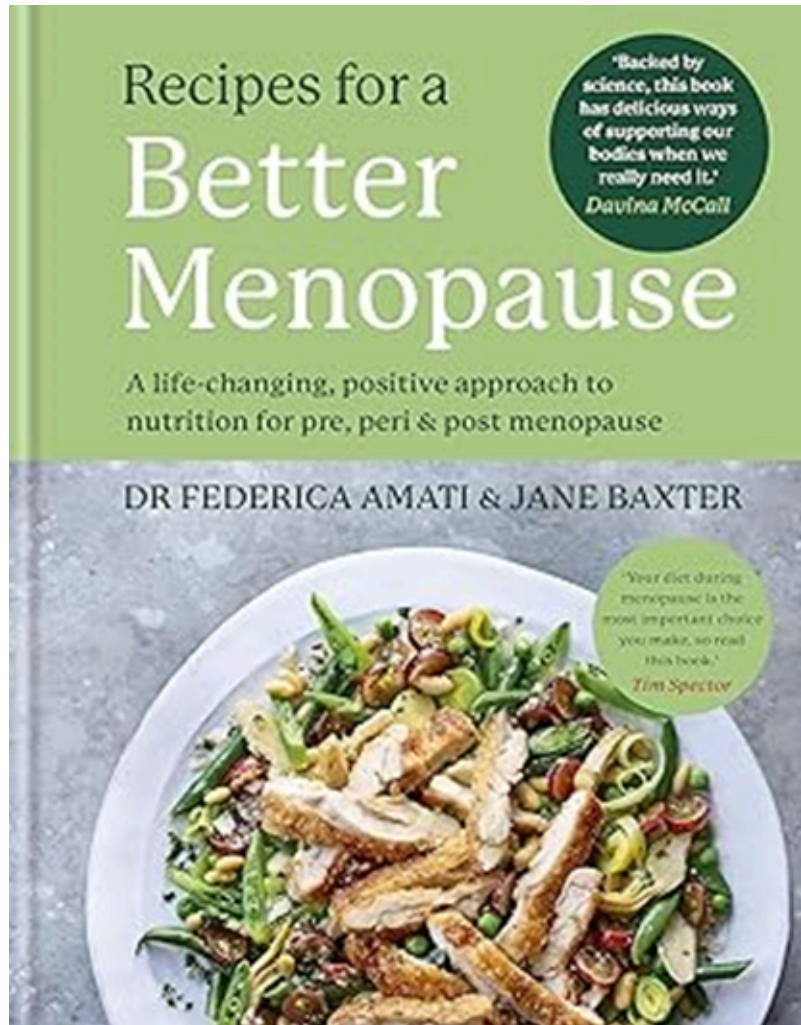


Books



This month's featured books- find them in your library

Amati, F. and Baxter, J. (2023) [Recipes for a better menopause](#). London: Kyle Books.



Billed as a life-changing, positive, science-backed approach to nutrition for pre, peri and post menopause and endorsed by Davina McCall this book takes you through the science and theory of nutrition during the menopause as well as offering lots of tasty looking recipes to try.

There's a well known link between good nutrition and the menopause, and lots of sources of information and what you should and shouldn't eat. This book offers the theory with the practicality of recipes formulated to meet the menopausal body's needs.

Chapters include HRT, understanding the science, preparing for menopause, movement, the power of plants and nightcaps and midnight snacks. Recipes include sections on breakfast, salads, veg, fish, meat and those all important desserts.

The book is great to leaf through even if you're not menopausal, although beware, it might make you hungry. I'm going to try the Mexican eggs and Banana (nice)cream- don't worry, not together!

[Available at GEH and SWFT libraries](#)

Check out some of the other books about the menopause available at your GEH and SWFT libraries:

[SWFT & GEH Menopause collection](#)

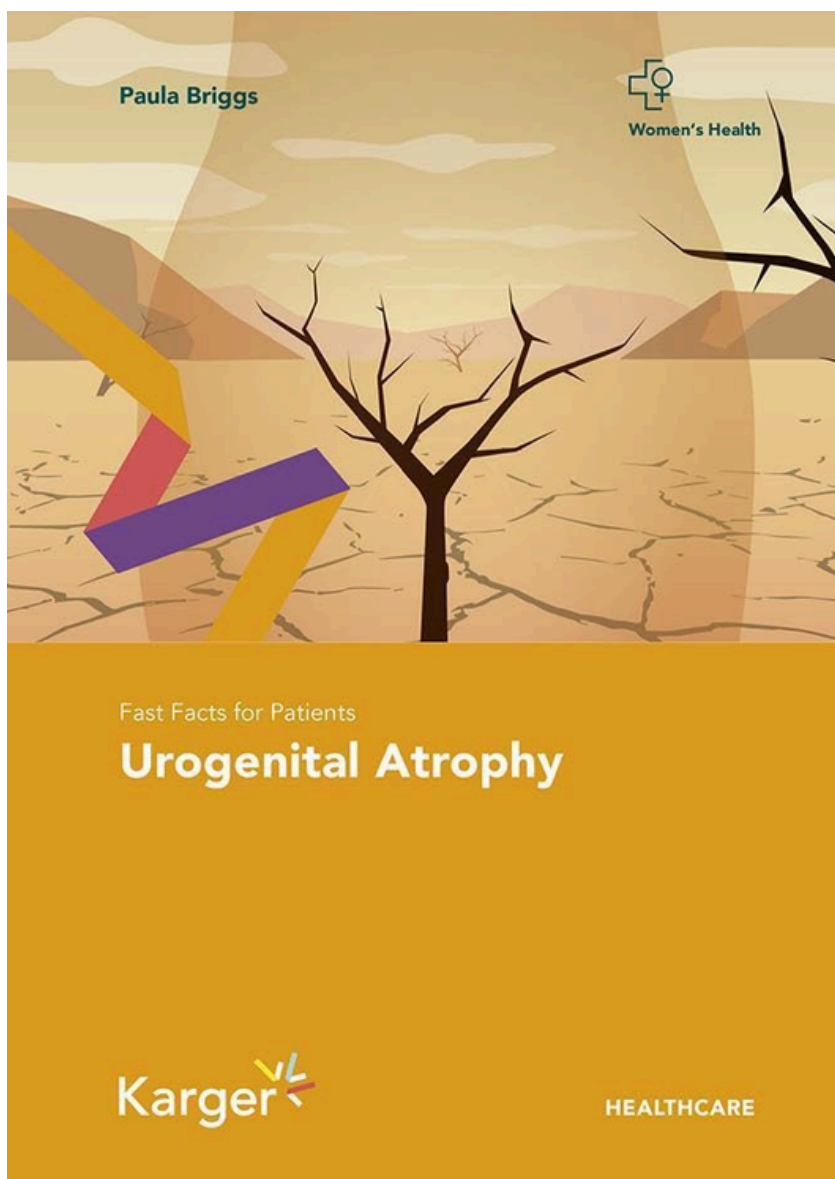
Books



Briggs, P. (2024) **Fast Facts for Patients: Urogenital Atrophy**. Basel: S. Karger.

[Online access for GEH colleagues](#)

[Online access for SWFT colleagues](#)



Part of the Karger Healthcare Fast Facts series this short booklet (32 pages) outlines urogenital atrophy, a less mentioned condition of the menopause and an aspect women are often reluctant to seek help for.

Dr Briggs (Consultant in Sexual and Reproductive Health) discusses symptoms such as vaginal dryness, itching, discomfort, bladder and urinary tract problems experienced by many women during and after the menopause. The booklet describes the condition and available options to relieve symptoms. There's a useful symptom checklist, tips to help discuss symptoms

with your GP, pelvic health advice and information about urogenital atrophy and your sex life.



What's your experience of the menopause?

We'd love to hear from colleagues who are willing to share their personal experiences, challenges, and strategies for managing menopause in future newsletters. Your insights could help others feel less alone. All contributions can be kept anonymous if preferred. If you'd like to share your story, please contact [**Rayanne.Byatt@swft.nhs.uk**](mailto:Rayanne.Byatt@swft.nhs.uk) or [**Lisa.Mason@geh.nhs.uk**](mailto:Lisa.Mason@geh.nhs.uk)

Support for you

Visit your Trust extranet or intranet to find a wealth of information about the menopause and different support options available to GEH and SWFT colleagues. Right click on the image below to access the Staff Health and Wellbeing Team menopause information and support page:



Menopause Support group

Why not join the new menopause support group for our Trusts? If you would like to join this network or attend the monthly online meetings, please email [**hwb@swft.nhs.uk**](mailto:hwb@swft.nhs.uk)

You can also contact the Staff Health and Wellbeing Team directly.

Email: [**hwb@swft.nhs.uk**](mailto:hwb@swft.nhs.uk)
X/Twitter: @GEH_SWFT_HWB



Menopause Helpline

Our dedicated menopause helpline is available 24/7, 365 days for in the moment support or to book a one off menopause assessment with a specialist menopause counsellor.

Need to talk? Call us on 0330 057 7043 



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)