August 2025 Volume 16

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

What's new?

Bussewitz, C. (2025) **More than hot flashes: Women raise awareness about menopause symptoms and work.** The Independent, 6 March.

Crockford, J., Ghahremani, M. and Ismail, Z. (2025) **How menopause symptoms could predict women's risk of dementia**. The Independent, 6 May.

Foster, C. (2025) **Experts reveal their seven tips for managing menopause symptoms in a heatwave.** The Independent, 4 July.

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

More news...

Heywood, H. (2025) **Fire service is helping me through the menopause.** BBC, 30 June.

May, N. (2025) **'Ignoring hot flushes is wrong': study challenges assumptions about perimenopause symptoms**. The Guardian, 25 July.

May, N. (2025) **Women with endometriosis more likely to experience early menopause, study finds.** The Guardian, 30 April.

MHRA (2025) **MHRA approves elinzanetant to treat moderate to severe vasomotor symptoms (hot flushes) cause by menopause**. 8 July.

Morris, S. (2025) **Coroner expresses concerns over NHS menopause care after death of teacher.** The Guardian, 29 April.

Owen, L. (2025) **A trichologist's guide to thickening your hair without hormones. And how to style your hair to make it look thicker.** The Independent, 23 May.

Raiken, A. (2025) **Perimenopause is being given a rebrand: Meet 'cougar puberty'.** The Independent, 21 July.

RCOG (2025) **Blog: Pride month- raising the profile of Queer Menopause**. 10 June.

Rosseinsky, K. (2025) **Kathy Lette: 'I was told nobody wants to read about middle-aged women'.** The Independent, 28 May.

Taylor, K. (2025) **Menopause made me forget my name**. BBC, 6 July.

Birman, K. (2024) **After decades of misunderstanding, menopause is finally having its moment.** Yale School of Medicine blog, April 14.

Useful to know

Women's Health Concern (WHC) **Menopause wellness hub**:

- **Nutrition in menopause factsheet**
- **Emotional wellness in menopause**

HRT Prepayment certificate information

Menopause symptom tracker from RockMy. Keep a record to make conversations with your healthcare professionals better informed.

Dr Itunu Johnson-Sogbetun (2025) **Menopause in Black Women.** A comprehensive guide from RockMy examining why black women often experience menopause differently to white women.

Listen/Watch

Podcast. Sliced Bread with Greg Foot (2025) **Menopause supplements**. Can supplements claiming to make menopause symptoms more bearable, really help?

Podcast. Menopause Matters, Let's Talk. (2025) **Menopause within the workplace** with Dr Heather Currie and Ruth Devlin.

Video. Dr Turi King (2025) **What's the point of the menopause? Why do women go through it - and are there evolutionary benefits?**

Ramaswamy, C. (2025) **The Change series two review- Bridget Christie's glorious feminist sitcom will leave you ecstatic**. The Guardian, 25 March.

The Menopause Charity new video series '**Ask the Experts**'.

BBC Radio 4 Woman's Hour (2025) **No Ovaries, no care.** Talking about a survey into surgical menopause with Menopause Support founder Diane Danzebrink.

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."

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.

House of Commons Library (2025). **Women's health**. Briefing produced for a parliamentary debate 20 February 2025 which discusses current inequalities in health care for women and the development of the latest Women's Health Strategy for England due later this year.

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

Clinical articles

British Menopause Society (2025) **Use of incretin-based therapies in women using hormone replacement therapy (HRT)**.

Chung, H-F. et al. (2025) '**Association between endometriosis and type and age of menopause: a pooled analysis of 279 948 women from five cohort studies**', Human Reproduction, 40(6), pp.1210-1219.

Kahleova, H. et al. (2025) '**Processed foods in the context of a vegan diet, and changes in body weight and severe hot flashes in postmenopausal women: a secondary analysis of a randomized clinical trial**', Menopause: The Journal of the Menopause Society, 32(9)

Parks, S. et al. (2025) '**Supporting women with diabetes experiencing menopause: A workshop to co-design research recommendations for improving the understanding of and support for women with diabetes experiencing menopause**', Diabetic Medicine, 42(8),

Robinson G. (2025) **Contraception consultation and assessment for women over 40.** Practice Nursing,36(5), pp.164–170.

Reports

M.E.L. Research and The Menopause Charity (2025)
Women's Health in Society: Bridging the knowledge gap.
This report presents findings from a comprehensive study conducted in March 2025, examining awareness, understanding, and support for women's health conditions in both society and the workplace.

Nuffield Trust (2025) **Silence, sexism and stigma: The state of working-age women's health in England.** Women spend more years of their life living in poor health than men, including through their working years. This QualityWatch data story considers the health conditions and societal issues behind some of these differences.

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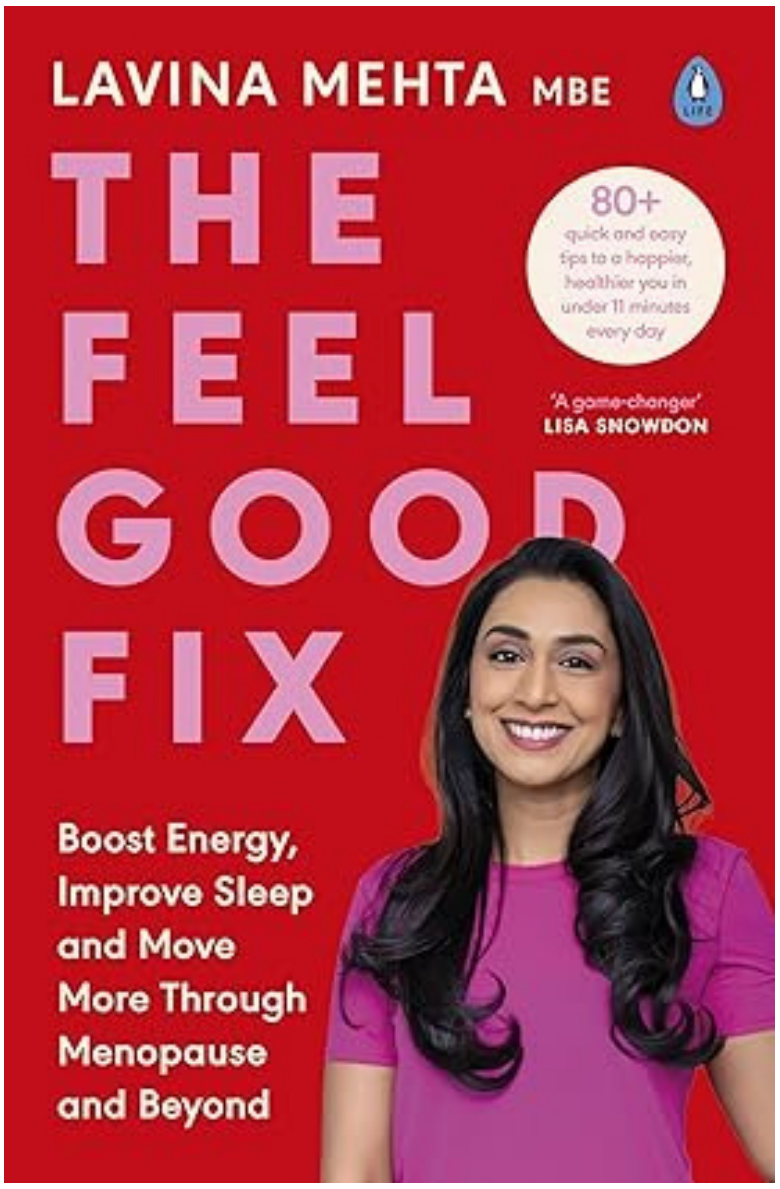
Books

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

Mehta, L. (2024) . ***The feel good fix: boost energy, improve sleep and move more through menopause and beyond***. London: Penguin Life.

Described as a toolkit designed to improve health in perimenopause, menopause and beyond, this easy-to-read book contains over 80 suggestions which can be incorporated into busy routines.



The book contains fun and effective bitesize exercises, breathing and mind ‘snacks’ aimed at making you feel good, both physically and mentally.

The snacking concept is an ideal way to try a new approach to invest in your health and maintain motivation.

Mehta includes tips on sleep, so important for recovery and wellbeing, and links to online resources.

Available at GEH and SWFT libraries

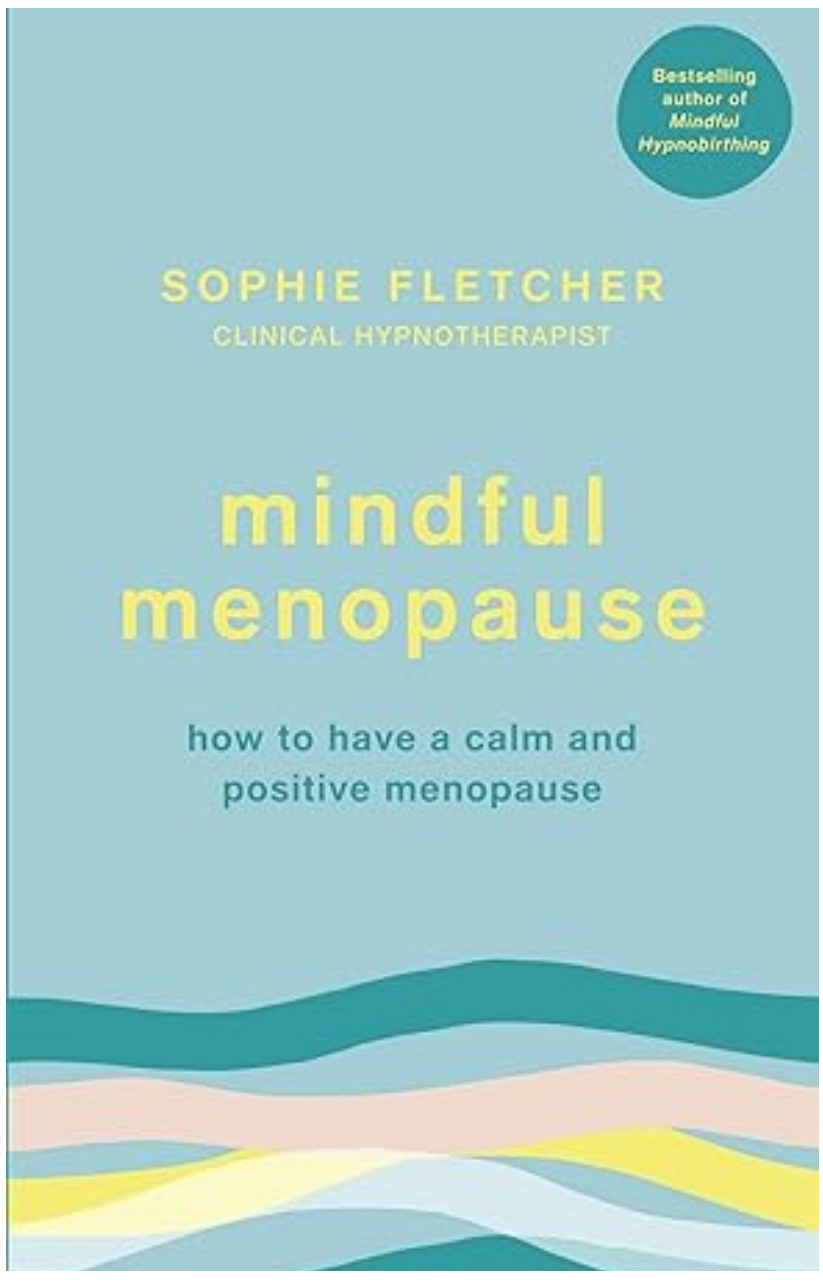
Check out some of the other books about the menopause available at your GEH and SWFT libraries:
SWFT & GEH Menopause collection

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

SCAN ME

Books

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



Written by the author of *Mindful Hypnobirthing* and *Mindful Mamma* this supportive book on introduces tools and strategies aimed at helping to manage the challenges of perimenopause and menopause. The author talks about the changes experienced during the perimenopause and menopause and suggests techniques to establish healthy habits and self care rituals.

There's achievable exercises based on visualisation, affirmations and mindfulness to reduce anxiety and stress plus techniques to ease insomnia, weight gain and cope with hot flushes.

In addition to coping strategies the author also talks about "owning your own menopause", acknowledging the transition, and looking forward to the opportunities to come.

Available at GEH and SWFT libraries

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** or **Lisa.Mason@geh.nhs.uk**

Support for you

Visit your Trust extranet 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:

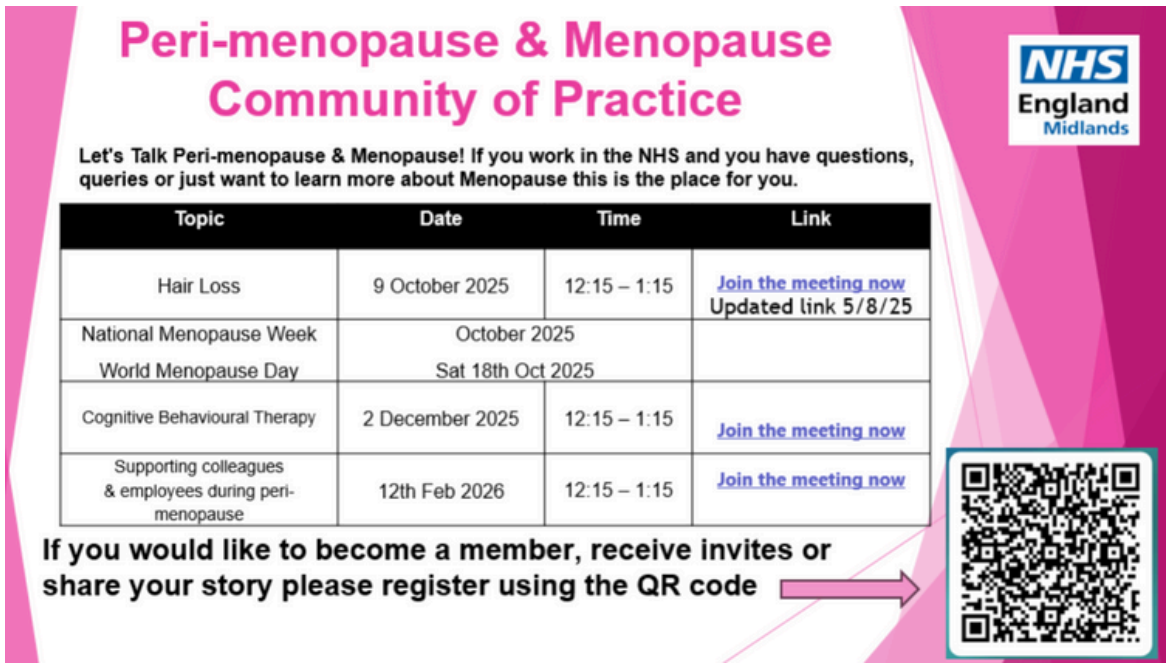
Menopause Support group

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**

You can also contact the Staff Health and Wellbeing Team directly.
Email: **hwb@swft.nhs.uk**
X/Twitter: @GEH_SWFT_HWB

Midlands Menopause CoP

Informative bimonthly meetings, led by a GP with a special interest in the menopause and regional NHS colleagues. Use the QR code opposite to sign up.



GEH & SWFT Knowledge & Library Services

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** or **Rayanne.Byatt@swft.nhs.uk**