April 2026 Volume 18

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 Librarians from GEH and SWFT Knowledge and Library Service to support colleagues who are experiencing the menopause or peri-menopause.

Menopause and Stress

During menopause and peri-menopause, hormonal changes can increase sensitivity to stress, while stress itself can worsen menopausal symptoms such as anxiety, poor sleep, brain fog, and hot flushes.

Midlife may already be challenging with work pressures, changes in health and energy, and caring responsibilities.

For help and ideas on how to deal with the menopause and stress, why not take a look at the following:

- The Menopause Charity (2023) **Menopause and stress**
- Mind (2024) **Self-care for menopause**
- Newson, L. (2025) **'Why am I so stressed?'**
- NHS (2022) **Things you can do to help with menopause**
- NHS Inform (2022) **Menopause and your mental wellbeing**

Support for you

Visit your Trust extranet to find a wealth of information about the menopause and support options available to GEH and SWFT colleagues.

Simply 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 Menopause Support Group for GEH and SWFT?

If you would like to come along to the monthly online meetings, please email the Staff Health and Wellbeing Team: **hwb@swft.nhs.uk** for your Teams invitation

Useful links

- The Menopause Charity: **Menopause symptom checker**
- Dr Louise Newsome: **Downloadable symptom questionnaire**
- Royal Osteoporosis Society: **Great British Bone Check**
- UK Government: **HRT Prepayment certificate information**
- Women's Health Concern (WHC): **Menopause wellness hub**

In the news

Bawden, A. (2026) **Three in four women unaware menopause can trigger new mental illness, poll finds**, The Guardian, 1 March.

Beddington, E. (2025) **What happened next: The We Do Not Care Club – how a funny, furious feminist movement began**, The Guardian, 26 December.

British Menopause Society (2026) **Women's voices to be at the heart of renewed health strategy**.

Duffy, S. (2025) **What the menopause marketers won't tell you: ageing is to be celebrated**, The Guardian, 20 October.

Gregory, A. (2026) **Drug that prevents hot flushes to be available on NHS in England**, The Guardian, 11 March.

Marsh, S. (2026) **'Menopause gold rush'? Boom in hi-tech products as stigma starts to recede**, The Guardian, 1 February.

Kleinmann, Z. (2026) **Why so many women end up 'menopause masking' - but it can have consequences, as I discovered**, 23 January. BBC News: InDepth

Menopause Friendly (2025) **2025 into 2026: the direction is clear and the time to act is now**. 22 December.

NHS England (2026) **Menopause and prostate conditions prioritised for NHS's new online hospital**. 5 January.

Royal College of Psychiatrists (2026) **Davina McCall backs the Royal College of Psychiatrists' call for more action on menopause and women's mental health**. 1 March.

Manager's corner

BBC News (2023) **Menopause and periods guidance is a 'magnificent step forward'**.

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.

Royal College of Nursing (2025) **Menopause passport**. Nursing staff experiencing menopause symptoms deserve workplace support.

UNISON: **The menopause is a workplace issue**. Aims to highlight how the menopause can impact staff.

Listen/Watch

BBC Radio 4/BBC Sounds - **New treatment for menopausal hot flush** 31 March 2026

BBC Radio 5 Live - **That Time of the Month: Surgical menopause**. 18 February 2026

BBC Sounds - **Women working through menopause** 31 March 2025

FeedSpot - **60 Best Menopause Podcasts to listen to in 2026**

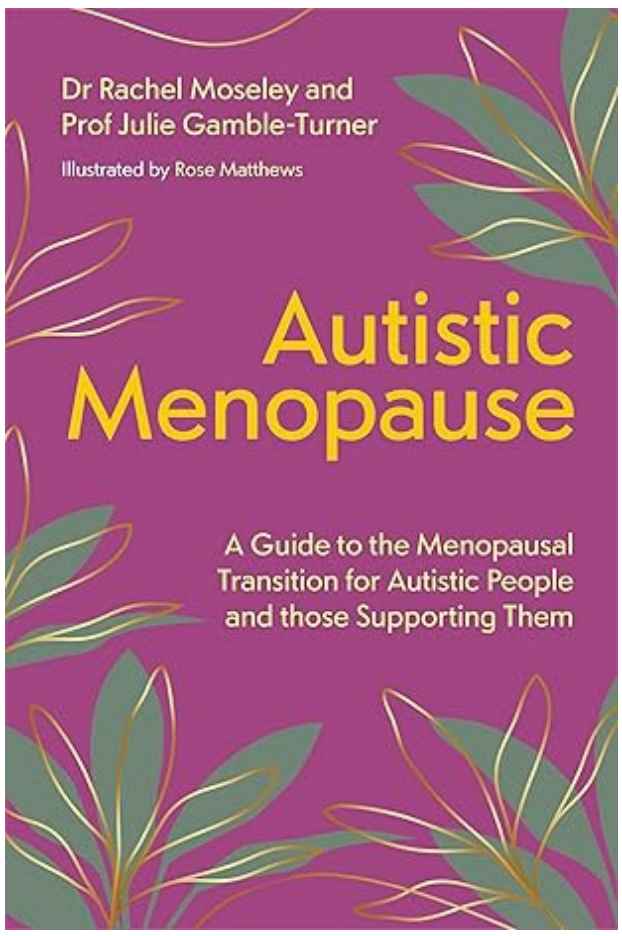
Potter, N. **Menopause is changing in 2026 – You heard it here first**. Is It Hot In Here? Midlife Podcast, Episode 46, 5 January 2026.

YouTube - **The Ultimate 2026 Menopause Cheat Sheet**

YouTube - **Menopause Talk: Taking Control of Your Menopause Journey in 2026**

This month's featured books

Autistic Menopause: A Guide to the Menopausal Transition for Autistic People and those Supporting Them



Moseley, Rachel and Gamble-Turner, Julie (2026)

This book explains how menopause can uniquely affect autistic people, covering changes in emotions, memory, and sensory experiences.

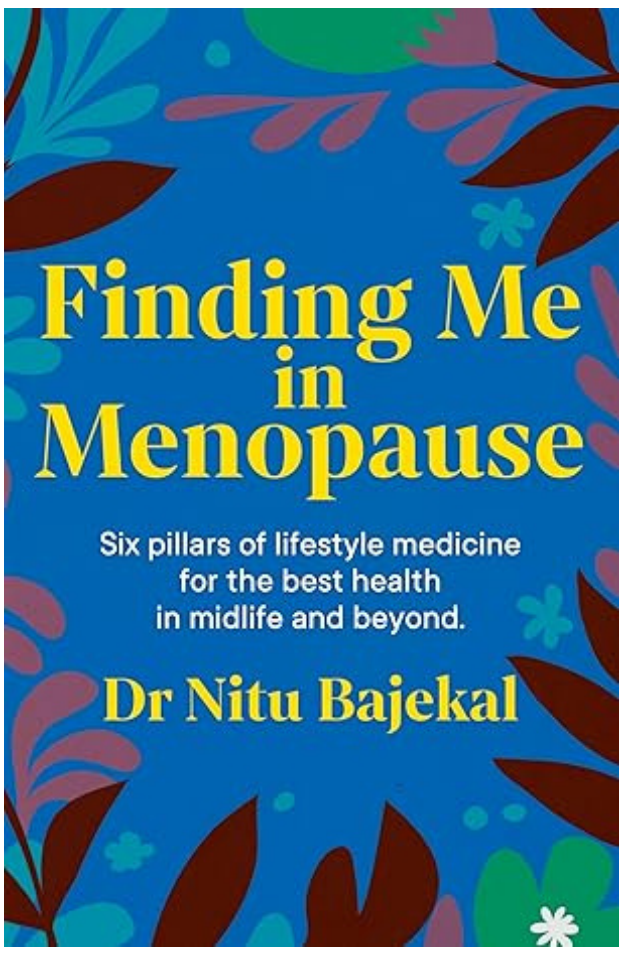
Combining research and lived experiences, it offers practical coping strategies and reassurance that you're not alone.

Available to borrow or reserve

Why not explore other Menopause books available at your Trust:
GEH & SWFT Menopause collection

Finding me in menopause : flourishing in perimenopause and menopause using nutrition and lifestyle

Bajekal, Nitu (2026)



See how simple lifestyle changes can transform your menopause experience.

Using six key lifestyle pillars, this book offers practical, science-backed tips on managing stress, improving sleep, staying active, and supporting mental wellbeing.

The book also includes recipes, helpful tools, and advice to help you feel healthier, happier, and more in control.

Available to borrow or reserve

Clinical resources and articles

To access some of the resources on this newsletter you may require an OpenAthens account. **NHS staff can register for free**

Amin, S.M. et al. (2025) '**Mindfulness for Menopausal Women: Enhancing Quality of Life and Psychological Well-Being Through a Randomized Controlled Intervention**', *Journal of Nursing Scholarship*, 57(4), pp. 563–575. doi:**10.1111/jnu.70003**

Bassi, R., Bajaj, M.K. and Goel, B. (2025) '**Effectiveness of Cognitive Behavioral Therapy in Managing Physical and Psychological Distress in Women during the Perimenopausal Phase**', *Journal of Mid-life Health*, 16(4), pp. 386–394. doi:**10.4103/jmh.jmh_158_25**

Gülevi, D.K. and Bebiş, H. (2026) '**Effects of a self-care-based education and laughter yoga on chronic stress, menopausal symptoms, and salivary cortisol: A randomized controlled trial**', *African Journal of Reproductive Health*, 30(6), pp. 55–65. doi:**10.29063/ajrh2026/v30i6.6**

Halsey, G. (2025) '**New Menopause Survey Finds Energy Loss, Poor Sleep, and Seasonal Symptoms Most Disruptive**', *Patient Care (Online)*, Available at: **https://research.ebsco.com/linkprocessor/plink?id=944bf7d4-0c41-31a8-a382-5ccb64af8b38**

Mavrogiorgi, M. et al. (2026) '**Mental Health and Quality of Life in Perimenopausal and Menopausal Women : Quality of Life in Women**', *Advances in experimental medicine and biology*, 1487, pp. 173–180. doi:**10.1007/978-3-032-03398-7_19**

Rowson, T.S. and Jones, R.J. (2026) '**Understanding the Subjective Experience of Menopause at Work: A Systematic Review and Conceptual Model**', *Journal of Constructivist Psychology*, 39(1), pp. 93–112. doi:**10.1080/10720537.2025.2465611**

*This newsletter has been produced for the **Health and Wellbeing Team** by Librarians from GEH and SWFT Libraries.*
For more information about accessing reliable information resources please contact:
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