July 2026 Volume 19

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 Summer

The menopause can feel more challenging in the summer, as the warmer weather can intensify symptoms like hot flushes, night sweats, and general overheating. This can also lead to disrupted sleep and lower energy levels.

Heat and humidity can make these symptoms feel more intense and occur more frequently. This is because the body's ability to regulate temperature is more sensitive. Simple strategies such as staying well hydrated, wearing loose clothing, and cutting down on caffeine and alcohol can make the warmer months easier to cope with.

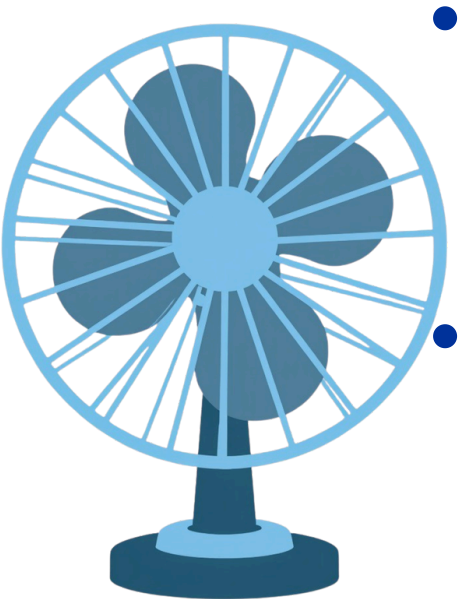
Beat the Heat: Menopause Survival Tips

Everyday Essentials

- Stay hydrated
- Take cool showers or baths
- Wear lightweight, breathable clothing
- Use cooling aids (fans, sprays, cold compresses)
- Avoid triggers (caffeine, alcohol, spicy foods)
- Keep cool indoors (fans, ventilation, blinds)
- Use light bedding or cooling pillows
- Eat lighter meals
- Keep water and a fan nearby (including bedside)
- Practice relaxation techniques

Staying Calm and Cool at Work

- If possible, work in cooler areas (e.g. near windows, ventilation, or fans)
- Wear lighter uniform options (e.g. breathable fabrics)
- Keep hydrated during shifts
- Use approved cooling aids (e.g. handheld fans)
- Take breaks in cooler areas to regulate temperature
- Discuss adjustments with management or occupational health (e.g. shifts, breaks, environment)
- Ensure easy access to toilets and washing facilities



Menopause-proof your summer

Australasian Menopause Society **Dealing with menopause when the summer heat is on**.

Hurley, D. (2025) '**Ultimate summer menopause survival guide**'. *The Independent Pharmacy*.

Newsom, L. (2025) '**10 ways to menopause-proof your summer holiday**'.

Newsom, L. (2025) '**How to cope in hot weather when you're menopausal**'.

NHS Inform (2025) '**Menopause and the workplace**'.

Unpause (2025) '**Are menopausal hot flushes worse in summer?**'

Clinical insights

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

Awad, R., Ulitsa, N. and Ayalon, L. (2026) '**"Heat within, heat without– nowhere to escape": an intersectional perspective on Israeli women's challenges during menopause**', Journal of Women & Aging, pp. 1–15. doi:**10.1080/08952841.2026.2640610**

Caizaguano, D. et al. (2026) '**The relationship between hot flash beliefs and insomnia symptoms in menopausal women**', Menopause (10723714), 33(5), pp. 553–558. doi:**10.1097/GME.0000000000002697**

Clinical insights (continued)

Çıtak, G. and Görücü, T. (2026) '**The End of Femininity? Rebirth? A Qualitative Study of Menopause Myths**', *Acibadem Saglik Bilimleri Dergisi*, 17, pp. 1–9. doi:**10.31067/acusaglik.1807972**

Gombert-Labedens, M., *et al.* (2025) '**Effects of menopause on temperature regulation**'. *Temperature,* 12(2), pp. 92-132. doi:**10.1080/23328940.2025.2484499**

Macedo, A. *et al*. (2026) '**Association between menopausal status and physical function: a systematic review and meta-analysis**', *Climacteric*, *A*pril, pp. 1-13. doi:**10.1080/13697137.2026.2651720**

Maunder, A. et al. (2026) '**Complementary therapies for management of menopausal symptoms: a systematic review to inform the update of the International Menopause Society recommendations on women's midlife health**', *Climacteric*, 29(2), pp. 165–209. doi:**10.1080/13697137.2025.2584061**

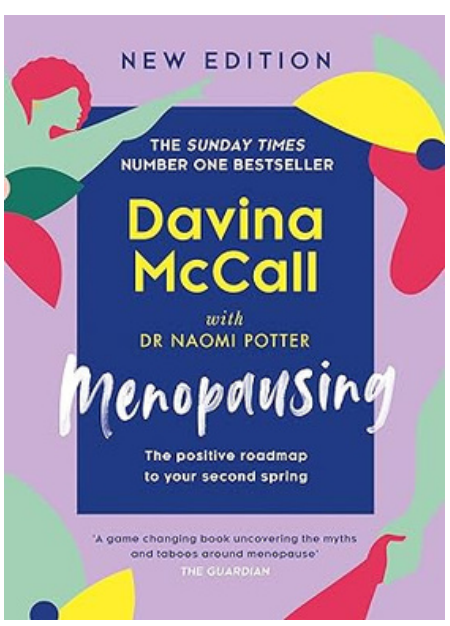
Pangalangan, J. and Tollefson, M. (2026) '**Perimenopause and Lifestyle Medicine: A Window of Opportunity**', *American Journal of Lifestyle Medicine*, doi:**10.1177/15598276261449751**

Toptaş Acar, B., and Gercek Oter, E. (2026). '**The Climate Change Awareness in Menopausal Women: A Qualitative Study**'. *Adnan Menderes Üniversitesi Sağlık Bilimleri Fakültesi Dergisi*, 10(1), pp. 19-27. doi:**10.46237/amusbfd.1564296**

This month's featured books

Menopausing : the positive roadmap to your second spring

by McCall, Davina and Potter, Naomi



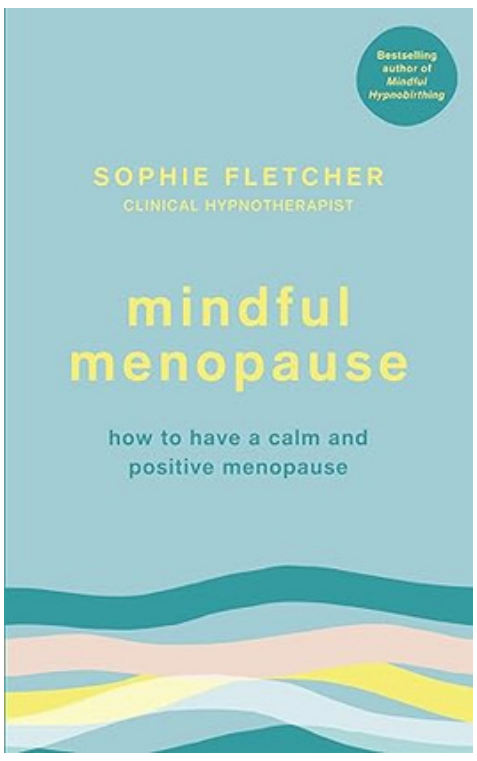
Menopausing breaks the silence around menopause with clear, evidence-based information, helping women understand their bodies and make more confident health choices.

Honest, supportive, and full of real stories, it tackles symptoms without shame, encouraging open conversations so no woman faces the menopause alone.

Available to borrow or reserve

Mindful Menopause: How to have a calm and positive menopause

by Fletcher, Sophie



This supportive book equips you with the skills to manage challenges of perimenopause and menopause.

It gives visualisations, affirmations and mindfulness exercises to reduce anxiety and stress as well as techniques to ease insomnia, weight gain and hot flushes

Available to borrow or reserve

Why not explore other Menopause books available at your Trust:

GEH & SWFT Menopause collection

Support for you

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

Click the image below to access the Staff Health and Wellbeing Team Menopause support page:

Menopause Support Group

Why not join the Menopause Support Group for GEH and SWFT?

Email the Staff Health and Wellbeing Team for your invitation to the monthly online meetings: **hwb@swft.nhs.uk**

Contact Vivup EAP on **0800 023 9324** for employee support from a team with over 45 years in NHS and EAP services

Midlands NHS Perimenopause & Menopause CoP

Informative bimonthly online meetings, led by a GP with a special interest in the menopause plus regional NHS colleagues. Contact: **england.midlandsmenopause@nhs.net** to join

Next meeting: 14th July 2026

*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:
Caroline.Stephen@swft.nhs.uk