October 2026 Volume 20

Menopause Newsletter: Supporting each other's journey

Welcome to the latest Menopause Newsletter

October is **Menopause Awareness Month**, and the 18th is **World Menopause Day**. The event was established by the International Menopause Society in 2009, and this year's theme is Chronic Pain at Midlife.

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 experiencing the peri-menopause or menopause.

Training

Menopause Awareness Training - if you haven't signed up for this invaluable training, it's available on **My Learning at GEH** and on **SWFT Learn**

Useful links

The Menopause Charity

Menopause Matters

Women's Health Concern Hub

Clinical insights

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

Cunningham, A.C. *et al*. (2026) '**Psychological symptoms during perimenopause: a global perspective**', Menopause. **https://doi.org/10.1097/GME.0000000000002872**

Fiala, L. and Lenz, J. (2026) '**Partnership as a modulator of the effects of hormone replacement therapy in menopause**', *Frontiers in Global Women's Health*, pp. 1–6. **https://doi.org/10.3389/fgwh.2026.1775422**

Koçak, D.Y. and Koçak, C. (2026) '**The Effect of Menopausal Symptoms on Subjective Well-Being**', *Healthcare*, 14(11), p. 1436. **https://doi.org/10.3390/healthcare14111436**

Korn, T.F. and Bernstein, C. (2026) '**Migraine across the menopausal transition and beyond: A narrative review**', *Headache: The Journal of Head & Face Pain*, 66(6), pp. 1390–1404. **https://doi.org/10.1111/head.70071**

Michel, J. et al. (2026) '**Menstrual and menopausal health: How the two converge and a call for comprehensive menopausal education**', *Women's Health*, 22, pp. 1–10. **https://doi.org/10.1177/17455057261476572**

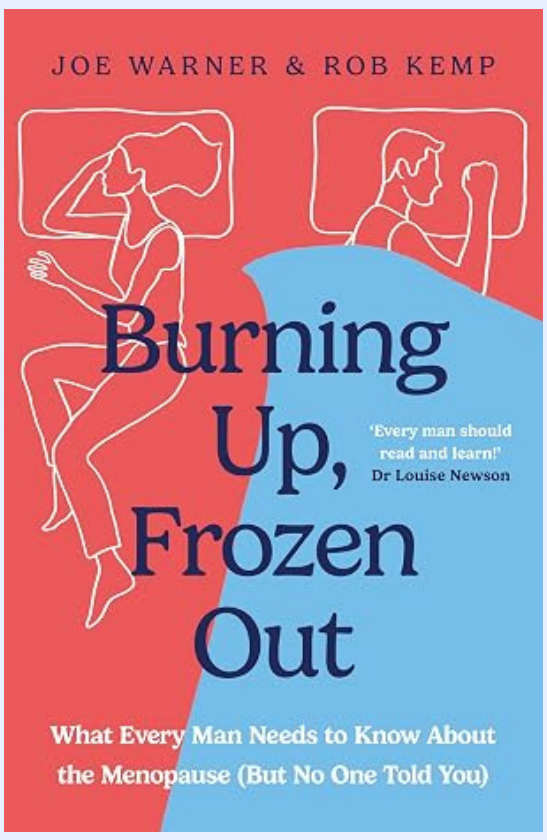
Radytė, E. and Karvelyte, I. (2026) **'A brain-first framework for perimenopause management: the case for non-invasive neuromodulation',** *Frontiers in Global Women's Health*, pp. 1–7. **https://doi.org/10.3389/fgwh.2026.1868506**

Wood, S.C. *et al*. (2026) '**Leveraging STRAW +10 criteria to evaluate menopause stage effects on sleep quality**', *Climacteric*, pp. 1–6. **https://doi.org/10.1080/13697137.2026.2675563**

This month's featured books

Burning Up, Frozen Out: What Every Man Needs to Know About the Menopause (But No One Told You)

by Joe Warner and Rob Kemp



A practical guide for men supporting a partner through perimenopause or menopause.

Written by experts, it explains the physical and emotional changes that can affect relationships and offers straightforward advice on symptoms, sleep, hormone therapy, communication and wellbeing. Compassionate and accessible, it is a valuable resource for couples navigating this stage of life together.

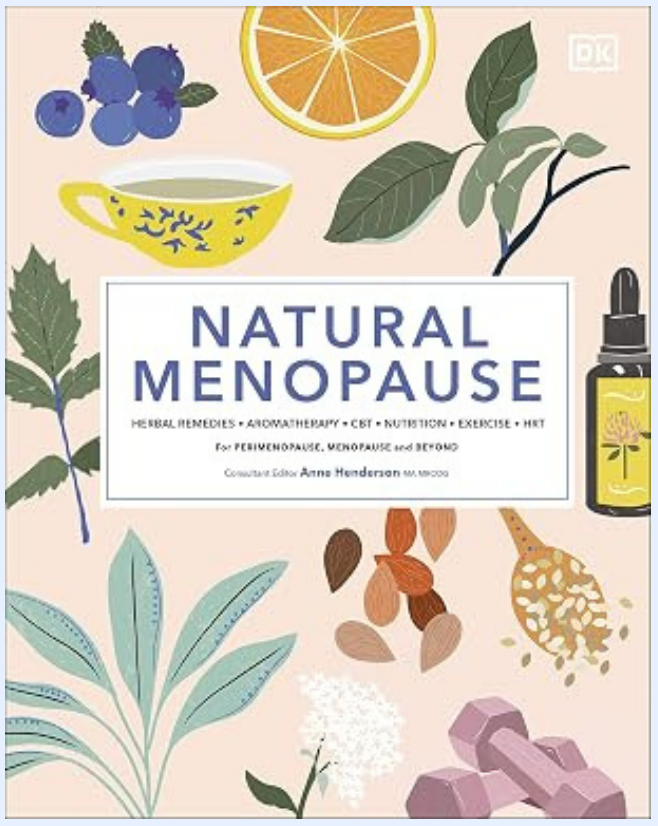
Available to borrow or reserve

Natural Menopause: Herbal Remedies, Aromatherpay, CBT, Nutrition, Exercise, HRT... for Perimenopause, Menopause, and Beyond

by Anne Henderson, Anita Ralph, Louise Robinson, Diane Danzebrink, Myra Hunter, Sabrina Zeif, and Paul Harter

Drawing on expert advice in areas including HRT, natural remedies, nutrition, exercise and mental wellbeing, this book helps readers find the approaches that work best for their individual needs.

Packed with evidence-based strategies, from yoga and mindfulness to nutrition and lifestyle changes, it supports women in staying physically, mentally and emotionally well throughout their menopause journey.



Available to borrow or reserve

Helpful Reads and Listens

Why not explore other Menopause books available at your Trust:

GEH & SWFT Menopause collection

Let's Talk Menopause [Podcast]
https://www.letstalkmenopause.org/pod

Menopause Matters, Let's Talk [Podcast]
https://shows.acast.com/menopause-matters-lets-talk/episodes

Dr Louise Newson [Podcast]
https://www.drlouisenewson.co.uk/podcasts

Over the Bloody Moon: Menopause e-books
https://overthebloodymoon.com/resources/e-books

Over the Bloody Moon: Menopause meditations
https://overthebloodymoon.com/resources/meditations

Perimenopause WTF? [Podcast]
https://creators.spotify.com/pod/profile/perryapp/

Support for you

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

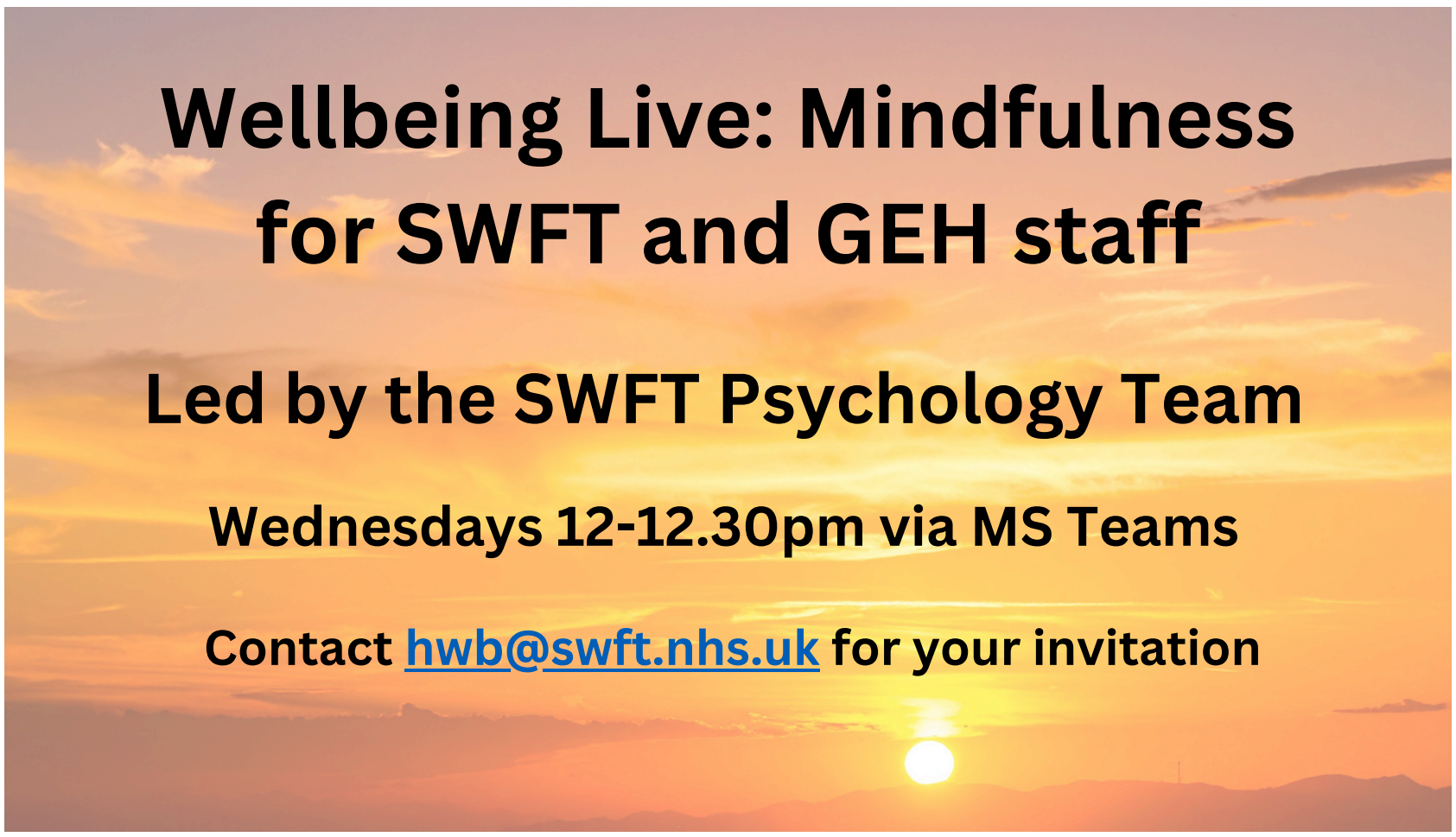
Click on the below image to access the Staff Health and Wellbeing Team Menopause support page:

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

Menopause Support Group

Why not join the Menopause Support Group for GEH and SWFT which meets on Teams at 2pm on the first Tuesday of the month?

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



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 find out about the next meeting

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