

# THE MENOPAUSE TEAM

HELPING EMPLOYERS & EMPLOYEES  
WORK WITH THE MENOPAUSE...

Here are some menopause resources for men supporting women and others affected by menopause – directly or indirectly.

I have tried to include as much helpful information as possible in this resource list, along with great signposting options. This information could help your colleagues, friends, wife, partner, sister or mother. Please share far and wide.

There are so many people like you...supporting others who are experiencing menopause symptoms. The main challenge currently is that not enough people talk about it...so please talk about the menopause as much as possible! Also encourage attendance at menopause cafes, either online or in person.

**Note of caution:** in many instances the menopause has become a commercial opportunity. Please be aware of the false claims and rather outrageous solutions offered by some *seemingly* reputable organisations.

## **Menopause Symptoms**

<https://www.menopausenow.com/symptoms>

Greene Climacteric Scale

<https://www.menopausematters.co.uk/greenescore.php>

## **Websites**

British Menopause Society (including the Women's Health Concern resource)

<https://thebms.org.uk/>

Balance, Dr Louise Newson

<https://www.balance-menopause.com/>

NHS Menopause Advice

<https://www.nhs.uk/conditions/menopause/>

Fair Treatment for the Women of Wales (FTWW)

<http://www.ftww.co.uk/report-menopause-care-in-wales/>

Daisy Network – Help for those experiencing early menopause

<https://www.daisynetwork.org/>

Meg's Menopause

<https://megsmenopause.com/>

Menopause Matters

<https://www.menopausematters.co.uk/>

**NICE Guidelines** – Management of the Menopause

<https://www.nice.org.uk/guidance/ng23/ifp/chapter/Menopause>

**Government Report (2017)**

<https://www.gov.uk/government/publications/menopause-transition-effects-on-womens-economic-participation>

## **Books**

Men...Let's Talk About Menopause by Ruth Devlin  
Older and Wiser: A Survivor's Guide to the Menopause. Jenny Eclair  
How Hard Can it Be? Allison Pearson (Fiction)  
Menopause Matters. Shelly Chapman  
Management of the Menopause (sixth edition). British Menopause Society. Hillard, Abernethy et al  
The Shift by Sam Baker  
The M Word by Dr Philippa Kaye  
Preparing for the Perimenopause and the Menopause by Dr Louise Newson  
Everything You Need to Know About the Menopause by Kate Muir

## **Articles**

What is the menopause and when does it strike?  
[https://www.theguardian.com/news/2019/aug/26/what-is-the-menopause-and-when-does-it-strike?CMP=Share\\_iOSApp\\_Other](https://www.theguardian.com/news/2019/aug/26/what-is-the-menopause-and-when-does-it-strike?CMP=Share_iOSApp_Other)

The Long Read: It Feels Impossible to Beat: How I was Floored by Menopause.  
[https://www.theguardian.com/news/2018/aug/16/it-feels-impossible-to-beat-how-i-was-floored-by-menopause?fbclid=IwAR0y-XRs4HoVINnT1j80nkwDIGOi901eXXDuVvhF4KgY3B5pUSskL2d\\_ACU](https://www.theguardian.com/news/2018/aug/16/it-feels-impossible-to-beat-how-i-was-floored-by-menopause?fbclid=IwAR0y-XRs4HoVINnT1j80nkwDIGOi901eXXDuVvhF4KgY3B5pUSskL2d_ACU)

## **Journals**

British Menopause Society  
UK academics writing about the menopause at work: Professor Jo Brewis, Dr Andrea Davies and Dr Vanessa Beck amongst others.

## **Podcasts**

The Dr Louise Newson podcast  
Gallopig Catastrophe  
Michell Obama  
Get Lifted with Lisa Snowdon  
The Hot & Moody Podcast  
Fortunately with Fi and Jane  
The Happy Menopause

## **Apps**

Balance by Dr Louise Newson (excellent source of evidence-based help including a symptoms tracker).

## **TV**

Davina McCall has two great programmes available on Channel 4 catch-up. Watch and learn!

Facebook, Instagram and Twitter also have interesting menopause group pages.

Keep an eye on the menopause progress made by Carolyn Harris (MP)

Dr Michael Mosley has developed the blood sugar diet, weight gain can be a real cause of concern during menopause. Dr Mosley is also interested in sleep. Sleep can be very much disrupted during menopause. Watch his BBC Horizon programme on sleep.

**Compiled by Jayne Woodman of The Menopause Team**  
([jayne@themenopauseteam.com](mailto:jayne@themenopauseteam.com))

This resource list is made up of my suggestions. I cannot vouch for any of the organisations, although I do really rate the Kate Muir book! (2022)