

Helpful Websites and library resources

Websites

- The British Menopause Society - <https://thebms.org.uk> - look for your nearest menopause specialist, ask your GP to refer you
- Menopause Matters - <https://www.menopausematters.co.uk>
- NHS Employers - <https://www.nhsemployers.org/retention-and-staff-experience/health-and-wellbeing/taking-a-targeted-approach/taking-a-targeted-approach/menopause-in-the-workplace>
- Faculty of Occupational Medicine - <http://www.fom.ac.uk/health-at-work-2/information-for-employers/dealing-with-health-problems-in-the-workplace/advice-on-the-menopause>
- Royal College of Obstetricians and Gynaecologists - <https://www.rcog.org.uk/en/patients/menopause/>
- NHS - <https://www.nhs.uk/conditions/menopause/>
- Unison - <https://www.unison.org.uk/about/what-we-do/fairness-equality/women/key-issues/menopause/>
- Sleep Foundation - <https://www.sleepfoundation.org/women-sleep/menopause-and-sleep>
- Womens' Health Concern - <https://www.womens-health-concern.org/>
- My Menopause Doctor - <https://www.menopausedoctor.co.uk/>
- Manage my Menopause - <https://www.managemymenopause.co.uk/>
- Dr Chatterjee - <https://drchatterjee.com/>
- The Doctor's Kitchen - <https://thedoctorskitchen.com/>
- NICE Guidance - <https://www.nice.org.uk/guidance/ng23/chapter/recommendations>
- Menopause in the Workplace- <https://menopauseintheworkplace.co.uk/>

Library Resources

Titles available for loan through the NHSBT Library:

- 'Menopause: the one-stop guide: a practical guide to understanding and dealing with menopause' by Kathy Abernethy
- 'Natural Menopause: herbal remedies, aromatherapy, CBT, nutrition, exercise, HRT for perimenopause, menopause, and beyond' by Anne Henderson
- 'Menopause' by Dr Louise Newson
- 'Menopause: the change for the better' by Deborah Garlick

If you would like to borrow any of the titles, please email library@nhsbt.nhs.uk

Books are sent via internal post (if you are working in one of our main centres) or posted directly to you if you aren't.