

Menopause Resources for RCOT Equality, Diversity and Belonging Insight Session

World Menopause Day 18 October 2024

These resources provide information across the menopause journey from perimenopause, to post menopause. They include general resources for people experiencing menopause and/or healthcare professionals; menopause at work; country specific resources across the UK; the male menopause; OTN articles and e-books available from the RCOT Digital Library.

- [Balance Menopause](#) produce an easy read guide to the perimenopause and menopause for people with learning disabilities.
- [Black women in menopause, Black Women Menopause \(blackhealthandbeyond.co.uk\)](#) is for black people in menopause and explores inclusive menopause with online events, newsletters, articles, talks and workshops.
- [British Menopause Society](#) aimed at healthcare professionals, provides toolkits, webinars, training, publications and short videos on key topics.
- [Daisy Network](#) is for people experiencing premature menopause (below 40)
- [Dr Louise Newson](#) is a medical menopause specialist who provides podcasts, masterclasses, a menopause app and training for clinicians.
- [Healthtalk](#) has menopause info about symptoms and how to manage them, everyday life and menopause and video shorts of people talking about their menopause experience.
- [Henpicked Menopause Hub](#) provides expert advice via podcasts, videos and menopause stories.
- [International Menopause Society](#) deliver resources and events for professionals, and videos, podcasts and leaflets in multiple languages, for people experiencing menopause.
- [Menopause Café](#) are regular meetings, online and face to face, to talk about menopause. Originally from Scotland, now worldwide, you can attend and host them.
- [Menopause Matters](#) provides info and advice including newsletters, magazines, an online forum and blogs.
- [Menopause Support](#) provides patient-led resources, education, training, guidance booklets and videos.
- [NHS Menopause](#) covers symptoms, things you can do, treatment, help and support from the NHS in England.
- [NICE Guidelines](#) exist for clinicians to help with the diagnosis and management of menopause.

- [Rock My Menopause](#) aims to support people experiencing menopause, their loved ones and work colleagues. They provided factsheets, guides, podcasts and videos. You can also become a Menovist who openly discusses menopause and provides support.
- [Queer Menopause](#) provides info to increase awareness of LGBTQIA+ experiences of menopause and promote inclusive menopause resources.
- [The Menopause Charity](#) aims to educate everyone about the menopause. With high profile ambassadors, it provides an evidence-based knowledge hub for healthcare professionals, personal stories and easy-read leaflets for people with learning disabilities.
- [The Menopause Exchange](#) provides free, practical advice by healthcare professionals about menopause symptoms and how to cope. They provide newsletters, webinars and blogs.
- [Women's Health Concern](#) aimed at people experiencing menopause, includes factsheets and an email advisory service.

Menopause in the workplace

- [ACAS: Menopause at Work](#) give info about managing menopause in the workplace, and how to talk to staff. It explains how to support trans and non-binary people who may experience the menopause. Also, how to prevent discrimination due to age, sex, gender reassignment or disability.
- [Menopause in the workplace: supporting your employees | Reed](#) provides a webinar recording with a panel of experts discussing how to support employees going through the menopause.
- [Menopause in the Workplace - Women's Health Concern \(womens-health-concern.org\)](#) have resources and a webinar talking about menopause challenges in the workplace.
- [How to talk to your employer - The Menopause Charity](#) have advice about starting the conversation with your employer and getting support.
- [Menopause in the Workplace](#) provided by Henpecked, deliver menopause training, events and toolkits for workplaces.
- [Guidance on Menopause and the Workplace](#) from the Faculty of Occupational Medicine includes suggestions for workplace adjustments.
- [Menopause Workplace Pledge](#) gives employers the chance to commit to menopause support and supplies testimonies from employers about this, alongside resources.
- [Menopause in the workplace: Guidance for employers](#) from the Equality and Human Rights Commission explains employer's legal obligations and has explainer videos about preventing discrimination in the workplace.
- [Menopause at Work; A Guide for People Managers](#) explains how to talk sensitivity about menopause and deal with confidential health information as a manager. It also gives suggestion for workplace adjustments.

- [Menopause at Work](#) guidance is provided by NHS Employers and includes organisational buy-in, policies and training and guidance for line managers and staff.
- [Unison Menopause](#) provides guidance for the workplace, a model menopause policy and leaflet.
- [Unite produce guidance](#) for women's health, safety and wellbeing at work.

Scotland resources

- [Health and Social Care Alliance Scotland](#) produce a resource pack about menopause in the workplace.
- [Menopause Warriors Scotland](#) provide a private Facebook group and regular meetings for people experiencing their menopause in Scotland.
- [NHS Inform Scotland](#) supply menopause information in different languages, easy read and British Sign Language.

Northern Ireland resources

- [Responsible Business Network in Northern Ireland](#) provided a free, digital toolkit to help managers understand the menopause; provide advice about symptoms and treatment and signpost to additional resources.
- [Menopause Northern Ireland](#) have information and support, awareness and education about the menopause, including blogs and conferences. You can also become a Menopause NI Changemaker.
- [Menopause Together](#) supply education, support, events and social gatherings to help people in Northern Ireland transition through their menopause.

Wales resources

- [Fair Treatment for the Women of Wales](#), a patient-led organisation provides useful facts and figures about menopause in Wales and services available. They produce a menopause myth buster.
- [NHS 111 Wales](#) gives an overview of the menopause, it's symptoms and treatment. The information is available as easy read and in different languages.
- [Wales TUC Cymru](#) provide a toolkit about menopause in the workplace available in Welsh and English.

Male Menopause

- [NHS Male Menopause](#) talks about symptoms, changes in testosterone levels and treatment.
- [The British Association of Urological Surgeons](#) provides information about the male menopause, andropause and Androgen Deficiency in the Ageing Male (ADAM) including symptoms, causes, treatment and advice.

OTN articles

- Laura Finlay (2023) On a mission for Menopause. (August OTN, pages 50-52)
- Jacqueline Da Costa-Myers (2024) Making a Difference in the Community. (August OTN, pages 34-35).

RCOT Digital Library e-books

- A couple's guide to menopause: navigating the change together, Kate & Neil Usher (2024)
- Each woman's menopause: an evidence-based resource, Patricia Geraghty (2022)

RCOT [Occupation centred practice briefing](#) describes the importance of occupation at the core of OT, an occupation centred process, using occupational outcomes and reflective questions about how central occupation is in our services (Find under Resources for members).