

Menopause Resources

Further reading, links, and information



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follow links

[NICE Guidelines](#) - Diagnostic criteria of menopause and peri-menopause



Free apps and support networks for advice on menopause:

[Balance-Menopause.com](#) has a large library of resources and an app to track and manage your menopause journey.

[The Latte Lounge](#) offers advice and guidance on menopause from relationships to nutrition and wellbeing. The site also includes a directory of menopause specialists you can connect with.

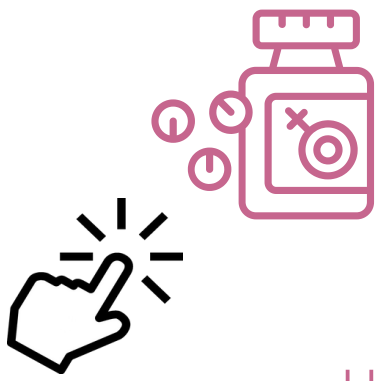
Menopause friendly online exercise:

[Complete workout suitable for bodies in menopause](#)

[Seated Exercise with Marie from The Active Wellbeing Society](#)

[30 minutes of yoga to aid with menopause symptoms](#)





Navigating healthcare systems:

[How to prepare for your GP appointment, what to expect and how to advocate for yourself.](#)

Useful resource to share with your clinician:
[Clinical article evidencing lower HRT prescription rates in lower income areas](#)

Free medical advice regarding menopause



[Speak with a menopause advisor from Holland & Barrat \[15 minute video calls\]](#)

Appointments also available in Gujarati, Hindi, Punjabi, and Urdu

[Find an NHS or private menopause specialist consultant](#)



BMS menopause specialist

Any



NHS



The Menopause Cafe is an online and international meet-up for people on the journey of menopause. This is a space for peer support and to gain insight and knowledge on menopause.

[Event calendar](#)

[The Menopause Cafe blog \(information about their events\)](#)



Lived experiences

Learn about people like you, their journey's through menopause, and what it's like for others



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follow links



[Queer Menopause – Resources, educational materials, blogs and related organisations](#)

[A blog about the Non-Binary experience and perspective of menopause including advice to medical professionals on improving this.](#)

[Webinar about Endometriosis and menopause](#)

[Information for people going through menopause following cervical cancer treatments](#)

['Lets Talk M For Menopause' Article about menopause and employment.](#)

[Menopause taboo in the global majority – 30 minute podact including menopause tips in Punjabi](#)

['Black Girls Guide To Surviving Menopause' – A podcast series sharing lived experiences by a diverse number of black people who have or are experiencing menopause.](#)

['Why black women should be talking about menopause earlier' – An article about the black experience of menopause.](#)

[An article by a speaker on menopause within the South Asian community](#)

[Article and Webinar by NOON on minority ethnic experience and building more inclusive menopause](#)