

# Peri-Menopause & Menopause Resources

In our NHS libraries we have a selection of books on the Menopause and Peri-Menopause to support you. The book titles in this leaflet are just a few of them. To discover more books that are available to you through your NHS Libraries, search the catalogue at <https://www.swims.nhs.uk>  
Your local NHS Library will be able to request books from other NHS Libraries on your behalf.

You will also find other useful resources on the second page of this leaflet, these include, websites, apps, podcasts and library contact information.

## Books

### Menopause

- The Complete Guide to the Menopause / Dr Annice Mukherjee
- Older and Wider/Jenny Eclair
- The M word / Dr Philippa Kaye
- Preparing for the perimenopause and menopause / Dr Louise Newson
- The New Hot / Meg Matthews
- Menopause: mind the gap / Pat Duckworth
- Cracking the menopause / Mariella Frostrup & Alice Smellie
- The Happy Menopause : smart nutritional choices to help you flourish / Jackie Lynch



### Health & Wellbeing

- An introduction to coping with anxiety / Brenda Hogan and Lee Brosan
- The natural health service: how nature can mend your mind / Isabel Hardman
- Calm : 50 mindfulness exercises to de-stress wherever you are / Arlene Unger
- Coping with caring : a nurse's guide to better health and job satisfaction / Meredith Mealer

### E-books

The following e-books are available to all HIOW staff with your NHS OpenAthens login. Access the e-books by searching for a title in the library catalogue at [www.swims.nhs.uk](http://www.swims.nhs.uk)

- Fast facts for women and their supporters: menopause / Paula Briggs
- Fast facts for patients: menopause / Paula Briggs
- Your health at work : an indispensable guide to physical and mental wellbeing / B Allen, H Fidderman
- Self-care for allied health professionals : from surviving to thriving / Alison Battye



## Apps

**Balance** – Brought to you by menopause specialist Dr Louise Newson, track your symptoms and download your Health Report:

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

**Health and Her** - The comprehensive toolkit for your peri- and menopause journey:

<https://healthandher.com/>

## Websites

Balance

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

Black Women in Menopause

<https://linktr.ee/blackwomeninmenopause>

BMS British Menopause Society -

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

Daisy Network (a charity for women with POI)

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

Hampshire & Isle of Wight People Portal - Menopause Support (hiowpeople.nhs.uk)

<https://www.hiowpeople.nhs.uk/hubs/menopause/>

Menopause and the law: Menopause at work - Acas

<https://www.acas.org.uk/menopause-at-work/menopause-and-the-law>

Menopause and the workplace | NHS Employers

<https://www.nhsemployers.org/articles/menopause-and-workplace>

Menopause Support and Advice from The Menopause Charity

<https://www.themenopausecharity.org/menopause/>

Menopause-Exchange

<https://www.menopause-exchange.co.uk/>

NHS – The Male Menopause

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

Over The Bloody Moon | Free Resources

<https://overthebloodymoon.com/resources/free-resources>

RCN Menopause guidance

<https://tinyurl.com/4kkj7aa9>

Queerpause

<https://www.queermenopause.com/resources>  
Menopause resources for LGBTQIA+ people

## Podcasts

Available from your usual Podcast platform

- The Dr Louise Newson Podcast
- The Mid-Point with Gabby Logan
- Thriving in Menopause
- The Happy Menopause

## NHS Libraries in Hampshire & Isle of Wight for NHS staff and Students

**Hampshire Healthcare Library Service**

<https://www.hantshealthcarelibrary.nhs.uk>

Email: [library.basingstoke@hhft.nhs.uk](mailto:library.basingstoke@hhft.nhs.uk)

SHFT & HHFT NHS

**Isle of Wight Oliveira Library**

<https://www.iow.nhs.uk/library.htm>

Email: [iownt.library@nhs.net](mailto:iownt.library@nhs.net)

Isle of Wight NHS

**Portsmouth Hospitals University NHS Trust**

<https://www.porthosp.nhs.uk/work-for-us/library-and-elearning.htm>

Email: [library.qah@porthosp.nhs.uk](mailto:library.qah@porthosp.nhs.uk)

Portsmouth & Solent NHS

**University of Southampton NHS Foundation Trust Health Services Library**

Email: [libenqs@soton.ac.uk](mailto:libenqs@soton.ac.uk)

<https://library.soton.ac.uk/hs/>

Southampton NHS



Disclaimer: Please note that we are only signposting these resources and are not responsible for the content of the websites, apps or podcasts.