

FURTHER RESOURCES:

Research

1. **RETAIN, RETRAIN, RECRUIT** - Report by Ros Altmann, Govt czar and now pensions minister:
https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/411420/a-new-vision-for-older-workers.pdf Go to **page 50** for information on *Menopause in the Workplace*
2. **Women's Experience of Working through the Menopause:**
http://www.bohrf.org.uk/downloads/Womens_Experience_of_Working_through_the_Menopause-Dec_2010.pdf
3. **A Guide for Managers - Work and Menopause**
<https://www.nottingham.ac.uk/hr/guidesandsupport/equalityanddiversitypolicies/documents/workandthemenopause-aguideformanagers.pdf>
4. **Chief Medical Officer calls for Workplace to be more Menopause Friendly:**
<http://www.thebms.org.uk/newsitem.php?newsid=89>
5. **NICE Guidelines on Menopause:** Please open pdf which gives outline of guidelines published in November 2015 (the first Guideline every to be published on menopause) and link to full Guideline.
6. **Life Begins at ...** Watch this short video to experience real life in the workplace and menopause: <http://life-begins-at.co.uk/loose-women-discuss-the-menopause-and-hrt>
7. **Older female officers could be left feeling isolated without support for menopause**
http://www.policemag.co.uk/editions/July15_News_Older_Female_Officers.aspx

UK MENOPAUSE CLINICS - . <http://www.menopausematters.co.uk/clinicfinder.php>

BRITISH MENOPAUSE SOCIETY – for Healthcare Practitioners: www.thebms.org.uk

WOMEN'S HEALTH CONCERN – for individual women who have queries on medication or any other aspect of menopause or HRT that concerns them. HCP's can also make use of this facility:

<http://www.womens-health-concern.org>

FURTHER READING:

- Men are from Mars and Women are from Venus by John Gray
http://www.amazon.co.uk/Mars-Women-Venus-Communication-Relationships/dp/0007152590/ref=sr_1_1?s=books&ie=UTF8&qid=1452345438&sr=1-1&keywords=men+are+from+mars+women+are+from+venus

- Be Gender Smart by Inge Woudstra http://www.amazon.co.uk/Be-Gender-Smart-Career-Success/dp/1784520713/ref=sr_1_1?s=books&ie=UTF8&qid=1452345498&sr=1-1&keywords=be+gender+smart
 - Women's Bodies, Women's Wisdom by Dr Christiane Northrup http://www.amazon.co.uk/Womens-Bodies-Wisdom-Creating-Emotional/dp/1401918700/ref=sr_1_fkmr0_1?s=books&ie=UTF8&qid=1453112760&sr=1-1-fkmr0&keywords=women%27s+bodies%2C+women%27s+minds%2C+Dr+Christian+Northrup
 - The Wisdom of Menopause by Dr Christiane Northrup http://www.amazon.co.uk/Wisdom-Menopause-complete-physical-emotional/dp/0749922141/ref=sr_1_1?s=books&ie=UTF8&qid=1453112876&sr=1-1&keywords=the+wisdom+of+menopause%2C+Dr+Christiane+Northrup
 - Healthy Eating for the Menopause by Dr Marilyn Glenville http://www.amazon.co.uk/Healthy-Eating-Menopause-Nutritionist-Delicious/dp/0857832948/ref=sr_1_1?s=books&ie=UTF8&qid=1453112987&sr=1-1&keywords=healthy+eating+for+the+menopause+marilyn+glenville
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WOMEN IN HISTORY

- The Diaries of Sofia Tolstoy by Sofia Tolstoy – I used a quote from Sofia, going through menopause: “If asked what I felt, I would say I had stopped living; nothing brings me pleasure, everything brings me endless sorrow” – I enjoyed reading her story http://www.amazon.co.uk/Diaries-Sofia-Tolstoy/dp/1846881021/ref=sr_1_1?s=books&ie=UTF8&qid=1452345604&sr=1-1&keywords=sofia+tolstoy

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