

NHS England & NHS Improvement Menopause Group

Welcome to the NHS England & NHS Improvement Menopause Group.

Chair of the NHSE group is Jacqui McBurnie, Quarry House J.McBurnie@nhs.net

We always welcome new members to the group and are very pleased to have you with us. We want you to feel part of the group.

This group is for people like you that are trying to manage and survive menopausal symptoms or caring for somebody who is, this includes colleagues and team members.

The group meets on a monthly basis to share information, treatments, symptom control and encourage awareness across the organisation.

The group links via the Chair to the [Cross-Government Menopause Working Group](#) to progress and develop guidance, policy and awareness. The group also links with the NHSE/I Women's Network.

If you have any questions please feel free to email us at england.menopause@nhs.net and we will be more than happy to help.

The NHSE/I group has pages full of information and links to external websites via Office 365

[Teams Menopause Group](#)

To access the Menopause Group via Office 365 you need to use Google Chrome.

The Menopause Network can also be found on the [Staff Networks Page](#), you'll find the Menopause Group has a blue button on the left and the email address of the Chair of the group is also given in the 'get touch with our networks' bit on that page.

[Menopause Network and Menopause Ambassadors](#)

The Menopause Networks link page includes the objectives for the network.

Helpful Information

[Menopause Tool Kit](#)

[Menopause at Work](#)

Key Information

NICE Menopause Guidelines

<https://www.nice.org.uk/guidance/qs143>

Statement 1: Women over 45 years presenting with menopausal symptoms are diagnosed with perimenopause or menopause based on their symptoms alone, without confirmatory laboratory tests.

Statement 2: Women under 40 years presenting with menopausal symptoms have their levels of follicle-stimulating hormone (FSH) measured.

Statement 3: Women with premature ovarian insufficiency are offered hormone replacement therapy (HRT) or a combined hormonal contraceptive.

Further Resources from NICE

<https://thebms.org.uk/wp-content/uploads/2016/04/img-NICE-top10.png>

BBC Website - Menopause added to the School Curriculum

<https://www.bbc.co.uk/news/stories-53938931>

Dr Louise Newson gives advice on YouTube

<https://www.youtube.com/watch?v=WOjqY3HFzd4>

Women's Menopause and Health Information/Factsheets

Manage my Menopause

<https://www.managemymenopause.co.uk/>

Healthy, Happy Women

<https://healthyhappywoman.co.uk/>

Hysterectomy Association

<https://www.hysterectomy-association.org.uk/>

Menopause Matters

<https://www.menopausematters.co.uk/>

Royal Osteopathy Society

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

Women's Health Concern (WHC)

<https://www.womens-health-concern.org/help-and-advice/factsheets/hrt-know-benefits-risks/>