

## Helpful resources and websites

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| Menopause Matters                                       | Information, magazine, books, leaflets etc.<br><a href="http://www.menopausematters.co.uk">www.menopausematters.co.uk</a>   |
| Menopause Swings and Roundabouts Selfhelp Toolkit       | Interactive resource for groups or individuals on menopause, perimenopause and PMS.<br>Free downloads of leaflets and Toolkit<br><a href="http://www.menopauseswings.org">www.menopauseswings.org</a> |
| Midlife and Menopause                                   | Helpful ideas on menopause, midlife and growing in wisdom <a href="http://www.midlifeandmenopause.co.uk">www.midlifeandmenopause.co.uk</a>  |
| The Menopause Exchange                                  | Independent magazine and other useful information<br><a href="http://www.menopause-exchange.co.uk">www.menopause-exchange.co.uk</a> tel 0208 4207245  |
| Women's Health Concern                                  | Wide range of ideas on women's health and menopause and leaflet on Risks and Benefits of HRT<br><a href="http://www.womens-health-concern.org">www.womens-health-concern.org</a> tel 01628 478473     |
| Daisy Network   | Information and activities for women with premature menopause ie under 40 <a href="http://www.daisynetwork.org.uk">www.daisynetwork.org.uk</a>  |
| National Osteoporosis Society                           | <a href="http://www.nos.org.uk">www.nos.org.uk</a> Helpline 0845 450 0203   |
| NHS information line                                    | 0800 665 544  |
| Faculty of Family Planning and Reproductive Health Care | <a href="http://www.ffprhc.org.uk">www.ffprhc.org.uk</a> Advice on contraception for the over 40's and when to stop it safely in the menopause  |
| Royal College of General Practitioners                  | <a href="http://www.rcgp.org.uk">www.rcgp.org.uk</a> Some patient advice on menopause   |
| The British Menopause Society                           | Mainly for medical professionals <a href="http://www.thebms.org.uk">www.thebms.org.uk</a>   |
| <b>For PMS</b>  |   |
| Royal College of Obstetrics and Gynaecologists          | PMS - Excellent free patient leaflet and advice for doctors in the Green Top Guideline 48 <a href="http://www.rcog.org.uk">www.rcog.org.uk</a>  |
| National Association for Premenstrual Syndrome NAPS     | Info and activities for women with PMS<br><a href="http://www.pms.org.uk">www.pms.org.uk</a>  |
| <b>For PMS and Perimenopause</b>                        |   |
| Menopause Swings and Roundabouts Selfhelp Toolkit       | Interactive resource for groups or individuals on menopause, perimenopause and PMS.<br>Free downloads of leaflets and Toolkit<br><a href="http://www.menopauseswings.org">www.menopauseswings.org</a> |

## Some useful books, films, songs and poems

### Books

#### 1) menopause symptoms - self-help and treatments

“Is it me, or is it hot in here?” Jenni Murray A great read on menopause and beyond ISBN 0-09-18566-1-2

“Menopause - Answers at your fingertips” Dr Heather Currie Order from “Menopause Matters” website, Amazon or ring 01256 302699 and quote ref MENPo8

“The Change before the Change – staying healthy in the decade before the menopause” - Dr Laura Corio & Linda Kahn Lots of information and ideas and real-life stories ISBN 0749926198

“The Menopause – What you need to know” and “Managing the Menopause without oestrogen” ed. Dr Margaret Rees More scientific. British Menopause Society Pub BMS publications

#### 2) books on the meaning of the menopause in women’s lives

“The Menopause - The Woman’s View” - Anne Dickson and Nikki Henriques Encouraging women to claim their own strength and power at this stage of life. Pub Thorsons

“Your Menopause” - Myra Hunter Understanding the psychology of menopause. Pub Pandora Press

“Goddesses in Older Women – Becoming a Juicy Crone” - Jean Shinoda Bolen A liberating look at the many roles women can choose at this time in their lives. ISBN 0-06-092923-5

“Lesbians at Midlife - The Creative Transition” A great mix of short articles by a variety of women for those living and loving in their own way. ISBN 0-933216-77-7

“Succulent Wild Woman” - Sark A delightful, colourful, funny, challenging and moving book to inspire you and brighten your day! ISBN 0-684-83376-x

“Journeys through Menopause” A lovely and thought-provoking mix of honest writing and art from the menopause years ISBN 0-9548026-0

“Never Die Wondering” A great little book about having a go at living lives that are fulfilling and free from regret. ISBN 978-0-9562285-0-5

You might also want to contact the “Growing Old Disgracefully” Network!

### Films, songs and poems to inspire you

#### Films

Shirley Valentine, Fried Green Tomatoes, Mama Mia, Stepping Out, Divine Secrets of the Ya-Ya Sisterhood - and many more

#### Songs

Julie Felix “You’re a woman”, “Healing Hands” from Branches in the Mist CD

Helen Reddy “Don’t you mess with a woman!”, “Leave me alone!”, “I am woman”  
from The very best of Helen Reddy CD  
and many more

#### Poems

See Appendix 1