

Appendix 3

External sources of support and advice:

- [NHS Inform](#)
- [Royal College of Obstetricians and Gynecologists](#)
- [STUC](#)
- [Menopause Café](#)
- [ACAS](#)
- [Henpecked](#)
- [Sandyford Menopause Clinic](#)
- [nhs.uk](#)
- [NHS Employers](#)
- [Menopause Matters](#)
- **BOHRF - Work and the Menopause: A Guide for Managers** (Download the British Occupational Health Research Foundation (BOHRF) guide for managers [here](#).)
- **TUC - Supporting women through the menopause: Guidance for Union representatives** (This guidance document includes the section 'What can employers do?' (pg.8-9). Download it [here](#).)
- **The Faculty of Occupational Medicine (FOM) - Guidance on menopause and the workplace** (Includes guidance for managers/employers, and guidance for women. Download [here](#).)
- **Business in the Community (BITC) - The business case for reporting your gender pay gap** (The benefits of reporting and closing your gender pay gap for business, the economy and society. Download [here](#).)
- **Department for Education - The effects of menopause transition on women's economic participation in the UK** (This 2017 research report contains information for employers, including 'How can employers better support women experiencing the menopause transition?' (pg.49-61). Download [here](#).)
- **Acas menopause at work guidance** (Visit the [Acas website](#) to view the new menopause at work guidance. Download the factsheet for managers [here](#). Menopause at work infographic available [here](#), stats/facts [here](#).)

Journal articles

- [The Journal of Physiology, Exercise training reduces the acute physiological severity of post-menopausal hot flushes](#)
- [The Journal of The North American Menopause Society, Exercise training reduces the frequency of menopausal hot flushes by improving thermoregulatory control](#)
- [NICE guideline \(2015\), Menopause: diagnosis and management](#)
- [NICE quality standard \(2017\), Menopause](#)

- [Royal College of Nursing \(RCN\), The menopause and work: guidance for RCN representatives](#)
- [TUC, Supporting working women through the menopause: Guidance for Union representatives](#)
- [The Last Taboo - Managing the Menopause in the Workplace](#)
- [The Department for Education, The effects of menopause transition on women's economic participation in the UK \(Research report, July 2017\)](#)
- Primary Care Women's Health Forum (PCWHF), HRT Myths Uncovered [page 1](#) and [page 2](#)
- [British Menopause Society \(BMS\) Fact Sheet, Information for GPs and other healthcare professionals, for women and for media](#)
- [Faculty of Occupational Medicine \(FOM\), Health and Work Menopause Focus infographic](#)

Websites

- [The British Menopause Society](#)
- [Daisy Network](#)
- Royal College of Nursing - [Women's health: menopause](#)
- Royal College of Obstetricians & Gynaecologists - [Women's health information hub](#)
- [Women's Health Concern \(WHC\)](#)
- [CIPD](#)

Internal sources of support and advice:

- [Confidential Contacts](#) (*scroll to bottom of page, to Publications*)
- [Occupational Health & Wellbeing Service](#)
- Staff Self-Referral Service

Booklets:

- FHSCP Supporting the Menopause in the Workplace: [Supporting the Menopause in the Workplace](#)