

Menopause in the workplace resources.

Dr Sam Morgan, Menopause Fellow, BNSSG Training Hub. February 2024.

The impact of menopause on work

- [Fawcett society report](#)
- [BMA report Challenging the culture on menopause for working doctors](#)

Workplace guidance

- [CIPD Manifesto for menopause at work](#)
- [Faculty Occupational Medicine guidance on menopause and the workplace](#)
- [British Menopause Society Menopause and the workplace guidance](#)
- [NHSE guidance supporting our NHS people through menopause](#)
- [Wellbeing of Women Menopause pledge](#)
- [Menopause at work toolkit](#)
- [Menopause in the Workplace Self-assessment Tool](#)
- [Menopause and the law: Menopause at work - Acas](#)
- [TUC example menopause policy](#) (page 47)
- [BMA model menopause policy for the workplace](#)

Training

- [Menopause awareness training e-lfh](#)
- [British Menopause Society video Menopause explained](#)
- [Webinar from NHS Employers](#)
- [Future NHS](#) Menopause Champion Support in Menopause section

What menopause resources can I signpost people to?

- [BMS & Women's Health Concern](#) leaflets
- [Rock my menopause](#)
- [Menopause Support](#)
- [Menopause Matters](#)
- [Black Women in Menopause](#)
- [Queer menopause](#)
- POI (menopause before 40) - [Daisy Network](#) & [Dr Short's book](#)
- [National Menopause Programme support](#) from NHS England
- Free access to health and wellbeing apps and coaching.
 - [Headspace](#)
 - [Unmind](#) - sleep course, menopause course, yoga, nutrition
 - [Coaching support](#) for those working in primary care
- [Project5](#) free psychological support for staff experiencing stress & burnout
- [BMA](#) offers members and their partners up to 6 sessions free counselling
- Avon LMC [COPE scheme](#) & [safehouse](#)