

Protected (and Non-Protected) Characteristics

Menopause

List of resources

Books

- Coping with Peri-menopause by Janet Wright
- Peri Menopause Power by Maisie Hill
- Preparing for the Peri-menopause and Menopause by Dr Louise Newson
- The Shift: Join The Menopause Revolution by Sam Baker
- Second Spring, The self-care guide to menopause by Kate Codrington
- More Than A Woman by Caitlan Moran
- Natural Menopause edited by Anne Henderson for Dorling Kindersley
- The Knowledge: your guide to female health from menstruation to the menopause by Dr Nighat Arif

Websites

- thriveleader.co.uk (menopause awareness programs for leaders)
- themenopausecharity.org
- wegrantfitnessandhealth.co.uk (Menopause and Weight Loss Coach and founder of the Menopause & Women's Health Cafe Waltham Forest)
- The Daisy Network, daisynetwork.org (Charity for those effected by early menopause)

Articles

- <https://www.theguardian.com/society/article/2024/aug/25/myth-and-misogyny-how-male-representations-of-the-female-form-have-changed-the-way-women-are-viewed>
- <https://www.theguardian.com/lifeandstyle/article/2024/may/11/the-hot-years-the-truth-about-what-happens-during-menopause-and-the-best-ways-to-get-through-it>

Podcasts

- The Menopause Sisters, Dr Nighat Arif: Intersectionality in Women's Health
- Menopause Whilst Black, Karen Arthur
- Magnificent Midlife podcast

TV & Film

- Davina McCall: Sex, Myths and Menopause (Channel 4 Documentary)
- EVERYWOMAN - the real menopause documentary 68min - 2022 (YouTube)
- The Change (Channel 4. Comedy by Bridget Christie)
- And Me. Menopause and Me: Too Young to Feel So Old (BBC Iplayer)