

World Menopause Month



Resource Pack

October brings World Menopause Month - a worldwide movement to raise awareness of menopause and have open and supportive discussions about experiences and the support that is available. 18th October marks World Menopause Day. For more information see:

www.imsociety.org/education/world-menopause-day-2026/

You can use the resources in this World Menopause Month Pack to:

- Learn more about menopause, including symptoms, treatments and self management options
- Share with friends, family, colleagues and employers to help them understand your menopausal experience and how they can support you
- Host a World Menopause Day (18th October) event in your workplace or community
- Share on social media to raise awareness and keep the conversation going

Women's Health Platform



NHS Inform is Scotland's national health information service. It aims to provide people with accurate and relevant information to help them make informed decisions about their own health and the health of the people they care for.

NHS Inform has a dedicated section on menopause, with trusted clinical information, films and self help guides on menopause topics like the signs and symptoms, treatment options, mental wellbeing and much more. The information pages can also be accessed in several languages.

Access here: www.nhsinform.scot/healthy-living/womens-health/late-years-around-50-years-and-over/menopause-and-post-menopause-health/menopause/

To Watch

[Menopause 101](#) (5:37)

Dr Kay McAllister (NHS GGC) answers common questions about the menopause, including when and why it happens, main symptoms, treatment options, and where to get information.

[Talking menopause](#) (56:42)

This webinar features presentations from Dr Heather Currie (NHS D&G), Rachel Weisz (Menopause Cafe) and Professor Anna Glasier (Women's Health Champion). They discuss what to expect during the menopause and the importance of destigmatising it and talking openly about experiences.

[World Menopause Day 2024](#) (52:59)

Dr Kay McAllister (NHS GGC) and Dr Sigi Jospeh (NHS Lothian) focus on empowering women through menopause, including tips on talking about the menopause with your GP.

[Menopause and sexual wellbeing](#) (56:20)

Dr Claire Macaulay discusses what happens during the menopause that can impact intimacy, and how to overcome this.

[Menopause and the workplace](#) (52:56)

Professor Kat Riach (University of Glasgow) and Dr Katrin Bjornsson (NHS A&A) discuss the impact that menopause can have in the workplace, and how to put effective menopause workplace policies into practice.

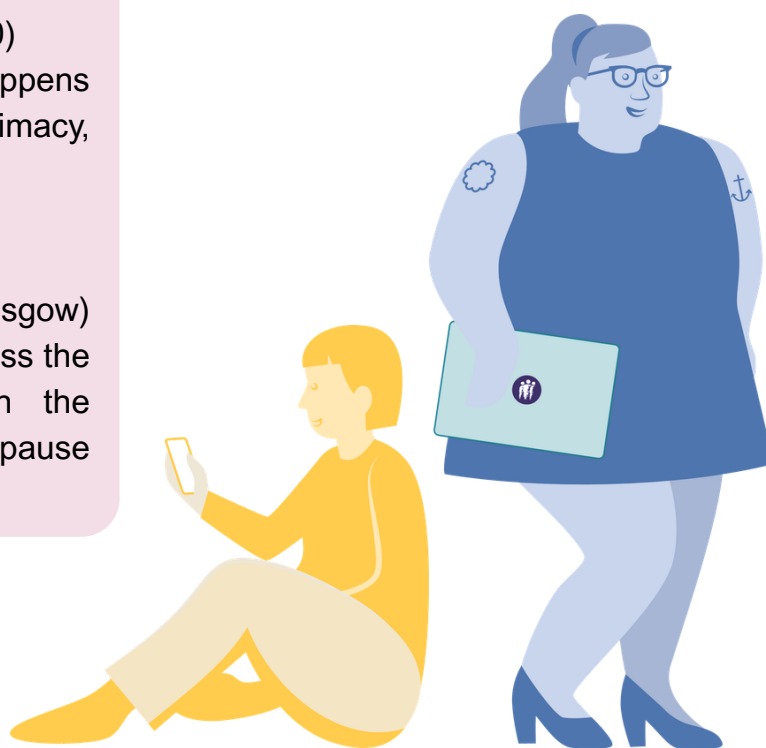
[Menopause and mental wellbeing](#)

(1:09:22)

Dr Katie Marwick (University of Edinburgh) and Dr Becky Howie (NHS Lanarkshire) explore why menopause can impact your mental wellbeing, and what support is available.

[Optimising future health](#) (1:11:59)

This webinar explores key areas such as nutrition, exercise, and sleep and how to navigate these for healthy aging. It focuses on common experiences for older women such as bone health, heart health and pelvic health.





[Menopause: A visual resource](#)

The ALLIANCE's visual resource for menopause gives insight into different menopause experiences via detailed graphics.

[Optimising Future Health : A Visual Resource](#)

The ALLIANCE's visual resource for optimising future health, spotlights how to support your long-term health, and common health concerns that women may experience as they age.

[Looking after your long term health - Info Sheet](#)

This information sheet raises awareness of key areas of women's health in mid and later life, and includes signposting links.

[Conversation Cafe Toolkit for Women's Health](#)

In this toolkit you'll find resources and guidance on hosting independent Conversation Cafes to encouraging information sharing and peer support on areas of women's health, including menopause.

[ALLIANCE Women's Health Resource Hub](#)

Access a range of information and resources on women's health on our website.

