

WATCH, LISTEN, READ & JOIN

WEBSITES

- ▶ [The Menopause Charity](#)
- ▶ [Balance](#)
- ▶ [Henpicked](#)
- ▶ [The Latte Lounge](#)
- ▶ [NHS](#)

MENOPAUSE CAFÉS

- ▶ [They are held around the country – look for venues here.](#)

SHORT VIDEO

- ▶ [Cycle of Change – understanding menopause](#)

DOCUMENTARIES

- ▶ [Davina McCall – Sex, Myths and the Menopause](#)
- ▶ [Davina McCall – Sex, Mind and the Menopause](#)

PODCASTS

- ▶ [The Latte Lounge](#)
- ▶ [Dr Louise Newson](#)
- ▶ [Diary of a CEO](#) with Dr Mary Claire Haver

BOOKS

- ▶ [“The Natural Menopause Method”](#) – Karen Newby
- ▶ [“The Definitive Guide to the Perimenopause and Menopause”](#) - Dr Louise Newson
- ▶ [“Preparing for the Perimenopause and Menopause”](#) – Dr Louise Newson
- ▶ [“The Menopause Brain”](#) – Dr Lisa Mosconi
- ▶ [“A Couple’s Guide to Menopause”](#) – Kate and Neil Usher