



Thank you for joining our group consultation, we hope that you found the session useful. To ensure that you have as much information to prepare you or support you in the Menopause we have compiled a list of useful resources below as well as a link to the Menopause symptoms checker tool so that you can track any changes in worsening symptoms you feel you may have.

If we have not already done so, we will be in touch shortly to action any outstanding “car parked” points. If you have any concerns or queries you feel you would like to raise with us, contact our reception team above and book to speak with a clinician.

Useful information and links

Menopause wellbeing resources links:

22-Menopause-factsheet.pdf (moultonsurgery.co.uk)

Menopause - Things you can do - NHS (www.nhs.uk)

<https://www.daisynetwork.org/>

<https://www.balance-menopause.com/menopause-library/>

<https://www.menopausematters.co.uk/greenescore.php> - Symptom Checker

<https://assets.publishing.service.gov.uk/media/5d68d0e340f0b607c6dcb697/HRT-patient-sheet-3008.pdf>

<https://www.nhs.uk/conditions/menopause/>

<https://patient.info/womens-health/menopause>

<https://www.womens-health-concern.org/>

Mood and sleep:

Top tips to improve your mental wellbeing - Every Mind Matters - NHS (www.nhs.uk)

Tips to improve your sleep - Mind

Diet, lifestyle and weight:

Diet. Exercise. Calcium : Menopause Matters

Living well through your perimenopause and menopause - The Menopause Charity

Health and Wellbeing Coach support:

If you would like additional support to implement diet, exercise and lifestyle change you can access the health and wellbeing coach service through Moulton Surgery. You will receive a number of one to one sessions where we can discuss what matters to you and what your goals are, whether that be to improve your diet, physical activity, weight management or general wellbeing and we will work together to devise a plan that supports you in achieving them and can also signpost to other organisations if useful. If you would like to find out more about this service please book a telephone appointment with Anni Spicer, Health and Wellbeing Coach via reception.