

Support for Menopause

At times of change support can make all the difference.

Read a book:

Try 'Cracking the Menopause' by Mariella Frostrup.

Provides straight talking information with a touch of humour, which is good for us all!

Download an app:

The Balance app from Dr Louise Newson provides a wealth of information and menopause related resources.

Use a website:

www.womens-health-concern.org

Regularly updated information, and opportunity for support, on many menopause related matters from a trusted source.