



Welcome to the Menopause Inequalities Programme resources. For the past 18 months, our programme has been dedicated to supporting our ethnically diverse and LGBTQIA+ colleagues in navigating menopause. Below, you will find a collection of recorded sessions and developed resources designed to provide valuable insights and support. Feel free to share these resources with colleagues across health and social care.

Recorded Sessions

Queering the Menopause with Dr. Nat Thorne

Description: This session explores the unique challenges and experiences faced by LGBTQIA+ individuals during menopause. Dr. Nat Thorne discusses how societal and medical biases impact menopause care and offers strategies for more inclusive support. [Watch the session](#)

The Importance of Ethnicity and Menopause with Dr. Radhika Vohra

Description: Dr. Radhika Vohra explores how cultural and ethnic backgrounds influence menopause experiences. This session highlights the need for culturally sensitive care and provides practical advice. [Watch the session](#)

Inequalities in Menopause Care with Dr. Tonye Wokoma

Description: Dr. Tonye Wokoma addresses the disparities in menopause care across different demographics. The session focuses on understanding and bridging the gaps to ensure equitable menopause care for all. [Watch the session](#)

Transgender Language 101: Getting it right with Dr. Nat Thorne

Description: This session is a primer on the appropriate and respectful use of language when talking to transgender people or discussing transgender issues and what to do if/when you get it wrong. [Watch the session](#)

The Importance of Ethnicity and Menopause (GP Session two part) with Dr. Radhika Vohra

Description: A specialised session for GPs, focusing on how ethnicity affects menopause and how clinicians can better support women of colour through this transition. Dr. Radhika Vohra offers guidance on providing sensitive and effective care to ethnically diverse patients.

[Watch the session part 1.](#)

[Watch the session part 2.](#)

Other Resources

Ethnicity and Menopause Booklet

Overview: This booklet looks at how ethnicity can impact a person's menopause experience. It gives an overview of the importance of ethnicity when it comes to menopause, as well as exploring symptoms and lifestyle impacts. [Download the booklet](#)

LGBTQIA+ Menopause Booklet

Overview: This resource explores how transgender and non-binary people experience menopause. It includes reference to menopause for transgender men and women who may be taking HRT as part of their gender affirming care. [Download the booklet](#)

Surgical Menopause Guide

Overview: A guide for transgender and non-binary individuals undergoing surgical menopause. It covers symptoms and support. [Download the guide](#)

Navigating Your GP Appointment

Overview: This guide offers practical tips for navigating menopause-related GP appointments. It includes advice on how to communicate effectively with healthcare providers and ensure your needs are met. [Download the guide](#)

Menopause symptoms poster

Overview: List of common physical and psychological symptoms of menopause. [Download the poster](#)

'The Menopause: Transgender & LGBTQIA+ Communities'

Overview: Presentation slides from our sessions with Halsa Wellbeing. [Download slides.](#)

If you require direct recording files for embedding onto intranets or other platforms you can download the full ZIP of all videos and documents. [Download here.](#)