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| **MENOPAUSE SUPPORT 2025** |
| **NAME/CONTACT** | **WEBSITE** | **INFORMATION** |
| **Menopause in Mind** 0161 804 4416You can contact the Community Hub for more information by calling 0161 804 4416 or emailing communityhub@pureinnovations.co.uk | [Menopause In Mind - Pure Innovations](https://www.pureinnovations.co.uk/series/menopause-in-mind/) | **Pure Innovations Description: Are you menopausal, perimenopausal, or just don't know yet?** **Come along to: connect with other women, talk openly and confidentially, get information and support.** **Meet every Friday 10am - 12pm at Pure Coffee Vernon Park** |
| **Dedicated menopause clinic for Stockport NHS staff**0161 483 1010 or email trust.enquiries@stockport.nhs.uk | <https://www.stockport.nhs.uk/news_21089> | **A new dedicated clinic has been launched to support Stockport NHS Foundation Trust staff members experiencing the menopause, in one of the first of its kind for the country.****The trust, which runs Stepping Hill Hospital and local community NHS services in Stockport, now offers the clinic from its staff wellbeing and occupational health service, providing help and advice to anyone with the menopause, alongside other supportive measures including a menopause café too.** |
| **NHS Help & Support during Menopause** | [**Menopause - Help and support - NHS**](https://www.nhs.uk/conditions/menopause/help-and-support/) | **Information & support around the menopause.** |
| **Yoga Therapy****The Hive @39****39 Market Street, Marple, Stockport. SK6 7AA**Call 07813 07704 or email me at info@yogatherapystockport.co.uk for more information. | [**Menopause | Yoga Therapy Stockport | Cheshire**](https://www.yogatherapystockport.co.uk/menopause/) | **I offer menopause yoga classes, yoga nidra workshops, massage therapies and 1-2-1 yoga and wellbeing sessions. I aim to give you the tools to rest and support yourself wisely in navigating the menopause with more ease and confidence.****No previous experience of yoga is necessary.****See website for timetable & prices.** |
| **My Menopause Centre – Private Clinic**0333 444 1067 | <https://www.mymenopausecentre.com/uk-locations/menopause-clinic-stockport/> | **The only clinic rated outstanding by the CQC.****Online personalised, holistic treatment plan and ongoing care and support.****We provide private comprehensive menopause care to Women in Stockport, managing your symptoms using a holistic, evidence-based and personalised approach. Gain control of your symptoms by booking an online appointment with one of our our expert Doctors or Nurses.** |
| **Bodyline Private Clinic**0800 995 6036 | <https://bodylineclinic.com/womens-health/hormone-replacement-therapy-treatments-landing-page/> | **Our supportive and personal M Plan menopause programmes give you the choice of hormone replacement therapy treatments.****Our supportive customer service team will discuss Bodyline’s bespoke HRT menopause options, clarify our personalised menopause support plans, and confirm pricing\*.They will then arrange a convenient appointment for you with one of our specialist menopause nurses.** |
| **Stockport Talking Therapies** 0161 480 2020  | [**https://www.thebiglifegroup.com/service/talking-therapies-stockport/**](https://www.thebiglifegroup.com/service/talking-therapies-stockport/) | **Talking therapies like counselling or CBT (cognitive behavioural therapy) can help with symptoms of menopause and perimenopause. See link below:**[**https://thebms.org.uk/wp-content/uploads/2022/12/01-BMS-TfC-CBT-NOV2022-A.pd**](https://thebms.org.uk/wp-content/uploads/2022/12/01-BMS-TfC-CBT-NOV2022-A.pd)**Referral form on website** |
|  **Balance app**  | [**https://www.balance-menopause.com/balance-app/**](https://www.balance-menopause.com/balance-app/) | **Certified by the leading digital health organisation ORCHA who review and approve health apps for the NHS.****Knowledge & guidance so you can be certain about what’s right for you during the perimenopause and menopause.****Brought to you by renowned menopause specialist Dr. Louise Newson.** |
| **BHA for Equality - Your Guide to the Menopause** | [**Your guide to Menopause - BHA for Equality**](https://thebha.org.uk/menopause/) | **BHA for Equality is excited to announce the launch of *Your Guide to the Menopause*, an inclusive and empowering resource created specifically for Black, Asian, and minoritized ethnic women.** **Inside, you’ll find insights on symptoms, treatment options, menopause in the workplace, relationships, sex life, and more. The guide also includes practical tools—like journaling prompts, self-care activities, and expert tips—designed to help anyone going through menopause or supporting someone who is.****Download \**Your Guide to the Menopause*\* for free – click the link below**[**www.thebha.org.uk/menopause**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.thebha.org.uk%2Fmenopause%255d(www.thebha.org.uk%2Fmenopause)&data=05%7C02%7Cjoanne.arden%40nhs.net%7C5c7986fb976c44a5a17908dd026b4a02%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638669382172329877%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=ZSQd5S%2BrH2m7hHdxVEpqJFmLXS%2BKYaZjpoPFAOJFeeM%3D&reserved=0)**For added support, explore our menopause-friendly recipes, complete with downloadable recipe cards:** [**www.thebha.org.uk/recipes**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.thebha.org.uk%2Frecipes%255d(www.thebha.org.uk%2Frecipes)&data=05%7C02%7Cjoanne.arden%40nhs.net%7C5c7986fb976c44a5a17908dd026b4a02%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638669382172358647%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=T0eQRy%2FeTnEr6D6FK9KxwDLU3cmpaxP3r%2BThyNfoxUQ%3D&reserved=0) |
| **Useful Websites** |  |  |
| <https://www.menopausedoctor.co.uk> <https://www.nhs.uk/conditions/menopause/>[https://www.relate.org.uk/relationship-help/help-relationships/feeling-unsatisfied-your-relationship/menopause-affecting-our-relationship-how-do-i-talk-my-partner?](https://www.relate.org.uk/relationship-help/help-relationships/feeling-unsatisfied-your-relationship/menopause-affecting-our-relationship-how-do-i-talk-my-partner?%20) <https://menopausesupport.co.uk/><https://www.daisynetwork.org/><https://www.menopausematters.co.uk/><https://www.nutrition.org.uk/healthyliving/lifestages/menopause.html><https://thebms.org.uk/><https://www.womens-health-concern.org/help-and-advice/> [Menopause and Mental Health - Manchester Mind](https://www.manchestermind.org/our-services/wellbeing-hub/menopause/) |  |  |