



Menopause Awareness for ICVs Additional Reading Document 2023

Introduction

This document has been produced to accompany the Menopause Awareness for Independent Custody Visitors training video. The contents of the session have been approved by the British Menopause Society as well as colleagues from Sussex OPCC.

Reading List

Document	Weblink
British Menopause Society	https://thebms.org.uk
NHS Website	Menopause - NHS (www.nhs.uk)
International Menopause Society	https://imsociety.org
NICE (National Institute for Health and Care Excellence)	Menopause Information for the public Menopause: diagnosis and management Guidance NICE
Invisible Women – Prison Reform Trust	https://prisonreformtrust.org.uk/wp-content/uploads/2023/02/Invisible_women_hope_-_health_relationships.pdf

Both the training and this document would not have been possible without Claire Taylor, ICV Scheme Manager from Sussex Police and Crime Commissioner. The thanks of ICVA go to her for her being so generous with her work in this area.

Document Ends.