



# HEALTH INFORMATION WEEK - 2026

## Day 3: Women's Health



#HIW2026



### The Trust

You can join the Menopause staff network by contacting EDI via email on [menopause.staffnetwork@sthk.nhs.uk](mailto:menopause.staffnetwork@sthk.nhs.uk).

The Wellbeing Hub team host a range of resources and events relevant to Women's Health. You can access these via the staff intranet.



### MWL Libraries

MWL Libraries offer a resource guide for the Menopause staff network, this can be accessed here: <https://www.knowledge-nw.nhs.uk/menopause-network>.

There are also a range of physical and digital resources available on Women's health topics available via MWL Libraries, you can find out about what we offer here: <https://library.merseywestlancs.nhs.uk/>.



### Menopause

- **Healthtalk:** Find out about the experience of menopause by listening to people share their personal stories on film.
  - <https://healthtalk.org/introduction/menopause/>
- **NHS:** Information about menopause, early menopause, and hormone replacement therapy.
  - <https://www.nhs.uk/conditions/menopause/>
  - <https://www.nhs.uk/conditions/early-or-premature-menopause/>
  - <https://www.nhs.uk/medicines/hormone-replacement-therapy-hrt/>

- **Nuffield Health:** Find out about about hormone replacement therapy options.
  - <https://www.nuffieldhealth.com/treatments/hormone-replacement-therapy-hrt>
- **Well Aware:** Accessible information and resources relating to the menopause.
  - <https://www.wellaware.org.uk/menopause/>
- **Women's Health Concern:** Information about the benefits and risks of HRT, and a menopause wellness hub.
  - <https://www.womens-health-concern.org/wp-content/uploads/2022/12/11-WHC-FACTSHEET-HRT-BenefitsRisks-NOV2022-B.pdf>
  - <https://www.womens-health-concern.org/help-and-advice/menopause-wellness-hub/>



## Menstrual Cycle

- **NHS:** Premenstrual syndrome symptoms & treatment.
  - <https://www.nhs.uk/conditions/pre-menstrual-syndrome/>
- **Wellbeing of Women:** A tool to check if your period symptoms require a visit to a healthcare professional.
  - <https://www.wellbeingofwomen.org.uk/what-we-do/campaigns/just-a-period/period-symptom-checker/>
- **BUPA UK:** A selection of menstruation resources.
  - <https://www.bupa.co.uk/health-information/womens-health/premenstrual-dysphoric-disorder>
  - <https://www.bupa.co.uk/newsroom/ourviews/painful-heavy-periods>
  - <https://www.bupa.co.uk/health-information/womens-health/menorrhagia>
  - <https://www.bupa.co.uk/newsroom/ourviews/managing-pms>
  - <https://www.bupa.co.uk/newsroom/ourviews/menstruation-myths>



## Cervical Screening

- **NHS:** This video explains what you can expect to happen during cervical screening.
  - <https://www.youtube.com/watch?v=Afdmh8E5K6M>
- **NHS England:** A leaflet about cervical screening by and for women with learning disabilities.
  - <https://www.gov.uk/government/publications/cervical-screening-easy-read-guide>
- **Nuffield Health:** Some FAQs on smear testing.
  - <https://www.nuffieldhealth.com/tests-scans/smear-test-cervical-screening>
- **The Eve Appeal:** Some FAQs on smear testing from the gynaecological cancers charity.
  - <https://www.womens-health-concern.org/help-and-advice/factsheets/cervical-screening/>

## Breast Screening

- **Breast Cancer Now:** Learn what breast screening is, what it involves and how you may get your results.
  - <https://breastcancernow.org/about-breast-cancer/screening-tests-and-scans/breast-screening>
- **BUPA UK:** Information on the risks and benefits of breast screening.
  - <https://www.bupa.co.uk/health-information/womens-health/breast-screening-mammograms>
- **Nuffield Health:** Information on what happens at a breast screening, and guidance on how to check your breasts.
  - <https://www.nuffieldhealth.com/article/what-happens-during-a-mammogram>
  - <https://www.nuffieldhealth.com/article/the-ultimate-guide-to-checking-your-breasts>
- **Prevent Breast Cancer:** The only UK charity entirely dedicated to the prediction and prevention of breast cancer.
  - <https://preventbreastcancer.org.uk/>



## Endometriosis & Adenomyosis

- **Endometriosis UK:** Information on Endometriosis, including how to get a diagnosis, and guidance on living with the condition.
  - <https://www.endometriosis-uk.org/what-is-endometriosis>
  - <https://www.endometriosis-uk.org/getting-diagnosed-0>
  - <https://www.endometriosis-uk.org/living-endometriosis>
- **NHS:** Information on the adenomyosis and endometriosis conditions.
  - <https://www.nhs.uk/conditions/adenomyosis/>
  - <https://www.nhs.uk/conditions/endometriosis/>
- **Nuffield Health:** Endometriosis FAQs on adenomyosis.
  - <https://www.nuffieldhealth.com/article/period-pain-causes-symptoms-and-treatments#all-you-need-to-know-about-adenomyosis>



## Pelvic Floor Health

- **NHS:** Pelvic health guidance including pelvic floor exercises.
  - <https://www.nhs.uk/conditions/urinary-incontinence/10-ways-to-stop-leaks/>
  - <https://www.youtube.com/watch?v=JFJtUtKQCuM>
  - <https://www.nhs.uk/womens-health/pelvic-health/>



## Mental Health & Wellbeing

- **BUPA:** Information on postnatal depression.
  - <https://www.bupa.co.uk/health-information/mental-health/postnatal-depression>
- **Mental Health Foundation:** Women's mental health guidance.
  - <https://www.mentalhealth.org.uk/explore-mental-health/a-z-topics/women-and-mental-health>

- **Mind:** Guidance on premenstrual dysphoric disorder.
  - <https://www.mind.org.uk/information-support/types-of-mental-health-problems/premenstrual-dysphoric-disorder-pmdd/what-is-pmdd/>
- **NHS:** Mental health guidance during pregnancy & postnatal depression.
  - <https://www.nhs.uk/pregnancy/keeping-well/depression>
  - <https://www.nhs.uk/mental-health/conditions/post-natal-depression/overview/>
- **Women's Health Concern:** Guidance and support for menopause related mental ill-health.
  - <https://www.womens-health-concern.org/wp-content/uploads/2023/02/02-WHC-FACTSHEET-CBT-WOMEN-FEB-2023-A.pdf>
  - <https://www.womens-health-concern.org/wp-content/uploads/2023/06/30-WHC-FACTSHEET-Emotional-wellness-in-menopause-JUNE2023-A.pdf>



## Pregnancy, Fertility and Contraception

- **BUPA:** Information on female infertility.
  - <https://www.bupa.co.uk/health-information/womens-health/female-infertility>
- **NHS:** NHS information on contraception, infertility and pregnancy.
  - <https://www.nhs.uk/contraception/>
  - <https://www.nhs.uk/conditions/infertility/>
  - <https://www.nhs.uk/pregnancy/>



## Apps

- **Calm:** An app for sleep, meditation and relaxation.
  - <https://play.google.com/store/apps/details?id=com.calm.android&hl=en>

- **CONFidence App:** An app to provide practical health advice, self-care tips and links to support for people with bladder and bowel leakage.
  - <https://confidenceapp.uk>
- **Headspace:** Headspace is a science-backed app in mindfulness and meditation, providing unique tools and resources to help reduce stress, build resilience, and aid better sleep.
  - <https://play.google.com/store/apps/details?id=com.getsomeheadspace.android&hl=en>
- **NHS App:** A simple and secure way to access a range of NHS services, view your health record & test results, request repeat prescriptions & book appointments.
  - <https://play.google.com/store/apps/details?id=com.nhs.online.nhsonline&hl=en>
- **Squeezy:** The Squeezy Maternity programme supports pregnant women offering support and guidance from conception to postnatal
  - <https://squeezyapp.com>

For more information about Health Information Week, see the HIW website at:  
<https://healthinfoweek.wixsite.com/healthinfoweek>

For more information about your NHS Library service, see our website at:  
<https://library.merseywestlancs.nhs.uk>

**NB: All links are correct at time of creating this resource list - 05 Dec 2025**

