Date	Course	Summary	Location	Cost	Details and booking
23 <sup>rd</sup> /30 <sup>th</sup> October 2025	Menopause The Foundations	Specifically for NEL Primary care nurses	zoom		NE London Training Hub
17th/24th November 2025	Menopause the Foundations	2-day course aimed at those regularly seeing and advising on menopausal health (some prior knowledge best	zoom	£465	https://www.themenopaus ecourse.com/2-day-menop ause-course
28th Nov 2025	HRT Update half day 920-1230pm	Open to NE London nurses, risks, benefits, types, routes and individualising HRT	zoom		NE London Training Hub
25th November 2025	Contraceptio n and perimenopau se Update	Update on all types of contraception with a focus on methods appropriate at perimenopause Consider how contraception can be used alongside vaginal oestrogen, HRT and testosterone	zoom		Birmingham and Solihull Training Hub
20th January 2026	HRT Half day (not just for prescribers)	Benefits, risk, individualising, complex cases in primary care, routes and side effects, testosterone	zoom		Birmingham and Solihull Training Hub
January 19th/26th 2026	Menopause the Foundations	2-day course aimed at those regularly seeing and advising on menopausal health (some prior knowledge best)	zoom	£465	https://www.themenopaus ecourse.com/2-day-menop ause-course
12th February 2026	HRT Half day (not just for prescribers)	Benefits, risk, individualising, complex cases in primary care, routes and side effects, testosterone	zoom	£110	half-days

25th February 2026	HRT Half day (not just for prescribers)	Benefits, risk, individualising, complex cases in primary care, routes and side effects, testosterone	zoom		Swansea Bay University Health Board
5th March 2025	Beyond Cancer: Living with an induced menopause	Aimed at oncology nurses, open to all. Full day	zoom	£148.50	https://www.themenopaus ecourse.com/beyond-canc er
17th March 2026	From Periods to Pause: Contraception and Sexual Health around perimenopause	Understand the need for contraception during perimenopause, hormonal changes and risks Update on all types of contraception with a focus on methods appropriate at perimenopause Vaginal oestrogen, HRT and testosterone Consider sexual health, STIs and relationships during perimenopause Where does testosterone fit?	zoom	£110	https://www.themenopaus ecourse.com/half-days
11th May 2026	Menopause update	Overview and update of all things menopause related, including hRt and other treatments	zoom		For Wessex nurses
9th July 2026	HRT for nurses	Benefits, risks, side effects, individualising, and testosterone	zoom		For Wessex nurses