

Date	Course	Summary	Location	Cost	Details and booking
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.themenopausecourse.com/half-days
23rd/30th April 2026	Menopause the Foundations	In depth, two day course for those who regularly see and advise on menopause. Particularly aimed at primary care, open to any nurse.	Zoom	£465	https://www.themenopausecourse.com/2-day-menopause-course
16th April 2026	HRT half day		Teams		For Cwm Taf nurses
29th April 2026	From periods to pause half day.	Perimenopause and contraception, sexual health half day	Teams		For Cwm Taf nurses
6th May 2026	HRT half day				For Cumbria nurses
11th May 2026	Menopause update	Overview and update of all things menopause related, including HRT and other treatments	zoom		For Wessex nurses

11th/18th May 2026	Menopause the Foundations	In depth, two day course for those who regularly see and advise on menopause. Particularly aimed at primary care, open to any nurse.	zoom	£465 (£565 with optional add on half day)	https://www.themenopausecourse.com/2-day-menopause-course
7th May 2026	Post Foundations half day	For anyone who complete the two day course in last 3 years or so. An opportunity to consolidate and bring questions.	zoom	£100	post-foundations-half-day
19th May 2026	Introduction to menopause care study day	This study day is for those who want to learn about impact and management of the menopause and know the basics of HRT but do not need in depth individualised prescribing knowledge.	zoom	£140	https://www.themenopausecourse.com/introduction-to-menopause-care
1st/15th June 2026	Menopause the Foundations		zoom		Only for NE London nurses
10th June 2026	HRT half day	Benefits and risks, types, routes and regimens, bleeding, individualising, Open to all.	zoom		https://www.themenopausecourse.com/half-days
9th July 2026	HRT for nurses	Benefits, risks, side effects, individualising, and testosterone	zoom		For Wessex nurses