



NZ Early Menopause Support Group

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Hi ladies (and Andrew!),

I hope everyone's well.

I just thought I'd drop you a line to let you know the latest group news – as much as I know anyway!

Website

Well, we've recently had a couple more ladies make contact with the group via our website. I think this is fantastic as attracting more members was one of the main goals of getting the website up and running.

The site has also had a couple of additions in the last few weeks with Ineke and Rosemary's personal stories a book review and our HRT discussion which I think is such a brilliant resource as it gives first-hand experience of this very confusing treatment option.

Thank you to all contributors to date and I encourage everyone to think about submitting a review of a book or a website or perhaps getting really brave and sharing part of your own journey with the rest of the group. I think one of the greatest support tools we have is simply being able to let other women out there know they're not alone.

If you have any other ideas for the site, please let me know.

Other news

I caught up with Jackie a couple of weeks ago and she has contact with GPs in her line of work so she's going to pass around some of our flyers where she can – thanks Jackie! I've also dropped some off to the fertility clinics in Auckland and I have a list of gynaecologists that I'll try to target in the coming weeks. Quite often these centres haven't heard of us and they're really pleased to have information about us to pass on to their patients. So fingers crossed we can reach more women. If you're keen to help us out with this in your area, please let me know.

I'm still also trying to get an article in the Royal NZ College of GPs e-newsletter. I've sent something off to them already, so I'm just waiting to hear back. Jackie also has contacts for getting articles/ads in another GP newsletter, but she thinks we'd have to pay for that. Definitely something to think about for the future.

As you know I've been trying to email everyone in the group to find out a bit about you and what you want to get from this support group. Thank you to everyone who has replied to me, I really value your feedback and aim to do my best for you.

Our next get-together for the Auckland girls (for lunch at Castaways restaurant, Waiuku) will be the weekend of October 6/7. I'll be making a booking soon, so if there are any other takers, please let me know ASAP!

Australasian Menopause Society

Now that I'm a member I have access to their 16 fact sheets and I have 5 back issues of their magazine "Changes". If you'd like a list of topics covered, just let me know.

www.earlymenopause.com

I was having a look on this fantastic site again the other day and in their General Message Board they have a link to an *Early Menopause Guidebook* from the North American Menopause Society that you can download for free. Check it out!

Sending out positive vibes and best wishes...

To all our members currently on the IVF treadmill. It's a tough journey. Hang in there and please keep in touch with your progress.

That goes for everyone else as well. All milestones, big or small, are to be celebrated!

That's about it for me – about time you're probably thinking!

Best wishes,
Nicole.