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Sally Barter, BSc Hons RGN NMP, specialises in Women's Health in General Practice, where she is the contraceptive lead for her surgery. She has over 25 years' nursing experience, including palliative care and IVF treatment. Sally's love of Women's Health developed further from completing BBO Training's Introduction to Contraception and subsequently the RCN-Accredited Contraception Course. She also completed the British Menopause Society (BMS) Management of the Menopause Certificate in 2024. She later chose to become a Nurse Prescriber for contraception and HRT. She is a passionate advocate for informed patient choice, enabling and empowering women to select the best individualised treatment. Sally is a guest lecturer in contraception and the menopause for Buckinghamshire New University. She delivers practical and theoretical training in cervical screening; she also assesses nurses in practice. Sally has 2 sons currently both at university and has a thirst for all things cat related, and adventurous travel with her husband.

To book a place/s email

bookings@networkforpractices.co.uk

Our acceptance of your booking brings into existence a legally binding contract between us on the following Terms & Conditions - If places are booked but cancelled before payment has been made or a candidate DNAs, the fee will remain due. Cancellations will attract a refund if the course is subsequently fully booked. To avoid any confusion, we ask that Cancellations are by email only. We will make every effort to resell the cancelled place. Where places are free a £45 charge will be applied to cancellations/DNAs. Payment is required within 30 days from date of invoice.

Introduction to the Menopause

Date & Times: 11th & 25th February 2026
Times: 0930-1600
Venue: Teams Online Platform
Places available: 12
Fee/s: NfP Members £205 / Non-Members £250

This workshop is suitable for: GPs, Nurses and other trained Health Care Professionals.

Learning Outcomes

- To help raise awareness of developments in and up to date information about the menopause and years around
- Knowledge of all treatment options available
- Enable discussion of all options with clients
- To help general menopausal consultations and history taking
- Specific development in skills of delivering the repeat prescription scenario
- Feel confident in giving appropriate advice
- Understand the importance of a good referral pathway when required
- Allows discussion of relevant practice problems and their solutions

Day 1 - Agenda

- Introduction and assessment of needs for the day (A short knowledge check)
- Physiology and definitions, Menopause symptoms, what do we need to ask? Templates and such
- Hormonal and non-hormonal treatment of menopause symptoms
- Continuation of morning treatments, Diet, Lifestyle and Exercise, Complementary therapies

Day 2 - Agenda

- Review of Day 1 and practice tasks and particularly medications
- Women with special needs
- Contraceptive options for peri-menopausal women
- The older woman
- Lots of case studies
- Review of competencies and ways forward

This session is kindly sponsored by the following:

TBC

The above companies have sponsored this session by way of a promotional presentation have had no input into the agenda or speaker

Registered Office: Frome Medical Centre, Enos Way, Frome, Somerset, BA11 2FH

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