

THE UK'S DEDICATED MENOPAUSE PRINT MAGAZINE WITH INFORMATION YOU CAN TRUST

# Menopause matters™

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## How's Your Libido?

has menopause changed it?

**6**  
Levels of Change

**Low Mood & Menopause**

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**Sex and relationships**

**Protein Packed Weight Loss**

**Menopause and Tinnitus**

**Wise Woman or Divine Hag?**

**Menopause & Your Career**

**Dr Ben is in The Man Shed**

**Spring into Action**

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Café Culture, Dr Currie's Casebook, Good Hair Days, News and much more...



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# Sex talk

**Therapist Amanda Bailey asks when was the last time you talked about sex?**







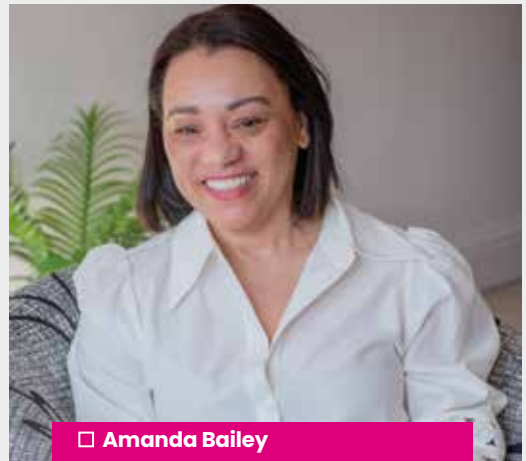
**B**e honest—when was the last time you had a real, open conversation about sex? Not just a passing comment or a joke over coffee, but a meaningful discussion about intimacy, pleasure, and the ways our bodies change over time?

For many women, the topic of sex becomes even more challenging to approach during menopause. With so much focus on hot flashes, night sweats, and mood swings, it's easy to overlook how menopause impacts our sexual health and relationships. And let's face it—talking about sex after 50 often feels taboo.

### But why should it?

Intimacy is a vital part of well-being, no matter your age or stage in life. So, let's break the silence and explore what menopause means for your sex life—and how you can embrace this new chapter with confidence, curiosity, and maybe even a little humour.

Sex and menopause – these two words that often feel worlds apart. For so many women, the changes that come with menopause can create a complicated relationship with intimacy. There's the physical side—discomfort, dryness, or a libido that feels like it's packed up and gone on a long holiday. And then there's



□ Amanda Bailey

the emotional side—body image worries, a dip in confidence, or just feeling like you've lost touch with what used to feel good.

### Courage

As a registered counsellor and advocate for women's health & well-being I've seen how much bravery it takes for women to bring the topic of sex into the therapy room. For some, it's the first time they've ever said the words out loud: "I'm struggling." For others, it's about unpacking the guilt or frustration they



## □ Sex



feel when their body doesn't respond the way it used to. Those moments of honesty are some of the most powerful I've witnessed.

### Why don't we talk about sex more?

There's still so much stigma around the idea of older women being sexual beings.

Society sends us endless messages that menopause marks an 'end'—an end to fertility, to desirability, to sexual pleasure. However, that narrative couldn't be further from the truth.

In fact, menopause is often the perfect time to redefine your relationship with intimacy. Without the worry

of contraception or the pressure to meet someone else's expectations, many women find themselves asking: "What do I want?" And that's an incredibly freeing question.

Still, getting there takes a bit of work. It means breaking through years of silence, shame, or societal conditioning. It means giving yourself permission to talk about what's really going on—and maybe even laugh about it a little along the way.

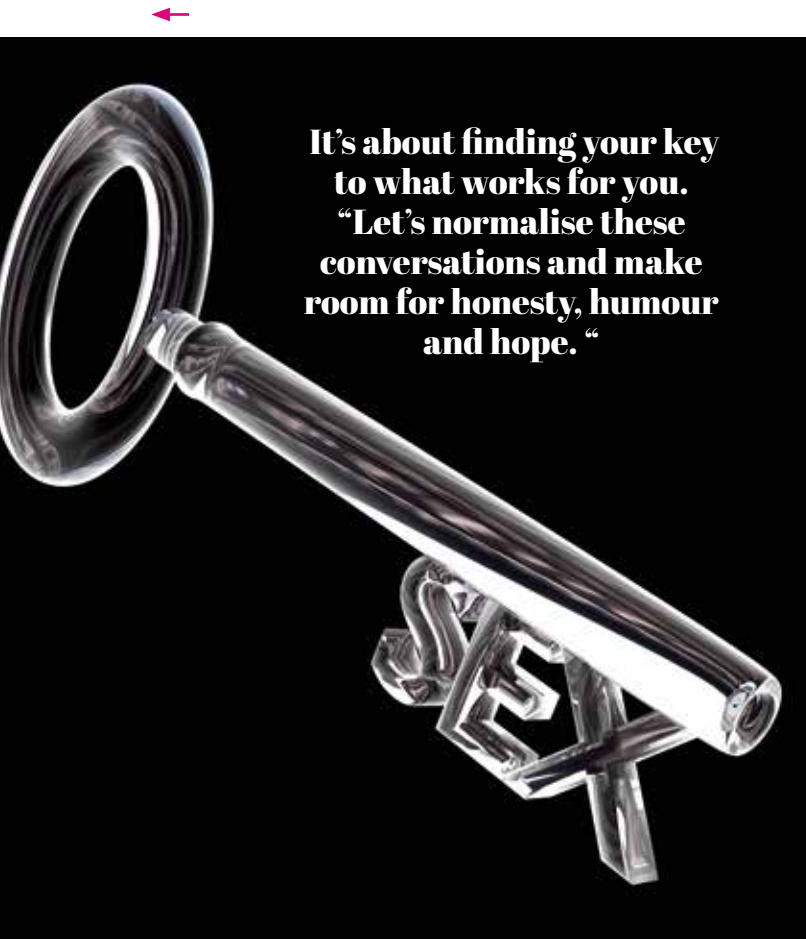
### What really happens in the therapy space

I've had women speak about their experiences of intimacy after menopause with such raw honesty that it's humbled me. One client shared how her changing body left her feeling like a stranger to herself—and how that disconnect spilled over into her relationship. Another described the courage it took to admit to her partner that sex had become painful, and the relief she felt when he responded with patience and understanding.

These conversations are about so much more than just sex. They're about connection, identity, and learning to listen to what your body needs now—not what it used to need 20 years ago. They're about reclaiming pleasure, on your terms.



LET'S TALK ABOUT  
**SEX**



**It's about finding your key to what works for you. "Let's normalise these conversations and make room for honesty, humour and hope."**

**"Life is not measured by the number of breaths we take, but by the moments that take our breath away."**

**Maya Angelou**

### **A new kind of intimacy**

For many women, menopause becomes a turning point—a chance to rewrite the script and approach intimacy from a place of empowerment. It's not about trying to go back to the way things were; it's about creating something new.

So, let's keep talking about sex. Let's normalise these conversations and make room for honesty, humour, and hope. Whether you're navigating physical challenges, exploring emotional shifts, or simply figuring out what feels good again, this is your journey. And you deserve to walk it with confidence and grace. **MM**

I always share with my clients that intimacy doesn't have to look the way it used to. Sometimes it's about slowing down, exploring new ways of being together, or focusing on emotional closeness. And sometimes, it's about letting go of expectations altogether and rediscovering the joy of simply being in the moment.

### **What you can do today**

If you're struggling with intimacy during menopause, know that you're not alone. And more importantly, know that there's no 'right' way to approach it. Some women find comfort in practical solutions—like trying a good-quality lubricant or talking to their GP about vaginal estrogen. Others focus on self-care, improving their confidence through exercise, or exploring relaxation techniques that help them feel more connected to their body.

But the first step is often the hardest: starting the conversation. Whether it's with your partner, a trusted friend, or a professional, speaking about what you're feeling can be transformative.

Remember, this isn't about fixing something that's 'broken.' It's about embracing who you are now, in this moment. Your body has been through so much—it's carried you, nurtured others, and weathered every storm life has thrown at you. It deserves compassion, curiosity, and care.



**Amanda Bailey is a registered counsellor and advocate for women's health and well being and a member of the British Association for Counselling and Psychotherapy. You can visit her website for more information at [www.therapywithamandajane.co.uk](http://www.therapywithamandajane.co.uk) or Email: [hello@therapywithamandajane.co.uk](mailto:hello@therapywithamandajane.co.uk)**