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Friendship in midlife

Trudi Roscouet says getting to our midlife doesn't have to mean giving up joy; it just means expanding it.



□ Trudi Roscouet



In our twenties, friendship was easy. You went *out*. You bonded over hangovers, bad decisions, and dancing until your feet hurt. If you wanted company, you just sent a text that said, “Pub?” and five minutes later you had a crowd.

Fast forward a few decades and life looks... different. Careers, children, caring responsibilities, menopause, divorce, grief, relocation: all quietly reshaping our worlds. Friendships shift. Some drift. Some end. And suddenly, the idea of ‘making new friends’ can feel oddly intimidating, even though we’re supposedly wiser and more confident.

Here’s the truth: **friendship in midlife matters more than ever.**

Women don’t ‘go to the cave’ when life gets tough, we go to the well. We talk. We process. We share. We listen. Not to be fixed, but to be *heard*. Research consistently shows that strong social connections improve mental health, reduce stress, and even protect cognitive function as we age. Yet this is often the very thing we neglect when life gets busy or feels overwhelming.

The irony? The moment we most need connection is often the moment we withdraw.

Seeing is believing

At Eve Studios, I see this play out beautifully and bravely every day. Women walk through the door for a class,

“Midlife isn’t about shrinking your world. It’s about widening it — with connection, compassion, and a tribe that reminds you that you were never meant to do life alone.”

pilates, dance, strength, stretch, but what they often find is something deeper: a sense of belonging. Moving together breaks down barriers. Laughing together dissolves self-consciousness. Over time, the studio becomes an extended family — a place where you’re known, welcomed, and missed if you don’t show up.

Because friendship doesn’t always start with coffee and deep chats. Sometimes it starts with **showing up**, side by side, doing something you enjoy.

And yes — our idea of ‘fun’ has evolved. In our twenties it might have been going out on the ‘lash.’ Now it might be a dance class, a long walk, a shared meal, or a midweek coffee that turns into an hour because you forgot how good it feels to talk. That said... a good 80s day disco still absolutely has its place. Growth doesn’t mean giving up joy; it just means expanding it.

Midlife is also a time of making peace with ourselves. We spend years caring for others, being productive, being useful. But self-love isn’t just a bubble bath and a scented candle (although no judgement). Sometimes it’s **five intentional minutes** a day. A pause. A breath. A moment where you check in with yourself. →



• **We all change. Good friends are those who are with us where we are now.**



• **Girls just want to have fun!**

That might be early morning, before the world wakes up. Or a lunchtime walk outside, connecting with nature, listening closely, breathing deeply. It might even be self-soothing through touch — rubbing your scalp, placing a hand on your chest, grounding yourself. Small acts, done consistently, send a powerful message: *I matter too.*

Change happens and it's OK

And here's something we don't talk about enough: **friends change. We change.** The people who once served us beautifully may no longer be aligned with where we're heading — and that's okay. It's not a failure. It's growth. Midlife invites us to find our tribe again — people who meet us where we are now, not where we were.

That often means pushing yourself. Trying a new hobby. Saying yes when your instinct says no.

Which brings me to Tracey.

Tracey is a client at Eve. She's on her own and has been through some incredibly tough times. One afternoon, all the staff were heading out to a day disco with Martin Kemp — and we had a spare ticket. With just two hours' notice, I asked Tracey if she fancied coming along.

Her first thought? *"Oh my god. Get me out of here."*

The fear kicked in. The what-ifs. The stories we tell ourselves.

But her friends stepped in and gently reframed it with: *"What if you have a really good time?"*

She went. And the photos say everything. Joy. Laughter. Belonging. A moment she could easily have missed if fear had won.

Every one of us is special — far more than we realise.

And what we think we see about ourselves is rarely the full picture.

You can't always change the circumstances of your life. But you can change the way you respond to them.

So next time someone asks you out — for a walk, a class, a coffee, a dance — notice the narrative that pops up. Then gently flip it.

What if I enjoy myself?

What if I meet someone lovely?

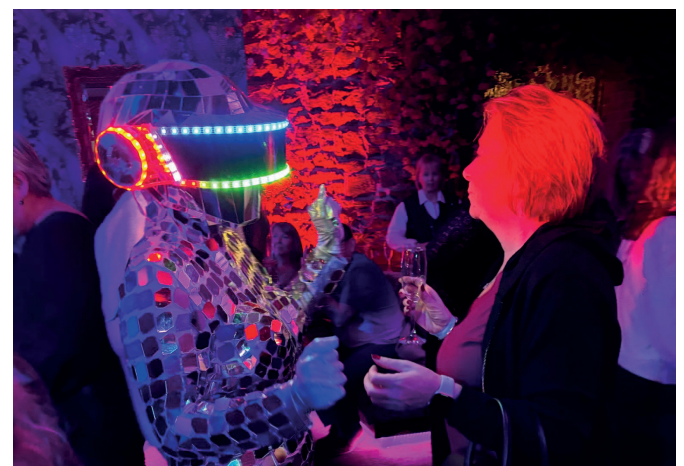
What if this is exactly what I need?

Midlife isn't about shrinking your world. It's about widening it — with connection, compassion, and a tribe that reminds you that you were never meant to do life alone.

And honestly? That's something worth showing up for. **MM**



• **Say yes to jumping through some new hoops!**



• **Who doesn't love a disco? Fun and joyful moments can be easily missed if fear wins out.**

For more information or to join Trudi's online menopause coaching programme, email her at hello@eve.je or visit www.eve.je