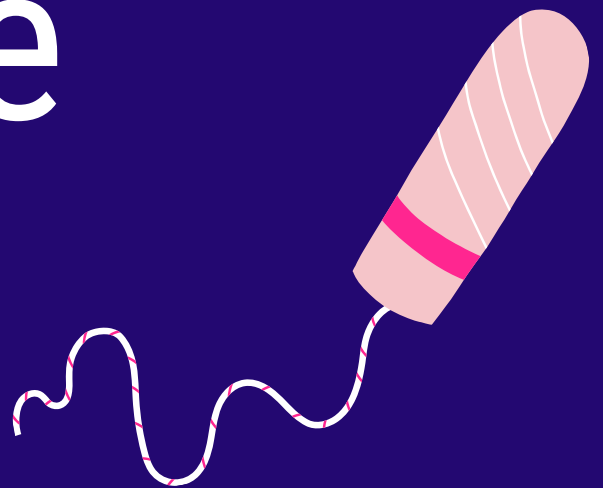


2024



Period Dignity in Cheshire



Cheshire women's
collaboration

From Period Poverty to Period Dignity

Kate Blakemore

Kate Blakemore, founder of Cheshire Women's Collaboration shares her thoughts about Period Poverty and our responsibility to move towards a Period Dignity mindset.



When we talk about period poverty we automatically assume we mean menstruating individuals not being able to afford sanitary towels or tampons, however, it is so much more of a bigger picture. Since reading the book "vagina - a re-education" by Lynn Enright I realise that period poverty is so much more than supplying sanitary products. It's about;



How we talk about periods

We need to stop periods being a big secret, we need to talk about being on our period like we would telling people we have a headache. Periods need to be normalised with everyone feeling that they can talk about menstruating without fear of stigma and shame.



Period education

It seems in recent years the way that we have speak about periods has gone backwards, this does not help to provide inclusivity for all when talking about periods and menstruation.

Young women are starting periods earlier yet are seldom spoken about in primary schools



Being honest about the impact

Many young women do not realise how painful periods can be and how periods can make them so emotional and tired. Their menstrual pattern is often not discussed in relation to mental health - it's important GPs explore all aspects of a young woman's life. They also need to know how much they may bleed!



Not penalising menstruating people

The Government's 10 year Women's Health strategy states that menstruating women need protection in the workplace and support should be identified and offered. I hear from women all the time that they have called into work with a stomach bug or migraine rather than stating its menstrual cramps/ sickness.

From Period Poverty to Period Dignity

Kate Blakemore

I still find it unbelievable that in the 21st century, we have individuals not being able to afford period products through no fault of their own.



I have recently linked up with Period Power. They mentioned that they use the phrase Period Dignity, I love that it is such a fitting phrase to describe the above. Cheshire Collaboration has set up a period dignity task force and we are working towards working with other individuals and charities. We are on a mission to make Cheshire a period dignity county. The longer-term aim is to eradicate period poverty in Cheshire (target 24 months).

In the meantime we have a plan:

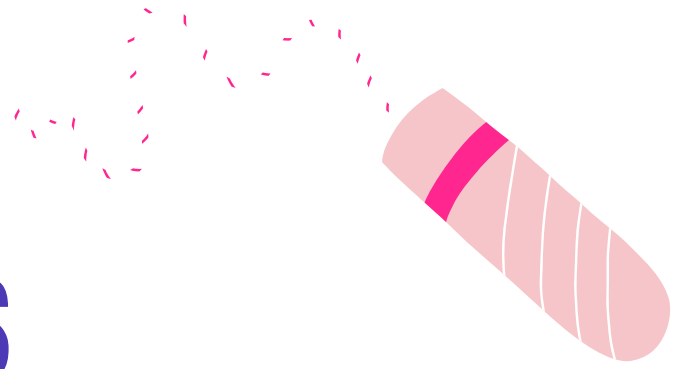
- To provide period dignity sports bags to all women and girls sports teams in Cheshire
- To provide period dignity baskets in workplaces
- Link in with schools to make period dignity products easily accessible (we know girls won't ask reception for them)
- Educate young people and promote to parents sustainable period products such as sustainable pads and period pants.
- Produce webinars for teachers to support them to talk positively and inclusively about periods.

Want to help us eliminate period poverty and install period dignity?

Get in touch!

**Cheshire women's
Collaboration**

PERIOD DIGNITY DROP-OFF POINTS



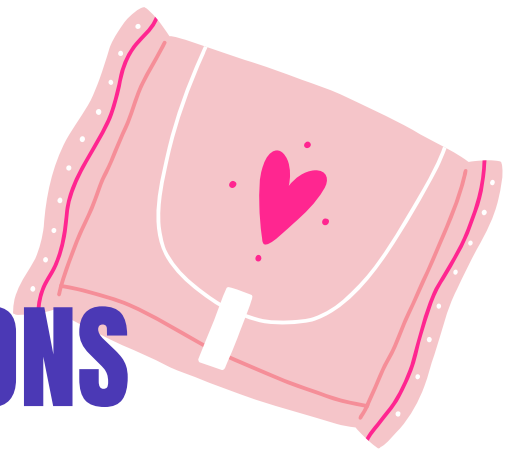
Period Dignity Drop-Off points are local community venues or businesses willing to host a donation bin for the public to make donations of period dignity items. Current drop-off points include;

- Crewe Library
- Nantwich Library
- Macclesfield Library
- Alsager Library
- Winsford Library
- Sandbach Library
- All Cheshire Libraires
- All Brio Leisure Centres
- The Very Green Grocery Northwich
- Motherwell Cheshire Hubs

These bins are then emptied by period dignity community champions.



PERIOD DIGNITY COMMUNITY CHAMPIONS



Period Dignity Community Champions are local volunteers passionate about increasing access to period dignity items across our community.

They do this by committing 4 hours a month to;

- Collect donations from donation bins in their local drop-off points, as well as local businesses and community organisations
- Distribute Period Dignity packs to local sports clubs, schools, colleges, community clubs & organisations
- Deliver surplus stock to Period Dignity Hubs for storage
- Linking with local supporting groups
- Identifying local areas of Period Dignity deficit



PERIOD DIGNITY

HUBS



Period Dignity Distribution Hubs act as the centralised storage and collection hubs for our Period Dignity Champions to store and access donations, including;

- tampons
- pads
- hand sanitiser
- hairbrushes
- reusable period items (including menstrual cups, reusable pads)
- cleansing wipes

Responsibilities of the hub are to;

- offer safe storage of period dignity items
- support the period dignity cause by promoting the scheme

CHESHIRE EAST	CHESHIRE WEST & CHESTER
Governance CVS	Governance Charity Lead
Macclesfield distribution Oakenclough	Winsford distribution Motherwell Cheshire CIO
Congleton distribution TBC	Chester distribution Tomorrow's Women CWAC
Crewe & Nantwich Distribution Motherwell Cheshire CIO	Ellesmere Port distribution Port Grocery
SMASH distribution Alsager Community Centre	Northwich distribution Very Green Grocery
Wilmslow Distribution Bare Necessities	Halton Distribution TBC



PERIOD DIGNITY SCHOOL CHAMPIONS

Period Dignity School Champions are local volunteers passionate about increasing knowledge, awareness and access around menstrual health and wellbeing. They prioritise period dignity within their working role at local schools, taking the lead on challenging period poverty within their setting.

They do this by;

- committing 1 workshop per half term to educate young people on menstrual health and period dignity items.
- ensure that all public areas within the school are stocked with supplies for adults and children
- ensuring their school maintains a stock of period dignity kits
- having the knowledge of where to signpost individuals for relevant support
- supporting the period dignity cause

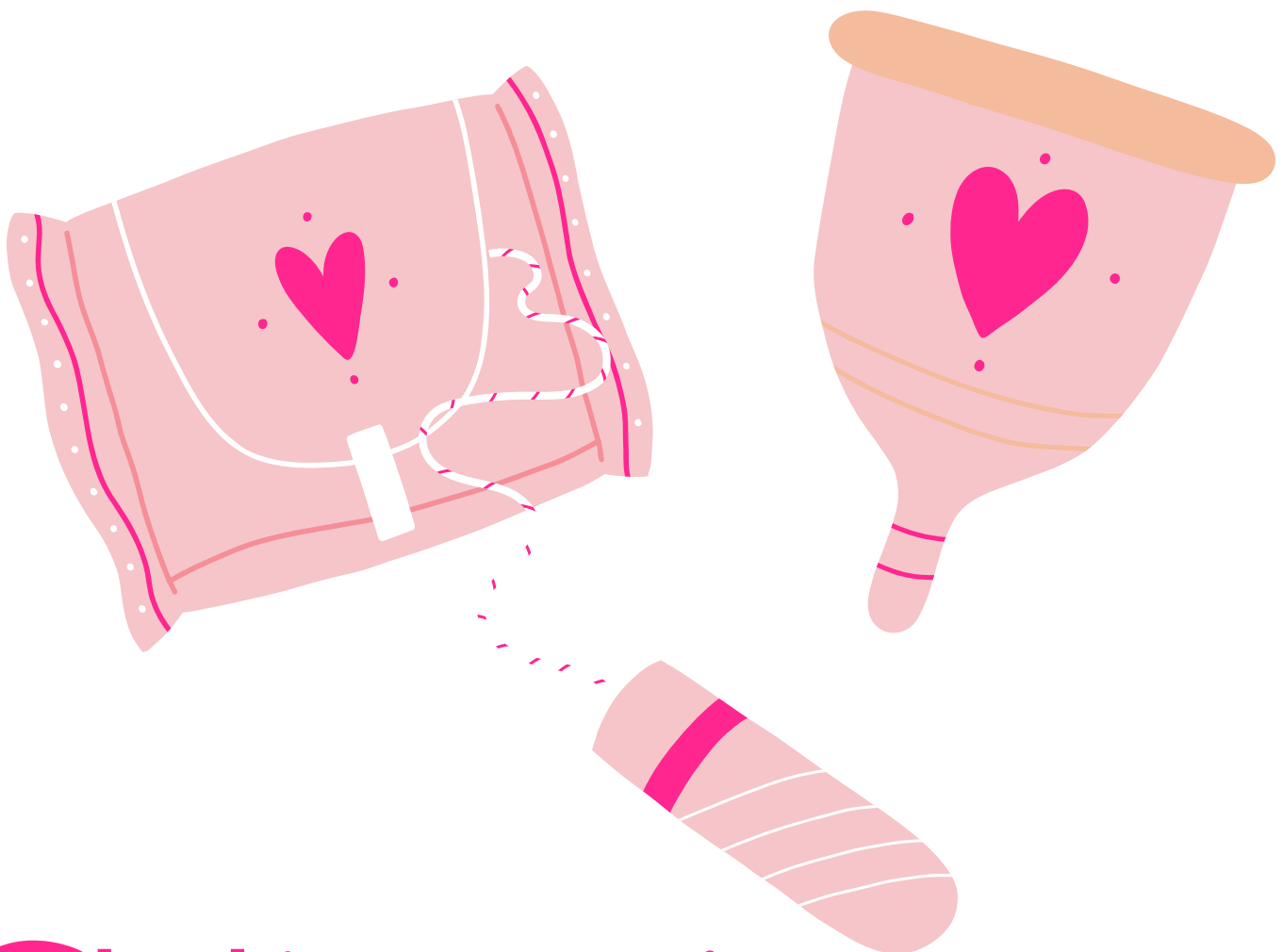


PERIOD DIGNITY TOWN COUNCIL CHAMPIONS

Period Dignity Town Council Champions are local town councillors who are keen to support the work of the Period Dignity Taskforce through promoting our work across their locality and within their professional networks.

They do this by;

- working alongside other councils and charities looking for further support
- spreading the message of period dignity and promoting the scheme
- supporting the cause
- building links with local businesses for support
- raising profile of our campaign



Cheshire women's
Collaboration

PERIOD DIGNITY

HOW IT ALL FITS TOGETHER

Drop-Off Points

Provides a prominent spot in the community for the public to drop-off donations of period dignity items.

Community Champion

Collects donations of period dignity items from drop-off points and distributes them to...

Period Dignity Hubs

Store period dignity items ready for future distribution by the Community Champions at a later date.

The Community!

Community Champions deliver period dignity items to where they're needed most, including schools, businesses and community venues.



PERIOD PRODUCTS

WHAT WE CAN OFFER

SPORTS KIT BAGS;

- Sanitary products, tampons and towels.
- Hair bobbles and brush
- Deodorant
- Hand sanitiser
- Pain relief



GRAB BAGS

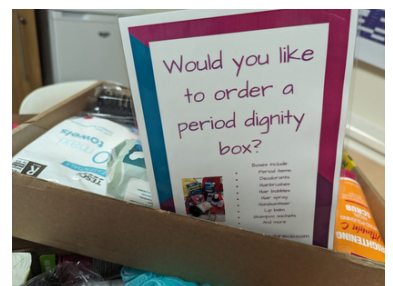
Small, discreet grab bags for when you are caught short.

Containing either pad or tampons.



DIGNITY BOXES - Ideally for cupboards at work and in the community.

- Sanitary products, tampons and towels.
- Hair bobbles and brush
- Deodorant
- Hand sanitise
- Tooth brush and tooth paste



Acknowledgements

We're grateful to our partners and volunteers who have helped the Period Dignity project so far.

If you are passionate about tackling period poverty and are interested in supporting the Period Dignity project please get in touch. Alternatively, if you feel that the Period Dignity project could support your organisation we'd be keen to hear from you.

Contact

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