



let's talk. period



Organisation	Project information	Location
<p>Freedom4Girls/Getaway Girls</p> <p>Freedom4Girls is a Leeds-based UK registered charity fighting period poverty by actively supporting those who menstruate in both the UK and worldwide, who struggle to access safe menstrual products. They offer education alongside not just disposable menstrual products, but environmentally-friendly, washable re-usable and menstrual cups.</p> <p>Getaway Girls is a Leeds-based UK registered charity that empowers young women to build confidence and resilience, develop new skills and take positive risks in an environment which offers co-operation and support. They achieve this through individual support, group work, outreach, detached, residential opportunities creative arts, sports development, adventure education, training, peer support and opportunities for voice and influence.</p>	<p>Freedom4Girls are partnering with Getaway Girls in Leeds to deliver innovative workshops that aim to reduce the stigma and taboo that young women face in relation to menstruation. These workshops are intended to directly address the issue of period poverty and begin conversations about its long-term impact on those who are affected by it (e.g. health implications, educational attainment and employment prospects).</p> <p>The project will culminate in the development of a simple, sustainable model and set of resources that will enable any organisation working with those affected by menstruation to address period poverty and related issues.</p>	Leeds
<p>Inspiring Healthy Choices</p> <p>Inspiring Healthy Choices provide training in; RSE, Sexual health, contraception, menstrual cycles, LGBT+ equality and much more. Founded by a Sister in sexual</p>	<p>Working across the Wolverhampton borough Inspiring Health Choices - Project GIVE will work with young people in different settings including Wolverhampton schools and community organisations. They will deliver a series of workshops to support 11-12-year olds which</p>	Wolverhampton

<p>and reproductive health with a wealth of experience and knowledge. Co-delivered by professional subject matter experts. Our unique and competitively priced training sessions are delivered in a way to engage, teach and inspire the trainee.</p>	<p>aims to reduce stigma around menstruation, help those in need to access products and work with a focus group of local young people to hear their voices regarding how they would like to create further education for others, this may include mediums such as art, video or storytelling.</p>	
<p>IRISE International</p> <p>Irise International works to create a world where no one is held back by their period. We deliver learning-focused programmes and research in the UK and east Africa to enable young people and their communities to overcome menstruation related barriers. We champion innovative approaches working with a wide range of partners and use our learning to advocate for policy and practice change.</p> <p>Feedback Performance Company are dedicated to creatively exploring socio-political subjects through performance.</p> <p>Baytree Centre work with and empower women and girls through education and skills development programmes</p>	<p>In partnership with Baytree and Feedback Performance Company, Irise International will pilot an exciting series of workshops using Applied Theatre techniques guided by the Feedback Performance Company to address topics through movement, play, objects and creative writing. Co-production techniques will be used to achieve these goals and produce sessions resources and content.</p> <p>This work will inform menstruation education by further understanding girls' experience of menstruation. An evaluation will also be completed to look at the impact of using a creative approach on girls' self-esteem and sense of self-worth.</p>	<p>Lambeth, London</p>
<p>Knowsley Youth Mutual</p> <p>Provide a universal service that can be accessed by all young people in the local community. KYM's youth centres offer young people their own space and somewhere safe and stimulating to meet. They provide a diverse programme of activities which help young people achieve their potential in a vibrant environment facilitated by skilled youth work professionals.</p>	<p>The project aims to address period poverty through a structured, professionally developed theatre in education production with associate workshop exploration to educate and support young people in the local area. The project aims to educate young people exploring menstruation then normalise this via challenging the stigma young women face in regard to menstruation and focus attention towards the problem of addressing the impact and wider implications of period poverty achieved through.</p>	<p>Knowsley</p>

<p>NEAT Academy Trust</p> <p>NEAT is a mixed multi academy trust based in the East End of Newcastle upon Tyne. Currently there are 5 schools within the MAT and the children age from 2 years to 19 years. The trust was formed in April 2017 with a focus on school improvement through collaboration.</p>	<p>The Trust will develop a sustainable model to tackle period poverty and provide education about menstruation across their member schools.</p> <p>NEAT will do this by engaging with pupils, developing student period ambassadors, training staff, working with a school nurse, support student with additional needs, engaging families including those with men as the main carer and training all staff on menstruation.</p> <p>NEAT will seek support from external experts to ensure their menstruation education is high quality.</p>	<p>Newcastle / North East</p>
<p>The Real Period Project</p> <p>The Real Period Project CIC is a social enterprise working towards a world where periods are taught as part of the whole menstrual cycle and where it is safe to talk about and experience menstruation whatever your age, gender or location. They promote wellbeing through accessible and sustainable menstrual cycle education.</p>	<p>To pilot Menstrual Cycle Charting to transform young people's experience of periods and their Menstrual Cycle from something shameful and disgusting to a process of self-discovery and mutual support.</p> <p>In addition, to carry out research on this pilot to inform the work on menstruation education.</p>	<p>Bristol and Bath</p>
<p>Women's Environmental Network</p> <p>Women's Environmental Network (WEN) is the only UK charity working on issues that link women, health, equality and the environment.</p> <p>WEN was founded to offer a different way of thinking about and acting on environmental issues, using the perspectives and voices of women - often overlooked and undervalued in the environmental movement. 30 years on, we're still paving the way for more women to lead conversations and be part of the decision-making on environmental issues. In the current climate, with the recent public interest in plastics and the environment, resurgence of interest in feminism and the discussion of</p>	<p>WEN will deliver 20 Environmental Workshops in schools and community/women's centres in the London Borough of Tower Hamlets reaching a total of 600 recipients.</p> <p>WEN will increase the knowledge and confidence of girls and other menstruators in Tower Hamlets through a series of informative workshops that look at menstruation. They will examine products and learn about different options including reusable ones. The workshops will challenge period stigma, provide a safe space to ask questions and increase knowledge about products and the environmental impact these may have.</p>	<p>Tower Hamlets, London</p>

menstrual product waste, we're in a unique position to bring these topics together and inspire action.	WEN will also offer a train the trainer workshop to continue the delivery of high-quality menstruation education.	
<p>Young Women's Film Academy</p> <p>The Young Women's Film Academy is a charity that aims to challenge gender inequality through film, promoting issue-based film making for girls and young women supported by female film makers in industry.</p>	<p>YWFA will develop a workshop programme to accompany the girl led film 'A Period Drama'.</p> <p>Workshops will be offered to schools and community groups. The workshops will use drama to explore experiences and responses to the film. This will culminate in the different groups preparing a short dramatic piece inspired by the film.</p> <p>This will present the opportunity to tackle the stigma surrounding periods and learn about period poverty campaigns in their local area including those that provide products.</p>	Newcastle/North East
<p>Zinthiya Ganeshpanchan Trust</p> <p>The Zinthiya Trust is a charity supporting disadvantaged women and families in Leicester and Leicestershire. The charity provides a range of support services such as a women's and girl's project aimed at preventing abuse, debt, money and energy advice to reduce poverty, employment and volunteering skills to provide access to employment and practical support such as emergency food parcels, second and baby items and school uniforms.</p> <p>The Community Benefit Society is a co-operative aimed at reducing food and fuel poverty in Leicester. They reach these objectives by providing low cost food, basic household items, sanitary products and energy advice to their members via a community Shop. The shop also aims to reduce food waste in the city.</p>	<p>The Trust will partner with the local community benefit society to make available low-cost period products to girls who are unable to afford these products and combine this with the provision of menstruation education.</p> <p>This project will pilot this brand-new initiative with a view to finding a way to sustain this delivery to reach larger numbers of young people in need.</p>	Leicester