



PERIOD DIGNITY IN SOUTH TYNESIDE



"**NORMALISING** conversations on taboo topics, such as periods and the menopause, can ensure menstruating staff members are able to remain productive and be supported in the workplace"

Women's Health Strategy for England



"Close to one in eight people in Britain who menstruate are worried about how they will afford period products in 2023, this is **TWICE AS MANY** as the previous year"

YouGov



"In the UK, an estimated **6 MILLION PEOPLE** who menstruate have avoided exercise, and 2 million have avoided or missed work due to their period"

ActionAid



"73% of those who **CAN'T AFFORD** period products described the use of toilet paper as an alternative to pads"

Plan International



Across South Tyneside, levels of donations of products are **DECLINING**, despite an increase in **NEED...**

