

Period Dignity Roundtable

Date: 26 April 2022

Time: 10-11.30

Location: Microsoft Teams

Attendees

Minister for Social Justice
Plan International
Colleges Wales
Love your period campaign
Women Connect First
Welsh Local Government Association
Cardiff And Vale College
KIRAN Cymru
Plan International
Women Connect First
Fair Treatment for the Women of Wales
Neath Port Talbot County Borough Council
WINGS Wrexham

Guest contributors

Children in Wales
Mela Cymru
NHS Wales Health Collaborative

Welsh Government

Welsh Government Equality Officials

Item 1. Welcome and introduction to new members – Minister for Social Justice

The Minister welcomed everyone to the meeting and provided an update on work undertaken on Period Dignity since the last roundtable meeting.

Representatives from KIRAN Cymru, Women Connect First and Fair Treatment for the Women of Wales were introduced as new members of the group.

Item 2: The Period Dignity Strategic Action Plan – findings from the consultation

Welsh Government provided an update on the main findings of the consultation work – members had the opportunity to read the consultation summary report ahead of the meeting.

Children in Wales also provided an update on their work to engage directly with children and young people to ensure their voices were included in the consultation.

Women Connect First and their partners Mela Cymru provided an update on their work to engage women from Black, Asian and Minority Ethnic communities in the consultation.

These reports will also be made available for members to read.

Item 3. Group discussion in response to findings

The Minister invited members to discuss the findings and any other issues. Comments included:

- There should be engagement with FE colleges, or young people in workplace settings as part of the consultation.
- Learners are still unaware that products are available in some schools.
- Shame/stigma around discussing periods in schools is still prevalent.
- Sharing the Period Dignity Plan consultation was not a priority in some schools—demonstrating a wider problem.
- FE colleges appear to be making good use of the grant - but schools are not pushing products or the conversation. This needs to be addressed now – some pupils may miss exams if they do not have access to products.
- WINGS Wrexham have an ambassador scheme which could act as a good practice model for how to address period stigma in schools.
- Young people prefer to learn and engage with people their own age on this issue.
- Lack of Period Dignity is a societal problem - everyone should be involved in the conversation.
- Some women do not attend religious festivals when they have their period – this has just been accepted. Education is needed for the whole family – women should not have to miss out on special occasions.
- There needs to be more public advertisement to open up the conversation.
- Schools for additional learning needs should be considered through the plan and the grant.
- Also - pupils within mainstream schools that have 1:1 learning support – the teaching assistant will be helping these students with this.
- The more that period dignity is discussed in schools – this will raise the profile of people considering what a 'normal' period is. Better diagnosis for endometriosis.
- Not just about reusable products – but plastic free too.
- In some cultures men often do the food shopping – important to have open conversations with men about periods and which products are needed.

- Your period is a journey – fertility, menopause, heavy periods. It's important that the plan should reflect the life course. Would be helpful to share the journeys of women in their 20s, 30, 40s.
- We need to consider how we can use role models from our community to demonstrate positive experiences.

Item 4. Update on “Bloody Brilliant” website and work to develop an online locator tool for period products (NHS Wales Health Collaborative)

NHS Wales Collaborative gave a presentation on the “Bloody Brilliant Website” – roundtable members will be sent copy of these slides.

Welsh Government thanked members for all their support and helpful feedback and suggested the group holds more regular meetings ahead of the plan being published.