

Period Dignity Roundtable

29 February 2024

10:00 – 11:00

Attendees:

Organisation
Deputy Minister for Social Partnership
Cardiff University
Colegau Cymru
Colegau y Cymoedd
Fair Treatment for the Women of Wales (FTWW)
NHS Wales
Padmad Kenya
SportWales
Welsh Local Government Association (WLGA)
Wings Wrexham
Women Connect First (WCF)

Welsh Government:

Equality and Human Rights
Health and Wellbeing
International Relationships
Office of the First Minister
Quality and Nursing Directorate
Women's Health Team

Guest speakers:

Bridgend County Borough Council
Cardiff University
Ceredigion County Council
Hopscotch Consulting
Proper Design

Item 1: Welcome and Introduction – Deputy Minister for Social Partnership

The Deputy Minister welcomed everyone to the meeting.

Prior to the meeting, members had received a copy of the annual highlight report detailing the work being undertaken on the implementation of the Period Proud Wales plan. The Deputy Minister was pleased to see that progress is continuing to be made against the actions. [Period Proud Wales Action Plan: annual highlight report 2023 to 2024 | GOV.WALES](#)

Members were asked to confirm if they were content to approve the minutes from the last meeting, and this was agreed.

An update was provided on an action from the previous meeting:

PREVIOUS ACTION: Welsh Government to review current provision of period products in NHS settings.

- The Gender Team and Women's Health Team have met to discuss the appropriate way to take this forward in various health setting such as hospitals, GP surgeries, sexual health clinics and community health spaces.
- Resources are being developed to encourage all health settings to provide period products. The resources will show what good practice looks like and the benefits of providing period products for staff and patients.

ACTION: Update members on progress made in resources being developed for NHS settings at the next roundtable meeting.

Item 2: Endometriosis Cymru website and symptom reporting tool, Severe Period Pain Is Not Normal (SPPINN) project

An update was provided by Cardiff University and the Fair Treatment for the Women of Wales (FTWW), on the work the Endometriosis Cymru website and symptom reporting tool, and the Severe Period Pain Is Not Normal (SPINN) project.

There are 2 elements to the SPPINN project:

1. Develop bilingual research-based learning and e learning materials.
2. Research study into what effective period pain information looks like.

The SPPINN course project aimed to develop educational materials for school nurses and others to whom young people might turn to for advice about severe period pain, to support them signpost to appropriate services and support. The ultimate outcome is to ensure everyone can access or benefit from treatment and support available for severe period pain in Wales.

Endometriosis Cymru website

A background was given in relation to endometriosis. It was stated that it takes on average, 10 years to diagnose endometriosis in Wales.

The Endometriosis Cymru website contains evidence-based information and advice with personal stories for anyone with an interest in learning more about the disease. The website is fully bilingual and accessible with easy read content.

1 in 10 girls have pain or other factors with their periods that could be because of Endometriosis. A reporting tool is being developed to try and reduce the average time it takes for people to be diagnosed.

Symptom Reporting Tool

The Symptom Reporting Tool is a web application to help users track different endometriosis symptoms over multiple cycles and aid patient-doctor communication and share decision making. The aim of the tool is to encourage people to speak to their doctor and to raise the possibility of Endometriosis.

The tool will be available from March 2024. There will be a virtual event on Thursday 28 March 2024 to discuss the issue further and look at work underway in Wales to address it, including the launch of new content on the NHS Wales-approved website, Endometriosis Cymru, and a digitised Symptom Reporting Tool.

To register for the event: <https://www.endometriosis-uk.org/civicrm/event/info?reset=1&id=980>

Planning for an in-person event in April is underway. Once details of this event have been confirmed, this will be shared with Roundtable members.

ACTION: Period Dignity Roundtable members to signpost their networks regarding Endometriosis Cymru website and symptom reporting tool, Severe Period Pain Is Not Normal (SPPINN) project and provide feedback.

The Deputy Minister added that this can be shared with Senedd members and potentially wider government.

Item 3: Update from Local Authority Period Dignity Leads, Ceredigion County Council and Bridgend County Borough Council

The Period Dignity Leads from every local authority met on 20 February to discuss issues and share best practice about how they are administering the Period Dignity Grant.

Ceredigion Period Dignity Lead:

The period dignity provision in Ceredigion covers all ages. Three years ago, Ceredigion Youth Council felt there was an absence of youth input into the provision. Now a youth subgroup is dedicated to this work, and the subgroup is involved in decisions related to period dignity and are involved in which products are purchased and used in schools. There are 15 members of this subgroup. They have presented to headteachers and cabinet members and have devised an annual implementation plan.

Ceredigion has procured a new framework contract. Ceredigion have community settings that house period products, which are reusable and plastic free. There is a designated webpage and email address for period queries and a map showing where products are located throughout Ceredigion on their website.

Leaflets have QR codes linking to information online which shows the places where products are available. Third sector partners have supported the grant and seen the benefit they are having in their communities through the grant.

Current provision includes:

- Period products are available in all educational settings.
- There are product dispensers that have been designed by pupils and provide access to a wide range of products. Period products and relevant information are in toilet spaces in schools.
- All primary schools are contacted to see if they need further stock of period products.
- Home schooled children are eligible to receive packs to be sent home.
- Each school receives uniforms to support learners where they do not have a change of clean clothing, this support has received positive responses.
- There have been three roadshow sessions with 45 members of school staff having attended to date. Received positive feedback in terms of what people have learned.
- Webinars have been commissioned and run.
- The rollout of their period dignity awareness course has started and will continue in FY 24/25.

Bridgend Period Dignity Lead:

Working closely with Bridgend Youth Council and the LGBTQ+ forum have led to redesign and repurposing of advertising related to the period dignity scheme, which focused on reusable and plastic free products. Boxer style pants have been included which are found to be more transgender inclusive.

A consultation was held to determine the best way to take the period dignity grant forward. Posters now direct pupils to a period dignity lead in the school. This has allowed the lead in the school to refer pupils to products and to identify families at risk in terms of income so they can inform the pupils of the period dignity grant.

During Covid, when the schools were closed, the Youth Support service would do doorstep deliveries of their Period Dignity packs which were requested through their dedicated email address. From May 2020 to February 2021, there were 623 deliveries, this highlighted the need to look at a more practical way for young people to access products.

Current Provision

All people under 25 who are living in or are being educated in Bridgend are able to receive a box quarterly or monthly to their door. In the first 2 months, over 2000 young people signed up for this service, this figure is now closer to 3000. 60% of their funding allocation is used on this service, and has received very positive reviews from users of the service.

They have been working with local schools to stock their Big Bocs Bwyd, these are a food and hygiene pantry box located in schools across the local authority.

They are working with a variety of local community groups to supply them with both single use and re-usable period products, promoting the subscription service and new Pick and mix stands.

Leaflets have been utilised which have a QR code to be used after training events in schools. They show bilingual resources if people have questions around anything they learned.

Grab bags are included in Pick and mix stands and designed to be available quickly and easily for young people who may find themselves having a change of address at short notice. These Grab bags have been issued to their Domestic Violence Workers, Youth Homelessness, Post 16, Care Experienced, and Fostering Teams.

There is now a dedicated period dignity officer in Bridgend, they are looking at ways to expand the options for young people to access or receive products. Products are being held in youth clubs and leisure centres.

Item 4: Hopscotch Consulting and their work to tackle periods as a major barrier to girls wanting to be physically active – Hopscotch Consulting

Hopscotch Consulting provided an update on tackling periods as a major barrier for girls wanting to be physically active. Hopscotch is a social impact agency to address societal issues and typically work within the health sector.

They have previously supported girls with issues through puberty and to battle against stereotypes. They have worked alongside the Department of Education, British army, and Sport England.

Big Sister Project

This project is designed by girls for girls and a collective of partners. Through a combination of online resources and practical support their aim is to use lived experience to help girls navigate their journey through puberty and sport.

Studio You

This is a digital platform designed to appeal to even the most uninterested girls by breaking the traditional physical education mould. Resources and the hub help to break down the challenges, the least active girls face to getting active for this influential teacher audience.

Item 5: Any other Business – Deputy Minister for Social Partnership

The Deputy Minister thanked all members for their contributions and opened discussion for any further points. Members were encouraged to share any feedback

regarding meeting content and suggestions for future agenda items with Welsh Government.

Any information which members wish to share with Roundtable members or with the Period Dignity Leads in local authorities can be sent to Welsh Government officials for circulation via the Period Dignity mailbox: perioddignity@gov.wales

The next meeting is scheduled for 6 June 2024.

ACTION: Welsh Government Officials to send presentations to Roundtable members.