

Period Dignity Roundtable

15 January 2026

10:00 – 11:00

Attendees:

Cardiff University
Coleg y Cymoedd
Colegau Cymru
Fair Treatment for the Women of Wales (FTWW)
NHS Wales
Padmad Kenya
Plan UK International
Sport Wales
Welsh Local Government Association (WLGA)
Wings Wrexham
Women Connect First

Welsh Government:

Cabinet Secretary for Social Justice, Trefnydd and Chief Whip
Equality and Human Rights
Women's Health

Guest speakers:

Swansea Council
Newport City Council
Torfaen County Borough Council

1. Item 1 Welcome and introductions

1.1 Members were welcomed to the meeting. Updates were given against actions from the previous meeting.

- **Policy team to consider promotional materials that could be shared with Period Dignity Roundtable Members to utilise at external events:**

Complete. Welsh Government Communications team are working on a poster to promote the Period Dignity Grant and that would be made available as a digital download.

- **Period Dignity Policy team to ensure that Welsh Youth Parliament is engaged in work on the Period Proud Wales Action Plan:**

Complete. Period Dignity team have linked with Youth Parliament team. Members will be kept updated of developments.

- **Members encouraged to invite the Cabinet Secretary to any projects in Wales actively seeking to support menstrual health, through the distribution of free period products and support:**

Ongoing action. Ministerial visit has been arranged to take place in February to the Fairwater Project, Cardiff.

- **Period Dignity Policy team to ensure that work related to Period Proud Wales Action Plan is linked to the Food Partnership Policy:**

Complete. Period Dignity team have connected with Food Partnership team to share information about Period Dignity Grant with Food Partnership leads in each local authority.

2. Item 2 Update from Swansea Council

- 2.1 In 2025/26 Swansea Council awarded 44 organisations with Period Dignity Grants, with some covering more than one venue e.g. all 17 libraries across Swansea, the 7 Trussel Trust foodbanks & STOPP (Swansea Takes On Period Poverty) supply products to other organisations and directly to individuals
- 2.2 Community organisations are invited to apply for the grant funding. Community settings must outline how they will make products accessible in the most practical and dignified way for low-income households and underserved communities
- 2.3 Swansea Council web team have created an online directory map of venues to promote where free period products are available across the city.
- 2.4 Feedback from community settings shows the grant is having a positive impact, with people reporting feeling valued. It has also revealed an unintended benefit: those collecting products are discovering other supportive services available at the venues.
- 2.5 **Action: Swansea Period Dignity Leads to connect with NHS team to discuss community engagement**
- 2.6 **Action: Swansea Period Dignity Leads to connect with Coleg y Cymoedd to share information on product locator tool.**

3. Item 3 Update from Local Authority Period Dignity Leads

Newport

- 3.1 Period Dignity Leads have expanded access to free period products to all those who need them. This includes a subscription service for young people aged 11-25 alongside bulk order deliveries to a range of community settings for anyone to access.
- 3.2 Newport City Council utilise their website, social media channels and posters to promote the availability of free period products in all settings. In addition, Period

Dignity Leads attend cost of living roadshows across the authority to promote the availability of period products.

- 3.3 Partnerships and collaborative working are a key part of the way in which Period Dignity Leads ensure that all those in need can access the scheme. This includes working closely with education team representatives and participating in local health collaboratives, to ensure that information is shared widely.
- 3.4 Plans for next year include developing short seven-minute webinars to highlight available products, support, and key menstrual health information. Additional plans include resources for dads and increased promotion of community locations offering free period products.
- 3.5 Members were keen to hear about work to enhance education opportunities for young people about menstruation in schools and Newport confirmed that this work was being planned. Plan UK also highlighted their [free handbook](#) and workshop to help organisations become period friendly environments and support young people to become period peers.

Torfaen

- 3.6 Period products are available across council buildings, integrated children's centres, and community venues, including early years settings from Spring 2024. Childcare settings in Torfaen can order products based on local need, this expansion aims to address gaps in provision for families who need support.
- 3.7 A survey was shared with all settings receiving products, with 29 out of 60 engaging so far. Promotion takes place through the Torfaen Family Information website, apps, posters, and social media, with word of mouth remaining an effective tool. The scheme has proven particularly popular among young people.
- 3.8 Families have shown increased awareness of sustainable options, with more choosing reusable and eco-friendly products. Future development includes expanding access points, strengthening promotion through digital and community channels, and responding to feedback to ensure people can access the products they need and have meaningful choice.

4 Item 4 Update from Welsh Government

- 4.1 The Period Dignity Grant continues to support schools and strengthen education on menstruation and available products. Training spend has remained broadly stable at around 5–5.5% over recent years, however, it is anticipated this may increase with over 70% of local authorities committed to delivering training through the grant.
- 4.2 There has been a shift from training solely for teachers and pupils to the introduction of webinars for parents and carers, including targeted sessions for dads. Local authorities are also expanding ambassador programmes, enabling young people to take a more active role in decisions around period dignity in their schools.

- 4.3 Local authorities are also expanding education and training into community settings, such as libraries, leisure centres and charity venues, ensuring wider access to information. This shift reflects broader efforts to reach families and communities who may have lacked period education in the past. Many parents are now engaging with sessions, gaining confidence to discuss menstruation and learning about reusable products, supported also by products such as “dad’s packs.”
- 4.4 Local authorities report positive engagement from families, with more people recognising the value of sustainable and eco-friendly options. The rise in reusable products, which have higher upfront costs but longer-term benefits, may also contribute to a reduction in school-based spend.
- 4.5 There is strong momentum across Wales, with teams focused on improving access to period products, sharing information, and reducing barriers to discussions about menstruation. More local authorities are using the Period Dignity Grant to install pick-and-mix stands in schools, increasing visibility and choice for students. Welsh Government resources to support teachers and school nurses are also due to be published soon.

5 Item 5 Any other business

- 5.1 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.
- 5.2 Arrangements for next meeting to be shared with members.