

## Period Poverty : How to...carry out a sanitary wear /products collection

Periods are a normal part of life. It is increasingly recognised that good menstrual health is an essential component to wellbeing. Period poverty is the lack of access to sanitary products due to financial constraints.

RCN are committed to supporting raising awareness around this distressing and difficult subject.

One of the ways to make a positive difference to the lives of those affected by period poverty is by offering practical help through the collection of sanitary wear products for foodbanks (Find a foodbank at the [Trussel Trust](#)) and relevant charities such as [Bloodygoodperiods](#) or [Freedom4Girls](#) (further links are on the website) who are in a position to redistribute products to girls and women in need.

If you wish to carry out a collection, the following tips might help:-

1. Assign someone to take responsibility for managing the process.
2. Contact local foodbanks or charities who would be willing to take products (some may have specific requests such as Bloodygoodperiods who only want sanitary towels, as this is what their client group (asylum seekers and refugees) request.
3. Confirm collection or delivery arrangements – will this incur a charge for you, if so who will pay for this? (i.e. postage, courier, travel).
4. Agree dates for the collection.
5. Find a box, could be decorated – see below.
6. Where is the best place to leave the box for convenience?
7. Do you need to get permission to leave it there, and for how long (a week may work well).
8. Arrange for an all user email to inform colleagues who work with you or are attending meetings/events of the plan (Appendix1 provides an example).
9. Can you add posters somewhere using the same content.
10. Arrange to collect the donations every day and have somewhere to store them
11. Once the collection period is over, box then up and arrange for delivery to the foodbank/charity.



## Appendix 1 Draft e mail

Collecting donations of sanitary products on ..... at  
.....

Dear Colleagues,

Can you imagine not being able to afford or access sanitary products to help manage your period? Period poverty is the lack of access to sanitary products due to financial constraints, this can be caused by a wide range of life events that negatively impact on a girl or woman's ability to access sanitary products to manage a most intimate and regular occurrence in her life.

**We are collecting donations of sanitary products on ..... at  
.....**

We are asking for donations of unopened packets of sanitary products which we will then distribute to organisations ..... and local food banks  
.....

There will be a donation point for sanitary products set up on  
..... for X week/days.

If you would like to donate, but are not in on ....., then you can still do so by dropping any items off in room ..... to  
.....

Thank you in advance.  
*Best wishes,*