

Period Dignity Roundtable

3 April 2025

10:00 – 11:00

Attendees:

Cardiff University
Colegau Cymru
Fair Treatment for the Women of Wales (FTWW)
Love Your Period Campaign
NHS Wales
Plan International
Sport Wales
University of South Wales
Welsh Local Government Association (WLGA)
Women Connect First (WCF)

Welsh Government:

Equality and Human Rights
International Relations
Women's Health

Guest speakers:

Chomuzangari Women's Co-operative
Caerphilly County Borough Council
Wrexham County Borough Council

1. Item 1 Welcome and introductions – Head of LGBTQ+ and Gender Policy

1.1 An update on the actions from the previous meeting was provided. All actions were completed with one ongoing:

- Welsh Government officials to review and consider how best practice can be shared more widely to encourage more public and private premises to include sinks within toilet cubicles.

1.2 Work in collaboration with Education and Social Partnership officials, as well as the TUC and Sports Wales is ongoing to explore how best practice can be shared.

2. Item 2 Sport Wales Period Proud Roundtables, Sports Wales

2.1 In collaboration with Welsh Government, Sports Wales have hosted two roundtable events with representatives of sporting governing bodies. The first focused on identifying the key challenges of menstruation to sport participation. The second built

on these initial discussions and moved onto identifying possible solutions and future actions.

2.2 Some of the challenges identified included:

- Consistency of communication for those participating in sports about periods.
- Availability of resources from trusted sources.
- Education for coaches to improve confidence and support given to athletes.
- Inadequate toilet facilities within sports venues.
- Unsuitable kit for use during menstruation.
- Adapting needs according to elite or participatory sports.
- Equality, Diversity and Inclusion considerations.

2.3 Over the coming months, further online roundtable events are being held to enable sporting bodies to share best practice, and review progress against the actions. Work is also underway to meet with young people across Wales to hear first hand what challenges they experience with their periods, and how it impacts sport participation.

3. Item 3 Period Peers Programme, Plan International UK

3.1 Plan International UK are leading a 3-year programme in partnership with the Nurofen See My Pain campaign, which aims to close the gender pain gap through addressing gender inequality in healthcare.

3.2 The Period Peer Programme is being delivered across the UK and aims to recruit 14–24-year-olds as Period Peers to deliver menstrual health related activities, supported through the 'Period Proud Peer handbook'. It is hoped that this work will help increase confidence of young people whilst upskilling organisations towards becoming period proud environments.

3.3 The handbook is available for free at [Become a Period Proud Peer | Plan International UK](#). In addition organisations are encouraged to sign up to the free Period Proud Environment workshop at [Meeting Registration - Zoom](#).

4. Item 4 Period Dignity project in Zimbabwe, Chomuzangari Women's Co-operative

4.1 Chomuzangari Women's Co-operative worked with the Hope Foundation Trust Zimbabwe to address period poverty, to promote menstrual health and empower women and girls in the Chivi region. This project was supported by grant funding from the Welsh Government Wales and Africa programme through WCVA.

4.2 The project, which ended in December 2024, distributed reusable period products to over 1,500 girls, reducing absenteeism from school and empowering them to participate fully in education and social activities. Resources and training were provided to schools so students could be taught how to make reusable products in sewing classes and empower them to talk more openly about menstruation. A new toilet was also built for students to use, which included a shower.

- 4.3 Through awareness-raising efforts, strategic partnerships and community engagement, the project created lasting connections that will continue to benefit both Wales and Zimbabwe. Future projects are being considered to further expand access to period products and improve facilities in Zimbabwe, and to continue advocacy work in Wales.

5. Item 5 Update from Local Authority Period Dignity Leads, Wrexham County Borough Council and Caerphilly County Borough Council

- 5.1 The Period Dignity Leads from every local authority met on 24 March 2025 to discuss issues and share best practice about how they are administering the Period Dignity Grant.

Wrexham County Borough Council

- 5.2 Period products are available in all schools and key community areas across Wrexham to ensure that they are accessible to those who need them. The Period Dignity Lead works closely with third sector organisations, including the Food Bank and Given to Shine, to ensure the most vulnerable members of society are reached.
- 5.3 Promotion of reusable products has led to an increase in these products being used and the local authority have been able to also increase the amount of plastic free disposable products provided. In doing so they are already above the Welsh Government environmental targets for reusable and plastic free products.
- 5.4 Training has been provided to schools to support development of the RSE curriculum, and period dignity was included as a key element. Further training has been offered specifically for reusable products which has been positively received by teachers who are now more confident teaching students about these products. In addition, the Menstrual Health Project delivered training on menstrual health conditions within the community, which included access to free education toolkits.
- 5.5 Work is being considered to identify how additional learning need (ALN) students can be better supported with periods and the Period Dignity Lead is working in collaboration with Welsh Government on this area of work. Further work is also planned to enhance training opportunities in the community and schools and to increase the provision of plastic free products.

Caerphilly County Borough Council

- 5.6 The Period Dignity Lead established a working group within the local authority to review the provision of period products and training across all schools and community settings in Caerphilly. It has also been incorporated into school nurse meetings as a regular item. This consistent level of review highlights where targeted support is required, and comprehensive training has been arranged as a result. Further, it has ensured that the local authority is reaching all vulnerable groups within the community.

- 5.7 An online directory has been implemented on the local authority website to actively promote where free products are available, guides and leaflets have also been produced to ensure people are aware of the different reuseable and disposable products available.
- 5.8 In the year ahead the Period Dignity Lead plans to establish Focus Groups and roll out the Plan International UK Period Peers Programme in schools. Work with sports clubs is also being enhanced with training opportunities planned and availability of period products in sports venues increased.

6. Item 6 Any other business

- 6.1 It was highlighted that some members have been contacted by external organisations for information on the Period Proud Wales Plan and Period Dignity Grant. Members were encouraged to direct these enquires to the Period Dignity Mailbox for the team to answer and redirect as necessary.
- 6.2 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.
- 6.3 The next meeting will be held on 11 September 2025.