13 November 2026

Dear

ATISN 26-0054 - Period Proud Wales plan

Thank you for your request to Welsh Government for information under the Freedom of Information Act (2000) received on 17 October in relation to the Period Proud Wales plan. You requested the following:

1. *Confirmation of whether or not the Social Care sector and NHS Inpatient services have received education/support/policy review under the Period Dignity initiative. Specifically –*

1a. Are adults with a menstrual cycle or their carer, who receive an Assessment of Needs from Adult Social Care routinely asked what support they require for managing vaginal bleeding?

1b. Are adults with a menstrual cycle or their carer routinely asked what support, personal care and products they need for vaginal bleeding upon admission to an Inpatient setting?

Our Response

1. The Period Dignity Grant is awarded to all 22 local authorities in Wales to provide free period products in maintained schools and community settings, according to local need. It does not extend to NHS hospitals.

1a. The Welsh Government does not currently hold data on whether adults receiving an assessment of care and support needs, or their carers, are routinely asked what support they require to manage vaginal bleeding. Information on general assessment practices may be held by individual local authorities.

The Part 3 Code of Practice (Assessing the Needs of Individuals) issued under the Social Services and Well-being (Wales) Act 2014 does not prescribe a specific question relating to menstrual health or managing vaginal bleeding. Instead, it supports an approach whereby assessments are person-centred and focus on what matters to the individual, including their care and support needs, strengths and the personal outcomes they wish to achieve. Where menstrual health has a bearing on an individual's wellbeing, this can be considered as part of the wider assessment process.

1b. Welsh Government does not hold recorded information on whether NHS inpatient services routinely ask patients, or their carers, what support, personal care or products they require for managing menstrual bleeding upon admission. Welsh Government has, however, promoted access to free period products within NHS settings, including correspondence

from the Deputy Chief Medical Officer to Health Boards and published information relating to the provision of free sanitary products to patients in NHS Wales. Further information can be found here: Free sanitary products to be offered to patients in NHS Wales | GOV.WALES

Next Steps

If you are dissatisfied with the Welsh Government's handling of your request, you can ask for an internal review within 40 working days of the date of this response. Requests for an internal review should be addressed to the Welsh Government's Freedom of Information Officer at:

Information Rights Unit,
Welsh Government,
Cathays Park,
Cardiff,
CF10 3NQ
or Email: Freedom.ofinformation@gov.wales

Please remember to quote the ATISN reference number above.

You also have the right to complain to the Information Commissioner. The Information Commissioner can be contacted at:

Information Commissioner's Office
4th Floor
No. 3 Circle Square
5 Hawkshaw Street
Manchester
M1 7BL
Telephone: 0303 123 1113
Website: www.ico.org.uk

However, please note that the Commissioner will not normally investigate a complaint until it has been through our own internal review process.

Yours sincerely,