

ARE YOU A BLOODY GOOD STREAMER?

Why not tackle period poverty whilst
you stream?



Registered with
FUNDRAISING
REGULATOR





How your donations could help:

£12.50 could buy 12 packs of panty liners

£20 could buy 16 packs of tampons

£35 could buy 16 packs of night pads

£66 could buy 32 packs of day pads

These costs are based on us bulk buying products which isn't always reflective of the prices in shops, and is also relevant only to the particular brand used to calculate the above. Donations help us bulk buy products and deliver them to partner organisations across England & Wales. Facilitating the personal choices and comfort of the people we work with is paramount. We are mostly asked for disposable products (and where possible and where budgets allow, provide eco-friendly products). More info about how we work [here](#).

Setting up your stream



Step 1: Visit <https://tiltify.com/bloody-good-period>

Step 2: Click 'Start Fundraising'

Step 3: Log in using an existing social media account or create a Tiltify account

Step 4: Follow the steps to name your fundraiser, create a unique link, and write a description for your stream. Link to your livestreaming account (Twitch, YouTube Live, Facebook) if you're using one

Step 5: Set your fundraising target and click 'Create'

Step 6: When you're ready, click 'Publish' to start collecting donations for more bloody good periods!

If you're having trouble, visit Tiltify Support [here](#)



1. Cause details
Choose your cause and a fundraising event if available
2. Your campaign
Name your campaign, add some media, set a goal and more
3. Summary
Review & create your campaign. Once you're ready, publish to start receiving donations!

Need some inspiration?



- Whether you're a miner or a builder, Minecraft has something for everyone. Compete with your friend to see who can mine the most Redstone in a limited time, or go on Creative and make the most impressive build possible using only red blocks/items
- Stream you and your friends playing board or card games. If Monopoly isn't for you, have a go at UNO or Scrabble (and give bonus points every time a period-themed word is spelt)

And remember, you don't have to be a gamer to fundraise through streaming!

- Stream you (and your friends) trying different red foods and drinks. You could even have a go at mixing your own unique concoction.
- Specially for you, we have collected only the best period facts together into a bloody good quiz and it can be yours for a small donation! Download yours [here](#)





Level up your fundraising

- Want to make your stream absolutely pad-tastic? Why not use some of our overlays, frames and panels created just for you! Download them [here](#)
- Stream for a specific period of time e.g. 300 minutes for the 300k products Bloody Good Period has delivered
- Use polls to let your viewers participate and start some deep debates like ‘what’s better, cats or dog? Tampons or pads? Chocolate or sweets?’
- Set milestones and incentivise donations! Up the difficulty or play wearing gloves when you raise half of your target. Reward your supporters by letting them choose what game you play next.

P.S. When promoting your fundraiser, please only use our **Bloody Good Fundraising Logo!**

P.P.S. Don't forget to check out our **Language Guide!**



Staying safe is the top bloody priority!

Look after yourself! If you're streaming for a long time make sure you take regular breaks, stay hydrated, have some snacks ready, and if you feel unwell make sure you stop straight away.

Keep your personal details safe and if you play with others online and are made to feel uncomfortable, please remove yourself from that situation as soon as possible.

BGP doesn't tolerate hate speech, bullying, threatening or intimidating behaviour of any kind and neither should you. Block and report the person immediately. If you can, we recommend setting up a friend as a mod for your chat or find a free bot that can filter out and remove certain messages. Find our social media house rules [here](#).

You are responsible for the content you stream but you are still representing BGP. Please don't do anything that might put you or others in danger. Not sure if something you want to play or do on stream would be appropriate? Check with us!

Depending on the platform you're using, there is support available! [Tiltify](#), [Twitch](#), [YouTube](#)

Promoting your fundraiser

Tag us on the socials babe! And we'll do our best to share.

When promoting us, please only use this snazzy 'in support of BGP' version [here](#). We made it especially for you bloody heroes!



Get bloody social with us:

Insta [@bloodygoodperiod](#)

Facebook [@bloodygoodperiod](#)

Got questions? We have loads of answers [here](#).



Here's a little more info into why we exist, and what we do...

Menstrual supplies are not cheap – but they are a necessity.



Many people simply cannot afford period products, such as tampons and pads. This includes refugees, people within the asylum system, and those living in poverty. People who menstruate suffer from the culture of embarrassment and shame surrounding this natural, biological process.

We believe that no-one should be at a disadvantage just because they menstruate.

To do our part to tackle this, we give period products to those who can't afford them, and provide menstrual education to those less likely to access it. Plus, we help everybody talk about periods.



Photo by Gerard Puigmal



Every single month, people who menstruate do not have reliable access to period products. They are forced to use socks, newspaper, tissue – or nothing at all.

In 2023, we distributed 99.1k packs of products.

While we are proud of this, we shouldn't have to do it.

Everyone who menstruates should have access to period products - without having to rely on charities, foodbanks, or peer support.



The reality:

1.4 million people have gone without period products in the past year

More than a third of people who have periods (37%) have gone without period products at some point in their lives.

39% of those who have gone without products said this was because they couldn't afford them

Stats from: [The State of Period Equity in the UK](#) report, pub. Feb 2024



Asylum seekers receive just
£49.18 per week
to live on - **£7.03 per day** - and
are not allowed to work.¹ A heavy
period can cost a quarter of this.²

75% of asylum-seeking
women have struggled to
obtain period products, often
for extended periods of time.³

We're also supporting refugees in the UK from Sierra Leone, Iraq, Iran, Albania, Afghanistan and other countries - all crises no longer in our newsfeeds, but periods don't stop, and products are still needed.

1 [gov.uk](https://www.gov.uk) 2. BGP research 3. BGP & Women for Refugee Women [report](#), 2019.

BGP's impact



"The support and service we receive from Bloody Good Period enables us to empower our families, which in turn empowering themselves to do more. Allowing them to redirect much needed funds, while feeling that they don't need to sacrifice or get creative with their period products. Thanks to you all, and keep up the Bloody good work."

*Marie, Breadline London,
October 2024*

"Thank you so much for supporting us to support our members. The women and their girls who use our food bank always are grateful for your products as they say they save a lot of money using these essential products."

*St Luke's Community
Centre, May 2024*

What we bloody do about it!



Delivery

We get period products to refugees, asylum seekers and those who can't access them.

Education and Awareness

We provide menstrual and reproductive health sessions to the people we work with, and work to normalise periods in the public sphere.

Activism

We believe that people who need them should be able to access menstrual products for free - just like toilet paper. We believe that “period poverty” is part of a wider sphere of menstrual and gender inequality, and are working hard to make ourselves obsolete!



Getting our bloody activism on!
Examples of our activities shown.





How we work

We've worked with more than 100 partners across England and Wales. They include organisations supporting refugees and asylum-seekers, charities for the homeless, food banks, COVID-19 response community groups.

We place bulk orders with suppliers who deliver period products directly to our partners' centres. From there, the products are given to the people who need them.

These are long-term relationships, so we can guarantee that products are available every single bloody month. This is significant for people whose lives are often filled with instability.



Photo by Gerard Puigmal



Want to support BGP? THANK YOU!

We can only do our work with support from wonderful people like YOU.

Every donation helps more people have bloody good periods.

Every conversation helps normalise periods

(as they are, y'know, normal).



Registered with
**FUNDRAISING
REGULATOR**



**THANK YOU
(so bloody much)**



@_chloe.clem_