



What can you do to help this International Women's Day? #EmbraceMenstrualEquity

Help us keep up a sustainable flow of products

We get period products to refugees, asylum seekers, food bank users and others who can't afford them. As the cost of living crisis bites and more people are pushed into impossible financial decisions between life's essentials, we're experiencing record levels of demand. And we need to raise pounds for pads - as many as we bloody can.

Donate here.

Or organise a fundraiser - we have a [handy guide](#) on our website *and* some ace pad stickers we can send to help you spread the word. As well as our [donate page](#), you can also donate via Benevity, CAF and other platforms.

Email us at hello@bloodygoodperiod.com for more info.

Pay for a speaker

Need an ace speaker to share the situation on menstrual equity and generally get everyone fired up? Well we have ace speakers and we LOVE us some period talk! We ask for a donation to cover our time and support our work. Email us at hello@bloodygoodperiod.com to see what brilliance we can cook up together!

Sign up for a BGE taster session

Bloody Good Employers is on a mission to create fairer, safer workplaces for your employees, and for all people who menstruate. We offer support and education for employers who are committed to promoting equality, diversity and the rights of all workers to be treated fairly.

Sign up for a 60 - 90 minute workshop to give you a peek into the world of the Bloody Good Employer programme. These sessions are for everyone - whether they menstruate or not!

You can pick any one (or all of) these bloody great sessions:

- Menstrual Mythbusting for the Workplace
- The Menstrual Cycle in the Workplace
- Period Products in the Workplace

[Click here](#) to book a call with us!

