

BEI FAST'S



the

Homeless Period

# The Homeless Period Belfast

The Homeless Period Belfast is a volunteer-led campaign, providing care-packs filled with sanitary donations to women in need across Belfast.

Set up in November 2016, we have distributed close to 1000 of our period care-packs to our service users.



# Background to project:

- Period Poverty Campaign – ***#endperiodpoverty***
- Tampon Tax – ***#freeperiods***  
***#stopbloodytaxing***
- Similar projects in the UK - ***#redboxappeal***
- Scene from “*I, Daniel Blake*” by Ken Loach



***#FREEPERIODS***

# Period Poverty Facts:

***‘Period poverty’ refers to having a lack of access to sanitary products due to financial constraints.***

## The facts:

- 1 in 10 girls aged 14 to 21 cannot afford menstrual products
- 40% of girls in UK have had to use toilet paper because they could not afford sanitary towels and tampons
- There are 68,000 homeless women in the UK
- Many homeless organisations receive funding for male razors but not for menstrual products
- Sanitary items are the least donated item in foodbanks

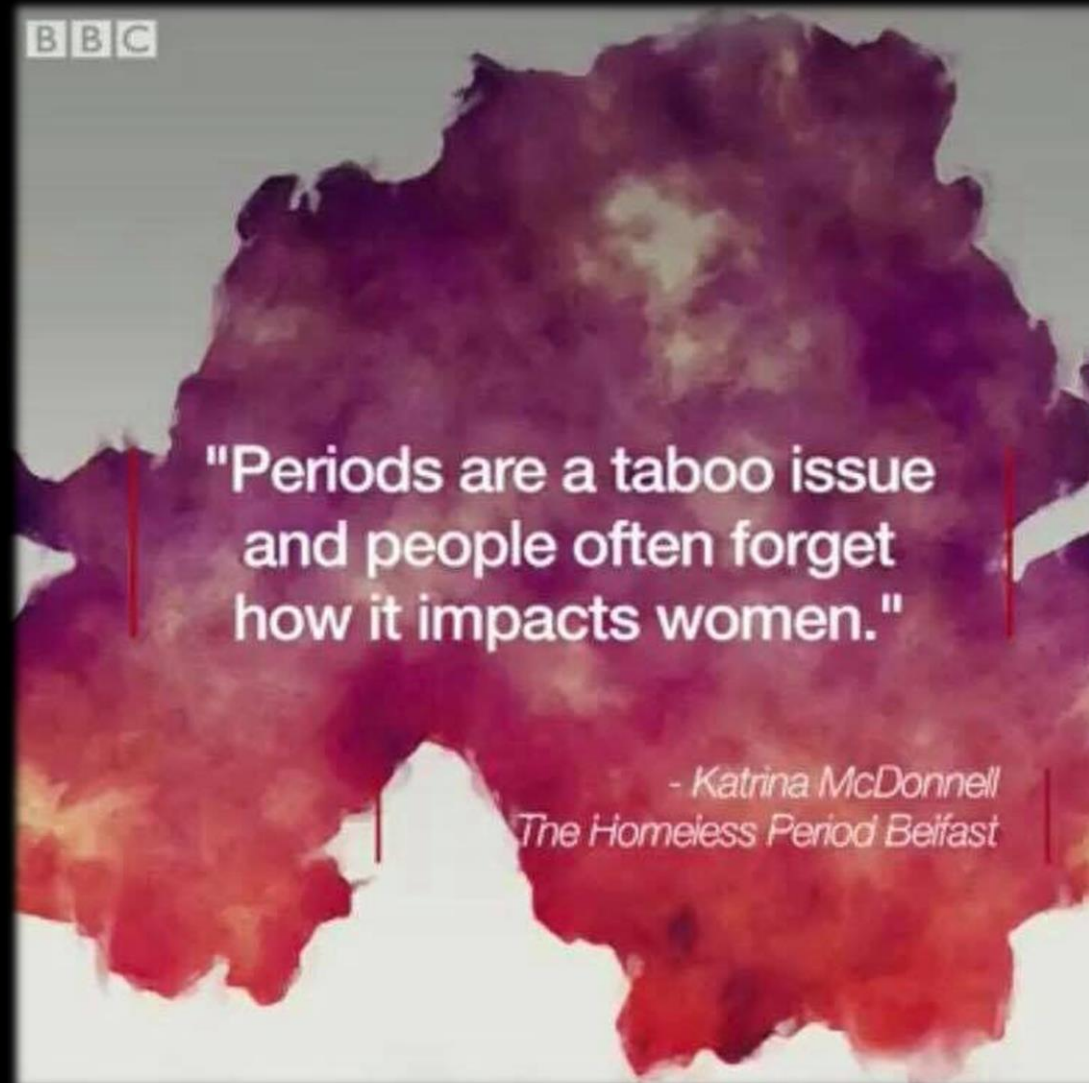
# Statistics challenged...

*“Surely anyone can afford a few pounds for a pack of tampons..”*

The reality: Even the cheapest of products can be an expense too far for some people.

If rough sleepers and people who depend on foodbanks cannot afford food then the reality is they cannot afford menstrual products either.

# Taboo issue?



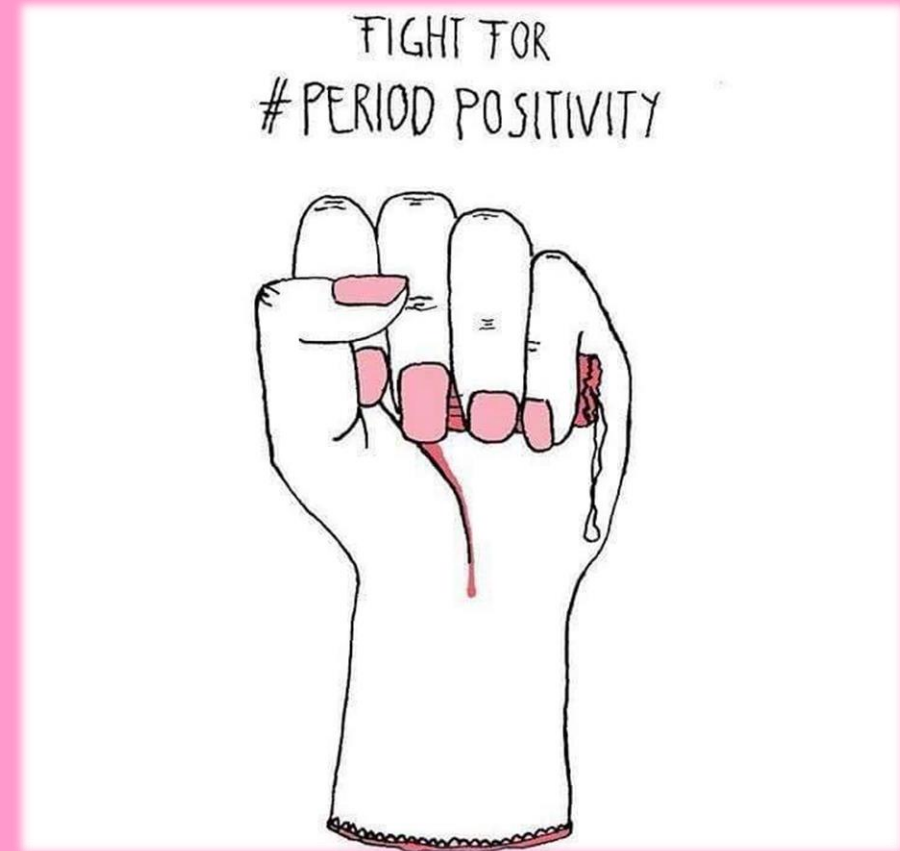
"Periods are a taboo issue  
and people often forget  
how it impacts women."

- Katrina McDonnell  
*The Homeless Period Belfast*

# #Endthetaboo

There are myriad of reasons why people cannot access menstrual products but the stifling taboo that surrounds menstruation is perhaps linked.

It is because of the stigma attached to menstruation that we do not think about it as a problem for people.





WHICH IS LESS  
DIGNIFIED  
STEALING TAMPONS  
OR NOT HAVING ONE  
AT ALL?

#TheHomelessPeriod



FOOD OR TAMPONS?

FOOD OR TAMPONS?

FOOD OR TAMPONS?

FOOD.

#TheHomelessPeriod

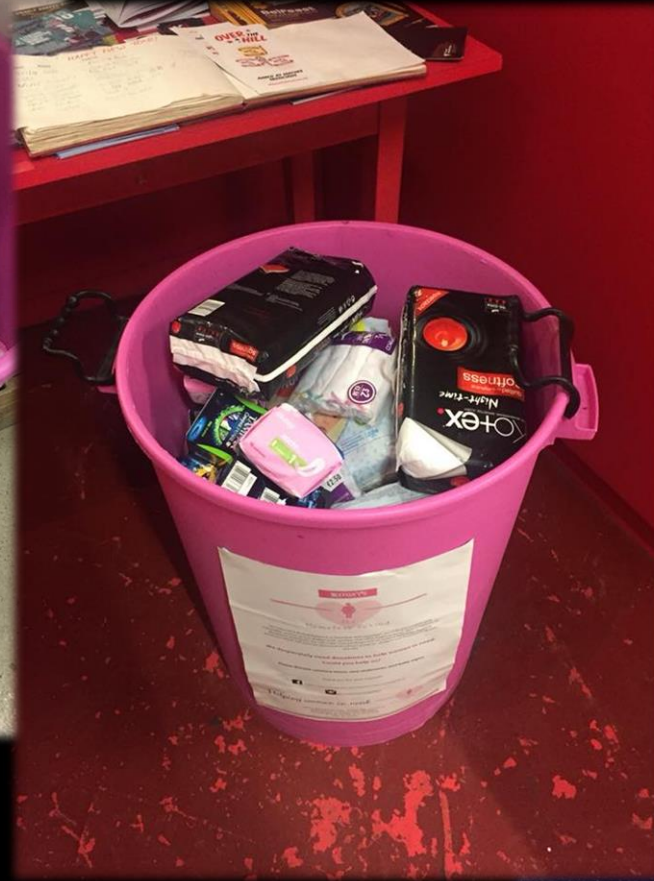
# How the project works:

1. DONATIONS
2. COLLECTIONS
3. CARE PACKAGE SESSION
4. DISTRIBUTION

# STEPS















**Our care-packs are filled with:**

- Tampons
- Sanitary Towels
- Hygiene Wipes
- Underwear
- Panty Liners
- Chocolates
- Messages

# Our care-packs reach:

- Rough sleepers
- People who live in homeless hostels
- People who depend on food banks
- Victims of domestic violence
- Survivors of human trafficking
- Refugees and Asylum Seekers
- Teenagers living in poverty
- Community youth groups





↻ You Retweeted



**SouthBelfastFoodbank** @South... · 6h ✓

Ah amazing  
Thank you!!!! #generosity

**HomelessPeriodBelfas** @HPBelfast

Thanks to everyone who donated!  
These were delivered to  
@SouthbelfastFB



**Siobhan McKinley**  
@beezer4ever



Massive thank you to @HPBelfast  
once again for donating care packs to  
young women @IncludeYouth  
#periodpoverty #makingadifference  
#donate #selfcare



28/06/2018, 22:58

Special thanks to a few special ladies who came by the station tonight with some beautiful sanitary/hygiene packs for our female service-users. Katrina, Katie, Maedbh and her mother, Mary supplied the team with some beautiful and discrete gift bags with ladies sanitary items. It is something which many take for granted, but to be a homeless lady on the street can be a difficult time, especially during the monthly cycle. Thankfully there are wonderful groups such as 'The Homeless Period Belfast' who work hard to try and protect these ladies and offer them some compassion and dignity. The packs were handed out discretely to our female service-users, who were very grateful. Thank you ladies.

# How you can help:

Follow us on Facebook, Instagram and Twitter to like and share our posts

Tell people about the project and spread awareness about the issue

Donate if you are in a position to do so

Organise a collection amongst colleagues or friends

Volunteer at our care-pack session





# Donation points:

- Michele International Hairdressers – City Centre
- Oh Yeah Music Centre – City Centre
- Woodworker's Gender Neutral Toilets – City Centre
- Queen's Students' Union – South Belfast
- Women's Resource and Development Agency – South Belfast
- Framewerk – East Belfast
- The Kennedy Centre – West Belfast
- Women's TEC – North Belfast

#TheHomelessPeriod

**Your donations  
could make the world  
of difference to  
homeless women**

Find out more about The Homeless Period at  
[www.facebook.com/TheHomelessPeriodBelfast](https://www.facebook.com/TheHomelessPeriodBelfast)



BECAUSE TODAY NO ONE SHOULD

BE WITHOUT

the tools they need

TO GET THEM THROUGH

THEIR PERIOD

-the homeless period