



**Menstrual Health and
Period Education Advocates**

January 2026

Dear Parents and Carers,

All Yours Period Boxes

In December we celebrated our 5th birthday and are delighted to be able to offer period boxes again in 2026 to anyone who is struggling to access period products, for whatever reason. We are happy to support both adults and young people through this service.

You can request a free, confidential All Yours Box here:

<https://www.allyoursbox.co.uk/request>

Please note: If you are requesting boxes for more than one person (for example, multiple family members), please indicate the number of boxes needed and any specific product requirements in the comments box on the request form. This helps us make sure everyone receives what they need.

Boxes are prepared and delivered by volunteers, so please allow up to 21 days (though most arrive much sooner).

If we can't deliver to you directly, we'll let you know how to find your nearest collection point.

Period Pants – collection points

Unfortunately, we cannot deliver period pants to individual addresses but if you live in West Berkshire there is a small stock of period pants at Newbury, Thatcham and Burghfield Common libraries. They have a range of sizes, and you are welcome to collect a pair of pants to try for free.

We hope to be hosting more Period Pants Parties at locations across West Berkshire in 2026 so please keep an eye on our social media for more details. We are @allyoursmonthly on both Facebook and Instagram.

With best wishes,

All Yours