



**Menstrual Health and
Period Education Advocates**

July 2026

FREE PERIOD PANTS AVAILABLE TO ORDER ONLINE

Period pants are now available on our website on a first come, first served basis. We will email everyone to confirm their orders, so no-one is left wondering. Please make sure you give us a valid email address.

You are welcome to request pants for each member of your household but please complete a form for each person so everyone gets the correct size period pants. We expect this service to be very popular so please allow 28 days for us to pick, pack and post your pants. You can order at www.allyoursbox.co.uk/request

DADS DO PADS – AUTUMN DATES

Our next Dads Do Pads Sessions will be back in the Autumn. These free online workshops give dads, carers, and other men a relaxed, confidential space to learn about periods so they can better support the young people in their lives.

On **Thursday 24th September at 7.30pm, Dads Do Pads** offers a comprehensive guide to everything from pads and tampons to menstrual cups and period underwear, including how to use and care for them safely.

Then on **Thursday 1st October at 7.30pm, the Menstrual Cycle Edition** walks through the four stages of the cycle and how each can affect energy, mood, and confidence, helping dads offer meaningful, well-informed support.

Both sessions are held online, in a men-only space to encourage open conversation, with plenty of opportunity to ask questions. To sign up, visit www.allyoursbox.co.uk/events

SUMMER COLLECTION

Our period boxes will be available throughout the summer holidays from our community collection points. Find your nearest point here www.allyoursbox.co.uk/box-collection-points

Prefer reusables? You can still order those online anytime www.allyoursbox.co.uk/request

Can't get to a collection point? No problem, just drop us a line at box@allyoursbox.co.uk and we'll send you information on how to access our special delivery service.