







EDINBURGH PAD PROJECT

LEARN A NEW SKILL, MEET NEW
PEOPLE AND #REMAKEADIFFERENCE

JOIN OUR NEW MONTHLY WORKSHOPS AND
LEARN TO MAKE YOUR OWN SUSTAINABLE,
ZERO WASTE AND REUSABLE SANITARY PADS
TO GIFT TO WOMEN EXPERIENCING PERIOD
POVERTY.

13TH FEBRUARY 12-3PM
13TH MARCH, 12-3PM
3RD APRIL, 12-3PM

Edinburgh
University
Students
Association

REMAKERY

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REMAKERY

Please donate your towels and
pyjamas. They will be used to
make reusable pads and
donated to charities.

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REMAKERY

Edinburgh Napier

UNIVERSITY



**Student collaborative designs new dispenser
for free sanitary products**

March 6th 2019



Come along and enjoy some free food and drink in aid of a good cause. There's only one string attached - donate a box of pads or tampons to gain entry to the event.

We look forward to seeing you there,

Bleedin' Saor



10am - 12pm

**The Chapel at Craiglockhart, The Triangle at Merchiston,
LRC1 at Sighthill**

BLEEDIN' SAOR.

A Bloody Big Project

Background:

Bleedin' Saor (A bloody big project) is a major design and media project led by staff and students at Edinburgh Napier University. The project responds to the Scottish Government initiative to provide free, accessible sanitary products for all girls and women in Schools, Colleges and Universities. 1 in 5 girls in Scotland experience period poverty and in 2017, 137,700 girls missed school because they couldn't afford sanitary products. There is a global silence and stigma around menstruation, which creates an environment of shame and inequality.

Our project aims to investigate how this government pledge is delivered and sustained, explore whether the initiative is reaching those in need and break the taboo around discussing menstruation. We are taking an active role in designing an intervention at Edinburgh Napier and raising awareness both locally and internationally.

Project:

The media and design strands address period poverty and the social and cultural stigma surrounding menstruation. The project is a live work-related learning initiative for students building their project management, teamwork and creative skills on a campaign for real social change.

The project aims to do this through 2 routes:

- Design led research and development of marketing, campaigning & business models and products that promote and support women and young girls' access to sanitary provision and how this empowers them and improves life chances.
- Media (TV & Film) students will produce a documentary film and social media campaigning content around period positivity, the significance and roll out of the Scottish Government initiative on ending period poverty and link Scottish and international contexts.

The film will explore the social contexts of period poverty and broader issues surrounding menstruation faced by young women in Scotland and internationally. It will highlight the impact a lack of access to sanitary provision has on young women and girls' lives and the significance of positive initiatives to effect change and break taboos surrounding menstruation.

The film will also chart the Edinburgh Napier design students' research process in developing interventions to support period positivity. This will include a journey to Uganda to visit social enterprises and organisations working to eliminate period poverty and find sustainable solutions to menstrual health management.

Partners:

Our project partners in Scotland include Wire (<http://wearewire.co/news/story/bloody-big-brunch>), a media and PR company who run the Bloody Big Brunch campaign to raise awareness of and tackle period poverty and Hey Girls (<https://www.heygirls.co.uk>), a Scottish social enterprise who supply many of the period products for the Scottish government initiative/colleges and Universities.

Supported by the Edinburgh Napier Women's Network.

Outcomes:

Bleedin' Saor has already achieved significant success in establishing Hey Girls as the product supplier for Edinburgh Napier University, creating temporary 'menstruation stations' which make the options and products more visible and accessible at all our campuses and by raising awareness and starting a conversation through our social media and 'Period Blether' campaign.

Our project objectives include:

- Designing accessible and functional dispensers for all bathrooms at Edinburgh Napier University
- Designing a range of dispensers for Hey Girls for a range of venues from Schools to football grounds
- Producing a range of downloadable materials for the Bloody Big Brunch nationwide campaign
- Maintaining a high profile campaign to break the taboo and silence around menstruation
- Hosting a 3 campus Bloody Big Brunch on Wednesday 6th March to bring in a large donation of products for local food banks
- Creating a documentary film to address all these social issues for broadcast and public awareness screenings
- Creating a legacy of activism at Edinburgh Napier University which continues to tackle inequality in education
- Presenting and sharing our interventions as models of good practice to be adopted at other Universities and education providers

Follow our project as it grows!

Website: www.bleedinsaor.com

Instagram: @bleedinsaor

Facebook and Twitter: @BleedinSaor

Free SANITARY PRODUCTS

With Scottish Government support, we have introduced the provision of free sanitary products for any student who needs them across our campuses.

We understand that certain provisions are essential and that often there are those who struggle with supplies. So with the holidays approaching, we would like students to know that if anyone is in genuine need of any sanitary products over the holidays, a pack can be picked up at the following locations:

COATBRIDGE CAMPUS

Outside room G98B across from 101 Cafe

CUMBERNAULD CAMPUS

Outside room 001 opposite Student Funding

MOTHERWELL CAMPUS

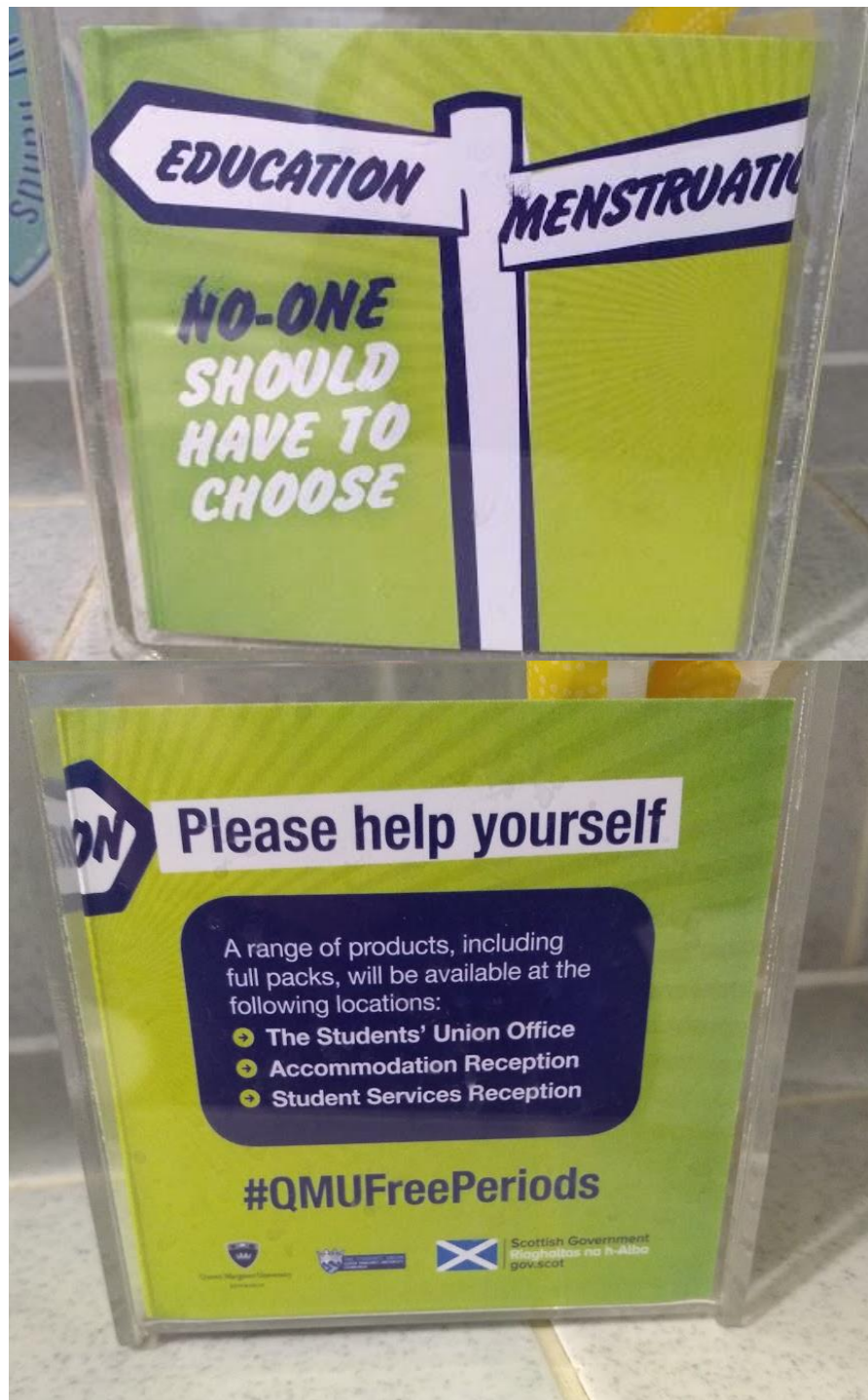
Room OA04 to the right of reception.
Also available from the Students' Association area (The Social)



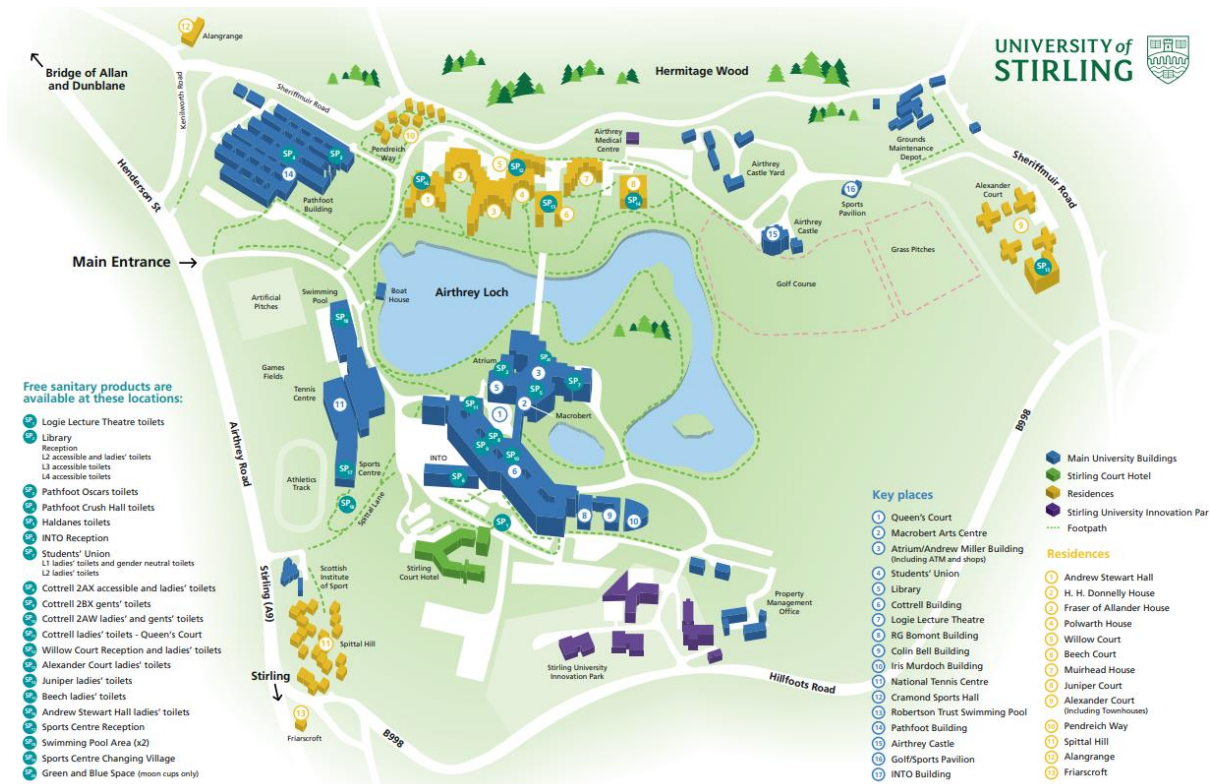




Queen Margaret University
EDINBURGH



UNIVERSITY of STIRLING



**GOT YOUR PERIOD?
WE'VE GOT YOU!**



Scottish Government
Riaghaltas na h-Alba
gov.scot

TO FIND OUT WHERE YOU CAN PICK UP
YOUR FREE SANITARY PRODUCTS PLEASE VISIT
WWW.STIR.AC.UK/FREESANITARYPRODUCTS

Want to know more about what's happening to you
and your body during your 'time of the month'?

Visit young.scot/Periods



University of Strathclyde



Back

Map



Buildings



Residences



Catering



Sports



Cycle Parking ...



Free Sanitary ...



Electric Vehicl...



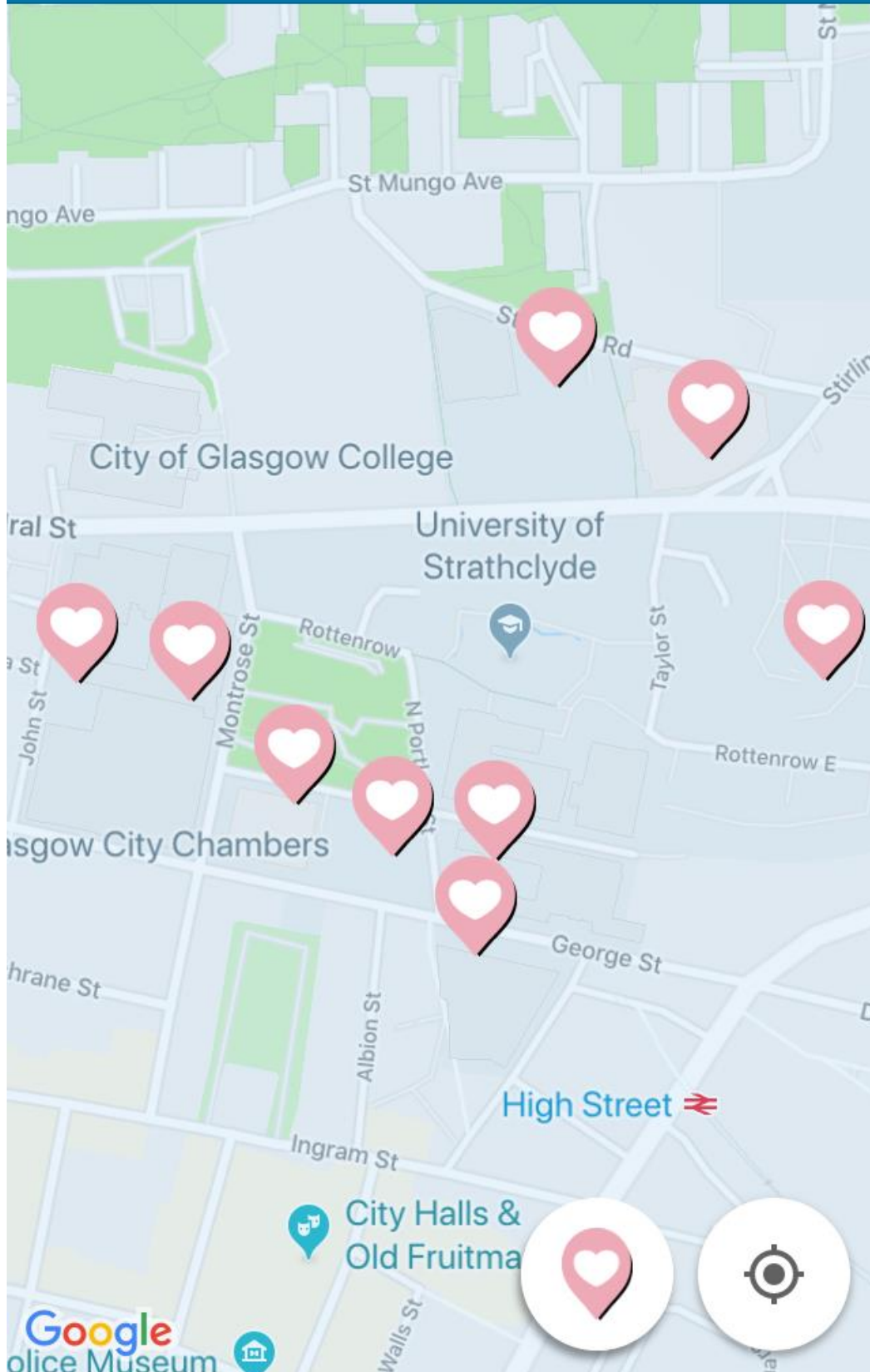
giffgaff

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86%

Back

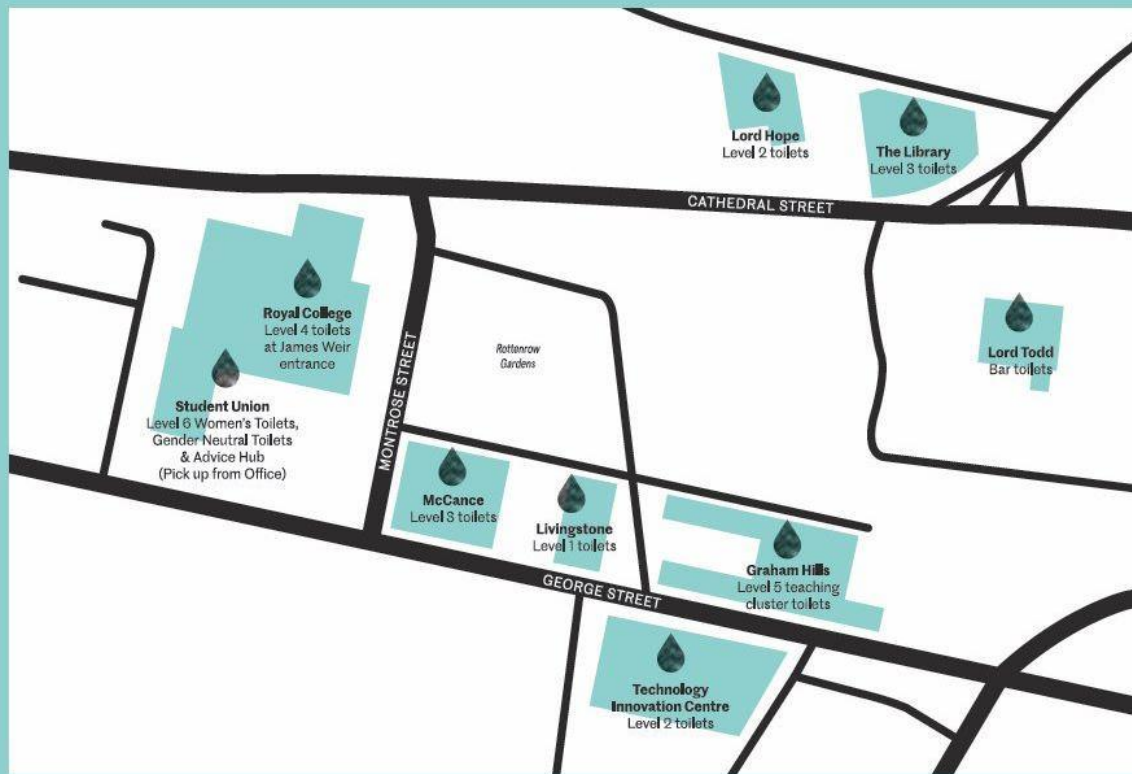
Map



A dark, textured teardrop shape is centered on a solid pink background. The teardrop has a grainy, almost fabric-like texture. Inside the teardrop, the text "Free sanitary towels and tampons for every student" is written in a white, sans-serif font, arranged in five lines.

**Free
sanitary
towels and
tampons
for every
student**

Dispensers can be found at these locations:





FREE MENSTRUAL CUPS AND REUSABLE TOWELS

#EndPeriodPoverty

7TH FLOOR OF STRATH STUDENT UNION

You can also order products for free through our online shop
www.strathunion.com/freeperiods.



WEST COLLEGE SCOTLAND



**PEE, PAPER AND POO
ONLY DOWN THE LOO**

THE STATS:

- The average woman will dispose of 11,000 menstrual products in her lifetime.
- Every single day, approximately 700,000 panty liners, 2.5 million tampons & 1.4 million sanitary towels are flushed down the toilet in the UK.
- Litterpickers record 6 pieces of period waste for every 100m of beach.

JOIN US ON FACEBOOK, INSTAGRAM, TWITTER: @PLASTICFREEWD

ZERO PICK UP YOUR MENSTRUAL CUP & PLASTIC FREE PERIOD PRODUCTS LOCALLY AT ZERO. **PLASTIC FREE WD**

Pink Packs
FREE!
Sanitary Products from vending machines
#endperiodpoverty
Help ensure that everyone is afforded the dignity of their period, many of us take for granted.
WEST COLLEGE SCOTLAND



west lothian college

