



Cross Disciplinary Work Based Learning



Period Poverty

WIRE

BLOODY BIG BRUNCH.



Campus Dispensers



Women's NETWORK

Period Blether



"It's just about normalising the topic so that people don't feel embarrassed."

Sandra Cairncross, 50

When I was contacted about this blog I thought it was a great idea but I knew that it would kind of take me out my comfort zone. I think it's partly a product of my age, I grew up in the sixties and seventies and people didn't talk about periods at all.

About twelve years ago I felt that something wasn't quite right, so I went to the doctors to get it checked out. They did a whole host of tests and it turned out there was nothing serious to do with my periods but there were other signs that suggested I needed to get a hysterectomy.

I suppose one of the things that I now feel quite strongly is that if people aren't talking about menstrual health then you don't know what's normal and what's not. I know if something had happened to me in my twenties I probably would have been reluctant to go to the doctors.

Once I was in my forties and I had had a child I was more confident and felt I was able to go to the doctors and talk about menstrual health.

I suppose that's the main reason why I wanted to contribute to this project. It's about opening up the conversations and discussions so that more people are talking about menstrual health and are understanding what happens.

'Don't be afraid to talk about it' sounds a wee bit patronising but it's just something normal that happens, it shouldn't be a secret it should be matter of fact. It's just about normalising the topic so that people don't feel embarrassed.*



Documentary



Documentary: Scotland



Documentary: Uganda



MAKAPADS



IRISE INTERNATIONAL



Project Outcomes



Q & A