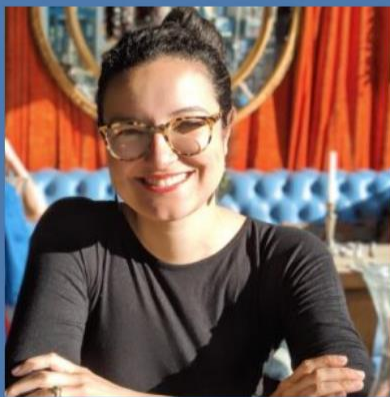


Zero Waste Live!

20 October 2020 - 02.00 p.m. CET



THE BLOODY TRUTH ABOUT SINGLE-USE MENSTRUAL PRODUCTS



Natasha Piette Basheer

Environmenstrual Campaign Manager,
Wen (Women's Environmental Network)



#ENVIRONMENSTRUALWEEK



Wen.

THE ISSUES



3 REASONS TO TAKE PART



**AMPLIFY THE
CONVERSATION
AROUND REUSABLES
AND PLASTIC FREE
PERIOD PRODUCTS.**

**BREAK THE TABOO
AROUND PERIODS AND
SHOW YOU ARE
PERIOD PROUD!**



**END PERIOD POVERTY,
HELP ENSURE
EVERYONE HAS
ACCESS TO HEALTHY,
PLASTIC FREE PERIOD
PRODUCTS.**



REUSABLE PERIOD PRODUCTS

MENSTRUAL CUP



Menstrual cups are inserted like a tampon, collect rather than absorb blood, and can be worn up to 12 hours depending on the brand and your flow.

REUSABLE PADS



Washable cloth pads are also reusable alternatives, with lots of brands available to choose from. These work similarly to a standard pad, and can be washed in the washing machine with your other laundry. Hang up to dry and reuse!

PERIOD UNDIES



Period underwear comes in many styles and can even be bought in your local supermarket. Period pants can be worn all day and then put in with your normal laundry.

REUSABLE APPLICATOR



Ditch the plastic applicators that are used for seconds but last forever. Swap to a reusable tampon applicator which can be rinsed and reused for up to 10 years.

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NOT READY FOR REUSABLES?

There are loads of brands that make organic single-use options without plastic content and harsh chemicals helping to minimise the environmental and health impacts compared to their counterparts..

[Check out our plastic-free periods suppliers, certifications, and product composition lists for more details.](#)



PERIODS GO VIRTUAL

Parliament and Periods:

A workshop on How and Why to meet with your MP this Environmenstrual Week

PLASTIC FREE PERIODS



Zero Waste Live!

20 October 2020 - 02.00 p.m. CET

THE BLOODY TRUTH ABOUT SINGLE-USE MENSTRUAL PRODUCTS



Alba Cabrera



Natasha Piette Basheer



Chantal Van Den Bossche



Larissa Copello



Wen.

SEASON 3: EP 23

In conversation with
WOMEN'S ENVIRONMENTAL NETWORK:

Environmenstrual Week (19th-25th October),
Garden Therapy and Sustainable Alternatives.



Natasha Piette Basheer



Tania Hardcastle



Shaheda Aziz



@browndontfrownpodcast

@Wen_uk

SAS IN CONVERSATION WITH ELLA DAISH

PERIODS, PLASTIC & THE ENVIRONMENT

21ST OCTOBER 6.30PM - 7.30PM



ENVIRONMENSTRUAL FESTIVAL

WHY IS ACCESS TO SUSTAINABLE PERIOD PRODUCTS A SOCIAL JUSTICE ISSUE?
ONLINE PANEL DISCUSSION WITH Q&A

12.30PM - 1.30PM
22ND OCTOBER

REGISTER NOW FOR YOUR FREE PLACE



RUBY RAUT, WUKA

LARISSA COPELLO
ZERO WASTE EUROPE

KASEY ROBINSON
PROUD OF MY PERIOD

GABBY EDLIN
BLOODY GOOD PERIOD



- Our stories, Our Flow is a virtual workshop that is hosted

#PERIODPROUD PHOTO CHALLENGE



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UP TO 90%
OF A BIG BRAND
MENSTRUAL PAD
IS PLASTIC



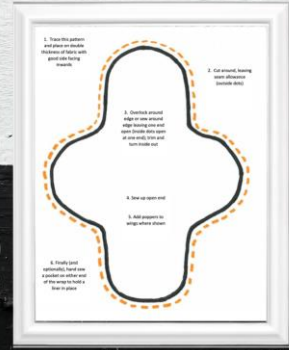
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PLASTIC & FRAGRANCE
DON'T BELONG IN
TAMPONS & PADS



#ENVIRONMENSTRUALWEEK



2 BILLION
PADS & TAMPONS
ARE FLUSHED DOWN
BRITAIN'S TOILETS
EVERY YEAR



#ENVIRONMENSTRUALWEEK

#ENVIRONMENSTRUALWEEK

Wen.



melanie.johnsson • Following
Margate, Kent

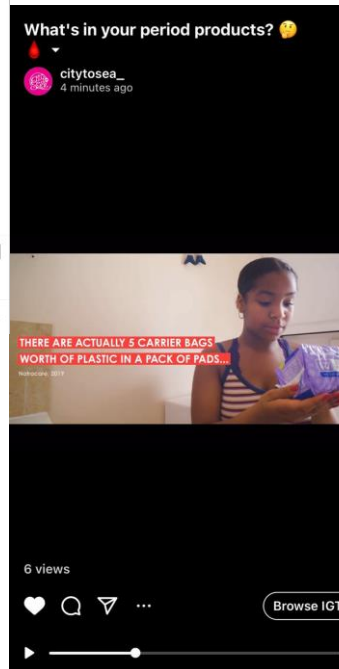
melanie.johnsson X No more shame
X

Did you know that in the UK, 48% of girls are embarrassed by their periods? The first time I heard this fact (thanks to Wen!) I thought, it can't be, this is crazy! Such a natural and healthy process should not be a source of shame for young girls and women. I know periods can be painful and inconvenient at times, but I believe they should be celebrated and not completely hidden or deemed dirty.

This week, as an Environmenstrual ambassador, I will be sharing a lot of facts and ideas (and illustrations of menstrual items not made of plastic) to make sure...

Liked by wen_uk and 240 others
3 HOURS AGO

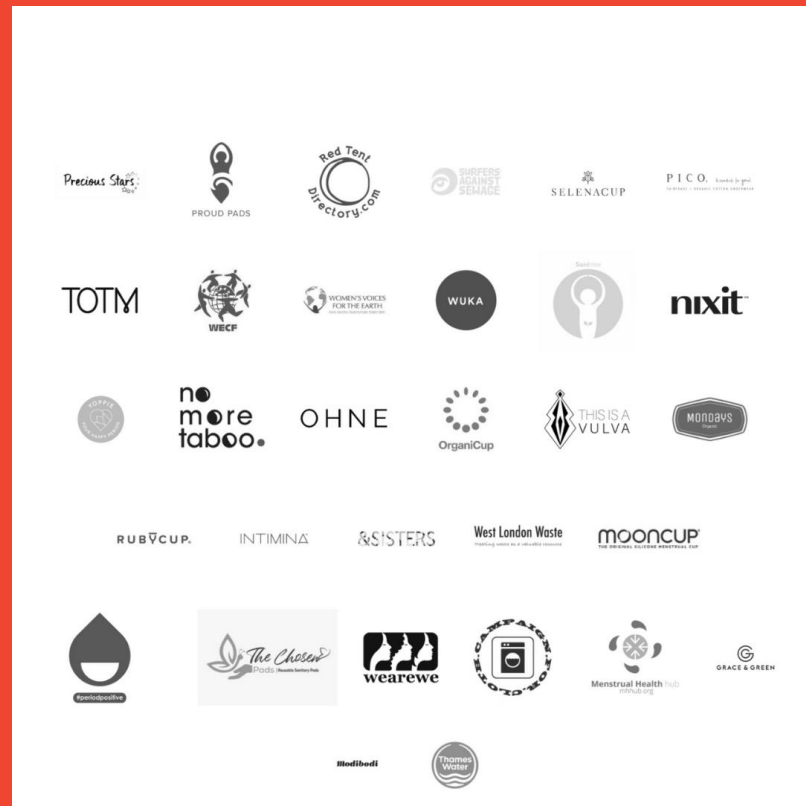
Add a comment... Post



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ENVIRONMENSTRUAL COALITION



TRY PLASTIC FREE PERIOD PRODUCTS

GET DISCOUNT CODES FOR MONEY OFF REUSABLES & ORGANIC PRODUCTS

With thanks to: Albany Mae, Grace & Green, The Cup Effect, OrganiCup, Bloom & Nora, Charlie Banana, Organic Mondays, Flux Undies, Earthwise Girls, Intimina, & Sisters.



Women's Environmental Network

20 Club Row, London, E2 7EY

 @environmenstrual

 @WEN_UK

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Wen.