



Bloody Good Period: Seeking Experts by Experience

Bloody Good Period is seeking 6-8 people who menstruate to join our Expert by Experience Forum. We would like to hear from people who live in London and have experienced difficulty in accessing period products and/ or menstrual healthcare for financial reasons. We are particularly keen to hear from current or former asylum seekers and refugees.

Who We Are

Bloody Good Period is a charity which provides period products to those who can't afford them, and menstrual education to those less likely to be able to access it.

We also help everybody talk about periods, because we believe everyone should be able to talk about bleeding without shame, and nobody should be at a disadvantage because they menstruate.

What is the Expert's by Experience Forum?

We want to make sure the people we work with are at the heart of informing Bloody Good Period's work.

The Expert's by Experience Forum will facilitate 6-8 people who menstruate to talk about access to period products, menstrual education and our services. We hope this new project will become part of our regular way of working going forward.

There will be 8 forum meetings between November 2022 - May 2023 in London. Each forum will be 2 hours long. Some of the sessions may take place online.

Who are we looking for?

We are seeking people to join the Expert by Experience Forum who:



- Menstruate / have periods *
- Live in London *
- Can commit to joining 8 forums between November 2022 - May 2023 *
- Experience or have experienced challenges in accessing period products and/or menstrual information or healthcare*
- Experience or have experienced financial hardship *
- Are or have been asylum seekers or refugees in the UK

*essential criteria

What we will provide

The participants of the forum will receive:

- **Travel expenses**
- **Vouchers to the amount of £24 per 2 hour session** We use One 4 All voucher scheme but are always willing to provide vouchers in line with people's wants and needs.
- **Refreshments** for the in-person sessions
- **Check ins** between forums

The participants will be offered:

- **Trauma informed psychological support** referrals
- **A contribution towards childcare expenses** to be agreed with the team
- **References** on completion of the forums
- **Training** to support the delivery of the forum's agreed objectives to be agreed with the team

How to learn more

If you want to ask questions, learn more or are interested in applying to be part of the Expert by Experience Forum, you can:

- **Email** ebeforum@bloodygoodperiod.com
- **Sign up to join our online drop-in session** on 31st October at 1pm [here](#) - you are welcome to join anonymously (with your camera off) if you prefer