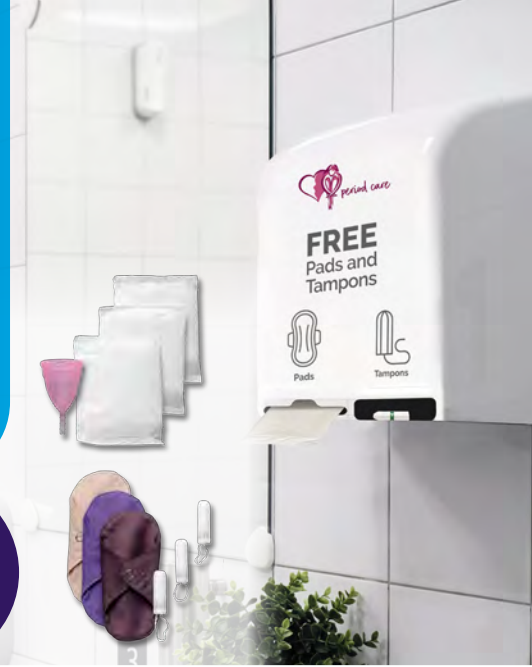


Menstrual Health Matters

Creating Supportive, Inclusive Workplaces Through Better Period Care



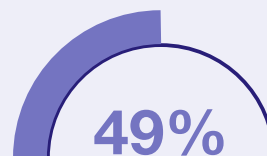
This Menstrual Hygiene Day, let's ensure everyone has access to period care products at work.

Menstruation is a normal part of life, yet it remains under-discussed in many workplaces. At Banner, we believe menstrual health should never be a barrier to wellbeing, or dignity at work.

Supporting menstrual health in the workplace means providing the right products, in the right place, at the right time. This helps employees feel comfortable and supported throughout their working day.

When organisations put the right support in place, they help normalise conversations around menstrual health and create a more inclusive environment where people can work comfortably.

Some facts to consider



Around half of women say they do not tell their manager when an absence is related to their menstrual cycle (CIPD).



Lack of support causes 8% of women to leave or consider leaving their jobs (CIPD, 2023)

Understanding Menstrual Symptoms

Hormonal fluctuations throughout the menstrual cycle can cause a wide range of symptoms.

Physical Symptoms:

- Bloating
- Sore breasts
- Abdominal cramps
- Headaches
- Muscle aches
- Diarrhoea or constipation
- Fatigue and discomfort

Emotional Symptoms:

- Mood swings
- Anxiety
- Irritability
- Tension
- Crying spells

For further information please contact your Banner account manager or email SalesBannerStoke@BannerUK.com



Common Menstrual Health Conditions

Endometriosis

A long-term condition where tissue similar to the womb lining grows elsewhere in the body, often causing severe pain and fatigue.

- Affects 1 in 10 menstruators worldwide (WHO)



Polycystic Ovary Syndrome (PCOS)

A hormonal condition affecting how the ovaries function.

Symptoms may include irregular or heavy periods, excess hair growth, oily skin, and fertility challenges.

- Affects approximately 1 in 10 women in the UK (NHS)



How Workplaces Can Provide Meaningful Support

- **Accessibility:** Ensure washrooms are stocked with free, easily accessible period products.
- **Flexibility:** Offer flexibility to help employees manage symptoms comfortably.
- **Inclusive Policies:** Create clear wellbeing and absence policies.
- **Respect Privacy:** Provide discreet access to products and support.
- **Wellbeing Initiatives:** Support education, awareness, and wellbeing initiatives.



Period care is a workplace essential. Banner is committed to helping organisations create more inclusive and supportive workplaces by providing reliable access to the right menstrual health products.

This Menstrual Hygiene Day, take meaningful action to promote employee wellbeing, dignity, and inclusion with solutions that ensure essential products are available where they're needed most.

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Period care products

Lil-Lets Sanitary Extra Protection Ultra 10 Pads



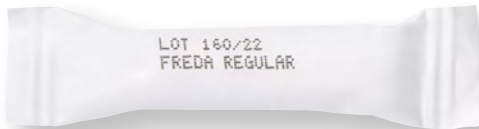
Code	Description
1051724	Pack of 3

Organic Reg/Nml Non-App Tampons



Code	Description
8708473	Pack of 500

Freda Organic App Tampons Reg



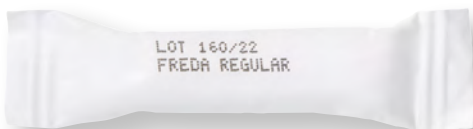
Code	Description
1000492	Pack of 180

Freda Period Hotel Kit



Code	Description
1000489	Pack of 100

Organic Non-App Tampons Reg



Code	Description
1003466	Pack of 160

Freda Dispenser



Code	Description
7544667	60 Pads + Tampons

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Pads on a Roll



Code	Description
1002240	

Lil-Lets Cardboard Applicator Tampons Regular x12 + FOC Dispenser



Code	Description
1051724	Pack of 24 + FOC Dispenser

Grace and Green Durable Display Tin



Code	Description
1051574	Pack of 3

Care and Protect Sustainable Ultra Night Pads x10



Code	Description
4305484	Pack of 12

Tampax Compak Pearl Applicator Tampon Super Plus x16



Code	Description
1051623	Pack of 8

Grace and Green Bulk Bamboo Period Pads Medium



Code	Description
5318430	Pack of 200

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