



PERIOD DIGNITY

EMBRACE YOUR FLOW, OWN YOUR MAGIC

"At Flow Happy CIC, we uphold the belief that access to period products is a fundamental right. Our commitment lies in ensuring the availability of free period products in public spaces, striving to equip as many public and private restrooms as feasible. To fulfil our mission of making sure that every menstruator in London has access to free period products within a 1/4 mile radius of wherever they are in the city. In conjunction with our distribution of period products, we conduct workshops aimed at fostering a positive and educational discourse on menstruation, working to dispel societal taboos associated with periods."

Flow Happy

A female founder with a strong sense of community care

Our founder Alvina, has dedicated over 15 years to the Education and voluntary sector. Witnessing firsthand the impact of poverty on society and the lack of initiatives addressing period poverty, she knew a solution was imperative. Initially launched as a project within a social enterprise, the period initiative quickly gained recognition and prompted the birth of Flow Happy. Through extensive research and conversations with women, it became evident that accessibility was a significant challenge. Regardless of their circumstances, women highlighted the inconveniences of lacking period products in restrooms and the uncertainty of accessing free products.

OUR PRODUCTS AND SERVICES:

PERIOD PRODUCT DISTRIBUTION:

We provide businesses with the opportunity to support period equity by offering free period products in their facilities. By partnering with us, your organisation can make a tangible difference in the lives of individuals who menstruate.

WORKSHOPS AND EDUCATION:

We offer interactive sessions aimed at destigmatising periods, promoting menstrual health awareness, and fostering empowerment. We provide talks, and activities include crafting reusable period pads and making period pouches, emphasising sustainability and upcycling. These sessions provide both informative content and enjoyable team-building experiences for all involved.

WE PROVIDE CUSTOM SOLUTIONS TAILORED TO YOUR BUSINESS NEEDS, WHETHER FOR A PERIOD EQUITY PROGRAM OR OFFERING PERIOD PRODUCTS IN THE WORKPLACE.



PERIODS AT WORK

Supporting Menstrual Health in the Workplace

At Flow Happy CIC, we believe that managing periods at work is a basic right. We offer solutions to support employers in creating menstrual-friendly workplaces. By prioritising menstrual health in the workplace, businesses can foster a supportive and inclusive environment where employees can thrive.

The top three actions that employees believe employers should take to help them manage their periods are:



Access to **free period products**



Flexibility in working hours



Extra breaks to handle challenging times

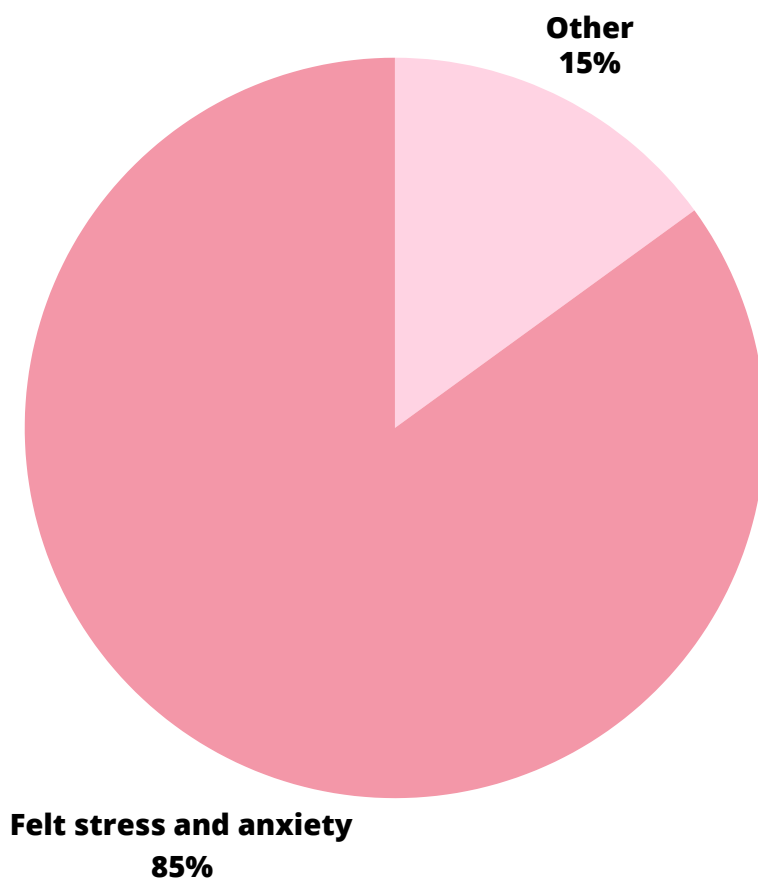
WaterAid Work Survey in 2022.



Period proud workplaces that we support:



85% of UK working women feel stress or anxiety managing their period at work



This statistic highlights the importance of addressing menstrual health in the workplace, as it directly impacts the well-being and productivity of employees.

Despite the significance of this issue, **only 3%** of employees felt their workplace was doing enough to support their needs regarding menstrual health. It's clear that there is a gap between the support employees need and what is currently being provided.



PERIODS IN PUBLIC

Enhancing Accessibility: Delivering Period Care Across Communities

We provide period products in schools, community centers, and public facilities, recognising the importance of access for all. To support this, we actively seek donations, funding, and sponsorships to offer free or discounted products to voluntary and community sector organisations.

Partnering with us ensures individuals in their communities have access to essential period products, promoting dignity and well-being for all. Together, we make a meaningful difference in addressing period poverty and promoting menstrual health awareness.



Libraries: A Universal Hub for Accessible Resources

Flow Happy partners with libraries to ensure free period products are available, promoting dignity and access in educational and community settings.

By collaborating with libraries, we recognise the unique role these spaces play in providing resources and information to the public, ensuring that period products are readily accessible to all visitors.

We're proud to announce our current partnerships with libraries in several boroughs, including:



Voluntary, Community, & Not-for-Profit Organisations

Flow Happy offers major discounts to voluntary, community, and not-for-profit organisations, supporting their efforts to serve marginalised populations. Through these partnerships, we aim to address period poverty and promote menstrual health awareness in underserved communities, empowering organisations to make a tangible difference in the lives of those they serve.

Shopping Centers & Public Toilets: Accessibility for All

In larger corporate settings, Flow Happy partners with shopping malls and other large organisations to provide free period products in public restrooms, promoting accessibility for visitors.

By offering these complimentary items in high-traffic areas, the focus is on inclusivity and convenience, guaranteeing easy access to period products for all individuals. Flow Happy is committed to advocating for period dignity in public spaces, striving for universal access to essential period products without location restrictions.

By choosing us as your supplier, you support a small business with a mission to provide free products to libraries and community centers. Our competitive prices offer affordability while maintaining quality, with known brands like Always and Bodyform.



DISPLAY OPTIONS

DISPENSERS

Attractive and Customisable: Our machines feature sleek designs and can be customised with your company logo.

Sustainability: Made from sustainable materials and completely plastic-free, our display units align with eco-conscious values.

Free Dispensing: Our machines dispense products free of charge, ensuring accessibility for all individuals.

Easy Installation and Maintenance: Designed for convenience, our machines are easy to install and maintain, minimizing hassle for your team.

Co-branded: Elevate your brand presence by co-branding our machines, showcasing your commitment to social responsibility.

UPCYCLED CABINETS

Our high quality sustainable up-cycled office cabinets are crafted by women in our communities, providing them with meaningful employment opportunities while adding a unique touch to your space.

REUSABLE BAMBOO OR PLASTIC CONTAINERS

For smaller spaces, our reusable bamboo or plastic baskets offer a sustainable and practical solution for displaying products, allowing your staff to easily access what they need.



WHY YOU SHOULD PROVIDE FREE PRODUCTS

THE PROVISION OF FREE PERIOD PRODUCTS IS NOT ONLY A MATTER OF CONVENIENCE; IT'S A FUNDAMENTAL STEP TOWARDS PROMOTING EQUITY AND WELL-BEING IN OUR COMMUNITIES. HERE'S WHY OFFERING FREE PERIOD PRODUCTS IS ESSENTIAL:

ACCESS TO ESSENTIAL RESOURCES

For many individuals, access to period products is not a luxury but a necessity. By providing free period products, businesses ensure that everyone, regardless of their financial situation, has access to the essential resources they need to manage their periods with dignity and comfort.

PROMOTING EQUITY

Period poverty disproportionately affects marginalised communities, including low-income individuals and those experiencing homelessness. By offering free period products, businesses can help bridge the gap and promote equity by ensuring that everyone has equal access to menstrual hygiene products.

REDUCING STIGMA

The stigma surrounding menstruation can create barriers to accessing period products and seeking support for menstrual health issues. By normalising the provision of free period products as you would free toilet paper and hand soap, businesses can help break down these barriers and foster a culture of openness and acceptance surrounding menstruation.

SUPPORTING EMPLOYEE WELL-BEING

By demonstrating a commitment to supporting employee well-being and creating a menstrual-friendly environment. Employees who have access to free period products are better able to manage their periods without added stress or financial burden, leading to increased productivity and job satisfaction.

CORPORATE SOCIAL RESPONSIBILITY (CSR)

Offering free period products aligns with corporate social responsibility initiatives and demonstrates a commitment to social sustainability. By investing in period equity, businesses make a tangible impact on society while enhancing their brand reputation and attracting socially conscious consumers. Providing free products is a direct and impactful way to contribute to social sustainability, demonstrating a commitment to equality and compassion in action.

Why Partner with us

-  **Support Women-Led Initiative and Small Business:** Empower gender equality and female leadership by supporting Flow Happy CIC, led by a passionate team of women dedicated to driving positive change in menstrual health and period equity. Partnering with Flow Happy CIC also allows support for a small local business, fostering economic growth and sustainability within the community
-  **Social Impact:** Align with a social good, not for profit organisation actively addressing period poverty, de-stigmatising menstruation, and promoting menstrual health awareness through initiatives like free period products and educational workshops.
-  **Community Engagement:** Engage with local communities, demonstrate social responsibility, and build meaningful connections with customers and stakeholders through collaboration with Flow Happy CIC.
-  **Enhance CSR Efforts:** Enhance corporate social responsibility by investing in initiatives that positively impact society, such as period equity and menstrual health programs, boosting brand reputation and attracting socially conscious consumers.
-  **Innovative Solutions:** Access creative and sustainable solutions like bespoke display units, upcycled cabinets, and reusable product baskets to provide free period products in facilities, enhancing employee well-being and fostering a positive workplace culture. **Support Small Businesses:** Partnering with Flow Happy CIC allows support for a small local business, fostering economic growth and sustainability within the community.

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THANK YOU

We look forward to partnering with you