

#PLASTICFREEPERIODS

PLASTIC FREE
PERIODS

CAUGHT SHORT?

LUCKILY WE ARE

A PERIOD

FRIENDLY HOSPITAL

YOU CAN FIND SUSTAINABLE PERIOD PRODUCTS FREE OF CHARGE HERE:

IF WE'VE RUN OUT OF PRODUCTS OR YOU HAVE ANY QUESTIONS,
PLEASE COME AND TALK TO:



We've sourced, high quality, plastic-free products that are better
for your body and the planet.

Please make sure that you use the bin provided for disposable period products.
To find out more about Plastic Free Periods and find discount codes for sustainable products
visit: www.citytosea.org.uk/plasticfreeperiods