

Be the Change - £20 to try out washable period products!

As you are all aware, it's part of BCC's ethos to be as environmentally sustainable as possible. This extends to all areas of business – and life. Over the years I've had conversations with some members of the team about using washable period products, discussing the HUGE impact this can have on reducing plastic waste which can last for up to 500 years – not to mention the health issues of using so much plastic and so many chemicals in and around our bodies...

So, we would like to offer you some support in trying washable period products. Try not to say yuk immediately! Over the last few years, there has been a huge increase in the availability of types of products and designs. Options include:

Period pants – try [WUKA](#), [Cheeky Wipes](#) or [Modibodi](#) – these can be very slim line and so less likely to show under clothes, but they are more of an investment than pads; I am told that these are now also available in M&S and other high street shops but I've no idea if they are any good so can't recommend those specifically.

Washable pads – [Earthwise Girls](#) is a good place to start. Please ask me and I may be able to give you a JUNO offer code. There are so many shapes, sizes, colours and patterns. Find reviews and some websites here - <https://www.junomagazine.com/cloth-pads-reviews-39/>

Menstrual Cups – Earthwise Girls is a good place to start but there are lots of options.

You can find out more info here - <https://www.junomagazine.com/menstrual-cups-45/>

And reviews of different cups with links to websites here
<https://www.junomagazine.com/menstrual-cup-reviews-45/>

They are very cost effective as you only need one, but they don't suit everyone.

Sponges – this is the most eco and cost-effective option
<https://www.changingcyclescommunity.com/product-page/moon-sponges>

And more ideas, info and companies here - <https://www.junomagazine.com/sustainable-periods-reviews/>

There is also an amazing JUNO digital guide which has lots of features and reviews all in one place - <https://shop.junomagazine.com/pages/positive-periods-guide>

There are so many benefits to using washable products – it's better for you and the environment, it will save you money in the long term and you will never find yourself short of what you need when you need it! I have not used anything disposable for my periods for over 12 years. I really like using washable products and I don't find any problems at all. I'd be very happy to discuss this with anyone who would not find this too embarrassing!

I would love to encourage you all to make the switch to reusable period products. Bristol Childcare would like to support you in making this change by offering £20 to be spent on washable period products – to claim you need to provide Anna Cattermole with a receipt showing clearly what you have bought, and the amount, up to £20, will be refunded to your account. Please email Anna with the details of what you bought and the receipt if it's been bought online – anna.cattermole@bristolchildcare.co.uk – please head the email Be the Change Grant so that Anna can easily keep track of this. Please also send Anna your bank details for the transfer.

Each person can have up to one grant each. Take a look in the JUNO magazines at the nursery as there might be some offer codes for some of the companies I've worked with and they often do welcome offers. Staff who do not menstruate are able to apply for the grant to support a Direct Family Member to make this change.

I hope this helps encourage you (or a family member) to try this out and take this step for the benefit of your body and the environment.

Saffia