

Pause and Flow

By the time they reach menopause, the average person that menstruates has had around 480 periods over 40(ish) years. But why is it that menstruation can still be seen as shameful or embarrassing,

<https://www.sussex.ac.uk/sef/servicecentre/facilities-on-campus>

These have been installed as part of an initiative started by the Period Dignity Project, working with Sussex Estates and Facilities (SEF), expanding upon an existing trial of two dispensers in the Schools of Life Sciences and MAH (Media, Arts and Humanities). The period product dispensers are monitored and stocked by volunteers in each building and supported by SEF – if the dispenser is empty, you can let us know via contact information next to each dispenser.

Kristy Flowers, Senior Technical Manager at the School of Life Sciences and co-founder of the Period Dignity Project, initiated the dispenser project last year and has worked to expand this to the wider campus community: