

**PERIOD  
POVERTY  
INQUIRY  
WRITTEN  
SUBMISSIONS**





**Evidence offered by Girlguiding Birmingham to Birmingham City Council Health & Social Care  
Overview and Scrutiny Committee regarding Period Poverty**

Girlguiding Birmingham would like to thank the Committee for inviting us to submit evidence to this enquiry. At a national level, Girlguiding has been campaigning to end Period Poverty and we are delighted that Birmingham is proactive in tackling this issue.

Girlguiding, at national level, have produced an educational resource pack which can be delivered to all age groups (from 5-18 years old) in partnership with Water Aid. Many Girlguiding groups all over Birmingham have completed this badge curriculum designed to raise awareness of Period Poverty as an issue and have already been awarded their badge. Further information can be found here: <https://www.girlguiding.org.uk/periodpoverty/> Some of our younger volunteers (18-25) have attended advocacy and information workshops run by menstruation educator Chella Quint. We suggest that Birmingham City Council could partner with us to encourage more girls and young women to complete the badge curriculum and workshops run by Ms Quint.

Individual groups and volunteers have worked to ensure that their members have easy and free access to period products in their weekly meeting places and during camps, residential events and other trips, but this is not yet consistent in every group across the city. Support could be offered to non-formal education providers to ensure all young women have access to period products.

In addition to this, Girlguiding groups across the city have taken a pledge to end the stigma around periods - "I pledge to tackle period stigma by talking openly about periods, so that no one feels embarrassed talking about them." We invite the Committee to take this pledge alongside us to be advocates for young women in the city.

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County Commissioner: Jayne Howle

County Assistant Commissioner: Diane Morgan  
County Treasurer: Lynne Alexander

County President: Sarah Trinder

Girlguiding Birmingham is an operating name of The Guide Association Birmingham  
Registered Charity No. 524565





## **Period Poverty – Evidence.**

Change, Grow, Live is a service for adults (over 18s) experiencing difficulties with drugs or alcohol in Birmingham. Our support includes:

- Treatment and psychological support including
  - opioid substitute prescribing and detox
  - alcohol support and detox
  - blood borne virus testing and vaccination
- Family support
- Help in maintaining and finding employment
- A liaison team working across Birmingham's hospitals
- Tailored support for BME communities
- Support in finding accommodation and support for Birmingham's rough sleepers task force
- Mutual aid and peer support groups
- Criminal Justice employment programmes
- An inpatient detox service and community day care programme
- A small grants scheme supporting community level recovery projects
- Support for young people experiencing substance misuse issues who transition to adult service

We are currently working with approximately 5,800 service users across Birmingham and their families including approximately 2,900 children aged 0 – 18. These service users and their families often present with complex issues which may be impacted on by their living situation and accessing appropriate financial support.

We have a specialist Women's Team based in Ladywood who offer free sanitary products to the females who access this service and they will also signpost families to various organisations who can support them with ongoing issues such as access to foodbanks.

Our dedicated Homeless Team also offer free sanitary products to women who are rough sleeping across the city and again signpost to various organisations for ongoing provision and support when needed.

Our community venues and base at Scala House also provide food bank vouchers to service users which include providing products for themselves and their families.

Our risk assessment identifies those families with additional needs and this may include home visits to assess the needs of not only the service user but also that of the family and we work in partnership with various organisations across the city to address these needs which include living in poverty and accessing the right targeted support.