



PERIOD DIGNITY SCOTLAND

Thursday 28th January - Virtual Event

[#PeriodDignityScot](https://twitter.com/PeriodDignityScot)





Welcome to Period Dignity Scotland!

Holyrood Events, in partnership with Scottish Government, has organised this online conference to celebrate Scotland's world-leading approach to periods and the provision of free sanitary products and highlight some of the best practice projects that are ongoing throughout Scotland. Don't forget to join the conversation on Twitter using #PeriodDignityScot

Our Platform - We have partnered with Glisser to provide you with an unparalleled event experience. As much as we would like to all be in a room together, we think this is the next best thing. When a session is live, it will show up under the 'On Now' tab on the platform. Simply click into the session and you will hear our presenters as they are presenting.

Submitting Questions - If you have a question to ask during a session, you can submit your question in the chat box on the Glisser platform. This allows you to simply type in your question and submit to the presenter who will see it straight away. All questions will be asked to the presenters during the Q&A portion of the session, but we encourage you to submit them as you are thinking of them.

Whiteboard - Share what you have learned with other delegates! Click on the prompt on the event homepage and you will be directed to our jamboard. Add post-its to share best practices, an interesting thing you learned, or something you are bringing back to your organisation. These will be turned into a post event illustration by Linda Hunter, a visual scribe and illustrator, working under the title Pictish Scribe.

Online Evaluation - You will receive an online evaluation form after the event. We would be extremely grateful if you could complete this with any constructive comments (good or bad) to help us in the development of future online events.

Finally, we hope that you enjoy this conference and leave with new ideas that you can take forward into future discussions. We look forward to seeing you again in-person at a future Holyrood event!

Holyrood Events Team





Session one

This session explores Scotland's 'period dignity journey', reflecting on where it all started, how far Scotland has come and the challenges faced along the way. Speakers will look forward to implementing the Free Product Provision Bill, discussing what this means for Scotland on a national and international level and what the next steps are on the period dignity journey

09.50 REGISTRATION

10.05 WELCOME AND INTRODUCTION FROM CHAIR

Pennie Taylor, Health Journalist

10.10 AILEEN CAMPBELL MSP

Cabinet Secretary for Communities and Local Government

10.25 PANEL DISCUSSION AND Q&A – SCOTLAND'S PERIOD DIGNITY JOURNEY

Aileen Campbell MSP, Cabinet Secretary for Communities and Local Government

Monica Lennon MSP, Scottish Labour Spokesperson for Health and Sport and introducer of the Period Products (Free Provision) (Scotland) Bill

Councillor Alison Evison, President, COSLA

11.15 BREAK



Pennie Taylor

CHAIR



Aileen Campbell MSP



Monica Lennon MSP



Cllr Alison Evison





Session Two

11.25 PANEL DISCUSSION / Q&A: PERIODS IN THE WORKPLACE

This panel discussion will explore periods in the workplace: how you can create and implement workplace period policies; why you should implement them and the benefits for all of promoting period dignity in the workplace.

Eirann McCauley, Equalities policy officer, Scottish Trade Union Congress

Celia Hodson, Founder and CEO, Hey Girls

Martin Glover, Director of HR, Morton Fraser

11.55 PERIODS IN THE COMMUNITY: 'FREE PERIOD ANGUS'

With the aim to 'Eradicate period poverty in Angus by the end of 2021', hear from Angus council on their community led approach to free product provision and supporting those with menstrual health concerns.

Shelley Hague, Strategic Policy & Planning Manager, Angus Council



Eirann McCauley



Celia Hodson



Martin Glover



Shelley Hague

SESSION TWO CONTINUED ON NEXT PAGE >>





Session Two (CONTINUED)

12.05 PANEL DISCUSSION / Q&A: HOW TO BE A PERIOD AMBASSADOR

This panel will explore and celebrate community efforts to educate on period poverty; implement free product provisions and embed a culture of period dignity across communities. With practitioners and service users from across schools, colleges, local authorities and youth organisations, we will hear first-hand the impact they have had and how you too can be a period ambassador.

Shelley Hague, Strategic Policy & Planning Manager, Angus Council

Vicki Wilson, 'Panda Posse', Stirling High School

Amy McDiarmid, 'Panda Posse', Stirling High School

Katie Young, Girl Guiding Scotland

Tatiana Zorina, Dundee and Angus College



Shelley Hague



Amy McDiarmid



Vicki Wilson



Katie Young



Tatiana Zorina

12.45 LUNCH/ PERIOD CABARET

[MORE ON THE PERIOD CABARET >>](#)





Period Cabaret

The period cabaret is made up of on demand session which delegates will have time to access during their lunch break and after the conference. The cabaret covers a range of topics around periods, from taboos and myths to menstrual health issues and inequalities.

TOPICS	SPEAKERS
ENDOMETRIOSIS	Faye Farthing, Endometriosis UK
21ST CENTURY PERIODS	Dr Alison Scott, NHS Lothian
TALKING TRANS PEOPLE AND PERIODS	Vic Valentine, Scottish Trans Alliance
PERIODS IN THE COMMUNITY	My Period
PERIOD DIGNITY FOR WOMEN WHO HAVE EXPERIENCED TRAUMA	Inger McGowan, Willow Service, NHS Lothian
REFUGEE AND ASYLUM SEEKERS PERIODS	Gabby Edlin, Bloody Good Period
EDUCATING DADS	Martin Sheen, 'Pads4Dads'
TIME FOR A TRIAL PERIOD? THE ENVIRONMENTAL IMPACTS OF MENSTRUAL WASTE	Catherine Bozec, Zero Waste Scotland
PERIODS AROUND THE WORLD: PEOPLE, PLACES, PERSPECTIVES	Martha Reilly, Sanitree
PCOS	Kristine Stacke, Verity UK
PERIODS AND BIOLOGY	Professor Hilary Critchley, University of Edinburgh
MENSTRUAL CUPS	Hey Girls





Session three

13.45 FIRESIDE CHAT

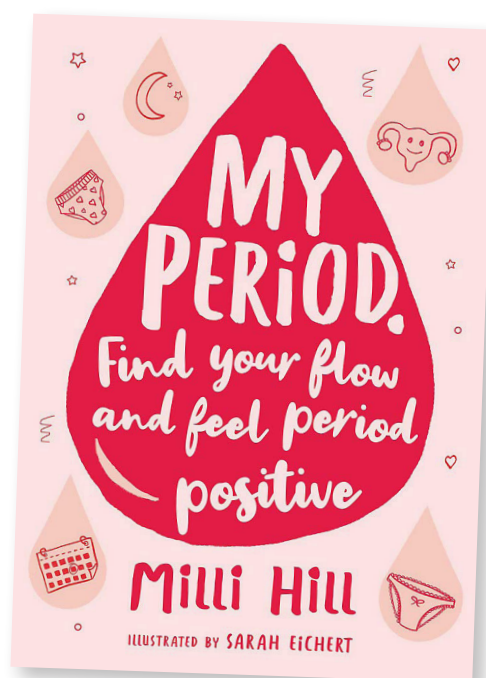


Mandy Rhodes



Milli Hill

Mandy Rhodes, Editor, *Holyrood Magazine*, sits down for a 'fireside chat' with author and campaigner, Milli Hill. Mandy and Milli will discuss Milli's new book, 'My Period.: Find your flow and feel period positive!', her work in women's health and how we can better educate on menstruation.



14.25 CHAIRS CLOSING REMARKS

14.30 END OF CONFERENCE



Pennie Taylor

CHAIR

