

# WE'VE GOT YOUR PERIOD COVERED!

The Perth and Kinross Community Partnership are committed to improving equality in our area so are pleased to provide you with **FREE** sanitary products!

**Over 137,000**  
children in the UK have missed  
school because of period poverty

**1 in 10 GIRLS**  
can't afford to buy menstrual products  
according to Plan International UK

**£18,450 is how much**  
an average woman spends on  
sanitary products in her lifetime

## Be aware - tampon use

Toxic shock syndrome is a rare but life-threatening condition caused by bacteria getting into the body and releasing harmful toxins. It's often associated with tampon use so please take note of the recommended time for using the products we provide.

## Help

If you are experiencing financial hardship, if you think you may be missing out on entitlements or if you have been refused a benefit then please get in touch with our Welfare Rights Team who provide a free, confidential and impartial advice and representation service on all things related to welfare benefits and debt.

You can access the service via:

Online [www.pkc.gov.uk/welfarerights](http://www.pkc.gov.uk/welfarerights)  
Email [WelfareRights@pkc.gov.uk](mailto:WelfareRights@pkc.gov.uk)  
Tel **01738 476900** (option 1)

