

Together, we can deliver
Period Equality



**Are you delivering
period equality in
your organisation?**



TSL have 40 years of experience manufacturing low-cost, high-performing period care consumables and will ensure your organisation provides the best solution in this rapidly growing category.

Who is TSL Healthcare and what are our core USPs?



We are AHPMA members - We are active members of the Absorbent Hygienic Product Manufacturers Association (AHPMA), recognised as the voice of the UK absorbent hygiene products industry by government departments and regulatory bodies.

Our heritage - We are category experts, proud to have 40 years of manufacturing, research and development, and sourcing expertise in period care.

Market knowledge – Our existing market share allows us to stay on top of the changing dynamics that are happening within the category. We can see the opportunities before anyone else.

Free issue dispenser - Our dispenser solution is a controlled and hygienic way to dispense period products for free. Our corresponding bulk boxes make it easy to replenish and manage demand whilst maximising budget spend.

We democratise healthcare - Our cost-effective Care & Protect product portfolio offers a long-term, sustainable solution to Period Equality. Care & Protect is a relatable brand under a cohesive range accessible to all.

Multi-channel reach – We contract manufacture for major household names and brands. We supply the retail and public sectors. Our presence across the category gives us a unique perspective and insight into the market.

Product quality – As an ISO-accredited company, we have exemplary quality and ethical compliance. Our products are benchmarked to the leading brand, both with market leading absorption and engineered for comfort.

Social value - We take social responsibility seriously, and we are proud to be working with recognised industry experts, ensuring that your organisation always has access to the best category training, educational tools and resources.

Supply chain security - Our customer-structured logistics and agile service ensures that all our customers are provided with the most cost-effective and sustainable period care products on time every time.



Help us create Period Equality for all in the UK

TSL believe everyone should have access to the period products they need when they need them. Periods are a natural part of life, and they should never be a barrier to education, work, or overall well-being. Whether you are at school, college, university, or a place of work – no one should ever feel compromised, ashamed or go without during their period.

Period inequality exists in the UK, and whilst period products are considered a basic requirement, a lot of people who need them cannot access them. Sometimes known as 'period poverty', awareness of this issue has been growing and evolving, with regional, national, and global movements to help create period equality, so nobody is held back because of their period.

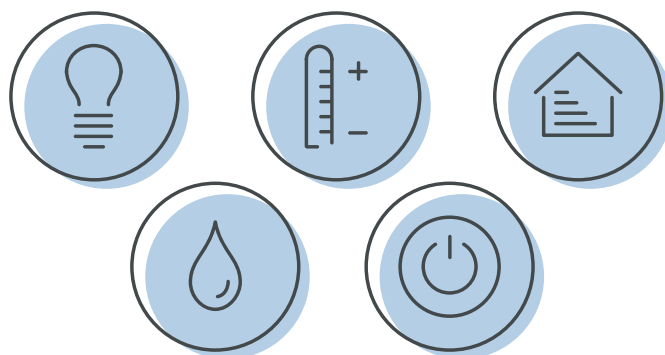


As the cost of living continues, a 2023 ActionAid poll has revealed that 21% of people (more than one in five) are now struggling to afford period products - up from 12% in just one year. This amounts to an estimated 2.8 million people, putting around one million more into period poverty versus last year.

Of those affected by period poverty, 41% kept sanitary pads or tampons in for longer, and 8% re-used disposable pads, which can be a dangerous method of period management.

37% said they had used tissues or cotton wool instead of sanitary products in the last 12 months. 13% used socks or other clothing, and 9% resorted to using paper or newspaper. More than a quarter of survey respondents (28%) said they were able to rely on period products available at school or work, but for 17% they stayed at home. This means missing out on school, work, exercising or socialising, all of which can have wider implications for their mental health, wellbeing, and future.

Prioritising other essentials over period products



As the cost of everyday items continue to soar, some of us are being forced to make difficult decisions about which essentials they can buy.

Those affected by period poverty said they were prioritising other everyday basics over the period products they need:

60%

Had to prioritise food

48%

Had to prioritise gas/electricity

24%

Sacrificed period products for themselves so they could afford period products for their dependant

Those aged 18-24 were most likely to struggle to afford period products: more than a quarter (27%) of people surveyed in this age group said they were affected.

Some people are forced to stay at home



Due to period poverty, but also because of issues like the ongoing stigma around periods, ActionAid's survey reveals that missing school, work, avoiding exercise or socialising are all too common issues.

A shocking 14% of survey respondents said they have avoided or missed work during their period, while 13% have missed school or university or college.

39% missed sport or exercise, while 25% missed socialising with friends while on their periods.

For 18 to 24-year-olds, this amounted to 48% - almost half. Of those who avoided or missed some activities because of being on their period, 32% did so because they did not feel comfortable wearing the uniform, kit or clothing required for doing the activity.

7% missed activities because they feared being bullied or teased. 64% missed these activities because of period side effects including fatigue and anxiety.



More young adults feel embarrassed during their period

Despite efforts in recent years to improve openness about periods, and reduce the societal stigma (take, for example, the England Lionesses' switch to blue shorts after players voiced period concerns²), it has emerged that 'period positivity' may be in decline.

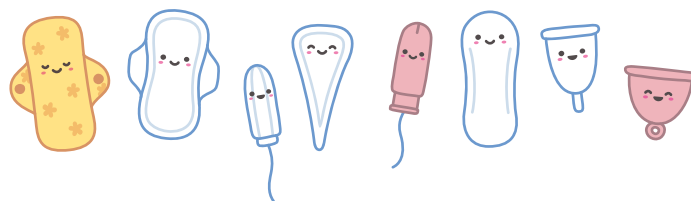
Our survey found that 22% of young adults (aged 18-24) in the UK today feel embarrassed during their period - a significant rise from 8% in 2022.

Of those who reported feelings of anxiety, embarrassment, or shame, 12% said this was because of jokes made about their period by a partner, friends, colleagues or parents. 30% said it was because people would see them taking sanitary products to the toilet, and 58% said it was because of fear of leaking onto their clothes.

This much is sadly clear: not only do a significant number of people frequently feel negatively about their periods, but progress is not being made.

www.actionaid.org.uk/blog/2023/05/26/cost-living-uk-period-poverty-risen

Together we can lead the way



TSL have the experience and heritage in this category to ensure that together we can create period equality by manufacturing solutions to support learners and communities, as well as supporting businesses via education to deliver much-needed period equality in the workplace.

A 2023 period equality research paper sponsored by PHS called Breaking the Cycle was conducted by Censuswide, among a sample of pupils and students who have periods at school or college in the UK and ROI.

The data was collected by Censuswide abides by and employs members of the Market Research Society and follows the MRS code of conduct which is based on the ESOMAR principles.

Table 1 below highlights some interesting facts about where people should have access to free period care consumables.

At school/college - in toilets	53%
At school/college - from a free vending machine in the toilets	35%
At school /college - in an open basket in the toilets	26%
In pharmacies	27%
At home - sent directly to girls who say they need help from schools/colleges	27%
In places of employment	23%
At home - sent directly to all girls from schools/colleges	24%
At the gym/leisure centre	22%
At a hospital/doctor's surgery	23%
Public toilets (outside of school/college)	20%

Together we need to make the provision of period care consumables as easy as accessing toilet rolls or hand towels; making the washroom, but preferably, toilet cubicles the ideal location to aid access and offer discretion, in a controlled and hygienic way.



For 40 years TSL have strived to ensure that all our private label solutions for retailers have surpassed the leading brands on performance and price.

Given our experience in the period care category you can be assured that our consumables are perfectly suited to ensuring that users experience quality and overall performance in line with brand leaders, as well as market leading absorption.

Our dispensers offer a hygienic and controlled way to access products.

They can be installed in cubicles or hand wash areas, enabling discreet access.


Care&Protect

Our discreet, low-cost free-vend solution



Simple key lock mechanism
1 key provided per unit



Two sight windows
to determine replenishment requirements



100% recyclable packaging



Lightweight and compact 1.7kg
L: 125mm, W: 280mm, H: 465mm



Consumables supplied in suitable formats to reduce waste
Standard and organic options available



YOUR SUSTAINABLE SOLUTION TO PERIOD EQUALITY



Providing access to period care consumables is as **essential as toilet tissue and hand towels**.



There is a **growing awareness & demand** for free provisions across the UK, with regional, national & global movements helping create period equality.



Our washroom dispensers are a **cost-effective solution** that helps to promote period equality in the workplace.

Following extensive market research and based upon the period equality survey carried out by Censuswide, we have designed and manufactured an exciting new low-cost, low-maintenance, hygienic dispensing solution small enough to be installed within most toilet cubicles.

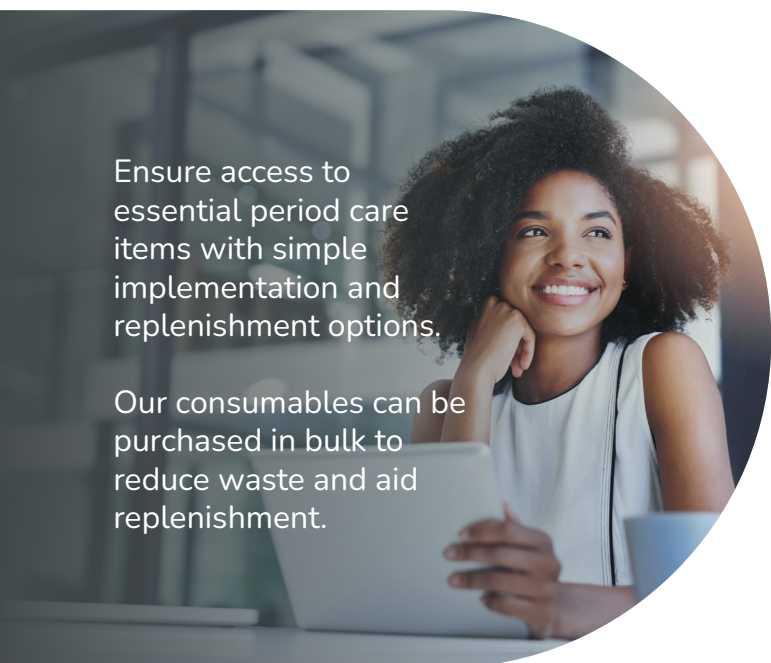
It is extremely important to ensure products are accessed discreetly by those who require them.

Working with our factories, we have created a new bulk box product solution with consumables designed to be hygienically dispensed from our new 'free issue', low-cost dispenser which we have developed in partnership with one of Europe's leading injection moulding manufacturers. We have a proven supply chain whilst several competitors have struggled to provide consistent supply over the last couple of years as reported to us by our customers.

Our current product range for our organisational customers and distribution partners has been simplified to reduce SKU count and product complexity whilst still meeting all market requirements, such as organic and standard materials and a variety of tampon applicators.

Our rationalised range

Product Description	Format
Coin Free / Free Issue Period Care Dispenser	Holds 288 non-app tampons and 70 winged pads
Regular Ultra Pads Bulk 500	500 loose towels in a case
Regular Non-Applicator Tampon Bulk 600	600 loose tampons in a case
Organic Day Pad Bulk 1000	100 x packs of 10 in a case
Organic Regular Non-Applicator Tampon Bulk 500	500 loose tampons in a case
Organic Compact-Applicator Tampon Bulk 1600	1600 loose tampons in a case



Ensure access to essential period care items with simple implementation and replenishment options.

Our consumables can be purchased in bulk to reduce waste and aid replenishment.

Our new solution ensures discreet access and hygienic replenishment



Liners



Washables



Applicator tampons



Pads



Menstrual cups



Digital tampons

Standard

- Super soft topsheet
- Accredited & sustainably sourced
- Benchmarked to the leading brand
- 100% recyclable packaging

Organic

- Organic, natural, plant-based materials
- Patented technology
- Accredited & sustainably sourced
- 100% recyclable packaging



The Workplace (Health, Safety and Welfare) Regulations 1992

These regulations specify that all companies must provide an appropriate means of disposal for sanitary products in designated washrooms. A separate sanitary bin should be provided to safely dispose of tampons and pads, and other sanitary products.



The Water Industries Act 1991

This act covers the disposal of waste by flushing it down the toilet. It states that no waste that can cause blockages in a sewer or drain system should be disposed of by flushing these items down the toilet.

If appropriate sanitary disposal facilities are not provided, then this could lead to people disposing of sanitary waste down the toilet which can lead to blockages and expensive repair bills.



The Environmental Protection Act 1990

This act means that it's each business' individual responsibility to collect, store and dispose of waste that is created on their premises. This includes sanitary waste. Waste management takes time, and this is why companies often look to an external sanitary waste disposal expert to manage this for them.



How to dispose of sanitary waste

There are strict sanitary waste disposal requirements in the UK, particularly in the workplace and other public areas. A separate sanitary bin should be provided to safely dispose of tampons and pads, and other sanitary products.



The Rugby Football Union Case Study



In the summer of 2023, we were invited, along with several major period care brands, to make a proposal to Rugby Football Union (RFU) in England to help them find a way of ensuring that young players continued to play the sport at grass roots level once they reached menstruation age.

The RFU is the national governing body for grassroots and elite rugby union in England. Its purpose is to encourage rugby, and its values, to flourish across England.

The RFU was looking for a partner to help with the provision of free issue period products and hygienic disposal facilities across the community game club environment.

Women's rugby is a fast-growing area of the sport and a key strategic focus for the RFU.

As their playing population and supporter groups diversify it is imperative their facilities are aligned to this change in audience.

A key element of this was the toilet facilities, and importantly the provision for good period management and disposal facilities.

Research showed that absence of this provision often resulted in the loss of participation and on the supporter side, is likely to adversely impact the commercial revenue generated from food and drink sales during intermissions.

To address this the RFU developed a package of free dispensers, sanitary bins (not serviced), and an initial selection of sanitary products (pads, tampons and disposal bags) funded and delivered by the RFU to the clubs in partnership with TSL.

Social Value

Whether it's the fight to end period poverty, funding positive social change, or donating stock or profits, TSL are committed to social contribution and raising living standards.



Donated face masks to the NHS when they were struggling to access them.

YORKSHIRE **AID** CONVOY

Donated over £200,000 of stock to support the Ukraine relief effort by partnering with Yorkshire Aid Convoy.



Invested in UK manufacturing during the pandemic, creating new job opportunities.



Partnered with The Diversity Trust since 2020, promoting allyship, educating on diversity and donating a proportion of our profits annually.



Partner with BBUK since 2017, helping us perfect our continence offer for the end user.



Support Healthcare Equality campaigns with retailers and charities through the donation of stock and promotion on pack.

The Diversity Trust

TSL have been working in partnership with the Diversity Trust since 2020 in conjunction with several key areas over a carefully laid out 3–5-year plan. Recent discussions have seen us both exploring wider healthcare issues which impact racialised communities across intersections and other protected characteristics. One of the most prominent topics has been that of Period Poverty, the lack or absence of provision for period products for girls and women, and transmasculine people, around the world. As stated, period products are essential hygiene items and are as fundamental as soap and toilet tissue.

There is growing demand for free provisions across the UK, in multiple spaces, with regional, national and global movements helping to create period equality. Through our partnership with the Diversity Trust, our distribution partners, and forward-thinking organisations we are confident that we will see these discussions grow, with a round table event under development, as well as collaborative relationships with organisations and industry bodies in the UK.



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Educational Support

Our free educational lesson plans are easy to download and can be rolled out in partnership with our distributors across the UK. Whether you are an educational or a business end user our lesson plans can be made specific to your organisational needs.

Call to Action

Reach out to TSL today and arrange an introduction to our exciting new solutions and together with your cleaning and hygiene distributor/wash room service provider we will help your organisation work towards delivering period equality in 2024.