# The Homeless Period

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# Content Warning

This presentation will be discussing sensitive topics around period poverty and experiences of menstruation whilst homeless

Please look after yourself and take a break outside the room if needed

Note on language - Menstruators & Health

Further info:

http://thehomelessperiod.com/

https://www.thehomelessperiod.co.uk/




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# Systematic Review of Literature

- Qualitative synthesis of 9 research articles into 3 themes and recommendations for future research



# Themes from Existing Research

- **Challenges of managing menstruation while homeless**

Lack of facilities with privacy - bathrooms, washing
Resources (expensive, donation-based)

- **Feelings linked to maintaining menstrual health**

Embarrassment, shame & dignity

- **Making do: how people living with homelessness manage challenges related to menstruation**

Creative solutions & sacrifices

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# We need to do better.

Results are not surprising, but they should be

WHO demands menstrual health be regarded as a human rights issue, not a hygiene issue

The unique experiences of non-binary and transmasculine people who menstruate is lacking from research




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# The Homeless Period – Research Project




*Funded by The Wellcome Trust through the British Academy/Leverhulme Small Research Grants Scheme*

Photo-Voice and in depth interviews with 10-15 people menstruating whilst experiencing homelessness

Advisory board including experts by experience

Interviews with key stakeholders working in homelessness services about current provision

Exhibition with photos displayed for public

Recommendations for policy

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# Recommendations for Services

*Choice* e.g. tampons, pads, reusable products / long term vs short term birth control

Service provision by people who menstruate for people who mensturate

Hygiene products should not be gatekept, but freely available

Maintaining cleanliness standards within accommodation bathrooms, showers and laundry facilities

Reframing menstrual health needs as distinct from sexual health

**How feasible are these in your service?**

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# Publicity so far..

Presentation at various national & international conferences and seminars

- Homeless Link Blog: https://homeless.org.uk/news/homeless-womens-health-matters/
- Big Issue: https://www.bigissue.com/life/health/period-poverty-homeless-women-steal-tampons-health/
- Independent newspaper: https://www.independent.co.uk/news/uk/home-news/homeless-women-periods-rough-sleeping-b2528537.html

Read our article here: *"The homeless period: a qualitative evidence synthesis"*
https://www.tandfonline.com/doi/full/10.1080/03630242.2024.2310716

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# Thank you

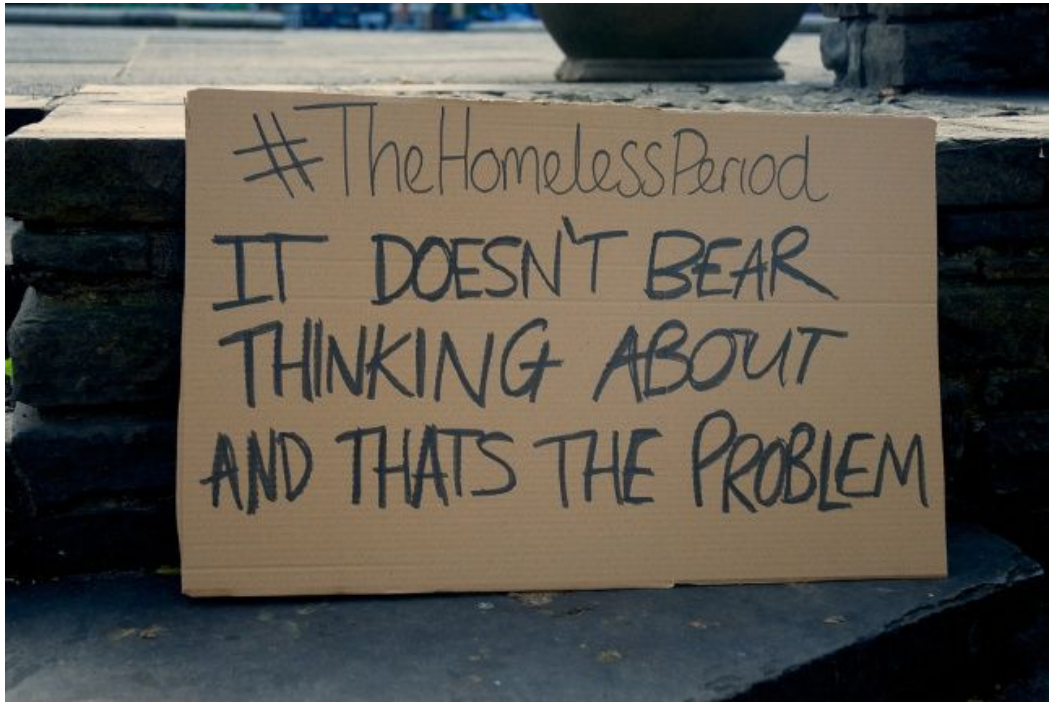
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