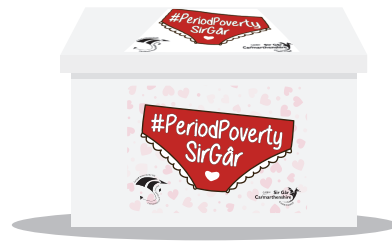


How can a **little box** change Carmarthenshire?



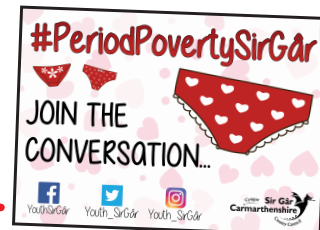
Carmarthenshire Youth Council participated in the yearly **Making Your Mark Ballot**. It brought to our attention several issues in the county.

One of which was: **Period Poverty**



A project was then initiated, led by **Carmarthenshire Youth Council**, with support from the council's Youth Service and Education Department, called

#PeriodPovertySirGâr



The **aim** was to make sure that girls **do not miss out on their education**, due to not having adequate protection during their period, and to **change people's attitudes** towards menstruation so that it is no longer a **'taboo'** subject.



CYC Executive Board Member Amber Treharne, aged 15 from Burry Port, **said:**

"It is heartbreaking to hear about stories where girls are missing out on education due to not having sufficient protection whilst on their period, so it is clear something needs to be done. I hope that this project makes a difference within Carmarthenshire so we can come one step closer to ending period poverty once and for all".



Council Deputy Leader Cllr. Mair Stephens agreed to become Carmarthenshire's **Period Poverty Champion**.



"I was pleased and honoured when the Youth Council asked me if I would be the Period Poverty Champion. Figures show that 1 in 10 girls aged between 14 and 21 living in the UK are unable to afford sanitary items. When we think about poverty, we think about food and housing, but this is a genuine concern, and the fact that periods are still a taboo subject for many makes it even more difficult to ask for help".

Boxes containing sanitary products are being distributed to all **97 primary schools and 12 secondary schools**, as well as **colleges** and **youth groups**.

This has been supported by a **£56k** feminine hygiene grant from Welsh Government.



The campaign was launched at the **Carmarthenshire Youth Council Annual General Meeting** at County Hall.

A total of:

177,760

sanitary products have been purchased to fill the **Period Poverty** boxes.



The work is ongoing and we are looking forward to continuing this great project. We will keep you updated.

