

Menopause and Menstruation Friendly Employer Awards 2026

Most Supportive Workplace (Menstruation)

Application pack

Pack summary

Applications included

3

AWARD CATEGORY

Most Supportive Workplace (Menstruation)

PREPARED FOR

Independent judging panel review

CONTENT

Complete submissions matching this award category

Confidential judging material

This pack contains applications submitted for this award category. Please treat all application content and supporting evidence as confidential and use it only for the purposes of judging the Menopause and Menstruation Friendly Employer Awards 2026.

APPLICANT ORGANISATION

Boots

Most Supportive Workplace (Menstruation)

Entry reference: 96 | **Submitted:** 7 August 2026 at 10:59 am |

Primary contact: Fiona Vernon, Head of Diversity, Equality and Inclusion. | fiona.vernon@boots.co.uk | 0755 731 9950

1 Organisation summary

Boots has been supporting the health and wellbeing of people for more than 175 years. Today we employ circa 51,000 team members, with most working in our stores and warehouses. Nearly four in five colleagues are women, making women's health an important part of our diversity, equity and inclusion strategy.

As one of the UK's leading health and beauty retailers, we have a responsibility to create an environment where colleagues feel supported through every stage of their reproductive health. Our colleagues are also often the people customers turn to for advice, products and reassurance. Creating a workplace where menstrual health can be discussed openly and confidently benefits our teams and helps us better support our customers. Our ambition is to create a culture where menstruation is treated as a normal part of everyday life, colleagues can ask for support without embarrassment, and practical help is available when needed.

Number of employees:

10,001 plus

Membership(s):

Menopause Friendly Membership,
Menstruation Friendly Membership

MF Accreditation status:

Accredited

Awards applied for:

, Most Supportive Workplace (Menstruation),

1 Why are you applying for this Award?

Having achieved Menopause Friendly reaccreditation, we wanted to build on everything we'd learned and extend that support to even more colleagues. Focusing on menstruation and menstrual health was the natural next step.

Rather than starting from scratch, we took the foundations of our menopause approach – listening to colleagues, visible leadership, practical support, education and open conversations – and applied those same principles to menstruation and menstrual health. We also broadened our thinking to reflect the whole reproductive health journey, recognising the links between periods, menstrual health conditions, fertility, pregnancy loss and menopause.

We're applying because we're proud of the culture we're creating. Our aim isn't simply to provide policies or guidance. We want every colleague to feel understood, supported and able to have open conversations about menstrual health without fear of stigma or embarrassment. At the same time, we want to help normalise these conversations more widely, recognising the important role Boots plays in communities across the UK and in supporting the health and wellbeing of our customers.

Our goal isn't simply to become a Menstruation Friendly employer. It's to create a workplace where every colleague feels understood and supported throughout every stage of their reproductive health journey.

END OF QUESTION 1 | Boots – Most Supportive Workplace (Menstruation)

2 What did you do?

Building on our Menopause Friendly journey, we wanted a well-rounded approach to supporting colleagues experiencing periods and menstrual health conditions. Rather than introducing a single initiative, we brought together culture, practical workplace support, policies, training and colleague engagement to create an environment where

colleagues feel understood, supported and able to thrive.

Every part of our approach has been shaped by listening to colleagues and responding to what they told us they needed most. Through colleague listening sessions, surveys and our Women's Business Resource Group, we asked colleagues what support they needed and what would make the biggest difference.

Using that feedback, we:

- introduced free period products in toilets across our stores, warehouses and support offices
- created a Menstrual Health Network and expanded support through our Fertility and Baby Loss Network
- initially developed comprehensive Periods and Menstrual Health Guidance, including practical advice for colleagues and line managers. This has since developed into a combined Hormonal Health Policy bringing together our previous menopause and menstrual guidance documents into one clearer more holistic framework.
- strengthened related policies covering fertility treatment, pregnancy loss and workplace adjustments
- introduced practical workplace support, including our Workplace Support Passport, wellbeing rooms and flexible workplace adjustments
- created a dedicated menopause and menstrual health resource hub which includes our elearning, self-help guides and fact sheets on most of the menstrual health related conditions.
- delivered awareness events, webinars and educational resources to build confidence and understanding
- introduced bite-sized digital eLearning to make learning more accessible for busy colleagues.

Rather than focusing on one initiative, we've taken a practical, joined-up approach that combines culture, education, workplace support, policies and colleague engagement.

END OF QUESTION 2 | Boots – Most Supportive Workplace (Menstruation)

3 How did you do it?

Everything we've introduced has been shaped by listening to colleagues and building on what we've already learned through our Menopause Friendly journey.

As members of the Menstruation Friendly Membership, we've made full use of the expert guidance, awareness campaigns, information packs and practical resources to help shape our approach. Combined with the experience we've gained through achieving and maintaining Menopause Friendly reaccreditation, this has given us a strong foundation to build on.

Working closely with our Women's Business Resource Group, Menstrual Health Network and Fertility and Baby Loss Network, we asked colleagues what support would make the biggest difference. More than 300 colleagues contributed through listening sessions and surveys, helping us develop guidance that reflects real experiences and practical needs rather than assumptions.

Education has been central to our approach. We launched our guidance alongside a live learning session delivered with Henpicked, created a dedicated menopause and menstrual health resource hub, shared regular awareness articles and continue to promote resources throughout the year.

As we've continued to listen to colleagues, we've evolved our learning offer. Recognising that many people have limited time for learning, we've recently introduced bite-sized digital eLearning modules, making it easier for busy colleagues to engage with the content whenever it suits them. We're also planning a further learning session in November to continue building knowledge, confidence and understanding across the business.

Alongside learning, we've kept the conversation visible through colleague stories, awareness campaigns, employee networks, senior leadership support and practical workplace changes. Rather than treating this as a one-off campaign, we've focused on creating regular opportunities for people to learn, ask questions and share experiences.

Like our menopause work, we know this is a journey. We're proud of the foundations we've built but creating lasting cultural change takes time.

We'll continue to listen, learn and build on what we've achieved until conversations about menstruation and menstrual health are simply part of everyday working life at Boots.

END OF QUESTION 3 | Boots – Most Supportive Workplace (Menstruation)

4 What results did you see?

Our work has helped establish strong foundations for a more supportive and inclusive workplace, with colleagues helping to shape the approach every step of the way.

We know the changes we've introduced are valued.

- More than 300 colleagues helped shape our guidance through surveys and listening sessions.
- 99% of colleagues who responded to our survey said Boots should provide guidance for both colleagues and line managers.
- 83% said providing free period products had made a positive difference to the support they feel at work.

Bearing in mind menstruation be perceived as more of a taboo or embarrassing subject than menopause, we've seen good engagement with awareness events, colleague networks and educational resources, with colleagues sharing their own experiences and helping to normalise conversations around periods and menstrual health. Positive feedback from our first team member menstruation session reinforced that colleagues welcomed having the opportunity to learn, share experiences and talk openly about the topic.

Just as important, we've created practical support that colleagues can access every day. Whether that's through free period products, trusted guidance, manager conversations, workplace adjustments, colleague networks, learning resources or peer support, we're helping colleagues feel more confident to seek support when they need it. The journey is underway.

We're proud of how far we've come but we also recognise there is more to do. We'll continue to build on these foundations, listening to colleagues, measuring our progress and embedding menstruation and menstrual health into everyday working life at Boots, so every colleague feels understood, supported and able to thrive.

END OF QUESTION 4 | Boots – Most Supportive Workplace (Menstruation)

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Supporting evidence

UPLOADED DOCUMENTS

[Culture-and-Engagement.pdf](#)

[Policy.pdf](#)

[Screenshot-2026-07-22-170139.png](#)

[Training-evidence.pdf](#)

[Workplace-evidence.pdf](#)

END OF QUESTION 5 | Boots – Most Supportive Workplace (Menstruation)

END OF APPLICATION | Boots | Entry 96

APPLICANT ORGANISATION

Ninja Theory

Most Supportive Workplace (Menstruation)

Entry reference: 9 | **Submitted:** 21 July 2026 at 4:29 pm |

Primary contact: Beth Cates, Senior Talent & Diversity Lead. | beth.cates@ninjatheory.com | 01223460080

1 Organisation summary

We are a British video game development studio based in Cambridge. We create interactive entertainment through a wide range of specialist disciplines, including game design, programming, animation, audio, cinematics, character and environment art, visual effects, performance capture and production. The industry is creative, collaborative and technology-driven, combining storytelling, software development and visual innovation to produce games for global audiences. It is also fast-paced and project-based, requiring close collaboration across both creative and operational teams. Alongside development, there is a growing focus on inclusive culture, employee wellbeing and flexible ways of working, particularly in response to the demands of production and release cycles.

Number of employees:

Less than 250

Membership(s):

Menopause Friendly Membership,
Menstruation Friendly Membership

MF Accreditation status:

Accredited

Awards applied for:

Menopause Friendly Accredited Employer of the Year Award, Best Trained Workforce, Most Open Culture (Menstruation), Most Supportive Workplace (Menstruation),

1 Why are you applying for this Award?

We have taken a deliberate, practical and long-term approach to supporting menstrual health at work. In a predominantly male video games studio, we knew menstruation could easily remain invisible, misunderstood or awkward to raise. Rather than individuals struggling in silence, we chose to build support into our culture, policies, working practices and physical environment.

What sets our approach apart is that we have not treated menstrual health as a standalone awareness topic. Instead, we have looked at the full employee experience and asked what meaningful support really looks like in practice. That has meant combining education and cultural change with tangible workplace adjustments, flexible working, clear guidance, better access to resources, and multiple routes to support.

We are especially proud of the breadth of our approach. Support is available through HR, mentors, trained Mental Health First Aiders, private healthcare, occupational health and practical in-studio provision. We have also considered inclusion carefully, ensuring that support is not designed only for women, but for anyone who menstruates, including non-binary and trans colleagues. For example, all toilets, including gender-neutral toilets, are stocked through our Black Hoodie Initiative with period products, hoodies and spare underwear in inclusive sizes and styles.

We are also proud that this work has been built around dignity and trust. Our flexible working model, no fixed hours, hybrid working, no dress code, quiet room, workstation assessments and open HR check-ins all create an environment where colleagues can manage symptoms in ways that work for them, without unnecessary barriers or stigma. Most of all, we are proud that menstrual health is increasingly recognised as a valid workplace wellbeing issue, and that colleagues are more likely to feel understood and supported. For us, being supportive means more than saying the right things; it means creating the conditions, systems and culture that help people feel safe, respected and able to do their best work.

END OF QUESTION 1 | Ninja Theory – Most Supportive Workplace (Menstruation)

2 What did you do?

We implemented a wide-ranging package of support that addressed menstrual health through policy, guidance, training, workplace practice, facilities and employee wellbeing.

We began by updating our HR system to include gynaecological and menstruation-related symptoms as a sickness absence option. This gave employees a clear and valid way to record absence and helped normalise menstrual health as a legitimate workplace issue.

We developed and published a comprehensive Menstruation Guidance Document, which explains common symptoms, the impact they may have at work, how to request support or adjustments through mentors and HR, and what help is available through private healthcare and occupational health. This guidance was aligned with our Hybrid Working Guidance and Sickness Absence Policy so support could be delivered consistently through existing frameworks. It was rolled out as a mandatory read-and-acknowledge document in our HR system.

We also introduced mandatory menstruation and menopause training for all employees, following an initial in-depth workshop for HR, Talent & EDI and the Chief of Staff. To make support sustainable, we embedded menstrual health into mentor training and new joiner inductions, ensuring colleagues receive consistent support from day one and that mentors have the language and confidence to respond appropriately.

Alongside this, we created dedicated Menstruation and Menopause Teams channel as an ongoing hub for guidance, educational resources, practical advice and peer support. In our physical environment, we introduced the Black Hoodie Initiative, providing black hoodies, period products and spare breathable cotton underwear in inclusive styles and sizes across all toilets, including gender-neutral facilities. We also considered comfort more broadly through our quiet room, no dress code, air-conditioned studio, and workstation assessments that can be adjusted for menstruation-related needs.

Finally, we strengthened wider support through regular HR wellbeing check-ins, access to private medical care, virtual GP support, counselling services, Mental Health First Aiders and a generous annual wellbeing allowance, ensuring menstrual health support sits within a broader, responsive wellbeing framework.

END OF QUESTION 2 | Ninja Theory – Most Supportive Workplace (Menstruation)

3 How did you do it?

We delivered this work through a phased, cross-functional approach that combined leadership backing, expert input, employee listening and integration into existing workplace systems.

Our starting point was recognising that, as a predominantly male studio with a flat mentor-based structure, we needed to be intentional. We established a dedicated working group in July 2024, bringing together colleagues from HR, Talent & EDI, Facilities and our Chief of Staff, who met weekly to drive progress, review priorities and maintain accountability.

We began with practical system changes, such as updating absence reporting, before building knowledge and confidence through expert-led learning. Henpicked played an important role in this by delivering specialist training first to key internal teams, enabling them to develop the confidence and expertise needed to lead the work credibly. This was then followed by compulsory studio-wide training, so everyone had a shared baseline of awareness.

We introduced the work openly, discussing it in company-wide meetings and using Microsoft Teams and our HR system, to keep support visible and accessible. Our dedicated Teams channels became a live communication space rather than a one-off campaign, helping menstruation remain part of everyday workplace dialogue.

Engagement was shaped through listening. We gathered feedback via polls, surveys, training responses, one-to-one HR conversations and informal discussion, then used that insight to refine our guidance, communications and next steps. This ensured the support reflected real employee needs rather than assumptions.

We also made sure support was embedded into structures that already shape employee experience; induction, mentoring, flexible working, workstation assessments, wellbeing check-ins and policy/guidance reviews. This meant menstrual health support was not dependent on one person or one initiative but woven into how the studio operates.

Facilities and operations teams were also involved to make sure practical adjustments were deliverable and sustainable, while leadership support helped reinforce that this was an organisation-wide priority, not a niche or gendered issue. That combination of culture, policy/guidance, environment and engagement is what enabled us to create meaningful workplace support.

END OF QUESTION 3 | Ninja Theory – Most Supportive Workplace (Menstruation)

4 What results did you see?

Our work has led to measurable improvements in awareness and confidence, alongside clear signs that colleagues feel more able to seek support and discuss menstrual health openly.

The most immediate impact came through training. After our studio-wide sessions, the proportion of employees reporting a good knowledge of menstruation increased from 44% to 61%, while those reporting excellent knowledge rose from 4% to 32%. 100% of participants said they would recommend the training, showing strong relevance and engagement.

Our Menstruation Guidance Document also achieved a 100% read-and-acknowledge completion rate, ensuring every employee had access to consistent information about symptoms, support routes and workplace adjustments. Follow-up feedback highlighted that employees found the guidance clear, sensitive and practically useful.

Beyond formal metrics, we have seen a meaningful shift in behaviour. Colleagues are increasingly comfortable naming menstruation or menopause as reasons for sickness absence, which suggests greater trust in the system and less stigma around disclosure. We are also seeing more open conversations during HR check-ins, mentoring relationships and day-to-day workplace discussions, enabling earlier, more tailored support.

Qualitative feedback has been equally encouraging. Employees have told us they feel more informed, more comfortable having conversations about menstrual health, and reassured that their experiences are taken seriously. We have also seen stronger allyship from colleagues who do not menstruate, which is particularly important in our male-dominated industry.

The result is a more responsive and compassionate workplace; one where menstrual health is recognised as a legitimate aspect of employee wellbeing, and where support is easier to access in practice. For us, the clearest sign of success is that colleagues are not just more aware of the support available, they are more confident using it.

END OF QUESTION 4 | Ninja Theory – Most Supportive Workplace (Menstruation)

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Supporting evidence

UPLOADED DOCUMENTS

[Most-Supportive-Workplace-Supporting-evidence-NT_Menstruation-Friendly-Membership-Awards-July-2.pptx](#)

END OF QUESTION 5 | Ninja Theory – Most Supportive Workplace (Menstruation)

END OF APPLICATION | Ninja Theory | Entry 9

APPLICANT ORGANISATION

Nottingham University Hospitals NHS Trust

Most Supportive Workplace (Menstruation)

Entry reference: 70 | **Submitted:** 28 July 2026 at 1:49 pm |

Primary contact: Nicola Mitchell, Health Improvement Advisor. | nicola.mitchell32@nhs.net | 07812278868

1 Organisation summary

We are an acute NHS hospital trust in East Midlands, running four hospital sites around Nottinghamshire. We are currently the largest employer in Nottingham, employing approximately 20,000 people.

Number of employees:

10,001 plus

Membership(s):

Menopause Friendly
Membership,
Menstruation Friendly
Membership

**MF Accreditation
status:**

Accredited

Awards applied for:

Most Menopause
Friendly Environment,
Best Trained Workforce,
Most Supportive
Workplace
(Menstruation),

1 Why are you applying for this Award?

Nottingham University Hospitals' Wellbeing programme, established in 2005, has a long history of developing initiatives to meet staff needs. We have 20,000+ workforce who are 76% female. This year the Wellbeing, Occupational Health and Vaccines Teams in the Trust have merged into one cohesive team, into a new combined Occupational Health and Wellbeing Team. The merge has allowed us to significantly expand of wellbeing offer.

We are proud that we are now able to increase our offer of support to include staff with menstrual health conditions. Our goal is to break the stigma of menstrual health conditions, equip our staff and our managers to have constructive conversations and enable staff experiencing the effects of these conditions in the workplace to access the support they needed to help them health, safe and well at work.

We know that 69% of people with menstrual symptoms say they negatively impact their work (CIPD, 2025) and only around 12% of organisations offer any form of menstrual-health support (CIPD, 2025). Given the demographics of our organisation it is therefore safe to say that menstrual health conditions effect a significant number of our workforce and there is not only a strong financial argument to be made for supporting this cohort but also a strong moral case.

Over the last few years, we have seen a significant increase in staff asking for support in managing menstrual health conditions in the workplace. These requests have come through a range of channels including to our dedicated wellbeing email inbox, via social media, during in person conversations, especially health check conversations and via our Trust Fertility Ambassador This appears to be in line with the increase in national conversations around the impact of menstrual health conditions and increasing awareness in the general public.

Since our public commitment to becoming a Menstruation Friendly Employer at the start of the year we have made strides towards this by implementing several new initiatives. This includes the introduction of guidance documents for all staff and line managers, a standalone intranet page, collaborative project with our Women's Network to introduce free period products for staff and the additional of menstrual health related sessions to the wellbeing programme.

END OF QUESTION 1 | Nottingham University Hospitals NHS Trust – Most Supportive Workplace (Menstruation)

2 What did you do?

In December 2025 we are launched our new Guidance Documents for staff living with menstrual health conditions, as well as guidance for managers. These documents have been developed with input from staff with lived experience from across the trust, staff networks, StaffSide reps and the Occupational Health and Wellbeing team to ensure we can provide the most appropriate, inclusive support for all staff. In the intranet news article announcing the introduction, we received 334 views. Since their introduction, 16% of respondents in a recent survey had accessed menstrual health support through the Trust and 13% had used the guidance documents, with the all staff version currently being used more then the line manager version.

We have built standalone pages on both our internal intranet site and external NUH website (Menstrual Health Support | NUH) to start the conversation about menstrual health conditions within the organisation and build a bank of resources for staff and managers. These are being regularly updated as we progress in our mission to become a Menstruation Friendly Employer.

We have worked with our Women's Network, Nottingham Charities to provide to free period products across all three hospital sites for the first time in response to staff requests for more accessible products, as this was a big barrier for our shift workers as accessing period products has been flagged as a common issue for menopausal staff. The women's network chair has said "The Women's Network are really pleased that they have been able to be part of this initiative, which is intended to support women who find themselves in need of a period product. This is particularly useful to menopausal staff whose periods can be unpredictable, with need arising at any point. The provision of period products across our estate, in as many places as possible, to increase accessibility. is our long-term goal. We believe this is the start of something beneficial to all menstruating staff."

Worked with Consultant Obstetrician and Gynaecologist to create a session "Period Power: Understanding Your Cycle" which was incredibly well received by participants. This session covered factors affecting menstrual cycles, giving participants to a chance to learn more and ask questions.

We have launched a new session on "Movement Through Your Menstrual Cycle". This information session discusses how we are able to move and exercise in sync with the menstrual cycle. The session explores what the menstrual cycle is, why it occurs and

what type of exercise complements different stages in the cycle.

Recently all Occupational Health clinical staff have undertaken a bespoke menstrual health awareness training session. To ensure they are up to date with the current support available and how they can best support the increasing number of referrals being made to Occupational Health.

END OF QUESTION 2 | Nottingham University Hospitals NHS Trust – Most Supportive Workplace (Menstruation)

3 How did you do it?

As this was a new area of work in the wellbeing programme we first started with a whole trust anonymous survey to gauge what the need for support was from staff in the organisation and what support they would find most beneficial. After the introduction of our two guidance documents we did a second survey, to try and understand more of how the support was being received, how many people were using the support and what we could do next. It brought some interesting results.

We also conducted a series of interviews with staff who have lived experience of a range of menstrual health conditions to better understand how it impacted them at work, what support they felt could help themselves and others with similar conditions and what they would need to not only cope but also thrive in the workplace.

We have worked collaboratively with the trust's Fertility Ambassador to understand themes around menstrual health, fertility and the impact on staff health and wellbeing across the organisation.

We are currently working with our Internal Estates and Facilities to install free period product dispensers at all three of our hospital sites around Nottingham. We worked closely with the Nottingham University Hospitals Charity and the Women's Network at the Trust to fund the dispensers and products.

We are very grateful to Nottingham Hospitals Charity for their ongoing support of our work. Sam Cousens, Director of Fundraising and Communications, said:

"We're really pleased to be able to support NUH in gaining its Menstruation Friendly accreditation. With a large proportion of NUH's workforce experiencing menstruation, it's important that the right support is in place to help staff who may be experiencing

menstrual health conditions, and enable them to continue to work. We're extremely grateful to our generous donors who have made this possible."

We have worked closely with a number of staff networks within the Trust to ensure that all of the work we do in this area is accessible and inclusive for all. This has involved meeting with the chairs and vice chairs of several networks and attending meetings with the wider network membership of the Women's Network, the LGBTQIA+ network, Staffability (Disabled staff) network.

"While consulting for the Menstrual Health workstream she is developing, REDACTED has acted with exceptional integrity in sensitive, protected group safe spaces. She approached me as chair of the disability network, and let me distribute information appropriately to our members, and has regularly asked for feedback on communications, documents and her overarching strategy for sensitivity reading. As our network safe space has a huge confidentiality rule due to the sensitive nature of disability struggles, REDACTED conducted herself kindly, honestly, and was both an active listener and encouraging participant in the discussions about menstrual health and wider disability support that could come from this workstream. I would say that REDACTED acted with gold-standard behaviour, and in line with all the positive, inclusive values you'd want to see from any professional consultancy."

END OF QUESTION 3 | Nottingham University Hospitals NHS Trust – Most Supportive Workplace (Menstruation)

4 What results did you see?

While we are still at a very early stage in our journey to becoming a Menstruation Friendly Employer we are beginning to see results and gain positive feedback from staff.

The first survey was completed by approximately 200 members of staff, which is much higher than other surveys we have completed. Showing to us how big of an appetite there was for menstrual health support in the trust. Of the people who completed the survey, 80% had not accessed any wellbeing support from the organisation for their condition, and 78% said workplace support would be beneficial with the condition they experience.

We received some insightful feedback from a range of staff including:

“Understanding from managers that’s it’s not ‘just period pain’, that bleeding is heavy, treatment is hard to access and is either hormonal or surgical, and constantly triggering the sickness policy is incredibly unhelpful. I would love to be part of the conversation going forward”

“I’m delighted that this is happening. I feel honoured to be a part of the process from a lived experience point of view. Very difficult to manage in the workplace and poor sick record despite nothing I could do about it. ‘Just period pain’ doesn’t even begin to cover it. #NotJustAPeriod”.

The second survey had a smaller respondent rate, it showed us that while the support was well received and used it still wasn’t as embedded as we would have liked, with 78% of respondents saying they did not know the guidance documents existed.

We are currently working on a plan to increase awareness of the guidance documents in line with other support becoming available.

We have worked closely with the Women’s Network on the introduction of several key areas of the menstruation support. They have kindly funded some of the period product dispensers and have agreed the ongoing costs of keeping the dispensers filled.

Through their regular ‘lunch and learn’ sessions we have been able to promote the introduction of the menstrual health support and receive some helpful and constructive feedback.

“Thanks REDACTED, this is so helpful- I had no idea we had something as detailed as this to support with Menstrual health issues.”

All attendees were invited to complete a short evaluation form, asking simple questions on how beneficial they found our menstrual health related sessions, would they recommend it and then an open questions for comments.

From those who completed this evaluation the average rating out of 10 for whether a session was beneficial was 9.67 for the Movement Through the Menstrual Cycle and 10 for the Understanding your cycle session. 100% of staff who attended would recommend attending these sessions to fellow colleagues. Selected qualitative feedback from the sessions includes:

“A really thoughtful and helpful session from someone with a huge amount of knowledge – I would love to have more of these sessions in the future”

“Informative, great to see the apps recommended for help with tracking this, helps to get a bit more understanding of our bodies”

END OF QUESTION 4 | Nottingham University Hospitals NHS Trust – Most Supportive Workplace (Menstruation)

5 Supporting evidence

UPLOADED DOCUMENTS

[Menstruation-Support-for-Staff-at-NUH-Form-1.pdf](#)

[Menstruation-Support-for-Staff-at-NUH-Form-2.pdf](#)

[NUH-Menstrual-Health-Support-for-All-Staff-Guidance-Document.pdf](#)

[NUH-Menstrual-Health-Support-for-Line-Managers-Guidance-Document.pdf](#)

[Comms-for-Period-Product-Dispensers-V2-1.docx](#)

END OF QUESTION 5 | Nottingham University Hospitals NHS Trust – Most Supportive Workplace (Menstruation)

END OF APPLICATION | Nottingham University Hospitals NHS Trust | Entry 70

