

GOT YOUR PERIOD?



If you happen to be on your period during your stay, please don't worry. We want all pupils to get the most of their visit!

As we are a part of Cardiff Council Education Service, we provide free sanitary towels which can be accessed in the toilet cubicles. We have night and day towels available. We also have tampons available in the office.

If you need some new, clean underwear, please come to the office where we have free packs in all sizes.

If you have any questions about these items, please speak to your teacher or ask to speak to Claire in the office.

Out on Activity

Due to the location and nature of some of our activities, toilets are not always easily accessible. You will be away from the Centre between 10:30am-4:00pm. If you need arrangements to be made, please speak to your female teacher who will liaise with a Storey Arms instructor.

If you attend a Cardiff Secondary School, you should be able to access free reusable products such as *period pants* or *moon cups*. You may wish to enquire with your school about accessing these products before your visit!

Storey Arms Centre

www.storeyarms.com

