



VICKY TAMPLIN

HEAD OF SALES, HEY GIRLS

My previous roles have always been out on the road, mostly staying in hotels for the week.

Up until about 1 year ago, I was quite fortunate in that I pretty much knew to the hour when I would be coming on my period, so I could plan ahead and always ensure I had products with me. The one thing I did learn from the many years of working away, is that I have NEVER stayed in a hotel room that provided period products – yes to loo roll, soap, shampoo, even a sewing kit and comb (who actually uses those?!) but never a pad or tampon when you need one!

Then, when I got to my 40's and things changed. I started going weeks and weeks with no period and then like buses I would have 2 almost at the same time. 57 days apart, 14 days, 38 days. Then on my 2nd day of working for Hey girls (and stuck in a hotel room!) I had my period – only 9 days since the last one – the total irony of working for a period company with no products with me or in the room. Toilet roll it was until I could get my hands on some products.

That was my first day in the Hey Girls office. I've never looked back! I was introduced to period pants. They have given me my confidence back, they feel super soft even wash after wash and I can now get on with my life without even having to think about 'what if my period starts and I'm on my way to a meeting, at the gym, stuck on a train or in traffic'.

The pants do exactly what they are supposed to. Hold up to 4 tampons worth of blood, have a natural antibacterial ingredient so there's no odour AND they are amazing for the environment so I feel I'm doing my part, after years of using awful period products that I now know have lots of nasties in and can take up to 600 years to decompose, plus, with Heys Girls buy one donate one mission, I know I really am doing something good.

I've since introduced my young god-daughter our lovely reusable panty liners and pants, its clear that the younger generation are really embracing reusable products, and I am so proud to work for a company that is so innovative and always looking for the most sustainable options yet still offering great quality.

The one thing I would say to companies, if you do have women who work out on the road, maybe you provided them with a laptop, a phone, maybe uniform too? Think about how amazing it would be to include reusables as part of your workwear – it really is just one less thing for your team to need to think about when out on the road all week. And hotels – sort it out, having period products on reception really doesn't help – we need them in the room!

you may not know...

1 in 5

women experience period poverty at some point.

more than half...

68%

of women would go home from work if they started heir period and didn't have a product.

can you believe it...

600
years!

some high-street period products contain so much plastic they can take up to 600 years to decompose.

LEADING THE WAY FOR PERIODS IN LOGISTICS

In collaboration with Wincanton and Lyreco, Hey Girls launched an exclusive initiative, trialling period pants as workwear & uniform. This game-changing trial showed how period-inclusive, sustainable solutions can reduce stigma and support productivity at work - all while accelerating action towards equality.

Want to take part in a similar inititative?



read more here

 **hey girls...**

SAY HEY: VICKY@HEYGIRLS.CO.UK