



THE MORNING- PERIOD FUN

TIME UTC+1	FEATURE	PEOPLE
8.50-9am	Jinja Workout	Martin Omo
9.00-9.02am	Opening the day	Acushla Young - Irise International
9.05-9.25am	You tell us why periods matter	Videos from activists, academics, investors and people with periods about why they matter
9.25-10am	Menstrual Health Education - #OneWorldPeriodQ&A	Debora Mina, Theatre Facilitator - your menstrual experience, Sophie Hunter, Nurse- Anatomy and the menstrual cycle Red Cloud Project- Religion and Menstruation.
10am-10.25am	Period Activities 1 How to bake vulva cupcakes How to make a menstrual activist badge	Lizzie Goolden - Irise International Bee Hughes - interdisciplinary artist and researcher
10.25-10.35	Ugandan Art: Uganda fashion and art on the theme of empowerment	Grace Agumisiriza- Ugandan fashion designer Pamela Enyonu - Ugandan artist
10:35-11.15	Intergenerational Period Chat	Linda Baines and daughter Jo Moya Marshall and mum Kaye Terri Harris and mum Yael Chella Quint, Stephen Allen and his mum Annette Allen - 'That Looks Queer: The Zwischen Workshops'
11.15-11.30am	Period Activities 2 Top Period Memes Flourless brownies	Maria Tomlinson - Leverhulme Early Career Fellow Hania Zakaria - menstrual health advocate

11:30-11.35am	<p>Irise International: Advocacy work - SitUpForSisters TheHelpingHand Art fundraiser UK COVID response</p> <p>Irise Institute East Africa: COVID response</p>	<p>Acushla Young - Irise International</p> <p>Ivan Kasadah - Irise Institute East Africa</p>
11:35-11:45	Videos from the New Blood Awards 2019- How to smash period stigma	The Case For Her and McKinsey Design
11.45-12.00	The Bloody Good Gameshow	Dr Dani Barrington, The University of West Australia, Esther Shaylor UNICEF, Dr Becky Sindall, University of KwaZulu-Natal

THE AFTERNOON- PERIOD LEARNING

TIME UTC+1	FEATURE	PEOPLE
12.00-12.30pm	Menstrual Hygiene Day- a global summary	Ina Jurga - International Coordinator for Menstrual Hygiene Day
12.30-1pm	Break- adverts for other cool period stuff	
1-2pm	Agents of Change- inspirational advocates from the UK and East Africa, discussing their journeys becoming young leaders of social change - and sharing their tips on how you can do the same!	<p>Alfred Muli - Ruby Cup</p> <p>Molly Fenton - Love Your Period Campaign</p> <p>Debora Maboya and Ian Tarimo - Tai Tanzania</p> <p>Sophie Rowson - Irise</p> <p>Lucy Athieno - Eco-Pads Africa</p> <p>Lucy Ambler - Independent menstrual researcher and advocate</p>
2.00-3.00PM	Why do Periods Matter?	<p>Chair: Linda Baines - Chair at Irise International</p> <p>Professor Helen Weiss - London School of Hygiene and Tropical Medicine</p> <p>Florence Schechter - Director of The Vagina Museum</p> <p>Puleng Letsie, Regional Coordinator - African Coalition for MHM</p> <p>Gerda Larsson - Co-founder and Managing Director at The Case For Her</p>
3.00-4.00PM	East Africa- how is COVID affecting periods?	<p>Chair: Rose Nakame - Chair at Irise Institute East Africa</p> <p>Femme International</p> <p>Sophia Grinvalds, Director and co-founder Afripads</p>

		<p>Womana Mandi Tembo, menstrual health researcher</p>
4.00-5.00PM	UK- how is COVID affecting periods?	<p>Chair: Chloë Reeves - trustee at Irise International</p> <p>Nikki Giant- UK Girls' Rights Strategy and Development Manager, Plan UK Gabby Edlin- Founder and CEO of Bloody Good Period Manjit Gill - CEO of Binti International Clare Roberts- Molloy Chair of The Homeless Period Wolverhampton</p>
5-5.30PM	Break- adverts for other cool period stuff	

THE EVENING- PERIOD PARTY

TIME UTC+1	FEATURE	PEOPLE
5:30-6pm	Exercise! Periods and sports	<p>Emma Ross- English Institute of Sport Sport England - This Girl Can Video Sarah Zipp – University of Stirling PMS Yoga with Christine - nama stay home yoga</p>
6-6:30pm	Period Comedy	Chella Quint - founder of Period Positive
6:30-7pm	Period Poetry	<p>Josh Goldson - One World Period team Bella Newton - Friends of Irise Robert P'Kitara - menstrual health advocate Emilie Epperlein - my hair vag and me</p>
7-8pm	Music from some incredibly creative people	<p>Kenya Grace SAMBA Lily Grieve Apio Moro Chloe & Ed Izzy and Joe Ganda Boys</p>
8:00pm-8:10pm	Closing statement	<p>Emily Wilson - CEO Irise International Linda Baines - Chair of Irise International</p>