



# The Empower Period 'Summit'

bringing together young people and their allies  
to plan their next big campaign for Period  
Justice in the UK

## The Line-up





# Cynthia Pokuah

Cynthia developed the "Something is Different this Morning" period education book as part of her TuWezeshe Akina Dada Fellowship with FORWARD UK. Check it out at <https://somethingisdifferent.co.uk/>

## Something is different this morning

Written by Cynthia Pokuah  
Illustrated by Sakina Saïdi





Nketchi  
Adeboye

Nky was co-chair of the Empower Period Forum, a youth-led national platform hosted by Irise, the forum ran the Pledge for Period Equality campaign in 2021. Check it out here: [www.irise.org.uk/the-forum/](http://www.irise.org.uk/the-forum/)

# PLEDGE FOR PERIOD EQUALITY MANIFESTO 2021

## ABOUT THE MANIFESTO

As period poverty and shame continues to rage across the UK, young passionate period equality activists across the UK have come together to



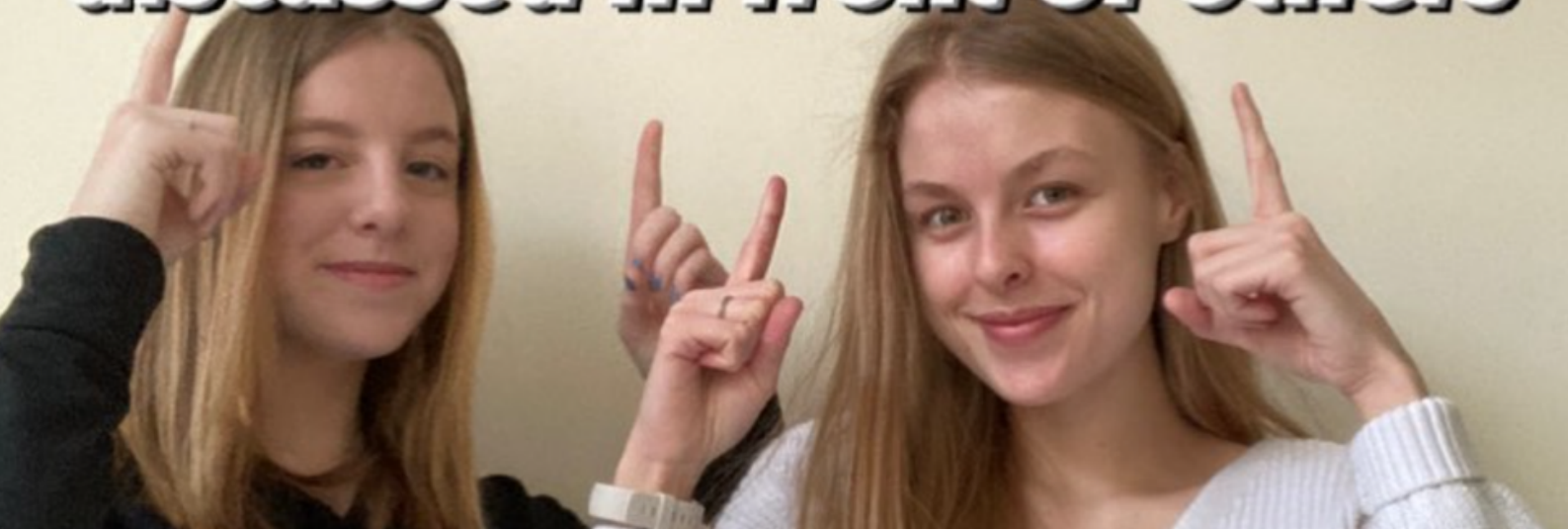
# Love Your Period

Sisters Tilly and Molly founded the Love Your Period Campaign. They campaign for period dignity for young people across Wales; helping schools access the government's free period product scheme, making sure young people sitting exams have pads and calling out local councils for neglecting young people's needs.

Follow them @loveyourperiod

## ***Period myth #10***

***"Periods shouldn't be discussed in front of others"***





# Power Over Periods

3 A-level students from Sheffield busting period stigma through TikTok. 347.5k views, 69.1k likes. Most recently worked with Irise to engage Sheffield city council on passing a motion to commit to tackling period poverty and shame in the city.



# The Empower Period Champions and Partner Organisations



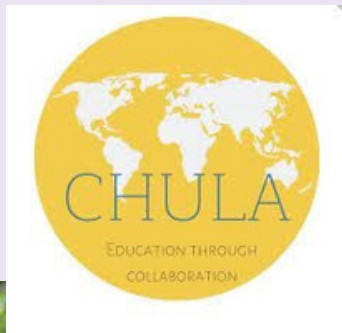
Irise's Empower Period Programme brings together young champions and partner organisations to tackle period poverty and shame in their own communities. More information here:

[www.irise.org.uk/2022/08/the-empower-period-programme-south-yorkshire/](http://www.irise.org.uk/2022/08/the-empower-period-programme-south-yorkshire/)





Shipshape is a Sheffield based organisation that tackles health inequalities and empowers people to achieve their goals.



Chula Education is an empowerment organisation based in Sheffield aiming to support young people reach their potential.





# Maria Tomlinson

Maria is a Leverhulme Early Career Fellow in the Department of Journalism at the University of Sheffield. Her current research explores the impact of menstrual activism and the media on young people's knowledge and perceptions of menstruation.



# Eleri Kirk-Patrick Lorente

Eleri has been an advocate for youth empowerment and engagement since she was a teenager. Motivated by the belief that young people should be empowered to contribute to the decisions that impact their lives, she stood and was elected to the Youth Parliament at 15 and was selected as a UK delegate to the World Democracy Forum at 16. She is currently a Constituency Assistant for a Sheffield Member of Parliament and works to ensure that local concerns are raised in Westminster and recently developed and delivered a strategy for a metro mayor campaign, which focused on improving social media reach and message targeting. She is also part of the G20 Youth Summit UK Delegation 2022.



# Izzy King

is part of Irise's Empower Period committee which oversees Irise's work with young people in the UK. She has just completed her MA in International and Political Communication and led Irise's student group Friends of Irise whilst she was studying.

# Chella Quint

Founder of Period Positive, former Head of PSHE and author of "Own Your Period"





## We'll also hear from....



Charlotte Walshe- Partnerships and Impact Director at In Kind Direct.



In Kind Direct work with charitable organisations and companies to ensure everyone has access to the products they need to keep clean, safe and well.



Melissa Simmons- Adult Autism Project Coordinator for Sheffield Autism Partnership Network which is part of Voluntary Action Sheffield(VAS)



Has provided support and leadership for the voluntary sector in Sheffield for over 90 years.



Linsey McFadden- Marketing and Communications Coordinator at Girl Friendly Society



Girl Friendly Soceity have been working to create a world where all girls and young women can thrive, are free to be themselves and are proud of who they are since 1875.