



Empower Period Programme South Yorkshire

Background:

Irise International is an award-winning charity working to end period poverty and shame in the UK and East Africa. We support communities to take action to build a world where having no one is held back by their period.

Irise's flagship Empower Period Programme creates an innovative, new way to meet the menstrual health needs of young people that puts their voice and leadership front and centre.

We provide paid opportunities for young people to become peer educators and work with their school or community organisation to deliver peer-led education, provide their peers with free period products and organise events to educate the wider community about how to be period friendly.

Peer-led support breaks down barriers, through providing relatable content from people who understand the day-to-day challenges. It is highly cost-effective, creates leadership and professional development for young people and empowers young people to take control of their menstrual and reproductive health throughout their lives. It can also have far reaching impacts on the whole community through breaking down stigma and starting vital conversations about how to create period friendly spaces.

The Programme:

Community based organisations, schools, colleges or youth groups can enrol the 3-4 month programme, designed to empower young people and their communities to become period friendly. Each organisation must put forward at least one young person to train as a Period Peer Champion.

The Package:

Activities	Timeline for Q4 2023
Half day in-person training event for young people training to be Period Peer Champions & representatives from their host organisation	Saturday 14 th October
At least one planning session for Period Peer Champions (led by Irise Period Support Trainer)	Oct-Nov
An Irise facilitated packing sessions to create good bags for young people receiving peer support (led by Irise Period Support Trainer)	Oct-Nov
At least one peer-led support session (Irise Period Support Trainer in attendance)	Oct-Nov
Peer led engagement event for wider community (facilitated by Irise Period Support Trainer)	Nov/Dec

The Funding:

- Each young person can claim up to £218 for their time as a Period Peer Champion
- Each organisation can claim up to £500 for their staff time supporting the programme

Responsibilities of a Host Organisation:

When a host organisation enrolls in the Empower Period Programme they commit to:

- Put forward and support at least 1 young person to become a Period Peer Champion
- Attend a half day training with their young person(s)
- Organise and support the young person(s) to deliver peer led support sessions to their peers
- Attend a youth-led training/engagement event
- Complete a simple evaluation exercise at the end of the programme

How to Enrol:

To express an interest in enrolling in the programme please email info@irise.org.uk with brief answers to the following questions:

- Explain why you would like to take part in the Empower Period Programme and how your involvement will benefit the young people and communities you support.
- Provide the name of a member of staff who will lead on the organisation's involvement in the Programme.
- Confirm that a person with the relevant authority has committed to the organisation taking part in the programme if you are allocated a place.
- Confirm that the organisation will complete the end of Programme evaluation.

The deadline for Expressions of Interest is Sunday 1st October and organisations enrolment will be confirmed no later than Wednesday 4th October.