

## OC003 – Positive Case Study

### Criteria

Complete a case study of your sustainability work this year to share good practice and learnings with other unions/associations.

### Further Information

Case studies are essential for sharing good practices in sustainability across the sector. They provide concrete, real-world examples of successful initiatives as well as practical insights into implementation strategies. By highlighting both the successes and challenges faced by other unions/associations, case studies allow for the transfer of knowledge and lessons learned, enabling others to adapt and replicate effective activity within their own contexts.

Please use the template available on the GISU resource bank and upload your completed case study as evidence. Your case study could cover a specific initiative or project you've completed, or generally how you embed sustainability in your union/association.

SOS-UK will collate all submitted case studies to be used as a resource in future years so please make sure your case study is suitable for sharing externally without any sensitive data and permission is granted for any quotes/photos included.

### How will you be audited

Auditors will view your submitted case study.

### Scoring:

1-2 marks for a case study with limited information included.

3-5 marks for a detailed and engaging case study.

## Sustainable Period Products – TH009 to read more.

### Introduction and context

The Students' Union at UWE runs a behavior change campaign which promotes sustainable period products and engages students in conversations around plastic pollution, as well as working to address period poverty within the UWE community. The campaign was started by a former Women's Welfare Officer, Daisy Wakefield and has grown over the past few years.

We provide free, eco-friendly period products in all Students' Union owned toilets and work with UWE Bristol to provide free products in a variety of toilets and spaces across the 5 campus sites.

Each basket of products includes signage pointing students to additional support should they need it. The QR code takes them to our Sustainable Periods page where they can find further information about our reusable period product trial, where they can find products around campus, as well as links to our Advice Centre and UWE's Money Service. Alongside the 'Caught Short' signage we also have our 'Need More Period Products?' poster which is in several bathrooms across UWE. The poster signposts students to The Students' Union 'Sustainable Periods' webpage where students can see all the locations across UWE where period products are available and access the sustainable period product trial.

The Students' Union has worked hard to make sustainable period products more accessible to students by running a free sustainable period product trial. This trial gives the opportunity to all UWE Bristol students and staff to receive a **free** reusable period product of their choice. The aim of this project is to spread awareness of reusable and more sustainable period products, give students a risk-free opportunity to trial products and remove the barrier of cost.

The products available this year are:

- period pants,
- menstrual cups,
- reusable pads or a
- menstrual cup sterilising pot.

### Achievements and impact

#### **Period product provision**

From August 1<sup>st</sup> 2024 – 17<sup>th</sup> March 2025 we have provided **45,804 disposable period products across UWE**. As well as supplying products for the period product provision we have also given them out at our Fresher's fairs and period stalls throughout the year. This year we also worked with UWE's Central



Examinations team to provide invigilators with period products in case a student was unable to get to their bag under exam conditions.

In 2024/25, we added another 19 locations to our period product provision. This is an increase of 20.77%.

### **Sustainable Period Product Trial**

267 students and 17 staff members signed up to the trial between October 1<sup>st</sup> 2024– March 20<sup>th</sup> 2025.

We saved students a total of **£5,125.27** for the upfront cost of these reusable period products. See calculations below.

- We gave out 85 menstrual cups for free which would have cost students £10.90, we therefore in total saved them **£884**
- We gave out 169 WUKA period pants which cost an average of £20.99 each, meaning we have saved students **£3547.31**
- We gave out 26 reusable pad bundles, which would have cost an average of £25 per package, saving students **£650**
- We also gave out 4 reusable sterilising pots which would have cost students £10.99, saving them **£43.96**

(£884+£3547.31+£650+£43.96=£5125.27)

In total, we have estimated that we could have saved **4752g of plastic per year**. If students carried on using these products over 5 years, then this would mean **23,076g of plastic saved** over this time.

*This is based on students using their reusable pads or pants for one day of their period, and student using their menstrual cups for three days of their period.*

4 weeks after collection, trial participants are sent a feedback form to provide us with an insight into how they found their reusable product and any additional comments they may have about the trial.

**Number of respondents:** So far we have had 76 responses, 26.7% of those who took part in the trial.

**Satisfaction of the product trialed** was rated an average of 4.4 out of 5 by respondents

**Question: How likely are you to recommend sustainable period products to a friend or colleague?**

- Average rating of 4.5.
- 89% of respondents said they were either likely or extremely likely to recommend reusable products to a friend or colleague.

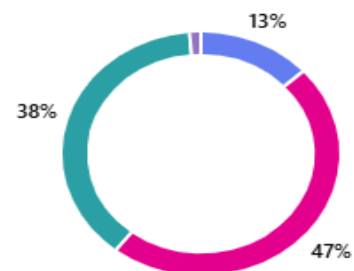
### Questions: How often will you use this product in relation to every menstruating cycle?

- 13.15% said they would use their product every day of their period (5-7 days)
- 47.3% said they would use their product most days of their period (3-4 days)
- 38.15% said they would use their product sometimes (1-2 days)
- Only 1 person said they would not use the product they trialed again

6. How often will you use this product, in relation to every menstruating cycle?

[More details](#)

|   |    |
|---|----|
| ● Every day of my period (i.e 5-7 days) | 10 |
| ● Most days of my period (i.e 3-4 days) | 36 |
| ● Sometimes (1-2 days)                  | 29 |
| ● Never                                 | 1  |



### Legacy

The Students' Union have listed our sustainable periods work as one of our key sustainability priorities for 2025-2026. As the provision has continued to grow and the delivery of it is now shared between The Students' Union and UWE departments, we hope the partnership will become 'business as usual'. We hope to further extend the provision to more locations around the campus sites and continue working with UWE departments and UNISON to identify new areas.

The sustainable period product trial will run again for the 2025/2026 academic year. We will use the feedback we received from participants to inform which products we include and the suppliers we buy from.

### Resourcing

#### **Period product provision**

When receiving a request for a new location, we collaborate with the relevant department to include this space within our provisions. This collaboration involves providing them with baskets and products and they decide on a designated staff member within their team who is responsible for restocking the products or coordinating with the cleaning team to incorporate the new location into their regular rounds.

Our Community Project's Coordinator (Welfare) receives all new location requests and liaises with UWE's cleaning team or the relevant department to provide baskets and stock. They are also in charge

of ordering and delivering products across the campus sites. We bulk buy our eco-friendly disposable period products through The Students' Union shop, which allows us to purchase them at wholesale price.

### **Trial resourcing**

To take part in the trial, students fill in an online form selecting the product they would like to have and sizing/flow types.

Their selected product is then ordered and can be collected from their chosen campus site. Around 4 weeks after collection they are sent a feedback form about their experience.

We buy the period pants from Wuka and have a business account with them so that we can buy them in bulk. For our menstrual cups, reusable pads and sterilising pots we have used Hey Girls and Dame. Orders are sorted on a weekly basis by the Community Projects Coordinator. We allow up to 4 weeks from signing up to the trial to collection so that orders can be done in bulk, instead of only buying a few products at a time.



---

### **SUSTAINABLE PERIOD PRODUCT TRIAL**



Over the Autumn term over 200 people signed up to take part in our Sustainable Period Product Trial. The trial gives students and staff the opportunity to receive a free, reusable period product eliminating the cost barrier that can stop people from making the sustainable change. If you haven't signed up yet you can do so here: [Want to try a free, reusable product?](#)

---

