

Example of Marketing provided by Hey Girls

Caught Short poster

www.heygirls.co.uk @heygirlsuk



hey girls... caught short? don't panic.

help yourself to free period products

HEY GIRLS IS AN AWARD WINNING SOCIAL ENTERPRISE AND ALL PROFITS GO TOWARDS ENDING PERIOD POVERTY.

Toxic Shock Syndrome (TSS) is rare but serious. It can rapidly progress from flu like symptoms to an illness that can be fatal. A tampon should not be worn longer than 4-8 hours and always choose the lowest absorbency suitable for your flow. TSS associated with tampons can occur anytime during your period or shortly after. It can be treated successfully if it is recognised quickly.

Want to learn more about your period? Scan the QR code to find lots of tips and free education tools on our website.



Take what you need poster

www.heygirls.co.uk @heygirlsuk



hey girls... take what you need...

help yourself to free period products

HEY GIRLS IS AN AWARD WINNING SOCIAL ENTERPRISE AND ALL PROFITS GO TOWARDS ENDING PERIOD POVERTY.

you buy one, we donate one.

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Want these products in your washroom too? Scan the QR code to learn all about Hey Girls and how to contact the partnerships team.



Male and non-gendered washroom poster:



let's make period products accessible for... everyone.

Supplying free period products in all bathrooms is a step towards period equality.

Take what you need:

- For you
- For family and friends



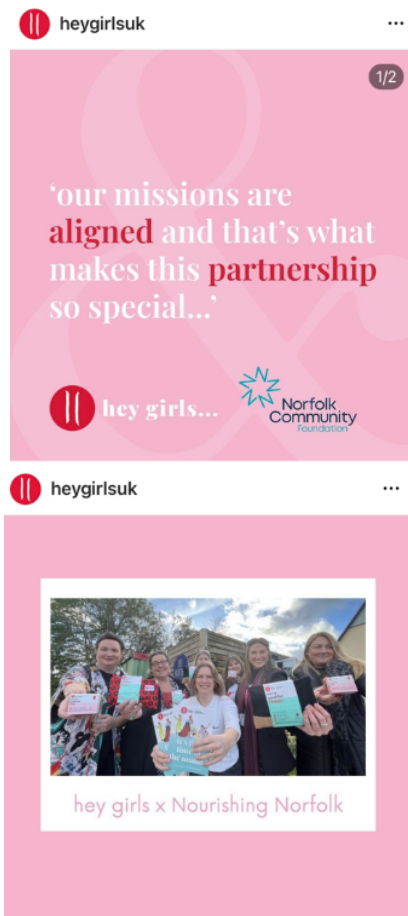
Web: www.heygirls.co.uk
Social: @heygirlsuk

Looking to learn more?
Scan the QR code to find out more about our mission and get involved in the periods conversation.

HEY GIRLS IS A MULTI-AWARD WINNING SOCIAL ENTERPRISE AND ALL PROFITS GO TOWARDS ENDING PERIOD POVERTY.

YOU BUY ONE, WE DONATE ONE.

Hey Girls promotion of partnership on their Instagram page



heygirlsuk ✨ NEW PARTNERSHIP! ✨

We are SO excited to partner with @norfolkcf to provide free period products in 22 affordable food hubs across Norfolk! ❤️

The food hubs offer local people a space to shop on a budget whilst getting support with life's bigger challenges.

It's great to work with a team who have the same goal to make necessities more accessible for people - just like our Hannah, Free Period Product Provision & Donation Co-ordinator says above 🙌

"I love that hey girls is completely barrier-free. That's something that's really important to me, because there has been and continues to be such a stigma around periods"

-Corrie Colson, Programmes Advisor at Norfolk Community Foundation

Find out more about our partnership and even watch a video about it on Norfolk Community Foundation's blog - via the link in our bio 📺

Pssst, don't forget to check out our sustainable period goodies while you're there! Every product you buy will generate TWO product donations for partners like @norfolkcf to help support their hub's communities.