



News release

20 April 2021

For immediate release:

Understanding the hidden impact of periods

Residents in East Suffolk are invited to have their say on how periods may impact those who experience them in a new survey.

The survey, titled 'Period Survey - East Suffolk', has been created by East Suffolk Council to enable the Council to gain a better understanding on the hidden impact periods can have on those who experience them.

The aim of the survey is to get a clearer picture of how people in East Suffolk are affected by their periods, so that the Council can explore ways to provide the necessary support and reduce the stigma associated with the menstrual cycle.

Nicole Rickard, Head of Communities, said: "Everyone is affected differently by periods, and some of these impacts can be largely 'invisible' to others. As well as health issues, they can affect wellbeing in different ways and the ability to function normally in a range of situations and of course, they also come with a financial cost which is a struggle to some people.

"By carrying out this survey, we hope to get a better understanding of the impact periods can have on a local level, so that we can respond by ensuring the right support is in place. Therefore, we would appreciate hearing from as many people as possible about how they are affected."

The survey is open until Friday 18 June and you can take part now at <https://eu.surveymonkey.com/r/3W3LFPF>.

ENDS

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