



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

Freedom of Information Act 2000 - Request Reference FoI/22/138
Period Policy for Staff

1. Do you have a policy in place to support staff on their period?

No, we do not have a policy in place at this time.

a. If you do, when was it implemented and what does it say?

Not applicable

b. If not, are you planning to implement one?

There are no current plans. However, the UHB would be very interested to adopt an all Wales NHS approach.

2. Do you provide any free sanitary products for staff? If yes, for which staff and where?

Not at this time. However, there are opportunities within the UHB to purchase.

3. Are the needs of women who have health problems related to their periods (such as endometriosis) covered by any other policies?

The UHB has adopted and implemented the all Wales Menopause policy.

4. What are you doing to ensure staff have the knowledge and support they need with any issues related to their menstrual cycle?

The UHB offers monthly menopause awareness sessions for both staff and line managers and the Employee Wellbeing service hosts menopause cafes which are open to all staff regardless of age or gender.

