



University of
Nottingham
UK | CHINA | MALAYSIA

Project Period
Making periods part of everyday conversation

Free pads and tampons

Widely available on campus.

Spread the word:
nottingham.ac.uk/projectperiod



Instructions on requesting products from Project Period

Step 1

Open our [Project Period spreadsheet here](#). Please [contact Chris Denning](#) if you cannot access/edit)

Step 2

In the 'Deliveries' tab, complete all columns that are shaded in yellow

Step 3

In the 'Contacts' tab, enter your contact details

Step 4

One of the Project Period volunteers team will contact you to discuss needs or arrange delivery/collection