

Free Period Products Highland

Free period products are available to everyone who needs them in Highland, whether you are picking them up for yourself or on behalf of somebody else.

Here are the different ways how you can get them.

1. Education settings

Students in Highland can pick free period products in their school, college or university.

2. Community pick-up points

Free period products are available in community pick-up points located in public buildings such as High Life Highland leisure centres, libraries, and Council service points.

To find out the location of pick-up points, use the 'PickUpMyPeriod' app, or the map on the website MyPeriodLive: www.myperiodlive.azurewebsites.net

To download the 'PickUpMyPeriod' app visit:

- Apple Store: www.apps.apple.com/gb/app/pickupmyperiod/id1500403938
- Google Play: www.bit.ly/Google-app-PickupMyPeriod

3. Local food banks and community larders

In partnership with CFINE, we also provide free period products in many Highland food banks and community larders. Check your local food group for availability.

4. Home delivery

In partnership with the social enterprise Hey Girls, The Highland Council offers a home delivery service. You can use this option if you have a Highland Council postcode and you either:

- Cannot easily access products at school or in community locations, for example if you live remotely or due to a disability or health condition; or
- Would like to access reusable period products (menstrual cups or reusable pads).

Please note that orders generally take 6 to 8 weeks to be processed.

To order, complete the online form at: www.surveymonkey.co.uk/r/LZWYJC7

For more information and a full list of venues visit:

www.highland.gov.uk/freeperiodproducts



Scottish Government
Riaghaltas na h-Alba
gov.scot

