

# TOTM

## How the scheme makes a period positive difference

A look at our social value and givebacks





# We're shaking up the period care industry *for good.*

We're here to inspire better, more sustainable ways to manage periods with our certified organic cotton and reusable range.

Our period care is designed for a comfortable and planet-friendly period, ethically produced with quality, sustainable materials without harsh chemicals.

As an award-winning purposeful brand, we're using our platform to champion menstrual wellbeing, comfort and dignity for all.





# Our impact



1,988,194

periods made more sustainable in 2022.

3,504,333

plastic applicators recovered from the ocean. \*



3,000+ sites

being supplied by our Period Positive Workplace Scheme.

314,072 kg

carbon offset.



49,690 pads donated to In Kind Direct

\*Equivalent number based on the recovery of 10513 kg via Plastic Bank partnership

**For every workplace box sold,  
we donate 10p to Endometriosis UK.**

**We're proud to support Endometriosis UK who provide vital support and information to those affected by endometriosis.**

One in ten women and those assigned female at birth are living with endometriosis. That's over 1.5 million who desperately need support. The average diagnosis time for endometriosis in the UK currently stands at 8 years leaving many suffering for years without treatment.





# Our work supporting period dignity causes.

**Since launching in 2016, we've been working with local Government, councils and charities to improve access to sustainable period care products.**

Our Period Positive Workplace Scheme was created to champion menstrual comfort, wellbeing and dignity at work and we've expanded this to other areas too. We've adapted the scheme for schools, universities, and are continually developing it for other environments.

## Proud to support In Kind Direct

We frequently run donation campaigns and offer a gift-a-pad service via our website in which TOTM pads can be donated to In Kind Direct by our customers. These donations are accessed by In Kind Direct's nationwide charity network.







**Every tampon box we sell actively fights ocean plastic.**

**For every box of our applicator tampons sold, we recover the equivalent weight in ocean plastic.**

Every box plays a part in tackling ocean plastic pollution. This is important as according to the Women's Environmental Network, 1.5–2 billion menstrual items are flushed down Britain's toilets each year polluting oceans, rivers and beaches.





# Every box makes a *difference*

