



TOTM

How the scheme makes a *period positive* difference

A look at our social value and givebacks



About Us

TOTM is an award-winning period care brand, committed to creating comfortable, safe and sustainable period care *without compromise*.

Our story began in 2016, when our Founders, Kate and Saint were inspired by both of their daughters to create a period care brand with a purpose.



Good to know:

- Leading ethical brand in the UK stocked in major supermarkets and retailers.
- A certified B Corp that's changing the period care industry for good.
- Organic cotton and comfy period care, without compromise.
- Quality trusted period care rated 4.7/5 by TOTM customers.
- Working towards carbon neutrality and recovering ocean-bound plastics for every tampon applicator sold.
- Winner of multiple awards for our ethical and sustainable approach.
- Pioneered a period dignity workplace scheme which supplies thousands of sites across the UK.
- Breaking taboos online, powered by a digital community of over 70K.

As seen in...

GLAMOUR

STYLIST

The Grocer

The  INDEPENDENT

Women'sHealth

BBC NEWS WALES

ELLE GRAZIA

VOGUE

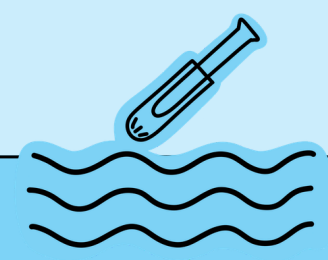
Our Measurable Impact

Impact snapshot as of June 2026.



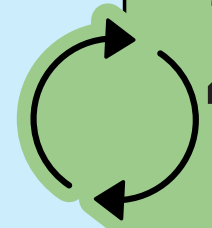
6,983,750

periods supported with organic, toxin-free products



22,838,303

Equivalent number of plastic applicators recovered from the ocean.

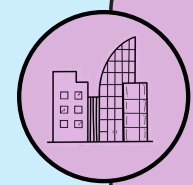


2,037,259kg

carbon offset and over 1999 trees planted.

£130k+

donated to Endometriosis UK.



22,000+ sites supplied

by our Period Positive Workplace Scheme.



The
**BRITISH
BUSINESS**
Awards 2022



Scan for our full impact story and the latest stats:



Over recent years, we have donated over £100k 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 **9 years, 4 months** leaving many suffering before receiving treatment.

ENDOMETRIOSISUK



Our work supports 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.

We set up our Period Positive Workplace scheme to bust taboos and drive period positive change in workplaces everywhere. Through this scheme, we're making organic cotton period care products available to anyone who needs them in workplaces and universities across the UK, thanks to our partnership with In Kind Direct..

Proud to support In Kind Direct

We frequently run donation campaigns and offer a gift-a-pad service, 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, providing life's essentials to those in need.



Our One For One Initiative With *Plastic Offset*.

Did you know that 42% of tampon users in the UK have flushed tampons in the past two years, and that period products account for around 2% of sewer blockages nationwide?

At TOTM, we partner with **Plastic Offset** through the Biru Foundation plastic collection project. For every cardboard applicator sold, a plastic one is recovered from the ocean.

Plastic Offset operates across Southeast Asia to collect discarded plastic waste from oceans, rivers, and coastlines.



22,838,303

So far, we have removed 68,515kg of plastic from the ocean, that's the equivalent of 22,838,303 **million applicator tampons!**

Plastic-Offset

For every cardboard applicator sold, a plastic one is recovered from the ocean.



Every box makes a
difference.

