



## **Family support with period products**

**If you need help with period products please visit**

**<https://www.allyoursbox.co.uk/request>**

**and complete the form to tell us what you need.**

**We will send out what you need in a free All Yours box.**

**You can request a box for yourself and your family members and we offer a range of products to suit as many preferences and circumstances as possible.**

**We offer disposable products like period pads and tampons but we can also provide reusable products for those people who would like a long-term alternative to disposable period products.**

**All requests are FREE and CONFIDENTIAL.**

**If you have any questions, please email**

**[allyours@allyoursbox.co.uk](mailto:allyours@allyoursbox.co.uk)**

**For more information about All Yours, including where you can collect an All Yours Box and information on reusable products, please visit**

**<https://www.allyoursbox.co.uk/>**