

Hello,

I hope you are keeping well and safe. I'm Eloise, Head of Research and Evaluation at Social Change UK, a social research and campaign company. We are currently working on an important project on behalf of the Women's Health Implementation Group, NHS Wales.

WHIG has commissioned Social Change UK to help improve period health literacy in Wales through encouraging young people to speak more freely about this taboo subject.

This is a priority area as the extent to which period health literacy will be included in the new curriculum for Wales to be implemented in 2022 is not yet clear. We want to use this opportunity to evidence for and provide tools to support its inclusion in the curriculum.

Online focus group

We've had some fantastic results from some survey work which we are using to help create initial concepts for a website and materials to help young people across Wales understand and find out more about periods and period health

We're going to be holding a series of online focus group discussion sessions with children to review the initial concepts for a website and materials and provide their views and feedback.

These are:

- Focus group for **girls aged 11 – 13**, Wednesday 22nd July 2 – 3pm
- Focus group for **girls aged 14 – 16**, Friday 24th July 2 – 3pm
- Focus group for **boys aged 14 -16**, Friday 31st July 2 – 3pm

These groups will be taking place through an online platform called 'zoom' so children can take part from home and do not need to travel or be in contact with others to take part, and will be happening in the summer holidays to avoid while children will be at school / doing schoolwork.

Groups will be held in English, though if any children would like to participate in Welsh simply let me know and we will be arranging sessions in Welsh if this is requested.

Children will receive a £10 shopping voucher as a thank you for taking part.

How you can help

If you would be happy for your child take part in one of the focus groups, simply complete the following consent form survey with your child:

<https://www.smartsurvey.co.uk/s/consentCYP/>

I look forward to hearing from you and if you have any questions or want to talk through anything for this I'm happy to do so – on email or on phone my number is 0207 186 1980.

Many thanks,
Eloise