

ywca
Ireland



**Homeless
Period
IRELAND**

Some Numbers

On average, a woman will spend 10 years of her life on her period

€492
per year

3500
Days

€18,000
in a lifetime

7,296
tampons

Periods and Youth

- 1 in 2 have missed an entire day of school
- 2 in 3 have missed a PE or sport
- 1 in 10 have **been unable** to afford sanitary wear
- 1 in 7 have **struggled** to afford sanitary wear

Periods and Homelessness

- Irregular access to bathrooms and showers
- Limited changes of clothes
- Lack of Sleep and Rough Sleeping Increases
Cramping, Pain, Fatigue and Headaches
- **Feminine Hygiene products are expensive**



Homeless Period IRELAND

“For homeless women, or women in crisis, it really is that dreaded time of the month. With limited or no access to sanitary products, they're often forced to go without. This initiative believes that tampons and towels should be made available to all women.”

HOMELESS PERIOD IRELAND

DONATION DROP OFF POINTS

ROCHES PHARMACY
165 RATHMINES RD. UPPER,
DUBLIN 6

YWCA IRELAND
64 LOWER BAGGOT ST,
DUBLIN 2

URBANA
HAIR REMOVAL EXPERTS
39 CLAREDON STREET,
DUBLIN 2

WAXPERTS
13 PATRICK STREET,
DUN LAOGHAIRE, CO DUBLIN

THE SIMON COMMUNITY
1-2 COPE ST, DUBLIN 2
116 THOMAS STREET, DUBLIN 8
CALLAGHAN HOUSE, DAME STREET,
DUBLIN 2



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AN SIOL CPD
STONEYBATTER OFFICE,
19 MANOR STREET, DUBLIN 7

MARKET PHARMACY
UNIT 8B, THUNDERCUT ALLEY,
SMITHFIELD, DUBLIN 7

**TROPICAL POPICAL
NAIL BAR**
28 SOUTH WILLIAM STREET, DUBLIN 2

DOWLINGS PHARMACY
147 CHURCH STREET,
DUBLIN 7

**DUBLIN WELL WOMAN
CENTRES:**
PEMBROKE ROAD CLINIC
67 PEMBROKE ROAD, BALLSBRIDGE

CITY-CENTRE CLINIC
35 LOWER LIFFEY STREET (JUST AT
THE WOOLLEN MILLS / HA'PENNY
BRIDGE)

COOLOCK CLINIC
ON THE UPPER LEVEL OF THE
NORTHSIDE SHOPPING CENTRE

**ALL DUBLIN INSTITUTE OF
TECHNOLOGY STUDENT
UNION OFFICES (ALL CAMPUSES)**

QUIGLEY'S PHARMACY
20 MAIN STREET, BLACKROCK,
CO DUBLIN

HEAD KANDI
FIRST FLOOR, UNIT 3 ASHBOURNE
COURT, ASHBOURNE, CO MEATH

THE HOMELESS STREET CAFÉ
GRAFTON STREET, DUBLIN 2
8-11PM TUESDAYS

BELLA BABY:
28 CARTON RETAIL PARK,
MAYNOOTH, CO KILDARE

FOTA RETAIL PARK,
CARRIGTWOHILL, CORK

UNIT 3, ORAN POINT COMMERCIAL
CENTRE, MAIN STREER,
ORANMORE, GALWAY

PEMBROKE DISTRICT, DUNDRUM
TOWN CENTRE, DUBLIN 16



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What Can You Do?

- Continue your generous support by dropping off products at our Baggot St centre
- Follow Homeless Period Ireland on social media to hear of other opportunities to volunteer
- Set up a collection at your church, workplace or local community