



**Menstrual Health and  
Period Education Advocates**

November 2024

Dear Parents and Carers,

**Christmas All Yours Period Boxes**

We know that Christmas can be an expensive and tricky time for a lot of families, and we are here to support anyone who needs period products, either for themselves or their family members. As this is a very busy time of year for us, we would suggest you order your period box sooner rather than later so that we can ensure that it is with you before the Christmas holidays. The last date for requesting a period box in time for Christmas is **Thursday 12th December**. Any request made after this date may not arrive before the holidays.

All requests are free and confidential, and you can request your All Yours box here:  
<https://www.allyoursbox.co.uk/request>

All our boxes are prepared by volunteers and most boxes are delivered by volunteers. Where we are not able to hand deliver a box, we use 2<sup>nd</sup> class Royal Mail to send our boxes. We ask that you allow at least 21 days for delivery, but we do aim to drop off boxes far quicker than this.

**Christmas All Yours Collection Points**

All Yours will be taking a break from 21<sup>st</sup> December until 2<sup>nd</sup> January. Any requests we receive during this time will be processed when we return on 3<sup>rd</sup> January. If you find you need period products urgently during this time you can collect a period box from our various collection points. You can find a list of our collection points on our website, but we would suggest checking opening times with the venue before travelling as they may vary over the festive period.

<https://www.allyoursbox.co.uk/box-collection-points>

**#KnowYourFestivePeriod**

Our Christmas gift to you all this year is some more period education! Keep an eye out on our socials for nuggets of information in December to help you understand your festive period better! You can find us on Facebook and Instagram on @allyourmonthly

With best wishes for Christmas and the coming new year,

*All Yours*