



*Menstrual Health in the Military*

# LET'S TALK *Honestly*

An open, supportive, peer-led session on menstrual and hormonal health for servicewomen.

Delivered by The Red Tent Project, these sessions create a calm, confidential on-base space to talk openly about health, gain practical tools, and build confidence in managing menstrual and hormonal wellbeing within military life.

Sessions are delivered independently and impartially, enabling open and honest conversations without concern about information being shared beyond the session.

*Independent. Confidential. Supportive.*





## HOW SESSIONS WORK

Sessions are invitation-only and delivered in coordination with local welfare teams and command to ensure safeguarding, confidentiality, and appropriate base access.

## WHAT TO EXPECT

- Menstrual and hormonal health education tailored to military life
- Practical wellbeing tools and cycle-awareness resources
- Confidential, peer-led discussion in a relaxed pop-up setting
- Free menstrual health products
- A stigma-free space to ask questions and share experiences

*To find out more, call 0161 494 1515  
We're open 24/7. Or email us at [info@mode.me.uk](mailto:info@mode.me.uk)*

## OUR CREDENTIALS

The Red Tent Project is an Armed Forces Covenant Gold Award holder and is supported by the Armed Forces Covenant Fund Trust.

Our trustee board includes serving and former senior officers, and we are full members of COBSEO, QNVMHS, and NHS Veterans Aware.

We have a proven track record of working in partnership with MOD Welfare and support teams, and can provide full safeguarding documentation, risk assessments, and governance information on request.

## MENSTRUAL HEALTH IN THE MILITARY

9:00am start

*Free menstrual health products available*



*Scan the QR code to register  
for your chance to win a  
hamper of MODE products*



THE ARMED FORCES  
COVENANT FUND TRUST



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changes lives

# The Red Tent Project

## Menstrual Health in the Military

### What these sessions are – and what they are not

The Red Tent Project sessions are not lectures or basic education. They are interactive, discussion-based clinics that recognise the experience servicewomen already have and create space for practical conversation about menstrual health in military life.

Alongside sharing evidence-based information where helpful, the sessions gather insight from servicewomen about the realities they experience in training, exercise, and deployment. This learning helps to raise awareness, inform future guidance, and shape learning for younger women entering service.

### How sessions are delivered

Sessions are delivered on-base in coordination with unit welfare teams and command. They are informal, respectful, voluntary, and confidential, centred on conversation rather than presentation.

### What servicewomen gain

Participants can share experiences, discuss practical considerations with peers, access clear information, explore management options relevant to service life, and contribute to understanding that will benefit other women in the Armed Forces.

### Why this approach matters

Menstrual health in military life is rarely discussed in practical terms, yet it is a routine consideration for many servicewomen. By creating space for open discussion and shared insight, The Red Tent Project helps to reduce barriers to conversation and raise awareness of these lived realities.

### Delivered by Mode Rehabilitation

Funded by the Armed Forces Covenant Fund Trust. The Red Tent Project is part of Mode Rehabilitation's commitment to raising awareness of practical health considerations for the Armed Forces community and supporting informed understanding through conversation and shared learning.