



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.



EMPOWERING
Service Women



DESTIGMATISING
Menstrual Health



STRENGTHENING
Wellbeing





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

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.



MENSTRUAL MANAGEMENT OPTIONS FOR SERVICEWOMEN

Women manage menstruation in different ways depending on personal preference, health considerations, and the environments they are working in. Options generally fall into three broad categories: external products, internal (non-hormonal) products, and hormonal methods that may reduce or suppress bleeding.

Category	Common Methods	Overview
External Products 	Pads, Tampons	Worn outside the body to absorb menstrual blood. Widely used and easy to access but require regular changing and disposal.
Internal Products 	Menstrual cups, menstrual discs	Worn inside the body to collect menstrual blood. Can be worn for longer periods but require clean hands and privacy to manage.
Hormonal Options 	Combined pill, progestogen-only pill, injection, implant, hormonal IUD (coil)	Hormonal methods that may reduce or stop menstrual bleeding. Suitability varies and medical advice is required.

KEY MESSAGE

Menstruation can present practical challenges in environments where access to facilities, privacy, and disposal options may be limited. Women manage menstruation in different ways depending on their health, personal preferences, and the environments they are working in. There is no single “best” option, and access to clear information helps support informed and voluntary choices.



Menstrual management in military environments may involve additional practical considerations. Access to clear information and appropriate healthcare advice helps support informed and voluntary choices.

PARTNER SPOTLIGHT

mooncup®

We would like to thank **Mooncup** for their generous support of the Red Tent Project.

Mooncup is one of the pioneers of reusable menstrual products in the UK, helping to transform period care by offering safe, sustainable alternatives to disposable pads and tampons. Their mission is simple but powerful; to improve menstrual health, reduce waste, and challenge the stigma that still surrounds periods.

Today, **Mooncup** is recognised as the highest-scoring B Corp period care brand in the UK, reflecting its commitment to ethical business practices, environmental responsibility, and positive social impact.

Reusable period products can dramatically reduce waste. In 2025 alone, reusable products sold through **Mooncup's** website were estimated to prevent over 8 million disposable period products from being used.



Mooncup has kindly provided sample products for attendees and demonstration products for our sessions, helping make menstrual education more accessible, practical, and empowering.

wearemooncup.com

FOR MORE INFORMATION

If you would like to learn more about The Red Tent Project, access further information, or speak with someone about menstrual health in military environments, please use the contact details below. Our team can provide information about the project, upcoming sessions, and where to find appropriate support if needed.

Contact Us



Phone 0161
494 1515



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