

Media Release

Monday, 7 March 2022

Local Council offers free period products to those in need

Cootamundra has increased its ability to help people living in period poverty with the installation of a Dignity Vending Machine. The machine, installed by charity Share the Dignity, dispenses free #PinkBox Period Packs, containing six tampons and two pads, to those who need them.

Cootamundra-Gundagai Regional Council (CGRC) – Cootamundra Library received this important machine due to their work with vulnerable women, girls and those who menstruate. When someone is doing it tough, the last thing on their mind should be dealing with their period.

Share the Dignity Founder and Managing Director, Rochelle Courtenay, dreamt of finding a way for people who are doing it tough to access free period products, without the anxiety and shame many feel when asking someone else for help.

“I was shocked to discover that people were using rolled up toilet paper and hand towels to manage their periods,” Ms Courtenay said.

“I could not believe that people were having to choose between feeding their family or buying period products. School children should not have to miss school to avoid the embarrassment of not being able to afford pads and tampons.”

As a response, Share the Dignity leapt into action and created the Dignity Vending Machine. The latest machine has been installed in Cootamundra Library in Wallendoon Street Cootamundra and dispenses free #PinkBox Period Packs at the push of a button. Each Dignity Vending Machine is programmed with a delivery delay of 10 minutes or 3 minutes in schools to ensure no Period Packs are wasted.

Share the Dignity purchase and supply the specially made period packs in the Dignity Vending Machines, which are sponsored by businesses, grants and donations. Local volunteers look after the maintenance and stocking of the machine to ensure products are always readily available.

Cootamundra Library is excited to receive this machine to help those experiencing period poverty, but also to help break down the shame and stigma associated with menstruation. Those attending their facility can safely and privately access period products that can make a life changing difference.

Those wanting to support Share the Dignity in providing Dignity Vending Machines can [Sponsor a Dignity Vending Machine](#) or hold a [Birthday Fundraiser](#) to swap gifts for donations which fund the [Period Packs](#). For more information visit www.sharethedignity.org.au.

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Picture and caption:

CGRC Librarian Penny Howse with the Share the Dignity Machine at the Cootamundra Library.

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About Share the Dignity

Share the Dignity works to make a real, on-the-ground difference in the lives of women, girls and those who menstruate experiencing homelessness, fleeing domestic violence, or doing it tough. They distribute period products to those in need and work to end period poverty here in Australia. When a person is doing it tough, the last thing on their mind should be dealing with their period.

They are proud to partner with over 3,000 charities nationally, helping them to assist the women, girls and those who menstruate who desperately need access to period products. This is achieved through Dignity Drives and Dignity Vending Machines. They also distribute the gift of a bag for those in need at Christmas time through their annual #ItsInTheBag campaign.

www.sharethedignity.org.au

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Cootamundra-Gundagai Regional Council
www.cgrc.nsw.gov.au

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