



World Bowls the first global sports body to join FabLittleBag's Period Supportive Movement

World Bowls is delighted to announce a global partnership with FabLittleBag.

The partnership will focus on our collaborative efforts to promote the participation of women and girls in bowls globally.

World Bowls CEO Neil Dalrymple said that "World Bowls was thrilled to become a Period Supportive Sport and be part of this movement.

This is more than just addressing a practical need - it's a powerful statement of solidarity and support for female bowlers. By normalising conversations about menstruation, providing free period products on hand, and ensuring the proper disposal of tampons and pads, we create an environment where female bowlers can focus entirely on their performance, stress-free."

World Bowls and FabLittleBag will work collaboratively and use World Bowls events late in 2024 and 2025 to assist in undertaking the following activities:

- **Normalise Conversations:** Encouraging open discussions about menstruation helps break down the stigma and makes athletes feel more comfortable, included and supported.
- **Provide Resources:** Ensuring access to period products and disposal options is essential for creating a stress-free environment for bowlers.
- **Educate and Train:** Training of coaches to handle these conversations with sensitivity and understanding is crucial.

FabLittleBag is a sustainably sourced disposal bag for tampons and pads, invented to convert the 40% of women who flush period products to bin instead and to make the experience of disposal so much easier, nicer, and more hygienic than it often is.

FabLittleBag started the Period Supportive Movement with the mission that periods must not be a barrier to participation in sports; In the UK, 64% of teenage girls leave sports before the age of 17yrs old – largely due to the trickiness of managing periods at training and matches.

Women and girls can often miss training and matches due to lack of support, understanding and facilities from clubs and coaches. We don't want to let period management effect participation.

One significant barrier female athletes face is the persistent taboo surrounding menstruation. Periods have long been a topic shrouded in silence, especially in the world of sports. This lack of open conversation creates discomfort and adds an extra layer of anxiety to athletes already under immense pressure to perform at their best.

Managing periods during training and competition can be tricky and stressful. The mess, odour, and challenge of finding proper disposal options often leave athletes with limited choices; or deciding not to change when they need to, often leading to leaking through clothing.

Many feel forced to flush used period products and packaging down the toilet. This seemingly quick solution comes with serious consequences—not only does it cause blockages in pipes and sewage systems, Blockages lead to costly repairs, higher taxes, and increased strain on water companies. Flushing also leads to direct pollution of our rivers and oceans with what is mainly plastics. By providing FabLittlebags in cubicles and Coach's Bags this means that whatever the facilities, you can dispose of your tampon or pad easily, hygienically and discreetly.

The benefits of being Period Supportive go beyond convenience. Mental health is greatly impacted when athletes don't have to worry about period management on top of the pressures of training and competition. FabLittleBag ensures that athletes can manage their periods in a way that's stress-free, eco-conscious, and convenient, which ultimately contributes to their overall well-being and sense of belonging.

It is one less thing to worry about and one more thing to create a welcoming environment.

World Bowls and FabLittleBag look forward to the outcomes of this partnership and should you require more information, please contact Martha or Neil:

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Together, we embrace period positivity and environmental responsibility.