

WASHROOM EQUALITY FOR ALL

CAMPAIGN TOOLKIT



PROSTATE
CANCER UK



Group

HELPING MEN LIVE WELL



P=RIOD
EQUALITY

CONSIDERATE
CONSTRUCTORS
SCHEME



RAISING STANDARDS, BUILDING TRUST.

Considerate Constructors Scheme's impact is far and wide. Since its launch over 25 years ago, Considerate Constructors Scheme has been helping to achieve real and positive change across the industry - driving improvements by raising standards in how construction activities are considerate towards communities, the environment, and the workforce.

As Considerate Constructors Scheme continue to challenge the construction industry as it evolves, **phs** are excited to work in partnership to provide washroom equality. From male incontinence to period equality initiatives, we'll be working together to lead the way in raising standards across the construction industry and help improve its culture surrounding stigmatised topics.

03.3.1 New Requirement: registered Activity to ensure the provision of female sanitary products and sanitary disposal in both female and male toilets.





**PROSTATE
CANCER UK**



Group

HELPING MEN LIVE WELL

SUPPORTING MEN AND THE ENVIRONMENT

Having a **phs** Male Incontinence Bin in your washroom is a significant gesture that extends beyond just supporting the campaign for men's health needs and creating washroom equality; it's a statement of commitment to environmental sustainability.

1 in 5 workplaces are paying to unblock men's toilets.

By choosing to facilitate these bins, you are aligning yourself with our commitment to diverting hygiene waste away from landfills and saving you money from potential maintenance and unblocking of toilets.

Thanks to our **phs** LifeCycle Strategy the waste we collect from our customers is taken to energy-from-waste sites to produce electricity to power homes, schools, and industries.



phs' initiative also includes the Help Yourself Vend and the bag dispenser, providing discreet and convenient access to essential incontinence products.

By incorporating a disposal method and providing access to products, it showcases your dedication to supporting men's health, promoting environmental responsibility, and championing equality in the washroom.

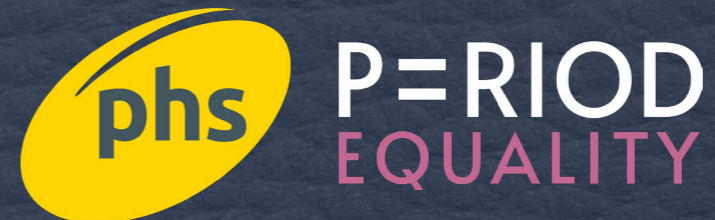
OUR COMMITMENT

PHS GROUP ARE HERE TO SUPPORT.

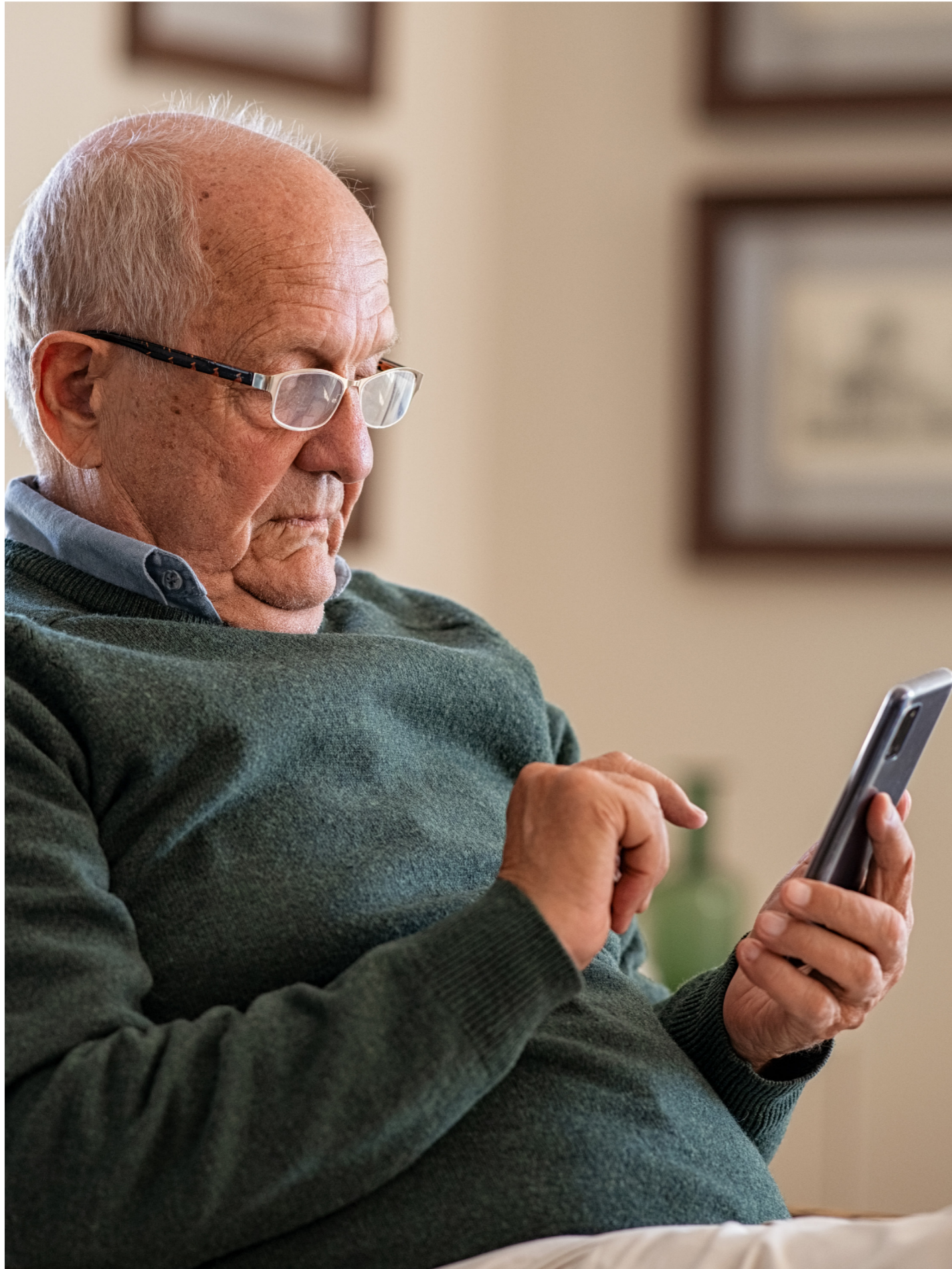


HELPING MEN LIVE WELL

Working with the largest men's health charity in the UK, Prostate Cancer UK, gives us the insight into the struggles men face during or after treatment for prostate cancer. This can also include urinary incontinence because of prostate removal, or other treatments such as radiotherapy.



Our extensive involvement in creating period equality in the UK also positions **phs** Group as one of the leaders in breaking the stigma and taboo around periods and we're excited to commit to helping Considerate Constructors Scheme create period equality in the workplace.



FIND US ON SOCIAL MEDIA:

@phsGroup



@CCScheme



@prostateuk



@prostatecanceruk



We have also created some social assets for you to post on your channels, **page 18**.

If you have any further questions, please email **press@phs.co.uk**

HOW CAN YOU HELP?

TOP 3 WAYS YOU CAN HELP TO DRIVE AWARENESS



1.

Help men live well by installing a **phs x Prostate Cancer UK male incontinence bin**, so men can dispose of their incontinence waste with dignity. Contact phs today on **029 2080 9098** or email **enquiries@phs.co.uk**

2.

Share our messages on **social media, email, your company Intranet**. We will be encouraging all men to complete **Prostate Cancer UK's 30 second online Risk Checker**.

3.

Download our campaign resources. Share with your colleagues, family and networks. View resources **here**.

4.

Help us campaign to Government! On Prostate Cancer UK's website, you will find a letter template, which you can download and send to your local MP to urge Government to provide the necessary facilities for men to dispose of their incontinence products, discreetly. Download the letter **here**.

OVERVIEW OF



PROSTATE CANCER UK

Prostate Cancer UK are the largest men's health charity in the UK.

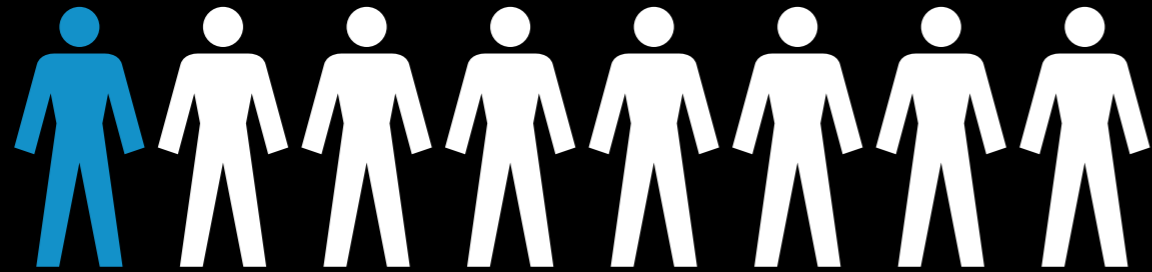
They have a simple ambition – to save and improve the lives of men affected by prostate cancer.

They are the driving force in prostate cancer research in the UK. They invest millions into research to find better ways to diagnose prostate cancer and improve treatments to help men live long and live well.

They work with the NHS to make sure men get access to these breakthrough tests and treatments, and influence government decision-makers to improve men's outcomes and experiences.

Prostate Cancer UK help men make informed choices about prostate cancer.

They spread the word about who is at risk of prostate cancer, especially to those at higher risk, through their award-winning online Risk Checker tool, which you can find **here**.



1 IN 8 MEN

WILL GET PROSTATE CANCER AND SOME WILL EXPERIENCE INCONTINENCE AS A SIDE EFFECT OF THEIR TREATMENT.

For men who are treated for their prostate cancer, **between 2% to nearly 60%** will experience urinary and bladder incontinence.

OUR NEW RESEARCH WITH PHS GROUP SHOWS THAT FOLLOWING TREATMENT FOR PROSTATE CANCER,

66%

OF MEN (TWO THIRDS) ARE WORRIED ABOUT BECOMING INCONTINENT.

Prostate Cancer UK support those who face incontinence problems as a result of treatment with Surgery Support packs containing informative materials and provisions.

THEY SEND OUT OVER

4,000

OF THESE PACKS EVERY YEAR, ALONGSIDE 6,400 FACT SHEETS FOR MEN DEALING WITH THESE ISSUES.





THEIR SPECIALIST NURSE SERVICE AND HEALTH INFORMATION ALSO PROVIDES VITAL SUPPORT FOR PEOPLE LIVING WITH PROSTATE CANCER.

The Specialist Nurses team are experts in discussing incontinence as a potential side effect for men having surgery or radiotherapy, and provide a friendly, expert ear for men seeking support.

Prostate Cancer UK are driven to remove the stigma around male incontinence by raising awareness with the public, providing guidance and support for men and campaigning for the provision of male incontinence bins to be made available for men nationally.

They are working alongside **phs** Group to help men live well and to build a future where men's lives are not limited by incontinence.

CHECK YOUR RISK IN 30 SECONDS

Prostate cancer is the most common cancer in men, but most men with early stage prostate cancer don't have symptoms.

Prostate cancer is not always life-threatening. But when it is, the earlier you catch it the more likely it is to be cured. Check your risk by answering three quick questions:

[Click here for the risk checker](#) 



CASE STUDY

Mervyn Bryans, 68, is a former civil servant and lives in Dundonald. He was diagnosed with prostate cancer at the age of 57.

“IN MY CASE, LIKE MANY OTHERS, I’M GOING TO HAVE DIFFICULTY FOR THE REMAINDER OF MY LIFE WITH INCONTINENCE.”

“The disposal of pads isn’t considered. You may have to change pads, carry pads, keep your pads to dispose of them at home. If there were incontinence bins available in an ordinary toilet you could deal with it in a proper manner.

There also need to be better access to obtain pads too. If you run out, you can’t just buy these new incontinence pads anywhere.

I want to speak up about this to try and help someone else’s journey. Businesses may think it’s a very minor thing. But it’s not a small amount of men and it could make a huge difference.”



CASE STUDY

Errol Mckellar, is 65 and based in Dunmow, Essex- originally from Brent in North London.

He was diagnosed with prostate cancer in 2010, and continues to experience urinary incontinence as a result.

“I GOT THE ALL-CLEAR FOR PROSTATE CANCER IN 2017, BUT I STILL HAVE TO LIVE WITH THE SIDE EFFECTS AND ISSUES, ALTHOUGH THINGS ARE NOT AS BAD NOW AS THEY WERE.”

“The incontinence is an interesting one, and it can really affect you and your confidence and how you behave, how it affects your family and your partner. It’s trying to always know where your nearest toilet is.

Adjusting is hard work, but you do get there. Initially it was very difficult. I’m so thankful for this campaign from Prostate Cancer UK and **phs** Group. I feel at last someone is taking this situation seriously.”

WEB/ BLOG COPY TEMPLATE

This content has been created for you to share on your website, to showcase to your customers, how you are supporting men live well.

Raising standards, building trust.

At Considerate Constructors Scheme, we always strive to achieve real and positive changes across the construction industry. This includes raising standards in how construction activities are considerate towards communities, the environment, and the workforce. We are also passionate about evolving and are always looking ahead to ensure we meet the growing needs of our industry.

Therefore, we are delighted to announce we have partnered with **phs** to help create washroom equality:

- **phs** Male Incontinence Bins and Disposal Bags to support those with urinary and bowel incontinence
- Help Yourself Vend period product dispensers to support period equality for all.

Facts about Male Incontinence

Male incontinence is a topic that is rarely talked about. This has resulted in a common misconception amongst the public, that male urinary incontinence is a problem only affecting old men. But research shows this is an incorrect stereotype.

Over half of UK men experience urinary

incontinence* while the annual incidence rate for urinary incontinence for men over 40 is around 4% in the UK**.

In addition to this, **1 in 8 men** will get prostate cancer***, with many of these men experiencing urinary problems as a side effect of their treatment.

How can we support men with incontinence

issues? Historically, male washrooms lack the same amenities as women's washrooms. This is particularly apparent when it comes to the disposal of hygiene waste such as incontinence products.

At Considerate Constructors Scheme, we are working in partnership with **phs** Group and Prostate Cancer UK to raise awareness of the need to create 'safe spaces' for men to dispose of their incontinence waste.

Working to create period equality

While many of us would think that access to period products is a necessity, this is not always the case. In fact, a significant proportion of people in today's modern society are either not able to afford or cannot access period products. This is known as period inequality, sometimes called 'period poverty'. As period inequality is becoming increasingly understood as an issue, more places are providing free period products to those who need them.

By partnering with **phs**, Considerate Constructors Scheme will be able to provide period equality for all.

Everything you need to help end stigma

To fight stigma and raise awareness of male incontinence and period equality in the workplace, **phs** have worked with Considerate Constructors Scheme to prepare a toolkit.

The toolkit includes:

- Facts and statistics about male incontinence and period equality
- Tips on how to create social media posts
- Case studies to help prompt conversations
- Example blog copy to support your business

The toolkit has been made available as a resource for everyone to use. It can be downloaded for free.

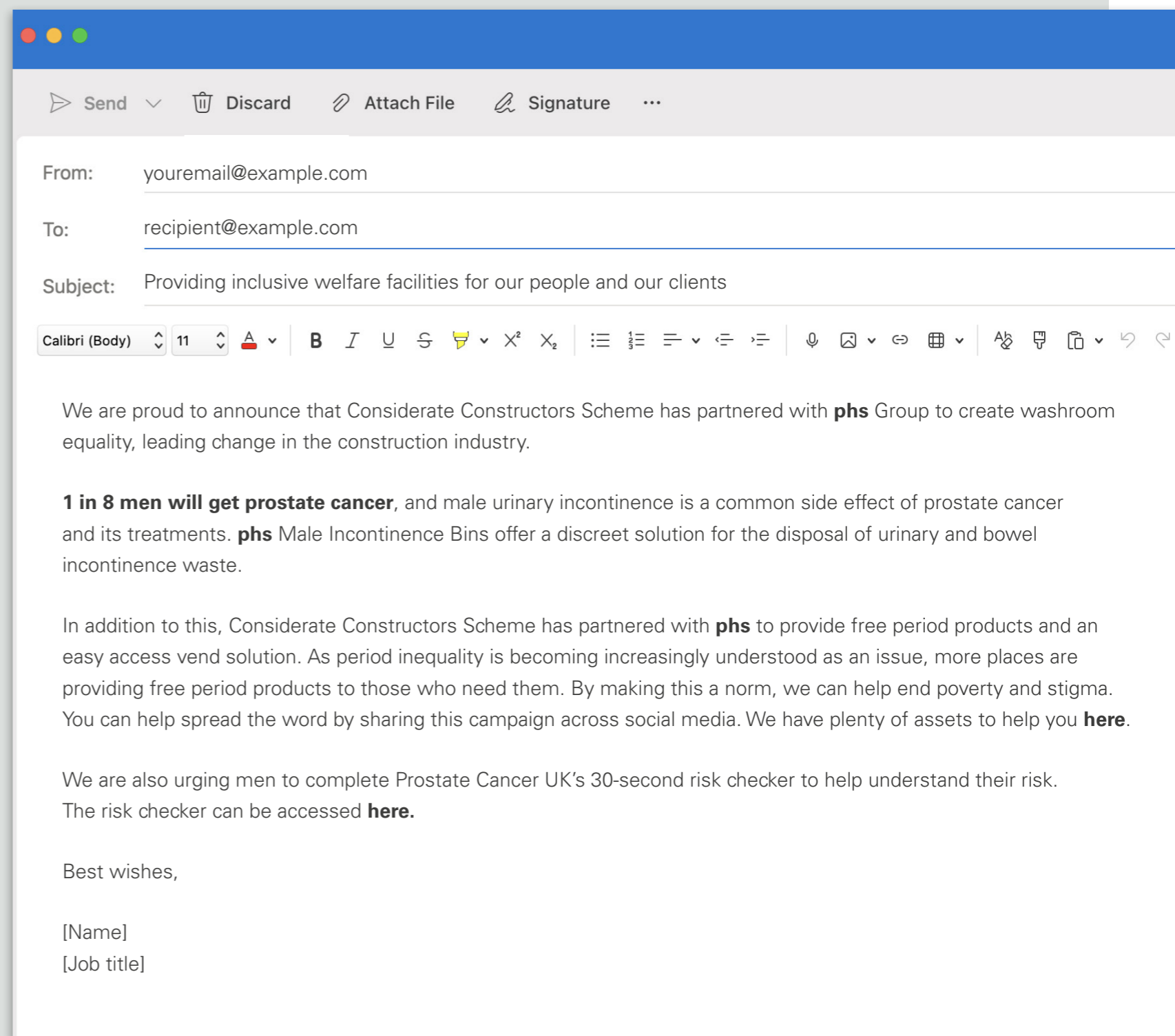
*phs Male Incontinence: Dispose with Dignity whitepaper

**Source: National Library of Medicine

***Source: Prostate Cancer UK

INTERNAL EMAIL COPY TEMPLATE

This content has been created for you to share internally with your colleagues, to create awareness around bin accessibility and the importance of completing the Risk Checker.



PRESS RELEASE TEMPLATE

This content has been created for you to share externally with your customers or prospective customers. It will help you showcase how you are supporting **phs** Group and Prostate Cancer UK with its ambition to help men live well and to build a future where men's lives are not limited by incontinence.



OVER HALF OF UK MEN EXPERIENCE URINARY INCONTINENCE: CALL FOR ACTION AS LACK OF AWARENESS AND PUBLIC FACILITIES TAKES TOLL ON MALE MENTAL HEALTH

- New figures reveal previous assumptions about the prevalence of the condition may be vastly underestimated
- Men experiencing the condition become socially isolated, anxious and depressed due to poor provision of facilities to change incontinence products
- Prostate Cancer UK and **phs** Group launch campaign to tackle the taboo surrounding incontinence issues
- Government urged to make legislative changes and ensure male toilets provide male incontinence bins


Wednesday 15th February: New research released today uncovers the alarming truth about the widespread prevalence of male urinary incontinence across the UK, and the taboo causing silent suffering in men.

The report, *Binning the taboo: disposing with dignity*, reveals that more than half (51%) of the men surveyed, of all ages, have experienced symptoms associated with urinary incontinence. This is leaving nearly **eight in 10 men anxious to leave the house.**

[Click here to read the full report](#)

SOCIAL POSTS EXAMPLES

See **page 19** for downloadable assets.



70%
AGREE THAT THERE IS NOT ENOUGH AWARENESS ABOUT THE IMPACT OF INCONTINENCE ON THE MALE POPULATION

PROSTATE CANCER UK | phs Group
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CONSIDERATE CONSTRUCTORS SCHEME



25%
HAVE RESORTED TO FLUSHING THEIR USED HYGIENE PRODUCTS DUE TO A LACK OF SUITABLE DISPOSAL METHODS

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CONSIDERATE CONSTRUCTORS SCHEME



48%
BELIEVE OLD AGE IS THE CAUSE OF URINARY INCONTINENCE IN MEN, WHEN IN FACT IT CAN HAPPEN AT ANY AGE

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HELPING MEN LIVE WELL

CONSIDERATE CONSTRUCTORS SCHEME



1 IN 25 MEN
AGES OVER 40
WILL EXPERIENCE SOME FORM OF URINARY LEAKAGE EVERY YEAR IN THE UK

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CONSIDERATE CONSTRUCTORS SCHEME



PROSTATE CANCER UK | phs Group
HELPING MEN LIVE WELL

CONSIDERATE CONSTRUCTORS SCHEME



**DISCREET.
DIGNIFIED.
DISPOSAL.
DESIGNED FOR MEN.**

PROSTATE CANCER UK | phs Group
HELPING MEN LIVE WELL

CONSIDERATE CONSTRUCTORS SCHEME

DOWNLOAD YOUR MALE INCONTINENCE RESOURCES

CUBICLE POSTERS

LANDING PAGE

WHITEPAPER

WEB/BLOG COPY TEMPLATE

INTERNAL EMAIL TEMPLATE

PRESS RELEASE TEMPLATE

SOCIAL POST ASSETS

MP LETTER

CASE STUDIES



phs

P=RIOD
EQUALITY

Did you know

PERIOD INEQUALITY

exists in the UK?

We believe that everyone should have access to the period products they need.

Our passion for period equality started back in 2019 and has since grown in strength. We support the UK government, local authorities, and businesses to create period equality in washroom environments, because period products are a necessity, not a luxury.



OVERVIEW OF



P=RIOD
EQUALITY

At phs Group, we believe everyone should have access to the period products they need.

Businesses, school, colleges, universities, and the public sector have a vital role to play in ending period inequality in the UK.

phs Group, have supported this ambition with an extensive range of period products, guidance, and resources to ensure no-one misses out because of their period.

What is period equality?

While many of us would think that access to period products is a necessity, this is not always the case. In fact, a significant proportion of people in today's modern society are either not able to afford or cannot access period products. This is known as period inequality, sometimes called 'period poverty'.

Awareness of this issue has been growing and there are regional, national, and global movements to help create period equality; increasing access to period products to ensure nobody is held back because of their period.

Making a difference.

The **phs** Period Equality journey began back in 2019 and has since grown into day-to-day job. We were appointed by the UK Government's official Period Poverty Taskforce with one common goal: eliminating period poverty, creating equality for all.

In partnership with Bloody Good Period, **phs** Group is leading one of just three workstreams tasked at improving access to period products for those who need it. We believe that bringing together our expertise, experience and resources will create a force to be reckoned with.

We also sit on the Welsh Government's Period Dignity Taskforce and Blaenau Gwent's Period Equality Taskforce, which have been set up to ensure products are reaching those who need them.

We also support the Department for Education in providing over 20,000 schools with period products, lessons plans and the resources they need to ensure no learner goes without because of their period.

The award-winning phs Period Equality also supports businesses to create period equality in the workplace, providing free period products to their workforce.

This proposition strengthens a business' corporate social responsibility credentials and shows that the business cares and wants to 'do the right thing'.

HOW DID PHS GROUP HELP PORTLAND COLLEGE WITH **PERIOD PRODUCTS?**



Click the button to watch
the case study

DOWNLOAD YOUR PERIOD EQUALITY RESOURCES

CUBICLE POSTERS

LANDING PAGE

SOCIAL POST ASSETS

CASE STUDIES

For more information visit:
www.phs.co.uk/maleincontinence
www.phs.co.uk/equality/corporate-pe



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EQUALITY

