



MacIntyre

Providing support...your way

Period and Menopause Cards

Disclaimer

These Makaton Signing Cards have been co developed with MacIntyre's Health Team, Easy Read Advisors and Jess our Expert by Experience.

These cards are intended to support communication and learning in home, school, and therapy settings.

They are not a replacement for official Makaton training or certified materials.

Signs may vary due to regional differences or vocabulary updates. For best results, please refer to a qualified Makaton tutor or the official Makaton resources.

These cards are for personal and educational use only.

For further information or support, please contact:

enquires@macintyrecharity.org

01908 230100

Follow us on social media: @MeetMacIntyre

www.macintyrecharity.org

Holland & Barrett



WELLBEING
OF WOMEN

Women's health community fund





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We would like to extend our heartfelt thanks to the Holland & Barrett and the Well Woman Fund for their generous support in funding our “Let’s Talk Period” project.

Thanks to your commitment to women’s health and wellbeing, MacIntyre has been able to launch this vital initiative that empowers the people we support to talk openly about periods, access the products they need, and receive the education and confidence to manage their menstrual health with dignity.

Your support has made a real difference in breaking down stigma and ensuring that everyone, regardless of their abilities or background, can feel informed, respected, and included.

From all of us at MacIntyre – thank you for helping us create a more open and supportive world.



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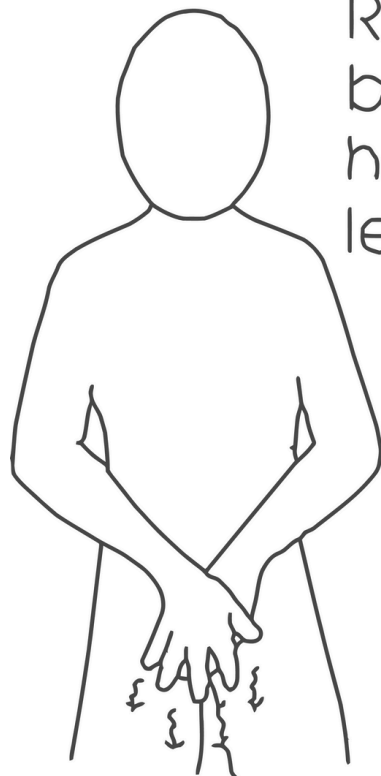




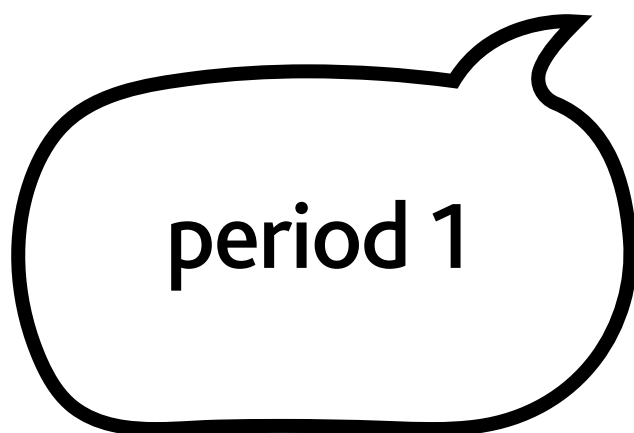
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Right hand
bleeds on left
hand at vagina
level

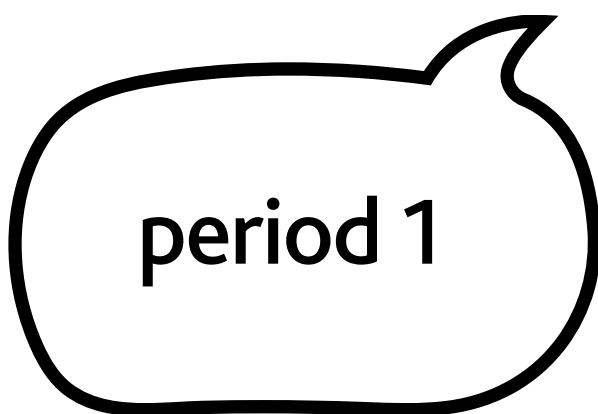




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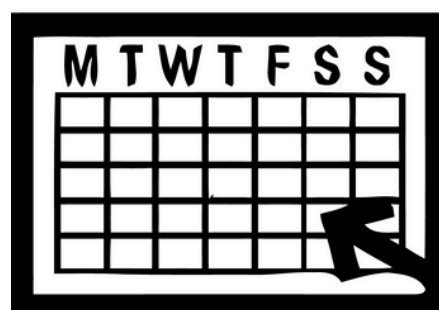
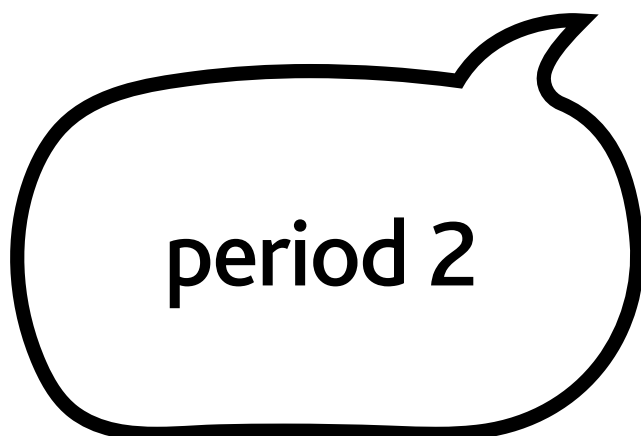
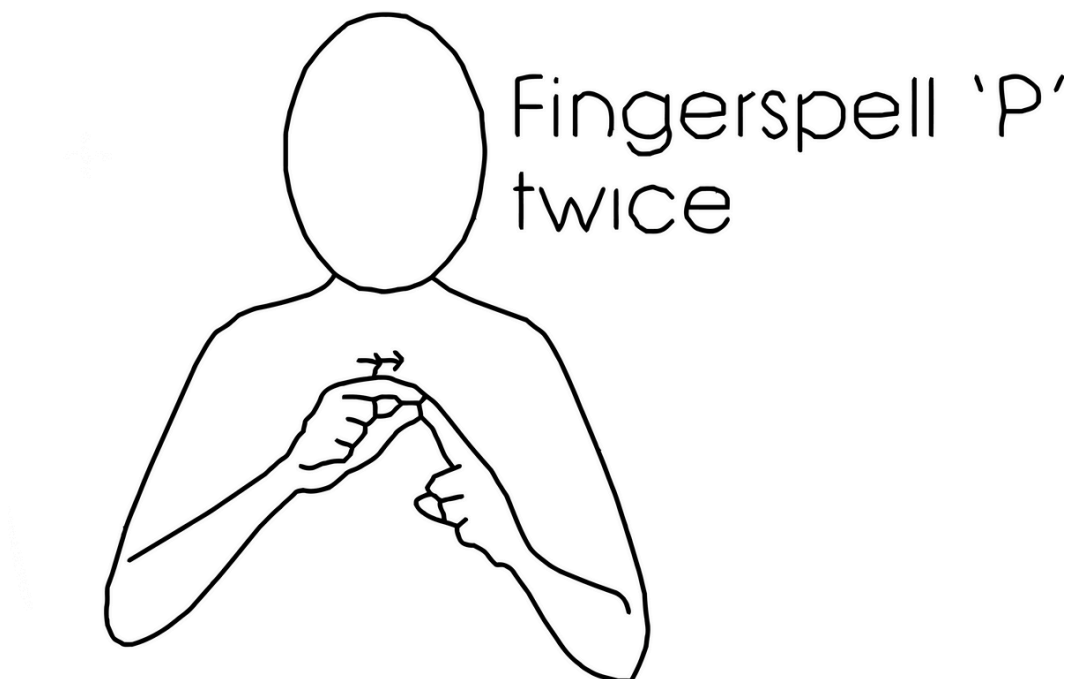




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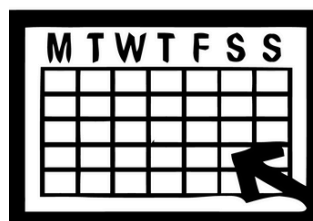
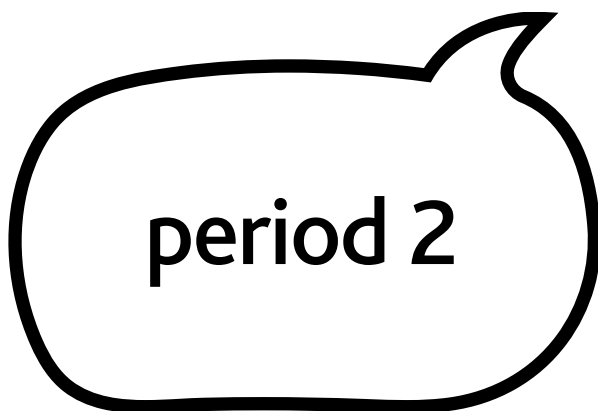




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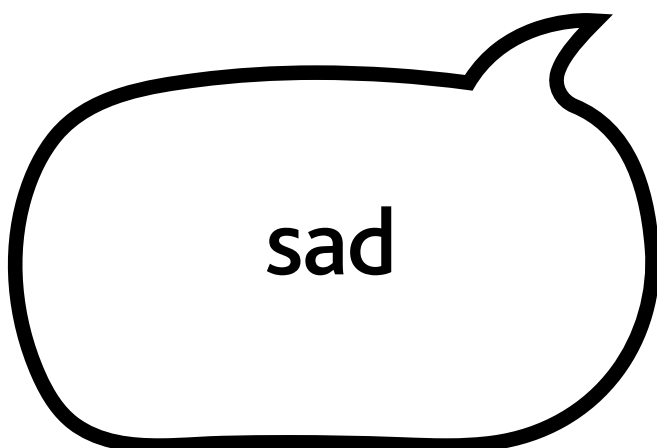
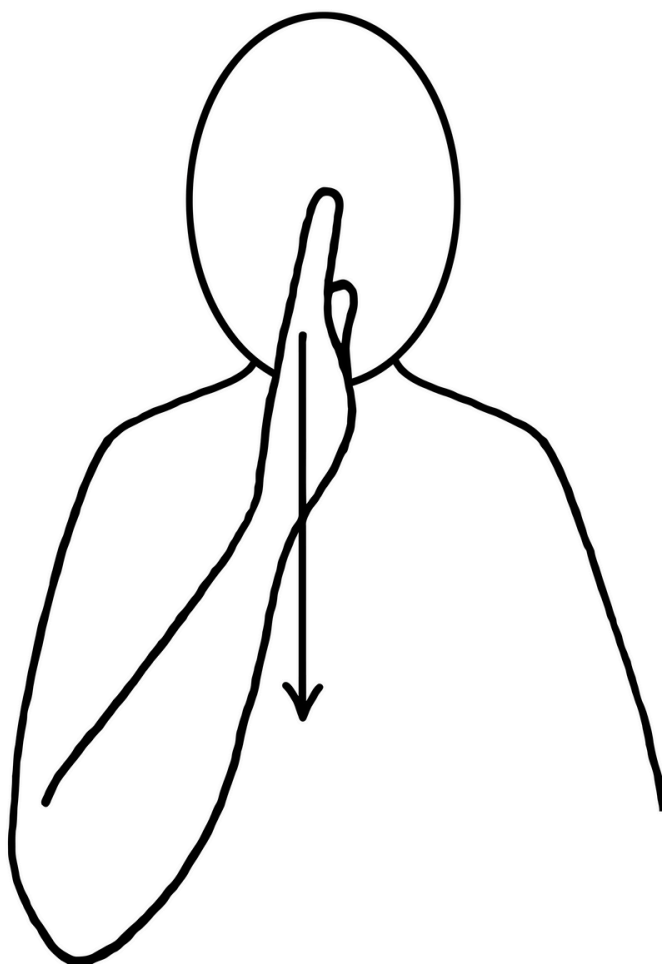




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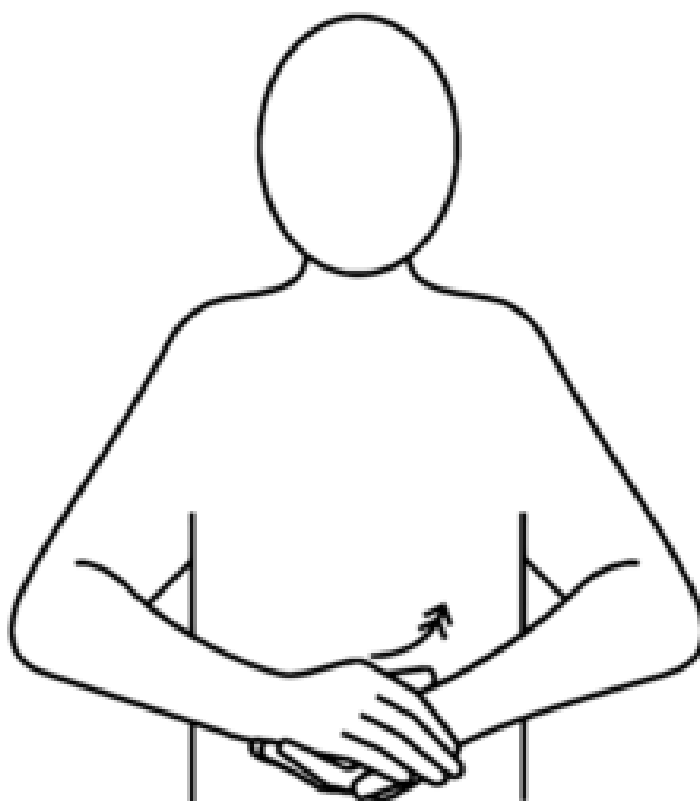




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happy



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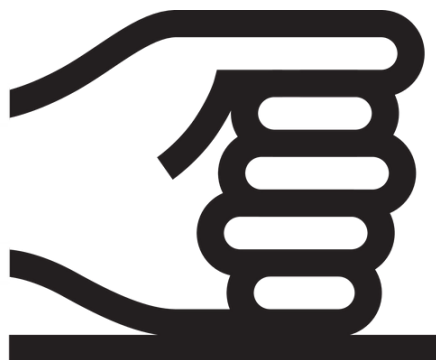
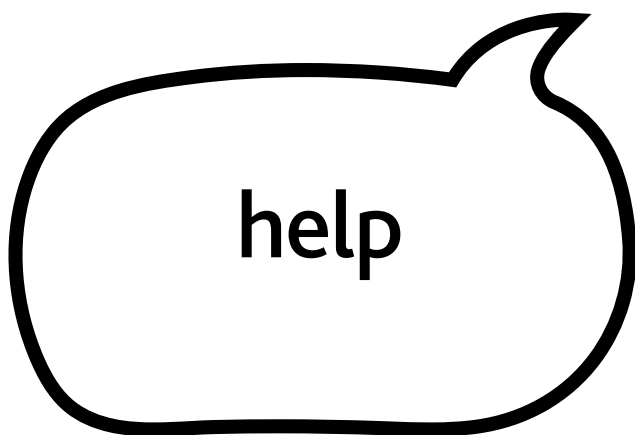
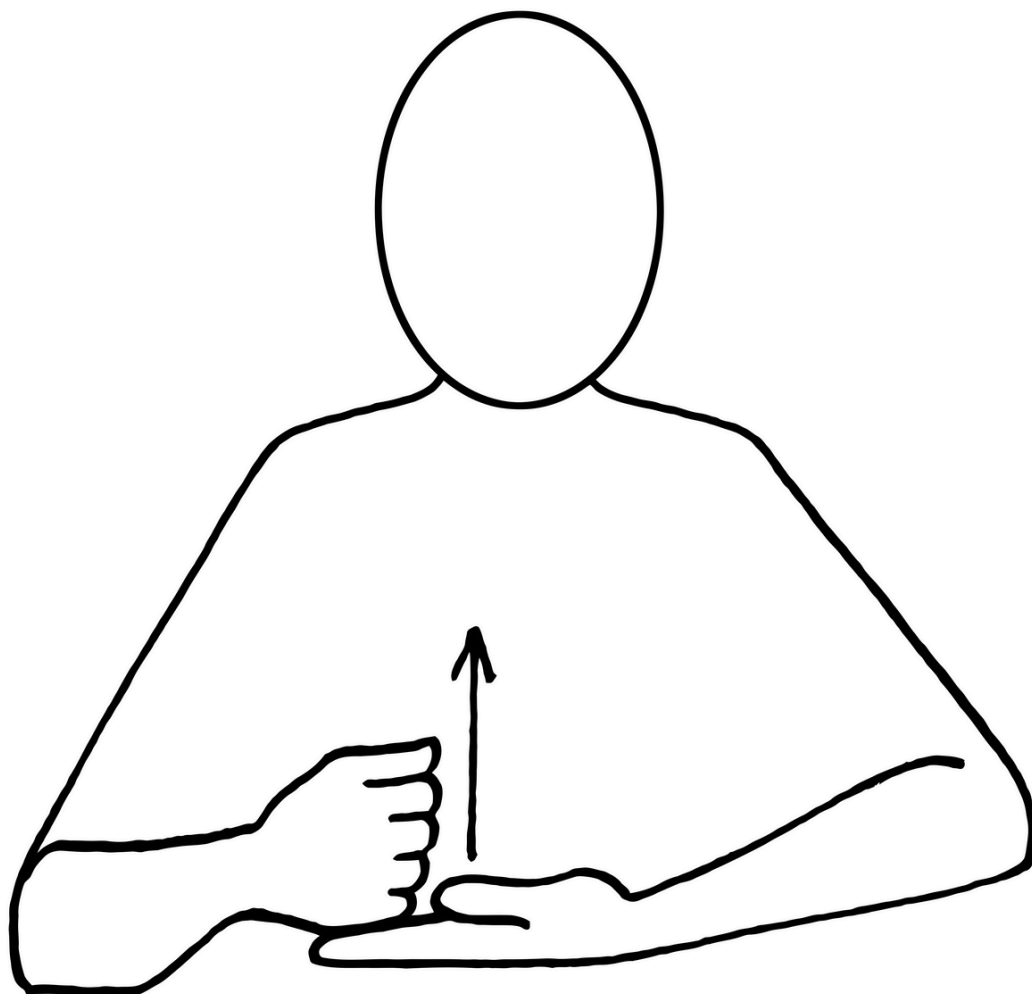




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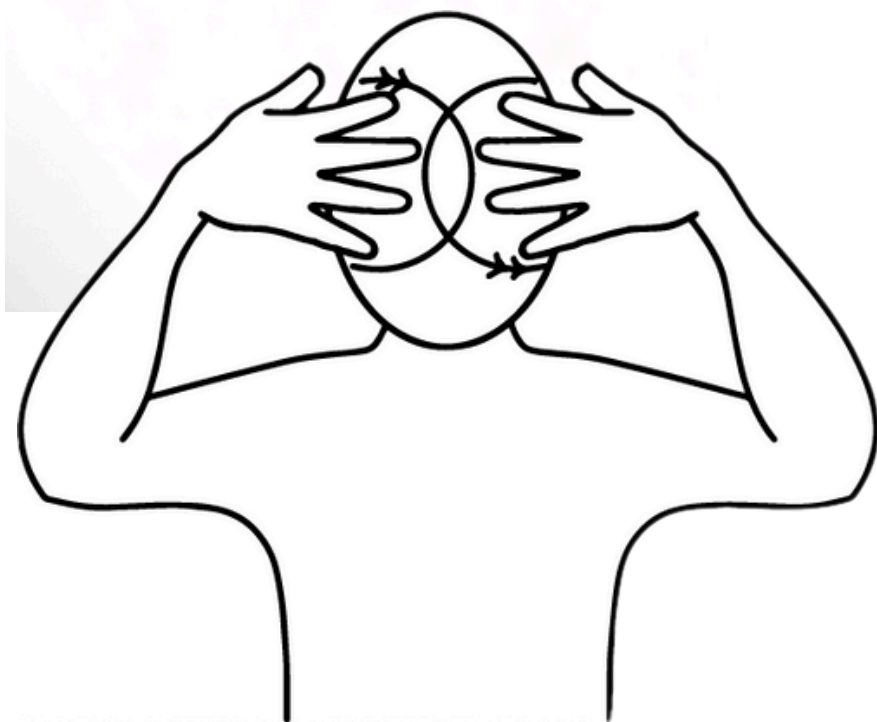


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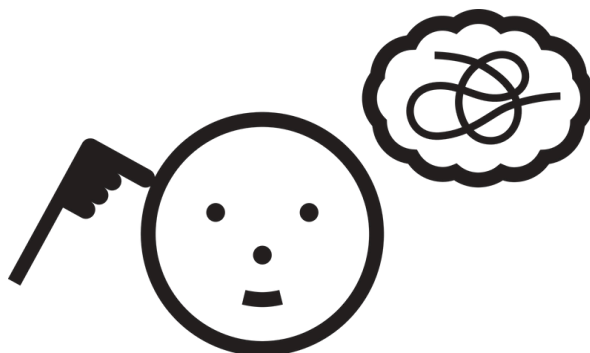
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Period and Menopause Cards

Circling clawed hands overlap in alternating movement



confused



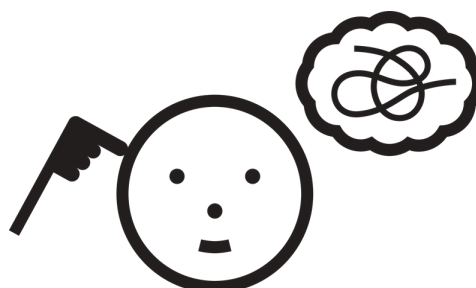
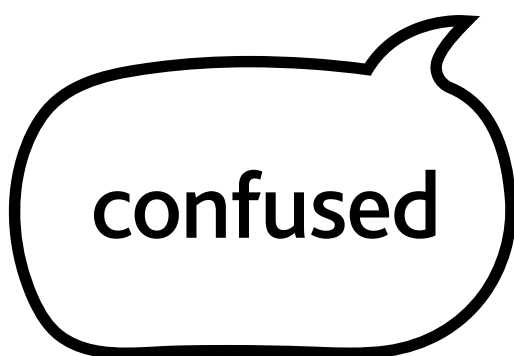
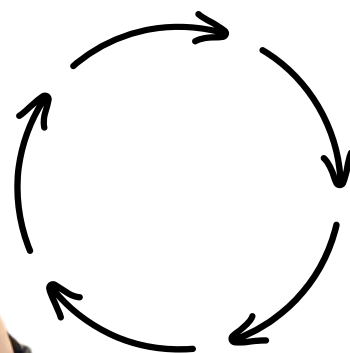
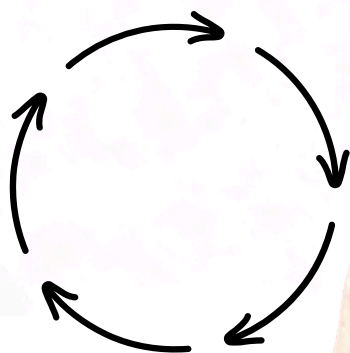


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Period and Menopause Cards

Circling clawed hands
overlap in alternating
movement



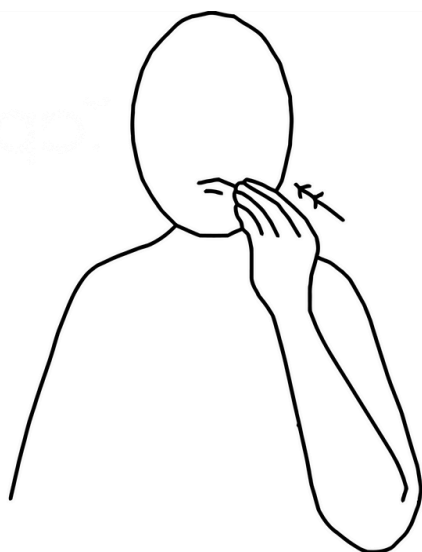


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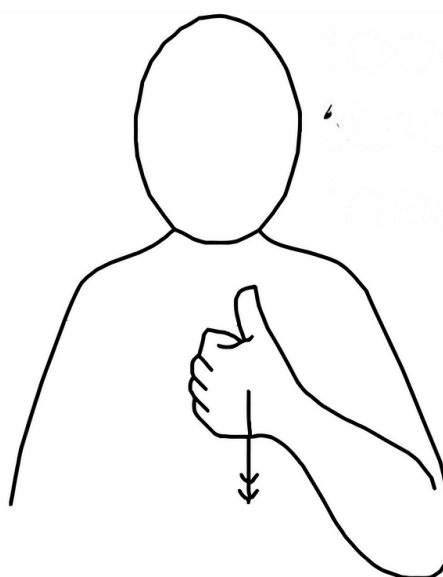
Period and Menopause Cards

Tap twice

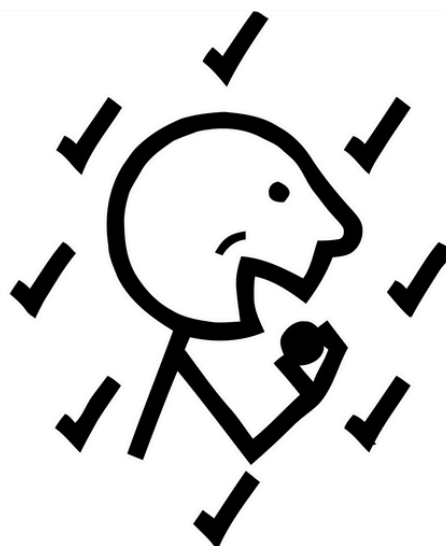


+

Repeat
downward movement



eat healthy



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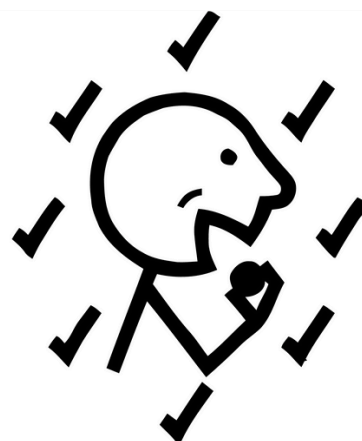
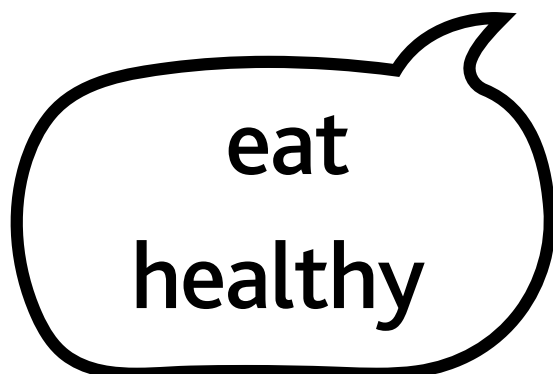
Period and Menopause Cards

Tap twice



+

Repeat
downward
movement





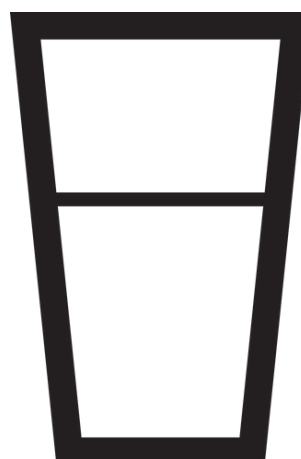
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drink water

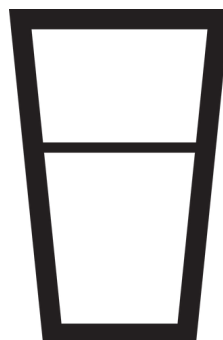
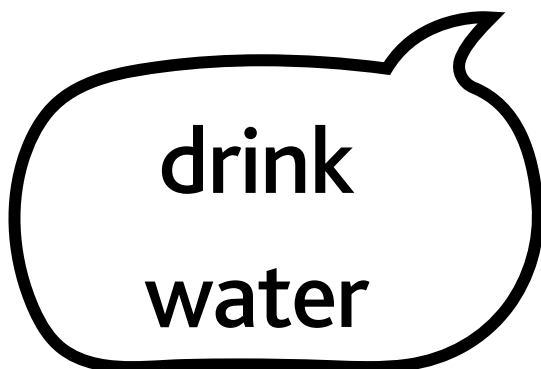




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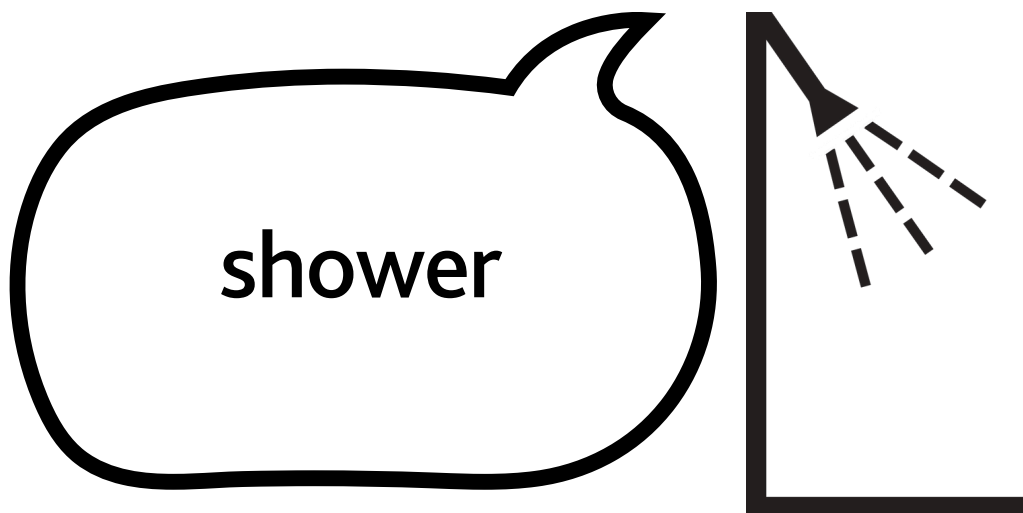
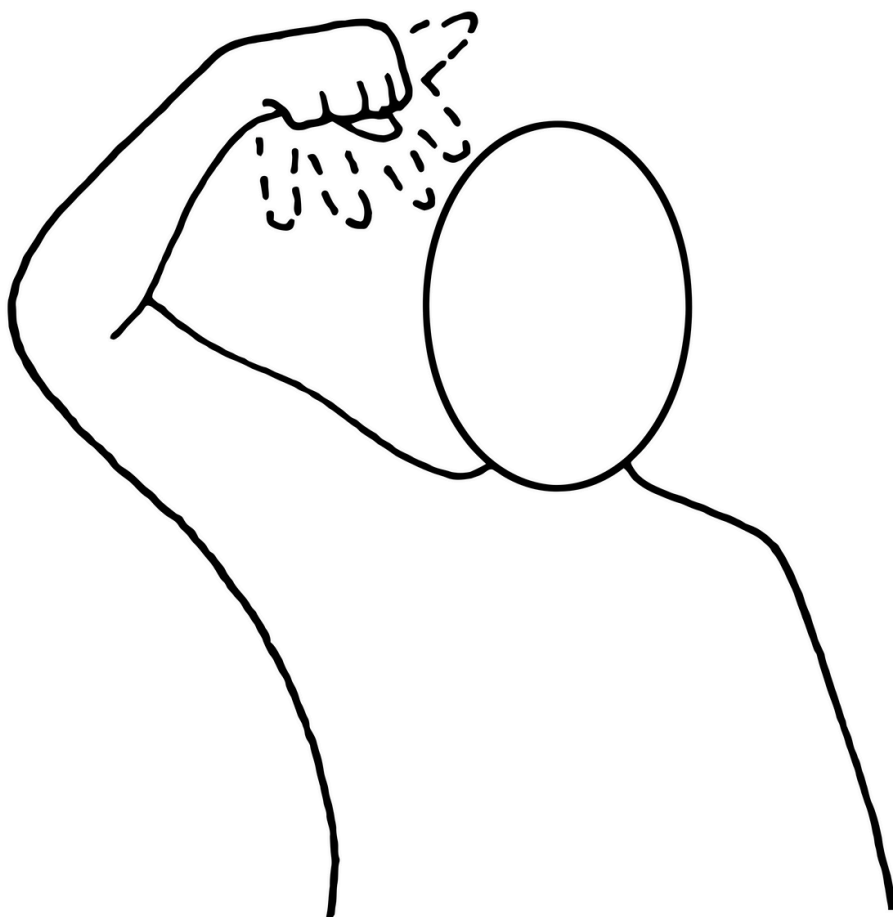




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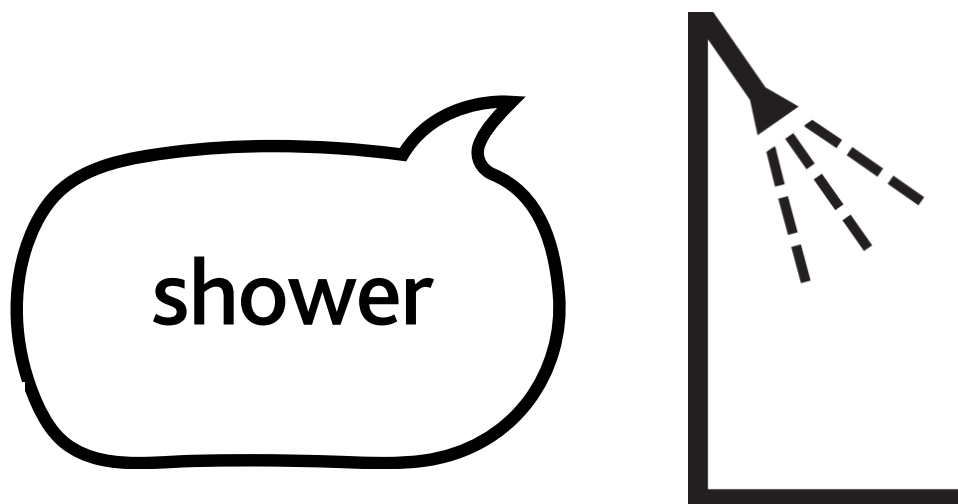




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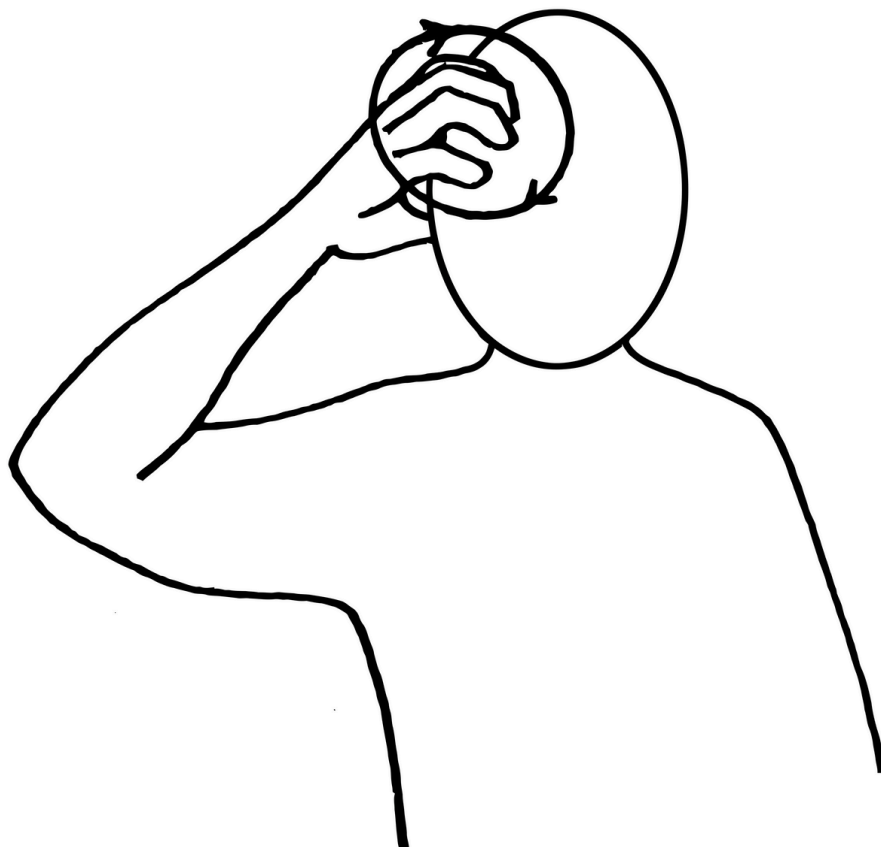




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Period and Menopause Cards



worried

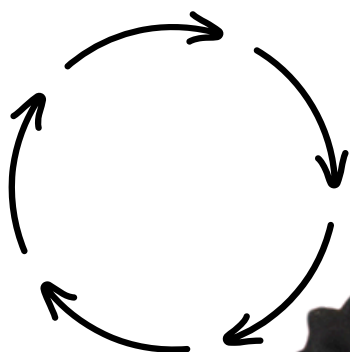




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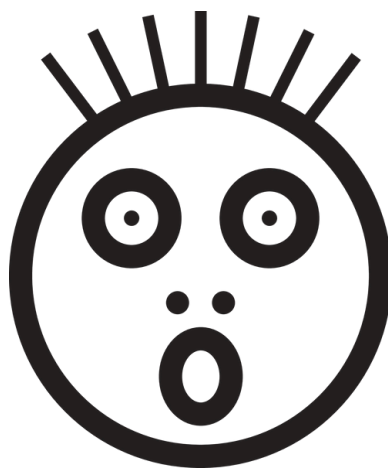
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frightened

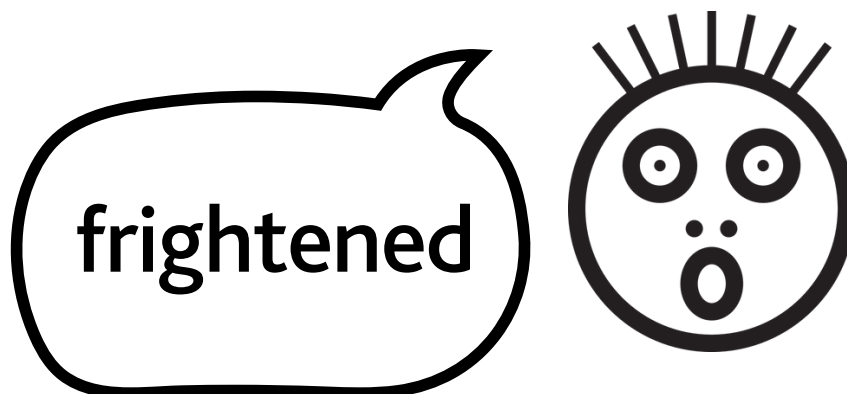




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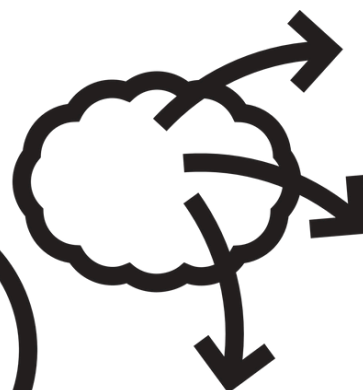
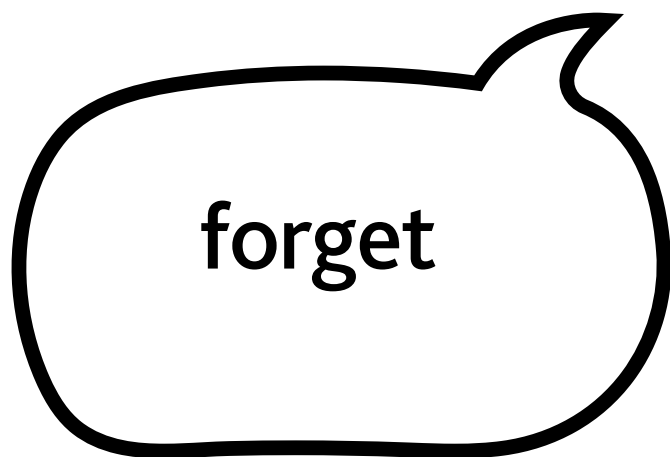
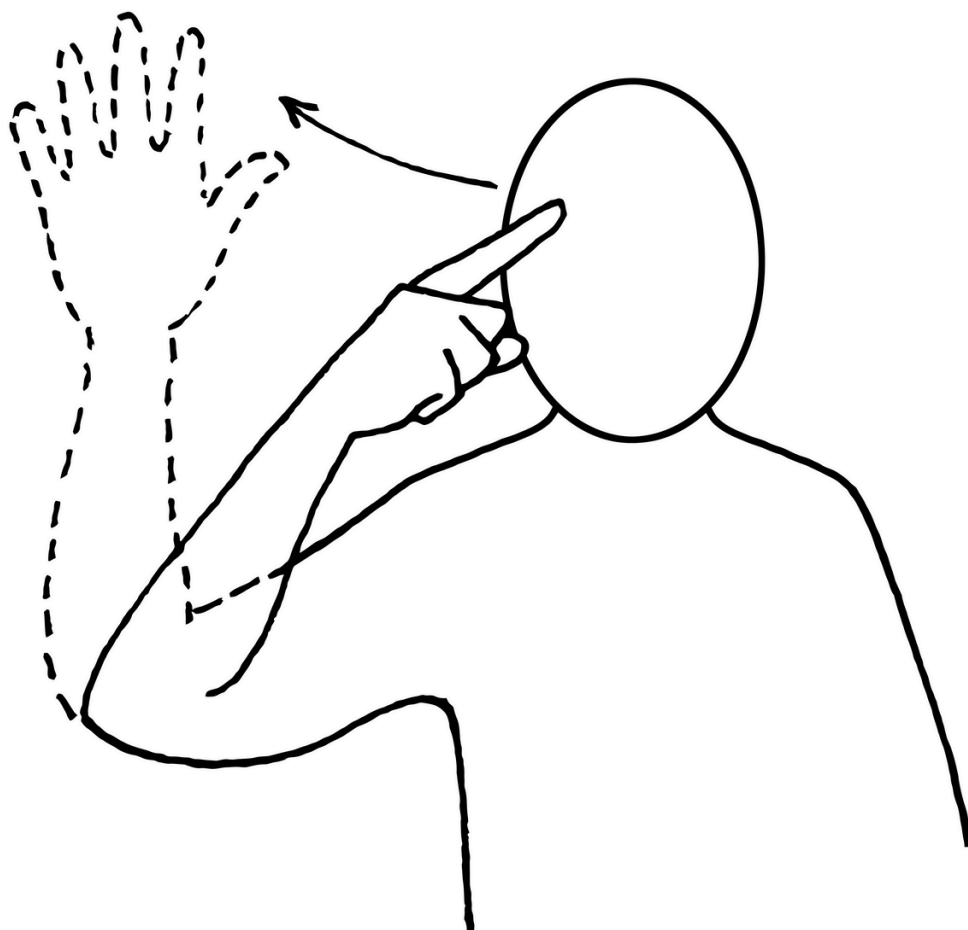




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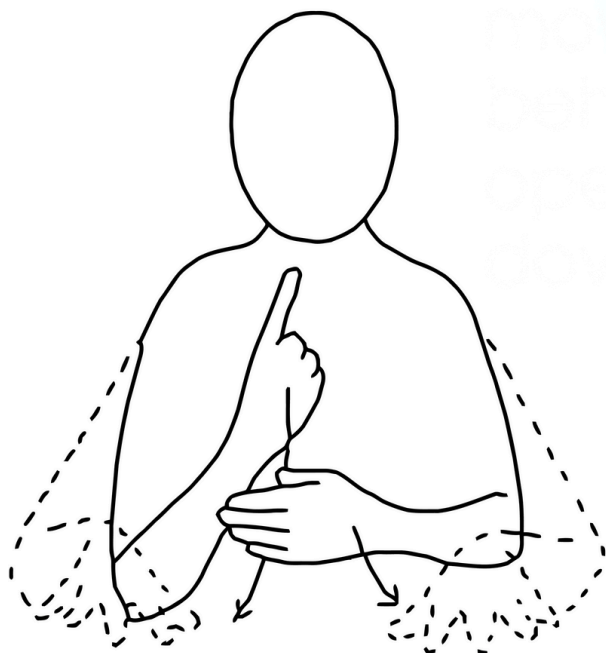




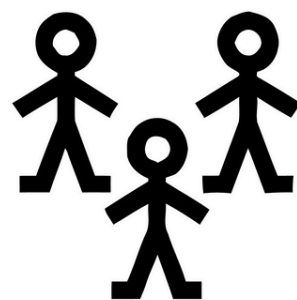
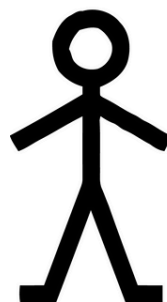
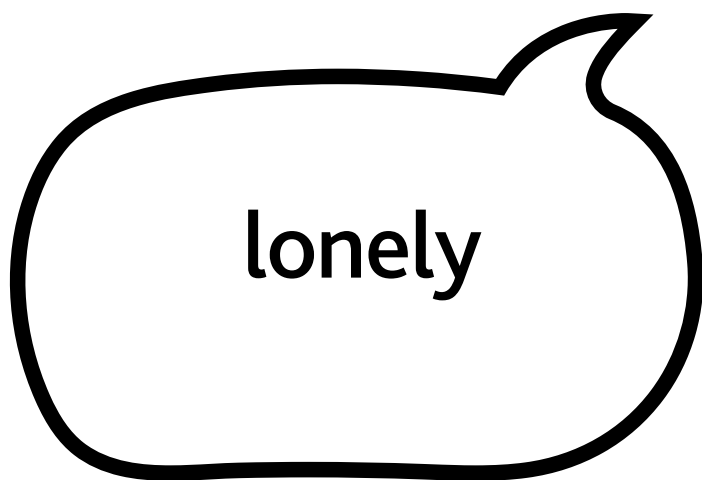
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Period and Menopause Cards



Right index finger moves sharply down behind left hand, both open to flat hands, palms down and moves forward



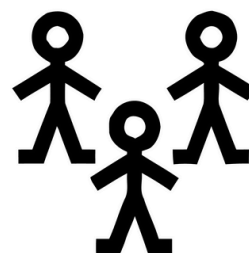
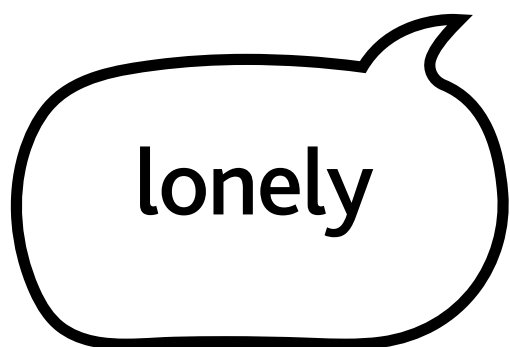


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Right index finger moves sharply down behind left hand, both open to flat hands, palms down and moves forward





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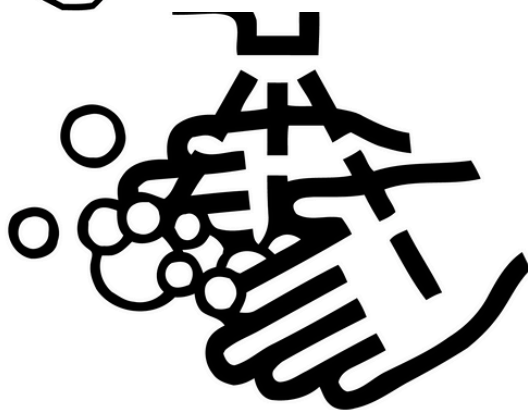
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Mime
washing
hands

wash hands





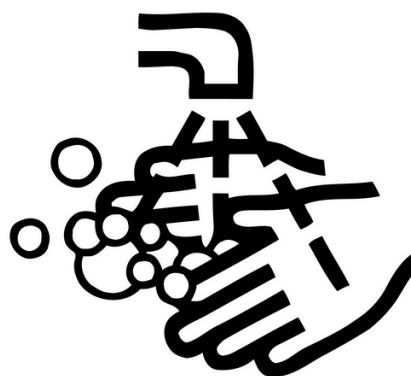
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wash
hands

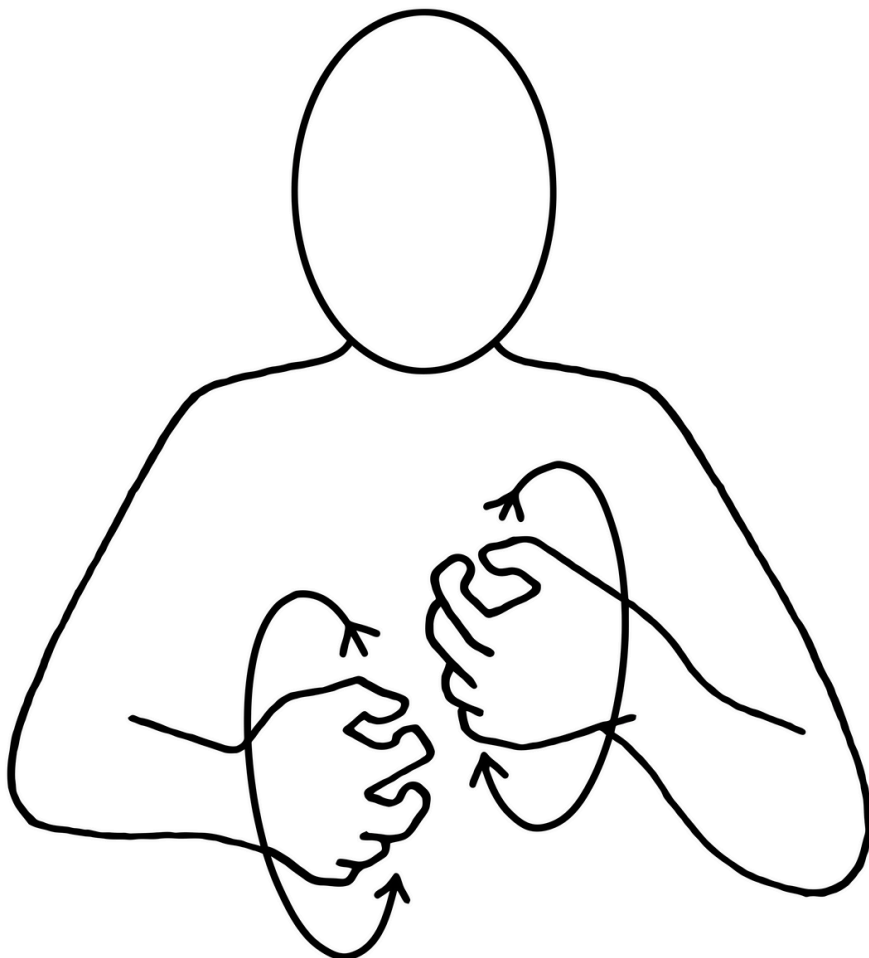




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angry

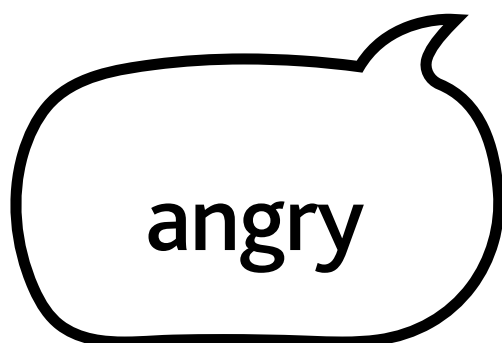




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Period and Menopause Cards



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OF WOMEN

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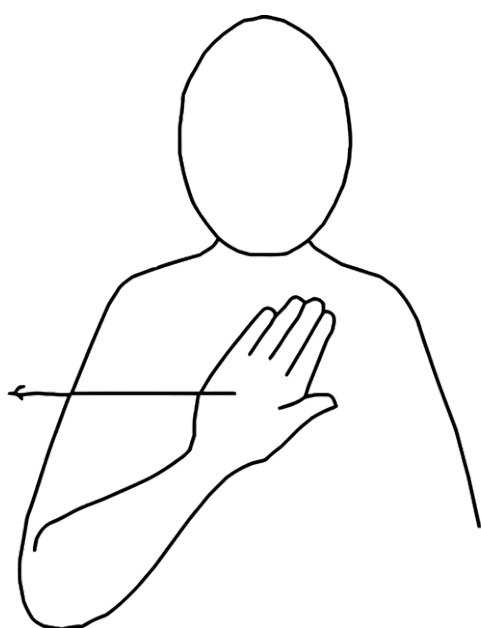




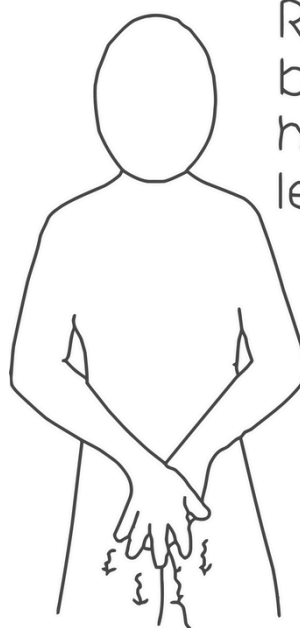
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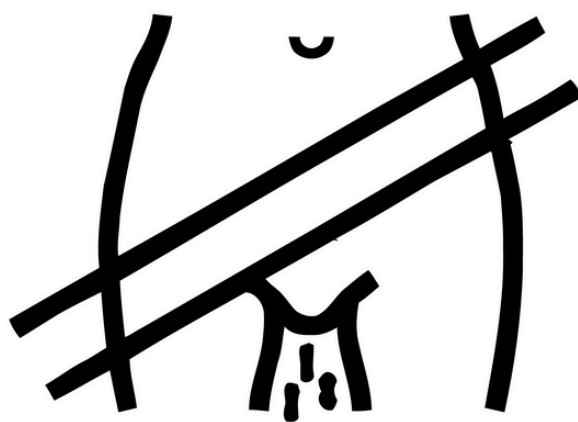
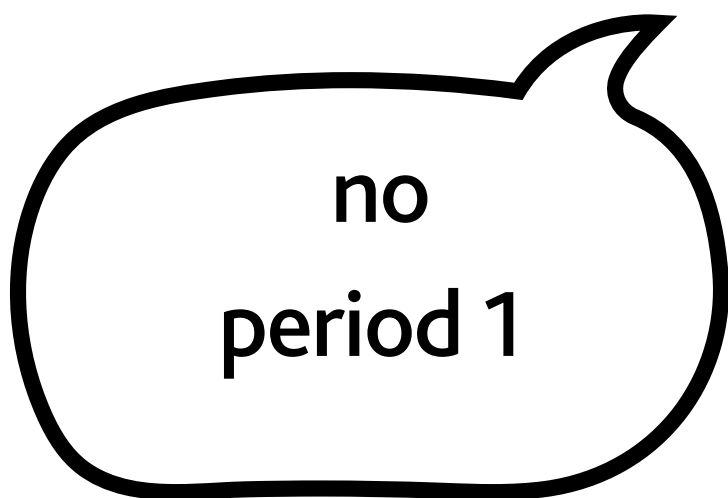
Period and Menopause Cards



+



Right hand
bleeds on left
hand at vagina
level

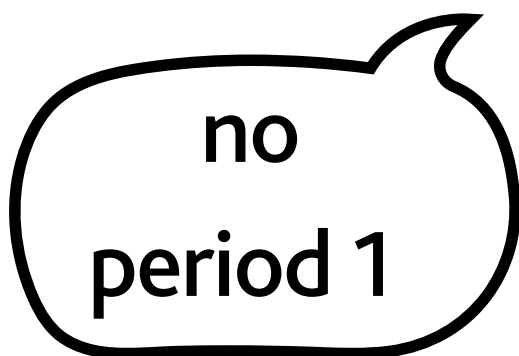




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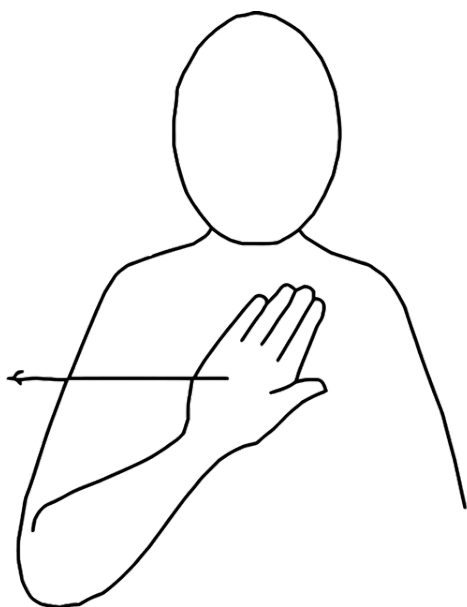




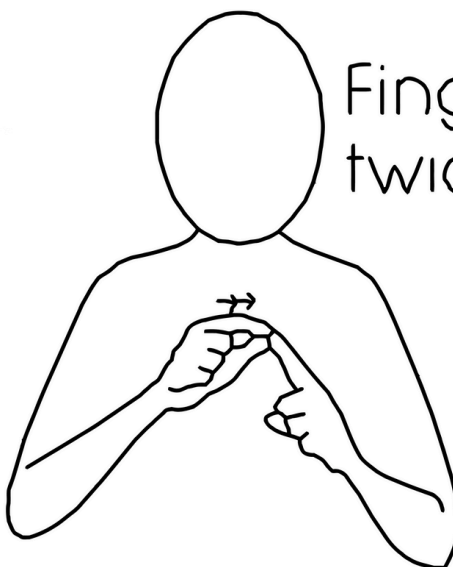
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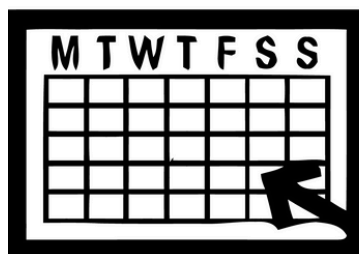
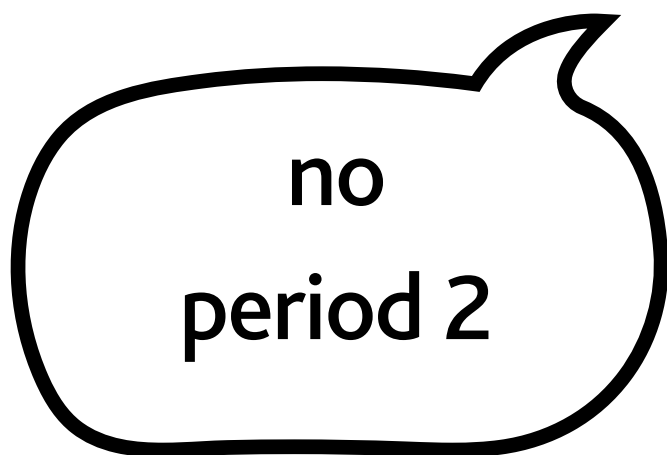
Period and Menopause Cards



+



Fingerspell 'P'
twice

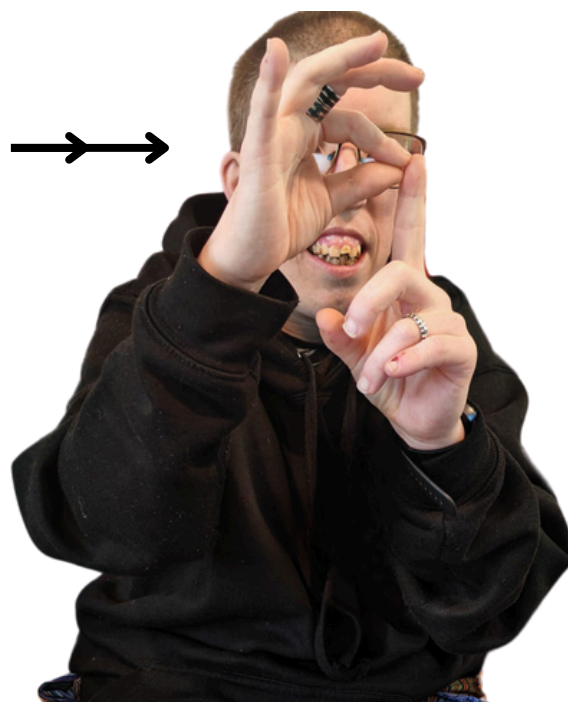




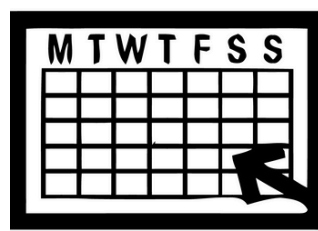
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Period and Menopause Cards



no
period 2

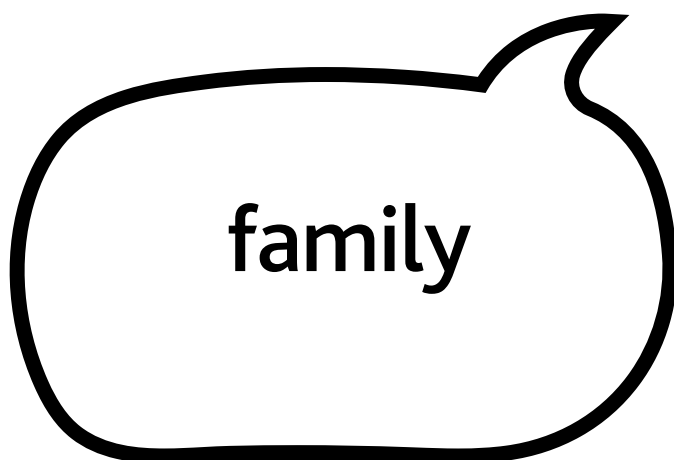
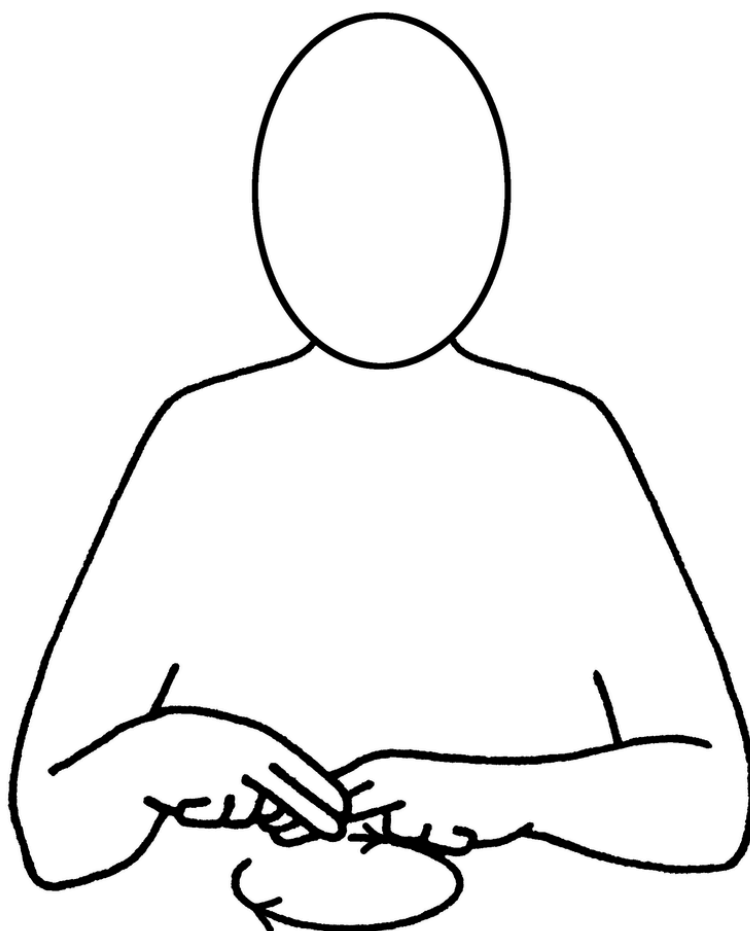




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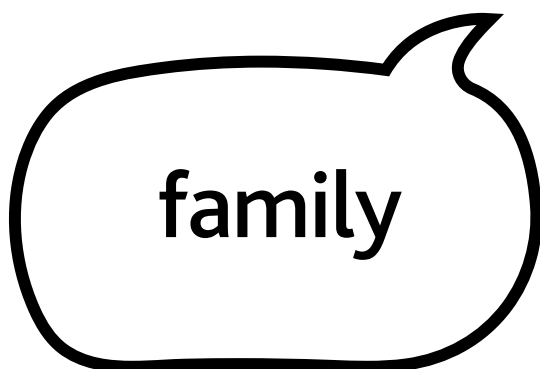




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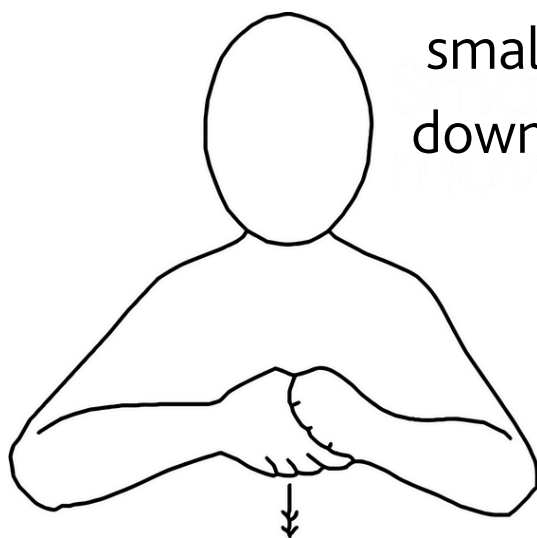




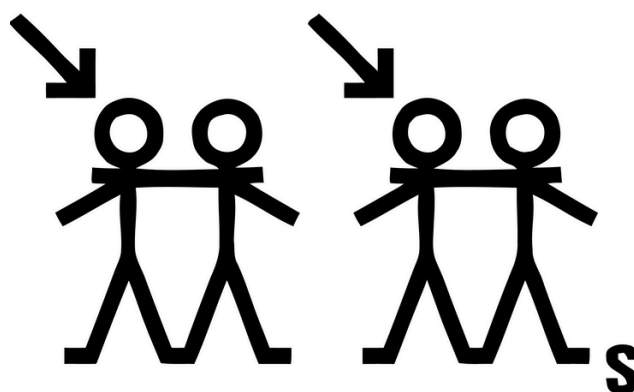
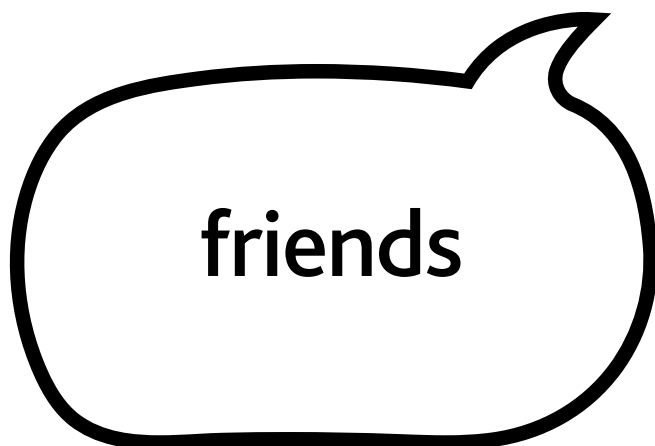
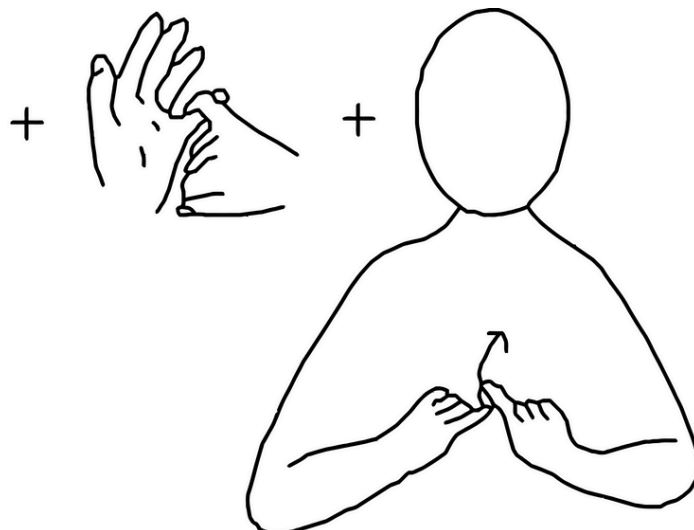
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small movement
downwards twice





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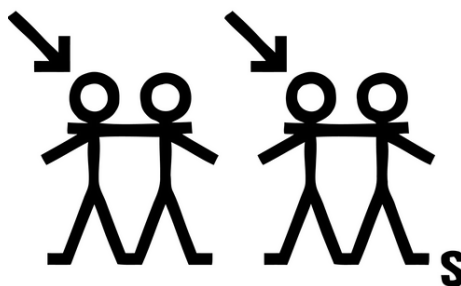
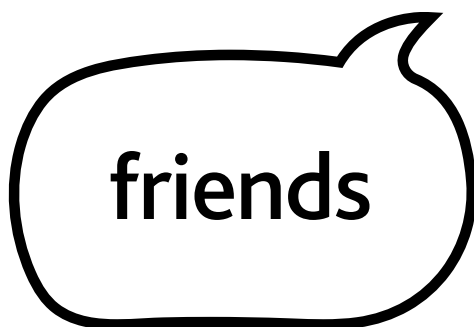
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small movement
downwards twice

+

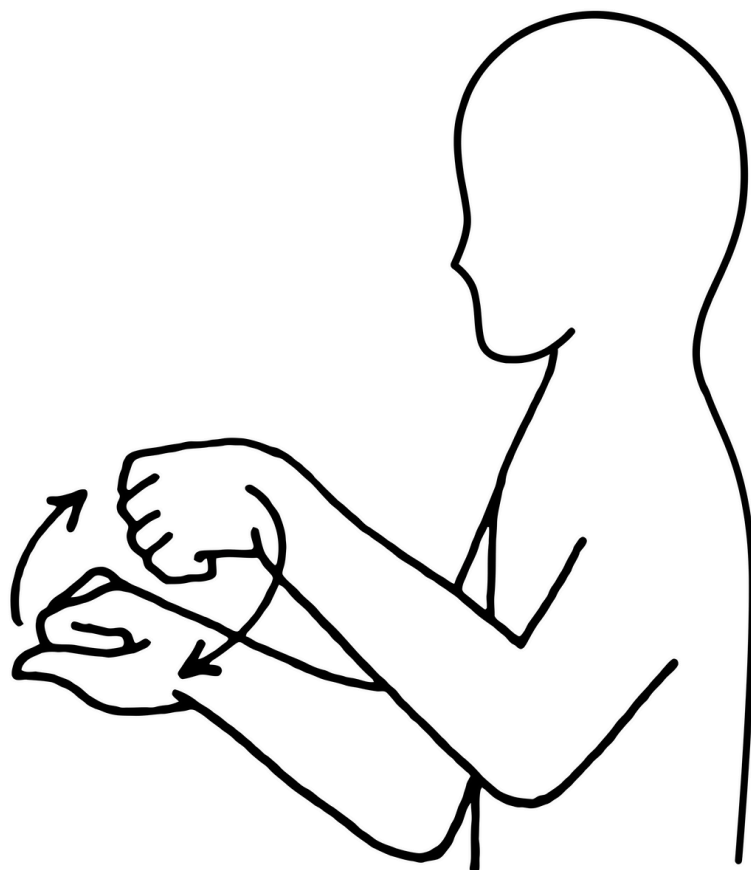




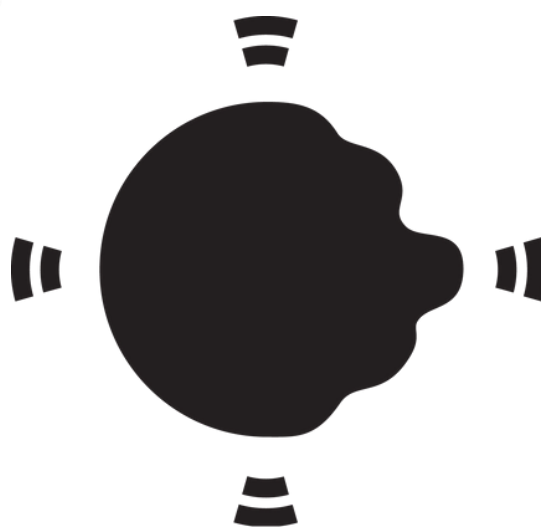
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change



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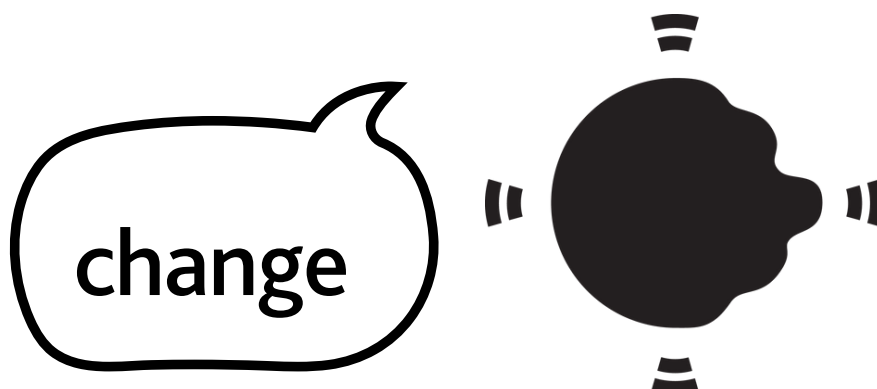




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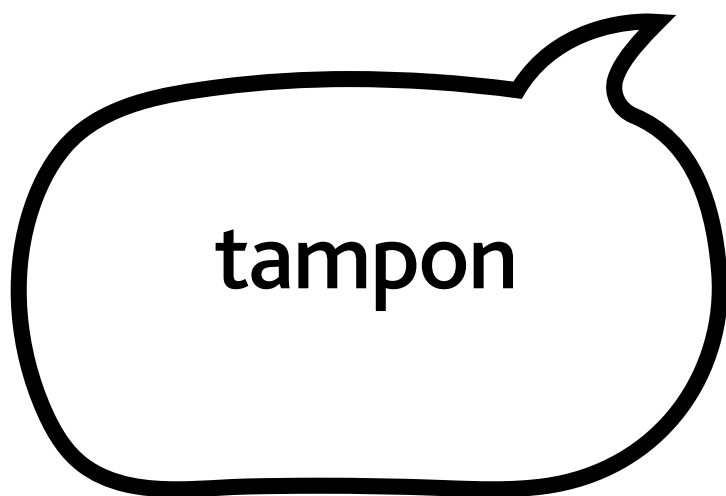
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Index finger is
inserted at base of
cupped left hand



tampon

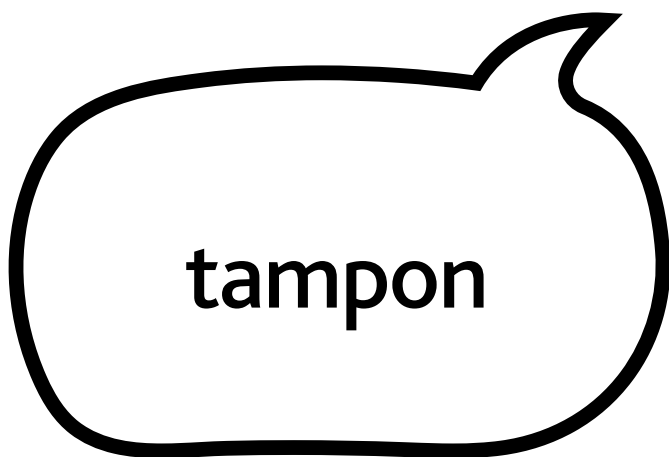




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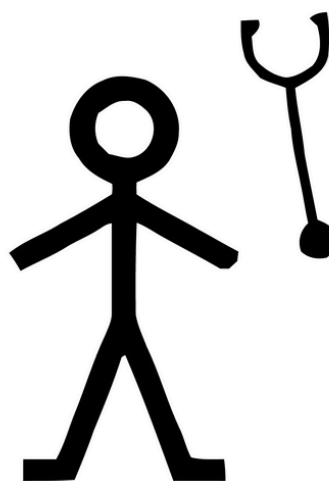
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doctor



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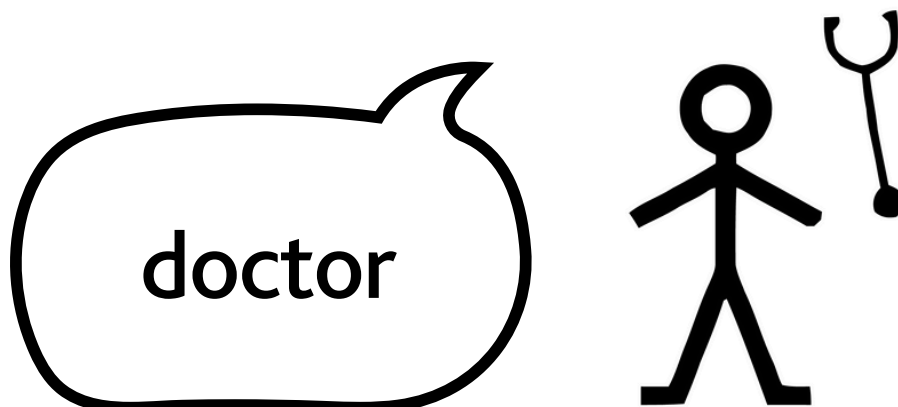




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Women's health community fund

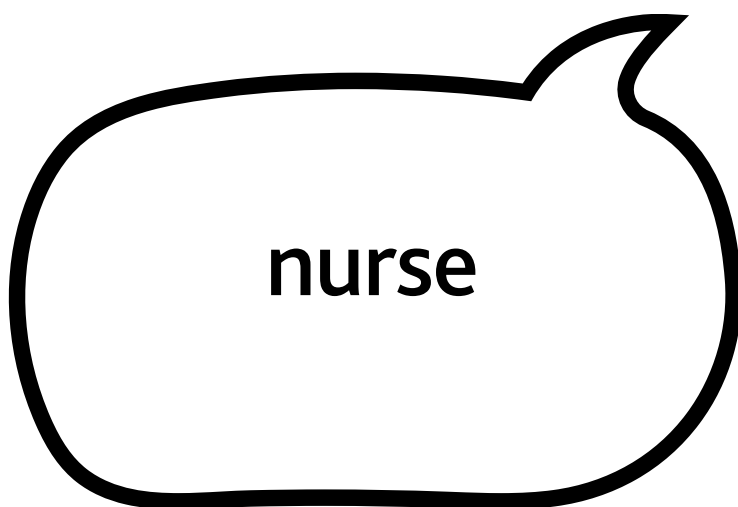
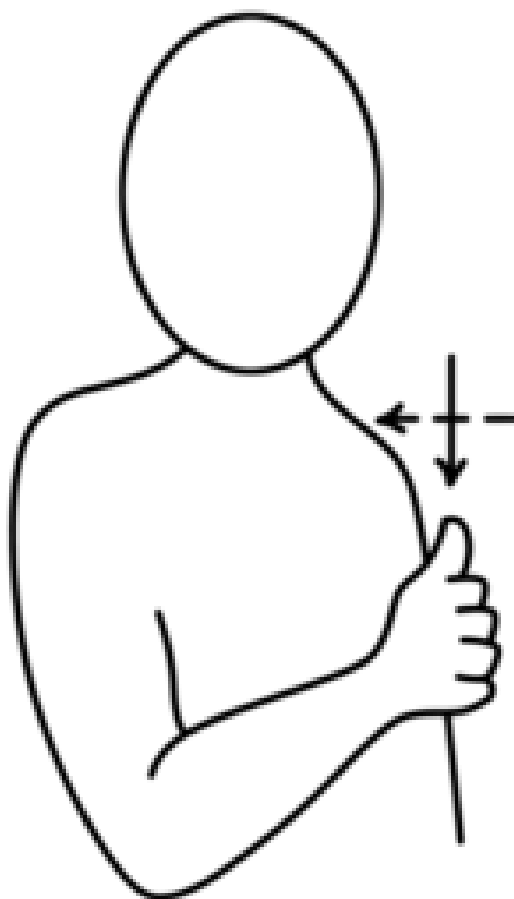




MacIntyre

Providing support...your way

Period and Menopause Cards

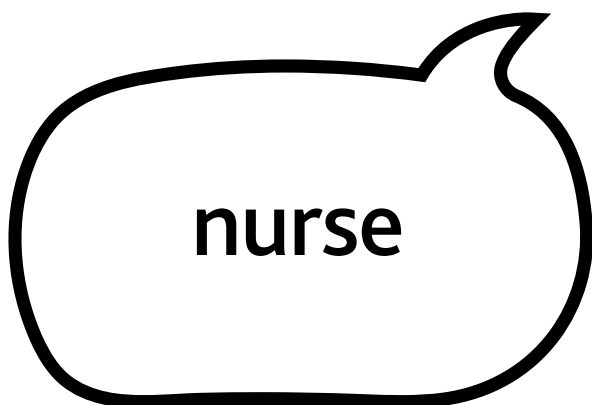
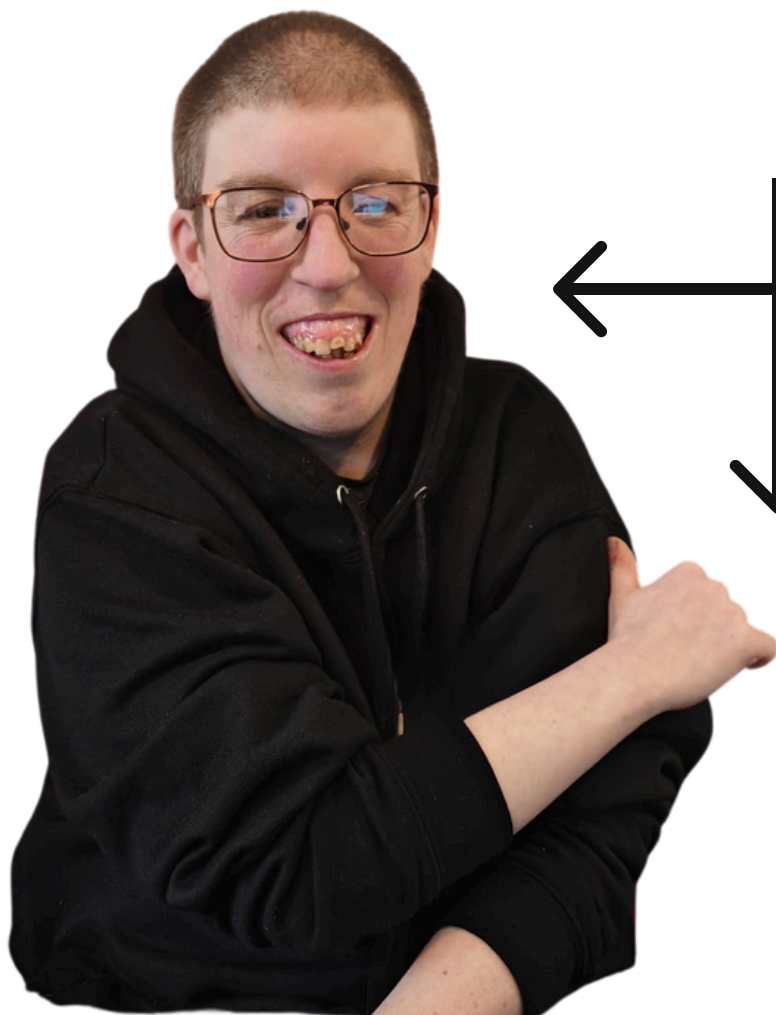




MacIntyre

Providing support...your way

Period and Menopause Cards



Holland & Barrett



WELLBEING
OF WOMEN

Women's health community fund



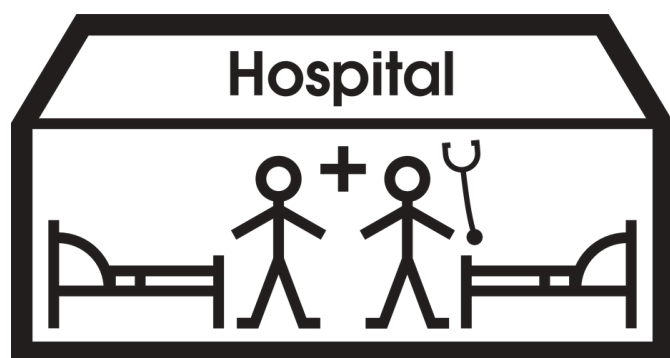
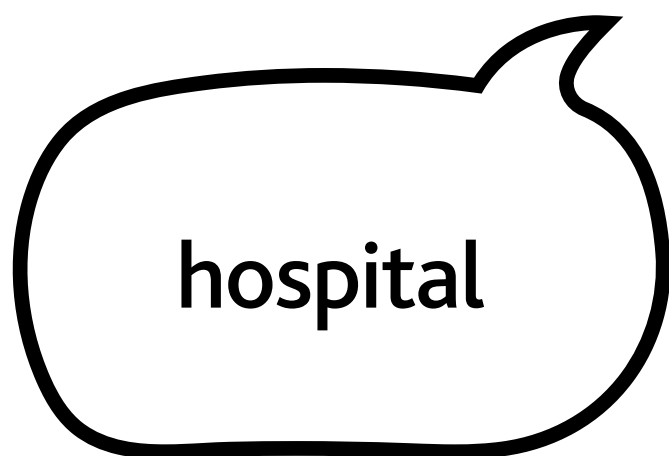
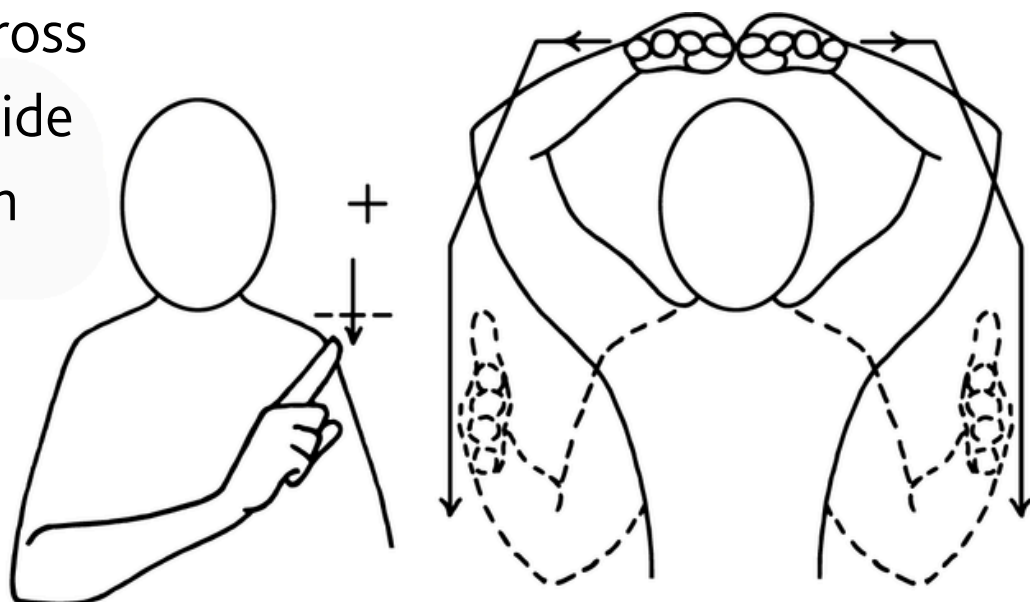


MacIntyre

Providing support...your way

Period and Menopause Cards

index finger
traces cross
on outside
of arm

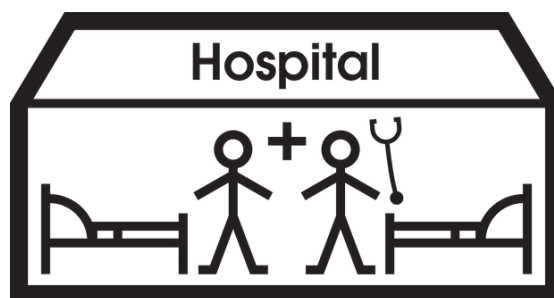
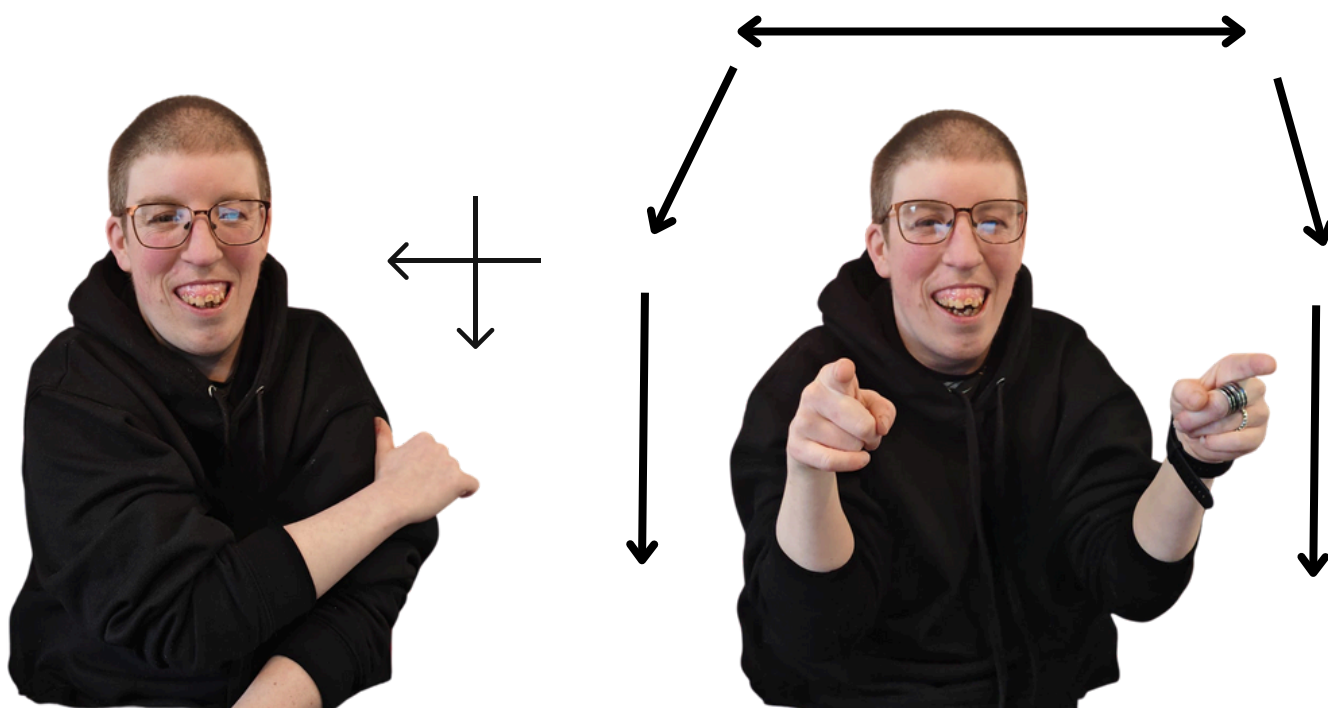




MacIntyre

Providing support...your way

Period and Menopause Cards

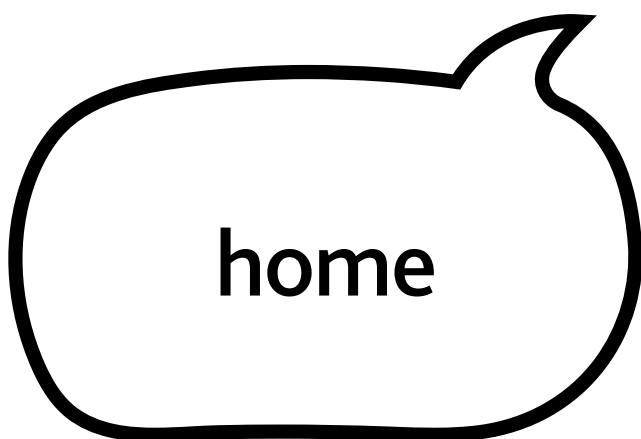
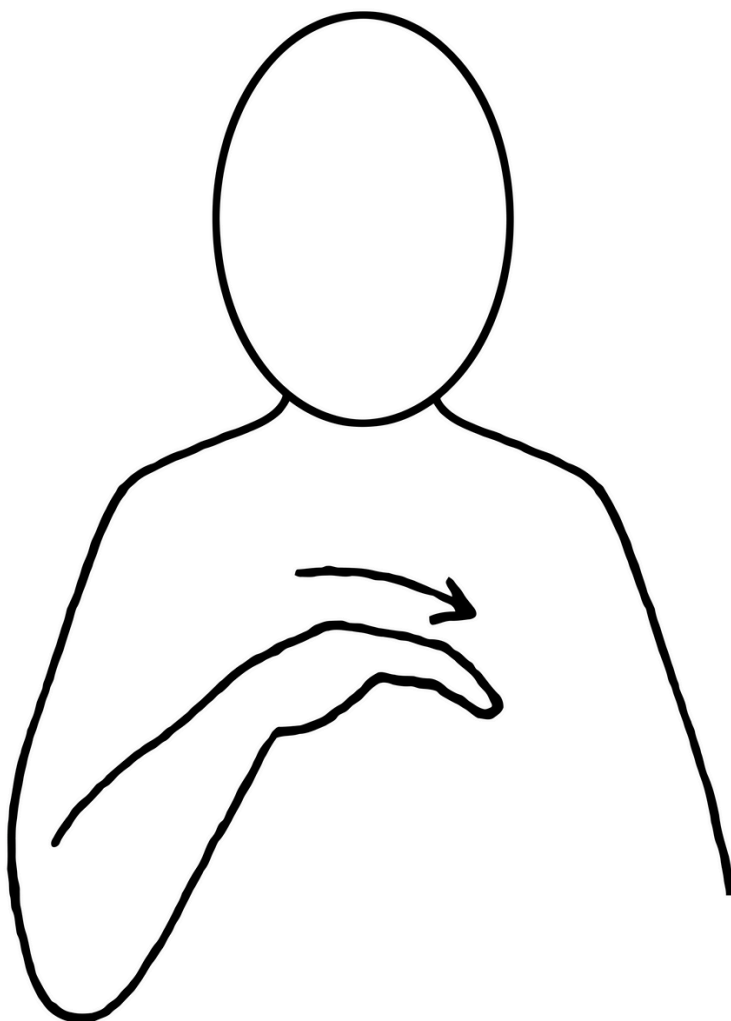




MacIntyre

Providing support...your way

Period and Menopause Cards



Holland & Barrett



WELLBEING
OF WOMEN

Women's health community fund

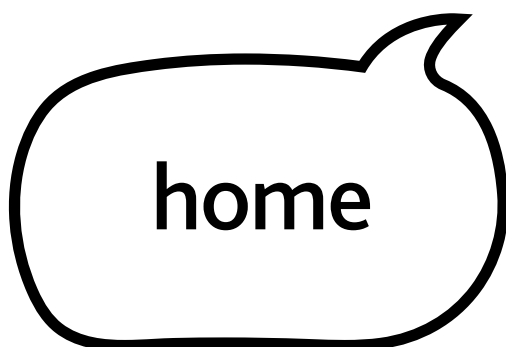




MacIntyre

Providing support...your way

Period and Menopause Cards





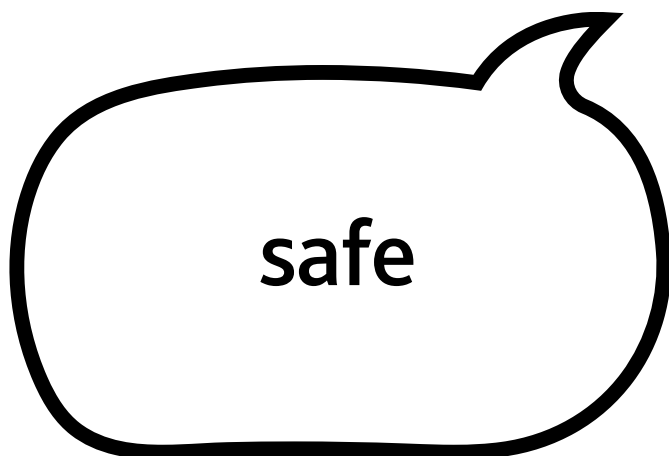
MacIntyre

Providing support...your way

Period and Menopause Cards



to emphasise 'safe' draw
formation back towards
body





MacIntyre

Providing support...your way

Period and Menopause Cards

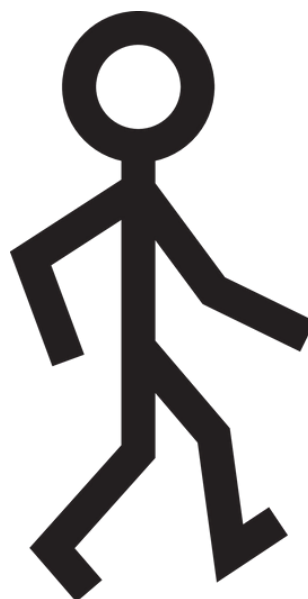
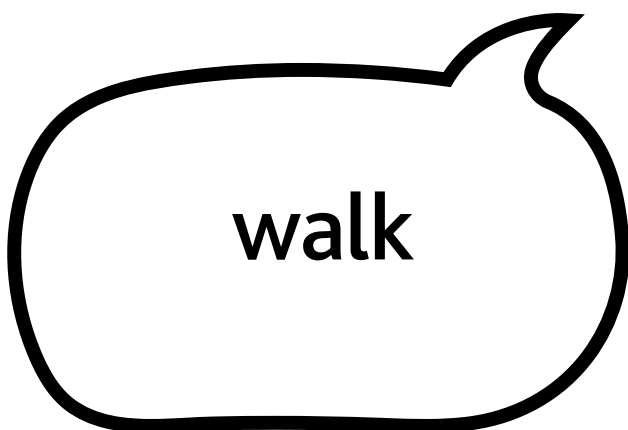
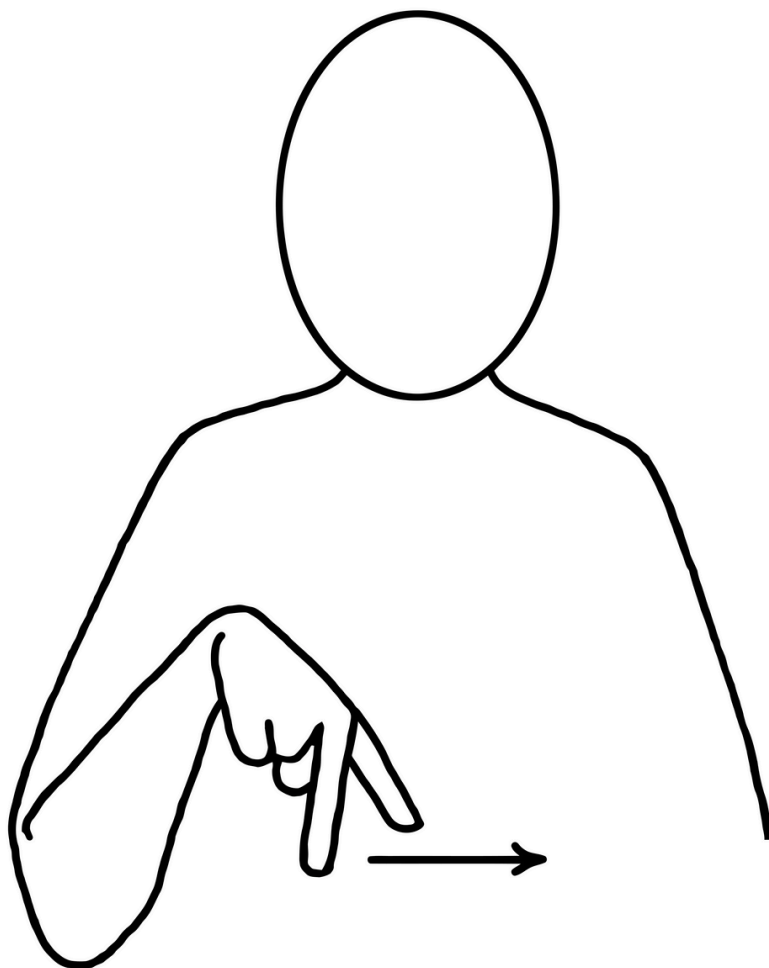




MacIntyre

Providing support...your way

Period and Menopause Cards

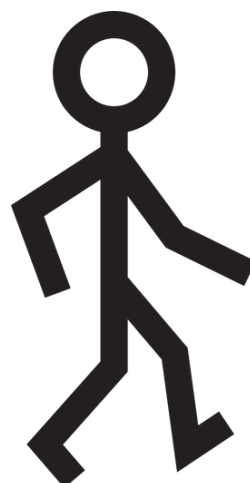
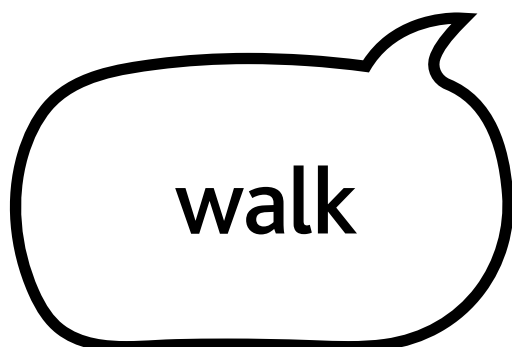




MacIntyre

Providing support...your way

Period and Menopause Cards

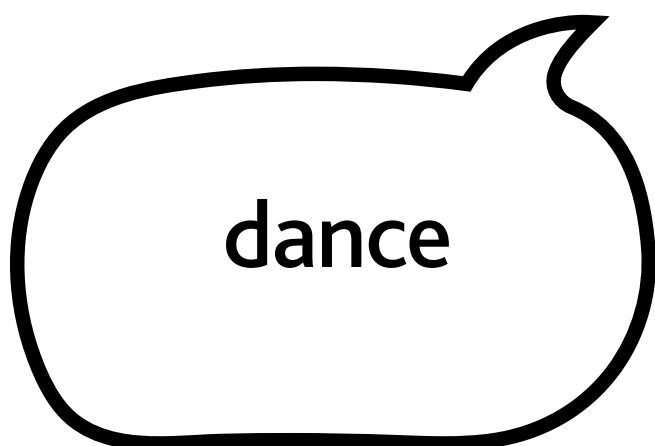




MacIntyre

Providing support...your way

Period and Menopause Cards





MacIntyre

Providing support...your way

Period and Menopause Cards



dance



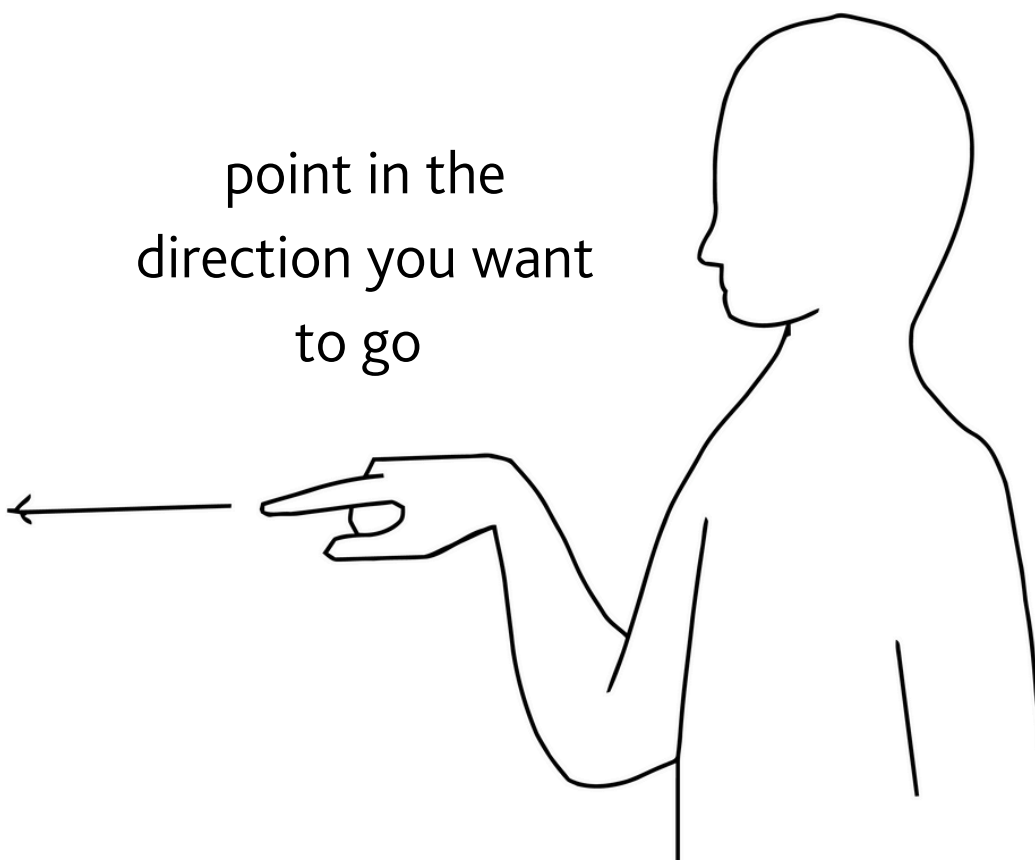


MacIntyre

Providing support...your way

Period and Menopause Cards

point in the
direction you want
to go



go

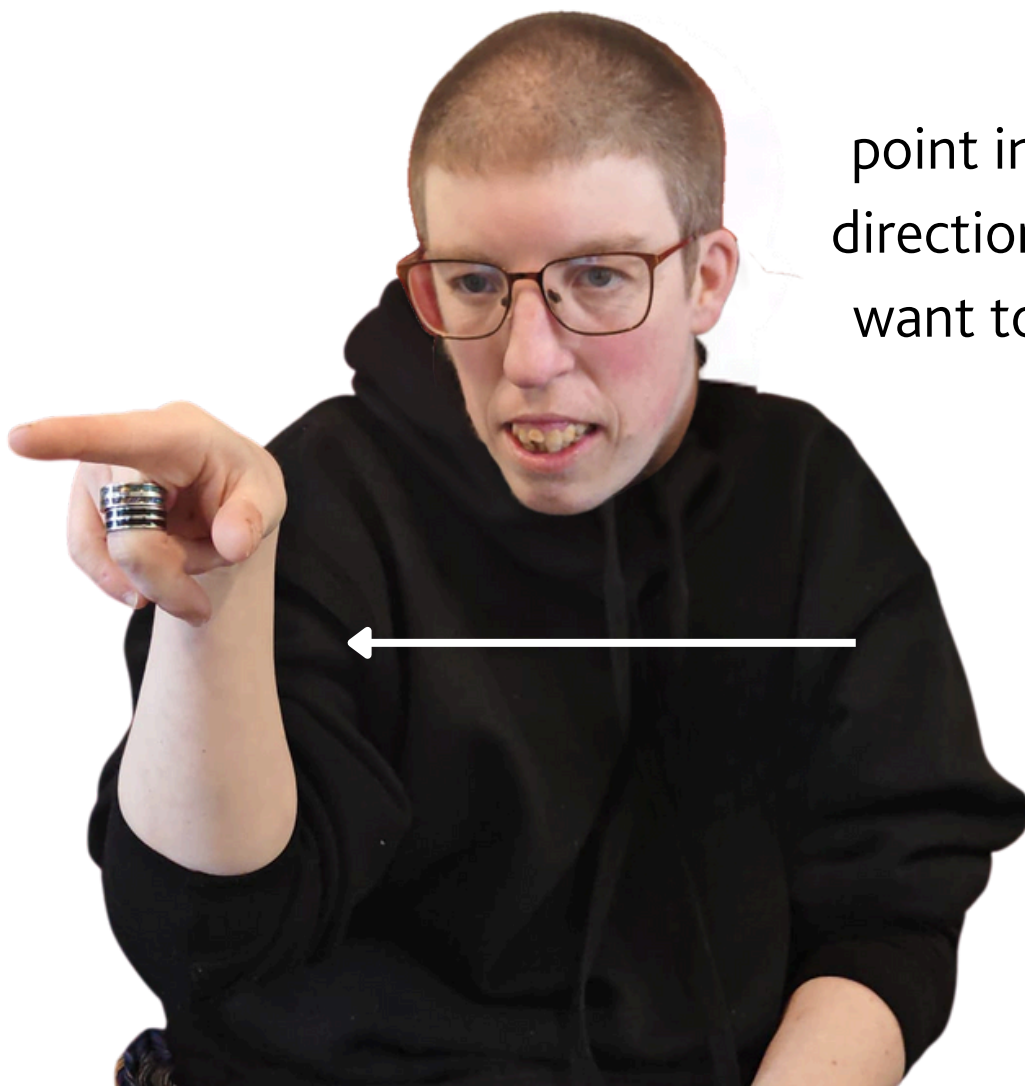




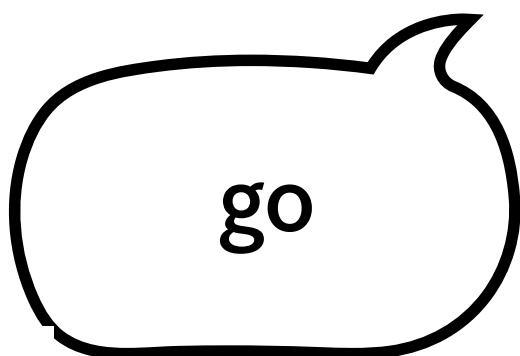
MacIntyre

Providing support...your way

Period and Menopause Cards



point in the
direction you
want to go



Holland & Barrett



WELLBEING
OF WOMEN

Women's health community fund

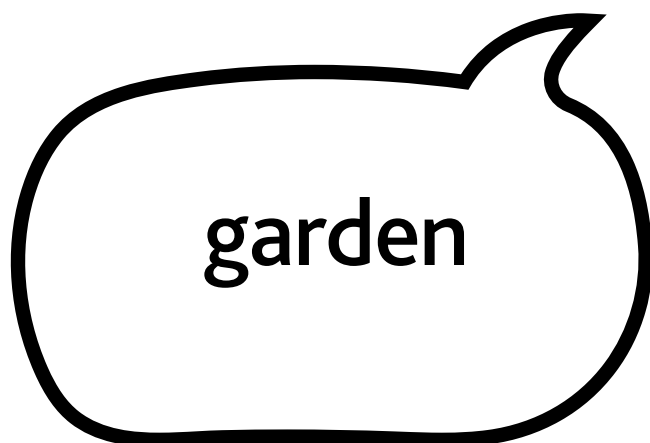
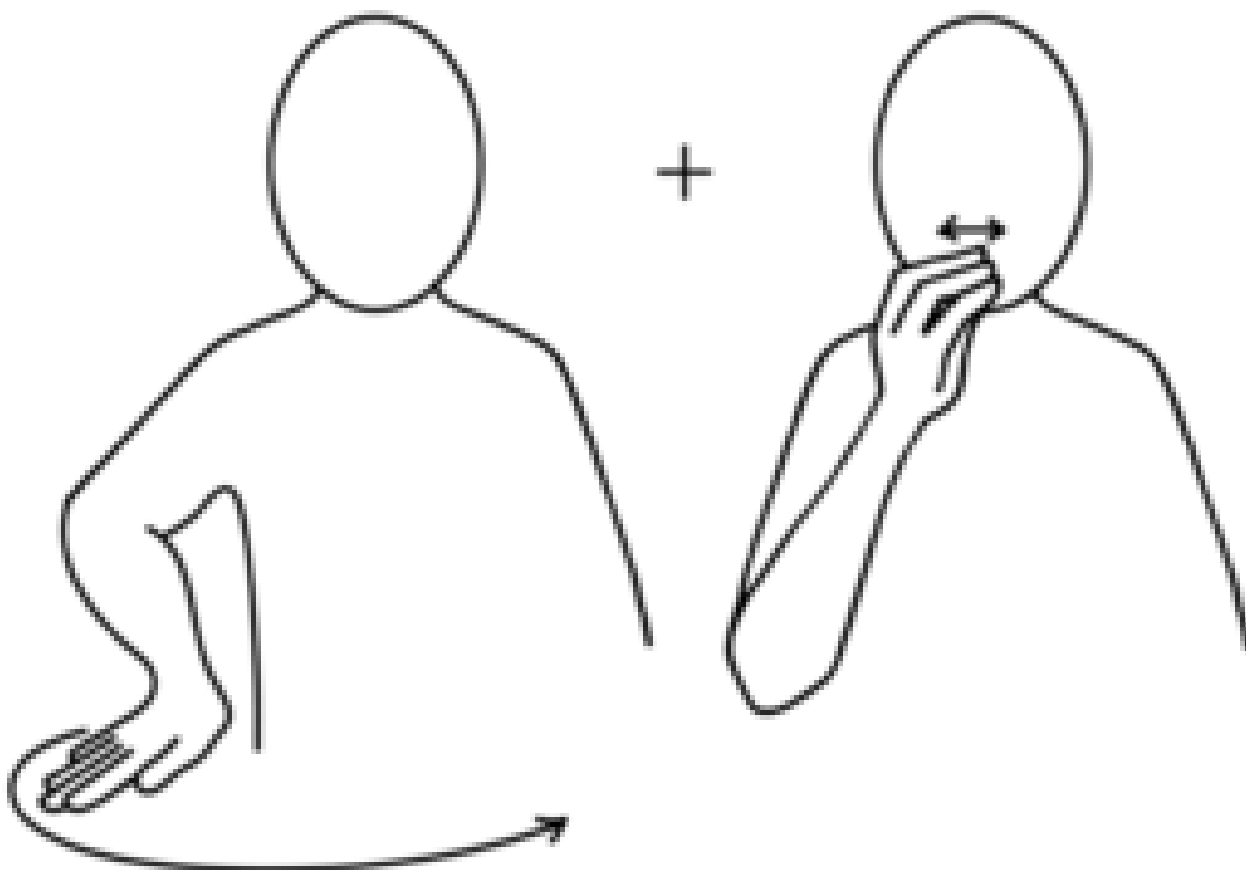




MacIntyre

Providing support...your way

Period and Menopause Cards



Holland & Barrett



WELLBEING
OF WOMEN

Women's health community fund

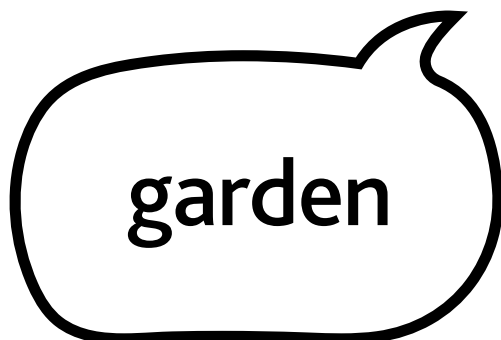
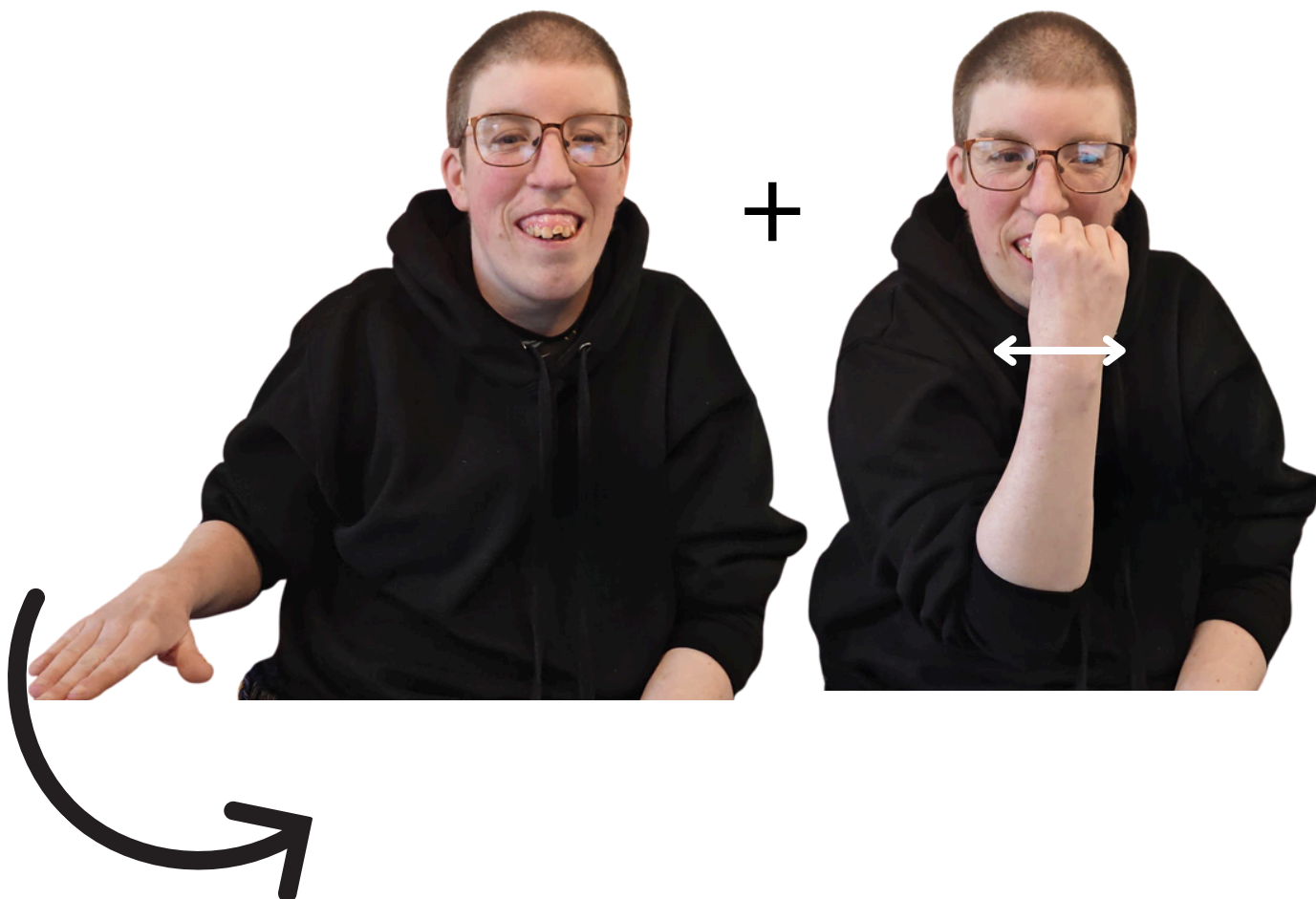




MacIntyre

Providing support...your way

Period and Menopause Cards



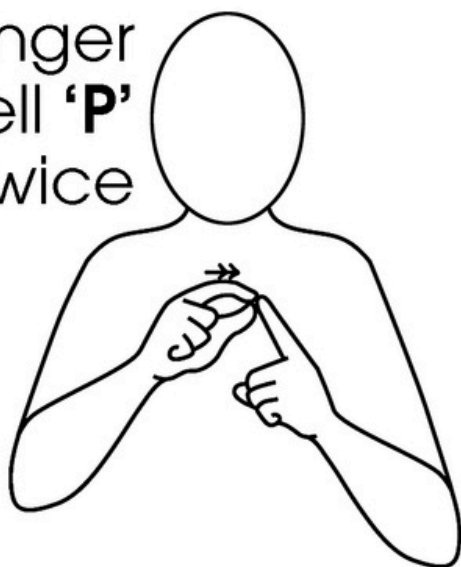


MacIntyre

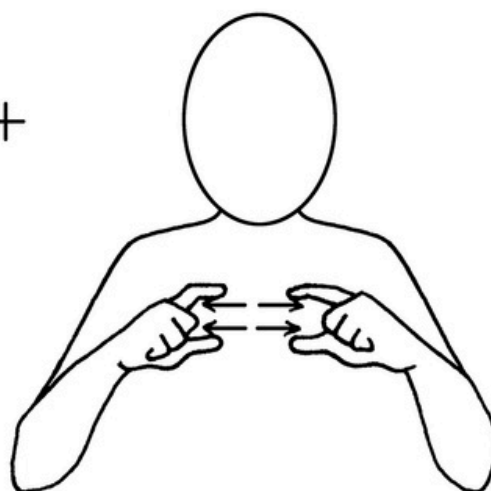
Providing support...your way

Period and Menopause Cards

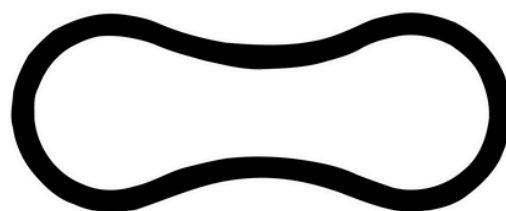
Finger
spell 'P'
twice



+



Sanitary
towel/ Pad 2





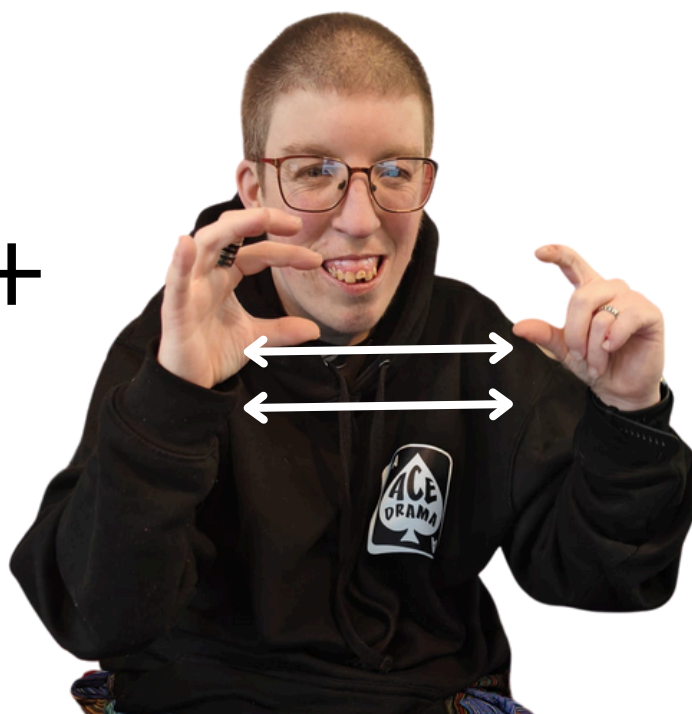
MacIntyre

Providing support...your way

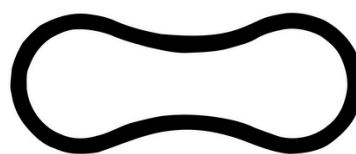
Period and Menopause Cards



+



Sanitary
Towel/ Pad 2



Holland & Barrett



WELLBEING
OF WOMEN

Women's health community fund



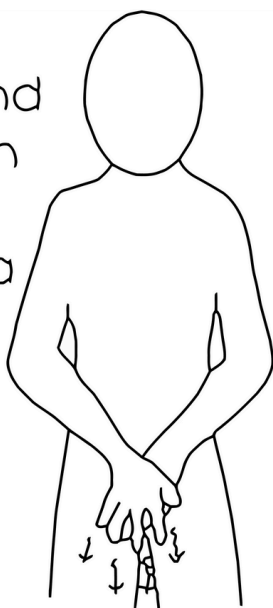


MacIntyre

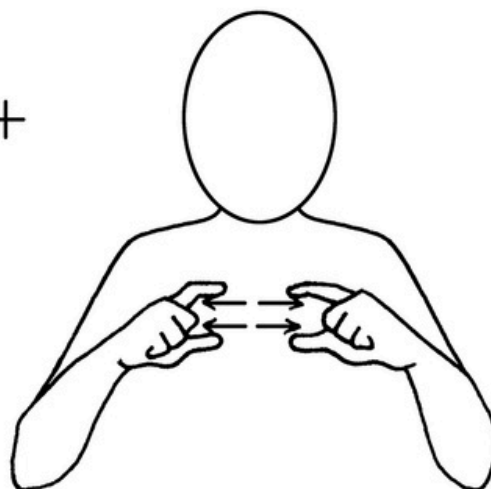
Providing support...your way

Period and Menopause Cards

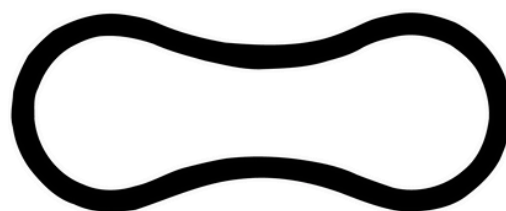
Right hand
bleeds on
left hand
at vagina
level



+



**Sanitary
towel/ Pad 1**





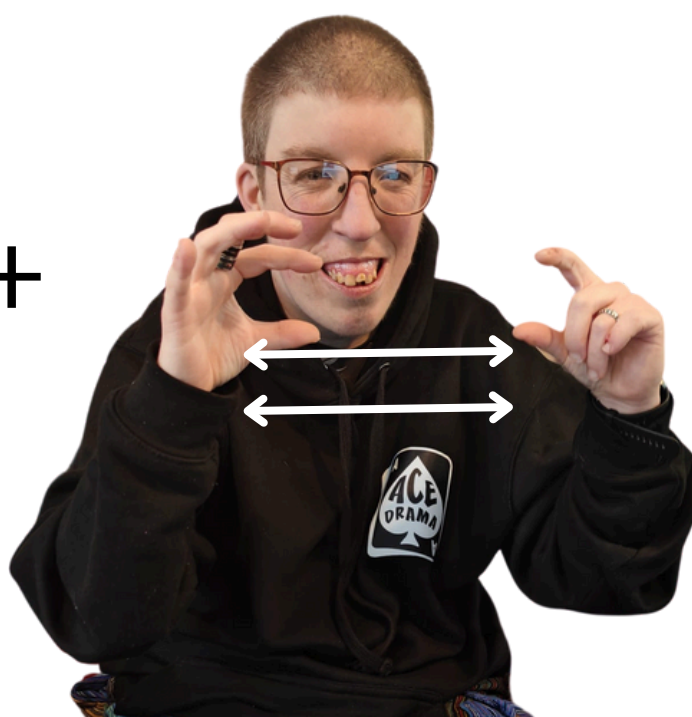
MacIntyre

Providing support...your way

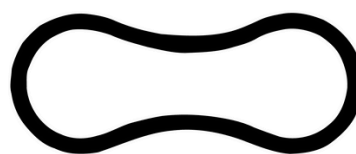
Period and Menopause Cards



+



Sanitary
Towel/ Pad 1

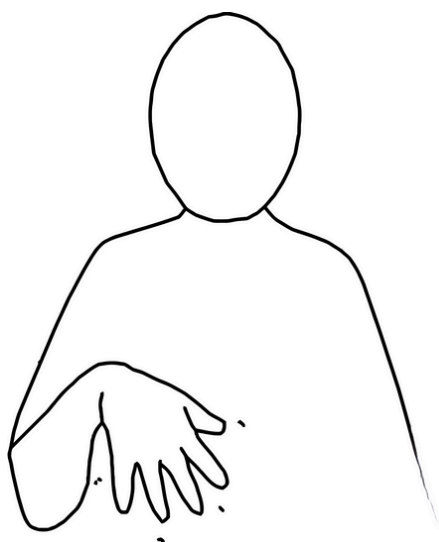




MacIntyre

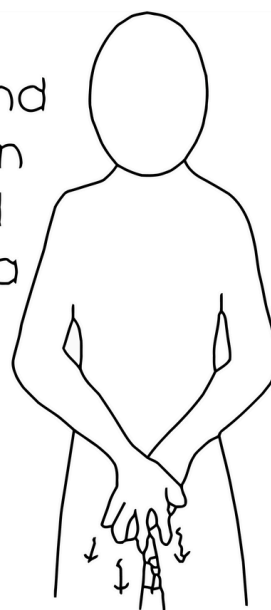
Providing support...your way

Period and Menopause Cards



+

Right hand
bleeds on
left hand
at vagina
level



Painful period 1





MacIntyre

Providing support...your way

Period and Menopause Cards



Painful
period 1

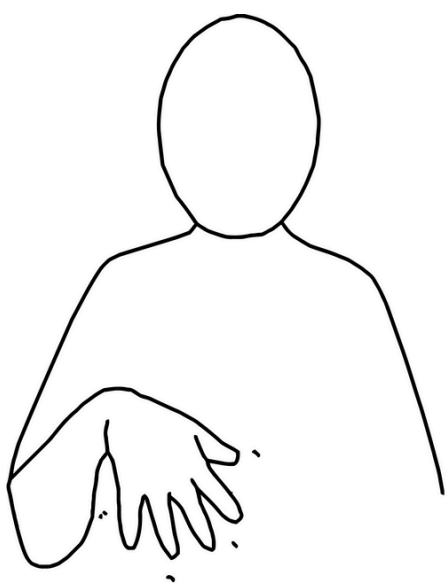




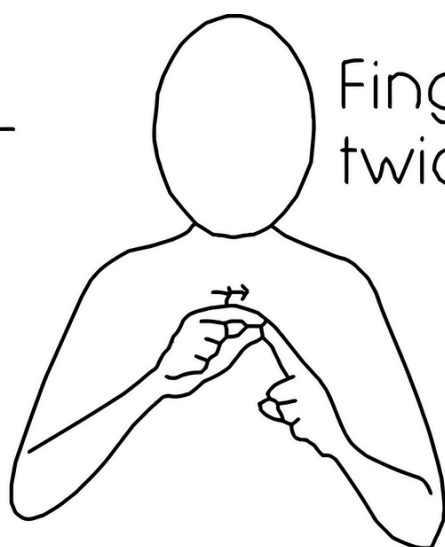
MacIntyre

Providing support...your way

Period and Menopause Cards



+



Finger spell 'P'
twice

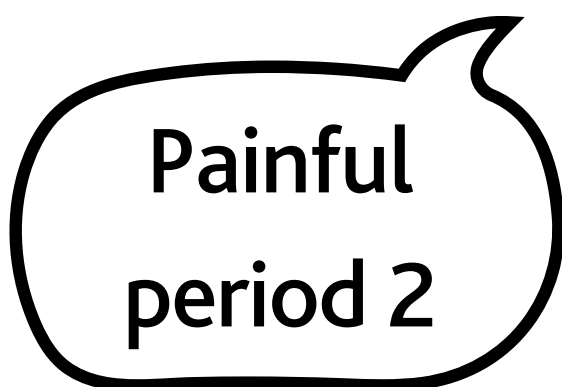
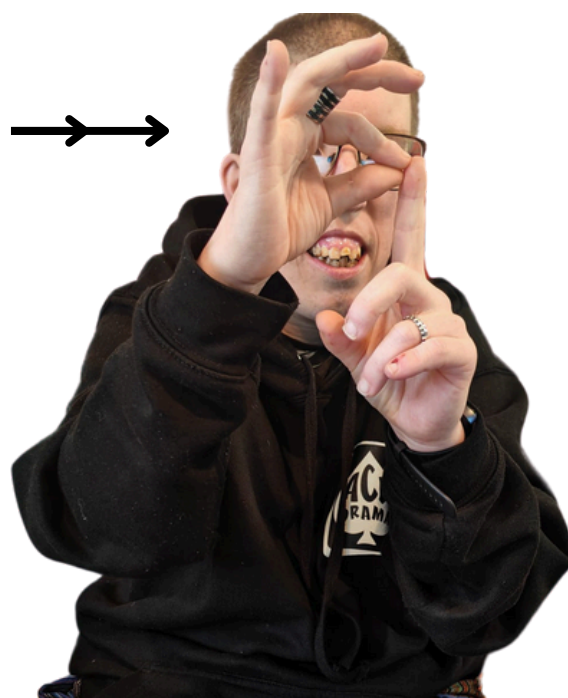




MacIntyre

Providing support...your way

Period and Menopause Cards

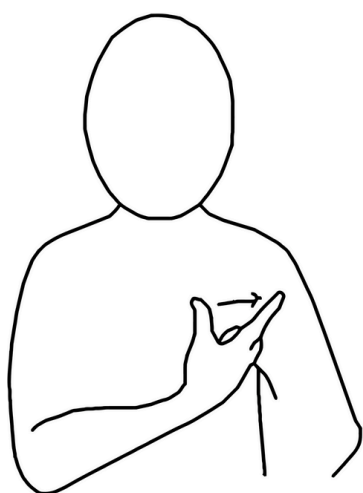




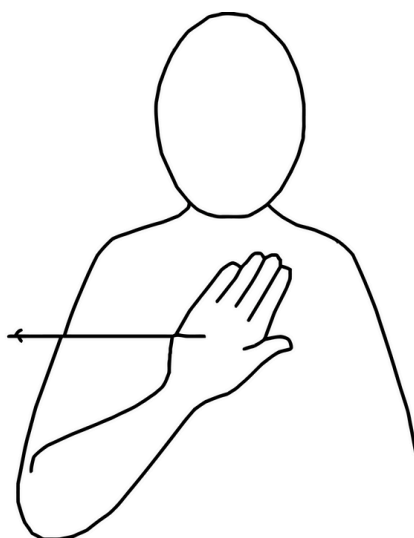
MacIntyre

Providing support...your way

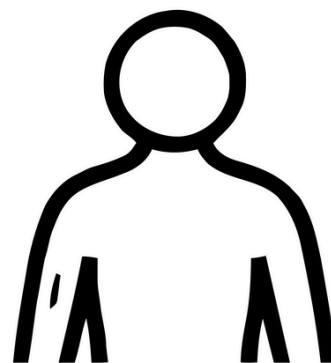
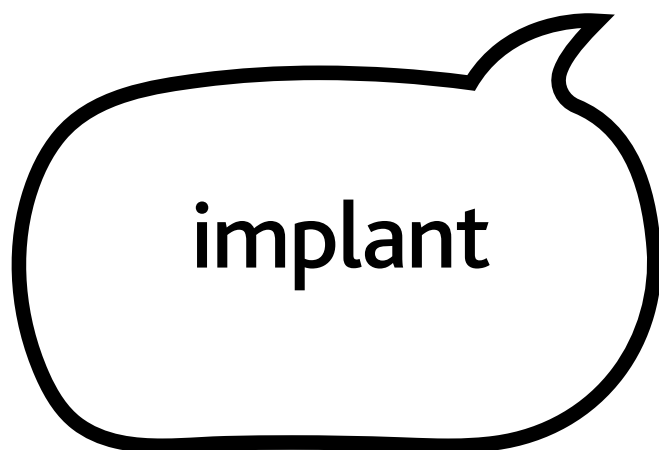
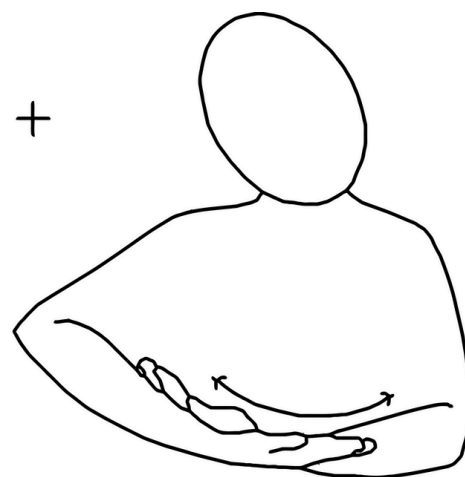
Period and Menopause Cards



+



+

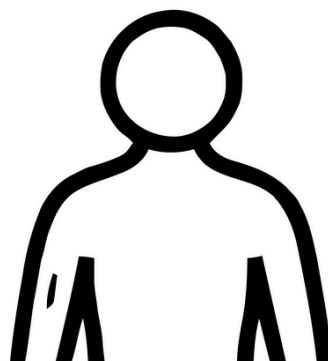
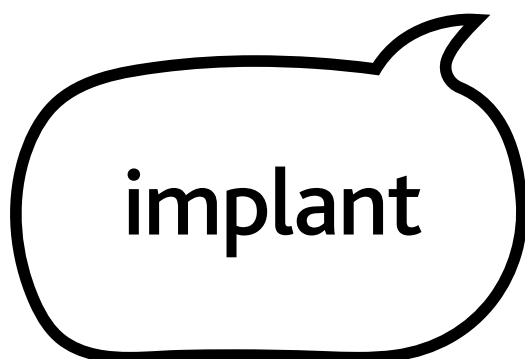




MacIntyre

Providing support...your way

Period and Menopause Cards



Holland & Barrett



Women's health community fund





MacIntyre

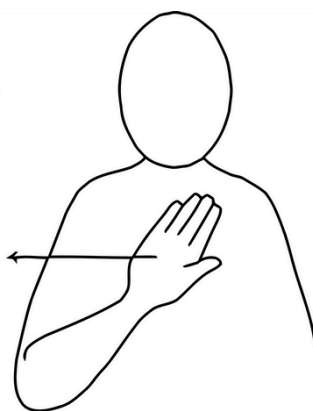
Providing support...your way

Period and Menopause Cards

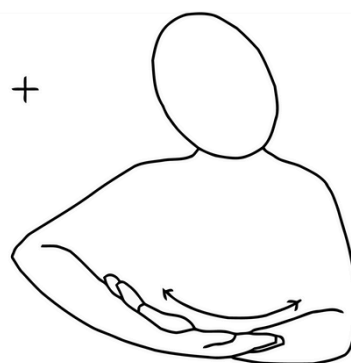
Index finger
draws very small
circle on palm



+



+



Repeat

birth control

The Pill



MacIntyre

Providing support...your way

Period and Menopause Cards



birth
control

The Pill

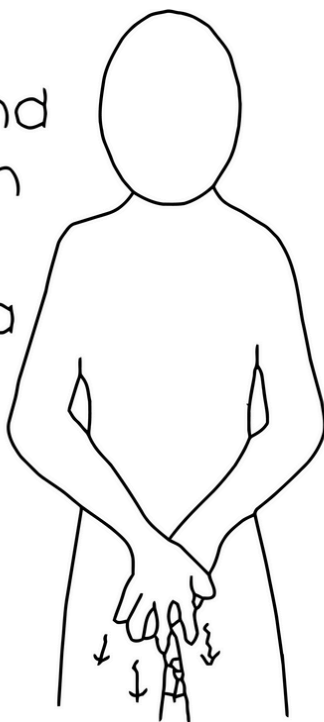


MacIntyre

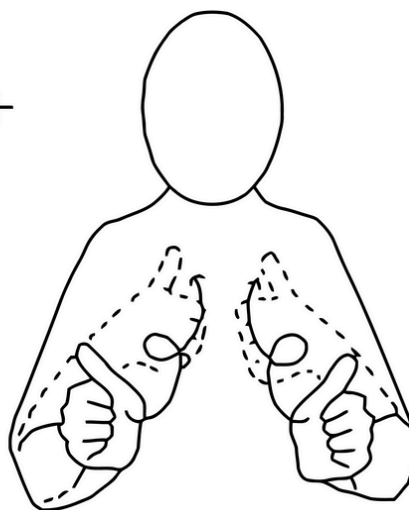
Providing support...your way

Period and Menopause Cards

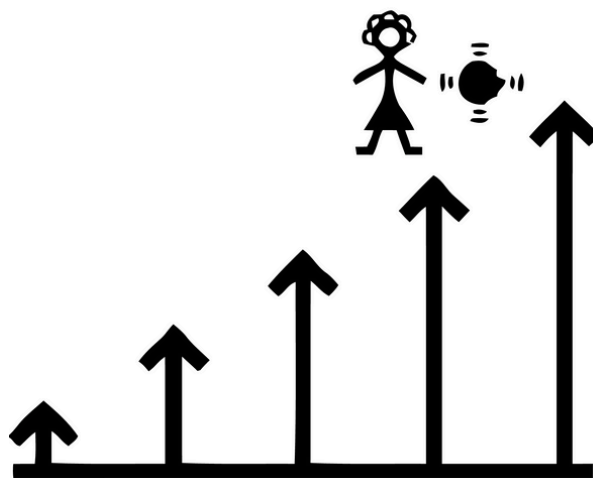
Right hand
bleeds on
left hand
at vagina
level



+



menopause 1





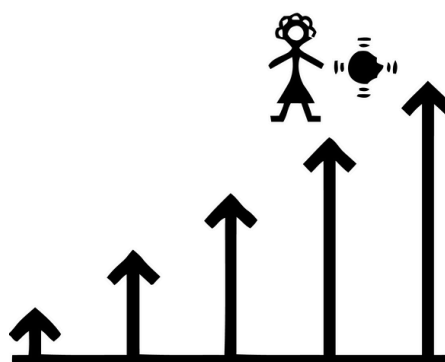
MacIntyre

Providing support...your way

Period and Menopause Cards



menopause 1



Holland & Barrett



Women's health community fund

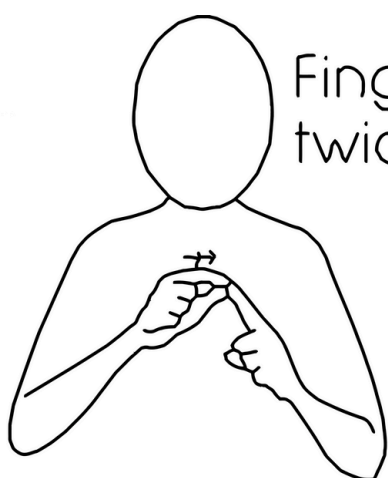




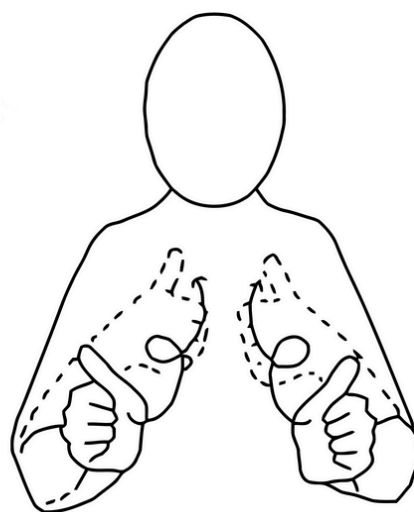
MacIntyre

Providing support...your way

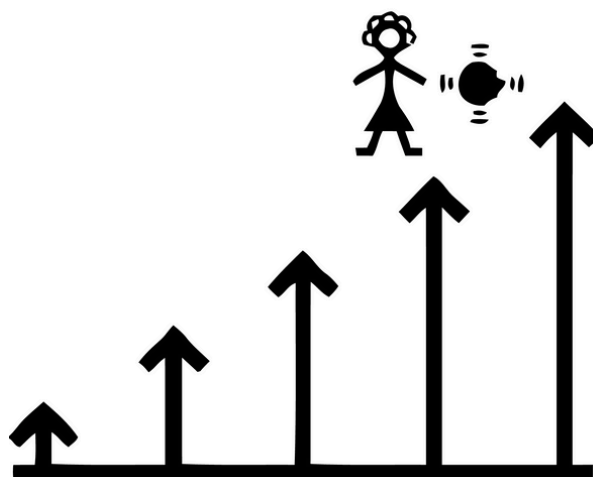
Period and Menopause Cards



Finger spell 'P'
twice



menopause 2





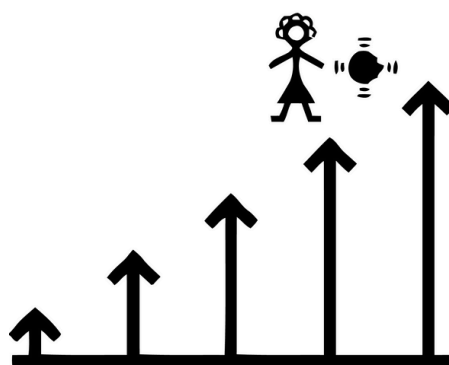
MacIntyre

Providing support...your way

Period and Menopause Cards



menopause 2

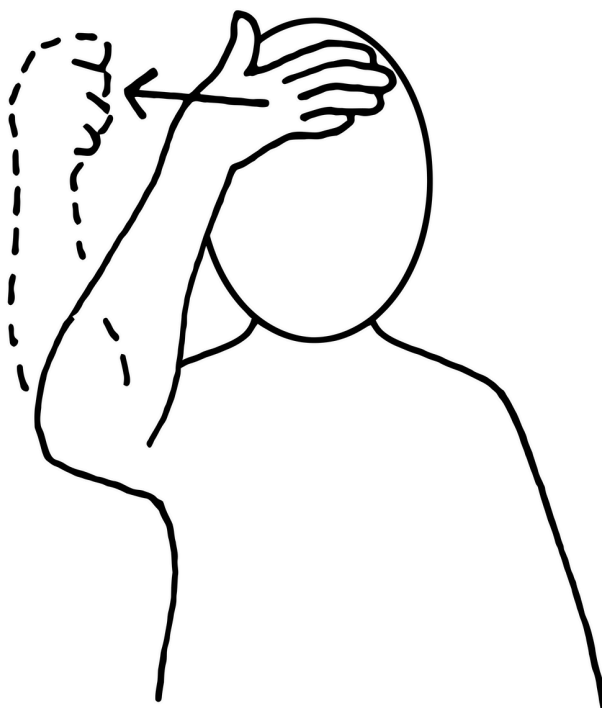




MacIntyre

Providing support...your way

Period and Menopause Cards



to feel hot





MacIntyre

Providing support...your way

Period and Menopause Cards



to feel hot



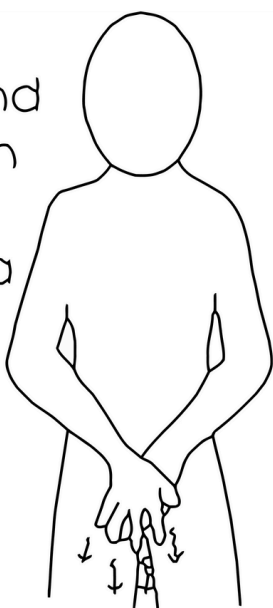


MacIntyre

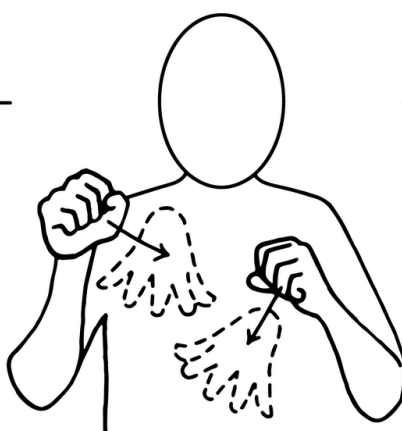
Providing support...your way

Period and Menopause Cards

Right hand
bleeds on
left hand
at vagina
level

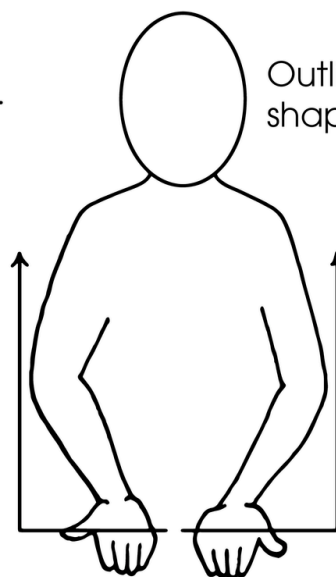


+



Bunched hands
spring open and
down

+



Outline
shape of bin

sanitary bin

1





MacIntyre

Providing support...your way

Period and Menopause Cards



Sanitary bin 1

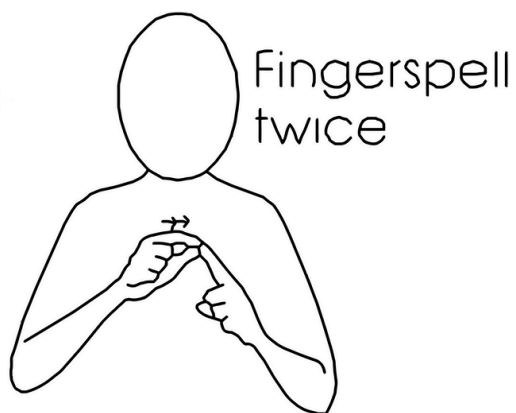




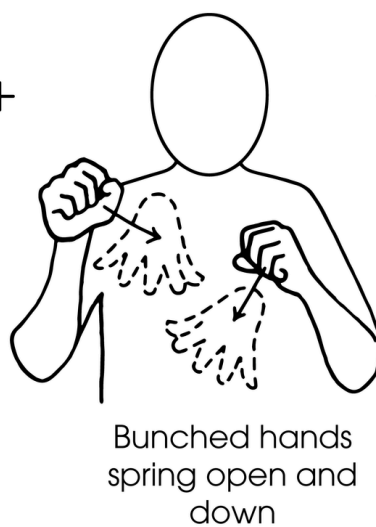
MacIntyre

Providing support...your way

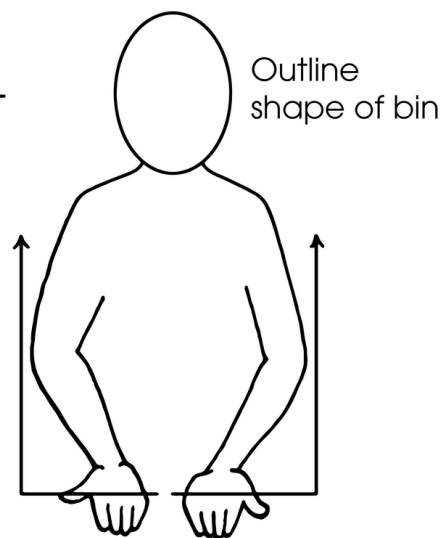
Period and Menopause Cards



+



+



sanitary bin 2





MacIntyre

Providing support...your way

Period and Menopause Cards

