

ERADICATING PERIOD POVERTY

Eradicating Period Poverty=Empowering Girls=Transforming Communities



A LOT HAS BEEN GOING ON

Hi Everyone.

Welcome to my second newsletter with updates on my period poverty project. There has been a lot going on and I hope you enjoy reading about it in this newsletter.

Little Lunches have seen people coming together to raise awareness and money for period poverty. We have expanded our project and I have done more public speaking.

WORLD MENSTRUAL HEALTH DAY

We recognised World Menstrual Health day by doing our largest single distribution of sanitary packs. We prepared in advance by having the packs sewn and on the day 100 girls from our community came to receive their packs.

MANY GIRLS FROM LOW-INCOME FAMILIES AROUND THE WORLD ARE SKIPPING SCHOOL BECAUSE THEY CANNOT AFFORD TAMPONS OR PADS. MISSING SCHOOL DURING MENSTRUAL CYCLES HAS BEEN A WELL-KNOWN PATTERN IN DEVELOPING COUNTRIES, LIKE KENYA, FOR YEARS. NOW, THE REALITY IS SETTING IN THAT THIS IS A TREND FOR LOW-INCOME GIRLS EVERYWHERE, INCLUDING THE WESTERN WORLD.



PRESENTATION TO THE YEAR 9'S AT MY SCHOOL

I walked into a room full of girls. 75 to be exact. I thought there was only going to be one class but it was the whole year group. I was very nervous but they were really great listeners and supporters.

Another thing I am learning is how to step outside of my comfort zone.



LITTLE LUNCHES

We have been holding between 1 and 4 Little Lunches each month.

LITTLE LUNCHES BRING PEOPLE TOGETHER AND HELP ME PRACTICE STEPPING OUT OF MY COMFORT ZONE AND TALKING IN FRONT OF PEOPLE.



PROJECT EXPANSION

With the money raised from Little Lunches we bought 2 more sewing machines, expanded our project to our other school and are making our first 100 packs to distribute.

THE SEAMSTRESS AND MENSTRUAL HEALTH EDUCATOR TRAVELED TO NAIROBI TO SEE THE WORK BEING DONE ON MY FIRST PROJECT AND TO LEARN FROM THE LADIES. THEY RECEIVED A FULL DANCE CONCERT





HERE'S WHERE WE ARE UP TO SINCE JANUARY 2021

Made 2840 liners

Made 710 Shields

Made 355 Bags

Bought 710 pairs of panties

Bought 3 sewing machines

Bought 2 button machines

Bought 100's of meters of material

Bought 1000's buttons

Employed 2 Menstrual Health Educators/Distributors

Given work to 2 seamstresses

Welcomed 255 girls from our community into our school to receive their packs

Held 1 backyard fundraiser

Spoken at 7 Little Lunches

Spoken in front of 75 year 9 girls

Produced 1 Colouring Book and printed 200 copies

SUSTAINABLE PADS?



SECURE

Liners attach with velcro to the shield to ensure maximum protection and security.

WINGS

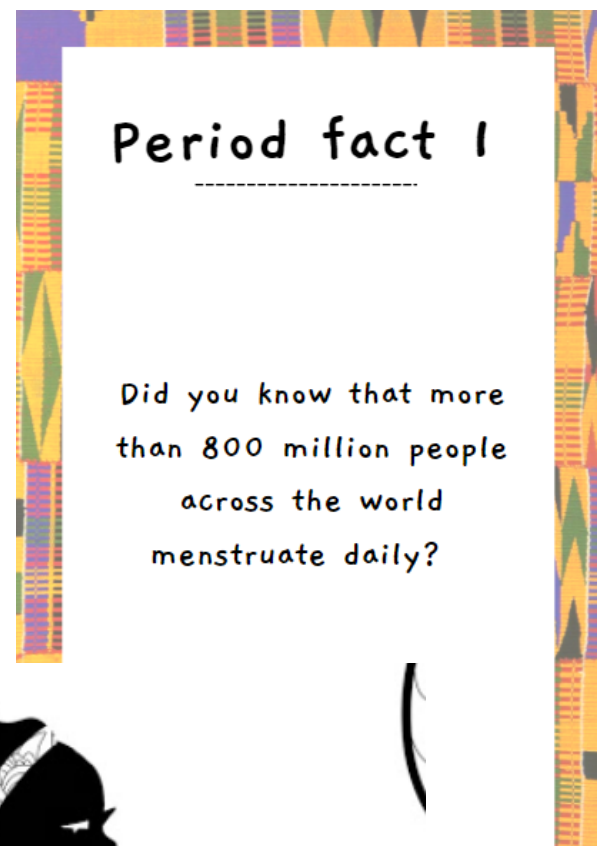
Wings clip under the panties. We include two pairs of panties in our packs.



COMPACT

Pads can be folded for carrying. We provide a plastic bag that can be used to hold soiled pads when changing is required.

COLOURING BOOK



To support ongoing fundraising I have designed a colouring book.

Filled with facts and African-inspired feminine designs. To be released really soon! All proceeds towards eradicating period poverty.

