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***MENSTRUAL HYGIENE DAY
AT MOTHERLAND SLUMS
#Pads4Slums***

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TO ALL

Introduction

On May 28th each year, it is Menstrual Hygiene Day which rallies in raising awareness about menstrual health across the world. This year theme is ‘Action and Investment in Menstrual Hygiene and Health.’ Approximately 800 million women and girls are having their period right now, yet across the globe, they face barriers to properly manage them. This calls for a world free of period poverty and stigma and recommits to building that future through urgent investment and a call for action. The subject of menstruation is still something that is considered taboo and shameful that we need to help break the silence, raise awareness, eradicate period poverty, and change negative social norms surrounding menstrual hygiene so that women and girls feel empowered to manage their periods hygienically with confidence.

The COVID-19 pandemic has exposed menstrual inequities which continues to deepen across the globe. The measures imposed as a response to the pandemic in Kenya have resulted in economic stress in families that are putting girls and women at a disadvantage. Many have been cut off from essential sexual and reproductive health services and social networks.

Women and girls stand to benefit in unique ways from safe, reliable, sustainable sanitation, and hygiene. This will free up more of their time for education and employment, reduce their vulnerability to gender-based violence, provide dignity, and increase their voice and participation in economic empowerment.

We celebrated the Menstrual Hygiene Day at Motherland in Eastleigh Area.

The slum has over 100 Girls who are mostly school drop outs, some are school going and also quite a Number of them are Young Mothers.

We reached out to 50 Girls only who we could walk with for the next three months by providing mentorship, Sanitary Towels and Snacks Once Every Month.

Who took part?

The whole event was initiated and spearheaded by Nipe Tabasamu Nipe Upendo (NPNU) Initiative.

All members present were 23 in number as per the above sign list.

RESOURCE BREAK-DOWN

Financial Summary

All donated funds were channeled to the NPNU specified accounts. Upon consolidation of the funds, we had a total of Ksh 16,420. Here is a summary of how the funds were used.

| Material | Cost (Ksh) |
|---------------------------------|-------------|
| Sanitary Towels 120 pcs | 6,000 |
| Manila Paper 6pcs | 120 |
| Mark Pens 6pcs | 510 |
| Juice 5 Litters | 600 |
| Biscuits 2 Boxes | 400 |
| 2 Packets Of Sweets | 200 |
| Transport from Town to Eastligh | 400 |
| Hall | 500 |
| TOTAL | 8730 |

The Balance(7,690) remaining is to be used to the Pads for slums second and third edition

Donations

- We received Donations in Monetary form as above from Members, Family and Friends.

SUMMARY

Activities

The session Started with a word of prayer from Hashu.

Juliet Waithera therefore proceeded to introducing the Girls to us and also Introduced us to the Girls by informing them what we do as an organization and why we were there that particular day.

Mercy explained to the Girls what the Menstrual Hygiene Day is all about.

We therefore divided the girls into different groups according to their ages and also the youg mothers had their own group.

We therefore had mentorship sessions on the below Topics:

1.) Menstrual Hygiene Management

2.) Life Skills

3.) Gender Based Violence (G.B.V)

4.) Family Planning

5.) Careers/Talents

We had group presentations from the Girls from each Group.

We proceeded and shared snacks with the girls.

Later on we had a photo session as we distributed the sanitary Towels to the Girls.

A special thanks to:

Tabasamu Family.

Report Prepared by Mercy Mwende
(NPNU)



Approved by)

PICTORIALS

