



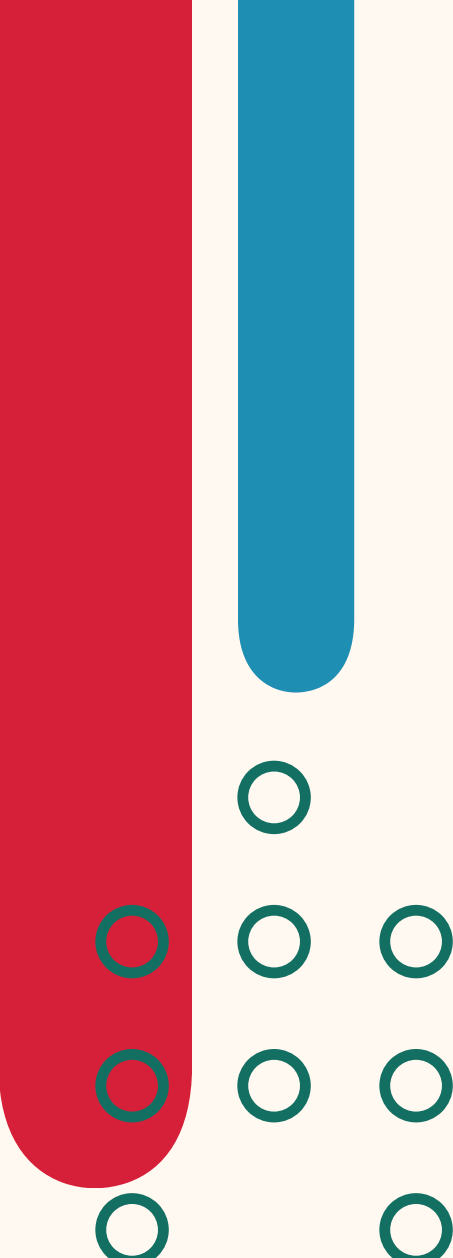
Nipe Tabasamu  
na Upendo



# Flowing Compassion

#MHD2024





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# PROJECT OVERVIEW

Menstrual Health (MH) Awareness Day is a significant initiative aimed at addressing issues surrounding menstruation and menstrual health. This year's event, held on May 25, 2024, targeted 130 young girls, teen moms, and young women from the Motherland slums and other marginalized communities, aged 8 to 19. The event objectives align with the Sustainable Development Goals (SDGs) of Good Health and Well-Being, Reduced Inequalities, and Quality Education.



## Objectives

- 1. Good Health and Well-Being: Promote menstrual health and hygiene.**
- 2. Reduced Inequalities: Address menstrual stigma and provide education to marginalized communities.**
- 3. Quality Education: Educate participants on various health and social issues.**



**Menstrual Health Awareness session conducted by Nipe Tabasamu na Upendo focused on educating individuals about menstrual hygiene management, dispelling misconceptions, and working towards reducing associated stigma.**



**Mental Health Awareness session led by Nipe Sauti Africa, featuring discussions on mental health topics aligned with Mental Health Awareness Month. The session also incorporated mentorship sessions focusing on coping mechanisms and establishing support networks.**

## ACTIVITIES & SESSIONS



**Nipe Tabasamu na Upendo conducted a session on drug abuse, substance addiction, and gender-based violence (GBV) awareness, educating participants on the hazards of drug abuse and the repercussions of GBV, while highlighting available support systems.**



**Career Talks**  
Conducted collaboratively by Green Dada and Nipe Tabasamu na Upendo.  
Offered valuable insights on career pathways and strategic planning for the future.

# SWOT ANALYSIS



## **Strengths:**

- 1. Collaboration:** Demonstrated effective partnership among diverse organizations.
- 2. Preparation:** Prior online training ensured facilitators were adequately equipped.
- 3. Mobilization:** Juliet Waithera's successful mobilization of over 130 girls for the event showcased strong leadership.

## **Weaknesses:**

- 1. Coordination:** The distribution process for items proved disorganized; future events should consider pre-packing items for streamlined distribution.
- 2. Time Management:** Punctuality issues among some volunteers disrupted the schedule.

## **Opportunities:**

- 1. Inclusion:** Future budgets could incorporate essentials like diapers and milk for young mothers attending the event.
- 2. Expansion:** Strengthen existing partnerships to embark on more impactful projects within the region.
- 3. Feasibility Study:** Undertake a study to gain deeper insights into the participants' needs and characteristics.

## **Threats:**

- 1. Security:** Instances of discord and altercations among attendees underscored the necessity for enhanced security measures.
- 2. Safety:** Existing volatile community dynamics posed potential safety hazards.

# BUDGET BREAKDOWN

Item	Quantity	Unit Cost	Total Cost
Sanitary Towels	450 Pcs	75	33,750
Inner Wears	300 Pcs	100	30,000
Soda	180 Pcs	50	10,000
Buns	60 Packets	70	4,200
Sweets	3 Packets	100	300
Fabric Plaster	1 Box	350	350
Surgical Spirit	500 ml	600	600
Cotton Wool	1 Roll	300	300
T-Shirts	10 Pcs	650	6,500
Lanyard	20 Pcs	250	5,000
Design Fee	-	-	1,500
Venue	-	-	3,000
Photography	-	-	3,000
Milk	10 Pkts	50	500
Miscellaneous	-	-	4,000
TOTAL			100,100

**\*\*All Prices are in Kenyan Shillings**

# PARTNERS & DONATIONS



Nipe Tabasamu  
na Upendo



Nipe Sauti

This event was a collaborative endeavor involving the following organizations:

- We One Action Network (Main Sponsors)
- Nipe Sauti
- Green Dada
- Nipe Tabasamu na Upendo

## Donations

Essential items were distributed to the participants, including:

- Sanitary Towels
- Inner Wear
- Clothes



# RECOMMENDATIONS & CONCLUSION



1. **Long-Term Projects:** Establish and execute long-term initiatives to sustain involvement and interest among female participants.
2. **Inclusive Projects:** Incorporate projects that engage male participants to cultivate comprehensive community impact.
3. **Recognition:** Distribute T-shirts or lanyards to all attendees to promote inclusivity and prevent any sense of exclusion.
4. **Documentation:** Produce a video capturing the event's activities to serve as a reference for future initiatives and promotional purposes.

"Tap here to peek at all the epic event snapshots!"

