

# MUG FOUNDATION

## PAD A GIRL CAMPAIGN

(BUGIRI MUNICIPALITY)

ACTIVITY REPORT



ACTIVITY REPORT AS OF 14/OCT/2023

NANSANA WAKISO DISTRICT

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## DECLARATION

I .....declare that the information given in this report is to the best of my knowledge  
and I confirm that it is right and true.

Signed .....

Field Officer

## ACKNOWLEDGEMENT

First and foremost it would not have been easy an activity but with God everything went on smoothly and the day was a success. The day began with rain and as believers we acknowledged it as a sign of success and indeed the day broke successfully and we praise God for that. We thank the administration of MUG Foundation led by the Director herself, Ms. Nantume Prossy who has worked tirelessly hard with her team to see this campaign a success especially in Bugiri Municipality. We thank the Pad a Girl campaign team leader Mr. Mukiibi G.B, for taking the campaign to yet another level.

We thank the different supporters of the Pad a girl campaign and special thanks go to Mr. Wafula Stephen, the director of Wafula Foundation for the warm welcome and hospitality with all the support he gave to us during our stay in the area. We thank the political leadership of Bugiri Municipality both Eastern and Western regions of the Municipality from the District Health Officer and his assistant, Chief Administrative Officer, District Education representatives and the local council leadership from LC 3 downwards. We thank the Inspector of schools in Bugiri Municipality for her mobilizing the schools to attend the activity and indeed it was one if its kind and a success.

Special appreciation go to General Ware Uganda (SUNDA) and manufacturers of Softcare Pads and all individual partners who donated pads to the Pad a Girl campaign, Kitante Hill Investment Club, the OBs and OGs fraternity , Path for Health and all individuals who donated a pack and cartons to us.



***The Pad a Girl team with the leadership of Bugiri Municipality at the DHO offices with CAO, District Education technical persons.***

## BACKGROUND

Since its Incorporation as a Community Based Organization, MUG Foundation has gained more courage and determination to change communities by promoting girls' rights to proper and affordable health services and economic empowerment. MUG Foundation guided by the Ministry of Health principles, policies and guidelines works to find practical and innovative ways for girls and young mothers to lift themselves out of poor health management living conditions and poverty.

The Foundation promotes safer periods for girls and helps rebuild their abilities to gain self-sustainability. In all we do, MUG Foundation works with partner organizations, Local governments, private sector, corporate partners and individuals to end the injustices that cause poor menstrual health conditions, violence, teenage pregnancies and high levels of school drop outs.



***The Pad a Girl team getting ready and setting for day two of Bugiri Outreach.***



## INTRODUCTION

Menstruation is an integral and normal part of human life, indeed of human existence. Menstrual hygiene is fundamental to the dignity and wellbeing of women and girls and an important part of the basic hygiene, sanitation and reproductive health services to which every woman and girl has a right. Globally, approximately 52% of the female population (26% of the total population) is of reproductive age. Most of these women and girls will menstruate each month for between two and seven days.

Menstruation is a natural part of the reproductive cycle, however, in most parts of the world, it remains taboo and is rarely talked about. As a result, the practical challenges of menstrual hygiene are made even more difficult by various socio-cultural factors. Such circumstances have continued to deprive young girls and women of their potential to exercise their right to health, education and dignity.

The PAD A GIRL campaign is aimed at reaching out to as many as 50000 young women and girls with updated MHM information complimented with learning how to make sustainable reusable pads and focusing on young women in Uganda hence contributing to improved Menstrual Hygiene and Health Management (MHH). We began in Wakiso and Kampala districts and we have spread to Lambu Bukakata Masaka, Nakaseke districts and the campaign spread to Busoga Region where we have so far we have reached out to over 1200 girls from Buyende and Bugiri Districts. Our next stipulated move will be Iganga as we also plan for Busembatia, Kamuli and Butaleja.



***On arrival at Bugiri town***

## Objectives

- The campaign also aims at increasing access to quality sustainable menstrual materials with a focus on both disposable and reusable pads among young women and girls in the selected communities.
- This campaign also creates a platform where young women and girls living can speak confidently about issues related to menstrual stigma and discrimination within selected communities.
- Conduct workshops and awareness programs to eliminate the stigma surrounding menstruation and educate girls about menstrual hygiene.
- Foster a sense of community responsibility by engaging local businesses and organizations in supporting this initiative.
- Encourage regular school attendance among girls by ensuring they have access to menstrual products and minimize the impact of menstruation on the girls' education.



On day one gathering as girls from six schools gathered at Injokya Primary School for the first session of the Pad a Girl activity in Bugiri.



## ACTIVITIES

The activities involved included;

### **Menstrual Hygiene Management sensitization**

Over 480 girls from 17 schools in Bugiri Municipality were directly taught how to make their own reusable sanitary pads, sensitized how to manage their periods to be safe during school time and avoid staying home because of menstruation. The schools that attended included; Waluwerere Church of Uganda Primary School, York Primary School, Al Jamah Primary School, Indokya Primary School, Bugiri Modern Nursery and Primary School, Universal High School, Tauhid Islamic School, St Mary Junior School etc. Each group almost represented more than 200 girls in their respective schools.



Girls took part in the discussions, it was such a wonderful moment as they opened up their status and shared knowledge, skills and experiences of what happens during their menstrual periods.

### **Counseling and guidance**

During their menstruating times, girls go through a lot of mental stress, they worry so much especially in times when they begin experiencing signs of menstruation. They worry on the pain involved, sanitary towels to use and how their friends will perceive them. To this, girls were given counseling sessions both group and one on one. They were also taught how to handle the stigma surrounding menstruation.





**The Inspector of Schools for Bugiri Municipality, Ms. Zakiya talking to pupils at Injokya Primary School**

### **Donation of sanitary pads**

After the sensitization process and counseling and after teaching the young girls how to make their own pads, girls were given a pack of sanitary pads and over 480 girls directly benefited. This is the most interesting part because so many girls and young women scramble for pads a sign to show that it is hard to access a sanitary pad during their periods.

To put an icing on the cake, we donated clothes to the People Living with Disabilities (PLWD) who involved children from Waluwerere Church of Uganda Primary School

### **Skilling girls in making reusable sanitary pads.**

Over 480 girls from seventeen schools were trained to make their own reusable sanitary pads directly and these were supported by their teachers. We had groups of 17 each representing a school and these were between 10 to 25 girls. Each group represented over 200 girls from their respective schools.



*Teachers from York, Injokya, Al Jama and other schools learning to make reusable pads*





## ACHIEVEMENTS

- Over 480 packs of sanitary pads were donated to over 480 young girls from 17 schools.
- Over 480 girls were sensitized about menstrual hygiene management
- Girls were trained on how to use the sanitary pads and over 480 benefited directly from this activity while each group represented over 200 girls from their respective schools.
- All girls who attended the activity were counseled in mental stress brought about by menstruation.
- There was donation clothes to persons with special needs.



***Girls were taught how to make reusable sanitary pads using their hands with a thread and needle only.***



## CHALLENGES

For the sustainability of the campaign and its objectives, the materials to make the reusable sanitary towels are very expensive and hard to find. This calls for funding from well wishers and communities to keep the girl child padded. We also need resources in form of sewing machines which we have to use to train the communities to use when making their own reusable pads.



***Materials that make reusable pads are expensive.***

Girls are using toilet papers, old pieces of clothes, leaves, papers and other ruthless materials to pad themselves and sometimes when they are sent home for pads the parents themselves do not know what pads are and sometimes the pads tend to be expensive and in so doing they resort to using those materials and when matters get worse the girls have to stay at home until they are safe.



***Getting sanitary pads is sometimes hard and so girls miss school. Below pupils struggle to get extra pads even though they had got a packet.***

Due to limited resources we face constraints in transportation costs since we had to move by public means all the way from Wakiso to Bugiri. We also meet high costs of transporting the pads and the clothes we are to donate.



***We still face transportation problems even when we reach in the activity areas. Cyclist had to carry our luggage to the destination points.***

People have negative attitudes towards the campaign and so many have described the campaign as a money making venture, hindering our resource mobilization strategies.



Due to the overwhelming numbers, so many people are calling on us to extend this campaign to their respective communities but the pads are not enough and this hinders our movement and calling for more support to come in. We need to push for more donations from well wishers as well as more partners to come on board so as to improve on our resource mobilization base.

Much as we target young girls between the ages of 12 and 24, we still find it hard to exclude those above and every time we have an activity running, there is always that one group that is really avoidable.



*Older women also had to come in to lobby some sanitary pads for their daughters who could not attend the training.*



## BUDGET

NO	ITEM	UNIT MEASURE	QUANTITY	UNIT PRICE	ACTUAL AMOUNT
1	Pads	Packets	520	3500	1,820,000
2	Training materials	wholesome	1	350000	350,000
3	Media	Media house	2	40000	80,000
4	Trainer	person	1	50000	50,000
5	Food	persons	6	20000	120,000
6	Stationery	Wholesome	1	50000	50,000
7	Transport	persons	5	50000	250,000
8	Mobilization	persons	3	20000	60,000
9	Allowances	persons	5	50000	250,000
10	Accommodation	persons	5	25000	125,000
11	Travel expenses	persons	5	10000	50,000
12	Water	Cartons	2	10,000	13,000
13	Communication and data	GBs	5	5000	25,000
14	<b>TOTAL</b>				<b>3,243,000</b>

## OBSERVATION

Taboos surrounding menstruation often exclude girls from many aspects of social and cultural life including religious rituals during menstruation. Those factors increase the vulnerability of female adolescents to unhygienic practices during menstruation that lead to multiple infections including reproductive and urinary tract infections. Those are also highlighted as the main factors which have the most pronounced effect on the adolescent girl's school attendance, quality, and enjoyment of education. Moreover, adolescent girls reported menstrual pain and lack of effective materials for safe Menstrual Hygiene Management practices as a reason for school absenteeism.

As a result, adolescent girls reported as they are frequently using folded, bunched up, or sewed clothes, tissues, or toilet paper, scraps of old clothes, or strips of an old blanket, which often leak and cause chafing, which made school attendance difficult and further feel isolated in their communities. Girls are mankind's greatest hope, if we care for them then humanity will have a future.

Once we come together and help our young girls acquire sanitary pads at a very affordable price, then the menstrual stress will be deleted from their lives. We need to work together as we call upon all those individuals who can support us in this campaign to donate whatever number of pads so that we can reach out to young girls in the remote places and those hard to reach areas.

## **WAY FORWARD**

Our primary goal is to ensure that marginalized and vulnerable girls receive quality education, support, and resources to break the cycle of poverty and discrimination. We aim to empower them to become confident, capable, and self-reliant individuals who can actively participate in building a better society.

Through the Pad a Girl Campaign MUG Foundation is deeply committed to creating positive changes in the lives of girls and young women through community outreach and awareness campaigns. These initiatives are integral to our mission of empowerment and gender equality.

We shall continue to emphasize collaboration with local schools, community organizations, Corporate companies and health agencies to expand the reach of the campaign, Seek partnerships with sanitary pad manufacturing companies and suppliers for cost-effective procurement of pads.

Furthermore, we shall continue to work hand in hand with the local government and the political leadership of the various underprivileged communities to guide us on the specific people that need the service of the pad a girl campaign and MUG Foundation.

Lastly we continue to call upon policy makers to push for the amendment of tax bills so that there is a levy on the taxes imposed on the menstrual products especially sanitary pads to have cost cut. We also wish to see a reduction on the prices of materials used to make

## CONCLUSION

The pad a girl will continue to move to those villages where girls need sensitization and support to get safer periods in our quest to end period poverty. We still request leaders in these various communities to join us in this campaign as we strive to make menstruation a normal fact. We shall not give up on calling upon policy makers to consider sanitary pads as essential and be seen as a match box in any home that has girls, women and mothers.

There is need to have sanitary pad dispensers in schools and also promote the availability of incinerators in schools. In all the communities that we are reaching out to, there is need for machines like tailoring machines and Lock machines to help in the continuous supply of reusable sanitary pads. All the groups that are being formed have the capacity to make like 100 reusable pads should machines be available.

We continue to call out to all the well wishers to keep supporting this campaign as we have not even reached out to a quarter of our target. So many girls out cannot afford a single pack of a sanitary pad and the materials for making reusable pads are expensive. We urge for more engagement and involvement of WASH programs in communities and schools because the reusable pads require a sustainable water supply and menstrual hygiene is paramount.





***Mug Foundation donating clothes and shoes the persons with disabilities in Bugiri Waluwerere COU Primary school.***







***Pad a Girl team together with the team from Wafula Foundation, our hosts***



***Director of Wafula Foundation helping out to donate sanitary pads to school girls***





*Preparing pads for donations*







*It was all joy as girls received sanitary pads fro the Pad a girl team*





***We had a total of 480 girls directly benefiting the activity***





***Team Pad a girl posing for photo as they concluded the donation process***





***The LC3 chairman with Mr. Mukiibi trying to support an elder to receive something.***



***Some teachers also took the responsibility to support the girls and also had the privilege to get some pads.***









*Some girls also got a chance to receive creams donated by one member.*







***Mr. Mukiibi having a conversation with the leader of the Persons With Disabilities.***



## **Reference**

Mukiibi Girls Foundation

Wafula Stephen Foundation

District Health Officer – Bugiri Municipality

Waluwerere Church Of Uganda Primary School

Injokya Primary School (Bugiri Western)

Al Jama Primary School

Universal High School

Al Istaqaama Islamic Secondary School

Parents Joy Junior School

Busanzi Primary School

Acuance Victory Secondary School

St Mark Junior School

Bugiri Modern Nursery and Primary School

Auhid Islamic School