

MUG FOUNDATION

PAD A GIRL CAMPAIGN

KIRYANDONGO DISTRICT

OUTREACH



ACTIVITY REPORT AS OF 23/02/2024

NANSANA WAKISO DISTRICT

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Preface

Human Resources for Health may be viewed as the most important component of the health systems and consumes the biggest share of the health budget, manages other resources, runs the health services system as well as being the critical factor in health service development. A well-functioning health system requires high quality health services for girls and women through the provision of Menstrual materials, sensitization and rehabilitative healthcare. These services contribute to the reduction of school drop outs, teenage pregnancies, domestic violence, Urinary Tract Infections and Sexually Transmitted Diseases and enhance the general well-being of women.



Preparing to donate pads to girls in Kiryandongo District, Nyamahasa and Mboira SubCounties.

Acknowledgement

We thank the entire MUG Foundation staff from the Board of Directors, Board of Trustees and the Secretariat for the tremendous efforts displayed throughout the period the Pad a Girl campaign has been running. We further thank the entire team of ambassadors for their efforts to help the organization meet its goals, mission and vision and we believe these efforts will lift the campaign and the entire organization to higher levels in the year 2024.

Throughout the two days of its stay in Kiryandongo District Pad a girl campaign outreach, MUG Foundation managed to meet some of its objectives and goals because of some extraordinary individuals and organizations through shared knowledge and experiences. If these organizations and people had not recognized our capabilities, we wouldn't have attained the levels we achieved in Kiryandongo. We send our gratitude to the following organizations and corporate companies for their great support for the Pad a Girl Campaign;

General Ware Uganda LTD – Manufacturers of Softcare pads and other commodities and SUNDA

Ms. Asiimwe Bridget – Executive Director of Path for Health Uganda

Ms. Katusiime Jovia – Aspiring Woman Member of Parliament for Kiryandongo District.

Mr. Kato Disan – Human Resource, General Ware Uganda LTD and SUNDA

Local Government Officials of Kiryandongo district and the local council chairpersons of villages we had the outreaches, councilors and women leaders.

District Health Officer

The Pad a Girl campaign team and Ambassadors



Pad a girl team from left, the Executive Director of MUG Foundation, next to her is the Treasurer Ms. Namuli Agnes, in the Middle is Ms. Katusiime Jovia and first right in the Pad a girl team trainee.

Message from the Executive Director

On behalf of MUG Foundation, I extend my sincere greetings to you all and the stakeholders of this organization. In the same spirit, I also congratulate our team upon completing a fruitful Pad a girl campaign outreach at Kiryandongo district especially in the two subcounties of Nyamahasa and Mboira and in a special way I thank the management of General Ware Uganda LTD for supporting this campaign, Ms. Katusiime Jovia and the District leadership for supporting this campaign which enabled us as MUG Foundation to push our objectives forward. As advocates for the girl child empowerment, I encourage everyone on this campaign to keep the spirit of volunteerism shining as we push our mission and objectives to higher levels.

At MUG Foundation we continue to extend this Pad a girl campaign to other districts in Uganda as we know our target is 50,000 young women and girls, pushing for awareness and sensitization about menstrual hygiene management as well as training these girls how to make their own pads and towels as well as striving to end period poverty. I pray that this will create a platform to further our target of empowering young girls, supporting them to uplift their superiority one at a time and keeping them in school as well as improving the Primary Health Care Systems in our country.

Therefore we are looking forward to a continuous growth, service delivery and opportunity building in the times to come as we strive to end period poverty.

Yours,

NANTUME PROSSY

EXECUTIVE DIRECTOR

INTRODUCTION

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 menstrual services and 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 menstrual hygiene management living conditions and poverty. We promote safer periods for girls and help rebuild their abilities to gain self sustainability. In all we do, MUG Foundation works with partner organizations, Local governments, private sector and individuals to end the injustices that cause poor menstrual health conditions, violence and teenage pregnancies through its Pad a Girl Campaign.



Girls and young mothers display reusable sanitary pads they made in the training.



BACKGROUND

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. Unavailability of sanitary products is a major barrier to education for girls of school-going age. The inability to effectively manage menstruation contributes to absences of up to 4-5 school days each month, equating to as much as 20% of the academic year intentionally skipped, simply due to menstruation. Eventually many of these girls drop out of school entirely, increasing their risk to the likelihood of early initiation to sex with associated risks of HIV, early pregnancy, teenage pregnancy with its associated maternal health complications, and further limiting their future career and economic opportunities.

It's against this background that MUG Foundation is running a Menstrual Hygiene and Health Management campaign dubbed "PAD A GIRL" aimed at breaking the silence, stigma and building awareness among boys, girls, parents, teachers and communities about the fundamental role that good menstrual hygiene management (MHM) plays in enabling women and girls to reach their full potential. The "PAD A GIRL" campaign is contributing to improved Menstrual Hygiene and Health Management (MHM) among out of school and school going adolescent girls through sensitization and creating awareness on how to manage menstruation hygienically and with dignity, highlighting the role of boys, men and parents in ensuring girls enjoy menstruation with dignity by reducing the stigma and discrimination that surrounds menstruation.



Girls pose for a photo after receiving pads from Pad a girl team at Nyamahasa Community.

OBJECTIVES OF KIRYANDONGO OUTREACH

The PAD A GIRL campaign aimed at reaching out to 650 girls and young mothers directly and more than 3,250 indirectly at a ratio of 1:5 with update Menstrual Hygiene Management (MHM) information complimented with sustainable reusable pads and also support girls to keep in school. Others include;

- To increase knowledge and awareness of Menstrual Hygiene Management, different forms, types and trends of menstrual stigma affecting young women and girls within Kiryandongo district.
- To increase awareness and sensitization on the various sustainable menstrual materials; reusable sanitary pads, menstrual cups available on market to enhance MHM.
- Sensitize girls about the menstrual hygiene management.
- Counseling of girls about the mental stress surrounding menstruation and to keep them in school.
- Training of girls between 12 and 25 girls in reusable sanitary pad making.
- Donate at least a single pack of sanitary pads to those that attend the training.



Girls and young mothers went through counseling, awareness and sensitization about the various taboos surrounding menstruation and menstrual hygiene and management

ACTIVITIES

- Counseling and guidance on mental stress surrounding menstruation
- Sensitization about menstrual hygiene management
- Training in making reusable pads, girls were guided on which materials are favorable for use and how to prepare those materials with measurements. At this time girls were also sensitized about other menstrual methods including menstrual cups, tampons and the original ordinary clothes as other methods to have safer periods.
- Donation of pads



Having a pad is one thing and having the knowledge to fix it on a nicker is also another business. Girls were also taken through the process of fixing or placing a pad on their nickers or pants.

OUTCOMES

- Girls were also sensitized on the various taboos and myths surrounding menstruation and at least most of them had a mindset change about such taboos and beliefs.
- Girls were skilled in making reusable sanitary pads which will help them to stay in school and others will use the skill as a source of employment to make money.



- Girls were equipped with knowledge on how to keep their periods as awesome as possible. They were given a chance to express themselves on their experiences when they begin their periods.



- Through the training girls acquired knowledge on how to use sanitary pads because many were used to the traditional methods of using small clothes to pad themselves.
- Girls were also sensitized on the various taboos and myths surrounding menstruation and at least most of them had a mindset change about such taboos and beliefs.



- In Kiryandongo, the campaign brought together over 34 villages of Nyamahasa and Mboira Subcounties which reflected the relationship between politics and service delivery. Sometimes it is good to put political affiliations aside when it comes to service delivery.



- There has been several engagements with policy makers on the prices of pads and they have promised to table this issue at the floor of parliament. In a discussion with the aspiring Woman Member of Parliament, she promised to bring forward the issue of the prices of sanitary pads. At radio talk show in Kiryandongo, the matters that were raised had much concern on the culture of sanitary pads and some people the return of the norm of using reusable sanitary pads.
- Lastly but rather important, there has been improved visibility about the Softcare brand of sanitary pads because being our biggest corporate supporter, we have been donating only this brand and at least more than 5000 girls and woman have benefited directly and more than 25,000 girls and women have benefited indirectly from this brand of pads.

FINANCIAL REPORT

Kiryandongo outreach has been one of the most complicated outreach since the beginning of the Pad a girl Campaign two years ago. Supporting the girls in Kiryandongo district was expensive because we had to spend at least two days in the area where the activity was to take place from. We also had to travel longer distances to reach the four locations in the two Suncounties of Mboira and Nyamahasa. The table below summarizes the expenditure showcasing the costs incurred in the whole outreach.

BUDGET

NO	ITEM	UNIT MEASURE	FREQUENCY	QUANTITY	UNIT PRICE	ACTUAL AMOUNT
1	Pads	Packets	1	650	3500	2,275,000
2	Training materials	wholesome	4	1	350,000	1,400,000
3	Caps	pieces	1	10	7,500	75,000
4	Trainer	person	2	2	50,000	200,000
5	T-shirts	piece	1	10	25,000	250,000
6	Food	persons	2	6	20,000	240,000
7	Stationery	Wholesome	1	1	50,000	50,000
8	Transport	persons	1	6	50,000	300,000
9	Mobilization	persons	2	2	20,000	80,000
10	Allowances	persons	2	6	50,000	600,000
11	Accommodation	persons	2	6	25,000	300,000
12	Travel expenses	persons	2	6	5,000	60,000
13	Water	Cartons	3	2	20,000	120,000
14	Communication and data	GBs	3	1	5,000	15,000
16	Fuel (litres)	litres	2	30	5300	318,000
17	Photography	persons	2	1	50,000	100,000
	TOTAL					6,383,000



Transport is still our major problem since we are moving to far and hard to reach communities

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.



Girls attending a training session at Nyamahasa Community hall in Nyamahasa village.

As a result, adolescent girls reported as they are frequently using folded, bunched up, or sewed clothes, tissues, or toilet papers, 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.



The girls and young mothers of Kiryandongo whom we supported expressed a lot of interest in learning how to make reusable sanitary pads and so many of them saw this chance as a way to change their standards because they very much saw it as a way of earning a living. They took the skill so important and they hoped to start making the reusable pads for purposes of selling them for some money in future.



There is need for a continuous support of girls with sanitary products to keep them in school and taxes need to be worked on because currently pads are unaffordable due to high prices

WAY FORWARD

Our primary goal is to ensure that marginalized and vulnerable girls and young mothers 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 they live in.

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 outreaches and awareness campaigns. These initiatives are integral to our mission of empowerment and gender equality.



We shall continue to emphasize collaboration with individuals, 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 sanitary 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



Pad a Girl campaign is a once off activity which aims at reaching out to those young girls and mothers who find it hard to acquire a sanitary pad during her menstrual cycle. Its intended to keep girls in school and impact knowledge about menstrual hygiene management. Therefore we still call upon government intervention in the prices of sanitary pads right policies to taxes and also have prices of materials that make reusable pads lowered for easy access.



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 per a day, 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.

REFERENCE

MUG Foundation

Ms. Katusiime Jovia (Aspiring Woman Member of Parliament for Kiryandongo) - 0779308004

Kiryandongo FM 89.3 (80.3 KFM)

Ms. Ejuru Teopista – Nyamahasa Parish - 077575778

Moureen – Nyamahasa Parish – 0769514278

Ms. Ajok Joyce – Nanda Parish – 0785522555

Ms. Omirambe – Nanda Parish – 0777754538

Rema - Nanda Parish – 0779197947

Mr. Ochama – Mboira Parish – 0777221240

Joyce – Mboira Parish – 0788710214

Mr. Anoku Simon – Mboira Parish, Hanga village – 0784532350

Ms. Ochama Justine – Mboira Parish - 0775164613



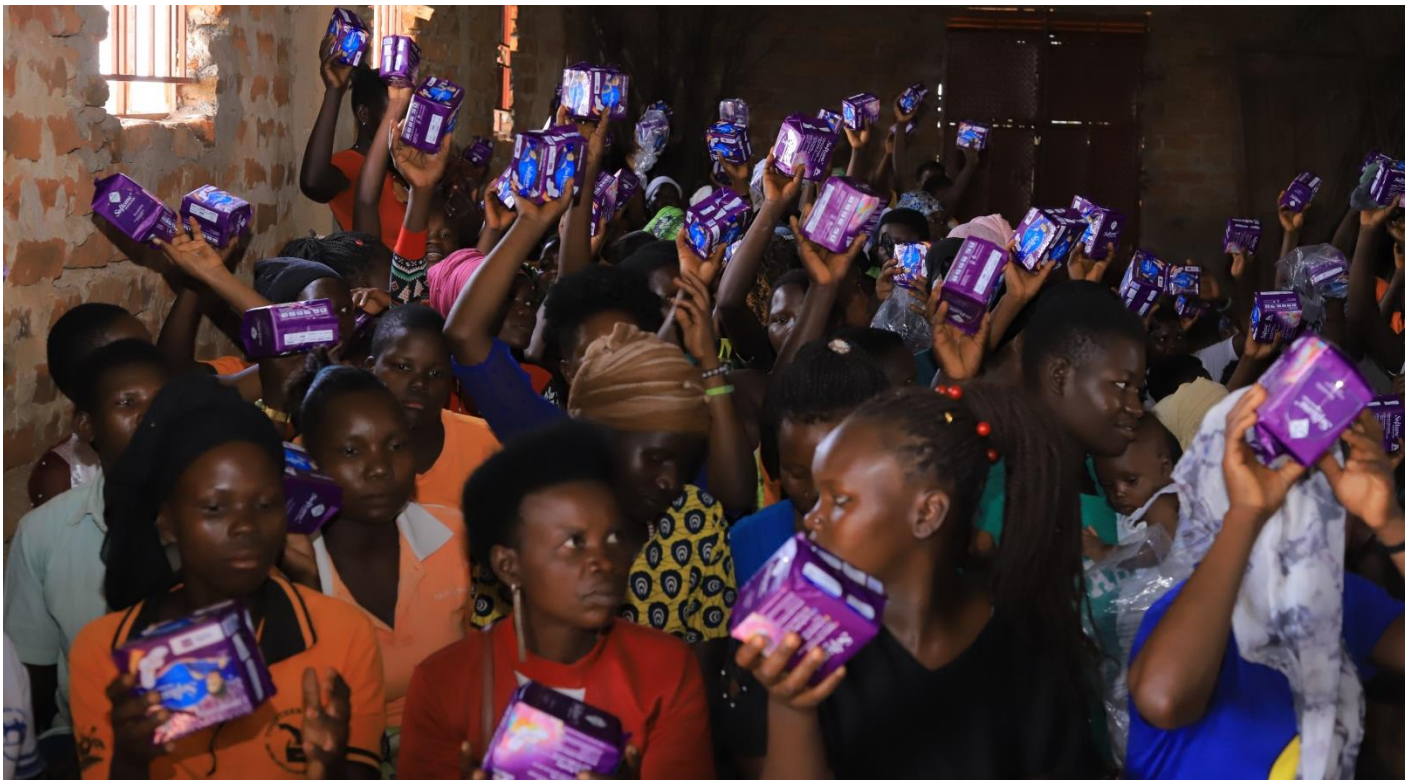
Girls and young women of Nanda in Nyamahasa SubCounty were happy for the support given to them by the Pad a girl team





After the training, girls and young mothers were given sanitary pads each





Nothing brings happiness to the girl child more than a packet of sanitary pads, thank you MUG Foundation for the support.







A pose for a photo with the aspiring Woman Member of Parliament for Kiryandongo, Ms. Katusiime Jovia after supporting the Pad a girl team to donate pads to over 250 girls of Hanga, Kwanga and other villages of Mboira SubCounty





Below is day one of the Pad a girl activity in Nyamahasa Parish where over 300 girls and young mothers were given pads and other menstrual services and skills.





The Pad a girl team leader Mr. Mukiibi GB as he interacts with the girls and young mothers after the training and it was all joy and happiness.





The girls of Nyamahasa had their share of the Pad a girl activities and gladly received sanitary pads in addition to skills in menstrual hygiene management.





This is how they had to express their joy for the pads donated to them and below, girls and young mothers of Nanda village in Nyamahasa SubCounty gathered for training.





Mr. Mukiibi joins the team in donating sanitary pads to girls and young women, below is the Pad a girl Counselor happily donating pads to young mothers and girls in Mboira Parish.





Chairman of Nanda Village addressing girls and women before the activities begin in Nanda Village, Nyamahasa SubCounty. Below girls of Nyamahasa parish attending training.





Below the Executive Director of MUG Foundation took lead in training the girls and skilling them





Women and girls were grouped into groups of 15 participants to ease the training and skilling session.







The materials for making reusable sanitary pads are not readily available

