

MUG FOUNDATION

PAD A GIRL

CAMPAIGN (KAPEEKA)

ACTIVITY REPORT



ACTIVITY REPORT AS OF 17/MAY/2023

NANSANA WAKISO DISTRICT

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ACKNOWLEDGEMENT

MUG Foundation with great pleasure wishes to send its sincere gratitude to the Kapeeka Sub county LC 3 Chairman, Community Development Officer (CDO) Mr. Mutyaba whom through his office we managed to carryout the various activities at Kapeeka in the bid to curb the burden of Menstrual Hygiene Management and their risk factors and creating an awareness about menstruation.

We thank the administration of Standard Secondary School for their co-operation as they made availability of the children for the activity as it was the major concept of the camp. We also recommend the local councils for their mobilization efforts to see that their daughters get the best services for the day.

We also send our sincere regards to the Village Health Team leader, Ssalongo Kamude. As MUG Foundation we are grateful. Lastly we thank the MUG Foundation team for their tremendous work they displayed at the Pad a girl campaign camp.



Directors of Health Concern Initiative, MUG Foundation and Path 4 Health after and inception meeting with the LC 3 Chairman of Kapeeka Sub county.

SUMMARY

The report has shown that between 96% of menstruating girls do not know how to manage their menstrual cycles and others are not sure of their days, 75% of the menstruating girls have for once experienced an abrupt mense. Almost 98.9% of girls have struggled to access a sanitary pad and over 70% of these girls have never used a disposable sanitary, only 9% can afford a disposable sanitary pad a month and 45% use rugs, old clothes, papers, leaves and old sponge to pad themselves.

On the other hand 90% of school girls complained of their parents failing to give them sanitary pads and so have to emprovis with their friends and other ways. So many resort to using unhygienic toilet papers as pads during their menses. All I all the girls here are facing it hard to have safer periods.



Young girls waiting for sanitary pads, far end is women also waiting for mama kits

DECLARATION

We the under signed MUG Foundation team declare that this report is of our Pad a Girl Campaign activities and not copied from any entity.

NAME

SIGNATURE

INTRODUCTION:

Among other objectives, MUG Foundation is in partnership with sister organizations like Path 4 Health Uganda, Health Concern Initiative, Wellbeing Experience and Bizonto Comedy and seeks more partnerships with government, local and international organizations, individuals and private sector in furtherance of her mission and vision. MUG Foundation emphasizes among other programs, creating a generation of empowered girls and promoting knowledge and information exchange to support them archive their dreams through education, mentorship and strategic partnerships.



Director of MUG Foundation Ms. Namuli Agnes on an interview with a reporter from Salt TV media

BACKGROUND

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.

According to Data from the 2015 National Population Census the proportion of females to males as per the national population remains high with about 18,124,684 people being women. 24.5% of these were women adolescents between 10-19 years (4,440,547). According to the research study in 2014 by SNV entitled “Mapping the Menstrual Hygiene Market in Uganda”, At least 84% of these women are from rural areas and majority poor and assumed to be unable to (sufficiently) access and/or afford sanitary materials including sanitary towel. According to a study done by UNICEF in 2013, 1 in 10 school girls in Africa miss school or drop out completely due to lack of access to menstrual materials and other sanitary products.

The PAD A GIRL Campaign is contributing to improved Menstrual Hygiene and Health Management (MHM) among out of school and school going adolescent girls and young women/ mothers 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 and improving access to Water, Sanitation and Hygiene (WASH) facilities within communities, primary and secondary schools in all districts of Uganda.



School going girls after receiving pads

ABSTRACT

The Campaign name is PAD A GIRL and at the beginning of this campaign, we had a lot of challenges which involved mapping out the needy communities especially those that are extremely in need. At Nansana we managed to reach out to over 580 girls from three villages of Nansana East 2A Ward, 2B Ward and Nabweru. At Lambu Island we reached out to two primary schools; Lambu landing site Primary School and Mivule Primary School, we engaged the community itself and altogether we managed to support over 385 young girls. Since the beginning of the campaign to date we have impacted over 1650 young girls and women between 12 to 24 years.

At Kapeeka we engaged over 420 girls and a substantial 65 expectant mothers between the age of 18 and 25 and these were given clothes and mama kits and they also had a chance to talk to the health experts and counselors.

ACTIVITIES

- Menstrual Hygiene Management sensitization
- Training in making reusable sanitary pads
- Counseling and guidance on mental stress surrounding menstruation cycle/ periods.
- Donation of sanitary towels/ pads.
- Donation of clothes, mama kits and other stuffs.

All the above activities were carried out and they were successful. The population turned up were by girls dominated especially middle age and a few women above 25 also attended the session.



Women with mama kits and other stuffs.

OBJECTIVES OF THE CAMPAIGN.

1. To increase knowledge and awareness on Menstrual Hygiene Management, different forms, types and trends of menstrual stigma affecting young women and girls within selected communities and schools.
2. To increase awareness and sensitization on the various sustainable menstrual materials; reusable sanitary pads, menstrual cups available on market to enhance MHM.
3. To create a platform where young women and girls living can speak confidently about issues related to menstrual stigma and discrimination within selected communities.
4. To increase access to quality sustainable menstrual materials with a focus on reusable pads among young women and girls within selected communities.



Bizonto Comedy giving out pads and mama kits to girls and expecting women.

GOAL OF THE CAMPAIGN

The PAD A GIRL campaign is aimed at reaching out to 50,000 girls and young mothers, out of school and school going girls between 12 and 25 years with update MHM information complimented with sustainable reusable pads focusing on young women in Uganda hence contributing to improved Menstrual Hygiene and Health Management (MHH)



Happy girls joined by MUG Foundation team, excited about receiving pads.

EVALUATION

Activities were accomplished successfully, the girls in the community got the sensitization about menstruation and their periods, all the girls and the few women present were trained in making reusable sanitary pads and all were guided on the mental stress surrounding menstruation.



Girls were trained to make their own reusable sanitary pads.

100% of the girls present on that day were given a disposable sanitary pad and at least 85% of the school going girls were given a reusable sanitary pad which could last for over 2 years.



Girls were given at least a pack of sanitary pads

Women and young mothers were sensitized about the general knowledge of keeping themselves healthy and a few acquired knowledge of maintaining the health standards of their homes.



Girls express their happiness after getting pads from MUG Foundation



Counseling and sensitization of girls in matters of menstrual hygiene.

PROBLEMS ENCOUNTERED

Although the Pad a girl campaign Kapeeka Nakaseke outreach was a success, there were some obstacles still that hindered a thorough success of the whole process. The major challenge encountered was inadequate resources whereby giving one pack of sanitary pads to the school going girls was really challenging. This was due to inadequate funds to smoothen the process.

The journey to Kapeeka Nakaseke was a tough one because the road is not good condition. It is full of potholes and a distance to last 30 or 45 minutes took us almost 2 hours of travelling to reach to Kapeeka town in Nakaseke district.

It was a hard time to mobilize for the pads we wanted to support the 500 girls we planned for and we had to go through a lot of pleading and explanations.



It was really a hustle to mobilize for these pads.

Kapeeka is a region with so many girls who survive on small payments from the nearby factories, making it hard for them to buy a pack of sanitary pads. This prompted community leaders to plead with us to help those girls acquire the skills of making their own pads to sustain themselves. However we could not fully access these girls because they were working during day and a few we engaged were working during the night.

Pregnant women also exceeded the numbers planned for to get the mama kits, an evidence that there are a lot of teenage pregnancies in the area.

Due to limited resources we face transportation costs as a problem since we had to move by public means all the way from Kampala to Kapeeka in Nakaseke district.



We couldn't get better means of transport currently due to none available resources.

ACTIVITY BUDGET

Table showing the outreach expenditure

| NO. | ITEM | QUANTITY | UNIT PRICE | AMMOUNT (UGX) |
|-----|-----------------------|----------|------------|------------------|
| 1. | Pads | 25 Boxes | 50000 | 1,250,000 |
| 2. | Stationery | - | 150000 | 150,000 |
| 3. | Banner | 1 | 250000 | 250,000 |
| 4. | Poster | 3 | 15000 | 45,000 |
| 5. | Caps | 20 | 10000 | 200,000 |
| 6. | Transport | 25000 | 6 | 150,000 |
| 7. | Mobilization | 50000 | 1 | 50,000 |
| 8. | Public Address System | 200000 | 1 | 200,000 |
| 9. | Staff Allowances | 30000 | 6 | 180,000 |
| 10. | Lunch | 10 | 5000 | 50,000 |
| 11. | Chairs/ Tent | 1 | 85000 | 85,000 |
| 12. | Media | 60,000 | 1 | 60,000 |
| 13. | Water | 2 Boxes | 6000 | 12,000 |
| 14. | T – Shirts | 10 | 25000 | 250,000 |
| | TOTAL | | | 2,932,000 |

WAY FORWARD

We still need more implementing and supporting partners to come on board and support this campaign. A lot of girls out there need our help but we cannot reach out to them without extreme support partnerships.

So many girls are still missing out on their studies due to menstruation and lack of sanitary towels and pads. We have to intensify on the training sessions we give to the girls about making their own reusable pads so that they can help themselves in absence of disposable pads.

Currently we are skilling girls to make their own pads using bare hands, a process that takes some few hours and so if we could get good Samaritans to donate some sewing machines then this will soften our process and register quicker success.

In this campaign we request the government to intervene the issue of taxes on sanitary towels and pads and other sanitary materials so that it becomes affordable to even that young girl down there living a low standard. We also request a tax reduction on the materials used in making reusable sanitary pads such as, PV, threads, polythene, baby blanket material like and other items.

We wish to see that a sanitary pad becomes so essential and also seen as a matchbox in a home that houses young girls and mothers.





Young girls show off their pads donated to them by MUG Foundation and Health Concern





Students of Standard High School pose for a photo with the Director of Path for Health Uganda



MUG Foundation team and Path 4 Health Uganda Director pose for a selfie with Bizonto Comedy





Girls getting ready to receive pads from MUG Foundation and Bizonto Comedy





Happiness as girls of Kapeeka receive sanitary pads





Women prepare to receive mama kits and other items.





MUG Foundation director gives in an interview with Salt Media as Bizonto in a discussion below.





The campaign also gives room for donation of other times like clothes, shoes and other essential items









Below school girls attending training in reusable sanitary pad making.



REFERENCES

- MUG FOUNDATION team
- Wellbeing Experience
- Health Concern Initiative