



The Pulse

HEART FREEDOM FOR GIRLS

"They will tell you everything that is happening here."

- Colossians 4:9

HEALTH EDUCATION
AFRICA RESOURCE TEAM

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Coming soon:

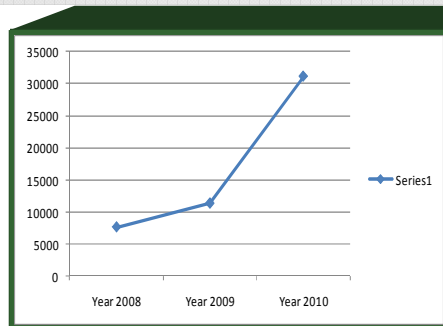


FFG Launch in Uganda

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" WE ARE FREE!!!!"



Graph showing increase in no. of sanitary towels distributed over the last three years

Protection of girls during monthly periods is key in promotion of their lifestyle and making sure they are present in school every day during school months. Without access to sanitary products girls attend school irregularly, perform poorly, and then drop out. Unfortunately, many girls in Kenya cannot afford sanitary pads and thus forgo school for fear of embarrassment, or worse, sexual harassment from men, especially male teachers, who pressure them to have sex after they've discovered the girls have begun ovulating.

Since January 2010, HEART through its "Freedom for Girls" program which it carries out in partnership with Lions and Rotary Clubs, has been able to distribute 26,023 kits with 5,257 pending orders. This means that over 31,000 girls do not have to worry about missing school for the next year. This is a great improvement from last year, where 11,364 kits were distributed.

The intention is to keep the numbers on the increase till the last girl has adequate supply of sanitary towels.



"By keeping them in school, the girls will be less likely to engage in practices that promote HIV infections. While it may be difficult for the average person to see the connection between the sanitary towel project and girls staying in school with girls getting HIV- there is a profound connection. These girls want to be in school, and when there is little, or no resources for such needs as sanitary towels....these girls miss up to 4-5 days of school a month. They search for funds to access sanitary towels. I am confident the Freedom for Girls project ensures that the girl is less likely to contract HIV" quote by Warren Buckingham, PEPFAR Country Coordinator.



Gone Shopping Report:

For the four Sunday afternoons that HEART had a stand at Westgate, over two hundred people visited our stand and got to know more about FFG. They all expressed interest to partner with us in keeping the girl child in school throughout the year through provision of sanitary towels and health education. As a



result we have received numerous orders for sanitary towels for the coming year and requests to teach health education in schools. We also were able to raise over 10,000 during the drive.

Thank you for the support extended to us towards the realization of our goal of 2011-2012 of reaching 100,000 girls with this assistance!





A school girl smiling in appreciation of the year supply of sanitary towels and undergarments !

Thank You!!!

"I hereby write to express our warm, sincere and heartfelt appreciation for your generous contribution of sanitary towels to our girls. As it may be noted this is a major problem affecting the girl child countrywide and particularly our school Eutyclus. This has led to poor performance of girls as compared to boys. By contributing the sanitary towels, you have touched the lives of over 150 girls who struggle in order to get these services. Thank you."

Asatsa Stephen, Principal Eutyclus Education Centre

"My roll of girls now is 364 and those benefiting from the pads are 122. At this juncture I sincerely wish to thank you for this support, which has started playing a great role in girls retention at school and also curb the use of unrecommended and unhygienic materials for their sanitary purpose."

Kellen M. Mnykia (Mr), Head teacher, Mwachabo Prys Sch.



Girls happily sit during the health education session in Meru.

**"Love is patient,
Love is kind,
Love does not insist on its own way.
Love bears all things, believes all things, hopes all things, endures all things.
Love never fails."**

"Sometimes, we lacked money to buy the sanitary towels. This problem was bad. It mainly affected school days. In school we felt very ashamed because of the dark spots of blood on our clothes on school days. This led to dropping out of school and immoral behaviours, like involving in sex to get money. In addition to that, it encouraged the spread of HIV. During break time, we were remaining in class. That was affecting our free time but now we are enjoying the freedom since we have no such problems. Really we appreciate it. May God bless you."

Girls from Ambaru Primary school- Meru



"Thank you for coming to educate us on how to care for our bodies and providing sanitary towels for our use! May God bless you all"

Akiba School



Girls perform during the distribution event in Meru.

Recovery of Cost for Sanitary Towels

Thank you for continually supporting the Freedom for Girls project Kenya! We wish to announce that we have increased the number of pads per month from 6 to 8 pieces to sufficiently cater for the girls. In addition we have included a health education pamphlet with a two year calendar to the package. This has affected the cost and the recovery of cost for the years supply shall now be Kshs. 400 or US \$5.00.

Our goal for years 2009-2012 is 100,000 girls will be able to stay in school because of the assistance! We have already distributed 50,015



Photos: Left, Pack showing the 8 pcs packets for the sanitary towels. Right, Beneficiaries during different distribution days.

TRAINING OF TEACHERS



Ninety one teachers in seven areas have been oriented on how to implement FFG in their respective schools. These teachers who have

come from various schools in the different areas have shown a lot of cooperation, and were eager to learn how they can serve the cause. What stood out was how well versed they were and also how easy they grasped the lessons. The teaching was coupled with sanitary towels distribution for the girls present.

These girls who received sanitary towels also received health educa-

tion and a demonstration on how to use sanitary towels. The smile on their faces expressed best their gratitude.

This is instrumental in achieving HEART's goal of making sure Health Education reaches every girl in Kenya and beyond.



Photos: Lydiah and teachers during training sessions

Behind the scenes

It gives me great pleasure and joy to know that 50,051 girls have attended school through out the last year! This was made possible by the contribution and help we received from our partners and donors.

These girls being in school means, better performance in their academics and confidence in their social life as a result of enhanced self esteem from the good hygiene practices they have been practicing.

Having sanitary protection also means

that the girl child is protected from predators who normally would take advantage of their vulnerability. Together with the health education they received, the girls will be better able to focus on what really matters: their education.

Education is power. These girls are becoming empowered, and are getting the life skills they need to live life to their fullest potential.

As we enter into a new year, I hope to see more and more girls stay in school

for the whole year.

Out of these girls, teachers, doctors, professors, social workers, lawyers, journalists, nurses and many other great people will emerge. This is only possible through education, so lets keep them in school for a whole year for only Kshs. 400!!

Thank you.

In Service,
Lydiah Njoroge.



Lydiah, teaching.



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“Empowering the people of Africa to survive the HIV/AIDS pandemic”

www.sanitarypadsforafrica.com

Did you know?

‘Studies have found that 150 million children currently enrolled in school will drop out before completing primary school – at least 100 million are girls. In sub-Saharan Africa, more than half of the girls 54% do not complete even a primary school education.’



‘An overwhelming body of research demonstrates that investing in girl’s education delivers high returns for economic growth and broad benefits ranging from sustainable families to disease prevention to women’s well being....’

FAQ

1. Why sanitary towels?

Many underprivileged girls across Kenya are absent up to 5 days of school a month due lack of sanitary protection during their monthly cycle. As a result, it does not take long for the girls to fall behind in school and be left with no choice but to drop out.

2. How much does it cost to provide one girl with a year’s supply of sanitary towels?

Because of our partnership with the Lions/Rotary/HEART Project, it only costs 400 shillings or about \$5 US Dollars to provide a girl with a year’s supply of sanitary towels and four pairs of panties.

3. How do I as an individual support a girl (or many girls)?

- You can write a cheque in favor of Lions/Rotary/HEART Project with an accompanying letter indicating the number of girls your donation is catering for per year.

- You can log onto the website at

www.sanitarypadsforafrica.org and donate through our “Donate” page.

- You can contact the Secretariat of the Project Committee for advice on remitting your donation.

4. How should local Rotary and Lions Clubs in Kenya support this initiative?

By identifying girls in schools who are encountering the disparity caused by lack of sanitary towels. You can visit the school and get a list of the girls in need and then fundraise within your networks to purchase the sanitary towels through the Lions/Rotary Project at the subsidized cost.

5. I do not know how to identify girls in school that are in need of sanitary towels and underwear but I still want to help. How do I do this?

Make a donation to the Lions/Rotary/HEART Project and we will donate to girls in our database that have already been identified as in need.

6. Does the Lions/Rotary Project have ready stock for free distribution?

No, the project makes purchases from the supplier based on payments remitted.

7. Is transportation provided for the delivery of the products?

The wrapped packages are available at the storage premises at Kigwa Road, Ridgeways, off Kiambu Road. You are advised to pick them up from this secure location. But you can also check with the Secretariat to inquire whether transport can be sourced from supporting donors to their operational convenience.

8. How does HEART report back the success and impact of the distribution?

The Lions/Rotary/HEART Project requires that all donations sourced through us be acknowledged and a distribution report with accompanying photos be emailed to the Secretariat. This will portray your organization (or yourself as an individual) as an accountable partner in this initiative. The reports (with photos) will be featured on the Lions/Rotary/HEART Project website, which is currently rated high by search engines and appears as the 1st result on the 1st page of keywords “sanitary pads” and “Africa.” This offers valuable recognition to supporting partners in this Community Impact initiative.

9. How does HEART ensure accountability for the sanitary towels issued to girls in schools?

The Project Committee has developed tools necessary for tracking usage and feedback to be filled by the beneficiaries (girls). This will be provided and at the same time used as part of the Program Audit for the Project as well as a tool to monitor any possible abuse including re-sale of the towels. In the past, reports of charitable donations have found their way onto retail shops.

WE STRONGLY DISCOURAGE THIS PRACTICE.

‘2005 UNICEF report states that one in 10 Kenyan girls do not attend school during menstruation. The severity of this problem was mentioned in a recent Nation story– Teenage sex study shock for parents. Girls as young as 12 have sex to get money for sanitary supplies.’



‘104 million children aged 6-11 years are not in school each year of which 60 million are girls.’

Asante Sana.....

