

PROPOSAL FOR
HAPPY GIRLS AND YOUNG MOTHERS REUSABLE
SANITARY PADS PROJECT

SUBMITTED BY:



ACTION FOR COMMUNITY WELFARE
PLOT 44B, MACHOLI- BUDAKA ROAD, UGANDA
P.O BOX 37453, KAMPALA-UGANDA

SUBMITTED TO:

**GLOBAL GIVING
UNITED STATES OF AMERICA**

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Name of the Project : Happy Girls and Young Mothers Reusable Sanitary Pads Project

Name of Implementing Organization : Action for Community Welfare (ACOWEL)

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Designation : Executive Director

Type of Project : Community Based

Location of the project : Budaka District

Beneficiaries : 3,000 Girls and Young Mothers

Project duration : Two (2) Years

Total Project Cost : **\$83,482** (308,883,400/=)

Community Contribution : **\$5,196** (19,225,200/=)

Donor Contribution : **\$78,286** (289,658,200/=)

1.0 Project Summary

Action for Community Welfare (ACOWEL) is a community-based organization dully registered with Budaka District local government authority registration NO: BLG/CBS/248.

ACOWEL's mission is to identify, engage and empower Orphans, Vulnerable Children and Youth to participate in improving their quality of life through integrated, community based and participatory approaches to development.

The organization is intending to implement a project titled **HAPPY GIRLS AND YOUNG MOTHERS REUSABLE SANITARY PADS PROJECT** whose overall goal is to increase the supply and access to suitable, quality and adequate reusable sanitary pads to girls and young mothers in Budaka District.

The specific objectives of this project are to increase the availability of reusable sanitary pads to girls and young mothers by 60%, to increase access to reusable sanitary pads to girls and young mothers by 60%, to increase the supply of suitable, quality and adequate reusable sanitary pads to girls and young mothers by 50%, to increase the self-esteem of girls and young mothers and to fight stigma concerning menstrual phenomenon.

The main activities of the project include training trainers of trainees in reusable sanitary pads making, carry out school and community visits, purchase of equipment, and purchase of training materials, rent of training space, documentation monitoring and evaluation

The total budget of this project is **\$83,482** and out of this budget, the amount requested is **\$78,286** and the remaining **\$ 5,196** will be to be covered by the community.

The project beneficiaries will be girls and young mothers living in Budaka District and the project will cover a period of 1 year.

2.0 Background

Our recent sample survey in Eastern Uganda revealed that most girl children and young mothers especially in rural areas use any old clothe around when in their menstrual periods. Non-government organizations and government efforts have not addressed the issue adequately by giving out cotton wool and gauze to a selected few girls in urban areas leaving the most vulnerable groups in rural areas to suffer during their menstrual cycle.

The most affected Districts are Budaka, Pallisa, Butebo and Kibuku. In these four Districts, most families leave a hands to mouth life, they only work for their stomachs and cannot afford one quality and adequate meal a day. The lucky ones can only afford having porridge as their meal for a complete day. What about sanitary pads?

Of about 23,873,671 people in Budaka District, about 55% of the population comprises girls and young mothers who most of them reside in rural areas where poor menstrual hygienic facilities (rags from old clothes) are used. In addition, 23% of girls go into early marriages before the age of 18 and adolescent girls are further affected by lack of availability of sanitary protection and they cannot afford to buy sanitary towels (poverty marrying poverty). Many are compelled to use rags and other unhygienic methods of controlling menstrual bleeding which keeps them away from school and the community members at large. Girls and young mothers are never free when expecting and even during the time they are in their periods.

Girls lack washing materials/facilities, sanitary pads and detergents which expose them to bulling by their peers both at school and in their homes. They are considered to be people with chronic bleeding wounds (bleeding fountains) and are not fit to associate with in the community.

This exposes girls into bleeding shame hence their low self-esteem, school dropout resulting into unwanted pregnancies, indecent jobs like sex work, scrap selling, theft and drug abuse narcotic trafficking in order for them to get money to buy sanitary pads and washing materials.

3.0 Problem Statement

Lack of sanitary materials in Budaka District has reached an alarming situation. Girls and young mothers are the most affected in that it is common to find small pieces of rags in a handkerchief size hanged for drying and at times, these small pieces of rags from old clothes are found dumped and soaked in blood for disposal. Others are found on dustbins and rubbish dumps.

Girls and young mothers experience extreme poverty yet their per capita incomes hardly reach a dollar. They cannot afford to acquire good quality menstrual sanitary pads hence resorting to use of rags from old clothes that cannot fasten and hold the contents. At times in a school going age, girls find themselves embarrassed when blood leaks through these rags and soaks their uniforms and seats. This exposes them to bullying from the boys who call them people with natural bleeding wounds (machines). This creates stigmatization among these girls and sometimes dropping out of schools, early marriages, joining the jobless corners of Budaka town and other urban centers like Kibuku, Pallisa and Butebo where most are seen taking chewing mira, smoking shisha and kuba, marijuana and other narcotic. Others resort to crime and other vices.

This intervention is a step in the right direction in alleviating the problem of lack of sanitary materials required by girls and young mothers.

4.0 Project Justification

This project is justifiable because it will increase the supply of suitable, quality and adequate reusable sanitary pads in Budaka District and the neighboring Districts such as Kibuku, Pallisa and Butebo and Butaleja.

The project will also empower girls and young mothers with the skills in making reusable sanitary pads that will ensure self-reliance and with the surplus of sanitary pads made girls and young mothers will be able to increase their income by selling these pads. This will help create decent jobs hence improving on their standards of living.

5.0 Project Description

The purpose of this intervention is to empower girls and young mothers through making and supply of reusable sanitary pads with education on menstrual management and hygiene in Budaka District.

6.0 Project Goals

To increase supply and access to suitable, quality and adequate reusable sanitary pads to girls and young mothers in Budaka District

7.0 Project Objectives

- To increase the availability of reusable sanitary pads to girls and young mothers by 60%
- To increase access to reusable sanitary pads to girls and young mothers by 60%
- To increase the supply of suitable, quality and adequate reusable sanitary pads to girls and young mothers by 50%
- To increase the self-esteem of girls and young mothers by 75% in Budaka District
- To fight stigma concerning menstrual phenomenon
- To liaise with other stakeholders on menstrual management and hygiene
- To lobby and advocate for girls and young mothers

8.0 Project Beneficiaries

The project will benefit 3,000 girls and young mothers in Budaka District

9.0 Project Activities

- Train 3 trainers of trainees in reusable sanitary pads making
- Carry out school and community visits
- Purchase of equipment
- Purchase of training materials
- Rent of training space
- Monitoring and evaluation
- Documentation

10.0 Project Outcome

- Reduced stigma attached to menstrual phenomenon by 50% in the District
- Increased supply of suitable, quality and adequate reusable sanitary pads by 60%
- Improved menstrual management and hygiene hence improved reproductive health
- Reduced infections related to menstrual bleeding by 40%

11.0 Project Management Implementation Plan

There will be a Project Manager and an Administrative Assistant. The Project Manager will report to the Coordinator. These will be hired and Co-opted. The Project Manager will be responsible for identification or recruitment of the trainers of trainees and project beneficiaries. He or she will also carry out the work of procurement and purchase of the project requirement and carry out monitoring and evaluation including documentation.

12.0 Implementation Strategy

The project will employ a participatory approach where by all stakeholders such as donors, project beneficiaries, local government authority and other partners with like objective will be involved.

The project will involve training of trainees both at the established training center and at a village level in Budaka District.

13.0 Monitoring and evaluation

The Project Manager together with the Coordinator will carry out monitoring and evaluation and key performance indicators will be set during the project startup phase and will be agreed with the stakeholders.

Monitoring will be done on a regular basis /quarterly.

Evaluation will be terminally.

Records will be made available and reports produced

14.0 Project Sustainability

Funds available, the project will realize its optimal operations in the coming two to three years where by the surplus will be exposed for sale and funds realized will be used for running the project and eventually growing to a reusable sanitary pads, detergents and nutrition manufacturers. This will help improve on the reproductive health and also the standards of living of people in Budaka District. The project will be sustainable.

15.0 Environmental Sustainability

Due to the poor disposal of blood-soiled rags by the users, the environment is highly polluted. This project is environmental friendly in a way that the materials that will be used are biodegradable unlike the polyester rags that are widely used in Budaka. Others are sometimes wrapped in polythen materials that do not rot and block water permeability into the soil. This has caused soil degradation hence reducing agricultural productivity activities in the District.

16.0 Detailed Implementation Plan

NO	ATIVITIES	INDICATOR	MEANS OF VERIFICATIO N	PERSON RESPONSIBLE	PERIOD			
					Q1	Q2	Q3	Q4
1.	Identification/ and recruitment of girls and young mothers	-No. of young mother and girls identified -Project beneficiary list	-Receipts -Photographs -Reports	-Project Manager -Coordinator -Administrative Assistant	x	x	x	x
02	Trainer of trainees allowance	No. of trainers Attendance list	-Receipts -Photographs -Reports	-Project Manager	x			
03	Purchase of equipment	No. of sewing machines, pair of scissors , needles,	-Receipts -Photographs -Reports	-Project Manager -Coordinator -Administrative Assistant	x			
04	Purchase of training materials	No.training materials (Threads), fabric, pin, hook and pile	-Receipts -Photographs -Reports	-Project Manager -Coordinator -Administrative Assistant	x	x	x	x
05	Rent of training space	Training space acquired	-Receipts -Photographs -Reports	-Project Manager -Coordinator -Administrative Assistant	x	x	x	x
06	Monitoring and evaluation	No. of monitoring and evaluation reports	-Receipts -Photographs -Reports	-Project Manager -Coordinator -Administrative Assistant	x	x	x	x
07	Carry out schools/community visits	No. school visits No. of school visits	-Receipts -Photographs -Reports	-Project Manager -Coordinator	x	x	x	x
08	Documentation	No. of laptop and printer	-Receipts -Photographs -Reports	-Project Manager -Coordinator -Administrative Assistant	x	x	x	x

17.0 Project Budget

NO	ACTIVITY	NO. OF UNITS	UNIT COST USD	TOTAL COST USD	FROM OTHER SOURCES	FUNDS REQUESTED	
01	Administrative Cost						
	a) Project Manager	1	324	3,888	2,916	972	
	b) Administrative Assistant	1	216	1,296	1,296		
	c) Trainer of trainees allowance	1	82	984	984		
02	Identification/recruitment of girls and young mothers	3,000	541	541		541	
03	Purchase of equipment						
	a) Industrial sewing machine (Juki)	15	433	6,495		6,495	
	b) Scissors	30	9	270		270	
04	Purchase of training materials						
	a) Fabric						
	-Fleece	5,000 Meters	8	40,000		40,000	
	-Flannel	5,000 Meters	4	20,000		20,000	
	b) Corn thread	600 Rolls	0.9	540		540	
	c) Hook and pile	1,200	1.6	1,920		1,920	
	d) Pin	1,000	0.5	500		500	
05	Rent of training space	1	432	5,184		5,184	
06	Monitoring and evaluation	Lump sum	1,216	1,216		1,216	
07	Documentation						
	a) Laptop	1	432	432		432	
	b) Lather printer	1	216	216		216	
TOTAL PROGRAM COST					\$ 83,482	\$ 5,196	\$ 78,286

EXCHANGE RATE 1USD = 3,700 UGX

BANKING DETAILS

BANK NAME : DFCU BANK
 BRANCH NAME: : NAMASUBA-ENTEBBE ROAD, KAMPALA-UGANDA
 BANK ACCOUNT: : 01191118303666
 ACCOUNT NAME : ACTION FOR COMMUNITY WELFARE.
 SWIFCODE : DFCUUGKA