



a Monthly Challenge, a Sustainable Solution



Organisation: Stichting AFRIpads Foundation
Document: Annual Report 2014

Board:

Sanne Bolkenstein (chair)
CeesPieter Boender (board member)
Laurens Buijs (board member)
Nicoline Evers (board member)

AFRIPads Foundation in 2014

The Foundation

The main goal of the Foundation is to raise funds to enable the development of school attendency amongst girls in Africa. The Foundation concretizes this goal by supporting AFRIPads Ltd., a small, local social enterprise in Uganda. This company provides low-cost, washable sanitary pads for young girls to curb the high rates of menstrual-related absenteeism.

All practical facilities which the Foundation needs are provided by Bolkenstein BV, run by Bert Bolkenstein, free of costs. Bert Bolkenstein enabled both the start of the AFRIPads organisation in Uganda, and the AFRIPads Foundation in the Netherlands. Bolkenstein BV offers the Foundation:

- Co-use of the AFRIPads website;
- Secretarial support;
- Office facilities;
- Administration.

AFRIPads' website is built and maintained by Artventure. Artventure offers many services against no or reduced cost to support AFRIPads. The Foundation is able to keep her overhead costs at a bare minimum this way.

The board consisted in 2014 of:

- Miss S.B. Bolkenstein (chair)
- Mister C.P. Boender
- Mister L.J. Buijs
- Miss N.A.A. Evers

The board was supported in 2014 by madam C.E. Bolkenstein as secretary and treasurer. All board members, and C.E. Bolkenstein, operate as volunteers and pay their own expenses.

Dorianne van Eijk, Eefje Notten, Cerise Kruize and Jitske de Vries were working for the communications and fundraising department as volunteers.



Donations

The AFRIpads Foundation aims to reach her goal through financing projects of the AFRIpads organisation in Uganda. These projects are meant to introduce the AFRIpads product in new areas. This introduction requires thorough and intensive planning and organisation. A project usually consists of:

- Contacting local organisations to introduce AFRIpads to, mostly schools;
- Giving sexual and feminine hygiene education to groups of girls;
- Demonstrating the use of AFRIpads;
- Donating AFRIpads kits (sanitary pads that last for one year).



Through financing these projects the Foundation realizes three goals:

1. New groups of girls in Uganda are provided with sanitary pads, enabling them to go to school even when they have their period, and to participate in social activities such as sports;
2. The target group for the use of AFRIpads is enlarged;
3. The Foundation pays for the AFRIpads kits which are distributed by AFRIpads employees at their promotional projects in new areas. AFRIpads Ltd. has a certain guaranteed revenue this way which contributes to the continuance of the company.

The most important projects which have been supported in Uganda is 2014 are:

Camp GLOW Zambia

Just like in 2012 and 2013, donations were carried out at Camp GLOW. Because these donations have proven to be so successful in the past, this year we also donated to Camp Glow in Zambia. Camp Girls Leading Our World (GLOW) is a week-long skills, knowledge and attitude training program targeting rural, Zambian females in the 12-14 age range. The program focuses on HIV/AIDS, sexual and reproductive health education, confidence building activities, goal setting, decision making and income generating skills and providing young girls with sources of inspiration to dream big for their futures. These girls in rural areas are often at a disadvantage to their male counterparts, and rural cultural norms prohibit them from receiving a full education or opportunities to gain skills with which they can support themselves on an equal footing with males. The rate of HIV/AIDS infection is

higher in Zambia than any other country in which Peace Corps volunteers serve and the customs of Southern Province (child marriage, polygamous marriage, high female drop-out rates in school) put girls in these communities at an even greater risk. Southern Province Camp GLOW is designed to address the specific issues our girls face. Through well-thought workshops for campers and teachers from their schools, Camp GLOW will instill the skills, knowledge and attitudes needed for these girls to pursue an education and career for themselves, defying the norms. An integral part of our Camp GLOW program is the component of GLOW groups. These are school-based clubs that girl campers will start at their schools with the assistance of the teacher who attended Camp GLOW. The clubs allow for the knowledge, skills and attitudes fostered during Camp Glow to permeate an even larger community. 50 AFRIpads kits were donated.



Bondeko Uganda School

Bondeko Uganda school is a school with children from poor communities. The organisation Bondeko helps to support 228 children from pre-primary to primary seven with access to education, food and other small basic needs. The AFRIpads Foundation has supported Bondeko with 50 AFRIpads kits.

Central London Humanists

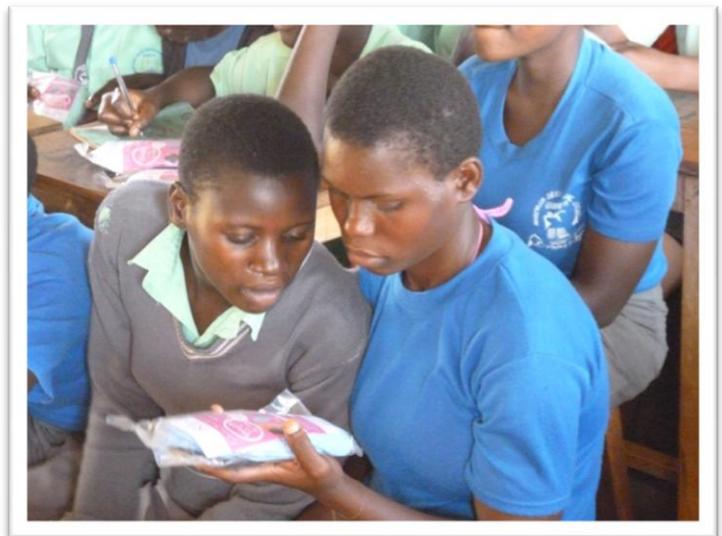
Three schools supported by the Uganda Humanist Schools Trust were selected to receive this donation of AFRIpads. 483 kits were donated by the Central London Humanists and AFRIpads provided 10 extra kits for free, to cover the total amount of female students at the Isaac Newton School in Masaka and the Mustard Seed School in Busota. The Uganda Humanist Schools Trust provided the funds to support the 63 female students at the Isaac Newton School in Mpigi. So a total of 556 girls were the happy recipients of a kit of AFRIpads. Esther, one of the AFRIpads sales

representatives, started talking with the girls about menstruation in general. She started asking some questions like what the girls were experiencing during their menstruation and how they were handling it. The girls were very shy and hesitant to answer these questions, as it's not a topic that is openly discussed normally. After some encouragement by the female teachers that were present the girls slowly started to share their experiences. Some of them were using leaves or rags when they had their period, and some of them admitted not going to school at all when it was 'that time of the month'.

Esther then explained the use of AFRIpads menstrual kits to the girls, and how they should wash and re-use the pads. All the girls were listening attentively, some even breathlessly, as for many of them this was the first time to ever discuss this topic so openly. After the presentation Esther asked a girl in the class to step forward and demonstrate the use of AFRIpads to her peers. After some hesitation, there was a volunteer who defied the giggles of their classmates and demonstrated how to use and wash the pads. She was rewarded with a free washing basin and a knicker peg for her AFRIpads for being our "menstrual hygiene champions".



As always, handing out the AFRIpads kits to the girls and seeing their appreciation was without question the highlight of the 2 days. The room was buzzing with excited cheers and chatter, with the excitement written all over their faces, as the pictures also show. For many of these 556 girls, receiving this donation was so much more than just an AFRIpads kit. In addition to giving these girls a practical solution to a challenge that seriously jeopardized their school attendance and their hygiene, yet one that they never really discussed openly with their peers nor their family. They also left the outreach feeling empowered with knowledge and information about their



bodies, what to expect in their adolescence, and how to effectively manage their menstruation. Thanks to the Central London Humanist and the Uganda Humanist Schools Trust, these 556 girls now have both the "tools" and the "know how" to go to school comfortably during their menstruation.

Luzira Women's Prison

Menstruation isn't only a problem for school girls, but also for female prisoners. The circumstances women have to face in prison are terrible: there is hardly enough food to survive, and a sincere lack of personal hygiene, privacy, medicines and other basic necessities. The AFRIpads Foundation has supported 100 female prisoners in Luzira prison with AFRIpads, so they can hygienically handle their menstruation.

URICT

URICT is a local charity organisation operating in Busota, Kamuli District. The AFRIpads Foundation has supported this organisation with a donation of 200 AFRIpads kits for the girls at the local orphanage. URICT carried out this donation and educated the girls about female hygiene and sexual and reproductive health.



Hope North Secondary School

Hope North is a senior secondary boarding school, with 300 students attending. The school serves a population from the north of Uganda, where those affected by the insurgent war can find an opportunity to attend school in a safe environment. Most of the students at the school receive their education through scholarships provided by the school. Supporting students in this way places a large financial strain on the school's budget, so we cannot afford to provide all the resources that the students need beyond schooling and basic room and board. The girls, up to one half of school's population, suffer the most from the school's inability to provide extra resources. Since most of the girls do not have enough money to provide sanitary pads for themselves for the whole school year while they are in boarding school, the girls resort to re-using plastic pads or using old rags (in an unsanitary manner), or they resort to not attending their lessons at all as they are embarrassed to attend classes without any pads or other resources.



AFRIPads is the best resource for the students because these pads can be reused throughout the year, providing a more sustainable solution for the girls and a more reliable source even when they are not in school. Also, since AFRIPads is a Ugandan company that works to provide for Ugandan women and girls, receiving such a beneficial and necessary resource from an indigenous company would empower and inspire the female students to work towards making an impact in Uganda for the sake of their fellow women. Receiving a donation from AFRIPads is a perfect way to alleviate a female health issue at Hope North and release strain on the school in this regard and, most importantly, enable the female students to focus on their schooling and not become disadvantaged by such a natural process.

The AFRIPads Foundation supported Hope North Secondary School with 155 pads.

Makiro Hills Girl Secondary School

Makiro Hills girl school is located 5 km from the Congo border. Two days were set aside for the distribution of pads combined with a health education talk. This talk was targeted at empowering women as well as providing education. This event also encouraged Sister Christine to speak about sex education which hasn't been spoken about before we arrived. This school has a problem of young ladies dropping out of school with high pregnancy rates. These young ladies and the committee were very excited to have the support of the AFRIPads Foundation and requested the



Foundation to return next year for ongoing support.

Most families have problems keeping up with school fees, so purchasing menstruation pads for their daughter isn't an option. Up until the distribution, rags were there only option.

San Giovanni School

San Giovanni school is a mixed boarding school in Makiro, Kanungu district. AFRIpads and health education talk took place in the school hall. Ladies are unable to attend school without having pads for the whole term. The distribution of AFRIpads will allow these girls to attend school as well as relieving some financial pressure for the family. Many of these ladies were leaving dirty rags in the toilets, hence the pad policy for the ladies. The teachers, principle and students were super excited and very happy to receive this kind donation. They have also requested that we return next year for support.

Butenga Orphanage Care & Development Organization(BOCADO)

One hundred and fifty (150) kits of AFRIpads were received as a donation by BOCADO, and later distributed to vulnerable female school-going children with age bracket 12 to 18 years and to senior women teachers. The AFRIpads kits were distributed free of charge on 8th April 2014 in three schools: Butenga Church of Uganda Primary School, Kagoyegoye Muslim Primary School and St. Joseph's Secondary School, Butenga, each school receiving fifty pads respectively. BOCADO has noted in several cases school going female youth using unhygienic clothes, news papers, sometimes toilet



tissues, as items of their menstruation protection facilities. The situation is further rendered worse during menstrual occurrences; school going children chose to take French leave, up to periods when the situation normalizes, resulting into missing class lessons. Furthermore, poor sanitation in **menstrual related illness** if not cared properly through the use hygienic facilities, like use AFRIpads, may give threats to menace hazards, like HIV/AIDS, Sexually Transmitted Diseases (STDs) including Candida, among the commonest .

The introduction of **Keep the Girl Child in School** project is justified in Bukomansimbi

district to reduce the number of children who take French leave for reasons of **menstrual related illness** , the AFRIpads are envisaged to reduce losses in school programming calendars.

In addition, during the menstrual period, when the pupils misses four days in a month due to **illness**, (on French leave), it means 48 days are missed, and the situation may be rendered serious during the examination times. The 48 days loss would mean a lot, but the provision of AFRIpads is seen to give Ugandan youths females in schools the panacea for fullest protection during menstrual flow illness. Thanks for the intervention of the AFRIpads Foundation the worries which had been persistent among parents and children have lessened.



To save transfer costs, the Foundation tries to buy as many kits at once as possible. This happens at the end of each year. This way, some of the purchased kits will be distributed in projects in the following year.





Other activities

The AFRIpads Foundation attended the 2014 Africa Works! Conference at Holiday Inn hotel in Leiden. Here, chair Sanne Bolkenstein gave a presentation about the innovative business model AFRIpads Ltd. uses, and her cooperation with the AFRIpads Foundation and other charities. Contact were made to extend AFRIpads' network and explore possibilities to work together.

In June, Sanne Bolkenstein visited AFRIpads Ltd. in Uganda on a personal trip. She concluded that the business has grown, like it does every year, and continues to provide sustainable employment and income for a growing number of local women in rural Uganda. It is very inspiring to see how the company grows, professionalises and facilitates employees in their careers!

In December, the annual meeting for people who are interested in AFRIpads took place. Amongst the guests were the founders of AFRIpads, Sophia Klumpp en Pauls Grinvalds. They gave a lively presentation about the successes and challenges of AFRIpads in 2014, inspiring as always, after which many people kept talking for a long time. Sanne Bolkenstein gave a presentation about the activities of the Foundation, and introduced the new board members and volunteers.

Outlook for 2015

Due to personal circumstances, two of the board members had to lay off their position at the AFRIpads Foundation. This led to a problem of understaffing. Luckily, the Foundation has been able to attract a new board member (Nicoline Evers) and hopes to welcome another new board member in 2015. Due to these organisational problems, and some unsuccessful fundraising activities, the Foundation has not been able to raise as many funds as projected. However, in the second half of the year, the Foundation started to organise a charity event, which will take place on May 23rd, 2015. With this event, the Foundation hopes to compensate the limited funds raised in 2014, as the projected revenue of this evening will be €40.000.

Apart from that, the Foundation has restructured internally, resulting amongst others in an effective team of volunteers to help fundraising and approach new organisations/funds to cooperate with. With this, we believe we have found a new way to optimize our use of human resources and expand our network, so we are eager and ambitious about 2015!

Financial report AFRIpads Foundation 2014

Income:		Expenses:	
donations < € 100	€ 584,13	expenses volunteers	€ 532,23
donations € 100 - € 1.000	€ 1.252,20	banking costs	€ 328,08
donations > € 1.000	€ 4.344,50	purchase 3.000 kits	€ 15.000
donations via website (PayPal)	€ 8.711,66		
Tickets charity dinner	€ 1.100,00		
total IN	€ 15.992,49	total OUT	€ 15.860,31

Cash mutation:

€ 2.057,90 **1 jan 2014**

€ 2.190,08 **31 dec 2014**

94,5 % of the budget spent consists of the purchase of AFRIpads, which means that fundraising costs are 5,5 % of the expenses. The actual cash amount on December 31st, 2014 was €11.000 higher. This was a conscious choice, in order to enable payment of costs for the AFRIpads Foundation Charity Dinner that was organised on May 23rd, 2015. In June 2015, €11.000 has been spent for the procurement of AFRIpads kits, distributed in 2014. In total, 3.000 AFRIpads kits have been donated in 2014.

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