

# A monthly challenge, a sustainable solution



**Organisation: Stichting AFRIpads Foundation**  
**Document: Annual Report 2017**

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# AFRIPads Foundation in 2017

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## The Foundation

The main goal of the Foundation is to raise funds to enable school attendance amongst girls in Uganda, Kenya and Malawi. The Foundation concretizes this goal by buying AFRIPads kits from the AFRIPads Ltd., a local social enterprise based in these three countries. This company provides low-cost, washable sanitary pads for young girls to curb the high rates of menstrual-related absenteeism. The Foundation donates AFRIPads kits to vulnerable girls who can't afford to buy these pads themselves, in remote areas like former war zones and refugee camps. This way, even the most vulnerable girls get the chance to stay in school and fulfil their academic potential.

The AFRIPads Foundation works completely independent from, but in close collaboration with the AFRIPads Ltd. Where the main focus of the Ltd., being a social enterprise, is to become financially independent and self-sufficient, the AFRIPads Foundation is an NGO with the ambition to keep all girls in school, even when they have their period! The Foundation uses almost all of its funds to support girls with AFRIPads kits.

All practical facilities which the Foundation needs are provided by Bert Bolkenstein and Carina Bolkenstein-Bast, free of cost. Bert Bolkenstein enabled both the start of the AFRIPads organisation in Uganda, and the AFRIPads Foundation in the Netherlands. Bert and Carina offer the Foundation:

- Secretarial support;
- Office facilities;
- Administration.

The AFRIPads Foundations' website is built and maintained by Enrique Soemanta. Because Enrique is supporting the AFRIPads Foundation in her work, he charges minimal hours for his work and puts a lot of his time in for free, for which we are very grateful! This way, the Foundation is able to keep her overhead costs at a bare minimum.

The board consisted in 2017 of:

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

The board was supported in 2017 by madam C.E. Bolkenstein-Bast as secretary and treasurer.



## Donations

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The AFRIpads Foundation donates AFRIpads kits in projects which are carried out by the AFRIpads organisation in Uganda, Kenya and Malawi. These projects are meant to introduce the AFRIpads product in remote 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, Kenya and Malawi 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 through the AFRIpads Ltd. AFRIpads Ltd. has a certain guaranteed revenue this way which contributes to the continuance and growth of the company, providing local employment and economic stimulus.

In 2017, we introduced 2 exciting new things in our donations projects in Uganda: underwear and a booklet called "Girl Talk", which we developed together with WOMENA. We noticed that a lot of girls in remote areas lack underwear, which is necessary to use AFRIpads. That is why we include a pair of underwear in the donation, which is financed by the AFRIpads Ltd. in Uganda. On top of that, we created visual teaching materials to educate girls about menstruation and sexual and reproductive health, including the booklet "Girl Talk", which we also include in donations. We created these materials together with WOMENA, a Danish organisation working with implementation of reproductive health solutions in low-income contexts. We will highlight 3 donations we carried out in 2017.

## Donation together with NAYODE in Kasese

On February 27<sup>th</sup>, de AFRIpads Foundation donated AFRIpads in Kasese, in the Western part of Uganda, together with NAYODE (National Youth Organisation for Development). They are working together with 27 primary schools in the Rwenzori Region as part of their Peace Building and inclusion for all in the Rwenzori Region - project. In these primary schools there are Peace Clubs with a special focus on students with disabilities and other challenges. The girls of these Peace Clubs in some primary schools are chosen by NAYODE as beneficiaries for the distribution. Additionally we have existing women's / girl's (drama) groups in the region as part of the other project (protecting adolescent girls against sexual abuse). These groups are also chosen as beneficiaries. So far we have covered two primary schools and one community group. We are usually giving two kits to the teachers of the schools, one for themselves and one as a demonstration kit, because they wished to show other girls about AFRIpads and MHM in general.

The AFRIpads Foundation and the NAYODE Team are distributing the pads on a weekly basis to girls of our community groups or our Peace Clubs in primary schools. Therefore we meet them at their schools as a group of females only (including female teachers and NAYODE Team). First of all we conduct a workshop about puberty, the menstrual cycle and menstrual hygiene in general and also focus on the fears and questions of the girls. Afterwards we hand out some AFRIpads for demonstration and let the girls feel them and explain how to use and wash them. The last part is usually the distribution itself. If we are dealing with girls of a Peace Club we also talk about peace and related issues, whereas another topic for the community groups protection against sexual abuse and HIV/AIDS is.



The girls are usually really happy to receive the kits, many of them were very eager to read the small book, started immediately after the distribution and even shared ideas with other girls. They also had lots of fun while touching the pads for the first time. It was also really nice to see, how some of the girls explained their friends who could not participate in the workshop the issues we have talked about. What the girls and more especially the teachers

appreciate the most is the fact, that one kit is enough for a whole year. However most of the girls are quite shy at the beginning and we have figured out, that girls not younger than P6 seem to benefit the most since the chance that they have started their menstruation is higher and so is the willingness to share experiences, fears or other concerns.

Mostly the only female atmosphere gave the girls more confidence. At the very end we usually ask the girls what they would have missed, if they didn't participate in the workshop. From these statements we collected some quotes:

“I now know, that the menstruation must not necessarily start at the 1<sup>st</sup> of the month.”

Biira Brenda, P7 class

“Through AFRIpads and NAYODE I have now learned how to pad myself.”

Nyangoma Charity, Nyakasanga community

“Buying Sanitary pads monthly has been a big problem for me before. Now I got this free pad which will assist me for one year. I appreciate the project a lot because I have recognized some school dropouts because we girls don’t get enough information on our menstruation. I have learned a lot from the training: how to wash the pad, how to put it on and how to avoid infections. I thank AFRIpads and NAYODE very much for the pads and the training.”

*Masika Annet after our first workshop at NAYODE office*

“I thank NAYODE and AFRIpads because I didn’t know how somebody goes into menstruation and I didn’t know how to use a pad before. Sometimes I was using some clothes but I’m going to start using pads.”

*Student of Uganda Martyrs Nyakasanga Primary School after our second workshop*



## Donation in Bidibidi refugee camp

Bidibidi has very quickly become the second largest refugee camp in the world. In 2016 it was a huge, empty, arid patch of land nearby the small Ugandan border town of Yumbe. But today it is home to some 270,000 refugees, most of whom have fled the violence and upheaval in South Sudan. Circumstances are difficult as the camp is rapidly growing and resources are lacking to feed and sustain all the refugees. This is why the AFRIpads Foundation decided to step in and help the women and girls in this camp with a donation.



The pads were distributed to 500 girls and women in reproductive age (between age of 12-49 years), including lactating mothers, orphans, and unaccompanied and separated children. This support was purposed to promote girl child education and also improve the sanitation and hygiene of girls and women.

One of the major problems in refugee camps is sanitation: because the population is growing so quickly and water is scarce, many people lack decent access to tabs and latrines. As the latrines are pit latrines, if you would distribute disposable sanitary pads, they would fill up very quickly and could no longer be used, whereas normally a pit latrine could last for 10 years. Therefore, because AFRIpads are reusable, they are better for sanitation in camps than disposable pads.

Before distribution, women and girls were sensitised about the importance of girl education, menstrual and sexual hygiene and of course menstruation. The visual tools we created to support the educational part were really helpful to teach women and girls with different languages and different reading and writing abilities and to help them truly understand. The donation had a big impact on these marginalised women and girls, helping them in the poorest of circumstances!



### Donation on Likoma island and Chizumu island in lake Malawi

In 2016, AFRIpads Ltd. set up a branch in Malawi, as there is a great need for AFRIpads in this part of Africa as well. The AFRIpads Foundation supports projects in the countries where AFRIpads Ltd. is situated, therefore we also carry out projects in Malawi, like this one on two islands in lake Malawi. The girls on the islands have challenges to go to school during their menstruation because of lack of proper materials. The drop out rate of girls is high. All the girls who have their periods received an AFRIpads kit.

We worked together with the District Education Manager of Likoma district. He made a schedule for the schools on both islands where we

had the meetings. We first trained the girls every time in the use & care of the product and then distributed the kits. The girls asked a lot of questions during the training. The girls and their teachers are very happy with this donation. They say it will help them a lot in continuing school during their periods and it will reduce drop outs from school.



## Fundraising activities and PR

Luckily, the AFRIpads Foundation has always been able to rely on the loyalty of her long-term committed donors for the majority of her income, as was also the case in 2017. Apart from that, the AFRIpads Foundation organised or engaged in several fundraising activities. After the success of the previous year, the AFRIpads Foundation participated in 2017 again in the Dam to Dam run with 3 teams.



The Dam to Dam run is an annually organised run in the Netherlands, covering the 10 miles or 16 kilometres between the cities of Amsterdam and Zaandam. It's possible to run several distances and the run is open to companies, individuals and charities. Together, our runners fundraised €7.300,-, an amazing result! We're proud of our runners, both for their athletic and their fundraising achievements!

After receiving an award from Viva in 2016, our chair Sanne Bolkenstein received another award in 2017, of which we're very proud! This time, she got the award for "Differentiator of the Year" from the Vrouwen van Nu Foundation, an organisation in the Netherlands by and for women. This award had led to a lot of media attention, amongst others an appearance on a daily radio show. Sanne has also been interviewed by Viva about her award in 2016, and appeared in a video clip on one of the Netherlands' most popular vlogs. Furthermore, Vrouwen van Nu invited her to speak on their annual congress.



On September 5<sup>th</sup>, the AFRIpads Foundation was featured as one of five amazing charities that are changing the world at ONE.org. On the 2<sup>nd</sup> of June, AFRIpads founder Sophia Klumpp was interviewed on BBC radio. On the 29<sup>th</sup> of June, the AFRIpads Foundation was featured on YouTube channel ComeCurious. We're proud that menstruation is becoming more and more a topic in the debate about development, and that AFRIpads is often asked to participate as an innovative solution!

## Special thanks

We would like to take this opportunity to give our special appreciation to some organisations or persons who really helped us grow and reach more girls than ever before in 2017. First of all, thanks to the **Soroptimistclub De Bilt-Bilthoven** for choosing the AFRipads Foundation as their charity this year, and fundraising the amazing sum of €19.500,-! You have helped 3.900 girls, which is incredible! This number would not have been reached without the contribution of the **Julianaschool primary school** (the former school of the AFRipads Foundation's chair Sanne Bolkenstein) of €3.500. Well done!



We would also like to thank the **Forix Foundation** for donating 1.040 kits to girls in Malawi. This is hopefully the beginning of a long-term partnership!

Special thanks also go to **Vrouwen van Nu**: not only did the award generate a lot of PR for the AFRipads Foundation, many individual members and local divisions of Vrouwen van Nu donated generously to the AFRipads Foundation. Special shout out to **Coby Merkens**, who walked 50 km per day for 4 days in a row during Nijmegen's four

day marches, and managed to fundraise €2.405,-! You are a rock star!

We would also like to take this opportunity to thank some long-term partners: **Lunapads** and **Tides Foundation**, who continue to support us through their one-for-one program. **Alex Gilbert** and the **London Humanists**: you've been with us and supporting us from the beginning onwards!

Not all contributions come (purely) financially: **Rose Handling Services** sponsored the t-shirts for our Dam to Dam runners, which we really appreciate! **Enrique Soemanta** from **CoolNerds** has been and continues to be of great help for the AFRipads Foundation's website and IT. **Liesbeth Stol** from **Stol Design** has helped us by creating beautiful new flyers and a Christmas card. **Hope Nankunda** has been advocating girls' rights in Uganda for many years, and has helped the AFRipads Foundation in carrying out donations. Many thanks to you all of you!

Finally, we would like to thank **you**, because if you're reading this, you're somehow involved with or supporting the AFRipads Foundation. We can only do what we do thanks to the loyal support of our donors and raving fans. Together, we can make sure that a period is simply the ending of a sentence, not the end of a girl's education! Thank you!!!

## Financial report AFRIpads Foundation 2017

### Euro account:

| Income:                          |                  | Expenses:                              |                  |
|----------------------------------|------------------|--|------------------|
| Donations < € 100                | €243,-           | 2.000 kits Malawi                      | €10.000,-        |
| Donations € 100 - € 1.000        | €2.020,-         | 5.215 kits Uganda                      | €26.075,-        |
| Donations > € 1.000              | €5.815,-         | Costs Dam to Dam run                   | €1.632,-         |
| Donations via Vrouwen.nu         | € 4.239,-        | Stol Design flyer/ card                | €1.147,-         |
| Revenue from Dam to Dam run      | € 8.720,-        | Cool Nerds website Afripads            | €984,-           |
| Cheque \$5000                    | €4.202,-         | Cool Nerds website Afripads Foundation | €714,-           |
| Donation for professionalization | €10.000,-        | Camera                                 | €850,-           |
| Donation from St. Corbello       | €10.000,-        | Costs PayPal                           | €389,-           |
| Donations from Paypal            | €10.485,-        | Bad debt                               | €750,-           |
|                                  |                  | Banner / flag                          | €92,-            |
|                                  |                  | Bank charges                           | €82,-            |
|                                  |                  | Partin membership                      | €60,-            |
|                                  |                  | ANBI                                   | €35,-            |
|                                  |                  | Strato membership                      | €30,-            |
| <b>TOTAL IN</b>                  | <b>€55.724,-</b> | <b>TOTAL OUT</b>                       | <b>€42.840,-</b> |

### USD account:

| Income:         |                    | Expenses:         |                   |
|-----------------|--------------------|-------------------|-------------------|
| Donations       | \$ 25.200,-        | 8.785 kits Uganda | \$ 47.132,-       |
|                 |                    | 1.040 kits Malawi | \$5.200,-         |
|                 |                    | Bank charges      | \$34,-            |
| <b>Total IN</b> | <b>\$ 25.200,-</b> | <b>Total OUT</b>  | <b>\$52.366,-</b> |

## Balance sheet per December 31 2017

|                         |                   |                              |                   |
|-------------------------|-------------------|------------------------------|-------------------|
| <b>Assets in euro</b>   |                   | <b>Liabilities in euro</b>   |                   |
| ABN AMRO                | € 34.558,-        | Own capital                  | € 55.981,-        |
| Lanschot                | €1.672,-          |                              |                   |
| Paypal                  | €19.751,-         |                              |                   |
| <b>Total</b>            | <b>€ 55.981,-</b> | <b>Total</b>                 | <b>€ 55.981,-</b> |
| <b>Assets in dollar</b> |                   | <b>Liabilities in dollar</b> |                   |
| Paypal                  | \$200,-           | Own capital                  | \$264,-           |
| ABN AMRO                | \$64,-            |                              |                   |
| <b>Total</b>            | <b>\$264,-</b>    | <b>Total</b>                 | <b>\$264,-</b>    |

In 2017 the Soroptimist Club de Bilt / Bilthoven, from the Netherlands have raised a large amount of money for the AFRipads Foundation. The income has not been processed in this overview, because the payment goes partly through Wilde Ganzen. They were increasing the amount with 50% at the beginning of 2018, so this will be part of the annual financial report of 2018.

