

A monthly challenge, a sustainable solution



Organisation: Stichting AFRipads Foundation
Document: Annual Report 2020

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AFRIpads Foundation in 2020

The Foundation

The main goal of the Foundation is to raise funds to enable school attendance amongst girls in Uganda and Kenya. The Foundation concretizes this goal by buying AFRIpads kits from the AFRIpads Ltd., a local social enterprise based in these 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 independently 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.



10 years of AFRIpads

SCHOOLGIRL KIT

5-pack

NEW

- SUPER MAXI + MAXI +
- MINI + CARRYING POUCHES

- Designed in collaboration with schoolgirls
- Introducing our NEW Mini pad, ideal for lighter flow and faster drying time



2020 marked our 10 year anniversary, a special occasion we've all been looking forward to! Both the AFRIpads Ltd. and the AFRIpads Foundation were founded in 2010. Since then, the AFRIpads Foundation has donated **78.357 kits**, thus helping an equal number of girls, and fundraised more than **350.000 euro**. In addition to that, more than **40.000 Girl Talk booklets**, educational material about menstrual hygiene management, have been distributed.

The AFRIpads Ltd. launched the Schoolgirl Kit in 2020, which includes 5 pads of different absorbencies and 2 carrying pouches, designed specifically for schoolgirls through user-centered research.

COVID challenges

2020 has also been a challenging year, for everyone, and for us as a Foundation as well. As Uganda was in lockdown for most of the year, it became impossible to carry out donations. We did manage to catch up some as soon as travel was allowed again. We are proud that in the end, we were able to donate over 8,000 kits in 2020, and we will donate the rest of our pledge in Q1 2021.

COVID also put extreme pressure on our production facility. As the entire country went into lockdown, the AFRIpads Ltd. searched for ways to keep the factory open and produce as much as they could, since the product was now more than ever needed. Periods don't pause for pandemics. Luckily, 60 of the AFRIpads Ltd. staff volunteered to go into lockdown at the factory together, living and working at the factory for 3 months. We praise these employees for their dedication and perseverance!

The factory workers who stayed at home, however, lost a severe part of their income, as their salary is partially based on their output. The AFRIpads Foundation decided to step in and provide these factory workers and their families with basic necessities such as rice and corn flour, to help them through these difficult times.



Employee Fund

Besides the COVID response help, the AFRIpads Ltd. approached the AFRIpads Foundation to help out with an Employee Fund. This is a fund employees of the AFRIpads Ltd. can apply to for help with extraordinary medical costs, which are not covered by the healthcare insurance, particularly when it comes to mental health. As the AFRIpads Foundation, we realise that the AFRIpads Ltd. employees are critical in reaching our mission, and we feel we need to step in when necessary. This is why we decided to donate 5.000 euro, which we got from a donor dedicated to this case, to the Employee Fund.

Foundation management

All practical facilities 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 maintained by Ingrid den Heijer from Inga.website. Because Ingrid is supporting the AFRIpads Foundation in her work, she charges minimal hours for her work and puts a lot of her 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 2020 of:

- Sanne Bolkenstein (chair)
- Laurens Buijs
- Nicoline Evers
- Hans Spaan
- Cerise Kruize
- Carina Bolkenstein-Bast



Donations

The AFRIpads Foundation donates AFRIpads kits in projects which are carried out by the AFRIpads organisation in Uganda and Kenya. 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 menstrual and feminine hygiene education to groups of girls;
- Demonstrating the use of AFRIpads;
- Donating AFRIpads kits (sanitary pads that last for one year), including underwear and the informational booklet 'Girl Talk'.

Through financing these projects the Foundation realizes three goals:

1. New groups of girls in Uganda and Kenya 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 2020, the AFRIpads Foundation carried out 24 donations. We will share 3 of them below.

COVID response donations

The pandemic raised serious problems in Uganda and Kenya for girls. As sanitary pads are already difficult to access, COVID posed even greater challenges to the availability of pads. The AFRipads Foundation launched three donations in immediate response to



COVID. On May 15th, Hon. Amongin, a female Member of Parliament in Uganda and a MHH Champion, acknowledged an important component to the **'Periods Don't Stop for Pandemics'** initiative – that many **women and girls residing in quarantine centres did not have access to menstrual products** because they were not

being recognized as an essential item. 400 Kits were donated to help women in quarantine centers in Eastern Uganda.

On Friday October 25th, the AFRipads Foundation travelled to Entebbe Grade B Hospital in Uganda and donated 200 AFRipads Menstrual Kits and AFRipads Underwear to the female COVID-19 patients and health workers.



On March 3rd, the AFRipads Foundation organised an event at Mulago Masaka National Referral Hospital and donated 200

AFRipads Menstrual Kits and underwear alongside mattresses to improve the daily lives of hospital staff and maternity ward patients, with a pledge to do monthly donations. The countrywide lockdown in Uganda due to COVID did make these monthly donations more challenging - but we were happy to be able to fulfill the pledge on Tuesday November 10th through a



distribution of over 700 Kits and Underwear. Our very own AFRIpads factory employees donated the kits themselves.

Nairobi slums donation in collaboration with LVCT Health

As AFRIpads is also represented in Kenya, the AFRIpads Foundation wanted to carry out a donation in the slums of Nairobi. The initial target was to work within five local schools in Nairobi (Brightstar, Lizpal, Children of Africa, Excel and Peak School), but we ended up working with ten schools in two cluster areas: Dagoretti and Kibera.



The activities included:

1. Distribution (donation) of AFRIpads Reusable Menstrual Kits to a total of 1.500 beneficiaries, underwear (1 pair per girl) and Girl Talk booklets to school going girls in urban slums of Nairobi.
2. Menstrual Hygiene Management education on product use and care and personal hygiene based on AFRIpads' curriculum.
3. Brief monitoring and evaluation by making the implementing partners (who provided access to the schools and safety during the donation) aware of AFRIpads' Data Collection Tool and surveys (on KOBO Collect).



Beneficiaries of the project were 1.500 primary and secondary girls from ten schools in Dagoretti and Kibera, as well as 90 young peer-to-peer mentors (affiliated with LVCT: the implementing partner of the third wave of donation, under their 'Dreams Project'). Working with local NGO's in ground was greatly

beneficial, as they have knowledge about which schools would benefit most from our

donations, and can do follow up training. Beneficiaries were urged to share the newly acquired information with their peers for awareness creation on MHH product choice and management.

Beneficiary details

	Cluster/Area	Name of school	Number of beneficiaries
1	Dagoretti	Eutyclus High School	92
		Star of Wonder primary School	100
		Bright Star primary School	134
		Dagoretti corner Primary School	124
		Agape Hope Center	90
2.	Kibera	Moonlight Education center	100
		Starays High School	152
		Maono Primary School	75
		St Julliet Educational Center	123
3.	Kibera	New Horizons Secondary School	330
		LVCT's mentors (working with girls from New Horizon)	90
	Total		1.500 young women reached

Project deliverables and implementation challenges

Intended deliverable	End result and justification	Implementation challenges
<p><i>Product distribution</i> Reusable Menstrual Kits delivered to 1.500 primary and high school girls</p>	<p>Kits delivered to 1.500 primary and high school girls</p>	<ul style="list-style-type: none"> • Inability to distribute to the initial target schools (5) as two of them had been shut down in the last year due to management issues. • Lack of water access was mentioned in one of the target schools. We had to therefore look for new beneficiary schools as water availability was a minimum requirement. • Short school term in the last quarter of the year made it difficult to access the schools for distribution (focus on exams) hence the decision to push forward.
<p><i>Education</i> Teachers together with beneficiaries trained on AFRIpads' curriculum</p>	<p>We focused on a live 'wet' demo to explain use and care thoroughly and where possible added personal hygiene and pain relief.</p>	<p>Limited time allocated per school, usually about 45min-1 hour which was not sufficient to carry out a full MHM training (estimated to take 2.5 hours on average).</p>

<p><i>Monitoring and evaluation</i></p> <p>After 6 months, a survey will be conducted with the beneficiaries via mobile platform Kobo (provided for free by AFRIPads Ltd.). Surveys are already developed and focus on product use, challenges, and social impact (improved school attendance).</p>	<p>We will revisit the schools in six months to gather feedback on product experience and challenges faced in utilization of the pads to get a better understanding of reusable product use in a slum area. This re-visit will also present an opportunity to assess any direct correlation between access to product and school attendance among the beneficiaries as monitored by school administration. As AFRIPads has a permanent presence in Kenya, the representative who created a strong relationship with the implementing partners and schools, will be able to give longer term support and guidance where needed.</p>	<p>The limited time allocated at the schools didn't allow us to do a more in-depth data collection.</p>
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The overall feedback from the girls and observation was evidence of immense appreciation of the support. There was a request from both the administration and the beneficiaries to keep the program running so they are able to stay in school. A recommendation for future distributions would be to carry out a baseline survey to find out the beneficiaries MHH practices and challenges beforehand to allow for a needs-based packaged solution in addition to the current offering. Strong relationships were established with one of the implementing partners LVCT Health in Kenya, who does daily work in the slums and is able to stay in close

touch with the schools. Their Dreams Project, serving over 20,000 girls country-wide, is interested in further collaboration which is being explored as we speak between AFRIPads and LVCT!

Donation together with ZOA Amudat



Amudat is a district in Northern Uganda, which is struck by poverty as there is hardly any economic development in this part of Uganda. ZOA is a local organisation, working with schools to stimulate education in this area. This donation was provided to young girls in the reproductive age and adolescent girls who are in primary school, within the age bracket of 9 to 17 years, to support them effectively with menstrual hygiene management. The

donation consisted of each girl receiving a pack of reusable AFRIpads, a set of knickers, soap and a bucket. This support is directed to only girls in schools within Amudat.

Age	Number of kits given
P2	4
P3	42
P4	106
P5	100
P6	148
P7	150
Teachers	2
Total	552



ZOA works and collaborates with different stakeholders in schools and communities. For this particular activity, the Senior Women Teachers in schools supported the identification of girls undergoing menstrual cycles. This has been documented and shared with ZOA for compilation and support.

The staff of ZOA and AFRIpads followed the list of girls already identified by the senior women teachers of the respective schools. Each girl was able to be provided with 1 AFRIpads kit, 1 bar of soap, 2 knickers, and a bucket. The main objective of training is to equip and train girls on MHM (menstruation hygiene management) and safe usage of AFRIpads.

Specifically the objectives include:

1. To educate girls on healthy menstruation hygiene management.
2. To empower adolescent girls and teachers with knowledge and skills on best approaches on use, cleaning and care for reusable sanitary pads (dignity kit).
3. To ensure girls can independently manage menstrual cycles and know how to use and maintain the items donated.
4. Practically demonstrate how to use AFRIpads kits to girls and it's perfect management.
5. To equip ZOA staff and senior women teachers with the knowledge to follow-up the girls in the months after the training.

All beneficiaries acknowledged and appreciated the support accorded to them. One girl said: *"I had a very difficult time throughout my life during this COVID-19 period whenever I underwent my menstruation periods. My mother tells me to go and cut pieces of cloth or mattress to protect you, but when ZOA supported me with these MHM items, I realised these will support me for the whole year. Many thanks to ZOA and AFRIpads!"*



Fundraising activities and PR

As all organisations, we had to shut down all our physical fundraising activities this year, which means we didn't do any of the activities we normally do, such as the annual Dam to Dam run in Amsterdam. We were also very much looking forward to celebrating our 10th anniversary big time, but unfortunately couldn't do that either.

We hope to make up some in 2021, but luckily we were able to attract attention digitally. Our 10th anniversary didn't go by unnoticed: we launched the campaign #ADecadeOfAFRIPads together with the AFRIPads Ltd., and were featured on our social media with one of our beneficiaries.

"Before I received AFRIPads, my life was difficult during my period because I could not attend class or even do my house chores without worrying about my makeshift pad falling or leaking. Then Pauline Juliet Inc, an organisation that works with AFRIPads and the AFRIPads Foundation, came to my school and donated pads. That day was life-changing, they taught me to be proud of my period and that menstruation was not something to be ashamed of, it was something to be celebrated.

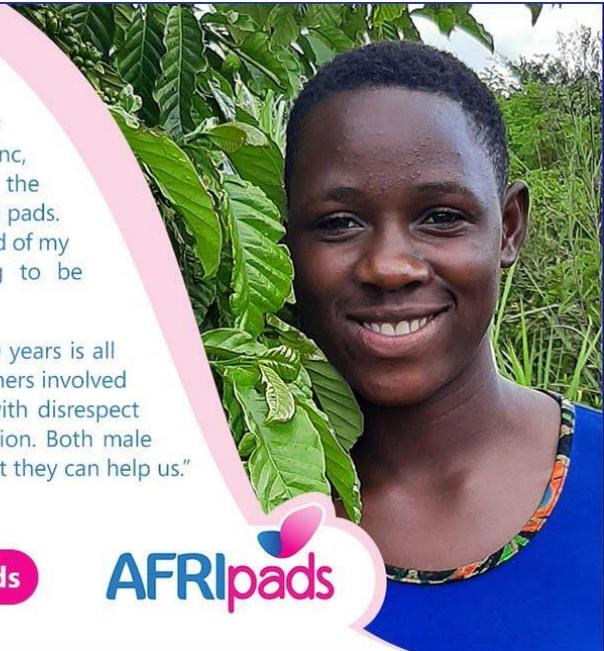
The biggest change I would like to see in the next 10 years is all schoolgirls having access to pads and more male teachers involved in MHH education. We have suffered for too long with disrespect from male teachers who don't understand menstruation. Both male and female teachers should be trained on MHH so that they can help us."

Marjorine Nakalema, 16, Student

#MHDAY2020

#ADecadeofAFRIPads

AFRIPads



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 as many girls as possible in 2020. First of all, thanks to the [Soroptimistclub Arnhem-Oost](#), who invited us to give a presentation at their club and chose the AFRIpads Foundation as their goal for 2020. Because they had to postpone most of their fundraising activities, they chose to keep the AFRIpads Foundation as their charity goal for 2021 as well. They've already fundraised over **€6.000**, which we're very grateful for! Thank you!

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](#), [Macquarie Green Investment Group](#), [Transport for London](#) and the [Central](#)



[London Humanists](#): you've fundraised a staggering amount of over **€13.000**, which is amazing!! Hope you can do another Winter Quiz in 2021!

A special thanks to [Nadine Mottu](#) and [Celine Denizot](#) from the [Education and Health department of Vistra](#). Thank you so much for your generous and continuous donations, they have been a tremendous help for us, and thousands of girls, since 2015.

We have some large donors who wish to stay anonymous, so we won't name them, but please know we are very grateful for your generous contributions! Not all contributions come (purely) financially: [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!

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 2020

Euro account:

Income:		Expenses:	
Donations < € 1.000	€3.174,63	2.000 kits Uganda	€15.000,-
Donations > € 1.000	€ 3.831,27	Employee fund	€5.000,-
Donations Soroptimisten	€1.250,-	Emergency relief employees COVID	€4.125,-
Donations Macquarie Green Investment Group and Central London Humanists	€13.374,31	Printing/design/stamps	€2.223,26
Donations anonymous	€ 10.000,-	Administration	€406,40
Donations 't Trekpaert	€ 15.000,-	Website	€53,24
Donations from Paypal	€3.052,-	Paypal	€184,-
		Banking costs	€95,74
TOTAL IN	€49.682,21	TOTAL OUT	€27.087,64

USD account in euros (exchange rate per 31-12-20 \$1= €0,8211):

Income:		Expenses:	
Donations	€ 24.633,-	6.700 kits	€ 47.468,-
		Bank charges	€ 19,-
Total IN	€ 24.633,-	Total OUT	€ 47.487,-

Balance sheet per December 31st 2020

Assets in euro		Liabilities in euro	
ABN AMRO	€ 45.992,-	Own capital	€ 54 831,-
Paypal	€ 8.839,-		
Dollar Assets in euros		Dollar Liabilities in euros	
Paypal	€ 164,-	Own capital	€ 8.544,-
ABN AMRO	€ 8.380,-		
Total	€ 63.375,-	Total	€ 63.375,-

85,7% of our expenses have been used to purchase AFRIpads kits, 96,5% of our expenses have been used to purchase AFRIpads kits, provide COVID response and donate to the Employee Fund.

Outlook 2021

While we were drafting this annual report, Uganda started to open up again, like many other countries. This means we can catch up on delayed donations from 2020, and plan new donations for 2021. We are happy to inform you that a very large donation in the poorest and most remote part of Uganda, Karamoja, which we planned to do in 2020 but couldn't because of COVID, has been carried out in the beginning of 2021. We look forward to continuing our work and making sure every girl can go to school, even when she has her period, or even when there's a pandemic, because periods don't stop for pandemics! Thank you so much for your continuous support, and stay healthy!

