

A monthly challenge, a sustainable solution



Organisation: Stichting AFRIpads Foundation

Document: Annual Report 2019

Board:

Sanne Bolkenstein (chair)

Laurens Buijs (board member)

Nicoline Evers (board member)

Hans Spaan (board member)

Cerise Kruize (board member)

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AFRIPads Foundation in 2019

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 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 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 2019 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 sexual 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 2019, the AFRIpads carried out 51 donations. We will share 3 of them below.

National Women's Council donation for International Women's Day

Each year, the AFRIpads Foundation works together with a local organisation in Uganda to celebrate International Women's Day on the 8th of March and focus on the importance of education for girls. This year, we collaborated with the National Women's Council. Rwimi Primary school and Bunayiga Primary school were selected within Bunyangabu District that hosted the International Women's Day 2019. Each of these schools had more than 100 pupils who needed to receive the donation.

Rwimi Primary school	Amount of girls	Bunayiga Primary School	Amount of girls
P5	20	P5	20
P6	60	P6	30
P7	70	P7	55
Total	150	Total	105

Pads were distributed to the selected pupils in the selected primary schools upon teaching and sharing on the usage, maintenance and the reason for the donation. The council effectively mobilised in the district on the carrying out of this activity and also held menstrual hygiene trainings in the schools before the distribution was made. Beneficiaries were excited about this donation, with most of them having seen a reusable pad for the first time. It created a lot of questions mainly on the usage and maintenance that the trainer was in position to answer.



Donation together with Pauline Juliet

Pauline Juliet started as a Community Based Organization in Uganda supporting efforts of girl child education and women empowerment. They support girls to stay in school by amongst others supplying them with scholastic materials, providing education on sexual and reproductive health, and providing career guidance. Pauline Juliet Uganda started provisioning school going girls with non-reusable pads in 2013. The pads



were supplied majorly to poor girls and vulnerable teenage mothers in Kiboga and Kyankwanzi district. The non-reusable pads proved costly at the end and limited the number of girls who received the pads. We sought for a better alternative, which was AFRIpads, because on top of being very comfortable, they were of high quality and cost effective.

The Pauline Juliet Pads and hygiene program is aimed at meeting the following objectives:

- a) Ensuring that more and more girls attend school regularly
- b) To reduce teenage pregnancies caused by early school dropout
- c) To provide rural girls with access to quality and comfortable products
- d) To reduce on burden of buying pads by rural mothers who cannot afford
- e) To introduce rural communities to AFRIpads so that they can adopt to new and healthy means of managing their periods
- f) To provide girls with a long lasting alternative to the barbaric and primitive means of managing period such as the use of small clothes, cotton, etc.

Since 2016, the AFRIpads Foundation and Pauline Juliet have supplied vulnerable girls with high quality, hygienic pads. The objective of supplying these pads to the girls as stated above is to ensure that girls attend school regularly and complete the school cycle. In a research carried out by Pauline Juliet in 2016, it was found out that a number of girls miss school due to periods and the lack of money to buy pads. It was also found that a number of school girls don't have knickers.

In January 201 the AFRIpads Foundation and Pauline Juliet donated 200 pads and knickers. The pads were distributed in various schools to vulnerable poor girls.

The PJ Girl Guide Week, 2019



Pauline Juliet Uganda organizes an annual event dubbed the PJ Girl guide week which brings together girls from all walks of life. The first edition of the PJ Girl guide week was held in January 2018. The 2nd edition was held in January 2019 at Kiboga progressive SS under the theme “Self-love, the key to success.” The event attracted at least 183

participants from Kiboga, Kyankwanzi and neighboring districts. All participants who have started their menstrual periods were supplied with the pads. Other vulnerable girls registered with Pauline Juliet but did not attend the Girl guide week also received the pads.

Some pads were also distributed to girls in nearby hard to reach schools. These are girls in rural communities where access to sanitary pads is not the only problem, but affording it monthly is a challenge as well. 100 girls benefited from this initiative.



One of the beneficiaries of the pads and clothes from Pauline Juliet had recently lost their home to a fire. The intervention of Pauline Juliet and the AFRIpads Foundation came in at the right time. The pads would ensure that

the girl will attend school with less trouble while the clothes and scholastic materials gave her a new start in life.

Donation together with Awinyo Foundation in Lira

Iceme Girls Secondary School is a girls boarding school in Northern Uganda. During the LRA war, Iceme Girls was among the schools attacked by the rebels in 1995 and sadly, some girls were abducted, the



education system was disrupted hence all activities were at a standstill. However it is important to note that the situation changed and the area stabilized although many still relive the horrors of the war and battle with its side effects especially economically and mentally.

The school administration and students have faced many challenges ranging from school dropout due to lack of money for school fees, the girls cannot afford to buy sanitary pads or even have enough upkeep to last them through the school term. Many parents are peasant farmers and rely on harvested crops to earn a living and support the family which does not favor the school fees payment policy that has to happen per term.

Awinyo Foundation collaborated with the AFRIpads Foundation to distribute reusable pads in order to support a girl child stay in school. The idea behind this donation was to foster the development of rural school girls and empower them to stay focused especially during their periods. Several research in sub-Saharan Africa indicate that most rural girls miss up to 20% of their school term because they lack sanitary materials to use during their periods. Additionally, many of them have been stigmatized hence posing a challenge to their education.



All the beneficiaries were school girls from senior one to senior six (age group 14 to 21). Ten percent were orphans living with relatives. The majority of the girls come from the rural parts of Oyam, Lira, Kole and Apac Districts. Many were missing out on school and even borrowing pads from friends to use because their parents could not afford buying pads. All the participants were selected with the help of the Senior Woman Teacher who identified girls to be issued the pads.

With the help of the School Deputy Mrs. Sylvia Abong the girls were gathered

together under one shade and three of Awinyo mentors educated the girls on Menstrual Hygiene Management using the Girl Talk booklet, and demonstrated on how to use the pads. After the talk the girls lined up according to their respective classes from S.1-S.6. Each girl registered and received a complete AFRIPads, reusable menstrual kit, a knicker, Girl Talk booklet and piece of Soap.

The entire school was filled with excitement and they continued to thank Awinyo Foundation and the AFRIPads Foundation for the generous donation and thoughts. Here are some stories from the beneficiaries:

Apolo Cinderella is a 20 year old in her S4 who is isolated and discriminated at school for her albinism. She felt special and loved that for once she was receiving something everyone else benefited from and it boosted her confidence and revived her pride as a girl. Apolo told us that she was using pieces of cloth cut from an old bed sheet as a way of protecting herself during the periods; most times she would get embarrassed when she leaked. Apolo can never be grateful enough to the AFRIPads Foundation.

One girl had tears rolling down her cheek with so much joy because she was borrowing pads from her friends and they got tired of helping her, one day a fellow girl told her to get a boyfriend who would give her money to buy pads since her parents could not afford getting her something to use. She was disappointed and felt worthless as a woman and regretted why she was created a woman, however she talked to other friends who were kind enough to support her, she opted to use toilet paper rolls to control the leakage and when she ran out of the paper, she decided to fake sickness so she could be



excused from attending class and stay in the dormitory till the end of her period. Receiving these pads that will last her a year was a miracle she is forever grateful for.

Another girl told her story filled with excitement. She receives only two packets of pads to use each term, a term has three-four months and those are meant to last during her period. In order for the pads to sustain her during the term, she decided to cut each sanitary pad into two pieces and placed the half right in the middle of her knickers, this has not been helpful since she would still have a leakage

and soil her uniform. With the donation from the AFRIpads Foundation, all her worries had been solved for the year and she was motivated to save her pocket money and buy pads for herself next year.

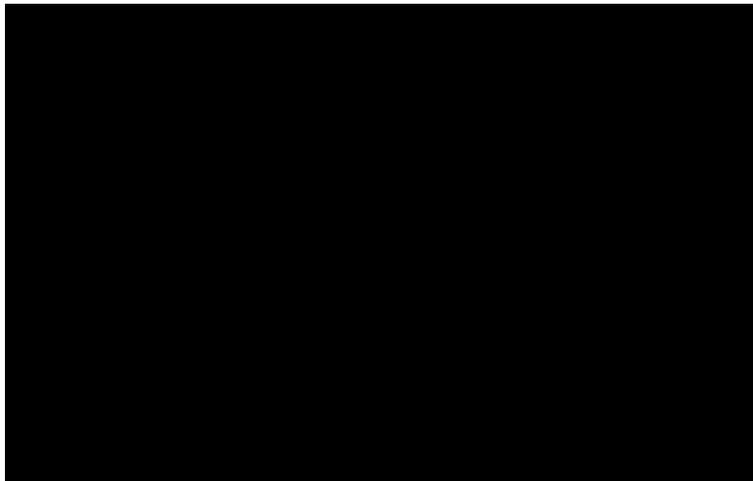


Fundraising activities and PR

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 2019. Apart from that, the AFRIpads Foundation organised or engaged in several fundraising activities. After the success of the previous years, the AFRIpads Foundation participated in 2019 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 over

€5.000,-, an amazing result! We're proud of our runners, both for their athletic and their fundraising achievements!

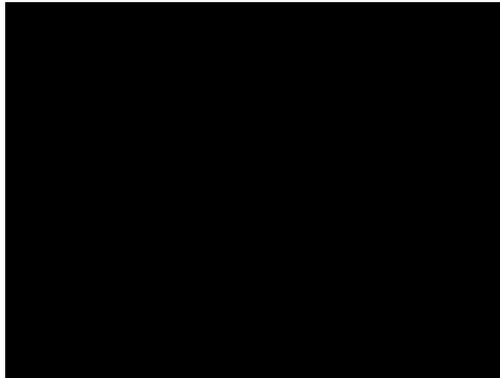




As we told in our annual report 2018, the AFRIpads Ltd. in Uganda opened her own factory in December 2018. In June 2019, some of the AFRIpads Foundation board members traveled to Uganda for a visit. This was a truly incredible experience, to see how AFRIpads Ltd. is now employing nearly 200 women! The factory is built for scale, so production can grow and we can support even more girls.

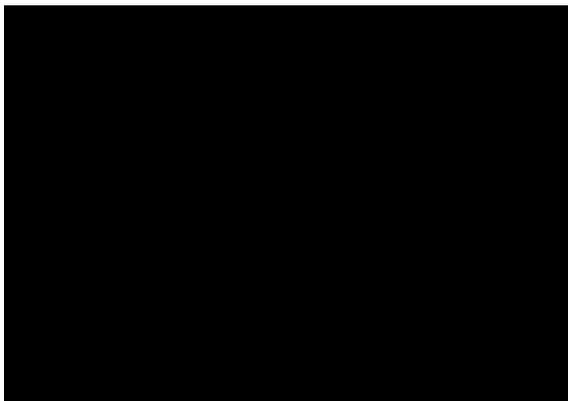
As the board of the AFRIpads Foundation, we felt the need to evaluate our achievements so far and strategize for the future. This led to our

first ever strategy weekend, where we revised our current activities and planned for the following years. Amongst others, we decided to expand our activities to empower women in rural Uganda, and to increase our price per kit for the first time, so we can include underwear and education in every donation.



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 2019. First of all, thanks again to the **Soroptimistclub De Bilt-Bilthoven**. Not only did they fundraise the amazing sum of €13.468,06,- for the AFRIpads Foundation in 2018, they also advocated for AFRIpads at other Soroptimisten clubs, and in 2019 we received a donation of €1.500 from the **Soroptimistclub Haarlem**! Thank you!



Special thanks go to **Elisabeth Vos - van der Grinten and Rutger Vos**: this lovely couple got married in 2019 (congratulations!) and decided to ask their guest to donate to the AFRIpads Foundation as a wedding gift. They fundraised over a staggering €4.000,-!

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: **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 2018

Euro account:

Income:		Expenses:	
Donations < € 1.000	€1.897,-	5.160 kits Uganda	€25.800,-
Donations > € 1.000	€ 8.952,-	2.000 kits Malawi	€10.000,-
Donations Soroptimisten	€13.468,-	Costs Dam to Dam run	€1.871,-
Donations via website	€ 2.707,-	Printing/design/stamps	€845,-
Donations via Corbello	€ 20.000,-	Strategy weekend	€840,-
Donations Dam to Dam run	€5.236,-	Website	€359,-
Donations from Paypal	€3.568,-	Paypal	€211,-
		Banking costs	€131,-
TOTAL IN	€55.828,-	TOTAL OUT	€40.057,-

USD account:

Income:		Expenses:	
Donations	\$ 38.959,-	6.000 kits	\$ 33.701,-
		Bank charges	\$30,-
Total IN	\$ 38.959,-	Total OUT	\$33.731,-

Balance sheet per December 31st 2019

Assets in euro		Liabilities in euro	
ABN AMRO	€ 26.266,-	Own capital	€ 33.199,-
Lanschot	€ 962,-		
Paypal	€ 5.971,-		
Total	€ 33.199,-	Total	€ 33.199,-
Assets in dollar		Liabilities in dollar	
Paypal	\$200,-	Own capital	\$38.238,-
ABN AMRO	\$38.038,-		
Total	\$38.238,-	Total	\$38.238,-

