

A monthly challenge, a sustainable solution



Organisation: Stichting AFRIPADS Foundation
Document: Annual Report 2021

Board:

Sanne Bolkenstein (chair)
Nicoline Evers (board member)
Hans Spaan (board member)
Cerise Kruize (board member)
Helen Walker (board member)
Sølvi Hart (board member)
Willeke Westra (board member)
Carina Bolkenstein-Bast (board member)
Laurens Buijs (board member)

Index

AFRIpads Foundation in 2021	P 2
Donations	P 5
Special thanks	P 19
Financial report	P 21
Outlook 2022	P 22



AFRIPads Foundation in 2021

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.



Changes in the board

After many years of service, 2021 marked the goodbye of our board members **Cerise**



Kruize and **Laurens Buijs**. We would like to thank them once again for their contributions to the AFRIPads Foundation, we wouldn't be where we are today without you! We wish you all the best in your future endeavours. We are also happy to announce that we welcomed 3 new board members in 2021: former AFRIPads employees **Helen Walker** and **Willeke Westra**, who bring tons of expert knowledge to the Foundation, and **Sølvi Hart**, whose social media and organisational skills are a much-needed addition to

the team! We're so happy to have you all on board!

COVID challenges

2021 has been a challenging year due to COVID, just like 2020. Uganda has unfortunately been the country with the longest school closure due to COVID, primary schools have been closed for 2 years. This has an enormous impact on the academic potential of children and many children have dropped out of school completely. All the more reason to stimulate school attendance in any way we can, so the AFRIpads Foundation is now more relevant than ever! Luckily, schools have opened again so we can distribute pads there. During the school closure, we tried to donate as many kits as possible through local organisations and contacts, but it has been extremely difficult to reach the children who need this most.

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 has been maintained by Ingrid den Heijer from Inga.website. Because Ingrid is supporting the AFRIpads Foundation in her work, she charged minimal hours for her work and put a lot of her time in for free, for which we are very grateful! We decided to build a new website in 2021 though, to mark our 10 year anniversary and professional development. We are happy to have found **Abovo Media** as our partner to design and build our new website, to be launched in 2022!

The board consisted in 2021 of:

- Sanne Bolkenstein (chair)
- Nicoline Evers
- Hans Spaan
- Carina Bolkenstein-Bast
- Helen Walker (joined in September)
- Sølvi Hart (joined in March)
- Willeke Westra (joined in September)
- Cerise Kruize (left in March)
- Laurens Buijs (left in October)



Donations

The AFRIpads Foundation donates AFRIpads kits in projects which are carried out by the AFRIpads organisation in Uganda, Kenya, Malawi and Zimbabwe. 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 realises 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 2021, the AFRIpads Foundation carried out a staggering amount of 137 donations! We will share 3 of them below.



Donation with Pauline Juliet Uganda

Pauline Juliet Uganda is a not for profit Non-Government Organisation established in 2013 in Kiboga and has been working with marginalised groups of people, especially rural women, in the areas of girl child and women education activities, health and



sanitation programs as well as household income promotion. Pauline Juliet Uganda is a women's organisation founded by women and men with most of its programs targeting women and girls and aims at empowering women and girls to engage in community development activities in a competitive world. Initially, the organisation implemented most of her

activities in Kiboga District but has since then expanded to other areas like Kyankwanzi District.

Pauline Juliet Uganda has been partnering with the AFRIpads Foundation since 2016 to supply reusable pads to school going girls in Kiboga and Kyankwanzi in a bid to keep girls in school. This partnership has seen the organisation receive a number of donations from the AFRIpads foundation. This also led to one of our biggest donations from Binance for Charity of 10.000 pads through AFRIpads. We noted during the Binance pads distribution that a number of needy girls especially in primary school had been left out. This led us to draft a concept for the AFRIpads Foundation to have this category of girls also catered for. We successfully won the grant application and received 2.000 reusable sanitary pads and knickers from the AFRIpads Foundation. So, the motivation to request for this donation was in order to cater for the girls that had not been handled by the Binance for charity program that largely worked on secondary schools.



Age	Number of kits given
10-14 (out of school)	10
15-19 (out of school)	10
20+ (out of school)	30
P4	140
P5	190
P6	142
P7	370
S1	143
S2	297
S3	200
S4	160
S5	150
S6	152
Teachers	6
Total	2.000

Pauline Juliet Uganda Uganda is committed to proper resource utilisation. To ensure that the pads met the desired objective, beneficiaries had to fulfil all of the following criteria:

- The girls selected must have had their first menstrual cycle or closely within the late menstrual ages;
- The girls/women must be vulnerable and in school;
- Girls who have not received a reusable sanitary pads package within the last five months from the AFRIpads Foundation or Pauline Juliet;
- Special focus on persons with disabilities;
- Must be present physically at school.



The pads were distributed to the beneficiaries directly by the Pauline Juliet and AFRIpads Foundation team. 31 primary and secondary schools were visited by the team. To prepare the beneficiaries before distributing the pads, the team trained them on usage of the pads, care and disposal. This was aimed at ensuring that the pads will be used for the desired period without causing any health issues. The AFRIpads Foundation provided a team of experts to give thorough education on care and use of the reusable sanitary pads. Ms Nirere and Mr Raymond Mpamizo lead the training in some of the



schools. To compliment their efforts, trained staff from Pauline Juliet also trained the girls in other schools where the pads were distributed.

Each beneficiary of the reusable sanitary pads was also provided with Girl Talk booklets so that they get more menstrual health information when needed. The booklet also provided further information on hygiene and care of pads. Each beneficiary

received one pack (school pack) per person. This was to ensure rightful beneficiaries received the product. The main objective of the program was to ensure that only needy students received the pads. Every beneficiary was registered for accountability and follow up purposes.

Pauline Juliet Uganda contributed personnel to help during the distribution exercise. 4 staff including the Executive Director Mr Kiwanuka Henry actively participated in the distribution exercise. The team also ensured that only the targeted beneficiaries received the reusable pads. The program was fully handled by the Programs manager to ensure compliance to the organisation standards.



Pauline Juliet Uganda also handled transport of its own personnel and volunteers. A



private vehicle was hired by the organisation to transport Pauline Juliet staff to and from the field. Their staff also provided guidance and counselling, sex education and career guidance in the schools.

The donation was warmly welcomed by both the community and the

target beneficiaries. They termed a timely humanitarian contribution to save the future mothers of the nation. Both schooling and out of school girls welcomed the donation.

Beatrice Namwanje had this to say:

"Pauline Juliet Uganda and the AFRIPads Foundation have 'birthed' me again!". She was very excited to have received the pads and admitted that monthly periods have been a major contributing factor to her poor performance in class. **Mr. Juma**



Ssekyanzi, an LC 1 secretary of Nansuuna said that, *"AFRIPads has been so consistent in making quality pads. My daughter has used them (without any issues) since she had her first period."* **Anthony Kibirige**, a teacher at Kirinda P/S, also thanked the AFRIPads Foundation and Pauline Juliet for putting the needs of young girls at the forefront of their activities and requested them to never give up and continue supporting the communities. *"...To Hell with the messy cotton!"* commented **Sarah Lamented** of Vvumba



Secondary school. Headteachers thanked the AFRIPads Foundation and Pauline Juliet for the good gesture of ensuring that girls are in school and able to attend uninterrupted classes just like their male counterparts.

Donation with CARE in Zimbabwe

CARE International and the AFRIpads Foundation decided to coordinate a donation of AFRIpads kits in Zimbabwe together. The target group here were school going girls from 4 primary schools and 1 secondary school, selected in Chivi district. The following schools received the kits: Denga Primary, Jenya Primary, Chinembiri Secondary, Mhosva Primary and Nyahombe Primary.



Age	Number of kits given
P4	15
P5	15
P6	15
P7	15
S4	15
Total	75



The pads were donated to less privileged girls who could not afford pads on a monthly basis. The CARE and AFRIpads Foundation team handed over the pads to the girls in the presence of the district staff, school headmaster and school health coordinators. The schools had existing and functional school health clubs which were formed where pupils partake in Water, Sanitation and Hygiene activities in the schools. The schools had girl-friendly latrine toilets constructed through the CARE ANCP WASH project which were being used by the pupils to wash and clean themselves when they experienced their menstrual period at school. Club members had been

taught to sow makeshift sanitary pads at school, but these were not effective and hygienic enough.

"We appreciate the visit and donation considering that Covid 19 affected us. Thank you for always remembering us and we promise to continue doing our best to raise the Menstrual Hygiene Management (MHM) flag high" **Mr Dube**, school head



Jenya Primary. *"AFRIPads are affordable and smart to use, and it is a good act that we now receive pads from school, given the fact that pads are too expensive for me"* **Prisca Gurajena**, grade 7 Denga Primary. *"I would encourage others to use AFRIPads because they*



are long lasting, comfortable and easy to use " **Nancy Chitote**, grade 7 Denga Primary. *"It's always a hustle to ask for money every month from our guardians to buy pads from the store, now that we have been given reusable ones, for the next 12 months we will be stress free and for the first time experience a happy period"*

Paidamoyo Mause, form 3 Chinembiri

Secondary. *"Some days I had to miss school because I had nothing to use during my menstrual days and the boys would laugh if I soiled myself in class. Now that I have been given some AFRIPads, I will make sure I come to school every day of the month"* **Chengeto Bazangi**, form 2 Chinembiri Secondary. *"We really appreciate the pads because some of*

our peers stay with their grandparents who fail to provide for them and they end up using harmful things such as cow dung" **Tariro Mudzingiri**, G7 Nyahombe Primary. *"Many thanks to the AFRIPads Foundation and CARE ANCP WASH for the donation. We really appreciate the good gesture. It will go a long way in helping the girl child, especially the most vulnerable"*

Mrs Mhazo, school inspector.



Donation with Reach A Hand Uganda



Reach A Hand Uganda (RAHU) works with a network of peer educators in over 43 districts of Uganda. 50 of these support RAHU activities in Kasese District. RAHU received 800 reusable sanitary packs, knickers and learning kits from the AFRIpads Foundation. Together with the Uganda National Women's Council, RAHU and AFRIpads held a press

conference on July 29th, 2021 to hand over the pads to RAHU. This was a contribution from the AFRIpads Foundation after the airing of the "Sex for Pads" documentary on NBS Television. [This](#) is the link to the press conference. In attendance was Hon. Phiona Nyamuturo the National Youth MP, Gertrude Emojong from AFRIpads, Norah Akwi from National Women's Council Uganda, investigative journalist Canary Mugume and the RAHU CEO Humphrey Nambimanya.

The selection of recipients was done by the peer educators closely working with the health centre in-charges, the youth leaders in their communities and in some areas like Kasese municipality worked with the National Women's Council leader to identify the most vulnerable girls. The peers selected recipients that were



focused on in and out of school girls and those in communities with high demand for pads, and priority was given to those that featured in the "sex for pads" documentary. The distribution points were the health centres and this was because at the centres it is conducive to have conversations on sexual reproductive health and rights focusing on menstrual health and hygiene management. It was also an avenue to link these young girls to services like treatment of STIs, family planning, HIV/AIDS awareness and treatment. The donation locations were mapped out by the peer educators on ground. This was on a needs basis referencing the number of young girls near the health facility.

The need to deliver the donation at a health facility was to have conversations on sexual reproductive health and rights.

Locations and health centres where donations were distributed from:

1. Mukathi health centre
2. Kabatunda, Mabwe village
3. RMS, Ibanda village
4. Katoke health centre, Bugoye
5. Bugoye health centre
6. Musyenene health centre III
7. Kasese Municipality/ Kasese adolescent centre
8. Karambi health centre III
9. Bwesumbu Health centre III
10. Muhindi health centre II
11. Hima town council, Hima health centre III
12. Kitwamba town council/ Kitwamba Health centre III



Distribution to school girls:

Age	Number of kits given
10-14 (out of school)	60
15-19 (out of school)	249
P3	3
P4	13
P5	26
P6	67
P7	56
S1	44
S2	34
S3	24
S4	27
S5	8
Total	611

Distribution to adult women:

Age	Number of kits given
20-30	68
30-40	1
Total	69

For every health facility visited, the incharge was given 10 reusable pads to cater to walk-ins for girls in need and those who may have missed the chance to receive them on the different days of distribution. This catered for 120 reusable pads for the 12 health facilities the team visited. Peer educators are attached to the different health facilities to monitor how the pads are given out.

The distribution process was based on the identification criteria employed by the peer educators at the different health facilities of their attachment. These were tasked to mobilise the vulnerable young girls from the different communities within their catchment areas. The girls were



informed of the scheduled date and day for the youth day at a particular health facility. At the distribution points, the mobilised beneficiaries were divided into smaller groups of about 35-40 people. The RAHU staff together with the peer educators and the health workers working for the AFRipads Foundation carried out the training on how to use the AFRipads school girl kit. Demonstrations on how to use the reusable sanitary pads were done in the local language (Lhukonzo) to enable the beneficiaries to clearly understand the use and care of the AFRipads. During the demonstration process, consent was sought from the participants for the pictures to be taken during the demonstration exercise. After the training and demonstration session, the beneficiaries were briefed about the do's and don'ts to follow while using the reusable AFRipads. The participants would later be given a sample of the pads and underwear to have a feel and touch before the actual distribution. This was aimed at having them appreciate the texture of the underwear and that of the pads in comparison with makeshift alternatives.



Thereafter the distribution exercise would start off with the help of the health workers and the peer educators who would read out the names of the participants since registration would happen first. After the distribution, participants willing to share their stories/ quotes were made to consent there after a picture and a story were captured.

The distribution of the pads was done during the youth days at the different health facilities. The youth days are the different special days spared by the health centres specifically for the young people and adolescents to freely and openly share their different sexual and reproductive health and rights information. Young people are mobilised by the peer educators to participate in the different youth days at the different facilities. Youth days are a free space where information is provided which helps young people make their own informed choices on which services to take up at the health centres with the guidance and support from the peer educators. They are usually kept busy at the health facilities through the games that RAHU donated to these different health centres to be used during the different youth days. Other activities include door to door mobilisation for the health educational

talks at youth days and community outreaches, condom education and distribution, and peer learning sessions.

The donation was very appreciated by not only the beneficiaries but also the staff at Reach A Hand Uganda, district officials, community members, health workers, peer educators and the VHTs (village health teams).

Below are some quotes

from some of the beneficiaries: *"Feeling excited because of receiving this AFRipad kit and no more sex for pads."*- **Moreen Biira**. *"It has been a surprise to me to get the reusable pads. They will help me save some money because I have been spending a lot on one single use pads."*- **Joyce Biira**. *"I have felt happy about getting AFRipads, I have been using clothes so I*



thank RAHU."- **Edrine Musoki**. *"I am excited that I have received an AFRipads set, my parents have been failing to get me money for the pads because their income is low."*- **Provia Masika**. *"My parents have been complaining that a lot of money is spent on pads, I thank RAHU so much for supporting me with AFRipads."*- **Triphin Kabugho**. *"I would first do garden work at*

home before going to school so I can get more money for pads and I ended up attending classes late. Now that I have received reusable pads I will be attending classes in time and do the other work in the evening."- **Daphine Mbambu**. *"We have been looking for the ways in which to attract many more vulnerable young girls to the health facilities and also have them appreciate the different youth friendly services at the health centres, it's through this pads donation that a good number of young girls were informed of the youth days and its relevance to them"* - **Thembo Amon** - peer educator RAHU. *"I am now sure of safe and healthy periods because I have received reusable pads that are durable. I am so happy."*- **Juliet Kiiza**. *"Thanks from RAHU and AFRipads for bringing these pads to us and I am happy*

*because I have been digging peoples gardens to get money for pads.”- **Jolly Mbambu**. “I am very happy to receive these reusable pads because it has been bringing domestic violence at home when I am requesting them and there’s no money.”- **Fedrine Biira** . “I am so thankful for the pads and knickers, I no longer have to spend money on buying pads because I use two packets costing 6.000 UGX per month. I am sooo happy!”- **Bridget Kabugho**. “I have appreciated the work and services offered to our young girls. I encourage you to continue and put in more efforts in supporting our adolescents” - **Medrece Biira** - Midwife Musyenene Health centre III. “I think these pads are a lifesaver in poor communities where girls don’t have access to the disposable pads. Also they are soft and I am sure it gives a good experience to the girls that use them” - **Ibrahim Nkonge** - RAHU staff. “Any effort to support menstrual health and adolescent health at large is a protective factor against the many sexual and reproductive health challenges that our young people get into every day. Ensuring menstrual health hygiene returns dignity to our young people and gives them leverage to aspire for higher goals. Our appreciation to AFRipads for this noble contribution”- **James Tumusiime**- Country director RAHU.*



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 2021. First of all, thanks to the **Soroptimistclub Arnhem-Oost**, who 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 **€14.000**, which we're very grateful for! Thank you!



We got to know **Hugh Carville** and **Rebecca Dickens**, who have been supporting schools in Northern Uganda through the North Uganda Outreach Project with AFRIpads kits for a long time. In 2021, they unfortunately had to close their charity project, which led them to donate all of their remaining capital, **€20.000**, to the AFRIpads Foundation. Thank you so much for your support, we look forward to continuing helping the schools you've been supporting for so long!



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**: your long-standing support has brought so many smiles on so

many faces already, we're so thankful for your partnership!

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!



Many thanks also to our new board member **Willeke Westra**, who has been our contact person at AFRIpads Ltd. for 6 years. You have always helped us tremendously, and we're so grateful to continue to work with you as our board member! Best of luck to **Lowri Davies**, who is our new contact person at AFRIpads Ltd. We look forward to working with 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 2021

Euro account:

Income:		Expenses:	
Donations < € 1.000	€2.541,-	6.333 kits Uganda	€47.500,-
Donations > € 1.000	€ 50.000,-	Paypal	€177,-
Donations Soroptimisten	c1.250,-	Organisational costs & thank you gifts	€3.319,-
Donations through Paypal	€2.832,-	Banking costs	€63,-
Geef.nl	€ 2.031,-	Administration	€514,-
UK online giving	€ 2.047,-	Website	€1.295
Sales of 40 AFRIpads kits	€300,-		
TOTAL IN	€59.751,-	TOTAL OUT	€52.868

USD account in euros (exchange rate per 31-12-21 \$1= €0,8792):

Income:		Expenses:	
Donations	€ 26.376,-	4.667 kits	€ 35.000-
		Bank charges	€ 11,-
Total IN	€ 26.376,-	Total OUT	€35.011,-

Balance sheet per December 31st 2021

Assets in euro		Liabilities in euro	
ABN AMRO	€ 50.222,-	Own capital	€ 61.710,-
Paypal	€ 11.488,-		
Dollar Assets in euros		Dollar Liabilities in euros	
Paypal	€ 176,-	Own capital	€ 1.191,-
ABN AMRO	€ 1.015,-		
Total	€ 62.901,-	Total	€ 62.901,-

Outlook 2022

While we were drafting this annual report, Uganda has finally opened her schools again. It will take a lot of work to overcome the devastating effects of COVID. Luckily, we are working together with our terrific local partners to reach as many girls as possible, and we have been able to find some fantastic new donors in 2022. 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!

