



August 2025

Dear Global Giving Community,

We are grateful to share the latest updates from our menstrual health programs in Uganda. Thanks to your continued support, Days for Girls is expanding access to sustainable menstrual products and comprehensive health education. This is transforming the lives of women, girls, and people with periods across the country.



Expanding Reach in 2024–2025

From January 2024 through July 2025, **DfG reached 19,581 individuals across Uganda**, including:

- **13,246 people in 2024** (11,954 women and girls with DfG Kits and menstrual health education, and an additional 1,292 men and boys with MH education).
- **6,335 people in 2025 so far** (5,632 women and girls, and 703 men and boys).

These efforts not only provide access to quality menstrual health products, but also engage entire communities in challenging menstrual stigma and building supportive environments for those who menstruate.

In July 2025, Days for Girls hosted a two-day menstrual health educator training in Kampala, equipping eight educators and four DfG staff with the tools to deliver impactful programming.



These newly trained educators are now leading our 2025 refugee-focused initiative, which will reach 1,500 women and girls in Kyangwali Refugee Settlement.

Featured Project: Kyangwali Refugee Settlement

Through our one-month initiative “Accelerating Access and Utilization of Menstrual Health Education and Products Among Refugees,” we are delivering an integrated menstrual health response to the Kyangwali Refugee Settlement.

This location is home to more than 137,000 refugees, primarily from the Democratic Republic of Congo, Rwanda, and South Sudan.



Strengthening Local Leadership

This project focuses on:

- **Providing age-appropriate menstrual health education** that addresses puberty, cycle tracking, hygiene, product use, and the prevention of sexually transmitted infections and gender-based violence.
- **Distributing 1,500 washable DfG Supreme Kits**, offering long-lasting, environmentally sustainable, and culturally responsive menstrual solutions.
- **Implementing robust monitoring and evaluation**, including pre- and post-program surveys to assess knowledge gains and capture community impact

Our approach is tailored to the unique realities of adolescent girls and women in displacement settings. We support their right to manage menstruation safely, hygienically, and confidently.



The Need Is Urgent and Growing.

Menstrual health remains an urgent, intersectional challenge in Uganda, especially in refugee settlements where access to clean water, adequate sanitation, and menstrual supplies is limited. These barriers impact health, education, livelihoods, and self-worth.

Your support is bridging gaps and enabling us to deliver long-term solutions rooted in community leadership, education, and sustainable products.

We remain deeply committed to advancing menstrual equity in Uganda and around the world. From building local capacity to refugee-centered outreach, every milestone we reach is made possible by your generosity.

Thank you for standing with us and the communities we serve. Your partnership fuels real, measurable change. It provides thousands of women and girls the opportunity to thrive with dignity and self worth.

With deepest gratitude,

The Days for Girls Team

Email: development@daysforgirls.org | **Web:** www.daysforgirls.org | **Instagram:** [@daysforgirls](https://www.instagram.com/daysforgirls)

