



August 2024

Dear Global Giving Community,

We are delighted to share with you the remarkable progress we have made since April, all thanks to your continued support and generosity. Your commitment has fueled our efforts and brought hope and dignity to countless women and girls in Uganda, empowering them to overcome obstacles and embrace their futures with confidence.



In 2024, we have reached 6,265 individuals with menstrual products, bringing our total impact to an impressive 154,923 people across Uganda. Additionally, our menstrual health education programs have benefited 6,544 people so far this year. This quarter, our focus has been on enhancing our local Social Enterprises. We engaged 40 enterprise leaders and members from 8 Days for Girls Social Enterprises in site visits and capacity-building training. The site visits and in-person training sessions centered on several key areas. These included improving the production quality of Days for Girls washable Pad Kits, covering aspects such as sewing techniques, machine maintenance, and facility storage and hygiene. Additionally, we focused on strengthening supply chain management, advocacy efforts, and menstrual health education—addressing both informational content and effective teaching methods. We also provided guidance on social enterprise reporting and administration to ensure comprehensive support for our partners.

Our recent Monitoring and Evaluation activities in Kyaka II and Kyangwali refugee settlements provided valuable insights. We conducted site visits in four zones: Kaborogota and Itaminga in



Kyaka II, and Mukalangi and Mukunyu in Kyangwali, reaching 150 people. Research Assistants carried out one-on-one interviews and focus group discussions, gathering detailed feedback on our initiatives.

The data from these surveys reveal that 96% of participants used the DfG washable pads or B-free cups, with 48% using the washable pads daily during their periods. Remarkably, 95% of Kit recipients felt confident that these products would not leak, highlighting their effectiveness. We also observed positive trends in menstrual hygiene practices, with

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74% of users letting their pads dry completely and 78% drying them under sunlight. However, some challenges remain, including the need for more underwear and pads in the kits and issues with water accessibility in certain areas.

We are thrilled to share a few success stories that bring light to the impact of your support. One young woman, a 19-year-old refugee from Congo living in Kakoni B Village, has experienced a profound transformation. She previously struggled with menstrual cramps and isolation but gained confidence and self-esteem after joining a Days for Girls group and learning about menstrual health management.



Similarly, another participant, who cares for her large family, has used the knowledge gained from our training to support her sisters. She shares, “I have trained two of my sisters on menstrual health and hygiene, and we have received MHM kits. I am now confident and can manage my menstrual pains effectively.”

Another inspiring story comes from a member of the disability community, who now leads discussions on menstruation in her community. She notes, “I make sure all the girls in my group feel comfortable talking

about menstruation. I am proud to say that my peers can now make their own pads and walk long distances without fear of leakage.”

As we continue our mission, we remain deeply committed to empowering people who menstruate and expanding our reach to those who need it most. Your support is the driving force behind these transformative changes, ensuring that more women and girls have access to the menstrual health resources they deserve.

Thank you for your unwavering dedication and belief in our mission. Your generosity is not just making a difference—it's changing lives, giving women and girls in Uganda the confidence and opportunity to thrive.

With deepest gratitude,
The Days for Girls Team

