



Conservation Education Society

# NEWSLETTER

Conservation Education Society's monthly newsletter  
in partnership with the Marine Education Centre.



Photo of some of the marine team reuniting to clean our beaches!

## Sustainable Periods

Did you know that on average, a single woman uses about 11,000 pads and/or tampons throughout her lifetime! From this data, you can only imagine how many sanitary products end up in our landfills! Even more disturbing is that it takes an estimated 500 to 800 years for these products to decompose, leaving a carbon footprint that outlives us and future generations. But what about the financial impact?

Poverty means that access to sanitary products is a huge challenge for many young girls and women globally. In Kenya, it is not unusual for a girl to miss a few days of school each month because of her period. There are many girls that come from families who cannot afford sanitary products. A packet of sanitary pads costs about Ksh 100 (\$1). The average wage for families in Kenya is Ksh 10,000 and approx. 36% live on under Ksh 200 (\$1.90) a day. Considering the above, purchasing sanitary products is not always feasible, becoming more of a burden than a necessity for many women.

Over the last five years, there has been growing momentum around improving women and girls' menstrual health. For example, the Kenyan Government has introduced the distribution of free sanitary pads to public schools. There are also many organisations working within Kenya, all making various efforts to improve menstrual health among girls! This is why we were excited to work with a group of youths from Shimoni, The Shimoni Youth Self-Help Group, who approached us in July 2020 about our 'Sustainable Periods' programme. Through the groups own initiative, they raised funds to purchase reusable pads for 17 girls in their community from our 'Sustainable Periods' programme. they also help by increasing awareness amongst girls and boys about menstruation and women's health.

## *In this newsletter:*

Sustainable Periods

Page 01

What We Have Been Up To  
This Month!

Page 02

News From The Marine  
Education Centre

Page 03

TreeCycle - The Story So  
Far...

Page 04

The idea behind our ‘Sustainable Periods’ programme is to provide affordable, washable, eco-friendly and culturally appropriate sanitary pads. They come with a washable pad that snaps around your underwear, and two absorbent inserts that you can wash, reuse, and even double up on heavier days. They save thousands of sanitary products from landfill whilst saving young women money in the long run, helping girls and women from communities who cannot afford the monthly burden of purchasing sanitary products. We followed up with the group to get feedback from the 17 girls, aged between 15-20 years old, on the reusable pads. The Shimoni Youth Self-Help group did not only distribute the reusable pads but they also took the opportunity to educate these girls about the importance of using reusable pads, and how they can maintain hygiene whilst using them. The girls reported that the reusable pads felt softer, were more comfortable and felt more clean compared to disposable pads. Some girls even reported a reduction in cramps after using the reusable pads, although this is very unlikely to actually be due to the pads themselves but maybe a sign that girls felt more confident and capable during their periods when using these pads!

Since each girl received only one pack, the pads needed to be washed over night for the girls to have a fresh pad for the next day. This is a great lesson for the future of our ‘Sustainable Periods’ programme, now knowing we will need to provide more than one reusable pad per girl. One girl reported that their family members felt nervous about them using the reusable pads, just in case they leaked and attracted attention. This highlights the importance of community acceptance for the programme to be successful and for the pads to be used in the long term.

We will continue working with Shimoni Youth Self-Help Group and others in providing pads to young women. Furthermore, we will be organising both women health and sustainable workshops as soon as it is safe to do so. If you would like to support our ‘Sustainable Periods’ programme, please contact us directly on [info@ces-kenya.org](mailto:info@ces-kenya.org).

Photos provided by Shimoni Youth Self-Help Group of the young women receiving the pads and partaking in one of the workshops offered.



## What We Have Been Up To This Month!

This month has been a fantastic month for both the Marine Education Centre and the Conservation Education Society. Although another lockdown as been rumoured, October was a welcomed surprise. With the kind help of the Sands at Nomad Hotel, we were able to open the Marine Education Centre to the public, after almost 7 months of closure. Officially reopening on the 16th October. If you would like to visit for a 'socially distanced' tour, we will be open between 2pm-5pm daily. Please ensure you bring a mask and get your temperature checked at the main gate!

The Marine Team also participated in this years International Coastal Clean up, along with Kwale Plastic Plus Collectors, the Sands at Nomad Green Team, Camps Kenya and many more. Due to COVID-19, the clean up was stretched over a month, with the marine team participating in two of the beach clean-ups.

We also participated in the Colobus Conservation fundraiser, Golf on the Beach. Getting the opportunity to showcase our wonderful sustainable and locally sourced products. We shared a stall with our partners, Diani Turtle Watch and was thrilled to be part of this special and important event.

We recently partnered up with a fantastic new initiative called One Planet Conservation Awareness, and will be joining their network of conservation organisations around the world, to deliver educative materials for students everywhere. We are incredibly excited about this new partnership and look forward to connecting with like-minded and passionate groups and individuals to increase awareness of the importance of conserving our environment.

If you would like further information, please contact us on [info@ces-kenya.org](mailto:info@ces-kenya.org).



Photo on top: Our stall at the Colobus Fundraiser. Photos at bottom: Marine team participating in the International Coastal Clean Up.



Did you take our 'Astonishing Marine Life' quizzes in October? We released one per week with the Conservation Education Society, with each quiz including some of the most astonishing achievements, adaptations, and crazy quirks of all marine species! Many of these beautiful marine creatures are threatened, either directly or indirectly from human actions such as pollution, fishing, habitat destruction, and more. But we believe that we can all make a difference to help them, and once we know more about them, we hope more people will be inspired to make a change! Check out the quizzes by clicking [here](#). For ideas about how we can all protect marine species, check out this attractive infographic, or read more in this short article by clicking [here](#).



## Have you visited our online store?

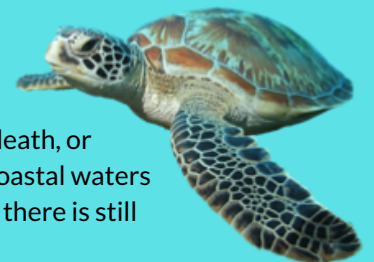
When we were researching platforms to bring our Marine Education Centre designs online, Teemill immediately stood out. Every item is made from 100% organic cotton and production occurs in a renewable energy run factory! This fits perfectly with our values as we believe that a major way for each of us to reduce our impact on the environment is through responsible purchasing. We have a range of men's, women's, and children's clothing, and tote bags too. A percentage of every sale comes directly to our team which we use to further our work in marine conservation. Check out our store [here](#) and please share to help us spread the word!



## News From Our Turtle Partners

Diani Turtle Watch found the remains of an adult leatherback turtle on a beach in south Galu! Essentially only the carapace remained with evidence of many shark bites, either the result of its death, or scavenging thereafter! The largest of the seven sea turtles species, are a rare sighting in Kenyan coastal waters but are known to inhabit the deeper Indian Ocean. Although it is sad to find a deceased individual, there is still valuable information to be gained.

The Olive Ridley Project worked together with the Marine Education Centre team to summarise the first two years of our sea turtle photo identification programme in Kenya for an article now published in the African Conservation Telegraph! Read the short and informative piece [here](#).



CESNOMADS IS AN UNIQUE OPPORTUNITY TO ADVERTISE IN NOMAD MAGAZINE AT A DISCOUNTED PRICE AND SIMULTANEOUSLY SUPPORT MARINE CONSERVATION ALONG DIANI BEACH KENYA!

#### WHAT DO YOU GET?

- Your business under the eyes of 10,000 monthly viewers
- 1 advertisement in the print & digital copy of Nomad Magazine
- 1 Facebook post + 1 Instagram post + 2 Instagram stories on Nomad Magazine's page

#### WHAT WE DO

- Create awareness about marine conservation
- Educate the local community on sustainable living
- Create a network of partners to strengthen conservation efforts along Diani Beach Kenya.

**DISCLAIMER:** Offer only available to companies that do not have a valid contract with Nomad Magazine.

Please contact us on [campaigns@ces-kenya.org](mailto:campaigns@ces-kenya.org) for further information.

**THINK GLOBAL, ACT LOCAL!**



## TreeCycle - The Story So Far...

Youth Photo contest winner, Keya Shah, shared with us the TreeCycle initiative. It is always great to see our youth taking action to help save the planet and here is their story...

TreeCycle was born in 2018 when three friends Keya Shah, Qaaiba Kurji and Rasmeet Kaur took part in their school business week. The trio are passionate environmentalists and envisioned an enterprise that would make good business sense but with a positive impact that would inspire their customers to be more environmentally conscious hence their slogan "Writing over old mindsets". They came up with the idea to sell their own brand of unique pencils made from recycled newspapers.

#### Why?

- Relatively inexpensive, easy to sell to an existing client base – the students in their school.
- Locally produced - support local industry. Made in Kenya.
- Raw materials are readily available.
- 100% Ecofriendly and biodegradable.

What started as a simple idea has become an award winning business enterprise. TreeCycle was showcased in 2020 by the World Economic Forum's -30 Days of Green Campaign. To date over 5000 pencils have been sold. We cater for individuals, schools and also undertake bespoke branding services for institutions and businesses who would like to use our pencils as marketing tools.



**TreeCycle**

This pencil was once a newspaper

"Writing over old mindsets"

Contact us to place your order

 @treecycle\_ke

Email us: [kenyatrecycle@gmail.com](mailto:kenyatrecycle@gmail.com)

Details:

1 pencil @50 Ksh

A box of 12 @600Ksh

Contact for pricing on wholesale orders

We deliver in Mombasa and Nairobi :)



**A special thank you to the following businesses, without them, our work would not be possible.**



## Marine Education Centre Opening Times

Monday	2pm - 5pm
Tuesday	2pm - 5pm
Wednesday	2pm - 5pm
Thursday	2pm - 5pm
Friday	2pm - 5pm
Saturday	2pm - 5pm
Sunday	2pm - 5pm



## Our Conservation Partners



## Remember

**If you see a turtle nesting or an injured turtle, please contact Diani Turtle Watch on +254 758 961 322**



**The Sands at Nomad Hotel**  
**Conservation Education Society/**  
**Marine Education Centre**  
**P.O Box 5066-80401**  
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