

UFULU

www.ufulu.org

UFULU GIVES FREE MENSTRUAL CUPS TO WOMEN AND GIRLS IN MALAWI



WHAT IS PERIOD POVERTY ?

- Period Poverty is "**a lack of access to sanitary products due to financial constraints**"
- **We estimate 80% of women in Malawi are in permanent period poverty**
- **70%** of girls we speak to regularly miss one week of school every month because they cannot afford sanitary pads
- **Over 80%** of women and girls we have spoken to suffer from permanent nappy rash

NO FEMALE SHOULD HAVE TO USE RAGS FOR HER SANITARY PROTECTION





THE REALITY OF PERIOD POVERTY

- Many females in rural Malawi are in **permanent period poverty** and unable to afford decent sanitary products
- A pack of **10 disposable pads costs $2**. For many rural women this is 1 day's salary
- The widespread use of rags as a means of sanitary protection amongst rural females in Malawi is a leading cause of **nappy rash**, thrush & bacterial vaginosis

WHAT IS A MENSTRUAL CUP?



WHAT IS A MENSTRUAL CUP?

- Menstrual cups are made from **silicone**
- You wear them **inside** you like a tampon
- They contain **NO** plastic or latex
- They are **reusable** and can be boiled clean
- And each cup lasts **10 years**

UFULU RUNS EDUCATIONAL WORKSHOPS





The Ufulu 'Cup Starter Pack'

WHAT DOES EACH FEMALE RECEIVE?

- 2 hours of education on how to insert, use & care for her cup
- A menstrual cup in an organic cotton bag
- A set of instructions in Chichewa
- A bar of soap - to wash her hands
- A recycled food tin - to boil her cup clean
- Continued contact with her workshop trainer via phone
- Follow up meetings – a workshop trainer will aim to see each woman 1 week, 1 month & 3 months after the initial workshop

WE WORK WITH SCHOOLS, WOMEN'S GROUPS & YOUTH GROUPS





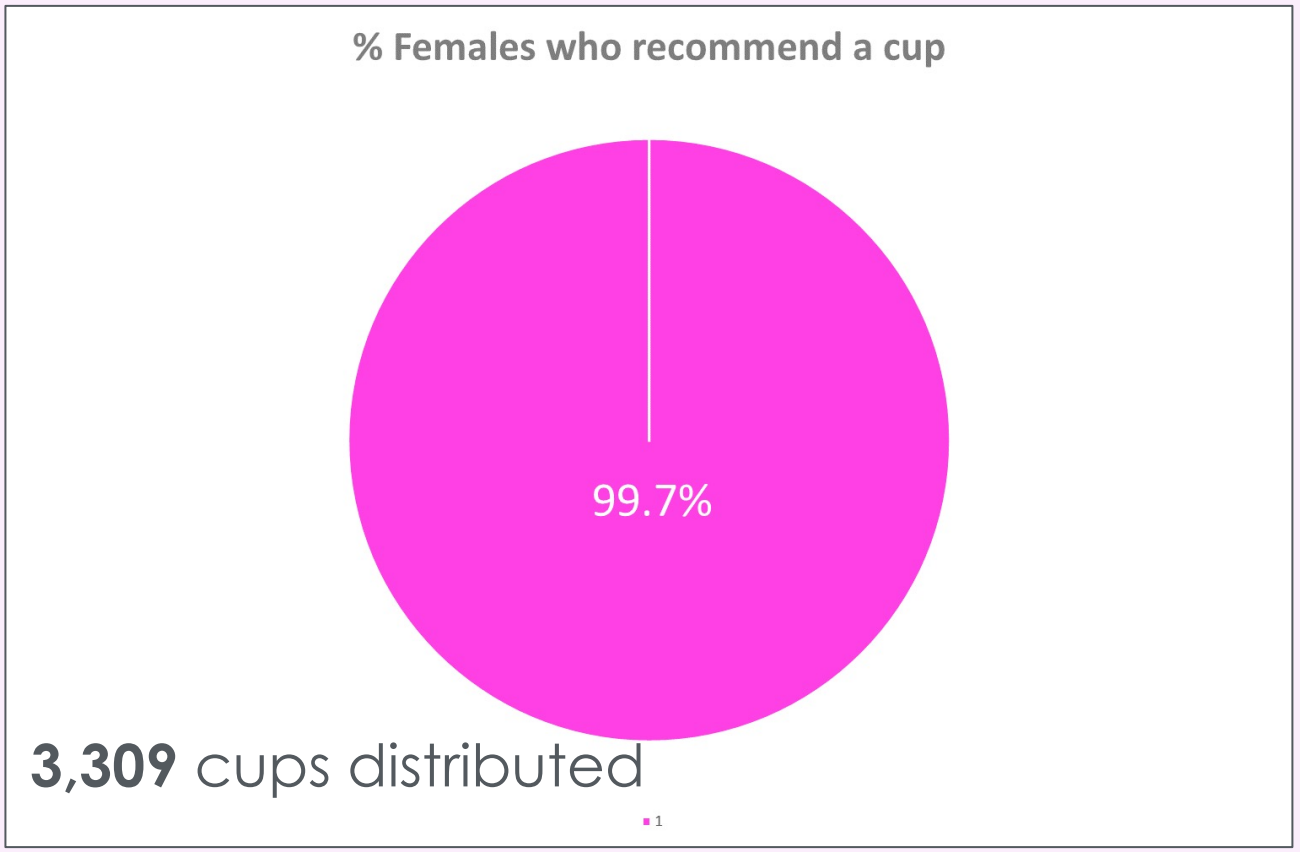








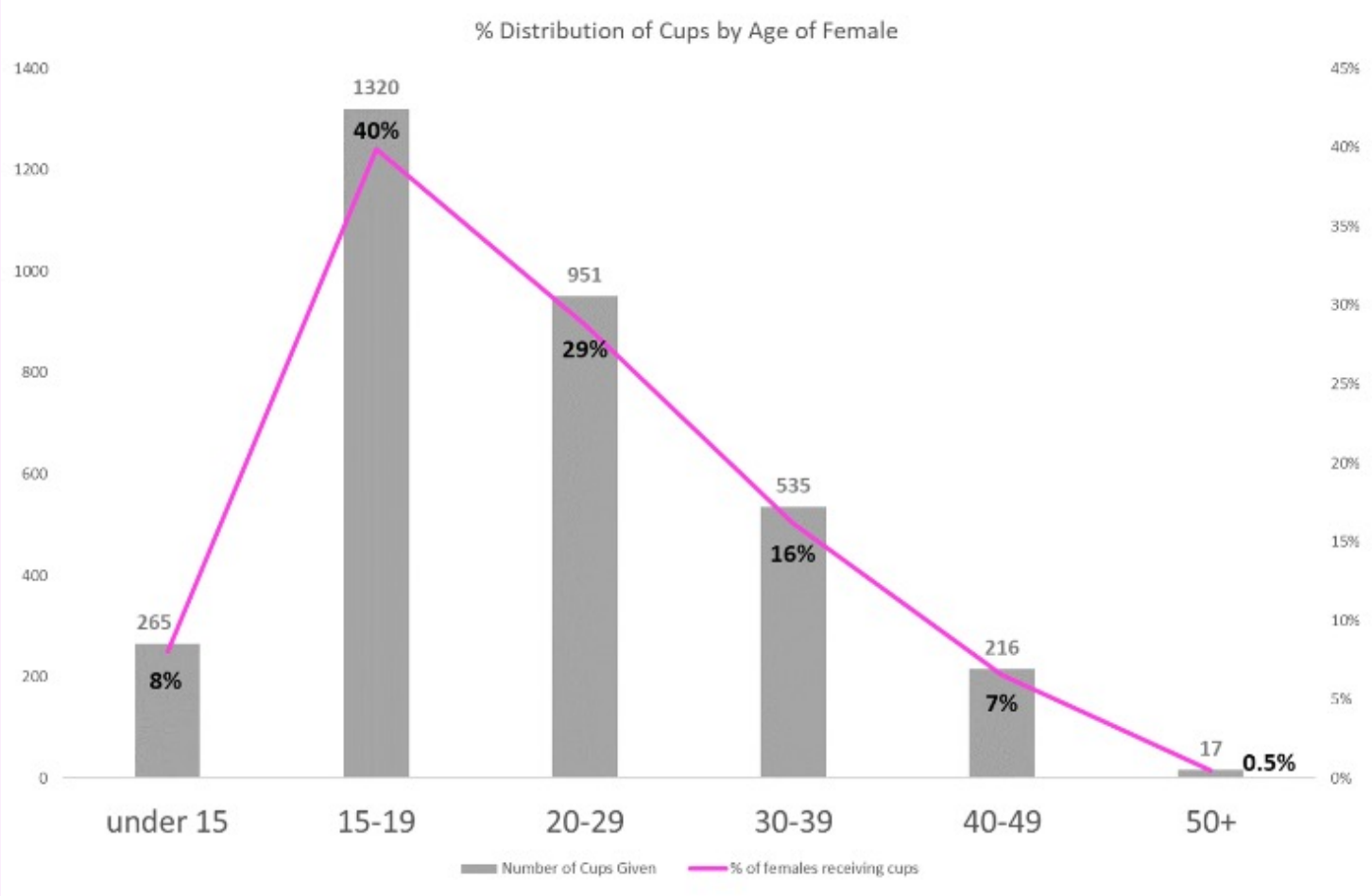
CURRENT STATUS - WHAT HAVE WE DONE SO FAR?



1,722 follow up interviews have been conducted

99.7% of females recommend using a cup

DISTRIBUTION OF CUPS BY AGE



Improved menstrual health at a young age increases a girl's attendance at school ultimately offering them better prospects for the future

HOW IS UFULU HELPING?

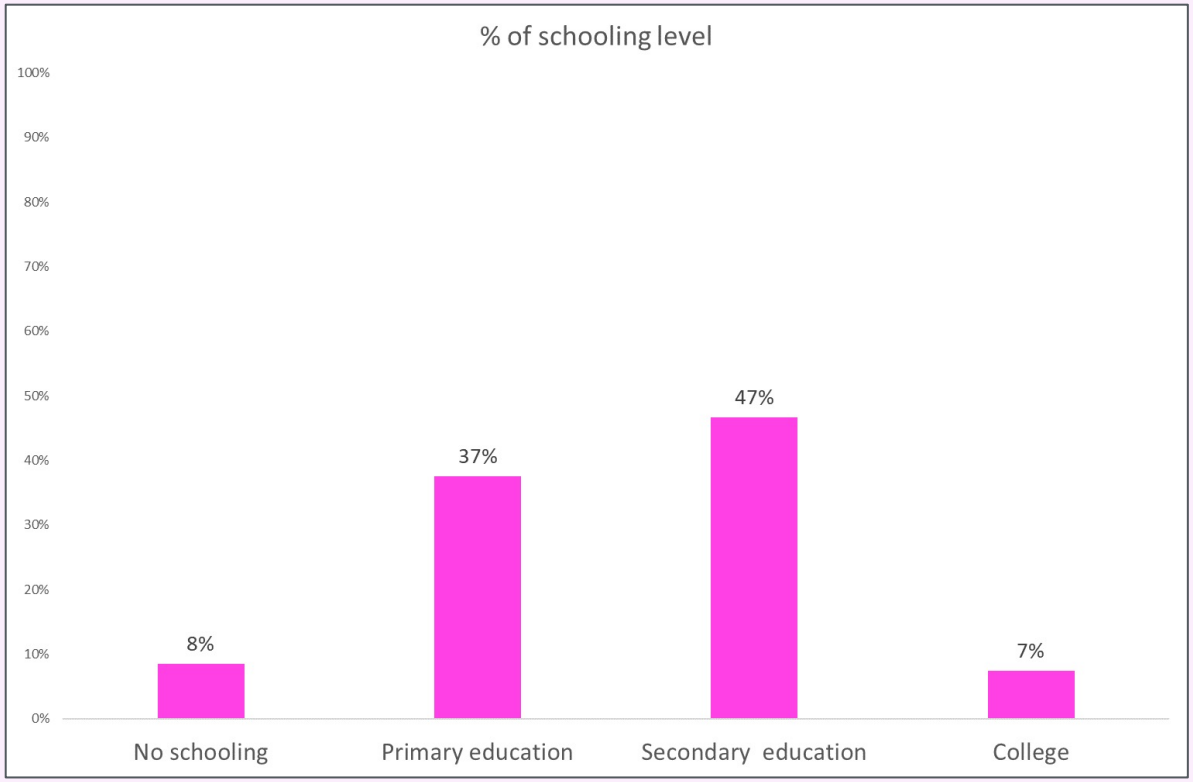
By providing cups, Ufulu is:

- Increasing the ability of girls to attend school
- Improving feminine hygiene
- Aiming to reduce teenage pregnancy through increased body awareness and basic sex education
- Aiming to prevent environmental pollution from the use of disposable sanitary pads

HOW DO SANITARY PRODUCTS AFFECT SCHOOL ATTENDANCE?

Of the females that we have given cups to:

- **8%** of females have had **no schooling** whatsoever
- **37%** of females do not progress past Primary school
- **Less than 50%** of females received an education to secondary level
- Only **7%**have managed to get to college.



EDUCATION MATTERS

The UN states that
the easiest way to bring a country up in world financial rankings
is to education its women

But if a girl misses **25% of her education** just because she has a period
this will **never** happen

UFULU – IMPROVING EDUCATION

- **70%** of girls we have met reported missing school when they had their periods, because they couldn't afford sanitary pads
- Many girls regularly miss **1/4 of their education** (ie 1 week every month) because of periods
- In schools where Ufulu has distributed cups, staff report a **significant increase** in the attendance of teenage girls when they have their periods

Providing a girl with a menstrual cup dramatically increases her ability to attend school

FACTS, FIGURES AND COSTS

- **£10** = the cost of 1 x Ufulu cup starter pack
  (A cup starter pack lasts for 10 years and will enable a girl to gain her full education)
- **£50** = the cost of a monthly salary for our workshop trainers
  (This is present min wage and our aim is to increase this as we gain more funding)
- **£100** = the cost of training a woman to run cup workshops
  (She will be the permanent workshop trainer for her village thus affording females with continuity and reassurance)
- **3,300** cups distributed in **2 years** via 165 workshops
- **1,722** individual follow up interviews held, to assess the success rate of cups and how each female is managing
- **99.7%** of females love (and are using) their cups

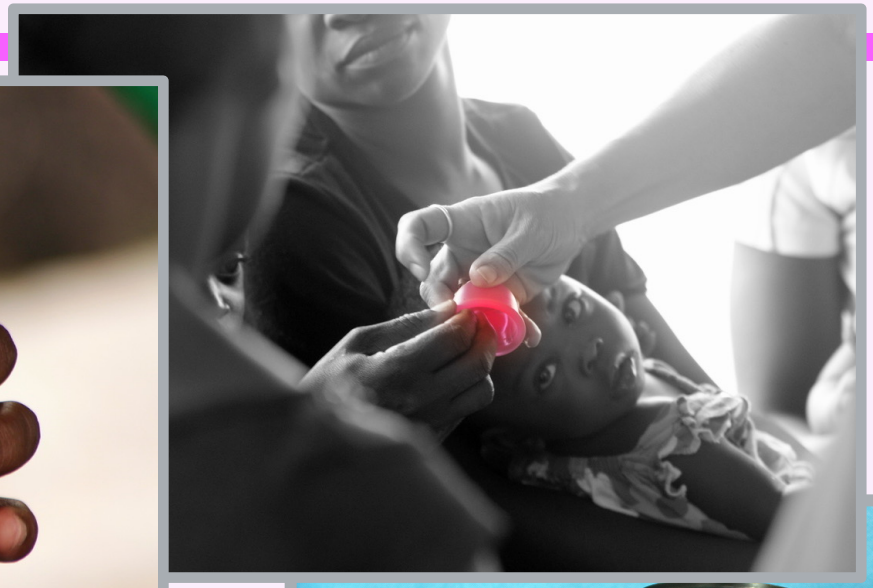
ARE CUPS WORKING?

- In a word – **YES**
- **99%** of women who have received a cup from Ufulu, recommend using a cup



BUT IT ALL STARTS WITH A CUP







- **A cup starter pack costs £10**

  …and will give a girl her education for 10 years