



SOHFWA INITIATIVE

Menstrual Health & Reusable Pad Program

Empowering girls and women across Uganda through menstrual health, hygiene education, and vocational skills.

Project Report: Menstrual Health & Reusable Pad Initiative

1. Background

Spirit of Hope for Women–Africa (SOHFWA) is a registered Ugandan non-governmental organization with a mission to empower girls and women, particularly in marginalized communities. The organization focuses on menstrual hygiene management, life skills development, and vocational training. By addressing period poverty and stigma, SOHFWA seeks to promote gender equality, education continuity, and self-reliance among girls.

2. Problem Statement

In many economically challenged communities of Uganda, adolescent girls face barriers in accessing affordable and hygienic menstrual products. This often leads them to use unsafe alternatives such as rags, papers, or leaves—practices that cause health risks and embarrassment. As a result, many girls miss multiple days of school every month, which negatively affects their academic performance and increases dropout rates. This project addresses the root causes of period poverty, enhances school attendance, and fosters a sense of dignity and empowerment.

3. Past Achievements

2021 – COMMUNITY OUTREACH & DISTRIBUTION

- SOHFWA reached over 200 adolescent girls in at least four rural schools and community groups.
- The project provided reusable sanitary pads made by local women's sewing groups, promoting sustainability.
- Menstrual health workshops were conducted, promoting open discussions, hygiene education, and stigma reduction.



2022 – LAUNCH OF SKILLS & PRODUCTION CENTER

- A vocational training center was established and equipped with sewing machines and training materials.
- Over 165 girls were trained in making reusable sanitary pads, as well as tailoring and garment production.
- These enabled beneficiaries not only to gain hygiene solutions but also vocational skills for economic empowerment.



4. 2023–2025 EXPANSION STRATEGY

With a vision to reach more girls across Uganda, SOHFWA has developed a strategic plan to scale the project. The organization aims to reach over 1,000 girls annually by 2025. Key strategies include:

- Extending services to at least five new districts.
- Partnering with schools, women's groups, and vocational centers to widen community reach.
- Engaging diplomats, private sector actors, and local NGOs for technical and financial support.
- Strengthening the training curriculum with business management modules.
- Training female graduates to serve as peer educators and production facilitators.
- Working toward formal certification and accreditation of the pad production unit.





5. RESULTS TO DATE

Year	Girls Reached	Pads Produced/Distributed	Key Highlights
2021	200+	~500	Initiated distribution and held awareness workshops
2022	165+	800+	Established vocational training center
2023–2025	1,000+ per year	5,000+ per year	Expanded through partnerships and added training modules

6. Voices from the Field

“Girls now feel confident attending school during their periods. The reusable pads allow them to concentrate on their education, without fear or anxiety.” — SOHFWA Mentor

“The vocational center changed my life. I can now make and sell pads in my community, supporting myself and educating others.” — Program Beneficiary



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