



Report to Sumar Lakhani Foundation

TGUP's *Save a Girl* Program

Mwihoko Kit Distributions

Nairobi, Kenya

BACKGROUND

Save a Girl (SaG) is one of The Global Uplift Project's most essential and successful projects. TGUP operates two sewing centers: one in Nyeri, Kenya, and one in Dang, Nepal. It is opening new centers in Uganda, Mozambique, and Rwanda. The center in Kenya is run by Kiini

Sustainable Initiative, TGUP's NGO partner in Kenya. The Nyeri center sews TGUP's *SaG* sanitary kits for distribution to girls throughout Kenya. It also makes cloth COVID masks for distribution in both Kenya and Tanzania.



Each *Save a Girl* kit includes two waterproof shields, eight absorbent pads that can be interchanged to the shield, a discreet carrying bag, a large bar of soap, and a waterproof pouch to hold used pads until they can be washed, dried, and reused. Properly cared for, a *SaG* kit lasts for three years. A kit costs approximately \$6.00 to make

(\$5.87) but is provided free of charge to the girls.

The kits are given to adolescent girls from ages 12 to 18, and sometimes to others who are older. They are usually distributed in a school setting, with education provided by female teachers and Kiini specialists on menstruation, female biology, sex education, and care and use of the kits. For many girls, these sessions will be the only time in their lives that they receive informed, compassionate, helpful education on the life changes



they are going through. The kits are, in many cases, life-changers for the girls. In some cases, they are life-savers.

When girls in the developing world begin menstruation, they typically begin missing a week of school per month. Most of the girls in Kenya cannot afford commercially available products to help manage their periods, so resort to local, traditional means, including dried leaves, corn husks, dried animal dung, used rags, etc. These are not nearly effective enough to enable girls to be able to attend school. Eventually, many of them fall so far behind in their schooling that they are forced to drop out. Their options are bleak, and worse.

Without caring adults around to protect them, many become prey to sexual predators. Some take work as domestic servants or in the fields, some are forced to become child brides. Some are sold into the sex trade. In no cases, are adolescent dropouts able to finish their schooling, so they cannot realize their human potential. This is what TGUP's *SaG* is intended to do: enable girls to finish their schooling so they can better realize their human potential.

PARTICULARS



In December, 2020, TGUP instructed the Nyeri center to make 1,000 *SaG* kits and distribute them to girls at the MwiHoko Primary School in Nairobi. The distribution would occur through the collaboration of Kiini and the Ubuntu Kenya Community Based Organization (Ubuntu) in Nairobi. Ubuntu is headed by Lillian Nyakio and

acts as an NGO to the Sumar Lakhani Foundation. In this project, TGUP was acting as a principal on behalf of the Sumar Lakhani Foundation.

The MwiHoko Primary School is located in a suburb of Nairobi and has a student population of over 3,000 students in classes 5, 6, 7 and 8. There are 900 girls of menstruating age in need of sanitary supplies. Due to COVID, most of the classes at the school are held outdoors in an open field exposing the children to sun, wind and insects. The school provides a daily lunch to all of its students at a cost of 15 cents per student, a rate that is subsidized by a donor.

MwiHoko School, Jan 27, 2021, 170 kits distributed

The first distribution occurred on the morning of January 27, 2021. Three members of Kiini Sustainable Initiative drove to Nairobi from Nyeri to meet with the Ubuntu team. The team

members all proceeded to Mwhiko to do a distribution of *Save a Girl* kits to class 6 girls, of which there were 134 in attendance. TGUP's Veronica and Jenniffer provided educational training to the girls on the use and care of the kits, female and male biology, feminine hygiene and self-defense.



The training was delivered in an open field where each girl received one kit along with a Kiini-made COVID mask, all sewn by TGUP's sewing center in Nyeri. Each kit contained 8 washable pads, 2 shields, a bag for the used pads, one bar of soap provided by Eco-Soap, all in a colorful carrying bag. The combined package is intimate, discreet, and effective.

Mwhiko School, June 11, 2021, 764 kits distributed and 340 replacement shields



It immediately became apparent that the other 764 girls were in desperate need of sanitary supplies. Lillian committed to do a follow-up with the school and the girls in the next three months to understand challenges, successes, impact, etc.

Several times schedules were made to carry out this mission, but on each time, the plan was delayed, once through imposition of a national shutdown, another time because of inclement weather.

Finally, on June 11, 2021, all elements were favorable and the distribution was carried out.

Four members of Kiini drove from Nyeri to Nairobi. They left Nyeri at 9:00 a.m., arriving in Nairobi at Ubuntu's office at 1:45 p.m. The members included Philip, the head of Kiini, and Veronica, Betty, and Jenniffer. All four had been present at the earlier Mwhiko distribution in January. All four are experienced in the logistics of distribution and the education of the girls which is an integral part of receiving *Save a Girl* kits.

The team drove to the Mwihoko Primary School. This was one of the largest distributions that Kiini has ever participated in. The girls were divided on an open field into groups according to their grade—either 5, 6, or 7. Their numbers totaled 764. The TGUP trainers were assisted by Mwihoko female staff in organizing and addressing the girls. The girls were all given the



customary TGUP *Save a Girl* education on female biology, menstruation, the SaG kit itself and how to care for it, and finally, some short demonstrations of self-defense. Then, each girl was given her own kit to examine and understand how to use. Questions were taken, but they were few

and the distribution was concluded a little after 3:30 p.m. The Kiini members set out for Nyeri, arriving a little after 9:00 p.m. An additional 340 replacement shields were left with Lillian for “re-supplying” girls who had received kits in the January distribution. This was by previous arrangement.

SUMMARY

Now, there are over 17,000 of TGUP’s *SaG* kits that have been distributed in various regions of Kenya, to female adolescents who are the most vulnerable people in the society. These have been very gratefully received and will make a major positive impact in the lives of the recipient girls. TGUP’s standard *SaG* education curriculum has been administered to every recipient girl, ensuring that they knew how to care for the kit and better knew the particulars of female biology and menstruation.

We are thankful for the support from the Sumar Lakhani Foundation that has made this set of distributions possible. It is impossible to overstate the difference that being able to stay in school makes in the life chances of an adolescent girl. It is profound, endures for her entire life, and is passed on to her children. It literally ripples into eternity. *Save a Girl* is one of the most impactful of all of TGUP programs in Kenya.

Immediately following is a set of profiles of some of the recipient girls. This was collected as part of a study to evaluate the long-term impact of the *Save a Girl* kits on adolescent girls. Following that, a letter from a high school principal articulates her assessment of the benefits of the *Save a Girl* kits to her school’s girls (apologies for the poor resolution). Finally, details of kit distributions going back to the beginning of the program in 2017 is provided. **Thank you to the Sumar Lakhani Foundation which made this happen.** The positive impact these kits have on adolescent Kenyan girls is immeasurable.

RECIPIENT PARTICULARS

MWIHOKO SCHOOL, June 11, 2021

GIRLS INFORMATION

1. HALIETH KWAMBOKA – 14 YRS

Halieth is 14 yrs in class 7E at mwihoko primary school in Ruiru constituency

1. What types of sanitary supplies have you recently used? She uses any that that is available
2. Have you missed school because of your period? When Mum has no money for pad
3. If yes, do you feel that your academic performance has suffered? I feel because it affects my study
4. What difference do you think this kit will make in your life, especially school? I do not have to ask every now and then about pad.
5. Would you be willing to be part of a long/term study tracking whether these kits improve girls' performance in school? No personal data would ever be disclosed in the research, but it might help make the kits available to more girls. (If "yes," collect info so we can contact the girl in future years.) Yes and I do appreciate bearing we come from poor background.



2. MICHEL MUMBI – 13YRS

Michel is in class 7E at Mwihoko primary school. She appreciates so much

1. What types of sanitary supplies have you recently used? Any that is available.
2. Have you missed school because of your period? At times its hard and one lacks money and so you prefer to stay at home.
3. If yes, do you feel that your academic performance has suffered? Once you skip school you lose so much bearing this is school we are overpopulated.
4. What difference do you think this kit will make in your life, especially school? I will keep the kit myself and now im safe.
5. Would you be willing to be part of a long/term study tracking whether these kits improve girls' performance in school? No personal data would ever be disclosed in the research, but it might help make the kits available to more girls. (If "yes," collect info so we can contact the girl in future years.) Yes



3. MARGARET KAMBURA- 11YRS

Margaret is in class 5E at Mwihoko primary school in Ruiru constituency

1. What types of sanitary supplies have you recently used? I use different depending with my pocket that is the cheapest the better.
2. Have you missed school because of your period? When the school fail to supply in time and you find without thus skipping school.
3. If yes, do you feel that your academic performance has suffered? Yes as one cannot control some of the situations.
4. What difference do you think this kit will make in your life, especially school? Im safe and armed.
5. Would you be willing to be part of a long/term study tracking whether these kits improve girls' performance in school? No personal data would ever be disclosed in the research, but it might help make the kits available to more girls. (If "yes," collect info so we can contact the girl in future years.) yes



4. FAVOUR NYACHOMBA – 13YRS

Favour is in class 7W at Mwihoko primary school in Ruiru constituency

1. What types of sanitary supplies have you recently used? Anything that can be utilized.
2. Have you missed school because of your period? Yes when you realize you do not have any pad to use.
3. If yes, do you feel that your academic performance has suffered? Yes and this affects me
4. What difference do you think this kit will make in your life, especially school? Its reusable so I can use many times.
5. Would you be willing to be part of a long/term study tracking whether these kits improve girls' performance in school? No personal data would ever be disclosed in the research, but it might help make the kits available to more girls. (If "yes," collect info so we can contact the girl in future years.) Yes



5. RUTH WAMBURA – 12YRS

Ruth is in class in 5E at Mwihoko primary school in Ruiru constituency

1. What types of sanitary supplies have you recently used? any available and cheap
2. Have you missed school because of your period? Yes
3. If yes, do you feel that your academic performance has suffered? Yes as one skips lesson
4. What difference do you think this kit will make in your life, especially school? I do not have to worry even if periods come.
5. Would you be willing to be part of a long/term study tracking whether these kits improve girls' performance in school? No personal data would ever be disclosed in the research, but it might help make the kits available to more girls. (If "yes," collect info so we can contact the girl in future years.) I would like to help other girls.



ST MARY MAGDALENE GITHAGE SEC SCHOOL
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8th JUNE 2021

TO
THE GLOBAL UPLIFT PROJECT
And KIINI SUSTAINABLE INITIATIVE

THROUGH
THE SUB-COUNTY DIRECTOR OF EDUCATION
KIRINYGA EAST SUB-COUNTY
KIRINYAGA COUNTY.

Fostered
SUB-COUNTY DIRECTOR OF EDUCATION
KIRINYAGA EAST
P.O. Box 208 - 10301
KIANYAGA

RE: APPRECIATION-PROVISION OF REUSABLE SANITARY TOWELS FOR THE GIRL STUDENTS.

The B.O.M and the entire fraternity of St. Mary Magdalene Githage Secondary school on a very special note wish to register sincere appreciation on the above stated donation which has greatly established the learning of our girl students, evident by the attached 2020 K.C.S.E result.

Majority of our students are under care of the aged and financially handicapped grandparents/guardians who are not in position to provide some of the basic resources e.g sanitary towels to the girl-children they take care of, and the young girls too are not free to disclose the level of need to them.

The timely donation settled our girls from looking for help from the wrong people and have drastically reduced absenteeism during the onset dates.

Further, the donation saved the school on the expenditure it was incurring to purchase for the **few most desperate cases.**

We are humbled and feel honored as you team up with us to help the young ones get established.

The school shall enroll the 2021 form ones in JULY the 29th and would request to have them too provided with the reusable sanitary towels.

May the Lord continue to bless you in your work to serve the humanity.

Thank you
Yours faithfully

ST. MARY MAGDALENE GITHAGE
SECONDARY SCHOOL
P. O. Box 7 - 10301, KIANYAGA
Date: _____ Sign: _____

AM

MRS AGNES MUGO
PRINCIPAL/BOM SECRETARY

Date funded	Date kits distributed	# Kits Ordered	Destination	# Kits Distributed
2017				
8/7/17		250		
	9/8/17		Nyeri Farm	20
	9/8/17		Sunrise Tetu	40
	9/8/17		Eucarbet Academy	30
	9/8/17		Jikaze women in slums	20
	9/15/17		Ngungu Secondary School	80
	9/15/17		Gikumbo Primary	30
	9/15/17		Mwea Bright Star	30
10/6/17	10/18/17	100		
	10/9/17		Nyeri Farm	20
	10/31/17		Kihatha Primary	40
	10/31/17		Bonde Women	40
Totals		350		350
2018				
1/20/18		100		
	2/31/18		Gachica	100
3/17/18		300		
	3/21/18		Kiganjo	88
	3/28/18		Itara	105
	3/28/18		Irembu	107
4/2/18		500		
	5/24/18		Irembu	70
	5/24/18		Nyeri Farm	30
	5/24/18		Kihuyo	100
	5/24/18		Iriani women	20
	5/24/18		Kihatha	30
	5/30/18		Eucarbet	60
	5/30/18		Gikumbo	40
	5/30/18		Kaganjo	150
8/30/18		210		
	9/21/18		Naro Moru	210
10/28/18		400		
Totals		1,510		1,110

Date funded	Date kits distributed	# Kits Ordered	Destination	# Kits Distributed
2019				
	1/10/19		Deb Muslim Primary	178
	1/10/19		Thaiti Primary	85
	1/10/19		Ngandu Primary	60
	1/11/19		Githwariga	77
1/11/19		300		
	2/9/19		Thika Prison	300
2/19/19		400		
	5/5/19		Kirichu	110
	5/5/19		Karima	32
5/6/19		200		
	5/14/19		Thaiti	55
	5/23/19		Mugunda Primary	97
	5/23/19		Githura Primary	102
	5/23/19		Mugaka Primary	95
	5/28/19		Nyeri small business ladies	34
	6/3/19		Sirima Primary School	33
	6/14/19		Mukurweini	67
	6/20/19		Muhoya	84
5/29/19		400		
	6/24/19		Kabendera Primary School	131
	6/28/19		Sirima Primary School	55
	6/28/19		Muthangira Primary	6
	7/2/19		Kirichu women	15
7/19/19		300		
	7/29/19		Githage Day Secondary School	50
	7/31/19		Ramura Primary School	89
	7/31/19		Tharua Primary School	106
	7/31/19		Muthangira Primary School	49
	8/3/19		Little Sisters' Children Home	91
8/2/19		400		
	8/15/19		Mara Camp Foundation	6
	9/12/19		Shining Star	65
	9/12/19		Tambaya market ladies	45
	9/12/19		Tambaya Primary School	147

Date funded	Date kits distributed	# Kits Ordered	Destination	# Kits Distributed
9/12/19		500		
	10/3/19		St Anne - Githunguri Girls	220
10/1/19		500		
	10/18/19		Nyaribo Mixed Secondary	123
	10/18/19		Gaikundo Primary	121
	10/18/19		Gaikundo Village young mothers	73
	10/18/19		Gaikundo Secondary School	134
11/15/19		500		
12/9/19		500		
Totals		4,000		2,935
2020				
1/13/20		700		
	1/29/20		Kingongo Primary	167
	1/29/20		Chania Primary	87
	1/29/20		Kirimara Primary	85
	1/29/20		Hill Farm Primary	102
	1/29/20		Muringato Primary	75
	3/6/20		Rware High School	405
	2/26/20		Mugumo girls	915
	2/26/20		Rukenya Mixed	325
2/20/20		800		
	2/20/20		Kiahuko Primary	108
	2/20/20		Mugunda	421
3/18/20	Material only for 1000 kits	1,000		
	3/18/20		St Georges Secondary, Kimunyuru, Gatarakwa girls, Gatunguru Secondary	333
	4/28/20		Majengo Slums	50
	4/29/20		Majengo Slums	216
	5/3/20		Majengo Slums	133
	5/20/20		Hosannah children Home	50
	5/28/20		Chania Village	150

Date funded	Date kits distributed	# Kits Ordered	Destination	# Kits Distributed
6/20/20		500		
	7/1/20		Gathehu location (Giakaibei)	465
	7/1/20		Gatuanganga	68
	8/18/20		Amboni - Mweiga	185
	8/28/20		Nyeri - Gospel Church	126
	8/29/20	1,000		
	9/15/20		Embaringo - Kiamunyiru Village	283
	9/17/20		Honi Sublocation	485
	9/17/20		Goa Kieni West Children Home	43
	9/20/20		Kiawara single young mothers	52
9/22/20		1,000		
	9/23/20		Muranga (Irembu) - Lucy Kimani's Compound	200
	9/25/20		Ikumari Village- Ikumari Primary School compound	450
	10/3/20		Mwenji Village - Mwenji Primary School compound	213
	10/17/20		Solio Ranch Village 4	238
10/22/20		500	Solio Ranch Village 6	
11/1/20		500	Solio Ranch Village 5	
	11/6/20		Mukandamia Secondary and Primary Schools	127
	12/3/20		ADP Solio Secondary School compound	900
12/5/20		1,000		
	12/13/20		Kigumo catholic parish, Othaya	235
	12/19/20		Endarasha Village	505
12/17/20		500		
	12/22/20		AIC Thiririka, Kinale Church	217
	12/23/20		Muranga, Maragua- Lucy's place	515
12/22/20	1/27/21	170	Mwihoko School	136
Totals		7,670		9,065

Date funded	Date kits distributed	# Kits Ordered	Destination	# Kits Distributed
2021				
1/16/21		1,000		
2/4/21		500		
	2/12/21		Mary Mother Academy Mweiga	366
	2/12/21		Kiguru Primary	231
	2/18/21		Kihuyo E154 School	120
	2/20/21		Delivered to Tanzania, Bukoba	500
	2/25/21		Amboni Primary School	325
3/1/21	6/12/21	764	Mwihoko	764
4/16/21		500		
	5/2/21		Mweiga slum at KAG Church	232
	5/8/21		Kiamuiru Catholic Church	354
5/9/21		1,100		
6/1/21		1,000		
	6/2/21		Ngaini Secondary School	184
	6/2/21		Ngaini Primary School	158
	6/2/21		Kiangi Primary	113
	6/2/21		Pemuga Primary	82
	6/2/21		Gachuiro Primary	152
	Grand total	18,394		17,041