

PERIODS FOR HOPE

ANNUAL REPORT

2019





Contents

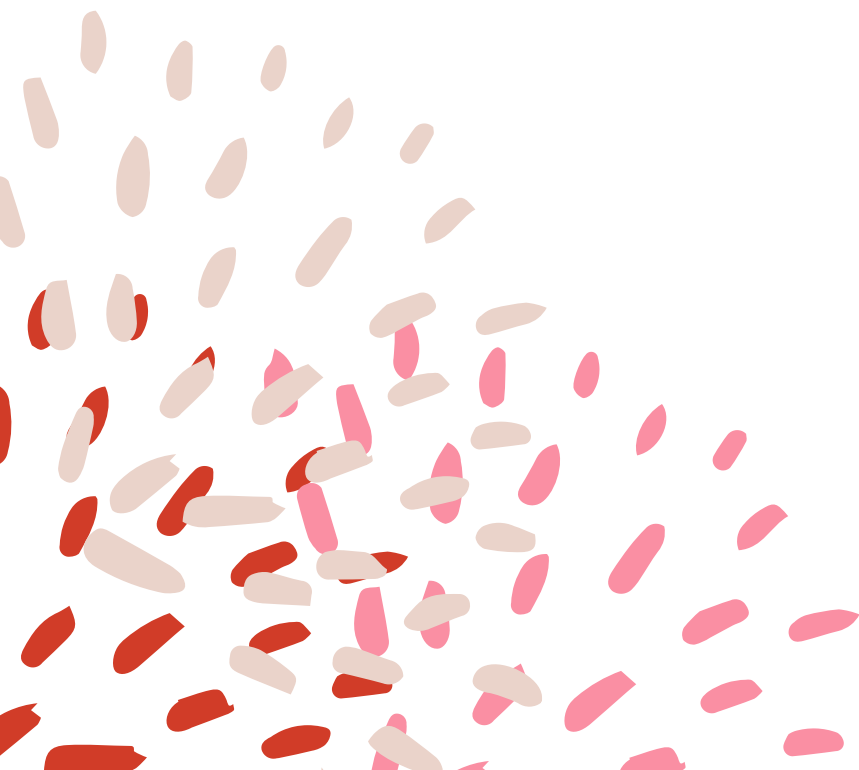
01 Introduction

02 Projects: Workshops

03 Projects: Sanitary Kits

05 Partners and Stakeholders

06 Challenges and Lessons



INTRODUCTION

ABOUT

Periods For Hope (PFH) is a student-based NPO aimed at assisting adolescents and young women within Cape Town, South Africa. PFH's primary objective is to empower females through the provision of re-usable sanitary kits. PFH's secondary objective is to overcome stigma and address cultural norms and beliefs that exist pertaining to menstruation amongst adolescent males and females.

Both these objectives are currently achieved through interventions executed at Cape Town high schools as well as sanitary kit donations.

MONITORING AND EVALUATION PROCESS

Periods For Hope has implemented a monitoring and evaluation (M&E) system that monitors the effectiveness of its workshops and sanitary kits. This system involves mixed methods (quantitative and qualitative approaches) facilitated through various surveys and data analysis. Periods For Hope divides impact into two sections with different indicators. These include, sanitary kits and educational workshops.

THE ROLE OF SHAWCO HEALTH

For every programme, Periods For Hope teamed up with medical students from UCT's SHAWCO Health to cover the medical side of the school programmes. This initiative was based on the need for accurate and informative sharing of medical knowledge. Accurate and reliable medical information is provided during the reproductive health session while Periods for Hope covers the management side of menstruation. The final part, stigma of menstruation, is facilitated with both SHAWCO Health and Periods For Hope. Majority of our programme volunteers are from SHAWCO Health as it is essential that when facilitated group work, the boys and girl learners are provided with detailed and precise information.

PROJECTS: WORKSHOPS

SUMMARY

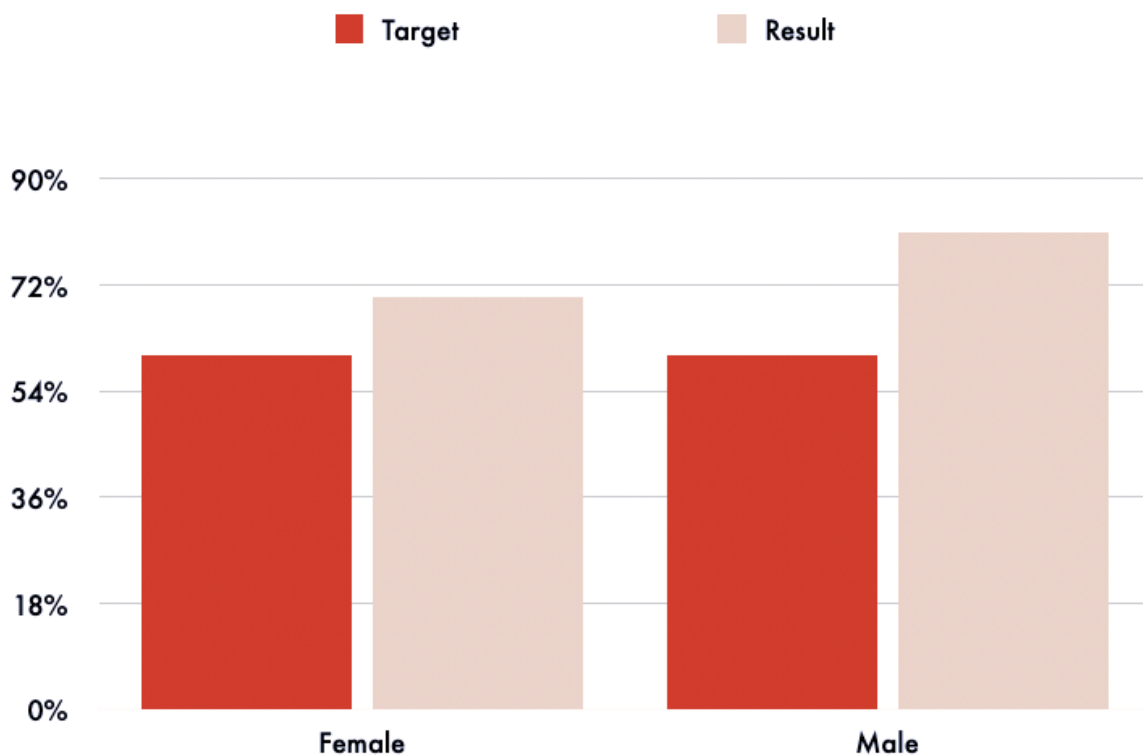
The female school programme is centred on four pillars: Education, Participation, Involvement and Community (EPIC). Groups of 30-60 adolescent girls are educated on topics relating to menstruation whilst participating in group work and game activities. The male programme is similarly designed to the girl programme outlined above but focuses mainly on the misconceptions of menstruation and insights into the experiences of women whilst menstruating. The programme promotes engagement and dialogue amongst male students regarding related stigma and beliefs. It aims to empower them to become advocates of change by assisting girls through menstruation and educating their own male peers.

OBJECTIVES: Improving knowledge of menstruation

DATES: May, August and September 2019

PROGRESS: Grades 8, 10 and 11 partook in a programme which seemed to be successful and engaging. Grade 9s could not partake as there were not enough sanitary kits for them, proving to be a challenge.

TARGETS & RESULTS



Knowledge of menstruation post-workshops

PROJECTS: SANITARY KITS

SUMMARY

PFH has developed a partnership that involves the designing and producing of reusable sanitary kits for distribution to vulnerable adolescent girls in resource-strained settings. These sanitary kits are distributed to girls during the programmes in which they are trained on the use thereof. These sanitary kits are reusable, designed for resource-strained settings and have proven effectivity in that the schoolgirls readily accept them. In addition, there has been indirect job creation for the sewing team that is involved in designing and producing the sanitary kits. This is productive as not only are young girls accommodated but so are previously unemployed people.

OBJECTIVES: Provide sanitary kits to young school-learners who use them.

DATES: May, August and September 2019

PROGRESS: All grades 8, 9 and 10 received sanitary kits.

TARGETS & RESULTS



PROJECTS: SANITARY KITS CONTINUED

SUMMARY OF RESULTS

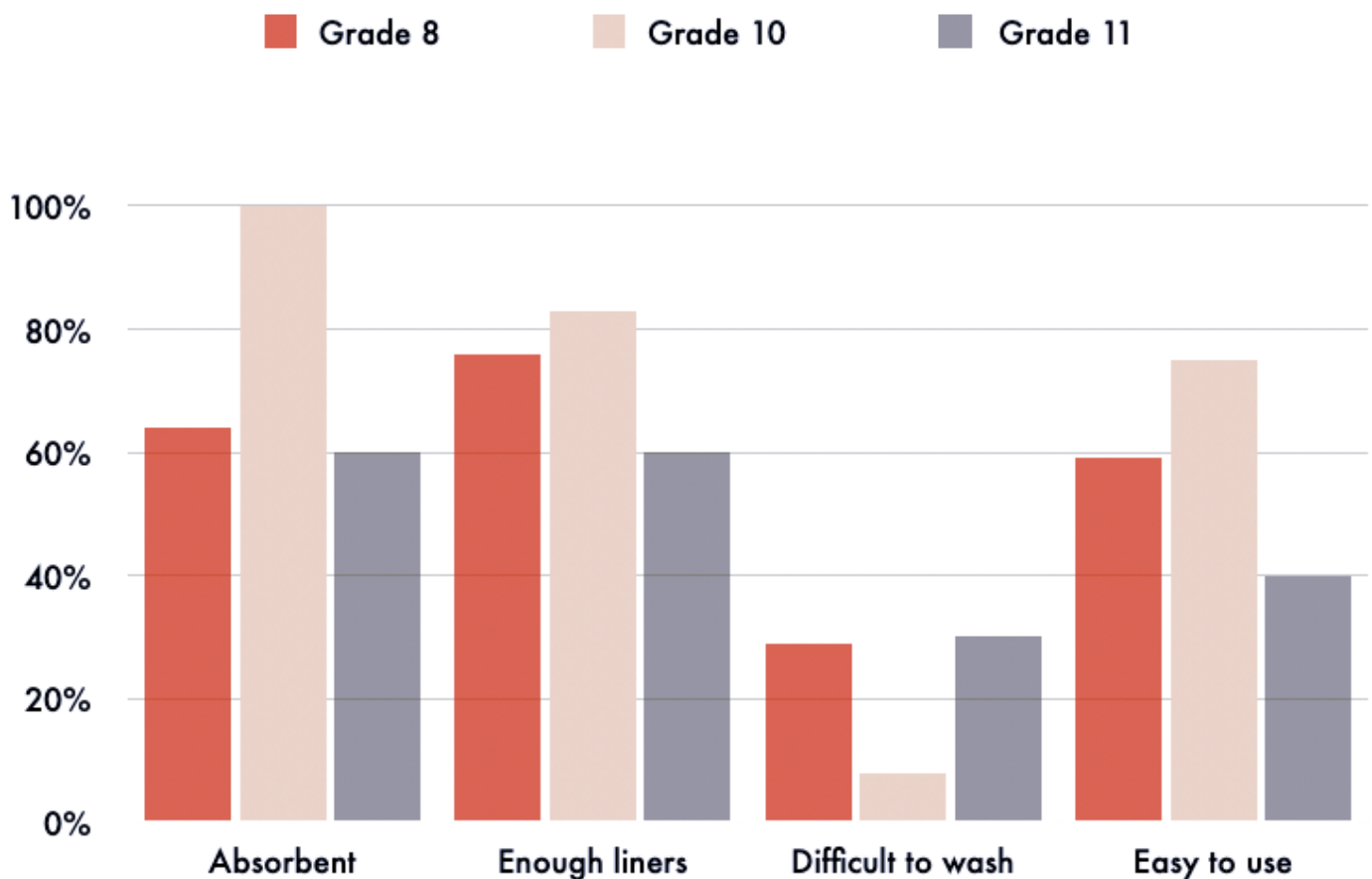
Sanitary Products and Kits

Majority of the products used amongst all the grades were pads with few using tampons due to the stigma attached to them (this was also indicated during the programmes). Moreover, sanitary kits were used, with 92% of girls in grade 10 using the kits. During the M&E process, PFH expected to not reach every target due to LEAP being a test-run for the sanitary kits and programmes.

Disadvantages and Advantages of Kits

Common concerns about the sanitary kits were that the girls felt uncomfortable when washing them and that the liners were either too big or small. The advantages were that they save money and are comfortable, durable as well as absorbent.

RESULTS OF KIT FEEDBACK



Feedback results per female grade

PARTNERS AND STAKEHOLDERS

SHAWCO HEALTH

SHAWCO Health and PFH ran the programmes together. PFH used SHAWCO's knowledge of menstruation. PFH wants to secure a similar programme using this knowledge for next year. Negotiations regarding PBO status to be conjoined is yet to occur.

PRIVATE DONORS AND ROTARY CLAREMONT

PFH appreciates all private and organisational donors. PFH received a generous donation from Rotary Claremont as well as other personal donors. PFH would like to start gaining funding from larger organisations and this will be facilitated through proposal writing.

ALABASTER JAR

Alabaster Jar has been consistent with supplying the sanitary kits. By using the information provided by the girls, Alabaster Jar can assist in improving the sanitary kits.



CHALLENGES AND LESSONS

1. SANITARY KITS

CHALLENGE:

PFH did not have enough funding for sanitary kits needed to facilitate a grade 9 programme.

SOLUTION:

- Retrieve PBO status to increase chances of donations.
- Lower the cost of sanitary kits.

2. FUNDING

CHALLENGE:

Lack of funding prevented general achievements

SOLUTION:

- Fundraising events need to occur more often next year as well as applications for funding grants
- PBO status needs to be secured

3. DATA COLLECTION

CHALLENGE:

The male programme survey was not completed in full as some pages were not printed. There was also no baseline data.

SOLUTION:

- Ensure all surveys are correctly handed over to teachers.
- Ensure data is secure and that it is properly analysed in future. Ensure baseline is completed.





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