

CONCEPT NOTE

MENSTRUAL HYGIENE



NO TO PERIOD POVERTY AND STIGMA

**LOCATION:
DOUALA, BAFOUSSAM, BAMENDA**

DATE : 27/05/2023

Introduction

Period poverty describes the struggle many low-income women and girls face while trying to afford menstrual products. This refers to the increased economic vulnerability women and girls face due to the financial burden posed by menstrual supplies. This is a global issue affecting women and girls who don't have access to safe, hygienic sanitary products, and/or who are unable to manage their periods with dignity, sometimes due to community stigma. Period poverty has profound negative impacts on the lives of those who menstruate, including impacts on attendance in school, freedoms and choices, work and community life, safety, extreme lack of access to supplies or forgoing food and necessities in favor of menstrual supplies; and emotional stress and anxiety. Most young girls have their first menstruation without even knowing what it is and were very embarrassed during their first incident. Period poverty continues to affect many more women especially those in rural communities and special conditions such as incarceration.

Problem Statement

UNICEF estimates over 1.8 billion girls, women, and gender non-binary persons do not have the information or resources to manage their monthly cycle in a dignified, healthy way. In the context of this crisis in NOSO and the COVID-19 Pandemic, poverty, unjust social norms, gender inequality, cultural taboos, and lack of access to basic services cause menstrual hygiene needs to go unmet. Menstrual hygiene supply scarcity forces many girls in our communities to use unsanitary self-fashioned materials such as dirty rags, ashes, and bed linings that are less-than-effective and can cause infection. These deprivations are exacerbated in this time and thus a need for urgent action. Many pre-adolescent girls lack information and support before the transition to their first periods, leaving them unprepared to manage their period safely, confidently, and without the burden of societal stigma.

Value Health Africa with its mission to improve health and wellbeing in communities and with one of its main pillars of work being fostering sexual and reproductive health through research and institution of cost-effective strategies at community levels. In commemoration of the menstrual hygiene day which is the 28th of May 2023 under the theme ***“making menstruation a normal fact of life by 2030”***.



AIM

Normalize menstruation and destroy the taboos surrounding as well as uplifting the barriers hindering the access by young girls and women to safe, hygienic menstrual supplies.

Specific objectives

- ❖ Work with 60 young IDPs on NDOPO at bonaberi, to provide pre-adolescent girls, adolescent girls and young women with the necessary menstrual hygiene education.
- ❖ Work with young women at the Central prison of Bamenda to provide adolescent girls and young women of the prison with the necessary menstrual hygiene education.
- ❖ Work with 50 young girl at the CAMSU Girl in Bafousam to provide adolescent girls and young women of the prison with the necessary menstrual hygiene education
- ❖ Support vulnerable women such as IDPs, and female inmates with menstrual supplies.
- ❖ Carry out a community awareness/sensitization campaign on menstrual hygiene
- ❖ Create a wash hand station at the female wing in Buea Central Prison

Planned Activities

- ✧ Menstrual hygiene education in Bamenda central prison; Gregory parish of ndopo and CAMSU girl IDPs to 60 young woman and adolescent girl.
- ✧ Menstrual supplies donation to 100 IDP girls and women and 50 female prison inmates in Bamenda central prison.
- ✧ Nationwide Community awareness/sensitization campaign in Bamenda, Douala, Baffousam, Bamenda.
- ✧ Creation of the BBF AGYW club

Impact

- ❖ AGYW will have sufficient knowledge about menstrual hygiene and how to manage their periods.
- ❖ AGYW will have a safe space where they can share their ideas and experiences thus promoting self-esteem among women and defeating shame and anxiety
- ❖ Have more access to safe menstrual supplies.



Budget

DOUALA BUDGET FOR THE WORLD DAY OF MENSTRUAL HYGIENE YOUNG IDP's OF NDOPO (Gregory parish)

No	Quantity	Unit price	Total
1	Number of girls expected	60	
2	60 sanitary pads	750 * 60	48,000
3	Transport	5000*2	10 000
4	Tissue paper	300*60	18,000
5	menstrual cycle calendar	300*60	18 000
5		General Total	94,000

A- Total of Budget littoral: 94 000

BAFOUSSAM BUDGET FOR THE MENSTRUAL HYGIENE CAMSU Girl

No	Quantity	Unit price	Total
1	Number of girls expected	50	
2	50 sanitary pads	750 * 60	37 500
3	Transport	2500*3	7 500
4	Stipend	5000*3	15 000
5	Charge for withdrawal	1650*1	1650
5		General Total	61 650

D- Total of Budget BAFOUSSAM: 61 650

BAMENDA BUDGET FOR THE OF MENSTRUAL HYGIENE YOUNG GIRL OF BAMENDA PRISON

No	Quantity	Unit price	Total
1	Number of girls expected	+100	
2	6 pack sanitary pads	12000 * 6	72 000
3	Tissue papers	13000*2	26 000
4	Transport	3000*3	9 000
5	Charge for withdrawal	1650*1	1650
5		General Total	108 650

C- Total of Budget BAMENDA: 108 650

Total of Budget A+B+C: 264 300