

A transformational project empowering women and girls

THIS is what Kevin Bushiri, Chair of the Nachingwea Link, has called the project we have been supporting, run by the DARE Foundation non-governmental organisation (NGO) (Development Assistance for Rural Education, darefoundation.com).

A working group of women from different religions and tribes has come together in Nachingwea. They are committed to collaborating together to bring education to all their communities. The aim is to provide access to menstrual products, training on making cheap, reusable products, education on safety and hygiene and the right to manage menstruation without shame or stigma.

As in many countries women can face serious challenges when it comes to managing their periods. A lack of materials, restrictions on girls' movements during their period and taboos and myths surrounding menstruation can lead to exclusion from daily activities, including work and school.



By working to improve menstrual health and tackling period shame it should be possible to improve girls' attendance and performance at school, break down taboos and misconceptions and raise self-esteem.

However, this has to be done sensitively and the DARE Foundation will work not only with women and girls but also community leaders, and men and boys.

The DARE Foundation has spent a week in Nachingwea to gain an overview of the local culture and to meet the group, discussing the project

with villagers and the village government. They took a doctor and a registered occupational therapist and held discussions, training and workshops to teach the ladies how to make the sanitary pads. The 40+ women have enjoyed getting together so much that they have set up their own group, meeting monthly, paying a small subscription and they have renamed the project 'The Women's Health Project'.



Soon there will be a further visit by DARE, supported by the Stapleford Link, to consolidate the education training, source supplies of material for making sustainable products, set up ways of making and selling the products and to ensure that all good practices are in place and being followed. Finally, they will train women as trainers, empowering them so the project can continue and flourish.

Kevin wrote after the first week of training, that the project “has been transformational for the community, bringing women together from different religions and tribes, empowering them and giving them the tools to self-fund.”

He says that this is unique in his experience. We learn that previously, it was taboo for women to speak even amongst themselves about women's issues but now they want to learn about contraception, childbirth etc.

Do join us at our Christmas Fair to support this and our many other projects. **The Stapleford Link Committee**



ST Andrew
STAPLEFORD



Stapleford-Nachingwea Link

Christmas Fair

Great Shelford Memorial Hall

Saturday December 2nd, 10am-1pm

Raffle * Tombola * Craft * Books

Nearly new stall * Jewellery * Sweets * Toys

Refreshments * *Delicious* bacon rolls! * Mulled wine



Raising funds for projects in
Nachingwea, Tanzania including:
Women's and children's health •
Education • Income generation • Food
security and more