

## Activity report

### REUSABLE PAD MAKING TRAINING

#### Delivery of Sewing machines, startup material and pad making training in 10 target schools in Mubende district

The three activities were conducted on the 28/2/2023 to 2/3/2023 in the ten target schools. The school community including teachers, students and some community members benefited from the training in re-usable pad making.

The students were mainly MHM club members of each school and other students from upper primary who were interested in the training.

The schedule for the three activities is as below;

School	Location/ Sub County	Date
1. Kabowa Primary School	Kibalinga Sub- County	28/2/2023
2. Christ the King Primary School	Kibalinga Sub- County	28/2/2023
3. CAWODISA Primary School	Kibalinga Sub- County	28/2/2023
4. St Mary's Gwanika Primary School	Nabingoola Sub-County	1/03/2023
5. St Mary's Kiyita primary School	Nabingoola Sub-County	1/03/2023
6. Kasasa Primary school	Nabingoola Sub-County	1/03/2023
7. Dyangoma Primary school	Kigando Sub- County	1/03/2023
8. Katega Primary School	Kigando Sub- County	1/03/2023
9. Kasana C/U Primary School	Kibalinga Sub- County	2/03/2023
10. Ikula Primary School	Kigando Sub- County	2/03/2023

#### Attendance of trainees

A total of 337 participants both female and male were trained. Out of these, 298 were students (214 Female and 84 Male), 36 teachers (20 Female and 16 Male) and 3 community members (1 Female and 2 Male) from the target schools. Below is the summary of the attendance per school.

#### Summary of the attendance.

School	MHM Club Members		Teachers		Community members	
	F	M	F	M	F	M
1. Kabowa Primary School	43	5	3	3		
2. Christ the King Primary School	9	9	4	3	1	
3. CAWODISA Primary School	17	12	2	2		1
4. Gwanika Primary School	23	15	1	1		1
5. St Mary's Kiyita Primary School	24	6	1	2		
6. Kasasa Primary School	16	6	3	0		
7. Dyangoma Primary School	18	6	1	2		

8. Katega Primary School	19	8	2	1		
9. Ikula Primary School	20	9	2	1		
10. Kasana Primary School	25	8	1	1		
<b>TOTAL</b>	<b>214</b>	<b>84</b>	<b>20</b>	<b>16</b>	<b>1</b>	<b>2</b>

**Content of the training**

During the training, participants were shown and given materials used and given a chance to touch and feel the texture of each material as well explaining its function in the pad.

Focus was on the shape of the pad and the measurements of the pad and this was successfully done by teaching the participants how to come up with a paper trace of a pad, demonstrated how to use the paper trace to cut out pieces of the materials and stitch them together in a particular order to make a pad. Each school was given a sketch of the pad in form a hard paper for future reference during practical cutting of the pad.

10 copies of the booklets were hand delivered to the respective responsible staff at each school. Teachers were encouraged to use the booklet as a point of reference during MHM lessons without restricting learners from having access.

The project team also briefly talked about the importance of education especially to the girl child and all the students in the 10 schools were advised to report cases of sexual violence and abuse they face at school and at home to the authorities but in case they are not assisted they are free to contact SORAK team.

**Reactions**

Some head teachers asked if there will be continuous supply of materials for making the pads when start up material gets finished. In response to this, they were advised to mobilize the parents to contribute some money to buy materials.

On observing the finished product of the pad, the tailor at CAWODISA inquired if they would be provided with an over lock machine and that which puts on buttons. In response to this, she was told to improvise and fix buttons by hand and also to try to be neat when sewing.

“What would happen if we change the order of the materials for making the pad?” asked the senior woman at Dyangoma Primary School.” In response to this, she was advised not to change the order because each material had a function to fulfill in that position as explained earlier.

“We are happy to get such an opportunity of learning to make the re-usable sanitary pads, all along we did not know the materials used and would just imagine about the components of the finished product. We have plans of getting more material to produce more pads” said the Senior Woman Teacher at Gwanika Primary School

The MHM club president at St Mary’s Gwanika Primary encouraged fellow learners to stop using dirty material while in menstruation. She urged them to use clean pieces of clothes and endeavor to learn how to make their own reusable pads given the opportunity brought by SORAK.

The tailor at Gwanika encouraged learners to approach him to learn how to make reusable pads and he advised them to learn how to use their hands in order to be in position to making pads without a sewing machine.

The Senior woman at Gwanika Primary School appreciated the fact both male and female students attended the training and have the idea of how to make the reusable pads which knowledge they will utilize when they grow up.

The Head teacher at Gwanika noted that, the tailoring machine is used for making uniforms at school as one of the means to cater for the tailor’s salary. She added that the tailor will start to train learners in making sanitary pads as one of the results from the pad making training.

“Many girls are now demanding for material used during menstruation unlike before the project intervention and we ensure that they are readily available. We are glad to receive the training and material used for making pads and we promise to produce more for our school and the community at large.” Said the Head Teacher Dyangoma Primary School.

One of the boys at Katega Primary School wanted to know if they can be given the opportunity of making pads for sale. They were informed that it is possible depending on the arrangement of the school.

One of the girls wanted to know if the sewing machine can be used for other purposes like repairing uniforms at school apart from pad making. She was informed that the machine can be used for multiple purposes including making school bags, repairing uniforms in addition to pad making.

“There has been behavioral change at school ever since the project intervention. Before, boys used to laugh at girls who had blood due to menstruation on their clothes and were not supportive but currently, they are supportive.” Said the Senior Man Teacher at Katega Primary School

All the head teachers were appreciative and promised to make the best use of the material and the booklets. They were happy to receive the booklets as they noted that it will ease their work through identifying the relevant topics to teach.

**Pictorial**

		
<p>Pad making training at Kabowa Primary School</p>	<p>A teacher demonstrates how to join the different points of the pad</p>	<p>Demonstration on how to make a sketch at CAWODISA P/S</p>

**Mubende District**



Pad making training at Christ the King P/S



Pad making training at Katega P/S



Learners are taught how to make a sketch of pad at Katega P/S



Pad making training at Dyangoma P/S



Learners are shown material used during pad making at Kasasa P/s



Pad making training at Kiyita P/S



Senior man receives material for pad making at Kiyita P/S



Pad making training at Gwanika P/S



Booklets handed over to the Headteacher at Christ the King P/S



Booklets handed over to the MHM Club president at Kiyita P/S



Booklets handed over to the Senior Woman Teacher at Katega P/S



Booklets handed over to the Senior Woman Teacher at Gwanika P/S

		
<p>Booklets handed over to the Senior Woman Teacher at Kasasa P/S</p>	<p>Booklets handed over to the Senior Woman Teacher at Dyangoma P/S</p>	

**Positive influence**

- Participants (learners, teachers and parents) were excited to learn how to make reusable pads
- Boys participated attentively and were eager to learn more especially at Christ the King Primary School
- Some of the students (Kabowa Primary School) had basic tailoring skills which made training easier
- After the training, participants appreciated the support thanking SORAK and GBN for the initiative.
- Students loved the samples of the pads in all schools.
- Boys were so interested in pad making especially at Christ the King and Dyangoma Primary School
- Some schools like Kabowa had improvised material for reusable sanitary pad making and had made efforts to avail emergency pads to students.
- At Katega Primary School one of the teachers acquired tailoring skills during holidays and she will be training the learners during pad making
- At Gwanika Primary School, the sewing machine was being used for making uniforms to cater for the monthly stipend of the tailor.

**Challenges**

- The number of trainees was high per session compared to the tools of work
- Some of the students who belonged to the MHM club at Kasasa, Dyangoma and Gwanika had changed school and this was solved by recruiting other members in the club
- Some students had not reported back to school but their fellow students will take them through the process of making pads
- Among the ten schools only one student at Kabowa primary school could operate the sewing machine and the rest needed serious training.
- At some schools like Kasasa Primary School, the Head Teacher and the Senior man was transferred to another school whereas at Kiyita Primary School the Senior Woman Teacher was transferred to another school. All these had just been replaced and were slowly picking momentum of taking on the responsibility of Menstrual Hygiene Management issues.

## Activity report

### REUSABLE PAD MAKING TRAINING

#### Delivery of Sewing machines, startup material and pad making training in 10 target schools in Wakiso district

Sewing machines were delivered on the 25 to 28/10/2022 in the ten target schools and trainings were conducted to teach members of the school communities including teachers, students, parents and a few members of the school management committee on how to make re-usable pads.

The training targeted MHM members and teachers in each targeted school. Other interested participants were also allowed to attend the training after the request made by school headteachers. The trainings were conducted by SORAK team inclusive of; tailor, project officer, programme manager and Executive Director.

The schedule for the delivery of sewing machines and pad trainings is as below;

School	Location/Sub County	Date
1. Kirolo UMEA Primary School	Gombe division	25/10/2022
2. Ssayi Bright Primary School	Gombe division	25/10/2022
3. Kitanda C/U Primary School	Gombe division	25/10/2022
4. Lwadda C/U Primary School	Gombe division	26/10/2022
5. Buwambo C/U primary School	Gombe division	26/10/2022
6. Kanyange Mixed Primary school	Nabweru division	26/10/2022
7. Jinja Karoli primary school	Nabweru division	27/10/2022
8. Maganjo UMEA	Nabweru division	27/10/2022
9. Ssanga C/U Primary School	Gombe division	28/10/2022
10. Kitungwa Primary School	Gombe division	28/10/2022

#### Attendance of trainees

A total of 669 participants were trained (female and male). Out of these, 592 were students, 73 teachers and 73 community members from the 10 target schools. Below is the summary of the attendance per school.

Below is the summary of the attendance.

School	MHM Club Members		Teachers		Community members	
	F	M	F	M	F	M
1. Lwadda Church of Uganda primary School	46	25	5	3	2	4
2. Kitanda Church of Uganda Primary School	38	14	4	2	2	2
3. Ssanga Church of Uganda Primary School	42	24	3	2	8	12
4. Buwambo Church of Uganda Primary School	10	5	3	5	3	6
5. Kirolo UMEA Primary Schools	10	5	4	1	1	1
6. Ssayi Primary School	21	14	6	3	2	3

7.Kitungwa Church of Uganda Primary School	31	15	5	4	3	4
8.Maganjo UMEA Primary School	48	20	4	6	2	4
9.Jinja Karoli Primary School	43	22	3	4	3	5
10.Kanyange Mixed Primary school	57	33	2	4	2	4
<b>TOTAL</b>	<b>346</b>	<b>177</b>	<b>39</b>	<b>34</b>	<b>28</b>	<b>45</b>

**Content of the training**

During the training, participants were shown the materials used and even given a chance to touch and feel the texture of each material as well explaining its function in the pad.

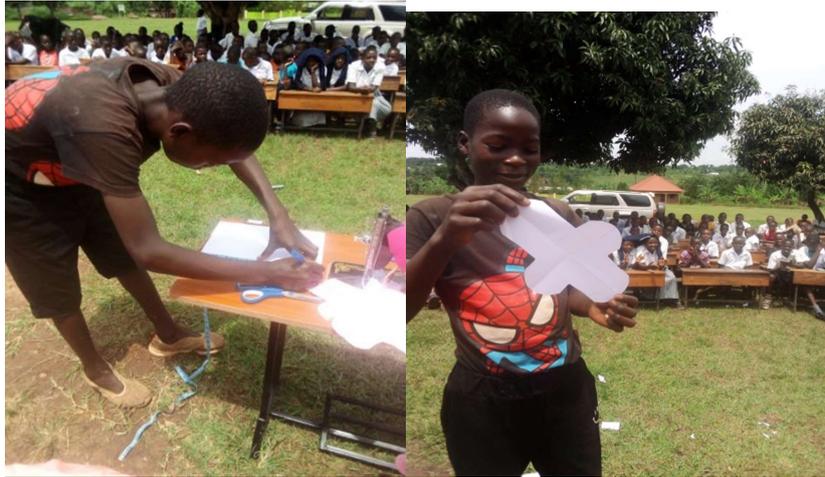
Focus was on the shape of the pad and the measurements of the pad and this was successfully done by teaching the participants how to come up with a paper trace of a pad, demonstrated how to use the paper trace to cut out pieces of the materials and stich them together in a particular order to make a pad.

Samples of the finished product of the re-usable sanitary pad were distributed such that the participants would see what it would look like and also act as a reference when they start making pads.



Some of the students rewarded with a packet of pads for answering questions well in Kitanda P/S

The project team also briefly talked about the importance of education especially to the girl child and all the students in the 10 schools were advised to report cases of sexual violence and abuse they face at school and at home to the authorities but in case they are not assisted they are free to contact SORAK team. For that cause the director SORAK Development Agency gave them his contact to call for help in case justice not granted to them.



One of the students demonstrates how to make a sketch of the pad at Buwambo C/U

## Reactions

Some head teachers asked if there will be continuous supply of materials for making the pads when start up material gets finished. In response to this, they were advised to mobilize the parents to contribute some money to buy materials.

A tailor at Kitungwa primary school asked if she could replace the cotton cloth with a towel because she had an idea of making re-usable sanitary pads but using a towel to absorb the blood. In response to this, she was told it was ok for as long as it can absorb the blood well.

On observing the finished product of the pad, one of the tailors inquired if they would be provided with an over lock machine and that which puts on buttons. In response to this, she was told to improvise and fix buttons by hand and also to try to be neat when sewing.

The senior lady at Ssaayi Bright P/S asked if they could have packaging bags. In response she was informed that students can be advised to keep their pads safely using the available means other than the packaging bag.

“What would happen if we change the order of the materials for making the pad?” asked the senior woman at Buwambo C/U Primary School. In response to this, she was advised not to change the order because each material had a function to fulfill in that position as explained earlier.

All the head teachers were appreciative and promised to make the best use of the sewing machine. Each school pledged to use the machines for sustained making of pads. This was noted being possible and a preferred strategy because each of the schools had identified their own volunteer to overtake charge of using the machine as well as training MHM members on how to use the machine. All head teachers promised to buy more machines to initiate vocational skilling of learners that would be continuous even after the end of the project.

Pictorial



Training Learners at Kirolo UMEA primary school



Director SORAK addressing SMC at Ssaayi Bright p/s



Members of SORAK, teacher and community members at Kitungwa C/U p/s



Project officer demonstrating how to cut the cotton material after folding the wings of the sketch at Jinja Karoli



MEO thanks SORAK for the sewing machine in front of the parent and SMC at Ssanga C/U p/s

**Positive influence**

- Participants (learners, teachers and parents) were excited to learn how to make reusable pads
- Boys participated attentively and were eager to learn more especially at Kitungwa C/U Primary School.
- Some of the parents and teachers had basic tailoring skills which made training easier
- After the training, participants appreciated the support thanking SORAK and GBN for the initiative.
- At Ssayi Bright Primary School the members of the PTA (Parents Teachers' Association) and School Management Committee were present during the exercise and they appreciated the support given to the school and promised to work hand in hand with the project team towards the success of the project activity implementation.
- At Ssanga C/U primary school, the team met a bigger audience as it was a speech day where many parents, religious leaders, local leaders, students, members of the PTA and the School management committee were present. The MEO was present and he commended SORAK for the good job.
- Students loved the samples of the pads in all schools.
- Boys were so interested in pad making especially at Kitungwa primary school.

**Challenges**

- Schools were preparing for the Primary Living Exams and the Primary Seven students did not effectively participate but they were advised to utilize the vacation and attend trainings in making reusable sanitary pads at their respective schools.
- Limited tailoring skills among learners, of all the ten schools it was Kitanda and Jinja Karoli that had children with tailoring skills. Fortunately, other schools had either some teachers or parents that knew how to sew. These will take active participation in pad making.

## Activity Report: REUSABLE PAD MAKING TRAINING

### Delivery of Sewing machines, startup material and pad making training in 10 target schools in Butambala district

**Objective:**

To train teachers, members of the PTA and MHM club members of 10 project schools on how to make reusable pads and how to use them.

The activity is aimed at improving access to sanitary pads for the project beneficiaries and community at large.

Trainees will be tasked to carry on similar trainings continuously in their schools and surrounding communities.

**Method:**

Training was done in two sessions spanning 2 hours. The first session was the theory of pad making and the second session was the practical sewing of the pad. Each of the training was concluded with reactions from the participants.

a. Theory of Pad Making (1 hour)

Session involved showing participants the different materials used to make pads and the function of each material. The team explained the advantages of using reusable pads and the best way to use the pad.

The trainer demonstrated measurements on a blackboard and taught participants on how to cut out sketches of each part of the pad.

Papers were given out to participants who followed instructions of the trainer as they cut out the pad.



b. Practical sewing of the Pad (1 hour)

The trainer demonstrated step by step how the different parts are arranged and stitched to form the pad.

Participants cut out the different materials using the sketches developed in the theory session.

## Butambala district

Using pins, participants stitched the pad by hand since there was only one sewing machine to be used for the training.

The trainer sewed two (2) pads to completion while participants were observing

c. Handover of the sewing machine (30 minutes)

At the end of each training session, the trainer demonstrated how to use a sewing machine which was then handed to the school.

The participants were given time to react about the training. The method was used in all the 10 schools. In four (4) schools i.e Bule Umea, Lwamasaka, Kayenje and Ntolomwe where some participants had an idea about sewing, participated in the demonstrations

Pad training was conducted between, 8<sup>th</sup> October to 12<sup>th</sup> October 2022 as show below

School	Location/ Sub county	Date	Findings/ Reactions
1. Lwamasaka Umea Primary School 2. Kiwala Primary School 3. Butalunga Primary School	Ngando Sub county	8 <sup>th</sup> Oct 2022	A male parent at Lwamasaka raised a concern about accessibility of pad materials. The team gave out contacts of the suppliers of material in Kampala. Staff were advised to keep close contact with the project team. Team advised the school to use the sewing machine to generate some income so that they can be able to purchase the material.  Boys at Kiwala P/S were very excited and open to learn
4. Butende Primary School 5. Kitagobwa Primary School	Ngando Sub county	10 <sup>th</sup> Oct 2022	Teachers at Butende and Kitagobwa were concerned about materials asking if the team will keep providing. Team encouraged them to improvise by creatively using the donated sewing machine
6. Nawango Primary School 7. Nkokoma Primary School 8. Bule Umea Primary School	Bulo Sub county	11 <sup>th</sup> Oct 2022	“I think one training is not sufficient to completely learn how to make the pads, are there plans for more trainings?” asked head teacher at Bule Umea. The team responded by informing the school of the planned exchange program where schools have a chance to exchange ideas. The team leader further advised the senior teachers to contact the team whenever they need more training during the course of the project. One machine will be overwhelmed by users, Nkokoma P/S. The project team advised the school to train learners in groups throughout the school term and ensure training records are filed.
9. Ntolomwe Primary School	Gombe Town Council	12 <sup>th</sup> Oct 2022	Senior man at Ntolomwe suggested a community training center for

## Butambala district

10. Kayenje C/S Primary School		<p>students and community to use especially during holidays. The team advised the school to work closely with the PTA to continually use the sewing machine even in holidays with close supervision by the school staff. Team leader further promised to follow up on this suggestion by looking out for user tools whenever possible. Kayenje head teacher asked if they can sell produced pads at a low price to help them continue production. About selling the pads, the team leader said it would be okay so long as sales are well documented by the school.</p>
--------------------------------	--	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

### Summary of attendance of trainees:

A total 229 participants were trained (153 female and 76 male). Out of these, 58 were parents, 32 were teachers and 139 were learners from the 10 target schools. Below is the summary of the attendance per school. Each of the 10 schools received a sewing machine after the training.

School	MHM Club Members		Parents		Teachers	
	F	M	F	M	F	M
Lwamasaka Umea Primary School	10	3	5	3	2	1
Kiwala Primary School	10	5	5	2	1	1
Butalunga Primary School	7	4	4	3	2	1
Butende Primary School	8	3	2	1	2	2
Kitagobwa Primary School	10	4	3	1	1	1
Nawango Primary School	10	3	2	1	1	1
Nkokoma Primary School	10	4	3	3	2	1
Bule Umea Primary School	15	6	6	4	3	3
Ntolomwe Primary School	11	4	5	2	2	2
Kayenje C/S Primary School	7	5	2	1	2	1
<b>TOTAL</b>	<b>98</b>	<b>41</b>	<b>37</b>	<b>21</b>	<b>18</b>	<b>14</b>

### Pictorial

**Butambala district**



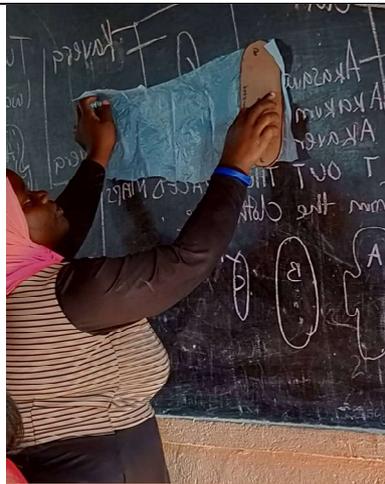
Pad training at Lwamasaka P/S



Training learners at Ntolomwe P/S



Demonstrating to a parent of Butalunga P/S



Trainer demonstrating measurements of the pad



Pad Training at Kayenje P/S



Team leader cuts polythene as he demonstrates



Officer shows finished pad at Kiwala



Demonstration to Bule P/S Parents and Teachers



Children participating in pad making at Kiwala

**Butambala district**



Machine handover to Bule P/S



Machine handover a Nawango P/S



Machine handover at Kayenje P/ S



Nkokoma learners excited to receive sewing machine



Machine handover at Nkokoma P/S



Machine handover at Kiwala P/S



Machine handover at Ntolomwe



Machine handover at Lwamasaka

<p>Machine handover at Butende</p>	<p>A boy shows finished pad at Lwamasaka P/S</p>	<p>Machine handover at Butalunga</p>

**Positive influence:**

- Participants (learners, teachers and parents) were excited to learn how to make reusable pads
- Boys participated attentively and were eager to learn more
- Some of the parents and teachers had basic tailoring skills which made training easier
- After the training, participants appreciated the support thanking VOTU and all its supporters.

**Challenges:**

- 3 schools had no power and had no plans of installing soon. Machines will be replaced with manual machines
- The number of trainees was high per session compared to the tools of work
- Teachers worried about how to acquire user material to start production. The team advised the participants to be creative and mobilize resources.
- Accessibility of materials

**Sustainability of the pad making in schools**

- In each school, senior teachers together with the leaders of the MHM clubs were tasked to supervise the pad making activity and keep records of the trainees, sessions conducted, challenges, the production numbers and the sales.
- Team work was emphasized. Any members with prior sewing skills were advised to train teachers and MHM members as trainers of the other project beneficiaries.
- PTA members were tasked to encourage community members to participate in the pad making activity. It was agreed that where members can use free hand to sew the pads, they can use the theoretical knowledge to produce pads as well as training friends and family.
- During the school exchange program, pad making activity will be one of the core areas of competition to win a reward.