One Million Sustainable Pad campaign

Reproductive health is a right not a luxury

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Sudan Context

- 15/April
- Sudanese Armed Forces (SAF) vs paramilitary Rapid Support Forces (RSF)
- Khartoum + Darfur
- Nearly 7M forcibly displaced = 1.2M to outside Sudan + 5.3M IDPs within Sudan of which > 2M in Darfur

Areas of control, Nov 1st 2023

Source: Thomas van Linge
SRHR in Sudan

• Huge need for SRH services
• Only 43% of health facilities offer SRH
• 60% of rural areas have no midwifery services
• Services provided are mainly family planning
• > 4.2M women and girls are at risk of GBV
• FGM/C prevalence is 87.2%
• 34% of girls are married before the age of 18
• Adolescent fertility rate (births per 1,000 girls ages 15-19) is 87%
• All these affect menstrual health and hygiene
Let’s Talk Period!

• Started in June 2020 to promote MHH and advocate for sustainable menstruation
• LTP provides a safe environment for all menstruators to discuss topics related to SRHR in general, with a specific focus on MHH
• Our goal is to normalise conversations about periods in public, destigmatise menstruation, and dispel myths and misconceptions.
Our campaign

• Core values: empowerment, dignity, sustainability, education

• Fundraising per state starting with most in need

• Provide MHE and other relevant topics based on needs (sensitization for reusable pads)

• Distribute reusable pads
Our Goal

• To raise funds to distribute 1,000,000 reusable pads to refugees and internally displaced women and girls within the next year, while conducting health education sessions that promote sustainable, safe and hygienic menstrual practices

• We aim to empower women and girls to reach their full potential and alleviate their suffering during these difficult times of displacement and conflict

• Additionally, we strive to reduce menstrual waste and cultivate a culture of menstrual health awareness, equity, and dignity
Campaign details

- Design based on our expertise & thesis
- Data collection phase - surveys (preference HE topics + PP + willingness)
- Beneficiaries IDPs & refugees, irrespective of ethnicity or race
- Training module for TOT
- Educational content for the public
- Collaborating with different CSOs
- All team members are currently in Sudan and have experience working in IDP camps and shelters
Challenges

• No funding - utilizing our team network and LTP platform
• Data collection is taking time and effort/volunteers
• Water accessibility issues - focus on camps with no or fewer issues
• Focus on underserved IDP camps and shelters
• Reusable pads are not used often - start with health education
Recommendations

• Participatory consultations/surveys with menstruators (needs, preferences and willingness)
• MHE addressing sociocultural norms and taboos
• Female staff, capacity building
• Cross-sectoral collaboration
Support our campaign

• Official Launch is on the 12th of December

• GoFundMe Link: https://gofund.me/985c8f63

• PayPal Link: https://www.paypal.com/donate?campaign_id=NM34HML8PQNNAN
Questions