

DISTRIBUTION OF SANITARY PADS

2023



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

The struggle to afford menstrual hygiene products in Kenya is real and especially affects girls in rural areas hailing from low-income communities. Poverty, cultural beliefs and poor sanitation and infrastructure are some of the factors critically affecting menstrual hygiene management.

Subsequently, on average such a learner is absent from school every 4 days in a month as indicated by data from the Ministry of Education. This amounts to a total of 6 weeks of learning time in an academic year.

In an effort to support menstruating girls studying at our centres, Bilal Kenya initiated the **Girl Hygiene Project**. In 2023, one hundred and seventy learners were provided with sanitary pads in nine rural centres. Moreover, having identified the need for it, an additional supply was provided to the Nitasema Foundation in Ukambani to be distributed to girls in the region who lacked access to such basic hygiene items.

Hygiene kits packed and ready for distribution



Contents of hygiene kits



A total of 84 cartons was distributed this year. It comprised 2,016 packets with each packet containing 8 pads.

Centre	Number of girls	Number of packets
Samburu	20	240
Mtongwe	37	444
Moyeni	20	240
Mackinnon	21	252
Bahakanda	20	240
Miamba	20	240
Masongaleni	12	72
Nzavoni	11	66
Kilungu	9	54
Nitasema Foundation		168
TOTAL	188	2,016



Beneficiaries were grateful on receiving the hygiene kits as they can now confidently step out of their house without having to worry. Each kit contains a sufficient number of pads to last anywhere between 5 and 8 months. We would like to appeal to our kind donor to continue their support towards this noteworthy project in order to allow our outreach to equilibrate the need on ground.



Appreciation

The Bilal Muslim Mission of Kenya is appreciative of the support it has received from donors to ensure this vital aid reached out to those in need. We thank you for partnering with us in this noble cause as a result of which our learners will enjoy increased confidence and comfort as they approach their studies and other day-to-day activities.