



DAYS FOR GIRLS

Every Girl | Everywhere | Period.

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Places that NZ teams have sent kits to in 2018!

Bangladesh

Belize

Cambodia

Fiji

India

Indonesia

Kenya

Nepal

New Zealand

Papua New Guinea

Sierra Leone

South Africa

Sumatra

Tonga

Uganda

Vanuatu

Vietnam

Zimbabwe



Thank you!

2018 has been a big year for DfG New Zealand! We are busier than ever before - this year we have sent out more than 3,200 kits to women and girls in need across the world, including about 500 to women in New Zealand. We also hosted our first ever conference! We were lucky enough that DfG founder Celeste Mergens and International Chapters Director, Tiffany Larson joined us from America! A huge thank you to Rotary for flying them over. I know that they both enjoyed their time here in New Zealand and the conference was a special and deeply moving experience for everyone who was able to attend. Most of all, we would like to extend a huge thank you to everyone who has supported us over the past year, no matter how big or small! Without your help we would never be able to have achieved any of this. It is thanks to you that in 2018 the lives of over 3,200 women and girls have changed for the better. They are now able to handle menstruation with the dignity they deserve. So thank you, for everything you do.

Every girl. Everywhere. Period.

Wā Collective

We would like to extend a huge congratulations to our friends at the Wā Collective. At the NZI Sustainable Business Network Awards last month the Wā Collective were runners up in the NZI Transforming New Zealand Supreme Award and the winners of the Communicating for Change award! On top of this, founder Olie Body also won the Millennial on a Mission award! The Wā Collective are an amazing group of people who absolutely deserve the recognition for all their efforts! They are doing an awesome job of reducing period poverty in New Zealand. If you haven't heard of them, I highly recommended you take a look at their website, www.wacollective.org.nz

P.S. Check out the earrings and bow ties - golden menstrual cups!



About the Wā Collective

Wā Collective exists to end period poverty, period waste and the period taboo. Its marketing strategy is to educate Kiwis, specifically 20 – 36 year-olds, about the benefits of switching to a reusable, gold standard Wā menstrual cup instead of using disposable tampons and pads.

The company uses humour, coupled with an open and frank approach to talking about menstruation. This breaks down barriers and allows for engaging conversation and education.

Wā Collective has reached hundreds of thousands of people through online communications, including paid advertising, organic reach, partnerships and media coverage. It has prevented 465,000 disposable menstrual products from entering landfills this year alone. This has saved \$160,000 that would have been spent on these products each year. The communications impact has been achieved largely through time and strategic partnerships, starting from next to no seed funding.

General News

- Welcome to all the teams and individual volunteers who have joined us this year - it's great to have you on board and we're looking forward to working with you next year too!
- We have recently purchased a new set of dies for our die cutter. They are slightly larger than the old die which reflects changes made to the DfG pattern by head office. The extra size will mean you'll be able to sew the shields with a bit of a wider seam - they'll be a bit more forgiving. The new die is also set out slightly differently so there'll be more scraps for making pockets!
- The Trust Board have recently decided to support the setting up of a DfG enterprise in Ethiopia. We have distributed kits to this village in the past and are looking forward to them progressing on their journey. We have recently given them the funds to purchase a sewing machine and overlocker.
- Raffle results! Thank you to everyone who donated prizes and helped us sell tickets - we really appreciate it! Everyone who has won a prize has already been contacted.

- 1st: Jennette, Timaru
- 2nd: Rahna, Palmerston North
- 3rd: Pen, Palmerston North
- 4th: Cheryl, Queenstown
- Bonus prizes:
- Marion, Nelson
- Suan, Ashburton
- Naomi, Auckland
- Craig, Palmerston North

- Merry Christmas and a happy new year to all of you from Days for Girls New Zealand! We appreciate all that you do - without your help and support none of this would be possible. So once again, thank you! You're all amazing, wonderful people and we look forward to working with you again in 2019!

Dates for 2019

March 8:
International
Women's Day

April 7: World Health Day

May 5: Midwives Day

May 28: International Day for
Menstrual Hygiene

June 5: World Environment Day

September 8: International Literacy Day

September 19: NZ Women's Suffrage Day

October 11: International Day of the Girl
Child + DfG International Birthday

December 5: NZ Volunteer's
Day

Distribution!

Grey Lyn Team, Auckland

We were approached by the Health Education teacher of a low decile college in Auckland, asking us to support them in offering sanitary products that the girls could afford. Of course we agreed!

The challenge was on to supply 100 kits to the girls, which we managed to do by the December deadline. The girls have been asked to pay what they can afford for the kits and inmost case that is a gold coin, which is great and allows them a small investment in the kit.

But the BEST news about all of this is that the kits, and the educational process with the flip chart etc, is going to be integrated into the curriculum INCLUDING their fabric technology department! We will be going in to the school in the new year to get the girls sewing their own kits and supplying kits to their own community. The Health Ed teacher has worked very hard at all levels of the school management to enable this to happen.

We, of course, are thrilled, and hope that this will be a template for other schools to follow.

What we have learned from this is that it is essential to have at least ONE motivated contact within the school. The girls at this school would not have responded nearly as well had we turned up with kits; however, they adore their Health Ed teacher, and when she told them that she had used the kit for a month and loved it, and explained the financial and environmental benefits, ALL hands shot up when asked who would like a kit.

Hopefully others can have a go with their local schools.

Jenny, Papa New Guinea

In September/October we spent 6 weeks at Kapuna Hospital, a rather isolated place in the Gulf province of Papua New Guinea on a building project. The Kapuna hospital serves about 15,000 people and delivers approximately 300 babies a year, it's a busy hospital with its own nursing school and intern program. I was able to take 50 Days for Girls kits with me as a trial run.

A few days after arriving I met with some local ladies on the compound and went through the manual with them and showed them the kit I had. They were so interested, that was the first teaching they had had on human development and relationships and



personal hygiene (that manual is amazing ladies, so clear and well illustrated, it was a pleasure to use).

Four weeks later the barge arrived and anchored just upriver from Kapuna's creek mouth. This is cause for much excitement, people start to gather from all around the compound just to watch. Canoes are manned and head off down the creek to ferry the cargo and supplies for the trade store and for me one precious Days for Girls suitcase. Everything was passed from barge to canoe by hand and brought up the creek to the trade store jetty where it was off loaded into wheelbarrows and delivered to the storeroom for sorting.

My suitcase was delivered to my door so I sorted heavy flow kits for the hospital, some girl's ones for the local school and the rest to take out to a village. The next week a medical patrol was going to a village two hours down river to follow up on polio vaccines, and it was decided this was an ideal opportunity to introduce Days for Girls. I had already trained Dr Elize and Tricie (a young woman who came from that village) on how to use the teaching manual (just as well as I was unable to go). They had a wonderful time with the woman and girls who were absolutely overawed by the teaching and illustrations. They had never seen or heard anything like it - so many questions, apparently they went on for over an hour. I don't think it was easy to explain that this was a "trial" and we only had a few kits but would be getting more. The women who got kits were so excited to have something that was just for them. It humbles you to realise that something so simple and basic could mean so much.

A very big thank you to Reetah and all of you Christchurch ladies who sew for Days for Girls and made this possible.

Jocelyn, Levin Rotary, Vanuatu

Since 2015 after Cyclone Pam I have been volunteering as a Rotarian with the rebuild of Mbossung Centre School at Ulei Village, Ambrym Island. Ambrym is a volcanic island in Malampa Province in the archipelago of Vanuatu. During my visits I noticed a need for women to have assistance with menstrual supplies. I researched "Days for Girls" and came to a quick conclusion that their kits were exactly what was needed. I shared my project with Levin Rotary and Altrusa Levin and with their support the project was launched.

We had 300 regular kits and 100 heavy flow kits on order. With a total of 400 kits we were set to go. This was a total of 150kg of product. With 5 travellers and an allocation of 30kg of luggage each this meant we had to put our own gear for the week into a 7kg carry-on bag each. Prior to leaving I completed the online training programme Days for Girls Ambassador of Women's Health 101 and received my distribution certificate. This certificate qualifies me to conduct distribution trainings.

Our first gathering of mamas took place the day after our arrival. It was truly a privilege to catch up with them all and to have the opportunity to share my recently obtained knowledge. We were then able to hand each of them their very own kit.

The joy this small act of kindness gave them was immeasurable. Even the older mamas took on board what was being said and you could see how grateful they were that their children would not have the struggles that they had had during their younger years. The interpreters were amazing. Even though English is spoken on the island it was fantastic to have our teachings put into their own language

giving them every chance to fully understand the kits. Later that day I had arranged with the senior teacher Madlen Awell for us to present the programme to the year 7 and 8 girls in their dormitory. The giggles and questions flowed.

Due to the weight of the 100 heavy flow kits, the principal from Mbossung School, Sandy Awell arranged for a vehicle to collect us and the 100 kits for our trip to the Medical Centre. On average 40 babies are born at this medical centre annually. The midwife was elated with the donation and quickly arranged for the male nurse to come over for some training around their use. We were then invited for a tour around the clinic which I must say was a vast improvement on my earlier visits but remains primitive. They now have six second hand hospital beds but sadly still no mattresses – my next project was initiated at that visit...

There are Peace Corp workers currently on the island and Angela Kim who is based at Ulei until April of 2019 is just the most wonderful young woman. Angela speaks bislama which is the first language of Vanuatu. Angela embraced us and our project as she too could see the immense benefits that these kits would be to the island women. With some basic training and a good read through of the flip chart, Angela was ready to go.

Since our return home I have received photos and notes from Angela of the two Peace Corp Workers presenting the kits during their workshops. These young women will promote the kits and distribute on my behalf to younger women as they commence their menstruation cycle.

This was truly an amazing journey to go on. My deep satisfaction of being able to support these women on a personal basis with sustainable, quality menstrual care solutions and knowing the difference it will make for them. With this programme I have had the opportunity to increase awareness of menstrual health issues in their communities and provide a sustainable resolution.

I wish to thank the following people for making this possible. My very supportive husband Alex, the students Jay, Kaitlin and Emma, the DfG teams who supplied the kits, the amazing Altrusa ladies, Rotary Club of Levin and a Rotary district grant. To all those who supported our fundraising ventures or made a donation in other ways, without YOU the journey would not have been such a success – thank you!

