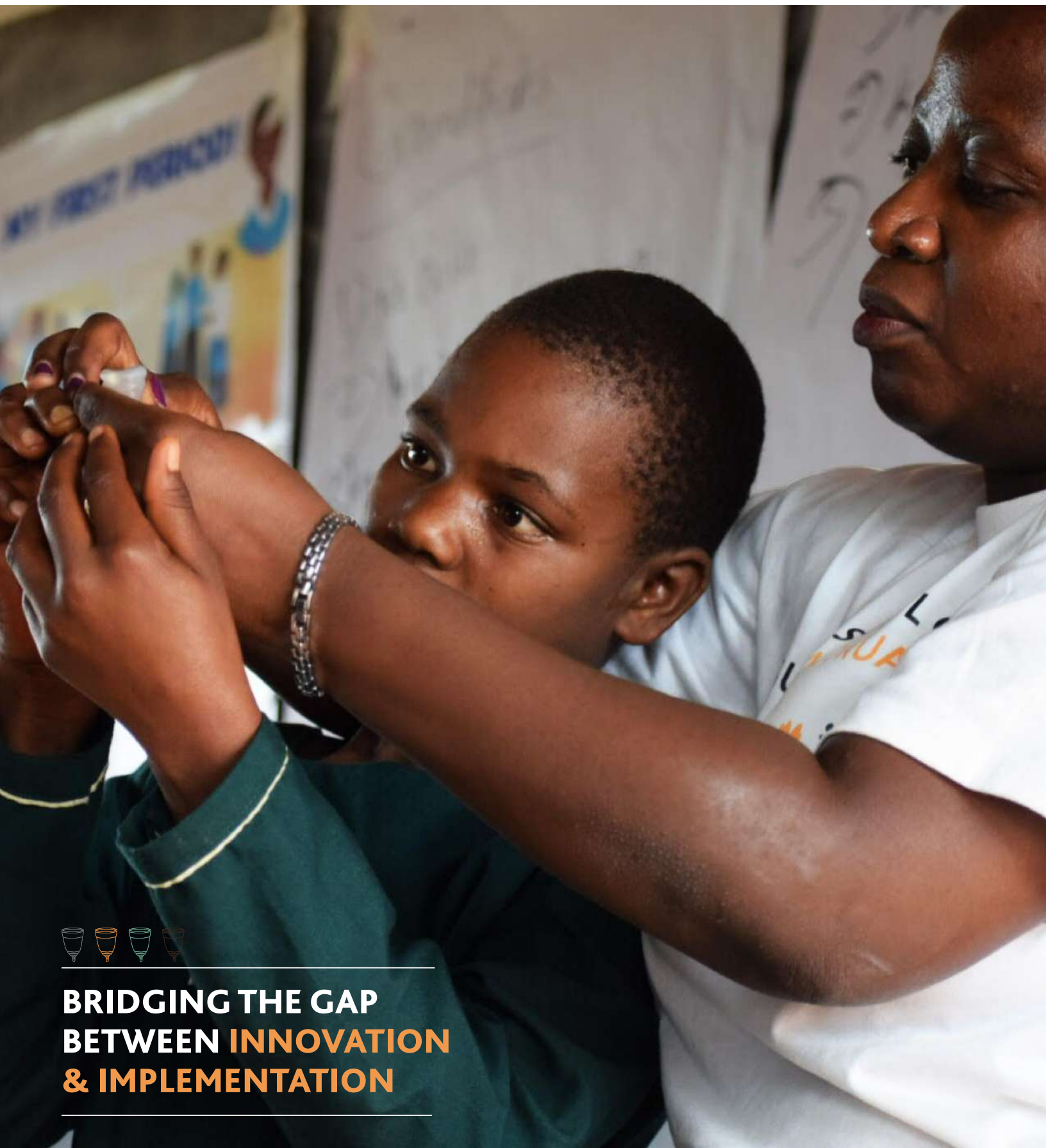




ANNUALREPORT

OFFICIAL 2019 ANNUAL REPORT OF WOMENA ORGANISATION



**BRIDGING THE GAP
BETWEEN INNOVATION
& IMPLEMENTATION**



ABOUT WOMENA

WoMena is an NGO working with implementation of innovative evidence-based reproductive health solutions in low-resource settings. We develop and implement strategic plans for increasing the use of selected solutions in partnership with local and international implementing partners and technical experts.

WOMENA UGANDA

WoMena Uganda is an NGO working to formally integrate Menstrual Health Management (MHM) into national and international frameworks through the development of knowledge, evidence, and strategies to address research, communication and policy translation gaps. WoMena Uganda is implementing activities aimed at improving the menstrual experiences of girls and women in both development and humanitarian contexts in target communities.

WoMena

Olufsvej 30
2100 København Ø
Denmark
info@womens.dk
Tel: +45 2261 9843

WoMena Uganda

Plot 2150, Kaduyu Close, Ntinda, Kigowa zone
Kampala, Uganda
info@womens.dk
Tel: +256(0) 200 902098

For more information, please visit: <http://womens.dk/>



TABLE OF CONTENTS

EXECUTIVE DIRECTOR'S REMARKS	4
WoMena in Figures	5
WoMena's Timelines	6
WoMena's Intervention Map	7
Menstruation Matters – WoMena's approach & the SDGs	8
WOMENA'S ACHIEVEMENTS IN 2019	11
IMPLEMENTATION SUPPORT	12
1. Menstrual Health Model for Primary schools in Buikwe District	12
2. Menstrual Health Management Pilot for Congolese refugees in Western Uganda	14
3. Menstrual Health Management Intervention in schools in Gulu district	17
4. Menstrual Health Interventions Pilot - Family Health Options Kenya	20
5. AFRIPads Trainings	22
6. Bfree Menstrual Pilot Trial	25
7. Menstrual Health Education for Orphans and Street children	28
RESEARCH & KNOWLEDGE SUMMARIES	29
PUBLIC AWARENESS	30
POLICY ADVOCACY	30
STORY OF CHANGE	32
LIST OF PUBLICATIONS	34
2019 FINANCIAL REPORT	34
WOMENA'S 2020 STRATEGIC FRAMEWORK	35
OUR SUPPORTERS	36
OUR TEAM	37



ACRONYMS

APEAL	Access Protection Empowerment Accountability & Learning
BDFCDP	Buikwe District Fishing Communities Development Programme
CRT	Cluster Randomised Trial
CSO	Civil Society Organisations
ECHO	European Civil Protection and Humanitarian Aid Operation
GoU	Government of Uganda
HLD	High Level Dialogue
INGO	International Non-Governmental Organisation
LSHTM	London School of Hygiene and Tropical Medicine
MC	Menstrual Cup
MCMAP	Menstrual Cup Market Accessibility Project
MENISCUS	Menstrual Health Intervention Among Schools in Uganda
MH	Menstrual Health
MHM	Menstrual Health Management
MHM	Menstrual Hygiene Management (MoES)
MoES	Ministry of Education and Sports
MoH	Ministry of Health
MRC/UVRI	Medical Research Council/Uganda Virus Research Institute
MS	Marie Stopes
MSU	Marie Stopes Uganda
NDA	National Drug Authority
NGO	Non-Governmental Organisation
PoC	Person of Concern
PWDs	People living with disabilities
SCI	Save the Children International
SMCR	Society for Menstrual Cycle Research
SRHR	Sexual and Reproductive Health and Rights
ToB	Training of Beneficiaries
ToT	Training of Trainers
UNBS	Uganda National Bureau of Standards
UNCST	Uganda National Council for Science & Technology



**"THE REPORT PRESENTS
SEVERAL SIGNIFICANT
MILESTONES OF
WOMENA IN 2019"**



EXECUTIVE DIRECTOR'S REMARK

On behalf of WoMena Uganda, it is my great pleasure to present WoMena Uganda's Annual Report for 2019. The report presents several significant milestones of WoMena in 2019, as well as anchors to our overall strategy in bridging the gap between innovation and implementation of evidence-based solutions to reproductive and menstrual health challenges.

I would like to sincerely thank the staff, volunteers and other stakeholders for their contribution and commitment in menstrual health and implementing innovative solutions. To all members of the WoMena team, for their continued efforts, dedication, and commitment. The production of this report signals another step forwards on WoMena Uganda's journey towards menstrual health transformation in the national and global agenda.

On behalf of the Board and all members, we look forward to further engaging with stakeholders at the heart of menstrual health and management, namely government, religious institutions, private sector actors and other civil society organisations, in addressing the challenges women and girls in managing their menstrual health with dignity. And not least, we look forward to another exciting and impactful year in 2020.

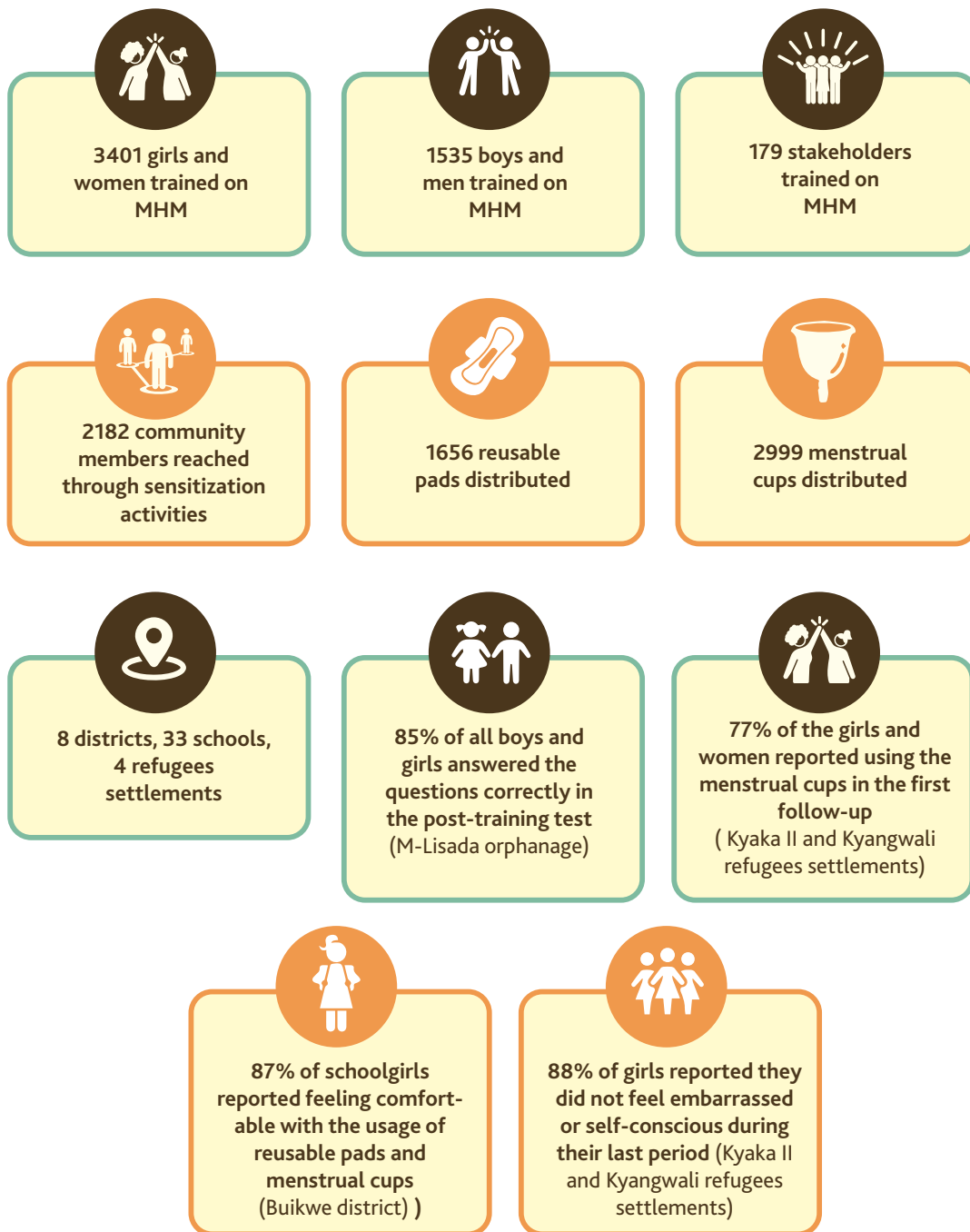
Do Ngoc Thao

Ag. Executive Director



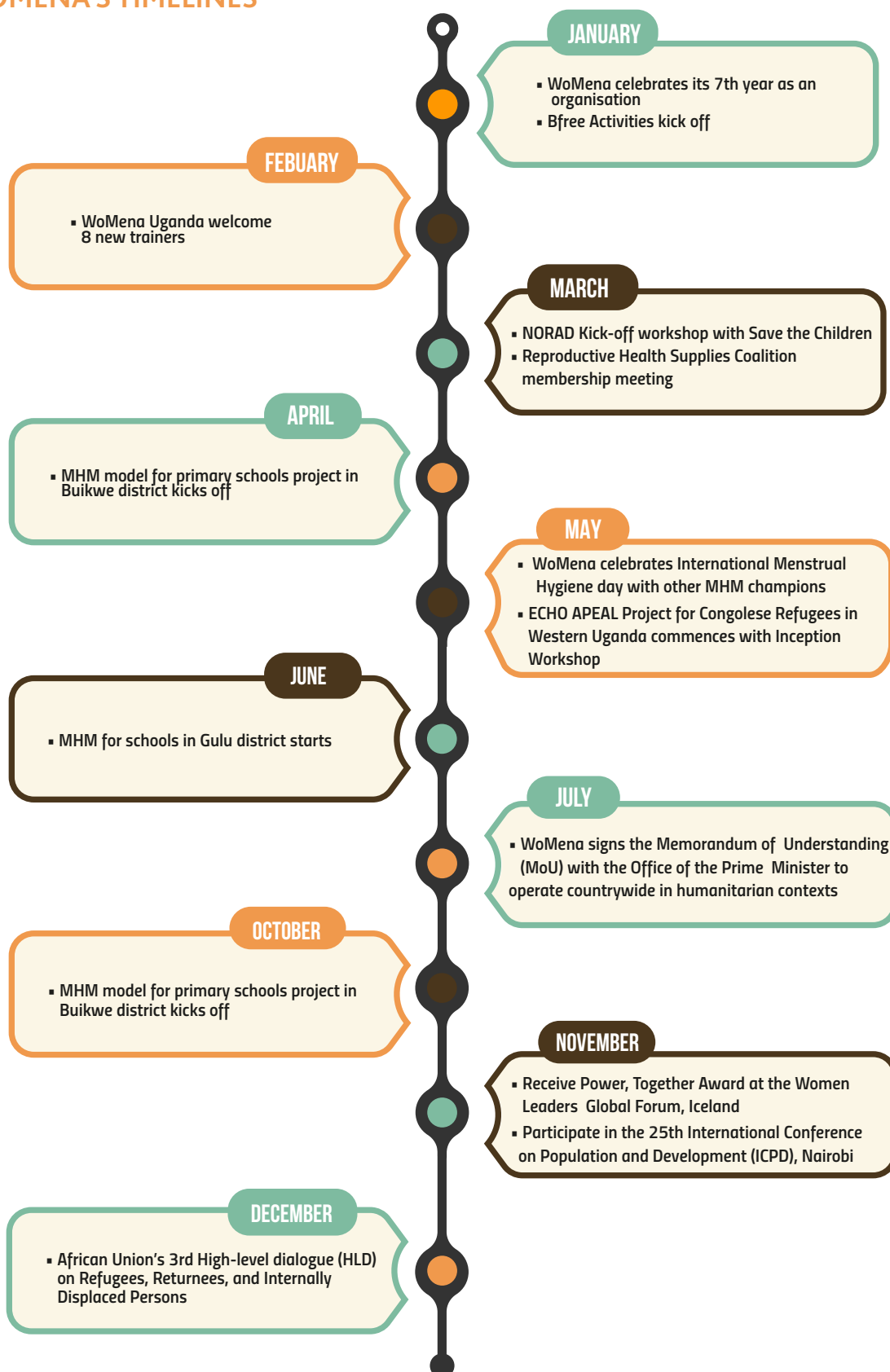
WOMENA IN FIGURES

WoMena's work focuses on bridging the gaps in MHM with innovative solutions that are evidence based through research, training, advocacy, awareness creation and implementation support. We work with several partners to reach out to schools and communities to provide access to menstrual health education and sustainable menstrual health management methods including the menstrual cup. With funding from donations, member subscriptions, research and intervention grants, implementation support and other sources, and several new academic and NGO partners, WoMena managed to reach important milestones as highlighted below. Here are the highlights of our achievements in 2019.



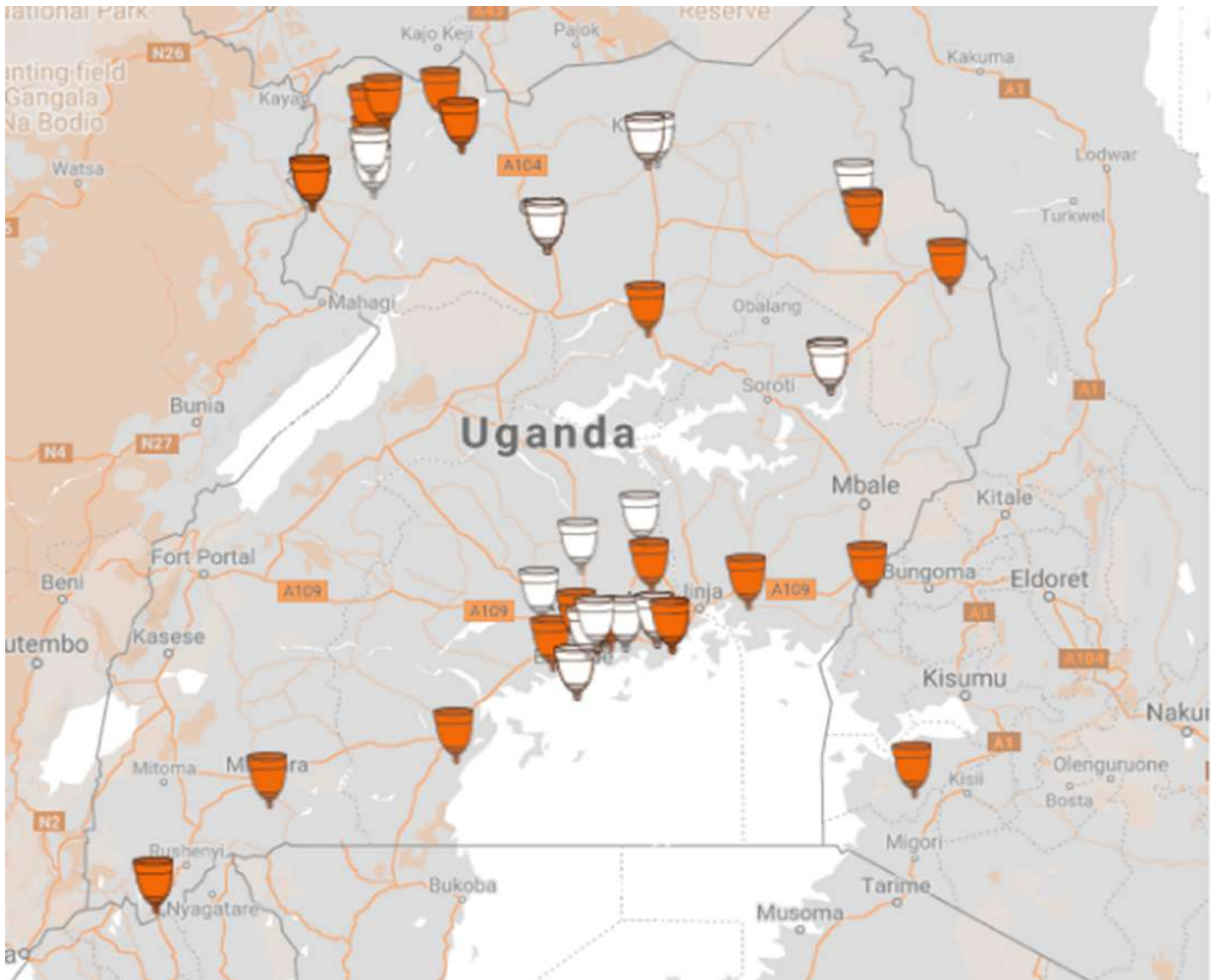


WOMENA'S TIMELINES





WOMENA MAP



Note:

 Current projects

 Completed projects



MENSTRUATION MATTERS – WOMENA'S APPROACH & LINKS WITH SDGS

In Sub-Saharan Africa, many women and girls do not have access to appropriate menstrual health management (MHM) products, i.e. products that are effective, comfortable, convenient, affordable and safe to use. Menstruation is a natural biological process, but it becomes a problem when the products used (e.g. ash, corn jobs) are of poor quality, or very expensive. It also becomes a problem when the taboos surrounding menstruation result in high levels of shame and secrecy.

The lack of appropriate MHM products has far-reaching implications for reproductive health, physical, social and mental well-being of women and girls. Menstruation is often surrounded by taboos and shame, which further restricts girls and women during this natural biological process. In Uganda, one study showed that about half of the female students missed 1-3 days of primary school per month due to menstruation (menstrual pain, fearing that they would leak or smell and/or lack of access to private WASH facilities to change MHM products like pads or menstrual cups (MCs)). Safe and cost-effective waste management from disposable MHM products poses an additional challenge.

WoMena's approach to menstrual health goes beyond hygiene, to physical, mental, and social aspects. At WoMena, we generally adopt a 6-9-month intervention for a given site, allowing for a wide range of community consultation and training. Thus, WoMena specialises in creating supportive environments for innovation at both the local and national levels. As a feasibility programme, the approach is context-based, and the standard curriculum is tailored to the needs of the local populations. To improve performance, concentration, and attendance in school, WoMena provides practical MHM guidance as well as biological information both before and after menarche.

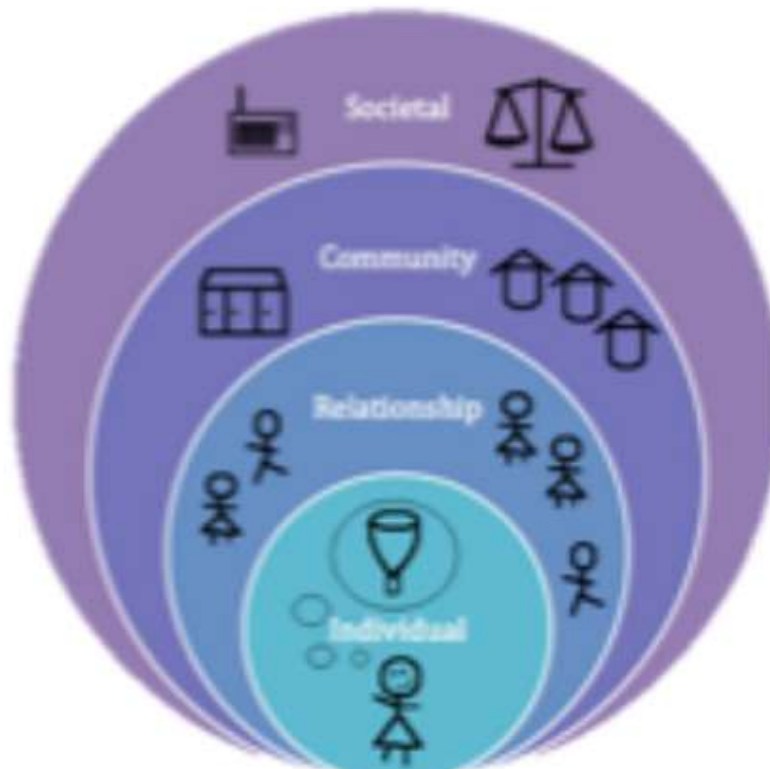


Image: Community support model

¹Tamiru, S., Acidria, P., SatyaAli, C., Ndebele, L., Mamo, K. and Mushi, R., (2015). Girls in Control: Compiled Findings from Studies on Menstrual Hygiene Management of Schoolgirls. Ethiopia, South Sudan, Tanzania, Uganda, Zimbabwe. SNV Netherlands Development Organisation, Snv. Org.

WoMen's community involvement model has broken down taboos about menstrual health, encourages boys and men to take on central roles (e.g. 'male ambassadors') opened ways for important discussions in the communities. Moreover, whereas some of the most frequent words mentioned by girls before the intervention were 'fear' and 'shame', 'freedom' and 'comfort' became some of the most frequent feelings at the endline.



Our solutions for MHM products include reusable pads and MCs. Reusable menstrual pads are made from cloth designed to function as a menstrual pad, which can be washed, dried and reused. Reusable pads are similar to using fabric cloths, however, compared to cloth, many of the new reusable menstrual pad brands are designed to provide high quality menstrual protection and comfort. AFRIPads is a reusable pads brand produced in Uganda. It dries faster than cotton, has a waterproof layer, and can provide effective protection for 12+ months of use. The MC is increasingly being considered as a possible way to improve the MHM of women and girls in low-income contexts. The MC is a bell-shaped cup made of medical-grade silicone and is worn inside the vagina during menstruation to collect menstrual

fluid. A MC can collect three times as much fluid as a tampon can absorb, poses less risk of leakage than certain other methods and can be used comfortably once the user is familiar with its use. It can be washed and reused for up to ten years.

Menstruation is not simply a hygiene issue. It is deeply linked to the 17 Sustainable Development Goals (SDGs), especially SDG.3 (Good Health and Well-Being), SDG.4 (Quality Education), SDG.5 (Gender Equality), SDG.6 (Clean Water and Sanitation), SDG.8 (Decent Work and Economic Growth), and SDG.12 (Responsible Consumption and Production). Addressing menstrual hygiene and health, thus, is essential to the achievements of several SDGs.

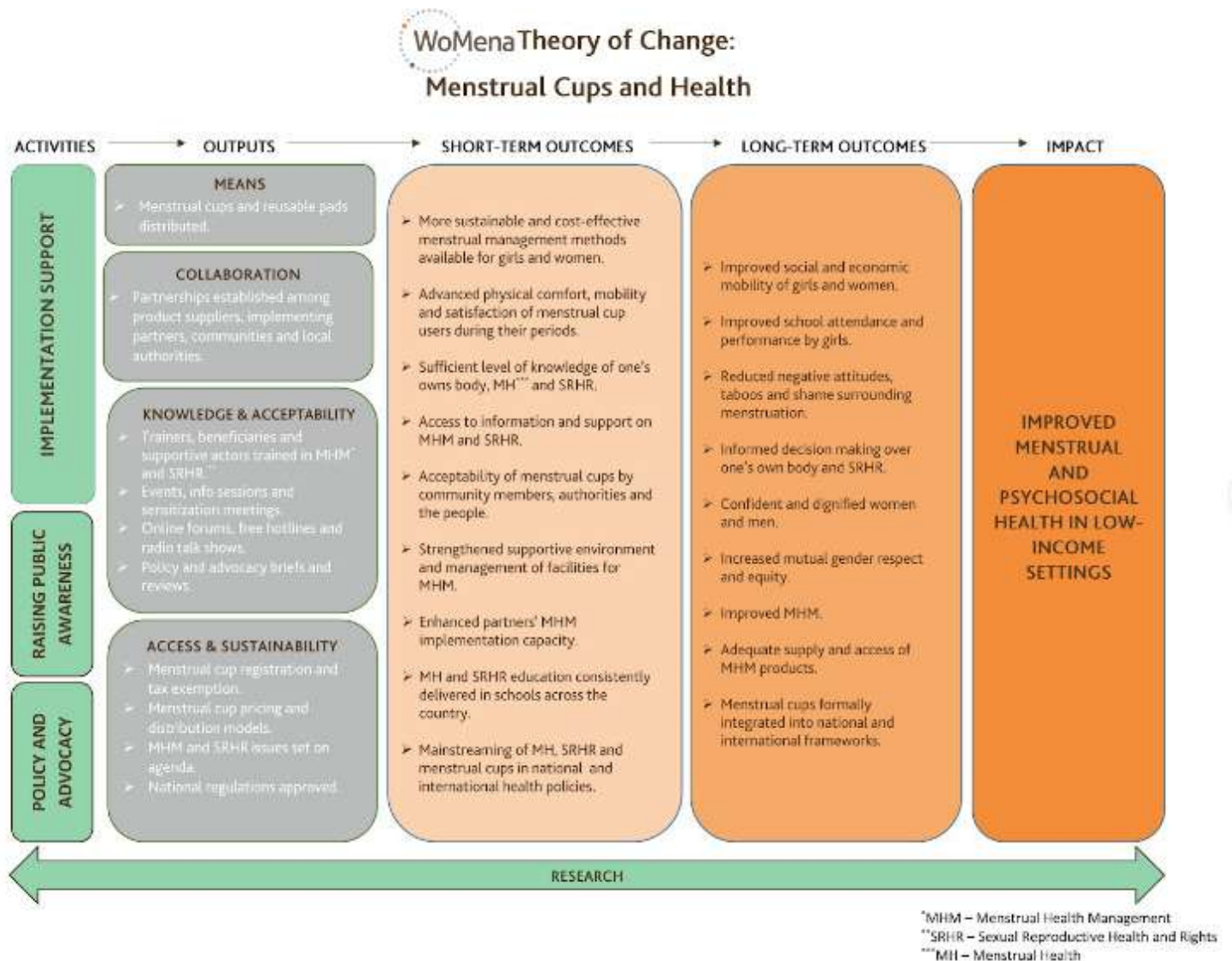


Source: SIMAVI, PATH and WASH United



#MenstruationMatters

WoMena's Theory of Change



Why WoMena?

WOMEN: heavily affected by reproductive health issues

MEN: involving men in implementing health solutions

MENA: Goddess of menstruation





**“60% OF THE GIRLS
REPORTED USING THE
MENSTRUAL CUPS”**

A. IMPLEMENTATION SUPPORT

1. Menstrual Health Model for Primary schools in Buikwe District

Funder: The Embassy of Iceland

Partner: Buikwe District Local Government

Location: Buikwe district

Project background: With support from the Embassy of Iceland and in partnership with Buikwe District Local Government, WoMena Uganda is implementing a MHM Intervention, as part of the Education and Water, Sanitation, and Hygiene (WASH) in the Buikwe District Fishing Community Development Programme for primary schools in the fishing villages in Buikwe district. Based on the successful intervention of the previous MHM programs for adults and students in four secondary schools, in 2019, the project is scaled up to target school girls and boys in 28 primary schools as well as senior men/women teachers, parents, community members, and government officials.

Outcomes: A 3-day Training of trainers (ToTs) for 56 teachers and 32 government officials was conducted to build the capacity for the participants on MHM knowledge, participatory training skills, and design school action plan on improving MHM for students. 28

sets of IEC materials including handbooks, demo bags, leaflets, flip charts, and other training materials were delivered to the schools. Communication awareness for a total of 2038 parents was followed up by getting consents and answering parents' questions on the programs. Training of Beneficiaries (ToBs) targeted at 1714 girls and 1125 boys in the P6, P7, and those above 12 years old in the project schools with the delivery of 1717 My period guide handbook, 1656 AFRipads, and 1462 MCs. A 3-month follow up with students in the primary schools show that 60% of the girls reported using the MCs and 47% reported using AFRipads among 861 girls responded. 87% of the girls reported feeling comfortable with their current usage of MHM products and 86% reported not feeling embarrassed in their last period (N= 861). More than 80% of the students answered each question correctly, showing improvement in MHM knowledge and practices after the training (N=2035). The training feedback is generally positive with 91% of the students rating the training as 'Very good'.

Plan for 2020: The project team will conduct the refresher training and endline visits to 28 primary schools in February, 2020. A further exchange with the Buikwe local district government and the Embassy of Iceland will continue on the potentiality of scale up/ expansion of the project.

REFRESHER
TRAINING
FOR GIRLS AT
A PRIMARY
SCHOOL IN
BUIKWE



WOMENA
MERCHANDISING
SUPPORT
MATERIALS



2 **2019 WOMENA'S ACHIEVEMENTS**

Menstrual Health Management
Pilot for Congolese refugees in
Western Uganda



**WOMENA UGANDA,
PROVIDED A TARGETED
1028 GIRLS AND
WOMEN BETWEEN THE
AGES OF 10-47 YEARS
WITH COMPREHENSIVE
MENSTRUAL HEALTH
EDUCATION**



2. Menstrual Health Management Pilot for Congolese refugees in Western Uganda

Funder: European Civil Protection and Humanitarian Aid Operations (ECHO)

Sub granter: CARE International

Location: Kyaka II (Kyegegwa District) and Kyangwali (Kikuube District) Refugees Settlements

Project background:

WoMena Uganda, as part of the ECHO APEAL Consortium, is implementing a MHM intervention in Kyaka II and Kyangwali refugee settlements. ECHO APEAL is a consortium of six humanitarian organisations - hosted by CARE international - implementing protection measures to newly arrived refugees. WoMena leads the MHM component, providing a targeted 1028 girls and women between the ages of 10-47 years with comprehensive menstrual health education and a reliable MHM method - the MC (Ruby Cup). The project aims to improve the menstrual experience of refugee women whose ability to manage their menstruation is disproportionality hindered by the settlement setting in which necessary resources for dignified MHM - such as water, privacy, and adequate WASH facilities - are limited. Additionally, the project works to engage the host and humanitarian communities including males in discussions on menstruation, deepen their understanding on how it impacts girls, women and their families, address related stigma, and tap into existing support structures within the settlement setting.

Outcomes:

By the end of the 3rd quarter, the project had reached 938 beneficiaries with MHM information and MHM kits. MHM kits included a bucket, Ruby Cup MC, casserole container, towel, soap, cloth for exercise, among other items. These included training and menstrual kits to selected government officials, ToTs and direct beneficiaries. The provision of MHM kits was done in three phases: the ToTs (41 participants), a trial ToBs (trial) (210 participants), and a project scale up (627 participants).

In a sample of 810 beneficiaries who received training on MHM and received menstrual kits, nationals are only 14% of the population, the remaining 86% being Congolese refugees. Results of the assessment indicated that out of a sample of 585 beneficiaries, 455 (78%) showed improved knowledge on MHM after the training.

Quotes:

THE TRAINING I RECEIVED FROM WOMENA HELPED ME SUPPORT MY VILLAGE MATE WHO ALMOST DROPPED OUT OF SCHOOL DUE TO PAIN AND LACK OF MENSTRUAL PRODUCTS. AM HAPPY THAT SHE WAS ENROLLED IN THE SCALE UP AND NOW HAS A MENSTRUAL CUP AND KIT.
(BENEFICIARY)

I WAS ABLE TO OPEN UP TO WOMENA OF A HEALTH PROBLEM THAT HINDERED MENSTRUAL CUP USAGE AND CAUSED GBV [GENDER BASED VIOLENCE] IN MY HOME AND I WAS REFERRED FOR SURGERY. WE ARE A HAPPY COUPLE BECAUSE OF WOMENA!
(BENEFICIARY)

Following the scale up, a midline visit was conducted to determine product uptake and acceptability as well as provide refresher MHM training. Out of 264 surveyed beneficiaries, 77% reported using the MC during their last menstrual period. Additionally, 78% reported they did not stain/leak, and 88% said they did not feel embarrassed or self-conscious. Overall, in their most recent menstruation, 232 beneficiaries (88%) within the midline sample size felt satisfied with their most used MHM product which, as noted above, the majority of participants indicated was the MC.

Plans for 2020: Moving forward, the project is expected to continue as part of a larger consortium in ECHO APEAL. The future project will expand activities to reach more refugees in Kyaka II and Kyangwali refugee settlements.

REFRESHER TRAINING FOR GIRLS







“THE WOMENA MHM INTERVENTION IN GULU SCHOOLS IS A ONE-YEAR PROJECT”



3. Menstrual Health Management Intervention in schools in Gulu district

Funder: Norwegian Agency for Development Cooperation (NORAD)

Sub granter: Save the Children International (SCI)

Location: Gulu district

Project background:

The WoMena MHM intervention in Gulu schools is a one-year project supported by Save the Children International (SCI) and Norwegian Agency for Development Cooperation (NORAD). The project aimed at improving knowledge on MHM and Sexual Reproductive Health Rights (SRHR) is implemented in two sub-counties of Awach and Paicho, targeting two SCI Primary schools, Awach P7 and Pagik P/S. The primary project beneficiaries include 30 Trained Trainers (including local leaders and health care workers); 20 SCI staff; and 180 school girls and female relatives. The secondary target group includes community peers as male students and family members, local religious, political leaders, and local media. The second group is instrumental in maintaining communal support networks as a project sustainability strategy. The pilot beneficiaries were trained on MHM, and allotted a 3 months' period to practice, acquaint themselves with MHM information, but also test their ability to train community people on MHM and MC through personal experiences.

Outcomes:

The project targeted 180 beneficiaries, and actually reached 189 beneficiaries including 30 indirect beneficiaries. A total of 189 menstrual cups were distributed, with 52% of the beneficiaries reporting that they liked the training. However, 15% of the beneficiaries did not fill in the questionnaire, indicating a considerable gap in knowledge retention. 290 members were trained, 144 community members were reached through sensitizations including males, 227 menstrual cups were distributed and 4 MCs were distributed to two schools.

A pre-training survey was administered to all participants at both Pagik P/S and Awach P7 Primary Schools to more accurately track product uptake, satisfaction, impacts on school attendance, and comfortability of menstruating girls and women throughout the 6-month trial period. A total of 70 related females and 102 schoolgirls completed the surveys, and we found the following results: For the schoolgirls, the most commonly used MHM product(s) for period management were: Disposable pads (75%), reusable pads (71%), and clothing/cloth/fabric (25%). 11% of girls reported missing 1-2 days of school because they were menstruating, and 6% reported missing 3-5 days and 85% of girls felt they were able to do their daily activities as usual while in their period, but 62% reported they felt embarrassed or self-conscious during their last menstrual period and 69% reported dissatisfaction with their most used MHM product. For related females, the most commonly used MHM product(s) for period management were: Disposable pads (64%), reusable pads (44%), and cotton wool/gauze (43%) and clothing/cloth/

fabric (43%). 85% of participants had helped someone manage her menstrual period and while 64% felt satisfied with their most used MHM product, 50% felt embarrassed or self-conscious during their last menstrual period.

Plans for 2020: WoMena Uganda has planned for the scale up in 10 schools in Gulu and in the discussion process with SCI under the NORAD program.

Quotes:

"I ALMOST
FORGOT I WAS
MENSTRUATING
WHEN
I WAS WEARING
THE CUP"
(TEACHER)

"I COULD SLEEP WITHOUT
KNICKERS, AND I FEEL MORE
FREEDOM. I WAS PLAYING AT
SCHOOL AND NOBODY WAS KNOWING
THAT I WAS USING THE CUP"
(STUDENT)





2019 WOMENA'S ACHIEVEMENTS

MHM Pilot Family Health
Options Kenya



“ WE ARE IMPLEMENTING A MENSTRUAL HEALTH MANAGEMENT (MHM) PILOT IN HOMA BAY IN KENYA.”



4. Menstrual Health Interventions Pilot - Family Health Options Kenya

Funder: The Danish Family Planning Association (DFPA)

Partner: Family Health Options Kenya

Location: Homa Bay, Kenya

Project background: With support from the Danish Family Planning Association (DFPA) and in partnership with Family Health Options Kenya (FHOK), WoMena Uganda is implementing a Menstrual MHM Pilot in Homa Bay in Kenya. The project is implementing a holistic model, where menstrual cups are used to provide a sustainable method of managing menstruation for adolescent girls and young women (AGYW) through FHOK services, while WoMena has strengthened the capacity of FHOK to implement menstrual health & cup programmes.

Outcomes: The pilot was carried out over three main activities. First, a two-day capacity building training for 19 FHOK staff on how to design and carry out an intervention plan on improving MHM for youths. Second, a two-day ToTs was conducted by WoMena and targeted 23 participants from various professional sectors, including health workers, gender officers, WASH officers and more. All participants received full training on MHM, a Me and My Cup Handbook containing all MH sessions, a MC t-shirt and a MC for

personal use. The third activity was the ToBs, which was split over two activities. In May, WoMena trained 30 youth FHOK volunteers with extensive training of MHM and distributed a MC for personal use. In September, WoMena travelled to Homa Bay to conduct a small follow up and to train an additional 22 youths, all of which received the full MHM training and a MC for personal use. A total of 51 Regular and 49 Large MCs were distributed in this project. The training feedback was generally positive, with 100% saying that the training was Good or Very Good at the endline.

At the endline, 100% of beneficiaries reported that they had tried the MC and all reported that they will continue to use it in the future. In terms of comfortability, 92% reported satisfied or very satisfied for comfort whilst wearing, 100% reported satisfied or very satisfied for ease of washing, 100% reported satisfied or very satisfied for being able to do normal activities, 100% reported satisfied or very satisfied for changing MC at home, and 83% reported satisfied or very satisfied for changing the MC whilst away from home.

Plan for 2020: The project has successfully closed.





**" SINCE JANUARY 2019
WE HAVE SUCCESSFULLY
CONDUCTED 13
TRAININGS"**



5. AFRIPads Trainings

Funder: UNHCR

Partner: AFRIPads

Location: Bidi Bidi, Kyaka II, Rwamwanja, Nakivale, Pagirinya and Bololi Refugee Settlements, District include Masaka, Iganga, Kampala and Kiboga

Project background: Following the success of the different pilot interventions, AFRIPads received funding from United Nations High commons for Refugees (UNHCR) to conduct Menstrual Health education sessions and distribute AFRIPads Menstrual kits to 150,000 beneficiaries. AFRIPads contracted WoMena to conduct 20 through 2019 and 2020 to support implementation of this project. The project targets women and girls in refugee settlements and development contexts. Settlements include Kyaka II, Rwamwanja Nakivale, Pagirinya, Bolori and Bidi Bidi refugee settlement and in different district of the Uganda that include Masaka, Kampala, Iganga and Kiboga with primary objective of delivering a comprehensive AFRIPads Girl Talk ToTs to AFRIPads partners and ToBs to adolescent girls. A number of 371 ToT and 193 adolescent girls aged between 12 to 58 years have been trained Since January 2019 to December 2019. In total, WoMena successfully conducted 12 Training sessions. The WoMena Training team had engaged both AFRIPads Trainers and beneficiaries to better understand their menstrual experiences, appreciation and usage of MHM products, and probably to document

challenges experienced while on their periods, this was proposed on the understanding that distributing reusable pads does not automatically result in improvements of the menstrual health of girls and women. Pilot interventions were conducted to assess the status quo, so as to effectively guide planning and implementation.

Outcomes:

Planned AFRIPads training activities included one successful ToBs that aimed to reach 200 beneficiaries in the three locations and actually achieved 193 female participants; 93 in Pagirinya, 65 in Bolori, and 35 in Bidi Bidi; all participants aged between 12-20 years. Overall, out of the 193 Training participants that attended the TOB, 192 girls filled out the knowledge retention tests. 93 participants were from Bidi Bidi, 65 from Bolori and 34 from Pagirinya Refugee settlements.

Overall, out of the 193 Training participants that attended the TOB, 192 girls reported filled out the knowledge retention tests. 93 from Bidi Bidi Refugee settlement, 65 from Bolori Refugee settlement, and 34 from Pagirinya Refugee settlement. Their classes range from Primary Three (P3) to senior two (S2) with ages ranging from 12-20 years.

The results of post-test analysis showed that the girls demonstrated good understanding of the menstrual cycle, 51% of them answered correctly that their menstrual cycle can last from 21-45 days. However, there are still ambiguities in the questions, the girls experienced difficulties in understanding the questions correctly. The



average menstrual cycle is 28 days and for starters it can be from 21-45, maybe there is a need to rephrase the question. During the training, the girls were given tips by the trainer on how they can have a happy and healthy period. The surveys filled out by the girls show that there was a good understanding of this topic. 72% said "one can take a lot of water", 67% said "wear clean underwear", 52% said "one can relax", and only 3% said "one can stay at home during their periods".

There was a good level of knowledge demonstrated by the participants on how to wash their AFRipads. 87% of the participants identified washing the reusable pad in cold water, 75% said wash with bar soap, 2% wash with bleach and 1% boil in water. 97% of the participants correctly identified drying the reusable pad under the sun as a correct method of drying the reusable pads and 5% said you can wear it on the ground and 1% dry on the ground. For the incorrect responses, trainers ensured they are corrected after reading through the tests and this was always done before the training is concluded.

The last question of the evaluation test shows the satisfaction of the participants with the training with 93% of the beneficiaries saying that the training was very good, 7% said the training was good, and 1% said the training was not good not bad.

Plan for 2020

WoMena will continue to support AFRipads 8 more training sessions are expected to be conducted in 2020





" AT FOLLOW-UP 21% OF THE GIRLS HAD STARTED USING THEIR MENSTRUAL CUP"



6. Bfree Menstrual Pilot Trial

Funder: The United Nations Population Fund (UNFPA)

Sub-grantee: Women's Global Health Innovation

Partners: War Child Canada and Public Health Ambassadors Uganda

Location: Adjumani, Alele and Dzaipi Refugee settlement

Project background: WoMena Uganda in partnership with Women's Global Health Innovation and Public Health Ambassadors Uganda is implementing an MHM intervention in Alele and Dzaipi refugee settlements in Adjumani district. The intervention targets two secondary schools Alele S.S. and Dzaipi S.S. and aims to improve knowledge and awareness on MHM for adolescent girls and young women through the provision of MHM training and Bfree MCs. The MC does not only have the advantage but also comes in the form of three MCs that contain the baby cup, the medium cup and the big cup. This was done to give girls an option or choice of choosing the size of the MC they want to use during their menstrual periods. The Pilot intervention has concluded various activities including a ToTs, a ToBs, and a follow-up refresher training and monitoring visit. WoMena conducted these three activities alongside partners, including War Child Canada, Women's Global Health Innovations and Public Health ambassadors Uganda and WoMena has spearheaded all the menstrual health training and M&E activities.

Outcomes: Since January 2019, the project has reached 436 beneficiaries, these include 12 TOTs (8 female and 4 male) ages ranging from 23-46 years, beneficiaries 424 (246 boys and 178 girls). There has been time given to the Beneficiaries of the project to utilize their benefits, from January to date a number of 190 received sets of menstrual cups have been distributed. In total 570 menstrual cups have been distributed as one set of the B-free contains three different sizes.

During the follow-up refresher training, MHM MC user experience surveys were administered by the beneficiaries. Overall, out of the 49 follow-up participants that had attended the ToB in October 2019, 21 girls reported using and accepting the MC, meaning 43% of participants had accepted the MC after only one menstrual cycle.

Plan for 2020: We are bidding our proposals for the continuation and scale up of activities for 2020.

WOMENA
REFRESHER
TRAINING
FOR GIRLS



WOMENA
REFRESHER
TRAINING
FOR GIRLS







" PURPOSE OF THE PROJECT IS TO IMPROVE VULNERABLE ORPHANS AND STREET CHILDREN"



7. Menstrual Health Education for Orphans and Street children

Funder: Soroptimist International

Location: M-Lisada Orphanage Center, Kampala

Project background: Soroptimist International commissioned WoMena Uganda to conduct MHM activities in M-Lisada Orphanage with the aim of introducing menstrual health education and MC use and care to the vulnerable orphans and street children. The purpose of the project is to enhance opportunities for vulnerable orphans and street children to manage their menstruation in a dignified and non-stigmatized way. 61 boys and girls and staff at the center are targeted through education training and provision of MCs and reusable pads - AFRIPads.

Outcomes: In December 2019, the first MHM education session was carried out. The first MHM and MC use and care training indicates that 61 participants attended the training, including 49 girls including two female staff and 12 boys. Participants age ranged 9-20, and from P.3 to S.6 classes, all the participants filled out the knowledge retention tests.

Overall, 85% of the girls and boys correctly answered the post test, participants scored lowest on the question about the menstrual cycle and highest on questions about the female reproductive system and average on questions about the MC proper insertion procedure.

Both boys' and girls' pretests show average knowledge on how to clean your MC during your period. Through the training, the boys and girls gain more confidence in expressing themselves through asking questions and participating in demonstrations. Reports from the Orphanage managers show that there is an improvement for school attendance among the girls in the orphanage and help reduce the cost of buying the disposable pads.

Plan for 2020: The project will continue with a refresher training in February 2020. In May 2020, a follow-up activity will be conducted, and the project will be final evaluated in August 2020.

B RESEARCH & KNOWLEDGE SUMMARIES

WoMena contributes to the global knowledge base, emphasising being evidence based (assembling and assessing existing evidence), evidence generating (documenting our own findings) and evidence disseminating (distributing and utilising evidence for internal and external training, advocacy etc).

Evidence based: WoMena continues to produce monthly Global Research Updates (first started in 2017). These are used for training internally, and disseminated externally to organisations which in turn post on their websites (e.g. Menstrual Hub, Cup Coalition). In 2019, 3 new FAQs were developed on particularly pressing issues (MCs and harmful substances, environmental impacts, and infections). The FAQs are shared both internally (e.g. Facebook, training) and externally (e.g. website, MH Hub, SuSanA, Cup Coalition, Save the Children & UNFPA).

Evidence generating: In 2019, WoMena produced and disseminated 3 project reports on our own work on "Menstrual Cup Research Dissemination Meeting", "Ruby Cups: Girls in Imvepi Refugee Settlement Taking Control" and "Menstrual Cup Interventions Follow-up Study Report, Uganda". WoMena was invited to contribute 2 chapters on "Menstruation in refugee populations" and "Training approach" for a Palgrave review (an academic publisher) with expected publication in August 2020. We were also invited to update sections of Wikipedia articles on "Advantages" and "Acceptability studies" with WoMena's findings for Menstrual Cups. Work is underway on several articles, including an overview article based on the above mentioned reports.

Evidence disseminating: As mentioned above, WoMena actively disseminates and uses evidence for many of the advocacy initiatives described below.





Teaching at Universities

WoMena was invited to additional university teaching activities in 2019 and introduced MHM topics in several Master's programmes at the University of Copenhagen (e.g. Public Health, Global Health & Disaster Management).

Reproductive Health Uganda Inter-university Dialogue

Reproductive Health Uganda in collaboration with Makerere University organized the 2019 Inter-University Dialogue (IUD) on Sexuality under the theme "Role of Culture and Religion in Promoting Better Sexual Health Outcomes". The dialogue took place on 12 Oct 2019 at Makerere University. WoMena Uganda provided information on MHM and MHM products by exhibiting the dialogue targeted more than 1800 participants from 31 Universities across the country. These included reproductive health experts, lecturers, media, policy makers, students, religious and cultural leaders, civil society organizations and development partners. The meeting provided a platform for different stakeholders to reflect on how culture and religion impacts on gender and sexuality. The meeting also facilitated empowerment of young people in higher institutions of learning on sexuality and held policy

makers accountable on delivery of the necessary policy framework.

Nairobi Summit on the International Conference on Population and Development - ICPD25

From November 12th - 14th, two WoMena Uganda representatives attended the Nairobi Summit on the International Population and Development (ICPD)25. The conference is the 25th anniversary of the (ICPD) held in Cairo in 1994. The conference was aimed at reflecting on the achievements and challenges in realising the promises made 25 years ago while setting new goals for the future. The conference recognised SRHR as integral to achieving the SDGs by 2030 and included representatives from organisations, the private sector, funding agencies, governments, and activist movements around the world. WoMena Uganda was among the global representatives, taking place in collaborative discussion whilst championing for the inclusion of MHM into the SRHR global agenda. WoMena attended various sessions and networking events hosted by our partners and other SRHR colleagues while also meeting personally with representatives from the following organisations: The Case For Her, Women's Global Health Innovations, Ruby Cup, AFRIPads Foundation, The White Ribbon Alliance, African Coalition for Menstrual Health Management, UNFPA East and Southern Africa Regional Office, and WASH United.

International Menstrual Health/Hygiene Day

This is an annual event that includes all stakeholders in the area of MHM with specific focus on adolescent girls in schools. The International MHM day was held at Hotel Africana, Kampala on 28th May, 2019. WoMena Uganda held an exhibition of the MHM Kit and training materials. WoMena Denmark participated in an event, where we focussed on how SDGs are dependent on improvements in MHM.

The 19th Reproductive Health Supplies Coalition Membership Meeting

The Reproductive Health Supplies Coalition is a global partnership of public, private and non-governmental organisations. Its aim is to ensure that all people in low- and middle-income countries can choose, obtain and use the supplies and appropriate services they need to safeguard their reproductive health. The 19th Reproductive Health Supplies Coalition Membership meeting was held on the 25-28 March 2019 in Kathmandu, Nepal. Participations include private sectors, government, health services, media and non-government organisations across continents Europe, Asia, Africa, North America and South America. WoMena participated in the Youth Caucus meeting that aimed at increasing access to reproductive health supplies to young people by making available research and data on youth contraceptives and other maternal health supplies needs, and strengthen young people's engagement and participation in the Coalition. WoMena also participated in the Supplies Fellow Programme that aimed at increasing young people's engagement in the professional world, with a need to have RHSC Professional members commit to guide young people through this programme to improve their Careers.

CSO Pre forum and AU High Level Dialogue

The Civil Society Organisation (CSO) Pre-Forum event took place at Munyonyo Commonwealth Resort at the Majestic Hall. The main objective of the CSO Pre-Forum was to provide CSOs that work in Africa, with a space to reflect on the issues being discussed during the main HLD, but was also a space for agenda setting on the theme of the Year on durable solutions.



Laws and policies that protect the girl child and women have not been enacted in a timely manner to ensure fair treatment and justice. WoMena is working with government ministries and stakeholders to lobby for policy change and streamlining in areas of sexual reproductive health rights and menstrual health that have often resulted in sexual gender based violence (GBV) and deprivation.

a. Contribution of WoMena in developing national MHM curriculum for teachers and schoolchildren: With the technical expertise and generated evidence from our work, WoMena has actively participated and assisted in designing MHM curriculum for teachers and school children through our engagement with the Ministry of Education and Sports and other partners. MHM curriculum for teachers aims to support teachers and caregivers to pass on uniform and evidence based information to adolescent girls in a streamlined manner. The curriculum has been completed and awaits review by the Ministry of Education and Sports (MoES). MHM Curriculum for schoolchildren has been developed in view of wide information creation and dissemination to children from different sources that has not been tested for quality and credible reference. The completed

MHM Curriculum for school children aims to support information credibility, evidence, and information retention by users. The MoES will approve and give guidance on ownership of the Curriculum. WoMena Uganda will facilitate stakeholder meetings in 2020 for the review process and onward recommendation to the National Curriculum Development process.

b. MC policies for refugee girls and women: Presentation to the Gender Development Partner Group (GDPG) on 8th August, 2019 addressed the issue of acceptability of the MC among refugee women and girls. This was evidenced by earlier evaluations in the Imvepi Refugee Settlement. The Uganda's Health Sector Development Plan 2016/2010 mentions the importance of preparedness and health promotion in emergency situations, especially regarding refugees arriving in Uganda from South Sudan, DRC and Somalia. Additionally, as the Education and Sports Strategic Plan highlights the needs to develop skills training sessions that are accessible to all, including People with disabilities (PWDs) and refugees amongst others, this is crucial including MHM training sessions for this marginalised group. The GDPG is instrumental in influencing Government of Uganda (GoU) programmes especially that the MC is not yet fully accepted in government circles.

c. MCs and GBV programming/policies: As per UNFPA's request, responses to concerns of hygiene in MHM, vulnerability criteria among women and girls, and inclusion of guardians in the MHM program were presented to the UNFPA GBV Working Group on 10th September, 2019, which includes UNHCR and UNFPA. This was provided based on WoMena's experience working with these target groups with CARE Uganda. This provided an opportunity for WoMena to show that MC programs have not been imposed on the beneficiary communities. As mentioned above, an FAQ is underway

d. National MC approvals aimed at supporting GoU efforts through the MoH to carry out research on MHM products to ensure usability and safety through choice. WoMena made presentations to the Child and Maternal Health Technical Working Group, MoH in 2018 and early 2019 seeking government support to the climate smart programme of the MC.

e. Lower MC prices through UNFPA pooled procurement: In 2019, WoMena finally saw the outcomes of presentations made to UNFPA Procurement Services Branch over the course of 2016-2018 to advocate that MCs be included in the catalogue of MHM products available for country procurement. MCs are now part of the catalogue - WoMena has been invited along with a number of other stakeholders to input to UNFPA and UNICEF's market survey for development of technical specifications for MCs in 2020.

f. Participation of WoMena in Menstrual Health & Hygiene Policy Review Project: In 2019, WoMena joined the Technical Advisory Group on the "Menstrual Health & Hygiene Policy Review Project", led by Water Supply and Sanitation Collaborative Council (WSSCC) in partnership with Columbia University. The purpose of the review amongst others is to: Assess policy developments on menstrual health and hygiene in four countries (India, Kenya, Senegal and the USA) and Identify the triggers driving policy development, including influence from other country governments, social movements and the media. Lessons learnt will be applied to the Ugandan context.

STORY OF CHANGE

The scope and impact of WoMena's work can best be expressed by our beneficiaries who share with us their stories. With knowledge about their bodies, community support, and a reliable MHM product, women and girls are able to engage in more activities and have more ownership over their own bodies, initiating positive change in their lives.

"IN THE BEGINNING I WAS AFRAID, BUT MY FRIEND ALSO TOLD ME JUST PICK IT MAYBE YOU WILL LIKE IT LATER ... MY FRIEND SAID I AM EVEN USING IT AND I AM SO FREE, SO I DECIDED TO USE IT. IF NOT I WOULD HAVE BEEN WAITING. I ALSO TALKED TO OTHER GIRLS MYSELF, WHO FEARED TRYING IT. ALL I KNOW ARE NOW USING IT."

(GLORIA) (P6)

"MY HUSBAND IS POSITIVE ABOUT [THE CUP]. HE ASKED ME HOW IT WORKS BETTER, HE NOW KNOWS AND I NO LONGER ASK FOR MONEY FOR PADS ... I USED TO SPEND 5,000 UGANDAN SHILLINGS FOR PADS, NOW I CAN SPEND IT ON SOMETHING ELSE, I AM SO HAPPY FOR THAT."

(ANN, 25 YEARS) (MCS FOLLOW-UP STUDY)

"I FEEL FREE, UNLIKE PADS, BECAUSE PADS YOU HAVE TO CHECK ALL THE TIME, YOU ALSO CANNOT DRIVE YOUR BIKE. NOW I CAN DRIVE MY BIKE AND I DON'T HAVE TO LOOK BACK, I DON'T FEAR ... NOW I CAN STAY FOR A LONG TIME AT GATHERINGS ... YOU EVEN SLEEP FREELY, NO PROBLEMS WITH ANYTHING."

(GLORIA) (P6)

"...IT IS YOUR OWN BLOOD, YOU CAN TOUCH. IT IS WHAT GOD HAS GIVEN TO US AS GIRLS. TO COME AND KNOW, THAT THING SAVES A LOT OF MONEY, THE MONEY WHICH YOU MAY USE EVERY MONTH FOR BUYING PADS, LIKE 3,500 - 4000 UGX, THEY ARE EXPENSIVE. THAT MONEY HERE CAN EVEN BUY FOOD FOR THE WHOLE FAMILY."

(SCHOOLGIRL, ENDLINE INTERVIEW)

"AS A WOMAN, I AM FINALLY FREE TO GO TO PUBLIC PLACES WITHOUT FEAR DURING MY MENSTRUATION"

(WOMEN, FOLLOW-UP STUDY)

A story from a gender-based survivor and MC champion in Kyangwali refugee settlement

"I was an ex-militant. My husband died in the war, so, I ran to Uganda with our only son. There, I met the refugee operator. He asked to marry me. Since he was also a Congolese and I did not know any other people at that time, I accepted his proposal. But I didn't live happily for long. Soon he knew I fought in the military in Congo, he wanted to kill me. His brother died in the war, so, he blamed me for his death. He started to beat and insulted me. I was 3-month pregnant at that time. I was so afraid and tried to run away. I sought help from the social workers in the settlement. They brought me to the hospital and helped taking care of me. But my husband still threatened me. I was so desperate that was even thinking of taking my own lives, but the women here advised me not to do so and told me to join the women's groups. I got a lot of support from the surrounding. Lately, I filed the divorce with my husband and now live freely with my new-born baby

When I joined the women's group, I feel empowered. WoMena's people came and trained us about our bodies and gave us the menstrual cups. I have never seen the cups before, but it helps me a lot. I don't see a lot of blood coming out in my period and I can do my daily activities without worrying people might see stains on my cloth. I wish more women know about WoMena and they can use the cups as well as they have helped me a lot."

-M.B



WoMena received Power, Together Award hosted by the Women Political Leaders at Reykjavik, Iceland together with 21 other incredible organisations for our contribution in ending period poverty.



LIST OF PUBLICATIONS IN 2019

- Hytti L et al., (WoMena Uganda) 2019 : Menstrual Cup Interventions Follow Up Study, Uganda
- WoMena FAQ, 2019: Is there any connection between menstrual cups and infections?
- WoMena Uganda, 2019: Menstrual Cup Research Dissemination Meeting Menstrual Cups: Innovative Menstrual Health Management 28th of June 2018, Metropole Hotel, Kampala, Uganda
- WoMen FAQ, 2019: What is the environmental impact of menstrual products?
- WoMena FAQ, 2019: Do menstrual products contain harmful substances?
- WoMena FAQ, 2020: Does menstruation make girls miss school?
- Kansiime C , Hytti L, Nalugya R, Nakuya K, Namirembe P, Nakalema Sh et al., 2020: Menstrual health intervention and school attendance in Uganda (MENISCUS-2): a pilot intervention study



2019 FINANCIAL REPORT (UNAUDITED)

WOMENA UGANDA				
CONSOLIDATED FUND ACCOUNTABILITY STATEMENT				
FOR THE YEAR ENDED DECEMBER 31, 2019				
		2019		
		UGX	USD	DKK
INCOME				
	Grants	1,078,153,262	293,535	1,974,640
	Donations	48,199,315	13,123	88,277
	Training fees	42,006,120	11,436	76,934
Total Income		1,168,358,697	318,094	2,139,851
EXPENSES				
	Project Expenses	528,465,342	143,878	967,885
	Staff Expenses	415,157,676	113,030	760,362
	Administration Expenses	76,323,638	20,780	139,787
Total Expenses		1,019,946,656	277,688	1,868,034
SURPLUS for the year		148,412,041	40,406	271,817



WOMENA'S 2020 STRATEGIC FRAMEWORK

GOALS	STRATEGIES/OBJECTIVES
1. Formally integrate Menstrual Cups into national & international frameworks	<ul style="list-style-type: none"> a. National approval of MCs in Uganda to allow use of MCs in public facilities and UN programs (via NDA approval & advocacy with MOH & UNFPA) b. MC MHM education in public schools - at minimum in preparation phase - building on lessons learned from Buikwe District as well as getting the national teacher's curriculum approved to include MCs c. MCs mentioned/elaborated in national MHM strategic plan d. Integrate MCs into UN intl programs, incl. UNFPA PSB product list & edu component in UNFPA kits
2. Support for MCs by national institutions	<ul style="list-style-type: none"> a. Approvals for MC research by UNCST and relevant IRBs b. Continuous and clear engagement plan with MOH, MOE and MGLSD including focal points at national and district levels making positive statements about MCs c. Continuous and clear engagement plan with medical and related professional bodies at national and district levels making positive statements about MCs
3. Develop & implement scale up models	<ul style="list-style-type: none"> a. Disseminate information on pricing, distribution and payment models for MCs b. Determine how MC programs can work at scale and in the long run, including cost effective implementation, effective training at scale (evaluate new models) c. Introduce scale up models with key partners and effectively tailor implementation support to reflect partner implementation capacity as well as to disseminate results d. Work on product affordability with suppliers and major procurement partners
4. Measure & demonstrate impact through improved Monitoring & Evaluation	<ul style="list-style-type: none"> a. Validate M&E framework with target groups, government & partners b. Standardize data collection and management tools c. Improve & consolidate tools into WoMena M&E toolkit, to have it freely and fully available online from end of 2019 d. Present WoMena's results and impact on the website and other (social) media channels



OUR SUPPORTERS

Our work is made possible by collaboration with our wonderful institutional partners, donors, members worldwide, who believe in and support WoMena's vision.





OUR TEAM

Our work is made possible by collaboration with our wonderful institutional partners, donors, members worldwide, who believe in and support WoMena's vision.

WoMena' Board

Marianne Tellier - Co-founder & Board Chairman
 Maria Hyttel - Co-founder & Treasurer
 Keith Diniz - Board Advisor
 Laura Hytti - Board Secretary
 Lene Østergaard - Board Member
 Samuel Opio - Board Member

WoMena

Jo-Ann Caberoy - Acting Executive Director
 Siri Tellier - Sexual & Reproductive Health Advisor
 Rasmus Hauge - Communication Advisor
 Petra Järvinen - Communication Advisor

WoMena Uganda

Do Ngoc Thao - Acting Executive Director
 Mary Grace Sanday - Program Office Manager
 Bernard Omoding - Finance Manager
 Joan Asiimwe - M&E Officer
 Florence Jesca Baine - Junior Accountant
 Shamirah Nakalema - Training Coordinator/Project Manager
 Diana Nalunga - Junior Project Manager
 Megan Dumas - Junior Project Manager
 Stella Linda Kiggundu - Project Officer
 Agnes Akech - Field Assistant
 Stephen Orec - Field Assistant
 Martin Niola - Security Guard



A Membership gives you the right to participate and vote at our Annual and Extraordinary General Meetings. As a member, you will also receive our newsletter around 4 times a year. By becoming our member you support our efforts to implement innovative reproductive health solutions and improve the lives of girls and women in disadvantaged parts of the world.

Please visit: <http://womena.dk/membership> for more details



Kigoowa Rd., Ntinda, Kampala, Uganda
Olufsvej 30, 2100 København Ø, Danmark



+256 200 902 098



info@womena.dk



@WoMena_Official



WoMena NGO



www.womena.dk



WoMena.1