



MENSTRUAL HYGIENE DAY

REPORT

2023



Project REACH:

Restoring Education, Access to Healthcare, and Community Harmony for Internally Displaced Persons



deserve better

TABLE OF CONTENTS

- 1 Introduction
- 2 Objectives
- 3 CHELD Menstrual Health Project
- 4 Next Steps

INTRODUCTION

The plight of internally displaced persons (IDPs) in Abuja is characterized by significant challenges in accessing vital services, such as healthcare, education, and sanitation. These vulnerable populations are often forced to leave their homes due to conflicts, natural disasters, or other factors beyond their control, leading to displacement and a loss of essential resources. In recognition of the urgent need to address these multifaceted challenges, the Centre for Health Ethics Law and Development (CHELD) has launched Project Restoring Education, Access to Health Care, and Community Harmony (REACH).

Project REACH is a comprehensive initiative designed to provide holistic support and interventions tailored to the specific needs of IDPs in Abuja. With a steadfast commitment to the United Nations' Sustainable Development Goals (SDGs), the project seeks to address the various dimensions of well-being, including good health and well-being (SDG 3), quality education (SDG 4), access to clean water and sanitation (SDG 6), affordable and clean energy (SDG 7), inclusive economic growth and decent work (SDG 8) and reducing inequalities (SDG 10). The challenges faced by IDPs extend far beyond the immediate displacement, as they grapple with limited access to healthcare facilities, disrupted education, unhygienic living conditions, and economic hardships. Project REACH serves as a beacon of hope and a catalyst for change, striving to restore a sense of dignity, empowerment, and community harmony among these vulnerable populations.

By addressing the fundamental needs of IDPs, Project REACH aims to provide them with the

necessary tools and resources to rebuild their lives. The project takes a comprehensive approach that encompasses healthcare interventions, educational support, access to clean water and sanitation facilities, provision of affordable and clean energy sources, economic empowerment, and efforts to reduce inequalities.

Through strategic collaborations, innovative approaches, and unwavering dedication, CHELD aims to make a tangible and lasting impact on the lives of IDPs in Abuja. By aligning with the SDGs, Project REACH contributes to the global agenda of creating a more equitable and sustainable world, where no one is left behind.

In the following sections, this report will delve into the specific interventions and achievements of Project REACH, with a particular focus on the IDP Menstrual Project as a crucial component that addresses healthcare and sanitation interventions. By providing hygienic menstrual products, empowering women, and girls with knowledge on menstrual hygiene practices, and promoting the self-production of reusable sanitary pads, Project REACH endeavours to restore a sense of dignity, improve health outcomes, and foster holistic well-being among internally displaced women and girls.

OBJECTIVES

The primary objective of Project REACH is to restore a sense of dignity, empowerment, and holistic well-being among IDPs in Abuja. Specific goals include:

3

Ensuring good health and well-being among IDPs

By addressing the menstrual hygiene needs of IDPs and providing access to hygienic menstrual products, the project promotes good health and well-being among the participants;

4

Promoting quality education and improving access to educational resources

The project empowers IDP women and girls by imparting knowledge and skills related to menstrual hygiene practices and the production of reusable sanitary pads. This educational aspect contributes to promoting quality education and improving access to educational resources.

6

Facilitating access to clean water and sanitation facilities

By providing access to hygienic menstrual products and promoting good menstrual hygiene practices, the project indirectly contributes to improving sanitation facilities and addressing the issue of unhygienic practices in IDP camps.

7

Advancing affordable and clean energy sources

The production of reusable sanitary pads, as encouraged by the project, promotes sustainability, and reduces the dependence on disposable options, aligning to advance affordable and clean energy sources.

8

Fostering inclusive economic growth and creating decent work opportunities

Through the Training of Trainer (ToT) programs and the emphasis on skill-building, the project fosters inclusive economic growth and creates opportunities for the participants to utilize their skills and earn income through the production and sale of reusable sanitary pads;

10

Reducing inequalities within and among nations

By providing access to hygienic menstrual products, imparting knowledge, and empowering IDP women and girls, the project aims to reduce inequalities within the IDP community and address the specific needs and challenges faced by displaced individuals.

CHELD MENSTRUAL HEALTH PROJECT

The IDP Menstrual Project is a crucial component of Project REACH, which aims to address healthcare and sanitation interventions for internally displaced women and girls living in IDP camps. This initiative focuses on providing hygienic menstrual products to improve their well-being and dignity. Through the distribution of sanitary items and comprehensive training sessions, the project empowers these women and girls by imparting knowledge on menstrual hygiene practices and teaching them to produce reusable sanitary pads.

The IDP Menstrual Project, led by CHELD (name of the organization), plays a pivotal role in providing compassionate and inclusive support to women and girls of reproductive age in IDP camps. By freely distributing essential menstrual products, the project ensures that financial constraints do not hinder their access to hygienic supplies. This approach dismantles barriers and aims to embrace these women and girls with dignity and equity. The comprehensive training sessions organized by CHELD catalyse self-empowerment and resilience. These sessions equip IDP women and girls with the skills necessary to produce reusable sanitary pads, made from high-quality cotton fabrics. These pads offer a health-conscious and sustainable alternative to disposable options, freeing them from the limitations of single-use products. The reusable pads, known for their exceptional absorbency, fortitude, and breathability, provide a long-lasting solution that can be easily cleaned, renewed under sunlight, and reused in subsequent menstrual cycles.

In commemoration of World Menstrual Hygiene Day, CHELD joined forces with the MO Reusable Pad Initiative to organize a transformative training session at the New Kuchigoro Camp in Abuja. The symposium brought together 75 female IDPs, fostering collaboration and unity. During the training, participants received practical guidance and the necessary materials to become artisans of their menstrual destiny. Among the attendees, 10 women successfully sewed their reusable pads, demonstrating their dedication and commitment to enhancing their reproductive health and overall well-being. The completion of the pads brought a sense of empowerment and satisfaction, signalling their newfound ability to take charge of their menstrual hygiene in a sustainable and dignified manner.

For the remaining participants, who departed with the necessary materials to continue their journey of self-production, a seed of hope was planted. The materials symbolize both the tangible resources required for pad production and the intangible promise of a brighter future. Armed with this knowledge, the participants embarked on a path of self-reliance and resilience, confident in their ability to address their menstrual needs despite the challenges of displacement.

The gratitude expressed by the participants reflects the profound impact and value of the IDP Menstrual Project. Beyond imparting practical skills, CHELD has instilled hope and possibility in the lives of these resilient women. By equipping them with the means to address their menstrual needs, CHELD has taken a significant step toward restoring dignity and normalcy to their lives, despite the difficult circumstances they face as displaced individuals.

The knowledge and skill acquired through the IDP Menstrual Project will undoubtedly contribute to improving the reproductive health and overall well-being of these women. By enabling them to maintain hygiene, mitigate health risks, and reclaim control over their bodies, the project offers both practical solutions and a beacon of hope. It reminds these women that their well-being matters and that they deserve dignified care and support.

The impact of this initiative extends far beyond the training session. As the participants continue their journey, armed with the skill of producing reusable pads, their resilience and determination will catalyse positive change within their communities. The knowledge and skills acquired will be shared and passed on, promoting empowerment and self-sufficiency among fellow IDPs. Through their actions and advocacy, they become agents of transformation, breaking the silence, and igniting a symphony of change in the realm of menstrual health.





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In conclusion, the completion of the sewing session marks a significant milestone in the lives of these women. It represents the beginning of a transformative journey towards improved reproductive health, self-empowerment, and the restoration of dignity.

The IDP Menstrual Project, through its comprehensive framework and compassionate approach, has made a profound and lasting impact on the lives of these resilient individuals, reminding them that their well-being and menstrual health are of utmost importance.



NEXT STEPS

Moving forward, CHELD has plans to sustain the momentum of the project by organizing additional training sessions and facilitating step-down pieces of training in the form of Training of Trainer (ToT) programs. These ToT programs aim to empower the highly committed participants with the knowledge and skills needed to become trainers themselves, enabling them to pass on their expertise and train others in their respective communities. By equipping these individuals with the ability to become trainers, CHELD aims to create a cascading effect, expanding the reach of the project and fostering economic opportunities for the participants as they utilize their skills to generate income.



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