Empowering Young Adult: Menstrual Hygiene and Reusable Pad Training Workshop

Wednesday 7 June, 2023

In commemoration of Menstrual Hygiene Day 2023, Hope Spring Water Charity, SuS Pads and Centre for Adolescent and Social Development have teamed up to host a menstrual hygiene and reusable pad training workshop at Jss Kabusa Abuja. The aim of the workshop is to alleviate period poverty by providing girls with the tools they need to manage their menstrual hygiene in a sustainable and cost-effective way.

During the workshop, attendees were given a step-by-step guide on how to make their own reusable pads as well as comprehensive education on menstruation and menstrual hygiene. With the help of trained professionals and experienced instructors, participants learned how to create high-quality pads that can be washed and reused for years to come.

According to Dr. Fatima Abolanle Odusote, a public health expert and director of the Centre for Adolescent and Social Development, "Mensuration is a normal and natural part of the reproductive cycle for women, yet its potential impact on health and well-being is often overlooked. By raising awareness and promoting access to education and resources, we can empower women to take control of their menstrual health and reduce the stigma and barriers that prevent them from living their lives to the fullest."

The success of the menstrual hygiene workshop was made possible by the generous support of Hope Spring Ecard, a charitable eCard that allows people to send greetings to their friends and family. Their assistance was instrumental in helping us provide valuable resources to girls who may not otherwise have access to them.

Hope Spring's lead for the Menstrual Hygiene Day project, Bolu Olorunfemi, said, "Menstrual hygiene management is crucial for maintaining women's health and well-being. Proper menstrual hygiene practises can prevent infection, discomfort, and social exclusion. Reusable pads are an excellent alternative to disposable pads as they are cost-effective, eco-friendly, and sustainable. Women who use reusable pads not only save money, but they also contribute to a cleaner and healthier environment. Therefore, promoting the use of reusable pads can help improve menstrual hygiene management and address the issue of menstrual waste disposal in a sustainable manner."

We are calling on all supporters of menstrual hygiene education and period poverty alleviation to join us in our mission. By working together, we can empower young girls around the world to take control of their own health and well-being.

For more information about Hope Spring and our upcoming events, please visit our website or contact us directly. Thank you for your support.

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