Menstrual Hygiene Day Workshop Announced by Hope Spring

Thursday 18 May, 2023

The annual menstrual hygiene awareness event, the Menstrual Hygiene day this year is on Sunday the 28th of May. The event which was started by German NGO, WASH United to highlight the plight of women affected by period poverty and to emphasise the importance of menstrual hygiene management.

To mark Menstrual Hygiene day 2023, and the tenth anniversary of Menstrual Hygiene day, Hope Spring will be running a reusable pad training workshop at Government Secondary School Kabusa Abuja, where we will educate young girls on the importance of menstrual hygiene and provide them with sustainable solutions.

The girls will be trained on the fabric and size specification needed to make a reusable pad. They will also be taught on how to cut, assemble and make their reusable pads by themselves. This will help keep girls in school to have a brighter future. This project will also help alleviate period poverty.

Hope Spring Nigeria director of period poverty Bolu Olorunfemi said “we are pleased with the hands-on workshop we are running on May 31st 2023. The event will potentially benefit more than Forty young adults”. The charity;s menstrual hygiene work received a significant boost from two sources recently. The funding includes proceeds of the popular video eCard happy birthday from Africa as well as a sponsored fundraiser by one of the NGO’s supporters.

Hope spring menstrual hygiene day reusable pad training is making significant strides in improving menstrual health education for young women across Nigeria, helping them take ownership over their reproductive health needs while also preserving the environment for future generations.

You can read more about Hope Spring water sanitation and hygiene projects on their website and social media pages.

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