

Sew Much to Give

Connecting Canadians to Women's Global Health Issues



Thank you for participating in this project. During this difficult time, the effects of Covid-19 are widespread. As schools remain closed in Kenya and Uganda, many young women and girls are left in difficult situations. Without education and little access to food or water, they are losing hope for the future. Many are becoming pregnant and are at further risk of abuse and violence. This project aims to empower women to come together and learn skills and provide hope.

Our Mission:

In Canada:

- To create and encourage community and support amongst women and girls in Canada, through the sewing of reusable sanitary pads and to learn about issues facing women in other areas of the world and offer an opportunity for students to earn volunteer hours.
- Support education of young women and girls regarding menstrual health and hygiene through the donation of the sanitary pads made in Canada and the distribution of these pads, through a local health clinic in Bugembe, Uganda, rural villages in Kenya and a Women's Shelter in Vicente Guerrero, Mexico.

In Uganda:

- Each participant, will have focused training from a local tailor, to learn to make pads and acquire basic sewing skills.
- In addition, they will have practice time (with education about menstrual health and hygiene) to use the machine to practice her skills and make 10 pads for herself, to keep.
- She will then have an opportunity to make more pads, to aid with the sustainability of purchasing more materials for the group and earn some income for herself.

This project is possible due to donations made by Guelph Rotary Trillium Club; a collaboration of support from members of the Guelph Community and Leadership through the forgottenpeopleconnection.com . You can support this project directly, by choosing "Women's Health" in the dropdown menu if you donate through the website in the line above. If you want further information about volunteering, please contact us directly at 519-803-8843.

Thank you for your support!

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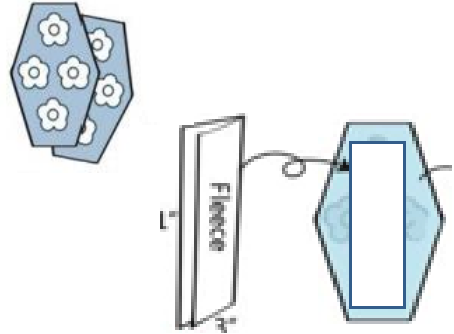
Pad Making Instructions

For questions – please contact: Jannette TenHag at 226-979-6348

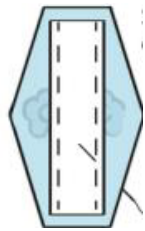


Step 1: Prepare material needed for each pad

- 2 diamonds - 100% colourful cotton
- 2 absorbant strips (3" x 8")
- 1 PUL strip – waterproof material (3" x 8")

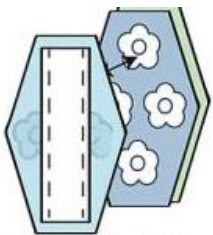


Step 2: Centre, pin & secure

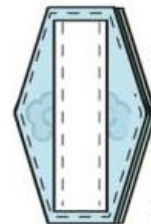


- Stack and pin all 3 strips to inside (back side) of 1 diamond
 - *PUL - shiny side down / on the bottom (side with the X)
 - **Both absorbant strips on top**
- Sew all the way around the edges of the stack; secure all 3 together to diamond

Step 3: Sew the diamonds together



- Put the 2 right sides (pattern sides) of diamond pieces together
 - (back to back)
- Sew all the way around leaving a small opening
- Turn right side out, using the opening



Step 4: Top Stitch all the way around

- Tuck in any loose fabric in opening
- Stich all the way around, staying close to the edges.
- Close opening and complete stich

