

Guide for making Personal Care Kits

To help girls with their personal health and attend school every day of the month



Tumaini Fund Canada

Working to relieve poverty in Kagera,
Tanzania, Africa

2341 Balsam Crescent, Nanoose Bay, BC V9P 9G2

The problem

Every month, for three or four days, the orphan girls of Kagera miss School.

The opportunity for vital education that will lift them out of poverty is lost. Over a year, days add up to weeks. Girls can miss up to 20% more classes than boys in a school year. Missed classes mean girls fall behind. Many drop out of education altogether and become trapped in the cycle of ignorance and poverty.

Why?

Simply put, without reliable materials to cope with their monthly periods, girls cannot go to school every day of the month or continue with regular activities. Shame, fear and embarrassment hold them back. The consequences on their health, development and future are far-reaching.

You can change that.



Thank you so much for taking the time to read and get involved with this project. It's not just for girls, but all our women who daily struggle with little or no support of any kind.

The Vision

This pack shows you in short, easy steps everything you need to know to make a simple, effective hygiene kit that ensures an orphan stays safe, healthy and able to manage her menstrual cycle. Her kit is 100% washable in cold water, effective and easy to use. She can get on with her education and her life without embarrassment or worry.

How to make the washcloth

Each washcloth measures 20cm-25cm square.

We are flexible if the fabric available means you make washcloths slightly bigger/smaller

Edges can be finished in various ways:

- With a serger / overlocker
- Single hem (if fabric is not too bulky)
- Bias binding/fabric stitched over edges to prevent edges unraveling
- 1 x washcloth per kit
- Purchased coloured washcloths are acceptable



How to make the washable shield

We make washable shield from 100% cotton that is easy to wash, quick-drying and hard-wearing.

Please choose dark or patterned cottons to disguise stains. Each shield has a waterproof middle layer of PUL (polyurethane laminate). PUL is the most breathable and flexible waterproofing we know.

For best buy: check out online retailers or local fabric stores.

Each shield is fastened with either a 15mm flat button or a plastic snap installed with a commercial machine when available (Crafters Sessions at Nanoose Bay.)

Each Tumaini kit has two washable shields



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How to make the washable shield

Continued

Shield Template

Pattern size: Height = 27 cm
Width = 20 cm

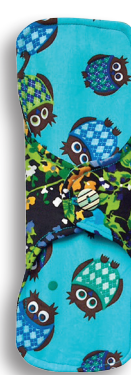
Finished Shield: Height = 25 cm
Width = 19 cm

Fabrics: 100% cotton

Stitching: Simple straight stitch

Place fabric right sides together, tessellate templates, mark and cut

- 1 Place fabric right sides together with pockets in between (loose ends at edges) and PUL shiny side up underneath
- 2 Pin and stitch 3/8" and leave one end open
 - Check all layers are stitched together and trim excess fabric
 - Snip and re-stitch corners to strengthen
- 3 Turn inside out, push out wings, stitch open end and fold over pocket
 - Top stitch 1/4" all the way round
 - Stitch button hole on one wing and sew 15mm button on opposite wing
- 4 Press carefully



Buttonhole detail

Finished Buttoned Shield

SHIELD ASSEMBLY AND ALTERNATE SEWING INSTRUCTIONS

Put the shield pieces together in the following order:

1. Waterproof layer of PUL shiny side up
2. Place a cotton shield piece right side up on the PUL
3. Place a pocket piece (fold to centre) on either end
4. Place another cotton shield wrong side up on top of the pockets
5. Align all the pieces and clamp together on all four sides for stability while sewing
DO NOT PUNCTURE PUL WITH PINS! (4 sewing clips or 4 stationery clamps work well)
6. Stitch 1/4" seam allowance down both sides but leave ends open – be sure all layers are stitched together then clip all curves and any excess fabric
7. Turn inside out and push out the wings. **Press well** with iron.
8. Be sure PUL layer is shiny side up and pockets are on the back side of shield
9. Stitch across both raw ends about ¼" seam allowance. Be sure corners are well sewn.
Clip diagonally all four corners to avoid bulk when sewing.
10. Invert the pockets onto the top of shield thereby hiding the end seams. **Press well.**
11. Top stitch 1/8" from the finished edge all around the shield. Back stitch at the stress areas where folded pocket edges join the shield.
12. **Final ironing** of the finished shield
13. Add fasteners by either of these methods:

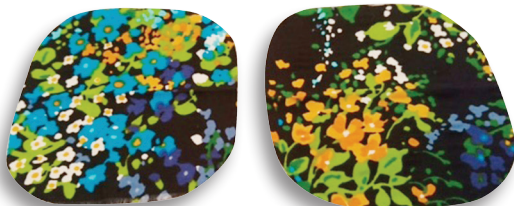
Stitch button hole on one wing and sew 15mm button on opposite wing.

OR Insert plastic snaps on both wings (recommended are Kamsnaps Size 20 inserted with a commercial machine available at Crafters sessions at St. Mary's Church, Nanoose Bay. BC)

How to make the washable shield

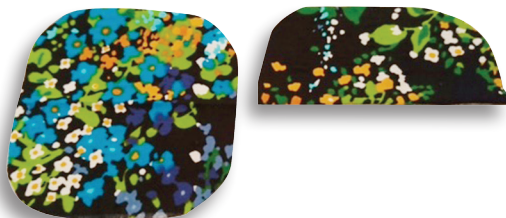
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1



1 Two pocket edges for one shield cut from the template

2

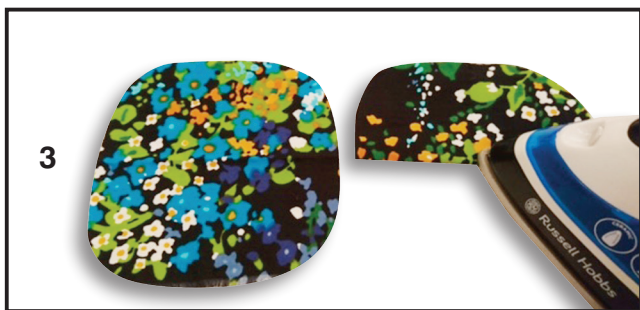


2 Folded

3 Pressed

4 Two folded pockets (loose ends at edges) at top and bottom of the shield ready to sew

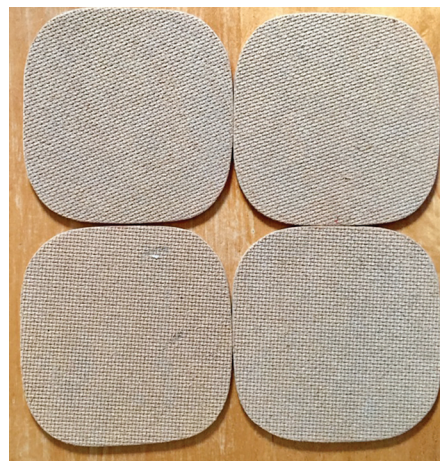
3



4



Wooden or card templates to draw around may prove useful



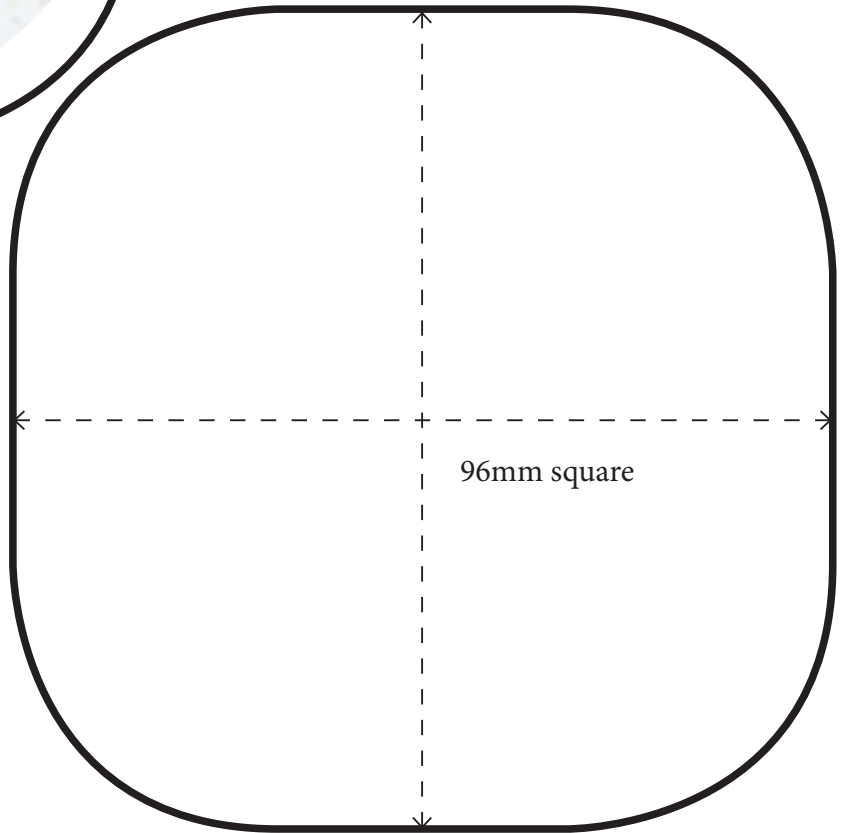
Washable Shield template

Template allows for at least a 5mm hem all the around finished shield, which should measure approx 250mm x 190mm wide when complete.

270mm
total length

200mm total width

Washable shield pocket template



How to make the washable pads

We make two types of pads: regular and heavy flow. Regular pads are two layers of black/dark brushed cotton (cotton flannel, winceyette, flanelette).

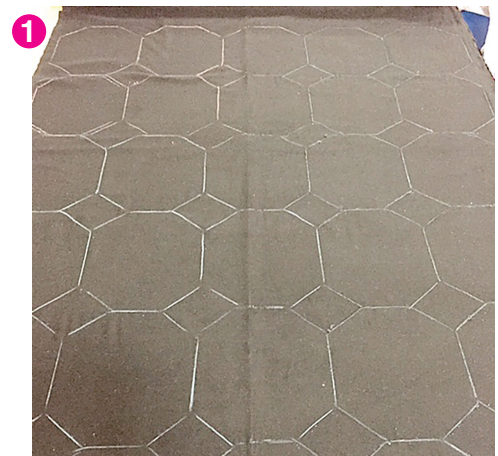
Heavy flow pads are extra absorbent and made from a layer of black/dark brushed cotton and a layer of black/dark toweling (also known as terry toweling/terrycloth).

The extra protection is a bonus on heavy flow days and when a girl has a long walk to and from school. Some schools have no running water, latrines or latrines with doors where she can change her pad in privacy and wash. We use black or dark fabric (plain or patterned) to disguise stains. Heavy flow pads are cut from the same template and sewn in the same way as regular pads.

Each Tumaini kit contains 10 washable pads:

- 8 x regular
- 2 x heavy flow

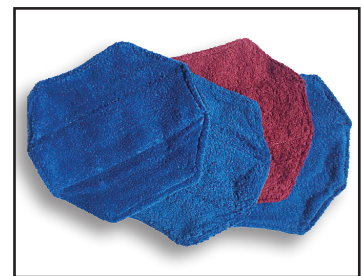
- 1 Lay fabric brushed sides together, tessellate templates, mark and cut out
 - Sew 3/8" all the way round leaving one side un-stitched
 - Turn pad inside out, poke out corners, turn in unstitched edges and press
 - Top stitch 1/4" all the way round the pad including unstitched side
 - Press, fold and re-press to show fold lines
 - Stitch straight fold lines from top to bottom in contrasting thread 2



Right



Wrong!

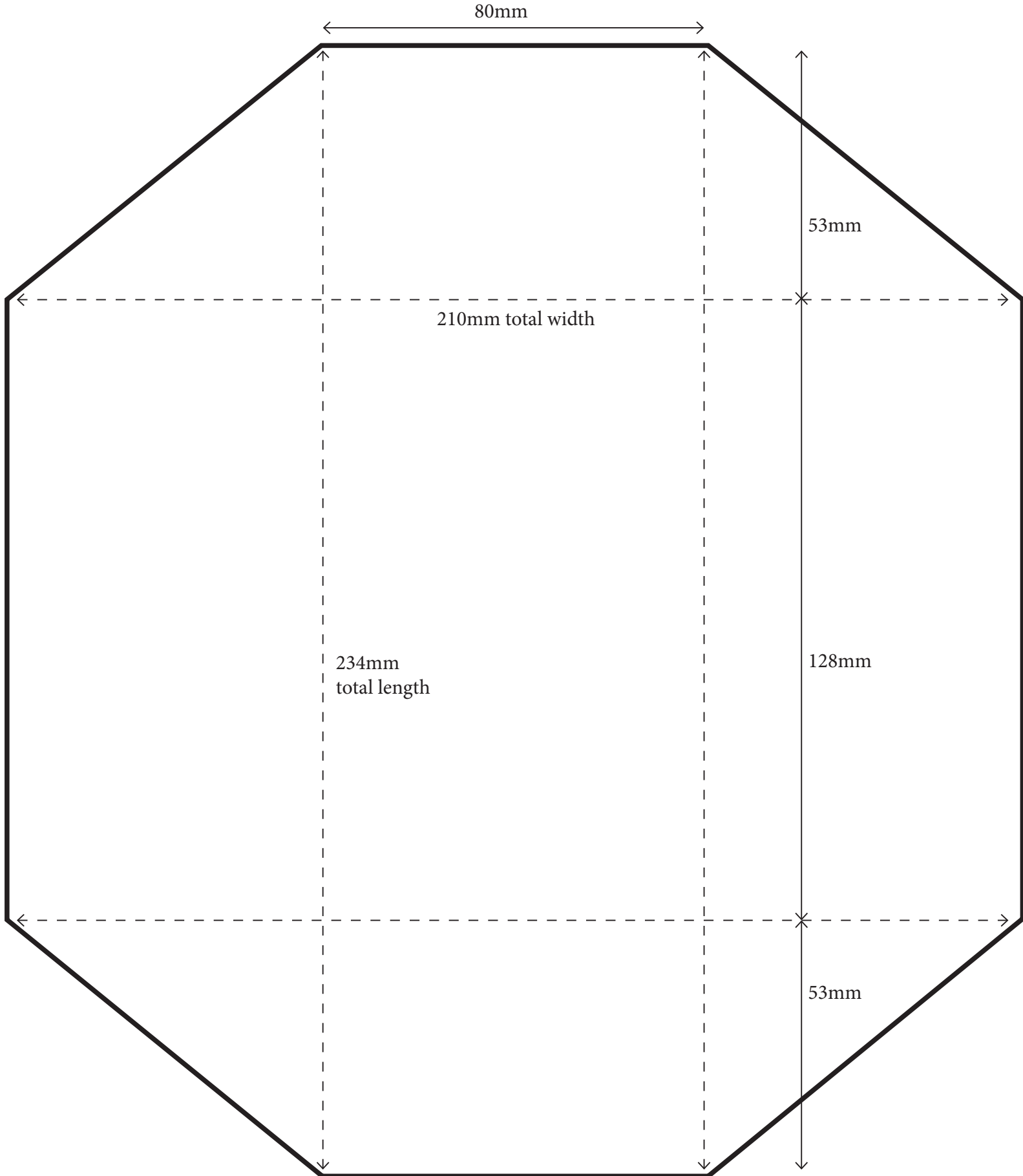


Heavy Flow Pads



Daily use and the lack of soap means the material soon shows stains. Dark colours and heavy patterns disguise this so give the pad a longer, useful life. Please don't use material that depicts people, faces, reptiles or military camouflage. It's not appropriate. Thank you.

Washable Pad template



How to make the kit bag

Fabrics:

- Cotton or poly-cotton fabrics
- Bright colours and designs
- Single or multi-pattern: you can have different fabrics on each side of the bag

Drawstrings:

- Colourful trainer laces or trim
- Bright bias tape/bias binding
- Sturdy cording or cord
- Ribbon
- Sewn strips of fabric (knot or sew ends together)

Method:

- Cut piece of fabric 34 X 78 cm
- Long edges (78cm)- zigzag, serge or hem
- Short edges (34cm) - fold and iron ¼ inch hem to make the drawstring casing
- Fold over another ¾inch, iron, top stitch and backstitch drawstring casing
- Turn bag right sides facing
- Sew up sides but stop before reaching the drawstring casing
- Turn bag right way out
- Attach a safety pin to the end of your drawstring and thread through open end of top hem (short side) and feed all the way round
- Repeat with another drawstring on the opposite side of the bag going in the opposite direction, tie the ends – you can use either one or two drawstrings. Cinch bag to close!



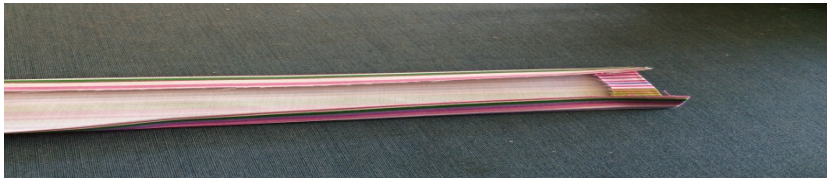
To Make the Drawstrings for the Kit Bag

Cut 2 pieces of fabric 37 " x 2 1/2 " (94cm x 6cm)

Fold in 1/2 " on each end and iron



Fold in 1/2 " on each side of the strip and iron



Fold the strip in half and iron



Sew the length of the Drawstring. The Drawstring should be 3/4" wide



A final iron and repeat with the second piece of fabric

The Kit

Each Tumaini kit contains:

- 8 x regular pads
- 2 x heavy flow pads
- 2 x leak-proof shields
- 2 x pairs of dark/black briefs
UK size 10
USA/Canada size 14 girls
& 6 women
- 2 x travel / mini soaps
- 1 x washcloth
- 1 x plastic double seal/double zipper bags
eg: Seal Pro, Hefty, Ikea, Bacofoil, Ziploc
or similar approx. 11"x11"
- 1 x leaflet and menstrual calendar
- 1 x mini sewing kit
- 1 x kit bag



How to pack:

- Don't forget to write a short "Message of Support" or Bible verse on the back of the leaflet for the girl who will receive the pack. Tumaini field workers can translate into Swahili
- Squeeze air out of the bag and seal. This flattens each pack to make kits easier to carry.
- Slide pack into kit bag



A mini sewing kit extends the life of a hygiene kit and includes:

- 1 x needle
- 2 x safety pins (different sizes)
- 1 x white school shirt button
- 1 x 15 mm button
- 1 x extra button (round, any size)
- 3 x polycotton/cotton threads (120cm)
wound on re-cycled card that's
been cut with zig zag/ wavy-edge
scissors

THE Tumaini FUND

WORLDWIDE

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Registered as a charity CH 187

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Tumaini is the Swahili word for hope and is a charity seeking to alleviate the suffering of AIDS widows and orphans in Kagera, the poorest province of Tanzania, itself one of the ten poorest countries in the world.

When orphans join the Tumaini program, they are supported until they are 18 years of age or complete their education. They receive two set of clothes, a school uniform, books, pencils and a mosquito net – Malaria is the biggest childhood killer in sub-Saharan Africa.

Clothes enable the children to re-enter life as rags bring shame and exclusion. School uniforms and school supplies open the doors to primary education, for many for the first time. Primary school is free in Tanzania but only to children who can afford books, pencils and uniforms.

A good 11+ pass enables entry to Government High School. Only 7% of children in Kagera go on to secondary education. In 2017 Tumaini sent 6,000 orphans to high school: 50% were girls. Over the years we noticed more girls than boys dropping out of secondary education. A key reason we discovered was the lack of access to sanitary supplies. Without reliable products, orphan girls were missing vital classes month after month during their cycle and using old rags, paper and leaves to cope which leads to recurring infections and health problems.

So our program began in 2012. Extensive feedback has informed the design and delivery of the program and our kit patterns and contents have been adapted to meet local needs. Each kit is unique and effective and enables an orphan girl to go to school with confidence and dignity every day of the month. Thank you for using your time and skills to join this mission.

The work of Tumaini is inspired by the love of the Lord Jesus and by His grace it continues to grow. 25,000 orphans are benefitting from the giving and prayers of so many. But the need is still great. There are many thousands of orphans in this region still desperate for their chance at life.

**Thank you for making these kits. Thank you for your gifts. Thank you for your prayers.
God bless you.**



Dr Susan Wilson

Chairman of The Tumaini Fund

*Restoring hope to the widows & orphans
of Tanzania in Jesus' name*

