So girls and women don’t miss out.

Many girls and women in sub-Saharan Africa lack sanitary protection. Without it they cannot go to school or work, maintain hygiene, or care for their families.

Electricity, disposable products, and even garbage collection are not always available, so the concept of sewing reusable pads (by hand or a manual machine) offers a solution. Local partners help with leadership, training and distribution.

Donate funds: Write a check payable to Christ United Methodist Church, with “Empowerment Pads” in the memo line. Send to CUMC, 44 Highland Rd., Bethel Park, PA 15102.

Donate time or materials: If you sew and have supplies to donate, or wish to make or assemble kits at TNC “sewing parties,” contact Bonnie Lawson at bonnielawson58@comcast.net or 412-343-3498.

Donate a sewing machine: To find out if your machine can be re-used, contact Bonnie Lawson using the information above.

Sponsor an orphan: Many girls served by the project need fees for school in addition to pads. If you are interested in sponsorship options, contact Mary Beth Zollars at mbzollars@aol.com or 412-498-2281.

More: Visit http://www.nyadire.org to learn about other ways to help.

Thank you for your consideration.
The Nyadire Connection (TNC), based in Pittsburgh, PA, is a faith-based non-profit that supports the Nyadire United Methodist Mission in rural Zimbabwe, Africa. The mission offers a hospital, nursing school, preschool through high school, orphanage, teachers’ college, farm, and other services to the community.

TNC works with other churches and partners in the Pittsburgh region.

The project team gratefully acknowledges the help of TNC and: Christ United Methodist Church (UMC), Bethel Park, PA; First Bethel UMC; Mt. Lebanon UMC; Monongahela UMC; Mt. Pleasant UMC; First UMC of Bradford and two other Bradford congregations; 1st Franklin UMC and two other Franklin congregations; St. Paul’s UMC; Baldwin UMC; Trinity UMC of Indiana; St. Louise Catholic Church; Episcopal Church of Atonement in Carnegie; the Women and Girls Foundation of Southwestern PA; volunteers from Upper St. Clair High School, Sewickley Academy and Quaker Valley schools; Zonta; and Brothers Brother Foundation.

“It changed my life.”
-- Zimbabwean participant

Volunteers assemble kits for shipment to Nyadire, Zimbabwe.

Kit contents

Each Empowerment Pad Kit contains:
1. Pre-cut cotton material that is ready to sew to make a “base pad” with leak guard
2. Two inserts that can be layered and changed
3. Underwear
4. Bar of soap
5. Needle and thread
6. Instructions (in English and Shona) on how to make, use, and wash the pads
7. Other health information

The project has local partners, and aims to source all labor and materials in Zimbabwe.