



Girl Empowerment Pad Program

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.

How you can help

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.

Girl Empowerment Pad Program

A program of The Nyadire Connection, Pittsburgh, PA



Imagine not being able to go to school or work during your monthly cycle because you have no sanitary protection.

When volunteers from The Nyadire Connection (TNC) learned of this problem in 2011, they did something about it.

They downloaded patterns for sewing reusable cotton sanitary napkins. They consulted with Zimbabwean women to find partners and learn their preference for a pattern. They converted electric sewing machines to manual ones, and sought fabric, monetary donations, and volunteers.

The result: The Girl Empowerment Pad Program.

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



Volunteers assemble kits for shipment to Nyadire, Zimbabwe.



"It changed my life."

-- Zimbabwean participant

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.

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

