



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," or even *sponsor a sewing party*, contact Bonnie Lawson at bonnielawson58@comcast.net or 412-489-6182.

Donate a sewing machine: To find out if your machine can be re-used, contact Bonnie Lawson. (Access to a sewing machine is often a point of entry into the program for a girl or woman.)

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

--Thank you for your consideration.

The program's impact

Kits: In 2017, 350 girls received kits and hygiene education. A total of 1500 kits were distributed to schools and clinics.

Machines: The program provided sewing machines to more than six schools & clinics.

Books: 150 girls were given the book, "Growing Up in School." Written in English and Shona, it is an age- and culturally-appropriate introduction to menstrual care.



One participant says, "It changed my life."

Girl Empowerment Pad (GEP) 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 some electric sewing machines to manual ones, and sought fabric, monetary donations, and volunteers.

The result: The Girl Empowerment Pad Program.

Kit contents

GEP kits contain:

1. Pre-cut cotton material that is ready to sew to make a “base pad” with leak guard
2. Three 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.



“Since [many of] our girls can not afford to buy pads, since [the start of] the program, the girls are managing to come to school, and learning is not disturbed.”

-- Teacher, Katsukunya Primary School

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.

Partners: The GEP program team is led by American and Zimbabwean partners. It is supported by Western Pennsylvania churches of many denominations, non-profits, women’s groups, and sewing clubs. The Brothers Brother Foundation assists with transportation of goods.

Growth: The program now educates women of all ages.

- Pregnant women who walk miles to give birth at “waiting mother” clinics are taught to sew the pads, by hand and machine.
- Sewing skills are developed in middle school classes and waiting mother clinics.
- Education on menstrual hygiene is now part of the school and clinic curricula.

