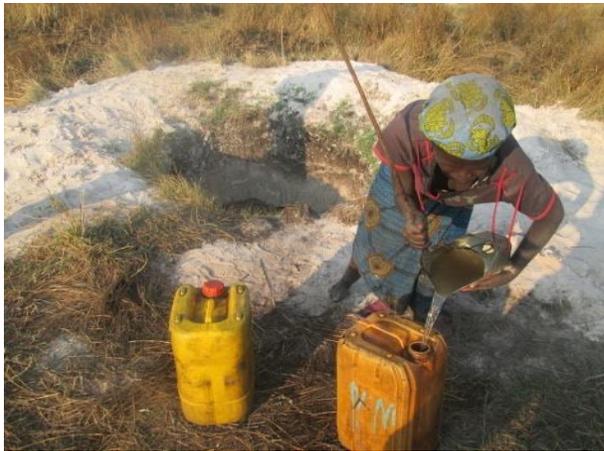




**VOLUME 2**  
**July, 2019 Newsletter.**



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Welcome to the Mabushe Memorial Centre (MMC) July, 2019 Newsletter.

## ABOUT US.

Mabushe Memorial Centre (MMC) is a girl child sponsorship not-for-profit making community development organisation with no religious or political affiliations founded on the 24th November, 2006 in memories of the late Dr. Rodney Aongola Mabushe in Mongu, Western, Zambia and registered under the laws of Zambia, focusing on helping disabled, orphans and vulnerable girls from poverty stricken families with clean safe Water, Sanitation and Hygiene (WASH), Menstrual Hygiene Management (MHM), community shelter, economic empowerment, child legal aid, sexual reproductive health rights, HIV prevention, vocational and education sponsorships (primary, secondary & tertiary).



MMC operates as a rural/remote organization in Western, Zambia with its National Secretariat located in Mongu, working in Mongu, Sesheke, Kalabo, Kaoma, Senanga, Sikongo, Lukulu, Nalolo, Shangombo and Mulobezi districts of Western of Zambia.

## OUR PROGRAMMES.

**Under the Mabushe Sanitary Towel Initiative (MSTI)** the Mabushe Memorial Centre (MMC) has started the process of making free sanitary pads to the marginalized and menstruating school girls in rural schools in Western province, Zambia who are struggling to stay in school when their menstrual hygiene needs are forgotten or ignored, yet the education sector in Zambia have remained reluctant to address the issue, this makes them to resort to cow dung to manage the menstrual flow because they cannot afford to buy proper sanitary pads due to high sanitary costs, menstruating school girls use cow dung to absorb the flow of their monthly menstruation. Traditionally, the issue of menstruation is a private matter that is not discussed openly.

- We couldn't buy the 5 sewing machines for making free washable re-usable sanitary towel budgeted for due to high cost due to Kwacha losing of value hence we have only buy one (1) sewing machines.
- We managed to buy also washable re-usable sanitary towel materials.
- We managed to conduct a training of 600 girls, 300 boys and 100 teachers on menstrual hygiene management in 10 rural primary schools of Western, Zambia.
- We managed to distribute about 20 boxes of also washable re-usable sanitary towels to about 600 girls..



The grant received from the CONTESA helped Mabushe Memorial Centre (MMC) to implement a Menstrual Hygiene Management (MHM) project on menstruating school girls in rural areas who are using cow dung during menstruation because they cannot access proper washable re-usable sanitary towel materials.

**Under the Mabushe Rural Water Initiative (MRWI)**, an estimated 4.8 million people in Zambia still do not have access to clean and safe drinking water.

Contaminated water and poor sanitation are linked to the transmission of diseases such as cholera, diarrhoea, dysentery and typhoid which can be life threatening for vulnerable populations. Poor health prevents children from attending school and from learning to their best ability.

Mabushe Small Village Bank Fund (MSVBF) raised an amount of US\$350 to implement a school project called hand washing with



The campaign aim to reach to underprivileged school going girls from primary and secondary schools aged 10-18 years with reusable sanitary pad a great solution to this problem because is super cheap, effective and sustainable on a long term basis, with this support will allow girls to carry on their daily lives more comfortably without affecting their academics.

The Memorial Centre (MMC) received a grant of £300 to reach to about 600 rural adolescent girls aged 10 -17years with free washable re-usable sanitary towel in 10 rural primary schools (60 packets per school) who can't afford to buy washable re-usable sanitary towels that will last for more than 12 Months.

The project started by training 20 teachers in menstrual hygiene management (MHM) in order to deliver MHM after school program modules to girls and boys with confidence and also provides 20 sanitary pads packets distributed to 2 primary schools in Mongu district that serve girls aged from 10 to 17yrs old.



soap and water, the project was implemented at Mukangu Primary School located in Nalikwanda constituency, 100Km East of Mongu town.

The project undertaken the following: -

- **HAND WASHING WITH SOAP AND WATER**, The school does not have any VIP toilets for both pupils and teachers. It depends on temporal toilets which have a limited life span. As such, pupil's time is spent on building these temporal toilets at the expense of reading thereby affecting them negatively in their academic work.
- **WATER POINT**, The school has a borehole as a source of water for both pupils and teachers although the quality of the water is very bad. It is brown in color and has a foul smell.
- Educated about 700 school pupils and 10 teachers in hand washing with soap and water to prevent common diseases and attain good health standards. The projects also promoted access to improved sanitation and hygiene education in school., the use of hand wash facilities, dish racks, garbage disposal pits and bath shelters. This project helped the school to have a proper hand washing activity on the important of preventing the spread of communicable disease. Proper hand washing is not just a quick cold rinse of the hands. It requires 20 seconds of your time, warm water, soap (liquid is best)

For more information contact the Maboshe Memorial Centre (MMC)



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