

Comfy Care12 News

2025

DEAR FRIENDS AND SUPPORTERS,

We're so excited to update you on the amazing progress we've made at Comfy Care12, thanks to your incredible support! Your generosity has helped us provide essential menstrual health education and reusable sanitary pads to young girls across rural Tanzania. We're truly grateful for the continued support from our partners, donors, and volunteers—it's because of you that we're able to make such a meaningful impact.

Highlights

The outpouring of support we've been receiving has been nothing short of amazing. Thanks to you, we've reached even more girls, giving them the tools and education they need to manage their menstrual health with confidence and dignity, all while staying in school. We're also thrilled to announce the launch of our new website – www.comfycares12.net. It's a fantastic upgrade that will help us share more of the positive changes happening in Tanzanian communities and make it easier for you to get involved in our mission.

Looking Ahead

Looking ahead, we're focused on minimizing the number of school days lost due to menstruation and raising awareness about women's right to access menstrual products. We also want to promote menstrual hygiene education so that every girl can feel empowered, free from the stigma that often surrounds menstruation.

2025: No Child Left Behind

As we move into 2025, we're more committed than ever to making sure menstrual education is accessible to all students, no matter their gender, background, or ability. This year, for the first time, we included boys in our menstrual health education sessions, and we're excited to share more about this below. By educating both boys and girls, we can break the stigma surrounding menstruation and create a supportive environment for all students to thrive.

Together, We Can Make a Difference

Thank you for standing with us and making a difference in the lives of so many girls. We're so grateful for your continued support as we work to ensure every girl has the opportunity to stay in school, succeed, and chase her dreams.

Warm regards,

MAGDALENA MASSANJA

Managing Director
Comfy Care12



Comfy Care12 provides menstrual health and hygiene education and reusable sanitary pads to underprivileged women and girls in rural Tanzania.

RECENT EVENTS



Faraja Young Women Development Organization, Arusha

Comfy Care12 is partnering with **Rotary Club of Clocktower Arusha** to raise money and provide dinner, menstrual health and hygiene education, and reusable sanitary pads to 30 single teen mothers at **Faraja Young Women Development Organization**, an organization supporting young women and girls who have faced challenges such as early pregnancy, forced early marriage, human trafficking, poverty, and abuse.

[Read more](#)



Ilkurot Primary School Ngaramtoni

MS Training Centre for Development Cooperation (MS-TCDC)

funded a Comfy Care12 visit to Ilkurot Primary School as part of the global **16 Days of Activism Against Gender-Based Violence 2024** campaign.

Comfy Care12 was able to provide menstrual education and sanitary pads to 100 teenage girls, and we were very pleased to include boys - for the first time - in a menstrual health and hygiene education session.

[Read more](#)



Centre for Child and Adolescent Development, Bagamoyo

Comfy Care12 traveled to Bagamoyo to visit Kituo cha Maendeleo ya Mtoto na Kijana (The Centre for Child and Adolescent Development) to address common menstrual health myths and psychological and social challenges girls face due to lack of support, such as fear of embarrassment and cultural stigmas.

[Read more](#)

THANK YOU FOR YOUR SUPPORT!

We are deeply grateful for the ongoing support from our partners, donors, and volunteers, which continues to make a lasting impact on the lives of young girls in rural Tanzania.

MS-TCDC

A big thank you to **MS Training Centre for Development Cooperation (MS-TCDC)** for funding our menstrual health education initiatives as part of the 16 Days of Activism Against Gender-Based Violence. Your support has helped us provide education and reusable sanitary pads to 300 girls and 30 boys in schools across Arusha.

Anannke Foundation

We also thank the **Anannke Foundation** for their generous donation of 500 boxes of sanitary pads, enabling high school girls in rural Tanzania to continue their education with dignity.

Donations

A special thank you to an anonymous donor who contributed \$1,000, supporting our work to provide menstrual health products to girls in rural schools.

Volunteer

Finally, we extend our heartfelt thanks to Jodi Titley, our volunteer from **Australian Volunteers Program**, for her nine months of service. You've made a lasting difference, and we will miss you!



2025: NO CHILD LEFT BEHIND

At Comfy Care12, our goal for 2025 is clear: **No child should be left behind.**

We are committed to ensuring that every student, regardless of gender or ability, has access to menstrual health and hygiene education. Education about menstruation should be accessible to everyone—because when we all understand the importance of menstrual health, we break down barriers and create a more inclusive world.

Disability

As we move into 2025, our focus on inclusivity is stronger than ever. We know that girls with disabilities often face challenges in accessing menstrual health education, which is why we are dedicated to providing tailored resources and ensuring these

girls can fully participate in the conversation. Inclusive education helps reduce stigma, fosters respect, and empowers all children to understand their bodies and health.

Boys

Equally important is the inclusion of boys in menstrual health education. In Tanzania, boys often lack knowledge about menstruation, which can perpetuate stigma and prevent them from supporting their female peers. By educating boys, we turn them into allies who can help break down barriers and encourage empathy and understanding. This is why Comfy Care12 recently included boys in a menstrual health session at Ilkurot Primary School in Ngaramton—an exciting first for us!



When boys are informed about menstrual health, they become powerful advocates for gender equality and menstrual equity. They can help ensure that girls and children with disabilities have access to sanitary products and can continue their education without disruption. Read more about Comfy Care12's plans for inclusion [here](#).

Visit our

NEW WEBSITE

Live now!



WWW.COMFYCARE12.NET

COMFY GIRL EMERGENCY SANITARY PADS

Comfy Care12 is introducing the new Comfy Girl Emergency Sanitary Pad initiative, aimed at ensuring no student misses school due to a lack of menstrual products.

In partnership with school principals, we are launching a program that encourages students to contribute sSh 1,500 towards a school emergency sanitary pad kit. Magdalena Massanja, Managing Director of Comfy Care12, emphasized the importance of menstrual hygiene in helping young women and adolescent girls attend school with confidence and comfort. "Unfortunately, the high cost of sanitary products can often lead to embarrassment and school absenteeism," Magdalena explained.

The TSh 1,500 contribution is a one-time fee that will provide students with sanitary pads to use in case of an unexpected period while at school. This initiative helps empower students to focus on their education.

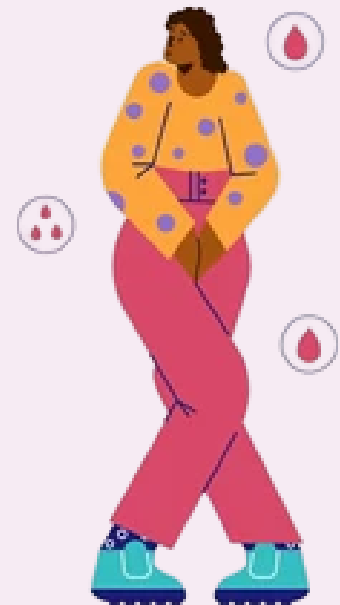
The benefits of this program include:

- ✓ Affordable long-term costs for students and parents
- ✓ Hygiene and comfort, ensuring a positive learning environment
- ✓ Reduced absenteeism, enabling students to attend school regularly

"This plan has been successfully implemented in other schools and has proven to reduce absenteeism, improve hygiene, and ensure that girls can continue their education without the fear of missing school due to

menstruation," Magdalena said.

We look forward to working with principals to make this program a success and improve the educational experience for students across the region.



THANKSTO OUR SUPPORTERS



Rotary Club of Arusha



Womenchoice Industries