

Comfy Care12 News

September 2023

Hodi! Hodi! (Knock! Knock!)

We're happy to step into a new dawn of connection; crafted passionately just for you, our newsletter is more than words—it's a journey. Each edition will be a compass guiding us through the realms of the Comfy Care12 menstrual health and hygiene (MHH) education project within our Tanzanian communities.

We come with insights, stories, and perspectives curated to keep you well-informed.

But it doesn't stop there; you're not just a reader; you're a part of the narrative. Your thoughts, voice, and presence help to shape vibrant dialogues in our community on issues related to MHH.

In this newsletter, we will demonstrate our team's dedication and introduce new team members who have really made an impact; we will share news about our upcoming events, including our planned visits to rural schools throughout Tanzania; and we invite you let us know what you think about our newsletter - all feedback is appreciated.

Happy reading!

Magdalena Massanja

Founder & Managing Director



Comfy Care12 Menstrual Health & Hygiene Month

October
2023

48% of Tanzanian school girls miss up to 40-60 days of school per year due to the inability to access menstrual health and hygiene education and products.

This affects their confidence and participation in educational activities, which can contribute to the cycle of disempowerment.

Comfy Care12 is a women-led social enterprise delivering menstrual health and hygiene education and reusable sanitary pads to underprivileged women and adolescent girls in rural Tanzania.

\$10

Buys 10 pairs of underwear. Some girls do not even own a pair of underwear to place their pads in.



\$30

Buys 10 period kits. Each kit contains 5 reusable pads that will last for 18 months.



\$100

Covers the cost of a visit to a school in rural Tanzania, including transport and other expenses.



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Comfy Care12 provides Menstrual Health and Hygiene (MHH) education and reusable sanitary pads to underprivileged women and adolescent girls in rural Tanzania.

Comfy Care12 visits Lekule Girls Secondary School

In September, Comfy Care12 and Empower Girls Africa (a fellow local NGO also championing women and girls) had a fruitful session with adolescent girls from Lekule Secondary School in Longido, Arusha.

More than 140 girls were trained on menstrual health management and received reusable sanitary pads and underwear.

Comfy Care12 Managing Director, Magdalena Massange, said the major concern for the girls in this community is lack of water and lack of sexual and reproductive education.

"The girls are not encouraged to ask about menstruation openly, and most girls drop out of school due to early

pregnancies and other problems caused by traditional misconceptions about menstruation," Ms Massange said. "We are here to ensure girls are educated, empowered, and well aware of their gender rights.

"Comfy Care12 would like to thank its partners, Australian Volunteers Program, Ananke Foundation, and everyone who contributed to our recent fundraising campaign through the gofundme platform.

"You are all part of our community's better days when menstruation education is provided to all women and adolescent girls in our rural areas."



Everyone deserves to learn about MHH

Comfy Care12 believes people from all walks of life should have access to menstrual health and hygiene (MHH) education and products.

Including men and boys

Last month, Comfy Care12 Founder and Managing Director Magdalena Massanje attended a youth leadership training workshop at the MS TCDC Youth Hub, and was pleased to hear the young men expressing interest in learning about MHH. Watch Ibrahim Ayubu share his views [here](#)



From 2024, Comfy Care12 will ensure that 30% of all students receiving our menstrual health and hygiene education will be male.

Including students with a disability

Earlier this year, the Comfy Care12 team met teachers from the [Dodoma School of Deaf](#), who spoke of the hardships faced by their female students – particularly their struggle to afford menstrual products. The headmaster also shared the prevailing social stigma students with a disability still face - many families are unwilling to send children with a disability to school, further isolating these vulnerable souls.

The Comfy Care12 team stepped forward with a plan. Led by Comfy Care12 Community Trainer, Ms Stella Lukumay, the team:

- conducted educational sessions on MHH, empowering the girls with knowledge that will change their lives
- distributed the desperately needed menstrual hygiene products, and
- distributed other essential items like soap and toothpaste, to give to the students.

Ms Lukumay said the joy and gratitude on the faces of the students was immeasurable.

“It was a day of transformation,” she said. “It was a day when the Dodoma School of Deaf felt the

warmth of compassion and the power of education and empathy.”

Watch the Comfy Care12 team visiting the Dodoma School of Deaf [here](#).



Anna Kinyaiya asks a question using sign language

The Comfy Care12 team recently collaborated with the [Olkokola Centre for the Physically Handicapped](#) to deliver training to 33 women and adolescent girls from different parts of the Arusha and Manyara regions.

The Olkokola Centre works to improve the lives of people living with disability by empowering them to achieve a productive and self-sustained life, and demonstrating their value to their community. The Centre’s Managing Director, Madam Sinyati, said that women and girls with a physical disability are often forgotten when it comes to menstrual health and hygiene education.

“Women and girls with a disability can find it very difficult to deal with menstruation; they may be sitting all day, having to walk with a support stick, or use wheelchairs,” Madam Sinyati said.

The Comfy Care12 team told the group that menstruation is an aspect of every woman’s life, and they should be proud and confident about it. They also distributed reusable sanitary pads and underwear to the beneficiaries, and suggested making such products could be a potential source of income.

Madam Sinyati said the group was very happy to receive the pads, and Comfy Care12’s Ms Massanje, said she heard one beneficiary say she was happy to learn more about her body and menstruation, and would be more confident whenever she was on her period.

Their feedback is our feed forward

The feedback from our training beneficiaries has been nothing but uplifting, and this encourages our ComfyCare12 team to keep reaching out to adolescent girls in rural Tanzania.



Justina and Sakina

In May this year, we conducted a follow up session with students we had visited three months earlier at Mlinga Secondary School in the Tanga area of Magoroto.

We received the following glowing responses:

Form 3 student, Sakina (16 years old): *"The menstrual education session has been important for me due to the knowledge and the understanding on how to get myself cleaned up. As well as the pads don't cause wounds when I wear them."*

Form 3 student, Justina (16 years old): *"So far, the reusable pads have been very helpful. Before, I used to postpone classes to go home for my hygiene's sake, because I didn't have pads to use. Now, I can stay at school because I have reliable access to reusable pads."*

Delivering menstrual health and hygiene education and products to adolescent girls in rural Tanzania is ongoing. Comfy Care12 will continue to reach out to more girls to teach them about their menstrual rights so they will continue to attend school.

Meet our team

The success of Comfy Care12 is due not only to the generosity of our partners, but also due to the skill, experience and passion of our team. We recently interviewed three of our staff members to find out what they bring to the team, and what drives them to go above and beyond for Comfy Care12's beneficiaries. Watch each of these short interviews by clicking on the links below:

- [Magdalena Massanje](#)
- [Evelyne Akinyi](#)
- [Yacinta Bayo](#)



Left to right: Magdalena Massanje, Evelyne Akinyi, and Yacinta Bayo

What do you think?

If you have any thoughts on how we can improve our newsletter, please complete our [short survey](#).

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