



# MENSTRUAL HYGIENE OUTREACH REPORT

**Venue :** Joe Divine Healing Centre  
Ministries-Ssenyange Masaka City

**Date :** 13TH/06/2026



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## **ABOUT THE OUTREACH**

At Young Visionaries Foundation, we recognize that many girls continue to face barriers in managing their menstrual health due to limited access to sanitary products, inadequate hygiene facilities, and a lack of accurate information. These challenges can negatively impact their education, self-esteem, health, and ability to fully participate in daily activities.

To address these issues, Young Visionaries Foundation is organizing a Menstrual Hygiene Outreach and Girls' Health Conference aimed at empowering adolescent girls with knowledge, practical skills, and essential menstrual hygiene supplies. This initiative will bring together health professionals, mentors, educators, and community leaders to provide guidance on menstrual hygiene management, reproductive health, nutrition, personal development, and overall well-being.

Through interactive discussions, health education sessions, and the distribution of hygiene materials, we seek to create a supportive environment where girls can openly learn, ask questions, and gain the confidence to manage their health with dignity. Our goal is to ensure that every girl is informed, empowered, and equipped to pursue her education and future aspirations without limitations caused by menstrual health challenges.

## **OBJECTIVES OF THE OUTREACH**

The outreach aimed to:

- Increase awareness about menstrual health and hygiene.
- Educate girls on proper menstrual management practices.
- Reduce stigma and misconceptions surrounding menstruation.
- Promote self-confidence and dignity among adolescent girls.
- Encourage school attendance during menstrual periods.
- Distribute menstrual hygiene materials to vulnerable girls.
- Promote reproductive health education and healthy lifestyles.
- identify vulnerable children who may need continued support and mentorship.

## ACTIVITIES CONDUCTED

### 1. Registration and Welcome

Children arrived and were registered by the Pastor. Opening prayers and praise songs were conducted to create a welcoming and joyful atmosphere.

### 2. Health Conference

During the Health Conference, the children and adolescents received valuable health education led by **Dr. Kundikeijuka Denis**. The sessions focused on personal hygiene, menstrual health management, nutrition, reproductive health awareness, disease prevention, and the importance of maintaining healthy lifestyles.



**Dr. Kundikeijuka Denis** encouraged the participants to take responsibility for their health, practice good hygiene habits, make informed decisions, and seek medical guidance whenever necessary. The conference also emphasized self-confidence, self-care, and the importance of staying focused on education while avoiding behaviors that may put their health and future at risk.

Interactive discussions and question-and-answer sessions provided participants with an opportunity to learn openly about health-related issues, helping them gain knowledge, confidence, and practical skills to lead healthier and more productive lives.

### 3. Outreach Support

With the generous support of the family of **Mr. and Mrs. Henrik and Henita Riesen**, Young Visionaries Foundation successfully conducted a Menstrual Hygiene Outreach Program, reaching more than 10 vulnerable girls and facilitation include T-shirt, Transport etc. The outreach was organized to promote menstrual health awareness, improve personal hygiene practices, and empower participants with knowledge and confidence to manage their menstrual health with dignity.

During the outreach, participants attended educational sessions on menstrual hygiene management, reproductive health, personal cleanliness, nutrition, and self-care. The discussions provided a safe and supportive environment where girls could openly learn, ask questions, and receive accurate information about menstrual health and well-being.

As part of the support provided, the girls received essential menstrual hygiene supplies, including sanitary pads and soap,. These items were distributed to help address the challenges many girls face during menstruation and to reduce barriers that can affect their education, health, and daily activities.

Young Visionaries Foundation sincerely appreciates the kindness, generosity, and commitment demonstrated by **The family of Mr. and Mrs. Henrik and Henita Riesen** in supporting vulnerable girls and promoting menstrual health awareness. Their contribution played a significant role in making the outreach successful and impactful, helping to restore dignity, build confidence, and create positive change in the lives of many young girls.



## ACHIEVEMENTS OF THE OUTREACH

The outreach achieved the following:

- Increased awareness of menstrual hygiene among participants.
- Improved knowledge about menstrual health and reproductive health.
- Reduced misconceptions and stigma surrounding menstruation.
- Distributed menstrual hygiene materials to vulnerable girls.
- Encouraged girls to stay in school during their menstrual periods.
- Strengthened confidence and self-esteem among participants.
- Enhanced community awareness about supporting girls' menstrual health needs.

## CHALLENGES FACED

Despite the success of the outreach, some challenges were experienced:

### 1. Limited Financial Resources and study materials

During the Menstrual Hygiene Outreach Program organized by Young Visionaries Foundation, one of the major challenges encountered was limited financial resources and inadequate health education materials. The organization had planned to provide comprehensive menstrual health education through interactive learning sessions supported by teaching aids such as whiteboards, markers, flip charts, demonstration materials, and sufficient educational handouts for participants. The shortage of whiteboards and other visual learning tools affected some of the planned demonstrations and interactive discussions on menstrual hygiene, reproductive health, and personal well-being.

In addition, the available resources were not sufficient to provide all participants with the full range of menstrual hygiene supplies and educational materials that had been planned. Despite these challenges, the outreach team remained dedicated to delivering quality health education, guidance, counseling, and awareness sessions. Through teamwork, commitment, and the available resources, the program successfully empowered girls with important knowledge and practical skills to improve their health, hygiene, confidence, and overall well-being.



## **2. Audibility Challenge**

Since the church is still in its early stages of development, it currently lacks adequate sound equipment and public address machines to support large gatherings effectively. During the sessions, both the facilitators and children experienced difficulties hearing clearly because of noises and disturbances coming from outside the church environment. These interruptions affected concentration, communication, and active participation among the children during lessons and counseling sessions.

The limited audibility reduced the effectiveness of some activities, especially during teaching, worship, guidance, and interactive discussions where clear communication was very important. Despite these challenges, the mentors and organizing team remained committed and continued the program successfully with patience and cooperation from the children.

## ACCOUNTABILITY REPORT

Young Visionaries Foundation sincerely appreciates the financial support received towards the successful implementation of the Menstrual Hygiene Outreach Program. This support enabled the organization to provide menstrual health education, promote hygiene awareness, and distribute essential menstrual hygiene materials to vulnerable girls and young women within the community. During the planning and implementation of the outreach, Young Visionaries Foundation received a contribution of **Euro 62**, equivalent to approximately **UGX 258,767**. This generous support significantly contributed to the purchase of sanitary pads, soap, and facilitation that were distributed to beneficiaries during the outreach program.

In line with our commitment to transparency, accountability, and responsible stewardship of resources entrusted to us, Young Visionaries Foundation hereby presents this financial accountability report detailing how the funds received were utilized in supporting the Menstrual Hygiene Outreach Program.

We remain grateful to all supporters and partners whose generosity made this initiative possible and contributed to improving the health, confidence, and well-being of vulnerable girls in our community.

| Qty                      | Particulars     | Rate  | Amount   |
|--------------------------|-----------------|-------|----------|
| 1Box                     | White star soap | 5500  | 55,000/= |
| 3                        | T-shirts        | 25000 | 75,000/= |
| 1 Box                    | Soft care pads  | 48000 | 48,000/= |
| Printing                 |                 | 7000  | 7,000/=  |
| Transport & Facilitation |                 | 73000 | 73,000   |

## APPRECIATION MESSAGE

On behalf of Young Visionaries Foundation, we extend our deepest gratitude and sincere appreciation to the management team of Young Visionaries Foundation, **Mr. Bavawara Francis, Dr. Kundikeijuka Denis**, and **Mr. Ngabirano Wilson, Joe Divine Healing Centre Ministries**; all parents, guardians, volunteers; and especially **The family of Mr. and Mrs. Henrik and Henita Riesen** for their unwavering support, generous contributions, prayers, and partnership towards the successful implementation of our outreach program.

Your commitment and encouragement were instrumental in making this initiative a meaningful and life-changing experience for many beneficiaries. Through your support, participants received valuable mentorship, health education, counseling, spiritual guidance, and practical assistance that empowered them with knowledge, confidence, and hope for a brighter future. We are truly

inspired by your compassion and dedication to improving the well-being of vulnerable members of our community. Your generosity has not only touched lives but has also strengthened our mission of empowering young people and creating positive change within society.

As Young Visionaries Foundation continues to serve communities through outreach, mentorship, education, and empowerment programs, we humbly seek your continued partnership, prayers, and support. Together, we can reach more vulnerable individuals, restore hope, promote dignity, and build a generation of responsible, confident, and purpose-driven leaders.

**May God richly bless you, your families, ministries, and organizations for standing with us**

**END**