

Report on Free Menstrual Stigma Campaign Launch

Date: 14th September 2024

Location: Fins Medical University

Prepared by: Health Advocates Frontline Team (HAFT-UG)

Group photo



Introduction

On 14th September 2024, the Health Advocates Frontline Team (HAFT-UG) launched its **Free Menstrual Stigma Campaign** at Fins Medical University. The event aimed to address menstrual health challenges and promote menstrual hygiene through community engagement and education. The campaign received substantial support from various stakeholders, including esteemed guests and partners.

Event Highlights

1. Chief Guest and Training Session

The Chief Guest for the event was Tumuhimbise Rauben, Coordinator of HAFT-UG. Rauben delivered a comprehensive training session for HAFT volunteers, focusing on:

- **Making Reusable Pads:** Rauben provided step-by-step instructions on creating reusable menstrual pads, highlighting their benefits for sustainability and cost-effectiveness.
- **Health Education Talks:** He offered guidance on how to deliver impactful health education talks, emphasizing the importance of dispelling myths and reducing stigma associated with menstruation.

Rauben commended the HAFT-UG team for their dedication and impactful work in menstrual health advocacy. He encouraged Fins Medical University to actively participate in the campaign and consider this initiative as an opportunity to contribute to community welfare and enhance the university's visibility and reputation.

2. Guest Remarks and Support

- Kizito Nganda from ACORD-Uganda was among the invited guests. He expressed his appreciation for the program and assured continued support for the campaign's objectives.

- Madam Gladys, Chairperson of HAFT-UG, officially welcomed the guests. She acknowledged the significant contributions of all supporters and emphasized the importance of collective effort in addressing menstrual health issues.

- Masereka Goefrey, the Project Manager, extended gratitude to various partnering organizations and specifically thanked Mr. Aadi for the generous donation of three boxes of menstrual pads. His acknowledgment of partner support underscored the collaborative nature of the campaign.

- Mr. Joseph, Speaker at the event, announced that Mr. Abassi Balinda is willing to support the campaign, further demonstrating the growing community and institutional backing for the initiative.

-Mrs Gladys and Mariah, Gave life experience with their first menstrual process and it remarked a significant reason for this campaign.



Impact and Next Steps

The campaign launch was a significant step forward in promoting menstrual health and reducing stigma. The event successfully engaged various stakeholders, fostered partnerships, and set a collaborative tone for future activities.

Key Outcomes:

- Increased awareness and education on menstrual health and hygiene.
- Enhanced involvement of educational institutions and community partners.
- Strengthened support from various stakeholders, promising continued momentum for the campaign.

Next Steps:

- Collaboration with Fins Medical University: Engage the university in campaign activities and explore opportunities for joint community initiatives.
- Ongoing Training and Education: Continue training sessions and educational talks to further empower volunteers and community members.
- Community Outreach: Expand outreach efforts to involve more community members and stakeholders in the campaign.

Conclusion

The Free Menstrual Stigma Campaign launch at Fins Medical University marked a successful beginning to an important initiative. With strong support from the HAFT-UG team, partners, and guests, the campaign is poised to make a meaningful impact in promoting menstrual health and reducing stigma. Continued collaboration and commitment from all involved will be crucial in achieving the campaign's goals and driving positive change in the community.

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