

With These Hands: Menstrual Pad and Masks Project, 2022
(This project has been renamed: **Pan-African Sisterhood Health Initiative (PASHI)**
Ujima Friends Peace Center and Sankofa Artisan Guide
Friends Foundation on Aging Grant Report – March 2023

It is with great appreciation and excitement that we share this report on the activities of this project that has grown beyond our wildest dreams. We hope that FFA is as proud of the work that has been done and is expanding.

1. What problem were you addressing? What solution did you propose to address it?

- a. The PASHI project set out to address two major problems. One was the problem of elderly isolation and sense of community. The other was period poverty in Africa and the diaspora. Our solution was the creation of the PASHI project by gathering an activist community of elder to work together with youth to make a difference in their lives of Africa women suffering from period and maternal morbidity. By coming together, sewing together, researching together, solving problems together, the PASHI project has grown and now is expanding to Atlanta.

2. What actions did you take? What worked and didn't work toward your objectives?

- a. We have continued to gather together in this sewing service project weekly and have even expanded our reach into the schools in order to reach even more young people. We are using social media effectively to get out our message. A number of things have worked. . The first is having a program coordinator who is highly organized, committed, and makes decisions through building consensus amongst the artisans. Having food, music, and a welcoming atmosphere has worked. Effectively using social media and taking lots of pictures has helped. Forming partnerships and being willing to expand as needed has worked. Including young people as a part of the program has worked. (The elders absolutely love teaching and mentoring the children.

3. How did you measure success--both quantitative and qualitative? Please include numbers and demographics of people touched by the work.

We measure success by the extent to which the group works has been consistent in attendance and production of products. We also measure success by the feedback that is received by the recipients of the products that are made. We measure success by the numbers of lives we are able to touch.

- **Elder Participants:** There is a core of approximately 25 seniors who attend the project. Their ages range from 60 – 88. Of these elders 4 have become new sewers.

- **Mentees:** Over the past year, these elders have mentored and taught sewing skills to 24 students who have come to the Ujima Friends Peace Center in 8 week increments to be a part of the program. There are approximately 8 eighth grade girls in each cohort and there have been 3 cohorts over the past year. This program has become a part of their Rites of Passage. In the summer, PASHI taught and mentored 15 young middle and high school students from Bartram High School and Tilden middle school through the Harcum Upward Bound program.
- **Menstrual Kits:** (Pads, panties, purses, and masks) Between March 2022 and March 2023, we have shipments to the following countries: Nigeria (2), Sudan, Cuba (2) Liberia, Sierra Leone, Gambia. This totals 2400 kits sent abroad. In addition, for every shipment, patterns and directions are sent so that women in the communities can make these products themselves. This means countless of women impacted.
- **Donations and Support:** We tutored and gave support to International Intern visitors from the Mandela African Leadership Institute from South Africa, Malawi, and Namibia. The Interns visited us twice. We taught them how to make the products. We also donated sewing machines to the Sudan and Nigeria. The impact of this cannot be quantified.

4. **How did partnerships/collaborations enhance or challenge the project?** All of the following collaborations were sheer blessings. Here is a list of the partnerships we have formed over the year of this grant: (The only challenges were sometimes having sufficient space to contain everyone when multiple groups have come)

- **PASHI Atlanta:** A group of Quilters from Atlanta is forming a PASHI chapter. They will be trained and mentored by us. We have sent patterns and facilitated a donation of fabrics. They will send the items they make to us for shipment.
- **Birthing Project USA** is an international health organization that sends “Safe birthing kits” to areas in Africa with limited access to hospitals and clinics to deliver babies. PASHI made the bags for the kits that consist of disposable pads for a clean surface, gloves, soap, umbilical cord clamp, scapple/razor, masks, and swaddling cloth.
- **Inter-Religious Foundation Community Organization (IFCO)** New York based. IFCO has made numerous humanitarian trips to Cuba for many years. The

current on-going economic sanctions against Cuba has created hardships and shortages of essential items. Menstrual hygiene products are in great need and demand.

- **Teaching Artists Institute**, Baltimore Based. Send Educators and Artists to Africa to teach. PASHI was asked to participate in the Conference in Zimbabwe, Give a Keynote and conduct workshops on making the reusable pads.

5. Include a budget and actual for the project during the reporting period. (Please see attachment)

6. What conversations have you had on how to sustain the project after the grant, and do you have plans to share your results with other organizations?

While we have not received grants from other entities we are sharing what we do widely and in the process are forming more partnerships and impacting more people. We would love to get support in finding additional funding for this program specifically and for the expenses related to the operation of the Ujima Friends Peace Center. In terms of sustainability, we are totally committed to continuing this program. The grant from FFA has enabled us to expand our reach and increase production. Without funding we could not serve as many people or include as many elders, but the actual work activity of sewing together, supporting one another, and addressing period poverty in Africa and the diaspora will continue as long as we have even one sewing machine and some fabric.

7. Feedback on your interaction with FFA would be helpful. How have we helped? Made it harder? What else can we do to facilitate your work?

FFA has been a God send. Particularly Susan Hoskins has been a blessing. She has encouraged us, provided suggestions for connections, and has actually come to sew with us at the Ujima Friends Peace Center. WE have appreciated working with Board members and have loved the opportunities given to share our work. Unlike most funders, FFA feels like a part of the team...partners in this really important work, not simply donors or philanthropists.

8. Additional comments: WE feel so blessed to have received support from FFA. This grant has helped to support the continued work of our project and by extension the work of the Ujima Friends Peace Center. What a joy it is to have a ministry that is touching so many elders and youth, children and women both here and abroad. Thank you FFA, we hope that we can continue our partnership with you. Through you, we are making a difference in the world.

Budget vs Actuals

The project was so successful that we did 4-12 week projects instead of 3 sessions as planned). Expenditures rounded to nearest dollar.

	Items	Budget	Actual	Comments
1.	Project Director (1 part time)	\$8,640	11,200	This was within 48 weeks
2.	Outreach/Site Coordinator (1 part time)	\$16,200	19,600	
3.	Building Maintenance	0	2000	\$200 X 10 months
4.	Rent, Utilities, Facilities	\$10,000	10,000	To be provided by Ujima Friends Pe
5.	Used sewing machines	\$1000	1000	To be provided by Ujima Friends Pe
6.	Equipment and Repairs	\$5000	3218	Industrial sewing machine, accuqui Trays,and die, shelving, cabinet, an Irons, repairs
7.	Fabric	\$3500	2954	Cottons, Pul Zorb
8.	Notions			Snaps, scissors,zippers, pins, Ribbons, threads,
9.	Masks hoops & shields	\$350	\$250	
10.	Refreshments & serving supplies and volunteer appreciation gifts	\$2000	\$1050	
11.	Shipping	\$1200	\$429	Excess baggage
	Total project cost	\$48,685	\$51701	
	Total in-Kind and materials	\$11,000	11,000	
	Project Total	\$37,685	\$40,701	

Grant Award - \$37,685

Net (\$3016)