



Menstrual Cup Coalition Summit 2019



The Second Menstrual Cup Coalition Summit took place in Gracia Gardens, Nairobi from 23-25 January 2019. Over 30 participants came from Malawi, South Sudan, DR Congo, Tanzania, Uganda, Kenya, Canada, USA, Finland, Denmark, Sweden and Britain, representing 22 organisations. Camilla Wirseen of The Cup Foundation organised the Summit, and financial donations came from Fida International and the Swedish Lutheran Church.

Activities of the Menstrual Cup Coalition in 2018

During 2018, members of the Menstrual Cup Coalition who attended the Summit have

- Attended 37 conferences and workshops;
- Worked on 53 projects;
- Written over 20 articles;
- Spoken at 17 events;
- Appeared on 10 films, radio and television;
- Won 2 competitions;
- Set up 3 companies.

Overall up to the end of 2018, an estimated total of 117, 000 girls and women have been trained and received menstrual cups from members of the Coalition.

Day One: Moderator Mandu Reid of The Cup Effect

After a welcome to all, participants were invited to share the skills and strengths which they could bring to the Coalition. This was an impressive range including advocacy, implementation, research, communication, marketing etc.

Lucy Nkhoma, ActionAid Malawi's menstrual cup facilitator and deputy chief commissioner of Malawi Girl Guides, introduced a two-minute film 'Malawi Girl Guides love menstrual cups'. [link: <https://www.youtube.com/watch?v=XlrwlfN67Ug>]

Rachel Ouko of Femme International and Lucy Nkhoma, both experienced trainers, demonstrated how to use a menstrual cup safely.

Alethea Osborne gave a presentation on the importance of understanding the donor's perspective; the integration between sectors; and use of up to date indicators when applying for funding. Donors originally focussed on school-aged girls and the link to absenteeism; this is now shifting to menstrual health as part of broader programmes and other issues such as social, medical & environmental.

Day Two: Moderator Camilla Wirseen of The Cup Foundation

Leisa Hirtz of Women's Global Health Innovation, Canada, GHI presented a new Bacteria - free cup currently under development.

Dr Penelope Phillips-Howard gave a presentation on the positive outcomes of menstrual cups in latest research in western Kenya and the rise of menstrual health globally, including meetings organised by UNFPA and WHO. Dr Siri Tellier presented the work of Womena in Uganda by skype and powerpoint.

Golda Sawala Ayodo of Golden Girls Foundation was unable to attend but reported that GGF "secured Grand Challenges Canada funding that is facilitating distribution of 10,000 Ruby Cups to needy secondary school girls within Kisumu County throughout this year. We have also received support from the British Embassy to distribute Ruby Cups to 1000 needy primary school girls within Kisumu County. In 2018, in partnership with Womena and Ruby Cup, GGF piloted a curriculum Manual that Womena has been working on." Golda received a Points of Light Award from Queen Elizabeth II of Britain, acknowledging her work distributing menstrual cups to keep needy girls in school.

Day Three: Moderator Janie Hampton of the World Menstrual Network

Presentation by Hendrica Okondo, the global advisor of the 'Women's Rights and Empowerment Partnership in Africa', on her work in advocacy, and how to influence people using evidence. As a feminist Catholic, she reminds people that 'We are all created in the image of God; women are co-creators and carry the seed of humanity. Menstrual blood is sacred.'

Participants discussed the role of Cup Coalition in the world of MHM and at conferences, including how the UNFPA set up the African Coalition of Menstrual Health Management (ACMHM) which many members of MCC also belong to. There was much interest in

menstrual cups at the German-funded GIZ menstrual health summit in Nepal in 2018. Participants discussed their participation at the forthcoming Women Deliver conference in Vancouver, Canada in June 2019.

Some participants went on a field trip to Kibera, Ayany, in Nairobi and Ghetto Gifts, run by the Cup Foundation. They witnessed one of Cup Foundation's male trainers do a presentation of their boys' training, focusing on menstruation.

At the end of day three, the AGM of the Menstrual Cup Coalition was held, with 19 attenders. The blueprint of the coalition, accounts and website were approved. A working group for 2019 was elected, to suggest and approve new members; collating and disseminating relevant news of research, funding etc; approving accounts; initiating material for the website, such as fact sheets guidelines and research. Matt Bray Designs of Oxford was thanked for his pro bono work creating and designing the website. Cheryl Giddings of the Liverpool School of Tropical Medicine was thanked for her contribution to the administration and structure of the Coalition during 2018.

Femme International offered to host the 2020 Summit in Tanzania, and will explore options.

The Summit ended with drinks and networking in the garden of the hotel.

Participants of 2018 Summit:

ActionAid Malawi, Lucy Nkhoma
Amplify Change, Kenya, Alethea Osborne
Cup Effect, UK, Mandu Reid
Cup Foundation, Kenya, Camilla Wirseen.
Evangelical Lutheran Church in Tanzania, Anna Godwin Mahenge, Nossim Peter, Axxa Gabagambi.
Femme International, Kenya & Tanzania, Jennifer Rubli and Rachel Ouku
Fida International, Eastern Africa, Maija Saarni, Seth Johnson, Phyllis Wanjiku, Fazili Buhazi, Virpi Mesiäislehto.
Girl Guides of Kenya, Josephine Mwangi
Grace Cup, Kenya, Ebby Weyine
Hedhi Cups, Kenya, Faith Njung'e
KODI, Marina Alamin, Eva Nabil
Liverpool School of Tropical Medicine, Kenya, Dr. Penelope Phillips-Howard
LWF Kenya, Carolyne Wainging
LWF South Sudan, Rikaju Yakobu
Moa Hjort, Student, Sweden.
Ruby Cups, Kenya, Alfred Muli
Rumps (Resuable menstrual products), Kenya. Nina Odongo
Save the Children USA, Seung Lee
VSO, Kenya, Felix Owindo
Women's Global Health Innovations, Canada, Leisa Hirtz

Women's Rights and Empowerment Partnerships in Africa, Rita Safari, Kenya.
World Menstrual Network, UK, Janie Hampton
Zana Africa, Kenya, Megan Mukuria

Aims for 2020:

Members attending the Women Deliver conference in Vancouver in June 2010 will represent the Menstrual Cup Coalition and its promotion of menstrual cups to a wider audience.

Get licences and permissions from more countries to sell and distribute menstrual cups. As of January 2019, some brands are licenced in Tanzania, Uganda, Zimbabwe. They are not licenced for sale in Kenya, but provided through charity and research work.



[Cup summit video](#)

youtu.be

Enjoy the vlog! My website for cloth pads and cups :
<http://www.preciousstars.co.uk> My main channel:
<https://www.youtube.com/user/preciousstarspads>
My Facebo...

Bryony Farmer of Precious Stars prepared a video for the Summit, which explains the differences between brands, materials, design of cups, and experiences using a cup as a young woman.

https://www.youtube.com/watch?v=mloDa_eiGYE&feature=youtu.be