

Thank you for offering to make a Sanitary pad that will be distributed to young women and ladies in Uganda who do not currently have access to these items.

Here are simple Instructions on how to make a reusable sanitary pad. There are two designs to choose from. They are very basic designs as we hope to teach the Ugandan women how to make their own by hand.

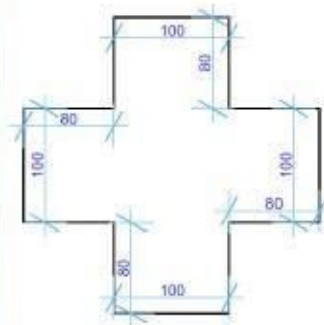


Fig. 01

You will need:

- 1 + Shaped template measuring 10cm (4") x 8cm (3.25") (see Fig. 01)
- 2 x Patterned cotton fabric (pillow case/duvet cover/sheet etc...)
- 1 X Waterproof layer slightly smaller than fabric (I use a terry towelling waterproof mattress protector)
- 1 X piece of towelling 21cm (8.5") wide x 23cm (9") long (an old flannel, towel, dressing gown or similar is ideal)
- 2 X Small strips of Velcro (hook and loop) approx. 4 cm x 2.5cm (1.5" x 1")
- Needle and thread

Instructions:

- 1: Using pinking shears cut out 2 pieces of fabric using your template which will form the cover of the sanitary pad, then cut out 1 piece of waterproof layer slightly smaller than the fabric and 1 piece of towelling 21cm (8.5") wide and 23cm (9")
 - 2: With the reverse side of one piece of the fabric facing up, place the waterproof layer (the towelling side needs to be face up) directly on top. Place the second piece of fabric underneath making sure that the right sides of fabric are facing. Pin and sew the three layers together leaving one edge open at an end.
 - 3: Now this is a little tricky, the pad is inside out at the moment, push the material through the open end so that the right sides of the material are visible with waterproof layer on inside.
 - 4: Take your piece of towelling and fold into 1/3's creating a rectangular shape measuring approx 7cm (2.75") x 23cm (9"). Sew across top and bottom of the short ends of towelling to secure.
 - 5: Insert the towel pad into the + shaped pocket and stitch in place at edge of padding lengthways to stop it moving about.
 - 6: Sew up the remaining open edge of the pocket so it is now completely closed. Your pad is nearly finished!
 - 7: Attach a piece of Velcro (hook) to the left wing of the pad and another piece of velcro (loop) to the underside of the right wing.
- Tra Lah! You have completed a sanitary pad! Thank you so much for making a difference.**