

# Pads restore dignity at Ncamagoro

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**Something as simple as a sanitary pad can make a huge difference in a woman's life.**

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**DIGNITY RESTORED:** Some of the women and girls from Ncamagoro village who received a donation of sanitary pads on Monday. PHOTO: KENYA KAMBOWE

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NCAMAGORO

About 40 women and girls at Ncamagoro village in Kavango West received free sanitary pads on Monday, donated by anonymous benefactors from the Namibia University of Science and Technology (Nust).

This is the third sanitary pad donation to the community following a Namibian Sun exposé last June.

The article revealed how women and girls from impoverished backgrounds resort to harmful practices when they menstruate, such as using mattress foam, pillow stuffing, dried leaves and cotton cloths, while putting their lives at risk.

The women also use a plant, known as epepo, as a traditional way to deal with their menstruation.

## Touched by article

While opting to remain anonymous, the group from Nust said they were touched by the 3 June 2019 article, titled 'Too poor to buy pads', and decided to source funds amongst each other. A box, containing about 100 packs of pads, was couriered to Rundu earlier this year, however, with the coronavirus pandemic regulations, the handover could not happen sooner. Speaking on behalf of the female villagers, Mariane Jonas thanked the donors. She said due to their poor circumstances, they cannot afford sanitary pads.

"We are happy to receive the donations and we shall pray that God blesses our donors. Thank you for exposing our situation and for bringing this help to us," she said.

## Seeking more help

The group indicated they are faced with severe poverty.

They said they need basic necessities such as soap, food and face masks to protect them against the coronavirus.

They made the request after being questioned about why they did not have any masks on during the handover.

"We need food and we need soap to bath. If there is any person out there who can help us, we shall appreciate it. As you can see, we also need face masks in order to protect ourselves from the coronavirus," they said.