January 2021 Featured Grantee
The BARKA Foundation

Burkina Faso
Introducing The BARKA Foundation

• The BARKA Foundation's Afric’up: Ya Soma project brings menstrual cups to Burkina Faso via programming and distribution.
• Afric’up is a play on Africa and UP, and Ya Soma (Yaa sôama) means “it’s good.”
• Menstrual cups are an ingenious alternative to pads, tampons, or cloth and can revolutionize menstrual health development programs.
Where in the world?
Burkina Faso
Where in Burkina Faso?
Burkina Faso

- Is a poor, landlocked country the size of Colorado, with a population of 21 million
- Has one of the world’s highest growth rates, with a median age of 16
- Is ranked 182 out of 189 on UNDP’s Human Development Index
- Is the 3rd most illiterate country in the world, with 29% literacy
- Has only 15% of her population with access to electricity
- Is impacted by a high death rate due to AIDS
Life Challenges of the Women Served

- Most women are married by age 18, with an average of six children
- Birth rate and infant mortality rates are among the highest in the world
- Menstruation is typically a taboo topic, shrouded in silence and shame
- Women lack access to menstrual information, affordable products, and hygienic ways to deal with menstruation
- Women do not have a voice, and 44% think it’s OK for a husband to beat his wife under certain circumstances
What are we supporting?

Providing menstrual cups and education to 1,200 women

This project improves the lives of women through improved
• menstrual management,
• sexual and reproductive health information,
• financial agency, and
• an ability to participate fully in all aspects of their home, work, social, and religious life.
What are we supporting?

- A breakthrough in women’s health – the first menstrual cups in the region
- Nationwide media attention through TV, radio, and print
- Far-reaching implications for Burkina Faso
- Positions menstrual cups to become a part of the country’s developmental agenda in areas of health, education, and gender equity.

Direct impact: 1,200  Indirect impact: 8.610
# Budget

DFW’s grant of $34,991 will fund:

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Project Coordination</td>
<td>Stakeholder engagement, initial training and introduction to the menstrual cup, Training of Trainers, cup distribution, monitoring and evaluation</td>
<td>$5,080</td>
</tr>
<tr>
<td>Cup Kits and materials</td>
<td>Cups, pouches, tin pot (to sterilize the cup in boiling water), locally made soap, locally sewn storage pouch</td>
<td>$10,050</td>
</tr>
<tr>
<td>Trainings and Workshops</td>
<td>Training for women leaders, trainers, and advocacy workshops (includes meeting rooms, catering, per diem)</td>
<td>$10,798</td>
</tr>
<tr>
<td>Cup Trainers</td>
<td>Trainers’ renumeration for Training of Trainers, sourcing/outreach of beneficiaries in the community, training of beneficiaries, post-training cup support for community beneficiaries</td>
<td>$9,063</td>
</tr>
<tr>
<td><strong>TOTAL EXPENSES</strong></td>
<td></td>
<td><strong>$34,991</strong></td>
</tr>
</tbody>
</table>
Introducing The BARKA Foundation

- Founded in 2006, The BARKA Foundation's vision is for everyone in Burkina Faso to have clean drinking water, improved sanitation, knowledge of basic hygiene, empowered women and girls, and skills to mitigate and adapt to climate change.

- Has Special Consultative Status with the UN's Economic and Social Affairs Division.
Share Your Thoughts

1. How do you think menstrual cups could affect women's mental health?
2. How are menstrual cups a step toward gender equality?
3. Why is the media campaign associated with this project an important component?
January’s Sustained Grantee: Integrate Health

Empowering Female Community Health Workers to Provide Integrated Primary Care in Remote Communities in Northern Togo, West Africa

The purpose of the project is to empower 136 total (75 new) female Community Health Workers (CHWs) to provide reproductive, maternal, newborn, and child health (RMNCH) services in five districts that currently lack access to high-quality healthcare, leading to reduced rates of maternal and child morbidity and mortality.

Direct Impact: 17,250; Indirect Impact: 58,999