

#KeepAGirlChildInSchool with Palesa Pads

DID YOU KNOW?

Many girls in Africa miss 3-5 days of school each month because they cannot afford sanitary pads.

Palesa Reusable Pads can be used for up to 5 years
- the length of a girl's high school career
- for less than 20% of the cost of disposable pads

We have various kits available, for distribution in less fortunate communities.



While **disposable sanitary pads** do provide adequate protection the **disadvantages** far out way this feature.

- ✦ **Disposable pads** take around **500 years to decompose** so they are **harmful to the environment and contribute to landfill.**
- ✦ Pads are often flushed down the toilet by girls when no dustbins are available and these **clog drains which are costly to repair**
- ✦ The **harmful chemicals** in these pads can cause **irritation, infections and rashes**
- ✦ They are also **costly**, an average of **R 2,400 per girl over 5 years**
- ✦ The **ongoing purchase** required for disposable pads makes them **inaccessible to girls in rural areas who cannot afford these** and are often an hour's walk away from a large town where disposable pads would be sold.
- ✦ In rural areas where there is no municipal refuse collection services, the pads often end up in communal dumps to hidden away under trees where goats and other animals eat them causing further health complications in the community.

We, at **Palesa Pads**, are committed to providing a **sustainable solution** to help **#KeepAGirlChildInSchool**

We manufacture **high quality cloth pads** that are **washable** and therefore **reusable for up to 5 years.**

Around the world more and more ladies are realising that **cloth pads are the better choice** not only for the **environment** but also for their **own personal health.**

BENEFITS OF USING CLOTH PADS

- ✦ Fewer menstrual cramps, infections and skin rashes as cloth pads do not contain chemicals like disposable pads do.
- ✦ There are no chemicals to react with the blood so there is no smell of menstruation even when folded up in your bag.
- ✦ If cared for correctly, cloth pads may be used for many years saving you so much money.
- ✦ They are also environmentally friendly and do not contribute to landfill as with disposable pads. Cloth pads are washed and used again the following month.

DID YOU KNOW?

A woman will use around 700 pads every 5 years, all ending up in drains and dustbins which pollutes the environment.

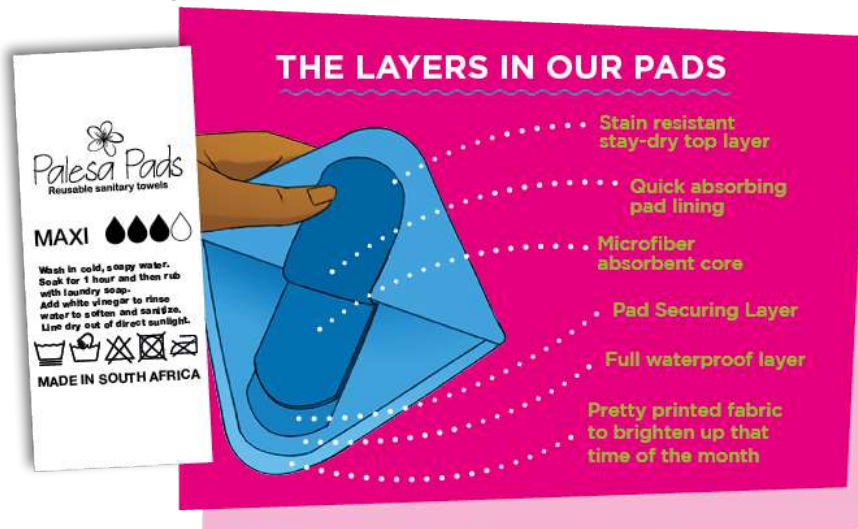
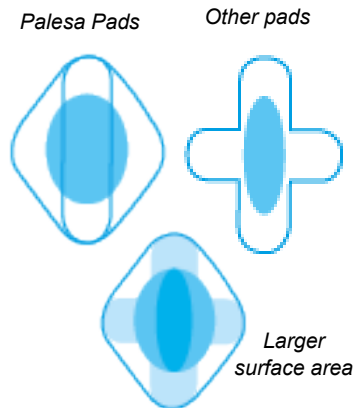
100%
eco
friendly

WHY PALESA PADS

The **design** of Palesa Reusable Sanitary Pads provides **maximum protection against leakage**.

The shape provides a **much larger surface area to absorb blood and protect a girl from having an embarrassing accident**.

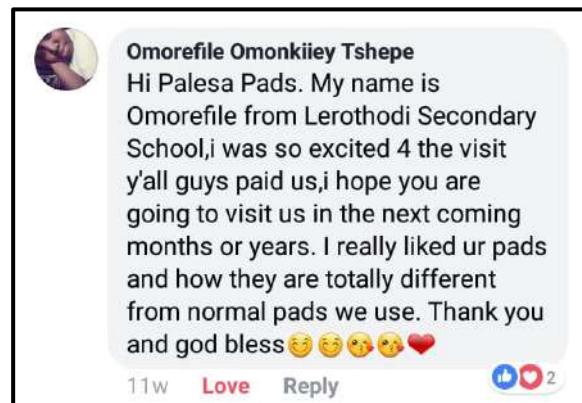
One pad can be worn for **up to 8 hours** depending on flow. The pad can be **folded neatly and discreetly** and taken home to wash with no smell in a girl's school bag.



Each pad also has a **satın care label with washing and drying instructions**.

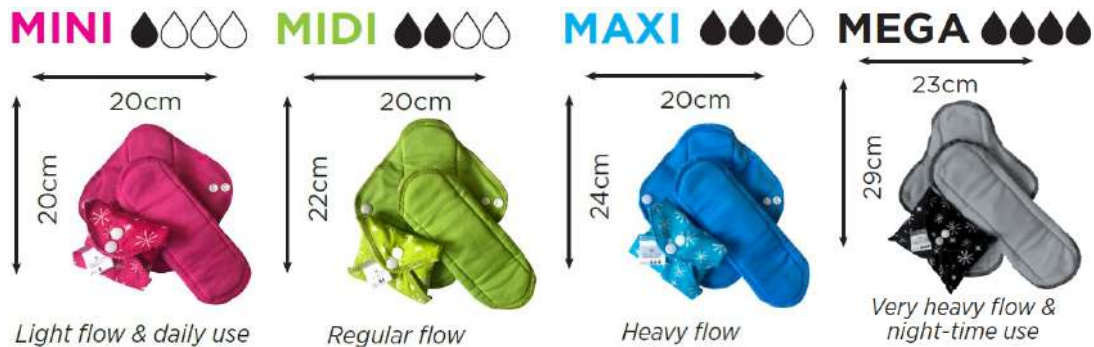
Packaging includes detailed graphical and written care instructions as well.

Here are some of the testimonials we have received from our customers and donation recipients.



PADS FOR EVERY GIRL

We have four sizes available to suit each girl's individual flow and time of the month. The pads have a full absorbent and waterproof layer. All that differs is the length and the thickness of the core material.



We also sell Flo Kits which contain everything a girl needs to start her journey through menstruation.

The kit contains 4, 6, 9 or 12 pads plus a bucket and cleaning materials to wash the pads.

In our experience of rural African life there is usually not a spare "anything" available, much less a bucket, which is a valuable item in communities where girls are required to fetch water for the household from a communal tap.



A dedicated bucket would be the ideal solution to keeping pads clean and hygienic.

Each pack of pads contains instructions on how to wear the pads and how to wash them.

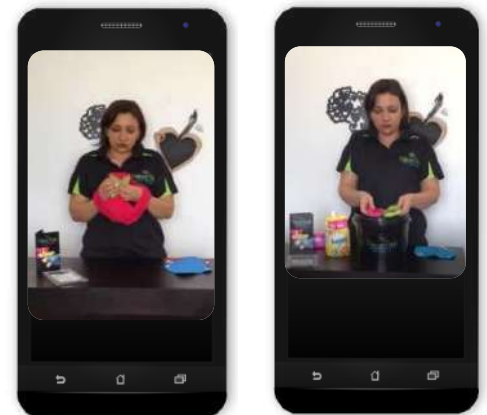
The pad is completely waterproof and folds into its own bag so there is **no need for extra wet bags** or plastic packets which pollute the environment

Instructional videos are also available and are the files are small enough to send over WhatsApp and upload onto a website or social media platform.

All educational material is currently in English but can be translated into a language of your choice for a minimum order of 5,000 packs.

To wash her pads using the Palesa Pads Flo Kit, a girl will only use between 15 and 20 litres of water per month.

This is only a fraction of water used to wash clothing, so it won't add too much to the burden of fetching water in rural communities. It is really manageable, even for a young girl.



Palesa Pads[®]
Reusable sanitary towels



RECOMMENDATION FOR DONATIONS

It is reasonable to expect that a girl would wear one pad for 8 hours meaning that she would need 3 pads per day. We recommend a donation of 6 pads so that a girl has pads to wear while she washes and dries the others. However, a few pads are better than no pads so we do have smaller packs available.

We propose the following packs as options for school girls' donations, particularly in rural areas

<p>3 pads</p>	<p>4 pads</p>	<p>6 pads</p>	<p>6 pads with bucket & cleaning kit</p>
<p>★☆☆☆☆</p>	<p>★★☆☆☆</p>	<p>★★★★☆</p>	<p>★★★★★</p>

Many girls do not have decent panties, they are wearing second-hand panties inherited from an older sister or none at all. Loose panties will cause the pad to slip around. Good quality cotton panties are essential for good personal hygiene, so it would be great to include them in any menstrual kit that is provided. We supply panties as well, according to sizing guide.

The fewer pads a girl has the more often she will wash them in a month, this means that they will not last for as many years. This should be considered when deciding on the number of pads to donate.

We also include your branding on the kits at no extra cost where your company's logo may be included to increase awareness of your organisation's participation in the #KeepAGirlChildInSchool program.

FREE COMPANY LOGO FOR 100 KITS OR MORE

PROUDLY SPONSORED BY: Your Company

KICKSTARTER FLO KIT

REUSABLE SANITARY PADS with wings

- 1 X MINI Wings reusable sanitary pad
- 1 X MIDI Wings reusable sanitary pad
- 3 X MAXI Wings reusable sanitary pads
- 1 X MEGA Wings reusable sanitary pad
- 100% Cotton panties
- 5L Black bucket with lid
- 250g Hand washing powder
- 125g Laundry soap bar
- 200ml White spirit vinegar
- Information brochure

MANUFACTURED BY Palesa Pads

MADE IN SOUTH AFRICA

With love you deserve it! xoxo

PROUDLY SPONSORED BY: Your Company

No leaks * No stains * No smells



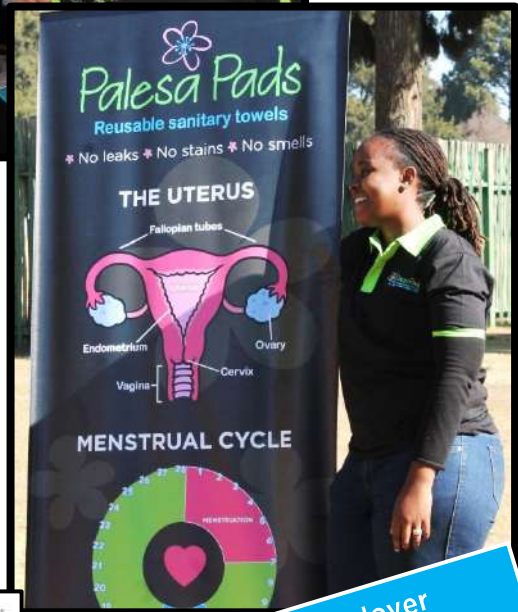
HANDOVER AND TRAINING

An added service, we deliver and distribute the pads to the nominated school.

We believe in celebrating womanhood and showing the girls that having their period is nothing to be ashamed of, that's it's a completely natural part of being a woman.

We teach the girls about **menstruation** and answer any questions they may have.

We also take time to teach the girls how to use the pads and also the importance of washing them correctly.



Our Palesa Pads Handover Parties are not only educational but also fun, we sing and dance and share period stories.

Where possible we include a **motivational talk from an inspiring woman**, usually a representative of the sponsor.



We also invite the media to record the event and help create awareness for the initiative and your organisation's involvement and support in getting girls back to school so that they can finish their education and **break the cycle of poverty**.

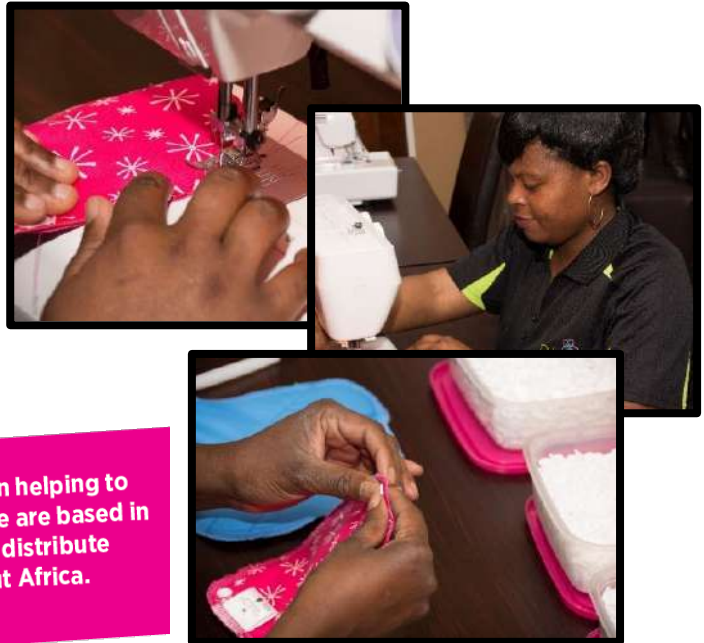
We will take photos, video and send these to you as well as posting them on our social media sites to acknowledge your contribution to this amazing cause.



JOB CREATION

Our factory is based in Germiston, Gauteng, South Africa but we are available to deliver pads throughout Africa. We are committed to bringing you the best quality cloth pads because we believe that

Every Girl deserves to be treated like a Princess



The pads are made by African women helping to create employment in South Africa. We are based in Johannesburg but are available to distribute Palesa Reusable Pads throughout Africa.

GET IN TOUCH TO ARRANGE A FREE DEMO

We receive donation requests daily and have a database of schools and charities for you to choose from to support your vision and goal.

You are also most welcome to recommend your own school or charity to support, these are simply our recommendations based on a known need.

Once you have placed your order and made payment of the full amount, we will put your order into the factory and begin sewing your pads. We will then confirm the first available delivery date that suits you as well as the school. This will depend on the workload in the factory as well as everyone's availability.

We arrange everything with the teachers and the principal and provide our own gear to entertain and educate.

All you need to do is come along with your branded marketing material and clothing and enjoy the day with the girls. Get ready to take lots of selfies 😊. They love it!

We aim to be the leader of the CLOTH PAD REVOLUTION in Africa, join us and be a part of the revolution.

Looking forward to working with you.

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Reusable sanitary towels