



Sewpportive Friends

A stitch of compassion goes a long way.

Volume 2

March 2017

"To educate girls is to
reduce poverty,"

Kofi Annan
(former UN Secretary-General)



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**100% of donations are used
for the benefit of the girls
and women in need.**

Sewpportive Friends is a 501(c)(3)
nonprofit and grassroots
organization. Contributions are
tax deductible and receipts are
delivered for each gift.

Join us in our journey, as we help encourage women in rural Zimbabwe
by providing them with handmade, reusable feminine hygiene products.

PROJECT: Zimbabwe 2017

Our second Sewpportive Friends trip is just around the corner! Nine of us are departing for Zimbabwe on July 3rd to deliver Wash-Pad Kits and lead sewing classes for local villages.

Our goal is to help 300 young women and mothers by providing our Wash-Pad Kits, fabric, and all the sewing supplies needed for them to learn and sew their own feminine products, creating a self-sustainable resource and addressing this basic human need within their community.



Zimbabwe

1-Sianyanga School / 2-Whitewaters School

Our volunteers have been selflessly sewing and producing as much as they possibly can in their free time. It takes approximately 8-10 minutes to sew, trim, velcro and snap one complete padlet. This does not include the initial cutting or the sewing of the pad inserts. For scope, 300 kits include 900 padlets and 2,700 pad inserts! It takes many labor of love hours from our caring volunteers. We are pushing forward to provide for these beautiful young women and their communities; they are in our thoughts and woven into every stitch.

We are very excited to see the students, teachers and parents at both Sianyanga School and Whitewaters School again!

Thank you Askari Safari for coordinating our upcoming journey!



SEWPPORTIVE SUNDAYS



Motivation: Inspiration, drive, enthusiasm, stimulus, incentive, reason, purpose... what motivates you? What inspires you? What drives you? Our motivation is the joy in knowing we are helping these young women and their communities, and the enthusiasm, love and compassion from the people in our lives who have who have supported this project. Motivation is what propels us forward in this endeavor.

Our newest team leader, Diana, started "Sewpportive Sundays." These are volunteer friend groups that come together on a weekend for a few hours and produce together, assembly-line style! You do not know how to sew? No problem, there is a job for everyone! A handful have been hosted so far and they have helped move our project forward. Plus, it was hours of companionship, inspiration, motivation and lots of fun. What has been accomplished is nothing short of incredible!

If you have time and would like to volunteer to sew, why not ask a friend to join you? Many hands bring support, fun and results! We would be delighted to help start up more Sewpportive Sundays in your area. If you are interested in hosting a gathering, please email us at sewpportivefriends@gmail.com and get ready to be inspired!



A STITCH OF COMPASSION GOES A LONG WAY

From Massachusetts, Vermont, New Hampshire, California, Bermuda and many places in between, we have seen compassion from dedicated volunteers and generosity of contributors, reaching out to help raise awareness for the lack of feminine hygiene products in poorer regions of the world, with the focus on Zimbabwe.

Our volunteers have been working diligently to provide washable, reusable feminine products for Sewpportive Friends July 2017 mission trip. One such amazing volunteer and friend is Fonda. From the very beginning, when Julie first posted to Facebook that she planned to sew washable feminine pads for Zimbabwean girls, Fonda reached out almost instantly. She couldn't imagine how these women didn't have feminine products available.

Fonda wholeheartedly became a Sewpportive Friend. She has single-handedly produced hundreds of padlets and well over a thousand pad inserts! Not only is she a fast sewer, she produces very high quality and professional finished products. Her sewing experience has assisted in modifying our pattern, and she has given wonderful sewing advice. We are so grateful for her dedication and incredible efforts in helping these women in need. We hope that someday Fonda will join us on one of our Sewpportive Friends journeys, so she can meet the girls and communities she is truly impacting.

"I am no longer ashamed of myself because of the washable pads. I used to use cloth during menstruation because my parents could not afford to buy pads for me." Dec. 2016

In a letter from Shylet, a young girl who received a kit from Sewpportive Friends.

Thank you, Fonda, for all you've done, for your vision and love. You are an inspiration, and extraordinary Sewpportive Friend!



A NOTE FROM FONDA

"When I first heard about Sewpportive Friends, I was appalled that the girls missed so many days of school. Education is SO important, for everyone. Then I started to do some reading and realized that the issue sewpportivefriends.org was addressing is taking care of a basic need. The education would come if the needs were met.

I remembered a story my mother told me and my sisters, when her and her sister needed supplies they had to use rags (late 40's) and washed them out. I remember how it sounded so awful; well at least they had rags. Many Zimbabwean girls don't have that; and the choices they have are worse than the natural issue.

I am so honored to be part of this group; I sew for them and in memory of my mom. She is with me for every cut and every stitch.

Living in our own lives, and not outside our box, we forget how fortunate we are to have what we do. I am so pleased to be able to help provide basic needs to these young women."



With gratitude and love...

We are so grateful for all your support. It takes the compassion, dedication, talent and generosity of a community to make a significant impact. Please get in touch if you would like to be involved in any capacity. Thank you for being a Sewpportive Friend!

Julie, Holly, Chibbon and Diana