



# Sewpportive Friends

A stitch of compassion goes a long way.

Volume 1

December 2016



*“Hope sees the invisible, feels the intangible, and achieves the impossible.”*

*~ Helen Keller*

Julie Phippen  
Director, President

Holly Perry  
Director, Marketing

Chibbon Coholan  
Director, Operations

[www.sewpportivefriends.org](http://www.sewpportivefriends.org)  
[sewpportivefriends@gmail.com](mailto:sewpportivefriends@gmail.com)

P.O. Box 5223  
Beverly, Massachusetts 01915  
USA



**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 2016

With your generous support, we were able to provide hope and help for a significant number of girls in two villages in rural Zimbabwe. We delivered 108 Wash-Pad Kits (which is 324 pad-lets, 972 pad inserts, 216 pairs of underwear, 108 knapsacks, 108 instruction pamphlets and 216 gallon Ziploc bags) to two schools in Zimbabwe for distribution to the girls in need. This is an incredible feat for our first project!



Our first stop was Sianyanga School in the Dete area. During the month of August, schools are not in session, so we planned on meeting with the headmaster and teachers to discuss our project, distribute and explain the kits to them for their students.

Upon our arrival, we were welcomed not only by the headmaster, and teachers, but also students dressed in their uniforms, and the elder men and women of the local village – this was a great honor! Our meeting began with a beautiful prayer.



Then, the headmaster, Dominic from Painted Dog Conservation, and Steve Taylor from Askari Safari, spoke on the importance of education, wildlife conservation, community efforts, the importance of tourism and the impact that visitors/tourists have on their community through donations, education, economic benefits and more.

After the kind introduction and speeches, the children performed songs and danced for approximately two hours! The mothers and grandmothers sang and danced to end the gathering. We were presented with beautiful handmade baskets; this celebration of gratitude was extraordinary and will forever be in our hearts.



Our second visit was at White Waters School in the Matopos region. The gathering included a number of teachers who have since invited us back next year to teach them to sew our reusable pads. Our new friends were full of love and appreciation for the support to their community. This was another remarkable experience.

## A stitch of compassion goes a long way...

To kick start the next phase of our journey, we have connected with Zim Orphans. This organization is based in the United States and is dedicated to providing a basic lifestyle, to the extent possible, to many hungry, hurting and lonely orphans in Zimbabwe. Together, we coordinated the transportation of over 30 KITS to the local orphanage, which currently aids 52 children ranging from ages 2-18. Those who find their way to the orphanage come for different reasons, but it is safe to say they are hungry, without much clothing, basic necessities, and without parents or caregivers who can provide for them. For further information on this wonderful group, please visit [www.zim-orphans.org](http://www.zim-orphans.org).

Over the next seven months, Sewpportive Friends volunteers will continue to produce our Wash-Pad Kits for our Zimbabwe 2017 project. This upcoming trip will again bring us to some very poor areas of Zimbabwe. Our initial project opened the doors for us to see the extent of our reach within these communities, as well as our potential to impact the villages on a larger scale. Along with the delivery of Wash-Pad Kits, we will teach two “pad” sewing classes, and will provide all of the supplies needed. With concrete information on our demographic in hand, we now have new sewing goals to meet for the girls. We are looking to provide 300 KITS in rural Zimbabwe which will ensure one kit for every single girl within the communities we visit.

- Each KIT will include:
- 3 shells (minimum)
- 9 insert pads
- Small knapsack (to carry used pads discreetly)
- 2 pair of underwear

If you are interested in sewing for next year’s project, please contact us and we’ll provide you with all of the information you need. If you would rather donate fabric or supplies, we are in need of hemp fleece, PUL fabric, snaps, snapping tools, Velcro, and new women’s/girl’s underwear (size 5 or 6 women’s, or size 14 girls). We are in the process of finding local Zimbabwean fabric suppliers, and hope to be able to purchase all or most of our supplies in Zimbabwe for our sewing classes.

If a monetary donation works best for you, we accept PAYPAL on our website, or a check may be mailed (please visit our donation page for more information – [www.sewpportivefriends.org/get-involved/donations](http://www.sewpportivefriends.org/get-involved/donations)). If you are interested in joining us on a future Sewpportive Friends trip or assisting with any of our projects, please reach out to us at [sewpportivefriends@gmail.com](mailto:sewpportivefriends@gmail.com). All donations and support are gratefully appreciated – we’d love to hear from you!



We would like to thank everyone who generously donated to our mission, thank you to all the volunteers who assisted in organizing and packing the kits, and thank you to the very talented sewers for the many labor of love hours and producing high quality products. We are so grateful for our corporate sponsor New Energy Works Timberframers for their generous donation towards our July 2017 project, and we are truly inspired by their amazing charitable contributions.



You are all part of the Sewpportive Friends team. With your compassion, we will continue to give hope to those in need.  
*With gratitude and love, Julie, Holly & Chibbon*