

THE ISSUE

The economic crisis in Zimbabwe makes it one of the harshest places to live in the world, with millions living on less than 50p a day. There is a severe shortage of goods, including sanitary products, as many manufacturers have closed.

Faced with such economic adversity, sanitary protection is a 'luxury' that ordinary Zimbabwean women cannot afford.

THE CONSEQUENCES

The lack of sanitary products means many women are forced to take drastic measures. Newspaper, rags and sometimes even leaves and bark are used as a substitute for sanitary pads.

The health risks of this are high:

- Many women contract vaginal infections leaving them susceptible to sexually transmitted diseases.
- Some even become infertile or require hysterectomies.

The shortages also cause social problems:

- Families suffer from increased poverty as women cannot go out to work during their periods.
- Girls are forced to take time off school.
- Men falsely attribute infections to sexual promiscuity which can lead to domestic violence.

HOW YOU CAN HELP

Donate monthly – just £3 a month will protect 3 women each year.

Make a one-off donation - £12 will support one woman for a year.

Dignity! goodies – get your pin badges and wristbands to support the campaign.

Fundraise – hold your own event to raise funds for Dignity! Period.

Buy Bodyform – for every promotional pack bought, Bodyform will pay for a pack to be produced in Zimbabwe.

You can make your donation or purchase Dignity! merchandise online at www.actsa.org/dignity. Or fill in the form opposite.

"We will win this fight to save Zimbabwe, we need your support to empower us to fight with dignity."

Tabitha Khumalo, Vice President of the Zimbabwe Congress of Trade Unions

TO DONATE

I would like to make a monthly donation of
 £3 £5 £10 Other ___ by credit or debit card

I would like to make a one-off donation of
 £50 £25 £15 Other ___

I would like to buy

___ pin badge(s) at £2 each

___ wristband(s) at £2.50 each **Total £_____**

I enclose a cheque payable to ACTSA (no CAF vouchers)

Please debit my master/visa/switch card

___ / ___ / ___ / ___

Expiry date __ / __ **Switch issue number** __

Date _____ **Signature** _____

To set up a direct debit please contact ACTSA or visit the website

Name _____

Address _____

Post code _____ Tel _____

Email address _____

*Please send this form along with your payment to:
ACTSA, 231 Vauxhall Bridge Road, London, SW1V 1EH*



THE CAMPAIGN

Action for Southern Africa (ACTSA) campaigns to increase awareness and to raise funds to purchase products in Zimbabwe. These are distributed by one of the last remaining manufacturers in the country and the Zimbabwe Congress of Trade Unions (ZCTU).

Since launching Dignity! Period. in 2005, ACTSA, with the ZCTU, has distributed more than 5.5 million sanitary products free to the women and girls of Zimbabwe.

However, the need for these supplies is greater than ever. Many women and girls across Zimbabwe still face unnecessary suffering because they cannot access sanitary protection.

Supporting women in Zimbabwe with essential sanitary protection

"It should be a woman's most basic right to be able to have safe and affordable sanitary protection. It is essential to support this campaign and help restore dignity to the women of Zimbabwe"

Emma Thompson, actress.



DIGNITY!PERIOD.

Supporting women in Zimbabwe with essential sanitary protection **ACTSA**

ACTSA

Action for Southern Africa

www.actsa.org/dignity

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