



The International Association of Lions Clubs

District 105D

Incorporating Lions Clubs International District 105D Charitable Trust
Registered Number 1072984



District Governor 2017 - 2018 ♦ Lion Peter Burnett

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"Putting Fun into Fundraising & giving Service with a Smile"

22nd November 2017.

Please reply to:

Email: intchair@lions105d.org.uk

TO ALL CLUB PRESIDENTS

Copies to all Cabinet Officers.

Dear Lion President,

A New Lions District Project 'Freedom Kit Bags'

This is to introduce a new District International Project working in partnership with the registered charity known as Freedom Kit Bags to raise funds in support of their project to provide eco-friendly, sustainable, hygienic sanitary wear for women and girls in rural Nepal including women's support and empowerment initiatives in support of this programme.

Many Clubs will have previously received a funding request from Freedom Kit Bags through the contact form on their websites and most would have received only a truncated version due to the limitation of space built into the site. This has given rise to several queries raised with the District Secretary questioning the legitimacy or otherwise of the request.

Freedom Kit Bags is a recently (03/07/2017) registered charity with the Charity Commission, Charity No. 1173656. Their governing document is a Trust Deed dated 08/06/2017 with stated charitable objects being "The relief of poverty and the preservation of health and well-being in Nepal by providing or assisting in: - healthcare and health related projects - health related education, training and research - support of those affected by domestic violence or social exclusion - support to enable individuals to generate a sustainable income". They have four named Trustees and are established in Swindon.

As a result of their previous and continued involvement as volunteers in other charitable projects in the area all the Trustees have a considerable understanding of the needs of the poor in rural Nepal where there is little or no healthcare provision. They make frequent visits at their own cost to oversee their projects and work in conjunction with many Nepalese charitable organisations the principle of which is the Steps Foundation where the Kathmandu Lions Club is listed as one of their sponsors.

A transcript in full of the Charities original request together with enclosures is attached that outlines the project and its immediate objectives. Since receiving the attached their website sponsored by a 'well-wisher', has gone live at www.freedomkitbags.org providing a lot more information and is well worth a look.

The immediate requirement is for funds for the purchase of the 'Kit Bags' and if your Club is able to help whatever the amount, it would be greatly appreciated. Payments should be made to LCI District 105D and sent direct to the District Treasurer, Lion Linda Picton.

The Trustees of this Charity are remarkable people who are devoting their time and energy to helping the poorest in Nepal and deserve our support. I look forward to working with them to further develop our relationship in the months ahead.

If you require any further information please do not hesitate to contact me.

Yours in Lionism,

Barrie Richardson

District International Portfolio Coordinator

Copy of original email request from Dr. Rosa Matheson.

Dear Lions Welfare Committee,

It is claimed - **WHERE THERE'S A NEED – THERE'S A LION** – and there is **GREAT NEED** for **YOUR** help.

I know that you have a brilliant reputation in the service of others; I know this personally from my contact with different Lions Clubs.

I also know that as well as helping your own local communities your aim is to be **global leaders in humanitarian service for the betterment of communities in 'all corners of the world'** to use Lions' words.

With this in mind I bring to you a life-changing project where you can offer practical help that will change lives immeasurably and immediately - women and girls lives.

After his recent visit to Nepal **Prince Harry** was moved to say: **'there are too many obstacles between women and girls and the opportunities they deserve'**, and **menstruation and lack of sanitary protection is one of the main obstacles**. We offer a solution that can change that.

Freedom Kit Bags

eco-friendly, sustainable, hygienic sanitary wear

releases women and girls from the cultural and
physical constraints of menstruation
enhances their health – gives liberty of movement –
allows uninterrupted education – offers empowerment

We ask you to please read our attached leaflet(s) carefully and you will see the real need for positive action to be taken, and taken now.

Highworth and District Lions have very kindly kicked off for us and given us a wonderful quote. They have also encouraged us to go out to other Lions' Clubs, as they believe it is a project you would want to know about.

My personal challenge is to invite Lions Clubs around the U.K. to help fill one whole year – 365 days and put their quote on my 'Lions' Wall of Honour'. Lions have now sponsored an amazing 119 days! Please will your Club add to this?

Let me tell you who 'we' are. Well, I am Dr Rosa Matheson, Founder and Trustee of Friends of Angels Orphanage / *the* BOOK PROJECT and now /Freedom Kit Bags.

My husband, a medical doctor, and I went to Nepal as part of a Medical Camp organised by our son (another medical doctor) back in 2009. We returned to U.K. having adopted a children's home in Kathmandu. We set up a charity 'Friends of Angels Orphanage' and we –family, friends and many monthly supporters/ fun-draisers/donors, totally look after 21 children in Kathmandu. We are very hands on and go back twice a year. We are all volunteers, **no paid workers or expenses and we pay all our own way**. *Every penny given goes to the children.*

Our sister charity - **the BOOK PROJECT** was set up in response to the realisation that to help Nepalese families we had to help the women. **the BOOK PROJECT** assists initiatives to educate, enable and economically empower women and help them become full, active members of society. We fund the work through the sale of books we have produced –

a day in the life of 100 women in Britain and **EARTHQUAKE Nepal 2015 The Human Story** and donations. Out of this experience grew **FREEDOM KIT BAGS**.

I hope this information is sufficient for you to take the matter to discussion and decided to help us help these desperately poor rural women and girls. I am very happy to answer any questions you may have and provide further information.

Thank you for the time you have given to reading this and for the time you will give to discussing it. I look forward to hearing from you at your earliest convenience. I sincerely hope you will feel you want to.

We go out again in November and would love to have enough money to make 150 bags donated by LIONS – please help us to achieve this.

Dr Rosa Matheson -
BUY A BAG £25 - CHANGE A LIFE

Freedom Kit Bags

eco-friendly, sustainable, hygienic sanitary wear

releases women and girls from the cultural and
physical constraints of menstruation
enhances their health – gives liberty of movement –
allows uninterrupted education – offers empowerment

BUY A BAG - £25 gives 2 years sanitary protection

Freedom Kit Bags

wear with pride



It's time to say 'goodbye' to the old thinking regarding menstruation -

"I hope through education, through understanding and through people joining together to question and to challenge this old superstition we will see change. Girls and women need to be able to walk proud."

I believe 'Freedom Kit Bags' will be a big step in this work – please join us."

Beni Rani Ghale - Founder of 'Steps' and a producer of the Freedom Kit Bags.

YOU CAN HELP A WOMAN TO A BETTER LIFE

BUY A 'KIT BAG'

or make a donation towards one and this vital work.

You can do this on our **MyDonate** page or at

Paypal - thebookproject1@hotmail.co.uk.

the BOOK PROJECT

Email: the100womenbookproject@hotmail.co.uk



Freedom Kit Bags

*eco-friendly, sustainable, hygienic
sanitary wear*

**releases women and girls
from the cultural stigma and physical
constraints of menstruation:
enhances their health – gives liberty of
movement – allows uninterrupted education –
offers personal empowerment – reduces
social stigma.**



Menstruation is one of the 'too many obstacles between women and girls and the opportunities they deserve.'

If you improve the life of the woman – you help the family. If you help the family – you improve the community in which they live.

Chhaupadi – which translates to 'untouchable being' – has been practised for centuries in Nepal

It has been linked to a host of psychological and physical illnesses in women. Being able to 'stay clean' and 'stay well' during a menstrual cycle will help break the thinking that women are 'unclean' during their periods. The *Kit Bags* have everything needed to help make this happen.

3 sets = 1 on – 1 in the wash – 1 ready to go = £25 for 2 years protection – just over £1 a month!			
<p>Rural and low-income women and girls of Nepal do not have access to disposable sanitary wear – even if they did they could not afford it – even if they could, the environment could not afford it – Nepal has a serious rubbish pollution problem.</p> <p>One of the underlying reasons of the stigmatisation of menstruation is the inability to 'deal' with its physical effects. Because of lack of hygienic protection a high % of village women suffer from vaginal infections.</p> <p>These infections plague their lives, often causing other health problems such as infertility, kidney complications, pelvis infections.</p>	Product	Kit	Reason- Menstruation carries a stigma in Nepalese Society that isolates women and young girls.
	Attractive Kit Bag	1	There are few storage spaces in village houses. This bag will keep all the kit pieces together in a clean, accessible environment.
	Pairs of Panties	3	Necessary to keep the pads in place and provide some protection for sexual parts. Most rural women do not have these.
	Pad Holders	3	The wet-proofed pad holders clip around the panties and hold the pad securely in place, giving peace of mind and confidence in movement.
	Day Pads	9	The pads absorb the blood. They can be combined together or used separately. There needs to be enough pads to allow for heavy flow days, some in the wash and some ready for action.
	Night Pads	3	Fuller night pads mean the girl/woman does not have to worry about soiling bed/bedclothes, so does not need to be turned out of her bed or out of the house as is common practice.
	Carrying Purse	1	An attractive purse allows the young girl to carry a clean supply (or soiled article) with her to/from school, or a woman to go to market, with no worries or embarrassment of being 'caught short'.
	Aqua-breathe Wet Bag	1	This wet-proof bag will hold the soiled pads securely without any worries of making a mess.
<p><i>Freedom Kit Bags</i> help to solve these different problems.</p>	Aqua-breathe Soap Bag and Soap	1	Soap is part of the hygiene programme, to educate women about the need to cleanse not just their hands but their private parts too.
	String and Pegs	1	It is essential for health that the articles are washed, hung out and air/sun dried. Washing lines cost money, so clothes are dried on the bushes or grass - generating bacteria in the materials which then transfers and causes infections.
	Information Sheet	1	It is important to educate women about their bodily functions and the way to prevent vaginal infections. Infections cause infertility and infertility in women is a growing problem in Nepal.

Freedom Kit Bags

*eco-friendly, sustainable, hygienic
sanitary wear*



**BUY A BAG FOR GIRLS LIKE THESE
AND CHANGE THEIR LIVES FOR THE BETTER**

or **make a donation** towards one and this vital work.

You can do this on our **MyDonate** page or at
Paypal - thebookproject1@hotmail.co.uk.

the **BOOK PROJECT**

Email:

the100womenbookproject@hotmail.co.uk



- Education
- Hygiene
- Health

stepsnepal.org@gmail.com

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**YOU CAN HELP A WOMAN TO A BETTER LIFE
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