



Destiny Hope Foundation

Helping Friends in need

Newsletter

December 2024 nr. 3

Hello Dear friends of DHF, greetings from Tanzania.

We are happy to present to you our latest newsletter. We are reaching a lot of people in Tanzania with our help and more people in the world have heard from us, so we hope we can do even more generous actions in the future. Because it will be the last newsletter of this year, we want to wish you a Merry Christmas and a happy 2025!

Pendaeli Amos Musani

Menstrual health education

In November we had a wonderful education event at the Engira Primary School in Arusha. Thanks to a donation, 75 girls from 9-13 years in age were trained in puberty changes, menstrual health and hygiene by a REEpads Tanzania representative.

A lot of topics were educated, like the importance of maintaining personal hygiene and proper sanitation practices. To support them with this, we distributed 70 bags of 4 reusable and eco-friendly sanitary pads to support sustainable menstrual health management for the girls, see the photo above. We wanted to introduce this, because normal sanitary pads produce a lot of waste. This pads can be reused after cleaning for about 12 times, so water and soap has to be available to use them properly.



The outcome of the morning at the school was that we enhanced the girls' understanding of their bodies and how to manage puberty-related changes. We improved awareness of hygiene and menstrual health practices. We fostered confidence through open dialogue in the Q&A session and equipped the girls with REEpads to ensure access to sustainable menstrual products.

We know those bags of 4 are not enough, but it is a start and with your help we can educate more girls and distribute more sanitary pads. REEpads is based in Arusha as well, and we get a discount because we use them to educate students. More information on Global Giving: <https://goto.gg/63626>



Want to receive the newsletter next time in your mailbox? E-mail to news@destinyhopefoundation.org!



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Compost manure project

Recently we had a kick-off of this project as a part of our vision: 'Nourish Tanzania: Fertile Soil, Flourishing Future!' We want to improve soil quality with local available organic material, so less fertilizers and pesticides have to be used to produce healthy foods on our farms. For this project we want to use the Farmer-to-Farmer method(F2F); we train 10 farmers and they will train 10 farmers and so on.

On 25th October 2024, we held our first meeting with farmers at Oldonyong'iro village regarding preparation for compost manure for their farms. Mr. Solomon, our composting expert, explained to the farmers students how the use of compost manure will benefit them and it is cheap because they will not incur any cost as well as it is chemical free.

The farmers were very interested and will join our course the coming months, as they are going to produce compost manure themselves with the guidance of Mr. Solomon.



If you want to read more about this project or contribute to more agricultural education for farmers in this region next year, go to Global Giving: <https://goto.gg/63489>

Giving Tuesday

We are happy to inform you, that we are participating in the end of the year event of Global Giving, called **Giving Tuesday** on 3 December 2024. The campaign will last 24 hours, from 00:00 EST(5 am London) on December 3, 2024.

Why is this interesting for us? Because it is a true matching event. We, Destiny Hope Foundation, are getting a bonus on every donation, depending on the total raised on that day.



DHF on Global Giving

Destiny Hope Foundation Tanzania

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Global Giving: <https://www.globalgiving.org/donate/92872/destiny-hope-foundation/>

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