

Mina Training Report

Prepared for: Mina Foundation and Scandicare Kenya and Norway



Prepared by: Zaakira Mahomed, Zanele Zimu

Company/Organisation Trained: Scandinavian Care Organisation

Duration: 27 September - 30 September

EXECUTIVE SUMMARY

1.Objective

- Providing ScandiCare Kenya trainees with comprehensive menstrual health education
- Empowering Kenyan trainees with the confidence to train young girls on how to feel more confident during their cycle.
- To provide trainees with the necessary skills needed to become a Menstrual Care Facilitator.

2. Goals

- Raise awareness that the Mina Cup is safe and easy to use
- By the end of the training, all trainees should demonstrate effective leadership qualities and skills in improving menstrual care
- To decrease cultural barriers by better informing the trainees on the Reproductive System and Mina Cup

3. Age Group

Adults: 22 - 45

4. Number of ScandiCare trainees Present

Present: 18

5. Number of Staff Members Assisting

Mina: 2

6. Procedure

Mina Cup Training

Reproductive System Training

Alternative products Training

7. Training

Day 1: ScandiCare Training Day 1 - Team Mina introduction to menstrual product alternatives and pros and cons of each product. Covering Sexual Reproductive Health and Puberty. Ice -breakers

Day 2: ScandiCare Training Day - Recap and group sessions

Day 3: ScandiCare Training Day 3
Group Refresher, Ice breakers and Mina videos

Day 4: Facilitation and training at Ongata Ronkai Primary School
Session 1- Mina training to School girls
Session 2- Mina introduction to Parents of Learner with special needs.

8. FAQ

“ if a girl has undergone FGM, will she be able to use the cup”

“ Will it break young girls Virginities”

“ Will it not fall out when I sleep?”

“ How do you plan to market Mina to the Kenyan market? We are very different from South Africans”

“How will I pee if MINA is inside?”

“Is MINA reliable”

“Where can I get MINA for other girls in school”

“How long should I leave MINA inside the vagina”

“How will it stay inside the vagina?”

“ will it stretch my vagina”

“ Will the stem not hurt me?”

“Will I not leak”

“ it looks uncomfortable”

9. Recommendations

- There is a need to train the ScandiCare staff members further, however with more practice, the Team should become more confident.
- If possible, more sessions should take place at the schools with the Mina Foundation Facilitators. Practical school training sessions should be available to allow trainees to observe and participate in the sessions.
- Each ScandiCare staff member should research menstrual care products with daily changes in the Industry to keep abreast of new products and their ingredients.
- Team Scandicare should practice managing time to ensure that all important information is covered during the session and that all questions are answered.
- Many girls in Kenya are missing school due to period poverty. ScandiCare should also focus on able bodied menstruators.

10. Other

- Team Mina has introduced Scandicare to many potential partners, Namely, Professor Muchiri from University of Nairobi, A digital media company that hope to do a story on Scandicare Kenya, Qabale Duba, a menstrual health activist in Marsabit County and Adala from Femcorner Industries Wesley Cherchir from Eldoret.
- The Mina Foundation has also introduced Scandicare to Jemimah from a corporate company who is looking to donate Mina to school girls. We recommend that Scandicare invite her to a school visit to encourage more support from her.
- Mina is also in talks with a potential retailer to stock Mina in pharmacies and stores to tap into the commercial market.
- Mina's visit was extremely fun and successful and we look forward to a fruitful relationship going forward.

11. Conclusion

- The ScandiCare staff were a very open- minded group. Every Staff member was eager to learn more about the Mina cup and excited to start facilitating at schools.
- All the men in attendance were eager to understand menstrual health more and reacted positively to what was being taught.
- There is a need to focus on girls with and without disabilities in Kenya.

12. Mina Moments:







