



<b>Title of Capacity Development Workshop:</b>	<b>Sustainable Menstrual Hygiene Management in Action</b>
<b>Contact details</b>	
Name of proposing organization/s	Brighter Communities Worldwide
<b>Practical requirements</b>	
<b>Timing</b>	Friday Full day (Field Visit to Londiani)
<b>Minimum/ Maximum number of participants</b>	20
<b>Facilities preferred:</b>	<p><b>Equipment:</b> Projector, laptop, Flip charts, MHM charts and sanitary kits (Brighter Communities will provide)</p> <p><b>Timing:</b> 9.00am – 5pm – Field Visit with on-site workshop</p> <p><b>Refreshments:</b> Lunch/ Refreshments (Brighter Communities will provide)</p> <p><b>Field visit:</b> Destination- Londiani Girls Boarding School. Bus – Conference to provide</p>
<b>Staff details</b>	

<p><b>Names, qualifications and brief description of experience of staff delivering the workshop.</b></p>	<ul style="list-style-type: none"> <li>• Joan Syombua - BA Political science and Economics – Coordinator of MHM programmes – Girls for Girls and Community MHM; Experienced facilitator and Trainer; Experience in M &amp; E, Community Engagement, Women’s Empowerment &amp; Stakeholder Engagement.</li> <li>• Caroline Chelangat - Diploma in Nutrition and Dietetics, Diploma in Community Development &amp; Social Work – Coordinator of Healthy Schools Programme; Oversees construction projects in schools; Experienced facilitator and trainer; Experience in M &amp; E, Community Engagement &amp; Stakeholder Engagement.</li> <li>• Judy Chelangat - Diploma in Nutrition and Dietetics – Field Officer for Healthy Schools &amp; MHM programmes – Experienced in facilitating trainings and community engagement.</li> <li>• Maria Kidney – Masters Public Health, London School of Hygiene and Tropical Medicine; Experienced facilitator, trainer across WASH, MHM, and Community Development.</li> </ul>
<p><b>Course details</b></p>	
<p><b>Aims:</b></p>	<p>To share Brighter Communities Worldwide’s holistic approach model to Menstrual Hygiene Management which incorporates Education, Community Engagement, Economic Empowerment and Health Initiatives - one of which is the provision of infrastructure (“girl friendly” latrines and washrooms).</p>
<p><b>Intended audience:</b></p>	<p>Workshop suitable for Practitioners currently and/or looking to undertake Menstrual Hygiene Management initiatives; Policymakers; Academics; and interested Development Professionals.</p>



<p><b>Intended Learning Outcomes/Objectives</b></p>	<p>1. Learning outcomes:</p> <ul style="list-style-type: none"> <li>• Increased knowledge on implementing Menstrual Hygiene Management (MHM) in Kenya.</li> <li>• Increased understanding on the challenges surrounding MHM particularly in rural communities.</li> <li>• Increased awareness of the need for a holistic approach to MHM.</li> </ul> <p>2. Subject Specific Skills - Sustainable MHM through reusable sanitary pads options; Breaking the silence through male involvement; Involvement of social change agents in Communities; Economic Empowerment options in MHM.</p> <p>3. Key transferable skills - MHM training facilitation; Local resource mobilization; Options for managing MHM in communities.</p>								
<p><b>Format and Content of Workshop</b></p>	<p>9.00 : Depart Egerton for Londiani 1015 : Arrive in Londiani, Refreshments 10.45 : Workshop</p> <table border="1" data-bbox="756 1249 1326 1561"> <thead> <tr> <th>Training area</th> <th>Facilitation methods</th> </tr> </thead> <tbody> <tr> <td>Understanding MHM</td> <td>Lecture and power point presentation</td> </tr> <tr> <td>Challenges surrounding MHM</td> <td>Group discussion</td> </tr> <tr> <td>Sustainable MHM using a holistic approach</td> <td>Demonstration and Power point</td> </tr> </tbody> </table> <p>1230 pm Lunch 1.30pm : Field Visit – A chance to see project in action through a visit to a school with MHM friendly toilet construction and an income generating project in place. 3.00pm: Debrief and Refreshments 3.45pm : Depart Londiani for Egerton 5pm: Arrive Egerton</p>	Training area	Facilitation methods	Understanding MHM	Lecture and power point presentation	Challenges surrounding MHM	Group discussion	Sustainable MHM using a holistic approach	Demonstration and Power point
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<p><b>Materials to be circulated in advance or after the workshop.</b></p>	<p><b>After workshop.</b> Key messages leaflets MHM information sheets. Module information for MHM facilitation</p>								

<b>Means of assessment and feedback to students:</b>	Use of pre and post course expectations and experiences.
<b>Mechanism and means of course evaluation:</b>	End of the field visit evaluation questionnaire. Assessing the understanding of the field visit content.