



Menstrual Dignity: Patricia Mueni received Trocaire funded menstrual pads and life skills training.

**Someone kind and caring  
has bought you the**  
**TRÓCAIRE GIFT OF  
MENSTRUAL DIGNITY**

This empowering gift provides girls with everything they need for a safe, hygienic period. With the high cost of sanitary products, many girls cannot afford them causing some to miss school and work.

Your Gift of Menstrual Dignity provides girls with access to reusable pads, soap, cloths, underwear and a 'how to' guide. A portion of the gift will also go towards programmes aimed at educating and destigmatising periods.

**A gift in your honour for a better world.**

**Your gift is transforming more lives than you know...**

A Trócaire Gift brings real hope and opportunity to families and communities living in poverty. Not only does it change the lives of the families receiving the gift, it also changes the lives of the local business owners and farmers that supply the gifts.

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**Visit [trocaire.org/gifts](https://trocaire.org/gifts) to find out more about how your Trócaire gift is making a difference or to see our full range of locally sourced gifts.**