

For as little as R130, you can make a meaningful difference, and change a girl's life for the next 5 years.

Palesa Pads is a high-quality, SABS Compliant, reusable sanitary pad brand that:

1 HELPS TO KEEP GIRLS IN SCHOOL and complete their education

FACT 1:

Girls who can't afford sanitary products sometimes resort to using cow dung, dried into patties and wrapped in cloth, or makeshift pads made from toilet rolls, rags, or foam from old mattresses. None of these solutions are hygienic or reliable.

FACT 2:

*A girl with one extra year of education can earn 10-20% more as an adult. Education is critical to breaking the poverty cycle.

2 EMPOWERS LOCAL WOMEN through job creation and skills development.



3 SAVES THE ENVIRONMENT by keeping single use plastic items out of landfills and toilets

FACT:

Every single Palesa Reusable Pad used keeps 200 single use plastic items out of the environment!



For the cost of a small bag of groceries, you can gift a girl with sanitary pads that will last her for 5 whole years, lifting this financial and emotional burden from her and giving her a fair chance to succeed.



**Basic Combo Pack
R129.00**

**Basic Flo Kit
R199.00**



**Kickstart Flo Kit
R389.00**



DONATE VIA EFT

Palesa Pads Banking Details
Account name: Palesa Pads Foundation NPC
Bank: FNB
Branch Code: 250 655
Acc no: 6285 470 5921
Ref: Your name & company name

* (UNGEI, 2015)

DONATE VIA SNAPSCAN

Use the Snapscan code and insert the amount you would like to donate.

WE ARE

100% women-owned | Level 1 B-BBEE contributor | SABS compliant
We are a registered Public Benefit Organisation (930077007) and authorised to issue **S18A Tax Certificates**. Donations made to the Palesa Pads Foundation NPC can be claimed as a deduction on your tax return, thereby reducing the amount of tax you pay.

FOR MORE INFORMATION

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#KeepAGirlChildInSchool with Palesa Pads

DID YOU KNOW?

Many girls in Africa miss 3-5 days of school each month because they cannot afford sanitary pads.

They will often use tissue or newspaper to absorb blood while menstruating at home. These can lead to infections and other health complications.



We, at **Palesa Pads**, are committed to providing a **sustainable solution** to help **girls their menstruation each month with dignity**.

We manufacture **high quality cloth pads** that are **washable** and therefore **reusable for up to 5 years**.

Around the world more and more ladies are realising that **cloth pads are the better choice** not only for the **environment** but also for their own **personal health**.

While **disposable sanitary pads** do provide adequate protection the **disadvantages** far out way this feature.

- * **Disposable pads take around 500 years to decompose** so they are **harmful to the environment and contribute to landfill**.
- * Pads are often flushed down the toilet by girls when no dustbins are available and these **clog drains** which are **costly to repair**
- * The **harmful chemicals** in these pads can cause **irritation, infections, and rashes**
- * They are also **costly**, an average of **R 2,400 per girl over 5 years**
- * The **ongoing purchase** required for disposable pads makes them **inaccessible to girls in rural areas who cannot afford these** and are often an hour's walk away from a large town where disposable pads would be sold.
- * In rural areas where there are no municipal refuse collection services, the pads often end up in communal dumps to hidden away under trees where goats and other animals eat them causing further health complications in the community.

BENEFITS OF USING CLOTH PADS

- * Fewer menstrual cramps, infections and skin rashes as cloth pads do not contain chemicals like disposable pads do.
- * There are no chemicals to react with the blood so there is no smell of menstruation even when folded up in your bag.
- * If cared for correctly, cloth pads may be used for many years saving you so much money.
- * They are also environmentally friendly and do not contribute to landfill as with disposable pads. Cloth pads are washed and used again the following month.

DID YOU KNOW?

A woman will use around 700 pads every 5 years, all ending up in drains and dustbins which pollutes the environment.

100%
ecc
friendly

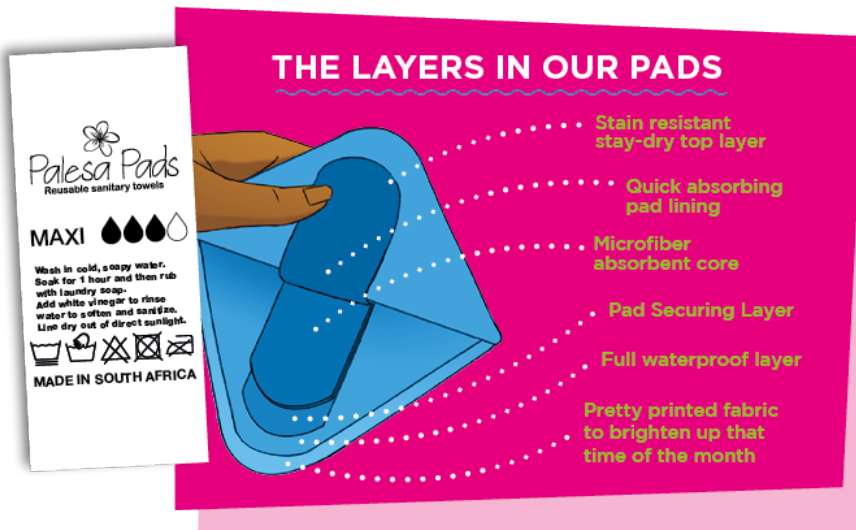
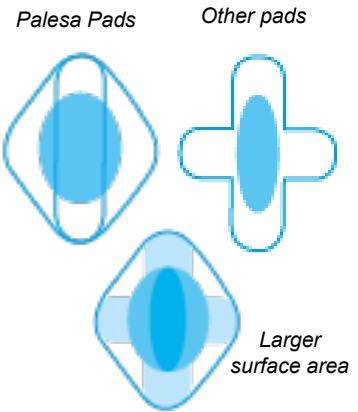


WHAT MAKES PALESA PADS DIFFERENT

The **design** of Palesa Reusable Sanitary Pads provides **maximum protection against leakage**.

The shape provides a **much larger surface area to absorb blood and protect a girl from having an embarrassing accident**.

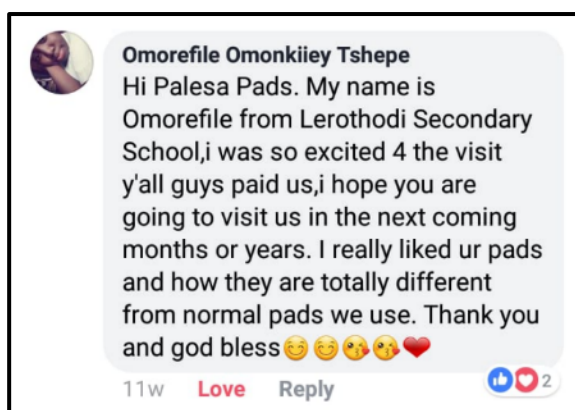
One pad can be worn for **up to 8 hours** depending on flow. The pad can be **folded neatly and discreetly** and taken home to wash with **no smell** in a girl's school bag.



Each pad also has a **satin care label with washing and drying instructions**.

Packaging includes detailed graphical and written care instructions as well.

Here are some of the testimonials we have received from our customers and donation recipients.



PADS FOR EVERY GIRL

We have sizes available to suit each girl's individual flow and time of the month. The pads have a full absorbent and waterproof layer. All that differs is the length and the thickness of the core material.



We also sell Flo Kits which contain everything a girl needs to start her journey through menstruation.

The kit contains 3, 4, 6, 9 or 12 pads plus a bucket and cleaning materials to wash the pads. In our experience of rural African life there is usually not a spare "anything" available, much less a bucket, which is a valuable item in communities where girls are required to fetch water for the household from a communal tap.

A dedicated bucket would be the ideal solution to keeping pads clean and hygienic. Each pack of pads contains instructions on how to wear the pads and how to wash them. The pad is completely waterproof and folds into its own bag so there is no need for extra plastic packets which pollute the environment.



Plastic hanger and extra pads, not included

To wash her pads using the Palesa Pads Flo Kit, a girl will only use between 15 and 20 litres of water per month. This is only a fraction of water used to wash clothing, so it will not add too much to the burden of fetching water in rural communities. It is really manageable, even for a young girl.

Instructional videos are also available and are the files are small enough to send over WhatsApp and upload onto a website or social media platform.

All educational material is currently in English but can be translated into a language of your choice for a minimum order of 5,000 packs.





RECOMMENDATION FOR DONATIONS

It is reasonable to expect that a girl would wear one pad for 8 hours meaning that she would need 3 pads per day. We recommend a donation of 6 pads so that a girl has pads to wear while she washes and dries the others. However, a few pads are better than no pads, so we do have smaller packs available.

We propose the following packs as options for schoolgirl donations, particularly in rural areas

3 pads	4 pads	6 pads	6 pads with bucket & cleaning kit
			
★☆☆☆☆	★★☆☆☆	★★★★☆	★★★★★

Many girls do not have decent panties, they are wearing second-hand panties inherited from an older sister or none at all. Loose panties will cause the pad to slip around. Good quality cotton panties are essential for good personal hygiene, so it would be great to include them in any menstrual kit that is provided. We supply panties as well, according to sizing guide.

The fewer pads a girl has the more often she will wash them in a month, this means that they will not last for as many years. This should be considered when deciding on the number of pads to donate.

We also include your branding on the kits at no extra cost where your company's logo may be included to increase awareness of your organisation's participation in the #KeepAGirlChildInSchool program.

FREE COMPANY LOGO FOR 100 KITS OR MORE



PROUDLY SPONSORED BY: Your Company

KICKSTARTER FLO KIT

REUSABLE SANITARY PADS with wings

- 1 X MINI Wings reusable sanitary pad
- 1 X MIDI Wings reusable sanitary pad
- 3 X MAXI Wings reusable sanitary pads
- 1 X MEGA Wings reusable sanitary pad
- 100% Cotton panties
- 5L Black bucket with lid
- 250g Hand washing powder
- 125g Laundry soap bar
- 200ml White spirit vinegar
- Information brochure

MANUFACTURED BY Palesa Pads

MADE IN SOUTH AFRICA

100% **ecc** friendly

PROUDLY SPONSORED BY: Your Company

No leaks • No stains • No smells

HANDOVER AND TRAINING

An added service, we deliver and distribute the pads to the nominated school while following COVID-19 protocols with regards to event size, social distancing, wearing of masks, and sanitising.

We believe in celebrating womanhood and showing the girls that having their period is nothing to be ashamed of, that it is a completely natural part of being a woman.

We teach the girls about menstruation and answer any questions they may have.

We also take time to **teach the girls how to use the pads and the importance of washing them correctly.**

Where possible we include a **motivational talk from an inspiring woman**, usually a representative of the sponsor.

Our professional photographer will take photos and videos of the event. We send these to you as well as post them on our social media sites to acknowledge your contribution to this amazing cause. This also helps create awareness for the initiative and support to get girls back to school so that they can finish their education and **break the cycle of poverty.**

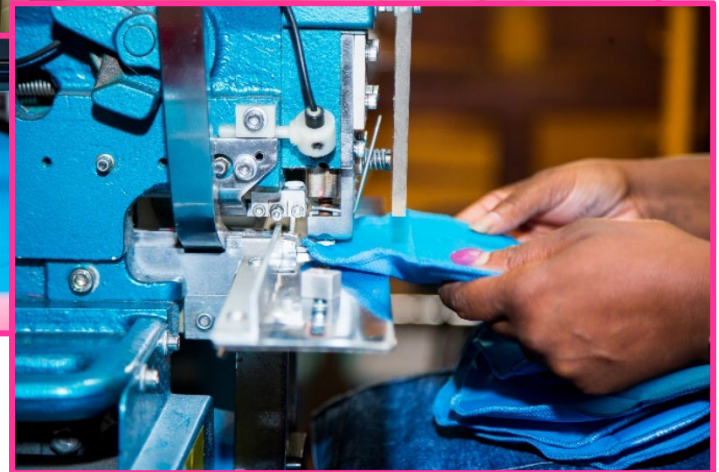


Our Palesa Pads Handover Parties are not only educational but also fun, we sing and dance and share period stories.

LOCALLY MANUFACTURED

Our factory is based in Meyerton, Gauteng, South Africa but we are available to **deliver pads throughout Africa**. We are committed to bringing you the best quality cloth pads because we believe that

Every Girl deserves to be treated like a Princess.



The pads are made by African women helping to create employment in South Africa. We are based in Johannesburg but are available to distribute Palesa Reusable Pads throughout Africa.

GET IN TOUCH TO ARRANGE A FREE DEMO

We receive donation requests daily and thus have a database of schools and charities for you to choose from to support your vision and goal. You are also most welcome to recommend your own school or charity to support, these are simply our recommendations based on a known need.

Once you have placed your order and made payment of the full amount, we will put your order into the factory and begin sewing your pads. We will then confirm the first available delivery date that suits you as well as the school. This will depend on the workload in the factory as well as everyone's availability.



We arrange everything with the teachers and the principal and provide our own gear to entertain and educate.

All you need to do is come along with your branded marketing material and clothing and enjoy the day with the girls.

We aim to be the leader of the CLOTH PAD REVOLUTION in Africa, join us and be a part of the revolution. Looking forward to working with you.

Sherie "Palesa" de Wet | Founder and CEO
sherie@palesapads.com | +27 82 445 1779 | +27 11 902 0359

ACTIVATION EVENTS AND FREE SERVICES FOR LARGE ORDERS

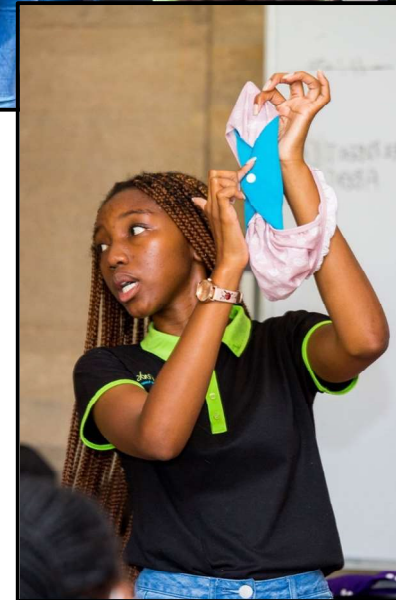
Prices valid from 1 March 2023 until 28 February 2024

As a value-added service, Palesa Pads can deliver the pads to the school or charity together and perform an activation event. The event is one hour long and consists of uplifting entertainment in the form of singing and dancing plus a menstrual health educational talk and a demonstration on how to use and wash Palesa Pads. We also take photos and post them on social media to promote your sponsorship. Please remember to bring your branded gear on the day so that it appears in the photographs.

	Number of kits purchased					
	100+	200+	300+	500+	1000+	2000+
FREE Sponsor branding	✓	✓	✓	✓	✓	✓
FREE Delivery in South Africa						
Gauteng		✓	✓	✓	✓	✓
Mpumalanga			✓	✓	✓	✓
Southern Limpopo			✓	✓	✓	✓
North West			✓	✓	✓	✓
Free State				✓	✓	✓
Northern Limpopo				✓	✓	✓
Kwa-Zulu Natal				✓	✓	✓
Eastern Cape					✓	✓
Western Cape					✓	✓
Northern Cape					✓	✓
FREE Activation Event						
South Africa - Gauteng		✓	✓	✓	✓	✓
South Africa - Mpumalanga			✓	✓	✓	✓
South Africa - Southern Limpopo			✓	✓	✓	✓
South Africa - North West			✓	✓	✓	✓
South Africa - Free State				✓	✓	✓
South Africa - Northern Limpopo				✓	✓	✓
South Africa - Kwa-Zulu Natal				✓	✓	✓
South Africa - Eastern Cape					✓	✓
South Africa - Western Cape					✓	✓
South Africa - Northern Cape					✓	✓
Zimbabwe, Botswana, Lesotho, Eswatini, Namibia*					✓	✓
Zambia, Mozambique, Malawi, Madagascar*					✓	✓

*International travel and accommodation for the Activation Team is always for the client's account.
Delivery of kits internationally is also for the client's account

For smaller groups:
An activation fee of R 5,000 incl VAT per event is applicable
Delivery is charged as per the transporter's rate
Team travel is charged at R 4.64 per km from our premises in Meyerton to the event and back again
Accommodation is for the client's account, if required.



**Get in touch to arrange a demo,
either via video call or in person**