GATEWAY

Girls Access To Education - Supporting Gender Equality

A STARFISH MALAWI COMMUNITY DEVELOPMENT PROGRAMME

GATEWAY HYGIENE KIT INSTRUCTION MANUAL

English / Chichewa

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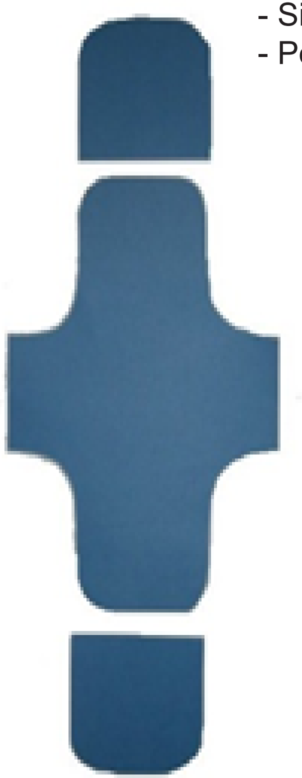
Pattern for Shield

Fabrics required:
The body and the pockets are made of lightweight cotton similar to Chitenje material. Ideally use one colour patterned fabric for the shield base and a contrast colour patterned fabric for the pockets. One piece of waterproof fabric in the main body shape only.

**** It is not recommended that pins are used in the making of these shields. Pins will make unwanted holes in the waterproof fabric.****

Stage 1: Template Main Shield Body



- Size Main Body of Shield 27.4cm long x 21cm wide
- Pockets (cut two) 9cm long x 10cm wide

Cutting out the fabrics

** Cut one piece of cotton fabric in the base colour around the main shield body template

* Cut two pieces of contrast cotton fabric around the pocket templates

* Cut one waterproof fabric in main shield body shape

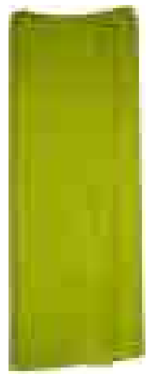
* Allow for enough fabric for double folded hem on straight edge of pocket).

** If an alternative strong waterproof fabric is used it will be necessary to cut a second piece of cotton fabric in the base colour around the main shield.

Kasokedwe ka mwawe

Gawo Lachisanu ndi zitatu
Kunja:
a) Dulani thaulo yofewa bwino mu mlingo wa 24cm mulitali ndi 23cm mulifupi.
b) Pofuna kutetezera kuti mbali mwake musathumbusuke sokani mphepetemo, pamanja kapena ndi makina koma mosamala.

c) Mukamaliza, pindali patatu.



Mkati:
a) Dulani pisi ina ya ya tawelo yofewa mu mlingo wa 20cm mlitali ndi 23cm mlifupi. (Pisi iyi imakhala yofupikilako kuti ikwanire bwino mutima-tumba ta chishango).
b) Tetezerani mphepete kukhulumbusuka posokamo ngati yoyamba ija.

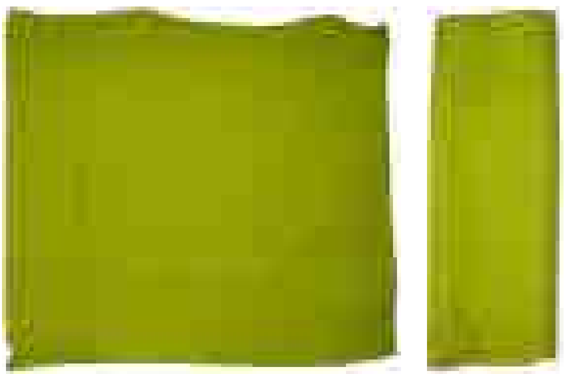
c) Mukamaliza, pindani patatu, tulutsilani kunja mbali ya mkat I (yogwiritsidwa ntchito pamene tikusamba kwambiri)

Pattern for Pads

Stage 8:

Outer
a) Cut micro-fibre cloth or towelling to size 24cm x 23cm.
b) Protect raw edges from fraying with stitching, hand sewn blanket stitches are ideal or careful stitching with the sewing machine.
c) When finished, fold cloth in three.

Inner
a) Cut a second rectangle of micro-fibre cloth or towelling to size 20cm x 23cm. (This piece is slightly shorter so that it fits in the pockets).
b) Protect raw edges as before.
c) When complete, fold cloth in three, tuck inside outer and place in shield. (This is for heavy days during menstruation).



NDONDOMEKO YA KASOKEDWE KAPANGIDWE KA CHISHANGO CHOMWE ATSIKANA ANGAGWIRITSE NTCHITO PA MASIKU AWO A PAMWEZI

Gawo Loyamba: kadulidwe ka nsalu

Saizi/kukula kwa tabwa/katoni loyesera mlingo wa chishango:

Thabwa/katoni likuyenera kukhala 27.4cm mulitali komanso 21cm mulifupi Toyesera timatumba ta pa chishango (timakhala tiwiri) 9cm mulitali x 10cm mulifupi

Nsalu zofunika

* Mbali ya pamwamba pa chishango komanso timatumba take timapangidwa ti nsalu yofewa ngati chitenje. Zimakhala bwino kumagwiritsa ntchito nsalu yomwe ili ya maluwa-maluwa kupangira thupi la chishangocho, ndipo nsalu yomwe ilibe maluwa timapangira timatumba

* Kansalu kosadutsa madzi

Kadulidwe ka tinsalu

* Dulani pisi imodzi ya nsalu ya kotoni yamaluwa mozungulira thabwa/katoni loyesera chishango.

* Dulani mapisi awiri ansalu yopanda maluwa mozungulira muyeso wa timatumba ta pachishango.

* Dulani kansalu kosadutsa madzi molingana ndi nsalu ya thupi ya chishango ija

To Make

Stage 2:

Stitch a narrow double hem on the straight edge of the 2 pocket pieces

Stage 3:

a) Lay cotton base colour main shield shaped piece wrong side down on your work/cutting surface.
b) Place the pockets, one at each end, wrong side down onto right side of shield shape
c) Place waterproof fabric, soft side down over the pockets and shield, carefully matching all edges, making sure the pocket is fitted in precisely.

(See note above marked ** you will need to 'sandwich' your alternative waterproof fabric between the two pieces of base colour fabric).

Gawo Lachisanu

Tulitsilani kunja mbali iliyonse yomwe kwadutsa msoko pogwiritsa ntchito chala chanu kapena chigwiliro cha spoon yaikulu, makamaka makona komanso maloo onse olowa.

Gawo la Chisanu ndi chimodzi

a) Lowetsani mkati nsalu ya mphepete ya pa malo otsekula aja.
b) Sokani pa mwamba pake ndi makina, koma mphepete, ndipo pitilizani kusoka m'mbali monse kuzungulira chishangocho. Msoko ukhale 2mm.
c) Sokani pamanja mabatani/mapini obomphera pakati pa mapiko a chishango

Gawo La Chisanu ndi ziwiri

Mbali zones za chisango ngati tagwiritsa kansalu kosadutsa madzi koma kopanda kansalu kofewa pansi zikuyenera kuoneka ngati pa zithunzi za pansizi:

Sikoyenera kugwilitsa ntchito mapini posoka zishangozi chifukwa mapini amasiya mabowo omwe ndi osafunikira pa kansalu kosatulukira madzi kaja.

Stage 6:

(a) Tuck in the edges of fabric at the opening.
(b) Top stitch with machine to close the opening and carry on stitching around the whole shield using the machine foot as your guide for 2mm.
(c) Sew on press studs in the centre of the flaps.

Stage 7:

Both sides of sheld with alternative waterproof.

* Tinsalu tamatumba: Onetsetsani kuti mwadula tinsalu timene mutha kupinda posoka mbali mwake.

** Ngati tagwiritsa ntchito nsalu yosadutsa madzi yolimba yomwe ili be kansalu kofewa pansi pake, tidzayenera kudula tinsalu tiwiri ta thupi la chishango

Gawo Lachiwiri
Kasokedwe ka tinsalu tamatumba

Sokani kuzungulira m'mbali mwa tinsalu tamatumba tija, mutapinda kawiri, koma pang'ono zedi

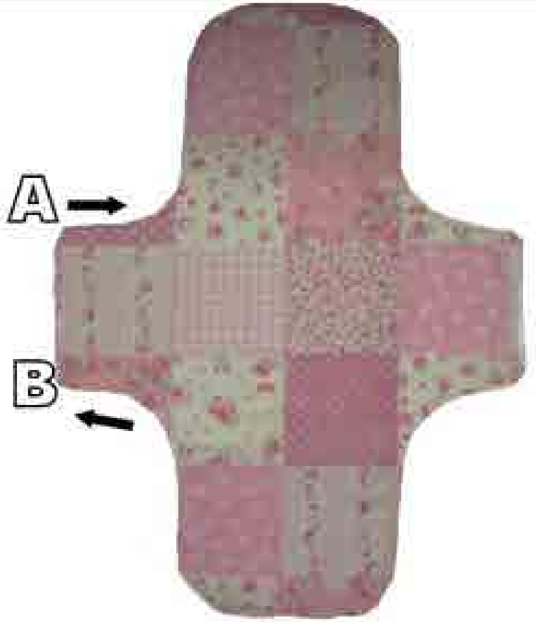
Gawo Lachitatu :

a) Yalani nsalu ya thupi la chishango ija (yamaluwa), koma mbali ya nkati ikhale pansi, pa tebulo yomwe tugwirirapo ntchito.
b) Ikani tinsalu ta matumba tija, iliyonse kumapeto kwa nsalu ya thupi la chishango ija,mbali ya nkati ikhale pamwamba kunja kwa nsalu ya maluwa ija
c) Ikani kansalu ksadutsa madzi munadula kaja pamwamba pa tinsalu tamatumba tija, mbali yomwe kuli kansalu kofewa ikhale pansi, ndipo mosamala linganizani mphepete mwa nsalu zones mwaphatikizazi, kuonetsetsa kuti tinsalu tamatumba takhala moyenelera.

Sewing the Shield Together

Stage 4:

a) to b) Starting to stitch at a corner a) of one of the side flaps, using the sewing machine foot as a guide for 2 mm in from the edge, stitch all around the whole shield to the opposite corner edge b) of the flap where you started - leaving the remaining straight edge open, taking care to catch the pocket edges in.



c)Trim off corners and snip into curved edges, taking care not to snip into your stitching. Neatly finished edges are very important!

d)Turn inside-out through the gap that you have left un-sewn.

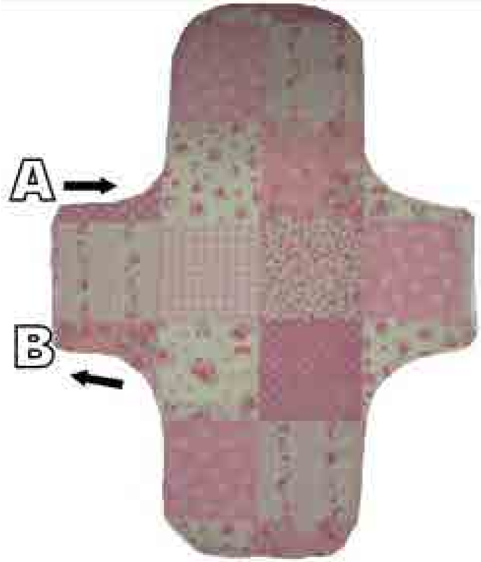
Stage 5:

Push seems around the inside to the very edge, with your finger or the handle of a large spoon, paying special attention to the corners and curves.

(See note above marked ** you will need to 'sandwich' your alternative waterproof fabric between the two pieces of base colour fabric).

Kusoka chishango pamodzi
Gawo Lachinayi

a) Mpaka (b) Monga momwe chithunzi chapamwambachi chikuonekera, yambani kusoka molimikiza mpepete mwachishango kuchokera pa kona (a) pa phiko la chishango. Msoko ukhale pa 2mm kuchokera mu mphepete, ndipo sokani kuzungulira chishango chonse mpaka kufika pa kona ina ya phiko munayambira ija, pa (b).Musiya malo a pakati pa makona awiriwa otsegula, kuti tizatembenuzire chishango chathu kunja



b) Dulirani makona onse kuti alingane mulifupi, ndipo chekerani malo olowa, koma mosamala kuopetsa momwe mwadutsa msoko. Ndikofunika kwambiri kuti mphepete mwa msoko mukhala mosalala!

c) Tulitsirani kunja mbali yomwe ili nkati kugwiritsa ntchito malo omwe munasiya osasoka aja.