

**Women are having to choose
between feeding their families
and keeping their dignity.**



"The fundamental rights of ordinary women in Zimbabwe are being ignored by the international community. Please support this campaign and help restore these womens' dignity."

Zoe Wanamaker – actress

"You can change the daily lives of the women and girls in Zimbabwe, as they suffer through their country's crisis. Please support the Dignity! Period. campaign."

Jo Brand – comedienne



How much would you pay for your dignity?



What's wrong?

The economic collapse in Zimbabwe has meant that the basic essentials of sanitary wear are now unaffordable. Women are resorting to inserting newspapers, cotton wool and cloth in order to protect themselves during their periods. This is leading to ongoing infections, for which there are no available medications.

What is ACTSA doing?

We are working with Thabitha Khumalo from the Zimbabwe Congress of Trade Unions, who has been tortured and beaten for standing up for the rights of workers and women in Zimbabwe. Together we are campaigning to raise awareness and funds to purchase products in Zimbabwe and halt this immediate danger that will affect the long term health of the girls and women of Zimbabwe.

This is a battle we can win

"We will win this fight to save Zimbabwe, we need your support to empower us to fight with dignity." Thabitha Khumalo

This is a battle that we can win and a way we can support those who are suffering in Zimbabwe and help them **now!**

"Zimbabwe is a country in economic crisis and it is the women who are at the brunt of the suffering again. I fully support the Dignity! Period. campaign and stand along side the women of Zimbabwe as they fight for their dignity." Anna Chancellor – actress

"This is the most basic right for every menstruating woman, once a month. If you're squeamish, forgive me. If the campaign appears 'unsexy' to you, I'm sorry. The campaign is simple and incredibly specific, and for that I am truly grateful. I know exactly what I'm asking for. We want to ensure that every woman in Zimbabwe has the products she needs each month so that infection and abuse do not add to the misery that living in Zimbabwe under the Mugabe regime entails for many people." Niamh Cusack – actress

A small price to pay

An average pack of sanitary pads costs just £2.00 and are a commodity that people in the UK take for granted. **Please help us provide the women of Zimbabwe with these vital products.**

To donate

I want to give £25 £15 £10 £5 Other £ _____
 I enclose a cheque payable to ACTSA (on reverse please print "Dignity! Period.")
Please debit my Master/Visa/Switch card

_____/_____/_____/_____
Expiry date __/__/__ Switch Issue Number ____

Please tick box if you would like a receipt

Date _____ Signature _____

Title _____ Initial _____ Surname _____

Address _____

_____ Post code _____

_____ Post code _____

Email _____

I would like to join ACTSA, please send me more details

I don't want ACTSA to swap my details with any like-minded groups

Please send this form along with your payment to:

ACTSA, 28 Penton Street, London N1 9SA

For more information contact: Email campaigns@actsa.org, visit www.actsa.org or call 020 7833 3133.