

# 2019 SUMMARY REPORT AND SHADES OF RED

REGISTERED CHARITY, 1187570

Girls Flow Free has identified the need for increased support on menstrual health management for girls living in deprived communities in Ghana. Our main focus has been on girls attending government-owned basic schools from age 10 years.

## MONTHLY OUTREACHES.

Since we started in May, GFF has worked with professionals from the Ghana Health Service in providing menstrual health education to girls. In addition to this, we have adopted training manuals from the Ghana Education Service from the “Be Amazing” menstrual health program. One of our main overarching activity is monthly outreach to a school to provide a one-off education and two months supply of menstrual pads to girls. In regards to this monthly outreaches, since May 2019 we have visited

- 9 schools
- Educated 1121 girls
- 2242 menstrual pads given

Girls Flow Free has worked in partnership with basic schools, headteachers and teachers, who mostly put a request in from our website ([www. Girlsflowfree.org](http://www.Girlsflowfree.org)) for a visit to their schools. Girls Flow Free has been working with volunteers who are qualified teachers in Ghana as part of our safeguarding children policy.

## SHADES OF RED (SOR).

Shades Of Red is our annual menstrual health workshop which provides the opportunity for government bodies and local organisations to collaborate with GFF to educate deprived communities on MHM.

In October 2019, we held our first SHADES OF RED (SOR) in two regions in Ghana.

### SHADES OF RED IN ASHANTI REGION.

In the Ashanti region, we held SOR in Mankranso Senior Secondary School, Kwadaso LA primary school and Tano Odumasi. In Mankranso and Kwadaso a total of 510 girls were educated and also received two month supply of menstrual pads. Tano Odumasi brought together all the schools in the area (About 7 schools). We had the support of the District Director of Education, the chief and queen mother of Tano Odumasi, headteachers and assembly members. SOR in the Ashanti Region impacted

- 810 girls
- 1620 menstrual pads.



# **SHADES OF RED IN WA, UPPER WEST REGION.**

## **ISSA SHADES OF RED**

In the Upper West Region, we partnered with the National Youth Authority (NYA) to reach beneficiary schools through their coordinators. Shades of Red in the Upper West lasted over two days. Day one was at Issa at the Youth Leadership Training Institute. The girls were educated on menstrual hygiene, cervical cancer, breast cancer, female reproduction system by Dr Joseph Amoabeng. The number of students in total was 156. They received two month supply of menstrual pads and deodorants.

## **NYOLI SHADES OF RED**

In Yiepienni-Nyoli, traditional leaders, teachers, school health coordinators gave their support to the program and were present throughout the time of delivery with some queen mothers from the Wa Regional Queen Mothers Association.

Mr Israel Laryea, an award winning journalist in Ghana and his wife Mrs Louisa Laryea took their turns to motivate the students about their self-confidence. In Nyoli Yiepienni, we engaged and educated 156 pupils from four different schools.

## **WA SHADES OF RED**

The Network for Young Women Empowerment in the Upper West of Ghana coordinated the activities with local schools. The Wa library was the highlight of SOR as it attracted politicians, media and assembly members including the wife of the Upper West regional minister. She showed her appreciation for the project and initiative by Girls Flow Free. In all we had 388 girls and women including people with disabilities and girls from the non – formal sector ( hairdressers, tailors and hawkers) were educated and received pads and deodorants

## **SHADES OF RED 2019 in Wa benefitted**

- 700 girls
- 2500 menstrual pads
- 600 pieces of deodorants.