

# Newsletter

## GIRLS FLOW FREE

QUARTERLY NEWSLETTER

### COVID-19 RESPONSE

**As at 28th March, 2020, the number of coronavirus cases in the UK is 14,543 with 759 deaths. Locally in Milton Keynes, there are now 25 cases with 4 deaths. We do acknowledge that these are uncertain times for everyone amidst so much anxiety and fear. We can all do our bit in buying time and stopping the virus from spreading. Here are tips on how to beat the virus:**

1. Wash hands often.
2. Use alcohol-based hand sanitizer.
3. Cover cough and sneezes.
4. Dispose of single used tissues into bins.
5. If you feel unwell, call your GP or 111 for advice.
6. Stay home.
7. Practice social distancing, 6 feet apart.
8. Follow government directives on COVID-19

#### OUR RESPONSE

**On 15th March 2020, the government of Ghana ordered closures of all schools in response to COVID -19. In view of this, we have cancelled all school outreaches. As our duty of care to our volunteers here in the UK and Ghana, we have sent briefs on how to protect themselves and their families. Our activities as a charity will resume when it is safe to do so in accordance with directives from the UK and Ghana government.**

**STAY AT  
HOME**  
save lives



Kayaye describes girls and women who carry goods in markets at a fee to earn a sustainable livelihood. A lot of these girls migrate from the northern part of Ghana to the South to seek jobs. They often live in deplorable conditions and the nature of their jobs exposes them to poor hygiene practices, STI's and increases their risk of sexual exploitation.

On the occasion of Valentine's Day, we supported the National Youth Authority Ghana, Kumasi Metro to help educate these girls on menstrual hygiene and free supply of menstrual pads. Girls Flow Free considers menstrual hygiene as a matter of human rights and therefore every girl matters. On Saturday 15.02.2020, these women who work as "kayayes" were privileged to be educated on menstrual matters and sexual reproductive health. Our work towards the global goals bridges the vulnerability gap and empowers such marginalised group from deprived areas. It was an absolute joy having a session with them.



Pakyi Camp is a town in the Ashanti region and in the Amansie West district. It's off the Obuasi Kumasi stretch. with population of about 2000 inhabitants. The people are mostly peasant farmers and small scale traders. We were so proud of what these girls are at Pakyi Camp R/C Basic have achieved already. With our help we believe that they will go all the way in making their dreams become a reality.



Asarekrom is a farming community in the Ashanti Region of Ghana. Inhabitants mostly cultivate cocoa and okra. Although they don't have any taboos on menstruation Girls from this town are faced with challenges of teenage pregnancy and school dropouts due to poor parenting. The prevalence of poverty pushes girls to engage in dangerous jobs like galamsey (small scale mining) to fend for themselves which increases the risk of early sexual intercourse, unprotected sex, and STI's. It is a privilege to be working with children from the Asarekrom/Nyade D/A JHS in 2020. We are very positive that our comprehensive menstrual health education will bring positive results and shape the future of these promising girls



For the first time, we included boys in our menstrual health and hygiene education. The teachers of Asarekrom are doing an excellent job considering the limited resources that they have. We were challenged and motivated more than ever to strive on. Check the excitement on their faces when they had a feel of the menstrual cup. Educating boys on menstruation is a sure way of breaking stigma and taboo.



**You can support our work by donating using the bank account details below:**

BANK NAME: HSBC

ACCOUNT NAME: GIRLS FLOW FREE

ACCOUNT NUMBER: 72731908

SORT CODE: 40-33-33