



Girls Flow Free 2022 Annual Report

REGISTERED CHARITY NUMBER 1187570

Girls

Chief Executive's Message



Sophia Acheampong
Founder and Chief Executive

The world bank reports that around the world more than 300 million women menstruate every day. A normal biological process is shrouded in stigma, a lack of access to menstrual products and changing facilities. Menstrual health is pivotal to the well-being and achievements of girls and women. My three years of working in menstrual health and hygiene has evidenced to me that from Ghana a low-income country where poverty is prevalent to the United Kingdom, the effects of period poverty are the same for girls and women. Although the geographical location, culture and socio-economic environment are factors that impede access to menstrual pads, the long-term effects of period poverty, on mental health, physical health, and achievements don't change. For example, lack of education and knowledge has been linked to misconceptions and the indirect effect of domestic abuse and gender-based violence.

The knowledge of the effects of period poverty has been a driving force in working towards the vision of Girls Flow Free for our projects in Milton Keynes and Ghana. I am proud that as a small charity, our work is changing menstrual experiences for adolescent girls, older girls and women. Our focus has been on removing barriers that menstruation poses to girls' education. However, we consider menstruation as a matter of human rights as well as access to period products a basic human right and therefore adopt a rights-based approach to make period products accessible to all who menstruate within our network. As a result, our period poverty project in Milton Keynes has been designed to benefit asylum seekers, people facing homelessness, families going through hardships as well people using public places like libraries. Milton Keynes has given us the opportunity to stretch out the rights-based approach to work propelling us towards our vision of eradicating period poverty. At Girls Flow Free, we believe in the multidimensional impact of girls having access to period products on the economy, environment, gender equality, individual health and education.

In Ghana, we are striving towards a sustainable and holistic approach to menstruation for adolescent girls in schools. This includes access to toilets and changing facilities with running water and quality affordable sustainable period products. In 2022, we have made a big step towards quality and sustainable period products through our reusable pads project. The big step we made in 2022 was acquiring a facility to be used for sewing our own branded reusable pads. We piloted the reusable pads in 2021 and had positive feedback which granted us £1150 in 2022 from the Ashworth Trust to make 500 packs for girls in three regions of Ghana. We were pleased with the results and feedback from the girls and are ready to roll out the project on a bigger scale. It comes at a time when the prices of menstrual pads in Ghana are skyrocketing due to import tax tariffs on disposable pads in Ghana. The introduction of eco-friendly menstrual pads will give girls and women choice and control over the multifaceted effects of period poverty. We are hopeful that 2023 will be a high-achieving year towards sustainability.

With beaming hope for our reusable pad project, we will continue to engage men and boys in our menstrual health and hygiene education to debunk misconceptions and stigma. In Milton Keynes, we hope to have summer menstrual health talks for boys and girls, and engage the community through our social media pages.

Like a whirlwind, 2022 has come and gone, leaving beautiful memories and the satisfaction of working towards our vision of eradicating period poverty and enabling girls to reach their full potential. I will conclude with a note of thanks and gratitude to the board of trustees, and our volunteers in Milton Keynes and Ghana for your hard work and dedication. I am extremely grateful for the many opportunities and resources that were made available to us this year through our donors and funders for believing in the vision of Girls Flow Free and investing in the future of girls. May God bless and replenish you for your investment!

GIRLS FLOW FREE

About Us

Girls Flow Free was founded in May 2019 and attained registered status in January 2020. With strong inclusion and equality ethos, the vision of GFF is to eradicate period poverty to enable girls to reach their full potential. Girls Flow Free adopts community and rights-based approaches to deliver menstrual health and hygiene education within a local context with consideration of cultural and ethical norms. Our menstrual health and hygiene education is comprehensive intersecting sexual reproductive health. GFF is a volunteer-run organisation with professionals mainly from the health, social care, and education sectors both in Milton Keynes and Ghana.

Our work addresses six of the global sustainable development goals

3 GOOD HEALTH AND WELL-BEING 	4 QUALITY EDUCATION 	5 GENDER EQUALITY 
6 CLEAN WATER AND SANITATION 	10 REDUCED INEQUALITIES 	12 RESPONSIBLE CONSUMPTION AND PRODUCTION 

www.girlsflowfree.org

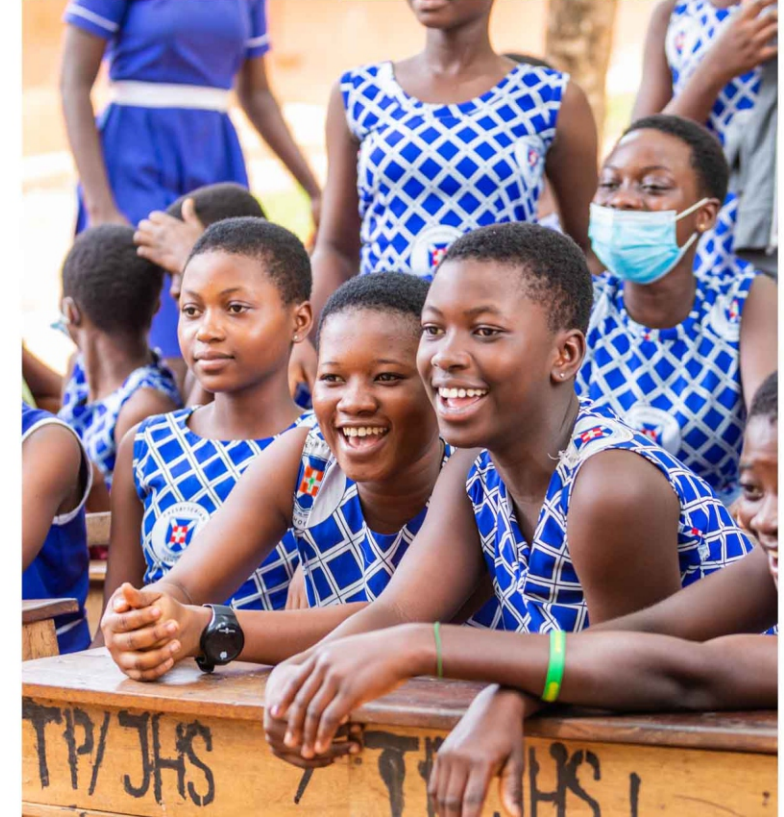
21,127
disposable pads distributed.

8,866
girls reached with comprehensive menstrual hygiene and health education

1,686
girls supported to complete Junior High School in Ghana.

329
packs of Metumi Kits (reusable pads)

585
packs of reusable period pants



Our Volunteers

GFF has developed a network of 4 local coordinators who oversee a team of 15 local volunteer teachers and government health workers who deliver menstrual and sexual education and organise the distribution of pads. GFF collaborates with grassroots NGOs providing them with training materials and pads to distribute to their networks in approximately 22 schools in 2022.



FREIDA AYINEMA, A QUALIFIED PHARMACIST (VOLUNTEER IN TAMALE, NORTHERN REGION)

“My first period started in school. Unfortunately, the basic school I attended had no washrooms, sanitary napkins, nor absorbent towels. I felt the edge to urinate by helping myself in the bush, I noticed I soiled myself with blood. Feeling very embarrassed, I was the last to leave school that day. No teenage girl should have to live what I went through I prayed. I was drawn to join and volunteer with GFF after a friend told me about the organization's mission and vision as I identified my lived experience with the present experiences of girls in my community where poverty is prevalent. I have volunteered with Girls Flow Free for 2 years now. I am happy about the opportunity to educate girls in my community to see girls not missing school when they menstruate”



2022 BENEFICIARY SCHOOLS IN GHANA

- 1.DENKYEMUOSO – ASHANTI REGION
- 2.AKEYEREMADE – ASHANTI REGION
3. BEHENASE – ASHANTI REGION
- 4 .WATRESO D/A PRIMARY – ASHANTI REGION
- 5 . FOUNTAIN GATE SCHOOL - BOLGATANGA
6. KPALSI SCHOOL - NORTHERN REGION
7. DIMALE SCHOOL – NORTHERN REGION
8. WURESHI SCHOOL – NORTHERN REGION
9. HIMAKROM BASIC SCHOOL – WESTERN REGION
- 10.NEW AMANFUL BASIC SCHOOL – WESTERN REGION
- 11.KONONGO MTI BASIC SCHOOL – ASHANTI REGION
- 12.DWEASE METHODIST SCHOOL – ASHANTI REGION
- 13.KRAMOKROM BASIC SCHOOL – ASHANTI REGION
- 14.PAKYI CAMP – ASHANTI REGION
- 15.NSIANA R/C PRIMARY SCHOOL – ASHANTI REGION
- 16.MANSO NKWANTA MODEL SCHOOL – ASHANTI REGION
- 17.WATRESO JHS – ASHANTI REGION
- 18.NKYENKYEMSO ISLAMIC SCHOOL – ASHANTI REGION
- 19.TESHIE LEKMA – GREATER ACCRA REGION
- 20.NYAMEYIEKROM – WESTERN REGION
- 21.AGONA MA MODEL SCHOOL – WESTERN REGION
- 22.EMMOKANWO MA MODEL SCHOOL – WESTERN REGION
23. KORLEY KLOTTEY EDUCATION DIRECTORATE

IN 2022

1283
Girls

We educated 1283 girls on menstrual and reproductive health

3420

We distributed 3420 disposable pads

585

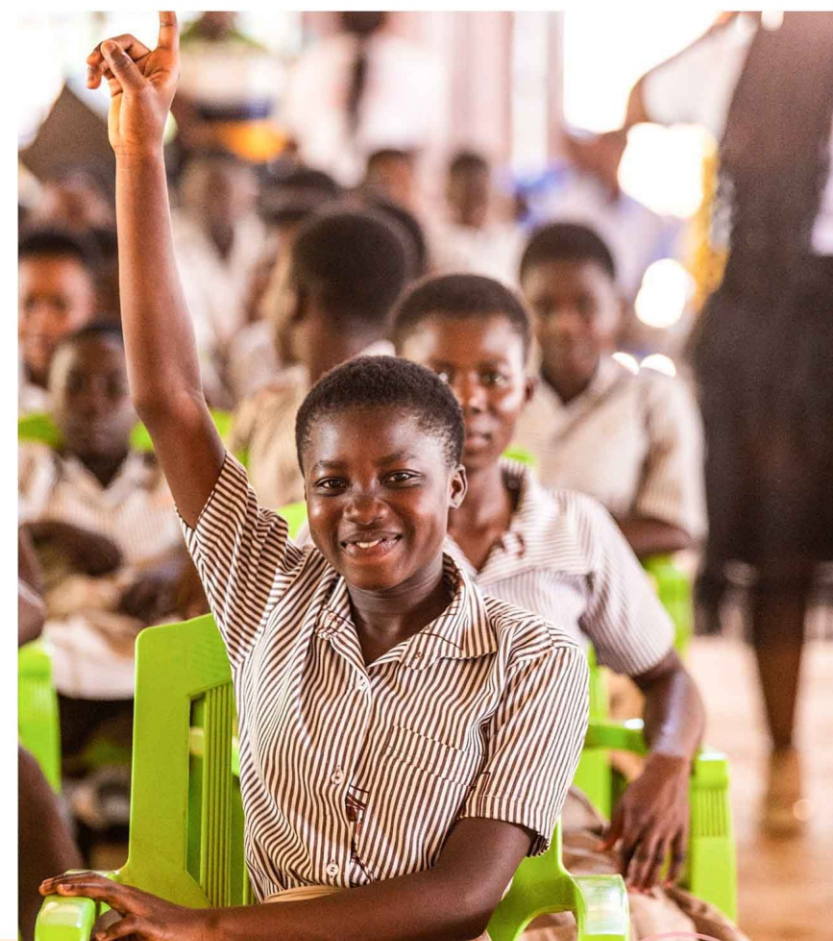
585 pieces Modibodi reusable period pants

329

329 Metumi reusable kit

300
Girls

We supported 300 girls from JHS 1 to JHS 3, successfully writing and passing their Basic Education Certificate Exams (BECE) with the West Africa Examinations Council (WAEC)



REUSABLE PAD PROJECT

In December 2021, we received an £1150 grant from the Ashworth Trust towards our 2022 reusable pad project. The reusable pad project is central to the values and strategy to be a locally-based sustainable organisation. With this grant, we sewed 585 reusable pad packs in addition to sewing workshops that benefitted 515 school boys and girls from the Greater Accra Region, Upper West and Central Region. This project created employment and livelihood for 5 local women and their families.



We are super proud to showcase our new multi-purpose premises, housing our office, storage and sewing centre. The Pad Project has a far-reaching impact on girls in Ghana, the local Kumasi community, and bringing sustainability to GFF. It also has the potential to grow and expand with further funding, enabling GFF to reach more girls in Ghana. In 12 months, the sewing centre could produce 20,160 reusable pads supporting 6,720 girls.

MILTON KEYNES PERIOD POVERTY PROJECT

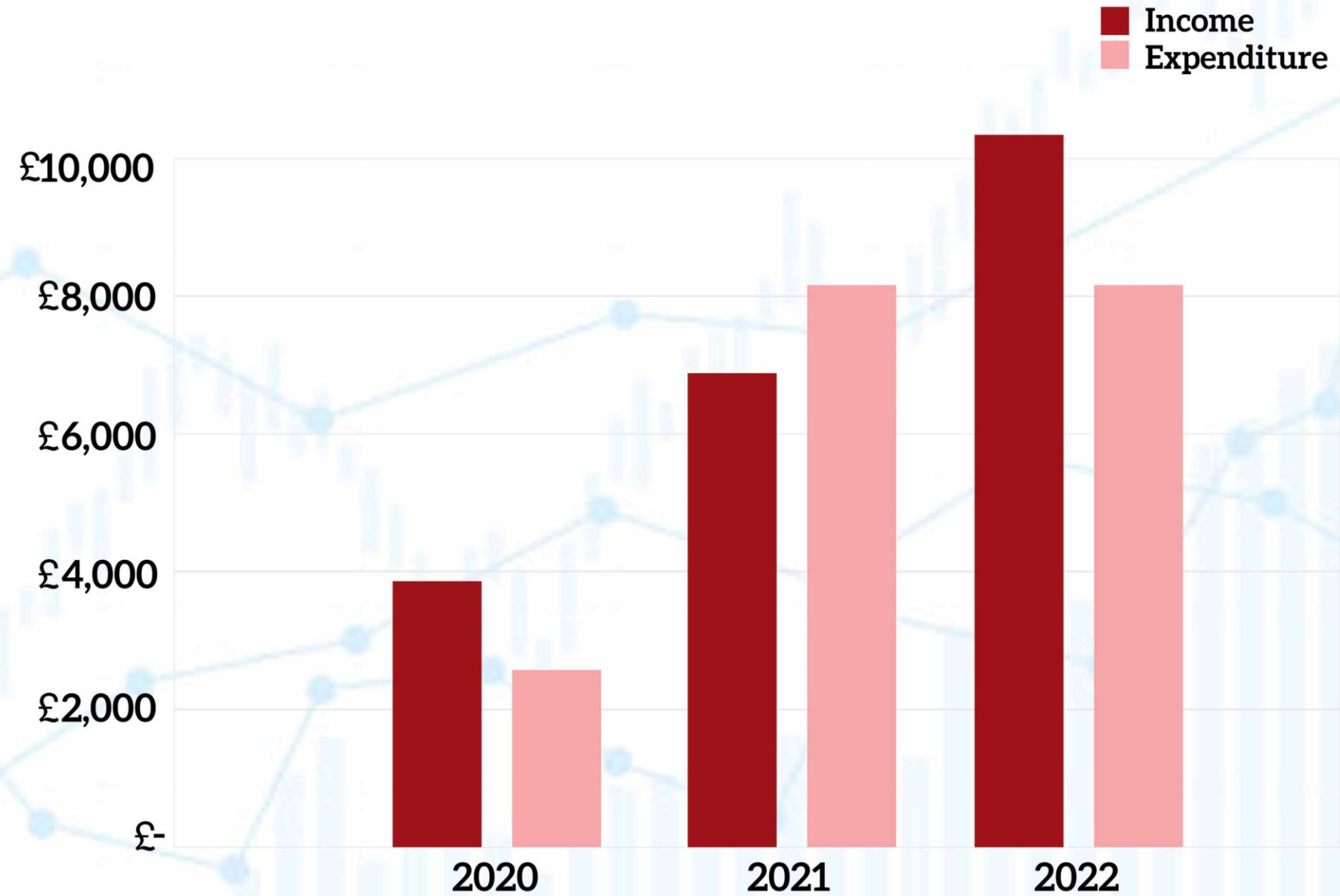
Our period poverty project in Milton Keynes was launched in April 2022. It was an honour to have the then Deputy Mayor, Cllr Amanda Marlow grace the event. The project kicked off in June with funding from the Milton Keynes Community Foundation and Albert Hunt Trust. We have partnered with Baby Basics, Milton Keynes Store House, the Oxley Park Children's Centre, the Westcroft Community Shop and all 9 libraries in Milton Keynes to make period pads available to individuals and families in Milton Keynes. We have so far distributed 1,126 packs of disposable pads.



Finances

GFF Income & Expenditure

Our financial policy ensures security and transparency between projects in the UK and Ghana. We minimise our running cost to maximize our income towards projects.





Get Involved

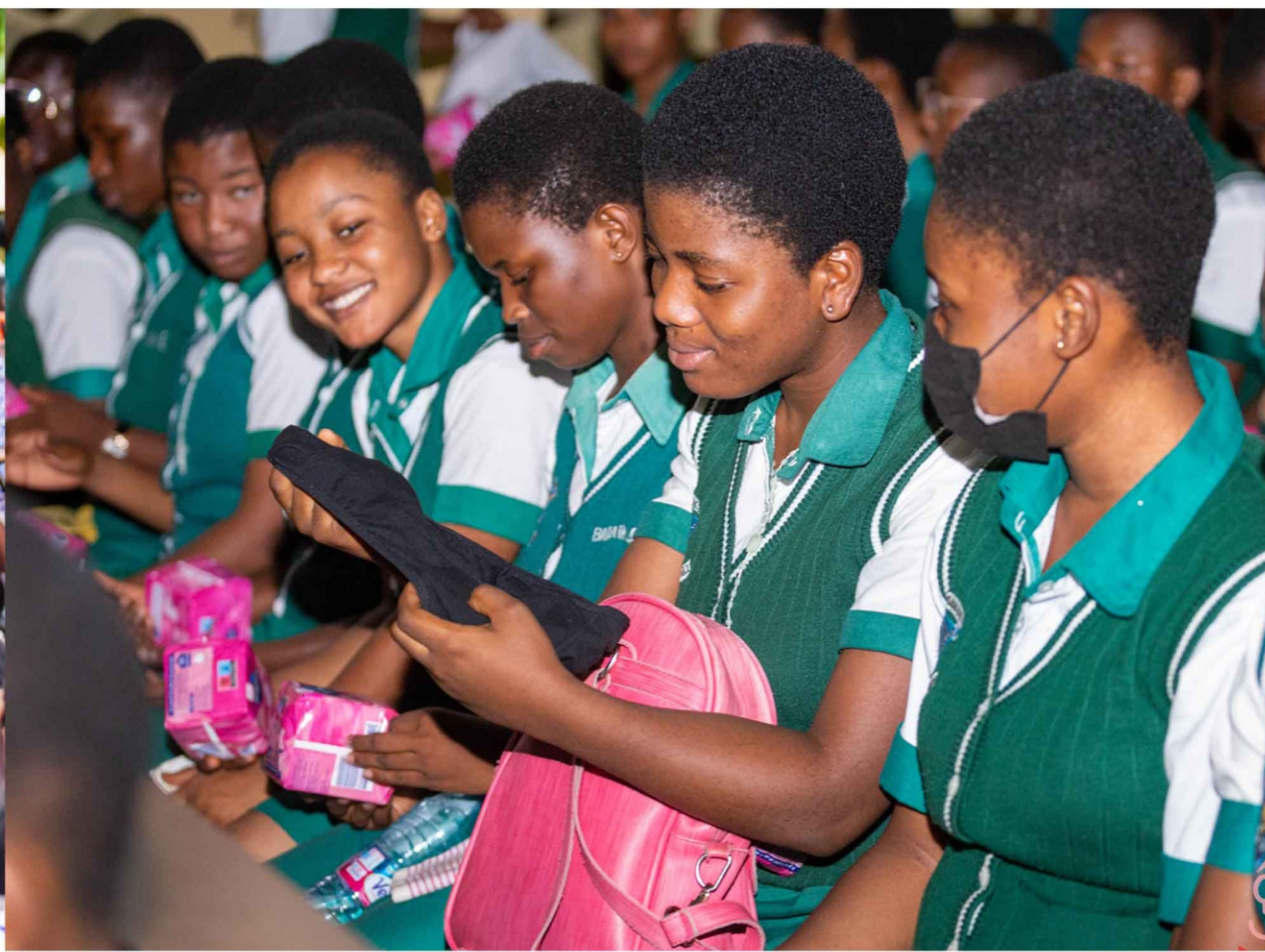
We have made it possible for so many girls to have positive menstrual experiences because of the donations from our supporters. Thank you for the responses to our fundraising campaigns and your monthly donations. Period poverty is a global health issue. No donation is too small to provide girls with dignified periods. Your donation gives them a supply of menstrual pads to help prevent urinary tract infections, transactional sex, unplanned pregnancies, gender-based violence and sexually transmitted diseases. Access to menstrual pads will also help girls not to miss school when menstruating, increase educational attainment, promote self-confidence and increase overall future chances. With a dedicated board of trustees and committed volunteers, with your involvement, we can make a lifetime difference to lives in Ghana and Milton Keynes



Leaving a legacy in your will as a gift to positively shape the future of girls will create a generational impact. If you wish to leave a gift in your will for us, kindly contact us for ways to achieve this wish.

You could also do a salary sacrifice or recommend us to your Human Resource Department for corporate sponsorship.





Fundraise For Us

You can organise fundraising events for Girls Flow Free on your special day like a birthday. There are other International days in the year that celebrates girls and women empowerment. On these days, you can fundraise for us to promote the mission of Girls Flow Free.



Examples of noticeable dates are

- International Day of the Girl, 11th October,
- International Day of the African Child, 16th June,
- International Women's Day, 8th March.
- International Volunteers Day, 5th December.
- International Day for the Elimination of Violence Against Women, 25th November.
- Menstrual Hygiene Day, 28th May.
- World Day Of Social Justice February 20th

Regular Donations

You can do monthly donations by setting up a standing order or direct debit with the details below

HSBC BANK

SORTCODE: 40-33-33

ACCOUNT NUMBER: 72731908



Volunteer With Us

We are a volunteer-led organisation. Your knowledge, expertise and time will make an invaluable contribution to our team.



Email: Girlsflowfree@gmail.com
Website: www.girlsflowfree.org

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