



# 2023 ANNUAL REPORT

REGISTERED CHARITY NUMBER 1187570

## TRUSTEES REPORT



**Sophia Acheampong**  
Founder and Chief Executive

It has been another good year for Girls Flow Free. Our dedicated team worked tirelessly to ensure our beneficiaries accessed menstrual hygiene education and menstrual products in Milton Keynes and Ghana. The rising cost of living crisis in the United Kingdom and the low standard of living in Ghana increased the demand for menstrual products. As a small charity, we felt the crunch on our financial standing, affecting the number of schools we supported in Ghana. It also meant we couldn't do our regular outreaches to remote villages in Ghana. We also couldn't increase our beneficiary schools as we hoped for in 2023 although we continued to receive requests from schools in Ghana which we sadly couldn't fulfill.

On a brighter note, our reusable pad project in Ghana has been in full swing. We made over 2000 packs and supplied all 2000 packs to girls. Notable among them was the collaboration with Future African Leaders in Northern Ghana. It is exciting to note that reusable pads are becoming popular and acceptable among our beneficiary girls. THANK YOU to our stakeholders, donors, and supporters for your immense contribution to girls' health, education, and general well-being.

# 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 goals

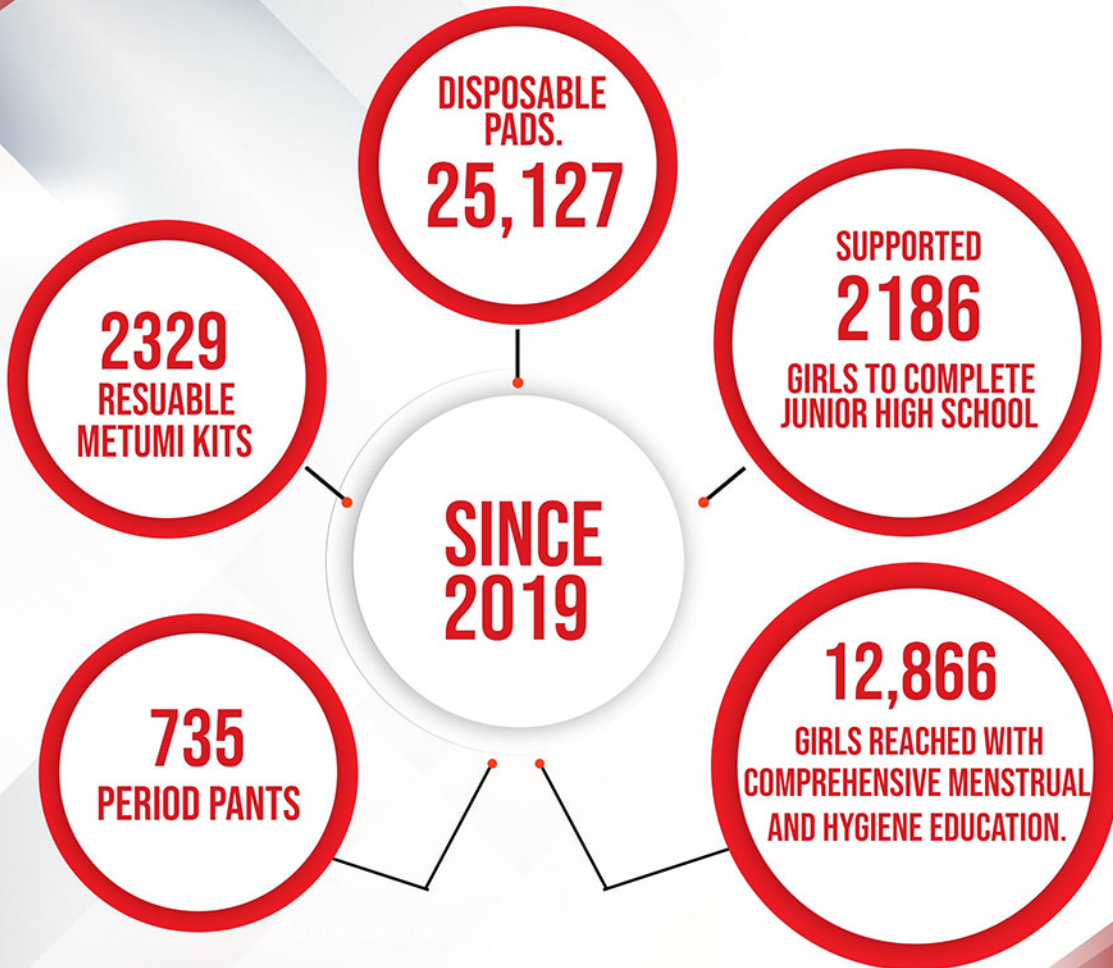


## OUR VOLUNTEERS

Girls Flow Free has 15 professionals with health and education backgrounds who are dedicating their time in Ghana and England to the vision



1235



**DISPOSABLE  
PADS.  
25,127**

**SUPPORTED  
2186  
GIRLS TO COMPLETE  
JUNIOR HIGH SCHOOL**

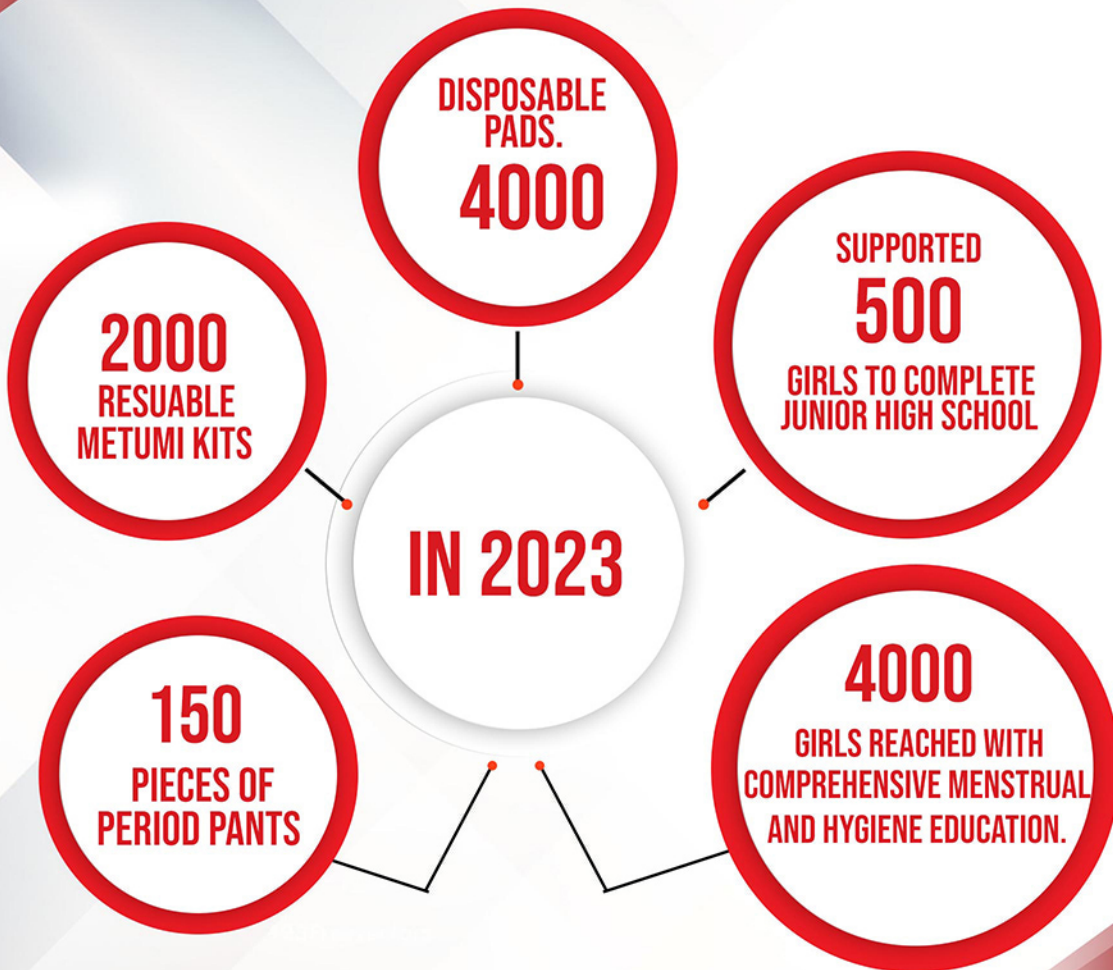
**12,866  
GIRLS REACHED WITH  
COMPREHENSIVE MENSTRUAL  
AND HYGIENE EDUCATION.**

**735  
PERIOD PANTS**

**2329  
RESUABLE  
METUMI KITS**

**SINCE  
2019**

123F



**IN 2023**

**DISPOSABLE  
PADS.  
4000**

**SUPPORTED  
500  
GIRLS TO COMPLETE  
JUNIOR HIGH SCHOOL**

**4000  
GIRLS REACHED WITH  
COMPREHENSIVE MENSTRUAL  
AND HYGIENE EDUCATION.**

**150  
PIECES OF  
PERIOD PANTS**

**2000  
RESUABLE  
METUMI KITS**

## BENEFICIARY SCHOOLS 2023

- ✓ Dekyemuoso
- ✓ Desert Pastures International School
- ✓ Makayiri
- ✓ Behenase
- ✓ Tanoso Anglican
- ✓ Atwima Kwanwoma DA School
- ✓ Kpalasi
- ✓ Nkyenkyemso Ahmadiyah
- ✓ Jencil School Kumasi
- ✓ Sagnerigu Girls Model School
- ✓ Kotokuom R/C primary,
- ✓ Kotokuom D/A JHS,
- ✓ Kotokuom Wataniya Islamic school
- ✓ Katakwiwa D/A basic school









# BENEFICIARY SCHOOLS 2023



# Nkenkyemso Ahmadiyah, Kumasi





#GirlsFlowFree



#GirlsFlowFree



#GirlsFlowFree



#GirlsFlowFree



#GirlsFlowFree



#GirlsFlowFree

# MILTON KEYNES PERIOD POVERTY PROJECT

Our Milton Keynes period poverty project has been sustained through funding from the Milton Keynes Community Foundation. We provided menstrual pads to Milton Keynes Central Library including all 13 libraries, MK Store House, and Milton Keynes College, Chaffron Way Campus. In total, we supplied 2505 pack of disposable packs for our Milton Keynes project. In 2024, we look forward to continual work with our partners.

We distributed 2000 packs of pads in Milton Keynes in 2023

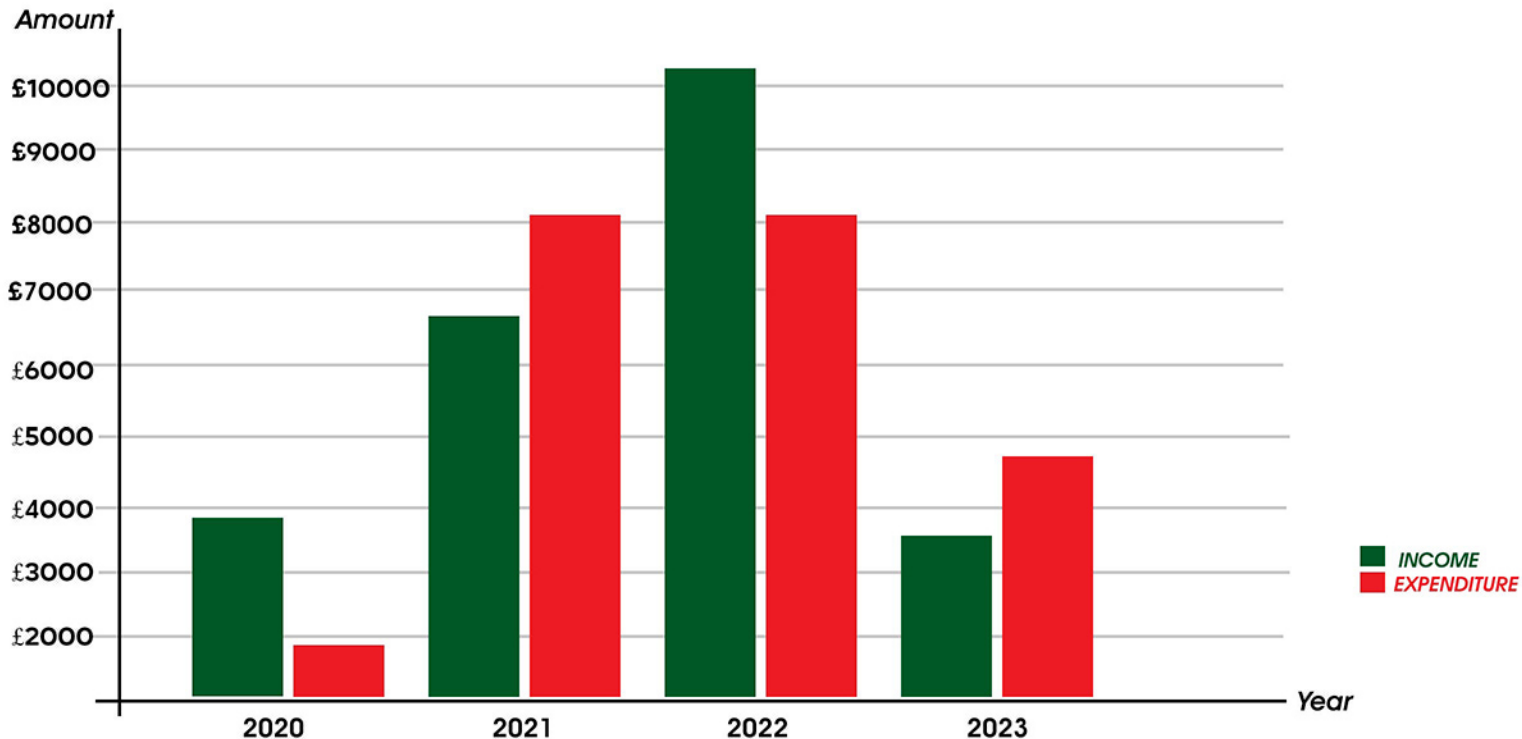


# FINANCES

# INCOME AND 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. No donation is too small to provide girls with dignified periods, prevent urinary tract infections, transactional sex, unplanned pregnancy, and sexually transmitted diseases. Access to menstrual pads would help girls not to miss school when menstruating, increase educational attainment, promote self-confidence, and increase overall future chances



## 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](mailto:Girlsflowfree@gmail.com)  
Website: [www.girlsflowfree.org](http://www.girlsflowfree.org)

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