



# Annual Report 2024



## MESSAGE FROM CHIEF EXECUTIVE



**SOPHIA  
ADWOA ACHEAMPONG**  
Founder and Chief Executive

### CELEBRATING OUR IMPACT 2024

We are excited to present the Girls Flow Free 2024 Impact Report, highlighting another year of bold strides in promoting quality and inclusivity in Menstrual Health and Hygiene.

Thanks to our invaluable donors and supporters, we were able to distribute 18,424 pieces of disposable pads to women and girls in Ghana and Milton Keynes. 1000 dignity menstrual kits to adolescent girls across Ghana in 2024! This translates to a lot more women and girls being able to experience menstruation in dignity.

We sincerely appreciate all our partner schools in Ghana and organisations in Milton Keynes who are working alongside us to promote comprehensive menstrual hygiene education and eliminate period poverty for women and girls. Driving on our mission to help every girl reach their full potential, we are hopeful our community-based approach and involving boys and men in the discourse on menstruation would enable far more reaching impact in 2025!

Sincerely,  
S. Adwoa Acheampong  
Founder and Chief Executive



## 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 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





**735  
PERIOD  
PANTS**

**43,551  
DISPOSABLE  
PADS**

**3329  
REUSABLE  
PACKS**

**Since  
2019**

**3186  
GIRLS TO  
COMPLETE  
JHS**

**12,886  
GIRLS REACHED  
COMPREHENSIVE  
MENSTRUAL HYGIENE  
EDUCATION**

**18,424  
DISPOSABLE  
PADS**

**1000  
REUSABLE  
PADS**

**In  
2024**

**1,500  
GIRLS REACHED  
COMPREHENSIVE  
MENSTRUAL HYGIENE  
EDUCATION**

**325  
GIRLS TO  
COMPLETE  
JHS**



## BENEFICIARY SCHOOLS 2024

- LEMPUSI JUNIOR HIGH SCHOOL-NORTHERN REGION
- MAKAYILI BASIC AND JUNIOR SCHOOL - NORTHERN REGION
- DENKYEMUOSO BASIC AND JUNIOR HIGH SCHOOL- ASHANTI REGION
- ATWIMA TECHIMAN - ASHANTI REGION
- DUAYAW NKWANTA JUNIOR PRESBYTERIAN SCHOOL - BONO REGION
- DUAYAW NKWANTA METHODIST SCHOOL - BONO REGION
- EMMANUEL METHODIST SCHOOL ODUOM - ASHANTI REGION
- BETHEL PRESBYTERIAN SCHOOL - GREATER ACCRA REGION
- CENTRAL AGRIC JUNIOR HIGH SCHOOL - ASHANTI REGION
- ATWIMA KWANWOMA JUNIOR HIGH SCHOOL - ASHANTI REGION
- TECHIMAN PRESBYTERIAN JUNIOR HIGH SCHOOL - ASHANTI REGION



# MILTON KEYNES PERIOD POVERTY PROJECT

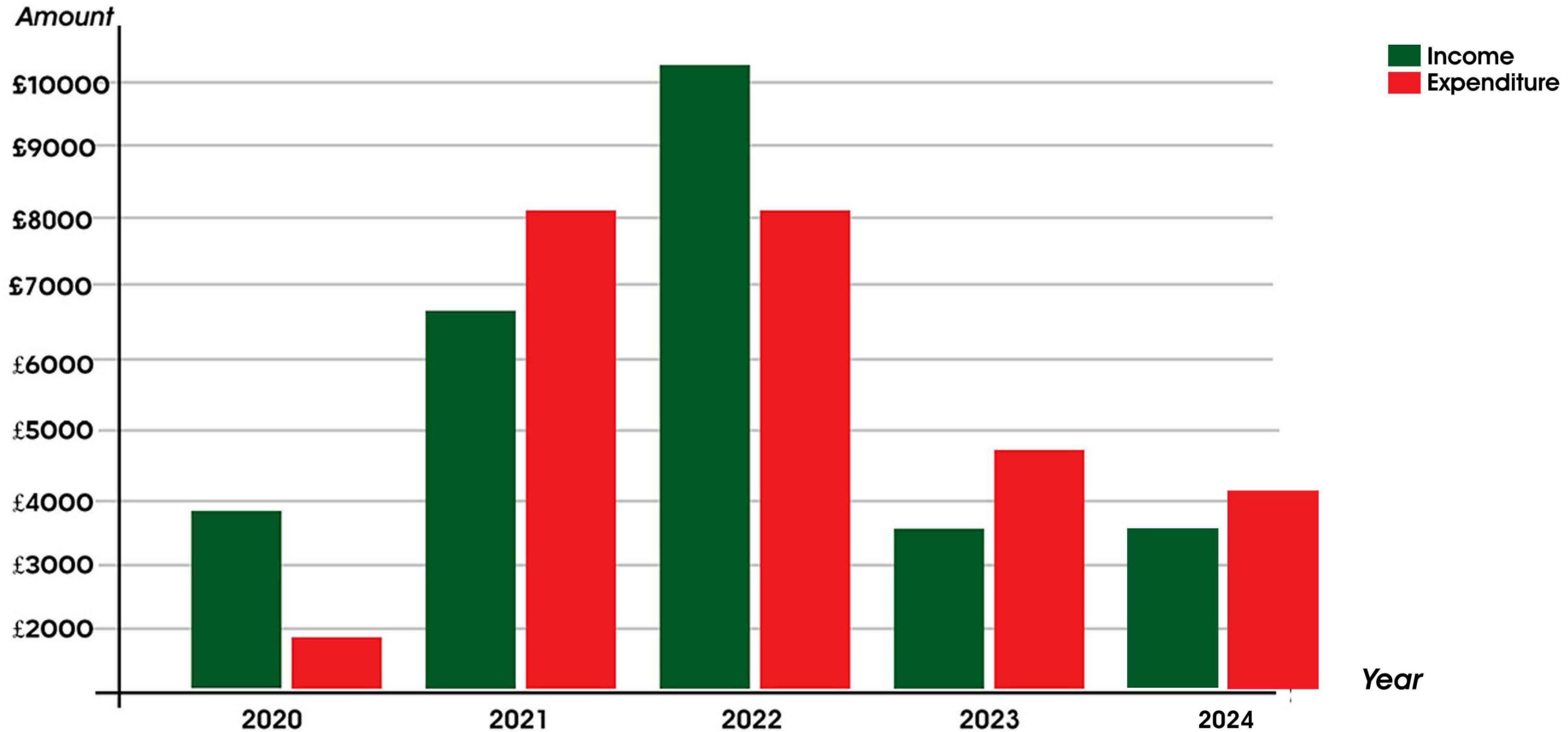
We continue to work with our partners in Milton Keynes to make period products accessible. On Menstrual Hygiene Day 2024, we held a week-long period exhibition at Milton Keynes Central Library. We received encouraging feedback from members of the public and library users. The exhibition was a strategic move to spark discussions on periods to reduce the stigma.



## FINANCES

## INCOME AND EXPENDITURE

Our financial policy ensures security and transparency between projects in the UK and Ghana. We minimise our running cost to maximise 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 your 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 elimination of violence against Women, 25th November
- Menstrual Hygiene Day, 28th May
- World Day of Social Justice, 20th February

## REGULAR DONATIONS

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

**HSBC BANK**  
**SHORT CODE : 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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