



IRFF UK SEPTEMBER 2022 REPORT



WHAT IS PERIOD POVERTY?

Learn about period poverty and find out how IRFF UK is taking action!



IRFF UK INTRODUCTION

2022 has been an exciting year for IRFF UK. Lots of projects have progressed whilst some have made good steps to becoming self-sustainable.

A great deal was achieved and a large portion of the funding was used to provide hungry people with food due to the effects of the corona pandemic.

Since the beginning of September 2021, IRFF UK has been supporting a number of international projects including the following, which represented some £59,000 of funding.

It is estimated that they positively affected the lives of at least 1,500 people.

PERIOD POVERTY

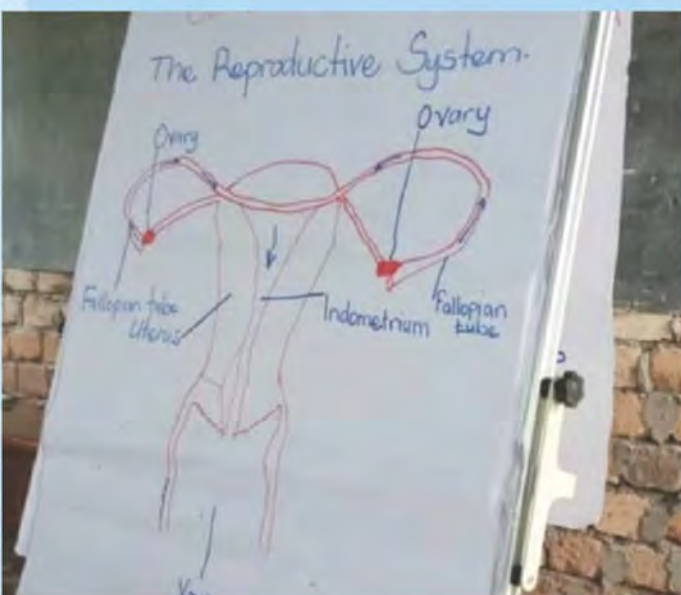
WHAT IS IT?

Period poverty affects roughly 500 million people worldwide. It is defined as a lack of access to menstrual products, hygiene education and facilities, waste management or a combination of these.



A common cause of period poverty is a lack of funds to buy menstrual products or a lack of supply in the area for menstrual products. This causes stress which causes people to drop out of work or school which has a big effect on their income or future potential career.

Sadly, period poverty causes mental, emotional and physical challenges. Many people feel shame for menstruating, however, there is still a large stigma surrounding periods which prevents discussion on the topic. This causes many people to suffer in silence. Campaigners, such as IRFF UK are trying to talk about this topic more openly so that more help can be provided to those who need it.



To keep up with developments on our period poverty projects, subscribe to our newsletter via our website and follow us on Facebook.

www.facebook.com/IRFF.UK

GAMBIA - VOCATIONAL SCHOOL FOR YOUNG WOMEN



In October 2021 and February 2022 a combined sum of £3,500 was sent to buy materials in Gambia and to pay overheads to train 23 young women in tie & dye and batik techniques for dyeing fabrics.

Some months later 19 of the 23 students passed their examination, attended a graduation ceremony and are now equipped to be self-sufficient either as an employee in the trade or as a business owners.

The remaining four young women will repeat the training soon as part of Cohort 2 of about 25 new trainees.



GHANA VOCATIONAL SCHOOL FOR YOUNG WOMEN

In January 2021 WAIT Ghana decided to support young women in vocational training covering pastries, cake decoration, bread making, dressmaking and hairstyling. The £620 sent in March 2021 allowed WAIT Ghana to train 4 young women (Cohort 1) in their chosen trade.



In readiness for Cohort 2, IRFF sent £1,300 in March 2022 to purchase a container as an office and storage location and to prepare it while sourcing 10 new young women trainees.



In the meantime, they are planning to buy sewing machines and materials, not only to train young women in pastries, cake decoration, bread making and dressmaking this time but also to start making renewable sanitary pads.



Another £1,000 will be sent shortly to progress the project.



SENEGAL



IRFF UK had been supporting a school in Dakar for hundreds of children during a building phase on the third floor of their school building. Funding was intense for some time but has tapered off now as the project reached completion.



Many children at the Walmer Primary School receive this education which vastly improves their learning ability. Support has been increased to £300 per month since May 2022.

SOUTH AFRICA



IRFF UK had been supporting ArtWorks for Youth throughout 2020 and 2021 but the project manager left the project in late June 2021 and then later died in the USA. Funding decreased for this project and finally stopped in March 2022

The project supported the education of an estimated 40 young people aged 6 – 14.

IRFF UK has been supporting 'Shine' in South Africa since October 2021. The project involves providing literacy classes for Primary School children. Literacy levels are notoriously poor in South Africa.



UGANDA

DESTINY JUNIOR SCHOOL

IRFF has been supporting Destiny School since 2007, both regarding infrastructure projects such as school rooms, water wells, a playground, latrines, a security wall (costing £10,000), purchase of two lots of additional land around the school, but also to pay for teachers, feeding of the 200 Primary School children and associated costs.



Starting much lower in the past, IRFF has recently been sending £950 per month to the school for teaching and feeding the pupils but price hikes have eroded the buying power of these funds to the point where we are being asked to double the funding as soon as possible.

MOBILE MEDICAL TEAM

IRFF has been supporting the Mobile Medical Team since late 2013 – removing fly larvae (jiggers) from peoples' feet which can be crippling and contribute even more to poverty.

However, the project has become more difficult in the last two years with the loss of a key vehicle and cost rises to the

point where funding for this project will be suspended with immediate effect.

The old funding will still be sent to upgrade the Destiny School support instead. There are other NGOs operating nearby who could be approached to take over the work of the MMT, helping about 100 people per year to walk again.



WAIT AIDS PREVENTION EDUCATION

Infection rates of HIV in Uganda are very high and can easily lead to the debilitating condition of AIDS.

The UN recommends the ABC approach – Abstinence or otherwise be careful (not a defence against HIV) or use a condom (not a 100% barrier against HIV). Commercially interested parties push the use of condoms – very lucrative – but the only 100% sure way of staying healthy is abstinence until a person finds a trusted HIV-free lifetime partner/spouse.

This is what WAIT Uganda teaches young people with their motto “I am worth waiting for and so are you” through dance and education.

Countless people have been saved from the misery of an HIV infection by this programme. IRFF only sends a very modest amount for this project every two months but would very much like to increase that with more support from donors.

MASAKA PRISON

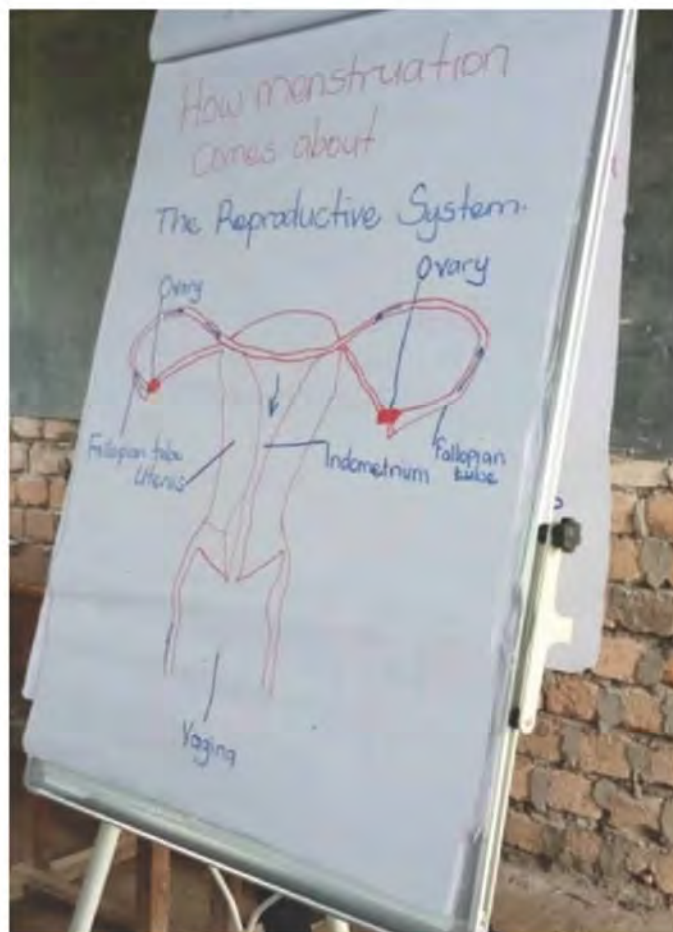
On their travels, WAIT Uganda started to assist in supporting female prisoners in Masaka Prison with “fem” products but also began teaching them and the 185 male inmates a Primary Education the inmates never had, to prepare them for life outside of prison. IRFF would like to do more to support these temporary prisoners.

GIRL HEALTH & SUPPORT PROJECT

IRFF UK has been supporting The Girl Health & Support Project since late 2015. The project focuses on the education of menstruation hygiene and how to not let it obstruct education and careers in the long run. IRFF UK supports with a very modest amount for this project every two months, but would very much like to increase that with more support from donors.



Period poverty is a huge problem for school girls who have reached puberty in Uganda since proper menstrual hygiene products are often out of reach for poorer people (and are even considered luxury products in some African countries).



Even the UK has a period poverty problem. During this natural cycle, poorer girls and women take potentially unhealthy measures, leading to infections and even infertility.

Also, schoolgirls can lose an average of 5 days a month of schooling with very bad results for their future. Simply being supplied with reusable sanitary pads and later making their own can give these girls/women their life back.

GENERAL DEVELOPMENTS

A MESSAGE FROM IRFF UK CHAIR - EDWARD HARTLEY

IRFF has been working for some years now with a skeleton crew of four trustees, two low-paid part-timers and one or two volunteers.

One hugely successful activity is the Tricycle Shop, which is IRFF UK's main enabler for our projects. We would like to congratulate the Tricycle store for now being open for 10 years! The shop has 25 volunteers and is still the backbone of IRFF financially.



Recent planning has led to the conclusion that IRFF should be investing much more time refining its fundraising as well as launching period poverty projects in Africa.

Due to ongoing situations around the world, for IRFF UK to continue to support our projects to their current level, we will need to increase our monthly income by £800-£1000. This will be to counteract the huge increases in prices which have occurred quite recently.

We will do our best to use every means to increase income in every way we can and also hope that you the reader may be moved by this detailed account to support your chosen project with anything you can afford – as a one-time donation or a regular monthly one.

Thank you in advance.

*The Chair and Treasurer
Edward Hartley*



A BIG THANK YOU TO ALL OUR SUPPORTERS OVER THE PAST YEAR!

Thank you for your support for all of our projects so far.

Nothing brings more joy than knowing we are enabling more people to experience education, live healthier lives, and have more access to opportunities for their future. This is all thanks to the donations provided by you.

Please feel free to visit our website (www.irff-uk.org) to read about all the projects carried out by IRFF UK and to sign up for our newsletter, and also check out our Facebook page

(www.Facebook.com/irff-uk) to see if you'd like to get involved or support any of our projects.

Thank You for all your support in 2022!