

IRFF UK: A Word From Our Volunteers

Edward Hartley
August 20, 2026

www.irff-uk.org

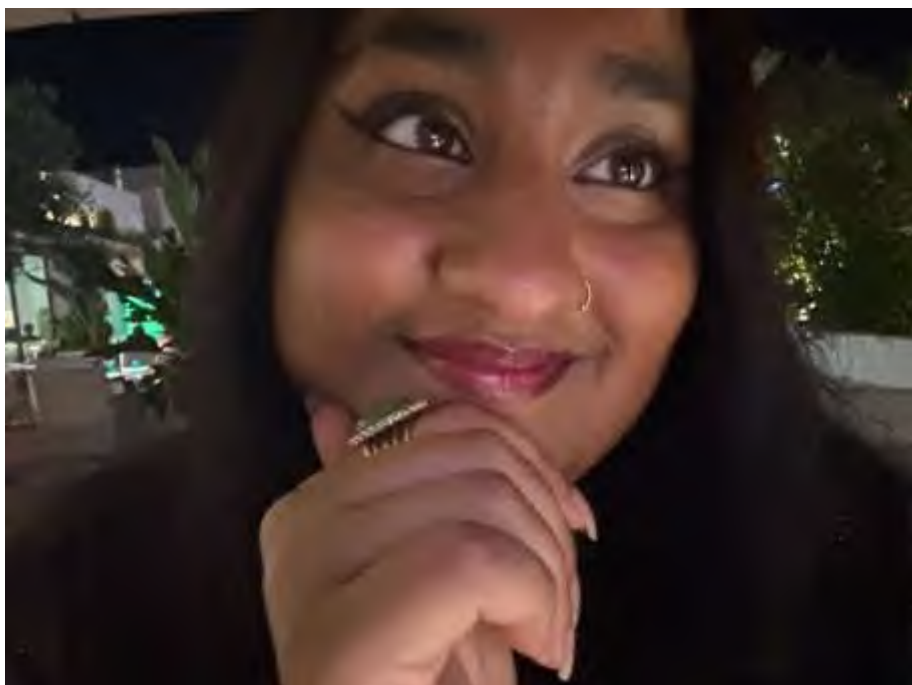


Meet two of our young volunteers

Volunteers are at the heart of IRFF UK. Through their energy and commitment, they help bring our projects to life and support communities across Africa.

This month, we would like you to meet two of our younger volunteers, **Zah** and **Georgia**, whose enthusiasm and ideas have already made a valuable contribution to our work.

They shared what motivates them to volunteer and why they believe others should get involved.



Volunteer Spotlight – Meet Zah

International Relations Student • Fundraiser • Community Builder

Zah is studying International Relations and Politics at Leeds University and hopes to work with charities and NGOs around the world after graduation.

What first attracted her to IRFF UK was the variety of projects the charity supports.

'What stood out for me was an emphasis on women's hygiene and health. But you've also got children's literacy, and you've got the schools and a broad array of things, and you're helping so many different people.'

Since joining, Zah has helped organise the London Magic Show fundraiser, contacted businesses for raffle prize donations, raised funds through Instagram, and is now exploring ways to build links with her university.

'Volunteering, to me, is to make a genuine difference – taking action beyond just reading and sharing things on social media.'

Her message to anyone considering volunteering is simple:

*'Sign up to volunteer. You can sit at home thinking to yourself that you are too small to do something. **But just make that step and offer yourself – as soon as you do, you're helping.'***



Volunteer Spotlight – Meet Georgia

Medical Student • Volunteer • Creative Contributor

Georgia, 23, is a medical student at the University of Edinburgh. She joined IRFF after searching for a charity whose work reflected her interests.

*'I was particularly interested in period poverty and I found IRFF online. I reached out by email and received a prompt reply that **they are very enthusiastic to have new people on board.***

Georgia has helped plan fundraising initiatives, supported the London Magic Show, designed promotional materials for social media, and recently developed EasyFundraising guides and resources to help supporters get started.

She believes volunteering benefits both the people you help and yourself.

'You're giving, but you're also gaining the opportunity to develop your own abilities. That's why I think volunteering can be so good.'

Georgia particularly values the freedom volunteers have to contribute their own talents.

'I love being creative. The IRFF staff are very encouraging on all ideas.

No idea is a bad idea.'

For her, the most rewarding part is knowing that even small efforts can have a positive impact.

'Being able to even touch someone's life, to help them in a positive way, that is great.'

Her advice to prospective volunteers is encouraging:

'Don't be afraid – everyone is welcome. All ideas are

welcome. *Whatever ideas, skills or enthusiasm you have for a good cause, you have an opportunity to work as part of the team.'*

Zah and **Georgia** volunteer because they want to help people.

EasyFundraising is another simple way supporters can do that.

Featured Project – EasyFundraising

IRFF UK has recently joined EasyFundraising, a platform used by around **2.5 million people** that has raised more than **£72 million** for charities and good causes.

The idea is simple. When you shop online, participating retailers make a small donation to IRFF UK at no extra cost to you.

As Zah says:

'It doesn't make sense that anyone shopping online would not use EasyFundraising.'

How to support us through EasyFundraising

1. **Sign up** and select **IRFF UK (International Relief Friendship Foundation)** as your chosen charity.
2. **Download the app** or [add EasyFundraising to your browser](#).
3. **Shop online** as normal.

Georgia has also created a [PDF guide](#) to help supporters get started and is currently developing a video guide.

Get involved

Thank you to all our volunteers, supporters and donors for your continued encouragement and commitment.

Volunteering starts with a simple decision to get involved. Different skills, backgrounds and experiences all have a place within IRFF UK.

Georgia, Zah, and the rest of the team would be delighted to welcome you into our community.

Connect with IRFF UK

Contact us on social media or **email us at:** info@irff-uk.org

Follow IRFF UK to stay close to our work and see real-time updates here:

- [LinkedIn](#)
- [Facebook](#)
- [Website](#)
- [Instagram](#)



Also, please [Click here](#) to visit our website
and **read in-depth reports** on all our projects.

Tap or click here to donate

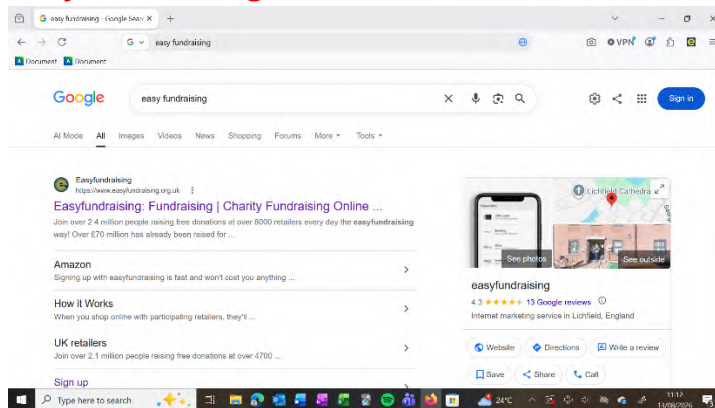
International Relief Friendship Foundation

Account number: 96497645

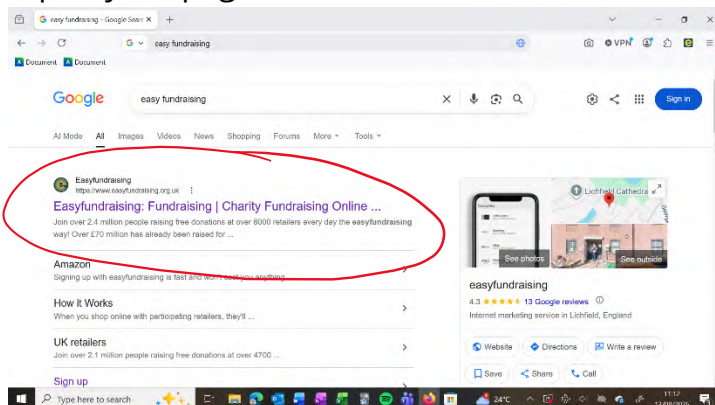
Sort Code: 60-05-29

EASY FUNDRAISING: HOW TO GUIDE (Sign Up + Browser extension)

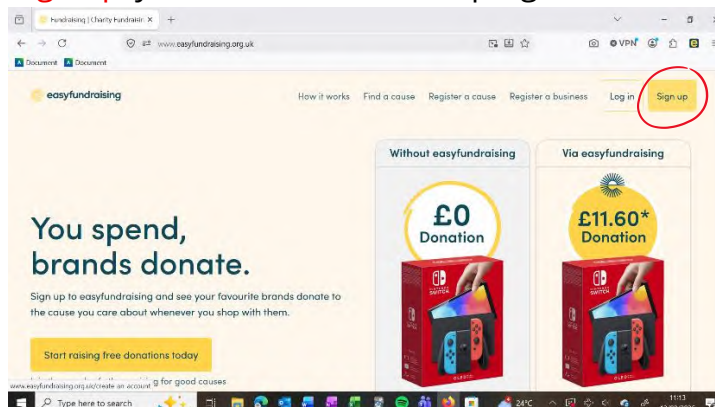
1. Open your browser page (e.g. Firefox, Chrome, Google) and search for **'Easy Fundraising'**



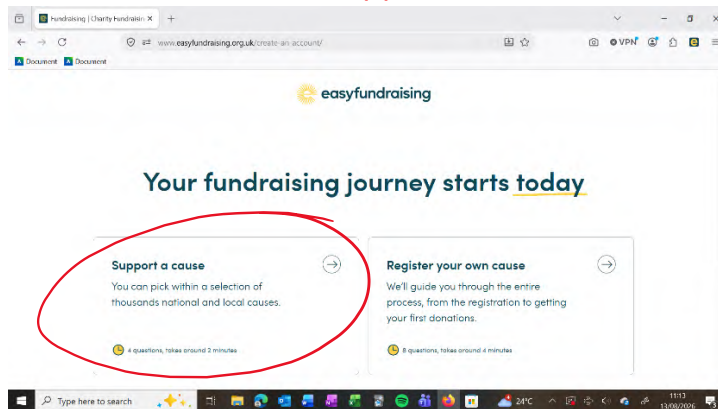
2. Click on <https://www.easyfundraising.org.uk/> which should appear at the top of your page



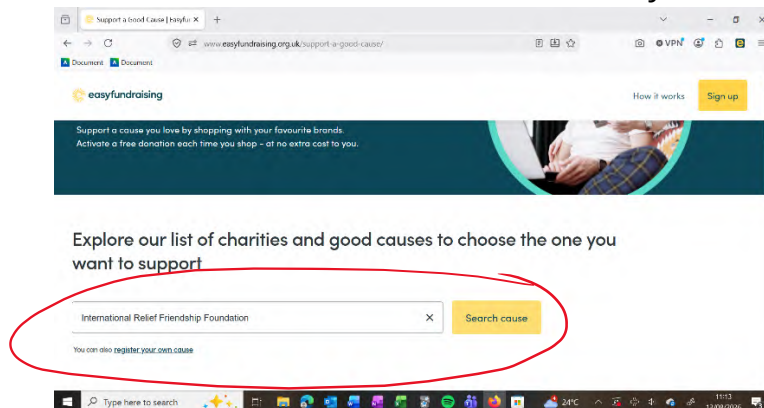
3. This will take you to the Easy Fundraising home page. From here, click the **'sign up'** yellow button in the top right corner



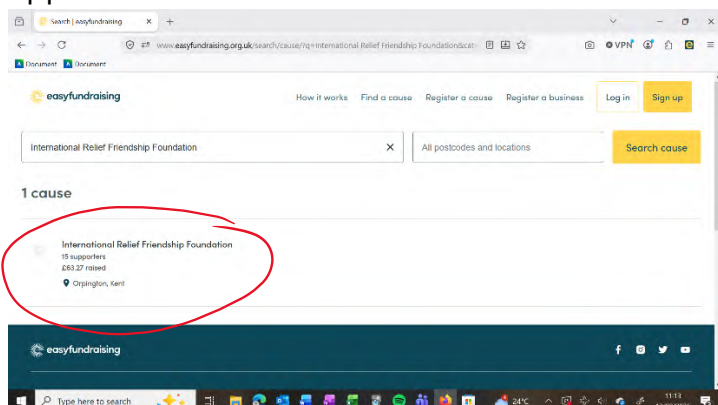
4. The sign-up link will take you to the page as shown below. Click the arrow of the left-hand box: **'Support a cause'**



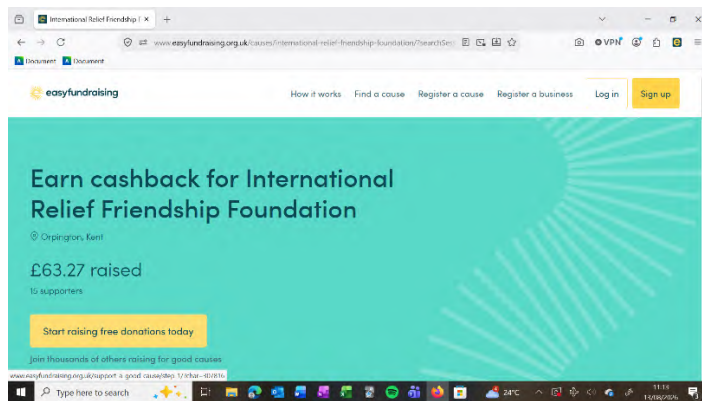
5. From here, search **'International Relief Friendship Foundation'** in the search bar. Choose International Relief Friendship Foundation from the drop-down menu and click the **'search cause'** yellow button



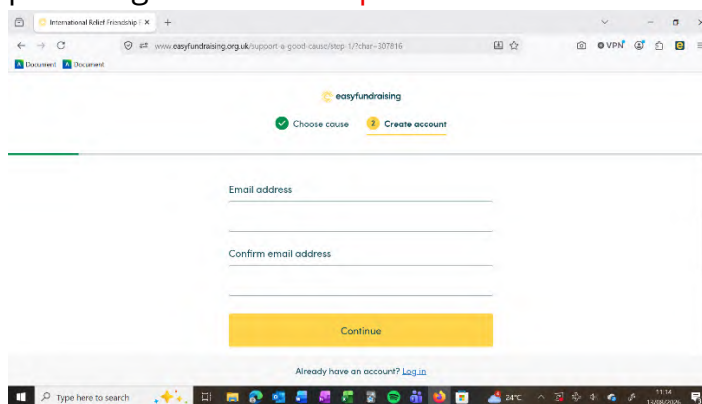
6. Click on International Relief Friendship Foundation cause which should appear as shown below



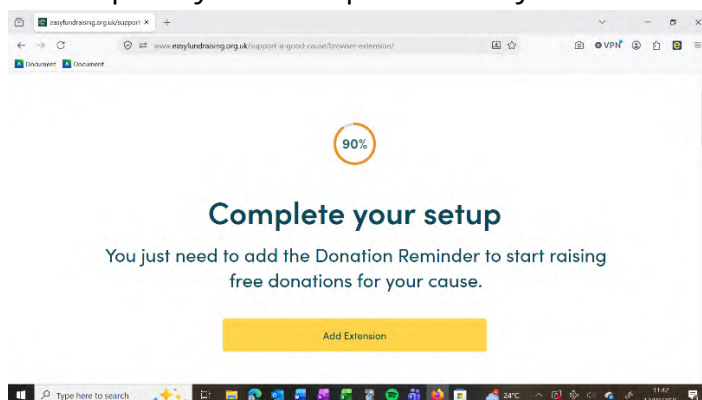
7. Click the **'Start raising free donations today'** yellow button



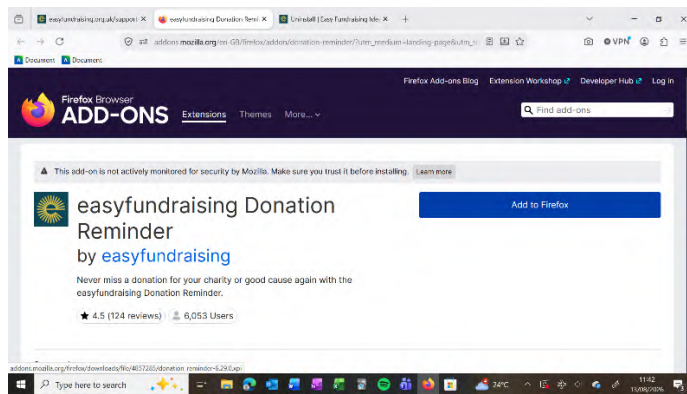
8. Easy Fundraising will then ask you to set up an account. This includes providing an **email and password**



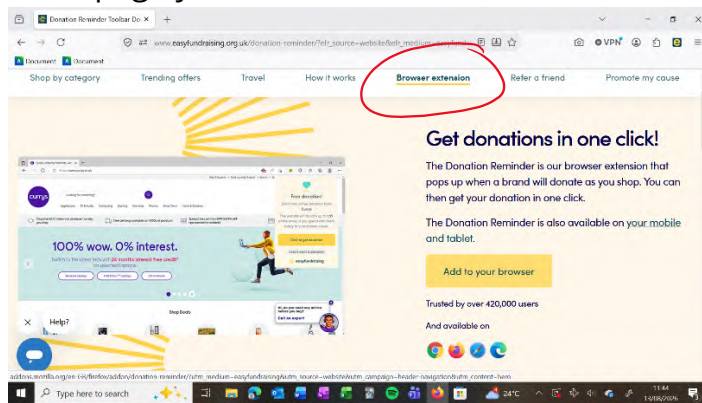
9. Once you have created your account you will be asked to '**add extension**' to complete your set-up. Click the yellow add extension button



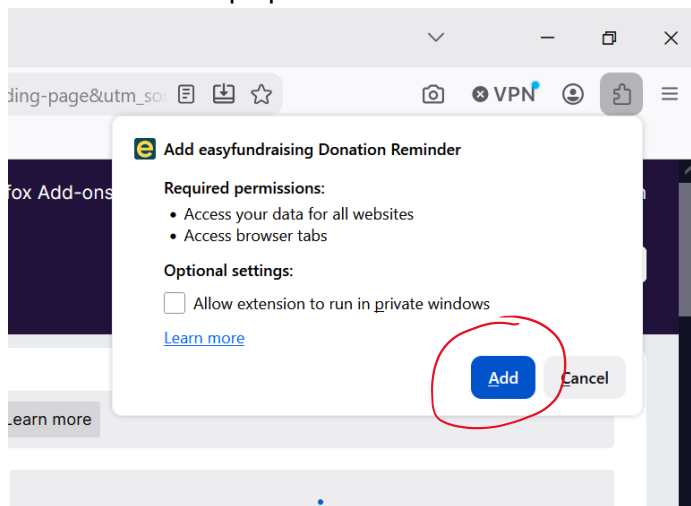
10. Click '**add extension**' (this example document uses Firefox but the extension is also compatible with Chrome, Edge, and Google Safari)



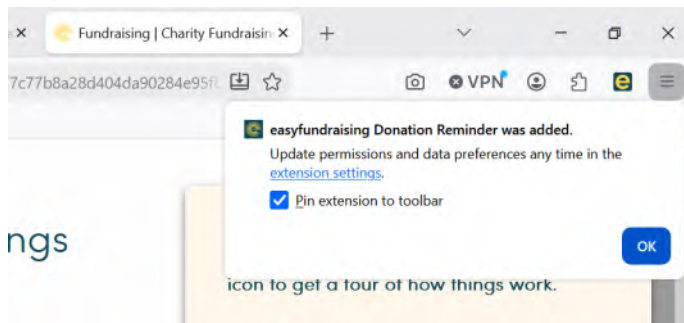
If you are not automatically taken to this page, from Easy Fundraising homepage you can click the **Browser Extension** tab also



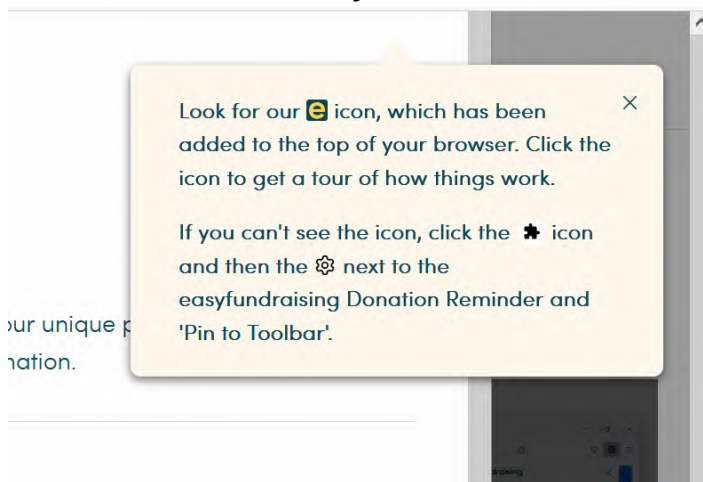
11. Click add/accept permission



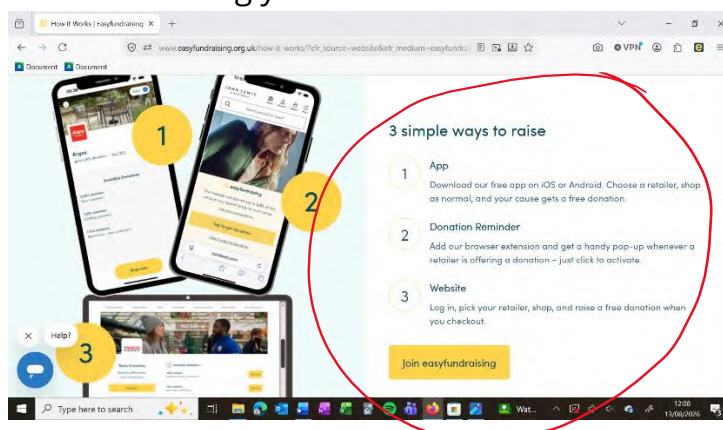
12. Click the tick box allowing to **'Pin extension to toolbar'** and then click 'ok'



13. The **yellow and navy 'E' icon** should now be displayed at the top of your browser in your toolbar (right hand side). If you cannot see the icon, click the puzzle icon and then settings next to Easy Fundraising donation reminder which allows you to choose 'Pin to toolbar'



14. Shop online across hundreds of store through the Easy Fundraising website or using your browser extension to donate for free!





UK Charity No. 281776 · Operating Since 1980

You Can Give a Child in Africa a Future They Would Never Have Had.

IRFF UK connects UK donors with trusted, local-led projects across Africa, in education, period poverty, and community health. Your monthly gift goes 100% to the ground. No overheads. No middlemen.

[Choose a Project to Support](#)[Or make a one-off donation →](#)

TRUSTED BY UK DONORS FOR 40 YEARS

45+ Years of Impact

Of verified impact in Africa

100% of Project Gifts

Go directly to the work you choose to support

UK Costs Covered Separately

Through other general income sources

The reality

Millions of Children in Africa Are One Decision Away From a Different Life.

In rural Uganda, a child misses school because her family cannot afford the £3 term fee. In South Africa, a teenage girl stays home every month because her school has no safe toilets and no sanitary products. In Ghana, a young woman with no qualifications has no path to employment.

These are not statistics. These are the children and young people that IRFF UK's partners work with every single day. The gap between the life they have and the life they could have is not wide. It is a school place. A sanitary kit. A meal. A classroom that stays open.



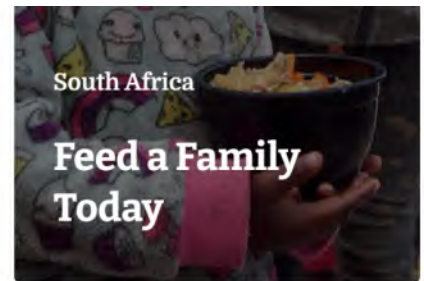
That gap is something you can close.

How You Can Help

Three Ways Your Support Changes Lives

Every project below is led by a trusted local partner.
Every pound you give goes directly to them.





"We mostly have disadvantaged children with a lot of challenges at home. Destiny Junior School has become their home. With the support of IRFF, we have been able to transform the lives of the students, the community, and Uganda."

Jesca Nakamanyisa

Headteacher, Destiny Junior School, Uganda

Supported by IRFF UK since 2009

A Small Glimpse

The Numbers Behind the Mission

Every figure below comes from verified field reports and published annual accounts.

207

Children in school at Destiny Junior School today

720+

Girls supported through period poverty programmes

40+

Years as a registered UK charity

A Glimpse Into Our Past

See What Your Support Has Built

Over 40 years, IRFF UK has run more than a dozen projects across Africa. Some conclude when a community is ready to stand on its own. Others end because of circumstances beyond our control - the loss of a key leader, a global pandemic, the unpredictable realities of working in some of the world's most challenging environments.

Between 2009 and 2022, our Mobile Medical Team treated over 2,300 people for jiggers, a debilitating parasitic infection across towns and villages in rural Uganda. When we lost our project leader during the COVID-19 pandemic, the programme could not continue. But the thousands of people treated, the communities reached, and the awareness raised did not disappear with it.



[See Our Completed Projects](#)

Your Donation in Three Steps

Step 1: Choose a project

Pick the cause that matters most to you: education, period poverty, or community health.

Step 2: Give monthly or once

Set up a simple monthly gift via Donorbox, or make a one-off donation. Cancel any time.

Step 3: See the impact

Subscribe to our newsletter. We send regular updates directly from our project partners on the ground. You will know exactly what your money did.

Corporate Partners

Is Your Business Looking for a High-Impact Charity Partnership?

IRFF UK works with UK companies to deliver transparent, verifiable ESG outcomes. From funding a school IT system to sponsoring a period poverty programme, we provide full financial reporting and real-world impact data.

[Explore Corporate Partnerships](#)



The Gap Between the Life They Have and the Life They Could Have Is Something You Can Close.

Start with £5 a month. Cancel any time. 100% goes to the project.

[Donate Today](#)

Join Our Newsletter - Get Updates From Our Projects

Field reports, impact stories, and news from Uganda, South Africa, and Ghana — direct to your inbox.

Enter your email



[Subscribe](#)



IRFF UK is a registered charity (No. 281776) working in Africa since 1980.

UK costs are covered through other general income. Project gifts support the work you choose.

Our Work

[Destiny Junior School](#)

[Building Schools for Africa](#)

[Period Poverty](#)

[Walmer Soup Kitchen](#)

[Past Projects](#)

Get Involved

[Donate Now](#)

[Corporate Partners](#)

[Volunteer](#)

Organisation

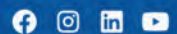
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Give with confidence

Choose the Change You Want to Make.

Your gift supports trusted local partners creating opportunity across Africa, through education, girls' education and practical community support. Choose the work that matters most to you, or let IRFF UK direct your gift to where it is needed most.

Make Your Gift

Give once or monthly. If you have a project in mind, select it in the form below. If not, choose "I am happy for IRFF UK to decide" and we will direct your gift to current project need.

Choose amount



One-time

♥ Monthly

£10

£25

£100

£ Custom Amount

Designation

I am happy for IRFF to choose ▾

Next →

Powered by [Donorbox](#)

Project gifts are sent directly to the work you choose. UK staff costs and overheads are covered through other general income.

Where would you like to help?

Support the Work That Moves You.

Each project is led by people rooted in their own community. Explore the stories below, or select your preferred project in the donation form above.

Uganda

Help Keep a School Open

Destiny Junior School in Kampala educates 207 children with 15 teachers across 10 classrooms. Regular gifts give Jesca and her team a more reliable foundation to keep children learning, fed and safe.

[Meet Destiny Junior School →](#)



Girls' Education

Help Keep Girls in School

RFF UK has supported locally led period-poverty work in **Uganda, Ghana and South Africa**. Through menstrual products, hygiene education and practical support, these projects help girls manage their periods with dignity and stay connected to education.

[Give to Period Poverty →](#)

South Africa



Support Community Food Projects

The Walmer Soup Kitchen in Gqeberha supports people experiencing severe poverty with practical, community-led care. Explore the project and choose it in the donation form if it is where you would like to help.

[Explore the Soup Kitchen →](#)



Your Gift Deserves to Be Accountable.

Choose Your Cause

Select a project in Donorbox, or allow IRFF UK to direct your gift where the current need is greatest.

See the Evidence

We receive field reports from local partners, publish annual reporting and share project updates with supporters.

Give Your Way

Give once or monthly, change or cancel a recurring gift through Donorbox, and add Gift Aid if you are eligible.



Prefer to Give by Bank Transfer?

Bank transfer is available for UK donors and can reduce payment-processing fees. Please include your name and, where possible, the project you wish to support as the payment reference so we can direct your gift correctly.

International Relief Friendship Foundation

Account number: 96497645

Sort code: 60-05-29

FAQs

Can I choose where my gift goes?



Does my project gift cover UK staff costs?



Can I give monthly or make a one-off gift?



Can I add Gift Aid?



Join Our Newsletter - Get Updates From Our Projects

Field reports, impact stories, and news from Uganda, South Africa, and Ghana — direct to your inbox.



Subscribe



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