

IRFF UK July 2024 - Girls Go Back to School in Uganda

Edward Hartley
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www.irff-uk.org



Girls Go Back to School in Uganda

Schoolgirls are returning to classes happier and are getting better grades, according to a senior teacher at Busambala School.

This is thanks to IRFF-UK's ongoing period poverty support efforts in the Kampala district near Lake Victoria's shoreline in Uganda.

Many girls experience period poverty as they lack access to menstrual hygiene products due to their cost.

'In Uganda... period poverty, or the inability to afford menstrual hygiene products, causes nearly a quarter of girls between the ages of 12 - 18 to drop out of school once they

begin menstruating. School absence rates for girls triple when they are on their periods.'

Global G.L.O.W., 2024



Senior Teacher at Busambala Primary and Secondary School

"Before you came to our school, girls were using rags, paper, and even leaves. Many girls could not even attend school during their periods."

Senior Primary School Teacher, Busambala

Menstruation is sometimes misunderstood and considered taboo, not only in Uganda but in many countries. The stigma impacts their physical, mental, and emotional health.

The senior teacher explained in an interview with Sylvia (Senior teacher at Destiny Junior School) that girls who did turn up for classes often cried from pain or shame.

Destiny Junior School is a flagship project of IRFF-UK in the town of

Kibiri, just south of the capital city of Kampala.



Jesca Kyaligamba carefully checking the hygiene pads

Jesca is IRFF-UK's representative in Uganda (Headteacher at Destiny School). She understands the girls' needs and is highly motivated to "spread the love" for students and pupils in Busabala and others beyond her own.

"Now the girls are clean, the girls are smart, and the girls are performing better in class than before we started working with Basabala Primary School."

Senior Primary School Teacher, Busambala

IRFF-UK has been instrumental in bringing awareness of this and other challenges girls face through the ongoing Girls Health & Support Project, or 'Girl-Child', as the locals call it.

"Sincere and deepest thanks to you all as your help has lifted a heavy weight from us teachers... Now they can attend classes, even during their periods, because they feel safe with the sanitary pads and panty liners and other products that you are providing."

Senior Primary School Teacher, Sylvia



Checking menstrual products with senior teacher Sylvia (right)

[Donate Today](#)

Can We Do More?

IRFF-UK is currently supporting some 400 girls in three schools in Uganda. But we would love to help many more. With your help, we know we can.

It only costs **£1** on average to supply **one girl** with disposable sanitary pads for **one month**.

So, a **one-off** donation of just **£5** will help keep **five girls** in school for a full month.

A **recurring monthly** donation of **£5** would **keep those five girls in school** for as long as you would like to support their education.

You could even set your own target for how many girls you would like to help out.

If you can, **please act now** by clicking on the '**Donate Today**' button. Your act of kindness could change their lives. Please know that every pound of your gift will be used for the girls.

Thank you!

(The IRFF-UK team)

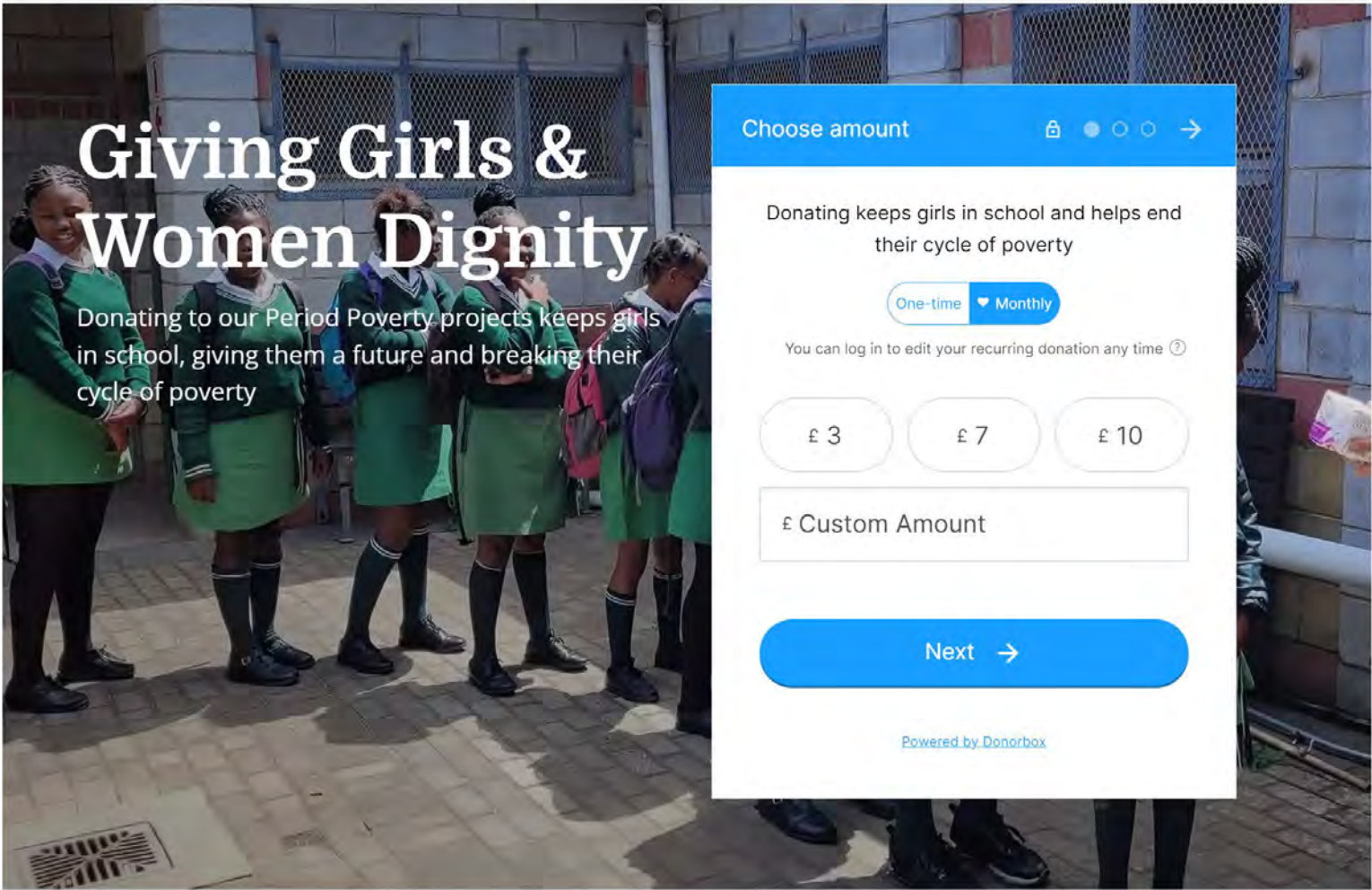
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[Click here](#) to visit our website to see our other projects.

International Relief Friendship Foundation

Account number: 96497645

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Giving Girls & Women Dignity

Donating to our Period Poverty projects keeps girls in school, giving them a future and breaking their cycle of poverty

Choose amount 🔒 ● ○ ○ ○ →

Donating keeps girls in school and helps end their cycle of poverty

One-time Monthly

You can log in to edit your recurring donation any time [?](#)

£ 3 £ 7 £ 10

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Menstruation should not be a reason to hold anyone back in life. Donating a small amount today helps all girls and women fulfil their potential!



Supply sanitary pads for girls, ensuring they avoid shame and never miss school.



Equip an entire class of girls with enough sanitary pads, enabling every student to attend school without interruption.



Support IRFF UK in sending our team to schools and projects for comprehensive menstruation education sessions.

|| Yesterday was truly special as we set out to three communities to donate Reusable Pads. The experience was heartwarming beyond words. The communities of Wute, Logote, and Lawui in Akatsi, Volta Region, opened their doors to us with such warmth and gratitude.



joined by a dedicated seamstress, local leaders, and a compassionate nurse who spoke to the community in their own language, we not only distributed pads but also shared important information on their usage. We managed to distribute 430 pads amongst 3 communities, however, the need is greater than expected and many more communities still need our help! We made a heartfelt promise to return and reach out to those we couldn't help this time.

Vivian
Period Poverty Director in Ghana



Vivian
IRFF UK Period Poverty Director
in Ghana

“Thanks to IRFF UK, I never miss school. My family and I are hopeful for the future ahead.”

Destiny Junior School Student

**Join Us In Making A
Tangible Difference In The
Lives Of Young Girls And
Women In Need By Donating
Today**

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Empowering Communities
and Changing Lives

Charity Number: 281776

98 Dyke Drive, Orpington, BR5
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A Charity for Africa

Breaking The Cycle Of Poverty

IRFF UK, a charity for Africa based in the UK, runs projects throughout Africa with a key focus on fighting poverty through education and tackling period poverty.



Help end period poverty. Donate now for girls' education and empowerment.

[Click to Donate to Period Poverty](#)



Your donation helps children access quality education and build brighter futures.

[Click to Donate to Education](#)

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Supporting African Communities from the UK UK Based Charity for Africa

Our Charity Is Focused on Period Poverty & Education Support In Africa

IRFF UK is a UK-based charity for Africa operating projects across Africa with a **dual focus on education and addressing period poverty**. We are breaking the cycle of poverty by ensuring access to education for all and **preventing female dropouts through the provision of menstruation products and education**. Through this communities and youth are empowered and Africans are given the best chance for a brighter future.



the best chance for a brighter future.

[Support Us Today](#)



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What Areas Does Our Charity Support In Africa?

[Education](#)

[Period Poverty](#)

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Menstruation Should Not Be An Obstacle In Life

As a charity for Africa, IRFF UK holds a strong promise to help underprivileged African girls facing challenges, especially period poverty, which makes it hard for them to go to school. We are dedicated to breaking down these barriers by making sure these girls have what they need for their periods. By doing this, we empower these young minds, giving them the chance to stay in school, learn, and break free from the cycle of poverty.

[What is Period Poverty?](#) | [Ending Period Poverty](#)



A Small Glimpse At The Difference IRFF UK Has Made How IRFF UK has helped in Africa so far?

[Destiny Junior School](#)

[Jigger Removal](#)

[Home For Children](#)

Kampala, Uganda

Destiny Junior School



IRFF UK built Destiny Junior School in 2009. The children in the local area have thrived ever since!

IRFF UK built **Destiny Junior School** in Kampala, Uganda in 2009, and has gone on to see more than 500 students graduates go into further education which otherwise wouldn't have happened. £115,000 has been invested in total, starting from £330 a month and now at £1,150 with 206 students in total



[Why Choose IRFF UK?](#)

What makes our charity for Africa unique?

What sets IRFF UK apart is our commitment to more than just being intermediaries in fund transfers.

We prioritise a comprehensive approach centred on education and empowerment to uplift individuals from poverty.

Our unique focus is on equipping people with the skills necessary for self-sustainability, fostering independence rather than dependence on Western donations.

We believe in creating lasting change by empowering individuals to build a better future for themselves and their communities.

[How Can You Get Involved?](#)

How Can You Support Our Charities Work In Africa?

[Making A Donation](#) 

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What Our Donors Are Saying

Your efforts in the areas of education, health and sustainability are vital in certain countries and truly appreciated. My family will continue to sponsor a child at Destiny Junior School in Uganda, and will endeavour to support other causes that IRFF UK informs us about.

Marshall de Souza
Destiny School Sponsor

The Women's Federation for World Peace, South London, has been supporting Destiny Junior School through IRFF-UK for more than 12 years. Our ladies sincerely had been helping to provide a better place for the children of Destiny Junior School in Uganda. We believe Education and health are the most important things for the life of the child.

Dolores Read
Destiny School Sponsor

I have been happy to support projects that IRFF is running in Uganda. In particular, I have donated funds towards the building of a perimeter wall and a library at Destiny School. I really appreciate the good work IRFF has been doing over the years to help people/children in Africa.

Joyce Suda
Destiny School Donor

Support IRFF UK With A Donation Today

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