



Girls speak about their vocational skills

Young girls in a small village north of Ghana's capital city Accra are acquiring vocational skillsets that are changing their lives. They are learning marketable skills in baking, cake-making, sewing and dressmaking, thanks to an IRFF-supported WAIT-Ghana project. Five girls took time out to speak to IRFF about their experiences.



Angelina Temanu

Angelina met WAIT-Ghana three years ago and was provided with an oven, purchased by sponsors. WAIT-Ghana coordinator Vivian Nkasia taught Angelina how to bake cakes and pastries, and how to teach others her new

trade.

“I met WAIT-Ghana when I needed them the most. I told them about the courses I wanted to pursue. They funded everything from beginning to end. Since then, I have trained new girls. I am super proud of the person I am today.”

Pamela Poku

Pamela Poku, 17, had to abandon school and farmstead, because her single mother was unable to care for the four children. Pamela was living with friends when she met Vivian who taught her how to cater.



“Now I am happy because I know I have a future and can earn money when I start my own business. I will also be able to help other young girls in my situation.”



Gladys Nurforja

Gladys, age 14, is the eldest of two children. After her parents separated, she moved from relative to relative due to extreme financial hardship. Vivian took her on and

provided a sewing machine,
thanks to donations from
IRFF sponsors.

“One day Madam Vivian was passing by and asked why I was not in school. I explained my situation, and she talked to my auntie (whom Gladis was living with at the time). Now I am learning to sew. I want to become a fashion designer.”

Agnes Gallo

Agnes Gallo, now 19 years old, was close to despair when she met Vivian. Her parents had separated and she was living with her cousin. Having no money for schooling, Agnes had searched fruitlessly for a job. Vivian taught her catering and social and emotional life skills.



Vivian has “helped me to live at peace with my cousin and to advise her. In the future, I want my own business so I can help other girls and single mothers so they can afford to care for their children.”

Gifty Olumovi

Gifty Olumovi, age 20, met WAIT-Uganda while looking for work in

Accra city. After her father died, Gifty left her school and village in eastern Ghana because her aged mother could not afford to keep both children. Angela (see profile above) taught Gifty catering and English. She now wants to train other girls.

Change a young life

Many young women would jump at the chance to train in baking, cake-making, sewing, or dressmaking. Would you help them gain marketable skills and change their lives? A one-off gift of £40 would provide one girl with Technical and Vocational Education and Training (TVET) skills for one month. A monthly donation of £10 would help us give more funds to teach more girls (covering the cost of baking supplies, cloth and sewing materials, a sewing machine, and a stipend for the sewing madam.

If you would like to support, **please click the I Want To Give button** below.

Thank you,

The IRFF-UK team

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URGENT Appeal for School Toilets

Fifteen-year-old pit latrines at IRFF-UK's flagship project **Destiny School in Uganda** have filled up and are unusable. Some 200

young children at the school must walk uncomfortably far to relieve themselves. Please help us purchase biodigester toilets designed for areas without public sewers. Thank you!

If you can, **please click the donation button** below.

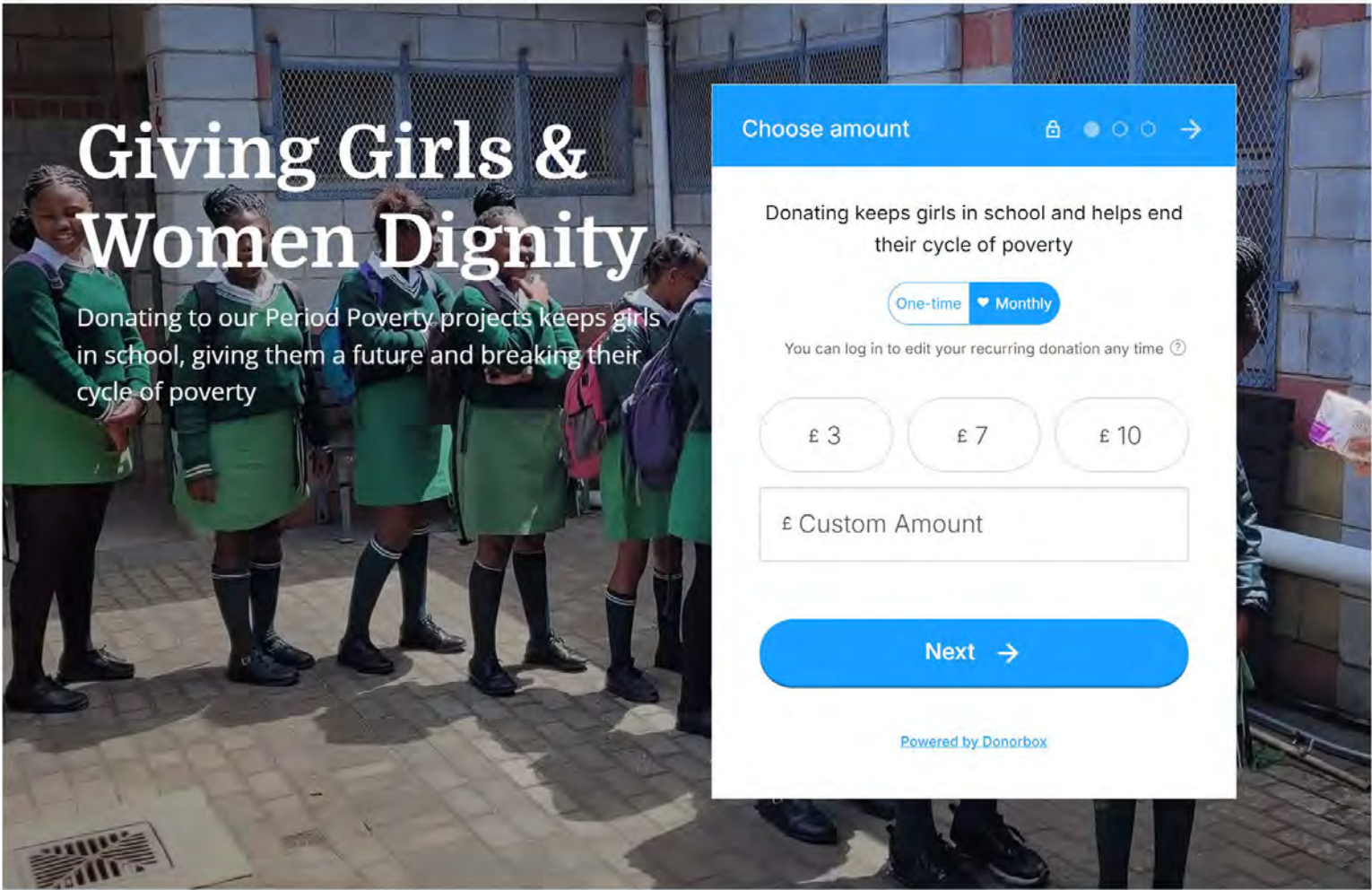
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Giving Girls & Women Dignity

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

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

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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.

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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



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

Destiny Junior School Student

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Tangible Difference In The
Lives Of Young Girls And
Women In Need By Donating
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