

IRFF UK: Your Donations Keep Us Going - Help Us Bridge the Gap

Edward Hartley
July 17, 2025



Every day across African communities, IRFF UK delivers life-changing relief in education, nourishment, clean water, and health and safety for women and children.



But right now, our finances are running low. We are dipping into general reserves to keep vital projects going.

Until now, every penny of your donations went directly to the cause. We want to keep it that way. Together, through monthly giving and collective support, we can reach the total sums each project requires.

Which will you choose to support today?

Slovo Study Group - South Africa

In the Joe Slovo township of Port Elizabeth, IRFF UK supports a small group of teenagers determined to complete their high school education online.

Despite power cuts and limited internet access, they remain focused on graduation and giving back to their community.

A total of £180 per month will ensure they stay on track for university - supported by several donors giving smaller monthly amounts.

Learn more about our [charity work in South Africa](#) here.



New IT System for Destiny School - Uganda

Uganda's national curriculum has shifted from rote learning to critical thinking, creativity, and digital literacy. To meet these demands, IRFF UK's flagship project, Destiny Junior School, needs to upgrade its IT facilities.

We are fundraising £4,000 in total to build a computer lab and provide IT training for both pupils and teachers. This will equip Destiny's learners and staff for a more connected, future-ready education. IRFF UK is focused on [building schools for Africa](#) and providing education that would otherwise not be accessible.



Period Poverty Campaign - 3 Countries

IRFF UK provides menstrual products and education to girls in Ghana, South Africa, and Uganda. This simple support prevents dropouts and restores confidence.

£300 per month will allow us to keep this campaign running strong. IRFF UK is committed to informing the world about the struggles of [Period Poverty](#) and helping these young women stay in school and receive an education.

SHINE Literacy Centre - South Africa

In the impoverished township of Walmer, Port Elizabeth, IRFF UK supports SHINE - a dynamic literacy centre in repurposed shipping containers.

It helps children aged 9 - 11 master English comprehension to succeed in an English-based curriculum.

We need £300 per month to support them - made possible through collective monthly gifts.

Click here to read more about [Shine South Africa](#)



Destiny School - Uganda

IRFF UK's longest-running project [Destiny School](#) has served underprivileged children in the rural town of Kibiri since 2009.

It currently supports 206 pupils with education, meals, and a safe environment. To relieve pressure on general funds and expand to full enrolment, we need:

- £300 per month for basic costs.
- An additional £400 per month to grow to 400 pupils.

Walmer Soup Kitchen - South Africa

Each month, the [Walmer Angels Group](#) provides 500 hot meals to children and elderly people in the township of Walmer. For many, it's their only meal of the day.

£200 per month keeps hunger at bay and restores dignity to the most vulnerable.

TVET for Girls - Ghana

In northern Accra, IRFF UK funds the training of girls in baking, sewing, and dressmaking. Led by local instructors, this project equips young women to launch small businesses and support their families.



£40 per month per girl provides training, materials, and mentorship. By supporting this project, you're helping women gain skills to build a brighter future for themselves and their families.

Read more about [TVET for Girls - Ghana](#) here.

Boreholes Across Africa

We are digging wells whenever funds allow, bringing clean water to communities where it's desperately needed.

£4,000 per borehole can transform the lives of hundreds - especially young girls, who often walk long distances to fetch water, exposing them to risk of abuse and violence. With every borehole, we give girls back their time and their safety.



Please donate today and let us know which project you'd like to support. Whether regular or one-off, your gift will be deeply appreciated by the recipients.

Monthly donations of £10, £20, £40, or £100 can make a real impact - but every amount helps.

[Click to donate \(Thank you!\)](#)

Support IRFF UK today by following us on [LinkedIn](#) and receive even more news and updates!!

If you are in the UK, consider sending a bank transfer so every last penny goes to IRFF UK:

International Relief Friendship Foundation
Account number: 96497645
Sort Code: 60-05-29

Support IRFF UK charity work in South Africa

Slovo study group

Together We Can Make a Difference

Empowering teenagers through education

The Slovo Study Group is a remarkable initiative consisting of six dedicated teenagers who are schooling online through [UCT Online](#). They are diligently following the South African Education Department's [CAPS Curriculum](#), aiming to complete high school at the Grade 12 level, the highest grade in the South African school system. With your support, these motivated students are expected to achieve their Matric Certificate within the next four years.

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Our vision

Overcoming adversity

The challenges

These children come from disadvantaged backgrounds where poverty is prevalent, and often, there is only one breadwinner per household. Despite these challenges, they are committed to their education and future success.

Where is the project based

The Slovo Study Group has its roots in the Joe Slovo Township in Gqeberha, South Africa. Initially part of a programme called Artworks for Youth, funded by an American NPO, these students were enrolled at the Valentre Institute, an affiliate of St Stithians in Johannesburg. However, in 2022, the death of the NPO's founder and the closure of Valentre Institute dealt a significant blow to the group. Gail Charalambous and



Chantal Bezuidenhout, determined to continue supporting these children, established their own charity to ensure the continuation of their education.



Let's create futures for those who dream

The urgent need for connectivity

Internet access challenges

One of the biggest hurdles they face is staying connected online, especially during power outages. They need reliable and consistent access to the internet to continue their studies. Your support in providing the necessary data is crucial for their educational progress.

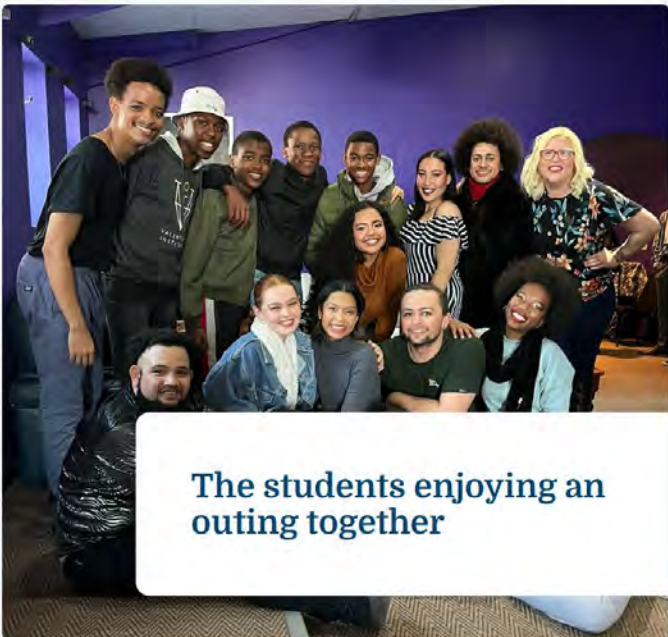
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can make
a
difference

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donate



Focused support in maths and science

Recognising the need for additional assistance in Maths and Science, the Slovo Study Group organised a Maths and Science Bootcamp in November 2022. This event was designed to bolster the students' confidence as they approached their exams. Over the course of two days, educators and tutors from the local university provided intensive instruction. Each student received one-on-one attention, pairing with a university student to address individual challenges. Though the Bootcamp was costly, it proved to be an invaluable experience for the students.



The students enjoying an outing together

2024 is a crucial year

Preparing for the future

2024 is a crucial year as five of the students are in their final year of school, preparing to move on to university, college, or the workplace. The remaining student, Lizalise Fiva, will complete his schooling in 2026. Applications to various universities have been submitted, and while they are eligible for state funding, there is typically a delay in receiving these funds. Your donations can help cover the initial months while awaiting grant payments.

Additionally, career counselling and potential assessments are being considered for students unsure of their career paths. The mid-year break will be utilised for additional tutoring to ensure the best possible performance in their final exams.



2024 is a crucial year

Gratitude and continued need for support

As the project manager of the Slovo Study Group expressed, "We are all extremely grateful for everything we have been able to achieve as a result of your funding." Your contributions have already made a significant impact, and with your ongoing support, these students can continue to overcome obstacles and achieve their educational goals.

Join us in making a difference

You can help our charity in South Africa in two vital ways:

Subscribe to our mailing list: Stay informed about the progress of these dedicated students and upcoming initiatives.

Donate: Your financial contributions are essential for providing the necessary data and resources for their education.



Together, we can empower these teenagers to reach their full potential. Your support can make a lasting difference in their

lives. Join us in this transformative journey.

Make a Donation to support Slovo South Africa

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Building schools for Africa:

Support Destiny junior school's mission

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20%

Children ages of 6 to 11 are not in school in Africa

33%

Children ages of 12 to 14 are not in school in Africa

60%

Children ages of 15 to 17 are not in school in Africa

Together We Can Make a Difference

Building Schools For Africa

In Uganda, although 90% of children attend Primary School, that drops below 25% in Secondary School due to facility shortages. Educational opportunities are scarce, particularly in rural areas like Kibiri. Limited facilities lead to a drastic drop in secondary school attendance, perpetuating the cycle of poverty as career opportunities dwindle without higher education. The call for building schools for Africa becomes clear.

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Destiny school - Empowering children through education

Situated amidst the picturesque landscapes between Kampala and Entebbe, Destiny School was founded by Simeon and Jesca Nakamayisa as a sanctuary for orphaned and underprivileged children. What began as a humble initiative to provide shelter and education has blossomed into a transformative force in the community. The recent academic success of students, with eight achieving first grade and eight achieving second grade in school leaving examinations, highlights the positive impact Destiny School has had on these young lives.



Headmistress Jesca
Jesca with girls from Destiny Junior School



Simeon and Jesca Nakamayisa's inspiring journey

Driven by compassion and a commitment to uplift their community, Simeon and Jesca Nakamayisa embarked on a mission to bridge the **educational gap for vulnerable children**. With support from IRFF UK, they have been able to amplify their impact by investing in school infrastructure and ensuring essential resources reach those most in need. The growth of Destiny School symbolises the boundless potential unlocked when individuals come together to create change.





Our vision

Current needs and future goals at Destiny school

Infrastructure development and financial support

Destiny School's growth and sustainability rely on ongoing investments in infrastructure projects to expand its reach. From enhancing classroom facilities to improving security measures, there is a continual need for funding to create a more conducive learning environment for the children. Additionally, maintaining financial support for essentials like meals, teacher salaries, and educational materials is crucial to ensure that the school can operate smoothly and provide quality education to its students.

The path forward: making a difference together

Recent contributions have facilitated essential bedding for residential pupils and further enhancements to fortify the school's security measures. The journey ahead requires additional funding for completing infrastructure upgrades and furnishing classrooms. Your involvement through child sponsorships or infrastructure support plays a pivotal role in our endeavours.

Appeal for Destiny Junior School Latrines

At Destiny School, **outdated latrines, broken desks, and leaking roofs** create serious daily challenges, affecting students' health, safety, and well-being. The urgent need to replace these latrines is critical to providing a sanitary, dignified environment where children can focus on learning.

Be Part of the Change

IRFF UK is committed to transforming these facilities, but we need your support. By helping us replace these latrines, repair desks, and fix roofs, you can make a meaningful impact on the health and education of students at Destiny School. *Together, let's give these children the safe, inspiring environment they deserve.*

Donate Today





Let's create futures for those who dream

Building schools for Africa child sponsorship program

Empower change through child sponsorship

You have the power to make a lasting difference in a child's life with just **£10 per month** through our Child Sponsorship Program at Destiny School.

By becoming a sponsor, you provide not just financial support but also hope, opportunity, and access to quality education for vulnerable children who deserve a brighter future.

A promise to transform lives and nurture brighter futures

Building schools for Africa is not just a mission; it's a promise of transforming lives and nurturing brighter futures. Join us in shaping destinies at Destiny Junior School as we continue to pave the path towards sustainable education for underprivileged communities in Uganda. Your partnership strengthens our commitment to providing quality education where it is needed most. Together, we can build a brighter future through education.



Sponsor a child today

[I want to sponsor a child](#)



Join us in building schools for Africa

We invite new donors and supporters to join us in our mission of transforming lives through education at Destiny School. Your contribution, no matter how small, can create ripple effects of positive change within the community and help us build a better tomorrow for these children.

A vision of impact

Despite procuring additional land for expansion, ongoing infrastructure projects demand attention. Your support allows us to sustain vital initiatives such as funding meals, teacher salaries, educational resources, and medical assistance.



Please consider becoming a part of our journey towards building a brighter future at Destiny School by supporting our Child Sponsorship Program or making a donation today.

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Introduction

Can We Overcome Period Poverty in Africa?

Period poverty affects millions worldwide, with over 500 million lacking access to menstrual supplies and sanitation facilities. This **leads to missed school days** for approximately one in ten girls in low-income countries. Girls' educations are hindered, **causing increased dropouts, limited job prospects, lower wages, and perpetuating poverty.**

[Support today](#)


500m

Suffer From Period Poverty Worldwide

1 in 10

Girls in Africa Miss School Due To Periods

10%

Of Families Cannot Afford Menstrual Products in Africa

What Is Period Poverty?

[Learn More](#)

1. Girls & Women Cannot Manage Their Period

Period poverty is a global issue created by the **lack of access to sanitary facilities, menstrual products, education and waste management.** By not having access to these necessities, girls' and women's quality of life is affected by challenging them physically, emotionally and mentally.

2. They Are Prevented From Getting An Education

Period poverty prevents girls from attending school, women from attending work, **it isolates them, and shames them.** The stigma around periods further exacerbates the problem by preventing conversations about it.

3. They Remain Trapped In Poverty

The World Bank Organization explains that poverty is the **vulnerability of not having a job, fear for the future, and living one day at a time: it is powerlessness, lack of representation and freedom.** Period poverty is just that, poverty, and it is a worldwide crisis."

500 Million People Worldwide

Who Does Period Poverty Affect?

Period Poverty Affects Girls & Women Especially In Underdeveloped Nations

Affecting over 500 million women and girls worldwide, those **living in poverty** are **particularly susceptible to period poverty's impact**. In developing nations, **nearly three-quarters of the population** lacks proper hand washing facilities at home, making managing menstruation safely and with dignity a challenge for many women and young girls.

Conflict and Natural Disasters Perpetuate Period Poverty

Those who live in **conflict-affected regions or places dealing with the aftermath of natural disasters** face additional hurdles in managing their menstruation. These circumstances exacerbate the difficulties associated with period poverty, further emphasising the need to address **economic constraints as well as the environmental and humanitarian challenges** in ensuring menstrual hygiene for all.

[Charity For Africa](#) | [Donate](#)



The Effects Felt

The Consequences of Period Poverty

Social

Schooling

Discrimination

Period Poverty Poses Severe Challenges

Period poverty poses significant physical, mental and social challenges for millions of women and girls around the world. The consequences extend beyond personal well-being to educational and professional realms. Many **women miss work**, and **girls skip school due to period poverty**, limiting their opportunities for growth and development.



The Physical Risks of Period Poverty

According to [UNICEF](#), inadequate access to menstrual hygiene products can heighten the physical health risks associated with period poverty, potentially leading to the following health issues:

- Bacterial Infections
- Yeast Infections
- Rashes & Itching
- Pelvic Inflammatory Disease

Bacterial Infections

Not cleaning or changing menstrual products regularly can cause **bacterial infections** such as urinary tract infections (UTIs).

“Menstrual blood is the only source of blood that is not traumatically induced. Yet in modern society, this is the most hidden blood, the one so rarely spoken of and almost never seen, except privately by women.”

American Poet

Now Is The Time To Act

Ending Period Poverty

Learn More

1. Period Poverty Hinders Female Potential

The long-term impact is profound, as **period poverty hinders women from realising their full potential**. As stated by [Global Citizen](#), girls deprived of education due to these challenges are **more vulnerable to child marriages, early pregnancies, domestic violence, and malnourishment**.

2. Discrimination & Taboo Due To Period Poverty

Period poverty is **rooted in cultural shame** surrounding menstruation and a lack of resources. World-wide, menstruation is stigmatised, with

3. Financial Struggles Means Girls Cannot Buy Menstrual Products

A critical factor in period poverty is the **financial barrier**, as many individuals struggle to afford

taboos preventing women and girls from engaging in essential activities like touching water, cooking, participating in religious ceremonies, or community events. These taboos, identified in a UNFPA **report**, contribute to gender-based discrimination, reinforcing the notion that menstruating individuals are deemed unclean.

menstrual supplies. This economic challenge forces people to **make difficult choices between purchasing food and essential menstrual products**. The intersection of cultural stigma and economic constraints creates a complex web of barriers, perpetuating period poverty and its detrimental impact on women's education, work, and overall well-being.

“When we talk about period poverty we automatically assume we mean not being able to afford sanitary towels or tampons, however, it is so much more of a bigger picture... It's about how we talk about periods, period education, being honest about the impact of menstruation and not penalising menstruating people.”

Cheshire Women's Collaboration

How Are We Helping

What is IRFF UK doing to end Period Poverty?

[Charity Work In Africa](#) | [About IRFF UK](#)

[Learn More](#)

IRFF UK Is Providing Free Menstrual Products

IRFF UK provides young women with **free menstrual products**, enabling them to stay in school, **breaking the cycle of missed opportunities** and contributing to their overall empowerment. Combining education, policy advocacy, and practical support, societies can work towards eliminating period poverty and **fostering a more equitable and inclusive environment** for all individuals.

IRFF UK Is Providing Menstrual Education Hygiene Programmes

IRFF UK, as a **period poverty charity** feel it is crucial for menstruators to **feel proud and confident** in thriving within their societies. Education plays a vital role in this, with initiatives providing **comprehensive menstrual hygiene education** for both girls and boys from an early age. **Breaking stigmas and fostering healthy habits** contribute to creating a more inclusive and understanding society.

“You can send women to the Moon or Mars later. First, provide sanitary pads to them.”

Social entrepreneur/ 'padman'

Let's Learn More In Depth About Period Poverty

Learn More

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SHINE South Africa

Transforming lives through education

Welcome to SHINE South Africa, a transformative project supported by the charity IRFF UK. Located in Walmer, Gqeberha (Port Elizabeth), SHINE is dedicated to uplifting young lives through education in one of the most impoverished areas.

Together We Can Make a Difference

The problem: Educational crisis in South Africa

As the most unequal country in the world, South Africa faces significant challenges. Among 50 countries, South Africa ranks the worst in literacy. The 2016 Progress in International Reading Literacy (PIRLS) revealed that 8 out of 10 Grade 4 learners (9-10 years old) in South Africa cannot read for meaning.

The COVID-19 pandemic has worsened this crisis, causing students to lose a year of schooling. Most families cannot afford smartphones or Wi-Fi for online learning, and schools lack the resources to provide printed materials.

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Our vision

The solution: a SHINE project in South Africa

Education is the only way out of poverty

According to the South African curriculum, students must be taught in English from Grade 4. SHINE takes Grade 3 learners and immerses them in English books and reading comprehension, preparing them for future academic success.

Literacy ability gives hope for the future

Many children in Walmer have never been exposed to English before, making SHINE's work vital. Our project is a shining example of how IRFF UK supports education initiatives in impoverished communities across Africa. Children cannot learn from one of the biggest sources of knowledge – books – if they cannot read. Literacy education opens up a world of learning to them and contributes strongly to them achieving much more in their lives – what every parent hopes for their children.



Let's create futures for those who dream

IRFF UK's impact on SHINE: A charity in South Africa

Ongoing support and contributions

IRFF UK plays a crucial role in supporting SHINE by sending funds every other month. These contributions help cover essential costs, including:

- Two small stipends
- School books
- Printer ink cartridges
- School shoes and clothing

**Your
donation
can make**



difference

I want to
donate



Success stories and testimonials

In 2022, SHINE, supported by IRFF UK, taught 60 children. Pat Hippert, who runs the SHINE chapter, expressed her gratitude in her final report: "Your very generous sponsorship has made 2022 into the most successful year yet in our 9 years at Walmer Primary School! Restructuring the curriculum made an incredible difference in the scaffolded structure of our program, which was very worthwhile for the limited understanding of our under-exposed young children. Your sponsorship made long overdue repairs possible at our container centre. Our Teaching Centre also serves as a charity venue for learners needing stationery, academic resources, uniform items, medical assistance, emotional support, and friendship. Your investment in our program is part of a warm and positive move forward in the dignity and hope of our upcoming generation. Thank you, everyone at IRFF UK!". The number of pupils in the SHINE programme has since increased to 80.



Pat Hippert



Support SHINE South Africa: A Project of IRFF UK

Consider making a donation to help us continue our mission. Every contribution, no matter the size, helps provide essential resources and support to children in need. Your generosity can

transform a child's future. Donate today to support SHINE and make a lasting impact through IRFF UK’s initiatives.

Make a Donation to support Shine South Africa

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Headmistress Jesca
Jesca with girls from Destiny Junior School



Simeon and Jesca Nakamayisa's inspiring journey

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Support the Walmer Soup Kitchen

Help us relieve hunger and bring hope to vulnerable children and elderly people in the Walmer township, Gqeberha (Port Elizabeth), South Africa. By supporting the Walmer Soup Kitchen, you can provide much-needed meals to those who struggle to get enough to eat.

[Together We Can Make a Difference](#)

Why this project matters

Hunger in the Walmer township

Many children and elderly people in the Walmer township face food insecurity due to inadequate government support. For these individuals, a simple meal can make the difference between going hungry and having the strength to face another day.

How we're making a difference

Hot meals for those in need: The Walmer Soup Kitchen feeds around 500 children and elderly people every month.

Consistent support: Monthly funding of **£200** ensures essential food supplies are available.

Community-led initiative: Run by Karen and the volunteers of the Walmer Angels Group, the soup kitchen operates with compassion and dedication.

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Project details at a glance

Location: Walmer township, Gqeberha (Port Elizabeth), South Africa

People helped: 500 children and elderly people every month
Monthly funding: £200 for food

Activity: Running a soup kitchen to serve hot meals

Leaders: Karen and the Walmer Angels Group volunteers



Our vision

The impact of your support

What we've achieved so far

The Walmer Soup Kitchen has been providing meals for years, helping 500 people every month.

Vulnerable individuals now have access to reliable food support in a community that cares.

Our vision for the future

Sustaining this service: Continue providing meals for children and elderly people in need.

Expanding reach: With increased support, we hope to serve even more people struggling with hunger.

Be Part Of The Change



How you can help

1. Donate

Every donation helps fund the meals provided by the soup kitchen, ensuring no one goes hungry.

[Click here to donate and support 500 people every month](#)

2. Spread the word

Share the story of the Walmer Soup Kitchen and inspire others to join the fight against hunger.

3. Stay connected

Subscribe to our newsletter for updates on this project and others like it.



Together We Can Make a Difference Why choose IRFF UK?

100% dedicated funds: All donations for this project come from our general funds.

Real impact: 500 vulnerable people receive hot meals every month thanks to this project.

Let's create futures for those who dream The impact of your support

What we've achieved so far

Since 2023, we've helped 170 girls at Walmer Primary School.
Girls now receive the supplies and education needed to attend school consistently.

Our vision for the future

Continue support: Sustain this service for current and future students.
Expand reach: Help even more girls overcome period poverty with your support.



Be part of the change - Donate today



Let's fight hunger together

Your support can bring hope and nourishment to 500 vulnerable children and elderly people every month. Together, we can make a lasting difference. **Donate now to provide meals to those in need.**

Click here to donate

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Period Poverty Intro

What is Period Poverty

Ending Period Poverty

Period Poverty Projects

More Info

About Us

Blog

Contact Us

Volunteers

Donate To Period Poverty

Past Projects

Charity Gambia

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Support the Ghana TVET Project

Empower young women in the north of Accra with vocational training in baking, cake-making, sewing, and dressmaking. By supporting this project, you're helping women gain skills to build a brighter future for themselves and their families.

Together We Can Make a Difference

Why this project matters

The power of vocational training

Vocational education provides young women with essential skills to earn a living, breaking the cycle of poverty and creating opportunities for self-reliance. In the north of Accra, many women lack access to such training, making the Ghana TVET project a lifeline.

How we're making a difference

- **Hands-on training:** Students receive expert instruction in baking and sewing.
- **Career readiness:** Graduates leave with the skills and confidence to start their own businesses.
- **Ongoing support:** Monthly funding of **£200** helps sustain the programme and provides necessary resources.

[Empower women today](#)

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Project details at a glance

Location: North of Accra, Ghana
Activity: TVET (tertiary vocational education) in baking, cake-making, sewing, and dressmaking

People supported: Six trainees at a time (three in each programme)

Leaders: Vivian Nkasia, a sewing instructor, and a baking instructor

Monthly funding: £200 for both programmes

Transparency: Reports from Vivian provide details of progress and needs, such as ovens for graduates



Our vision

The impact of your support

What we've achieved so far

Successfully trained multiple students in baking and sewing, equipping them with marketable skills.

Graduates have gone on to start their own ventures, contributing to their communities and families.

Our vision for the future

Sustaining success: Continue training and graduating skilled young women.

Expanding opportunities: Bring in new students to benefit from this life-changing programme.

[Be part of this transformation](#)



How you can help

How you can help

1. Donate

Your support ensures that trainees receive quality education, tools, and resources to thrive in their careers.

[Click here to donate and help equip young women with vocational skills.](#)

2. Spread the word

Share the story of the Ghana TVET project and inspire others to get involved.

3. Stay connected

Subscribe to our newsletter for updates on this project and others like it.



Together We Can Make a Difference Why choose IRFF UK?

100% dedicated funds: All donations for this project come from our general funds.

Real impact: Your support helps young women gain life-changing skills in baking and sewing.

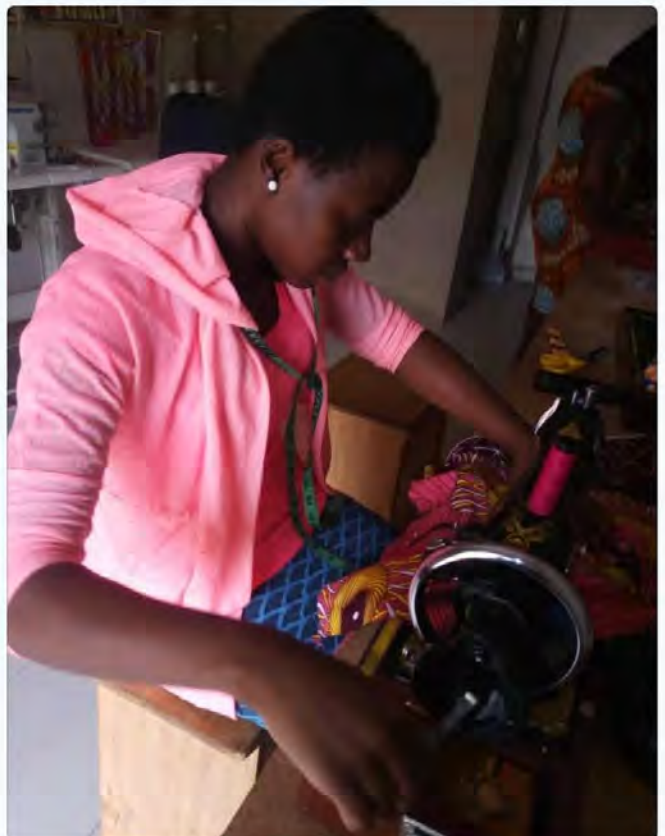
Transparency: Vivian's detailed reports ensure accountability and inform us about graduates' needs, like securing ovens for cooking students.

[Let's create futures for those who dream](#)

Let's empower women together

Your support can transform lives by giving young women the vocational training they need to succeed. Together, we can create brighter futures, one skill at a time.

[Donate now to support vocational training](#)



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Empowering Communities
and Changing Lives

Charity Number: 281776

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Every donation counts

Empower a Child's Future: Your donation can provide the education that will transform lives. Join us in making a lasting impact—because every child deserves the chance to learn, grow, and thrive.



£3

Your £3 donation can help provide essential learning materials for a child.



£7

With £7, you can contribute to a child's daily nourishment, ensuring they're ready to learn.



£10

A £10 donation can support a child's education for a week, giving them the chance to succeed.

Choose amount

One-time

Monthly

£10

£25

£100

£ Custom Amount

Designation

I am happy for IRFF to choose

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Every donation counts

You will directly be improving the lives of those in need around the world. Every donation, no matter how small, can make a significant impact.



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[Period Poverty Intro](#)

[What is Period Poverty](#)

[Ending Period Poverty](#)

[Period Poverty Projects](#)

More Info

[About Us](#)

[Blog](#)

[Contact Us](#)

[Volunteers](#)

[Donate To Period Poverty](#)

Past Projects

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