

IRFF UK: A Different Kind Of Christmas

Edward Hartley
December 15, 2025

www.irff-uk.org



Jesca Tackles Period Poverty in Uganda

In many advanced countries, December is a season of abundance. Children tear open attractive packages, sometimes filled with gifts that are fleeting or frivolous.

Meanwhile, in Uganda at Destiny Junior School just south of Kampala, Jesca Nakamanyisa, a devoted head teacher, sees a very different reality. Some of her pupils arrive without even proper underwear.

For many girls, **the absence of sanitary pads means missing school and falling behind while struggling with a sense of shame.**

Girls often stay home for days each month because they cannot manage their periods at school. They fall behind, and sometimes they even drop out, Jesca explained.

“We mostly have disadvantaged children with a lot of challenges at home, while some are single parents. We need to keep them fully occupied, and Destiny Junior School has become their home,” she wrote in a recent update.



Keeping Pupils in Class

This is the daily challenge the GirlChild Period Poverty Project (PPP) seeks to confront. With IRFF UK’s support, Jesca has been leading the effort to provide sanitary pads and practical help to the girls of Destiny School and two sister schools. **What may seem small – a packet of pads – can represent a new start. It means a girl can stay in class and keep pace with her peers.**

Edward Hartley, IRFF UK’s Executive Director, notes that Jesca’s leadership shows us how one determined person can achieve a lot.

Tackling period poverty starts with hygiene and opens the way to education and opportunity.

“That’s why we are sending £450 per month for Jesca and her team – so they can provide 960 packs of pads for 480 girls over two months, along with 240 pairs of knickers every two months,” Edward says.

JESCA LEADING A MEETING OF PARENTS - “The parents greatly thank the IRFF team and sponsors for all the support their children are getting,” she says.



Reaching Girls in South Africa and Ghana

IRFF UK is simultaneously supporting period project initiatives in other countries. In **South Africa**, projects have reached 170 girls since 2022, while in **Ghana**, Vivian Nkasia’s remarkable work reached 700 schoolgirls before illness forced her to pause.

From Pads to PCs

Our commitment does not stop with period poverty. **IRFF UK is considering how we can, in the near future, help equip the school with computers and IT training** for 100-200 pupils and their teachers to help meet new education standards that the Ugandan government is introducing.

Jesca explains in her letters: ***“Our children are intelligent and curious... If they could learn computer skills, they would be ready for jobs, for opportunities, for the future. It would change everything.”***



DREAMING OF A COMPUTER LAB - This photo shows a high-end computer laboratory setup in another facility. "It's not something we can do right now, but it's the kind of space we'd love to have at Destiny," says Jesca.

4 WAYS TO HELP OUT

You can join this response in any of four ways:

1. Donate if you can: Choose what works for you – a one-off gift or a monthly donation. Every pound makes a difference. With pads at just 60p each and knickers the same, your £10 can help girls stay in class with confidence.

2. Forward this newsletter to friends, family, colleagues, or anyone who may care about Jesca's work.

3. Offer your skills by simply starting a conversation, or contacting our team to suggest the ways you think your skills could help the projects grow.

4. Connect with us on [LinkedIn](#) or [Facebook](#) or on the [Website](#) for real-time updates on everything we're doing.

Thank you!

Eddie and the team.

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

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.









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



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



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

Next

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Join us in making a difference

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.



Empowering Communities
and Changing Lives

Charity Number: 281776

98 Dyke Drive, Orpington, BR5 4LZ

Period Poverty

Period Poverty Intro

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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.

[Support Us Today](#)



Come See What We Do

What Areas Does Our Charity Support In Africa?

[Education](#)[Period Poverty](#)[Emergency Relief](#)

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



Spreading Awareness



Volunteering Your Time & Skills



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 some projects that IRFF is running in Uganda. In particular, I have donated funds towards the building of a perimeter wall and a borehole 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

Yes, I'll Donate!

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