

2023– 2024 Annual Report



Menstrual equity
everywhere. Period.



Our Mission

We're turning periods into pathways.

We increase access to menstrual care and education by developing global partnerships, cultivating social entrepreneurs, mobilising volunteers and innovating sustainable solutions that shatter stigma and limitations for women and girls.

Supply sustainable menstrual supplies: Cost-effective, safe, sustainable and contextually relevant products help women and girls manage their periods and engage in livelihood activities.

Shatter stigma through education: Access to timely, factual information about puberty and menstruation leads to increased body literacy, a healthy public perception of menstruation and decreased stigma and shame.

Elevate menstrual health on the international development agenda: Menstrual health and hygiene improve educational opportunities and livelihood outcomes for menstruators worldwide.

Advocate for global policy change: Lasting change occurs when menstrual health is prioritised and integrates regional, national and international policy goals.

Board of Trustees Report

Wow ! What a year it has been. I was delighted to find myself with the time to commit to taking on the Chair of the Board role at the beginning of this year. Whilst I had been a Board member for a couple of years, taking on this role has truly been transformational for me as it has allowed me to see firsthand (1) the hard work and passion of our fabulous volunteers; and (2) the impact of your work through the eyes of the young women and girls who receive our kits. I owe an enormous debt of gratitude to Mariama, whose giant shoes I stepped into.

I had the great pleasure of meeting many of you at this year's Annual Conference in Cardiff on the 13th April. It was my first time meeting face to face with the volunteer community. The meeting provided the opportunity to hear from our partners at HALO and Hub Cymru Africa , Molly Fenton and to link in with members of the DFGI team. Volunteers asked insightful questions and the day's success underscores the importance of face to face connections. We are planning to run the Annual Meeting every two years and I look forward to helping build the programme for early 2026.

I had the double pleasure of meeting the team again on the 30th November at the UK Leadership team meeting in London. We focused on building DfG's Strategic Plan, which we look forward to sharing with you in early 2025. Growing our reach, our partnerships, our advocacy efforts and meeting our regular operating costs, both internationally and within the UK, requires further funding - including charging our partners for kits. As we did with our HALO funding this year, we hope to be able to pass a portion of the money we receive back to the volunteer teams to help with postage and help lighten the load on your local fundraising requirements.

The absolute highlight of the year was my trip with Delyth to Angola in September to distribute kits to young women and girls in Moxico province. The smiles on the girls' faces are testament to their delight with the kit. The distributions also highlighted to me the immense value of DfG's education programme. It truly is groundbreaking and is bringing invaluable knowledge on menstrual health and hygiene to both young girls and boys. Huge gratitude to our local partner, ANAH. The visit highlighted the criticality of building trusted on-the-ground partnerships, to help both with supporting self-sustaining local teams and building lasting relationships with local government - the importance of this advocacy work should not be underestimated.

Like the volunteer base, the Board is very agile and we continue to recruit new talent that embodies DfG UK's goals and brings needed skill sets. We spent significant time this year reviewing our operating policies and procedures to ensure that they remain fit for purpose and remain in line with changing regulations. We have recently welcomed a new Treasurer in training. At Board level, we are still looking for a qualified accountant to assist with our annual reporting requirements. The UK Leadership team remains in need of a social media coordinator and always welcomes conversations to bring more advocacy volunteers on board. If you are interested, or know someone who may be, please reach out to Delyth or myself.

I am delighted with the progress of the charity this year. A huge thank you to Delyth for her infectious leadership, to Dorry, Linda and Rosie for their unwavering dedication - and to all of you. This work cannot be done without you. Thank you. My door is always open - please do not hesitate to contact me -

chairuk@daysforgirls.org.

To a wonderful 2025 !

All best,

Amy Barklam

Chair of the DFG UK Board



UK Country Coordinator's Report for the period June 2023 to December 2024

I appreciate your patience while waiting for my first official UK Country Coordinator report.

I want to thank all volunteers, the Leadership team, partners, donors, and The Board for their unwavering support over the last 18 incredibly busy months.

My role began in June 2023, and I must express my thanks to all of you who sent messages of support and to the Board for their confidence in appointing me. I would also like to express my best wishes to Mariama Ifode-Blease, our previous Chair, who spent much of her time mentoring me in my first steps.

My work began in June 2023 when we prepared a massive distribution of over 550 kits for our partner, the Associação Nacional de Ajuda Humanitária (ANAH ANGOLA), for September 2023. The full country report is available upon request. This was followed very swiftly by the request for 1500 DFG kits for our new partner, The Halo Trust. The Halo Trust is a landmine clearance charity, and it works in many countries worldwide to remove the explosive remnants of war, along with weapons and ammunition amnesty projects, conservation projects, and emergency and disaster relief.

This sponsored partnership saw us continue our work with the Trust over the last 12 months and will continue into 2025. We look forward to the last 450 kits being delivered to their team of women in Sri Lanka.

All of our projects, large or small, are important to us, and their impact is life-changing. Every Ambassador for Women's Health session builds the legacy of menstrual health education and impacts not only the direct beneficiary but also the community.

In April 2024, we had our Conference in Cardiff, and over 40 delegates attended. Our speakers included Molly Fenton BcaH from Love Your Period, Claire O'Shea and Isimbi Sebageni from the Hub Cymru Africa team and Lucy Reeves from The Halo Trust.

In addition, we were joined remotely by the wonderful Diana Nelson and Katy Jones from Days for Girls International.



The Sewing teams were kept busy all year and a short report on the kits produced and distributions can be found below.

This year also saw the beginning of a new initiative to train sewing teams in both Angola and the Republic of Guinea. The Handspark Trust made the setting up of the Sewing team in Angola possible, and our partners URBOND sponsored the establishment of the sewing team in Guinea. These two projects enable local women to sew washable shields and liners in their own communities and provide a sustainable solution to growing demand. We continued to build our partnership with The British Embassy in Angola by supporting the distribution of kits by the Ambassador and embassy staff to medical students at the University of São Tomé and Príncipe.



Our work in São Tomé and Príncipe will continue in 2025, as a result of a grant award in November 2024.

I visited our partners The Halo Trust in Menongue, Angola in July 2024 to see the distribution of kits to the teams and hold Q&A sessions about their use, as some of the teams had already been using the kits for two months when I arrived. The responses were positive and the members of staff value the gift of the kit by their employers, The Halo Trust, in supporting their menstrual health.

In September 2024, I returned to the Moxico province of Angola with the wonderful Chair of the Board, Amy Barklam. We spent the week with our partners ANAH Angola establishing the sewing team in Luena, distributing 230 DFG kits to schoolgirls in Camanongue, and Amy took the opportunity to visit a minefield with our partner, the Mines Advisory Group (MAG). We would like to thank MAG Angola for their continued logistical support.

The Director of Education and the Director of Health for the province of Moxico, Angola have granted Days for Girls UK their permission to continue our work in the province in 2025. They have also made requests to expand the scope of our programme to include other community groups.

In October, our partner URBOND sponsored my visit to Guinea to set up their UK-operated sewing team in Dubreka. I would personally like to thank Ousmane Drame and Alec Chapman for enabling this visit and Maryam and the team of volunteers from the UK for looking after me. November 2024 saw us host our first in-person Leadership Team meeting in London, thanks to a donor-enabled venue. The meeting was attended by the Leadership team, our Chair, Amy, and our trustee, Connie. We also had a visit from Caterina Weller of The Halo Trust. This meeting focused on reviewing the last 18 months and initiating the strategic plan. It was a busy day but very worthwhile, and the Board is now actively considering next steps to further build on our success. As we bring the year to a close, we held one last event: the distribution of 200 hybrid kits in South Wales with our coalition partner, Love your Period. This is a part of the ‘Project Mislif Hapus’ campaign and will continue throughout 2025.

Delyth Pannett, UK Country Coordinator



Financials (from 1st January to 2nd December 2024)

Balance	Income/Expenditure
Opening Balance: £20,178.28	
	£48,374.64 Unrestricted donations, membership renewals & bank interest
	£12,246.41 Restricted donations
	Trading activities (Resource Shop) £7,605.94
	Expenditure: £27,980.90 (operating costs including staff costs, materials, postage & delivery costs)
Closing Balance: £40,572.02	

Who have we worked with this year



MANCHESTER
CITY COUNCIL



Agora Barcelona
International Boarding



Joining
Communities
Together



SMALLS
FOR ALL



DAYS FOR GIRLS
UNITED KINGDOM

THE
HALO
TRUST





CH>RITY CH>LLENGE

BELIEVE >> ACHIEVE >> INSPIRE





DAYS FOR GIRLS
UNITED KINGDOM



British Embassy
Luanda





UK CONFERENCE APRIL 2024



Our Conference was held in Cardiff Bay, and it was an incredibly busy day with ten sessions, including a Sewing workshop. Amy Barklam, appointed Chair In January 2024, opened the session and was followed by Rosie Plummer, who brought us our distribution numbers and upcoming distributions for 2024.

This was followed by our keynote speaker, Molly Fenton BcaH, who spoke about her work as the founder of Love Your Period and her work to promote menstrual health education. Subsequently, DFG UK and LYP formed a coalition to deliver the 'Happy Period Project/Project Mislif Hapus,' launched in Wales in October 2024.

Claire O'Shea from Hub Cymru Africa spoke about the importance of partnerships in creating global solidarity. Lucy Reeves from The Halo Trust spoke about their work clearing landmines, supporting conservation efforts, and providing disaster relief.

Isimbi Sebageni of Hub Cymru Africa talked about the impacts of FGM and breast ironing on women in East Africa.

We were also joined remotely by DFGI staff Diana Nelson, who talked about the impact of period dignity worldwide, and Katy Jones, who spoke on community partnerships.

A huge thank you to all our wonderful conference volunteers , sponsor PDB Wealth, speakers , Future Inns Cardiff and delegates.

Kits distributed in 2023/24

Country	Number of kits	Partner and date of distribution
Angola	540	ANAH ANGOLA September 2023
Guinea	100	URBOND October 2023
Tanzania	600	Action in Africa June 2024
DRC	25	Congo Children Trust 2024
Indonesia	224	Bukit Langwang Trust and Charity Challenge 2024
Angola, Iraq, Syria, Ethiopia, Somalia, Somaliland, Sri Lanka and Yemen	1500	The Halo Trust 2023,2024 and will continue into 2025
Botswana	25	Agora International Boarding School 2024
Cameroon and the Gambia	120	Big Ocean Women 2023 and 2024

São Tomé and Príncipe	100	The British Embassy Luanda 2024
Angola	230	ANAH Angola 2024
Wales	200	Project Mislif Hapus 2024
England	5 and 120 (2025)	The Happy Period Project

**Total number of Kits
distributed from June
2023 to December 2024 =
3669**



Alresford Hampshire 2023

Arnside Cumbria 2021

Atherton 2020

Barry 2021

Clun Valley 2021

Cuddington 2022

Dorchester 2023

Ealing 2020

Guildford 2022

Hexham 2023

Horsham 2020

Luena UK 2024

Malton 2023

North Herts 2021

Portsmouth UK 2024

Poulton 2023

Rutland 2021

Saltford 2020

Tonbridge Kent 2023

West London 2020

Wraysbury 2023

York 2024

A huge 'Thank you' to all our sewing teams for your hard work and support. You are amazing!

NON-DISTRIBUTING PARTNERS

A significant donation by Thermo Fisher Scientific has provided us with over 4,000 pants and 2,400 washcloths. The staff at the Paisley headquarters gave up their time to roll and pack pants for us again this year. A huge 'Thank you' to all of the team that have supported us.

ThermoFisher

SCIENTIFIC

'Smalls for All' has continued to support our teams with pants for distribution to our partners. This included the Distribution to The Halo Trust and ANAH.

SMALLS

FOR ALL

We also recieved support from Aspiga, who donated fabric and bags for Luena, Angola

THANK YOU!



Oner Active



Oner Active sponsored 230 kits this year for their Menstrual Health Awareness campaign. The remainder of the donation will provide for 270 girls in 2025. A huge 'Thank You' to Oner Active





DFG UK in action

These projects were made possible by the support of :

The Handspark Charitable Trust

Souter Charitable Trust

Oner Active

Kosmos Energy





Advocacy in Action



 **DAYS FOR GIRLS**
UNITED KINGDOM



The DFG UK Board





Our Leadership Team



We would like to thank Ella for her support and wish her well in the future

Every girl everywhere. Period.

Donations to support our work can be made by the following:



Donate to Days For Girls UK

Make donations and fundraise for Days For Girls UK with Give as you Live Donate.

♥ giveasyoulive



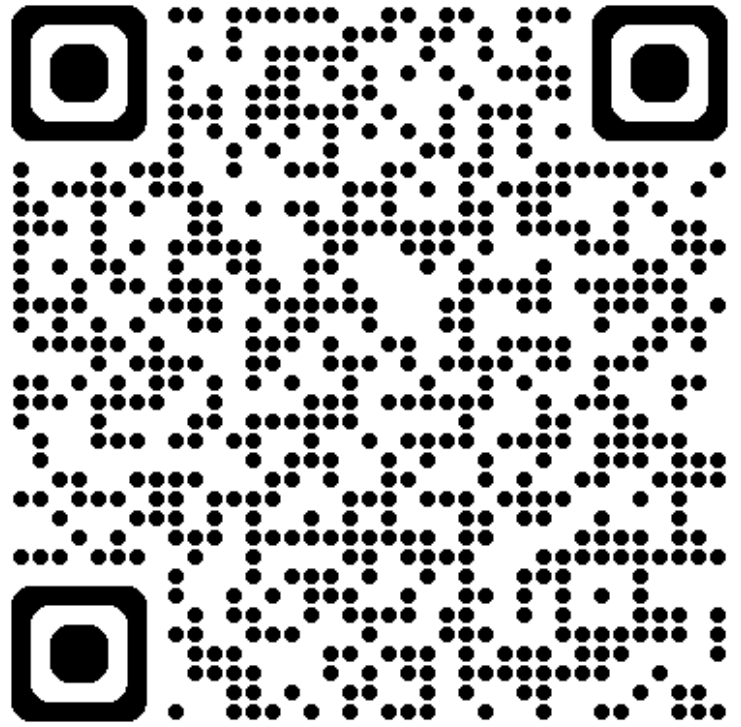
Help us to raise
free funds as you
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Days for Girls UK



 easyfundraising

<https://join.easyfundraising.org.uk/days-for-girls-uk/>



Donate or raise a monthly
donation via this QR code



 **DAYS FOR GIRLS**
UNITED KINGDOM

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