

2025 Annual Report

DAYS FOR



GIRLS

UNITED KINGDOM

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.

Letter from The Chair of the Board

It has been another wonderful year leading the DfG UK Board. I continue to be blown away by the dedication of our volunteers, led by the indomitable Delyth Pannett. I was so incredibly proud to see Delyth shortlisted for the Positive Role Model Award for Gender at the 2025 National Diversity Awards. There are a staggering number of worthy individuals nominated each year for these very high-profile awards, so to be shortlisted is an enormous achievement - and highlights the tireless work that Delyth (and DFG UK) is doing and the important changes she is making, both in the UK and internationally. A warm congratulations - and I know Delyth will share this accolade with her dedicated team of volunteers!

DfG UK was not light on awards for our work this year either. In April, Delyth and I had the great honour of attending the Centre for Economic & Leadership Development's London 2025 Global Power Women Awards, where we were presented with the Global Champion for Girls' Dignity & Menstrual Health Award. This has opened the door for further potential partnerships, with a particular emphasis on menstrual health education. I am delighted to see the recognition for our teams and it underlines the impact that DfG UK is having on the global stage.

Whilst sadly unable to make a return trip to Angola this year, I was delighted to hear about the highlights of the trip. Our work with our local partner, ANAH, is a true model for successful partnerships, and it is wonderful to see the inroads we are making with local government leaders. Delyth's trip to Guinea was equally impactful, and both trips demonstrate the importance of empowering local communities.

As Delyth highlights in her own words within this report, fundraising remains a challenge - not just for DfG, but all across the charitable sector, exacerbated by the pull-back in US aid funding. Add to this the backdrop of rising costs. The Board will be actively working on fundraising plans in 2026, both to attract new grant funding as well as to build new private sources of income.

This year, the Board appointed Neon Numbers as our independent accountants to ensure full transparency with our annual reporting requirements. The Board has said goodbye to two Trustees, our "treasured" Treasurer, Sarah, and former UK Country Coordinator, Phoebe . We thank them both for their commitment. A new Board appointment will be coming early in the New Year, and a warm welcome to Sanjana, who is now embedded in her new Treasurer role.

I want to end by expressing my sincere thanks to both Dorry and Linda. We are forever indebted to their tireless work on the Leadership team and I look forward to their continued stewardship of the Horsham team. Thank you again to all of you - I am very proud to be working with such an inspiring group of people!

**Amy Barklam
DfG UK Board Chair**



Amy Barklam, Delyth Pannett and Representatives of the Angolan Embassy at the House of Commons



**The Global Power
Women Awards
April 2025**

End of Year Report 2025

DFG UK Country Coordinator

2025 has been a year of significant progress and achievement for DFG UK, despite the challenges faced across the sector. Our teams have continued to demonstrate resilience, innovation, and commitment to advancing menstrual health and education both in the United Kingdom and internationally.

UK Project Delivery and Partnerships

At the start of the year, preparations commenced for the quarterly delivery of 200 hybrid kits to locations across Wales, following the launch of Project Mislif Hapus in October 2024. This initiative, developed in collaboration with youth-led advocates from Love Your Period, has provided essential menstrual kits and education to those in need.

In addition, we partnered with Irise in Sheffield to supply hybrid kits monthly to their Period Product Bank, strengthening our collective impact in addressing menstrual equity.

International Outreach

Our most extensive single distribution this year took place in Moxico Province, in partnership with Associação Nacional de Ajuda Humanitária (ANAH), where 779 kits were delivered alongside menstrual health education. School visits were attended by representatives from the Department of Social Services, who subsequently submitted a report to the Governor endorsing our programme.

We were honoured to meet Vice Governor Dr. Elizabeth, who commended our work with ANAH, and the Director of Education, who requested that distributions and education programmes continue. Schools involved have reported improved attendance among girls who received kits last year. Notably, Shadreck Nijamba, Director of ANAH, led the first menstrual education session for boys at Viera College, marking an essential step towards inclusive education.

In April, we delivered 50 kits to Syria with our partner O Pointe Per and 40 Kits to Burundi. Our menstrual health education programme continues in São Tomé and Príncipe. Internationally, requests for kit distribution continued, and we successfully delivered to nine countries during 2025. This achievement is particularly notable given the sector's reduced funding.

In November, I visited Guinea with our partner URBOND to support their girls' education programme. During the visit, over 500 girls received menstrual kits produced by the URBOND-sponsored team, accompanied by menstrual health education and advocacy sessions on Female Genital Mutilation (FGM) with both men and women. The Guinea team has since expanded its programme and intends to deliver kits to more than 2,000 girls in early 2026.

UK Distribution and Sewing Teams

Despite limitations in overseas distribution, our Sewing Teams maintained production throughout the year. By December, over 1,300 kits had been distributed across the UK. These teams, who self-fund and produce kits with remarkable dedication, remain the backbone of our operations, and we extend our deepest gratitude for their continued commitment.

This year also marked the retirement of two longstanding leadership volunteers after five years of service: the Resources Coordinator and Sewing Specialist. Their expertise and guidance have been invaluable, and they will be greatly missed. The Sewing Specialist role has since been filled by Liz, leader of the Dorchester Team, and we look forward to her contributions in the coming year. Additionally, the Resource Shop relocated to Hanworth, and we welcome volunteers interested in supporting its management.

Leadership and Advocacy

In the summer, Whitney joined the Leadership Team as Advocacy Coordinator, supporting youth advocates and events. In November, Lorna assumed the role of Social Media Coordinator. Together, they are planning a major advocacy event for Spring 2026, which will further strengthen our outreach and engagement.



UK Milestones and Community Impact

Reflecting on 2025, we celebrate numerous milestones and community achievements: The Cuddington Team reached a remarkable total of 2,001 kits produced since inception.

Teams across the UK continued to innovate in fundraising, including fabric swaps in Ealing and West London.

Inspiring feedback highlighted the transformative impact of our kits. For example, a student near Manchester reported that receiving a kit enabled her to attend classes, catch up on missed work, and ultimately graduate from her course.

Each kit distributed restores dignity and empowers individuals, creating lasting change in their lives and communities.

Looking Ahead to 2026

As we enter 2026, we anticipate another busy year with the continuation and expansion of our projects across the UK and globally. We remain committed to strengthening partnerships, advancing menstrual health education, and ensuring access to sustainable products for those in need.

Together, we look forward to building on the successes of 2025 and continuing this vital journey.

I want to extend my personal thanks to the Board, Our Teams, and Partners for their continuing support this year. My personal reflection of the mission is summed up in a photo I took in November, 'Every Girl, Everywhere, Period.'

Kind regards, Delyth Pannett



Income Opening	Amount Received	Expenses	Amount Paid
Balance	41796.92		
Unrestricted Funds, Resource Shop, Renewals & Bank Interest	13436.84	Operating Costs(Postage, Insurance, Fees, Staff Cost & Other Costs)	- 19275.1
Restricted Funds	5949.67	Trading Costs(Fabric Purchase)	- 6260.97
Total	61183.43		- 25536.07
Closing Balance			35647.36

End of Year Financial Report 202- from 1st January 2025 to 5th December, 2005

This year we saw increased operating costs as a result of increased NI contributions, postage, and fabric purchases to support our ongoing distributions. In addition, we moved the Resource shop to its new home in Hanworth, and this will incur a monthly charge in 2026.

All our Sewing Team members are self-funded, and we would be grateful for any financial support towards their costs.



Country of distribution	Number of kits distributed	Project or partner
Angola	889	ANAH Angola, O Mundo Ler and LIS
Wales	1102	Project Mislif Hapus 2024
England	180	The Happy Period Project
Syria, Burundi, Cameroon, The Gambia, Tanzania, Guinea	189	Various partners. Our partner URBOND distributed 500 kits, produced by their dedicated team.

Total number of Kits distributed in 2025= 2660



Project Mislif Hapus with our award-winning Youth-led collaboration partners 'Love Your Period'.



Part sponsored by PDB Wealth



Activities during the visit to the Moxico province, Angola, in July 2025. The kit distributions were sponsored by The Bishop of Aberdeen and Orkney Lent Appeal and Our Lady of Lourdes CPS, Birmingham. Thank you for being so supportive.





Interviewing recipients of kits at school in Luena.

Meeting with the Vice Governor of Moxico province, July 2025





URBOND visit - November 2025.

This visit included time with the Sewing Team and workshops on menstrual health and FGM. Many thanks to the URBOND Team for all their hard work and the continuing development of the Girls Education programme.



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.

The logo for Thermo Fisher Scientific, featuring the words "Thermo Fisher" in a large, bold, white sans-serif font, with "S C I E N T I F I C" in a smaller, spaced-out, white sans-serif font below it, all set against a solid red rectangular background.

‘Smalls for All’ has continued to support our teams with pants for distribution to our partners.

The logo for Smalls for All, featuring the word "SMALLS" in a large, bold, white sans-serif font, with "FOR ALL" in a smaller, bold, white sans-serif font below it, all set against a dark blue rectangular background.

We also received support from Aspiga, who donated fabric for Luena UK Sewing Team.

THANK YOU!

This year sees the retirement of two longstanding members of our Leadership Team. We want to thank them both on behalf of DFG UK and all the Sewing Teams they have supported over the last 5 years. They have been invaluable members of our team and we wish them all the best as they step back into their leadership roles of the Horsham Team. Thank you, Linda and Dorry!



Linda - Sewing Specialist - retiring Dec 2025

In 2017 I first heard about Days For Girls and was immediately struck that many girls were being denied their education and dignity. I felt that they deserved the very best chances in life, and felt inspired to immediately register as a Team. Since then, and having been joined almost immediately by Dorry, we have been happy to see the Horsham Team grow from strength to strength with a very committed team of volunteers.

I was invited to join the UK Leadership Team in 2020, taking on the role of Sewing Specialist jointly with Dorry. It has been such a privilege to serve, and I am so proud of the DFGUK organisation. We have all strived to make the best quality kits and I thank you all for your commitment to maintain our high standards. The girls and women we serve deserve the best.

In stepping down from the UK Leadership Team I am really looking forward to spending more time with the Horsham Team, and am looking forward to seeing how DFGUK continues to grow both in output and influence in our vital work.



Dorry - Resources Coordinator - retiring December 2025

In 2020 the role of Sewing Specialist became vacant. Having led the Horsham DfG Team since 2017, Linda and I recognised the importance of the role in providing training, upholding standards and ensuring a good supply of easily accessible and reasonably priced fabrics.

Linda and I volunteered to take on the role and split it between us so that Linda became the Sewing Specialist and I became the Resources Coordinator and the Resources Shop was subsequently born.

Since then, the Resource Shop has fulfilled 332 orders, and the shop has grown so that we now offer many useful items in addition to fabrics.

I have thoroughly enjoyed running the Resources Shop and being part of the leadership team, supporting Delyth and her predecessors and getting to know so many like-minded women from our wonderful, hardworking DfG UK teams.

I am looking forward to continuing my involvement with DfG UK by working with Linda to lead the Horsham team.



 **DAYS FOR GIRLS**
UNITED KINGDOM

Please send any photos of Sewing Team activities to uk@daysforgirls.org for inclusion in future publications.



Cuddington Team who have made over 2000 kits since they registered as a Sewing Team.



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 shop online

Days for Girls UK *Your paragraph text*



 easyfundraising

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

