

# GIRLS FLOW FREE 2021 ANNUAL REPORT

REGISTERED CHARITY NUMBER 1187570





## Executive Director's Message



Sophia Acheampong

Period poverty affects millions of girls and women globally. In Ghana, we work in communities where families struggle to make ends meet making period poverty a multidimensional social justice and health issue. At the latter part of 2020 and the beginning of 2021, we saw an increase in the demand for our services. This proved the extent of the effects of Covid-19 on vulnerable groups in deprived communities. The girls we support live in communities where poverty is prevalent and so the effects of the pandemic deepened their plight in accessing menstrual pads. There was an added challenge of accessing funding as a newly established and registered charity. This didn't deter us because our passion and commitment to the mission far outweighed the challenges. With the efforts of the Board, we ended 2020, not so much financially secured but with a fair financial grounding to the start 2021. 2021 was gloomy but we were optimistic with high hopes for the year. We embraced the challenges and prioritised the welfare of our girls first. So for example, our plan of building volunteer capacity through training and development was put on hold to focus on educating and providing menstrual pads for girls. In all of these, I am super proud of what we have achieved together in 2021. There hasn't been a time that menstrual health and hygiene education has been more important than now. The rise in poverty because of COVID-19 has consequences for gender-based violence, gender inequality, health and other gender-related inequalities. As a team, we have empowered girls to make informed decisions on their menstrual and sexual reproductive health as well as on gender-related social issues. My appreciation goes to Almighty God for his provision, the board of trustees, our volunteers, and our supporters for your continuous giving.



## Assistant Director's Message

2021 has been a challenging year for most small charities working abroad. In the aftermath of the pandemic and the unpredictable economic climate, Girls Flow Free has evidenced resilience as a newly established charity. The Board of Trustees have worked diligently to make sure the girls we support had supplies of menstrual pads and education to manage their periods in and out of school. Our volunteers in Ghana have been amazing. They worked through the pandemic in 2020 and in 2021, have harnessed support from their communities towards our work. There has been a real demonstration of communal spirit in the face of the challenges that 2021 brought. It has contributed immensely to the resilience of Girls Flow Free. It may be in our early days, but there is an Akan proverb that translates that, the success of a game can be predicted from the beginning. Thus, our beginning is an indication of where we are heading in the future. I have no doubt Girls Flow Free has the potential to grow and expand beyond what we are doing now in eradicating period poverty. It is a great charity to invest in and I am privileged to be part of an amazing charity doing life-saving work with girls in Ghana. Thank you for all your support in 2021.



Kwame Adu



# GIRLS FLOW FREE

## About Us

Girls Flow Free was founded in May 2019 and attained a registered status in January 2020. The mission of GFF is to eradicate period poverty to enable girls to reach their full potential. Girls Flow Free adopts a community-based approach to deliver menstrual health and hygiene education within a local context with consideration to cultural and ethical norms. Our menstrual health and hygiene education is comprehensive intersecting sexual reproductive health. Since 2019, GFF has supported 59 schools and educated over 5000 girls.

Our work addresses six of the global sustainable development goals

<b>3</b> GOOD HEALTH AND WELL-BEING 	<b>4</b> QUALITY EDUCATION 	<b>5</b> GENDER EQUALITY 
<b>6</b> CLEAN WATER AND SANITATION 	<b>10</b> REDUCED INEQUALITIES 	<b>12</b> RESPONSIBLE CONSUMPTION AND PRODUCTION 

[www.girlsflowfree.org](http://www.girlsflowfree.org)

7583  
Girls

1386  
Girls supported  
to complete  
Junior High  
School

17,707  
Pads  
Distributed





# Our Volunteers

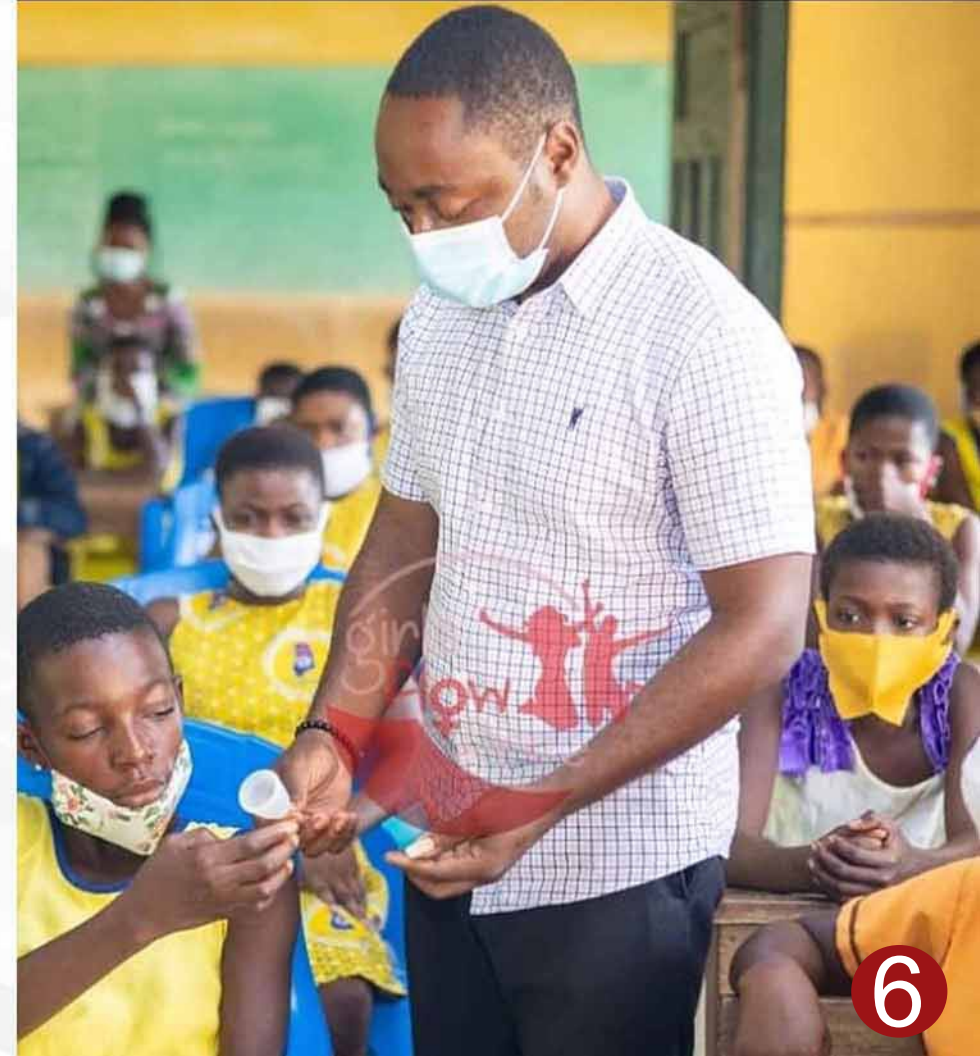
GFF is a volunteer-based organisation. We have a diverse pool of volunteers with the majority being qualified healthcare professionals and teachers. Our volunteers are at the centre of what we do. Most of our volunteers are locals from the communities we work. They are doing excellent work in their native language and with good local knowledge of their culture. On top of this and their qualifications, they are passionate about the mission of Girls Flow Free in achieving menstrual equity for girls. We are extremely blessed to have dedicated people giving their best to help girls thrive. Super grateful to our volunteers for their commitment throughout the year and their continued support





## The story of Emmanuel Akomeah

**“I am Emmanuel Akomeah. The volunteer coordinator for Asante Akyem in the Ashanti Region. I joined GFF in August 2020. Volunteering for Girls Flow Free is an opportunity for me as a man to destigmatise menstruation in my community. Menstruation continues to be a taboo topic. I felt joining GFF was the best way to let other men know that it is ok for men to talk about menstruation. I am an Electrical Engineer but I have volunteered with GFF logistics and pad distribution, and data collection.”**





## 2021 impact wheel

Government schools in Ghana reopened fully for the first time on Monday 18th January 2021 after the lockdown. The pandemic had eroded most of the work we have done with the girls as a result of staying home for almost 6 months, parental job losses and supply issues. In addition, class six girls had graduated to Junior High School, which many of them had not been educated on menstrual hygiene and health. Despite the challenges covid-19 posed, the team were dedicated and ready to prepare the girls after the pandemic on their return to school. In 2021, we added on 2 schools from the western region, taking the total number of school on our 5 year plan to with 13 schools in 5 regions.

### Beneficiary Schools:

1. Denkyemuoso Basic School
2. Techiman Basic School
3. Behenase cluster of schools
4. St Mary's Anglican Basic School
5. Dwase Methodist School
6. Kramokorm
7. Konongo MTI
8. Desert Pastures School
9. HimaKrom Basic School
10. St Marys Anglican School
11. Watreso D/A Basic School
12. Behenase Junior High School
13. New Amanful Basic School





It was all joy when we received our first ever grant of £1000 from Ghana School Aid to support the building of a WASH facility for Dimale in Northern Ghana. Our volunteer coordinator for the region, Emmanuel Grundow was pivotal in engaging the chief, the assemblyman and local tradesmen to come together to help in the building of the WASH facility. In less than 3 months, the facility was ready and was commissioned by our Executive Director. The WASH facility was purposely built for girls to improve girls' attendance in school and a safe place to change in dignity



Our flagship Shades of Red menstrual education programme would have been used to reach girls who are not on our 5-year plan. But Covid-19 made it impossible for us to bring girls from different schools together. Adopting to change, we used community-led organisations already working in menstrual hygiene and adolescent health to reach girls who needed our services most. We had a successful collaboration with the Adolescent Sexual Health Initiative (ASHI) in Central Region, Ghana, to educate 250 girls from Elmina, a fishing community





## The story of Cecilia Asomah from Behenase Cluster of Schools.

Cecilia had her menarche whilst we were in their school to educate them on menstrual health and hygiene. She wasn't aware she has had her first period whilst the education was ongoing. Cecilia narrated she felt the urge to go for a wee. It was when she stood up to use the toilet that one of the teachers saw that her uniform was stained with blood. Cecilia didn't appear nervous as it normally would have been for girls who don't have prior knowledge before their menarche. We gave her a pair of knickers and a pack of menstrual pads. Cecilia was taken to the toilet to change with help from a female teacher. The story of Cecilia evidences a real time intervention for girls' menstrual experiences and the need for this intervention. This is our biggest highlight for 2021!

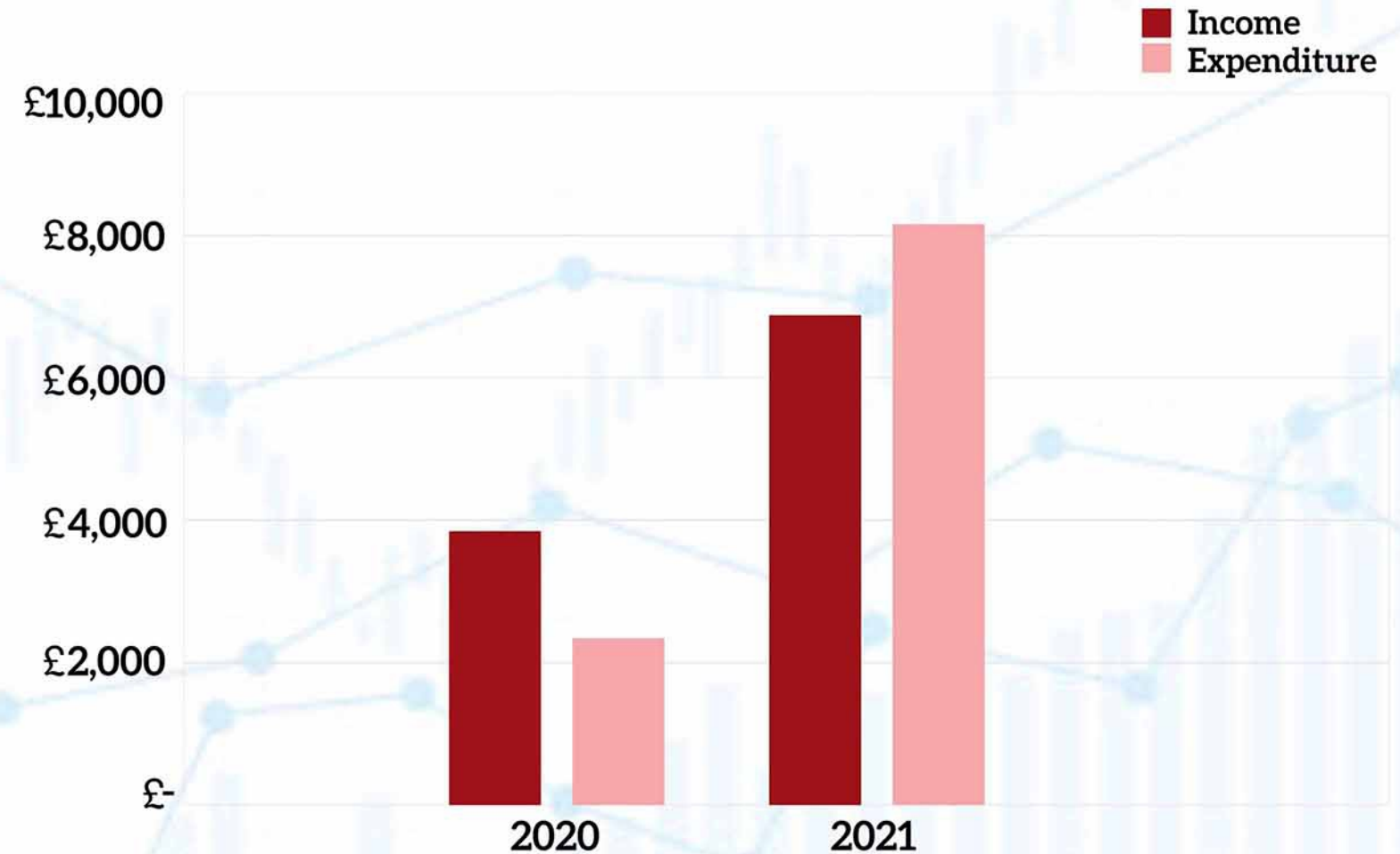




# Finances

## GFF Income & Expenditure

Our income is mainly from crowdfunding and a handful of supporters giving us monthly donations. It has been extremely difficult navigating the funding landscape as a newly established charity coupled with the effects of the pandemic. The efforts of the board of trustees in fundraising and their financial contributions have been phenomenal in getting us through 2021. Our financial policy ensures security and transparency between projects in the UK and Ghana. We minimise our running cost to maximize our income towards projects.





# Get Involved

We have made it possible for so many girls to have positive menstrual experiences because of the donations from our supporters. Thank you for the responses to our fundraising campaigns and your monthly donations.

Period poverty is a global health issue and in Ghana where most people struggle to afford daily necessities, it is a real challenge for girls. No donation is too small to provide girls with dignified periods. Your donation gives them a supply of menstrual pads to help prevent urinary tract infections, transactional sex, unplanned pregnancies, gender-based violence and sexually transmitted diseases. Access to menstrual pads will also help girls not to miss school when menstruating, increase educational attainment, promote self-confidence and increase overall future chances.

With a dedicated board of trustees and committed volunteers, with your involvement, we can make a lifetime difference to the lives of girls in Ghana.





Leaving a legacy in your will as a gift to positively shape the future of girls will create a generational impact. If you wish to leave a gift in your will for us, kindly contact us for ways to achieve this wish.

You could also do a salary sacrifice or recommend us to your Human Resource Department for corporate sponsorship.





# Fundraise For Us

You can organise fundraising events for Girls Flow Free on your special day like a birthday. There are other International days in the year that celebrates girls and women empowerment. On these days, you can fundraise for us to promote the mission of Girls Flow Free.



**Examples of noticeable dates are**

- International Day of the Girl, 11th October,
- International Day of the African Child, 16th June,
- International Women's Day, 8th March.
- International Volunteers Day, 5th December.
- International Day for the Elimination of Violence Against Women, 25th November.
- Menstrual Hygiene Day, 28th May.
- World Day Of Social Justice February 20th

# Regular Donations

You can do monthly donations by setting up a standing order or direct debit with the details below

**HSBC BANK**

**SORTCODE: 40-33-33**

**ACCOUNT NUMBER: 72731908**





# Volunteer With Us

We are a volunteer-led organisation. Your knowledge, expertise and time will make an invaluable contribution to our team.



Email: [Girlsflowfree@gmail.com](mailto:Girlsflowfree@gmail.com)  
Website: [www.girlsflowfree.org](http://www.girlsflowfree.org)

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 [Girlsflowfree](#)

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**GIRLS FLOW FREE**

**FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED 31<sup>st</sup> December 2021**

**CHARITY NUMBER: 1187570**



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# **GIRLS FLOW FREE**

## **LEGAL & ADMINISTRATIVE DETAILS**

**YEAR ENDED 31 December 2021**

### **ADDRESS FOR CORRESPONDENCE**

3 BROUGHBRIDGE  
OAKHILL  
MILTON KEYNES  
MK5 6FY

### **REGISTERED CHARITY NUMBER**

1187570

### **GOVERNING DOCUMENT**

CONSTITUTION  
ADOPTED 22/04/2019

### **TRUSTEES/ DIRECTORS**

SOPHIA ADWOA ACHEAMPONG  
VIDA GYAMFI  
ADELL AMA KORANTENG  
KWAME ADU  
JENNIFER OTOO

### **PRINCIPAL BANKERS**

8 CANADA SQUARE  
LONDON  
E14 5HQ

### **INDEPENDENT EXAMINER**

DKA ACCOUNTING LTD  
EAST WING CASTLE HOUSE  
DAWSON ROAD  
MILTON KEYNES  
MK1 1QY



## **TRUSTEES' REPORT**

The trustees are pleased to present their report for the year ended 31st December 2021 for the charity Girls Flow Free with charity number. 1187570

The Trustees of the charity are:

SOPHIA ADWOA ACHEAMPONG

VIDA GYAMFI

ADELL AMA KORANTENG

KWAME ADU

JENNIFER OTOO

The principal address of the charity is:

3 BROUGHBRIDGE

OAKHILL

MILTON KEYNES

MK5 6FY

### **Structure, Governance and Management**

The Charity governing document is a constitution that was approved on 22/04/2019. The Charity is governed by a board on which the trustees are represented. It meets regularly to review, plan activities and monitor the charity's financial position.

### **Objectives and Activities**

To relieve the poverty of women and girls, living in Ghana, by providing such persons with sanitary items and related products which they could not otherwise afford through lack of means. To advance the education of the public, and particular people living in Ghana, on sexual reproductive health and menstruation.

### **Achievements and Performance**

Period poverty affects millions of girls and women globally. In Ghana, we work in communities where families struggle to make ends meet making period poverty a multidimensional social justice and health issue. At the latter part of 2020 and the beginning of 2021, we saw an increase in the demand for our services. This proved the extent of the effects of Covid-19 on vulnerable groups in deprived communities. The girls we support live in communities where poverty is prevalent and so the effects of the pandemic deepened their plight in accessing menstrual pads. There was an added challenge of accessing funding as a newly established and registered charity. This didn't deter us because our passion and commitment to the mission far outweighed the challenges. With the efforts of the Board, we ended 2020, not so much



financially secured but with a fair financial grounding to the start 2021. 2021 was gloomy but we were optimistic with high hopes for the year.

We embraced the challenges and prioritized the welfare of our girls first. So for example, our plan of building volunteer capacity through training and development was put on hold to focus on educating and providing menstrual pads for girls. In all of these, I am super proud of what we have achieved together in 2021. There hasn't been a time that menstrual health and hygiene education has been more important than now. The rise in poverty because of COVID-19 has consequences for gender-based violence, gender inequality, health and other gender-related inequalities. As a team, we have empowered girls to make informed decisions on their menstrual and sexual reproductive health as well as on gender-related social issues. My appreciation goes to Almighty God for his provision, the board of trustees, our volunteers, and our supporters for your continuous giving.



# **INDEPENDENT EXAMINER'S REPORT**

## **Financial Review**

The income of the charity was **£9,176** for the period. The charity is also well positioned to manage its costs effectively.

## **Reserve Policy**

It is the policy of the charity to maintain unrestricted funds. These are the reserves of the organisation and equivalent to 3 months of unrestricted expenditure. The aim is to ensure there is adequate funds to cover any emergency expenditure that may arise. They will seek to maintain this level throughout the year.

## **Risk Management**

The charity has assessed all the major risks to which the charity is exposed to, in particular those related to operations and finances of the charity and are satisfied that systems are in place to mitigate exposure to major risks.

## **Trustee Responsibilities**

Under the Charities Act 2011, the trustees are required to prepare a statement of accounts for each accounting year which gives a true and fair view of the state of the church. They are required to:

1. Select suitable accounting policies and apply them consistently.
2. Make judgements and estimates that are reasonable and prudent.
3. State whether the applicable accounting standards have been followed.
4. Prepare financial statements on an ongoing basis.

They are responsible for keeping proper records which disclose with reasonable accuracy the finances of the church at any time and to ensure that such accounts comply with the Charities Act 2011. They also have a responsibility to safeguard the assets of the church and to take reasonable steps to detect fraud or other irregularities.

This report of the charity for the year ended 31<sup>st</sup> December 2020 relates to the Receipts and Payment Account.



## **Respective responsibilities of Trustees and examiner**

The charity's Trustees consider that an audit is not required for this year under section 43(2) of the Charities Act 1993 (the Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts (under section 43 of the Act)
- follow the procedures laid down in the General Directions given by the Charity Commission (under section 43(7)(b) of the Act); and
- state whether particular matters have come to my attention.

## **Basis of the independent examiner's statement**

My examination included a review of the accounting records kept by the charity. It included consideration of any unusual items or disclosures in the accounts and seeking explanation from the Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the accounts.

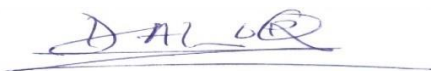
## **Independent Examiner's statement**

In the course of my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that, in any material respect, the Trustees have not met the requirements to ensure that:

- proper accounts records are kept in accordance with section 41 of the Act; and
- accounts are prepared which agree with the accounting records and comply with the account requirements of the Act; or

2. to which in my opinion attention should be drawn in order to enable proper understanding of the accounts to be reached.



**DAVID AKAKPO MA (FAM), ACMA, CGMA**



# RECEIPTS AND PAYMENTS ACCOUNTS

FOR THE YEAR ENDED 31 DECEMBER 2021

	2021 £	2020 £
<b>INCOME</b>		
Donations	9,176	4,006
<b>Total Income</b>	<b>9,176</b>	<b>4,006</b>
<b>EXPENSES</b>		
Donations in kind	1,418	200
legal and professional fees	360	240
Office/General Administrative Expenses	413	497
Printing, Postage and Stationery	34	904
Purchases	217	598
Training	-	5
Advertising/Promotional	83	-
Charitable contribution	2,348	-
Computer Costs	339	-
Raising funds	56	-
Shipping	1,295	-
Travel and Accommodation	2,464	-
Miscellaneous Expenses	-	-
	<b>9,026</b>	<b>2,444</b>
Net Surplus for the year	150	1,562
Funds in hand at 31 December	1,562	-
	<b>1,713</b>	<b>1,562</b>
The funds in hand are represented by		
Cash at bank and in hand	<b>1,713</b>	<b>1,562</b>

The receipts and payment accounts was approved on

06/Jan/2022

**SIGNED ON BEHALF OF THE BOARD BY:**

NAME:

**SOPHIA ADWOA ACHEAMPONG**

STATUS

**TRUSTEE**