



Annual Report 2024



MESSAGE FROM CHIEF EXECUTIVE



**SOPHIA
ADWOA ACHEAMPONG**
Founder and Chief Executive

CELEBRATING OUR IMPACT 2024

We are excited to present the Girls Flow Free 2024 Impact Report, highlighting another year of bold strides in promoting quality and inclusivity in Menstrual Health and Hygiene.

Thanks to our invaluable donors and supporters, we were able to distribute 18,424 pieces of disposable pads to women and girls in Ghana and Milton Keynes. 1000 dignity menstrual kits to adolescent girls across Ghana in 2024! This translates to a lot more women and girls being able to experience menstruation in dignity.

We sincerely appreciate all our partner schools in Ghana and organisations in Milton Keynes who are working alongside us to promote comprehensive menstrual hygiene education and eliminate period poverty for women and girls. Driving on our mission to help every girl reach their full potential, we are hopeful our community-based approach and involving boys and men in the discourse on menstruation would enable far more reaching impact in 2025!

Sincerely,
S. Adwoa Acheampong
Founder and Chief Executive



ABOUT US

Girls Flow Free was founded in May 2019 and attained registered status in January 2020. With strong inclusion and equality ethos, the vision of GFF is to eradicate period poverty to enable girls to reach their full potential. Girls Flow Free adopts community and rights-based approaches to deliver menstrual health and hygiene education within a local context with consideration of cultural and ethical norms. Our menstrual health and hygiene education is comprehensive intersecting sexual reproductive health. GFF is a volunteer-run organisation with professionals mainly from health, social care and education sectors both in Milton Keynes and Ghana.

OUR WORK ADDRESSES SIX OF THE GLOBAL SUSTAINABLE GOALS



OUR VOLUNTEERS

Girls Flow Free has 15 professionals with health and education backgrounds who are dedicating their time in Ghana and England to the vision





43,551
DISPOSABLE
PADS

3329
REUSABLE
PACKS

Since
2019

735
PERIOD
PANTS

3186
GIRLS TO
COMPLETE
JHS

12,886
GIRLS REACHED
COMPREHENSIVE
MENSTRUAL HYGIENE
EDUCATION

18,424
DISPOSABLE
PADS

1000
REUSABLE
PADS

In
2024

325
GIRLS TO
COMPLETE
JHS

1,500
GIRLS REACHED
COMPREHENSIVE
MENSTRUAL HYGIENE
EDUCATION



BENEFICIARY SCHOOLS 2024

- LEMPUSI JUNIOR HIGH SCHOOL-NORTHERN REGION
- MAKAYILI BASIC AND JUNIOR SCHOOL - NORTHERN REGION
- DENKYEMUOSO BASIC AND JUNIOR HIGH SCHOOL
- ASHANTI REGION
- ATWIMA TECHIMAN - ASHANTI REGION
- DUAYAW NKWANTA JUNIOR PRESBYTERIAN SCHOOL
- BONO REGION
- DUAYAW NKWANTA METHODIST SCHOOL
- BONO REGION
- EMMANUEL METHODIST SCHOOL ODUOM
- ASHANTI REGION
- BETHEL PRESBYTERIAN SCHOOL
- GREATER ACCRA REGION
- CENTRAL AGRIC JUNIOR HIGH SCHOOL - ASHANTI REGION
- ATWIMA KWANWOMA JUNIOR HIGH SCHOOL - ASHANTI REGION
- TECHIMAN PRESBYTERIAN JUNIOR HIGH SCHOOL
- ASHANTI REGION



MILTON KEYNES PERIOD POVERTY PROJECT

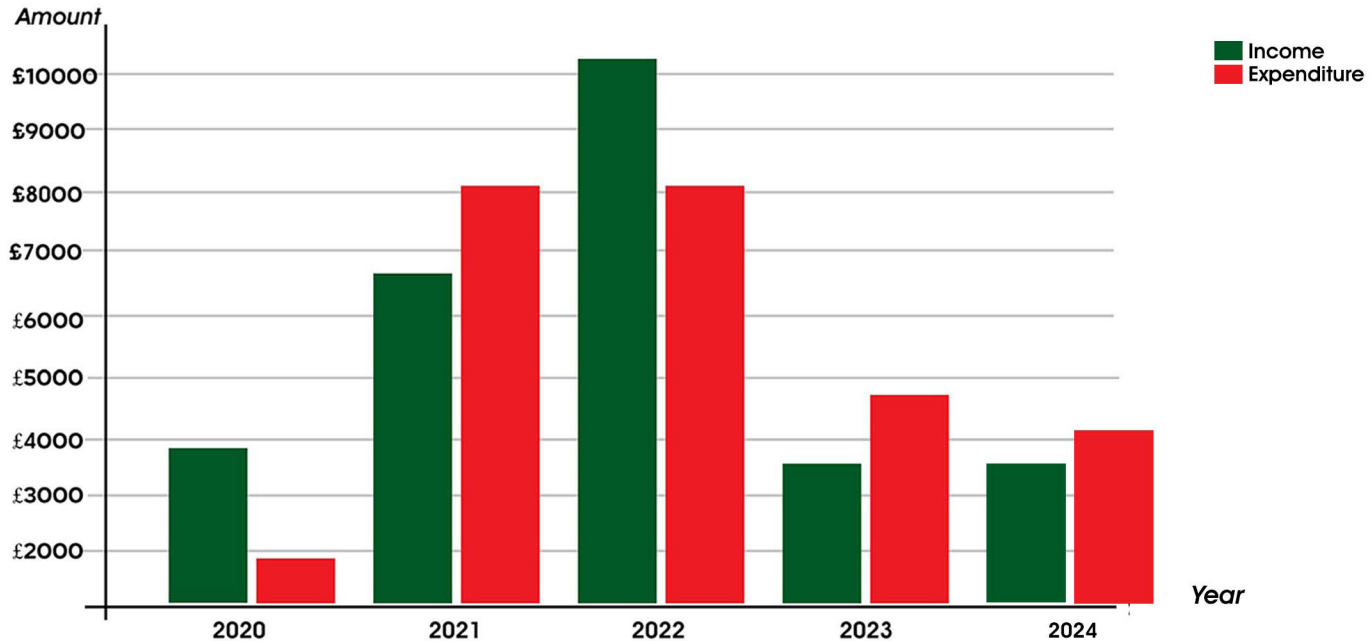
We continue to work with our partners in Milton Keynes to make period products accessible. On Menstrual Hygiene Day 2024, we held a week-long period exhibition at Milton Keynes Central Library. We received encouraging feedback from members of the public and library users. The exhibition was a strategic move to spark discussions on periods to reduce the stigma.



FINANCES

INCOME AND EXPENDITURE

Our financial policy ensures security and transparency between projects in the UK and Ghana. We minimise our running cost to maximise 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. No donation is too small to provide girls with dignified periods, prevent urinary tract infections, transactional sex, unplanned pregnancy, and sexually transmitted diseases. Access to menstrual pads would help girls not to miss school when menstruating, increase educational attainment, promote self-confidence, and increase overall future chances



FUNDRAISE FOR US

You can organise fundraising events for Girls Flow Free on your special day like your 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 elimination of violence against Women, 25th November
Menstrual Hygiene Day, 28th May
World Day of Social Justice, 20th February

REGULAR DONATIONS

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

HSBC BANK
SHORT CODE : 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

Website: www.girlsflowfree.org



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Girlsflowfree



girls flow free

FINANCIAL STATEMENTS

FOR THE YEAR ENDED
31st December 2024

CHARITY NUMBER: 1187570

GIRLS FLOW FREE

LEGAL & ADMINISTRATIVE DETAILS

YEAR ENDED 31 December 2024

ADDRESS FOR CORRESPONDENCE

Unit A17
Harben House
Tickford Street
Newport Pagnell
MK16 9EY

REGISTERED CHARITY NUMBER

1187570

GOVERNING DOCUMENT

CONSTITUTION
ADOPTED 22/04/2019

TRUSTEES / DIRECTORS

SOPHIA ADWOA ACHEAMPONG
VIDA GYAMFI
ADELL AMA KORANTENG
MAVIS DEBARGE- ENYIN

PRINCIPAL BANKERS

8 CANADA SQUARE
LONDON
E14 5HQ

INDEPENDENT EXAMINER

JUSTIN AMPOFO
9 Bywell Court
Kingsmead
Milton Keynes
MK4 4HE

INDEPENDENT EXAMINER'S REPORT

Financial Review

The income of the charity was £3,689 for the period (£1,595 - 2023). 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 31st December 2024 relates to the Receipts and Payment Account set out on page 10 of this report.

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.

JUSTIN AMPOFO (FCCA)

RECEIPTS AND PAYMENTS ACCOUNT

	2024	2023
INCOME	£	£
Donations	3,689	1,595
Total Income	<u>3,689</u>	<u>1,595</u>
EXPENSES		
Purchases - Pads	1,010	1,699
Donations in kind	-	-
Rent	2,000	2,000
Legal and professional fees	-	-
Office/General Administrative Expenses	401	429
Printing, Postage and Stationery	-	-
Training	-	-
Advertising/Promotional	-	-
Charitable contribution	-	-
Computer Costs	-	-
Office Furniture	-	-
Raising funds	-	-
Shipping	460	475
Travel and Accommodation	136	133
Miscellaneous Expenses	-	-
	<u>4,007</u>	<u>4,736</u>
Net (Deficit)/Surplus for the year	(318)	(3,141)
Cash Funds last year end	<u>598</u>	<u>3,739</u>
	<u>280</u>	<u>598</u>

The receipts and payment accounts was approved on
SIGNED ON BEHALF OF THE BOARD BY:



Sophia Acheampong