



PERIODS FOR HOPE

ANNUAL REPORT

2020



Contents

01 Introduction

02 Words from the Portfolios

04 Projects

05 Partners and Stakeholders

06 Challenges and Lessons



INTRODUCTION

ABOUT

Periods For Hope (PFH) is a student based NPO aimed at assisting adolescents and young women within Cape Town, South Africa. PFH's primary objective is to empower females through the provision of re-usable sanitary kits. PFH's secondary objective is to overcome stigma and address cultural norms and beliefs that exist pertaining to menstruation amongst adolescent males and females. Both these objectives are currently achieved through interventions executed at Cape Town high schools as well as sanitary kit donations.

OPERATING DURING THE COVID-19 PANDEMIC

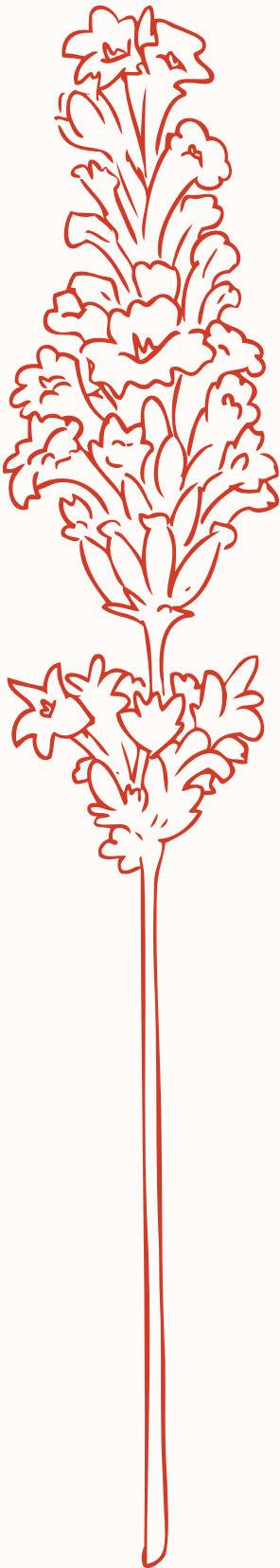
As a result of the pandemic, PFH's focus this year was directed towards sanitary kit donations and knowledge dissemination through the use of online platforms. PFH decided on new activities to execute while bearing the lockdown in mind.

These new activities focused on distributing sanitary kits and educational booklets to schools and shelters as well as hosting online workshops.

DONORS

This year, PFH received generous donations from various stakeholders and the organisation also hosted a Run For Hope campaign that succeeded in raising over R50 000, including a R10 000 donation from Bon Hotels. Luna Intimates, a women's lingerie brand hosted an event where a piece of lingerie was auctioned. The auction raised R4000 for PFH.

Finally, PFH also received a generous donation of R40 000 from the Otto Stehlik Foundation Trust for which the organisation is incredibly grateful. Due to the pandemic and being unable to run workshops, majority of the funding went to producing sanitary kits as well as educational booklets that accompany sanitary kits.



FUNDRAISING



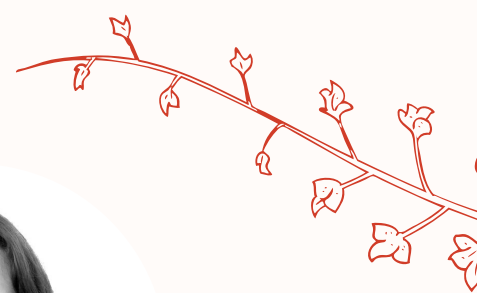
ANYA DU PLESSIS



CHRISTIAN STEHLIK

PFH had a successful year in terms of fundraising. With various challenges due to Covid-19, we decided to take advantage of technology and embrace the trend of virtual runs by introducing Run For Hope. The positive response received by this event was unbelievable and allowed us to provide 450 girls and women with sanitary kits. We also received a number of small and larger donations through staying active on social media and informing individuals how they can support our cause.

SOCIAL MEDIA



CISKE SMIT



GEORGIA FARRELL

Social media was approached with three objectives in mind:

- To create a brand identity that is constant and coherent across platforms from the website to social media.
- To gain a larger following on Instagram, our main social media platform.
- To increase social media traffic through exciting fundraising events (such as Run for Hope and the Women's Month Giveaway with Luna Intimates) hosted through Instagram.

We feel confident that achieving these objectives has elevated PFH's virtual presence.



LUCCA MUNNIK

PROGRAMMES

I am proud of PFH's achievements thus far and I believe the organisation has filled its 2020 commitments despite the chaos of COVID-19. PFH not only produced and donated over 140 kits this year but also established partnerships that allowed it to extend its reach and participate in various activities. This has strengthened our aim to create change and we look forward to what is to come next year.



BRONTE DAVIES

WORKSHOPS

This year provided the opportunity to adapt PFH's workshops to online platforms, granting capacity for further educational reach in the future. The online workshops were conducted in two sessions in partnership with grade 8 - 12 learners from Scalabrini Centre of Cape Town's UNITE programme. The workshop series explored reproductive health, sex- and gender differences, and promoted discussions around gender norms, violence, consent and healthy relationships.

For Women's Day, PFH hosted a social-distanced outdoor in-person workshop with grade 7 learners in Kalkfontein in partnership with the Dawn Philips Project.



JOSHUA SOBOIL

DEVELOPMENT

2020 was a fantastic year for PFH's development. Its reach increased tremendously with the help of new partners and donors. I believe PFH made a positive impact throughout 2020 which has also prepared us for future development.



PROJECTS

PROJECT ONE: WORKSHOPS SUMMARY

PFH hosted several workshops in 2020 where the organisation adapted its previous in-person workshops to suit an online platform. In order to gain a larger reach, PFH partnered with Scalabrini Centre of Cape Town to host workshops that focused on sexual health, gender-based violence, respectful relationships and menstruation. Topics were divided into two workshops. PFH also partnered with the Dawn Phillips Project to assist with their in-person workshop for women's month.

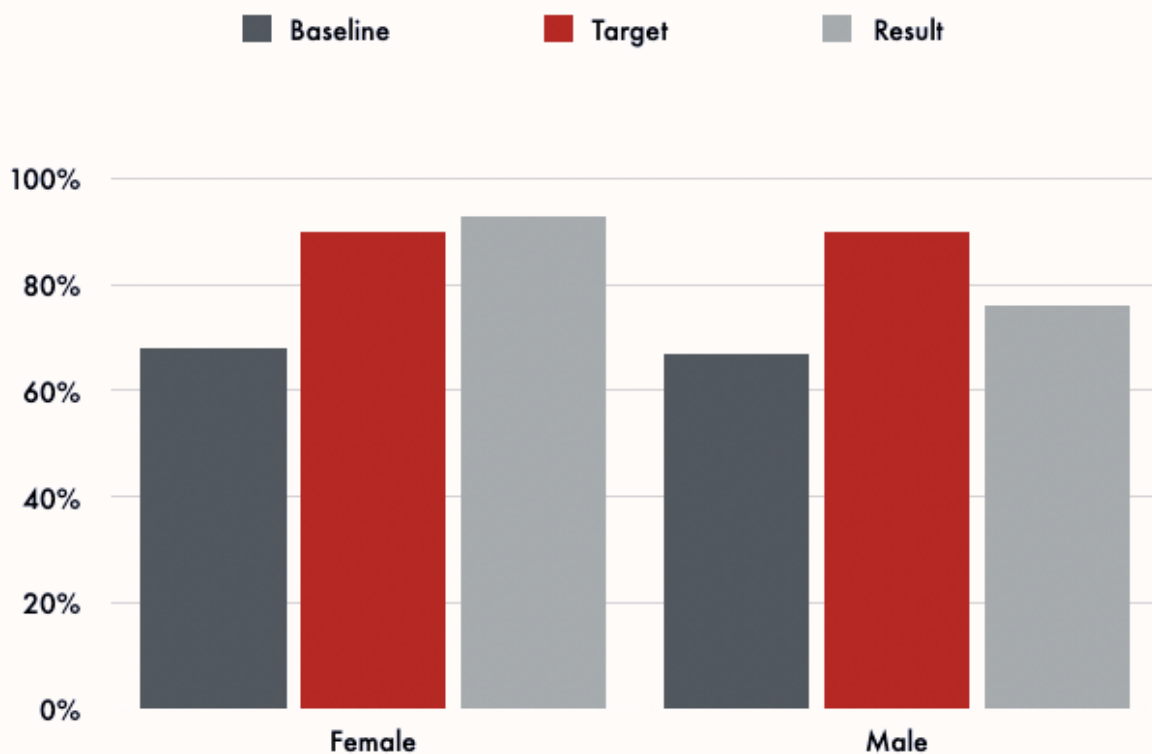
OBJECTIVES: To supply adolescent girls and boys with sexual health and gender-based violence knowledge.

DATES: August and September 2020

PROGRESS: Due to the COVID-19 pandemic, the workshops conducted this year were less than PFH had previously aimed for.

OUTPUTS: 50 girls and boys receive workshops.

TARGETS & RESULTS



Improved knowledge about menstruation and GBV amongst adolescents

PROJECT TWO: SANITARY KIT SUMMARY

In order to fulfil the objective of providing sustainable sanitary solutions to women and girls in need, PFH donated sanitary kits to various schools and GBV shelters. PFH partnered with Support a Saffa to provide women affected by GBV with sanitary kits and also partnered with BRAVE to donate kits to adolescent girls. Other kits were donated to various schools in the Western Cape and a rural community in the Eastern Cape.

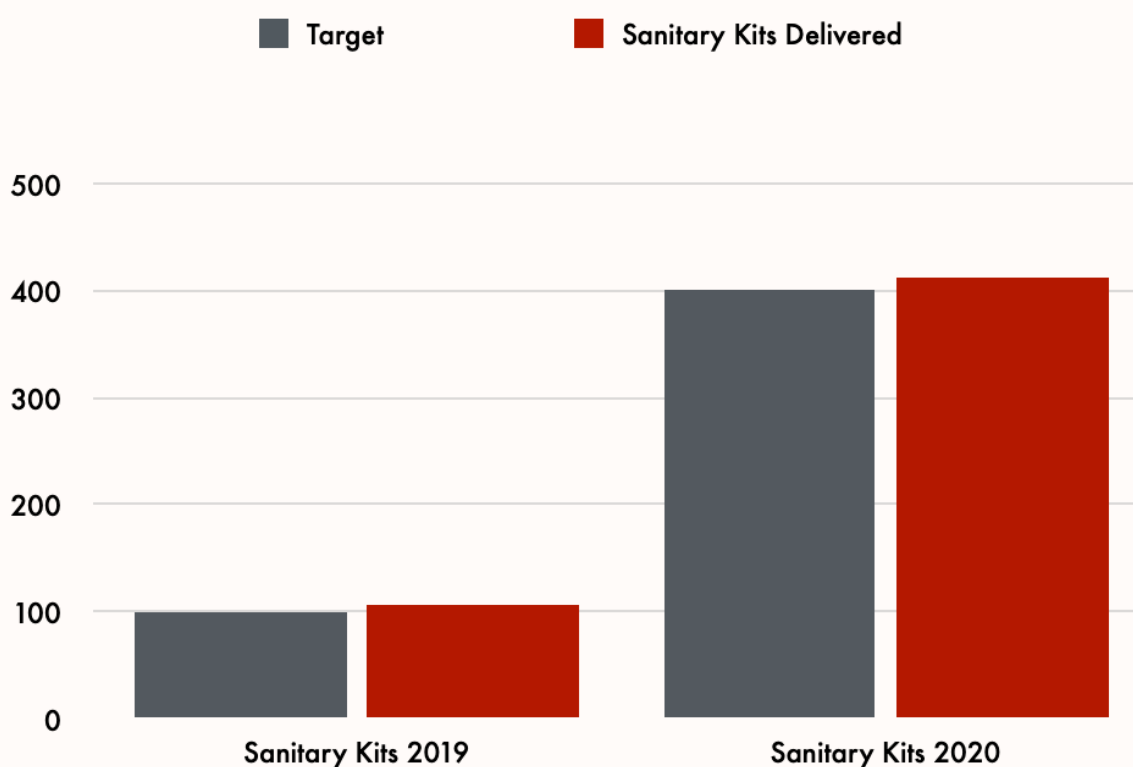
OBJECTIVES: To provide 400 young women and adolescent girls with sanitary kits.

DATES: Throughout 2020

PROGRESS: Despite some areas of production being slower than usual, 413 kits were donated to various shelters and schools. This extended our target of 400 by 13 kits.

OUTPUTS: 400 adolescent girls and women receive sanitary kits.

TARGETS & RESULTS



Sanitary kit delivery in 2019 and 2020

PARTNERS AND STAKEHOLDERS

SUPPORT A SAFFA

PFH had connected with Support a Saffa during the COVID-19 South African lockdown. The aim was to donate sanitary kits that would be distributed to various gender-based violence shelters.

SOUTH AFRICAN HISTORY ONLINE (SAHO)

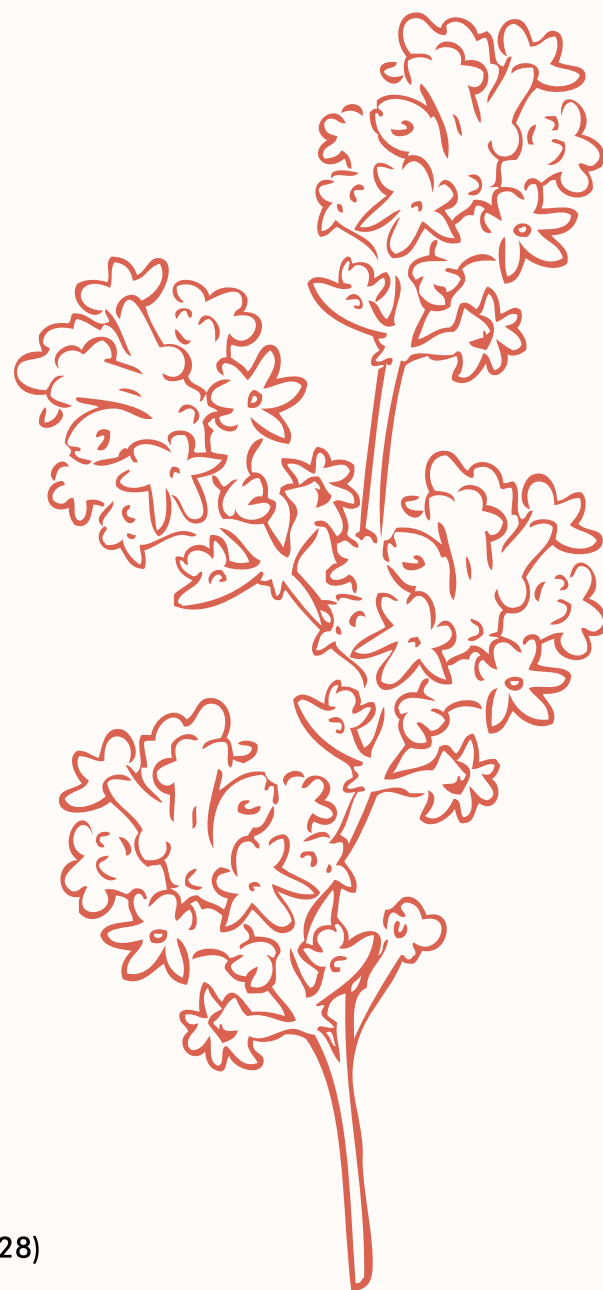
SAHO partnered with PFH to develop resource packs that aligned with the Life Orientation high school syllabus. These resource packs focused on Mental Health, Menstruation and Gender-based Violence and can be found on the [SAHO website](#).

SCALABRINI CENTRE OF CAPE TOWN

PFH partnered with Scalabrini to host online workshops for high school learners. These workshops were based on the in-person workshops PFH does, with topics on gender-based violence and menstruation.

DAWN PHILIPS PROJECT

PFH partnered with the Dawn Philips to host one in-person workshop for 20 high school learners in Kalkfontein for Women's Month. These workshops were based on menstrual and sexual health and hygiene.



CHALLENGES AND LESSONS

1. COVID-19 CHALLENGES

Despite its barriers, COVID-19 brought many opportunities for PFH to secure its reach and engage in various activities, including online workshops. However, due to COVID-19, it was impossible to host school in-person workshops.

2. WORKSHOP FEEDBACK

There were more learners that attended workshops than who completed the survey – this meant that the results are not completely accurate and are unrepresentative of the overall learners.

3. SANITARY KIT FEEDBACK

The COVID-19 pandemic made it difficult to receive feedback on sanitary kits. As a solution, PFH developed a M&E system that received feedback through phone usage. However, there were issues with this system due to beneficiaries' lack of access to cellphones and potential misunderstanding of how the system worked.

4. SANITARY KIT PRODUCTION

Kit manufacture was slow and this was as a result of external causes. PFH needs to identify a faster means of production to ensure donors are satisfied with outcomes.



A BIG THANK YOU

We would like to thank all our donors, partners and other stakeholders for assisting us throughout 2020.

Your support and encouragement has given us a chance to provide both sanitary kits, education and dignity to girls and women.








**Periods For Hope (226-728 NPO)
Cape Town, South Africa**

info@periodsforhope.org
periodsforhope.org
+27 71 0144 337



 @periodsforhope
 @periodsforhope
 @periodsforhope