

2023

periods for hope



# Annual Report

# About Us

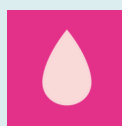
Periods for Hope is a Non-Profit Organisation (**226-728 NPO**) that focuses on addressing issues around menstruation, gender-based violence, teenage pregnancy, and period poverty. Our small team aims to create a world where women are empowered, where period poverty does not exist, and where menstruation is not taboo.



## Our Mission



Providing reusable pads to women and girls in impoverished communities.



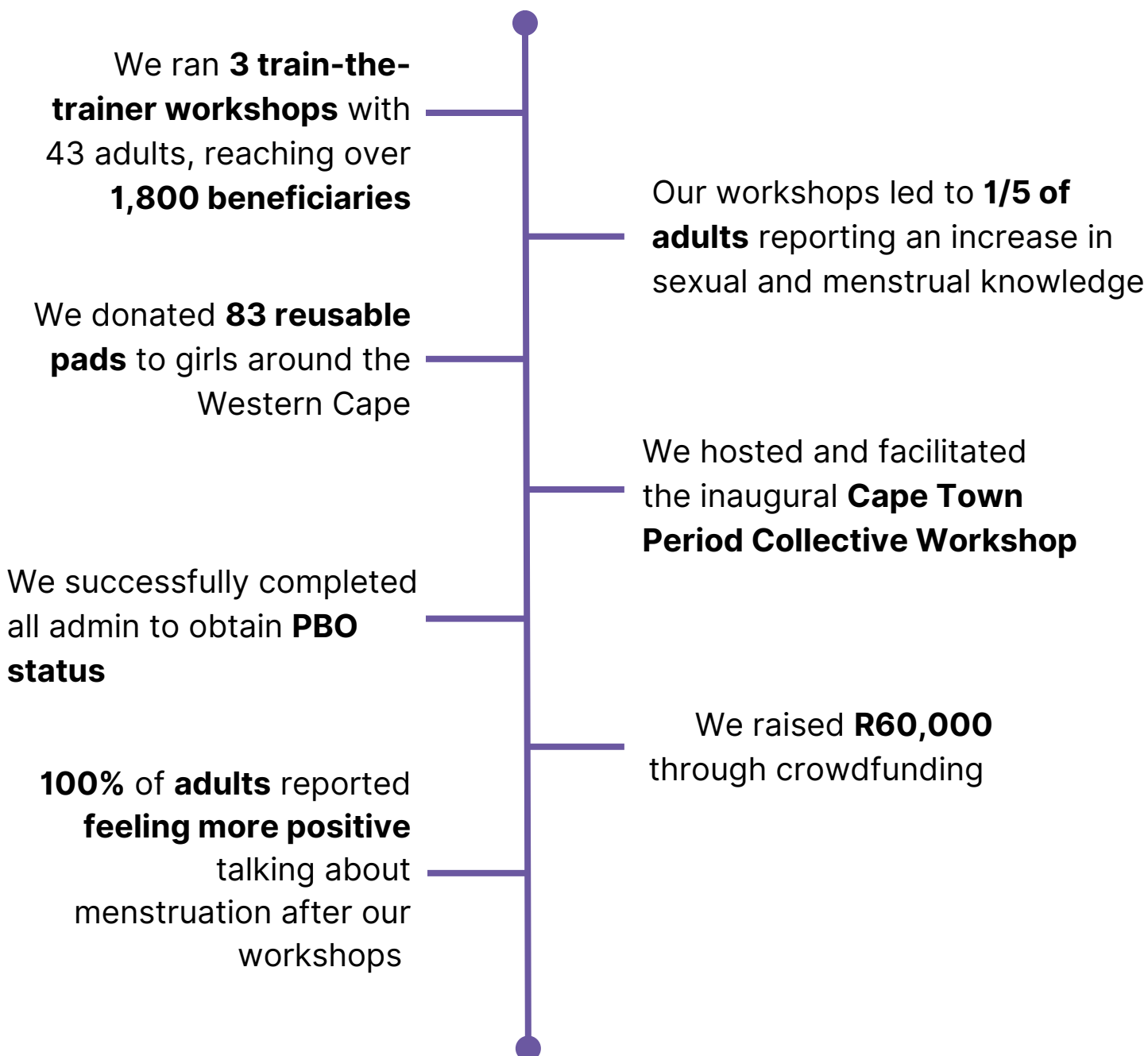
Educating people about reproductive and menstrual health with a primary focus on the link between these topics and gender-based violence.



Reducing the stigma around menstruation and empowering women and girls by promoting their sense of self-worth.

# A Year in Review

The past year has been another meaningful one for the Periods for Hope team. In many ways, it has been a year in which we have built foundations for the future. Our team is grateful to have had the opportunity to continue positively impacting the lives of those in our surrounding communities and to keep working to achieve our mission and vision.

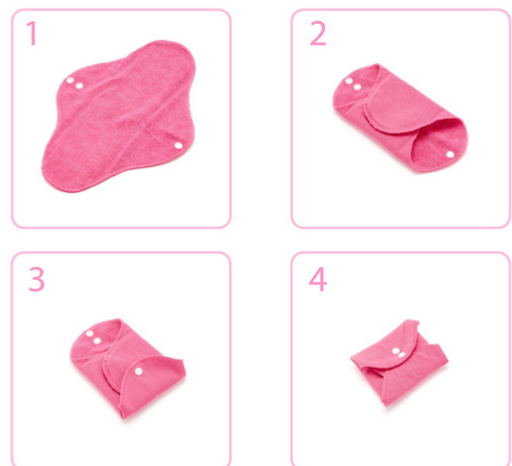


# Reusable Pad Kits

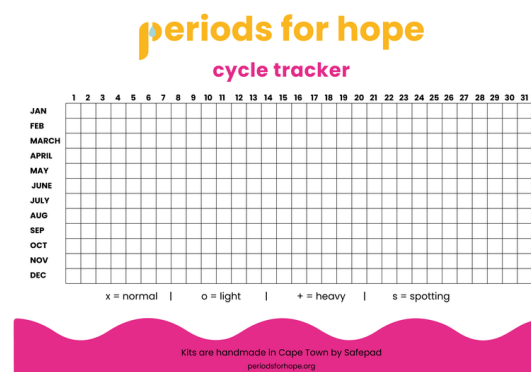
Periods for Hope chooses to procure and donate reusable pads from **SafePad**. Safepad's reusable pad contains an antimicrobial treatment which makes the pad self-disinfecting and helps keep it free of bacteria and fungus during use and after washing.



Each package contains **3 super day pads** (for lighter flow), **1 long night pad** (for heavier flow) and a storage bag. The sides of each pad (lined with a waterproof shield) clip together over the lining of the panty, in the same position of a normal pad. The pads can withstand approximately 100 washes, which equals a **lifespan of about 4-5 years**.



Periods for Hope also include a **period cycle tracker** in the donation kit, so that beneficiaries can **track their flow** and **pre-empt their next period**.



# Train-the-trainer workshops

In 2023, Periods for Hope focused on improving and expanding our **train-the-trainer educational model**.

In this approach, we **equip local leaders with the knowledge and skills** required for them to educate others in their own communities on menstrual and sexual health. In 2023, we ran **three** train-the-trainer workshops.



This is our preferred educational model moving forward, as we believe that it enhances both the **reach and sustainability of our work**.

In the sessions, we cover topics around **menstruation, teenage pregnancy, period poverty, and gender-based violence**. We also give the leaders **reusable pad kits** that they can distribute in their communities.



The train-the-trainer workshops have an additional focus **how to facilitate discussions** around these topics. We gave each adult a **Periods for Hope facilitators manual**, which was specifically designed as a resource to aid individuals who work with adolescents and young adults to guide discussions around menstruation and sexual health.

# Measuring Impact

To measure **basic menstrual and sexual knowledge**, we asked individuals a series of 11 true/false statements. For example:

- Period blood comes from the stomach
- Women can play sport and be active during their period
- Birth control and family planning can affect your period
- A girl is dirty or unclean during her period

The same statements are asked before and after the workshop, allowing us to measure the **short-term causal effects** of the workshop on menstrual and sexual knowledge.

In addition, individuals are also asked whether they believe that girls in their communities **miss activities during their period** and, if so, **how many days** they usually miss. After the workshop, individuals are asked about whether they believe that they **learned something** during the workshop, and whether they feel more **confident talking about periods**.



# Our Impact: Workshops

**43**

adults  
reached

**20%**

increase in sexual  
and menstrual  
knowledge

**100%**

feel more positive  
talking about  
menstruation

- On average, sexual and menstrual knowledge was **20% higher** after the workshops, compared to the pre-workshop questionnaire.
- **60%** of local leaders reported that **some girls in their communities miss sporting practice** because they are on their period.
- **100%** of the adults felt more positive about menstruation generally, and about talking about menstruation after the sessions.
- **100%** of adults reported that they learned something new during the workshops.
- When asked about the **most valuable thing they learned**, participants mentioned just talking about periods and vaginas, what to expect when one is on their period, that girls can play sport when on their period, as well as discussing different pads and how they are useful.

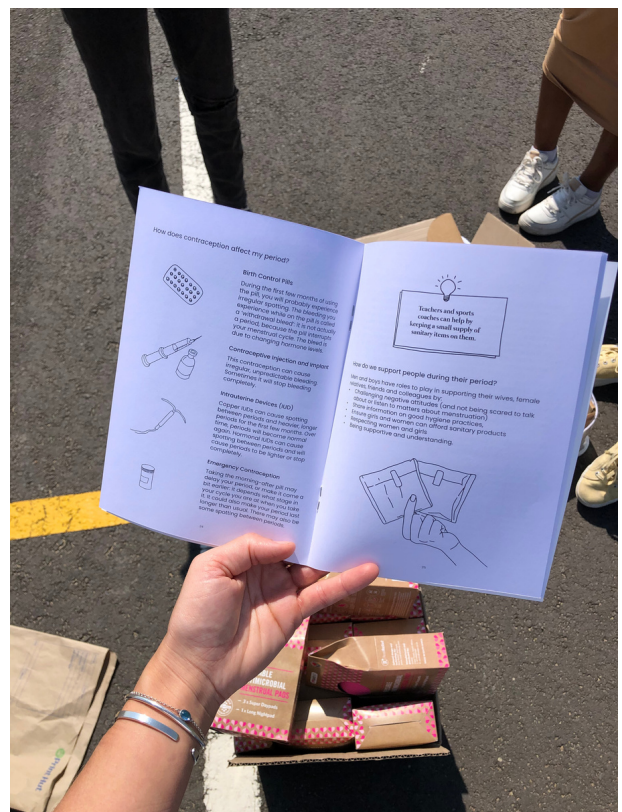
# Donations

In 2023, Periods for Hope donated **83 reusable pad kits** to girls around Cape Town. This marks a substantial decline compared to 2022 (down from 630).

The primary reasons behind the lower donations in 2023 were:

- **funding constraints**, with limited funds for pad kits in the first half of the year
- a shift in the focus from once-off donations towards developing our **train-the-trainer educational model**

In 2024, we hope to equip more local leaders with both knowledge through our train-the-trainer model, as well as sufficient reusable pad kits to satisfy the needs in their communities.





the Cape Town

# PERIOD COLLECTIVE

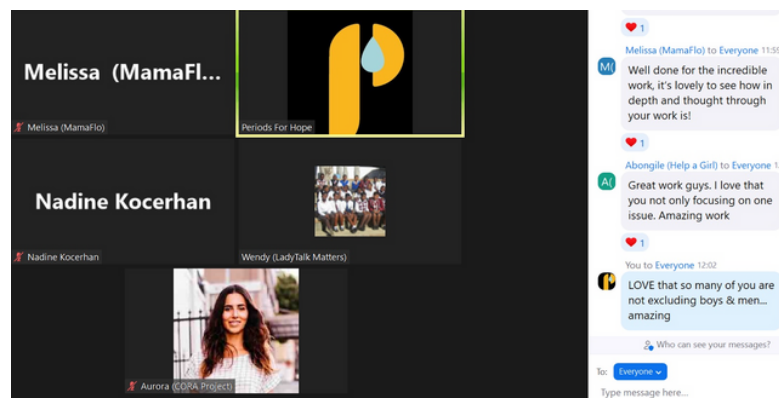
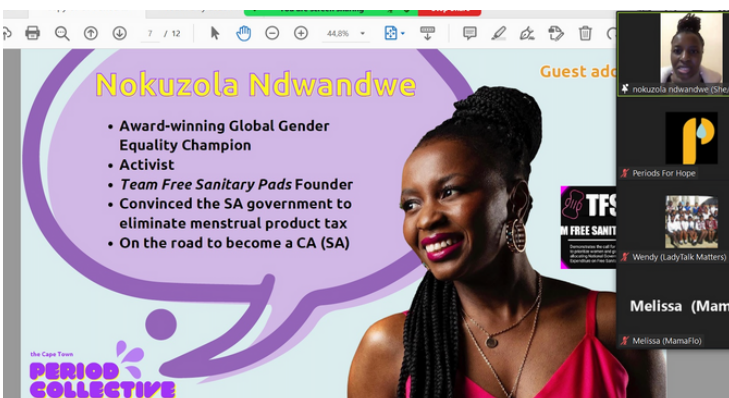
On Youth Day, 16 June 2023, Periods For Hope facilitated the **inaugural Cape Town Period Collective workshop**. The aim of the workshop was to **bring together** period poverty and menstrual health organisations from Cape Town and surrounds in a collaborative space that allowed them to reflect, share, learn, and ultimately, **strengthen their collective work** towards the common goal of eradicating period poverty and improving menstrual education.

Participating organisations included **Lady Talk Matters, the CORA project, Mama Flo, and Periods For Hope**.

The keynote speech was given by **Nokuzola Ndwandwe**, award-winning Global Gender Equality Champion and *Team Free Sanitary Pads* Founder.



As part of the workshop, period poverty organizations shared their wins and challenges, and discussed both major enablers and barriers to their work.

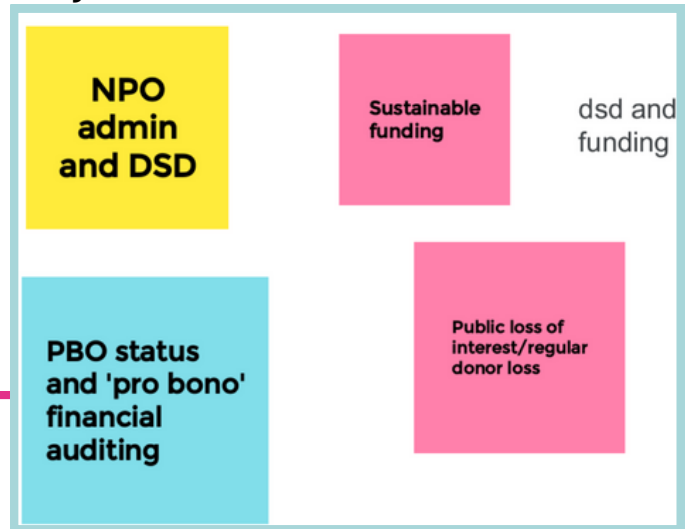


# Period Collective: Key Takeaways

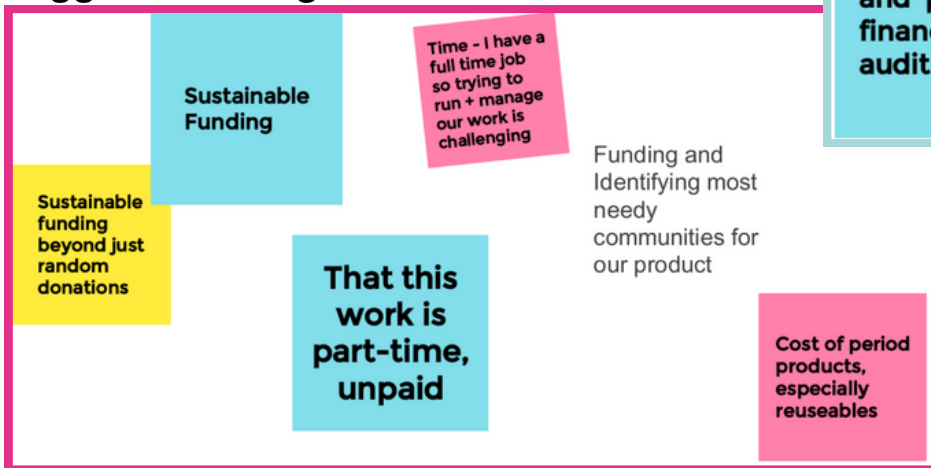
## What's working well?



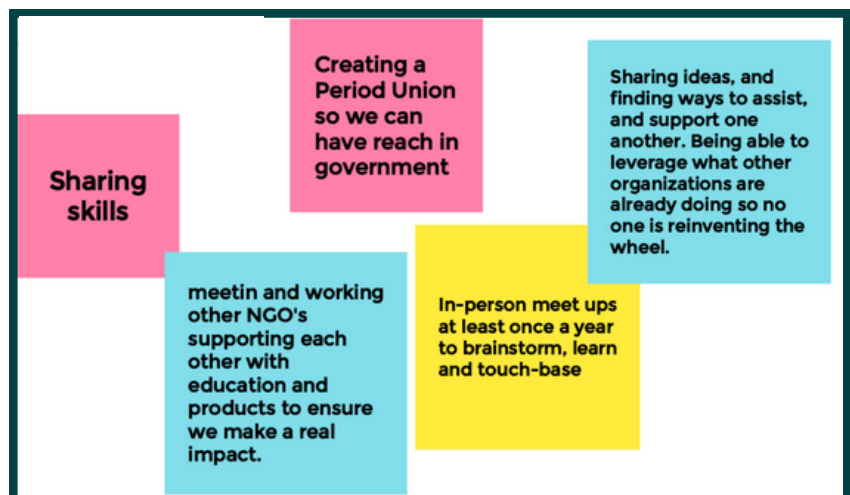
## Major barriers?



## Biggest challenges?



## What does a Period Collective look like?



# Fundraising

In 2023, Periods for Hope raised **R60,000**. The largest fundraiser was a **woman's day run in London**, organised by Kate Lynam. As part of this, individuals who participated in the run kindly donated their entry fees to Periods for Hope.

A special thanks must also be given to **Ares Management** who generously matched this donation.

In celebration of women's month, we also partnered with **Horizen Gym** (@horizenza) and **Mia du Toit** (@miadutoit) through an Empowered Through Movement day. This event focused on how we can use movement as an empowerment tool, as well as a guided workout at Horizen gym. All proceeds were donated to Periods for Hope.

It is only through your support and generous donations that the Periods for Hope team is able to do the work that we are so passionate about.

Thank you to everyone who donated and helped us with our goal of fighting period poverty.



# PBO status



in 2023, Periods for Hope successfully completed all of the necessary administrative steps to receive its public benefit organisation (PBO) status. This means that the organisation will soon be able to issue Section 18A receipts for **donations to be deductible from taxable income**. The PBO application is currently under final inspection at SARS, and we hope to receive **PBO status in early 2024**.

As part of this process, the Periods for Hope is now a **registered Non-Profit Corporation (NPC)** and has its own **tax number (9208851262)**.

In the meantime, we wish to highlight that Section 18A (tax deductible) receipts are approved retrospectively, so should Periods for Hope receive any donations before the PBO status is approved, **donors would be able to claim tax deductions on these donations**.

As we move forward into the new year, we are looking for **corporate partners to help us further our mission**. If you or your company is interested in partnering with us, and benefitting from tax deductions for these donations, please reach out.

We are dedicated to making a positive impact in the lives of those we serve and your support would be greatly appreciated.

# Implementing Partners

Our impact is only as great as our partnerships. We are very grateful for the following **non-governmental organisations, activist groups, and schools for supporting our work in 2023**. We also extend thanks to our **individual supporters and volunteers** for enabling us to operate successfully throughout the year.

CoolPlay



Harare CAN



Birth & Beyond



# Contact Us

At Periods for Hope, we value the support and feedback of our stakeholders.

If you have any questions or comments regarding our annual report or any other matter, please do not hesitate to reach out to us.

We look forward to hearing from you!



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 **periods for hope**