



freedom
4girls

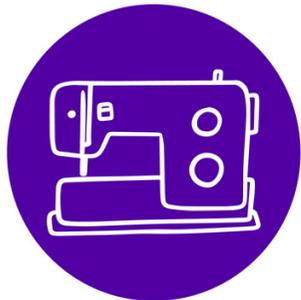
Fundraising Pack



Did you know?



49 percent of girls have missed an entire day of school because of their period. 59 percent of these girls have made up a lie or an alternative excuse to avoid going to school. In one year, 137,700 children in the UK miss school because of period poverty.



£3.50 is all it costs to create a reusable period pad pack that will last up to 3 years. This will then support one of the beneficiaries of our East Africa projects to manage their menstrual health, to feel comfortable when they get their periods and to stay in school.



Around the world, millions of women, girls and people who menstruate live without access to the safe menstrual products they need, putting their health and safety at risk.

How your support will help



At Freedom 4 Girls, we are passionate about the importance of normalising conversations about menstruation. This is done from using a range of approaches including: challenging stigmas and myths associated with periods, to providing education sessions that offer a safe space for healthy conversations about periods.

Your support allows us to continue campaigning and making a difference for those who are in need, whether that is through education, support with advice and referrals, products and much more.

Spreading the word, fundraising and getting involved are all amazing ways that will help us gain a larger following, receive more donations of products, grow our team and help more people.

Every donation counts!

With your donations we are able to:

- Campaign for menstrual equity.
- Run donation stations that provide a choice of free period products to those most in need.
- Work with a network of voluntary, statutory and private sector agencies to supply those in need with access to free period products.
- Deliver a menstrual health education programme that focuses on empowering young people, reducing stigmas and developing their confidence and comfort around menstruation.





‘Today’s education session has been enlightening, learning about periods and all the issues and taboos. Thanks for creating more awareness around period support!’ -
Quote from an education session attendee, 2023

‘Clare was very nervous about using the pants the first time we met. I talked her into it and made her promise to try them. I walked into an event after not seeing her for three months and she said to me "omg, I used the pants. They are amazing. I was so surprised at how absorbent they are, and leak proof. I'm very pleasantly surprised. Honestly, I wouldn't go back now. Have you got any more?'.

- Case study 2023

Fundraising ideas for you

- **No tech day:** Have a whole day with no phones, iPads, laptops or any other technology. Maybe students could be sponsored to take part.
- **Bake sale:** Parents, students and staff can contribute baked goods for a one-day sale. Children and/or parents can be invited in to buy these treats.
- **A colour a day week:** Students can donate a specific amount of money to come to school dressed in a different colour each day of the week.
- **Fun run:** Organise a Fun Run or Fun Walk that the students can participate in. Encourage them to raise pledges from their families or ask for a specific donation amount. Make it a fun event with music, snacks, and high energy.
- **Raffle:** Sell tickets for the chance to win a particular prize – this could be a basket of goods, a 50/50 draw for cash, or another prize donated by the community or school.

- **Dance-athon:** Dance away with a music-filled party or organise a Strictly-style contest. Classes could even learn moves before the big day and people can donate to take part, or to come and watch
- **Multicultural fair:** Showcase the many delicious foods and unique talents of your students by hosting an event where students are encouraged to share their cultural traditions with one another.
- **Read-a-Thon:** Read as a class or encourage individual reading during a specific period of time. Ask for donations based on how much you read
- **Sponsored silence:** Raise money, but don't shout about it! See if you can manage a silent afternoon of just nodding and pointing.

You could also think of your own fun ways to help us raise money! Every idea and every event helps and we look forward to having you on board.

Check out our free downloadable sponsorship forms and aids, along with our poster templates to help you get going!

How your money will make a difference

£25 can provide 3 period packs for those in need.

£70 can provide 2 education sessions for members from our vulnerable communities.

£130 can provide fuel to deliver period products to people in need for the month.

£500 can provide 2 classrooms of girls in Kenya, with reusable period packs lasting up to 5 years.

Other ways to support

Set up a donation station

If you would like to support your local community by starting your own donation station, Freedom4Girls can offer support and advice.

We suggest speaking to your local community centres, charities, supermarkets, schools and other organisations, who may accept or benefit from donations.

After finding a donation station host, arrange convenient collection days and identify where these products would best be distributed, either on site or being taken elsewhere.



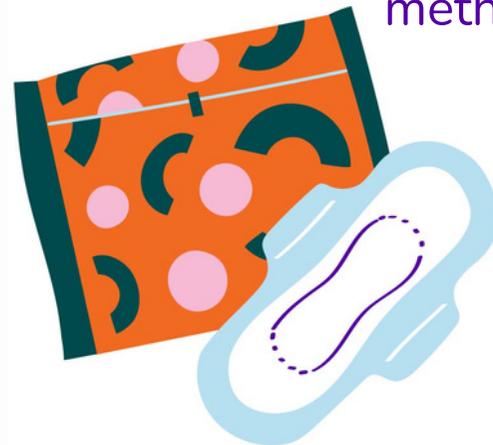
info@freedom4girls.co.uk

Donate period products

We gladly accept donations of in date, disposable or washable, reusable menstrual products from both members of the public, businesses or product providers.

Freedom4Girls currently have a number of donation stations set up across the country, you can find our [Leeds locations here](#) and our [Leicester locations here](#). We also accept postal donations.

You could set up a donation station in your school/ college/ workplace, and collect a range of donations and then send them into us using any of the above methods.



Please note that we only accept postal donations which include more than 10 packs of period products.

Sew period products

Host sewing workshops or have a sewing day at your school/college/workplace.
Why not donate some of your time and hold a sewing workshop day/ half a day/ evening at your school/ college?

This could be inviting parents and older siblings / family members for the event , or this could be done during the day or in place of a textiles lesson.

Our super sewers are happy to help you organise, send in support or even attend a session to support all of your sewing needs!

(This is subject to availability, and will take into consideration distance and may incur travel financial contributions).



How we can support

We can provide some extra support by:

Coming into your school/college/ workplace and supporting you with a sewing workshop.

(This is subject to availability, and will take into consideration distance and may incur travel financial contributions).

Sending in information and ideas that you may need to support your fundraising.

Providing educational talks and advice in your school/ college/ workplace that will inform you about period poverty and the education of periods.

Being at the other end of an email if you need us for anything that we can help with.

Remember, we are a small charity but we are passionate and will try our absolute best to accommodate all of your needs.

Thank you!

How to return your funds

Donate or set up your own fundraising page



Bank transfer:
Freedom 4 Girls UK
Registered Charity
20- 76-92
13577295

Thank you for raising money for Freedom 4 Girls. There are a number of ways that you can return your funds:

Send us a cheque to:
Freedom 4 Girls UK
1177566
15 Roundhay View,
Leeds LS8 4DX

Schools and under 18's can use this link here:



Get in contact!



www.freedom4girls.co.uk



[freedom4girls](https://www.instagram.com/freedom4girls)



[freedom_4_girls](https://twitter.com/freedom_4_girls)



[freedom4girls](https://www.facebook.com/freedom4girls)



[Freedom4girls UK](https://www.linkedin.com/company/freedom4girls-uk)



info@freedom4girls.co.uk





Thank you for choosing to fundraise for Freedom 4 Girls!

Our charity's missions and aims are to support those who menstruate by challenging the stigmas, taboos and gender inequalities associated with menstruation through education, provision of menstrual health management solutions and actively being at the forefront of the wider campaign against period poverty. Thanks to the support of people like you, we are able to do our best to fight period poverty and to educate people around the world.

In this pack you will find various fundraising ideas, templates and aids to support your fundraising adventure.

Lots of love , F4G x

Printable and editable documents inside of this pack include:

Fundraising planning sheet

Sponsorship forms

Donation form

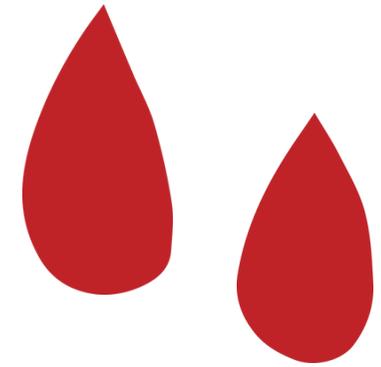
Poster templates

Reading challenge templates

Certificate of appreciation



Freedom4girls Sponsorship Form



WHO ? _____
WHAT? _____
WHEN? _____
WHERE? _____

Full name	Full address- if selecting gift aid option	Postcode	Donation amount	Date paid	Gift Aid (please tick)

Why is giiftaid the extra gift we need?
At no extra cost to you, ticking this box will
make your donations go even further and
increases the value of your donations by 25%.

TOTAL DONATION RECEIVED:
TOTAL GIFT AID DONATIONS RECEIVED:



I'm fundraising for freedom4girls

What event? _____

Where? _____

When? _____

Let's combat period poverty!



Fundraising action planning sheet!

Use this guide to help you plan and organise a great fundraising event, to raise money for Freedom4girls

Show your fundraising idea to your classmates/ teacher/ headteacher etc. and get the ball rolling.

What is your idea?	What is your financial target?	Who will help with your idea?
How can you make sure you get loads of support with this?	How will you motivate people to donate?	What makes your idea exciting or unique?
How can you promote your idea to reach a wide range of people?	Where could your event take place?	When could your event take place?

Name: _____

School: _____

READING

Date: _____

Price per book: _____

price per
completed sheet: _____

CHARITY CHALLENGE

How many of these can you tick off before _____?

Use the boxes to record the title of the book when you have read it.

A children's classic	A book that made you cry	A book that made you laugh	A book in a series	A book with more than 500 pages
A book set in another country	A book that deals with issues	A book you enjoyed when you didn't expect to	A book by a world-famous author	A book set in the future
A book based on an historical event	A biography	YOUR OWN CHOICE	A book about refugees	A book written in the first person
An award-winning book	A book set during a war	A book that has become a film	A book that ends on a cliffhanger	Listen to an audio book
A book where the main character is not very likeable	A book set on another planet	A book borrowed from the library	A short story	A book written in the last 10 years

Name: _____

School: _____

READING

Date: _____

Price per tick: _____

CHARITY CHALLENGE

Total: _____

How many of ticks can you get for each box before _____ ?

I read a poem	I visited the library	I read 5 pages of my book today	I read to a friend/ family member or pet	I read something online
I read at home	I read at school	I read a whole book	I read before bed	I looked at a map
I read a recipe	I retold a story	I read song lyrics	I read in a funny place	I read in the garden
I read a magazine	I retold a menu	I wrote a book review	I made a bookmark	I wrote my own story

CERTIFICATE

OF APPRECIATION



This certificate is presented to:

As a token of appreciation for raising money for

freedom
4girls

signature

Date