

# ERADICATING PERIOD POVERTY

Eradicating Period Poverty=Empowering Girls=Transforming  
Communities



*One sustainable sanitary pack changes one girls  
life forever!*

## **NAILING IT!**

**Hi Everyone.**

**Welcome to my third newsletter. So much has happened that putting this newsletter together has taken so long. I am really sorry about that and please know even when I am quiet I am still working hard.**

**In this newsletter you will read about the impact created from our Little Lunches and the kindness and connections of people who believe in what I am doing.**



## IMPACT STATEMENT:

720 washable sanitary packs distributed

720 girls received menstrual health education

Girls who had never owned underwear now have two pairs

720 girls have a three year supply of sanitary products

I hosted one radio show episode

Interviewed on radio and a podcast

Created conversations through our market stalls

I am working with the head office of Catholic Education on developing their social enterprise curriculum

Started work experience at Taboo

I participated in a Keynote at the Global Empathy Conference

Hosted an empowerment circle on Activating Purposeful Enterprise

Presented to 200 kids at my school on the power of social enterprise



**MEETING PEOPLE WHO INSPIRED ME TO BE THE BEST I CAN BE.**



At the Adelaide Festival of Ideas, I wanted to thank Isobel Marshall and Eloise Hall for inspiring me to take on this project. Izzy and Eloise founded Taboo. They are inspirational young leaders and I have now started doing work experience with them. I also listened to and met Grace Tame. Grace is the Australian of the Year and Isobel Young Australian (so I am very lucky to know them). Grace and Isobel both teach me that when I use my voice I can create social change and a more just and equitable future for all.

## LITTLE LUNCHES

Now that summer is back please consider hosting a Little Lunch to raise funds for sanitary packs. It's super easy and really activating. I come to you and teach your guests about period poverty and together we can make a difference. We can even do it online if you are in another country. Or if you have another fundraising idea that you would like to do to support my work, I am open to ideas.



## GETTING THE WORD OUT

Lots of things have been happening to get the word out about this work. I have hosted a radio show about activating purposeful enterprise, where my project was highlighted. Podcast and post-show interviews. My brother and sister and I have also been working various market stalls where we talk a lot to customers about what we are doing. Plus I presented part of the keynote at the Global Empathy Conference.



## WITH THANKS AND SO MUCH GRATITUDE

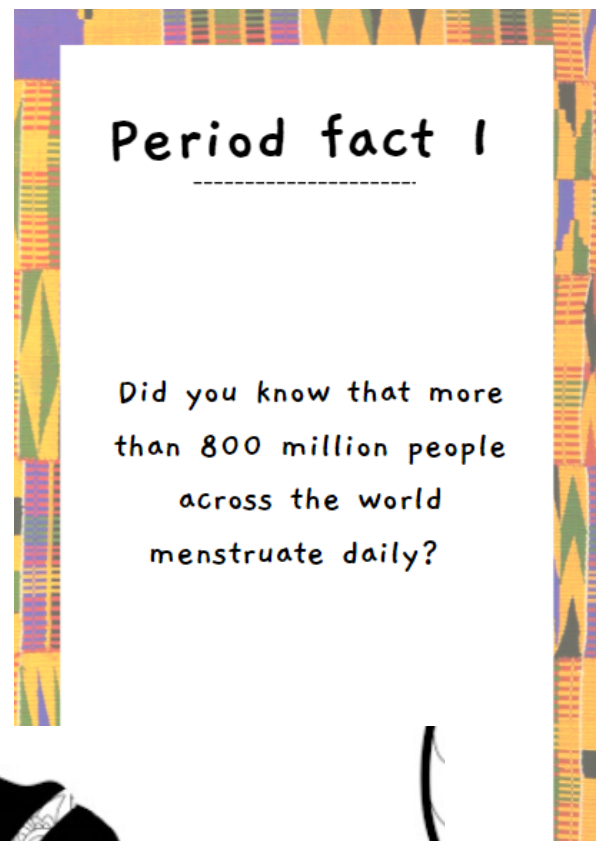
Almost every weekend I get photos and videos from girls in Kenya who are receiving their packs. While they are all very humbling, one school that we partnered with sent a message saying most of their girls had never owned underwear. I was very shocked and saddened to hear this and so to all of you from all of us, we say thank you for your support. We really are so grateful.

Please follow my Instagram @Maisha.Flow for more photos and updates and @In2Ed\_Africa for more impacts.



## COLOURING BOOK

WITH CHRISTMAS COMING UP WHY NOT GIFT A  
COLOURING BOOK TO SOMEONE YOU LOVE



To support ongoing fundraising I have designed a colouring book.

Filled with facts and African-inspired feminine designs. To be released really soon! All proceeds towards eradicating period poverty.

