

ERADICATING PERIOD POVERTY

Eradicating Period Poverty=Empowering Girls=Transforming
Communities

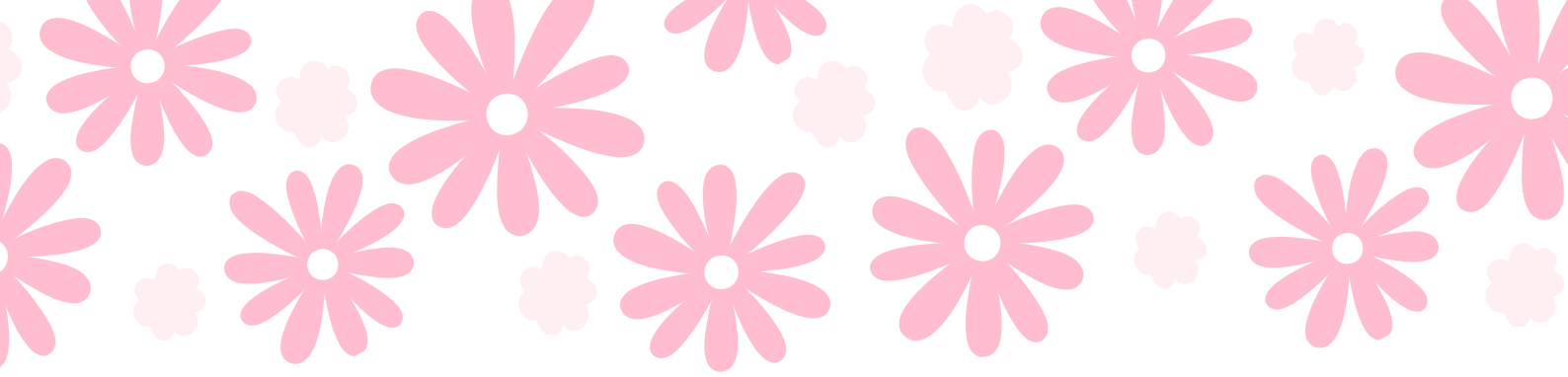


WHIRLWIND OF ACTIVATION

Hi Everyone.

Welcome to my first newsletter with updates on my period poverty project. In the short time since the project began we have been doing so many exciting things are really changing the lives of girls in resource poor communities in Kenya.

What do you think of my banner? After my first Little Lunch mum thought it would be a good thing to have when I present. I designed this one and am really happy with it.



THE SEEDED FUNDRAISER EVENT

This was my first ever fundraiser and my first ever speaking event. We had a great time and raised \$900 to buy a second sewing machine and make more kits.

OUR CELEBRATION OF THE FEMININE SHOWCASED THE BEAUTY OF EVERYTHING FEMININE.



Celebration of the feminine!

Please join Aaliyah to raise funds for the eradication of period poverty in our community in Kenya.

FEBRUARY 6TH, 2021 6:30-9 PM

41 William Street Plympton

At this women's only celebration we will provide a Traditional Egyptian meal, soft drinks, and entertainment. Please bring a chair and BYOB. Aaliyah will gratefully receive donations that will go towards making sustainable sanitary packs for girls in Kenya.

Donations can be received on the night by cash or card.

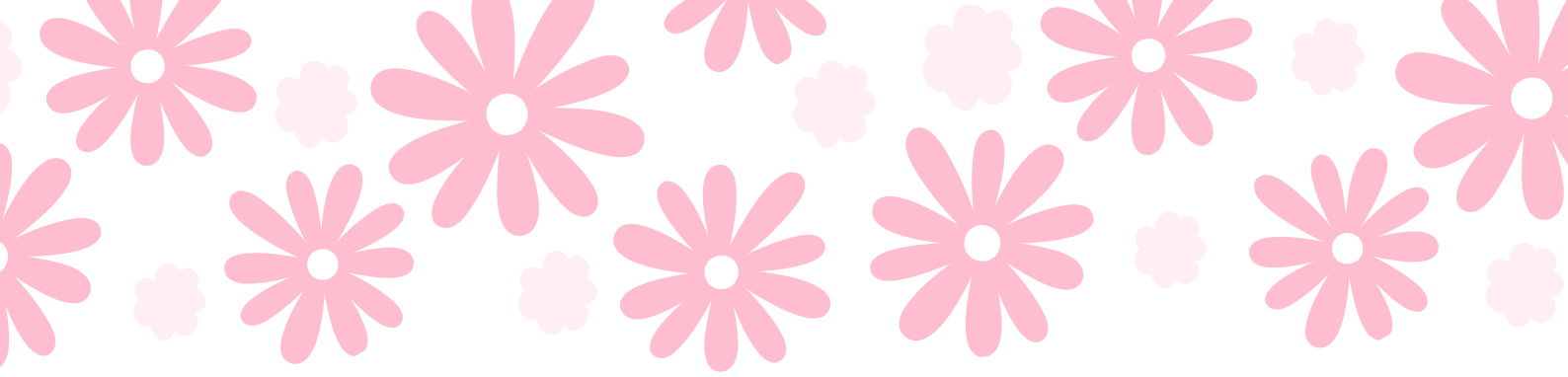
R.S.V.P. 31st Jan.

INTERNATIONAL WOMEN'S DAY

On International Women's Day, these girls and I spoke at an event held at Cafe outside the Square. We were part of a program called Be The Difference and prepared 5 minute TED talk style presentations on matters impacting women.

OUR CELEBRATION OF THE FEMININE SHOWCASED THE BEAUTY OF EVERYTHING FEMININE.





OUR FIRST LITTLE LUNCH

The first Little Lunch held was a great success. Emily prepared a delicious brunch including her homemade jams. After I presented some ladies wished they had come with their daughters and mothers...there is always next time.

OUR FIRST LITTLE LUNCH. THANKS TO EMILY FOR GOING FIRST!



SECOND LITTLE LUNCH

More like a Little After work wine and cheese, we are loving the way everyone puts their own take onto the Little Lunches Concept. Money raised from the first two Little Lunch events has already gone towards opening the project in our second school. We have purchased another sewing machine and everything required to start making 100 sustainable sanitary packs that will assist girls in this Masai Community.



DISTRIBUTION

On the 24th of April 2021, we were so excited to be ready to distribute our first packs of pads. Our community educator brought 60 girls together to learn about menstrual hygiene and how to use and clean the products properly. We had only planned on 50 girls coming on this day, however, 10 young mothers desperate for products came and we were delighted to assist. Winnie told me the girls were so happy to know that I was supporting them to remain in school and create a great life for themselves.



SUSTAINABLE PADS?



SECURE

Liners attach with velcro to the shield to ensure maximum protection and security.

WINGS

Wings clip under the panties. We include two pairs of panties in our packs.



COMPACT

Pads can be folded for carrying. We provide a plastic bag that can be used to hold soiled pads when changing is required.

COLOURING BOOK



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.



WE EVEN MADE THE NEWS!

Eradicating Period Poverty=Empowering Girls=Transforming Communities

THE ADVERTISER

Girl power that's inspiring change around the world



Rana Hussein, 16, Amalia Higiros, 7, Maya Singh, 14, and Aaliyah Sirengo, 16, spoke at a Women In Leadership brunch. Picture: Emma Brasier

ANNA VLACH

THESE are the smiling faces who moved guests to tears by sharing their stories at a brunch for International Women's Day.

Rana Hussein, 16, Amalia Higiros, 7, Maya Singh, 14, and Aaliyah Sirengo, 16, are all members of the NOW Empowerment Collective.

It is a group of Adelaide women who support one another to be leaders in their community and beyond and bring about positive social change.

Yesterday, the girls were speakers at its Women In Leadership: Creating A Hopeful Path Forward brunch. Held at Cafe Outside The Square in Adelaide it was attended by 30 guests.

Rana, Maya and Aaliyah have been taking part in the Adelaide-based leadership program, Inspiring Teens.

Through it they have learned how their actions here in Adelaide can have a ripple effect for positive change globally.

The girls have all been mentored by women in the NOW Empowerment Collective, including Susan Knapp.

Ms Knapp is the founder of In2EdAfrica, a not-for-profit organisation providing education to children in Eastern Central Africa.

"The girls also mentor us because they teach us as much as we teach them," Ms Knapp said.

"Their inspiring stories had us all in tears at the brunch."

During the mentoring sessions, the girls also worked on developing five-minute TED talks, which they presented yesterday. The topics included the gender pay gap, and soap and sanitisation in developing countries.

Aaliyah, who is Ms Knapp's adopted daughter, spoke about her Period Poverty project. It assists girls in Kenya, where she was born, by providing them with packs of sanitary products.

Without the packs, they would be unable to attend school when they were menstruating.

"If I had not been adopted I might be one of those girls in Kenya missing school because of my period," Aaliyah said. "I am changing the lives of girls in Kenya."

SOUTHERN CROSS MAGAZINE



THESOUTHERNCROSS.ORG.AU

Aaliyah gives back to girls from her homeland - The Southern Cross

Together we can eradicate period poverty. If you would like to host a Little Lunch please get in touch @In2Ed_Africa or call 0414651012 We can even host on zoom so anywhere in the world!