



KHADIJA CARES
FOUNDATION

QUARTERLY NEWSLETTER

Jul - Sep | 2024

Issue: 0002



KHADIJA CARES
FOUNDATION

Here's what we've been
up to this past quarter:

- Donation to 200+ female students of Bechem School For the Deaf & Blind
- Donation to 400+ students of Bolgatanga Girls Senior High School, Upper East Region
- Total Donations received this quarter:
GHC290



www.khadijacares.org

BECHEM SCHOOL FOR THE DEAF & BLIND

We simultaneously held an educative session in English, sign language and braille to educate them on the use of menstrual cups and reusable pads. We donated sustainable menstrual kits to over 200 students.



BOLGATANGA GIRLS SENIOR HIGH SCHOOL

We headed to Bolgatanga Girls SHS in the Upper East Region to have a session on menstrual hygiene, and donate menstrual cups and reusable pads to over 400 students.

KCF FACT SHEET

- 2000+ beneficiaries
- 8000+ products donated
- Presence in 8 regions
- 17 communities impacted



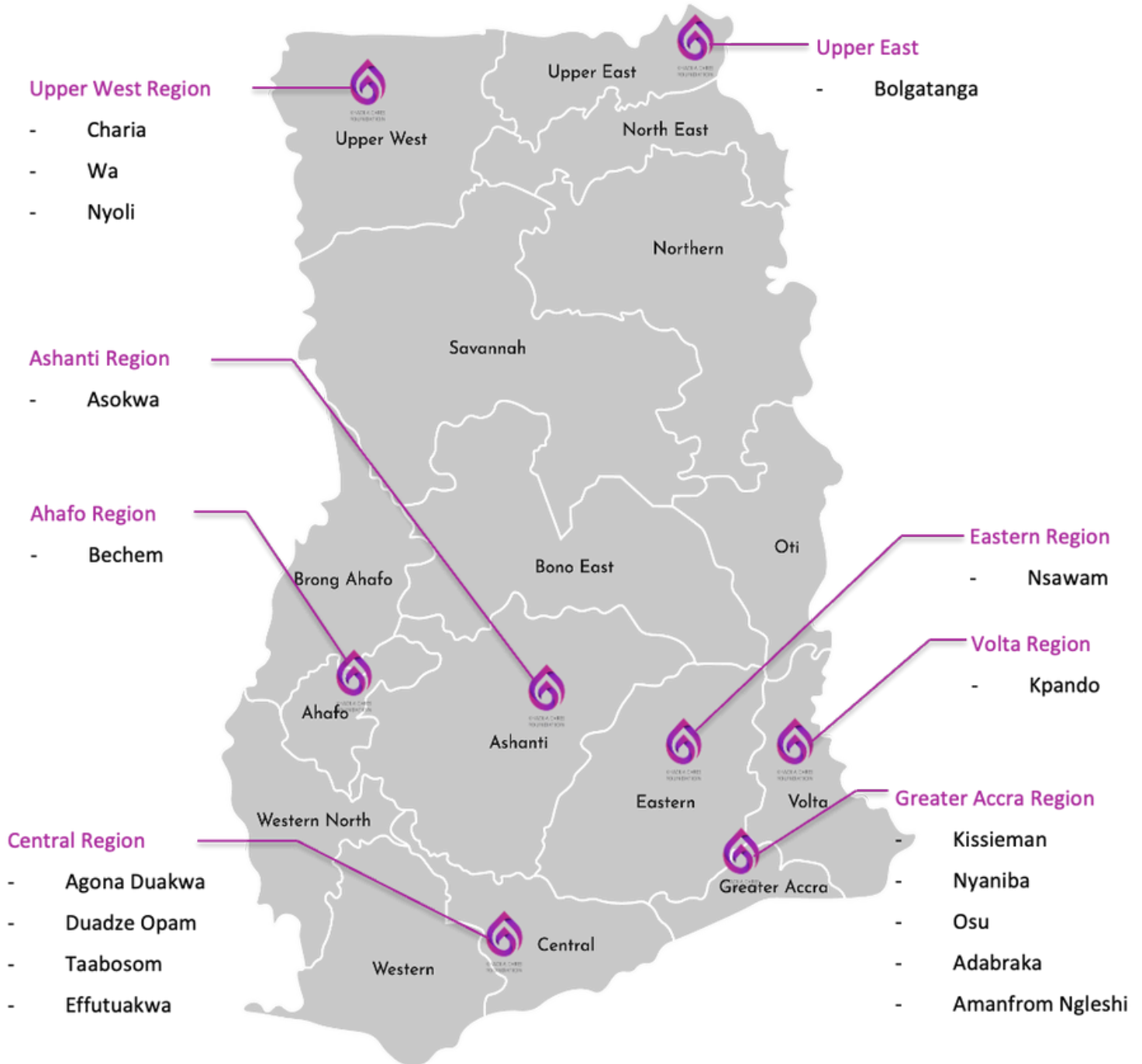
BENEFICIARY SPOTLIGHT



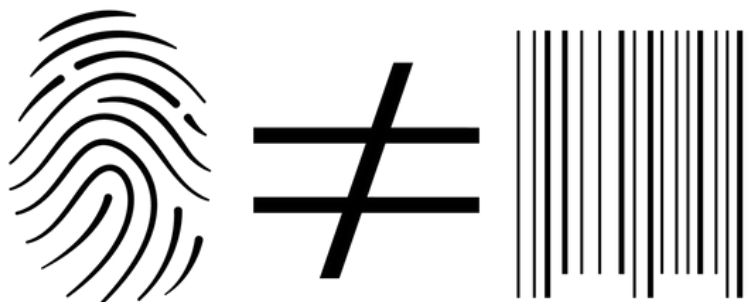
NAME: AFI | AGE:15 | STUDENT | DONATION DATE: OCT '23

"I TRIED THE MENSTRUAL CUP, IT WAS DIFFICULT TO USE ON THE FIRST TRY BUT MY MUM ASSISTED ME AND IT'S BEEN EASY AFTERWARDS, MY FRIENDS COULDN'T BELIEVE IT, THEY'RE STILL SCARED TO TRY 😂"

OUR REACH SO FAR



DONOR HIGHLIGHTS



The Or Foundation



DONATE NOW



**FOR EVERY
GHC500 YOU
DONATE, YOU
FREE A GIRL
FROM THE
BURDEN OF
PURCHASING
MENSTRUAL
PRODUCTS FOR
THE NEXT 10
YEARS!**

We donate an eco-friendly kit containing a menstrual cup + reusable pads / underwear which lasts for up to 10 years



Menstrual Cup + steriliser



Reusable Pad



Period Underwear

www.khadjacares.org

