



KHADIJA CARES  
FOUNDATION

# QUARTERLY NEWSLETTER

Oct - Dec | 2024

Issue: 0003



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

- M&E Sessions with:
  1. Duadze Opam basic school
  2. Taabosom basic school
  3. Effutuakwa M/A Basic
  4. All Saints Anglican School
- Total Donations received this quarter:  
**GHC31,000**



[www.khadijacares.org](http://www.khadijacares.org)



# M&E SESSIONS

We revisited four communities to collect feedback from our beneficiaries on how they were faring with the sustainable menstrual products. We visited the Duadze Opam, Taabosom, Effutuakwa, and All Saints Anglican Basic Schools.



# M&E SESSIONS

Through data collection, feedback discussions, and progress tracking, we gained valuable insights into what's working with our beneficiaries and where we can improve. Look out for the full documentary on our Youtube channel.



# KCF FACT SHEET

- 2253 beneficiaries
- 7540 products donated
- Presence in 8 regions
- 17 communities impacted



# BENEFICIARY SPOTLIGHT

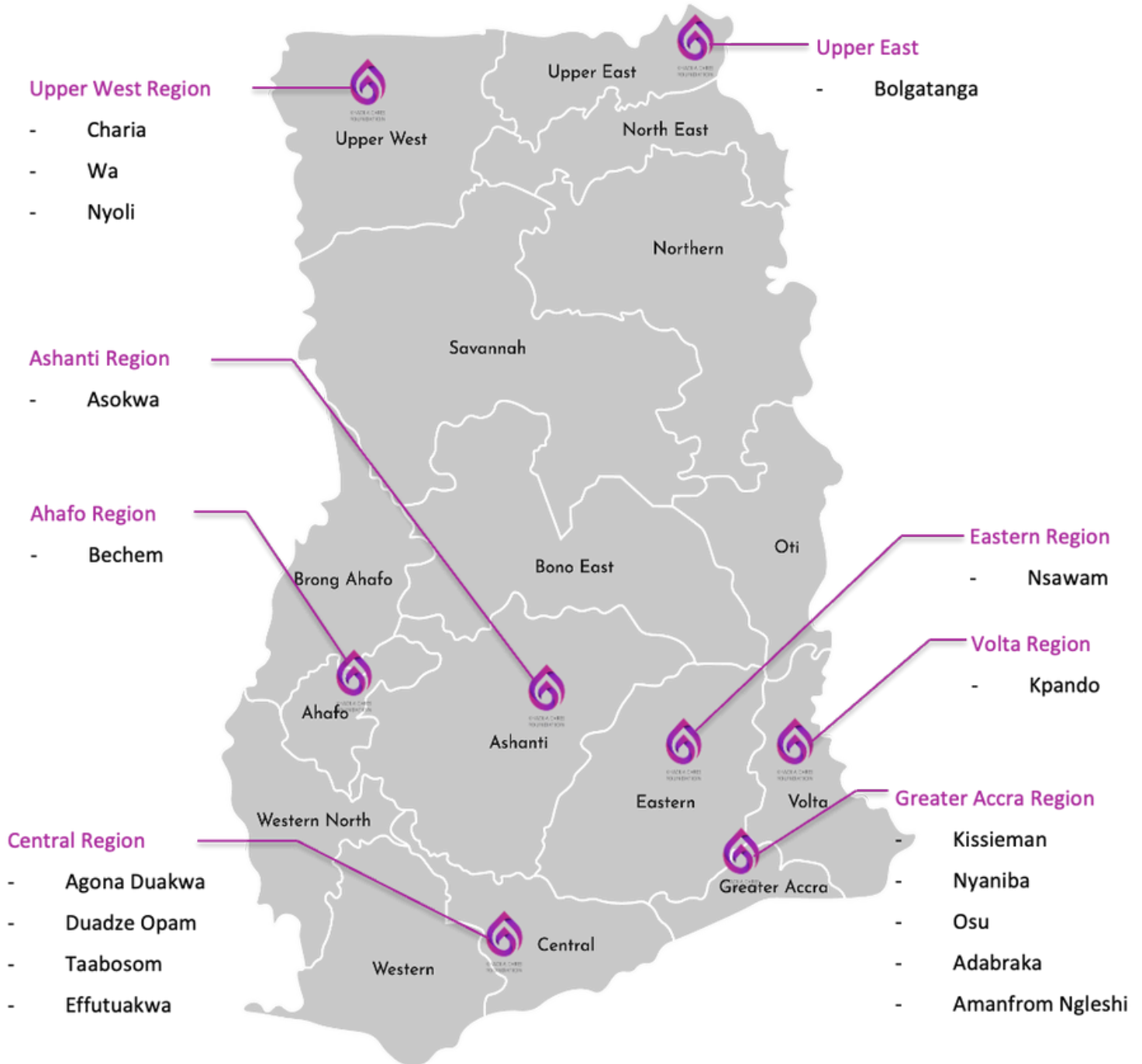


Fante): These sustainable products have enabled me to save money. I used to spend a lot of m

**AGE:14 | STUDENT | DONATION DATE: FEB '24**

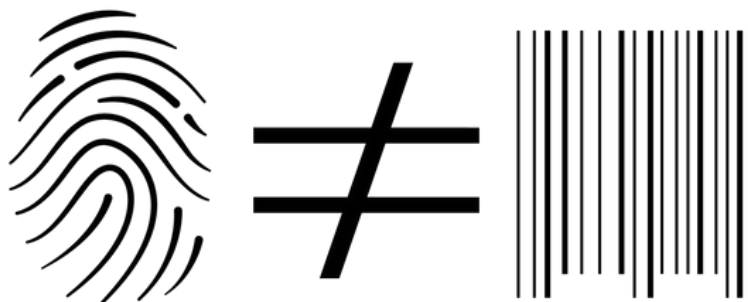
*"THESE SUSTAINABLE PRODUCTS HAVE ENABLED ME TO SAVE A LOT OF MONEY. I USED TO SPEND A LOT OF MONEY ON SANITARY PADS, BUT NOW THAT I USE THE MENSTRUAL CUP, I SAVE THAT MONEY TO PURCHASE SCHOOL ITEMS"*

# OUR REACH SO FAR





# DONOR HIGHLIGHTS



**The Or Foundation**



DONATE NOW



Visit:

[www.khadijacares.org](http://www.khadijacares.org)



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

We donate a sustainable menstrual kit containing a menstrual cup + reusable pads/underwear which lasts for up to 10 years



Menstrual  
Cup + steriliser



Reusable  
Pad



Period  
Underwear

