



KHADIJA
CARES
FOUNDATION

2025 Impact Report



Still Showing Up.

For over three years, Khadija Cares Foundation has shown up — for girls in classrooms, and women in our communities across 8 regions of Ghana. This is our story of 2025.



KHADIJA CARES
FOUNDATION

Table of Contents

- 1 Message from the Founder
- 2 Who We Are & What We Do
- 3 Our Impact At a Glance
- 4 2025 Highlights
- 5 Beneficiary Spotlight
- 6 Our Reach So Far
- 7 2025 Donor Highlights
- 8 Donor Opportunities
- 9 Looking Ahead



Message from our Founder



This year looked different from those before it. There were no large-scale donation drives, no headline-grabbing numbers. And yet, in many ways, 2025 was one of our most intentional years.

We launched KCF Street Flow, taking our message out of school halls and into the streets,

meeting everyday people where they are, sparking conversations about menstrual health with strangers who had never heard of a menstrual cup. We partnered with Black Girl Fest to reach students at Ningo SHTS in Prampram, donating sustainable kits to 100 students and teachers.

We showed up in the quiet moments too. When Q3 and Q4 didn't bring a big donation drive, we kept telling our story on social media, building awareness, nurturing the relationships that will sustain this work long-term.

Period poverty will not be solved overnight. But every conversation, every returned visit, every girl who stays in school because she has what she needs — that is progress. And we intend to keep showing up for it.

Thank you to our donors, partners and supporters, we're able to make a difference because of you!

With special thanks to our team: Araba · Abass · Mark · Sheila · Korkor · Randy, I'm grateful for your dedication this past year and excited for the year ahead!

Khadija Duker-Adam
Founder, Khadija Cares Foundation

Who we are & What we do



Khadija Cares Foundation is a registered NGO in Ghana, empowered to end period poverty in our communities by donating sustainable menstrual products such as menstrual cups and reusable pads. It is also our mission to promote the use of these sustainable options to protect our environment.

Providing

We donate sustainable menstrual products including menstrual cups, reusable pads, and period underwear, to underserved communities, ensuring that no girl or woman has to miss out on opportunities due to period poverty.

Educating

We conduct awareness sessions on menstrual health, breaking the stigma surrounding menstruation and equipping girls and women with essential knowledge about hygiene, sustainability, and reproductive health.

Protecting

We advocate for the acceptance of sustainable menstrual practices, encouraging the adoption of eco-friendly solutions and fostering a culture where menstrual health is recognised as a fundamental human right.

Our impact at a glance

With over USD70,000 in donation raised so far since inception in 2023, we are proud to have donated to over 2000 girls and women across the country.

2,373	Beneficiaries to date
7,600	Sustainable menstrual products donated to date
8	Regions across Ghana
19	Communities impacted

KCF has established a presence across 8 regions of Ghana, reaching 19 communities:

- Greater Accra Region — Kissieman, Nyaniba, Osu, Adabraka, Amanfrom Ngleshi, Legon, Ningo Prampram
- Central Region — Agona Duakwa, Duadze Opam, Taabosom, Effutuakwa Upper West Region — Charia, Wa, Nyoli
- Upper East Region — Bolgatanga
- Volta Region — Kpando
- Eastern Region — Nsawam
- Ashanti Region — Asokwa
- Ahafo Region — Bechem

Q1 Highlights

The Launch of KCF Street Flow

January – March 2025 | GHC1,900 raised

KCF Street Flow is a new public education initiative that brought our message directly to the general public. Using a "VoxPop" format, our team approached people at random — on streets, near university campuses, at markets — asking what they knew about menstrual cups and reusable pads, and educating them on sustainable options on the spot.

During our VoxPop sessions, we donated 20 menstrual cups and reusable pads to students of the University of Ghana and bystanders at Shiashie. The response was revealing: many people had never heard of a menstrual cup, others were curious but unsure where to start. All of them walked away knowing a little more. KCF Street Flow represents a shift: beyond the classroom, beyond the community hall, and into the everyday spaces where Ghanaians live and work.



Q2 Highlights

Q2: Ningo SHTS Donation & Black Girl Fest Collaboration

April – June 2025 | GHC10,000 raised

In partnership with Black Girl Fest (BGF), we headed to Ningo Senior High Technical School in Prampram, where we donated 100 menstrual cups and 100 pairs of reusable pads to students and teachers. This initiative delivers long-term, sustainable period care solutions while advancing our mission to end period poverty.

The partnership with Black Girl Fest also brought a meaningful creative dimension to our work. We welcomed Samuella Graham, winner of the OBAASIMA Creative Fund Grant, whose powerful art sparks dialogue on women's health and menstruation — a reminder that advocacy takes many forms, and storytelling is one of the most powerful.



Q3 & Q4 Highlights

Q3 & Q4: Staying Present

July – December 2025 | GHC1,245.23 raised (Q3)

The second half of 2025 was quieter. No donation drives, no major events, but we still focused on what often goes unseen — sharing the stories of our girls and field experiences across our social media platforms, building awareness, and nurturing the donor relationships that sustain this work long-term.

Some of the most important work happens in the pauses. This was one of those seasons, and we showed up for it anyway.



Impact Stories

“

these products have helped me save a lot of money, I don't have to spend 20-25 cedis every month on pads

teacher, 26 — Mankessim

“

my mum is able to use money for other school items since she does not have to buy pads for me

student, 13 — Adabraka

“

I'm very happy you introduced us to reusable menstrual products, they're very easy to use

student, 16 — Bolgatanga



[Click here to watch beneficiary testimonials](#)

2025 Donor Highlights

We believe partnerships are essential to achieving lasting change. Our ethos is built on collaboration, leveraging existing expertise, building on shared values, and keeping communities at the centre of every decision.

We are grateful to our 2025 partner:

Black Girl Fest (BGF)



BGF

Donor opportunities

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/period underwear, which lasts for up to 10 years.



FRIEND

Impact 100 girls with sustainable menstrual products lasting 10 years.

You'll receive: social media recognition, recognition in our quarterly newsletter.

GHC50,000



PARTNER

Impact 300 girls with sustainable menstrual products lasting 10 years.

You'll receive: All Friend benefits + recognition on our website + showcase in donation drive.

GHC150,000



ADVOCATE

Impact 600+ girls with sustainable menstrual products lasting 10 years.

You'll receive: All Partner benefits + branding on all marketing materials throughout the year.

GHC300,000

Other Giving Opportunities

- **Adopt a School / Community:** provide sustainable products and health education to all girls in a specific school or community.
- **Adopt a Girl:** sponsor one girl's menstrual health and education all the way through to the tertiary level.
- **Corporate Partnership:** engage your company in a long-term partnership with KCF.
- **Website Donation:** Donate through our website www.khadijacares.org using VISA, Mastercard or Mobile Money (powered by Paystack)
- **Direct Bank Account Donations:** Contact us to provide our account or MoMo details
- **Subscription:** donate a fixed or custom amount weekly, monthly, quarterly or yearly via our website or bank standing order.

Commitment to the Future



KHADIJA CARES
FOUNDATION



Looking Ahead

In 2026, we will continue to build on the foundations laid this year. KCF Street Flow will grow — reaching more public spaces, more campuses, more markets. We will deepen our Monitoring & Evaluation work, returning to communities to listen and learn. And we will continue strengthening the donor and partner relationships that make all of this possible.

Period poverty persists. But so do we.



KHADIJA CARES
FOUNDATION

Contact

KHADIJA CARES FOUNDATION
Accra, Ghana.
+233 24 053 6333

www.khadijacares.org
hello@khadijacares.org