

2020
IMPACT
REPORT

End Period Poverty



flo haven





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Founder's Statement



Dear all,

I am writing this message to shed light on the grave issue of period poverty that affects millions of women and girls around the world. Period poverty refers to the lack of access to menstrual products, hygienic facilities, and education on menstrual health, which hinders the ability of women and girls to manage their periods with dignity and confidence.

At Flo Haven, we recognise the urgent need to address period poverty and its detrimental effects on the physical, emotional, and social well-being of women and girls. Through our initiatives and partnerships, we have provided eco-friendly menstrual products, hygiene kits, and menstrual health education to many girls in underserved communities.

We believe that access to menstrual products and education is not just a matter of hygiene, but a matter of human rights and social justice. No one should be held back by their periods, and every woman and girl deserves the freedom to reach their full potential.

We are committed to continuing our efforts to tackle period poverty and empower women and girls worldwide. Thank you for your support and dedication to this vital cause.

TARA AKINDELE
FOUNDER, FLO HAVEN

About Flo Haven

FLO HAVEN
Impact Report 2020

Flo Haven is a non-profit organisation, launched in December 2020, that advocates for menstrual equity and the provision of menstrual health education to the underprivileged girls in Nigeria. The mission of the organisation is to eradicate period poverty and period stigma in Nigeria.

Mission

The mission of the organisation is to eradicate period poverty and the stigma attached to periods in Nigeria.

Overall Vision

Sustainable Distribution

We at Flo Haven aim to provide chemical and plastic-free menstrual products to girls and women. We believe in sustainability and want to encourage this practice with everyone. Within our menstrual kits, you will find biodegradable, organic pads, liners, and a menstrual cup. We want to see a sustainable future and improve the social and environmental well-being of the community.

Our Mandate

This year, we aim to distribute 5,000 menstrual kits to our communities. We have had successful outreaches and distribution of these menstrual kits within our first year, and for our second, we only want to aim higher. With your help, we can achieve this goal.



Our Impact Pillars



01. Clean Water & Sanitation

Part of the factors that contribute to good health include clean water and sanitation. Flo Haven has aligned to this by constructing a community borehole with taps in the Agege community of Lagos state. With help from some of our amazing partners, we also educated women and girls within this community on the proper ways of disposing of used menstrual products. This project stands to make an important impact on the community, most for especially women and girls, as clean water contributes to good menstrual hygiene and less threats to infections. This is just the start of fulfilling our goal and vision as an organisation.



02. Climate Action

Climate action and the eradication of period poverty are two important issues. Although they seem unrelated, there are strong ways in which they are connected. Sustainable menstrual hygiene products such as reusable pads, menstrual cups, period underwear, organic cotton pads and tampons can help reduce waste and pollution, while also providing a more affordable option for those who cannot afford disposable products. We believe that these sustainable menstrual hygiene products will contribute to reducing our carbon footprint as carbon emissions lead to the depletion of the ozone layer.



03. Gender Equality

In the quest to address period poverty, the need to promote gender equality and ensure that everyone has access to basic menstrual hygiene has been pivotal. It has involved breaking down cultural taboos and stereotypes that prevent women and girls from openly discussing their menstrual health needs. Most importantly, it is a critical need for education in eradicating period poverty. Men need to be encouraged about having conversations about menstruation as it is not a taboo for girls and women to experience it.

Our Impact Pillars

Women further need to be taught more about their rights and how to advocate for themselves, especially in situations where they may face discrimination or barriers to accessing menstrual hygiene products and services.

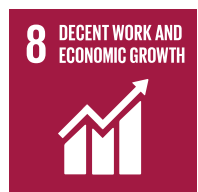
Flo haven is dedicated to achieving gender equality and addressing the root causes of period poverty, including social stigma, gender discrimination, and limited access to resources. We want all menstruators to have equal access to education and health.



04. Quality Education

The Flo Haven curriculum is taught at our school and community outreaches as we focus on debunking the myths surrounding periods and providing the right information about periods.

Menstrual health education can involve more students learning, narrowing down the gender disparities in education, and encouraging students, especially girls and women, to strive for gender equality and good health. We also provide resources about healthy diets and habits as these can upgrade the menstruation experience and well-being of students.



05. Decent Work and Economic Growth

As an organisation, we help provide a sustainable source of income for women. We engage the women in our partner communities in the making of our menstrual kit bags which helps them become financially independent. Supporting women-owned businesses is one of the ways to ensure equal opportunities. We live in a male-dominated society, but as we evolve and continue to include women in economic, social, political matters, there will be a positive shift in the imbalance experienced by women.

Our Impact Pillars

3 GOOD HEALTH
AND WELL-BEING

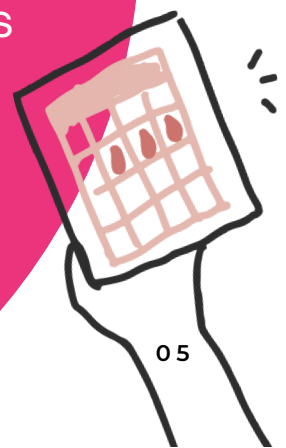


06. Good Health and Well-being

Teaching menstrual health and providing safe, clean menstrual products can improve the well-being of women and girls. Menstrual health education and our actions can also help to ensure more access to sexual and reproductive healthcare services. Improving water, sanitation and hygiene practices can lead to less diseases, undernutrition, injuries from water collection, and stress.

Our Story

Flo Haven's drive and mission all started when our founder stumbled upon a newspaper article that addressed period poverty in Nigeria. The article discussed how girls and women in underprivileged communities were using unsanitary materials such as rags, banana leaves, and palm tree leaves to absorb their blood during menstruation.





Modupe Memorial Centre with Sanitary Aid Initiative

In September 2020, our founder Tara volunteered at Modupe Memorial Centre in Akoka, Lagos state with Sanitary Aid Initiative; an organisation that aims to provide free sanitary pads and other sanitary products to girls from low-income families. They gave out reusable pads to 50 girls with disabilities and educated both them and their carers on menstrual hygiene management.

Social Media Launch

We officially launched our organisation on all social media platforms on the 22nd of December 2020, which greatly aids in spreading awareness about period poverty in Nigeria.

Sourcing for Products for Outreach

We went out to search for period products for our outreach programs, and in doing so, we found that there is a severe lack of sustainable period product options in Nigeria.

We have a continuing aim to support women-owned businesses, therefore, when buying our supplies we seek out period products in places that are owned by women.



Surulere Girls High School Outreach

The Surulere Girls School Outreach, which took place on September 25th, 2020, marked our first outreach initiative. During the event, we taught 200 girls about menstrual hygiene and emphasised the message that menstruation is not a taboo subject or something to be ashamed of. We then distributed menstrual kit bags to each girl, which consisted of eco-friendly menstrual cups, reusable pads, reusable underwear, tampons and deodorant sticks. We also shared advice on menstrual hygiene management, including the proper methods for disposing period products, how to change and use different products, and how to maintain proper hygiene.

During our hands-on demonstrations where we showed how to use each product, we also offered affirmation talks to boost self-confidence and encourage them to love themselves despite any perceived flaws, particularly in relation to menstruation. At the end of the outreach, we distributed eco-friendly period kits to all 200 girls to ensure they had access to the necessary products.



Oko-Oba Outreach, Agege Community

More than 90,000 girls are unable to attend school due to period poverty. Shockingly, 1 in 10 girls miss school because they lack access to sanitary products or a safe toilet, forcing them to use dirty rags which puts them at risk of infection. The issue of period poverty is not just about affordability; it also stems from a lack of knowledge about menstrual hygiene.

In September 2020, we interviewed 11 girls in the Oko-Oba community in Agege to gain insight into their menstrual cycles. We discovered that all the girls faced common issues, such as the unaffordability of buying pads every month, which led them to opt for less viable options like rags, toilet paper, and foam.

Many of them additionally experienced shame and self-consciousness during their periods, causing them to avoid going to school. This interview served as a catalyst for the Flo Haven project, which aims to raise awareness about period poverty in Nigeria.

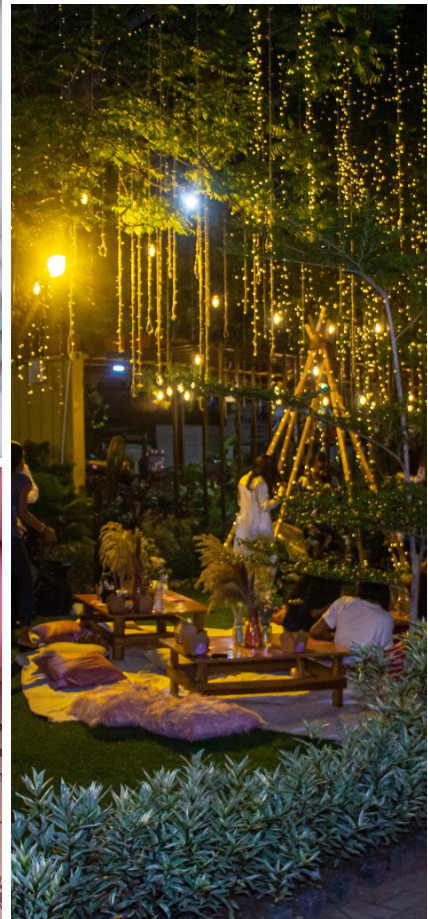
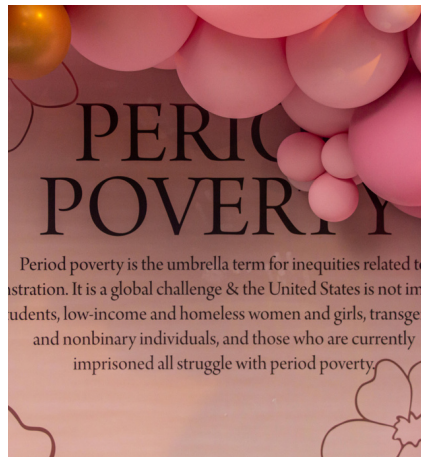
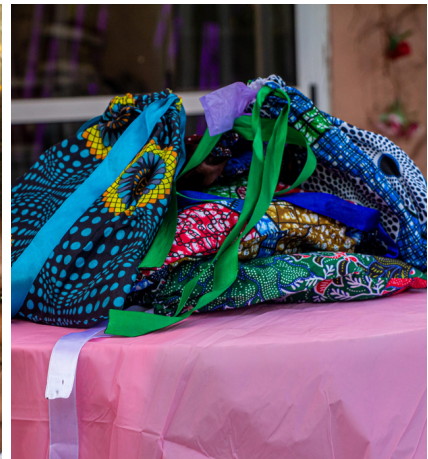
In response to our findings, we conducted a second outreach on November 11, 2020, specifically targeting the 11 girls we had first interviewed alongside other girls in the community. The aim of this outreach was to destigmatize menstruation by providing sanitary products and menstrual health education to the girls. At the end of the outreach, all girls received a menstrual kit bag.





Fundraiser Garden party

Following our official launch we organized a fundraising event at The Garden, Ikoyi Lagos state. Flo Haven merchandise was on display, and Daily journal books were sold as well. We presented our ideas and plans as an organisation which yielded generous donations. T-shirts and a pledge card were shared to guests who donated to Flo Haven.



Feedback from the girls

"I now understand that I should not be ashamed of myself just because I experience menstruation."

"I love that I matter and I can be myself no matter what."

" Because of my Saalt cup, I cannot get stained. It makes me neat."



Scan to see
our gallery!





FINANCIAL REPORT

| BROUGHT FORWARD (N) | GROSS INFLOW (N) | EXPENDITURE (N) | NET INFLOW (N) | CURRENT BALANCE (N) | AMOUNT DONATED (£) | TOTAL AFTER PAYPAL FEES (£) |
|---------------------|------------------|-----------------|----------------|---------------------|--------------------|-----------------------------|
|---------------------|------------------|-----------------|----------------|---------------------|--------------------|-----------------------------|

| | | | | | | |
|---|--------------|--------------|------------|---|---|---|
| - | 2,224,329.65 | 1,303,200.00 | 921,129.65 | - | - | - |
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SUMMARY

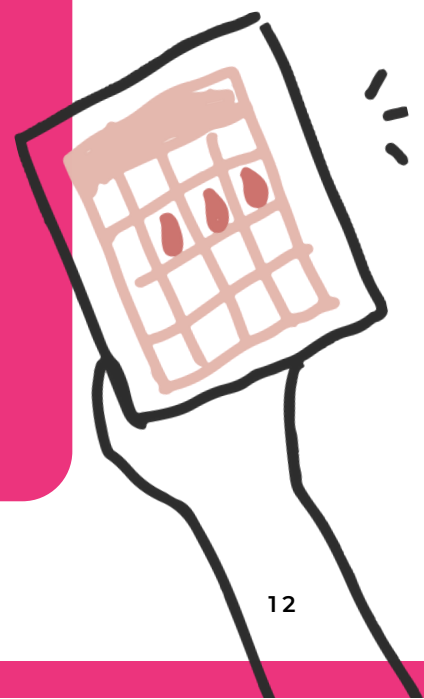
In 2020, Flo Haven, a charity dedicated to ending period poverty, recorded a gross inflow of N2,224,329.65, showcasing robust support from donors and stakeholders. The organization's expenditure of N1,303,200 reflects a responsible allocation of resources towards its programs and operations. Notably, Flo Haven achieved a positive net inflow of N921,129.65 for the year, indicating a financial surplus that can potentially fuel future initiatives.

Our Vision for the Upcoming Year

Our vision for the upcoming year is to create more workshops to enlighten the women and girls in communities on menstrual hygiene and to encourage them to have more conversations about menstruation and their mental health. We hope to increase their confidence, raise more funds to support our cause, and to continue spreading awareness on our social media platforms.

The following events will be done alongside our social media promotion:

- Menstrual health workshops in at least one community.
- Fundraising events with small brands across Nigeria to help promote local work opportunities to assist in economic growth.
- Mental health and menstruation workshops in at least one community to ensure that their wellbeing is paramount. Good mental health also promotes the overall wellbeing of an individual.





Our Partners





Thank you

Words cannot express how grateful we are for the donations, insights, help and dedication to Flo Haven.

We express our utmost gratitude to our amazing partners who have supported our vision and our yearly mandate to help eradicate period poverty in Nigeria with one outreach at a time!

To our loving volunteers, we are grateful for the time you dedicate towards our 'Flomily.' We want you to know that there is no Flo Haven without you

Love, **The Flo Haven Team**

Contact

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 [Flo Haven](https://www.linkedin.com/company/flo-haven)

 [@flohaven](https://www.instagram.com/flohaven)

 [@flohaven](https://twitter.com/flohaven)

 [Flo Haven](https://www.youtube.com/flohaven)