



Our aim – To provide healthcare, promote learning, and alleviate poverty in Kenya.

Registered Charity 1122698

Books & Bread for Kenya

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August 2023 – Update to our supporters, friends, and volunteers of Books and Bread for Kenya

Our charity remains steadfast in our commitment to extending love and support where it is most needed and in this latest update, we are pleased to provide you with insights into our project in Barani Village, Kenya.

Volunteers: The Cornerstone of Our Work

Our most cherished aspect is our team of dedicated volunteers, who selflessly contribute due to their genuine care for others. BBK operates within a not-for-profit structure and entirely through the efforts of volunteers based both in the UK and Kenya. No one takes a wage.

Our charity is founded upon principles of honesty and transparency, as exemplified by our meticulously maintained accounts. We encourage you to explore our annual charity accounts, accessible online, or to request a copy for your perusal.

Insights into our projects at Barani Village – Extending a Helping Hand

Why don't females have access to affordable feminine hygiene products in Kenya?

65% of girls in Kenya can't afford feminine products

One million school-age girls miss an average of **four days per month** because of their menstrual cycle and **no access to feminine hygiene products.**

A survey done by Procter & Gamble (P&G) and Heart Education found that **42% of Kenyan school girls have never used sanitary pads, and instead use alternatives such as rags, blankets, pieces of mattress, tissue paper, and cotton wool.**

Source: <https://www.aikkenia.com/features/2022/2/24/-with-1-wed-a-boy-the-kenyan-girls-fighting-period-poverty>
https://menstrualhygieneday.org/wp-content/uploads/2018/04/FGO_Menstrual-Health-Landscape_Kenya.pdf

For the past few years, BBK's efforts have extended to the underprivileged children of Barani Village School. This year, we have directed our energies toward creating a noticeable impact in the lives of high school girls at Barani.

Addressing Period Poverty among Barani High School Girls

The issue of Period Poverty, where girls lack access to suitable menstrual products, came to our attention. The repercussions of this challenge were deeply concerning to us.

On average a school-aged girl misses approximately four days per month due to the absence of proper products and 65% of girls in Kenya cannot afford feminine products, resorting to makeshift solutions that are alarming and can be severely detrimental to the girls' health.

Even more distressing are the accounts of desperate actions taken by some girls to obtain basic sanitary items.

We at BBK firmly believe in advocating for menstrual equality.

We believe that this cause is worth fighting for.

What Did We Do?

After putting out our plea to the surrounding community, extraordinarily generous contributions from small local businesses meant we were able to assemble over 50 comprehensive sanitary packs for the high school girls who attend Barani School.



The packs included reusable sanitary towels, comfortable knickers, pad cleansing soap, body-cleansing soap, and a practical storage bag.

All were thoughtfully designed to empower the girls.



Educating and Empowering

Along with school teacher Betty, one of our dedicated volunteers, Caroline, engaged with each group of girls within the very warm, tin-roofed classroom.



Caroline provided the group with comprehensive guidance on the contents of the sanitary packs, including a demonstration of the importance of personal hygiene, cleaning and reuse of the pads, and the environmental benefits of reusable sanitary products.

Additionally, the cost-effectiveness of these products was discussed, aiming to empower these girls with knowledge that goes beyond the immediate context.

A Vision Fulfilled

The most heartwarming aspect of our actions was witnessing the genuine smiles and expressions of gratitude from each girl. These moments serve as a poignant reminder of the transformative power of collective action and compassion.



Creating Long-Term Impact

The importance of breaking the cycle of poverty cannot be overstated. We understand that children born into impoverished families face formidable challenges, often spanning generations. Education holds the key to breaking this cycle. By enabling access to education, we open doors to employment opportunities, offering a pathway out of the clutches of poverty.

We extend our deepest gratitude to each one of you who continue to support Books and Bread for Kenya. A heartfelt thank you to each one of you who stands by us.

Together we are helping to change and inspire lives.

From The Books and Bread for Kenya Team