

Days for Girls



The charity helps girls to go to school and college and women to go to work in over 100 countries, by providing sustainable feminine hygiene solutions and delivering excellent health education for girls and boys.



Millions of girls worldwide will not attend school during their period because they lack basic menstrual hygiene equipment.



A single Days for Girls Kit will last up to 3 years- that could mean 180 days of education. Kits are washable and reusable - an eco-friendly, solution to managing menstruation.

Girls who are educated will be **more** likely to:



have live, healthy babies - a proven fact!



graduate from school



have better employment prospects



provide for their families



contribute to their community and country

Women menstruate for an average of 3000 days in their lifetime. That's more than 8 years altogether!

Ahtutu



Ahtutu is an Ely charity, which has been supporting young people in SE Myanmar (Burma) since 2014.



Ahtutu works through a Burmese non governmental organisation to ensure best value for money and excellent working relationships.



Volunteers go for two intensive teaching weeks each January and carry out sustainable projects to improve the lives of the young people with whom they work.



Ahtutu prides itself on its policy whereby ALL monies raised go to the young people they support. Volunteers fund their own expenses.



Days for Girls is one of the ways in which Ahtutu supports young people in Myanmar, with a view to establishing local micro-organisations through which people can support themselves.

Ahtutu is UK Registered Charity 1182338

How you can help without making kits



Talk about our work to people you meet! Bring a friend along to our KIT days! Bring your children and partner! You don't need to sew.



Donate regularly to Ahtutu - we clearly ring-fence DfG donations for that purpose alone. You can specify **Ahtutu** as your chosen charity through *EasyFundraising* and *Amazon Smile* to donate without actually parting with one penny.



Tell any group you are part of, or know of, about us and we will come and talk to them about our work!



Do a fundraiser! Host your next dinner party for Ahtutu and Days for Girls.



Donate machines, materials, resources, time, money!



Help us man our events and stalls.




Help us with our administration, promotions and FaceBook page.


What you can do to help with kits


Most of our volunteers create bags, shields and liners in their spare time at home, but we have planned monthly Keeping In Touch (KIT) Days where we will make and learn together.



YOU can help Days for Girls either at home or as part of our KIT Days.

 Non-sewing jobs: cutting, threading, using scraps to make trinkets, kit assembly, making cards for the kits, preparing instruction sheets for the kits

 Sewing jobs: making shields, sewing hotspots onto liners, making bags, sewing on labels, sewing items made with scraps for our stalls

 Overlocking jobs: making liners, serging hotspots. We need eight liners for every single kit - a lot of liners!



Sponsor a kit in your name or someone else's for only £10. Do this online through Ahtutu's Marketplace or by contacting us direct. See our contact details

Dates and Contact Details



We are proud and pleased that Days for Girls East Angles have attained their Gold Standard in sewing DfG kits.



Our **KIT Days**, when we make DfG kits together as a community, will be 10am to 2pm *on the first Saturday of every month from **September 7th 2019*** at Parish Rooms, St Etheldreda's Church, 19 Egremont St, Ely, CB6 1AE (access the back door through the car park at the rear). A simple lunch will be provided.



In addition we *personalise* and organise **free Individual and Group Training Sessions** to your needs and requirements. Please email or phone for details.



Any and all help, interest and involvement is appreciated. Please get in touch whether you sew or not.



E: eastanglesuk@daysofgirls.org

T: 07825 580085

www.daysforgirls.org

www.ahtutucharity.org.uk

See <https://www.ahtutucharity.org.uk/latestnews/> for other specialist events and fundraisers



*Every Girl.
Everywhere.
Period.*



Our partner organisation, KMSS Pathein, with the DfG kits. Ahtutu distributed 70 kits to women in Pathein High Security Prison and will take 130 more in September 2019.