

SAKI BLOSSOM & HOPE

Creating a Period-Friendly Future, One County at a Time.

Every girl deserves to learn, participate and grow without her period holding her back.

SAKI Blossom & Hope is a Kenyan community-based organisation working to make menstrual health easier, more accessible and free from shame.

We provide **menstrual products, education and support** while creating opportunities for girls and young people to learn, speak up and lead.

Changing Lives, One Period at a Time.

WHAT WE DO

We believe menstrual health is about more than pads.

It is about **dignity, education, confidence and opportunity.**

Menstrual Health

We provide reusable menstrual products and teach girls how to manage their periods safely and confidently.

Education

We visit schools and communities to provide simple, accurate and age-appropriate menstrual health education.

Girls' Empowerment

We create spaces where girls can learn, participate, build confidence and have their voices heard.

Advocacy

We speak up for menstrual equity and support conversations around girls' health, education, rights and wellbeing.

Community

We work with schools, families, communities, government and other organisations because lasting change takes all of us.

Partnerships

We work with people and organisations who share our vision and want to create meaningful change for girls.

OUR FLAGSHIP: PROJECT 47

47 Counties. One Vision. A Period-Friendly Kenya.

Project 47 is SAKI's national initiative to take menstrual health education, reusable menstrual products and community engagement to **all 47 counties of Kenya**.

We are starting where the need is greatest and growing one county at a time.

Our goal?

Reach every county. Empower every girl.

OUR PROGRAMMES

KICK4HER

Football. Girls. Opportunity.

Kick4HER uses football to bring girls together, build confidence and create conversations around menstrual health and girls' wellbeing.

Through the initiative, we also mobilise support for menstrual health interventions and provide menstrual products to girls who need them.

REGGAE FOR CHARITY

Music with a purpose.

Reggae for Charity brings people together through music, creativity and community to support causes that matter.

Through the initiative, we raise awareness and mobilise support for SAKI's work with girls and communities.

SCHOOL & COMMUNITY OUTREACH

We go where girls are.

Through our school and community programmes, we provide:

Menstrual products • Education • Conversations • Support

We listen to girls, learn from communities and work together to find solutions that make a difference.

OUR IMPACT

We are already taking action.

 **Girls reached**

We have provided menstrual products and education to girls in underserved communities.

 **Schools & communities**

We work directly with schools and communities to create better understanding around menstrual health.

 **Girls through sport**

Through Kick4HER, we use football to create opportunities for girls and mobilise support for menstrual health.

 **Communities through creativity**

Through Reggae for Charity, we use music and community to bring people together around a cause.

KE One national ambition

Through Project 47, we are working towards reaching **all 47 counties of Kenya.**

WHY MENSTRUAL HEALTH?

A period should never stop a girl from going to school.

It should never make her feel ashamed.

And it should never stand between her and her future.

But for many girls, access to menstrual products, information and supportive environments remains a challenge.

We are here to change that.

BEYOND THE PERIOD

Menstrual health is where our work begins — but our vision is bigger.

We care about girls being able to:

Learn.

Stay healthy.

Feel confident.

Speak up.

Participate.

Lead.

That is why our work connects menstrual health with **education, SRHR, girls' empowerment, youth participation, community engagement and advocacy.**

We also believe in learning from and working alongside organisations tackling other issues affecting girls.

Different organisations may have different areas of expertise. Together, we can create better outcomes for girls.

HOW WE WORK

SAKI is built around six areas that help us deliver our work:

 **Programmes**

Menstrual Health, SRHR & Girls' Empowerment

 **Advocacy**

Girls' Rights, Policy & Systems

 **Partnerships**

Resource Mobilisation & Collaboration

Communications

Storytelling, Media & Awareness

Learning

Monitoring, Evaluation & Impact

Operations

Finance, Accountability & Support

We work together because no single team can create lasting change alone.

LET'S WORK TOGETHER

There is a role for everyone in creating a period-friendly Kenya.

We welcome partnerships with:

Schools • Communities • Government • NGOs • Foundations • Businesses • Youth Organisations • Donors • Development Partners

You can support SAKI through:

Funding | Products | Expertise | Partnerships | Advocacy | Community Engagement

Whether you want to support one girl, one school or an entire county, **we would love to hear from you.**

Together, we can make periods easier, conversations louder and opportunities bigger for girls.

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