



WEGIRLS FOUNDATION

Improving the livelihood of adolescent girls in the rural areas

PROJECT PROPOSAL APPLICATION FOR FUNDING FORM

PROJECT SUMMARY

- a. Project title: IMPROVING THE LIVELIHOOD OF YOUNG GIRLS IN THE RURAL AREAS
- b. Name of implementing agent(s): WEGIRLS FOUNDATION LBG
- c. Project location: NORTH GONJA DISTRICT – SAVANNAH REGION
- d. Proposed starting date: 17TH MAY, 2024
- e. Project duration: 12 MONTHS
- f. Amount requested from Voluntary Fund (GHC): 863,330 .00
- g. Other donor inputs: individual contribution



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BACKGROUND AND JUSTIFICATION

In 2023, I was watching a documentary on TV3 ‘my period is not a shame.’ That talks about adolescent girls in the rural areas of Ghana who are going through a lot during their menstrual periods. In the documentary, the adolescent girls were using rags during their menstrual periods instead of sanitary pads, some were not going to school during their menstrual periods and some too became pregnant due to these essential needs of adolescent girls. They were using rags because, they can’t afford the sanitary pads, they were not attending school because they stain their uniforms during their menstrual periods whiles using the rags and some too depends on opposite sex for assistant leading to pregnancy because as the saying goes, ‘there is no free lunch.’ Unfortunately, the adolescent girls are not able to care for this rags they use. They are not able to dry them in the sun when they wash them because they don’t want anyone to see that they are using rags during their menstrual periods which led to increase in UTI (urinary tract infection) in the rural areas.

Upon seeing that, I said to myself, can it be that the adolescent girls in this district are also going through the same thing. So I decided to engage some few adolescent girls and some teachers in the district and I released that almost all the adolescent girls are going through the same issues in the North Gonja district in the savannah region. Some I decided to help them out with the little I have. I spoke to some colleague’s health workers and they came on board to support this mission.

In the North Gonja district, due to poor living conditions, the adolescent girls upon struggling through all these challenges to complete junior high school end up migrating to the southern parts of Ghana for further menial works and some too drop out of school eventually due to teenage pregnancy and shame.

In the light of this that, the foundation was establish in 12th May, 2023 by Miss Sandra Wiafe to bridge the gap identified in these adolescent girls in these rural areas within the country by engaging them in series of activities and providing them with some basic menstrual sanitary pads and other related supplies to make them comfortable during that time of the month.

The government agency - Ghana Health Service GHS in the district is ever willing to support us in terms of human resources by letting some of their staffs help us with the activities in the various schools

The foundation is made up of personnel’s who are health workers and have been in the GHS for so many years. We have midwives, nurse practitioner, nurse officer, nutritionist, health information officer, mental health officer as well as director of health service that help in project planning, implementation management and follow up in the district.



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OBJECTIVES

To provide adolescent girls in school with sanitary pads and other related items every month.

To provide health education, health screening and assessment and support the intelligent but needy student.

To boost their confidence for them to go to school and acquire other skills without any hindrances which will help themselves and the community as a whole.

PROJECT IMPLEMENTATION AND MANAGEMENT PLAN

A. *Expected project results*

At the end of project, we expect the about 300 adolescent girls will be provided with enough sanitary pads, get the understanding of reproductive health, health education, proper use of the sanitary pads and proper disposal, health screening and assessment and other supports

To reduce infection and other related health conditions

To reduce school dropout, teenage pregnancy and early child marriages.

To improve academic performance and to boost their confidence.

B. *Project activities and work plan*

ACTIVITIES	DURATION	PERSON RESPONSIBLE	
1. Enhancing the understanding of	Quarterly	Miss Priscilla Addo	



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reproductive health knowledge among adolescents		Mr. Kwame E. Nambu	
2. Assessing the health of adolescent girls on a regular basis	Monthly	Miss Martha Saah Miss Priscilla Addo Mr. Kwame E. Nambu Mr. Jacob Abapezange Mr. Enock Ayiku Mr. Edward Addea Sarpong Mr. Mustapha Alhassan	
3. Health education regarding menstrual hygiene, teenage pregnancy, sexually transmitted diseases, mental health and Nutrition/Anaemia	Monthly	Miss Martha Saah Miss Priscilla Addo Mr. Kwame E. Nambu Mr. Jacob Abapezange Mr. Enock Ayiku Mr. Edward Addea	



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		Sarpong	
4. Distribution of sanitary pads and other related supplies	Monthly	Miss Martha Saah Miss Priscilla Addo Mr. Kwame E. Nambu Mr. Jacob Abapezange	
5. Demonstration on the proper usage and disposal of sanitary pads	Quarterly	Miss Sandra Wiafe Miss. Priscilla Addo	
6. Support for intelligent but impoverished students	Quarterly	Mr. Titus Nii Teiko Tagoe Miss Sandra Wiafe	
7. Assist in acquiring vocational hand work for the adolescent girls	Yearly	Mr. Titus Nii Teiko Tagoe Miss Sandra Wiafe Miss Martha Saah Miss Priscilla Addo	



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<p>8. Formation of adolescent health clubs</p>	<p>Yearly</p>	<p>Miss Sandra Wiafe Miss Martha Saah Miss Priscilla Addo Mr. Kwame E. Nambu Mr. Jacob Abapezange Mr. Enock Ayiku Mr. Edward Addea Sarpong</p>	
<p>9. Bi- Annual get-together (Health walk and fun time with the adolescent)</p>	<p>Bi-annually</p>	<p>Miss Sandra Wiafe Mr. Titus Nii Teiko Tagoe Miss Martha Saah Miss Priscilla Addo Mr. Kwame E. Nambu</p>	



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		Mr. Jacob Abapezange Mr. Enock Ayiku Mr. Edward Addea Sarpong	
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C. Project Beneficiaries

Those who are supposed to benefit from this project are the adolescent girls and the communities in the North Gonja district of the Savannah region of Ghana. Those in school (from upper primary to senior high school) and those whose interest is in vocational skills. The adolescent were involved in the project design through the health educations, in the various schools, they were able to voice out all the challenges they are facing and came out with some solutions that may help improve their livelihood and the community as a whole like the health assessment, formation of clubs, etc.

With the project implementation, we have some community champions and perfects in the various schools who are helping in mobilization and translating into their local language, help in identifying the vulnerable adolescent girls and organizing the girls during our programs.

The Foundation's Management of Project

Our members, who are from all over Ghana, both the north and the south, are the driving force behind the Wegirls foundation.

The day-to-day operations and management of projects of the foundation are supported by a group of approximately eight (8) members.

1. Miss Sandra Wiafe (Founder)
2. Mr. Titus Nii Teiko Tagoe (Executive Director)
3. Miss Martha Saah (Secretary)



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4. Miss Priscilla Addo (Treasure)
5. Mr. Jacob Abapezange (Organizer/ Monitoring and Evaluation Officer)
6. Mr. Emmanuel Kwame Nambu (Programme Coordinator)
7. Mr. Edward Sarpong (Photographer)
8. Mr. Haruna Akese Malik (Patron)

- a. What arrangements will be established to ensure that there will be effective coordination with other relevant programmes and activities?

The five regions in the north and some southern part of the country will soon be under the foundation's wing as it plans to continue and expand its operations. The first stage of the foundation's operational plans has begun with the implementation of its operations in one Senior High School and five Junior High Schools in North Gonja District of the Savannah Region.

PROJECT MONITORING AND EVALUATION

The programme coordinator as well as the organiser/ monitoring and evaluation officer who preside in North Gonja will be monitoring the project operations every month to ensure that activities occur as planned and remain directed towards stated objectives and appropriate correction taken if

required. By communicating with various schools, adolescents and persons responsible with each activity. Whiles the secretary and the treasure will be responsible for preparing progress and final technical reports and accounting of expenditures.

BUDGET



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WEGIRLS FOUNDATION BUDGET FOR THE YEAR 2024

. Enhancing the understanding of reproductive health knowledge among adolescents	Posters	10	50	2	1,000.00
	Adolescent Health booklets	300	30	1	9,000.00
	Fuel	6	200	4	4,800.00
	Snacks	320	20	4	25,600.00
	Models	2	2500	1	5,000.00
	Data Bundle	1	300	4	1,200.00
	Laptops	10	6000	1	60,000.00
	Sub-Total				106,600.00
. Assessing the health of adolescent girls on a regular basis	BP Apparatus	4	200	1	800.00
	Thermometer	4	50	1	200.00
	HB strips and Machine	2	500	4	4,000.00
	Glucometer strips and Machine	2	500	4	4,000.00
	Weighing Scale with Height	4	800	1	3,200.00
	Soap and Hand washing equipment	2	300	1	600.00
	First response HIV	10	100	4	4,000.00
	Fuel	6	200	4	4,800.00
	Disposable Gloves	10	100	1	1,000.00
	Screens	3	300	1	900.00



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	Snellen's Chart(Eye Screening)	2	200	1	400.00
	Hep B Strips	4	200	4	3,200.00
	Sub-Total				27,100.00
Health education regarding menstrual hygiene, teenage pregnancy, sexually transmitted diseases, mental health and Nutrition/Anaemia	Posters/Stickers	10	200	1	2,000.00
	Adolescent Health booklets	300	30	1	9,000.00
	Notepads	300	10	1	3,000.00
	Pens	300	5	1	1,500.00
	FP commodities	10	30	12	3,600.00
	Snacks	320	20	12	76,800.00
	Fuel	6	200	12	14,400.00
	Projector	2	1000	1	2,000.00
	4 star diet ingredients	16	20	12	3,840.00
	Data Bundle	1	300	12	3,600.00
					0.00
	Sub-Total				119,740.00
Distribution of sanitary pads and other related supplies	Sanitary pads (boxes)	20	260	12	62,400.00
	Hands and towel tissues (boxes)	20	20	12	4,800.00
	Panties (packs)	300	100	2	60,000.00
	Fuel (gallons)	6	200	12	14,400.00
	Panty liners (boxes)	20	150	12	36,000.00



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	Snacks	320	20	12	76,800.00
	Black polythene bags	300	5	12	18,000.00
	Undie wears (packs)	300	100	1	30,000.00
	Sub-Total				302,400.00
5. Demonstration on the proper usage and disposal of sanitary pads	Sanitary pads	3	30	4	360.00
	Panties	6	20	2	240.00
	Hand washing equipment	0	0	0	0.00
	Black polythene bags	10	5	4	200.00
	Tissues	1	30	4	120.00
	Soap	10	20	12	2,400.00
					0.00
	Sub-Total				3,320.00
6. Support for intelligent but impoverished students	Books	200	10	1	2,000.00
	Pens	50	5	1	250.00
	School Bags	10	100	1	1,000.00
	Provision	10	2000	1	20,000.00
	Cash	10	4000	1	40,000.00
	Text Books	10	2000	1	20,000.00
	Laptop	10	6000	1	60,000.00



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	Sub-Total				143,250.00
7. Assist in acquiring vocational hand work for the adolescent girls	Sewing items	10	2000	1	20,000.00
	Hairdressing items	10	2000	1	20,000.00
	Mechanic items	10	2000	1	20,000.00
	Catering	10	4000	1	40,000.00
					0.00
					0.00
	Sub-Total				
8. Formation of adolescent health clubs	Banners	2	400	1	800.00
	Posters	10	100	1	1,000.00
	Notepads	200	40	1	8,000.00
	Pens	200	5	1	1,000.00
	Football	3	800	1	2,400.00
	Ludo	3	50	2	300.00
	Oware	3	50	2	300.00
	Draught	3	200	2	1,200.00
	Television	2	2000	1	4,000.00
	Adolescent Health booklets	10	50	2	1,000.00
	Fuel	6	200	4	4,800.00



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	Sub-Total				24,800.00
9. Bi- Annual get-together (Health walk and fun time with the adolescent)	Banners	2	200	2	800.00
	T. shirts	300	40	1	12,000.00
	Snacks	320	20	2	12,800.00
	Fuel	6	200	2	2,400.00
	Placards	50	50	2	5,000.00
	Water	50	30	2	3,000.00
	Cards	3	10	4	120.00
	Sub-Total				36,120.00
	GRAND-TOTAL				863,330.00

