

ActionTimes

your kindness is transforming lives for women & girls



Welcome to your Autumn edition of ActionTimes.

Read below to see how your support is fighting period poverty and transforming lives.

In a world where access to basic sanitary products is still a daily struggle, millions of girls and women are forced to miss school, work, and opportunities simply because of their periods. But thanks to people like you, women and girls feel empowered to fight period poverty and all forms of injustice.

Makanaka's story

In Zimbabwe, Makanaka and her classmates are learning to make **reusable pads**, thanks to supporters like you.

Equipped with the right skills to fight **period poverty**, they can stay in school and focus on their future. **Your generosity** is helping girls like Makanaka manage their periods with dignity and share what they've learnt with others in their communities.



Makanaka and her fellow students with some of the reusable pads they've learnt to make thanks to supporters like you!



Thank you for supporting girls to break free from period poverty ❤️



Charity's story

You're supporting women and girls as they build their future

Charity, 14, has lived in the Imvepi Refugee Settlement in Uganda for six years. When her period started, she often had to **miss school** because she had no pads. Girls who are forced to miss school are not only at risk of falling behind, they are also vulnerable to exploitation and an increased risk of **child marriage** and early pregnancy.

Thanks to ActionAid supporters like you, Charity received reusable pads and now proudly says she can go to school every day. "They have helped me a lot," she shares.

Palestine

In the darkest of times, your solidarity and support is vital

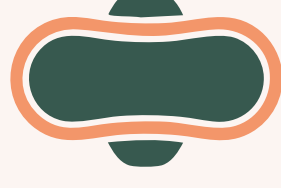
In Gaza, scenes of starvation, slaughter, and suffering are unfolding on an unprecedented scale. And through the horror, it is only with your support that women continue to protect each other with **dignity and resilience**. Thanks to you, women and children caught up in conflict or crisis can receive the vital supplies and services they desperately need.

Thanks to people like you, between our appeals, grants, and the Irish Emergency Alliance, **€300,000** has been raised for Gaza this year!



ActionAid's local partner distributing dignity kits. During this dire emergency, your ongoing support is vital to ensure more women and girls can receive these kits. Your kindness is powerful - thank you!

YOUR IMPACT SO FAR IN SUPPORTING THE PEOPLE OF PALESTINE



Over 5000

dignity kits distributed to women and girls to help them manage their periods safely.

Food parcels and **cash assistance** so parents can feed their children



over **253,000** people reached



Delivery of **safe drinking water** to displaced families



Essential healthcare for women, including pregnancy care through our partner Al Awda hospital.

The kind generosity you show women and girls as they fight period poverty, child marriage, and all other injustice is needed now more than ever. Thank you.

P.S. The kind generosity you show women and girls as they fight period poverty, child marriage, and all forms of injustice is needed now more than ever. If you can send an extra gift today, it will be received with immense hope and gratitude.

Donate Now

Thank you!