IMPACT REPORT
Looking back over the years since we first launched the charity in 2001 it is a joy to see how much we have managed to achieve with very limited resources. I am also very proud that gender equality, empowerment of girls and women and poverty reduction through micro-savings and loans are now fully integrated and central to all our project delivery.

Recent years have seen the successful completion of two major projects: HEAL, our UKAid funded programme, developing Health, Empowerment And Livelihoods amongst young women and girls in the Mayuge district of South East Uganda. The programme was highlighted by STOPAIDS and Oxfam Policy and Practice for its success in tackling the spread of HIV through the economic empowerment of women, and GEHKU our 4-year, Big Lottery funded, project delivering Gender Equality and Health in Kasese, Western Uganda (GEHKU), which saw us exceed all our targets, reach nearly 300k beneficiaries and receive very positive affirmation from our funders’ project manager.

In 2017 we reached a milestone in the history of Act4Africa with the opening of Kathy’s Centre, Act4Africa’s first community health and education centre. It was the dream of my late wife Kathy to provide a centre for women together with high quality early years’ education for their children.

Once again, all this has been made possible thanks to the efforts of our dedicated supporters, volunteers, staff and trustees. We could not do any of this without their amazing support.

Martin Smedley, Chief Executive
AT A GLANCE

• 92p of every £1 we spend goes directly to delivering our projects.
• Our UKAid funded HEAL project provided Health, Empowerment And Livelihoods to almost 9 thousand beneficiaries in Mayuge, South Eastern Uganda.
• Through the HEAL project, 1,553 women gained economic independence and remain active members of HEAL Savings Groups.
• 1,203 business enterprises have been set up by women and girls as part of the HEAL project in Uganda.
• With thanks to Soroptimist International Manchester, our HEAL ‘light’ project continued in Malawi until 2017 and 78 enterprises have been set up by young women.
• Our Big Lottery funded project, Gender Equality and Health in Kasese, Uganda (GEHKU) reached over 297k beneficiaries, leaving a legacy to help reduce the spread and effects of HIV/AIDS.
• A total of 73,126 people have been tested for HIV and sexually transmitted infections to date.
• Over 1.4 million people have received HIV/AIDS and sexual health awareness training since we began.
• In September 2017 we opened our first permanent community health and education facility, in Mayuge, South Eastern Uganda: Kathy’s Centre, in honour of our late co-founder Kathy Smedley.

*All figures in this report were correct at time of press (November 2017)*

WHERE

OUR IMPACT

WHAT

STEPS TO HELP OVERCOME POVERTY

GENDER EQUALITY
WOMEN’S ECONOMIC INDEPENDENCE
WOMEN’S EMPOWERMENT
EDUCATION
HEALTH

UGANDA
TANZANIA
MALAWI
Our Big Lottery Funded project, Gender Equality and Health in Kasese, Uganda (GEHKU), has raised awareness of the rights of women and challenged gender inequality by targeting vulnerable groups. Over 279k beneficiaries were reached with this project.

- Over 300 teachers, health workers and traditional herbalists have been equipped with the knowledge and skills necessary to promote the sexual and human rights of women and challenge gender inequality with all members of their communities.
- 300 school-based peer educators have been trained to deliver age-appropriate gender equality workshops through after-school clubs.
- There has been a 32% increase in the number of women and girls who freely express confidence to refuse sexual advances.
- 59% more women and girls now show an ability to negotiate safe sex.
- 37% more boys and men now show an increased respect for girls' and women's sexual rights.
- 88% of the project's beneficiaries now freely discuss HIV/AIDS prevention with their spouses.

Gender inequality is the most fundamental obstacle to eradicating poverty and achieving economic and social development.

In rural Africa gender inequality is generally entrenched, rooted in cultural beliefs and traditions. As a result, many women and girls live in a degenerative cycle of ill health, poor education and poverty. Culturally, women are expected to be submissive and not to offer their opinion. They are not expected to refuse sex or insist on protection, either within or outside of marriage. Household decisions and income are usually controlled by men.

Tackling gender inequality is central to our work, and our Theatre for Development workshops have proven to be particularly effective in challenging views that uphold these inequalities and misconceptions. We tackle the issue head on by actively engaging local communities to promote the rights of women. This awareness supports the work we do to empower women through economic independence, education and sexual and reproductive health.

Men have also been actively involved in bringing about change for women through our Health, Empowerment and Livelihoods (HEAL) project. ‘Pro-husbandry’ work encourages family members to recognise women’s abilities and support their involvement in savings groups.

Meet Paul

Paul took part in community sessions on gender equality, stigma and domestic violence as part of the GEHKU project. He was immensely touched by the content expressed by the team through role play and story-telling.

“I realise now the mistake that I commit as a male in my home.”

Polygamy is commonplace in Uganda and Paul had come close to selling the land that he owned with his wife, in order to pay the dowry on a second wife. As is the norm, Paul’s wife was unemployed and responsible for all food production. She looked after the land, home and children, yet he considered her “useless and a beggar”.

“I had forgotten that the work she does in the home and garden is a big contribution and support to the family.

“From the sessions with Act4Africa I have learnt that all people are equal and play distinct roles in family life. I will openly tell my wife about this and also apologise for treating her badly. I now understand her situation and can negotiate our love freshly.”

We train female community trainers in gender equality.

They teach thousands more about the rights of women and girls.

Awareness spreads and women and girls claim their place in society.
WOMEN’S ECONOMIC INDEPENDENCE

One of the key factors affecting gender equality is women’s economic independence.

Women’s economic participation speeds up development, helps overcome poverty, reduces inequalities and improves children’s nutrition, health, and school attendance. Women typically invest a higher proportion of their earnings in their families and communities than men.*

In rural Uganda, the overriding issues affecting women’s economic independence are gender relations within the home and lack of capital to expand production beyond subsistence.

Funded by UKaid, our Health, Empowerment and Livelihoods (HEAL) programme in Mayuge District, Uganda, equips young women (aged 15-30) with the skills and training they need to become financially independent. Through business training and the establishment of women’s savings groups with access to loans, they develop their own enterprise and livelihood opportunities.

*Organisation for Economic Co-operation and Development

OUR IMPACT

- Training sessions in business, basic finance and bookkeeping skills have been delivered to 1,632 young women.
- Women’s access to savings and loans has increased through the 90 savings groups established. A total of £30,465 has been saved, 320 loans have been taken and 285 repaid to date.
- Economic participation by young women has increased and 1,203 business enterprises have been set up, including food production/trading, retail, catering and hairdressing.
- Some initial resistance was encountered towards the women’s groups by men in the community. To counter this, we have involved the men in agri-husbandry groups. The purpose and benefits of the women’s groups are shared with them, addressing issues of accountability, equality, empowerment, sustainable jobs and livelihoods, income generation and micro-enterprise. Most men now endorse the groups and support the women, often saving with them.
- Based on the HEAL project in Uganda, we have established a small-scale replica project in Malawi, supported by Soroptimist International, Manchester. 78 enterprises have been set up by young women.

MEET IRENE

Irene (24) is married with 2 children. She is secretary of the Tukolele Walala HEAL group in Uganda. Through her training she has developed a business selling second-hand clothes and now she saves regularly from the income.

“I started with an objective and, with the help of Act4Africa, I developed a business plan. My whole family has learnt the importance of saving. Thanks to Act4Africa, my siblings and children have a better and brighter future.”

A positive role model, Irene encourages other women to save and educate their children. As group secretary, she also enjoys encouraging others to develop good business ideas that will help them get out of poverty.

“Being part of a HEAL group has given me confidence and hope. Now I am empowered to set my own priorities and values as a woman.”

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As part of our HEAL programme in South Eastern Uganda, 90 Female Community Mentors have so far been recruited and trained. They lead regular group meetings to build self-confidence and entrepreneurship amongst members.

- We have delivered sessions to more than 1000 young women and girls (aged 15-30) about life skills, empowerment, household management and community involvement.
- All-female training, meetings and feedback sessions have enabled uninhibited freedom of expression and encouraged mutual support between beneficiaries.
- Young women and girls have been supported to overcome self-stigma and other negative attitudes that would otherwise hinder demonstration of their full potential and productivity.

- 77% of beneficiaries have gained new skills needed to contribute to community decisions. These may include, for example, holding the position of chair, secretary or treasurer in a HEAL group or simply feeling confident to approach local chiefs about community matters.
- 84% of beneficiaries now manage household resources and/or are involved in household decision making.

Through our GEHKU project in Western Uganda, over 600 school girls, teachers, health workers and traditional herbalists have been trained as trainers to deliver key health and gender equality messages. With consequent motivation and confidence, they have all gone on to provide effective leadership roles within their communities.

- The GEHKU project delivered a 49% increase in the overall number of women and girls holding a community leadership position, which was well above target.

Women become empowered to affect positive socio-economic and political change.

Rebecca is 23 years old and does not remember a single time when her parents consulted her about any decisions related to either herself or her family. She has grown up used to the notion that others make decisions for her. Consequently, she had no confidence to make decisions for herself prior to participation in an Act4Africa training session.

“Act4Africa have empowered me to make informed and independent decisions and helped me develop personal goals which I aim to achieve.

“I have now started to value myself and I am going to reach out to my fellow girls to encourage them. It is high time we took full control of our lives and proved to the world that we have what it takes to participate in all decisions and activities.”

Women are agents of change in their families, communities and countries. Increasing their voice and their socioeconomic and political participation is essential for sustainable development.

It is widely acknowledged that providing women with the confidence to make informed decisions about their lives leads to empowerment in other areas, including household decisions and community activities. Enabling women to take control of their sexual and reproductive health, and equipping them with vital life-skills and self-esteem, are crucial components of their empowerment delivered through our programmes.

Act4Africa provides empowerment to women and girls through education and economic independence, but the success of this is based on the social and psychological empowerment they also gain. Our programmes have a positive impact on participants’ confidence and self-esteem as they feel empowered not only through training and knowledge, but also through social support and encouragement from working together.

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With even a few years of education, women have better economic prospects; fewer, healthier and longer-living children; and better chances of sending their own children to school.

Our programmes are delivered in communities where 60% of girls never attend primary school, and 85% of those attending secondary school leave before the age of 18.*

Encouraging and enabling girls to stay in school is a vital step in our process of empowering women, but is not always easy in the deprived, rural areas in which we operate. The prevalence of HIV/AIDS, gender inequality and poverty all impact on the education of girls.

It is not only encouraging girls to remain in education that constitutes a vital part of Act4Africa’s work, but also enabling them to do so through essential support and financial assistance.

Education is a process, not an outcome, and the ongoing support and training of girls and women enables real progress to be made.

To date we have trained 300 female teenage peer educators, in Ugandan schools, to circulate vital gender equality and sexual and reproductive health information amongst their communities.

Peer educators are a core part of our Grow A Girl programme. 10 of them are now sponsored by individual supporters who donate monthly to help the girls complete their secondary education. These are a few of the girls’ achievements this year:

- Daphine (14) and Roseline (13) both progressed to secondary school.
- Sharon (19) counsels young HIV+ mothers at a local ante-natal clinic. She passed her secondary exams well and is studying to be a medical records clerk.
- Talent (15) set up a club at her school to teach her peers about the problems of early pregnancy and the dangers of HIV. She is now head prefect.

Educating out-of-school adolescents and young women is equally important to us. As part of the HEAL project, over 1000 have been engaged in our community education and group sessions to access business and financial literacy training.

- Over 76% of these are now able to undertake basic record-keeping and develop simple business plans.

Health education has, of course, been at the heart of our programmes in Africa for 15 years during which time we have used our innovative Theatre for Development techniques to train over 1.4m people in HIV prevention.

<table>
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<th>60%</th>
<th>£15</th>
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Where we operate, 60% of girls never attend school. They are susceptible to early pregnancy, ill health and poverty.

You can sponsor a girl to stay in school for just £15 a month.

She will use her education to earn a living, avoid HIV, have healthier children and send them to school.

* Uganda Bureau of Statistics
Act4Africa has so far provided over 1.4 million people with HIV/AIDS and sexual health awareness training and tested 73,126 for HIV and other STIs.

To date we have distributed 295k condoms to communities in Uganda.

- Our GEHKU project in Western Uganda has delivered a 20% increase in awareness and knowledge of condom use and a 20% increase in men and women (aged 15-54) reporting condom use during their last sexual intercourse with a casual partner.
- The number of girls (aged 10-14) and women (aged 15-54) who feel able to negotiate safe sex has increased by 59%, well above target.
- GEHKU has delivered a 41% increase in people showing care, acceptance and positive attitudes towards people living with HIV/AIDS and disabilities. However, many of those living with HIV/AIDS still show a reluctance to disclose their status, demonstrating the strength of stigma still attached to the virus.
- The number of people living with HIV/AIDS now receiving access to antiretroviral treatment has increased by 44%.
- We also deliver HIV awareness training, testing and counselling as part of our HEAL programme in South East Uganda. As well as delivering health services and counselling we also deliver large scale community events. These involve interactive theatre, dance, group exercises, workshops and Q&A sessions, all designed to impart and test understanding of key messages about HIV/AIDS and dispel myths and stigma.

* UNAIDS 2016 data

Meet Brenda (18 years). She is one of just 15% of girls who remain in school at this age in Uganda. During the week she stays away from home with relatives and walks long distances to school each day. Her parents are poor subsistence farmers; they struggle to pay her school fees and provide her with no additional money. At times, she has been forced to sell her body “to afford nice things”. She had never thought of HIV/AIDS as one of the risks of having sex.

Brenda attended an Act4Africa HIV awareness raising event in her village. She met with Act4Africa Field Officer, Daisy Nankumbi, who spoke to her about HIV/AIDS and highlighted the many risks involved in engaging in early sex.

“I now want to start up a new chapter in my life. I will be tested for HIV and take full control of my sexual life by making informed decisions. My message to all young girls is that engagement in early sex stands to make girls more vulnerable through HIV/AIDS or early pregnancy. They should abstain and prioritise their education. There are good things in the future and a time for everything.”

Over 1.4 million people trained in HIV prevention.

>3,000 people tested for HIV.

44% increase in people with access to treatment.
Since Act4Africa began in 2000, we have been arranging life-changing volunteer trips to Africa. From 2009, we have specialised in bespoke medical elective trips for student and qualified doctors, nurses and midwives to experience a clinical placement at an African hospital.

As an experienced deliverer of health education in Africa for over 15 years, we are uniquely placed to understand students’ requirements. Placements are tailor-made to suit skills and interests and participants gain hands-on experience at a choice of four hospitals in Uganda, Tanzania or Malawi, and in Uganda, at grass-roots level in the community. With local staff on hand to provide support and advice, peace-of-mind is guaranteed.

Act4Africa delivers an experience that Western culture and medicine cannot provide. Students who chose to do their elective with Act4Africa make a real impact on people’s lives in some of the poorest areas of the world and their experiences stay with them for a life-time.

“I feel privileged to have been given this wonderful experience. I learnt a lot about medicine and myself: lessons which will stay with me forever.” Caitlyn, nursing student at the University of Glasgow.

Jennifer is a medical student from the University of Sheffield and she carried out a four week elective at the Jinja Regional Referral Hospital.

“The placement was a fantastic experience and I learnt a huge amount. It was very different to medicine in the UK and I saw many diseases that I am unlikely to come across in the UK.

“One of the best things about the trip was the flexibility. Act4Africa were very helpful in allocating us as much time as we wished in the specialities we wanted – for me, this was pediatrics, obstetrics and general medicine. We also spent time at a local orphanage, rural village clinics and a charity for street children.

“Staying with one of the local doctors and his housekeeper (who was a fantastic cook!) really allowed us to integrate with the community and we became good friends with them. I made a lot of friends in Jinja and was overwhelmed by how welcoming and friendly everybody was.”

Lauren is a nursing student from the University of Glasgow and she carried out a four week elective with a friend at the Amana hospital in Dar Es Salaam, Tanzania.

“After the 3rd year of my nursing degree, I felt I was well equipped to handle anything that was thrown at me thanks to my experience in the hospitals of Glasgow. Boy was I wrong! Nursing in Tanzania is nothing like nursing in the UK, it is hard and dirty but it was so incredibly rewarding.

“Countless memories were made, many lessons were learned (always the hard way), and we grew not only as nurses but also as people. We were supported by Act4Africa every step of the way, and the knowledge that they were there to help if we needed them gave us the confidence to do so much and push ourselves so far from our comfort zones.

“Would I do this sort of thing again? In a heartbeat!”

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FUNDRAISING
EVERY YEAR OUR SUPPORTERS RAISE THOUSANDS OF POUNDS THROUGH A VARIETY OF EVENTS, CHALLENGES AND EFFORTS. ENORMOUS THANKS GO TO EVERY ONE OF THEM.

Thank You

Lily Newman and her seven spectacular skydivers, Paula Gibson, Kathryn Young, Judith Young, Lucy Turner, Elaine Kelly, Paul Miller and Max Newman who jumped from a plane on a tandem sky-dive.

“I was honoured to help my incredible friends, Kathy and Martin Smedley, to set up Act4Africa and since then, the charity has delivered comprehensive HIV/AIDS education to over 1.4 million young Africans. The spectacular seven and I (with my Sugar-free-for-three challenge) chose to raise money for Kathy’s Centre, an amazing legacy project in memory of a very special woman.”

Lily Newman

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Martin Delke, Nick Broughall, Daniel Wise, Mike Howarth, Martin McKay-Smith, Daniel Bowles, Nath Parton, George Martin and Anthony Tyler: the cyclists participating in the Prudential Ride London Surrey 100, a gruelling 100-mile road cycling event based on the London Olympic route.

Hannah Lane, Steph Peters and friends walked 22 miles along Wales’ Gower coast from Mumbles to Rhossili in 12 hours.

Beverley Hodgson, Tracey Bryant, Collette Clarke and Jan Disley who completed the 192 mile walk from coast to coast.

Henry Marshall for running the Edinburgh Marathon and Brian Wassall for running the London Marathon.

Megan Lyons, a stalwart Act4Africa fundraiser, for her continued efforts every year since 2009.

We are proud of our record for squeezing the maximum impact out of every penny. Part of this comes down to our structure: we fund Act4Africa Non-Government Organisations who employ local staff to do our work in Africa.

INCOME

Grants & Trusts 13%
Donations 20%
Sponsored Events & Expeditions 67%

£193k
£130k
£39k
£25k

92p of every £1 we spend goes directly to delivering our projects.

*Based on 2016-2017 annual financial accounts presented here.

expenses

£177k
£227k
£14k
£2k

77%
16%
6%
1%

Project Delivery
Support & Administration
Fundraising
Governance

Students from Leeds Beckett University for organising innovative fundraising events every year.
Steve Henderson for Mr Kite benefit concerts.
Marie Davis for her vintage clothing sale and raffles.
Mary Rawlinson and Lucy Coates for the annual Act4Africa Curry and Quiz night.
Based in Altrincham, Cheshire, the staff team currently comprises (left to right): Martin Smedley, Chief Executive; Sarah Istephan, Marketing Executive; Barbara Blaber, Finance Administrator; and Hilary Yeates, Project Manager.

Leadership Team:
Chris Grieves, Martin Smedley, Dora Witcomb

Trustees:
Charis Baker, Chris Grieves (chair), Simona Labor.

MEET THE TEAM

We often say, our greatest asset is our team. Our staff are regularly supported by dedicated volunteers who help us achieve our goals. We would particularly like to thank Alexan Westlake, Hannah Van Rooyen, Julia Hardill, Elizabeth Harrocks, Ellie Wood, Lily Newman, Dora Witcomb and Clare Crowther for volunteering their time in the UK.

Act4Africa has a small UK team based in Altrincham, Cheshire supporting and mentoring our Act4Africa Non-Government Organisation partners in Uganda, Malawi and Tanzania.

Act4Africa South Eastern Uganda Team
Based in Mayuge, the HEAL project team comprised (left to right):
Patrick Kigongo, Uganda General Manager; Jude Tusubira, Enterprise Officer; Saron Mukose, Enterprise Officer; Nicholas Torach, Field Officer; Martha Bonny, Financial Controller; Daisy Nankumbi, Field Officer; Simon Peter Otim, Enterprise Officer; Harriet Nakiryu, Field Officer; Seated: Moses Waiswa, Programme Co-ordinator plus the latest member of the team Sandra Kiranj (not pictured).

In Malawi our projects and medical elective programmes are led by Team Manager, Bernard Makupete.

Our work in Tanzania mainly comprises the placement of medical and nursing students in Amana Hospital in Dar es Salaam for their elective placements. This is co-ordinated by Tumaini Orgenes, our Senior Trainer.

Act4Africa Western Uganda Team
Based in Kasese, the GEHKU project team comprised (left to right):
Gidion Thembo, Project Accountant; Deborah Mmbamu, Project Monitoring Assistant; Morris Kabazugwye, Team Manager; Harriet Bukundika, Team Leader; Alice Peace Biira, Project Monitoring Assistant; Jovia Kizza, Trainer; Henry Baluku, Trainer; Ruth Kabugho, Team Leader and Senior Trainer; Enos Baluku, Monitoring and Evaluation Co-ordinator; Geoffrey Kambugu, Data Clerk.

KATHY’S CENTRE

Opened in September 2017 and located in Mayuge, South East Uganda, Kathy’s Centre was built in memory of Act4Africa co-founder Kathy Smedley. The centre provides health & support services, pre-school education, a youth club & agricultural, enterprise and financial literacy training to one of Africa’s poorest communities.

Kindergarten & Youth Club
An early years teacher herself, Kathy knew the importance of giving children the best start in life. Led by head teacher, Basil Amatre, the kindergarten will provide first class education for 3-6 year olds.

The youth of Mayuge will receive life skills, health education and have fun at the Youth Club, gaining social and communication skills to help them gain meaningful employment.


HIV Testing & Counselling
The rural district of Mayuge has one of the highest rates of HIV prevalence in Uganda (10%). Kathy’s Centre provides a permanent base for Act4Africa’s testing and counselling services at the heart of a community in need; increasing knowledge, improving health and literally saving lives.

Micro-Finance & Enterprise Training
Adolescent mothers and young women develop skills to gain economic independence and a voice in communities where women are often silenced.

Model Goat Farm & Brick Making
Kathy’s Centre and goat farm will help the environment & provide new hope & opportunities for many through:
- Sustainable brick making
- Animal husbandry training
- Basic veterinary training
- Goat breeding providing access to independent income for young women & girls involved in our HEAL project.

Flagship Building
Our sincere thanks go to the Engineers for Overseas Development (EfOD) North West, with whom we partnered to develop an eco-friendly design for the building and ensure Kathy’s Centre was built sustainably and to a high-quality standard, complete with modern EcoSan toilets with disabled access.

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Without our friends, funders, supporters and advocates, our fight to create a brighter future for women and girls in some of Africa’s poorest communities would be impossible.

Each year we receive tens of thousands of pounds from voluntary donors and supporters of individual fundraising/sponsored events, and our deepest thanks go to every single person and organisation who gave so generously.

There isn’t enough space to list everyone who kindly supports us so we would like to take this opportunity to say a heartfelt thank you to all those who have contributed – you know who you are and we hope that this report has given you some insight into the difference you have made.

We would like to give our particular thanks to the following funders, organisations and trusts who have supported us in recent years: UK Aid (DFID), Big Lottery Fund, Global Giving, Engineers for Overseas Development: North West, Soroptimist International of Manchester, Altrincham Baptist Church, Vodafone Foundation and Parker Design.


Even the smallest gifts help save lives. It costs just £1.50 to deliver our life changing messages to each person. Your donation will change attitudes, transform communities and save lives – donate today at www.act4africa.org. Or if you shop on-line, sign up to www.givesyoulive.com and donate, at no extra cost to you, when you shop with a wide range of popular retailers.

Join our medical elective programme, teach abroad or talk to us about planning the trip of a lifetime where you can provide hands-on support to a community in need.

We offer flexible internships in our UK office in areas such as, fundraising, PR and marketing. Contact us to find out more or simply fly the flag for us by raising awareness and funds in your community.

We would be both humbled and honoured if you think of our work when considering your legacy and writing your will.

We would love to hear from you if your organisation would like to partner with us and become an Act4Africa Ambassador. By joining our Ambassadors’ Programme you will not only be providing a brighter future for Africa’s poor but, also for your staff and business.

From cake sales to marathons, the support of fundraisers makes our key programmes possible. However you want to take part, the money you raise will have a huge impact. Contact us for a Fundraising Pack today.

For £15 a month, you can join our Grow A Girl programme and help a vulnerable girl complete her education, avoid early pregnancy and/or HIV, and learn valuable life skills.

Make a difference with the gifts you give. Choose from a goat, a school uniform or a choice of other items and receive a print-at-home gift card to send to your friend, family, colleague, teacher or carer.

To find out how to get involved visit www.act4africa.org