

QUARTERLY IMPACT REPORT

Our Quarterly Impact Report provides details and statistics of beneficiaries and their families for the quarter period.

1 April to 30 June 2017

NUMBERS THIS QUARTER

ENROLLED ANOTHER

4 

BUILT

2  NEW HOUSES

PROVIDED

 66

WATER FILTERS

AND TAUGHT

9 COMMUNITY CLASSES

NUMBERS TOTAL

WATER FILTERS PROVIDED

497 

44 VILLAGE PARTNERSHIPS

89 COMMUNITY CLASSES TAUGHT

10 TYPES OF SEEDS PROVIDED

15 HOUSES BUILT

TOTAL NUMBER OF GIRLS ENROLLED

 722



TNAI SAMRAP SREY – DAYS FOR GIRLS

In May we sent Free To Shine's new female staff members to a train-the-trainer workshop with Green Gecko, to learn about how to talk about reproductive health with our girls. Green Gecko's Tnai Samrap Srey ("Days For Girls") program runs community training sessions on reproductive health, and distributes feminine hygiene kits to women and girls in rural villages. For many, particularly young girls in Cambodia, reproductive and sexual health education is non-existent. Some think that they are ill the first time they menstruate. Most choose to skip school during menstruation, due to stigma or lack of facilities, and others are even advised by family members to stay home. By educating girls about what is happening to their bodies, they are less likely to feel embarrassed and miss school because of their periods.

"The training made us know more deeply about ourselves as women for when we have our period;

symptoms, preparation, and our feelings and environment," says Sreymom, Free To Shine's Program Officer.

"Knowing how to care about hygiene is crucial for our healthcare. Moreover, this training is very useful for Free To Shine as our staff will be able to identify and transfer this knowledge to our girls in the villages." Our female staff enjoyed the training so much that they've convinced the boys to attend their own session to learn all about menstruation! It will be Tnai Samrap Srey's first all-male workshop.



LAUNCHING OUR YOUTH LEADERSHIP PROGRAM

At only 16 years old Bora* has already been running an English class for the younger children in her village for more than a year. Free To Shine knew that she wasn't the only girl on our program with natural leadership potential, so we've set



out to find a leader in every village. Girls are identified through their personal attributes, such as organization, mediation skills or strong history of perseverance through adversity, as well as girls who already have a leadership role (teaching, class monitor, etc.) or a high level of responsibility at home. Once identified, our fledgling leaders are given ongoing coaching from their Education Officer as well as any extra resources she might need, whether that's a whiteboard and markers, library books, or extra seeds for a community garden. Free To Shine aims to prepare our girls to become the future leaders of Cambodia, and equip them with all the skills, training, and knowledge for them to make a positive impact in their communities.

*Name has been changed

LUCKY IRON FISH

Malnutrition is a huge issue in Cambodia, with 56.9% of children under the age of five suffering from anemia. Anemia develops when your blood lacks the healthy red blood cells (or haemoglobin) required to transport oxygen around your body and to your organs, and is mostly caused by iron deficiency. An iron deficient person may have pale skin, fatigue, shortness of breath, dizziness, brittle nails and hair, and difficulty concentrating.

Anaemia affects how people function in every area of their life, including work, school, and social activities, in turn limiting their ability to generate income and afford iron-rich food, health care, and school fees. For children and adolescents, anaemia can result in delayed cognitive development and limitations in intellectual development. Thus, continuing the vicious cycle of poverty by constraining the social and economic development of Cambodia.

In 2017 Free To Shine began a new project, providing 'Lucky Iron Fish' to all girls on our program who have poor nutrition and/or limited opportunity to grow a vegetables garden. By doing so, we will improve the nutrition of entire families, and give our girls every opportunity to excel at their education without being held back by ongoing health issues.

