

Fundraising from Home

Irise International



Coronavirus Emergency Appeal



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Introduction to Irise International



Irise International is a charity working in the U.K. and Eastern Africa with a commitment to changing lives by ending period shame and poverty. We support young people and their communities in the UK and East Africa to overcome period related barriers through delivering practical programmes, undertaking innovative research and advocating for policy and practice change.

Irise International create change across 3 levels to help people realise period equality:



Perceptions and Practices



Structures and Stereotypes



Data and Dialogue

Some statistics...



In Uganda

80% of girls don't have the basic facts about their bodies.

30% are using dirty, improvised materials as sanitary protection.

Over half of girls are missing school every month because of their period.

In the U.K.

1 in 7 girls don't know what's happening when they start their period.

1 in 10 girls can't afford menstrual products.

1 in 5 girls are bullied because of their periods.

Our Coronavirus response



The Coronavirus crisis is rapidly evolving into a girls' rights crisis as their fundamental dignity and right to safety is put at risk.

Around the world women and girls are facing lockdown with their abusers. They are at risk of escalating physical, sexual and emotional violence at a time when help is harder to access than ever before. They face a disproportionate burden of care and exposure to infection as they struggle to fulfil their caregiving responsibilities in their family and community. Many are wondering how they will feed their children in the weeks ahead. Control of their fertility is in jeopardy as access to contraception and safe abortion are de-prioritised. Even basic gender specific needs like access to menstrual products are overlooked, adding indignity to an already overwhelming situation.

The need to take drastic measures to fight coronavirus is not a choice, but we can choose to protect vulnerable women and girls' basic rights as we do so.

**Read more in
co-founder and
CEO Emily Wilson's
[blog](#)**

Why fundraise now?



In the UK alone, The National Council for Voluntary Organisations reports that charities are set to lose around £4bn over 12 weeks as a result of the coronavirus outbreak. The national domestic abuse helpline has recorded a 25% increase in calls and online requests for help since the lockdown began. Foodbanks, which are many women's access point for sanitary products are suffering under unprecedented pressure.

For those that are well, this is a time spent inside that could be turned to other efforts and supporting those who perhaps do not have the luxury of a safe home to isolate in, the funds to stockpile or maybe the ability to access their sanitary needs. It is a chance for us to fundraise, get creative, try something new or spend some time educating yourself.

Where your money goes

£5 allows us to get an empowerment pack out to a woman in Uganda.

£10 allows us to get an empowerment pack out to a woman in the UK.

During this crisis, we are developing emergency packs for vulnerable girls and women both in the UK and Uganda.

These packs will include:

- Period Products
 - Contraception
 - Soap & Sanitiser
 - Menstrual education resources.
 - Information on how to get help if you are suffering from domestic abuse.
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Host an Arts & Crafts Lesson

Are you or one of your friends particularly creative? Donate your time to teaching a group lesson online and get your pals to donate an entry fee!

Online Quiz



Create your own pub quiz ask players to pay an entry fee - we encourage you to add your menstrual-themed round.



Ways to fundraise from home

Social Media Challenge

Run 5k, learn 5 new facts about period poverty, bake 5 cupcakes and donate £5 to Irise - and tag 5 friends to do the same!



Sponsored Sports Challenge

Whether it's climbing a mountain up your stairs, running a 5k in your kitchen, you can get active in the comfort of your own home!



Online Cook-A-Long

Are you a whiz in the kitchen? Share your talent and encourage a group of friends to cook along with you via a livestream and ask for a donation.

Fundraising practicalities



How to set up a Just Giving page

An online, shareable platform that people can donate money to

Be a fundraiser

Create your own fundraising page and help support this cause

Start Fundraising

Step 1: Visit the Irise Coronavirus Appeal JustGiving page (www.justgiving.com/campaign/Irise-coronaviruss-appeal)

Step 2: Click 'Start Fundraising' in the 'Be a Fundraiser' section

Step 3: Sign-up for a JustGiving account

Step 4: Choose what you are doing to raise money

Step 5: Fill in the short form

Step 6: Get sharing!

Fundraising practicalities



How to use Zoom

An online, chat-room allows you to see and speak to people, with the option to share your screen



New Meeting ▾

Step 1: Download the Zoom app to your laptop or phone (laptop is best for sharing screen)

Step 2: Sign-up for a Zoom account

Step 3: Click 'New Meeting'

Step 4: Click 'Invite'

Step 5: Copy meeting URL and send to people you want to join your call (you may have to accept each person individually)

You can share what's on your screen by clicking 'Share Screen' - this is great if you want to share quiz questions for example

Other ways you can help out



Share our Just Giving page on social media and via ‘chats’ with friends or family

Discuss the gendered nature of the Coronavirus crisis and the impact on girls’ rights when you speak to others

Donate items to your local foodbank, refuge, hostel etc. but phone first to check what they need

Offer your time or money to other charities supporting women’s rights - see which charities operate in your local area or take a look at national ones e.g. Women’s Aid, Refuge, Plan International UK, Rights of Women



Resource Pack

Request access to our Resource Pack by following this link:

https://drive.google.com/drive/folders/OAD86j_euGugvUk9PVA

The pack includes:

- Articles/research papers to read
- List of websites to check-out
- Images and Graphics for you to use as part of your fundraising campaign and to share on social media

If you want further advice or resources, or perhaps just want to know more about our work, email acushla@irise.org.uk

Thank you for your interest in fundraising for the **Irise Coronavirus appeal!**

Please do not hesitate to ask for more support from us or to bounce ideas with our network.

