

HIKE FOR PERIOD JUSTICE



Irise International
Registered Charity Number: 1157722



Calling all Period Justice Activists

We are at war, fighting for girls' futures.

Globally:

- The number of girls in school has dropped for the first time in a decade
- Progress towards gender equality has reversed- its expected to take an additional generation to close the global gender gap
- Politicians continue to cut funding and roll back legal protection for girls' rights

Irise's girls in Uganda are paying the price and many face unthinkable choices just because they are female. **1 in 10 tell us they've had transactional sex in exchange for pads and toiletries since the start of the pandemic.**

This is Intolerable. Unacceptable. Unjust.

But together we can enable girls to earn their own income, escape gender based exploitation and stay in school.

Irise's Rise-Up Programme is pairing girls with an Entrepreneur Mentor and providing start-up capital for their businesses. As little as £50 equips a girl to build a better future for herself and join the fight for other girls.

Leilah couldn't believe it when Irise invited her to join the Rise-Up programme. She used the money she received to set up a small business with her friends. She wants to thank the Irise community for seeing her "capability" when others didn't.

Stand in solidarity with girls like Leilah. Join our Hike for Period Justice. Raise funds. Raise your voice. Fight for a fairer future.

Period Justice requires a global community standing together- **will you rise to the challenge?**



About the Hike

Together we'll hike to the highest point in the peak district (Kinder Scout) to raise our voices and raise funds to protect girls' futures.

The hike takes 5-6 hours and is suitable for those with average fitness levels- no prior hiking experience is required. We will meet near the public toilets in Edale Village car park before we begin climbing together. The main carpark is located next to the village hall at S33 7ZP. You will need to arrange your own travel to this point- we will connect participants who want to explore lift sharing.

The car park is pay & display, and accepts cash only, there are also other places to park in the village. Prices range from £2 - £5/car. There is also a train station in Edale accesible directly from Manchester or Sheffield. We encourage participants to book early and use railcards if they can.

Train tickets can be booked on the National Rail website: www.nationalrail.co.uk

Coach tickets can be booked at: www.nationalexpress.com

Tickets for the hike itself are £55 and include:

- A trained Mountain Leader who will guide the group and provide first aid and transport back to Edale mid-challenge if required
- A Hike for Period Justice T-shirt

You can book your ticket here: www.eventbrite.co.uk/e/hike-for-period-justice-tickets-382968277427



About the Hike- continued

We suggest a minimum fundraising target of £250 per person- this will provide four Ugandan girls with entrepreneur mentorship, training and start-up capital so they can escape gender based exploitation, stay in school and build a better future for themselves.

After the hike we will head to the nearby pub to celebrate.

You will be offered a full refund if the challenge is cancelled in line with government regulations.

Please visit our host partners website for more information:

www.lostearthadventures.co.uk/blog/coronavirus-update/

If you'd like to claim back the cost of your ticket and transport from the funds you raise please email calum@irise.org.uk to confirm before you start your fundraising.

If you can't join us but want to take action you can organise your own hike, walk or other fundraising event- we've shared some ideas below.

Organise Your Own Event

If you can't join us to Hike for Period Justice you can organise your own event instead. Here are a couple of ideas:

- Organise a walk or hike in your own area and invite your friends
- Organise a "Period Party" with period themed games, food and costumes.

Remember to share photos of your events with us and tag us @irise_int using the hashtag #periodjustice



The Empower Period "Summit"



On **Sunday 2nd October** Irise's Empower Period Committee are hosting a special event bringing together Period Justice activists from across the UK to discuss what's next for their advocacy in the UK and beyond. There will be influential and inspiring speakers, training on how you can champion change and opportunities to connect with likeminded people.

Everyone taking part in the Hike For Period Justice is invited!

The event will be held at Irise's office, 7 Castle Gate, Sheffield City Centre from 10am.

Lunch will be provided and we can connect local attendees with a spare bed of sofa with those travelling from further afield.

How to Raise Your Voice and Raise Funds

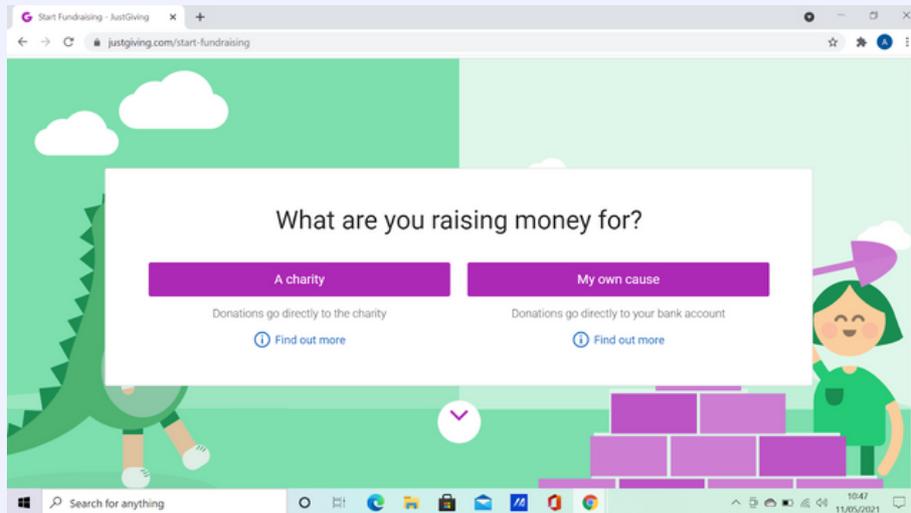
Here's our step by step guide to getting going:

- 1) Set up your fundraising page on Just Giving (instructions on the next page)
- 2) Use our Social Media Toolkit to let your family, friends and colleagues know what your doing and why: <https://tinyurl.com/hikeforperiodjustice>
Remember to add a personal message about why your passionate about this cause.
- 3) Keep people updated about the issue and your progress. e.g. f you're doing a practice walk share a photo and a post or celebrate and thank everyone who helped you raise your first £100.
- 4) Don't be afraid to ask the people close to you personally. You're giving them a chance to be part of a powerful, positive change in a girl's life. Phone your Granny, text your best friend, email your aunty- don't be shy.
- 5) Keep going. Don't give up- you're fighting for girls futures. Creating change can be hard but you're not alone. Our team are always here to help. Get in touch at chiru@irise.org.uk

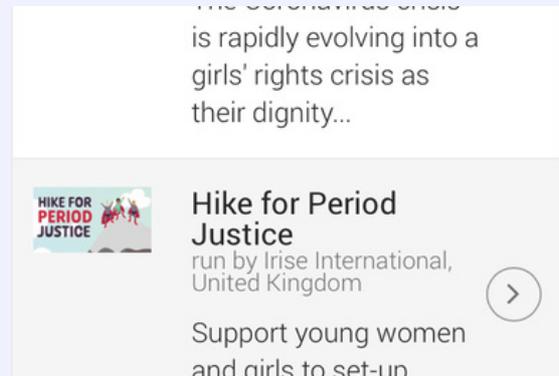
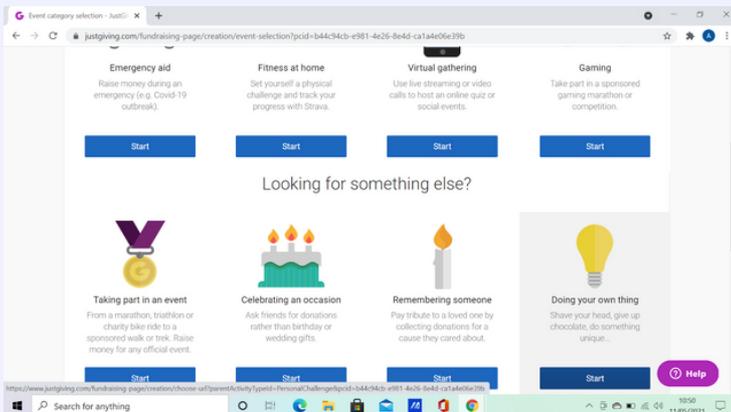


Set-up your Fundraising Page

1. Go to <https://www.justgiving.com/> and sign up to create your own account
2. Select the 'raise money for a charity' option (as seen below)



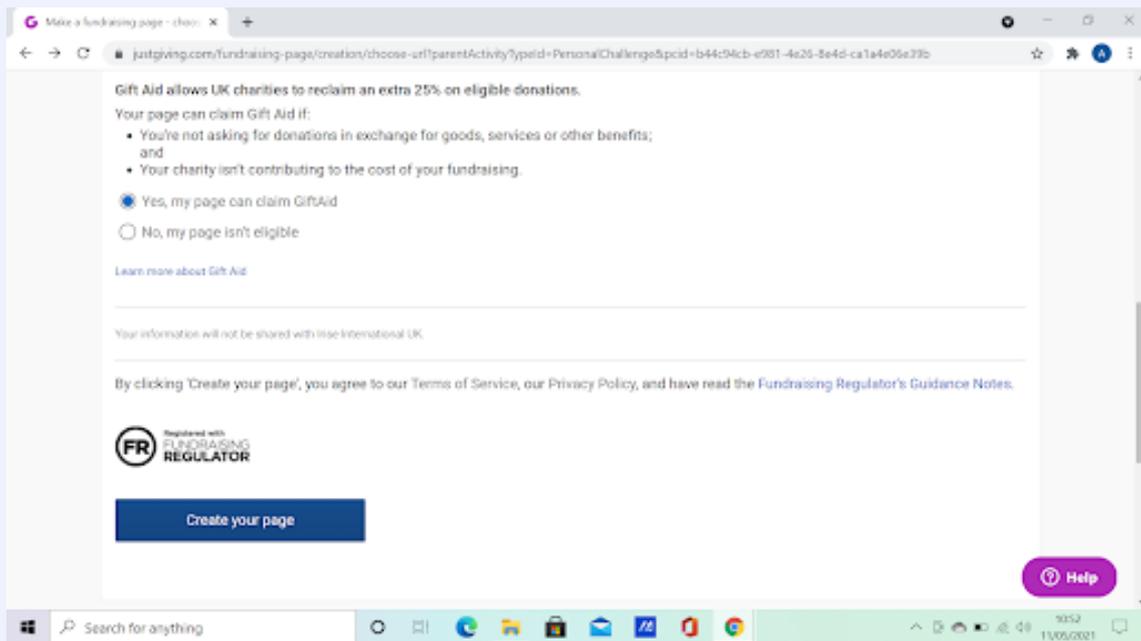
3. Search for 'Irise International' and select 'Hike For Period Justice'
4. Select 'Taking part in an event'



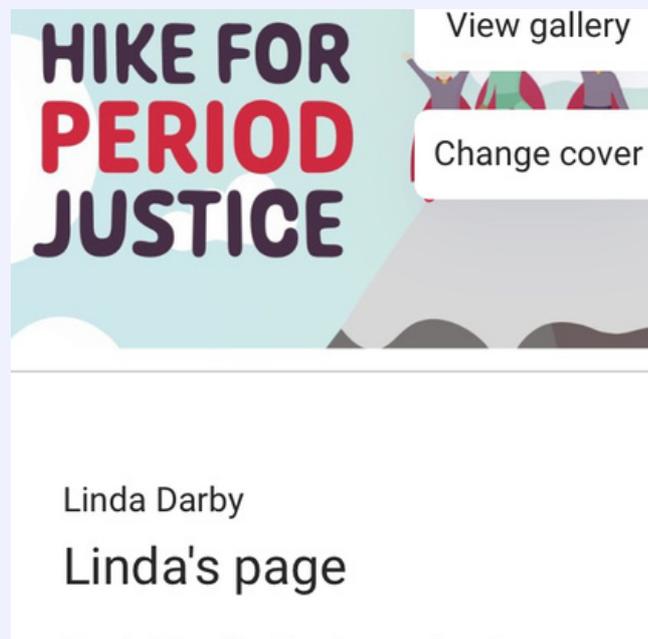
5. Outline the basic details of your fundraising challenge

A screenshot of the 'Your event' setup form on JustGiving. At the top is the 'Hike for Period Justice' logo and 'run by Irise International'. The form title is 'Your event' with the event name 'Hike for Period Justice' and a 'Change your event' link. There is a checkbox for 'I'm doing this in memory of someone'. Below is a section for 'Choose your fundraising page web address' with a text input field containing 'Linda-Darby1' and a 'www.justgiving.com/fundraising/Linda-Darby1' link below it.

6. Make sure to select 'yes, my page can claim GiftAid' if you are eligible



7. Your fundraising page is complete! Add any more details about you and your challenge to your page and get sharing!





www.irise.org.uk