

IRFF UK: Living the Spirit of Mandela Day

Edward Hartley
July 27, 2026

www.irff-uk.org



Living the spirit of Mandela Day

Each year on 18 July, people around the world mark Mandela Day. Named in honour of Nelson Mandela, the day was established by the United Nations to encourage people to serve their communities and consider how small acts of service can contribute to a better society.

Yet the principles behind Mandela Day are not limited to a single date on the calendar. The broader question is: **what does service mean today?**

At IRFF UK, we undertake practical work alongside local partners across Africa that directly reflects the spirit of service that this UN day promotes. While our projects differ in focus and location, they share a common purpose: **helping communities address challenges that affect daily life and future opportunities.**

Education at the heart of our work

Education remains at the heart of much of our work. In Uganda, support for Destiny and Busabala schools helps children access safe and supportive learning environments. In South Africa, the SHINE Literacy Centre works with children who need additional support with reading and comprehension. When a child learns, possibilities open up. They can make choices and pursue opportunities to shape their own future.



GIRLS ARE COMING BACK: Children learning at Busabala School

Breaking barriers to education

Our period poverty programmes in Uganda and South Africa help remove a significant barrier to education. By providing menstrual products and health education, they help girls stay in school and continue their studies.



Helping communities with practical action

Soup kitchens in South Africa provide regular meals for vulnerable children and older people. In communities facing hardship, a reliable meal eases immediate pressures and helps families focus on the challenges of the day ahead.



Access to clean water

We have also supported the development of boreholes and water facilities at schools in Uganda.

Access to clean water underpins health, education and community wellbeing. These projects address needs identified by local people themselves.



Service in everyday life

Service is grounded in everyday life. It can be teaching a child to read. It can be ensuring that a girl has what she needs to stay in school. It can be providing a meal, supporting access to clean water, or creating opportunities for young people to develop new skills.

Service begins with a decision to contribute when and where we

can. Whether through volunteering, charitable giving, sharing expertise or supporting local initiatives, each of us has the capacity to play a part.



Resilience and shared humanity

Mandela also embodied another quality that remains highly relevant today: resilience. At IRFF UK, we are facing and actively

addressing significant challenges, including reduced income and pressure on our human resources. His example reminds us that difficult periods can be overcome when people remain committed to a shared purpose.

He often spoke about the importance of recognising our shared humanity. That idea remains as relevant today as it was during Mandela's lifetime, and it continues to guide the work of IRFF UK and our partners across Africa.



Connect with IRFF UK

Contact us on social media or **email us at:** info@irff-uk.org

Follow IRFF UK to stay close to our work and see real-time updates here:

- [LinkedIn](#)
- [Facebook](#)

- [Website](#)
- [Instagram](#)



Also, please [Click here](#) to visit our website
and **read in-depth reports** on all our projects.

Tap or click here to donate

International Relief Friendship Foundation
Account number: 96497645
Sort Code: 60-05-29

A Charity for Africa

Breaking The Cycle Of Poverty

IRFF UK, a charity for Africa based in the UK, runs projects throughout Africa with a key focus on fighting poverty through education and tackling period poverty.



Help end period poverty. Donate now for girls' education and empowerment.

[Click to Donate to Period Poverty](#)



Your donation helps children access quality education and build brighter futures.

[Click to Donate to Education](#)

Subscribe To Our Newsletter

Enter email



Submit

Supporting African Communities from the UK UK Based Charity for Africa

Our Charity Is Focused on Period Poverty & Education Support In Africa

IRFF UK is a UK-based charity for Africa operating projects across Africa with a **dual focus on education and addressing period poverty**. We are breaking the cycle of poverty by ensuring access to education for all and **preventing female dropouts through the provision of menstruation products and education**. Through this communities and youth are empowered and Africans are given the best chance for a brighter future.

Support Us Today



Come See What We Do

What Areas Does Our Charity Support In Africa?

Education

Period Poverty

Emergency Relief

Menstruation Should Not Be An Obstacle In Life

As a charity for Africa, IRFF UK holds a strong promise to help underprivileged African girls facing challenges, especially period poverty, which makes it hard for them to go to school. We are dedicated to breaking down these barriers by making sure these girls have what they need for their periods. By doing this, we empower these young minds, giving them the chance to stay in school, learn, and break free from the cycle of poverty.

[What is Period Poverty?](#) | [Ending Period Poverty](#)



A Small Glimpse At The Difference IRFF UK Has Made

How IRFF UK has helped in Africa so far?

Destiny Junior School

Jigger Removal

Home For Children

Kampala, Uganda

Destiny Junior School



IRFF UK built Destiny Junior School in 2009. The children in the local area have thrived ever since!

IRFF UK built **Destiny Junior School** in Kampala, Uganda in 2009, and has gone on to see more than 500 students graduates go into further education which otherwise wouldn't have happened. £115,000 has been invested in total, starting from £330 a month and now at £1,150 with 206 students in total



Why Choose IRFF UK?

What makes our charity for Africa unique?

What sets IRFF UK apart is our commitment to more than just being

We prioritise a comprehensive approach centred on education and empowerment to

intermediaries in fund transfers.

uplift individuals from poverty.

Our unique focus is on equipping people with the skills necessary for self-sustainability, fostering independence rather than dependence on Western donations.

We believe in creating lasting change by empowering individuals to build a better future for themselves and their communities.

How Can You Get Involved?

How Can You Support Our Charities Work In Africa?

- Making A Donation
- Spreading Awareness
- Volunteering Your Time & Skills

What Our Donors Are Saying

...eas of
...d sustainability
...untries and
...family will
...a child at
...' in Uganda,
...o support other
...nforms us

...nsor

The Women's Federation for World Peace, South London, has been supporting Destiny Junior School through IRFF-UK for more than 12 years. Our ladies sincerely had been helping to provide a better place for the children of Destiny Junior School in Uganda. We believe Education and health are the most important things for the life of the child.

Dolores Read
Destiny School Sponsor

I have been happy to support some projects that IRFF is running in Uganda. In particular, I have donated funds towards the building of a perimeter wall and a borehole at Destiny School. I really appreciate the good work IRFF has been doing over the years to help people/children in Africa.

Joyce Suda
Destiny School Donor

I'm so happy to vol...
UK-registered char...
impacts on many y...
education and well...
its support for train...
women in various s...
recently, it has emk...
period poverty can...
all who visit this we...
in any way they can

Terry Sweeney
IRFF UK Volunteer

Support IRFF UK With A
Donation Today

Yes, I'll Donate!

Subscribe To Our
Newsletter

Enter email





Empowering Communities
and Changing Lives

Charity Number: 281776

98 Dyke Drive, Orpington, BR5 4LZ

Period Poverty

Period Poverty Intro

What is Period Poverty

Ending Period Poverty

Period Poverty Projects

More Info

About Us

Corporate Partners

Blog

Contact Us

Volunteers

Donate To Period Poverty

Past Projects

Charity Gambia

Jigger Mobile Medical Team

Subscribe To Our Newsletter

Keep up to date with exciting news from the field.

Enter your email



→

Every donation counts

Empower a Child's Future: Your donation can provide the education that will transform lives. Join us in making a lasting impact—because every child deserves the chance to learn, grow, and thrive.



**Your £3 donation can help
provide essential learning
materials for a child.**



With £7, you can contribute to a child's daily nourishment, ensuring they're ready to learn.



A £10 donation can support a child's education for a week, giving them the chance to succeed.

Choose amount



One-time

 Monthly

£10

£25

£100

£ Custom Amount

Designation

I am happy for IRFF to choose



Next 

Powered by [Donorbox](#)

Join us in making a difference

Every donation counts

You will directly be improving the lives of those in need around the world. Every donation, no matter how small, can make a significant impact.

UK Donors:

Bank transfer is also available and helps reduce processing fees, allowing more of each donation to support our work.

**International Relief Friendship
Foundation**

Account number: **96497645**
Sort code: **60-05-29**



Empowering Communities
and Changing Lives

Charity Number: 281776

98 Dyke Drive, Orpington, BR5 4LZ

Period Poverty

[Period Poverty Intro](#)

[What is Period Poverty](#)

[Ending Period Poverty](#)

[Period Poverty Projects](#)

More Info

[About Us](#)

[Corporate Partners](#)

[Blog](#)

[Contact Us](#)

[Volunteers](#)

[Donate To Period Poverty](#)

Past Projects

[Charity Gambia](#)

[Jigger Mobile Medical Team](#)

Subscribe To Our Newsletter

Keep up to date with exciting news from the field.

©
IRFF UK 2025

SEO Strategy by
[jointheweb.co.uk](#)

Website designed by
[sudavisuals.com](#)

