



One Woman At A Time 2025 Impact Report

*Empowering Women
Changing Lives
Creating Ripples of Hope*

Welcome & Introduction



In 2012, when I first experienced and learnt about the challenges faced by women and girls in West Pokot, Kenya, - the lack of access to education, the stigma around periods, the barriers to opportunity I couldn't stay still.

What began as one act of kindness has grown into a community of change-makers.

2025 has been a year of extraordinary connection.

We've seen what happens when compassion turns into action.

Together, we've supported girls to stay in education, delivered dignity through reusable sanitary kits, and helped women start businesses that lift entire families.

We've walked side by side with incredible local leaders, teachers, and healthcare workers and we've welcomed new UK supporters, schools, and businesses who believe, like we do, that *empowering one woman creates a ripple that transforms many lives*.

This report celebrates the stories, the struggles, and the successes of our journey this year. It also shines a light on what's next - our ambition to reach more women, grow our partnerships, and continue building a future where every woman has the opportunity to thrive.

From everyone at One Woman at a Time - thank you.
Thank you for believing in the power of one small act to create lasting change.

With love and gratitude,

Jean Anderson
Founder, *One Woman at a Time*



About One Woman at a Time



Our Mission

- To empower women and girls through education, dignity, and opportunity - breaking the cycle of poverty and creating lasting change for generations.

Our Vision

- A world where every woman and girl is free to reach her potential - educated, respected, and equipped to shape her own future.

Foreword by Celia Gaze, Chair of One Woman At A Time

When I first met Jean, I was completely blown away.

Here was a woman in her seventies - no office, no salaries, no overheads - just sheer passion and purpose driving an entire charity that was changing lives. I remember thinking, how is this even possible?

So, I decided to see it for myself and do my own due diligence. I travelled with Jean to West Pokot, Africa in November 2024 and what I saw there will stay with me forever.

In the UK, we are surrounded by systems we barely think about: the NHS, social services, running water, electricity, education, and safety nets that catch us when life gets hard. We turn on a tap and water flows. We send our children to school without fear. We live in homes with roofs that don't leak.

In West Pokot, none of this is guaranteed. The stark inequalities and the struggles girls face to access basic services is heartbreaking.

I met girls who walked miles for water each day, who dreamed of education but were forced into early marriage instead. I met mothers doing everything they could to keep their daughters safe.

Despite the harsh circumstances, the women and girls have an incredible sense of resilience and a belief that education could change their lives. Education isn't just a right, it's the foundation for change, for opportunity and for a better future.

I saw what happens when help arrives - when one girl is sponsored, one life is changed, one woman is empowered. The ripple effect is incredible.

Supporting One Woman at a Time isn't just charity - it's humanity. It's saying, "I see you. You matter. Your future matters."

In a world where so many of us are searching for meaning and equality, this charity shows what's possible when compassion turns into action. With just a small donation, you can fund education, create opportunity, and help break cycles that have existed for generations.

I wanted to support a charity that makes a real difference, where 100% of the contributions go directly to the girls education and where you can make an impact ...

That's why I'm proud to stand beside Jean and this remarkable charity and I invite you to join us - to be part of a movement that proves one woman really can change the world.

When you lift up one woman, you lift up a family. A village. A whole community.





The Story of One Woman At A Time



Founded in 2016, One Woman at a Time began with a simple, powerful belief: that *helping one woman can change the world*. From that spark grew a registered charity that now works across Kenya and the UK, supporting women through:

- **Education** – Sponsoring girls to complete their schooling and pursue further studies
- **Dignity** - Providing access to reusable sanitary supplies and menstrual education
- **Empowerment** - Offering skills training, mentoring, and microenterprise support
- **Community** - Building awareness in schools, prisons, and villages, and fostering partnerships that create systemic change





Carrying water for a school

Our Values



Dignity - Every woman deserves respect, choice, and self-worth.

Education - Knowledge empowers and transforms.

Empowerment - We believe in collaboration, not charity.

Integrity - Every pound raised goes directly where it's needed most.

Sustainability - We build lasting change through local leadership and circular impact.



Stories of Change - Lavender



Lavender grew up in a community where opportunities for women were scarce. Like many, she faced the harsh realities of poverty and the expectations placed on her due to cultural norms. But Lavender had a vision of something more - something better.

Through the support of One Woman At A Time, Lavender received the tools and resources she needed to pursue her dreams. From education to mentorship, she was empowered to think about starting her own small business.

Her story is a reminder that empowerment starts with opportunity. When we invest in women, we don't just change one life, we uplift entire communities.

Lavender's courage and determination remind us why this work matters. She's proof that, with the right support, women can break barriers, overcome challenges, and thrive.

Let's continue to empower women like Lavender - because when women rise, the world rises with them.

Where We Work



- **Kenya:** Ortum, Kitale, Lodwar, and surrounding rural areas - supporting girls, schools, and women's collectives.
- **UK:** Based in Morecambe, Lancashire, supported by volunteers, businesses, and community champions

Map of Kenya – the area highlighted in orange is the location of West Pokot



Map of Africa – the area highlighted in orange is the location of Kenya



When you empower one woman, you change a family. When you empower many, you change the world

Stories of Change - Hope



Imagine this: You're 12 years old, living in a small mud hut with 12 other children. There is no father present, no steady source of income, and no clear path forward. Survival is a daily struggle.

For far too many girls, this is not imagination—it's their reality.

Without support, girls in these situations face enormous risks:

Early forced marriage as families seek to reduce the financial burden.

Dropping out of school because education becomes a luxury, not a priority.

Exposure to FGM as part of harmful traditional practices.

But this is where One Woman At A Time steps in.

By providing access to education, mentorship, and essential support, we help turn that story around.

We believe that every girl deserves more than survival—she deserves a future.

Through sponsorship, training, and resources, we empower girls to break free from these cycles of poverty.

With support, these girls are no longer statistics. They become students, leaders, and changemakers in their communities.

Today, let's remember that behind every statistic is a child with dreams.

By supporting organisations like One Woman At A Time, we can ensure those dreams don't fade into the mud.



Our Year In Numbers – a snapshot of the change you made possible in 2025



- **Education**
147 girls supported through school and college
19 graduates completed higher education
3 schools now running menstrual health education
20 girls provided with school transport and uniforms
- **Dignity**
500 reusable sanitary kits distributed
2 hospitals and clinics equipped with menstrual supplies
100 women reached in prisons and shelters
- **Empowerment**
4 women started business enterprises
4 local mentors leading workshops
- **Community**
23 UK volunteers engaged
8 UK schools connected with Kenyan counterparts
100% of donations spent on programmes



One act of kindness can create a ripple that never ends.

Stories of Change - Penina



At just 16 years old, Penina has shown extraordinary bravery. Born the 3rd of 8 children in a polygamous family, she grew up facing many challenges - from witnessing violence at home to being denied education.

When plans were made for her and other girls to undergo FGM (female genital mutilation), Penina courageously escaped in the middle of the night to alert the Chief. Her actions not only saved herself, but also rescued several other girls from early marriage and FGM.

With the support of OWAAT (One Woman at a Time) Kenya, Penina found safety, education, and hope. Today, she's thriving in Grade 9 at Psiywo Comprehensive School and inspiring other girls as a role model and hero.

Penina's story reminds us of the power of courage, education, and community. She still dreams of a brighter future - and with the right support, nothing can stop her.

Let's stand with Penina, and with all girls who are bravely fighting for their right to education and freedom.

Empowering Girls in Pokot, Kenya...



By 2021 in the Pokot region of Kenya, the charity while working with local partners and learning institutions, had empowered a number of vulnerable girls from child marriage, FGM and poverty.

The table represents the number of women empowered in Kenya to date:

We are unique as through direct liaison and regular communication directly with the actual locally based organisations in Kenya, we can trace exactly the outcome of every girl sponsored through our charity.



	2022	2023	2024	2025
Girls primary school age	36	14	14	15
Girls secondary school age	34	52	52	47
Students being funded through college	3	6	2	0
Women training to be nurses	10	10	2	2
Funded through university	3	5	2	1
Total women empowered	86	87	72	65

Stories of Change - Dignity



I really didn't understand period poverty until I saw and experienced it firsthand in West Pokot, Kenya. Girls don't have access to proper period products or even a safe space to change. They miss school, falling behind in education, simply because during their period, they're forced to stay in bed pretending to be sick.

I witnessed how desperate the situation can be - girls tearing the stuffing out of mattresses to use as makeshift sanitary towels because there was nothing else available.

Now imagine having your period without a shower(let alone a bath), a proper toilet, no toilet paper or sanitary products. Even if you had the products, how would you dispose of them? With no bins, they often end up in the open where animals eat them!

This is the stark reality for many girls in West Pokot, Kenya.

One Woman At A Time by partnering with Arnside Stitch in Time, Cumbria who provided reusable sanitary kits for 150 girls. These kits can be used for 5 years. The impact this will have is incredible as each girl will be able to attend school whilst menstruating, on average this equates to an extra 5 days in school per month, 300 days over the 5 years life span of the kits.

Together, we're helping to break the cycle of period poverty and enable girls to stay in school, reclaim their futures, and thrive.

Stories of Change



When we arrived in Iten, Kenya in November 2024 with pairs of second hand running shoes, we thought we understood the impact it would have - but we were wrong.

Iten is known as the “Home of Champions”, a world-renowned training ground for elite marathon runners.

This small town has produced some of the greatest long-distance runners the world has ever seen.

But what we witnessed was humbling. We saw professional runners - men and women - running in trainers so worn down that you could literally put your fist through the holes. The soles were so bare with no grip, no protection, how they ran in them was heartbreaking...

These aren't just casual joggers. These are future champions, striving for a chance at something greater. For these young runners, a new pair of running shoes isn't about comfort - it's about opportunity.

Why It Matters: For runners in Iten, success on the track can change everything:

- Winning races opens doors to scholarships, sponsorships, and the chance to compete internationally.
- Travel opportunities arise, giving them a chance to see the world beyond their village.
- A path out of poverty becomes a reality - not just for themselves but for their families too.

This story isn't just about women - it's about men and women alike, both facing the same barriers. Without the right equipment, raw talent alone isn't enough. But with something as simple as a new pair of running shoes, these athletes have a chance to rewrite their stories.

One moment that stood out was with Simon, one of the runners. When we offered to throw away his old trainers- shoes that were battered, torn, and beyond repair, he hesitated. He didn't want to part with them. Why? Because he saw them as a symbol of his journey. He wanted to use them to inspire others and ensure that his story was told. Those worn-out trainers weren't just shoes; they were a testament to his perseverance, grit, and the miles he had run chasing his dream.

Sometimes, changing lives doesn't take grand gestures. It can be as simple as offering a pair of shoes to someone who's ready to run toward a brighter future - while honoring the stories that got them there.





In 2025, 100 pairs of running shoes were donated to Iten, world athletic heritage landmark. The shoes were given to competitive Kenyan runners who would usually run barefoot. In 2026 we are hoping to do this again.

Kenyan runner, Faith, achieved county level status wearing shoes that were donated

Boys primary school runners received shoes and have progressed to county level, which has increased community spirit and they are arranging a running meet for December.

Challenges & Lessons Learned

Reflecting, growing, and moving forward with courage.



Challenges:

- Recruiting volunteers to help with administration.
- Although you can empower girls with education, it's harder to stop forced marriage.
- Fundraising in a challenging economic climate.
- As we educate girls in school, they want to go onto University which costs more
- Raise funds for girls to progress onto vocational/academic higher education. In 2023/2024, supported 3 women to access higher education, however due to funding we have been unable to support any this year and have had to focus solely on the younger girls fleeing FGM. In 2026 we aim to get more volunteers to fundraise for the graduates to ensure their financial independence, reducing the risk of forced marriage. Maureen's Mission has been earmarked for this.

Lessons Learned:

- Local leadership is the key to resilience.
- Small acts create big ripples.
- Authentic storytelling inspires giving.



Stories of Change - Technology



A massive THANK YOU to Rapid IT Ltd for their incredible donation of 10 laptops to the One Woman At A Time charity superbly facilitated by Victor Giannandrea.

We took the laptops over in our luggage to Kenya.

With their generosity, we're now able to assemble a mobile computer unit that will tour rural secondary schools and community centers across West Pokot.

This initiative will bring much-needed access to technology, helping to empower students and communities with vital digital skills.

This is a fantastic example of how Lancashire businesses can make a tangible difference even in remote areas across the world - working together to create lasting impact.

We can't wait to see the positive change this will bring to the lives of so many!

Rapid IT have kindly offered to provide more laptops this year and we are liaising with IRep to create the community computer hub.





Liaised with Eldoret Women's Prison to help with prisoner rehabilitation

Celebrating 2025 achievements...



On the 16 November 2025, over 45 supporters of One Woman At A Time met for our Charity Annual General Meeting at The Wellbeing Farm.

Representatives from all ages attended and we had a live link to West Pokot where Domtilla Chesany Chepatula gave an overview of the work of the charity and what having the support meant.

It was a chance to thank our many supporters, sponsors and people who have helped us.

We provided to everyone an overview of the charity finances and achievements and sought ideas for strengthening communication, fundraising, partnerships, sponsorship, volunteer recruitment and engaging businesses.

Looking Ahead to 2026 – 2026 priorities



Education:

- Sponsor 90 girls in total, 67 in primary and secondary school and 23 in college

Dignity:

- Train 100 women

Empowerment:

- Support 20 women in enterprise

**Our Fundraising
Goal for 2026 is
£30,000**

Global Sisterhood:

- Deepen UK–Kenya connections through a formal partnership with I-Rep
- Map out organisations in West Pokot who could offer jobs and careers to women after school - Liaise with Kenyan businesses, Cemtech, which is a cement factory, regarding employment of female staff.
- Trip to Kenya where we aim to take out more laptops, running shoes, educational books, hair and beauty equipment for the Eldoret womens prison to help with rehabilitation and to take more supplies for the Resource Centre.
- We are looking into getting a group together to participate in a kids tough mudder 2026 challenge. This is still in the planning stage.
- To support health facilities (Subukwo and Psiiwo) with solar system and water tanks.
- To support some of the vulnerable women with solar system, pipes and water tanks to support them in micro farming activities to enhance their livelihood.

Sustainability:

- Strengthen charity systems and governance
- Opening of the Resource Centre
- We are always looking for volunteers who can bring their expertise to help benefit and grow with the charity. We will continue to give talks and attend events like Lancaster University to encourage this. In particular we are looking for videographers, fundraisers, admin and social media. Plus more sponsors.
- Contact schools to give age appropriate talks in return for donation based mufti days to increase awareness.
- Support in facilitating sports activities both young men and women, as a platform to create awareness in the eradication of FGM.

Stories of Change - Activism



In Kenya, we held their first graduation ceremony for girls who had completed education in 2022, 2023, 2024. This included 9 nurses, 6 teachers, 2 crane drivers, 2 tailoresses and numerous education leavers. 150 people, including teachers and members of the community all came together to celebrate the graduates achievements and success.



Vision 2030



To empower women and girls by 2030 through education, dignity, and enterprise - creating a world where no woman is left behind.

Get Involved:

Sponsor a girl – £25/month

Fund a dignity kit – £10

Partner your business

Follow us on social media, like and share our story

Small actions create big ripples. Be the reason a woman rises.





Stories of Change - Reading



In 2022, the charity paid for the installation of the Elizabeth Rose Library as the school had no library.

We also sent over 200 picture books for the children – these were the first books these children had ever seen



We need to say a huge thank you to our Supporters and Partners for their time and resources



Maureen's Mission, 85 years young, started her 67k walk on November 2nd, 2025. Maureen is the oldest member of Bolton Soroptimist, who have chosen OWAAT as their 2026 Charity. Maureen is hoping to raise £5K by completing this challenge. The soroptimist and OWAAT have joined forces to help women gain their potential in West Pokot, raising money to give academic and vocational training to these women.

We need to say a huge thank you to our Supporters and Partners for their time and resources



Leagrave Primary School, Luton, who held a day and nominated OWAAT as their chosen charity for 2025, they sponsored 2 girls in Kenya

Cross Bay Walk May 2025, fantastic afternoon walking across Morecambe Bay from Arnside, organised by Guide over Sands Trust. Walkers raised £868.30 whilst having a great time. Due to weather conditions potentially affecting the safety of the walkers, the 2nd cross bay walk of the year that was due to be held on August 31st, 2025, was subsequently cancelled. However, this will be rescheduled for 2026.

Kelly Chandler and Bernadette Chapman undertook the challenging and unforgettable Camino de Santiago Walk, 67km over 3 days, from 26oC heat and very steep hills to continuous rain and more hills. Managed to raise a whopping £3872 for our charity.



We need to say a huge thank you to our Supporters and Partners for their time and resources



Roots for Life 2025 organised by Debs Brookes – a Wellbeing and Holistic Event, Raffle and talk encouraging sponsorship for One Woman At A Time

In October 24, a group of volunteers completed the Camino de Santiago trek challenge - 67km in 3 days despite experiencing and walking in torrential rain and being soaked. 3 days of unforgettable moments, sore muscles and incredible stories shared along the way.

Each step was filled with purpose, raising awareness for One Woman At A Time and connecting with amazing people walking for their own causes.

Buen Camino!





Stories of Change – The joy of football



Before we took footballs, this is what children were playing with

How something as simple as a ball can play a role in combatting gender-based violence.

As part of our Kenyan trip, we had the privilege of delivering 15 footballs and sports equipment to local communities and organising the first inter-school football tournament in 5 years for boys and girls with 500 people attending.

Football is more than just a game here - it's a platform for bringing people together, breaking down gender barriers, and fostering mutual respect and teamwork. The tournament gave an opportunity to provide information, facts and education regarding gender-based violence, early forced marriage and FGM to parents and male family members.

In many communities, sports like football provide a safe space for girls to build confidence, leadership skills, and resilience. It also helps challenge harmful gender norms, showing that girls and boys are equals on and off the field. Sporting events also provide the opportunity to engage with the extended community about the work the charity does in West Pokot.

Young men are requesting a men's tournament. The donation of one football started this. It's important that we educate men about women's issues as they are part of the solution too.

Every small effort counts. Whether through education, sports, or advocacy, we can all play a part in creating a world where every child feels safe, valued, and empowered.

It takes a village to empower one woman.



To Our Kenyan Team

Your compassion and courage change lives daily.

To Our UK Volunteers & Supporters

From packing kits to fundraising, your kindness ripples across continents.

To Our Partners and Sponsors

Every pound and every act of belief helps rewrite futures.

To Our Trustees and Founders

Your leadership lights the way forward.

This isn't charity - it's solidarity. When women rise, we all rise



We need to say a huge thank you to our Supporters and Partners for their time and resources



At One Woman At A Time, we're incredibly grateful for the partnerships and contributions of whose unwavering commitment has helped us make a lasting impact.

Unlike large charities where CEO salaries often run into the hundreds of thousands, One Woman At A Time operates with a focus on direct action and maximum impact. Every penny raised and every moment given by our volunteers translates into tangible change - whether it's funding education, combating FGM, or empowering women through sustainable solutions.

The Power of Volunteers - Our volunteers don't just give their time; they give hope, dignity, and opportunity to women and girls who need it most.

Through grassroots efforts, these incredible individuals ensure that the resources reach those who need them directly, bridging gaps and transforming lives in ways that large-scale systems often cannot.

A Special Thank You to all the volunteers and supporters who make our mission possible: your work is invaluable, your impact immeasurable. You remind us that real change happens when people come together with purpose and passion.

We want to honor and thank the volunteers who are the heart of movements like ours. Together, we prove that small, focused efforts can drive massive change - and often more effectively than organisations with huge overheads.



We need to say a huge thank you to our Supporters and Partners for their time and resources



Our amazing team:

The Wellbeing Farm – who support us through events, strategy and fundraising.
Nikki Barlow, Luminite Design – who support us through technical developments and design
Emma Howard, Moo Bookkeeping – who support us through bookkeeping and financial advice
Lisa McGrow – who is amazing and supports the charity and Jean with administration and time
Danielle Baguley – who supports the charity with photography and social media input
Caleb Gardner – who supports the charity with social media posting

Businesses and Community Partners:

Arnside Stitch in Time who provides the reusable sanitary towels
Rapid IT, for their generous donation of laptops
King of Aces, Adam Calvert and Ribble Valley 3G Complex for providing footballs and other sport equipment
Frank Walker, for his time and support in fixing the vintage sewing machines which we take to Kenya

On the Ground in Kenya

Domtila Chesang Chepatula and the IREP Foundation
Moses Lokeris



Then to all our incredible Sponsors who without your financial help, none of this would be possible... You are the *true heroes of our mission - delivering hope, one woman at a time.*

In loving memory of Jules North



We dedicate the work we've done this year to Jules North who would be so proud of our progress...

Jules was more than just a supporter; she was a creative force, an advocate, and an inspiration to us all. Her boundless imagination, design expertise, and social media know-how played a vital role in advancing our mission. But beyond her talents, Jules was a constant presence - always ready to listen, support, and champion the voices of women and girls.

Her impact reached far beyond the UK. In 2019, she traveled to Africa, bringing her passion and creativity to the heart of our work. Side by side with the Pokot women, she helped build a house and hand-painted it with our logo and colors. It stands as a lasting testament to her love, determination, and belief in the power of community.

Despite the challenges of illness, Jules' courage, drive, and zest for life never wavered. Her strength inspired us to forget her struggle at times, making it feel as though she would always be with us. Her presence was that powerful.

Jules North was a strong, passionate, and extraordinary woman who will be profoundly missed. Her creativity, friendship, and fire will live on in our hearts and in the work of One Woman At A Time. Rest in peace, Jules. Your light will never fade.





How you can support us



Our Charity One Woman At A Time relies on sponsorship to continue our vital work of empowering girls through education, skills training, and healthcare, breaking the cycle of poverty, FGM and inequality that too many face.

Your sponsorship allows us to provide the resources and support these women need to build better futures for themselves and their communities.

By investing in One Woman At A Time, you help create a ripple effect of positive change, fostering independence, self-confidence, and hope. Your support is crucial in ensuring that these girls have the opportunity to fulfill their potential and contribute meaningfully to society.

Email: info@onewomanatatime.co.uk

Phone: 007913389009

Donate: <https://www.justgiving.com/onewomanatatime>

Website: <https://www.onewomanatatime.co.uk/>

Registered Charity: 1183863

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Registered Charity: 1183863

Educating, supporting and empowering women



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One Woman At A Time, November 2025



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