



*Her*  
*Flow*

**CELEBRATE**  
*Her*

**Recognizing Jamaican Women doing amazing  
work in their communities since 2019.**



*Her  
Flow*



**CELEBRATE  
JAMAICAN  
WOMEN**





## ABOUT HERFLOW

HerFlow Foundation was formed by Author and Activist Shelly-Ann Weeks to address the stigma and shame associated with menstruation, end period poverty in Jamaica, and become a source of information for Female Reproductive Health. HerFlow's flagship project is to End Period Poverty in Jamaica as well as to empower Jamaican girls as they transition to womanhood.

## OBJECTIVES

HerFlow Foundation has 5 main objectives:

- To **ADVOCATE** for Comprehensive Sexual and Reproductive Health Education in All Jamaican schools
- To **EMPOWER** women and girls about their Reproductive Health and Rights
- To **ADVOCATE** for greater access to comprehensive Female Reproductive Health Care
- To **END** Period Poverty in Jamaica
- To **EDUCATE** by creating a comprehensive reference for Female Reproductive Health





## MESSAGE FROM HERFLOW'S EXECUTIVE DIRECTOR

I started HerFlow Foundation in 2016 because I wanted to solve a simple problem, to help improve the way Jamaican women see themselves and each other.

I knew that at our core, we are capable of amazing things - way beyond our own imagination. My mission was to remove any obstacles that get in the way of our greatness.

I believe that empowered women should always support each other and that is why Celebrate Her and the UNSUNG SHERO Award was created. I am in awe of the innovation and dedication employed every Jamaican Woman being recognized here today.

I really want to congratulate and thank all these phenomenal women for their dedication to making Jamaica better. I am already impressed and I can't wait to see what else you do.

To my partners, Lasco Curves, thank you for your commitment to empowering Jamaican women and for honoring Unsung Heroines.

To Anna Smith, thanks for your continued support since our inception.

I am ecstatic that we get to Celebrate Awesome Jamaican Women another year and I look forward to our 5th year in 2024.

*Shelly-Ann*



## ABOUT CELEBRATE HER

Celebrate Her was created in 2019 to recognize and honor Jamaican Women doing amazing work in their communities with the HerFlow Unsung Shero Awards.

Since inception 55 Unsung Sheroes have been honored including 20 School Nurses, 15 Guidance Counsellors and 20 Community Organizers.

### 2023 Awardees

10 recipients were selected by HerFlow and Social Media was asked to nominate the other honorees.

Each nominee was asked the following questions:

- What word best describes you?
- What's the most rewarding aspect of your work?
- What motivates you?
- What's your ultimate wish for Jamaica?

### Our Partners





# HerFlow CELEBRATE Her

Mar 27, 2022 | JDF Officers Club

Celebrate Her was created to honor Jamaican Women doing amazing work in their community with the HerFlow Unsung Hero Award. 15 School Nurses were recognized. Celebrate Her is sponsored by Curves.





## 2023 HERFLOW UNSUNG SHEROES



Sabrina Cleopatra Brown  
Founder What Women Want Ja  
Women's Rights Advocate

Sabrina creates numerous campaigns to support women. Through her focus on ending period poverty, she has conducted drives that helped to supply products to two clinics in Kingston and St. Elizabeth on a monthly basis.



Olivia Shaw-Lovell  
Founder and Executive Director  
Women of Destiny

Olivia is the Founder and Executive Director of Women of Destiny, Ja - a NGO that provides a safe space for the holistic Empowerment, Mentorship and Advocacy for marginalized women in Jamaica and has been leading its operations since 2015. The impact of the work done at Women of Destiny has reached over 5000 women across Jamaica and the region and continues to strongly advocate for the most vulnerable women and girls especially those affected by Gender Based Violence (GBV).





Rachel McDonald  
Creator  
Di Cawna Library

Rachel creates opportunities for children by advocating for and promoting climate literacy and action in schools, districts and communities across Latin America & the Caribbean. She created Di Cawna Library by repurposing old fridges into book cupboards that function as libraries, the first one in Jones Town, Kingston.



Monique Allen BSc  
Certified Holistic  
Nutritionist, Author and  
Fertility Educator

Monique Allen, is a Certified Holistic Nutritionist, author and fertility educator. She has spent the last 5 years dedicating herself to understanding women's hormones and the complex world of fertility and PCOS management so that through her resources and tools she can help women with PCOS balance hormones, feel their best, and make healthy babies.



Leanna Brown  
Founder  
Mission 500

Leanna Brown, a Grade Three student at St Richard's Primary School.

"I started Mission 500, an Initiative to get 500 packs of feminine napkins for girls experiencing period poverty. I started this initiative in October of 2022 and I was able to donate over 1000 packs of feminine napkins."



Stacy-Ann Garvey  
Executive Director  
Resurrected Garvey  
Ministries

Ms Garvey gave her life to the Lord in 2010 whilst behind the walls of The Fort Augusta Adult Correctional Centre where she was serving a prison sentence. She spends most of her time evangelizing, doing prison ministry, empowering and motivating students through school tours, community outreach projects serving over 1000 families right across Jamaica. She feeds the homeless and the elderly, volunteers as well as partnering with other charities.



TeHilla Paul  
Gender Justice Advocate

As an advocate for gender justice and menstrual equity she launched Project End Period Poverty, an annual campaign focused on comprehensive sexuality education for girls, sensitization of medical professionals to social issues like period poverty. Over two years the campaign collectively garnered over 7000 units which were donated to organisations in Trinidad, Jamaica and Barbados.



DeAndrea Jackson  
Founder  
TheFreeLikkleCupboard

Started in 2020 by Ms Jackson, the Free Likkle Cupboard movement has become a small contribution to reducing food insecurity, period poverty and other needs, inspiring people to give back. Individuals can donate what they can, or take what they need from a cupboard anonymously. Their tag line is; 'Tek a likkle, give a likkle'



Jennelle Jones  
Founder  
Plum Academy

Plum Academy is a youth empowerment organization that emerged out of the covid-19 pandemic to combat the educational struggles that arise. Jennelle Jones was an unemployed university graduate that realized the pandemic forever changed the educational landscape and sought to alleviate some of the educational issues faced by the community.



Shauna Fuller Clarke  
Founder and Executive Director  
B.A.S.E Foundation

Shauna is the Co-Founder and Executive Director of the B.A.S.E. Foundation which was established in March 2013 to raise awareness and provide support to those affected by Endometriosis. Her work at the foundation is three-fold: providing information, support, and advocacy for those suffering from this debilitating condition. Her advocacy work has also led to the Governor General of Jamaica declaring March as Endometriosis Awareness Month in 2014, the first country in the Caribbean to do so.



Richelle Henry  
Podcaster/Advocate  
Power Nugget with RTH

Richelle T. Henry is a twenty-three (23) year old who is passionate about persons with disabilities. Diagnosed with cerebral palsy at age three she believes that having a condition does not define who she is. After three (3) years of blogging about her faith, lifestyle and disability. "I started my podcast, "Power Nugget with RTH" as a verbal outlet to advocate to empower the disabled."



Latoya Blackwood  
Literary Advocate  
Past President, BIAJ

Latoya West-Blackwood is a publishing and communications consultant with over two decades of experience in the cultural and creative industries. Her work focuses on gender equity, social justice, literacy, and intellectual property rights as tools for transformation and inclusive prosperity.



Dr Kim Sommerville  
Co-Creator  
PCOS1in10 Campaign

Dr Sommerville has a background in Internal and Family Medicine and she advocates for accessible health care. One of her passions is increasing awareness and providing support for women who live with Polycystic Ovarian Syndrome (PCOS).



Marcelle Jackson  
Founder  
MJ Foundation

Marcelle conducts multiple initiatives to give back to her community in Clarendon including back-to-school treats, period poverty drives to distribute menstrual products in schools and Feed the Needy initiative where homeless persons are fed warm meals in the town of Mandeville among other projects.



The Natasha Elizabeth Russell Upliftment Foundation (NERUF) has been committed to helping the poor and downtrodden. Registered in 2017, they have been providing care packages for the homeless and elderly weekly.

Every Wednesday, at 3:30pm they open our gates to bless all who come with care package and clothes. They routinely pray with the indigent giving them words of encouragement to lift their Spirits.

Natasha Elizabeth Russell  
Founder

Natasha Elizabeth Russell  
Upliftment Foundation (NERUF)



Hanna Lisa has (15) years of service in the national HIV response which has earned her the title of Behaviour Change Communications and Prevention Specialist. She currently heads the prevention department of the Jamaica AIDS Support for Life as the Targeted Interventions Officer for the Kingston region.

Hanna Lisa Morgan Williams  
Sexual Health Advocate



Ms Smith started a personal care center where the students who need it can have access to personal care products. During COVID, she created care packages and delivered them to the students who live in the community.

Melody Smith  
Guidance Counsellor  
Troy High School

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#DoingTheWork





## make a donation

Please help us continue our work empowering Jamaican Women.



[paypal.me/HerFlowFoundation](https://paypal.me/HerFlowFoundation)

We value partnerships and want to collaborate to improve the quality of life for every Jamaican. Let's talk.

## contact us



@herflow



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