

Quarterly Report

During the reporting period, the **Uplift a Community** project continued its efforts to create meaningful opportunities for children and young people through education, sports, personal development, and community engagement. The project focused on providing participants with a safe and supportive environment where they could learn new skills, build confidence, develop positive relationships, and participate in activities that contribute to their overall wellbeing.

United for Women's Health and Wellbeing

One of the core projects Karachi United worked on this quarter was **United for Women's Health and Wellbeing**, implemented in partnership with the **Al Basma Foundation**, a UK-based organisation. The initiative empowered **100 adolescent girls** through sports coaching and health education, while also engaging **40 women** from the community in dialogue sessions focused on girls' health, wellbeing, and development.

Thematic Areas:

- Football for Girls
- Health Advocacy
- Empowerment for Women in Sports
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Building Confidence Through Football

Football coaching formed the foundation of the United for Women 's Health & Wellbeing project, providing 100 adolescent girls with regular opportunities to participate in sport within a structured, and encouraging environment.

Delivered by Karachi United's qualified coaches, the sessions focused on developing fundamental football skills while promoting teamwork, discipline, communication, and leadership. More importantly, the football field became a space where girls could build confidence, challenge themselves, and experience the joy of learning alongside their peers from diverse communities.

“Football has provided me with the chance to play outside my home, acquire new skills, and forge numerous friendships. I’m incredibly grateful to be involved in the United for Health and Wellbeing project, where I am not only learning new football skills but also gaining education on essential health topics” - Participant, United for Health and Wellbeing



Menstrual Hygiene Management Workshop for Women in Sports

Following the advocacy sessions on physical and mental health, Karachi United Foundation initiated advocacy sessions on sexual and reproductive health and rights (SRHR) with adolescent female Participants. These sessions focused on building foundational awareness around menstrual health, bodily autonomy, and dismantling myths and taboos that often restrict women's ability to pursue everyday activities, including participation in sport. A core objective of the workshops was to empower girls to make informed choices, promote

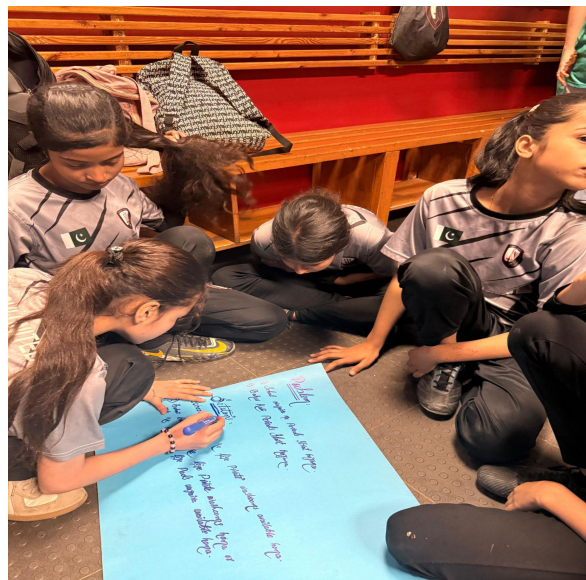
“We rarely talk about women's health at home or in schools. Most conversations only begin when girls are expected to get married or become mothers so they can focus on future families. Through this project, I realised that menstrual health, mental wellbeing, and physical health are just as important—especially for girls in sport. If we want to become stronger athletes and achieve our dreams, we need both quality coaching and the knowledge to make informed decisions about our health.” - Participant of Health & Wellbeing Workshop



Sexual & Reproductive Health Awareness Workshop Series

Building on the core themes, this workshop expanded its focus to include sexual and reproductive health. It aimed to further the advocacy on menstrual hygiene, body autonomy, and the need for WASH facilities, while pushing for clean and menstrual-friendly spaces for women. The workshop empowered women by providing tools to address common reproductive health issues faced by women in sports and other areas, working on solutions for facilities, and designing small team projects to implement these solutions.

A key focus was to encourage girls to recognise and demand access to safe and dignified MHM facilities in schools, workplaces, and public spaces. Participants shared their challenges and emphasised normalizing conversations about menstrual health as fundamental to rights and wellbeing.



Conclusion

During the quarter, Karachi United continued its commitment to creating opportunities for children and young people from marginalised communities through sport, education, and personal development. Alongside the United for Women's Health and Wellbeing initiative, KU continued its regular football coaching programme, reaching **200 girls** from marginalised communities, as well as life-skills education and other activities that support participants' holistic development. Through these continued programmes, KU remained focused on using football as a platform to build confidence, develop skills, and create positive opportunities for young people both on and off the field.