Before they had toilets, Sita’s family were constantly sick and had to make regular visits to the health clinic. Sita and her husband are casual labourers and often had to borrow money to pay for medicines. Their debts mounted up. ‘We felt hopeless, trapped,’ Sita says. Toilet Twinning’s partner taught Sita and her neighbours about hygiene, trained them to build toilets and installed a community water pump. Now, Sita’s family are healthy, they can afford to send the children to school and they’ve even started to build a new home. ‘Now, our village is clean and there’s no more debt!’ Sita says.

Without proper toilets at school, Bridget, 14, was often sick and missed class. Even when she did go to school, she often had to miss lessons to collect water from a contaminated stream about a mile away. When they started their periods, teenage girls missed school for up to a week a month — and many dropped out altogether. Then, our partners built boys’ and girls’ toilets, with separate changing rooms where girls could wash. Within three months, 65 teenage girls who had dropped out of school had re-enrolled, and attendance improved dramatically. ‘To become a nurse, I need to stay healthy,’ Bridget says.

The Rohingya people lost everything when they fled violence in Myanmar. Thousands are still living in refugee camps in Cox’s Bazar, Bangladesh, and their needs are just as urgent. The spread of disease remains a constant threat in the over-crowded camps, and the monsoon rains have begun, bringing the threat of mudslides and more sickness.

What your fundraising makes possible

£60 twins a family toilet

£240 twins a toilet block in a school

£240 twins a toilet block in a refugee camp