



ANNUAL REPORT

2024-2025

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A LETTER FROM THE EXECUTIVE DIRECTOR

Dear Friends of Help Lesotho,

I am filled with gratitude as I reflect on what we have accomplished together. Across communities in Lesotho, students are believing in their abilities, youth are exploring their potential with renewed hope, and communities are addressing deep-rooted issues that prevent them from thriving. None of this would be possible without your partnership.

The 2024–2025 year was one of steady progress and intentional focus. We continued to deepen our commitment to **resilience** as the foundation for personal, family and community growth. Rather than expanding rapidly, we prioritized doing our work well - strengthening program design, improving monitoring, and ensuring that each dollar entrusted to us delivers meaningful impact.

Over the past 20 years, we have seen firsthand how access to mental health support allows people to heal and move forward. We have watched young people discover their self-belief through practical skills training. We have partnered with dedicated local community leaders who are taking concrete actions to reduce gender-based violence, even in the face of significant challenges.

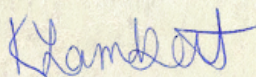
This year also reinforced the importance of strong systems behind strong programs. We invested in clearer planning processes, strengthened board oversight, and enhanced financial and operational accountability. These steps may not always be visible, but they are essential to ensuring that our impact is sustainable and scalable.

As always, our work is built on relationships, with our implementing partners in Lesotho, with our dedicated teams in Canada and Lesotho, and with you, our donors. Your generosity does more than fund programs; it sends a message to every person we serve: you matter, your education matters, and your future is worth investing in.

Looking ahead, we remain committed to deepening our impact while staying grounded in the values that define Help Lesotho: partnership, respect, stewardship, and hope. There is still much work to do, but we move forward encouraged by the progress we have made together

On behalf of our board, staff, and partners, thank you for standing with us.

With gratitude,



Kate Lambert
Executive Director



MEETING LESOTHO'S MOST URGENT CHALLENGES

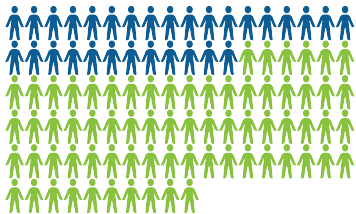
"The past year has shown us in Lesotho how quickly situations can change. Due to reduced US funding, many people lost their jobs and several organizations had to cut back on their programs and community outreach. This created uncertainty for many of us working in donor-funded initiatives. We sincerely thank you for continuing to support our work during these difficult times. Your generosity has allowed us to keep transforming lives and bringing hope to vulnerable communities in Lesotho."

- Moliehi, Hloste Centre Supervisor

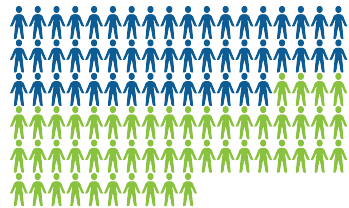


High unemployment levels

Unemployment - 30%



Youth Unemployment - 50%



With already high rates of unemployment, Lesotho was faced with a 50% tariff from the US - the highest in the world. Although the tariffs were later reduced to 15%, the uncertainty led to a reduction in exports that has remained.

The effects on the labour market are huge. Many who lost their jobs were youth; *most were women.*

High suicide rate

Lesotho is infamous for having one of the highest rates of suicide in the world. There is a need for scaling up mental health services to support people who are struggling.

The Government of Lesotho formally declared **youth unemployment a national emergency.**

Prolonged joblessness among youth is contributing to rising poverty, limited opportunities, and mental health difficulties for an entire generation.

By recognizing the scale of the problem, the government has signaled the urgent need for coordinated national and international responses to expand opportunity for young Basotho.

USAID freeze and increased HIV rates

After the USAID funding freeze, **1,500 health workers were dismissed.** Lesotho's Health Ministry asked final-year medical students and recent graduates to volunteer at local health centers, but there is still a significant deficit.

None of these problems can be solved with band-aid solutions, but that doesn't mean nothing can be done.

Help Lesotho seeks to build resilience so that people can manage these challenges, overcome them, and keep working towards brighter futures.

HELP LESOTHO'S PROGRAM REACH 2024/2025

Over **20** years, this work has supported more than **57,000** program graduates and reached over **300,000** individuals across Lesotho.

25,764 people attended programming delivered by Help Lesotho.



1,974 were enrolled in workshops and trainings - with more than 50 hours of content delivery.



420 children and youth visited our two community centres weekly.

- 86% were primary school students
- 82% used the **library** and accessed **tutoring**
- 53% were **girls**
- 51% played **sports**
- 44% played **board games and puzzles**
- 14% were **high school students**

11,638 people attended advocacy outreach events focused on reducing gender-based violence and child marriage.



GIRL4ce, our youth-led edu-tainment group, performed **65** times to more than **8,000** audience members



1,789 people received psychosocial support



1,291 people were referred to specialized social services



1,749 people conducted self-directed advocacy/leadership activities

We Distributed:

- **618** pairs of shoes
- **294** blankets
- **414** food parcels
- **43,874** condoms
- **160** school uniforms

OUR IMPACT PILLARS

Heal, Learn, Grow
Mental Health &
Resilience



Safer Communities
Gender Equity & Violence
Prevention

Brighter Futures
Youth Leadership,
Education & Livelihoods

Building Blocks
Community Care &
Household Strengthening

Know it. Use it. Stay healthy.
Sexual and Reproductive
Health Services

MONQONQO, 26



Monqonqo has been coming to Help Lesotho's Leadership Centre since he was in high school. He lives nearby and used to frequent the **library to study and access textbooks** that his family could not afford. He managed to not only graduate from high school, but to become a primary school teacher!

Despite his teaching qualification, he has not been able to secure a job. Many people in his position turn to alcohol and abusive behaviour to numb their frustrations. Instead, Monqonqo chose to invest in himself by enrolling in **Leaders-in-Training (LIT)**. **"LIT was wonderful. I got to understand my potential."**

The topic he feels was most impactful to him was relationships and love. He was surprised to realize how many misguided notions he had about relationships, saying, **"too many people get into relationships without understanding love. Now I have healthy relationships."**

Monqonqo is committed to encouraging more youth to invest in themselves by coming to Help Lesotho. He said, **"It is my responsibility to tell others about Help Lesotho. I promise to do so."**

HEAL, LEARN, GROW

Mental Health and Resilience

We strengthen emotional wellbeing, confidence, and coping skills so children and young people can face challenges, stay engaged in school, and build hopeful futures. By integrating psychosocial support and life skills into all our programs, we help individuals and communities develop the resilience needed for long-term success.

Pillar Outcomes

- Improved self-esteem, confidence, and emotional resilience
- Stronger coping skills in the face of adversity
- Reduced isolation and increased peer support



Meet Randall, a **Guys4Good** participant.

Randall is 17 years old but only in grade 7. He was abandoned as a child and only managed to start attending school at the age of 13. He now lives alone.

While this scenario is not uncommon in Lesotho, most young men lack the confidence to attend school with students who are much younger than they are. Randall is an exception - not only is he attending, but he is also making himself known for all the right reasons.

Despite his overwhelming challenges, Randall has adopted the most inspiring attitude. He was a role model to all the other participants in the Guys4Good program. He is grateful to have been selected to join this Help Lesotho program and to have found the support he needed to keep moving.

SAFER COMMUNITIES

Gender Equity and Violence Prevention

We work to prevent gender-based violence by addressing harmful norms, promoting equity, and engaging girls, boys, women, and men as partners in change. Through community-based education and youth leadership, we support safer, more respectful relationships and communities where violence is not tolerated.

Pillar Outcomes

- Strengthened community accountability for prevention
- Increased understanding of gender equity and respectful relationships
- Positive shifts in social norms among boys and young men
- Greater awareness of rights, consent, and safety

BRIGHTER FUTURES

Youth Leadership, Education and Livelihoods

We support young people to stay in school, develop leadership skills, and transition successfully into adulthood. By combining education support with mentoring, leadership development, and livelihood pathways, we help youth become confident leaders and contributors in their communities.

Pillar Outcomes

- Increased school retention and completion
- Stronger leadership, agency, communication and problem-solving skills
- Increased awareness of pathways into employment, teaching, and community leadership

By approaching our Impact Pillars through a combination of workshops and programs that engage different demographics, we see clear results!

“Help Lesotho has helped restore a sense of communal responsibility. GBV (gender-based violence) often stems from failure to recognize and respect other’s rights. The training empowered us to confront issues directly, and as a result, we have begun to rebuild relationships within families and across communities,” shared Mr. Mokete.

Palesa, a youth representative, shared: “Before training, we as young people lacked awareness about GBV and did not recognise the importance of reporting it. Thanks to the session of listening and dialogue skills, we have learnt the humility and the value of respecting our parents, which has strengthened our familial relationships. We have taken a tangible action because we now provide after school tutoring every Friday for children in our community. We are organising a youth led agricultural initiative, for which we are requesting access to land so that we would engage youth in the activity to avoid being in risky behaviours. We are now confident enough to discuss our challenges openly with our parents”.

BUILDING BLOCKS

Community Care and Household Support

We strengthen households and communities as the foundation for children's wellbeing, working across generations to support caregivers, families, and local leadership. Through inter-generational, community-led approaches, we build sustainable systems of care that enable children and youth to thrive.

Pillar Outcomes

- Stronger caregiver confidence and capacity across generations
- Improved household stability and support for children
- Increased Basotho ownership and sustainability
- Increased community participation and volunteer leadership
- Healthier relationships between children, youth, and caregivers

KNOW IT. USE IT. STAY HEALTHY.

Sexual and Reproductive Health (SRH) Services

Creating demand for Sexual and Reproductive Health (SRH) services is critical to the wellbeing of adolescents and young people in Lesotho. This aspect of our work focuses on increasing awareness, acceptability, and demand for SRH services, enabling young people to make informed decisions about their health and futures.

Pillar Outcomes

- Increased knowledge and positive attitudes toward SRH among adolescents and young people
- Increased uptake of SRH services, including HIV testing, family planning, and STI screening
- Improved community support for adolescent access to SRH services
- Stronger collaboration between communities, schools, and health facilities



2024/2025 HIGHLIGHTS



HELP LESOTHO CELEBRATED ITS 20TH ANNIVERSARY!

We celebrated all year long, culminating with a monumental 5-day 'Leadership Camp'! We hosted 200 participants in recognition of Lesotho's 200th year and Help Lesotho's 20th year.

Activities included workshops, debates, sports, games and psychosocial support. Staff and campers performed traditional Basotho songs and dances to honour both milestones.



Thanks to Sawabona Africa, a RACHEL (Remote Area Community Hotspot for Education and Learning) is now set up at Thaba Tseka High School, offering students access to a vast library of educational content offline.



In July 2024, BBC News visited Help Lesotho to learn about what NGOs like us are doing to address the mental health and suicide crisis in Lesotho. [Read/Watch here](#)



Help Lesotho launched the Tselatšoeu flagship project, focused on preventing gender-based violence (GBV) in the public transport sector - with funding from GIZ.



For anyone who hasn't heard of Lesotho...  let us show you.



A video we made went viral on social media "for anyone who hasn't heard of Lesotho." It reached more than 60,000 people!

Congratulations to Help Lesotho's Founder, Dr. Peg Herbert, on receiving the Distinguished Woman Award! [Read more here](#)



The Pitseng Centre got a bore hole!



LONG-TERM IMPACT

The impact of Help Lesotho’s programs reaches further than immediate beneficiaries. Our alumni carry skills like self-esteem, resilience, and leadership into their lives, uplifting their families and communities and working collectively to create long-term, positive change.

In all high schools where Pearl Girl participants attend, former Pearl Girls now hold the majority of student leadership positions. Teachers and administrators are grateful to have student leaders with such strong foundations to address issues in the schools such as bullying and sexual harassment.



Chosen as the leader of the Matlakeng grandmother group, Nkhono Matankiso stepped into a role that boosted her confidence and gave her new meaning. *“My finances also improved - I was able to provide adequately for my family and two grandchildren,”* she shared with pride.

“The program helped me grieve my loss and accept it, which helped me heal.”

Leaders-in-Training (LIT) participants are taught skills and strategies for community-based advocacy, and are encouraged to work in groups to develop ‘pay-it-forward’ initiatives. Beyond the end of the LIT program, the participants apply their newfound confidence and leadership skills to continue taking action for the benefit of others.



After graduating high school, which he credits to the support he received from Help Lesotho, **Relebohile** earned a scholarship to study nursing. He will complete midwifery training next year; a skill so urgently needed to help more mothers and babies survive. He wanted to say thank you because he considers Help Lesotho as his home and a vital support for his life and his career.

LESOTHO PARTNERSHIPS



During a **Health Services Day**, 90 young people attended sessions led by Basotho health providers on sexual and reproductive health. The event offered a range of critical services: 15 youth accessed **STI screenings**, another 15 received **contraception and PrEP**, 43 were **tested for HIV**, and 20 had **consultations with doctors**, who referred them to Motebang Hospital for medication.

Help Lesotho collaborated with *Sebabtso Social Incubators* to deliver an intensive two-week **entrepreneurship training** for youth alumni who own small businesses or aspire to start one. The program provided eye-opening, practical lessons, equipping participants with the skills and confidence they need to successfully navigate the challenges of running a small business.



OUR AMAZING STAFF

Help Lesotho's programs are delivered by an all-Basotho team of over **40 highly trained staff** who are deeply committed to the people they serve.

Tsoakae | Procurement Officer

"I am especially thankful for the supportive leadership, the value driven culture and the empowering environment that Help Lesotho has fostered. Being part of this community upliftment has been both inspiring and humbling. Thank you once again for your trust, support as I carry with me not only valuable experience but also deep respect and admiration for the mission of Help Lesotho. Keep doing the wonderful work."

Masoabisa | Program Officer for Smart Kids

"In a world where the cost of living keeps hiking and job competition is tough, I feel truly grateful to experience a love and support that many long for. With this gratitude, I commit to using my time and skills to bring positive change in the programs I lead, ensuring that every youth in Lesotho is supported. As a token of appreciation, may your kindness and generosity continue to sustain our work."

Mathapelo | Professional Intern

Mathapelo completed the Leaders-in-Training and Get a Job programs before being selected for an intern position with Help Lesotho. She hopes to continue supporting community initiatives, advocating for marginalized groups and raising awareness about mental health.



2024-2025 FINANCIALS

Total Expenditures (CAD)	July 1 2024 - June 30 2025	July 1 2023 - June 30 2024
Programs	\$1,491,689	\$1,391,345
Administration	90,439	\$99,612
Fundraising	\$50,825	\$45,029

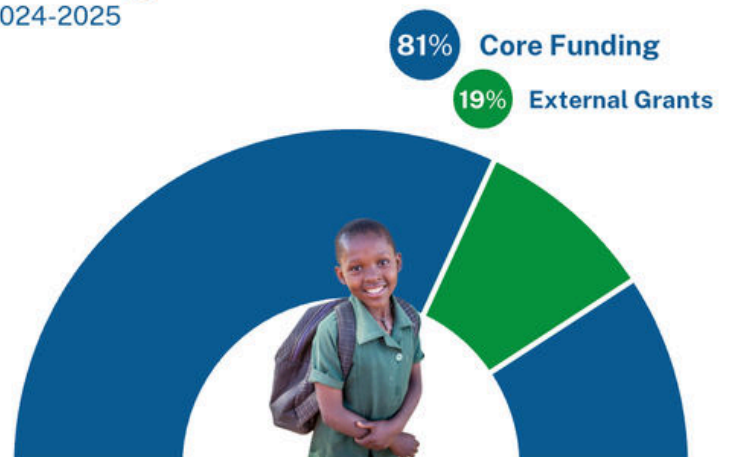
\$1,632,953

\$1,535,986

Spending 2024-2025



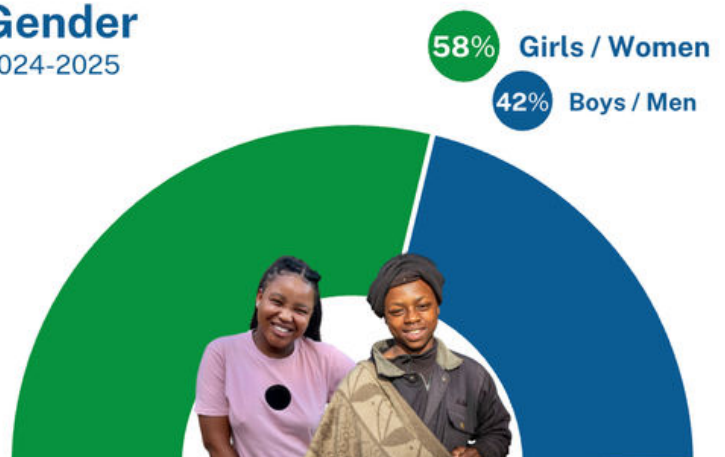
Funding Sources 2024-2025



Beneficiaries' Age Groups 2024-2025



Beneficiaries' Gender 2024-2025



"Every success story we witness, every life uplifted, every young person empowered, every family supported is a reflection of your compassion and belief in our mission. These contributions do not just fund programs; they bring hope, dignity, and opportunity to those who need it most. We remain committed to using your support responsibly and effectively to achieve sustainable impact. Thank you for standing with us and for being part of the Help Lesotho family. Together, we are transforming lives."

- Thabang, Monitoring and Evaluation Program Officer 13

GOVERNANCE & ACCOUNTABILITY

The Help Lesotho Board provides fiduciary oversight; contributes to, and oversees the implementation of Help Lesotho's strategy; provides direction and approval for policies that reflect the organization's mission and values; and ensures financial resources are managed appropriately. The Board works collaboratively to advance the mission and vision of Help Lesotho.

Thank you to our dedicated Board of Directors who make our work possible!

Kathleen Lauder, Chair

Marc-André Roy, Vice Chair

Jennifer Parr, Governance Committee Chair

Susan Richardson, HR Committee Chair

Dave Johnson, Finance & Audit Committee Chair

David Hallman, Director

Julie Shouldice, Director

Amy Weber, Director

The IMAGINE CANADA Program awards accreditation to charities and non-profits that demonstrate excellence in board governance, financial accountability and transparency, fundraising, staff management and volunteer involvement.

With over 86,000 charities in Canada, fewer than 1% have been recognized with this gold standard for operational excellence. Help Lesotho complies with annual reviews by Imagine Canada and has maintained accreditation since 2014.



Accredited
IMAGINE CANADA



THANK YOU TO OUR AMAZING PARTNERS, DONORS & SUPPORTERS!

We couldn't do this without you.

Thank you for your continued support and for helping make lasting impact across Lesotho.

"I believe wholeheartedly that the programs really make a difference in the lives of those choosing to be a part of them, both donors and recipients. It's a win/win organization."

– Trudy Bennett

"I support Help Lesotho because I know exactly where my money is going and how it is benefiting the people of Lesotho. Plus I have met the staff and they are extraordinary."

– Jean McNabb

"Help Lesotho supports people in a deep and life-changing way, and not in a short-term, superficial way. It empowers people and gives them strength and new skills to navigate through life."

– Patty Freeman

"It's great to receive "real-time" updates about programs; the specific features on individuals, seeing updates directly from staff – it is clear the work is really being done!"

– Taylor Holmes



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