



Help  Lesotho

**Annual Report**

**2018-2019**

# Celebrating 15 Years! 2004-2019

Help Lesotho is widely acknowledged for its outstanding, innovative programming and passion for championing the rights of girls and women in Lesotho. We remain at the forefront in our program foci – well ahead of the funding curves, including a growing reputation for the meaningful impact of our programs with boys and young men.

Help Lesotho addresses issues related to HIV/AIDS and gender equity through our content on nutrition, healthy decision making, health-related knowledge, gender-based violence and sexual and reproductive health education. Our contributions to mitigate poverty focus on small income generating projects for grandmothers and young mothers, computer and pre-employment education and training, buying locally, employing only local staff and teaching participants to advocate for their social, human and economic rights.

Help Lesotho is a training institute with deep community development programming. We remain committed to build resilience, foster self-management

develop leadership and increase healthy attitudes and knowledge towards HIV/AIDS and gender equity through our core innovative programs of education, leadership development and psychosocial support. As our populations age from children to young adults, we are progressively offering more programming in computers, pre-employment and entrepreneurship.

Over the past 15 years, our emphasis has shifted with the growth of the children to focus almost exclusively on youth, which encompasses individuals up to 35 years of age in Lesotho. This addresses the reality that change lies with the degree of social responsibility and actions undertaken by Basotho themselves. As one writer has noted: *“human beings, individually or collectively, cannot transform or uplift themselves without taking full responsibility for doing so.... Once full responsibility is accepted, others can assist as long as it is understood that they cannot be responsible. But no group in human history has been lifted into excellence or competitiveness by another group”*.

## 15 YEARS OF IMPACT

**\$20M RAISED** through individuals, family foundations, schools, churches, and partner organizations.

**22 PROGRAMS** delivered by local staff that are widely respected for creating meaningful change in participants.

**180,000 PEOPLE REACHED** in rural communities to improve HIV awareness, promote human rights and advocate against gender-based violence.

**40,000 ALUMNI** graduates from intensive programs with self-esteem, communication skills, solid goals and leadership skills to take action for the benefit of others.

**15,000 BOYS** trained in gender equity, and

**25,000 GIRLS** educated on their rights, safety and health.



# Program Highlights



200 grandmothers graduated from their two-year program! In groups of 50, these grandmothers learned about communication skills, self-esteem, HIV-AIDS, nutrition and their human rights. They built village support groups that will ensure long-term program sustainability.

Forty teachers attended a two-day teacher training workshop focused on adapting a learner-centred classroom approach. The teachers engaged in discussions about building respectful relationships with students without relying on fear or punishment.



Our edu-tainment group 'GIRL4ce' continued to raise awareness about ending child, early and forced marriage and gender-based violence through performances at garment factories. Factory workers are one of the highest risk populations for sexual abuse.



The Herd Boy Program was the first of Help Lesotho's programs to integrate a new inter-generational dialogue training component. The two-part training brought families and community members together to improve their ability to communicate and support one another.



# More Program Highlights



150 young mothers participated in training sessions about entrepreneurship and then received 'starter packs' to help them purchase bulk inventory to sell in their communities. The young mothers were so grateful for the chance to earn a small income to support their families with.

All of Help Lesotho's programs emphasize women's rights and educate participants about sexual and reproductive health. Embedding gender equity in all programs is creating a critical mass of youth who truly believe that 'Her voice and choice matters'!



Help Lesotho welcomed the first CHANGE4ce trainees to the Hlotse Centre in early 2019. Five youth leaders from other organizations in Lesotho and South Africa participated in two months of intensive training that equipped them as facilitators for delivering psychosocial support programs.



The Pearl Program grew to include a group of 40 girls at the Pitseng Centre in addition to the standard 60 girls at the Hlotse Centre. The expansion was funded by the Canada Fund for Local Initiatives in Pretoria.



# Leaders-in-Training Impact

32 training days - 2.5 months - 60+ life skills modules - 65 participants

## PARTICIPANT PROFILE

Average Age  
27.7



98%  
graduated from  
high school

72%  
have electricity  
in their homes



94%  
know their  
HIV status



25%  
are married

32%  
have children



## POST-PROGRAM EVALUATION



86% have 'a lot' more **confidence**

93% feel they have 'a lot' more **self-esteem**

96% feel 'a lot' more prepared to  
make **healthy decisions**

93% are 'a lot' more **hopeful** for  
their future

## COMMUNITY CHANGE

100%

of participants learned strategies to make  
positive change in their communities

93%

of them are already applying these  
strategies

## KEY INDICATORS

### Resilience

Family/Community Support, Hope, Coping Strategies

### Self-Management

Self-Worth, Healthy Decisions, Problem Solving

### Taking Action for the Benefit of Others

Leadership, Communication

### Knowledge and Attitudes

HIV/AIDS, Gender Equity



**Strongest Indicator Overall:**  
Resilience

**Indicator of  
Greatest Improvement:**  
Knowledge of HIV/AIDS and  
Gender Equity Issues

# Accountability

Help Lesotho's 2018-2019 financial statements were audited by Vaive and Associates Professional Corporation.



## 2018-19 SPENDING

- Programs (91%)
- Administration (7%)
- Fundraising (2%)

Total Expenditures	July 1 2018 - June 30 2019	July 1 2017 - June 30 2018
Programs	\$1,222,212	\$1,199,476
Administration	\$98,477	\$134,687
Fundraising	\$29,292	\$36,529
	<b>\$1,349,981</b>	<b>\$1,370,692</b>

**Financial accountability is important to us.**



Help Lesotho believes that transparency and accountability are essential. With this in mind, we are proud to be accredited by *Imagine Canada's Standards Program*. The Standards Program awards accreditation to charities and non-profits that demonstrate excellence in board governance, financial accountability and transparency, fundraising, staff management, and volunteer involvement. By adhering to these standards, we are complying with generally accepted practices for soliciting and managing donor dollars.

### Help Lesotho's 2018-2019 Board of Directors

John Graham, Board Chair	Shelley Mullins, Communications Committee Chair
Kim Rogers, Governance Committee Chair	Bill Austin, Director
Sean Wong, Fundraising Committee Chair	Mary Dawson, Director
Margie Hooper, HR Committee Chair	Erin Murphy, Director
Sandra Sbrocchi, Director	Thabang Mashologu, Director

# Thank You!

Thank you to our development partners!



Thank you to **RE/MAX Hallmark Realty Group** for donating Help Lesotho's office space, phone lines, internet, reception services, meeting rooms, and security for **eleven** wonderful years! Thanks to the generosity of RE/MAX Hallmark, we are able to keep our costs low and ensure more funds are directed to programs in Lesotho.



/helplesothopage



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