



Help  Lesotho

2019 - 2020

ANNUAL REPORT

16 years...
250,000 people reached!
45,000 graduates of leadership-based programs!



Help Lesotho works in some of the most remote communities in the small African Kingdom of Lesotho. Since 2004, Help Lesotho has been committed to changing lives for the better. The organization strongly believes in life skills and leadership education as powerful forces to create positive social change. Since its inception, Help Lesotho has reached **250,000** vulnerable children, youth and grandmothers and had **45,000** graduates of intensive leadership programs.



Lesotho is one of the poorest countries in the world, with an **unemployment rate of 24%** (pre-COVID-19 pandemic). Roughly **25% of the population is HIV/AIDS positive**, which has caused severe socioeconomic and generational trauma in an already suffering country. In addition, gender-based violence is staggeringly high, with approximately **86% of women and girls as victims of gender-abuse**. The COVID-19 pandemic has only exacerbated these issues.

At the start of the COVID-19 pandemic in March 2020, Help Lesotho was able to quickly pivot from program-delivery work to direct relief in order to help thousands of vulnerable people.

All regular Help Lesotho programming was put on hold. Both Help Lesotho leadership centres were closed. The organization operationalized a plan to shift programming to remote psychosocial support over the phone. Local staff worked from their homes to call hundreds of beneficiaries to identify those most vulnerable and to share COVID-19 education, provide assistance for coping with COVID-19-related anxiety, and provide support for the myriad of ongoing issues facing these impoverished populations.

JULY - DECEMBER 2019 HIGHLIGHTS

In the fall of 2019, Help Lesotho hosted a 'Pearl Girl Camp' for 80 high school girls. The camp focused on building the girls as peer educators and inspiring them to DREAM BIG as they consider careers related to S.T.E.M. This camp was funded by the Canada Fund for Local Initiatives - Pretoria.



A participant of the Herd Boy Program, Lebohlang, and Ntate Sello (Grant Implementation and Impact Manager) were invited to Berlin to present at the **30th Anniversary International Celebration of the Convention of the Rights of the Child** for nine days in November 2019. For a young man who had never been out of Lesotho, this was such an incredible experience!

The Help Lesotho edu-tainment group **GIRL4ce** celebrated '*International Day of the Girl*' with a performance on the theme "Unscripted and Unstoppable". GIRL4ce has performed for thousands of Basotho over the last 6 years. The group delivers messages that literally save the lives and futures of hundreds of vulnerable girls.



Primary school teachers attended a computer session to learn the basics of coding so they can encourage their students to pursue careers related to information technology. They are pictured here in one of the Help Lesotho portable computer labs.

JANUARY - JUNE 2020 HIGHLIGHTS



In February 2020, Help Lesotho hosted an 'Alumni Reunion' at the Hlotse Centre with 250 alumni and staff in attendance. Everyone enjoyed a fun-filled day, while celebrating all that's been accomplished over the last 16 years.



From February-March 2020, 52 participants received five weeks of intensive life skills training through **Help Lesotho's Leaders-in-Training (LIT) Program**. Of the many topics covered, participants identified 'communication' and 'grief and loss' as the most meaningful sessions.

"From now on I will effectively communicate with others, respect and care for myself and others and lastly I shall help others with the knowledge I have got." - THABANG



In February, participants of the Grandmother Support Program brought the children they care for to a special 'Children's Day' where they learned about communication and peer pressure. One Help Lesotho's program goals is to improve the communication between generations. Days like these are important steps in laying this groundwork.

2020 COVID-19 RESPONSE



In Help Lesotho's communications with beneficiaries at the onset of the pandemic, the most common fear was of starvation as a consequence of lost income. In response, the 'Caring4Caregivers' campaign was launched.

More than **2,000** vulnerable households received food relief packages.

In an effort to increase long-term food security, Help Lesotho also distributed **300** apple tree seedlings, **300** peach tree seedlings, and enough vegetable seeds for several plantings in at least **450** gardens!



Help Lesotho continually updated COVID-19 guidelines and information sheets with local resources to share with thousands of people, and also produced resources for parents and guardians to help them talk to their children in age-appropriate ways about the pandemic.



An important component in Help Lesotho's COVID-19 response strategy was the installation of tippy taps in many rural communities. These tippy taps are an effective way for households without running water to prevent the spread of viruses such as COVID-19.

Additionally, over **3,000** cloth masks were distributed to Help Lesotho beneficiaries (all made by local women in Lesotho).

ACCOUNTABILITY



2019-20 SPENDING

- Programs (90%)
- Administration (8%)
- Fundraising (2%)

Help Lesotho's 2019-2020 financial statements were audited by Vaive and Associates Professional Corporation.

Total Expenditures	July 1 2019 - June 30 2020	July 1 2018 - June 30 2019
Programs	\$1,252,385	\$1,222,212
Administration	\$120,594	\$98,477
Fundraising	\$23,306	\$29,292
	\$1,396,285	\$1,349,981

ACCOUNTABILITY ● TRANSPARENCY ● GOOD GOVERNANCE



Since 2014, Help Lesotho has been proudly accredited by the **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.

Help Lesotho's 2019-2020 Canadian Board of Directors

John Graham, Board Chair
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Thank you to our development partners!



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For Africa's Children Every Time



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.



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