



# Let's Get TogetHER

## Your Event Information Package

THANK YOU FOR HOSTING A **Get TogetHER** TO GIVE GIRLS IN LESOTHO THE OPPORTUNITY TO GO TO SCHOOL EVEN DURING THEIR PERIODS.

Today, women around the world are standing up for their rights and taking action to create a better world for themselves and future generations. By hosting an event, you are taking action on behalf of thousands of girls in Lesotho who miss at least 50 days of school every year simply because they don't have the necessary supplies to manage their periods.

Nothing brings us together like sharing a meal. Nothing stops a group of passionate women from coming together to support other women! By hosting a **Get TogetHER** on International Women's Day (March 8th) or sometime during the month of March you will create memories while making a difference in the lives of girls in Lesotho!

### **Get TogetHER To Support Girls in Lesotho**

- Invite your friends, family, coworkers, and neighbours to share a meal together on or around International Women's Day in the month of March.
- Arrange for food and drinks: cook it yourself, order in, or host a potluck! The format of the meal is totally up to you.
- Inspire your guests by explaining that besides spending time with the other fantastic women on International Women's Day, this event will be raising funds to purchase reusable sanitary kits for girls in Lesotho so they can stay in school even when they have their period.

This is a most basic women's right! Girls all around the world need to have their voices heard – but it is very difficult for girls in Lesotho to do this when they do not even have the most basic supplies available to them.

Each sanitary kit costs \$15 and will last for 3 years, or 150 days of usage! Each guest is asked to purchase 3 kits (\$45), which will equip 3 girls with the supplies they need to go to school. If guests are interested in doing more, you could give them a child sponsorship information sheet.

To host a **Get TogetHER**, please contact [zara@helplesotho.org](mailto:zara@helplesotho.org) !

### **Your Event Information Package Contains:**

- Event Planning Schedule
- Customizable Invitations
- Sanitary Kit Information Sheet
- Donation Forms
- Child Sponsorship Information Sheet
- Profile Stories



## ***Your Event Planning Schedule***

### **3 Weeks Before Your Event**

1. **Determine the format.** Will your event be a formal seated meal, potluck, or ordering in? Will the event be a weekend breakfast, lunch or evening dinner party?
2. **Set your fundraising goal.** Think about how much you would like your guests to contribute as a donation, such as asking every guest to purchase three sanitary kits for a total donation of \$45/each.
3. **Create your guest list.** Which friends, colleagues, family members will help you reach your fundraising target? Who will be excited about the possibility of helping girls in southern Africa go to school? How many people will you invite?
4. **Choose your venue.** Do you prefer your home, a restaurant, or community space? What kind of requirements will be related to your venue?
5. **Select your date and time.**
6. **Tell us your plans!** Once you have set a date please contact us. We will provide you with everything you need to make your event a success, including a physical sanitary kit, beautiful calendars for your guests, and information cards! Contact Zara Jennings at [zara@helplesotho.org](mailto:zara@helplesotho.org) or 613-369-5868.
7. **Send out your invitations.** Use our **Hostess Toolkit customized invitations** to invite your guests by email, or by mail. Don't forget to ask your guests to RSVP and tell your guests that they will receive a tax receipt for the full amount of their donations.
8. **Manage responses.** Track responses and get excited!

### **2 Weeks Before Your Event**

1. **Finalize your food.** Decide on the menu and create your shopping list or order out.
2. **Motivate your guests.** Let your guest know they can learn more about this cool way to help girls and donate online before the event.
3. **Plan the time together.** From your guest's arrival to the end of the evening, decide how you would like to structure your event. Make sure to include time to share some information about the sanitary kits, and incorporate the stories provided to you in your **Hostess Toolkit**.



### 1 Week Before Your Event

1. **Send a gentle reminder.** Email your guests to remind them about your event time and location. Encourage guests who are unable to attend to make a donation in support of your fundraising goal.
2. **Finalize the set-up.** Decide how you will set up the table, chairs, seating, and decorations.

### 1 Day Before Your Event

1. **Select music.** Have a playlist set up, to have on during the event.
2. **Review your speaking points.** You might consider highlighting some of the stories in your **Hostess Toolkit**, and demonstrating the different parts of a sanitary kit provided.
3. **Print your materials.** Print the profile stories to display. Print off enough donation forms for each of your guests to fill out, to ensure they receive a tax receipt for their donations. You might also consider printing off a few child sponsorship information sheets for guests that are inspired to do more.

### Day of Your Event

1. **Prepare food and drinks.** Ensure you leave time to enjoy your guests' company!
2. **Complete your set up.** Display all your materials and have your speaking notes handy.
3. **Connect with us on social media during your event.** Send us your tweets and pictures @helplesotho on Twitter, and on Facebook @HelpLesothoPage – use the hashtag #GetTogetHER
4. Enjoy your **Get TogetHER** in support of girls in Lesotho!

### Day After Your Event

1. **Send a thank-you.** Email or mail your guests to thank them for supporting girls in Lesotho at your **Get TogetHER**.
2. Send any donations of cheques, cash, or credit card within 48 hours to:  
Help Lesotho  
610 Bronson Ave.  
Ottawa ON K1S 4E6
3. **Let us know how it went.** We would love to hear from you and see your photos!

We will let you know how many girls in Lesotho will have three years of sanitary safety because of your **Get TogetHER**!



## ***Invitations***

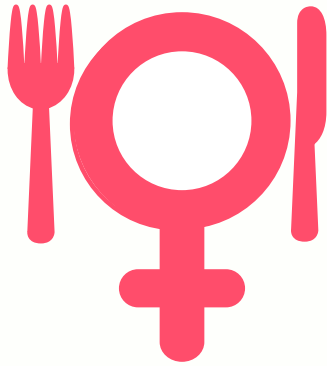
We have created some custom invitations for you to personalize and send to your guests.

If you prefer to send the invitations by email, you may consider sending the single-page design, and include the following:

*I will be hosting a Get TogetHER in celebration of International Women's Day, to support girls' education in southern Africa – and I'd love to have you there! For girls in developing countries, menstruation often means missing a week of school every month. When your family struggles to put food on the table, the purchase of disposable sanitary products is impossible. At our "Get TogetHER", we will be raising funds to purchase re-useable sanitary kits for girls in Lesotho, so they can go to school during their periods.*

*I have attached the details of this "Get TogetHER" – I look forward to seeing you there!*

If you prefer to send the invitations by mail, you may consider printing the double-sided design at home. The back of the invitation includes a story from one of the girls who recently received a re-useable sanitary kit.



# *Let's Get TogetHER*

IN CELEBRATION OF GENDER EQUITY FOR WOMEN AROUND THE WORLD, LET'S SHARE A MEAL, AND RAISE FUNDS TO PURCHASE REUSABLE SANITARY KITS FOR GIRLS IN LESOTHO SO THEY CAN STAY IN SCHOOL EVEN WHEN THEY HAVE THEIR PERIOD.

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DATE:

TIME:

LOCATION:

PLEASE BRING A DONATION OF \$45

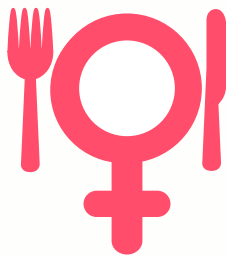
# Let's Get TogetHER for *Palesa*

Raised by her 73-year-old grandmother, Palesa found her monthly periods to be an ordeal. She struggled to get disposable sanitary pads as her grandmother could not afford it, and often used old t-shirts instead. She was unable to take part in many activities with her peers at home or school. **"I immediately thought my troubles were over when I received the re-useable sanitary kit. It even had panties which I also don't have,"** said Palesa.



The sanitary kits we help to purchase  
will be distributed by **Help Lesotho**.

Help Lesotho is a registered Canadian charity founded in 2004 working solely in the AIDS-ravaged country of Lesotho in southern Africa. We help children and youth, and the teachers and grandmothers who support them, to cope with their trauma, help them build self-esteem, teach them about HIV and gender equity, and help learn to make healthy decisions. **Learn more at [helplesotho.org](http://helplesotho.org)**



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THE KITS WILL BE DISTRIBUTED BY HELP LESOTHO, A REGISTERED CANADIAN CHARITY FOUNDED IN 2004 WORKING SOLELY IN THE AIDS-RAVAGED COUNTRY OF LESOTHO IN SOUTHERN AFRICA. LEARN MORE AT [HELPLESOTHO.ORG](http://HELPLESOTHO.ORG)

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DATE:

TIME:

LOCATION:

PLEASE BRING A DONATION OF \$45



# Get TogetherHER

## Supporting Washable Sanitary Kits for Girls in Lesotho

For girls in developing countries, menstruation often means missing a week of school every month. When your family struggles to put food on the table, the purchase of disposable sanitary products is impossible.

Girls use old clothing, dirty rags, or even leaves to manage their periods, however these methods are both dangerous to their health and difficult to conceal, often leading to shame and girls being targeted with violence.

The funds raised at your *Get TogetherHER* will allow the Canadian NGO 'Help Lesotho' to purchase washable sanitary kits for girls in Lesotho so they can stay in school while menstruating. Each kit gives a girl 150 days—equivalent to 3 years—where she has the supplies to focus on school rather than worrying about menstruation.

### WHAT IS IN A KIT?



- 2 shields with a moisture proof barrier and 'wings' that wrap around a pair of underwear;
- 8 tri-fold liners. Each square liner can be folded in three to act as the 'pad'; and
- Zip-lock bags, a washcloth, soap, and a beautiful carrying bag.

### WHO MAKES THE KITS?



Young women attending a sewing school have been hired to produce kits for Help Lesotho to purchase. This is the first income-generating project for the school, allowing the girls to make a small salary to support their families. Each kit requires several hours of detail work, but the sewers love the chance to help keep other girls in school through this project!

**Pulane:** "As a girl, I was taught to see my menstruation as a disease that was shameful and ugly. I stayed home from school for many days each month so no one could see what I was experiencing. I could not afford the real pads from the store, so instead I used my old undershirts. When I was chosen to receive a kit from Help Lesotho, first I loved the beautiful pattern of the bag. Then I loved the contents inside because they make me feel like I can still be beautiful when menstruating. I only stay home from school now when I am actually sick. My grades are much higher and I will soon be able to graduate because I am learning all the lessons!"





# Change Her Life Spotlight



## Palesa, age 18

Raised by her 73-year-old grandmother, Palesa found her monthly periods to be an ordeal. She struggled to get disposable sanitary pads as her grandmother could not afford it, and often used old t-shirts instead. She was unable to take part in many activities with her peers at home or school.

With the washable kit, Palesa and her grandmother no longer have to worry about finding money to purchase disposable pads – the washable kit will last for years to come.

**“My grandmother was happy when she learnt we will bring home pads as she was always hurt that she couldn’t afford the pads.”**

Palesa received life skills training along with the washable kits. Before the training, Palesa and her grandmother were concerned about the length of her periods, which typically lasted seven days. However, Palesa learned during training that a period that lasts 7 days is perfectly normal.

**“I am thankful to Help Lesotho as I have learned so much through their programs.”**



# Change Her Life Spotlight



## Noliwe, age 18

Noliwe lives in Pitseng with both her parents, who are unemployed. Before receiving a washable sanitary kit from Help Lesotho, she often considered re-using disposable pads. Even when she was able to purchase disposable pads, the poor quality of the pads produced an uncomfortable allergic reaction.

**“Disposable sanitary pads created rash on my body and wanted to scratch myself all the time. It was embarrassing.”**

Now that she has a washable sanitary kit, Noliwe doesn't have to deal with an embarrassing rash, and feels comfortable going out in public during her period.

**“My mother never taught me about changes to expect as I grow old and learned all that through Help Lesotho. She didn't have confidence to talk about menstruation when I told her I saw it for the first time. She said officers at Help Lesotho are very brave to be telling us all that and thanked them.”**

## Lsemelo, age 18

When Lisemelo began menstruating at the age of 12, she struggled to find suitable things to use during her period; with only her mother's income, they could not afford disposable sanitary pads.

**“I always stay home during my periods because I don't have full confidence that I will not mess on myself. I wouldn't even play with friends during the three days.”**

Staying home meant that Lisemelo was missing at least 3 days a month of school. Lisemelo is thrilled to have received a washable sanitary kit, so she doesn't have to stay home from school during her period anymore!

She loves the snap closure, which help the pad stay secure so she doesn't have to worry about any leakage. Lesemelo says she now enjoys going to school and playing with her friends without worrying about being on her period.





# Get TogetHER

## DONATION FORM

Yes, I would like to donate **\$45** to provide 3 sanitary kits for girls in Lesotho.

Additional sanitary kits (\$15 each): \_\_\_\_\_

Date: \_\_\_\_\_ Party Hostess: \_\_\_\_\_


Mr.  Mrs.  Ms.  Miss  Dr.  Other: \_\_\_\_\_

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

I would also like to make a donation of \$ \_\_\_\_\_ to  Help Lesotho

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**TOTAL DONATION AMOUNT: \$** \_\_\_\_\_

**PAYABLE BY**

Cash  Cheque  Credit Card (*details below*)

Credit Card #: \_\_\_\_\_ Expiry: \_\_\_\_\_

Name on Card: \_\_\_\_\_ Signature: \_\_\_\_\_

**TAX RECEIPT (for donations of \$15 or more)**

Please send my tax receipt by email (I have included it above)

Please mail my tax receipt to the postal address I have provided.

www.helplesotho.org 



# *Get Together***HER**

## Supporting Girls in Lesotho

*Child Sponsorship*

Many children in Lesotho have no way to pay the prohibitive high school fees. The **Child Sponsorship Program** is often the only option for many of these children to continue going to school and achieve their dream of being educated.

**The majority of sponsored children are girls due to their increased vulnerability to poverty and HIV/AIDS.**

The Child Sponsorship Program is a combination of financial support for formal education and psychosocial support to help children grow up. Funding school fees demonstrates to each child that someone knows who they are, believes in them and will support them so they are no longer alone. Students are accountable to Help Lesotho to work hard, and they are also able to access greater support when challenges arise.



### Your sponsorship provides:

- School fees for high school (Form A – Form E [ Grade 8 – Grade 12]);
- A new school uniform every two years (uniforms are mandatory);
- New shoes every two years;
- Exam fees for the national exams in Form C and Form E;
- Textbooks and Stationary;
- Toiletry kits (male/female kits twice a year);
- Regular school visits from Help Lesotho staff to discuss academic goals and performance; and
- Psychosocial support sessions at their school with Help Lesotho's Child Support Officer.



***Manthailane Mashongoane*** is one of 4 siblings raised by a single mother in Lipohong village, near Pitseng. She received sponsorship in 2015 after teachers at her primary school at Raphoka, a school near Help Lesotho's Pitseng Centre, identified her as vulnerable.

After writing her examinations in October 2017, she has now passed her Junior Certificate (form C/grade 10) with flying colours! She is a top 4 performer in the country and top 1 at her high school. She wants to study Mining Engineering, because her favourite subjects are Science, Maths and Geography.

She credits the generosity of her sponsors for giving her the opportunity to reach her potential: **"Thank you for investing in my education and believing in me. I promise to make you proud!"**





# Get Together **HER**

## Supporting Girls in Lesotho

*Child Sponsorship  
Info Form*

Please mail this form to Help Lesotho, or have your party hostess deliver it to us.

610 Bronson Ave, Ottawa, ON, K1S 4E6

**Name(s):** \_\_\_\_\_ **Date:** \_\_\_\_\_

(Please note if correspondence and payment information should be addressed to different people)

**Address:** STREET: \_\_\_\_\_ CITY: \_\_\_\_\_

STATE/PROVINCE: \_\_\_\_\_ ZIP/POSTAL CODE: \_\_\_\_\_

**Email:** \_\_\_\_\_

(Please provide an email address so that we can send you correspondence by email)

**Phone Number:** \_\_\_\_\_

**Preference for a particular school or district:** \_\_\_\_\_

**Preference to sponsor a *boy* or *girl*:** \_\_\_\_\_

### PAYMENT

I prefer my sponsorship to be:

Monthly (\$41)       Annually (\$495)

I would like to include leadership camp (Add \$7/month or \$80/year)

#### By Cheque:

For **monthly** sponsorship, please include a VOID cheque to have payments of withdrawn from your bank account.

For **annual** sponsorship, please include a cheque made out to "Help Lesotho".

#### By Credit Card:

Please charge the credit card below:

Credit Card #: \_\_\_\_\_ Expiry: \_\_\_\_\_

Name on Card: \_\_\_\_\_