

2021-2022 ANNUAL REPORT



What a year! As the COVID-19 vaccine became more widely available for our beneficiaries, our programs were able to transition back to their original formats with more interactive activities with some indoor gathering. We continue to take precautionary steps to help stop the spread of COVID and other viruses by ensuring program participants have access to sanitizer, hand soap and masks.



As of June 30 2022, Help Lesotho's programs had reached over 265,000 people and counting.



2021-2022 Key Statistics

21,745

visits to our two
Seotlong Centres

24,228

directly reached
through our programs

16,833

reached indirectly
(GIRL4ce, schools, etc.)

695

participants in our
Grief & Loss
sessions

708

one-on-one
psychosocial support
conversations

311

participant-led
support group
meetings

In addition to our resilience and life skills programs, relief items are distributed to vulnerable individuals and families who need them most. In 2021-22, we helped people with:



717 pairs of shoes



1,716 masks



660 blankets



74 entrepreneurial
starter packs



208 washable
sanitary kits



207 packages of
vegetable seeds



74 handwashing kits



153 solar lanterns



828 food parcels



9,800 condoms

ACTIVISM IN ACTION!

Our GIRL4ce performances continued to raise awareness for the responsibility that each member of a community has toward ending child marriage. Ending child marriage benefits everyone: fewer health issues from early pregnancy, more adolescents in school, healthier relationships, less gender-based violence, stronger mental health, more balanced power sharing within families, and less damage caused by trauma.



Our school youth club competition in Quthing was a hugely successful event! The students worked so hard towards reducing early and unintended pregnancies in their schools. Thank you to our partner, UNFPA Lesotho, for making this project possible!

As part of our 'Safer Communities' project funded by the Primate's World Relief and Development Fund (PWRDF), Help Lesotho staff went on air to motivate and encourage people to take responsibility for ending gender-based violence in their communities.



We are really proud of the Thaba Tseka herd boys for coming together to march through town in honour of the #16DaysOfActivism against gender-based violence. This is social change in action!!

TAKING COMMUNITY LEADERSHIP

After attending the **'Get a Job' Workshop**, 95% of participants felt the workshop would help them secure employment 'A Lot' and 91% of participants felt that their approach and methods to getting a job would change 'A Lot'. So much promise for these bright young minds!



When the Pitseng Centre and surrounding schools had to close yet again from COVID-19 outbreaks, our Centre team stepped up to help! They distributed educational workbooks, pencils and coloured pencils to young students to keep them learning. Thank you to two Canadian Rotary Clubs for funding these supplies for these students to keep up their studies.

Our Volunteer Youth Alumni Outreach Project expanded in 2022 to reach even more vulnerable children and help them with their education. Youth work with children in groups and 1-1 sessions to tutor in reading, writing, math also provided a supportive space for them to share their struggles.



The Pearl Girls celebrated International Women's Day by honouring women and girls around the world in the commitment to create a gender-equal world free of bias, stereotypes and discrimination. Here they're striking the 'Break-the-Bias' pose!

YOUR SUPPORT CHANGES LIVES!

MASIYABONGA

Masiyabonga grew up as a double-orphan, constantly passed between family members, never feeling like she belonged. At 17, she found her sense of home when she met her husband and gave birth to her two children. Her husband recently lost his job and she constantly worries about how the four of them will survive without his income. Through the Young Mother Program, Masiyabonga learned how to deal with her emotions and manage her stress. She has been able to earn an income with the help of a Small Business Starter Kit each program participant receives - her hope has been restored!



"I feel we are one with other young mothers and we support each other. I understand more now the importance of taking care of myself, especially more from HIV/AIDS. It is not a killer virus to me anymore and I try communicating this with other community members I converse with."



LEKHETO

Like most herd boys, Lekheto left home at an early age to provide for his family. The isolated life he lives in the mountains means it is nearly impossible for him to access the education and services he needs to understand his rights and the rights of women and girls. Help Lesotho's Herd Boy program changed that for him.

"I am fascinated by the fact that Help Lesotho keeps herd boys in mind. Being remembered during such a difficult time is indeed a blessing. I am moved by the fact that this program included our parents and employers - engaging them on how best they should treat us."

53-year-old Nkhono Mahlose is a widow raising two children and three grandchildren. The Grandmother Program has been so impactful for her in creating positive relationships with her grandchildren. At the program graduation ceremony, she shared about her anger when her teenage granddaughter became pregnant and how the program helped her to deal with her feelings in a healthy way.

"I was very hurt at first, but the program helped me to accept things beyond my control. Now we live harmoniously together. I am forever grateful to Help Lesotho for this program."



Inspiring Leaders of Change

"A leader is one who knows the way, goes the way, and shows the way." – John Maxwell



For six weeks in February – March 2022, 57 young adults participated in the annual Leaders-in-Training Program (LIT). As Help Lesotho's most intensive program, LIT provides an exciting opportunity to foster and witness significant personal growth. Participants engaged in meaningful modules about self-awareness, communication skills, gender roles, power relations, and psychosocial support.

96% of participants reported significantly improved resilience



TLOTLISO

Tlotliso is a 27-year-old graduate from the Leaders-in-Training Program. After gaining the support and trust of others in the program, Tlotliso felt compelled to share her heart wrenching story of enduring three violent attacks, the first at just ten years old, followed by several attempts to end her life. Tlotliso says her time in the program helped her regain strength and begin a healthy healing process.

"I told my loved ones stories about my life without fear of being judged and the response was heartwarming...I am a better person and all thanks to Help Lesotho. I run out of words to express gratitude."

NCHEME

"Help Lesotho's Leaders-in-Training Program has changed me into a role model to youth in my community, I am now providing a career guidance and knowledge about more universities and colleges in Lesotho matching their results or career aspirations. It is my goal as a youth leader to bring more young people to start their own projects as a way of living."



98% of participants identify as leaders after the training

The 2022 LIT cohort was the first to participate in a training module titled **Gender Identity and Sexuality**. In a highly religious country where this topic is taboo, this marked a big step towards inclusiveness.

EVERY DOLLAR COUNTS!



In December 2021, Turnbull School (Ottawa, ON) families raised enough money to buy 372 pairs of shoes for students in Lesotho! One 5-year-old boy raided his piggy bank and donated \$75 (3 pairs of shoes) all on his own.

A very brave supporter, Gail, on her way into the water at Portsmouth Harbour in Kingston in January 2022. Gail's Polar Dip raised \$3,900.00 in pledges! Way to go Gail.



THANK YOU TO OUR DEVELOPMENT PARTNERS!



ACCOUNTABILITY MATTERS TO US!

Help Lesotho's 2021-2022 financial statements were audited by Vaive and Associates Professional Corporation.



2021-2022 SPENDING

- Programs (93%)
- Administration (5%)
- Fundraising (2%)

Total Expenditures	July 1 2021 - June 30 2022	July 1 2020 - June 30 2021
Programs	\$1,533,523	\$1,556,337
Administration	\$86,172	\$84,036
Fundraising	\$23,488	\$19,493
	\$1,643,183 CAD	\$1,659,866



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 Board of Directors 2021-2022

- | | |
|--|------------------------------------|
| Kathleen Lauder , Board Chair | Shola Iyoho , Director |
| Kim Rogers , HR Committee Co- Chair | Mary Dawson , Director |
| Margie Hooper , HR Committee Co-Chair | Bill Austin , Director |
| Dave Johnston , Finance & Audit Committee Chair | Susan Richardson , Director |
| Zaida Bastos , Program Committee Chair | |

Thank you to our dedicated board members **John Graham** (Board Chair) and **Cathy Steele** (Finance & Audit Committee Chair) who completed their terms in 2021-2022.