



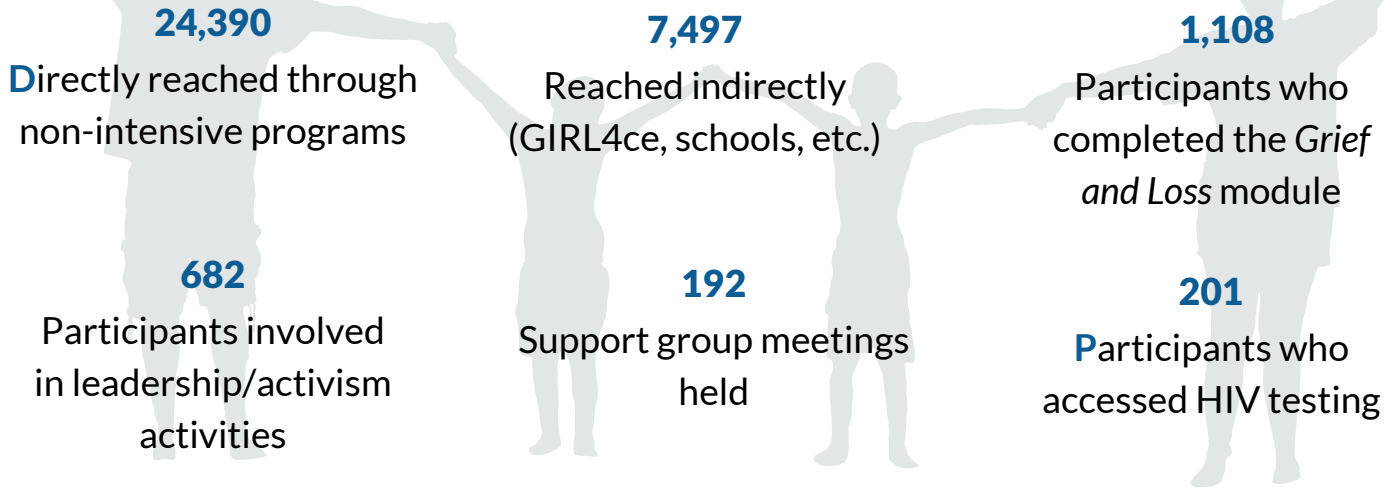
# Annual Report

## 2022-2023

*It is possible.*

# 2022-2023 KEY STATISTICS

Help Lesotho's annual report covers the twelve-month period of July 2022 - June 2023



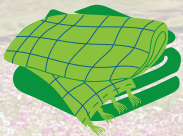
In 2022-23 we distributed the following items to those most in need:



379 Pairs of shoes



330 Masks



244 Blankets



447 Young mother small business starter packs



205 Sanitary kits



101 Packages of vegetable seeds



98 Baby boxes



55 Hygiene Kits



303 Food parcels



10,384 Condoms

# JULY - DECEMBER 2022 HIGHLIGHTS



These herd boys had an important message to share during the 16 Days of Activism: "Don't stay behind - STOP GBV! Just because GBV happened in the past does not mean it needs to keep happening in the future."



What a beautiful day! The Pitseng Centre grannies sang and danced in appreciation of the food parcels they received to help them feed their families. The packages contained essential nutritional items.



It was great to bring back Leadership Camp in-person. The camp is a well-loved activity for many, full of fun games and educational conversations. The youth who joined were eager to step into their role as leaders for positive change.



Such a happy day! The community was out in full regalia to celebrate the new classrooms and pit latrines we built at Majara Primary. Building in this incredibly remote location was a series of never-ending challenges - but these students deserve a safe place to learn!

The enthusiasm was off the charts with this group of Computer and Life Skills graduates! So much to be proud of, so much to celebrate. These new skills will help these young grads boost their resumes and confidence in applying for jobs.



# JANUARY - JUNE 2023 HIGHLIGHTS



What an inspiring day welcoming traditional and community leaders for a workshop on addressing the social norms that contribute to human rights violations.



Help Lesotho staff celebrated the completion of their online Facilitator Certification Course. They work so hard to keep improving their skills so they can provide the best possible support to program participants.

Spring 2023 was a busy season with so much to celebrate! The new Pitseng Library officially opened in March with Help Lesotho's founder Dr. Peg Herbert there to cut the ribbon. The library serves as a safe space for all to gather, learn and work toward a bright future. The kick-off event was a day of great celebration with speeches, games and singing.



There were celebrations in both Lesotho and across Canada in honour of Dr. Peg Herbert's retirement. As the founder of Help Lesotho, so many came out to say 'thank you' and offer their well-wishes.



# STORIES OF HOPE



## Age is just a number!

102-year-old Makhotso is amazing! As a past member of our Grandmother Program, she feels deeply connected to Help Lesotho and attributes her mental strength to the resilience she built while in the program. Through the Grandmother Home Repair Project, Makhotso's bedroom wall was fully rebuilt and a new door was installed that keeps her safe and warm in her home.

Her body is frail, but her spirit is strong! Even though her five great-great-great-grandchildren are now responsible for most of the chores, she insists on caring for her pig, her pride and joy, who recently had piglets.

*Makhotso is one of 47 grandmothers whose homes were repaired as part of the Grandmother Home Repair Project.*



## Leading the future!

At the age of 27, Amohelang is wise beyond her years. She loves biology and chemistry, but recognized that she needed to learn more about herself if she was going to find success in her career and her relationships. She left her family five hours away, rented a small room nearby to our Centre, and enrolled in our Leaders-in-Training Program.

*“The program was exactly what I needed. I didn’t realize how important it is to grow yourself. With time, I can achieve anything I want. I am my only limitation. I don’t need the title to be a leader, I already am one.”*



## Advocating for change!

Ntate Lesiba is a community chief and past participant in our Safer Communities project (funded by the Primate's World Relief and Development Fund). He began using strategies he learned in the training to do direct conflict mitigation with the 200 families in his community, and since then, there have been no reported cases of abuse or gender-based violence.

# THANK YOU TO OUR DEVELOPMENT PARTNERS



## PARTNERSHIP IN ACTION!

Opinion leaders participated in a 6-month project in Pitseng to increase their knowledge on gender-based violence, generate discussions about their roles and responsibilities in addressing harmful cultural practices, and build strategies for advocacy and practical support on GBV-related matters. We appreciate support for this project from the Canada Fund for Local Initiatives in Pretoria.



In February, a group of local chiefs gathered to discuss advocacy strategies they want to implement in their villages to prevent gender-based violence. Our 'Safer Communities' project (funded by Primate's World Relief and Development Fund) is helping local leaders and service providers understand their personal responsibilities for holding perpetrators of GBV accountable, helping victims get the support they need, and making it clear that GBV will not be tolerated in the community.

We honoured World Population Day (11 July) with a special event alongside UNFPA in Thaba Tseka to connect herd boys to services ranging from HIV and STI screening to voluntary medical male circumcision (VMMC). Participants from our Herd Boy Program also engaged in an advocacy march to raise awareness for rights and responsibilities.



# ACCOUNTABILITY IS OUR PRIORITY

## Help Lesotho's 2022-2023 Board of Directors

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

**Kathleen Lauder**, Board Chair  
**Susan Richardson**, HR Committee Co- Chair  
**Margie Hooper**, HR Committee Co-Chair  
**Zaida Bastos**, Program Committee Chair  
**Dave Johnson**, Finance & Audit Committee Chair

**Bill Austin**, Governance Committee Chair  
**Shola Iyoho**, Director  
**Mary Dawson**, Director  
**Kim Rogers**, Director



We want to acknowledge the contribution and care Mary Dawson brought to Help Lesotho over her 9-year term as a board member. Mary passed away in December 2023 and will be greatly missed by the Help Lesotho family.

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.



### 2022-23 Spending

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

### Total Expenditures (CAD)

**Programs**  
**Administration**  
**Fundraising**

**July 1 2022 -  
 June 30 2023**

\$1,536,071  
 \$136,262  
 \$37,911

**July 1 2021 -  
 June 30 2022**

\$1,533,523  
 \$86,172  
 \$23,488

**\$1,710,244**

**\$1,643,183**

*Help Lesotho's 2022-2023 financial statements were audited by Vaive and Associates Professional Corporation.*