



# ANNUAL REPORT 2017-2018

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# A Message from the Board Chair

It has been another incredible year at Help Lesotho! Though the generosity of our steadfast partners and generous donors, Help Lesotho provided programs that directly transformed the lives of over 15,000 vulnerable people in Lesotho.

Help Lesotho's unique program approach restores dignity and hope. It empowers those most in need of support - to overcome their considerable challenges and work together to build a better future for themselves and their communities. Beneficiaries experience the opportunities to heal, think critically and have a purpose in their lives. In addition, they learn how to reduce HIV transmission and promote gender equity. Help Lesotho believes that anyone, regardless of their circumstances, can be a leader who takes action for the benefit of others.

In March 2018, my wife and I had a fantastic visit to Lesotho. It was my fourth trip to the beautiful mountain kingdom. It was wonderful to see some of our staff members who have grown so much since they first started with us. They represent the development we aspire to as they become leaders in their own right. It was also very special to spend some time with a young girl whom I have sponsored since she was in primary school. Mamosiuoa is working hard at high school and I am proud to help her achieve this goal.

I can attest firsthand that Help Lesotho is a well-respected and trusted organization in Lesotho. It enjoys strong, productive local relationships with a consistently high degree of appreciation and involvement from communities, beneficiaries, and local representatives.

We are particularly gratified that the King and Queen of Lesotho are honorary patrons of our organization.

We are looking forward to celebrating our 15th year in 2019 and the opportunity to reflect on our impact while also mapping out our goals for the years to come. Please join us.

Thank you,

John Graham, Board Chair



## Board of Directors

John Graham, Board Chair

Kim Rogers, Governance Committee Chair

Sean Wong, Fundraising Committee Chair

Margie Hooper, HR Committee Chair

Shelley Mullins, Communications Committee Chair

Bill Austin, Finance Committee Chair

Mary Dawson, Director

Erin Murphy, Director

# PROGRAM HIGHLIGHTS

## YOUNG MOTHERS

In 2018, 150 young mothers in Lesotho received life saving educational trainings, psychosocial support and entrepreneurship training in the Young Mother Program.

The young mothers encouraged one other to attend pre- and post-natal check-ups and to use contraceptives. These support networks strengthen the rapport among group members in communities where these young women often feel rejected, useless and have no one to talk to, let alone trust.



## PEARL PROGRAM

Help Lesotho launched the Pearl Program in March 2017. The Pearl Program, funded by Pearls4Girls, helps to prepare girls to enter high school in Lesotho with the knowledge and self-esteem to resist peer pressure and make healthy decisions. Sixty girls, known as 'Pearl Girls', from at least five different primary schools participate in eight training weekends from March – November. Each weekend focuses on a specific theme, such as psychosocial support, healthy relationships, sexuality, and leadership.

## LEADERSHIP CAMP

Over 300 students attended five-day Leadership Camps in December 2017 and June 2018 at the Graff Leadership Centre. Campers and staff alike always look forward to this energetic week of discussions and activities. Camp is a life-transforming experience for the children, and the impact of camp is multiplied because campers are encouraged to share the information in their schools and communities.





# MORE PROGRAM HIGHLIGHTS

## A ROYAL VISIT

During the Leadership Camp in June 2018, the participants were honoured with a visit from Princess Senate of the Lesotho royal family! The Princess is a champion of the rights of girls and women and is committed to helping to end early and forced child marriage in Lesotho. During her visit to the camp, the Princess participated in a session on gender-based violence, engaged in fun games and activities, and was treated to a GIRL4ce performance.



## TOP 10 IN LESOTHO

Child Sponsorship Program beneficiary, Manthailane Mashongoane, ranked as the Top 4 student performer in the country and Top 1 at her school during the Form C/Grade 10 national examinations in October 2017.

## ALUMNI INSPIRATION DAY

In response to many Help Lesotho alumni requests for more career guidance support and information, Help Lesotho organized a special 'Inspiration Day' at the Graff Leadership Centre. There was a huge response from alumni, particularly from former Computer and Life Skills Program participants. On the Inspiration Day morning, 81 alumni walked up the driveway and were inspired to keep developing their leadership skills.



## BOYS GENDER CONFERENCE

In October 2017, 50 grade 7 and grade 8 boys stayed at the Graff Leadership Centre for a three-day Gender Conference. The Gender Conference program promotes positive attitude and behaviour change so these young boys learn the benefits of gender equity. The boys are taught how to share this information with their families and peers so the impact of the training is far reaching beyond the walls of the training room.



## PITSENG CENTRE 10TH ANNIVERSARY

In its first ten years, Help Lesotho's Pitseng Centre welcomed over 35,000 children, youth, young mothers, grandmothers and community members.

In June 2008, Help Lesotho opened its first community centre in Pitseng called Seotlong or a 'place to share ideas'. It's situated on a beautiful piece of land donated by the Anglican Diocese of Lesotho.

The original operations and construction in a corn field were funded by the Ottawa branch of the Ontario English Catholic Teachers Association (OECTA). It has become a place of honour, comfort, learning and growth for people of all ages.



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92% OF BENEFICIARIES  
ARE RETURNING  
VISITORS TO THE  
PITSENG CENTRE

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The Pitseng Centre is the only place for vulnerable villagers to access psychosocial support, informal education and information about HIV/AIDS.

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75% OF PITSENG CENTRE VISITORS ARE GIRLS, WOMEN, YOUNG MOTHERS AND GRANDMOTHERS.

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EVERY PERSON IN THE PITSENG REGION IS HEAVILY IMPACTED BY HIV/AIDS, ILLNESS AND POVERTY.





## HELP LESOTHO'S IMPACT

### PITSENG SUCCESS STORIES

"I felt such a sense of relief, because I was no longer alone!"

– Paulina, Grandmother Support Program Participant

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"Help Lesotho's training and being part of the Help Lesotho family changed my life! I learned gender inequity is bad for both men and women and I am now a passionate advocate for equal rights and power sharing with women!"

- Bolae, Former Pitseng Centre Supervisor and Leaders-in-Training Participant

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"It is a great place because people are always nice. All my friends have girlfriends but not me. I don't have time for that. I have to focus on my books."

– Leeto, 14-year old boy, frequent Pitseng Centre visitor and former Boys Gender Conference participant

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## HELP LESOTHO'S IMPACT

# BENEFICIARY LIVES CHANGED

GIRL4ce is an edu-tainment program run by Help Lesotho to create positive social change. GIRL4ce is led by a group of 25 youth who are committed to raising awareness about child marriage and gender-based violence in Lesotho. GIRL4ce members perform songs, dramas and speeches that help their communities understand the negative impacts of child marriage and gender-based violence – and more importantly, GIRL4ce shows people that they have a role and a responsibility to end these harmful practices in their communities.

“I never knew these practices were illegal.”

- Seloane, 19-year-old Girl4ce audience member



“I am crying because I was a girl such as her [the girl forced into marriage in the play].”

- Malimpho, 62-year-old Girl4ce Audience Member

GIRL4ce performed at the launch of the ‘Girls’ Voices’ photo exhibit on International Day of the Girl Child. The exhibit was organized by the High Commission of Canada to Lesotho in collaboration with the organization, Girls not Brides. GIRL4ce’s performance demonstrated the negative consequences of child, early and forced marriage and highlighted that 1 in 5 girls are victims of child marriage in Lesotho.



This year, GIRL4ce reached 15,773 people through 84 performances about child marriage and gender-based violence in Lesotho. The largest audience included 1,200 people at an event hosted by the Ministry of Social Development. GIRL4ce also performed for high schools, community organizations, NGO events and various government ministry events throughout Lesotho.

“As a teacher I want to protect my students, but I was not doing them any justice when I pretended these issues were not having an impact on them.”

- Tebello, 35-year-old Girl4ce Audience member



# Financial Statements

Help Lesotho's 2017-2018 financial statements were audited by Vaive and Associates Professional Corporation

## EXPENSES



- Programs (87.5%)
- Administration (9.8%)
- Fundraising (2.7%)

## PROGRAM BREAKDOWN



- Leadership (32%)
- HIV/AIDS and gender equity (30%)
- Education and school projects (17%)
- Grandmother support (12%)
- Orphans and vulnerable children (9%)

**Financial accountability is  
always a priority for us.**

<b>EXPENSES</b>	<b>\$1,370,692</b>	
Programs (87.5%)	\$1,199,476	87.5%
Administration (9.8%)	\$134,687	9.8%
Fundraising (2.7%)	\$36,529	2.7%

<b>PROGRAM BREAKDOWN</b>	<b>\$1,199,476</b>	<b>100%</b>
Leadership (32%)	\$379,194	32%
HIV/AIDS and gender equity (30%)	\$361,036	30%
Education and school projects (17%)	\$208,149	17%
Grandmother support (12%)	\$143,924	12%
Orphans and vulnerable children (9%)	\$107,173	9%





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FROM THE AMERICAN PEOPLE

## Thank you to our development partners



Thank you to REMAX Hallmark Realty Group for donating Help Lesotho's office space, phone lines, internet, reception services, meeting rooms, and security for 10 wonderful years! Thanks to the generosity of REMAX Hallmark, we are able to keep our costs low and ensure more funds are directed to programs in Lesotho.



Imagine Canada Accreditation: 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.

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