

# **ACTION LESOTHO: FAMILY INCOME, HEALTH AND WELL-BEING**

## **BREAKING THE CYCLE OF POVERTY**

### **Theory of Intervention**

Action Lesotho has been piloting and developing a wide range of community developing initiatives in and around the Mapotsoe area over the past 4 years. They have tried to consolidate those projects that Action Lesotho initiated in their early years and establish how best to raise the community above international poverty lines.

Unlike Ireland, Lesotho does not have an established tradition of community centres and their purpose is not fully understood by Basotho. Over the past 3 years Action Lesotho have been recovering from a legacy of misinformation and misunderstanding created by a former care in the community support group who were reluctant to see the centre opened up to the community at large. We were also unfortunate enough to have some staffing challenges that resulted in changes of personnel and necessitated capacity building of new staff which delayed our progress. A two year UCC course in Community Management and Intercultural Communications will be delivered to 15 key players who will be responsible for programme development and implementation over the next 3 years. This will raise the sustainability of community development interventions considerably within the first 12 months.

We undertook poverty line assessments in June 2014 which highlighted the extreme poverty that many of our clients (young and old) are living in. We worked as a team to consider how to break the cycle of poverty in our community of interest and our conclusions, as they pertain to Family income and food security, health and well-being, are as follows:

- Access to education
- Access to further education
- Access to employment/income generating activities
- Access to nutrition
- Access to health services and health education
- Innovation and Entrepreneurship skills
- Access to transformative personal development
- Access to social and recreational opportunities
- Access to information
- Access to participation in systems of governance and decision making

Our recommendation is that we focus our interventions aimed at achieving the above aims towards the 120 children and the 40 clients on our programme for the critically ill who have been identified through our programming as the most vulnerable and deprived in the communities of Ha Majele and Lepoqong. Our goal is to break the cycle of poverty for this group through holistic programming aimed at the clients themselves as well as their care givers and families. The total target group is 390 individuals. Of this target group, 258 individuals live on zero income per day per family member (105 of these live just on the donation provided by Action Lesotho to 40 clients on the programme for the critically ill).

### **3 year strategic plan goals:**

- To raise 120 families in Ha Majele above international poverty line by the end of 2017 through access to employment, income generating activities or access to further education.
- To ensure the survival and rehabilitation of 40 HIV/Aids patients annually and ensure access to employment or income generating activities upon recovery (where clients recover new clients will be admitted)
- To support 120 orphaned and vulnerable children living below the international poverty line and increase access to education, health and well being so as to ensure that they live above the international poverty line as adults (where families become uplifted children will move out of the programme and new clients will be admitted)

- To raise 400 families above international poverty line through the Enterprise Community Network (a coalition of development partners such as BEDCO, MTEC, Ministry of Agriculture, Ministry of Education) and further Innovation and Entrepreneurship training initiatives.
- To develop linkage to Mabooe Primary School to support pilot education initiatives in English language, entrepreneurial thinking skills, innovation/creativity and intercultural communications.

### **Planned interventions**

#### **1. Access to Education and improved nutrition for school children in our care programme Monday to Friday through:**

- **Homework club** – Monday to Friday 2pm-5pm; ensuring that children in our care receive support and guidance with their schooling and homework
- **Breakfast Club** – Monday to Friday 7am; providing a nutritional breakfast to children in our care so that they gain improved access to education through correct nutrition
- **School Uniforms** – Annually; provide school uniform. Action Lesotho recognise that children who go to school without the correct uniform suffer from teasing which gives rise to difficulties with self esteem and confidence.
- **School bags** – Annually; as above
- **Computer Training**

#### **2. Access to Nutrition, health education, information, transformative personal development, creative opportunities, social and recreational opportunities for children in our care programme during weekends and holidays**

- Creative education classes for pre-schoolers and school going children with a focus on culture and heritage
- Provision of a hot meal over weekends and holidays
- Life skills and psycho social support programme conducted in age appropriate groupings
- Sport
- An arts and craft programme (including performing arts, creative writing, music, dance, fine art and craft education)
- Play opportunities (children's games and toys)
- Opportunities to mix with other children through events, awareness days, competitions and fun days (our linkage to the Ferrando Resource Centre for children who are differently abled will be part of this)
- Opportunities for decision making
- English language acquisition through Theresa Moriarty's course
- Clothes during the year particularly at Christmastime which are age appropriate, in fashion and good quality
- Action Lesotho act in loco parentis providing adult support and guidance as appropriate. Particular attention is given to child headed families and families where adult guidance is not being provided
- Twice yearly health checks with Action Lesotho nurse and oversight from Irish medical professional

#### **3. Access to intercultural experience, teacher exchange, global awareness and creative curriculum development with Primary school in Ha Majele**

- Skype links with primary schools in Ireland and UK for pupils
- Skype links with primary schools in Ireland and UK for teachers
- Student led learning programme including Irish and UK schools volunteering to undertake research and answer specific questions from children in Lesotho
- Pen pal exchange
- Continuation of English language acquisition programme with Theresa Moriarty's course
- Internet access through Action Lesotho development centre

- Assistance to Action Lesotho in monitoring and evaluating our input with children in our care who are within their school

**4. Access to further education, nutrition, innovation and entrepreneurship skills, personal development, social and employment /income generating activities and recreational opportunity for 40 individuals per annum who are care givers and families of our critically ill patients and children in our care as well as recovering patients.**

- 12 month course for 20 men and 20 women who are living below the poverty line and are care givers or family members of our critically ill patients or children in our care. There will be an additional 20 places for individuals from the community who would like to attend the course but are not in need of our care package. The aim is to ensure that there is no stigma attached to attending the course and that the wider community are given access to our services. (i.e. 30 students per group)
- The participants will attend the Ha Maqele centre 2 days per week
- Core participants will receive a package of basic foods and sundries upon full attendance monthly
- Curriculum will include:
  - Basic and functional Mathematics
  - Sesotho literacy
  - English language acquisition using Theresa Moriarty programme
  - Assist students to pass leaving primary if possible and where appropriate help them with distance learning for JC and COSC
  - Computer classes
  - Transformative personal development
  - Innovation and Entrepreneurship training (opportunity to run small businesses during the course)
  - Health, well being and nutrition
  - Arts and Crafts with LMC, Ministry of Agriculture, Ministry of Tourism, Environment and Culture
  - Module that the group choose
  - BEDCO business trainings
  - Skills development trainings with BEDCO
  - Talks by UNICEF, Agricultural extension office and other NGOs
  - Monthly visit by Social Development
  - Family support and parenting

**Access to further education for disadvantaged individuals**

- Distance learning classes will be offered to the community from our centre. Those currently in the programme at the factories will be invited to attend classes at our centres. Classes will be held on Saturdays and Sundays after 3pm.
- Adult Literacy programme for those not able to participate in our 12 month programme
- Computer classes for community

**5. Access to Healthcare and health education for critically ill patients without other means of income and support**

- 40 patients annually who are critically ill and in need of health care, health education and who would have no other income during their illness.
- Package of basic food and sundries monthly together with fresh vegetables, eggs and milk for increased nutrition.
- Access to our 12 month access to employment and further education programme upon recovery or assistance in starting micro enterprises/factory work where possible.
- Nursing support for all clients weekly and support and oversight from medical professional in Ireland.
- Food supplement support where emergency increased nutrition is necessary
- Blankets provided during winter for bedridden patients
- Well being programme – addressing the need for stimulation and activity for sick patients through magazines, craft projects, books, games etc.

**6. Innovation and Entrepreneurship Training Programme – See appendix 1**

**7. Access to online education - through Scotia Academy and Alison.com and other online learning opportunities**

## **8. Community Management Course and Intercultural Relations**

A two year intervention including a one year UCC course in Community Management and a one year Intercultural Communications programme will be delivered to 15 key players who will be responsible for programme development and implementation with Action Lesotho and in the wider community over the next 3 years. This will raise the sustainability of community development interventions considerably within the first 12 months.

## **9. Access to skills development training with BEDCO**

10 men who have undertaken literacy skills development at Ha Mapele to be supported in attending a carpentry skills development training in Hlotse for 9 months in 2015.

## **10. Sponsorship support**

4 children receive continued access to education support

### **Partnerships will include**

Ministry of Social Development

Ministry of Education

BEDCO

Ministry of Tourism, Environment and Culture

Ministry of Agriculture

Lesotho College of Agriculture

Innovation and Entrepreneurship Consultancy Ireland

Lesotho Mountain Crafts

Maboee Primary School

Ferrando Resource Centre

### **Expected Outcomes**

**100%** of children in our care are protected and have an adult to guide and nurture them

**100%** of children in our care are receiving adequate nutrition on a daily basis

**100%** of children in our care have access to education and homework support

**100%** of children in our care will speak and write English as a vocational skill when they leave school

**100%** of children in our care receive a health check twice a year

**100%** of children in our care know have access to social and recreational opportunities

**100%** of children in our care are given the opportunity to develop creatively and develop entrepreneurial thinking skills

**50%** of children in our care gain computer literacy skills

**90%** of children are equipped to enter adult life employable or with entrepreneurial skills to run their own business

**10%** of children in our care will come off our programme annually as they enter adult employment, tertiary education or self employment

**50%** of children in our care in 2015 will come off our programme and be replaced by new clients within 3 years

**40%** of children in our care will remain so until they leave school

**60 clients** annually graduate from adult improvement programme. Of these **70%** will find income generation through self employment or employment and **30%** will avail of skills development training or further education training

**10%** of patients on Malimpho programme recover annually and enter rehabilitation programmes or find employment/self employment

**100%** of patients on Malimpho programme receive healthcare weekly with support from a medical professional in Ireland

**100%** of patients on Malimpho receive adequate nutrition and sundries to recover health and improve efficacy of medication

**100%** of patients on Malimpho receive therapeutic intervention for mental health well being

**Our pilot programmes** will be provide models of development that can be introduced to other NGOs, UNICEF, UNDP etc and be brought to the attention of other development funding for further roll out

**Capacity Building** of civil servants will take place through engagement with Local ministries and agencies

**60 people** will have completed Innovation and Entrepreneurship training annually including civil servants, state agencies, potential and existing entrepreneurs

**10 people** annually will be trained as trainers in the Innovation and Entrepreneurship programme

Up to **40 adults** annually have access to distance learning further education programmes

**15** development professionals will be trained by UCC by the end of 2016

**1700 pupils** of Mabooe Primary school receive global awareness and access to children in other countries

**1700 pupils** of Mabooe Primary school speak English as a result of Theresa Moriarty's course

**1700 pupils** have exposure to creative education

**1700 pupils** gain access to information through volunteer schools in Ireland and UK assisting with research and information dissemination

**50 teachers** learn to deliver creative curriculum and explore innovative methods for developing entrepreneurial thinking skills in students

**50 teachers** have access to a volunteer forum of teachers for intercultural exchange

**10 adults** trained in carpentry

#### **Shopping List of food and sundries**

Maize Meal	25kg	R110
Sorghum Meal	5kg	R50
Sugar	1kg	R13
Soap	2 bars	R20
Beans	4kg	R80
Salt	500g	R6
Matches		R5
Cooking Oil	2 ltrs	R36
Eggs	tray	R30
Vaseline		R7
<b>Total</b>		<b>R357</b>

## Approximate Budgets annually

<b>Salaries</b>	
Centre Manager	R60,000
Centre Administrator (on maternity leave currently)	R42,000
Centre training support 2 x R1750 per month (providing maternity leave cover currently)	R42,000
Breakfast club co-ordinator Ha Mapele	R14,400
Breakfast club co-ordinator Lepoqong	R6,000
Weekend catering staff 4 x R50 per day x 112 days	R20,800
Nurse 10 days per month @ R180 per day	R21,600
Outside trainers for children's life skills and psycho social supports 12 x R1500	R18,000
Distance learning tutors	R31,700
Weekly training budget for adult programme	R39,000
<b>Sub-Total</b>	<b>R295,500</b>
<b>Malimpho</b>	
Malimpho food parcels	R177,600
Malimpho blankets	R 6,320
Food supplements for Malimpho	R 10,400
Medications	R 4,000
Pasteurised milk for babies	R 14,000
Milk	R 10,400
Vegetables	R 2,400
First aid kit top up	R 3,000
Emergency Fund	R 5,000

Airtime for nurse	R 1,200
Enterprise support for recovering patients	R5,000
<b>Sub total</b>	<b>R239,320</b>
<b>Sponsorships total</b>	<b>R16,400</b>
Breakfast club food	R86,100
School uniforms	R83,240
School bags	R8,000
Art materials and equipment for Homework Club	R10,000
Weekend programme food	R105,680
Weekend programme resources, toys and games	R12,000
Adult 12 month training programme food parcels	R168,000
Catering for adult training programme	R10,400
Resources and materials for adult training programme	R18,000
Business support fund during adult training programme	R30,000
<b>Subtotal for community interventions</b>	<b>R531,420</b>
Extension to Community Centre 2015	R100,000
Tables and chairs for extension 2015	R10,000
Shelving in children's room 2015	R10,000
5 x computers for centre 2015 or 2016	R25,000
Skype cameras 10 x R300 2015	R3,000
Headsets 10 x R50 2015	R500
Subtotal for capital expenditure	<b>R148,500</b>
<b>Maboee Primary School Link total</b>	<b>R5,000</b>
<b>Overheads</b>	
Water, electricity and gas	R3,600
Internet access	R9,600
Cleaning at centre	R3,120
Cleaning materials	R1,200
General repairs and maintenance	R6,000

Toilet paper	R360
Tea, coffee, sugar etc for office	R600
Airtime, transport etc for centre staff	R7,500
Stationery for office	R7,000
Catering for staff meetings	R3,600
<b>Sub total</b>	<b>R42,580</b>
<b>Community Management and Intercultural Communications course</b>	
Stationery	R3,000
USB sticks for each participant R100 x 10	R10,000
Cameras 10 x R1500	R15,000
<b>Sub total</b>	<b>R28,000</b>
<b>English Language training programme with Theresa Moriarty 2016</b>	<b>R10,000</b>
<b>TOTAL COMMUNITY INVENTIONS BUDGET</b>	<b>R1,316,220</b>

September 2014