

From Mary Mahoney and Joanne Nelson,

Help Lesotho, a Canadian based NGO operating in Lesotho, has more than 9,000 orphans, children at risk, youth and grandmothers benefitting from its programs. Lesotho, a small mountain Kingdom inside South Africa has the world's 3rd highest incidence of AIDS.

Recently, we traveled to Lesotho where we did volunteer work with grandmothers and literacy work with youth and young children. It was the plight of the grandmothers whose dignity and courage in the face of such unspeakable hardships moved us deeply and made us determined to help them directly.



Help Lesotho hosts Grandmother's Days each month in 4 different locations for 200 grandmothers (50 at each event). The participants in the program are identified by the local chiefs as those who are most in need of help. At each monthly event they are fed a large lunch, participate in small group discussions, have an education session on a relevant topic (with questions encouraged) and an opportunity to sing and dance which they love. Their music is incredible!

Our fundraising plan is to attract 200 participants each of whom will donate \$120 to Help Lesotho ("*Food Gifts for Grandmothers*" program). This will provide all the grandmothers attending these events with a package of food to take home after each event. Although these supplies will not last the whole month, we believe the benefit will be huge.

We were overwhelmed by the poverty and the need that we saw. As their children have succumbed to AIDS, it falls to the grandmothers to raise the orphans; their own, and often those of relatives and sometimes friends. It is not unheard of for one grandmother to be raising 12 children. The biggest problem for these women is providing the children with enough food. We believe that this is a start and will be of huge benefit to the grandmothers. The food and supplies will be bought locally – hopefully some discounts will be given – and the local grandmother support groups will be involved in the distribution. The full amount will be applied to the grandmother food program.

Thank you for helping us help them.

To donate by cheque made out to

Help Lesotho

610 Bronson Ave. Ottawa ON CANADA K1S 4E6

Please put *Food Gifts for Grandmothers* in the memo line

visit www.helplesotho.ca and click the donate button

and chose *Food Gifts for Grandmothers* in the list

bank withdrawal - email canadianoffice@helplesotho.ca and request the form.

Be sure to mention *Food Gifts for Grandmothers* campaign

see www.helplesotho.ca or 613 369 5868

Joanne Nelson (nelson-r@rogers.com or 613-748-3009

Mary Mahoney (marymahoney@rogers.com) or 613-744-4086

To donate by credit card

To donate by pre-authorized

For more information