



TOUCHING TINY LIVES

2019 ANNUAL REPORT

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03**YEAR IN REVIEW**

2019 was an abundant year for TTL in Lesotho. We served an incredible number of children and deepened our commitment to the community in the most rural parts of Mokhotlong. Our mission continues to serve one child at a time, ensuring their health and safety above all. Every year we aim to grow our existing programs and improve the quality of life of each child and family we encounter. This year, we expanded our work in local Early Childhood Development (ECD) schools, hosted breast-feeding workshops, and trained local community stakeholders in best practices for nurturing health and nutrition in children under 5 years old.



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2019 IN NUMBERS

815 home visits conducted

113 new clients

97 children graduated from TTL

26 children in the safe home

575 rural mothers attended Nutrition Corners

178 children supported through ECD program

290 women and men trained through breastfeeding support group

NOTABLE ACHIEVEMENTS



TTL has served a total of **2,400** children through our outreach and safe home programs since our inception in 2004.

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OUTREACH

“Our outreach program is essential to providing local children under five with healthy, nutritious meals that ensure proper development.”

The outreach team is consistently pursuing new avenues to serve the local community here in Mokhotlong. This year, we worked to bolster up some of our existing programs, in addition to rolling out a new program where we trained community members so that they have more knowledge and skills to support pregnant and breastfeeding mothers in their respective villages.

This year we were able to provide wellness assessments that include weighing and measuring each child for **113** new children in our outreach program, and graduate **97** of them after reaching consistent healthy weights for their age.

Our biggest goals for 2019 were to support local women, as well as reach farther into Mokhotlong to make sure we are servicing every area that needs our support. We conducted **815** home visits, provide nutrition education to **575** rural mothers through Nutrition Corners, and trained **290** nominated community members on breastfeeding best practices.



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NEW BREASTFEEDING SUPPORT GROUPS



TTL noticed a gap in our services this year. We spend most our time dedicated to serving children directly, but realized if we give vital information to pregnant and breastfeeding women in our community, we may have fewer children overall who need our life-saving services. We rolled out a breastfeeding support group where we provided best practice training to **290** community advocates across **9** clinics, who then brought the information to mothers and fathers in their villages.

BREASTFEEDING WORKSHOPS

TTL and its partners addressed several topics across the day long workshops. Topics included the importance of exclusive breastfeeding for the first 6 months of life along with proper breastfeeding techniques and positions. Participants also learned about supplementary feeding after the first 6 months and how to prepare healthy and appropriate food for their children. Additionally, they learned about how to properly store and use excess breast milk. Delivering children at a clinic, as opposed to in the home, was also encouraged during these trainings. TTL's partners spoke on sound hygiene practices such as hand washing and proper latrine practices to prevent childhood illness. Demonstrations on how to build Tippy Tap Handwashing Stations with locally available materials were also provided. By the end of November, we were able to reach **124** pregnant mothers, **406** lactating mothers, and **237** fathers with vital information regarding healthy practices for their children. Thank you to our partners at the Ministry of Health, the Ministry of Agriculture, and the Nutrition Coordinating Office in Mokhotlong!

Through this program, TTL was able to close the gap for local women by providing services that would not exist otherwise.



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NUTRITION CORNERS

The objective of TTL's Nutrition Corners is to establish sound nutritional practices at an early age, to promote **economically viable, locally sourced, and sustainable** nutritious food options for children through direct support and education, and to boost the overall health of children facing malnutrition in Mokhotlong's rural communities. This year we were able to educate **575** mothers in an estimated **40** different villages on the life-saving practices of informed nutrition and health. When we hold Nutrition Corners, we conduct wellness assessments for each child, including taking their height and weight metrics. We also host a cooking demonstration where we use locally sourced ingredients to prepare a nutritious meal designed for children under five. The mothers in attendance are then encouraged to prepare these meals for their families throughout the month. Each child in attendance is able to eat the meal prepared in our cooking demonstrations. Additionally, each family goes home with Nutri-Plenty, a healthy mixture of rice, soy, vegetables, scientifically-proven blend of 21 vitamins and minerals shown to alleviate and reverse malnutrition in children, supplied by our partners at Lesotho Nutrition Initiative.



08**OTHER PROGRAMS****Early Childhood Development Schools**

Through our ECD program, we offered nutritional assistance to **8** different preschools in the area, **2** of which we built this year. We provided monthly deliveries of apples & bananas, Nutri-Plenty meals, toys, and educational materials for **178** children.

Providing this service allows teachers to focus on equipping students with essential education while keeping their bellies full.

Happy Beaks

Through our Happy Beaks program, we distributed **12** chickens to families in need through our outreach program. These chickens provide fresh eggs every day, as well as an avenue to generate income for the family by selling the eggs.

Caregivers on Campus

This year, TTL was able to house **5** caregivers at TTL through our Caregivers on Campus program. Caregivers of children in our safe home who are ready for reunification may come stay at TTL to learn about proper nutrition and health, in addition to reconnecting with their child.

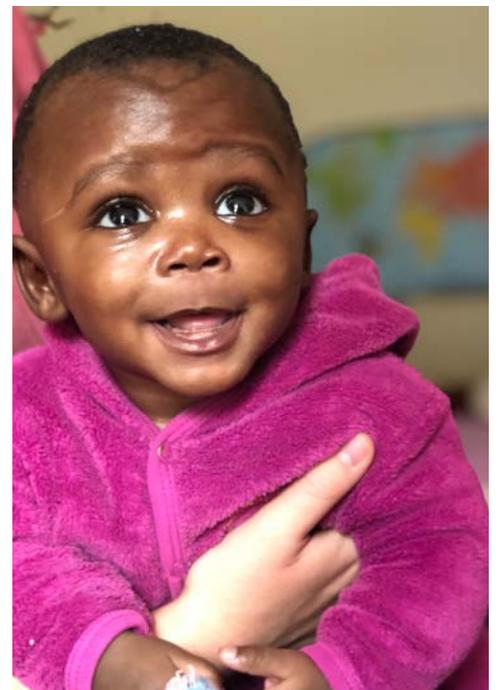


SAFE HOME

“Our safe home is a place where babies in Mokhotlong can come be nurtured, loved, and fed for as long as they need.”

Each year, our safe home takes in as many babies as necessary to ensure a healthy community here in Mokhotlong. This year we were able to temporarily house **26** babies with severe acute malnutrition, sometimes coupled with other illnesses such as HIV or TB.

Our babies each receive 24-hour care, 5 meals a day, and lots of love and affection right here on our campus.



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TTL SUCCESS

Thabo* came to the safe home after being enrolled in our outreach program and not gaining weight. When he came to our campus at 10 months, he weighed **4.5kg (~10 pounds)**. We followed our typical procedures of feeding and loving this boy around the clock, but we noticed he was still not making substantial progress on developmental milestones like holding his head up on his own. After a hospital stay in Mokhotlong and several handfuls of trips to see specialists in the capital city of Maseru, we learned that Thabo's organs did not fully develop at birth, and that this will affect his development for the rest of his life. The prognoses given by each different doctor seemed bleak, but we have watched Thabo defy every odd and continue to impress us with his progress. He is currently weighing in at about **7.2kg (~16lbs)**. Thabo has been in the safe home for about 6 months now, and we will continue to monitor his health as he reaches his developmental milestones in our care. We are on his timeline, as we so often are with our babies, and we wouldn't have it any other way! Go Thabo, go!



*Name changed to protect privacy

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STAFF RETREAT

After 15 years of operation, TTL was able to revive and energize staff this year with a retreat in Maseru. We hired a motivational speaker to remind staff of TTL's unfailing vision and the reason behind the work we do. The staff reported that they all felt like a team and they were so happy to be there together. They learned about keeping TTL's mission at the heart of all of their work, some tips on conflict resolution, working together, budgeting, and drawing out each other's strengths in the workplace. This is something TTL staff hopes can happen again as it provided an opportunity to uplift the employees that make TTL what it is, a life-saving organization in our community. Thank you so much to our donors who made this possible!



FINANCES

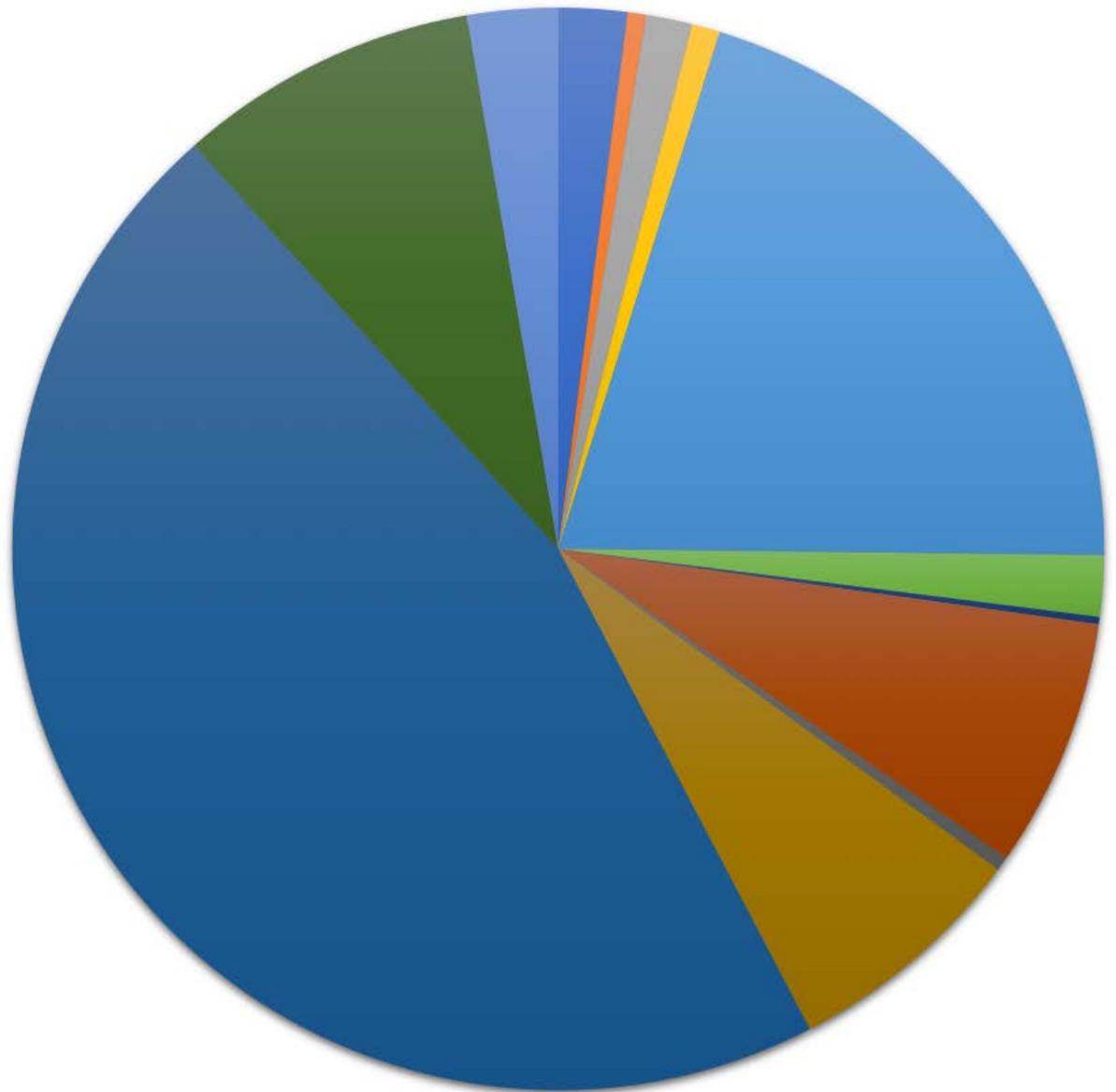
BUDGET LINE ITEM	EXPENDITURE
Administration	R 61,741.26
Audit Fees	R 16,500.00
Baby Care Supplies	R 41,279.00
Bank Fees	R 25,269.17
Building	R 617,331.28
Capacity Building	R 55,379.20
Celebrations	R 6,598.67
Food for Clients	R 225,353.34
Medical Support	R 12,806.60
Projects	R 220,176.50
Personnel	R 1,392,593.45
Transportation	R 270,374.93
Utilities	R 81,223.52

Total expenditure for 2019	R 3,026,626.92
	USD 210,072.72

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BUDGET:

2019 BUDGET



- Administration
- Audit Fees
- Baby Care Supplies
- Bank Fees
- Building
- Capacity Building
- Celebrations
- Food for Clients
- Medical Support
- Projects
- Personnel
- Transportation
- Utilities

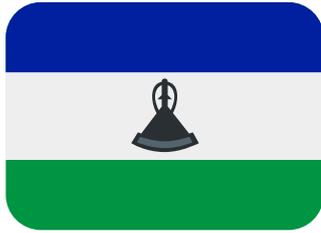
14 2019 EXPERIENCES

WHAT WERE THE CHALLENGES?

Lesotho faced a tremendous drought with limited rainfall this spring. Everyone in our community had very little, if any, access to running water during this time. Although TTL did experience water shortages, this thankfully did not prevent us from providing the best care for our children or our general operations. This drought led to many fields left unplanted in our community, which could potentially lead to food shortages and future threats to childhood nutrition and wellness in Mokhotlong during harvest season. This is what makes TTL's services so necessary. We have planned to construct a well on TTL's campus to mitigate the effects of drought in the future. This well is now underway and its quick construction is being generously funded by a donor who wishes to remain anonymous.



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ACKNOWLEDGEMENTS

TTL HAS MULTIPLE LOCAL AND FINANCIAL SUPPORTERS EVERY YEAR.



Rea Leboha Haholo (thank you very much) to each and every one of our local and financial partners in 2019.



Our sincerest thank you to each of our local partners who collaborated with TTL to make our services meaningful and accessible to the most vulnerable in our community.

- Ministry of Social Development,
- Ministry of Health
- Ministry of Agriculture
- Nutrition Coordinating Office in Mokhotlong

We also could not provide our life-changing services without our incredibly generous financial partners. Thank you for linking arms with us as we work to improve the health and nutrition of children in rural Lesotho.

- TTLF
- ELMA
- Sentebale
- Addax & Oryx
- US Embassy
- Lesotho Nutrition Initiative
- Aktionsgruppe Gummersbach für die Welthungerhilfe/Initiative für Kinder in Lesotho

