



Lesotho Planned Parenthood Association

# 2022 Annual Report

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## **INTRODUCTION**

The Annual Report is a statutory document that International Planned Parenthood Federation (IPPF) and Lesotho Planned Parenthood Association (LPPA) Volunteers require at the end of LPPA's Fiscal year and responds to the implementation of the LPPA program as reflected in the Association's approved Business Plan 2022. Although the 2022 Business Plan was developed in line with IPPF's new Strategy 2028, it was still at a pilot phase. The report still focuses on Outcomes as the new IPPF Strategic Framework was only approved in November 2022, and the MA Strategic Plan that will be Pillar based is yet to be developed.

Individual Outcome reports have included other donor supported activities, which were sourced and implemented in 2022. Such include IPPF Restricted Project, UNFPA supported Project, UNESCO supported project, PUSH Project implemented through the support of EGPAF, and IPPF Unrestricted funding. Ministry of Health support mainly with commodities and subvention.

## **GENERAL PROGRAMMES PERFORMANCE BY PROJECTS**

### ***1. Movement Accelerator Project (IPPF Restricted)***

The project aimed to collaborate with People's MATRIX to challenge social and gender stereotypes that limit the LGBTQ+ community from accessing basic SRHR services in public health facilities in the country. One of the notable successes of the project was coordination of a high-level Stakeholder Meeting with Ministries of Law, Health and Education. All Ministries pledged support to provide more platforms to People's MATRIX for presentations of their issues and challenges. Ministry of Law specifically promised to support LGBTIQ Community in advocating for a law that would protect their Rights. The project also assisted People's MATRIX to review its Strategic Plan and Advocacy Plan. It further strengthened the capacity of the grassroots LGBTIQ+ leadership on SRHR through a 5 days training workshop and also conducted joint stakeholder advocacy campaigns to increase awareness of LGBTIQ+ Community on SRH rights. A one-day media training was held to sensitise media on how best to report LGBTIQ SRHR issues without discrimination.

### ***2. Parent-Child Communication (PCC) Sessions Project (UNESCO Restricted)***

The Project aimed at advocating for Parental and Community support for Adolescents and Young People (10-19 Years) for healthy and informed choices about their Sexual and Reproductive Health. Following a 5 days training workshop for PCC Facilitators that was held through the support of UNESCO and UNFPA late 2021, where 8 Participants were capacitated in the handling of the PCC Facilitators Manual, the first quarter of 2022 was dedicated for the actual execution of the sessions in the two targeted Districts. PCC Sessions reached out-of-school youth with CSE information. Unlike their counterparts who are in school and can access CSE in schools, young people who are out of school are often left behind when it comes to the benefits of CSE. This has been reflected in high cases of unintended pregnancies and early marriages among this group, and they often fall victims of harmful social practices such as exchange of sexual favours for material benefits.

A total of 12 Sessions were conducted in the two targeted

districts where 168 Participants were reached with content. The platform enabled the two groups to open up on their fears in discussing SRHR with each other and were able to identify best strategies to engage in such discussions in future. The sessions over emphasised the importance of parents/guardians creating time to talk to their children and link them to care in locally available institutions such as local clinics for further information. The joint sessions for Parents and Young People focused more on helping participants to identify themselves as independent individuals in relationships. The objective was to help Participants to appreciate one another as unique individuals with special gifts, talents and needs. Collaboration with other CSOs and Partners contributed immensely in the success of the project. Their involvement meant more human resource; both in terms of numbers and expertise. On the other hand, late disbursement of funds led to the delay and pressure in the implementation of the project. Another challenge was that children aged 10-13 could not be reached as the sessions coincided with school,

while on the other hand, the age gap between some parents/guardians and their children was too huge, and that compromised dialogues on some topics.



A group of Young People group PCC sessions in Mokhotlong

### **3. Upscaling the demand of SRHR services for young people through CSE (IPPF Unrestricted)**

The MA's target was to increase coverage of out of school young people provided with CSE to improve their capacity to make informed decisions and enjoy their sexual lives. It further intended to involve parents and community gate keepers in ensuring that safe spaces are created for young people and that they can access SRH services with ease and without fear. The use of social media to reach young people was profitable; young people were easily reached with information through Facebook and WhatsApp. Moreover, the MA forged a collaboration with Noma pads and Miss Lesotho in marking World Menstrual Day. This collaboration assisted

in the recruitment of new YAM members being involved in continuous menstrual dialogue with the youth. The MA further collaborated with Limkokwing Technology Based HIV Prevention Programme for the youth, and that broadened LPPA reach on online CSE sessions through Limkokwing social media platforms. 10 online discussions were held. 1 online session using Facebook was held to discuss ‘‘Sexually transmitted infections & HIV’’. 586 youth were reached while only 13 youth interacted with the topic. Furthermore, the same session on the same topic was held via WhatsApp and 34 youth reached and only 23 interacted with the topic. Generally, the use of social media to reach young people; young people are easily reached with information through Facebook and WhatsApp. The collaboration with Noma pads and Miss Lesotho in marking World Menstrual day helped in recruiting new YAM members & being involved in continuous menstrual dialogue with the youth.



Young People during one of their regular meetings

#### **4. Improved Access to quality integrated SRH services (A combination of IPPF Unrestricted and UNFPA, EGPAF and Jhpiego Restricted Projects )**

IPPF Core Grant, EGPAF, UNFPA and Jhpiego all contributed to achieve delivery of rights-based and integrated SRH services to men, women, young people and Key Populations.

The following services were provided in LPPA’s static clinics and through outreaches; Family Planning, HTS, treatment of Opportunist Infections and Sexually Transmitted Infections Management, Minor ailments, HCG, ECP, Pap Smear, VIA, VMMC, Hydrocele, Erectile dysfunction, PSA, Anti- Retroviral Treatment, Implants and IUCDs removal. PMTCT, ANC, PNC, under 5s and VMMC were provided in Maseru and Mafeteng. A total of 179, 046 integrated SRHR services against the set target of 170,000 were provided to clients through different streams. A total of 17,808 clients were reached with Family Planning services in 2022 from the MA’s 6 clinics and outreach areas in Maseru, Botha-Bothe, Mafeteng, Mohale’s Hoek and Quthing. Family Planning performance is lower than the set target of 25,000 because there was a delay to begin outreaches due to late disbursements of funding from UNFPA. In addition, outreaches were put on hold in the

4<sup>th</sup> quarter of 2022 due to financial limitations. 3,640 women were provided with ANC, PMTCT, PNC and cervical and breast cancer screening services. Male clinic provided VMMC services to 167 males out of expected 300 with the support of Jhpiego Khanya Project. It has to be noted that the target was reduced to 180 by the donor during the year when reprogramming the overall implementation activities. 184 males were screened for prostate cancer against the target of 150 and workplace services efforts strengthened this activity.

With the support of PUSH Project, LPPA continued to provide HTS to the general public, key and priority populations and young people. 3,227 clients were tested for HIV against 2000 target that was set and most of these clients were Key Populations. An increased number of identified KP hot spots, more outreaches and campaigns services conducted yielded positive results in terms of identification of HIV new cases as well as retention of patients into care. 2,890 self-testing kits were distributed among key and priority populations. **973** clients were initiated on ART while 428 Key Population clients were provided with PrEP. Statistics revealed that more women were willing to access HIV Testing Services, including ART, compared to their male counterparts. Clients initiated on ART

were followed up with viral load monitoring and out of 3, 890 clients' samples collected, 3, 881 clients were virally suppressed. Collaboration with other Health Facilities helped the MA to increase the number of KPs enrolled into care as KPs were previously registered under general population in such Facilities.

Through the support of UNFPA, LPPA continued to conduct 232 outreach visits, where 638,535 male condoms, 25,130 female condoms and 254, 586 lubricants were distributed. The MA was supposed to have distributed 283, 312 lubricants but only 254,586 were distributed because of shortage of supply. More condoms were distributed because the MA acted as the hub for other CSOs, as a result, distributed bulk condoms to them.



*The picture illustrate group work during Peer Educator refresher training.*

## **5. Enhancing accountability and improving program performance (IPPF Unrestricted)**

LPPA maintained its governance standards through compliance with its Constitution and IPPF principles. All the statutory meetings; Branch AGMs, YAM Branch AGMs, YAM National AGM and the National Annual General Meeting were successfully held. The 2021 Annual Report, 2022 Half Year Report and 2023-25 Business Plan were reviewed by Standing Committees, approved by the National Executive Committee and then submitted to IPPF. The external audit exercise was successfully completed with a clean report, which was then sent to IPPF following approval by the AGM.

The MA migrated to the new Accounting System (Accpac) with the support of the Investment Voucher from IPPF and phased out Sun System, which was not being utilised optimally due to lack of capacity in the Finance Department. Sun System was also more expensive to operate and maintain than Accpac. The Finance Team and IT Officer were capacitated on the usage of the new system and the system is now operational.

MA Volunteers and Staff participated in a number of international, regional and national meetings and workshops. The

President, YAM Chairperson and Chief Executive participated in the IPPF General Assembly that was held in Bogota, Colombia in November 2022, where the new IPPF Strategic Framework (Come Together) was approved. The President also participated in a Governance meeting that was organised by IPPF in Thailand. Programs Director, Youth Officer and Programs and Service Delivery Coordinator participated in regional trainings that were held in Ghana and Ivory Coast, supported by IPPF. LPPA hosted an IPPF Social Enterprise Hub Representative from Sri Lanka in October 2022. The purpose of the visit was to assess progress made by LPPA in implementing its social enterprise initiative and also to provide technical assistance.

The Governance Strengthening Project (**IPPF Restricted**) introduced Governance Reforms, whereby the second and third phases of the MA Governance Strengthening Initiative project were successfully implemented in 2022, with the assistance of the Consultant. The following Governance Tools were developed and approved by the AGM and NEC, respectively:

1. MA Constitution was amended and successfully filed with the Law Office
2. Regulations of the Constitution were also amended

3. Governance Manual
4. Code of Conduct
5. Youth Volunteers Transitional and Membership Retention Plan
6. Program Operations Manual
7. Governance Change Management/Transition Plan
8. Risk Identification and mitigation Policy
9. Succession Plan for the Leadership

would allow utilisation of medical aid still remains a challenge but negotiations are still ongoing with the Ministry of Health.

The Third Phase of the project focused on orientation of the NEC, Youth Volunteers, Branch Champions and relevant staff on the governance reforms.

#### **6. Improving Financial sustainability (IPPF Unrestricted)**

In order to improve financial sustainability and programme performance, seven (7) Concept Notes were developed and the MA was successful in four, unsuccessful in two where LPPA collaborated with another CSO in one concept note, and no feedback has been provided in one. In order to diversify and increase current funding levels, the MA developed the Resource Mobilisation Plan for the year 2022 and M6,181,424 was generated through the following initiatives; successful project proposals, fund raising activities (sale of promotional items and other entertainment activities), provision of workplace services, clinic fees, government subvention, intensified debt collection strategies on rental fees and commercialised pharmacy. However, Authorisation Certificate that