DOLEN CYMRU - WALES LESOTHO LINK

England & Wales · Charity number 1143448

Details

Other names	DOLEN CYMRU
Status	Registered
Legal form	Charitable company
Company number	07578753
Registered	2011-08-18
Register	View on the Charity Commission register

Contact

Address	Dolen Cymru Temple of Peace King Edward VII Avenue Cardiff CF10 3AP
Phone	029 2169 0189
Email	swyddfa@dolencymru.org
Website	www.dolencymru.org

Activities

Objects: TO ADVANCE THE EDUCATION OF THE PEOPLE OF WALES ABOUT LESOTHO (AND OTHER LEAST DEVELOPED COUNTRIES) AND OF LESOTHO ABOUT WALES ABOUT THEIR RESPECTIVE PEOPLE LANGUAGES INSTITUTIONS HISTORY TRADITIONS AND THEIR INTELLECTUAL ARTISTIC AND ECONOMIC LIFE AND BY SO DOING HELP TO RELIEVE THE PROBLEMS OF HUNGER DISEASE POVERTY AND IGNORANCE AND SEEK SOLUTIONS THEREOF.

Activities: Fostering twinning and partnership activities by bodies, organisations, individuals and communities that have a real impact on people's lives in both countries. Uses its knowledge and network of supporters in both countries to access and channel funding for projects to improve the lives of targeted populations. Engage in activities that may assist in achieving the above.

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Classification

- **How:** Provides Human Resources, Provides Services, Provides Advocacy/advice/information, Acts As An Umbrella Or Resource Body
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty, Overseas Aid/famine Relief, Arts/culture/heritage/science, Environment/conservation/heritage
- **Who:** Children/young People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin, Other Charities Or Voluntary Bodies, Other Defined Groups

Geography

- Lesotho
- Throughout Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£280,059	£324,585	-	-
2024-03-31	£462,011	£420,860	-	-
2023-03-31	£374,511	£386,884	-	-
2022-03-31	£178,592	£177,131	-	-
2021-03-31	£182,824	£173,813	-	-

Trustees

Name	Role	Appointed
Alison Mary Glover		2022-12-07
Bonang Beryl Lewis		2024-11-23
Edward Dube		2023-11-18
Evan David Gareth Morgans		2020-01-18
Harry MacDonald		2025-11-22
Mekhe Abiel Mohai		2024-11-23
Oliver James Machado-Bowler		2023-11-18
Wayne John Edward Crocker		2025-11-22

Downloaded from opencharities.uk/ew/1143448

DOLEN CYMRU - WALES LESOTHO LINK

England & Wales - Charity number 1143448

Accounts



Dolen LESOTHO CYMRU

Annual Report 2024-5



Click here for trilingual infographic

Dolen LESOTHO CYMRU

President: Lord Michael German
Vice-President: Paul Myres

Chairperson: Joanna Jonas
Vice-Chairperson: Setempe Phoka until August 2023

Trustees: Dylan Gallanders, Lehlaka Mohapi, Gareth Morgans, Victoria Norrish, Aaron Pritchard, Khoarane Khoarane, Alison Glovers, Kieran Russ, Oli Bowler and Edward Dube

Co-Executive Directors: Catherine Moulogo and Sharon Flint Wood
Dolen Cymru Wales Lesotho Link
Wales - Temple of Peace, Cardiff, CF10 3AP
Lesotho - Mabile Road, Old Europa, Maseru 100

Telephone: +44 29 2169 0189
E-mail: swyddfa@dolencymru.org
Charity registration no: 1143448

Registered with FUNDRAISING REGULATOR

Gair wrth ein Cadeirydd / A word from our Chairperson:

Ar ran Bwrdd Ymddiriedolwyr Dolen Cymru, hoffwn estyn diolch diffuant i'n staff ymroddedig, ein gwirfoddolwyr brwdfrydig, a'n cefnogwyr hael sydd wedi gwneud y flwyddyn ddiwethaf mor effeithiol. Mae eich ymrwymiad diwyro wedi ein galluogi i ddyfnhau ein partneriaethau yn Lesotho, grymuso cymunedau drwy fentrau addysg ac iechyd, a meithrin cyfnewid diwylliannol ystyrlon. Gyda'n gilydd, rydym wedi parhau i adeiladu pontydd o gyfeillgarwch a chydsafiad sy'n gwneud gwahaniaeth gwirioneddol. Diolch o galon am fod yn rhan o'r daith hon.

On behalf of Dolen Cymru's Board of Trustees, I would like to extend heartfelt thanks to our dedicated staff, passionate volunteers, and generous supporters who have made this past year so impactful. Your unwavering commitment has enabled us to deepen our partnerships in Lesotho, empower communities through education and health initiatives, and foster meaningful cultural exchange. Together, we've continued to build bridges of friendship and solidarity that truly make a difference. Thank you for being part of this journey.

Gareth Morgans

Cadeirydd Interim Chair, Board of Trustees

Dolen LESOTHO CYMRU



A word form the Co-Executive Directors:

2024-5 has been a wonderful year of enriching exchanges and mutual learning. We began a new project on Futures Thinking and supported the Global Health Volunteer programme with Health Education and Improvement Wales.
Our Taith International Exchange went from strength to strength as we expanded our team to employ Education Officers in both Wales and Lesotho. New ideas, insights and creativity have strengthened our work as a staff team and between our volunteers; a new group in Lesotho has been developed including many teachers who have taken part in the Wales Teacher Placement Programme. We welcome their ideas, expertise and skill sharing.



from left to right - Sharon, Joanna (Chair) and Cath

Sharon Flint Wood & Cath Moulogo
Co-Executive Directors

Dolen
LESOTHO CYMRU



Our vision

Connected and thriving communities in Wales and Lesotho

Our purpose

Our purpose is to facilitate sustainable projects, partnerships and relationships which have a positive impact on communities in Lesotho and Wales

Our values

Partnership - Collaboration & Inclusiveness – Responsibility – Responsiveness – Diversity - Recognition

Dolen LESOTHO CYMRU

Projects & Programmes

2024-2025

Dolen LESOTHO CYMRU

Contents

April 2024 - March 2025

1. Taith International Exchange #2 Pride of Place project
2. International Education Programme, British Council Wales
3. Literacy Leadership Project, Wales-Africa Grant
4. Futures Thinking project, Taith Pathway 2
5. Taith International Exchange #3 Health, Well-being & Sport project

BRITISH COUNCIL | Wales Cymru

Ariennir gan Funded by Taith

WCVA CGGC

Ariennir gan Lywodraeth Cymru Funded by Welsh Government

KHOTSO PULA NALA

Taith 2024 project ‘Pride of Place’



June 2024

30 schools took part
29 Basotho visitors came to Wales including
14 students
Over 9000 school community members were involved

Ariennir gan
Funded by
Taith

All projects were centred on culture, language & heritage exchange



Click here for project padlet



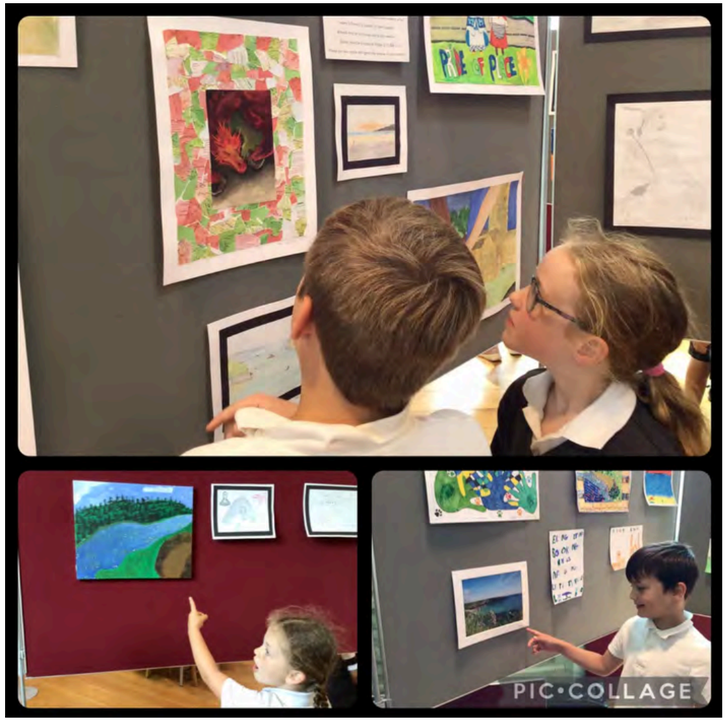
My visit to Wales has taught me to appreciate different cultures and also my own culture as well, the importance of learning different languages, and I'm willing to interact with different people to overcome life circumstances together, lastly I'm willing to work with Dolen Cymru Lesotho to create the relationship between Lesotho And Wales in future

High School learner, Lesotho



Artwork by Ysgol Bro Myrddin

Art Exhibition & Community Linking



Our Pride of Place Art competition which was run in both Welsh and Lesotho schools generated some amazing works of art. The St. David's community Lesotho link group hosted an inspirational Art exhibition and coffee morning open to the public, parents and pupils. Welsh and Basotho pupils jointly hosted the exhibition, selling refreshments and Basotho crafts. One pupil recorded sound bites whilst in Lesotho, these were used to produce his GCSE music composition and used as the soundtrack for our visit video.



Click here to listen to the GCSE composition

Teacher, Ysgol Penrhyn Dewi



Click here to view our case study

Glan - Y - Moyeni Partnership

The long standing link between Glan y Môr School and Moyeni High School went from strength to strength this year as they led collaborative learning about Basotho musical heritage and creation of instruments along with a ‘Glan-y-Moyeni’ mural to symbolise the cultural and linguistic heritage of the partnership

'Pride of Place' Case Study for the 'Glan-y-Moyeni' schools partnership

‘Glan-y-Moyeni’ is a partnership that has been in place since 2008 between Ysgol Glan-y-Môr in Bur...

Taith

Read the Taith blog here



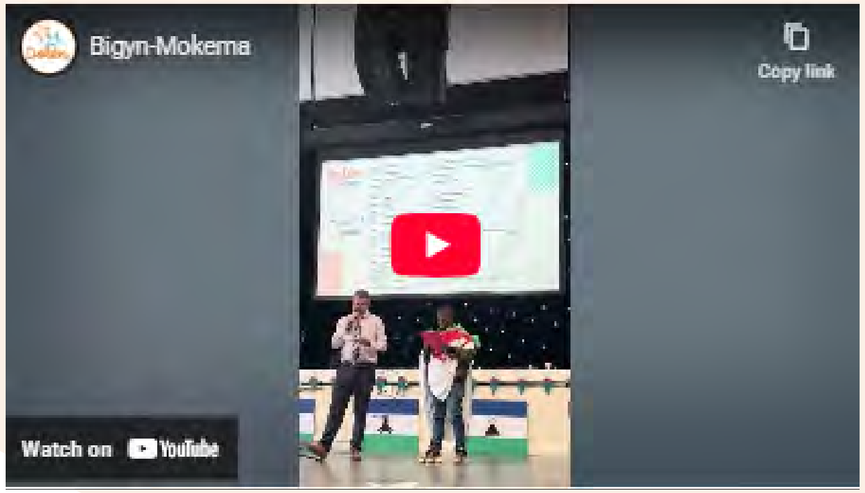
View their project padlet here

Mokete



This year our Mokete was supported by our Dolen Ambassadors from our first Taith project. They presented ‘Language Learner’ awards to those who took significant steps to learn Sesotho and Welsh. Each school performed a creative outcome from their project. Click on our YouTube link below for more.







World Children's Day celebration November 2024

The theme for this years celebration event was 'Listen to the future, stand up for Children's Rights' and over 400 people joined us to pledge action for 2026. Click here to watch our Webinar.



unicef
for every child



"Our learners grew in confidence throughout the project, creating friendships and links that will be longstanding. They became confident public speakers and enjoyed learning about the links between our cultures". Teacher, Lesotho

Climate Challenge Awards



During my presence in Wales, I have realised that no rubbish and waste is lost everywhere, instead almost every place has a litter bin which is divided into two parts: for materials to be recycled and for waste. The action plays a big role in reducing chances of climate change.

Thaba Tseka High School learner

This year we wanted to showcase the successful Climate Challenges undertaken in schools to offset the carbon emissions generated from their long-haul travel. Click here to view the winners.

International Education Programme

In 2024
5 education professionals were placed in Carmarthenshire, Wales for 5 weeks

Unique global learning experiences took place in over 12 Welsh schools with a reach of 28 teachers and 680 Welsh learners



BRITISH COUNCIL | Wales Cymru

Wales Teacher Placement Programme 2024



100% of schools felt the programme impacted their delivery of:

- Ethical Citizens of Wales and the World & Ambitious Capable Learners
- AOLE for Humanities & Health and Well-being
- Cross cutting theme on Diversity, Local National and International contexts and Human Rights

"What made the WTPP placement was also Mme's eagerness to engage in critical educational conversations, to try new initiatives and share her expertise with the specific AoLEs of Maths and Science, and global learning as a whole".
Glan Y Mor school

Click here to listen to our 2024 participants

"Ntate Sidwell was particularly effective in fostering a global perspective among our learners. His involvement in classroom activities and school assemblies significantly increased our students' understanding of Lesotho and global issues." Teacher, Pembrey Primary School

International Education Programme

Throughout 2024-5 on return to Lesotho their professional development experiences in Wales have impacted
Lesotho College of Education, Thaba Tseka and schools in Mazenod and Buthe Buthe.

Teachers are leading new initiatives in digital literacy, mentoring and coaching, well-being, citizenship and creativity.



BRITISH COUNCIL | Wales Cymru

Click here to view updates from our 2024 participants

Schools Engagement 2024-5



Earth Day Webinar with Pheha Plastic

April 2024

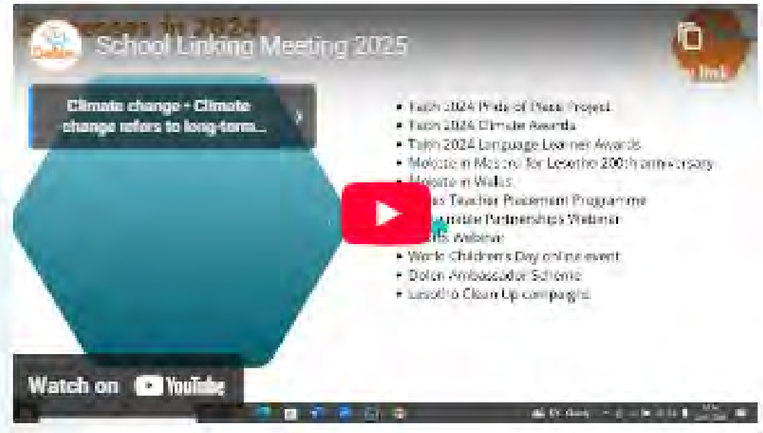
255 attendees



Sustainable Partnerships Webinar with Taith 1 schools

September 2024

31 attendees



School Linking Webinar

January 2025

47 attendees

Click on the links above to access our online engagement sessions from 2024-5. These sessions aim to bring together new and established partner schools to share good practice, spotlight Basotho innovation & support annual partnership global learning activities.

BRITISH COUNCIL | Wales Cymru

Teacher CPD 2024-5

Past WTPP alumni led training workshops in Lesotho to empower local staff & team members with skills & knowledge gained in Wales.



Additional Needs Training, Thaba Tseka
September 2024
10 District Resource Teachers





Additional Needs Training, Thaba Tseka
November 2024
20 Lesotho College Education Tutors



Jolly Phonics
Trainers Team
Building Workshop
June 2024
15 attendees

BRITISH COUNCIL | Wales Cymru

Jolly Phonics Leadership



With our Wales-Africa Grant we led:

- 2 Lesotho College of Education workshops with 32 attendees
- 14 schools M&E visits
- 5 District Resource Teachers were mentored by our Trainers
- Presented at the 1st Pan-Africa Jolly Phonics Conference in Cape Town

WcVA CgGC

KHOTSO PULA NALA

Ariennir gan Lywodraeth Cymru
Funded by Welsh Government

Jolly Phonics Leadership



Click here for more information, videos and testimonials

In September 2024:

Jolly Phonics Trainers piloted a 4-day Mentoring programme with 5 selected Literacy leaders, consisting of District Resource Teachers and a Principal.

This involved -

- visiting the trainer's school,
- in-depth discussions were held about book 1 and book 2 content,
- chance to review the challenges DRTs have,
- literacy lesson observations of Trainers and teachers
- DRT delivery of Jolly Phonics
- Feedback and action planning

The training "empowered them to monitor and assist schools effectively," underscoring the program's positive impact on individuals and its potential for lasting, community-wide literacy improvement
DRT, Qacha's Nek.

Ariennir gan Lywodraeth Cymru
Funded by Welsh Government

Jolly Phonics Leadership

Jolly Phonics Audit of Taith schools
(February and June 2024)

100% of teachers involved understand the importance of Early Grade reading and synthetic phonics. All are committed to furthering their shared learning to raise literacy levels in their schools.

100% of schools are teaching Jolly Phonics in Grade 1 and 2;
87% are teaching in Grade 3 also,
87% of teachers feel learner engagement is very good or excellent;
100% feel Principals are engaged;
75% of schools are engaged in wider literacy activities.

During the Taith visit, 83% of Welsh teachers observed Phonics teaching in Lesotho, they saw Jolly Phonics resources being used and 83% saw high enjoyment of learners, engagement with Principals and presence across the school in assemblies.

Click here to see how literacy is embedded into their partnership project



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government

Futures Thinking Project

Learning through international links in 40 and 200 years time

4 schools and 2 lecturers from the National University of Lesotho began our new Taith Pathway 2 project. Project set up was also facilitated by the Welsh Centre for International Affairs. Activities so far:

- Futures Thinking Training for teachers
- Research visit to Lesotho by Welsh Centre for International Affairs Heritage Officer
- Engagement with the office of the Futures Generations Commissioner
- Research at National University of Lesotho, Morija Museum and Archive
- School partnership development
- Research and resource development by our Education Officer

Click here to see the project overview



WCIA
WELSH CENTRE FOR INTERNATIONAL AFFAIRS
CANOLFAN MATERION RHYNGWLADOL CYMRU

Comisiynydd Cenedlaethau'r Dyfodol Cymru
Future Generations Commissioner for Wales

MORIJA
MUSEUM & ARCHIVES

Ariennir gan
Funded by
Taith

Visit to Lesotho - WCIA





WCIA Heritage Advisor Craig Owen travelled with the Dolen team out to Lesotho in October – November 2024, to support heritage work surrounding the Bicentennial of Lesotho (the 200th Anniversary of the nation's founding), with the aim of developing learning materials for schools on a variety of themes and topics. As well as furthering existing educational research with NUL National University of Lesotho, the project visit fostered new connections with Morija Museum & Archives and Thaba Bosiu Cultural Village - which were further built upon with a teachers exchange and site visits in February 2025.

From this work, a series of 19-20 topic briefs were curated over Spring 2025, identifying for each topic a wide range of resources, archives and exploratory activities with which Dolen can 'bring learning to life'. An example resource pack was drafted to illustrate a range of approaches to presenting individual topics – focusing on arts and crafts through the story of Basotho Blankets (and the stories they convey), using the national blanket collection at Morija Museum as a stimulus. Elements from this 'blankets draft pack' have been selected and piloted by Dolen with a number of schools.

A 'historical timeline' resource was also drafted, with the aim of securing future funding to produce a game or similar fun learning activity looking back over Lesotho's 200 and Dolen's 40 year history.* An 'online timeline' example can be viewed at Heritage of Dolen Cymru.



Basotho Blankets @ Morija Museum - Learning Resource | Flickr

Visit to Lesotho - Schools





3 teachers from Plas-y-Felin School and Ysgol Plasmawr visited Morija in February 2025. They worked with their partners Morija Apostolic Faith Primary School and Morija Girls High School on Futures Thinking. They co-designed and led a workshop with students and spent time getting to know each other and sharing cultural learning.

"Involving the learners in this concept of the project and considering their opinions and showing them how they can be part of people who want to change what we have to and what we want to do."

Mme Mampinane, Morija Girls High School

Futures Thinking Film



A film was made by The Hub in Morija to capture the learning from a Futures Thinking workshop held in Lesotho. Children were asked to look to the past and the future in relation to the link between Wales and Lesotho

Click here for Welsh Subtitles

Taith 3 - Health, Well-being & Sport 2024-5

14 schools started our 3rd Taith International Exchange project. 3 schools from Carmarthenshire, Pembrokeshire and Caerphilly took 24 students.

41 Welsh visitors travelled in total to Lesotho in February 2025



Watch this case study from the Carmarthenshire Secondary Teaching & Learning Centre-Mokhotlong LECSA Primary partnership

Taith 3 - Health, Well-being & Sport 2024-5

Prior to the visit, schools explored cultural connections, history and themes linking to Sustainable Development Goal 3.



Sports Professionals in Lesotho gave an online session to explore how grass roots and professional sports are developed in Lesotho.



Click here to view

Taith 3 - Visit to Lesotho

3 High school groups and 4 teacher placements worked with their partners to build friendships, share culture & language, and showcase ways of promoting health and well-being through sport & physical education







Taith 3 - Visit to Lesotho



"The best 10 days of my life" Pupil St Cenydd

"A life-changing, unforgettable, extraordinary experience! – Meeting new people and feeling as if we'd known them forever. I loved walking into a classroom when it was break or lunch time, and joining in with traditional dances which our friends taught us. I also enjoyed learning sign language and using my skills to communicate with the pupils"
Pupil, Ysgol Bro Preseli



"It has changed my point and seeing how they live and its changed my perspective of life and changed how I considered my life choices"
Pupil CSTLC

Taith 3 - St David's Day Mokete event

At the end of the visit all schools came together at Kick4Life to play football, share learning and celebrate St. David's Day and their partnerships





"A very good experience, I enjoyed listening to others' own experience of their trip to Lesotho. It was amazing to hear about how similar our trips were to Lesotho despite us visiting different places and areas in Lesotho".
Pupil, Ysgol Bro Preseli



Click here for more photos

Dolen LESOTHO CYMRU

Partners achievements

2024-2025

Dolen LESOTHO CYMRU

Contents

1. Global Health Volunteer Programme
2. Lesotho Rugby Academy
3. Heal Our Land Organisation
4. Family Medicine Programme
5. Starlight of Hope Hospice
6. Physiotherapy in Lesotho

HOLO HEAL OUR LAND ORGANISATION

MINISTRY OF HEALTH BOPHELO

THE LESOTHO RUGBY ACADEMY

RCGP CYMRU WALES

MOHSW LeBoHA Family Medicine Specialty Training Program

Starlight Oasis of Hope Hospice SOHH

GIG CYMRU NHS WALES Addysg a Gwella Iechyd Cymru (AaGIC) Health Education and Improvement Wales (HEIW)

Trainee GP placement at LeBoHa

Dr Jenna Crosbie and Dr Rachel Price, both GP trainees in Wales. visited Lesotho in February 2025 as part of an 8-week Health Education and Improvement Wales (HEIW) Global Health Volunteer Programme. The self-funded placement was supported by the partnership between the Ministry of Health and the Lesotho Boston Health Alliance (LeBoHA). The Lesotho-Boston Health Alliance is an organisation based at Motebang hospital that runs a post-graduate medical speciality training programme in Family Medicine. They also organise outpatient clinics for chronic disease (e.g. diabetes, hypertension, epilepsy, and chronic mental health conditions) in their Centre of Excellence.



"We enjoyed discussing the similarities and differences when practicing and training in family medicine in Lesotho as compared to Wales."

Click here to read their blog

MINISTRY OF HEALTH

MOHSW LeBoHA
Family Medicine Specialty Training Program

Lesotho Rugby Academy



The LRA programme uses rugby as an educational vehicle to teach school students aged predominantly 10-14 years old important lessons around healthy and responsible lifestyles.

In 2024-5 they reached:

8 LRA coaches
44 teachers
2400 learners
146 schools
across 4 Districts



Read about the new partnership with the Welsh Rugby Union here

"I always knew that I have no talent until rugby coaches came to my school and teaches us about life skills and thereafter told us that we can also be good in rugby. I join and today, I'm one of the happiest kids in my school."
Learner

THE LESOTHO RUGBY ACADEMY

Heal Our Land Organisation

Run a Motivational and Educational Club (HOLO MEC) which is for all school grades for both High School and Primary School in Matsieng, it was established in October 2021. Its purpose is to motivate and educate young people in life skills and resilience.

"Keep pushing them hle Mme! You are changing lives!"

Read about Amelia's visit to Table Tenns Wales





HOLO
HEAL OUR LAND ORGANISATION





Key Achievements in 2024-5:

Over 100 learners took part in weekly clubs supporting their learning, life skills & well-being

89 sessions were run plus regular 1:1 counselling

HOLO founder and Director visited Wales for 2 weeks in 2024 & made connections with Cardiff Youth Service and St Davids-Matsieng Committee

Led a community World Clean Up Day event with 496 participants

Celebration event during Dolen visit to Lesotho with 82 attendees

Ran a Table tennis tournament during the Taith visit as part of their Health, Well-being & Sport theme

We are grateful for the support we get from Dolen Cymru Lesotho. We are seeing a positive change in so many children's lives. We are hopeful that all is working towards the betterment of our community.



Family Medicine Speciality Training Programme



In November 2024, Primary Care colleagues from Wales joined an international collaboration to present a week-long palliative care course for the Family Medicine Speciality Training Programme (FMSTP) based at Motebang Hospital in Leribe.

The delegates included 2 FMSTP registrars on the Masters Degree programme, 4 Family Medicine Interns and 6 nurses from several wards at Motebang Hospital. The course included an introduction to palliative care, communication skills training, management of common symptoms and sessions on palliative care in children, in HIV and cerebral palsy. There was a special focus on self-care and caring for colleagues

Read the blog here

Pallative Care - Starlight of Hope Hospice



Training, Tools, and Transformation: Starlight of Hope in Lesotho

Explore how Starlight of Hope Hospice trains health workers, builds a Day Centre in Maseru, and saves lives.

Dolen Cymru / Oct 6

Key achievement's in 2024-5:

In October Her Majesty Queen Masenate Mohao Seeiso climbed into a large digger and turned over the first sod for building our Day Centre at our beautiful site in Maqhaka a few kms outside Maseru

In November & February, We trained 66 individuals. Nurses, pharmacists, social workers, doctors, pastors, counsellors, one manager and a physiotherapist.

Our founder, Me' Malichaba Tebello Lepheane has been regularly promoting the need and value of palliative care on radio and TV in Lesotho.

Read their latest newsletter here

"The team of trainers who delivered the course is the best I've ever worked with."

Physiotherapy & Outreach in Lesotho

The Physiotherapy and Outreach Program Lesotho (POP Lesotho) is a nonprofit company registered in Lesotho in 2022. It aims to provide children with disabilities in Lesotho with the support and opportunities they need to help them fulfil their potential. It was founded and led by Jan Jeffrey a past Welsh Government funded International Learning Opportunities participant.

Using a grant from the British High Commission, POP built an Assistive Technology Centre (ATC) at Abia High School in February 2023. Here, it makes assistive devices out of recycled cardboard, a skill called Appropriate Paper-based Technology (APT), and repairs and recycles wheelchairs. In the last two years, POP has produced and delivered over 150 APT devices, repaired and recycled dozens of wheelchairs and purchased seventy-five appropriate, robust wheelchairs using donations from friends in Wales



Care and Cardboard

Learn how POP transforms disability care with cardboard-based assistive tech, physiotherapy, and outreach for children across rural Lesotho.

Dolen Cymru / May 16

Read the PoP blog here

Dolen LESOTHO CYMRU

Fundraising & Celebration

2023-2024

King Letsie’s visit, May 2024





Dolen Cymru Lesotho and the Welsh Government, International Relations and Trade Department hosted a reception at the St. David’s Hotel in Cardiff Bay after a visit had been made to the First Minister at the Senedd. A Ministerial delegation from Lesotho accompanied His Majesty to the UK to explore partnerships and support for the Renewable Energy sector in Lesotho.

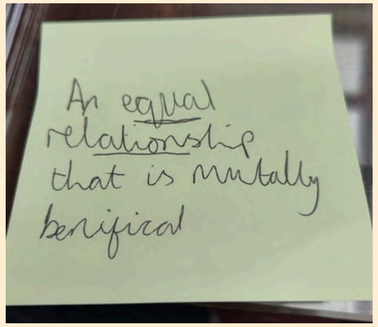
Read our news item here

Hub Cymru Africa Panel - June 2024



Invited by Hub Cymru Africa, Dolen's leadership team, Cath Moulogo, Sharon Flint Wood, and Joanna Jonas were joined by Amelia Senekane in a panel discussion for the Wales Africa community. Chaired by Tina Fahm, the successful event shared Dolen's experiences of working towards equitable and sustainable partnerships and created opportunities within the audience for refection and discussion about what it means to be actively anti-racist in international linking.







Hub
Cymru
Africa





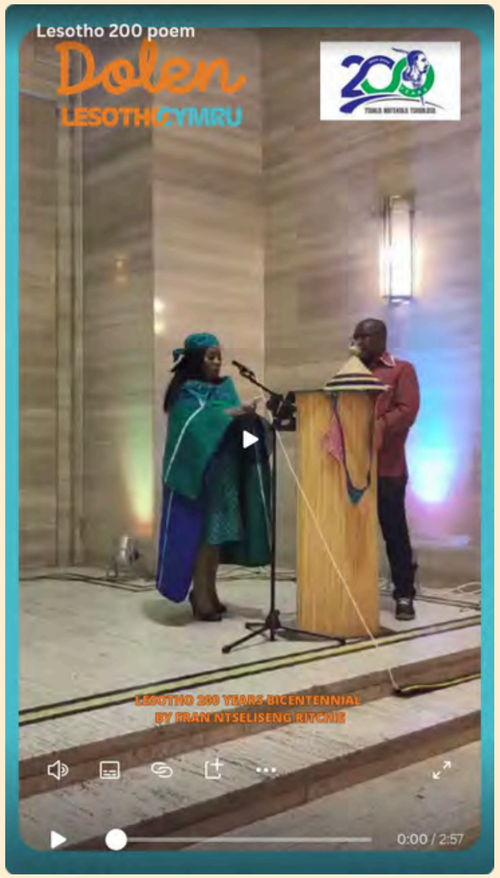




Mokete, Llanelli July 2024







Read our news item here

Listen to the Lesotho at 200 poem here

Bicentennial Celebration, Cardiff
September 2024

Sharon and Cath visited Lesotho to re-connect with staff, trustees, project participants, Government officials and friends after an 8 year gap. New connections were forged with the Minister for Foreign Affairs, National University of Lesotho and an MOU was signed with Lesotho College of Education.





Co-Executive Directors visit Lesotho- November 2024

The Minister for Foreign Affairs Honorable Lejone Mpotjoane opened our 2024 event in Kick4Life, welcoming project participants, volunteers and partners from across Lesotho & Wales







Watch the event here

Annual Celebration, Maseru November 2024



Mokete, February 2025





Dolen's Chairperson and His Excellency Harry McDonald the British High Commissioner for Lesotho welcomed Welsh visitors and their partner schools to Kick4Life for St. David's Day along with Dolen supporters and volunteers.

Ariennir gan
Funded by
Taith

Read our news item here





“It was a privilege to be able to launch the celebration of Dolen Cymru Lesotho’s 40th year by inviting Prince Seeiso to meet volunteers, young and old, from across Wales.

Prince Seeiso Visit March 2025



Theo Cabango, Cardiff Rugby player and Lesotho Rugby Academy Ambassador said:
“Meeting Prince Seeiso as Ambassador of the Lesotho Rugby Academy was an amazing experience. His humility and down to earth nature truly stood out.”

Dolen at 40 March 2025

Myfanwy Wheeler from Ysgol Dyffryn Taf won our Basotho Blanket Design competition





Ian and Martin cycled 140 miles from Wrexham to Cardiff and raised £2,667

Join our Dolen 40 challenge until March 2026

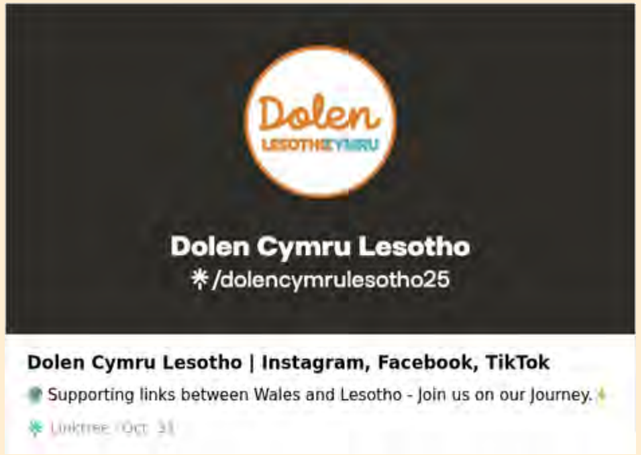


Stay in touch and share our story



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1985 - 2025
Dolen
LESOTHOCYMRU
40 MLYNEDD

Rea leboha

Diolch yn fawr

Thank you

1985 - 2025
Dolen
LESOTHOCYMRU
LILEMO TSE 40

HOLO
HEAL OUR LAND ORGANISATION

LESOTHO COLLEGE OF EDUCATION

GIG CYMRU NHS WALES
Addysg a Gwella Iechyd Cymru (AaGIC)
Health Education and Improvement Wales (HEIW)

MINISTRY OF HEALTH

the hub

Starlight Oasis of Hope Hospice SOHH

Jolly Futures

MoET
MINISTRY OF EDUCATION AND TRAINING LESOTHO

Taith

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Ariennir gan **Lywodraeth Cymru**
Funded by **Welsh Government**

THE LESOTHO RUGBY ACADEMY

BRITISH COUNCIL | Wales Cymru

Thank you to our partners & funders

Dolen LESOTHO CYMRU

DOLEN CYMRU - WALES LESOTHO LINK

FINANCIAL ACCOUNTS FOR THE YEAR ENDED 31st MARCH 2025

Company Registration Number: 07578753
Charity Registration Number: 1143448

A. Hughes-Jones, Dyson & Co
Chartered Accountants
Caernarfon

DOLEN CYMRU - WALES LESOTHO LINK

Contents	Page
Independent Examiners Report	1
Statement of Trustees' Responsibilities	2
Income & Expenditure Account	3
Statement Of Financial Activities	4
Balance Sheet	5
Notes	6 - 10

Independent Examiner's Report To The Trustees Of Dolen Cymru - Wales Lesotho Link

I report to the charity trustees on my examination of the accounts of the company for the year ended 31st March 2025, which are set out on pages 2 - 10.

Responsibilities and Basis of Report

As the Charity's trustees of the company (and also its directors for the purpose of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 (the '2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent Examiner's Report

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in s.145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of The Institute of Chartered Accountants in England & Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

(1) accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or

(2) the accounts do not accord with those accounting records; or

(3) the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or

(4) the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended practice for the accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with this examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

B Hughes FCA
A. Hughes Jones Dyson & Co.
Chartered Accountants & Statutory Auditors
Capel Moreia, South Penrallt
Caernarfon, Gwynedd, LL55 1NS.

Date: 5/12/2025

DOLEN CYMRU - WALES LESOTHO LINK
Statements of Trustees' Responsibilities

The Trustees are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and regulations.

Company law requires the Trustees to prepare financial statements for each financial year. Under that law the Trustees have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;

- make judgements and estimates that are reasonable and prudent;

- state whether the applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial accounts;

- prepare the financial accounts on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure that the financial accounts comply with Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

E D y Morgans

By Order of the Board
E.D.G. MORGANS

December 5th, 2025.
Date

DOLEN CYMRU - WALES LESOTHO LINK
Income and Expenditure Account For The Year Ended 31st March 2025

	Notes	2025 £	2024 £
Income		**279,483**	461,468
Direct Expenditure		**324,585**	420,860
Gross Surplus		**(45,102)**	40,608
Other Operating Expenditure		**-**	-
Operating Surplus	**2**	**(45,102)**	40,608
Investment Income		**576**	543
Surplus For The Year		**(44,526)**	41,151
Funds Balances Brought Forward		**168,210**	127,059
Funds Balances Carried Forward		**123,684**	168,210

DOLEN CYMRU - WALES LESOTHO LINK
Statement of Financial Activities for the Year Ended 31st March 2025

	Notes	Unrestricted Funds	Restricted Funds	**Total Funds 2025**	Total Funds 2024
Income		£	£	£	£
Voluntary Income	**3**	7,929	2,338	**10,267**	10,852
Activities To Generate Funds	**4**	2,204	248	**2,452**	1,103
Investment Income - Bank Interest		576	-	**576**	543
Charitable Activities	**5**	167,241	99,523	**266,764**	449,513
Total Income		177,950	102,109	**280,059**	462,011
Expenditure					
Costs to Generate Funds	**6**	-	-	-	2,066
Charitable Activities	**7**	235,596	88,989	**324,585**	418,794
Total Resources Expended		235,596	88,989	**324,585**	420,860
Net Incoming Resources		(57,646)	13,120	**(44,526)**	41,151
Transfers Between Funds		16,745	(16,745)	-	-
Net Movement In Funds		(40,901)	(3,625)	**(44,526)**	41,151
Fund balances brought forward		135,008	33,202	**168,210**	127,059
Balances Carried forward		94,107	29,577	**123,684**	168,210

DOLEN CYMRU - WALES LESOTHO LINK
Balance Sheet as at 31st March 2025 (Company Number: 07578753)

	Notes	2025		2024	
		£	£	£	£
Fixed Assets					
Tangible Assets	12		1,106		846
Current Assets					
Debtors	13	49,359		27,498	
Cash at Bank and In Hand		119,635		167,423	
		168,994		194,921	
Liabilities: amounts falling due within one year	14	46,416		27,557	
Net Current Assets			122,578		167,364
Net Assets	16		123,684		168,210
Funds					
Unrestricted	16		94,107		135,008
Restricted	16		29,577		33,202
			123,684		168,210

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st March 2025.

The members have not required the company to obtain an audit of its financial statements for the year ended 31st March 2025 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:

(a) ensuring that the company keeps accounting records which comply with Section 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The Financial Statements were approved by the Trustees on the 5th December 2025 and signed on their behalf by:

E D Morgans

E. D. G. Morgans -Trustee

Oliver J Machado-Bowler

O. J. Machado-Bowler -Trustee

DOLEN CYMRU - WALES LESOTHO LINK
Notes To The Accounts For The Year Ending 31st March 2025

1 Accounting Policies

Basis Of Accounting
These financial statements have been prepared in accordance with the provisions of Section 1A "Small Entities" Reporting Standard for Smaller Entities and in accordance with the Statement of Recommended Practice of the Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland",the Companies Act 2006 and the SORP Accounting By Charities.
The financial statements have been prepared under the historic cost convention.

Income
All incoming resources are included in the SOFA when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Grants receivable are shown in the Statement of Financial Activities in accordance with the terms of the grants. Grants received for specific purposes are shown as restricted funds.

No amounts are included in the financial statements for services donated by volunteers.

Expenditure
All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on the basis consistent with use of the resources.

Costs of generating funds are costs incurred in order to raise funds for charitable purposes. Charitable activities are costs associated directly with the charity's ongoing projects. Support costs are those costs incurred directly in support of expenditure on the charitable activities. Governance costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

Capitalisation and depreciation of tangible fixed assets
All assets costing more than £300 are capitalised. Fixed assets are included in the balance sheet at cost. Depreciation is provided on all tangible fixed assets at rates calculated to write off the cost on a reducing balance basis over their expected useful economic lives as follows:

Office Equipment- 25% reducing balance

Fund accounting
General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of designated funds is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes.

DOLEN CYMRU - WALES LESOTHO LINK
Notes To The Accounts For The Year Ending 31st March 2025

2 Net Incoming Resources for the year

is stated after charging;	2025 £	2024 £
Independent examiners fees	2,220	2,040
Depreciation on Tangible Fixed Assets	369	282

3 Voluntary Income

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	Total Funds 2024 £
General Donations	2,016	2,338	4,354	6,285
Gift Aid	-	-	-	565
Friends Fees	5,913	-	5,913	4,002
	7,929	2,338	10,267	10,852

4 Activities To Generate Funds

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	Total Funds 2024 £
Fundraising	2,204	248	2,452	1,103
	2,204	248	2,452	1,103

5 Charitable Activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	Total Funds 2024 £
Teachers' Development Program	-	70,000	70,000	70,000
Lesotho Rugby Academy	-	17,523	17,523	17,250
Welsh Government Wales & Africa	-	-	-	16,500
Welsh Government Taith Project	115,357	-	115,357	264,249
Other Grants	25,697	-	25,697	21,639
HOLO Project	-	12,000	12,000	11,000
Services and Recharged Costs	884	-	884	48,875
Future Learning	25,303	-	25,303	-
	167,241	99,523	266,764	449,513

DOLEN CYMRU - WALES LESOTHO LINK
Notes To The Accounts For The Year Ending 31st March 2025

6	Costs To Generate Funds	Unrestricted Funds	Restricted Funds	Total Funds 2025	Total Funds 2024
		£	£	£	£
	General Fundraising costs	-	-	-	2,066
		-	-	-	2,066

7	Charitable Activities	Unrestricted Funds	Restricted Funds	Total Funds 2025	Total Funds 2024
		£	£	£	£
	Teachers' development Programme & exchange visits	111,980	15,826	127,806	232,619
	Volunteer Expenses	-	-	-	12,919
	Project Costs	9,043	29,747	38,790	29,116
	Rechargeable Costs	-	-	-	25,968
	Overseas Salaries	18,204	-	18,204	19,427
	Lesotho office costs	3,904	-	3,904	3,941
	Support Costs	92,465	43,416	135,881	94,804
		235,596	88,989	324,585	418,794

8	Support costs	Unrestricted Funds	Restricted Funds	Total Funds 2025	Total Funds 2024
		£	£	£	£
	Salaries	71,930	41,396	113,326	77,285
	Training & Recruitment	1,268	-	1,268	-
	Office costs	551	1,930	2,481	2,662
	Insurance	550	-	550	641
	Rent & Rates	2,612	-	2,612	1,620
	Bank charges	957	90	1,047	824
	Travelling costs	585	-	585	-
	Website Costs	2,630	-	2,630	2,270
	Sundry expenses	2,876	-	2,876	1,754
	Trustee costs	1,732	-	1,732	2,045
	Independent Examination	2,220	-	2,220	2,040
	Professional Fees	4,185	-	4,185	3,381
	Depreciation	369	-	369	282
		92,465	43,416	135,881	94,804

9	Staff Costs	2025	2024
		£	£
	Salaries	105,397	73,240
	Social Security Costs	3,712	1,122
	Pension Costs	4,217	2,923
		113,326	77,285

The average number of employees was 5 (2024 4).

DOLEN CYMRU - WALES LESOTHO LINK
Notes To The Accounts For The Year Ending 31st March 2025

10 Trustees

No expenses were re-imbursed to trustees during the current or previous financial year.

11 Comparatives For The Statement Of Financial Activities

	Unrestricted Funds	Restricted Funds	Total Funds 2024	Total Funds 2023
Income	£	£	£	£
Voluntary Income	10,852	-	10,852	15,239
Activities To Generate Funds	1,103	-	1,103	-
Investment Income - Bank Interest	543	-	543	257
Charitable Activities	359,869	89,644	449,513	359,015
Total Income	372,367	89,644	462,011	374,511
Expenditure				
Costs to Generate Funds	2,066	-	2,066	67
Charitable Activities	345,325	73,469	418,794	386,817
Total Resources Expended	347,391	73,469	420,860	386,884
Net Incoming Resources	24,976	16,175	41,151	- 12,373
Transfers Between Funds	13,243	(13,243)	-	-
Net Movement In Funds	38,219	2,932	41,151	- 12,373
Fund balances brought forward	96,789	30,270	127,059	139,432
Balances Carried forward	135,008	33,202	168,210	127,059

12 Tangible Fixed Assets

	Office Furn/ Equipment	Total
Cost	£	£
At 1st April 2024	2,202	2,202
Additions	630	630
As at 31st March 2025	2,832	2,832
Depreciation		
At 1st April 2024	1,357	1,357
Charge for year	369	369
At 31st March 2025	1,726	1,726
Net Book Value		
At 31st March 2025	1,106	1,106
At 31st March 2024	845	845

DOLEN CYMRU - WALES LESOTHO LINK
Notes To The Accounts For The Year Ending 31st March 2025

13 Debtors	2025	2024
	£	£
Trade Debtors	-	14,433
Other Debtors	49,359	13,065
	49,359	27,498

14 Liabilities: Amounts falling due within one year		
	£	£
Other taxation & Social Security costs	2,943	3,436
Deferred Grants	40,838	21,300
Accruals	2,635	2,821
	46,416	27,557

15 Share Capital

Dolen Cymru - Wales Lesotho Link is a company limited by guarantee and does not have any share capital.

16 Analysis Of Movements In Funds	Balance Forward	Income	Expenditure	Transfers	31/03/2025
Unrestricted Funds	£	£	£	£	£
General Dolen Fund	135,008	177,950	235,596	16,745	94,107
Restricted Funds					
Welsh Centre Fund	12,932	-	-	-	12,932
Rugby Academy	4,257	17,771	17,797	(4,109)	122
Phelisonong Donation	315	-	-	-	315
Teacher Placement Programme	15,400	70,000	58,145	(12,490)	14,765
HOLO	298	14,338	13,047	(146)	1,443
	33,202	102,109	88,989	(16,745)	29,577
	168,210	280,059	324,585	-	123,684

Welsh Centre Fund
The fund was set up in order to raise funds to build, equip and run the Wales Centre Lesotho.

Teachers Placement Programme
This fund was set up following receipt of a three year grant from British Council Wales as part of the Welsh Government's International Education Programme in order to manage the placement of 18 teachers in Lesotho for a period of six months over the term of the grant.

Phelisonong Fund
The fund has been created to finance a sustainable agriculture and co-operative project in Phelisonong. The original funds are now treated as designated and have been transferred from restricted funds.

Lesotho Rugby Academy
The fund was established to finance the Lesotho Rugby Academy which delivers a rugby programme for school children in Lesotho which introduces the children to rugby to improve health and deliver the message about the benefits of healthy living.

HOLO
In partnership with Dolen Cymru Lesotho, Heal Our Land Organisation (HOLO) supports vulnerable and at risk children and young people in the Matsieng region in Lesotho.



Dolen LESOTHO CYMRU

Adroddiad Blynyddol 2024-5



Cliciwch yma am infograffeg tairieithog

Dolen LESOTHO CYMRU

Llywydd: Yr Arglwydd Michael German Is-lywydd: Paul Myres

Cadeirydd: Joanna Jonas
Is-gadeirydd: Setempe Phoka tan Awst 2023

Ymddiriedolwyr: Dylan Gallanders, Lehlaka Mohapi, Gareth Morgans, Victoria Norrish, Aaron Pritchard, Khoarane Khoarane, Alison Glovers, Kieran Russ, Oli Bowler ac Edward Dube

Cyd-Gyfarwyddwyr Gweithredol: Catherine Moulogo a Sharon Flint Wood

Dolen Cymru Lesotho - Y Deml Heddwch, Caerdydd, CF10 3AP
Lesotho - Mabile Road, Old Europa, Maseru 100

Ffôn: +44 29 2169 0189
E-bost: swyddfa@dolencymru.org
Rhif cofrestru elusen: 1143448

Registered with FUNDRAISING REGULATOR

Gair wrth ein Cadeirydd:

Ar ran Bwrdd Ymddiriedolwyr Dolen Cymru, hoffwn estyn diolch diffuant i'n staff ymroddedig, ein gwirfoddolwyr brwdfrydig, a'n cefnogwyr hael sydd wedi gwneud y flwyddyn ddiwethaf mor effeithiol. Mae eich ymrwymiad diwyro wedi ein galluogi i ddyfnhau ein partneriaethau yn Lesotho, grymuso cymunedau drwy fentrau addysg ac iechyd, a meithrin cyfnewid diwylliannol ystyrlon. Gyda'n gilydd, rydym wedi parhau i adeiladu pontydd o gyfeillgarwch a chydsafiad sy'n gwneud gwahaniaeth gwirioneddol. Diolch o galon am fod yn rhan o'r daith hon.

Gareth Morgans

Cadeirydd Interim Chair, Board of Trustees

Dolen LESOTHO CYMRU



Gair gan y Cyfarwyddwyr Cyd-weithredol:

Dolen LESOTHO CYMRU

Mae 2024-5 wedi bod yn flwyddyn wych o gyfnewidiadau cyfoethog a dysgu cydfuddiannol. Dechreusom brosiect newydd ar Feddwl yn y Dyfodol a chefnogom y rhaglen Gwirfoddolwyr Iechyd Byd-eang gydag Addysg a Gwella Iechyd Cymru.
Aeth ein Cyfnewidfa Ryngwladol Taith o nerth i nerth wrth i ni ehangu ein tîm i gyflogi Swyddogion Addysg yng Nghymru a Lesotho. Mae syniadau, mewnwelediadau a chreadigrwydd newydd wedi cryfhau ein gwaith fel tîm staff a rhwng ein gwirfoddolwyr; mae grŵp newydd yn Lesotho wedi'i ddatblygu gan gynnwys llawer o athrawon sydd wedi cymryd rhan yn Rhaglen Lleoli Athrawon Cymru. Rydym yn croesawu eu syniadau, eu harbenigedd a'u rhannu sgiliau.



from left to right - Sharon, Joanna (Chair) and Cath

Sharon Flint Wood & Cath Moulogo
Co-Executive Directors

Dolen

LESOTHO CYMRU



Ein gweledigaeth

Cymunedau cysylltiedig a ffyniannus yng Nghymru a Lesotho

Ein pwrpas

Ein pwrpas yw hwyluso prosiectau, partneriaethau a pherthnasoedd cynaliadwy sydd â dylanwad cadarnhaol ar gymunedau yn Lesotho a Chymru.

Ein gwerthoedd

Partneriaeth - Cydweithio a Chynhwysiant – Cyfrifoldeb – Ymatebolrwydd – Amrywiaeth - Cydnabyddiaeth

Dolen LESOTHO CYMRU

Rhaglenni a Phrosiectau

2024-2025

Dolen LESOTHO CYMRU

Cynnwys

Ebrill 2024 - Mawrth 2025

1. Cyfnewid Rhyngwladol Taith #2 Prosiect Balchder Lle
2. Rhaglen Addysg Ryngwladol, Cyngor Prydeinig Cymru
3. Prosiect Arweinyddiaeth Llythrennedd, Grant Cymru-Affrica
4. Prosiect Meddwl yn y Dyfodol, Llwybr Taith 2
5. Cyfnewid Rhyngwladol Taith #3 Prosiect Iechyd, Llesiant a Chwaraeon

BRITISH COUNCIL | Wales Cymru

Ariennir gan Funded by Taith

WCVA CGGC

Ariennir gan Lywodraeth Cymru Funded by Welsh Government

KHOTSO PULA NALA

Prosiect Taith 2024 ‘Balchder Lle’



Cymerodd 30 o ysgolion ran
Daeth 29 o ymwelwyr Basotho
i Gymru gan gynnwys
14 o fyfyrwyr
Roedd dros 9000 o aelodau
cymuned ysgol yn cymryd
rhan

Mehefin 2024

Ariennir gan
Funded by
Taith

Roedd pob prosiect yn canolbwyntio ar gyfnewid diwylliant, iaith a threftadaeth



Cliciwch yma am y prosiect padlet



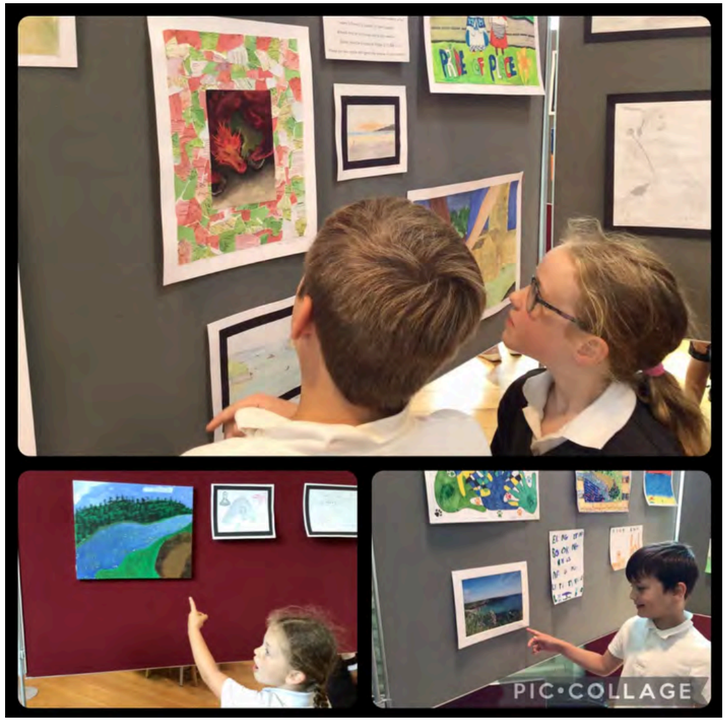
Mae fy ymweliad â Chymru wedi fy nysgu i werthfawrogi gwahanol ddiwylliannau a hefyd fy niwylliant fy hun, pwysigrwydd dysgu gwahanol ieithoedd, ac rwy'n barod i ryngweithio â gwahanol bobl i oresgyn amgylchiadau bywyd gyda'n gilydd, yn olaf rwy'n barod i weithio gyda Dolen Cymru Lesotho i greu'r berthynas rhwng Lesotho a Chymru yn y dyfodol.

Dysgwr ysgol uwchradd, Lesotho



gwaith gan Ysgol Bro Myrddin

Arddangosfa Gelf a Chysylltu â'r Gymuned





Cliciwch yma i wrando ar y cyfansoddiad TGAU

Cynhyrchodd ein cystadleuaeth Gelf Balchder Lle, a gynhaliwyd mewn ysgolion yng Nghymru a Lesotho, rai gweithiau celf anhygoel. Cynhaliodd grŵp cyswllt cymunedol Lesotho Tyddewi arddangosfa Gelf ysbrydoledig a bore coffi a oedd ar agor i'r cyhoedd, rhieni a disgyblion. Cynhaliodd disgyblion Cymru a Basotho yr arddangosfa ar y cyd, gan werthu lluniaeth a chrefftau Basotho. Recordiodd un disgybl ddarnau sain tra yn Lesotho, a defnyddiwyd y rhain i gynhyrchu ei gyfansoddiad cerddoriaeth TGAU a'u defnyddio fel y trac sain ar gyfer ein fideo ymweliad.

Athro, Ysgol Penrhyn Dewi



Cliciwch yma i weld ein hastudiaeth achos

Partneriaeth Glan-Y-Moyeni

Aeth y cysylltiad hirhoedlog rhwng Ysgol Glan y Môr ac Ysgol Uwchradd Moyeni o nerth i nerth eleni wrth iddynt arwain dysgu cydweithredol am dreftadaeth gerddorol Basotho a chreu offerynnau ynghyd â murlun 'Glan-y-Moyeni' i symboleiddio treftadaeth ddiwylliannol ac ieithyddol y bartneriaeth.



Partneriaeth 'Glan-y-Moyeni' ar gyfer dysgu byd-eang, gwella entrepreneuriaeth a gwaith tîm

Mae'r bartneriaeth gynhwysol hon bob amser wedi bod yn seiliedig ar degwch a dysgu oddi wrth ein gilydd. Mae'r bartneriaeth a'i hymweliadau yn rhoi cyfle gwych i gymunedau Basotho (pobl o Lesotho) a Chymru ar...

Taith

Darllenwch flog Taith yma



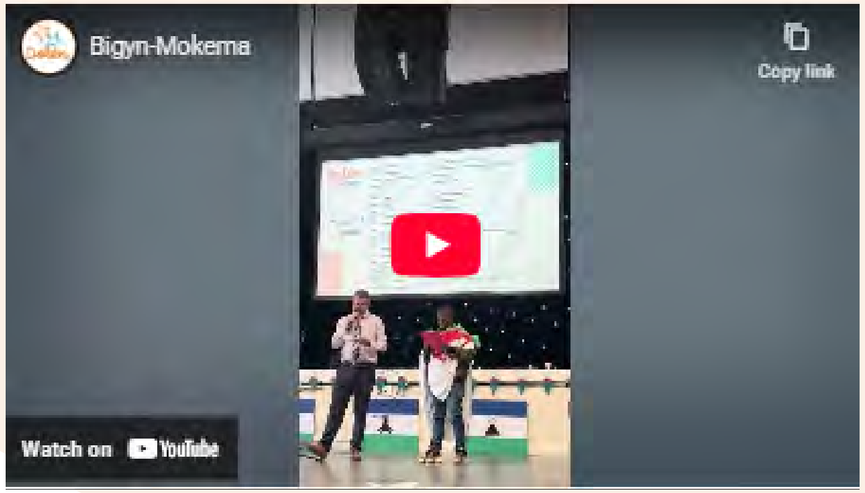
Gweler eu padlet prosiect yma

Mokete

Eleni, cefnogwyd ein Mokete gan ein Llysgenhadon Dolen o'n prosiect Taith cyntaf. Cyflwynasant wobrau 'Dysgwyr Iaith' i'r rhai a gymerodd gamau sylweddol i ddysgu Sesotho a Chymraeg. Perfformiodd pob ysgol ganlyniad creadigol o'u prosiect. Cliciwch ar ein dolen YouTube isod am fwy.









Dathliad Diwrnod Plant y Byd Tachwedd 2024

Thema dathliad eleni oedd ‘Gwrandewch ar y dyfodol, sefwch dros Hawliau Plant’ ac ymunodd dros 400 o bobl â ni i addo gweithredu ar gyfer 2026. Cliciwch yma i wylio ein Gweminar.



unicef
for every child



“Tyfodd hyder ein dysgwyr drwy gydol y prosiect, gan greu cyfeillgarwch a chysylltiadau a fydd yn para’n hir. Daethant yn siaradwyr cyhoeddus hyderus a mwynhaon nhw ddysgu am y cysylltiadau rhwng ein diwylliannau.” Athro, Lesotho

Gwobrau Her Hinsawdd



Eleni roedden ni eisiau arddangos yr Heriau Hinsawdd llwyddiannus a gynhaliwyd mewn ysgolion i wrthbwyso'r allyriadau carbon a gynhyrchir o'u teithiau pellter hir. Cliciwch yma i weld yr enillwyr.

Yn ystod fy mhresenoldeb yng Nghymru, rydw i wedi sylweddoli nad oes sbwriel na gwastraff yn cael ei golli ym mhobman, yn lle hynny mae gan bron bob lle fin sbwriel sydd wedi'i rannu'n ddwy ran: ar gyfer deunyddiau i'w hailgylchu ac ar gyfer gwastraff. Mae'r weithred yn chwarae rhan fawr wrth leihau'r siawns o newid hinsawdd.

Dysgwr Ysgol Uwchradd Thaba Tseka

Rhaglen Addysg Ryngwladol

Yn 2024
Lleolwyd 5 gweithiwr addysg proffesiynol yn Sir Gaerfyrddin, Cymru ar gyfer 5 wythnos

Cynhaliwyd profiadau dysgu byd-eang unigryw mewn dros 12 o ysgolion Cymru gyda chyrhaeddiad o 28 o athrawon a 680 o ddysgwyr Cymraeg



BRITISH COUNCIL | Wales Cymru

Rhaglen Lleoli Athrawon yng Nghymru 2024



Teimlai 100% o ysgolion fod y rhaglen wedi effeithio ar eu darpariaeth o:

- Dinasyddion Moesegol Cymru a'r Byd a Dysgwyr Galluog Uchelgeisiol
- AOLE ar gyfer y Dyniaethau ac Iechyd a Llesiant
- Thema drawsbynciol ar Amrywiaeth, Cyd-destunau Lleol, Cenedlaethol a Rhyngwladol a Hawliau Dynol

"Yr hyn a wnaeth leoliad WTPP hefyd oedd awydd Mme i gymryd rhan mewn sgyrsiau addysgol beirniadol, i roi cynnig ar fentrau newydd a rhannu ei harbenigedd gyda'r Meysydd Dysgu a Phrofiad penodol Mathemateg a Gwyddoniaeth, a dysgu byd-eang yn gyffredinol".
Ysgol Glan Y Môr

Cliciwch yma i wrando ar ein cyfranogwyr yn 2024

"Roedd Ntate Sidwell yn arbennig o effeithiol wrth feithrin persbectif byd-eang ymhlith ein dysgwyr. Cynyddodd ei gyfranogiad mewn gweithgareddau ystafell ddosbarth a gwasanaethau ysgol ddealltwriaeth ein myfyrwyr o Lesotho a materion byd-eang yn sylweddol." Athro, Ysgol Gynradd Pen-bre

Rhaglen Addysg Ryngwladol

Drwy gydol 2024-5 ar ôl dychwelyd i Lesotho mae eu profiadau datblygiad proffesiynol yng Nghymru wedi effeithio ar Goleg Addysg Lesotho, Thaba Tseka ac ysgolion yn Mazenod a Buthe Buthe.

Mae athrawon yn arwain mentrau newydd mewn llythrennedd digidol, mentora a hyfforddi, lles, dinasyddiaeth a chreadigrwydd.



Cliciwch yma i weld y diweddariadau diweddaraf gan ein cyfranogwyr yn 2024

BRITISH COUNCIL | Wales Cymru

Ymgysylltu ag Ysgolion 2024-5



Gweminar Diwrnod y Ddaear gyda Pheha Plastic
Ebrill 2024
255 o fynychwyr



Gweminar Partneriaethau Cynaliadwy gydag ysgolion Taith 1
Medi 2024
31 o fynychwyr



Gweminar Cysylltu Ysgolion Ionawr 2025
47 o fynychwyr

Cliciwch ar y dolenni uchod i gael mynediad i'n sesiynau ymgysylltu ar-lein o 2024-5. Nod y sesiynau hyn yw dod ag ysgolion partner newydd a sefydledig ynghyd i rannu arfer da, tynnu sylw at arloesedd Basotho a chefnogi gweithgareddau dysgu byd-eang partneriaeth blynyddol.

BRITISH COUNCIL | Wales Cymru

DPP Athrawon 2024-5

Arweiniodd cyn-fyfyrwyr WTPP weithdai hyfforddi yn Lesotho i rymuso staff lleol ac aelodau tîm gyda sgiliau a gwybodaeth a gafwyd yng Nghymru.



Hyfforddiant Anghenion Ychwanegol, Thaba Tseka Medi 2024
10 Athro Adnoddau'r Ardal





Hyfforddiant Anghenion Ychwanegol, Thaba Tseka Tachwedd 2024
20 o Diwtoriaid Addysg Coleg Lesotho



Gweithdy Adeiladu Tîm Hyfforddwyr Jolly Phonics
Mehefin 2024
15 o fynychwyr

BRITISH COUNCIL | Wales Cymru

Arweinyddiaeth Jolly Phonics



Gyda'n Grant Cymru-Affrica fe wnaethon ni arwain:

- 2 weithdy Coleg Addysg Lesotho
- gyda 32 o fynychwyr
- 14 ymweliad M&E ysgolion
- Cafodd 5 Athro Adnoddau Ardal eu mentora gan ein Hyfforddwyr
- Cyflwynwyd yn y Gynhadledd Jolly Phonics Pan-Affrica 1af yn Cape Town

WCVA CGGC

KHOTSO PULA NALA

Ariennir gan Lywodraeth Cymru
Funded by Welsh Government

Arweinyddiaeth Jolly Phonics



Cliciwch yma am fwy o wybodaeth, fideos a thystiolaethau

Ym mis Medi 2024:

Treialodd Hyfforddwyr Jolly Phonics raglen Fentora 4 diwrnod gyda 5 arweinydd Llythrennedd dethol, yn cynnwys Athrawon Adnoddau Ardal a Phennaeth.

Roedd hyn yn cynnwys -

- ymweld ag ysgol yr hyfforddwr,
- cynhaliwyd trafodaethau manwl am gynnwys llyfr 1 a llyfr 2,
- cyfle i adolygu'r heriau sydd gan DRTs,
- arsylwadau gwersi llythrennedd gan Hyfforddwyr ac athrawon
- Cyflwyno Jolly Phonics gan DRT
- Adborth a chynllunio gweithredu

Fe wnaeth yr hyfforddiant "eu grymuso i fonitro a chynorthwyo ysgolion yn effeithiol," gan danlinellu effaith gadarnhaol y rhaglen ar unigolion a'i photensial ar gyfer gwelliant llythrennedd parhaol, ledled y gymuned DRT, Qacha's Nek.

Ariennir gan Lywodraeth Cymru
Funded by Welsh Government

Arweinyddiaeth Jolly Phonics

Archwiliad Jolly Phonics o ysgolion Taith
(Chwefror a Mehefin 2024)

Mae 100% o'r athrawon sy'n cymryd rhan yn deall pwysigrwydd darllen Blwyddyn Gyntaf a ffoneg synthetig. Mae pob un wedi ymrwymo i hyrwyddo eu dysgu ar y cyd i godi lefelau llythrennedd yn eu hysgolion.

Mae 100% o ysgolion yn dysgu Jolly Phonics yng Ngraddau 1 a 2;
Mae 87% yn addysgu yng Ngradd 3 hefyd,
Mae 87% o athrawon yn teimlo bod ymgysylltiad dysgwyr yn dda iawn neu'n rhagorol;
100% yn teimlo bod Penaethiaid yn ymgysylltu;
Mae 75% o ysgolion yn ymwneud â gweithgareddau llythrennedd ehangach.

Yn ystod ymweliad Taith, arsylwodd 83% o athrawon Cymru addysgu Phonics yn Lesotho, gwelsant adnoddau Jolly Phonics yn cael eu defnyddio a gwelsant 83% fwynhad mawr gan ddysgwyr, ymgysylltiad â Phenaethiaid a phresenoldeb ar draws yr ysgol mewn gwasanaethau.

Cliciwch yma i weld sut mae llythrennedd wedi'i ymgorffori yn eu prosiect partneriaeth



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government

Prosiect Meddwl am y Dyfodol

Dysgu drwy gysylltiadau rhyngwladol ymhen 40 a 200 mlynedd

Dechreuodd 4 ysgol a 2 ddarlithydd o Brifysgol Genedlaethol Lesotho ein prosiect Llwybr Taith 2 newydd. Hwyluswyd sefydlu'r prosiect hefyd gan Ganolfan Materion Rhyngwladol Cymru. Gweithgareddau hyd yn hyn:

Hyfforddiant Meddwl am y Dyfodol i athrawon
Ymweliad ymchwil i Lesotho gan Swyddog Treftadaeth Canolfan Materion Rhyngwladol Cymru

- Ymgysylltu â swyddfa Comisiynydd Cenedlaethau'r Dyfodol
- Ymchwil ym Mhrifysgol Genedlaethol Lesotho, Amgueddfa ac Archif Morija
- Datblygu partneriaeth ysgol
- Ymchwil a datblygu adnoddau gan ein Swyddog Addysg

Cliciwch yma i weld trosolwg o'r prosiect



WCIA
WELSH CENTRE FOR INTERNATIONAL AFFAIRS
CANOLFAN MATERION RHYNGWLADOL CYMRU

Comisiynydd Cenedlaethau'r Dyfodol Cymru
Future Generations Commissioner for Wales

MORIJA
MUSEUM & ARCHIVES

Ariennir gan
Funded by
Taith

Visit to Lesotho - WCIA





Teithiodd Craig Owen, Ymgynghorydd Treftadaeth WCIA, gyda thîm Dolen allan i Lesotho ym mis Hydref – Tachwedd 2024, i gefnogi gwaith treftadaeth yn ymwneud â Daucanmlwyddiant Lesotho (200fed Pen-blwydd sefydlu'r genedl), gyda'r nod o ddatblygu deunyddiau dysgu ar gyfer ysgolion ar amrywiaeth o themâu a phynciau. Yn ogystal â hyrwyddo ymchwil addysgol bresennol gyda Phrifysgol Genedlaethol Lesotho NUL, meithrinodd yr ymweliad â'r prosiect gysylltiadau newydd ag Amgueddfa ac Archifau Morija a Phentref Diwylliannol Thaba Bosiu - a adeiladwyd ymhellach arnynt gyda chyfnewidfa athrawon ac ymweliadau safle ym mis Chwefror 2025.

O'r gwaith hwn, lluniwyd cyfres o 19-20 o grynodeb pynciau dros Wanwyn 2025, gan nodi ar gyfer pob pwnc ystod eang o adnoddau, archifau a gweithgareddau archwiliadol y gall Dolen 'ddod â dysgu yn fyw' â nhw. Drafftiwyd pecyn adnoddau enghreifftiol i ddangos ystod o ddulliau o gyflwyno pynciau unigol - gan ganolbwyntio ar gelf a chrefft trwy stori Blancedi Basotho (a'r straeon maen nhw'n eu cyfleu), gan ddefnyddio'r casgliad blancedi cenedlaethol yn Amgueddfa Morija fel ysgogiad. Mae elfennau o'r 'pecyn drafft blancedi' hwn wedi'u dewis a'u treialu gan Dolen gyda nifer o ysgolion.

Hefyd, drafftiwyd adnodd ‘amserlen hanesyddol’, gyda’r nod o sicrhau cyllid yn y dyfodol i gynhyrchu gêm neu weithgaredd dysgu hwyliog tebyg yn edrych yn ôl dros hanes 200 mlynedd Lesotho a 40 mlynedd Dolen.* Gellir gweld enghraifft o ‘amserlen ar-lein’ yn Heritage of Dolen Cymru.



Blancedi Basotho yn Amgueddfa Morija - Adnodd Dysgu | Flickr

Ymweliad â Lesotho - Ysgolion





Ymwelodd 3 athro o Ysgol Plas-y-Felin ac Ysgol Plasmawr â Morija ym mis Chwefror 2025. Buont yn gweithio gyda'u partneriaid Ysgol Gynradd Ffydd Apostolaidd Morija ac Ysgol Uwchradd Merched Morija ar Feddwl ar y Dyfodol. Fe wnaethant gyd-gynllunio ac arwain gweithdy gyda myfyrwyr a threulio amser yn dod i adnabod ei gilydd a rhannu dysgu diwylliannol.

“Cynnwys y dysgwyr yn y cysyniad hwn o’r prosiect ac ystyried eu barn a dangos iddyn nhw sut y gallant fod yn rhan o bobl sydd eisiau newid yr hyn y mae’n rhaid i ni ei wneud a’r hyn rydyn ni eisiau ei wneud.”

Mrs. Mampinane, Ysgol Uwchradd Merched Morija

Ffilm Meddwl am y Dyfodol



Gwnaed ffilm gan The Hub yn Morija i gofnodi'r dysgu o weithdy Meddwl ar y Dyfodol a gynhaliwyd yn Lesotho. Gofynnwyd i blant edrych i'r gorffennol a'r dyfodol mewn perthynas â'r cysylltiad rhwng Cymru a Lesotho.

Cliciwch yma am Isdeitlau Cymraeg

Taith 3 - Iechyd, Llesiant a Chwaraeon 2024-5

Dechreuodd 14 ysgol ein trydydd prosiect Cyfnewid Rhyngwladol Taith. Cymerodd 3 ysgol o Sir Gaerfyrddin, Sir Benfro a Chaerffili 24 o fyfyrwyr.

Teithiodd cyfanswm o 41 o ymwelwyr o Gymru i Lesotho ym mis Chwefror 2025



Gwyliwch yr astudiaeth achos hon o bartneriaeth Canolfan Addysgu a Dysgu Uwchradd Sir Gaerfyrddin a Chynradd Mokhotlong LECSA

Taith 3 - Iechyd, Llesiant a Chwaraeon 2024-5

Cyn yr ymweliad, archwiliodd ysgolion gysylltiadau diwylliannol, hanes a themâu sy'n gysylltiedig â Nod Datblygu Cynaliadwy 3.

Rhoddodd Gweithwyr Chwaraeon Proffesiynol yn Lesotho sesiwn ar-lein i archwilio sut mae chwaraeon ar lawr gwlad a chwaraeon proffesiynol yn cael eu datblygu yn Lesotho.

Cliciwch yma i weld





Taith 3 - Ymweliad â Lesotho

Bu 3 grŵp ysgol uwchradd a 4 lleoliad athrawon yn gweithio gyda'u partneriaid i feithrin cyfeillgarwch, rhannu diwylliant ac iaith, ac arddangos ffyrdd o hyrwyddo iechyd a lles trwy chwaraeon ac addysg gorfforol.







Taith 3 - Ymweliad â Lesotho



"Y 10 diwrnod gorau yn fy mywyd" Disgybl Ysgol Sant Cenydd

"Profiad anghofiadwy, rhyfeddol, sy'n newid bywyd! – Cwrdd â phobl newydd a theimlo fel pe baem wedi'u hadnabod am byth. Roeddwn i wrth fy modd yn cerdded i mewn i ystafell ddosbarth pan oedd hi'n amser egwyl neu ginio, ac yn ymuno â dawnsfeydd traddodiadol a ddysgodd ein ffrindiau i ni. Hefyd, mwynheais ddysgu iaith arwyddion a defnyddio fy sgiliau i gyfathrebu â'r disgyblion" Disgybl, Ysgol Bro Preseli



"Mae wedi newid fy safbwynt a gweld sut maen nhw'n byw ac mae wedi newid fy safbwynt ar fywyd a newid sut roeddwn i'n ystyried fy newisiadau bywyd" Disgybl CSTLC

Taith 3 - Digwyddiad Mokete Dydd Gŵyl Dewi

Ar ddiwedd yr ymweliad daeth pob ysgol ynghyd yn Kick4Life i chwarae pêl-droed, rhannu dysgu a dathlu Dydd Gŵyl Dewi a'u partneriaethau.





"Profiad da iawn, mwynheais wrando ar brofiad pobl eraill o'u taith i Lesotho. Roedd yn anhygoel clywed pa mor debyg oedd ein teithiau ni i Lesotho er gwaethaf ymweld â gwahanol leoedd ac ardaloedd yn Lesotho".

Pupil, Ysgol Bro Preseli

Cliciwch yma am fwy o luniau



Dolen LESOTHO CYMRU

Cyflawniadau partneriaid

2024-2025

Dolen LESOTHO CYMRU

Cynnwys

1. Rhaglen Gwirfoddolwyr Iechyd Byd-eang
2. Academi Rygbi Lesotho
3. HOLO - Sefydliad Iachau Ein Tir
4. Rhaglen Meddygaeth Teulu
5. Hosbis Starlight of Hope
6. Ffisiotherapi yn Lesotho

HOLO HEAL OUR LAND ORGANISATION · MINISTRY OF HEALTH · BOPHELO · THE LESOTHO RUGBY ACADEMY · RCGP CYMRU WALES · MOHSW LeBoHA Family Medicine Specialty Training Program · Starlight Oasis of Hope Hospice SOHH · GIG CYMRU NHS WALES Addysg a Gwella Iechyd Cymru (AaGIC) Health Education and Improvement Wales (HEIW)

Lleoliad Meddyg Teulu dan Hyfforddiant yn LeBoHa

Ymwelodd Dr Jenna Crosbie a Dr Rachel Price, ill dau yn hyfforddeion meddyg teulu yng Nghymru, â Lesotho ym mis Chwefror 2025 fel rhan o Raglen Gwirfoddolwyr Iechyd Byd-eang 8 wythnos Addysg a Gwella Iechyd Cymru (AaGIC). Cefnogwyd y lleoliad hunan-ariannu gan y bartneriaeth rhwng y Weinyddiaeth Iechyd a Chynghrair Iechyd Lesotho Boston (LeBoHA). Mae Cynghrair Iechyd Lesotho-Boston yn sefydliad sydd wedi'i leoli yn ysbyty Motebang sy'n cynnal rhaglen hyfforddi arbenigol meddygol ôl-raddedig mewn Meddygaeth Deulu. Maent hefyd yn trefnu clinigau cleifion allanol ar gyfer clefydau cronig (e.e. diabetes, gorbwysedd, epilepsi, a chyflyrau iechyd meddwl cronig) yn eu Canolfan Ragoriaeth.



From Wales to Lesotho: A Life-Changing Global Health Journey 🌍

Welsh GP trainees share insights from an 8-week healthcare volunteer mission in Lesotho, spanning hospitals, clinics, and community outreach.

Dolen Cymru / May 13

"Fe wnaethon ni fwynhau trafod y tebygrwydd a'r gwahaniaethau wrth ymarfer a hyfforddi mewn meddygaeth deulu yn Lesotho o'i gymharu â Chymru."

Cliciwch yma i ddarllen eu blog

MINISTRY OF HEALTH
BOPHELO

MOHSW LeBoHA
Family Medicine Specialty Training Program

Academi Rygbi Lesotho



Mae rhaglen LRA yn defnyddio rygbi fel cyfrwng addysgol i addysgu myfyrwyr ysgol sy'n bennaf yn oedran Gwersi pwysig i blant 10-14 oed ynghylch ffyrdd o fyw iach a chyfrifol.

Yn 2024-5 fe gyrhaeddon nhw:

8 hyfforddwr LRA
44 o athrawon
2400 o ddysgwyr
146 o ysgolion ar draws 4 Ardal



Darllenwch am y bartneriaeth newydd gydag Undeb Rygbi Cymru yma

"Roeddwn i bob amser yn gwybod nad oedd gen i dalent nes i hyfforddwyr rygbi ddod i'm hysgol a'n dysgu ni am sgiliau bywyd ac wedi hynny dweud wrthym y gallwn ni fod yn dda mewn rygbi hefyd. Ymunais ac heddiw, rwy'n un o'r plant hapusaf yn fy ysgol." Dysgwr

THE LESOTHO RUGBY ACADEMY

HOLO
HEAL OUR LAND ORGANISATION

Sefydliad Iachau Ein Tir

Rhedeg Clwb Ysgogol ac Addysgol (HOLO MEC) sydd ar gyfer pob gradd ysgol ar gyfer Ysgol Uwchradd ac Ysgol Gynradd yn Matsieng, fe'i sefydlwyd ym mis Hydref 2021. Ei bwrpas yw ysgogi ac addysgu pobl ifanc mewn sgiliau bywyd a gwydnwch.

"Daliwch ati i'w gwthio nhw, Mme! Rydych chi'n newid bywydau!"

Darllenwch am ymweliad Amelia â Thenis Bwrdd Cymru





HOLO
HEAL OUR LAND ORGANISATION

Prif Gyflawniadau yn 2024-5:



Cymerodd dros 100 o ddysgwyr ran mewn clybiau wythnosol a oedd yn cefnogi eu dysgu, eu sgiliau bywyd a'u lles

Cynhaliwyd 89 o sesiynau ynghyd â chwnsela 1:1 rheolaidd

Ymwelodd sylfaenydd a Chyfarwyddwr HOLO â Chymru am bythefnos yn 2024 a gwnaeth gysylltiadau â Gwasanaeth Ieuenctid Caerdydd a Phwyllgor Tyddewi-Matsieng

Arweiniodd ddigwyddiad Diwrnod Glanhau'r Byd cymunedol gyda 496 o gyfranogwyr

Digwyddiad dathlu yn ystod ymweliad Dolen â Lesotho gyda 82 o fynychwyr

Cynhaliodd dwrnamaint tenis bwrdd yn ystod ymweliad Taith fel rhan o'u thema Iechyd, Llesiant a Chwaraeon



Rydym yn ddiolchgar am y gefnogaeth a gawn gan Dolen Cymru Lesotho. Rydym yn gweld newid cadarnhaol ym mywydau cynifer o blant. Rydym yn obeithiol bod pawb yn gweithio tuag at wella ein cymuned.



Rhaglen Hyfforddiant Arbenigedd Meddygaeth Deuluol



Ym mis Tachwedd 2024, ymunodd cydweithwyr Gofal Sylfaenol o Gymru â chydweithrediad rhyngwladol i gyflwyno cwrs gofal lliniarol wythnos o hyd ar gyfer y Rhaglen Hyfforddiant Arbenigol Meddygaeth Deuluol (FMSTP) a leolir yn Ysbyty Motebang yn Leribe.

Roedd y cynrychiolwyr yn cynnwys 2 gofrestrydd FMSTP ar y rhaglen Gradd Meistr, 4 Intern Meddygaeth Deulu a 6 nyrs o sawl ward yn Ysbyty Motebang. Roedd y cwrs yn cynnwys cyflwyniad i ofal lliniarol, hyfforddiant sgiliau cyfathrebu, rheoli symptomau cyffredin a sesiynau ar ofal lliniarol mewn plant, HIV a pharalys yr ymennydd. Roedd ffocws arbennig ar hunanofal a gofalu am gydweithwyr.

Darllenwch y blog yma

RC GP CYMRU WALES

MINISTRY OF HEALTH

BOPHELO

Gofal Lliniarol - Hosbis Starlight of Hope



Prif gyflawniadau yn 2024-5:

Ym mis Hydref, dringodd Ei Mawrhydi y Frenhines Masenate Mohao Seeiso i mewn i gloddiwr mawr a throi'r dywarchen gyntaf ar gyfer adeiladu ein Canolfan Ddydd yn ein safle hardd ym Maqhaka ychydig gilometrau y tu allan i Maseru. Ym mis Tachwedd a mis Chwefror, hyfforddom 66 o unigolion. Nyrsys, fferyllwyr, gweithwyr cymdeithasol, meddygon, bugeiliaid, cwnselwyr, un rheolwr a ffisiotherapydd.

Mae ein sylfaenydd, Me' Malichaba Tebello Lepheane, wedi bod yn hyrwyddo'r angen a gwerth gofal lliniarol yn rheolaidd ar y radio a'r teledu yn Lesotho.

Darllenwch eu cylchlythyr diweddaraf yma

"Y tîm o hyfforddwyr a gyflwynodd y cwrs yw'r gorau rydw i erioed wedi gweithio gyda nhw."

Ffisiotherapi ac Allgymorth yn Lesotho

Mae Rhaglen Ffisiotherapi ac Allgymorth Lesotho (POP Lesotho) yn gwmni dielw a gofrestrwyd yn Lesotho yn 2022. Ei nod yw rhoi'r gefnogaeth a'r cyfleoedd sydd eu hangen ar blant ag anableddau yn Lesotho i'w helpu i gyflawni eu potensial. Fe'i sefydlwyd a'i harwain gan Jan Jeffrey, cyn-gyfranogwr Cyfleoedd Dysgu Rhyngwladol a ariannwyd gan Lywodraeth Cymru.

Gan ddefnyddio grant gan Uchel Gomisiwn Prydain, adeiladodd POP Ganolfan Technoleg Gynorthwyol (ATC) yn Ysgol Uwchradd Abia ym mis Chwefror 2023. Yma, mae'n gwneud dyfeisiau cynorthwyol o gardbord wedi'i ailgylchu, sgil o'r enw Technoleg Briodol ar Bapur (APT), ac yn atgyweirio ac yn ailgylchu cadeiriau olwyn. Yn ystod y ddwy flynedd ddiwethaf, mae POP wedi cynhyrchu a chyflenwi dros 150 o ddyfeisiau APT, wedi atgyweirio ac ailgylchu dwsinau o gadeiriau olwyn ac wedi prynu saith deg pump o gadeiriau olwyn addas a chadarn gan ddefnyddio rhoddion gan ffrindiau yng Nghymru.



Care and Cardboard

Learn how POP transforms disability care with cardboard-based assistive tech, physiotherapy, and outreach for children across rural Lesotho.

Dolen Cymru / May 16

Darllenwch y blog PoP yma

Dolen LESOTHO CYMRU

Codi Arian a Dathliad

2024-2025

Ymweliad y Brenin Letsie, Mai 2024





Cynhaliodd Dolen Cymru Lesotho a Llywodraeth Cymru, Adran Cysylltiadau Rhyngwladol a Masnach, dderbyniad yng Ngwesty Sant Dewi ym Mae Caerdydd ar ôl ymweliad â'r Prif Weinidog yn y Senedd. Aeth dirprwyaeth weinidogol o Lesotho gyda'i Fawrhydi i'r DU i archwilio partneriaethau a chefnogaeth i'r sector Ynni Adnewyddadwy yn Lesotho.

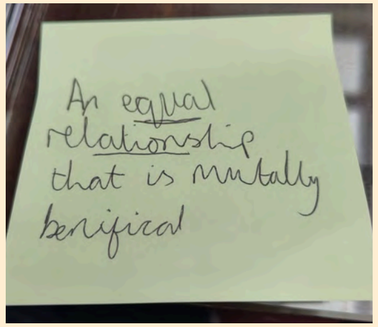
Darllenwch ein heitem newyddion yma

Hub Cymru Africa Panel - June 2024



Wedi'u gwahodd gan Hub Cymru Africa, ymunodd tîm arweinyddiaeth Dolen, Cath Moulogo, Sharon Flint Wood, a Joanna Jonas ag Amelia Senekane mewn trafodaeth banel ar gyfer cymuned Cymru Affrica. Dan gadeiryddiaeth Tina Fahm, rhannodd y digwyddiad llwyddiannus brofiadau Dolen o weithio tuag at bartneriaethau teg a chynaliadwy a chreu cyfleoedd o fewn y gynulleidfa i fyfyrio a thrafod beth mae'n ei olygu i fod yn weithredol wrth-hiliol mewn cysylltiadau rhyngwladol.







Hub
Cymru
Africa





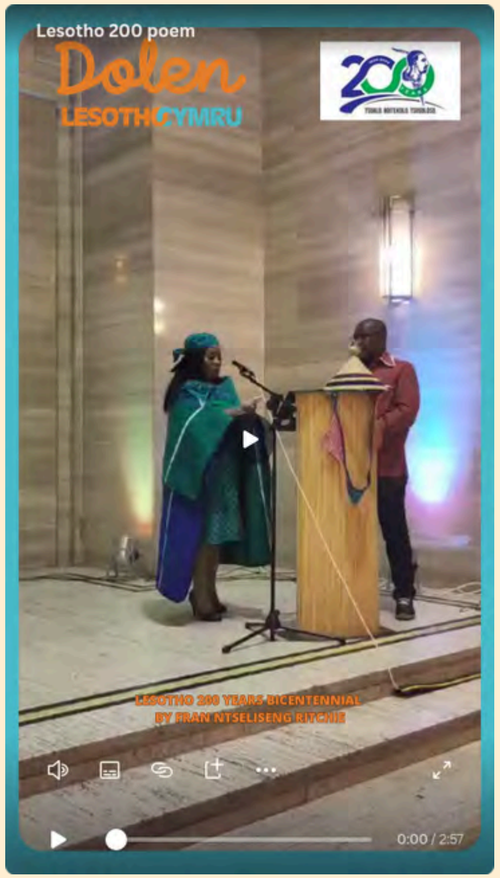




Mokete, Llanelli Gorffen naf 2024







Darllenwch ein heitem newyddion yma

Gwrandewch ar y gerdd Lesotho at 200 yma

Dathliad Daucanmlwyddiant, Caerdydd Medi 2024

Ymwelodd Sharon a Cath â Lesotho i ailgysylltu â staff, ymddiriedolwyr, cyfranogwyr y prosiect, swyddogion y Llywodraeth a ffrindiau ar ôl bwlch o 8 mlynedd. Ffurfiwyd cysylltiadau newydd gyda'r Gweinidog Materion Tramor, Prifysgol Genedlaethol Lesotho a llofnodwyd Memorandwm Cyd-ddealltwriaeth gyda Choleg Addysg Lesotho.





Cyfarwyddwyr Cyd-weithredol yn ymweld â Lesotho - Tachwedd 2024

Agorodd y Gweinidog Materion Tramor, yr Anrhydeddus Lejone Mpotjoane, ein digwyddiad 2024 yn Kick4Life, gan groesawu cyfranogwyr y prosiect, gwirfoddolwyr a phartneriaid o bob cwr o Lesotho a Chymru.







Gwyliwch y digwyddiad yma

Dathliad Blynyddol, Maseru Tachwedd 2024



Dathliad, Chwefror





Croesawodd Cadeirydd Dolen a'i Ardderchogrwydd Harry McDonald, Uchel Gomisiynydd Prydain dros Lesotho, ymwelwyr o Gymru a'u hysgolion partner i Kick4Life ar Ddydd Gŵyl Dewi ynghyd â chefnogwyr a gwirfoddolwyr Dolen.

Ariennir gan
Funded by
Taith

Darllenwch ein heitem newyddion yma





Roedd yn fraint gallu lansio dathliad 40fed pen-blwydd Dolen Cymru Lesotho drwy wahodd y Tywysog Seeiso i gwrdd â gwirfoddolwyr, hen ac ifanc, o bob cwr o Gymru.

Ymweliad y Tywysog Seeiso Mawrth 2025



Dywedodd Theo Cabango, chwaraewr Rygbi Caerdydd a Llysgennad Academi Rygbi Lesotho: “Roedd cwrdd â’r Tywysog Seeiso fel Llysgennad Academi Rygbi Lesotho yn brofiad anhygoel. Roedd ei ostyngeiddrwydd a’i natur ddiymhongar yn sefyll allan yn wirioneddol.”

Yn ddyledus ar 40 Mawrth 2025

Myfanwy Wheeler from Ysgol Dyffryn Taf won our Basotho Blanket Design competition





Beiciodd Ian a Martin 140 milltir o Wrecsam i Gaerdydd a chodi £2,667

Ymunwch â'n her Dolen 40 tan fis Mawrth 2026



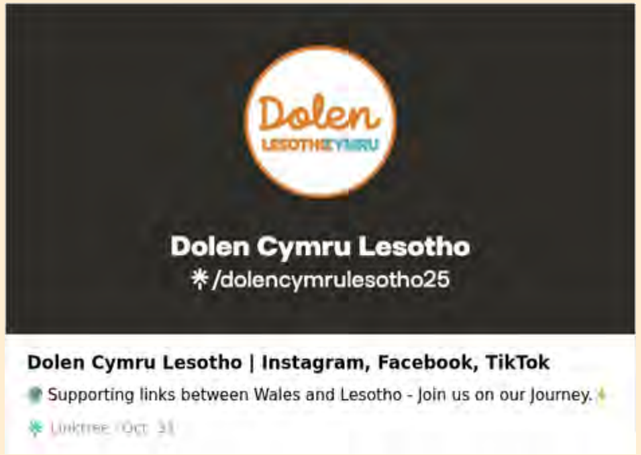
Cadwch mewn cysylltiad a rhannwch ein stori





Byddwch yn ffrind a chefnogwch ni gyda rhodd

Linktree



Cofrestrwch ar gyfer ein e-gylchlythyr



1985 - 2025
Dolen
LESOTHOCYMRU
40 MLYNEDD

Rea leboha

Diolch yn fawr

Thank you

1985 - 2025
Dolen
LESOTHOCYMRU
LILEMO TSE 40

HOLO
HEAL OUR LAND ORGANISATION

LESOTHO COLLEGE OF EDUCATION

GIG CYMRU NHS WALES
Addysg a Gwella Iechyd Cymru (AaGIC)
Health Education and Improvement Wales (HEIW)

MINISTRY OF HEALTH

MOHSW LeBoHA
Family Medicine Specialty Training Program

the hub

Starlight Oasis of Hope Hospice
SOHH

Jolly Futures

MoET
Quality Education our Commitment
MINISTRY OF EDUCATION AND TRAINING LESOTHO

Taith

WCVA CGGC

Ariennir gan
Lywodraeth Cymru
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Welsh Government

Dolen
LESOTHO CYMRU

THE LESOTHO RUGBY ACADEMY

BRITISH COUNCIL | Wales Cymru

Diolch i'n partneriaid a'n harianwyr

DOLEN CYMRU - WALES LESOTHO LINK

England & Wales - Charity number 1143448

Accounts

Dolen

LESOTHO CYMRU

Annual Report 2023-4



Click here for the Canva live link



Click here for infographic

Dolen LESOTHO CYMRU

President: Lord Michael German

Chairperson: Paul Myres
until November 2023; Joanna Jonas from, November 2023
Vice-Chairperson: Setempe Phoka from November 2023

Trustees: Dylan Gallanders, Lehlaka Mohapi, Gareth Morgans, Victoria Norrish, Aaron Pritchard, Khoarane Khoarane, Alison Glovers, Kieran Russ, Oli Bowler and Edward Dube

Co-Executive Directors: Catherine Moulogo and Sharon Flint Wood
Dolen Cymru Wales Lesotho Link
Wales - Temple of Peace, Cardiff, CF10 3AP
Lesotho - Mabile Road, Old Europa, Maseru 100

Telephone: +44 29 2169 0189
E-mail: swyddfa@dolencymru.org
Charity registration no: 1143448

Registered with FUNDRAISING REGULATOR

A word from the Chairperson:

It has been an honour to be elected as the Chair of Trustees in 2023, and I am grateful for the trust and confidence placed in me by the Board. This past year has been an exciting journey as we work together to steer Dolen toward achieving its mission.

In June 2024, I had the privilege of visiting Wales, where I experienced firsthand the remarkable activities organized by our teams. The staff and volunteers showed extraordinary dedication, providing a warm welcome and sharing the impact of their work in their respective roles. The highlight of my visit was the celebration event in Carmarthenshire, which brought together WTPP and Pride of Place Taith Participants, from both Lesotho and Wales, to mark the incredible achievements made over the past year, where we were joined by Lesotho High Commissioner to the United Kingdom and Basotho diaspora.

One of the key focuses of my term has been governance, and I've had the pleasure of working closely with our Co-Executive Directors. Together, we have embraced new opportunities to enhance our collaboration, ensuring that our strategic direction is aligned with the needs of the communities we serve. The governance training we underwent has been invaluable, providing the Board with the tools to strengthen our oversight role and support leadership more effectively.

A particularly memorable moment was the interactive leadership session, where Trustees and executives exchanged ideas, deepened our understanding, and developed strategies for future success. I look forward to continuing this journey alongside such a passionate and talented team.

Adv Joanna Jonas
Chair, Board of Trustees



A word form the Co-Executive Directors:

2023-4 has been a year of learning new skills, developing new ambitions and building new relationships. We have led new projects and supported new partners with advice, guidance and training alongside establishing ourselves as leaders.

Our staff, volunteers, partners and project participants have been outstanding this year, as always. We cannot exist without your commitment and passion for what we do.

Rea leboha, thank you very much, diolch yn fawr iawn!

Sharon Flint Wood
Co-Executive Director - Programmes

This year has seen ongoing improvements in the equity in our work as an international organisation. For the first time in our history, our Chair and Vice Chair of Trustees are Basotho based in Lesotho, allowing for greater and more meaningful balance in decision making.

We have delivered Racism Awareness training, and shared guidelines on ethical story telling with our project participants, volunteers, and supporters - whilst also deepening the understanding of the leadership team.
We recognise that we have a long way to go to fully address issues of power and privilege and its impact on our work. However, the Board of Trustees' commitment to the Anti-Racism Charter and the development of our Action Plan to support this commitment is a positive first step.

Thank you to everyone in Dolen who has embraced this journey, and the African thought leaders whose work inspires us.

Cath Moulogo
Co-Executive Director - Finance & Governance

Dolen
LESOTHO CYMRU



Our vision

Connected and thriving communities in Wales and Lesotho

Our purpose

Our purpose is to facilitate sustainable projects, partnerships and relationships which have a positive impact on communities in Lesotho and Wales

Our values

Partnership - Collaboration & Inclusiveness – Responsibility – Responsiveness – Diversity - Recognition

Dolen LESOTHO CYMRU

Projects & Programmes

2023-2024

Dolen LESOTHO CYMRU

Contents

1. Building Resilience with Basotho Youth, Welsh Government
2. International Learning Opportunities, Welsh Government
3. Taith International Exchange, Welsh Government
4. International Education Programme, British Council Wales
5. Jolly Phonics Leadership, Welsh Government
6. Research on teacher placements, British Council, Wales
7. Wales-Lesotho Heritage Project, Welsh Government

Jolly Futures WCIA BRITISH COUNCIL | Wales Cymru WCVA CGGC Ariennir gan Funded by Taith Ariennir gan Lywodraeth Cymru Funded by Welsh Government

Building Resilience with Basotho youth, Matsieng & Morija



In 2023:

- 36 resilience sessions were held in
- 9 schools
- With 716 resilience project learners
- 10 teachers and 20 learners took part in a Youth Leadership workshop
- 41 teachers attended our last Well-being webinar



"I learned about a lot of things and I liked the beautiful way we were treated. I wish we can have a session like this one again. I am the youth leader!" Learner from Morija High School

Peer learning sessions in Matsieng & Morija











We commissioned The Hub in Morija to make films and podcasts about youth resilience



https://youtu.be/j2lEMyAGpSA?si=gmvjw8nEPOV9hYez

We also completed 12 months of funding The Hub in Morija to run their Skills & Soup club



This included a Well-Being agriculture project to increase food security for the 160 Skills & Soup participants and increase their agri-preneurship

The Hub in Morija



International Learning Opportunities 2023

"It was a wonderful time of skills transfer, a time of learning and being equipped with knowledge."
Amelia Senekane, Founder & Director

Amber Horton from Public Health Wales was placed at the Lesotho Red Cross & Heal Our Land Organisation. In just 8 weeks she worked with colleagues to support the development of public health communication resources, monitoring & evaluation tools and planning, policy development and fundraising and communications planning.

"Meeting the children at HOLO and really seeing the positive impact that HOLO is having on the children's lives. Seeing the results really had an impact on the work I was contributing towards."
Amber Horton

HOLO
HEAL OUR LAND ORGANISATION

International Learning Opportunities 2023



"It was interesting to have Hibaq on our team. She assisted in the strengthening of IPC measures, job aids, reporting, data analysis, and cleaning checklists. There were workshops held for clinicians and other supporting staff for IPC measures and that brought a change in the hospital. The IPC measure at community was also improved as they were provided with health education on how to manage their sick children."

Makuena Adel Matlali, District Surveillance Officer



" I managed to co-deliver projects such as setting up cleaning schedules and Infection Prevention Control teachings for the cleaning and healthcare workers. I have already made plans to handover some of my projects to the Betsi Quthing link. I thoroughly enjoyed my time in Quthing. I met and worked with some amazing and dedicated individuals who are truly passionate about their work and communities."

Hibaq Musa, from Cardiff & Vale University Health Board was placed at Quthing Hospital

International Learning Opportunities 2024

"Dr Annette became part of the team and was able to gain their trust and as a result she was able to identify the facilitating and hindering factors to good quality palliative care. She was able to learn the cultural factors related to terminal illness and end of life and was able to add to the knowledge of health care professionals the basics of palliative care such as pain management, selfcare etc."

Tebello Malichaba Lepheane, Founder & CEO of SoHH

"My time in Lesotho has highlighted some of the exceptional good work and dedicated Health professionals working, keen to develop their service further and ensure the best possible palliative care for their patients. It has also shown some of the challenges in place currently. I am very grateful for how open and welcoming everyone has been, keen to discuss the issues and jointly look at different ways of approaching these."

Dr Annette Edwards, Palliative Care Consultant, placed at Starlight of Hope Hospice



International Learning Opportunities 2024



"The ILO was an eye opener, a worthwhile exercise indeed."

Sekonyela Mapetja, the Executive Director of the Lesotho Council of NGO's stated that Laura worked well with his organisation to improve report writing, networking, recruitment, policy brief writing, staff management, time management and work ethics

"The eight weeks were eye-opening and I immersed myself fully into the experience and culture. Everyone was incredibly welcoming and open, I am privileged that people felt comfortable to share their personal experiences with me. One takeaway would be the resilience, passion and dedication of the employees at LCN, despite facing a number of obstacles they never continue not to waiver from their commitment to improving the lives of Basotho."



Laura Harris, Presenting Officier at the UK Home Office was placed at Lesotho Council of NGO's

International Learning Opportunities 2024

Founder & Director said that the ILO placement was

"Productive, inspiring and challenging"

The following Sustainable Development Goals were contributed to:

1. No poverty
2. Zero hunger
3. Good health and wellbeing
4. Quality education
8. Decent work and economic growth
10. Reduced inequalities
17. Partnership for the goals



"Children have the right to good quality health care and to clean water, nutritious food and a clean environment so that they will stay healthy - I have seen first hand what article 24 looks like in practice through this scheme. I see how HOLO is delivering article 24 on the ground. I feel immensely proud and privileged to have been given this opportunity to be a very small part of that."

Kate Murray, Equality, Inclusion & Cymraeg Support Unit Delivery Manager placed at HOLO, Matsieng

Taith 2023 project ‘Thinking the World’



20 schools took part
42 Basotho visitors came to Wales including
27 students
Over 3000 school community members were involved

Ariennir gan
Funded by
Taith

All projects were centered on the Sustainable Development Goals





"My experience in Wales somehow changed the way I think about the environment around me. I now know that I have to take action of the SDGs."
Mahloenyeng High School learner



[TAITH 2022/3 Wales-Lesotho (padlet.com)]



"The Basotho visit to Wales had a massive impact on the whole community, across all age groups from the youngest learners in the nursery school to elderly members of the community, reaching the Cathedral, local businesses and the Rugby Club."

Teacher, Ysgol Penrhyn Dewi

4 Podcasts were made during the Wales visit & edited by the Hub in Morija

"At first we were shy and nervous but we had lots to discuss and we ended up running out of time in the end, we could have said so much more. It was fantastic to have mature and experience based discussions on global themes such as health and education to share experiences and learn from each other."

Bryngwyn learners

"Because of the podcast we made in Wales, we learnt we could use social media more to influence the youth of today and make a change for good"

Morija Girls High School learner



Global Podcasts- click here



World Children’s Day celebration 2023



Click here

“I didn’t picture myself being outside my continent. I also believed some of careers are meant for only rich people. But now, I know that every career opportunity is achievable”

Thaba Tseka High School learner

Dolen Ambassadors 2023-4





Following the success of Taith 1 we launched a new volunteer group for young people - throughout the year they have supported our public events, student training and preparation for Taith 2 Wales visits.

In 2024 our schools Taith project ‘Pride of Place’ begun



30 schools are involved,
89 Welsh visitors visited Lesotho in February with
55 students

All schools collaborated on a creative project to explore their cultural identity, language, history and heritage

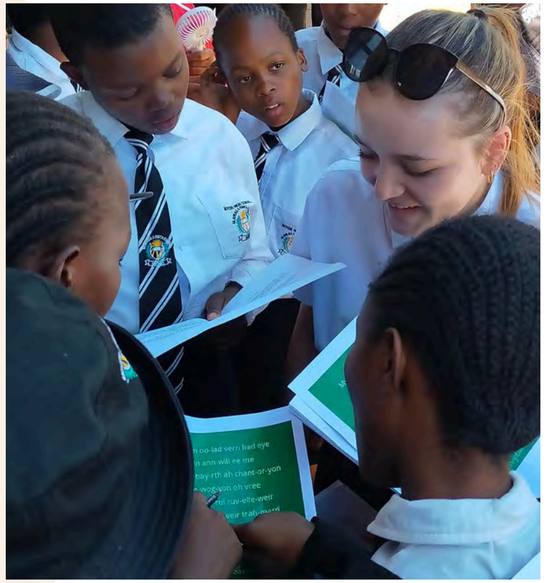
Learners explored what it means to be Welsh and Basotho



Learning about Dylan Thomas & script writing at Pokane High, Quthing



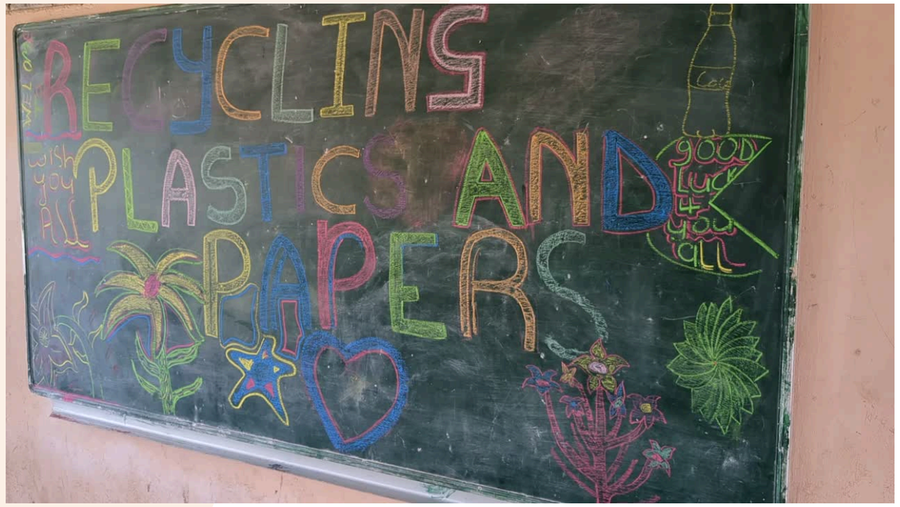
Flag making with local resources at Ntaote High, Thaba Tseka



Learning each other's National Anthems at Moyeni High School, Quthing



Learning about King Moshoeshoe at Thaba Bosiu, with Mahloenyeng High School



Exploring uses of paper & plastic in Thaba Tseka High

Lesotho 200th Anniversary Mokete



CLICK HERE

"This week has been an eye opener for me and everyone else. I've seen my friends change in the way that they live and myself also. I am so so so grateful that I had the chance to make friendships, see how another country lives and how they live from day to day. I think this experience will definitely change me forever and the memories will be with me forever."

Ysgol Bro Myrddin learner

Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government

International Education Programme

In 2023
5 education professionals were placed in Wales for 4 weeks

Unique global learning experiences took place in over 10 Welsh schools with a reach of 28 teachers and 1000 Welsh learners



BRITISH COUNCIL | Wales Cymru

Wales Teacher Placement Programme 2023



CLICK HERE

"Within this short period of time I have learnt and seen visual strategies applied in the pupils' centred class. I also liked the use of screens because pupils' can see the pictures and places, animals, colours of flags etc. I liked the peer assessment as it promotes their self confidence."

WTPP 23 participant

"Mme was very enthusiastic and keen to learn so I feel that she got a great deal out of the programme. The opportunity to visit different settings and teach some classes I feel has been invaluable."

WTPP 23 host school

International Education Programme



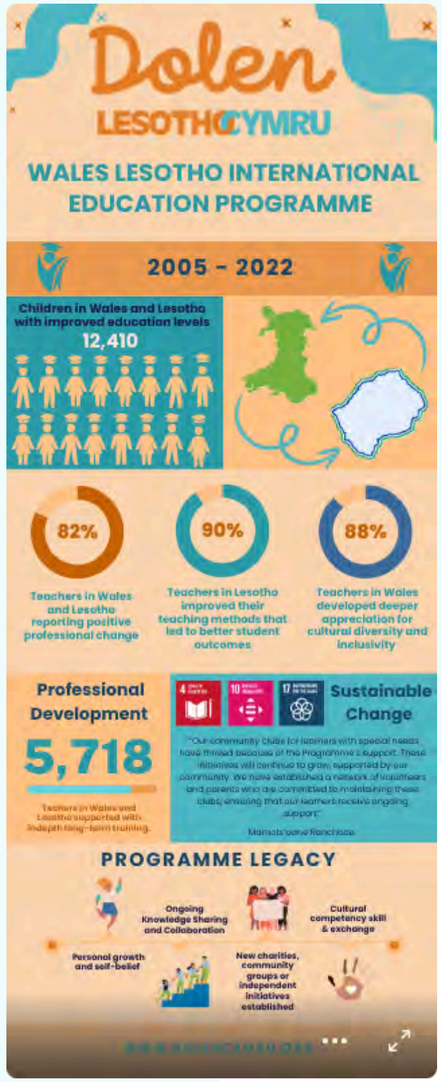
On return to Lesotho their professional development experiences in Wales has impacted Thaba Tseka:
Lesotho College of Education; Thaba Tseka Education Office; Bocheletsana Primary, Auray Primary and Ntaote High school
Teachers are leading new initiatives in literacy, additional learning needs, maths & numeracy and school improvement.

Click here for case studies



Monitoring, Evaluation, Accountability & Learning

During 2024 we begun to conduct in-depth research to measure the impact of our International Education Programme on participants in Wales and Lesotho since it's inception in 2006. The final report will be published later this year.





Click here for statistics

Jolly Phonics teacher training



By May 2023 our team of Jolly Phonics Trainers finalised their work with the Ministry of Education & Training to roll-out 55 workshops across all 10 districts of Lesotho for all Grade 1 teachers and Principals

1372 Principals
1849 teachers
51091 learners

Jolly Futures

KHOTSO PULA NALA

Jolly Phonics Monitoring, Evaluation Accountability & Learning

Dolen published it’s roll-out report & presented it’s findings to the Ministry of Education & Training:

- All Trainers and District officials believe the roll-out was a great success with confidence in the training content
- Teachers who were able to complete the pre and post tests showed that an increase in knowledge was significant in all Districts
- Teacher buy in is high and follow up WhatsApp groups have 1519 members
- The impact on Trainer’s knowledge, skills, confidence and well-being is significant whereby they feel capable as leaders and consider it a huge milestone



Click here for reports

Jolly Futures

Jolly Phonics Leadership



"She presented the lesson very well, learners were very active fighting to read, write letter sounds on the board as well as blending words"
Mrs Lehobo, District Resource Teacher



In late 2023 our team of Jolly Phonics Trainers worked with MoET to lead **19 Monitoring and Evaluation visits**.
These included modelling how to use teacher observation and learner assessment tools.

Jolly Phonics Leadership





In early 2024
10 Leadership workshops were held for 109 Education Officials across the country. They were introduced to the Train the Trainer content given by Jolly Futures to ensure the programme is sustainable

Dolen@40 Heritage Project



Phase one of research into the Wales-Lesotho link began in 2023, led by the Welsh Centre for International Affairs and the National University of Lesotho. This included a call for histories, where 21 people were interviewed; the digitisation of archive materials; the curation of an online timeline & presentations held at Dolen's Annual General Meeting in both nations.

Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government

Dolen
LESOTHO CYMRU

Partners achievements

2023-2024

Dolen LESOTHO CYMRU

Contents

1. Betsi-Quthing Health Partnership
2. Lesotho Rugby Academy
3. Dolen Health group
4. Heal Our Land Organisation
5. Starlight of Hope Hospice
6. Nairasha Legal Support

GIG CYMRU NHS WALES Bwrdd Iechyd Prifysgol Betsi Cadwaladr University Health Board

MINISTRY OF HEALTH BOPHELO

THE LESOTHO RUGBY ACADEMY

RCGP CYMRU WALES

MOHSW LeBoHA Family Medicine Specialty Training Program

Starlight Oasis of Hope Hospice SOHH

NAIRASHA LEGAL SUPPORT

Betsi-Quthing Health Partnership

In June-July the Health Group joined the Betsi-Quthing Health Partnership between the University Health Board in North Wales and Quthing District Health Team in welcoming two of our colleagues from Lesotho to Wales. Sister Thibinyane who is currently the Mental Health Nurse at Quthing Hospital and a Nursing Tutor at Roma School of Nursing was joined by Ntate John Molibeli Bohloko, the Information Officer at Quthing Hospital on a busy visit to Wales.

Their second week was spent meeting colleagues and visiting health facilities across North Wales, including Public Health Wales. The visit was a rich opportunity for deep shared learning and sparked lots of ideas for future projects together as well as furthering and strengthening current programmes of work. A shared learning event on mental health services in Lesotho was hosted by Hub Cymru Africa in Bangor on 1st July and brought together volunteers from the Betsi-Quthing Link, Dolen Cymru and the Bangor African Society.

Photo of visit to Dolgellau Hospital in Snowdonia/Eryri with Sister Thibinyane where we visited the day facilities for supporting people with dementia as well as the hospital outpatient department and new resource room for nursing students on placement at the hospital.

Photo L to R – Aaron Pritchard (Chair Dolen Health Group), Sr Thibinyane (MH Nurse, Lesotho), Anne Thomas (Nurse, Dolgellau Hospital) Josh Walker (Community Mental Health Nurse, Dolgellau) and Prof. Isabel Hargreaves (B-Q Link and Dolen Health Group).



[Delivering Mental Health Programmes in Lesotho - Hub Cymru Africa]

Lesotho Rugby Academy

The LRA programme uses rugby as an educational vehicle to teach school students aged predominantly 10-14 years old important lessons around healthy and responsible lifestyles.



In 2023-4 they reached:

1867 learners
25 schools
52 teachers
51 adults
in Maseru, Buthe-Buthe, Berea, Leribe & Mohales Hoek



Key Achievements - LRA have globally accredited coaches, the programme was extended to 6 months rather than 10 weeks, partnership with the British High Commission enabled new Districts to take part and First Aid Life skills training for Coaches, Federation of Lesotho Rugby (FLR) organized two coaching workshops in Botha-Buthe and in Qachas' Nek , 4 ladies and 5 men are accredited coaches of FLR

THE LESOTHO RUGBY ACADEMY

Primary Health Care training

Dr Ian Happs and Dr Jemma Wright visited Motebang Hospital in Hlotse for a week in November 2023, to support the teaching programme for the Family Medicine Speciality Training Programme (FMSTP). The programme is a partnership between the MoH and the Lesotho Boston Health Alliance (LeBoHA). The doctors from Wales represented Dolen Cymru Lesotho and the Royal College of General Practitioners (RCGP) in Wales .

The topic for the week was mental health, based on the WHO mhGAP programme. The group included FMSTP registrars and local mental health nurses. As well as patient care, time was given to the importance of self care for all mental health workers. The teaching was supported by two colleagues from Wales who joined by video link, consultant child psychiatrist Dr Robynne Wadsworth and Kate Clements from Coed Lleol.



MOHSW LeBoHA Family Medicine Specialty Training Program

RCGP CYMRU WALES

MINISTRY OF HEALTH BOPHELO



Dr Carl Clowes Memorial Fund

'The support from Dr Carl Clowes memorial fund via Dolen Cymru will contribute a long way towards the FMSTP registrars' experiential learning in routine clinical care and especially during surgical rotations. Incision Academy is a great platform for self-paced learning, and registrars have opportunity to orientate and prepare themselves before actual practice under supervision of experienced practitioners. We at FMSTP are thankful for unwavering support from Dolen Cymru.'
Course Director Dr Sebaka Malope

The proceeds of a memorial fund for Dolen founder, Dr Carl Clowes have been donated to the Family Medicine Specialty Training Programme (FMSTP), based at Motebang Hospital in Hlotse, Leribe. The programme was established as a partnership between the Ministry of Health and the Lesotho Boston Health Alliance (LeBoHA) and is the only postgraduate medical education programme in Lesotho.



Representing Dolen Cymru Lesotho, Dr Ian Happs and his wife Sue travelled from Wrexham to Hlotse to see the new education facility and the recently established Centre of Excellence for Primary Care. On 4th March 2024 they were treated to a tour of the excellent facilities and met some of those who will benefit. Handover of the memorial fund was arranged; it will be used to provide access for the registrars to a surgical training platform called 'Incision Academy'.

Pallative Care

In his last duty as Chairperson, Dr Paul Myres visited Maseru for two weeks in November with the founder of the UK Charity and partner in Lesotho, Starlight Oasis of Hope Hospice , Me' Tebello Lepheane



Key Achievements in 2023-4:

- Tebello Lepheane and Paul Myres addressed the Lesotho National Assembly
- Took part in a march through Maseru behind the full military brass band before
- Celebrated World Hospice Day with talks from dignitaries and ourselves.
- Met with the Ministry of Health, the country director for the World Health Organisation and the Ministry of Water.
- HE Mr Harry MacDonald the British High Commissioner hosted a fundraising reception. Following this we will receive 1m LSL (£45,000) from a charity golf tournament and dinner hosted by the Lesotho Standard Bank.
- During the late UK summer we partnered with several international palliative care to run two online training courses for health and social care practitioners in Lesotho each attended by 20 -50 participants.
- Dr Annette Edwards a Wales based Palliative Care consultant worked with SoHH for 4 weeks in early 2024



Heal Our Land Organisation

HOLO is a mental health and peace promoting programme that shall promote and protect education, human dignity, gender equality and public health through training, advocacy, and social mobilization and empowerment strategies in Lesotho as a whole.
They run a Motivational and Educational Club (HOLO MEC) which is for all school grades for both High School and Primary School in Matsieng, it was established in October 2021. Its purpose is to motivate and educate young people

90 learners took part in weekly clubs supporting their learning, life skills & well-being

71 sessions with nutritious meals were delivered between July 2023 & March 2024

7 outreach sessions were delivered

3 psycho-social counselling sessions were delivered

Table tennis club with 13 members was established



"HOLO really really changed my child's life a lot. Even our relationship now is really really nice. So to other kids she's nice and she's playful and HOLO really helped my child even emotionally. She's just happy and doing at school, she's just doing so well. So HOLO everything is just great."

HOLO
HEAL OUR LAND ORGANISATION

HOLO has also received support & donations from International Learning Opportunities participants from Wales

"Kate was such a loving person, she brought so much peace and love to me as the founding director, to the staff members and the committee she members she was able to meet with. Her energy was an inspiration."
Amelia Senekane, HOLO





In 2023/4 HOLO collaborated with 2 ILO volunteers from Wales, during their time there a:

- Table tennis table and equipment was donated by an ILO volunteer
- Table tennis club & network set up
- Installation of 2 toilets and sanitation materials for learners
- WASH workshop for learners was delivered
- An 'Extreme weather events' learner workshop was delivered
- Detailed programme of Governance, business development and M&E support was developed

"Amelia and I worked really well together, we achieved so much in such a short space of time. Both Amelia and I were open to learning, collaboration and change."
Amber Horton, Public Health Wales

Ariennir gan Lywodraeth Cymru
Funded by Welsh Government

Women’s Empowerment




EMPOWERING WOMEN, TRANSFORMING LIVES

Dolen LESOTHO CYMRU

TACKLING VIOLENCE AGAINST WOMEN

In Lesotho, Dolen Cymru worked with Nairasha Legal Support to strengthen the policing response to gender-based violence, aiming to improve rates of reported crime.

In districts of Lesotho with high levels of gender-based violence (GBV), there is an acknowledged need for women to lead the response to the issue. With support from a Gender Empowerment Grant, Dolen Cymru Wales Lesotho Link designed a project to increase female involvement in institutions charged with tackling GBV.

Working in partnership with Nairasha Legal Support – a non-profit social enterprise based in Maseru, Lesotho’s capital city – the partnership provided a platform where women could take a leading role in training frontline responders such as police officers, community leaders, protection committees and village health workers.

12

As part of International Women’s Day in March 2024 Nairasha Legal Support was featured in the Wales-Africa - Empowering Women, Transforming Lives report.

Key Achievements for Nairasha Legal Aid in 2023-4 are:

In 2023, Nairasha kick-started a legal aid project funded by Canada Fund for Local Initiatives that aimed at improving access to justice by marginalised communities, specifically rural communities, women, victims and survivors of GBV.

Through this project, Nairasha conducted:

- Capacity-building workshops for community leaders from different villages in Mafeteng on settlement of disputes using mediation mechanisms
- Trained 30 paralegals from different communities to ensure continuity of availability of legal services, crucial in bridging the gap between marginalised communities, especially women, and the formal justice system,
- Disseminated copies of compilations of simplified, translated laws to address the issue of legal illiteracy and ensure that marginalised groups, including women and girls, are made aware of their rights.
- Conducted legal education community outreach and mobile legal clinic services in the different villages of Mafeteng up taking cases and providing free legal consultations for individual community members.

Nairasha’s Executive Director, Adv. Joanna Jonas participated in an annual regional symposium aimed at the prevention of Gender-Based Violence in Southern Africa convened by the Centre for Study of Violence and Reconciliation (CSVR) in partnership with Africa Legal Aid (AFLA) and the Swedish Embassy to South Africa, both in 2023 and 2024. She was further a Delegate from Lesotho in a Regional Workshop on Access to Justice convened in Namibia by UNODC in 2024

Click here for the report

NAIRASHA
LEGAL SUPPORT

Dolen LESOTHO CYMRU

Fundraising & Celebration

2023-2024







Mokete, June 2023



Line Dance Fundraiser, November 2023









A fantastic and fun evening was held in November 2023 to raise awareness of Dolen and widen our supporter base. Many thanks to those who attended, donated and volunteered with us!

Sentebale
The Princes' foundation for children in Africa





1824-2024
200 YEARS
TSOALO. BOITEKOLO. TSOSOLOSO.



Mokete, February 2024







Moshoeshoe Walk, March 2024

HOLO
HEAL OUR LAND ORGANISATION

LESOTHO COLLEGE OF EDUCATION

GIG CYMRU NHS WALES
Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board

MINISTRY OF HEALTH
BOPHELO

the hub

Starlight Oasis of Hope Hospice
SOHH

Jolly Futures

LESOTHO SINCE 1967
RE THUSA SECHABA
LESOTHO RED CROSS SOCIETY

MoET
Quality Education our Commitment
MINISTRY OF EDUCATION AND TRAINING LESOTHO

Taith

WCVA CGGC

Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government

Thank you to our partners & funders

THE LESOTHO RUGBY ACADEMY

BRITISH COUNCIL | Wales Cymru

RCGP CYMRU WALES

MOTSHWARELOPHA

NAIRASHA
LEGAL SUPPORT

Dolen
LESOTHO CYMRU

Follow us on our socials





Be a friend and support our projects with a regular donation!

Sign up to our newsletter



DOLEN CYMRU - WALES LESOTHO LINK

FINANCIAL ACCOUNTS FOR THE YEAR ENDED 31st MARCH 2024

Company Registration Number: 07578753
Charity Registration Number: 1143448

A. Hughes-Jones, Dyson & Co
Chartered Accountants
Caernarfon

DOLEN CYMRU - WALES LESOTHO LINK

Contents	Page
Independent Examiners Report	1
Statement of Trustees' Responsibilities	2
Income & Expenditure Account	3
Statement Of Financial Activities	4
Balance Sheet	5
Notes	6 - 10

Independent Examiner's Report To The Trustees Of Dolen Cymru - Wales Lesotho Link

I report to the charity trustees on my examination of the accounts of the company for the year ended 31st March 2024, which are set out on pages 2 - 10.

Responsibilities and Basis of Report

As the Charity's trustees of the company (and also its directors for the purpose of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 (the '2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent Examiner's Report

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in s.145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of The Institute of Chartered Accountants in England & Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

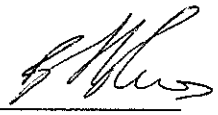
(1) accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or

(2) the accounts do not accord with those accounting records; or

(3) the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or

(4) the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended practice for the accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with this examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



B Hughes FCA
A. Hughes Jones Dyson & Co.
Chartered Accountants & Statutory Auditors
Capel Moreia, South Penrallt
Caernarfon, Gwynedd, LL55 1NS.

Date: 19/12/2024

DOLEN CYMRU - WALES LESOTHO LINK
Statements of Trustees' Responsibilities

The Trustees are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and regulations.

Company law requires the Trustees to prepare financial statements for each financial year. Under that law the Trustees have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;

- make judgements and estimates that are reasonable and prudent;

- state whether the applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial accounts;

- prepare the financial accounts on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure that the financial accounts comply with Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

By Order of the Board

19/12/2024

Date

DOLEN CYMRU - WALES LESOTHO LINK

Income and Expenditure Account For The Year Ended 31st March 2024

	Notes	2024 £	2023 £
Income		461,468	374,254
Direct Expenditure		420,860	386,884
Gross Surplus		40,608	(12,630)
Other Operating Expenditure		-	-
Operating Surplus	2	40,608	(12,630)
Investment Income		543	257
Surplus For The Year		41,151	(12,373)
Funds Balances Brought Forward		127,059	139,432
Funds Balances Carried Forward		168,210	127,059

DOLEN CYMRU - WALES LESOTHO LINK
Statement of Financial Activities for the Year Ended 31st March 2024

Income	Notes	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Voluntary Income	3	10,852	-	**10,852**	15,239
Activities To Generate Funds	4	1,103	-	**1,103**	-
Investment Income - Bank Interest		543	-	**543**	257
Charitable Activities	5	359,869	89,644	**449,513**	359,015
Total Income		372,367	89,644	**462,011**	374,511
Expenditure					
Costs to Generate Funds	6	2,066	-	**2,066**	67
Charitable Activities	7	345,325	73,469	**418,794**	386,817
Total Resources Expended		347,391	73,469	**420,860**	386,884
Net Incoming Resources		24,976	16,175	**41,151**	(12,373)
Transfers Between Funds		13,243	(13,243)	-	-
Net Movement In Funds		38,219	2,932	**41,151**	(12,373)
Fund balances brought forward		96,789	30,270	**127,059**	139,432
Balances Carried forward		135,008	33,202	**168,210**	127,059

DOLEN CYMRU - WALES LESOTHO LINK
Balance Sheet as at 31st March 2024 (Company Number: 07578753)

	Notes	2024		2023	
		£	£	£	£
Fixed Assets					
Tangible Assets	11		846		569
Current Assets					
Debtors	12	27,498		17,502	
Cash at Bank and In Hand		167,423		158,570	
		194,921		176,072	
Liabilities: amounts falling due within one year	13	27,557		49,582	
Net Current Assets			167,364		126,490
Net Assets	15		168,210		127,059
Funds					
Unrestricted	16		135,008		96,789
Restricted	16		33,202		30,270
			168,210		127,059

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st March 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 31st March 2024 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:

(a) ensuring that the company keeps accounting records which comply with Section 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The Financial Statements were approved by the Trustees on the 19th December 2024 and signed on their behalf by:

Oliver Bowler
-Trustee
Oliver Bowler

Victoria Norrish
-Trustee
V Norrish

DOLEN CYMRU - WALES LESOTHO LINK
Notes To The Accounts For The Year Ending 31st March 2024

1 Accounting Policies

Basis Of Accounting
These financial statements have been prepared in accordance with the provisions of Section 1A "Small Entities" Reporting Standard for Smaller Entities and in accordance with the Statement of Recommended Practice of the Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland",the Companies Act 2006 and the SORP Accounting By Charities.
The financial statements have been prepared under the historic cost convention.

Income
All incoming resources are included in the SOFA when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Grants receivable are shown in the Statement of Financial Activities in accordance with the terms of the grants. Grants received for specific purposes are shown as restricted funds.

No amounts are included in the financial statements for services donated by volunteers.

Expenditure
All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on the basis consistent with use of the resources.

Costs of generating funds are costs incurred in order to raise funds for charitable purposes. Charitable activities are costs associated directly with the charity's ongoing projects. Support costs are those costs incurred directly in support of expenditure on the charitable activities. Governance costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

Capitalisation and depreciation of tangible fixed assets
All assets costing more than £300 are capitalised. Fixed assets are included in the balance sheet at cost. Depreciation is provided on all tangible fixed assets at rates calculated to write off the cost on a reducing balance basis over their expected useful economic lives as follows:

Office Equipment- 25% reducing balance

Fund accounting
General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of designated funds is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes.

DOLEN CYMRU - WALES LESOTHO LINK
Notes To The Accounts For The Year Ending 31st March 2024

2	Net Incoming Resources for the year is stated after charging;	2024 £	2023 £
	Independent examiners fees	2,040	1,920
	Depreciation on Tangible Fixed Assets	282	190

3	Voluntary Income	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
	General Donations	6,285	-	6,285	9,548
	Gift Aid	565	-	565	1,714
	Friends Fees	4,002	-	4,002	3,977
		10,852	-	10,852	15,239

4	Activities To Generate Funds	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
	Fundraising	1,103	-	1,103	-
		1,103	-	1,103	-

5	Charitable Activities	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
	Teachers' Development Program	8,260	61,740	70,000	70,000
	Foreign, Commonwealth & Development Office	-	17,250	17,250	25,324
	Welsh Government Wales & Africa	16,500	-	16,500	73,813
	Welsh Government Taith Project	264,249	-	264,249	119,746
	Other Grants	21,639	-	21,639	17,688
	HOLO Project	1,000	10,000	11,000	-
	Services and Recharged Costs	48,221	654	48,875	50,145
	Other Income	-	-	-	2,299
		359,869	89,644	449,513	359,015

DOLEN CYMRU - WALES LESOTHO LINK
Notes To The Accounts For The Year Ending 31st March 2024

6 Costs To Generate Funds	Unrestricted Funds	Restricted Funds	Total Funds 2024	Total Funds 2023
	£	£	£	£
General Fundraising costs	2,066	-	2,066	67
	2,066	-	2,066	67

7 Charitable Activities	Unrestricted Funds	Restricted Funds	Total Funds 2024	Total Funds 2023
	£	£	£	£
Teachers' development Programme & exchange visits	217,502	15,117	232,619	143,798
Volunteer Expenses	12,919	-	12,919	4,880
Project Costs	4,242	24,874	29,116	77,580
Rechargeable Costs	25,968	-	25,968	40,903
Overseas Salaries	6,362	13,065	19,427	19,782
Lesotho office costs	3,286	655	3,941	13,478
Support Costs	75,046	19,758	94,804	86,396
	345,325	73,469	418,794	386,817

8 Support costs	Unrestricted Funds	Restricted Funds	Total Funds 2024	Total Funds 2023
	£	£	£	£
Salaries	58,434	18,851	77,285	66,369
Training & Recruitment	-	-	-	4,215
Office costs	1,881	781	2,662	2,850
Insurance	641	-	641	477
Rent & Rates	1,620	-	1,620	1,620
Bank charges	755	69	824	1,687
Travelling costs	-	-	-	1,426
Website Costs	2,270	-	2,270	2,769
Sundry expenses	1,709	45	1,754	480
Trustee costs	2,033	12	2,045	775
Independent Examination	2,040	-	2,040	1,920
Professional Fees	3,381	-	3,381	1,618
Depreciation	282	-	282	190
	75,046	19,758	94,804	86,396

9 Staff Costs	2024	2023
	£	£
Salaries	73,240	63,881
Social Security Costs	1,122	79
Pension Costs	2,923	2,409
	77,285	66,369

The average number of employees was 4 (2023 4).

DOLEN CYMRU - WALES LESOTHO LINK
Notes To The Accounts For The Year Ending 31st March 2024

10 Trustees

No expenses were re-imbursed to trustees during the current or previous financial year.

11 Tangible Fixed Assets

	Office Furn/ Equipment	Total
Cost	£	£
At 1st April 2023	1,644	1,644
Additions	559	559
As at 31st March 2024	2,203	2,203
Depreciation		
At 1st April 2023	1,075	1,075
Charge for year	282	282
At 31st March 2024	1,357	1,357
Net Book Value		
At 31st March 2024	846	846
At 31st March 2023	569	569

12 Debtors

	2024	2023
	£	£
Trade Debtors	14,433	4,473
Other Debtors	13,065	13,029
	27,498	17,502

13 Liabilities: Amounts falling due within one year

	£	£
Other taxation & Social Security costs	3,436	5,183
Deferred Grants	21,300	27,145
Accruals	2,821	17,254
	27,557	49,582

14 Share Capital

Dolen Cymru - Wales Lesotho Link is a company limited by guarantee and does not have any share capital.

15 Analysis Of Net Assets Between Funds

	Unrestricted Funds	Restricted Funds	Total 2024	Total 2023
	£	£	£	£
Tangible fixed assets	846	-	846	569
Cash at bank and in hand	134,221	33,202	167,423	158,570
Debtors	27,498	-	27,498	17,502
Current liabilities	(27,557)	-	(27,557)	(49,582)
	135,008	33,202	168,210	127,059

DOLEN CYMRU - WALES LESOTHO LINK
Notes To The Accounts For The Year Ending 31st March 2024

16 Analysis Of Movements In Funds

	Balance Forward	Income	Expenditure	Transfers	31/03/2024
Unrestricted Funds	£	£	£	£	£
General Dolen Fund	96,789	372,367	347,391	13,243	135,008
Restricted Funds					
Welsh Centre Fund	12,932	-	-	-	12,932
Rugby Academy	3,350	17,250	16,343	-	4,257
Phelisonong Donation	315	-	-	-	315
Teacher Placement Programme	13,673	62,394	47,424	(13,243)	15,400
HOLO	-	10,000	9,702	-	298
	30,270	89,644	73,469	(13,243)	33,202
	127,059	462,011	420,860	-	168,210

Welsh Centre Fund
The fund was set up in order to raise funds to build, equip and run the Wales Centre Lesotho.

Teachers Placement Programme
This fund was set up following receipt of a three year grant from British Council Wales as part of the Welsh Government's International Education Programme in order to manage the placement of 18 teachers in Lesotho for a period of six months over the term of the grant.

Phelisonong Fund
The fund has been created to finance a sustainable agriculture and co-operative project in Phelisonong. The original funds are now treated as designated and have been transferred from restricted funds.

Lesotho Rugby Academy
The fund was established to finance the Lesotho Rugby Academy which delivers a rugby programme for school children in Lesotho which introduces the children to rugby to improve health and deliver the message about the benefits of healthy living.

HOLO
In partnership with Dolen Cymru Lesotho, Heal Our Land Organisation (HOLO) supports vulnerable and at risk children and young people in the Matsieng region in Lesotho.

DOLEN CYMRU - WALES LESOTHO LINK

England & Wales - Charity number 1143448

Accounts



Dolen Cymru Lesotho
Annual Report
2022-2023

Dolen LESOTHO CYMRU



Dolen LESOTHO CYMRU

President: Lord Michael German

Chair: Paul Myres

Trustees: Dylan Gallanders, Lehlaka Mohapi, Gareth Morgans, Victoria Norrish, Aaron Pritchard, Setempe Phoka, Joanna Jonas, Khoarane Khoarane, Alison Glovers, Kieran Russ, Oli Bowler and Edward Dube

Executive Director (Retired): Veronica German until January 2023

Co-Executive Directors: Catherine Moulogo and Sharon Flint Wood from January 2023 onwards.

Dolen Cymru Wales Lesotho Link

Temple of Peace
Cardiff
CF10 3AP

22 Mabile Road
Maseru 100 or Private Bag 55

Telephone: +44 29 2169 0189

e-mail: swyddfa@dolencymru.org

Charity registration no: 1143448

Registered with FUNDRAISING REGULATOR

From the Chair

I am writing this from Maseru where I have just presented to the National Assembly alongside Mme Tebello Lepheane about palliative care - what a privilege and what an opportunity! This time last year I was introducing our annual celebration in the office garden in Maseru. I was bowled over by the range and depth of our programmes here and the enthusiasm of the presenters and project leads. It was a very colourful and informative afternoon that was live streamed to friends in Wales.

You will see from this report that our programmes go from strength to strength. There is still a lot going on. We have secured funding at a time of extreme financial constraints - no mean achievement.

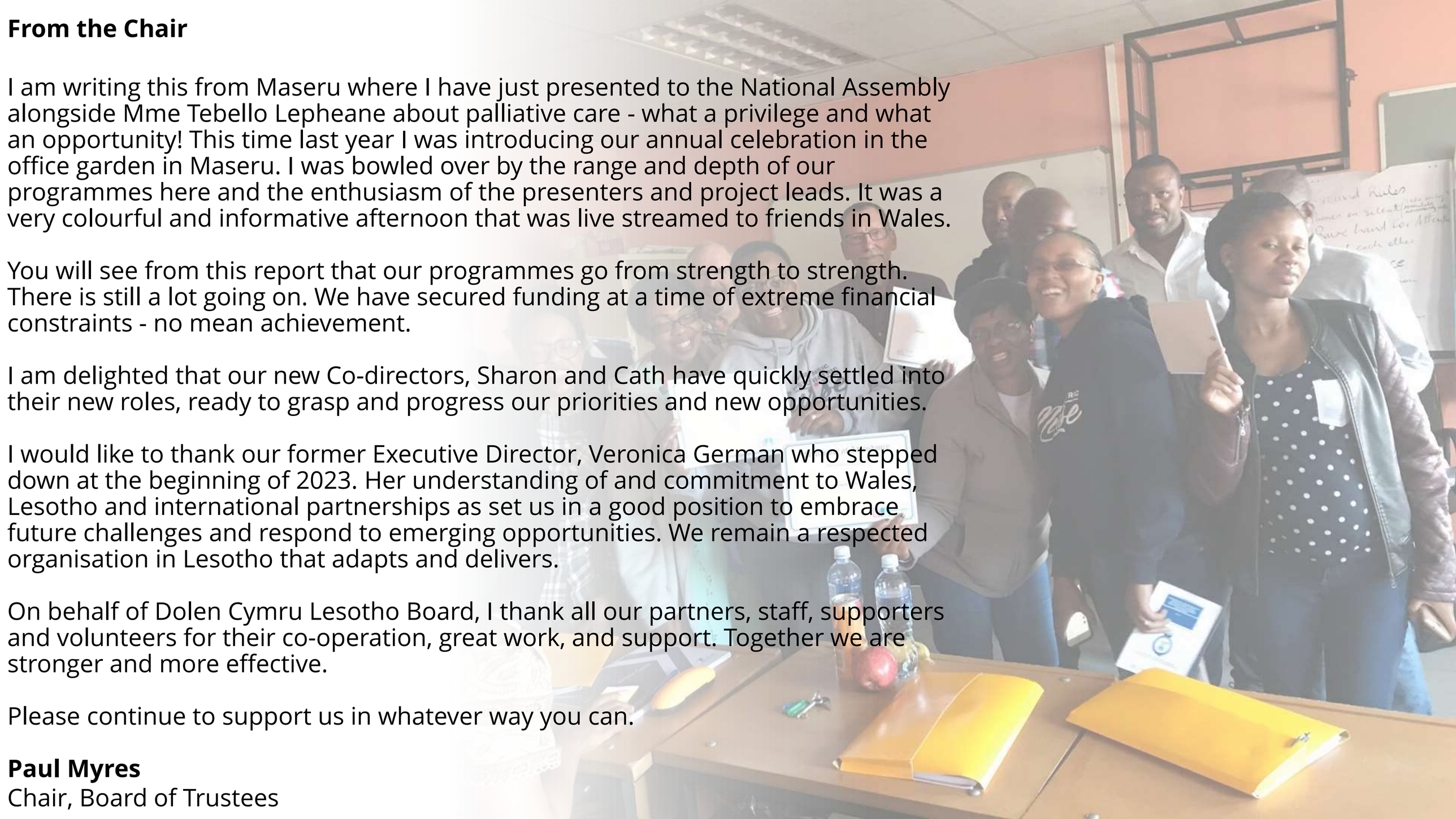
I am delighted that our new Co-directors, Sharon and Cath have quickly settled into their new roles, ready to grasp and progress our priorities and new opportunities.

I would like to thank our former Executive Director, Veronica German who stepped down at the beginning of 2023. Her understanding of and commitment to Wales, Lesotho and international partnerships as set us in a good position to embrace future challenges and respond to emerging opportunities. We remain a respected organisation in Lesotho that adapts and delivers.

On behalf of Dolen Cymru Lesotho Board, I thank all our partners, staff, supporters and volunteers for their co-operation, great work, and support. Together we are stronger and more effective.

Please continue to support us in whatever way you can.

Paul Myres
Chair, Board of Trustees





A word from our new Executive Directors

We have both been involved with Dolen Cymru Lesotho for a number of years working with the former Executive Director. We thank Veronica for building the vibrant charity we have the privilege of leading today and are extremely excited to take on the new co-leadership role she designed. Sharon will be leading the development of our Programmes and Cath will be our Financial and Governance lead.

2022-23 has been an extremely busy year with old and new developments. We returned to face-to-face visits and placements in Wales and Lesotho, we continued to support projects on rugby, resilience and well-being; mentoring & coaching; literacy , numeracy and mental health. We were also very excited to launch our new Taith International Exchange programme and a National roll-out of Jolly Phonics across all Primary schools in Lesotho.

We are very grateful for our dedicated staff, trustees, volunteers and partners in both countries. Without you our work would not exist.

A huge thank you to all of our supporters for your continued generosity to keep our partnership work growing and thriving despite global challenges.

Cath & Sharon

Co-Executive Directors, Dolen Cymru Lesotho



Vision Purpose and Values - Dolen Cymru

Our Vision

Connected and thriving communities in Wales and Lesotho

Our Purpose

Our purpose is to facilitate sustainable projects, partnerships and relationships which have a positive impact on communities in Lesotho and Wales

Our Values

Partnership - Collaboration & Inclusiveness – Responsibility – Responsiveness – Diversity - Recognition

What we've been up to....

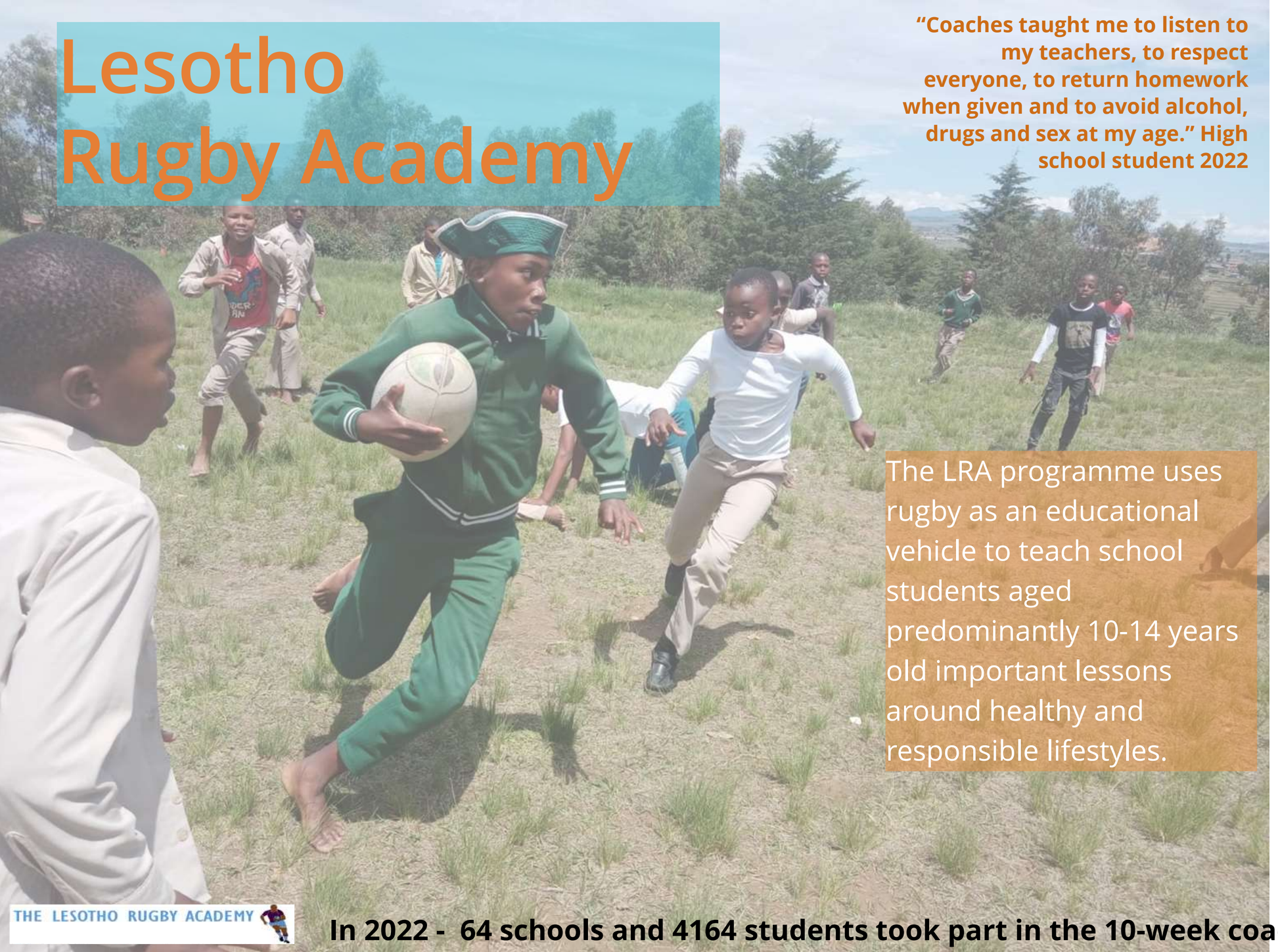
Partnership work

Dolen Cymru Wales Lesotho Link

2022-2023

Lesotho Rugby Academy

“Coaches taught me to listen to my teachers, to respect everyone, to return homework when given and to avoid alcohol, drugs and sex at my age.” High school student 2022



The LRA programme uses rugby as an educational vehicle to teach school students aged predominantly 10-14 years old important lessons around healthy and responsible lifestyles.

THE LESOTHO RUGBY ACADEMY

Lesotho Rugby Academy

The end of September 2022 saw the completion of the successful, 2-year Lesotho Rugby Academy ‘National Scale Up Project’. Funded by the UKAID Small Charities Challenge Fund in partnership with Dolen Cymru Lesotho. The grant enabled the LRA to scale up its pilot programme and deliver to a 108 schools and 8496 learners across the country.

Continuing to partner with Dolen, in 2023, LRA decided to modify the programme from 10 weeks to 6 months. This is to expand their approach, deepen the impact on learners and embed the values and hopefully the sport in each school. Teaching learners' life skills and rugby can raise self-esteem, increase well-being and physical fitness, also rescue them from negative mindset and peer pressure. This has been delivered to **25 schools & 995 learners** so far this year.

In 2022 - 64 schools and 4164 students took part in the 10-week coach-led programme.

Heal our Land Organisation

HOLO is a mental health and peace promoting programme that shall promote and protect education, human dignity, gender equality and public health through training, advocacy, and social mobilization and empowerment strategies in Lesotho as a whole.

They run a Motivational and Educational Club (HOLO MEC) which is for all school grades for both High School and Primary School in Matsieng, it was established in October 2021. Its purpose is to motivate and educate young people

HEAL OUR LAND Facebook



We were honoured to continue to support the Motivational and Educational Club during 2022/3 with a grant from the WCVA, Wales-Africa Partnerships.

The funding enabled a comprehensive bi-weekly programme on catch up learning, resilience, culture and life skills to be delivered to up to **160 young people every month; counselling was offered to 18 vulnerable children**; essential equipment was bought for the club; collaboration with other NGOs and professionals to offer learner workshops on literacy, media and public speaking to name a few.

"I meet kids from different schools and villages, we share ideas and skills and this is important to me as a future leader."

MEC participant

The Hub

Working to foster a community of young people in Lesotho who are skilled, inspired, motivated and socially conscious.

The only initiative of its kind in Lesotho, The Hub is a creative technology lab that seeks to take a creative, collaborative and participatory approach to raising awareness and seeking solutions to social issues.

The Hub

Our WCVA grant supported the Skills and Soup club at The Hub throughout 2022/3. Established during lock down, the club provides 100 children aged between 8-18 and adolescents in Morija and surrounding communities with weekly nutritional meals, life skills, and after-school tuition.

"I am confident and I can stand peer pressure. I am able to take my stand and make positive decisions."

Skills & Soup participant



- **263 Skills & Soup wellness sessions**
- **10,520 meals served**
- **9 wellness outreach sessions held at rural schools**
- **12 visiting wellness facilitator sessions successfully held, led by professional Psychologist**
- **1 garden project started as part of long-term well-being and food sustainability programme for the Hub**
- **4 podcasts created**
- **5 videos created**
- **Play media here**

Betsi Quthing Link – Mental Health Stakeholder training



Project aim: equipping key community leaders and health workers with the understanding and skills to identify people with possible mental health problems and mental illness to better support affected individuals and their families

What we achieved in 2022/23

- ✓ Delivered over 30 training sessions reaching 467 people across a wide range of communities
- ✓ Increased knowledge on topics such as risk factors for mental health, psychosocial support and common psychiatric conditions





'such trainings should be regular' – participant village health centre group

'this has improved our referral process and working relations' – participant police group



Dolen Health Group



October 2022, in Maseru, Isabel Hargreaves presented Moeketsi Lethoko, a certificate of recognition on behalf of Dolen's Health Committee. Moeketsi Lethoko (a Master Trainer at Lesotho Red Cross Society) was recognised for his partnership with Dolen through the pandemic.

We have been a partner with Starlight Oasis of Hope Hospice which aims to set up a community palliative care service Lesotho and build a hospice. SOHH has acquired a site just outside Maseru with permission to use for health purposes. Paul Myres and the Founder Mme Tebello Lepheane made many useful introductions in November 2022 to facilitate the introduction of the new service including meeting the new Prime Minister, the National University of Lesotho, and Ministry of Health. They have also visited Nightingale House Hospice in Wrexham and formed a link there. During the UK summer SOHH delivered online training to over 100 health and social care practitioners in Lesotho through an international collaboration of palliative care trainers including two from Wales. [Home | StarLight Oasis of Hope Hospice (sohhospice.org.ls)]



Last November, Ian Happs a GP from Wrexham and Tebello Lepheane delivered palliative care training to the Family Medicine Specialty Programme in Leribe over one week through a collaboration between Dolen Cymru Lesotho and the Royal College of GPs Wales.



Lesotho Advisory Group

During the former Executive Director, Veronica’s, last visit to Lesotho as ED she set up our Lesotho Advisory Group made up of staff and partners.From left to right:

Lit’sitso Motseremeli (Chair), Advocate Joanna Jonas, Amelia Senekane, Lehlaka Mohapi, Amelia Motsitsi, Bahlakoana Manyanye and Setempe Phoka

Still in its early stages, the intention is that as well as providing expertise from different strands of Dolen's work, the Advisory Group will work with experts, Government officials, and partner organisations in Wales and Lesotho to help ensure that the work of Dolen and our partners is equitable and representative of the wishes and needs of the Basotho professionals and communities we work with.



International Learning Opportunities

Mike found his 8-week ILO placement in Lesotho inspiring and a reminder to persevere when we encounter obstacles here in Wales. Life changing as he will never forget his time there or the amazing, friendly and talented people he crossed paths with.

“My time spent in Lesotho has made me more resilient as a person and I've made some friends for life. I am already thinking of when I can return whether that be for further charitable work or for a holiday, either way I cannot wait to visit again. Thank you to Dolen Cymru for providing me with this opportunity which was a truly enriching experience that will stay with me forever”.

International Learning Opportunities programme | GOV.WALES

What impact has been made....

Projects & Programmes

Dolen Cymru Wales Lesotho Link

2022-2023

Building Resilience with Basotho youth





[SDG 3 HEALTH & WELL-BEING (padlet.com)]

Our WCVA grant funded a schools project in Morija and Matsieng to pilot new learning tools on critical thinking with youth leaders in 11 schools – encouraging them to lead activities with their peers across the 'transition' age between Primary and Secondary school, on difficult topics such as Sexual Health and Gender Based Violence.

We reached:

59 attendees - Wellbeing webinar 2022
30 attendees - World Mental Health Day webinar 2022
Radio shows – 3 episodes aired on Radio Lesotho with 2000 reach on social media
20 schools received book packs of My Hero is You
24 education professionals attended our Teacher Resilience Workshop

"My self-esteem and confidence have increased since I started the resilience sessions. I can speak to my classmates without fear. I was very shy before. I wish all children in the school can be part of this amazing experience."

Student from Matsieng

International Education Programme

Mentoring and Coaching

Since COVID-19 Dolen has partnered with a team of tutors at Thaba Tseka campus of Lesotho College of Education. 4 tutors have developed a teacher training course for schools that host Year 2 student teachers. This course introduces the concepts and skills of Mentoring and Coaching to ‘Co-operating teachers’ so they can best support their mentees.

“The training has helped me because I know that when I give feedback I start with the strength and then the weakness follow so is not to discourage the student”.

Workshop attendee

- 3 workshops have been held throughout 2022/3 reaching 56 ‘Co-operating teachers’
- Dissemination has also happened at Maseru campus of LCE, with plans for further roll-out to all Teaching Practice schools.
- Dolen volunteers lead an M&E visit and met with the M&C team and 11 teachers from 4 of the schools involved



“Before the training the co-op teachers did not take an active conscientious approach to supporting the student teachers progress. However, following the M & C training the teachers now understand what they need to do to support the student teachers who are with them to get better”.

Teacher feedback, Thaba Tseka

Teacher placements

'This was very enjoyable. I'm sure if the pupils solve problems in these ways they will be more motivated and enjoy Mathematics more' Matikoe High School.

WTPP 2022 experiences were shared widely upon return to Lesotho and new skills set in motion with Dolen and NECDOL



3 Maths workshops were led by Dolen volunteers in March 2023.

- 80 student teachers attended a session at Lesotho College of Education.
- 9 teachers attended a meeting and workshop in Maseru



WTPP 2023 recruitment took place during LTPP and 5 educational professionals were prepared to visit Wales in June 2023 and be placed across Llanelli and Kidwelly.



Jolly Phonics Trainers







Dolen's 12 JP trainers spent 2022 preparing for the National Roll out by leading practice workshops in schools, LCE and with District officials to **358 attendees**. They also came together with Jolly Futures to collaborate and run an Advocacy Day event.

All participated an International Literacy day online celebration and Phonics Friday online weekly meetings. They are now leading the way in their schools and mentoring **1381 teachers** via WhatsApp District groups.

"Thanks so much for giving me this opportunity of being a trainer, I have learned a lot more especially in being a good communicator, a problem solver and more I learned more of training skills." Jolly Phonics Trainer

Jolly Phonics National Roll out

“These methods of teaching are so productive, and we are not going to waste any time as we will start it these Monday, we thank Dolen and Jolly Futures for these opportunity.”

Grade 1 Teacher







Between February and May 2023 **1327 Principals & 1849 Grade 1 teachers from 1132 Lesotho primary schools** were trained on Jolly Phonics – a child centred way to teach literacy

Each education centre in all of the 10 Districts received 3-day workshop across all their education centres led by a Dolen Jolly Phonics Trainer and supported by the Ministry of Education. **54 workshops** were conducted in total.

This training and donated teaching resources from Jolly Futures has impacted **51091 Grade 1 learners** in Lesotho. Many schools are using the resources and methodology om other Grades too.

Ysgol Penrhyn Dewi visit Lesotho - Taith

Dolen's new TAITH funded project Thinking the World began in July 2022. This explored SDG 3, 11 and 13 across school partnerships between Wales and Lesotho with schools in North Wales, Pembrokeshire, Cardiff & Carmarthenshire.







13 Welsh learners and teachers visited Lesotho in October 2023

"I feel better informed on what I can do that will make the biggest impact to climate change"

"I was able to learn about how big the world is yet also how connected we are"

"I've learnt that there are more similarities than differences in people between cultures and that issues such as COVID and climate change affect all our lives"

Pupils' comments from Ysgol Penrhyn Dewi

Ysgol Penrhyn Dewi TAITH visit to Lesotho 2022 - YouTube





In November 2022 we held our Annual Celebration in Maseru for the first time. It was live streamed to friends and supporters from across Lesotho and Wales with over **149 views**. This was the perfect opportunity to thank Mme Veronica for her hard work and dedication as Executive Director over the past 10 years.

Watch here

Celebration



Fundraising

As with all charities, raising funds has not been easy. However, we would like to thank our regular donors and those who responded to specific appeals for their generosity.

Thank you





Lllongyfarchiadau!

Marcus Pallot

Aled Morgan

Chris Targett

Delayed London Marathon

The London Marathon was postponed until October 2022. This was our last year of donated places and with TCS taking over from Virgin we only had three places.
But what an effort by our intrepid runners! Over £4000 raised!
Diolch yn fawr iawn

HOLO
HEAL OUR LAND ORGANISATION

LESOTHO COLLEGE OF EDUCATION

GIG CYMRU NHS WALES
Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board

MINISTRY OF HEALTH
BOPHELO

LESOTHO SINCE 1967
RE THUSA SECHABA
LESOTHO RED CROSS SOCIETY

the hub

Starlight Oasis of Hope Hospice
SOHH

Jolly Futures

MoET
Quality Education our Commitment
MINISTRY OF EDUCATION AND TRAINING LESOTHO

Taith

WCVA CGGC

Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government

THE LESOTHO RUGBY ACADEMY

BRITISH COUNCIL | Wales Cymru

Thank you to our partners & funders

Dolen LESOTHO CYMRU

Follow us on our socials





Be a friend and support our projects with a regular donation!

Sign up to our newsletter



Strategic Priorities 2021-26

Work with partners to improve the life-chances and opportunities for people by:

- Enhancing the effectiveness of teaching and learning in Lesotho
- Improve understanding and access to health care in Lesotho
- Improve understanding and access to WASH
- Deliver well-being and sports programmes
- Improve gender equity
- Environment and Climate change

Maintain and expand friendships and professional peer relationships between Lesotho and Wales:

In Education

Support education links & global learning in schools and further & higher education

In Health

Support professional links, mentoring and training

Facilitate cultural understanding and friendship

Secure and increase funding base:

Secure further grant funding for programmes

Careful monitoring of expenditure

Widen and deepen individual supporter base

Highly regarded organisation in Lesotho, Wales and UK:

High standard of governance and leadership

Communicate effectively with supporters, donors, funders and partners

DOLEN CYMRU - WALES LESOTHO LINK

FINANCIAL ACCOUNTS FOR THE YEAR ENDED 31st MARCH 2023

Company Registration Number: 07578753
Charity Registration Number: 1143448

A. Hughes-Jones, Dyson & Co
Chartered Accountants
Caernarfon

Contents **Page**

Independent Examiners Report	1
Statement of Trustees' Responsibilities	2
Income & Expenditure Account	3
Statement Of Financial Activities	4
Balance Sheet	5
Notes	6 - 10

Independent Examiner's Report To The Trustees Of Dolen Cymru - Wales Lesotho Link

I report to the charity trustees on my examination of the accounts of the company for the year ended 31st March 2023, which are set out on pages 2 - 10.

Responsibilities and Basis of Report

As the Charity's trustees of the company (and also its directors for the purpose of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 (the '2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent Examiner's Report

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in s.145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of The Institute of Chartered Accountants in England & Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

(1) accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or

(2) the accounts do not accord with those accounting records; or

(3) the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or

(4) the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended practice for the accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with this examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

B Hughes

_____

B Hughes FCA
A. Hughes Jones Dyson & Co.
Chartered Accountants & Statutory Auditors
Capel Moreia, South Penrallt
Caernarfon, Gwynedd, LL55 1NS. Date: 18th November 2023

DOLEN CYMRU - WALES LESOTHO LINK
Statements of Trustees' Responsibilities

The Trustees are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and regulations.

Company law requires the Trustees to prepare financial statements for each financial year. Under that law the Trustees have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;

- make judgements and estimates that are reasonable and prudent;

- state whether the applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial accounts;

- prepare the financial accounts on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure that the financial accounts comply with Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.



By Order of the Board

28/11/23

Date

DOLEN CYMRU - WALES LESOTHO LINK

Income and Expenditure Account For The Year Ended 31st March 2023

	Notes	2023 £	2022 £
Income		**374,254**	178,592
Direct Expenditure		**386,884**	177,131
Gross Surplus		**(12,630)**	1,461
Other Operating Expenditure		**-**	-
Operating Surplus	**2**	**(12,630)**	1,461
Investment Income		**257**	74
Surplus For The Year		**(12,373)**	1,535
Funds Balances Brought Forward		**139,432**	137,897
Funds Balances Carried Forward		**127,059**	139,432

DOLEN CYMRU - WALES LESOTHO LINK

Statement of Financial Activities for the Year Ended 31st March 2023

	Notes	Unrestricted Funds	Restricted Funds	**Total Funds 2023**	Total Funds 2022
Income		**£**	**£**	**£**	£
Voluntary Income	**3**	14,641	598	**15,239**	13,856
Activities To Generate Funds	**4**	-	-	**-**	1,028
Investment Income - Bank Interest		257	-	**257**	74
Charitable Activities	**5**	137,060	221,955	**359,015**	163,708
Total Income		151,958	222,553	**374,511**	178,666
Expenditure					
Costs to Generate Funds	**6**	67	-	**67**	152
Charitable Activities	**7**	181,487	205,330	**386,817**	176,979
Total Resources Expended		181,554	205,330	**386,884**	177,131
Net Incoming Resources		(29,596)	17,223	**(12,373)**	1,535
Transfers Between Funds		33,162	(33,162)	**-**	-
Net Movement In Funds		3,566	(15,939)	**(12,373)**	1,535
Fund balances brought forward		93,223	46,209	**139,432**	137,897
Balances Carried forward		96,789	30,270	**127,059**	139,432

DOLEN CYMRU - WALES LESOTHO LINK
Balance Sheet as at 31st March 2021 (Company Number: 07578753)

	Notes	2023		2022	
		£	£	£	£
Fixed Assets					
Tangible Assets	11		569		189
Current Assets					
Debtors	12	17,502		5,374	
Cash at Bank and In Hand		158,570		219,136	
		176,072		224,510	
Liabilities: amounts falling due within one year	13	49,582		85,267	
Net Current Assets			126,490		139,243
Net Assets	15		127,059		139,432
Funds					
Unrestricted	16		96,789		93,223
Restricted	16		30,270		46,209
			127,059		139,432

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st March 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31st March 2023 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:

(a) ensuring that the company keeps accounting records which comply with Section 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The Financial Statements were approved by the Trustees on 2023 and signed on their behalf by:

-Trustee

-Trustee

DOLEN CYMRU - WALES LESOTHO LINK
Notes To The Accounts For The Year Ending 31st March 2023

1 Accounting Policies

Basis Of Accounting
These financial statements have been prepared in accordance with the provisions of Section 1A ''Small Entities'' Reporting Standard for Smaller Entities and in accordance with the Statement of Recommended Practice of the Financial Reporting Standard 102 ''The Financial Reporting Standard applicable in the UK and Republic of Ireland'',the Companies Act 2006 and the SORP Accounting By Charities.
The financial statements have been prepared under the historic cost convention.

Income
All incoming resources are included in the SOFA when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Grants receivable are shown in the Statement of Financial Activities in accordance with the terms of the grants. Grants received for specific purposes are shown as restricted funds.

No amounts are included in the financial statements for services donated by volunteers.

Expenditure
All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on the basis consistent with use of the resources.

Costs of generating funds are costs incurred in order to raise funds for charitable purposes. Charitable activities are costs associated directly with the charity's ongoing projects. Support costs are those costs incurred directly in support of expenditure on the charitable activities. Governance costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

Capitalisation and depreciation of tangible fixed assets
All assets costing more than £300 are capitalised. Fixed assets are included in the balance sheet at cost. Depreciation is provided on all tangible fixed assets at rates calculated to write off the cost on a reducing balance basis over their expected useful economic lives as follows:

Office Equipment- 25% reducing balance

Fund accounting
General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of designated funds is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes.

DOLEN CYMRU - WALES LESOTHO LINK
Notes To The Accounts For The Year Ending 31st March 2023

2	**Net Incoming Resources for the year**	**2023**	2022
	is stated after charging;	**£**	£
	Independent examiners fees	**1,920**	1,800
	Depreciation on Tangible Fixed Assets	**190**	64

3	**Voluntary Income**	Unrestricted Funds	Restricted Funds	**Total Funds 2023**	Total Funds 2022
		£	**£**	**£**	£
	General Donations	8,950	598	**9,548**	3,850
	Gift Aid	1,714	-	**1,714**	4,785
	Friends Fees	3,977	-	**3,977**	5,221
		14,641	598	**15,239**	13,856

4	**Activities To Generate Funds**	Unrestricted Funds	Restricted Funds	**Total Funds 2023**	Total Funds 2022
		£	**£**	**£**	£
	Fundraising	-	-	**-**	1,028
		-	-	**-**	1,028

5	**Charitable Activities**	Unrestricted Funds	Restricted Funds	**Total Funds 2023**	Total Funds 2022
		£	**£**	**£**	£
	Teachers' Development Program	-	70,000	**70,000**	54,000
	Foreign, Commonwealth & Development Office	-	25,324	**25,324**	32,024
	Welsh Government Wales & Africa	73,813	-	**73,813**	39,163
	Welsh Government Taith Project	-	119,746	**119,746**	-
	Other Grants	17,688	-	**17,688**	16,053
	Services and Recharged Costs	43,260	6,885	**50,145**	13,068
	Other Income	2,299	-	**2,299**	9,400
		137,060	221,955	**359,015**	163,708

DOLEN CYMRU - WALES LESOTHO LINK
Notes To The Accounts For The Year Ending 31st March 2023

6	**Costs To Generate Funds**	Unrestricted Funds	Restricted Funds	**Total Funds 2023**	Total Funds 2022
		£	£	**£**	£
	General Fundraising costs	67	-	**67**	152
		67	-	**67**	152

7	**Charitable Activities**	Unrestricted Funds	Restricted Funds	**Total Funds 2023**	Total Funds 2022
		£	£	**£**	£
	Teachers' development Programme & exchange visits	17,035	126,763	**143,798**	1,820
	Volunteer Expenses	2,828	2,052	**4,880**	4,888
	Project Costs	56,147	21,433	**77,580**	54,796
	Rechargeable Costs	40,903	-	**40,903**	13,246
	Overseas Salaries	7,941	11,841	**19,782**	12,354
	Lesotho office costs	1,055	12,423	**13,478**	4,076
	Support Costs	55,578	30,818	**86,396**	89,875
		181,487	205,330	**386,817**	176,979

8	**Support costs**	Unrestricted Funds	Restricted Funds	**Total Funds 2023**	Total Funds 2022
		£	£	**£**	£
	Salaries	39,423	26,946	**66,369**	64,748
	Training & Recruitment	1,967	2,248	**4,215**	6,131
	Office costs	2,153	697	**2,850**	2,559
	Insurance	477	-	**477**	297
	Rent & Rates	1,620	-	**1,620**	1,620
	Bank charges	1,348	339	**1,687**	1,089
	Travelling costs	1,426	-	**1,426**	843
	Website Costs	2,769	-	**2,769**	2,876
	Sundry expenses	442	38	**480**	424
	Trustee costs	775	-	**775**	132
	Independent Examination	1,920	-	**1,920**	1,800
	Professional Fees	1,068	550	**1,618**	3,216
	Depreciation	190	-	**190**	64
		55,578	30,818	**86,396**	89,875

9	**Staff Costs**	**2023**	2022
		£	£
	Salaries	**63,881**	61,694
	Social Security Costs	**79**	611
	Pension Costs	**2,409**	2,443
		66,369	64,748

The average number of employees was 4 (2022 4).

DOLEN CYMRU - WALES LESOTHO LINK
Notes To The Accounts For The Year Ending 31st March 2023

10 Trustees

No expenses were re-imbursed to trustees during the current or previous financial year.

11 Tangible Fixed Assets

	Office Furn/ Equipment	Total
Cost	**£**	**£**
At 1st April 2022	1,074	1,074
Additions	570	570
As at 31st March 2023	1,644	1,644
Depreciation		
At 1st April 2022	885	885
Charge for year	190	190
At 31st March 2023	1,075	1,075
Net Book Value		
At 31st March 2023	569	569
At 31st March 2022	189	189

12 Debtors

	2023	2022
	£	£
Trade Debtors	**4,473**	1,204
Other Debtors	**13,029**	4,170
	17,502	5,374

13 Liabilities: Amounts falling due within one year

	£	£
Other taxation & Social Security costs	**5,183**	1,043
Deferred Grants	**27,145**	81,100
Accruals	**17,254**	3,124
	49,582	85,267

14 Share Capital

Dolen Cymru - Wales Lesotho Link is a company limited by guarantee and does not have any share capital.

15 Analysis Of Net Assets Between Funds

	Unrestricted Funds	Restricted Funds	Total 2023	Total 2022
	£	£	**£**	£
Tangible fixed assets	569	-	**569**	189
Cash at bank and in hand	139,610	18,960	**158,570**	219,136
Debtors	6,192	11,310	**17,502**	5,374
Current liabilities	(49,582)	-	**(49,582)**	(85,267)
	96,789	30,270	**127,059**	139,432

DOLEN CYMRU - WALES LESOTHO LINK
Notes To The Accounts For The Year Ending 31st March 2023

16 Analysis Of Movements In Funds

	Balance Forward	Income	Expenditure	Transfers	31/03/2023
Unrestricted Funds	£	£	£	£	£
General Dolen Fund	93,223	151,958	181,554	33,162	96,789
Restricted Funds					
Welsh Centre Fund	21,820	-	8,888	-	12,932
Rugby Academy	10,380	25,325	22,421	(9,934)	3,350
Phelisonong Donation	315	-	-	-	315
Teacher Placement Programme	13,694	71,068	52,115	(18,974)	13,673
Taith Project	-	126,160	121,906	(4,254)	-
	46,209	222,553	205,330	(33,162)	30,270
	139,432	374,511	386,884	-	127,059

Welsh Centre Fund

The fund was set up in order to raise funds to build, equip and run the Wales Centre Lesotho.

Teachers Placement Programme

This fund was set up following receipt of a three year grant from British Council Wales as part of the Welsh Government's International Education Programme in order to manage the placement of 18 teachers in Lesotho for a period of six months over the term of the grant.

Phelisonong Fund

The fund has been created to finance a sustainable agriculture and co-operative project in Phelisonong. The original funds are now treated as designated and have been transferred from restricted funds.

Lesotho Rugby Academy

The fund was established to finance the Lesotho Rugby Academy which delivers a rugby programme for school children in Lesotho which introduces the children to rugby to improve health and deliver the message about the benefits of healthy living.

Taith Project

Taith international exchange (schools) program is a Welsh Government initiative to create opportunities for learners and teachers to work with international partnerships and make learning exchange visits to promote innovation, global citizenship, inclusivity and life skills.

DOLEN CYMRU - WALES LESOTHO LINK

England & Wales - Charity number 1143448

Accounts



Dolen Cymru Lesotho Annual Report 2020-21

Dolen LESOTHO CYMRU



Dolen LESOTHO CYMRU

President: Lord German

Chair: Paul Myres

Treasurer: Shaun Croeser (until31/12/21)

Trustees: Dylan Gallanders, Janet Ivimey-Cook, (until 15/8/22), Lehlaka Mohapi, Gareth Morgans, Florence Ngobeni-Allen(until 19/2/22), Victoria Norrish, Aaron Pritchard, Setempe Phoka (from 26/5/22)

Executive Director: Veronica German

Dolen Cymru Wales Lesotho Link
Temple of Peace
Cardiff
CF10 3AP

Telephone: +44 29 2169 0189

e-mail: swyddfa@dolencymru.org

Charity registration no: 1143448

Registered with FUNDRAISING REGULATOR

From the Chair

I am delighted to introduce the 21/22 Annual report for Dolen Cymru Lesotho. Our projects covering a variety of disciplines have progressed well. Our partners in Lesotho are taking more responsibility for the nature and operation of work supported through Dolen Cymru Lesotho. We have maintained Wales involvement largely on line for another year. Our new look website has been well received and is communicating better to our supporters in Lesotho, Wales and beyond.

This will be the last report produced by our Executive Director, Veronica German. She took on the role in 2012 at a time of financial insecurity. Since then, the charity has been successful in obtaining numerous grants for a variety of projects as well as maintaining a supporter base. We remain a friendship organisation but are also recognised as a committed facilitator in effective partnership working. We have embraced new relationships with overseas partners, new ways of working including digital, and continued to support global awareness in Welsh schools. None of this would have materialised without Veronica's development of a talented operational team and determination to fight Dolen's corner in an increasingly competitive environment of overseas partnership working. We are very grateful for her insight, leadership and tenacity.

I have heard feedback from our projects first hand and witnessed the enthusiasm and passion of our partners. I know our new Co-directors to be experienced and full of ideas. We will be setting up a new Advisory Group based in Lesotho. Dolen Cymru Lesotho is in a good place to continue to contribute to wellbeing and the seizing of opportunities in both Lesotho and Wales. Watch this space!

Paul Myres

Chair, Board of Trustees

A word from our Executive Director

As we emerged from the pandemic the last year, with a few false starts, our work continued to resume and grow again. A huge thanks to all the staff and volunteers in both Wales and Lesotho who kept going through the difficult times.

A wide range of programmes have been supported in the last year, from the Lesotho Rugby Academy to work with vulnerable children and women to build up resilience and address gender based violence. School linking projects continued even though visits could not take place with some amazing online work and collaborations where it was great to see over 400 trees planted. Now we look forward to the exchanges on the Taith programme funded by Welsh Government. Our literacy , mentoring and numeracy work continues to take great strides and it is really exciting to be working with Jolly Futures on phonics teaching.

Thanks to all our supporters for your continued generosity and a special thanks to our intrepid fund raisers last year.

I am so pleased to see how our partnership work has grown over the last few years. This is reflected in the number of trustees and staff based in Lesotho. Which is continuing to grow.

This is my last Annual Report, after 11 years I am retiring from this role. It hasn't always been easy but it has definitely been an amazing experience! The beautiful Mountain Kingdom will always have a place in my heart.

Veronica German

Executive Director, Dolen Cymru Lesotho





Our Vision

Connected and thriving communities in Wales and Lesotho

Our Purpose

Our purpose is to facilitate sustainable projects, partnerships and relationships which have a positive impact on communities in Lesotho and Wales

Our Values

Partnership - Collaboration & Inclusiveness – Responsibility – Responsiveness – Diversity - Recognition

What we've been up to!

Dolen Cymru Wales Lesotho Link

2021-2022



Partnership work

Lesotho Rugby Academy(LRA)



Project Aims	Targets	Achieved
Deliver the programme to learners	5,00	8,496
Deliver the programme in schools	85+	130
Deliver the program in districts outside Maseru	8	7

Back in 2020, Dolen Cymru and the LRA secured a Small Charities Challenge Fund grant to scale-up a pilot project aimed at tackling social problems in Lesotho through a 10-week national rugby programme, the Lesotho Rugby Academy (LRA).

Delivered to young boys and girls in schools across Lesotho over 30 months, in the poorest and most vulnerable areas of the country, trained coaches attended the schools each week, to deliver two-hour sessions with 30-70 children.

Critically, alongside the sports coaching, important group discussions were planned around key life skills and topics such as gender equality, good nutrition, and the prevention of HIV and AIDS.

LRA

Gender Equality and Inclusion



Sport is one of the most powerful platforms for promoting gender equality and empowering women and girls. The LRA is making a positive contribution in rugby to support girls to achieve at all levels.

Equality and encouraging inclusion is the central message of the LRA and students from Mount Royal High School with hearing impairments were offered a safe, enjoyable and positive rugby experience. Working with the teachers, the coaches adapted the lessons and methods of delivery to overcome communication barriers.

Teachers have commented on how being a part of the programme has 'transformed the learners'



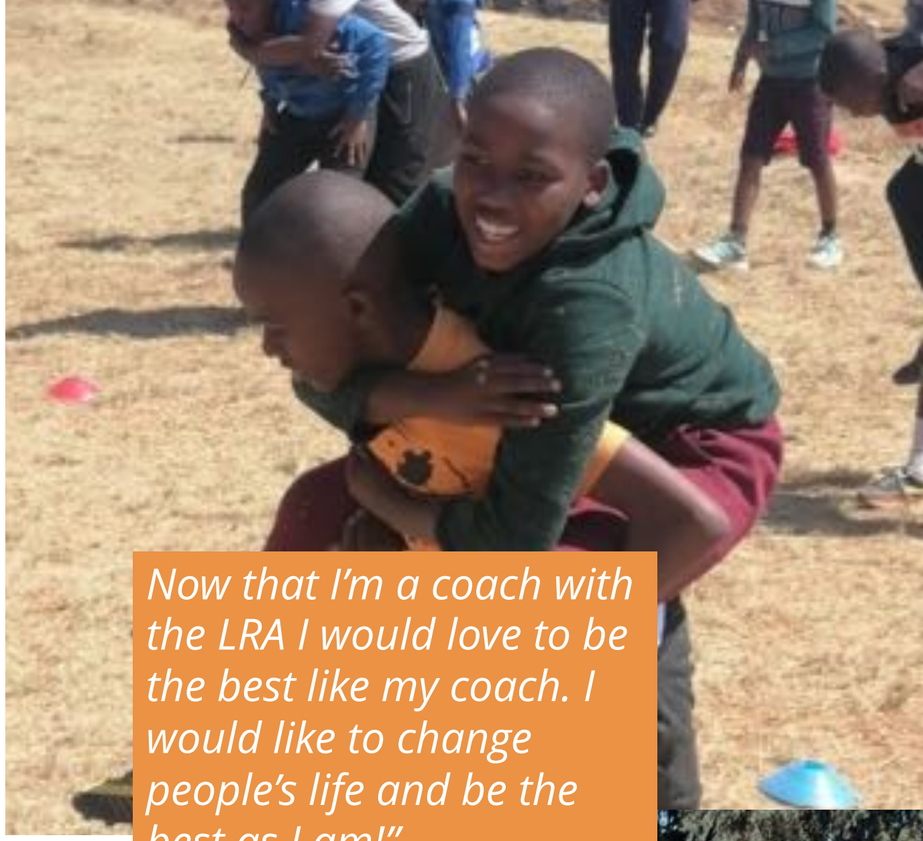
LRA

Inspiring the next generation

17 PARTNERSHIPS FOR THE GOALS

Tsebo Mokhahlane, teacher at Mazenod High School.

'Ever since rugby programmes have been introduced in my school, we have seen our learner changing their behaviour and focussing more this time. They are now able to work as a team more than before.'



Now that I'm a coach with the LRA I would love to be the best like my coach. I would like to change people's life and be the best as I am!"
Coach Alex





The LRA believes in the power of sport as a vehicle for driving positive solutions to important social issues in Lesotho. We have enabled boys and girls to engage with rugby at many different levels – from recreational to elite.

Going forward, we hope that the successes of this funded Scale Up Project will give us an even stronger platform upon which to seek further funding to continue to improve the life chances of the young people in Lesotho.

Catch up & wellbeing

Learners in Lesotho have been badly affected by the COVID pandemic. As part of our COVID adaptation grant from Wales and Africa we have created radio shows for home learning. These include shows on Jolly Phonics, My Hero is You and Actions for Heroes.





Link to YouTube

This programme came to a close in March 2022. The weekly ‘Well-being Wednesday” activities proved to be immensely popular and a highly successful online webinar in October 2022 was attended by over 60 teachers across Lesotho.

Resilience Project

Cynllun Grantiau Cymru o Blaid Affrica
Llywodraeth Cymru

WCVA CGGC

Ariennir gan Lywodraeth Cymru
Funded by Welsh Government

Welsh Government's Wales for Africa
Grant Scheme



April 2022 saw the start of Dolen's second Well-being Project concentrating on resilience for learners.

It includes:

1. ***Reducing the learning gap*** - through extra curricular clubs in Morija.

2. ***Developing a resilience skills toolkit*** to be used with learners transitioning from Primary to High school. This will be piloted with schools in Matsieng.

3. ***Teacher Training*** on how to use the toolkit and promote youth leadership for well-being and resilience.

Following on from the successful translation and broadcast of the 'My Hero is You' book during 2020, the next 'My Hero is You 2021' was translated, printed for schools and three radio shoes were aired during the school holidays. Funding for this was supplemented by donations from the Christmas appeal.

Resilience Project in action



Well-being webinars aimed at teachers were held in April, August and October, reaching over 60 teachers to help them support their learners as they returned to the learning environment following lockdown.



The project supported weekly Skills and Soup sessions with Morija Hub reaching 100 learners living in Morija and surrounding villages, many of whom live in poverty, and some of whom have experienced gender-based violence and domestic abuse.



The aims of this work include lowering the incidence of gender-based violence through life skills and mental health programming which educates participants about the definitions of abuse and where to find help if they are being abused.

Resilience Project in action



Working with partners is key to this project. As well as Morija Hub this work is delivered through a small NGO called ‘Heal Our Land Organisation’ or HOLO based in Matsieng.



HOLO runs a weekly MEC (Motivation and Education Club) for 60 learners in the Matsieng area. Some of the participants walk for many kilometers to attend the club.



Learners who have been identified with social or psycho-social needs are referred to the club by their teachers.

Women’s Empowerment



This project came from a group of women lawyers in Lesotho and is funded by Hub Cymru Africa.



Its aim was to develop policing that is sensitive to the needs of women and empower more women to take a stand against and report cases of Gender Based violence.



Following an in depth research exercise a plan was devised to deliver training to law enforcement officers, local community leaders, village health workers and survivors

Women’s Empowerment

Strengthening Law Enforcement Capacity for Gender-based Violence Response in Lesotho



The two districts which had the highest level of Gender Based Violence, Mafeteng and Berea. Were chosen for the training



Training covered the Law and Human Rights related to GBV; sex, gender and consent; psycho social support for survivors.



Village Health Workers (VHWs) and survivors learned about Safe Spaces and activities that can help.

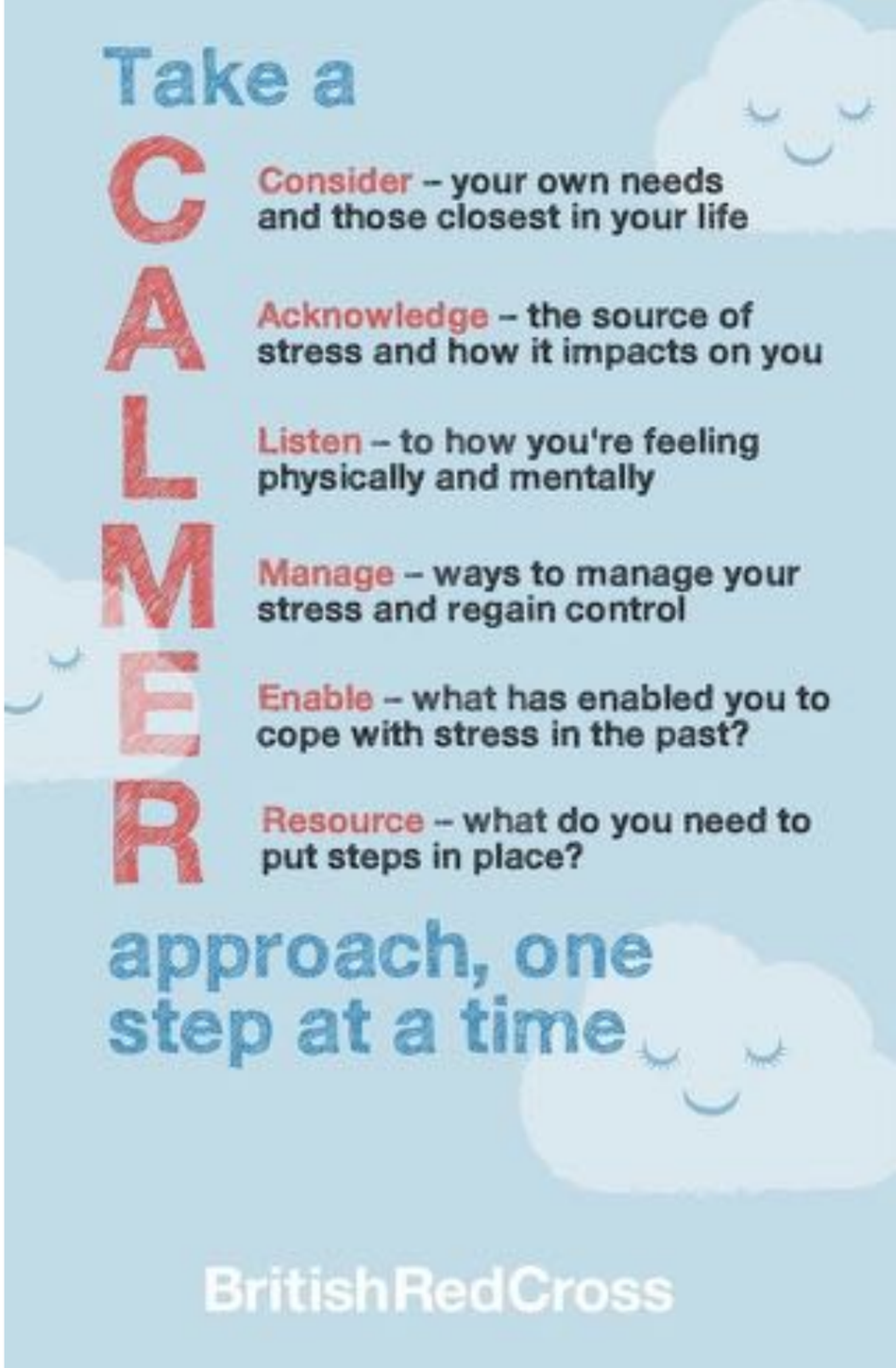
Supporting Partners

Mental Health First Aid
Betsi Quthing Partnership

Supporting the understanding of mental ill health has been a core component of Dolen Cymru Lesotho's work in Lesotho.

We supported our colleagues in the Besti Quthing Partnership with the delivery of a Mental Health First Aid Project.

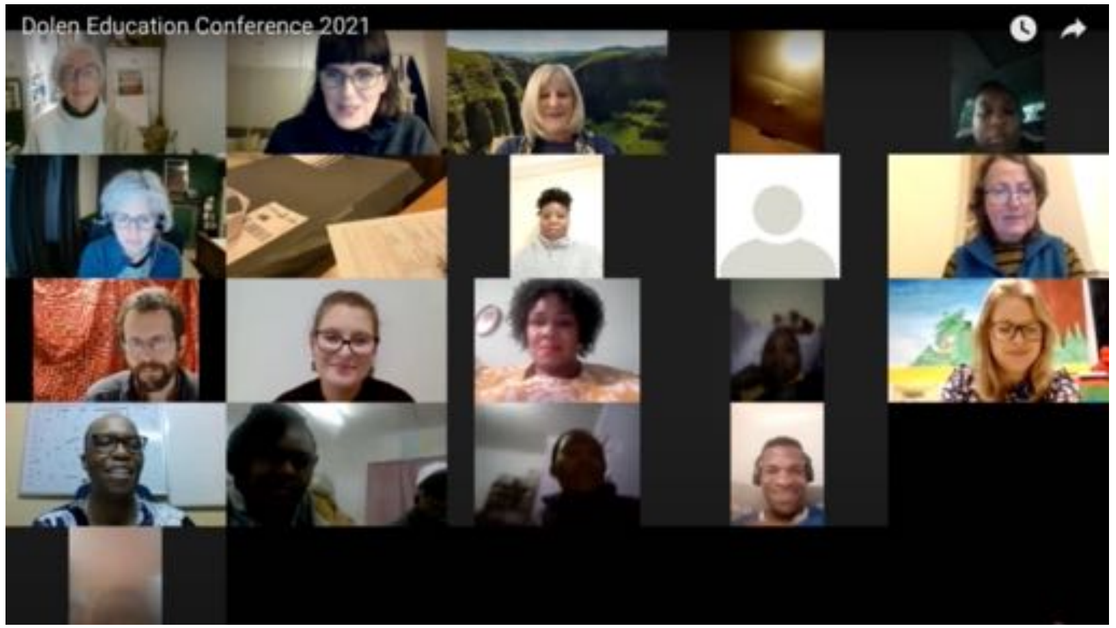
The project was aimed at equipping key community health leaders and those health workers who have had no mental health training, with the understanding and skills to identify people with possible mental health problems and mental illness.





Lesotho Teacher Placement Programme
Literacy and Phonics

Online work continued



Dolen Cymru Lesotho Education conference with presenters from Lesotho and Wale covered a wide range of topics including – Mentoring & Coaching, Catch up clubs, Jolly phonics including train the trainer and Sesotho phonics, school linking and the SDGs and Walk the Global Walk

One positive to come out of the Covid lockdown was the increase in online activities in both Lesotho and Wales. This continued into the 2021-22 year. Our online Education Conference was held in November 2021 with over 50 attendees and even more views online.

Links with the Lesotho College of Education (LCE) continued as part of the International Education Programme (IEP). IN 2021 online Maths sessions took place with Year 3 students, High School teachers and lecturers in Thaba Tseka.

Four lecturers developed our Mentoring and Coaching course to deliver to local school and the Maseru LCE campus staff.

Teacher placements

Three Welsh volunteers have been recruited to visit Lesotho in March 2023 as part of the Lesotho Teacher Placement (LTPP).

The Wales Teacher Placement Programme part of the International Education Programme (IEP) brings Basotho teachers to Wales.

Four Basotho volunteers have been recruited to visit Wales in June 2023 as part of WTPP



Teacher Khosi at Ninian Park PS

Khosi Mofolisa came to Wales in July 2022 where students at Ninian Park Primary School had a fantastic time trying on traditional Lesotho blankets and ‘mokorotlo’ hats.



Cardiff Flying start share ideas

Learning from Cardiff Flying Start how they are helping children to kick start learning at the early stage. Lessons to be shared with colleagues in Lesotho.

Jolly Phonics



Two Basotho trainers in Namibia for the roll out and training with other trainers from the continent



15 workshops have taken place reaching 284 teachers, Principals and student teachers and an estimated reach of 6968 learners



12 Jolly Phonics trainers have now qualified following a rigorous online training and workshop delivery across four districts

Sesotho Phonics



Two Sesotho Phonics leaders have trained over 20 Grade 1 and 2 teachers in Quthing across 6 schools and reaching an estimated 400 learners



Watch the video from Quthing

School linking



Watch the video on YouTube

Fantastic new resources have been made for schools linked with Lesotho exploring a number of the Sustainable Development Goals

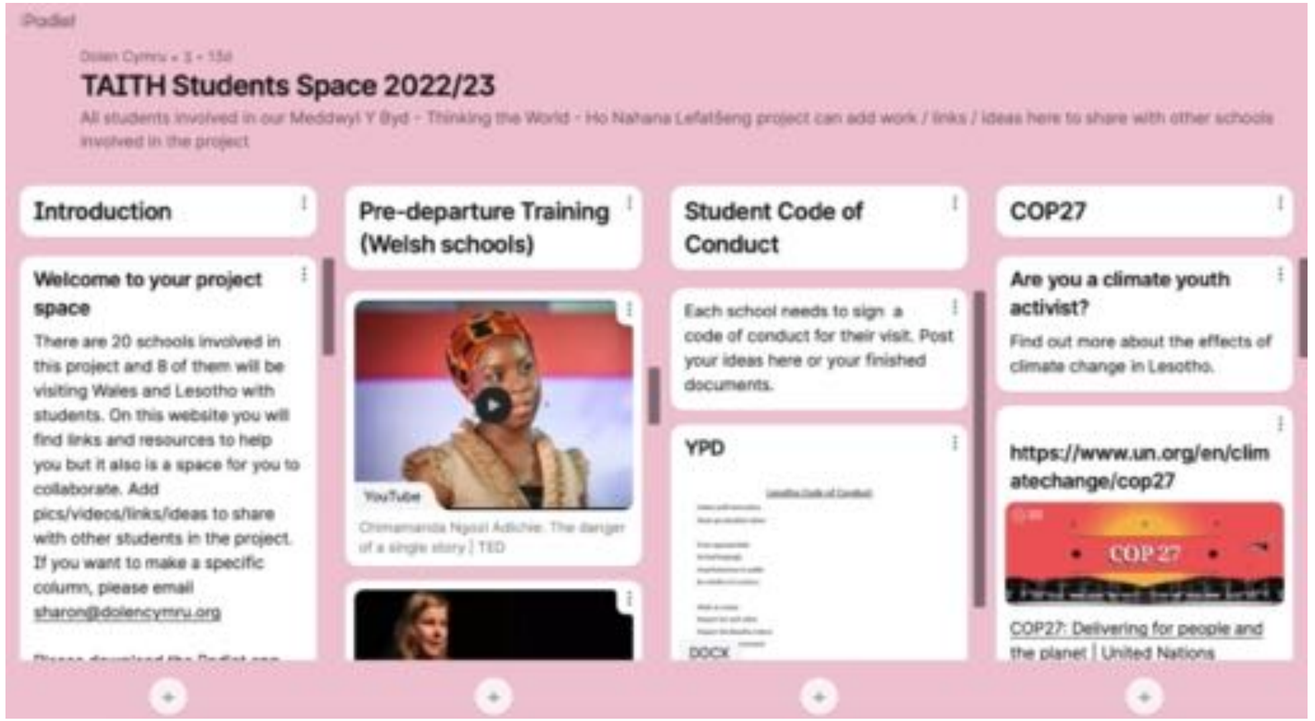
December 2021 saw CCGL projects conclude with over 400 trees planted in Lesotho and celebrated via Zoom with 40 schools and over 75 views



Earth Day activities were led online with Awel Aman Taw, Egni Coop and Africa's Gift with over 500 pupils in Wales joining with schools in Lesotho to discuss SDG13 and SDG7 and come together to be global energy warriors.

Taith

“Taith is Wales’ new international learning exchange programme, creating life-changing opportunities to travel, volunteer, learn and experience.”



Dolen’s new TAITH funded project Thinking the World began in July 2022. This will explore SDG 3, 11 and 13 across school partnerships between Wales and Lesotho with schools in North Wales, Pembrokeshire, Cardiff & Carmarthenshire.

36 teachers from 20 schools have been recruited to take part in both Wales and Lesotho. This includes 8 schools taking part in country visits with students travelling to their partner schools. Pre departure training and support to participant schools is being delivered by Dolen Cymru Lesotho, with dedicated information on Padlet.



Fundraising

Thank you

As with all charities, raising funds has not been easy. However, we have to thank our regular donors and those who responded to specific appeals for their generosity.



‘Give a child a book for Christmas’ Appeal



Children in Lesotho have loved listening to and reading My Hero is You a special book produced by the UN to help children through the COVID-19 pandemic. Last Christmas our appeal was to raise funds to translate and produce the stories for Basotho children.

Thanks to kind donations hundreds of books were printed and distributed to schools.

You can read the book here





Lllongyfarchiadau!

Marcus Pallot

Aled Morgan

Chris Targett

Delayed London Marathon

The London Marathon was postponed until October 2022. This was our last year of donated places and with TCS taking over from Virgin we only had three places.
But what an effort by our intrepid runners! Over £4000 raised!
Diolch yn fawr iawn



Strategic Priorities 2021-26

Work with partners to improve the life-chances and opportunities for people by:

- Enhancing the effectiveness of teaching and learning in Lesotho
- Improve understanding and access to health care in Lesotho
- Improve understanding and access to WASH
- Deliver well-being and sports programmes
- Improve gender equity
- Environment and Climate change

Maintain and expand friendships and professional peer relationships between Lesotho and Wales:

In Education

Support education links & global learning in schools and further & higher education

In Health

Support professional links, mentoring and training

Facilitate cultural understanding and friendship

Secure and increase funding base:

Secure further grant funding for programmes

Careful monitoring of expenditure

Widen and deepen individual supporter base

Highly regarded organisation in Lesotho, Wales and UK:

High standard of governance and leadership

Communicate effectively with supporters, donors, funders and partners

DOLEN CYMRU - WALES LESOTHO LINK

FINANCIAL ACCOUNTS FOR THE YEAR ENDED 31st MARCH 2022

Company Registration Number: 07578753
Charity Registration Number: 1143448

A. Hughes-Jones, Dyson & Co
Chartered Accountants
Caernarfon

Doc ID: 8102c4d9feecb232f1ee88b66afb7786093e64fb

Contents	Page
Independent Examiners Report	1
Statement of Trustees' Responsibilities	2
Income & Expenditure Account	3
Statement Of Financial Activities	4
Balance Sheet	5
Notes	6 - 10

Independent Examiner's Report To The Trustees Of Dolen Cymru - Wales Lesotho Link

I report to the charity trustees on my examination of the accounts of the company for the year ended 31st March 2022, which are set out on pages 2 - 10.

Responsibilities and Basis of Report

As the Charity's trustees of the company (and also its directors for the purpose of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 (the '2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent Examiner's Report

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

(1) accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or

(2) the accounts do not accord with those accounting records; or

(3) the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or

(4) the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended practice for the accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with this examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

_____

B Hughes FCA
A. Hughes Jones Dyson & Co.
Chartered Accountants & Statutory Auditors
Capel Moreia, South Penrallt
Caernarfon, Gwynedd, LL55 1NS. Date: _____

DOLEN CYMRU - WALES LESOTHO LINK
Statements of Trustees' Responsibilities

The Trustees are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and regulations.

Company law requires the Trustees to prepare financial statements for each financial year. Under that law the Trustees have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;

- make judgements and estimates that are reasonable and prudent;

- state whether the applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial accounts;

- prepare the financial accounts on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure that the financial accounts comply with Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Paul Myres

By Order of the Board

09 / 12 / 2022

Date

DOLEN CYMRU - WALES LESOTHO LINK

Income and Expenditure Account For The Year Ended 31st March 2022

	Notes	2022 £	2021 £
Income		**178,592**	182,824
Direct Expenditure		**177,131**	173,813
Gross Surplus		**1,461**	9,011
Other Operating Expenditure		**-**	-
Operating Surplus	**2**	**1,461**	9,011
Investment Income		**74**	475
Surplus For The Year		**1,535**	9,486
Funds Balances Brought Forward		**137,897**	128,411
Funds Balances Carried Forward		**139,432**	137,897

DOLEN CYMRU - WALES LESOTHO LINK

Statement of Financial Activities for the Year Ended 31st March 2022

	Notes	Unrestricted Funds	Restricted Funds	**Total Funds 2022**	Total Funds 2021
Income		**£**	**£**	**£**	£
Voluntary Income	**3**	13,856	-	**13,856**	33,737
Activities To Generate Funds	**4**	1,028	-	**1,028**	2,581
Investment Income - Bank Interest		74	-	**74**	475
Charitable Activities	**5**	64,549	99,159	**163,708**	146,506
Total Income		79,507	99,159	**178,666**	183,299
Expenditure					
Costs to Generate Funds	**6**	152	-	**152**	4,256
Charitable Activities	**7**	81,875	95,104	**176,979**	169,557
Total Resources Expended		82,027	95,104	**177,131**	173,813
Net Incoming Resources		(2,520)	4,055	**1,535**	9,486
Transfers Between Funds		19,181	(19,181)	**-**	-
Net Movement In Funds		16,661	(15,126)	**1,535**	9,486
Fund balances brought forward		76,562	61,335	**137,897**	128,411
Balances Carried forward		93,223	46,209	**139,432**	137,897

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DOLEN CYMRU - WALES LESOTHO LINK

Balance Sheet as at 31st March 2021 (Company Number: 07578753)

	Notes	2022		2021	
		£	£	£	£
Fixed Assets					
Tangible Assets	**11**		**189**		253
Current Assets					
Debtors	**12**	**5,374**		5,058	
Cash at Bank and In Hand		**219,136**		198,256	
		224,510		203,314	
Liabilities: amounts falling due within one year	**13**	**85,267**		65,670	
Net Current Assets			**139,243**		137,644
Net Assets	**15**		**139,432**		137,897
Funds					
Unrestricted	**16**		**93,223**		76,562
Restricted	**16**		**46,209**		61,335
			139,432		137,897

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st March 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31st March 2022 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:

(a) ensuring that the company keeps accounting records which comply with Section 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The Financial Statements were approved by the Trustees on 07/12/22 2022 and signed on their behalf by:

Paul Myres

-Trustee

-Trustee

DOLEN CYMRU - WALES LESOTHO LINK
Notes To The Accounts For The Year Ending 31st March 2022

1 Accounting Policies

Basis Of Accounting
These financial statements have been prepared in accordance with the provisions of Section 1A "Small Entities" Reporting Standard for Smaller Entities and in accordance with the Statement of Recommended Practice of the Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland",the Companies Act 2006 and the SORP Accounting By Charities.
The financial statements have been prepared under the historic cost convention.

Income
All incoming resources are included in the SOFA when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Grants receivable are shown in the Statement of Financial Activities in accordance with the terms of the grants. Grants received for specific purposes are shown as restricted funds.

No amounts are included in the financial statements for services donated by volunteers.

Expenditure
All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on the basis consistent with use of the resources.

Costs of generating funds are costs incurred in order to raise funds for charitable purposes. Charitable activities are costs associated directly with the charity's ongoing projects. Support costs are those costs incurred directly in support of expenditure on the charitable activities. Governance costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

Capitalisation and depreciation of tangible fixed assets
All assets costing more than £300 are capitalised. Fixed assets are included in the balance sheet at cost. Depreciation is provided on all tangible fixed assets at rates calculated to write off the cost on a reducing balance basis over their expected useful economic lives as follows:

Office Equipment- 25% reducing balance

Fund accounting
General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of designated funds is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes.

DOLEN CYMRU - WALES LESOTHO LINK
Notes To The Accounts For The Year Ending 31st March 2022

2	**Net Incoming Resources for the year**	**2022**	2021
	is stated after charging;	**£**	£
	Independent examiners fees	**1,800**	1,800
	Depreciation on Tangible Fixed Assets	**64**	85

3	**Voluntary Income**	Unrestricted Funds	Restricted Funds	**Total Funds 2022**	Total Funds 2021
		£	**£**	**£**	£
	General Donations	3,850	-	**3,850**	23,089
	Gift Aid	4,785	-	**4,785**	1,803
	Exchange visits & Travel Fees	-	-	**-**	3,045
	Friends Fees	5,221	-	**5,221**	5,800
		13,856	-	**13,856**	33,737

4	**Activities To Generate Funds**	Unrestricted Funds	Restricted Funds	**Total Funds 2022**	Total Funds 2021
		£	**£**	**£**	£
	Fundraising	1,028	-	**1,028**	2,581
		1,028	-	**1,028**	2,581

5	**Charitable Activities**	Unrestricted Funds	Restricted Funds	**Total Funds 2022**	Total Funds 2021
		£	**£**	**£**	£
	Teachers' Development Program	-	54,000	**54,000**	54,000
	Foreign, Commonwealth & Development Office	4,166	27,858	**32,024**	43,891
	Welsh Government Wales & Africa	39,163	-	**39,163**	18,506
	Other Grants	-	16,053	**16,053**	24,898
	Government Covid Support	-	-	**-**	5,138
	Services and Recharged Costs	11,820	1,248	**13,068**	-
	Other Income	9,400	-	**9,400**	73
		64,549	99,159	**163,708**	146,506

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DOLEN CYMRU - WALES LESOTHO LINK
Notes To The Accounts For The Year Ending 31st March 2022

6	**Costs To Generate Funds**	Unrestricted Funds	Restricted Funds	**Total Funds 2022**	Total Funds 2021
		£	£	**£**	£
	General Fundraising costs	152	-	**152**	4,256
		152	-	**152**	4,256

7	**Charitable Activities**	Unrestricted Funds	Restricted Funds	**Total Funds 2022**	Total Funds 2021
		£	£	**£**	£
	Teachers' development Programme & exchange visits	85	1,735	**1,820**	169
	Volunteer Expenses	150	4,738	**4,888**	4,732
	Project Costs	27,921	26,875	**54,796**	71,099
	Rechargeable Costs	13,246	-	**13,246**	-
	Overseas Salaries	12,354	-	**12,354**	7,555
	Support Costs	28,119	61,756	**89,875**	86,002
		81,875	95,104	**176,979**	169,557

8	**Support costs**	Unrestricted Funds	Restricted Funds	**Total Funds 2022**	Total Funds 2021
		£	£	**£**	£
	Salaries	14,328	50,420	**64,748**	69,773
	Training & Recruitment	578	5,553	**6,131**	2,106
	Office costs	2,095	464	**2,559**	2,462
	Insurance	297	-	**297**	297
	Rent & Rates	1,620	-	**1,620**	1,620
	Bank charges	968	121	**1,089**	897
	Lesotho office costs	436	3,640	**4,076**	4,813
	Travelling costs	829	14	**843**	-
	Website Costs	2,876	-	**2,876**	-
	Sundry expenses	380	44	**424**	227
	Trustee costs	132	-	**132**	136
	Independent Examination	1,800	-	**1,800**	1,800
	Professional Fees	1,716	1,500	**3,216**	1,786
	Depreciation	64	-	**64**	85
		28,119	61,756	**89,875**	86,002

9	**Staff Costs**	**2022**	2021
		£	£
	Salaries	**61,694**	66,795
	Social Security Costs	**611**	336
	Pension Costs	**2,443**	2,642
		64,748	69,773

The average number of employees was 4 (2021 4).

DOLEN CYMRU - WALES LESOTHO LINK
Notes To The Accounts For The Year Ending 31st March 2022

10 Trustees

No expenses were re-imbursed to trustees during the current or previous financial year.

11 Tangible Fixed Assets

	Office Furn/ Equipment	Total
Cost	**£**	**£**
At 1st April 2021	1,074	1,074
Additions	-	-
As at 31st March 2022	1,074	1,074
Depreciation		
At 1st April 2021	821	821
Charge for year	64	64
At 31st March 2022	885	885
Net Book Value		
At 31st March 2022	189	189
At 31st March 2021	253	253

12 Debtors

	2022	2021
	£	£
Trade Debtors	**1,204**	4,707
Other Debtors	**4,170**	351
	5,374	5,058

13 Liabilities: Amounts falling due within one year

	£	£
Other taxation & Social Security costs	**1,043**	350
Deferred Grants	**81,100**	61,484
Accruals	**3,124**	3,836
	85,267	65,670

14 Share Capital

Dolen Cymru - Wales Lesotho Link is a company limited by guarantee and does not have any share capital.

15 Analysis Of Net Assets Between Funds

	Unrestricted Funds	Restricted Funds	Total 2022	Total 2021
	£	£	**£**	£
Tangible fixed assets	189	-	**189**	338
Cash at bank and in hand	172,927	46,209	**219,136**	114,730
Debtors	5,374	-	**5,374**	19,486
Current liabilities	(85,267)	-	**(85,267)**	(6,143)
	93,223	46,209	**139,432**	128,411

DOLEN CYMRU - WALES LESOTHO LINK
Notes To The Accounts For The Year Ending 31st March 2022

16 Analysis Of Movements In Funds

	Balance Forward	Income	Expenditure	Transfers	31/03/2022
Unrestricted Funds	£	£	£	£	£
General Dolen Fund	76,562	79,507	82,027	19,181	93,223
Restricted Funds					
Welsh Centre Fund	21,820	-	-	-	21,820
Rugby Academy	9,821	27,858	27,299	-	10,380
Phelisonong Donation	315	-	-	-	315
Teacher Placement Programme	18,890	55,248	60,444	-	13,694
WCVA Grants	1,746	-	1,746	-	-
School Link Funds	-	-	-	-	-
Walk the Global Walk	8,743	16,053	5,615	(19,181)	-
	61,335	99,159	95,104	(19,181)	46,209
	137,897	178,666	177,131	-	139,432

Welsh Centre Fund
The fund was set up in order to raise funds to build, equip and run the Wales Centre Lesotho.

Teachers Placement Programme
This fund was set up following receipt of a three year grant from British Council Wales as part of the Welsh Government's International Education Programme in order to manage the placement of 18 teachers in Lesotho for a period of six months over the term of the grant.

Phelisonong Fund
The fund has been created to finance a sustainable agriculture and co-operative project in Phelisonong. The original funds are now treated as designated and have been transferred from restricted funds.

Lesotho Rugby Academy
The fund was established to finance the Lesotho Rugby Academy which delivers a rugby programme for school children in Lesotho which introduces the children to rugby to improve health and deliver the message about the benefits of healthy living.

School Link Funds
Funds are raised by schools in Wales for projects at their linked schools in Lesotho.

WCVA Grants
Funding to deliver first aid training in Thaba Tseka. Funding to provide mental health support and PPE for doctors in Lesotho.

Walk the Global Walk
EU funded project connecting across 12 nations in Europe, helping mobilise young people to support the UN Sustainable Development Goals.

HELLOSIGN

Audit trail

TITLE	2022 Accounts-signed
FILE NAME	Dolen Cymru 2022 (2).pdf
DOCUMENT ID	8102c4d9feecb232f1ee88b66afb7786093e64fb
AUDIT TRAIL DATE FORMAT	DD / MM / YYYY
STATUS	Signed

Document history

SENT	**09 / 12 / 2022** 08:53:37 UTC	Sent for signature to Miles Paul Myres (paulmyres@icloud.com) and Victoria Norrish (v.norrish1@gmail.com) from veronica@dolencymru.org IP: 86.140.4.37
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DOLEN CYMRU - WALES LESOTHO LINK

England & Wales - Charity number 1143448

Accounts



Dolen Cymru Lesotho Annual Report 2020-21

Dolen
LESOTHO CYMRU



Dolen
LESOTHO CYMRU

President: Lord German

Life President: Dr Carl Clowes

Chair: Paul Myres

Treasurer: Shaun Croeser

Trustees: Dylan Gallanders, Janet Ivimey-Cook, Lehlaka Mohapi, Gareth Morgans, Florence Ngobeni-Allen, Victoria Norrish, Aaron Pritchard

Executive Director: Veronica German

Dolen Cymru Wales Lesotho Link
Temple of Peace
Cardiff
CF10 3AP

Telephone: +44 29 2169 0189

e-mail: swyddfa@dolencymru.org

Charity registration no: 1143448

Registered with FUNDRAISING REGULATOR

From the Chair

It is my pleasure to introduce this annual report showcasing the Dolen Cymru Lesotho's work in 2020-21.

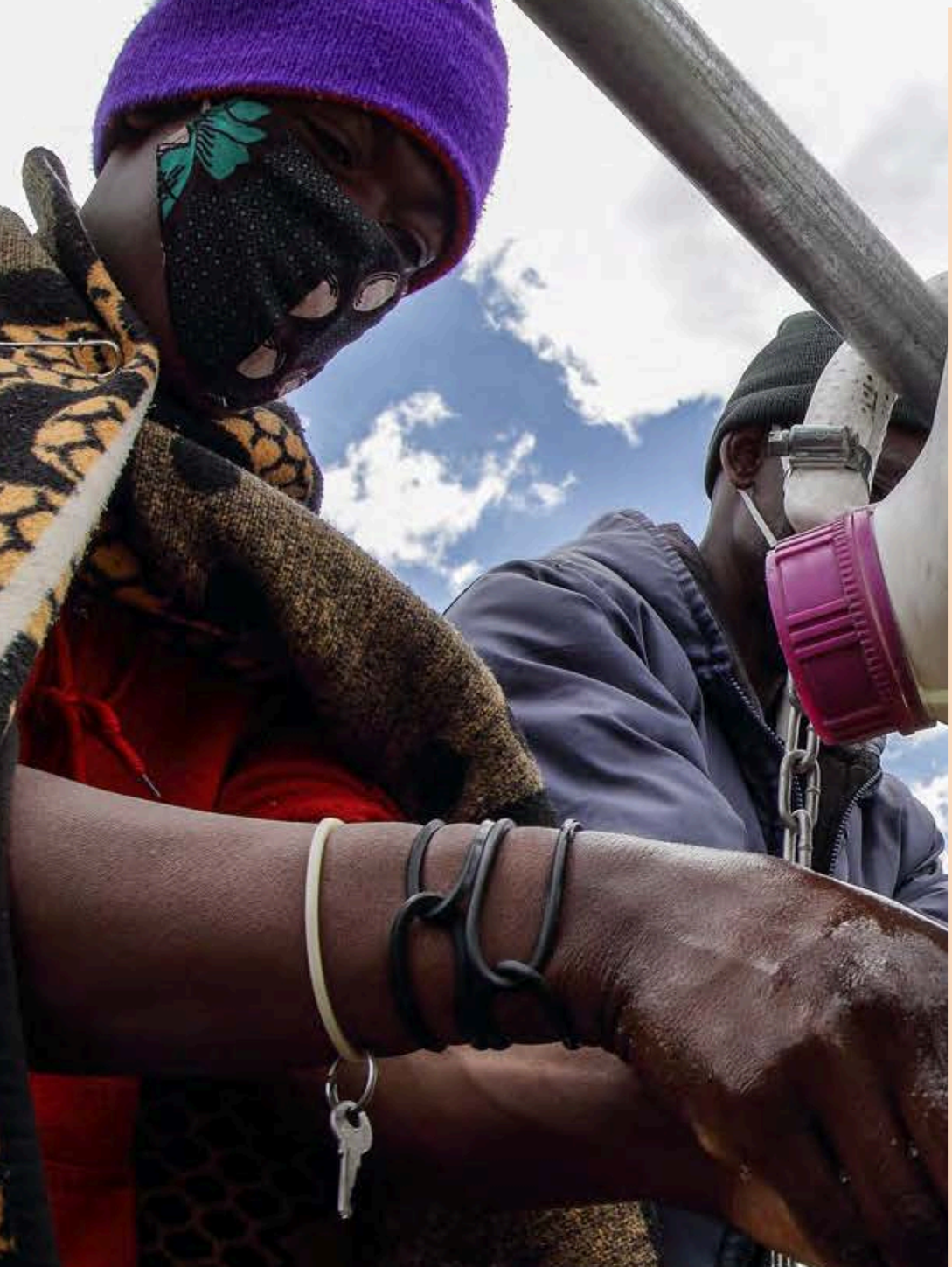
Much of our attention has been on adapting projects underway and developing 'COVID response' work in both Lesotho and Wales. If something positive has come from this experience it is the way that our volunteers, stakeholders and staff have taken online working on board and run with it! We now have more face to face contact with colleagues in Lesotho, albeit online, than ever before, and this will continue and grow.

Although still based at the Temple of Peace in Cardiff, we no longer have a dedicated office there, but do have access to meeting rooms and hot-desks. Staff rose to the challenge! Adapting to homeworking as online work with partners, without this flexibility we would have been struggling.

The Board of Trustees were early adopters of Zoom before the pandemic. We were able to expand on the functionality to host Board meetings, supporters' meetings and webinars throughout the year.

The coming year will not be easy with more challenges. We look to the continued support of our amazing supporters who believe in what we do. Thank you.

Paul Myres
Chair, Board of Trustees



A word from our Executive Director

Another year of exceptional work from volunteers and staff despite all the constraints of the COVID-19 pandemic.

During the year we have moved from an initial response focusing on slowing down the rate of transmission with handwashing advice and facilities and provision of PPE to building up resilience and well-being in our partner communities.

Inevitably some project work had to be put on hold as schools were in lockdown in both countries, and this lead to the furloughing of UK based staff at different times.

We secured three different COVID response grants from producing masks locally to giving psychological support to health and educational professionals. Learners benefitted from listening to specially translated versions of a book written by and for children across the world. These were made into radio shows accessible across Lesotho when schools were shutdown.

Thanks to all our supporters for your continued generosity. This pandemic has shown how connected we and how our work is more relevant than ever, all made possible by you.

Veronica German

Executive Director, Dolen Cymru Lesotho



Our Vision

Connected and thriving communities in Wales and Lesotho

Our Purpose

Our purpose is to facilitate sustainable projects, partnerships and relationships which have a positive impact on communities in Lesotho and Wales

Our Values

Partnership - Collaboration & Inclusiveness – Responsibility – Responsiveness – Diversity - Recognition

What we've been up to!

Dolen Cymru Wales Lesotho Link

2020-2021

Summary

Well it hasn't been easy....
But we are pleased to say we have continued to support knowledge and skill development, and improved wellbeing over the last twelve months





COVID Response Work





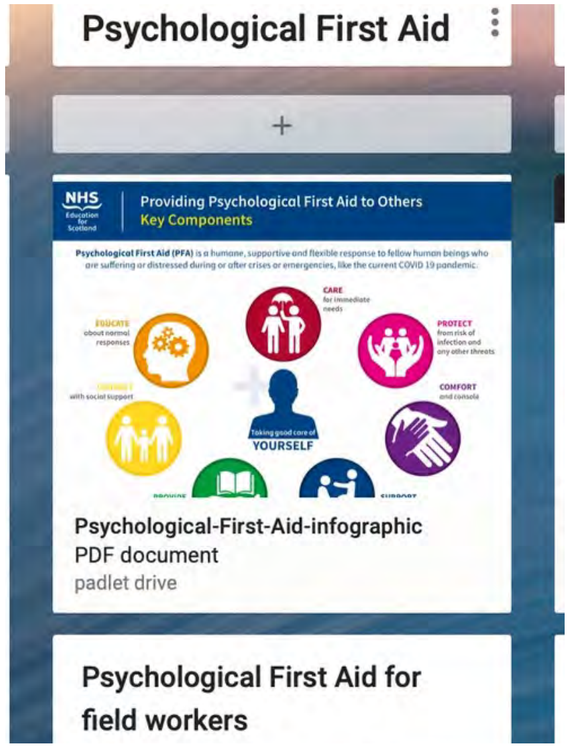
LESOTHO
SINCE 1957
RE THUSA SECHABA
LESOTHO RED CROSS SOCIETY

A grant from the British High Commission in Maseru supported this project which enabled vulnerable members of the Thaba Tseka community to be provided with free re-usable face masks made by a local sewing club.

Experienced members of the Thaba Tseka Red Cross club took on trainees to learn new skills and produce the masks.

Thaba Tseka Sewing Club

Supporting Family Medicine doctors



RCGP CYMRU WALES



In partnership with the Besti Quthing Partnership, funded by Wales and Africa and Awyr Las, much needed resilience support during the pandemic was given to doctors training in family medicine in Lesotho. Delivered by psychologists from the Betsi Cadwaladr UHB, the resources were available on Padlet for sharing.

Much needed PPE was supplied to the doctors on the post graduate course for use in their district facilities. Palliative Care training was delivered to the family doctors online by members of the Royal College of GPs in Wales as part of their ongoing training.

Cynllun Grantiau Cymru o Blaid Affrica
Llywodraeth Cymru
WCVA CGGC
Ariennir gan Lywodraeth Cymru
Funded by Welsh Government
Welsh Government's Wales for Africa Grant Scheme

Awyr Las
Blue Sky

Catch up & well-being

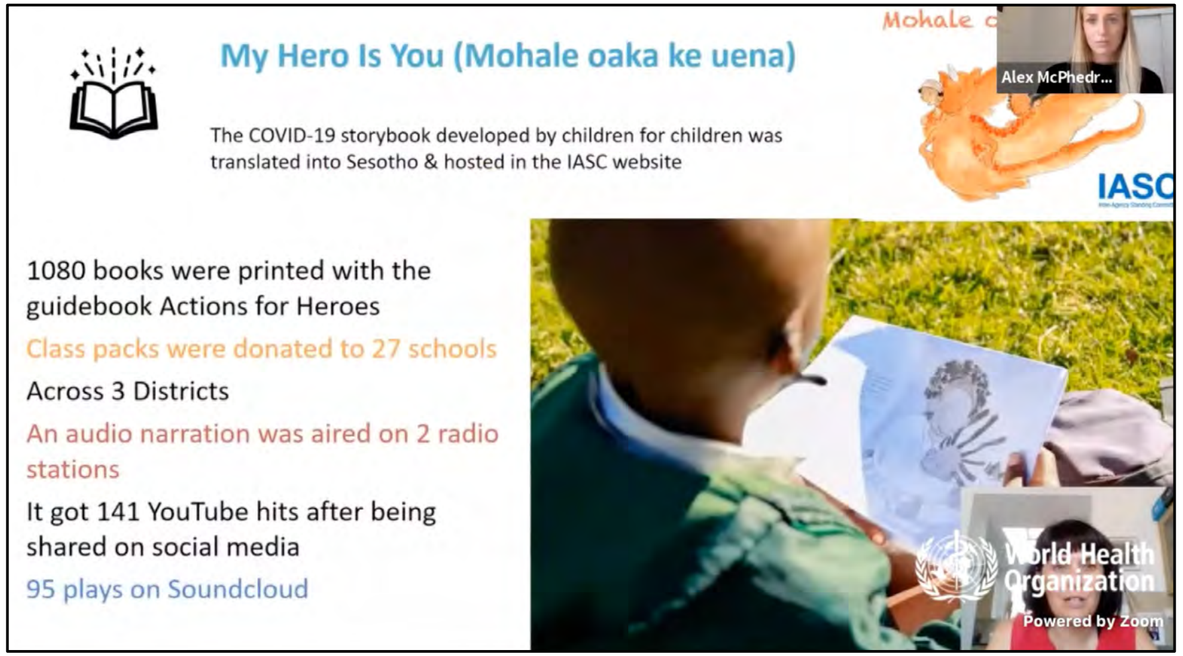
Learners in Lesotho have been badly affected by the COVID pandemic. As part of our COVID adaptation grant from Wales and Africa we have created radio shows for home learning. These include shows on Jolly Phonics, My Hero is You and Actions for Heroes.



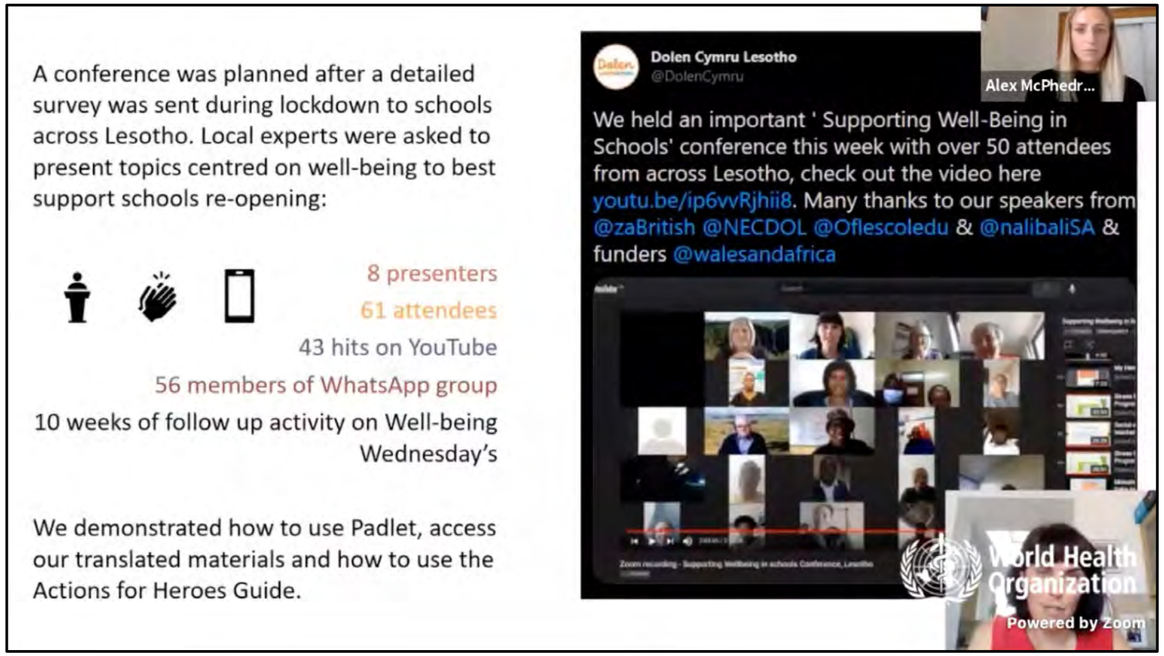


Learners and parents are encouraged to promote active home learning by listening to specially commissioned radio broadcasts based on Jolly Phonics. These programmes will be used in future as a tool for trainee teachers and other teachers across Lesotho.
Using local translations of WHO/UNICEF's 'My Hero is You' and 'Action for Heroes' teachers give well-being support to learners .

Well-being activity



We led a Zoom Conference to support school opening to share approaches to well-being, which was widely appreciated. In response to this Well-being Wednesday was formed with an active WhatsApp group sharing weekly work from their Wellbeing and literacy clubs.



Dolen education staff were on the world stage at a webinar organised by the World Health Organisation (WHO) webinar showing how innovative methods were used in Lesotho to engage learners on mental health and psychosocial well-being globally during the pandemic.



Partnership work and adaptations







This project started in October 2019 completing in March 2021, working in partnership with Lesotho Red Cross Society and schools in Thaba Tseka district. Over 2000 pupils learned how to improve hygiene and the importance of hand washing.

Due to COVID19 the project pivoted and changes from one focused on supporting schools with WASH Education, to one supporting the wider community and rural areas. Nearly 250 households learned how to make tippy taps and the importance of hand washing.

LESOTHO SINCE 1967
RE THUSA SECHABA
LESOTHO RED CROSS SOCIETY

WASH in Thaba Tseka







Lesotho Rugby Academy

Due to COVID in the last 12 months, the team have only been operational in schools for 50% of the time.
the programme ran in 2 regions of Lesotho with 400 vulnerable children benefitting from the programme, in addition to their teachers.

A partnership with Lesotho Red Cross meant coaches shared WASH and COVID-19 safe practice with the groups of children.
Teachers and community coaches were trained in programme delivery and have increased understanding of key life skills lessons

Walk the Global Walk

Walk the Global Walk’ is an EU funded project connecting local government, NGOs, and school communities across 12 nations in Europe, helping mobilise young people to support the UN Sustainable Development Goals. Wales is represented by Carmarthenshire County Council working in partnership with Dolen Cymru Lesotho.



In June 2021 the final International Summer School of the WGW Project took place. 45 students from 11 European countries worked together virtually to explore SDG 16, raise awareness on sustainability, peace and justice issues.



Cyngor Sir Gâr
Carmarthenshire
County Council

10 Carmarthenshire schools who partner with schools in Lesotho made a virtual journey to Lesotho with the aim of reaching their destination before schools there closed on 30th June.

#walktheglobalwalk

WALK THE GLOBAL WALK WALES

2021 SUMMARY

6 schools in 2019-Year 1 to 18 schools in 2021-Year 3

SDG 16
Peace, Justice
&
Strong Institutions

Over 5,000 Carmarthenshire pupils took part in activities promoting SDG 16 in Year 3

24 teachers trained locally and 50 nationally in Year 3

Artists, poets, campaigners, and gardeners have all helped to inspire us through their workshops

Activities included:

- A 6,500 mile Virtual Walk from Llanelli to Lesotho
- Debate on Peace and Justice with pupils from Romania, Greece and Italy
- Intercultural Dialogue with pupils from Portugal, Lesotho and Mozambique
- Workshops on Fast Fashion, Anti-Racism, Rap and Poetry for Peace, Digital Animation
- Children's Climate Conference
- Peace Garden parties
- WtGW Celebrations
- Social media engagement across numerous platforms - 12660 respondents

27 online events & virtual training sessions

100 Global Goal-keepers trained and leading actions

Women's Empowerment

This project came from a group of women lawyers in Lesotho and is funded by Wales and Africa.

Its aim is to develop policing that is sensitive to the needs of women and empower more women to take a stand against and report cases of Gender Based violence.

An in depth research exercise has been completed speaking to survivors, law enforcement officers, NGOs and local chiefs. The results of the survey are being used to produce an Action Plan which best addresses the issues raised.



Lesotho Teacher Placement Programme (LTPP)



Connecting Classrooms - Global Learning (CCGL)

Started well…



Sion Watkins in Thaba Tseka



Connecting Classrooms through Global Learning visit



SDG 4 Quality Education conference

In 2020 everything started as planned – we had LTPP placements set up for Maths and Literacy. Work started in Thaba Tseka with schools, teacher training and Lesotho College of Education. A CCGL cluster from Carmarthenshire visited for a week to Quthing, Mokhotlong and Thaba Tseka working on their SDG 4 focused project ‘Nothing About Us without US’. Some stayed on for a week to co-lead a conference on SDG4 and learner voice.

And then everything changed with the COVID-19 outbreak

Moving Online



Maths mentoring



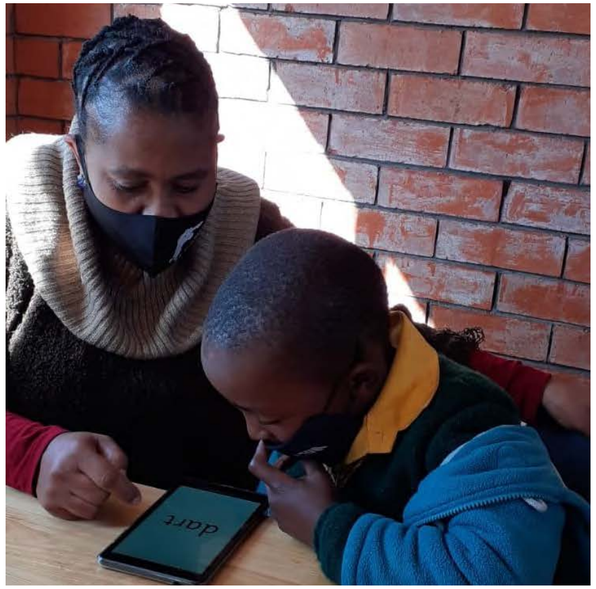
Mentoring & Coaching with Lesotho College of Education



YouTube channel & online conference

During lockdown our volunteers started mentoring through WhatsApp and Facebook (Basotho Maths Club). Although there could be technical difficulties using online meetings such as Zoom, everyone rapidly adapted.
A mentoring and coaching course was piloted with colleagues from lecturers at Trinity St David.

A group of teachers keen to carry on with CPD and peer support was established. They developed literacy and maths teacher videos for our YouTube channel. This was showcased at our first Online Conference, attended by 100 people.



Jolly Monitor App training



Train the Trainers with Jolly Futures



Grade 1 teacher training

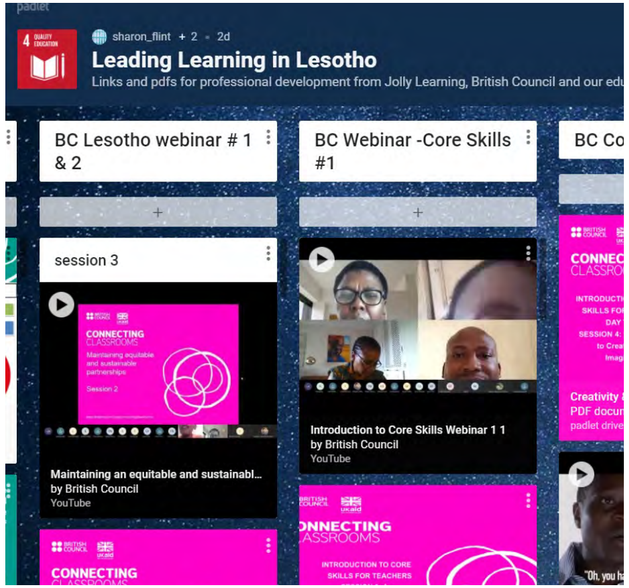
Six Grade 1 teachers and six Principals were trained on the use of Jolly Phonics as part of a pilot co-funded by Jolly Futures. The team was then trained by Jolly Futures on baseline assessment using the new Jolly Monitor app for Monitoring and Evaluation

Jolly Phonics Pilot with Jolly Futures



“Being part of this project empowered me a lot since it build my confidence to speak and train other people. Now I am very confident and I feet that I can go far. Thanks to Dolen to have given us this opportunity to be trainers!” *Mme Lillian*

Online learning & mentoring



Collaboration with the British Council South Africa



Jolly Phonics Online Courses



Catch up clubs for literacy and Phonics Friday

We supported CPD for teachers across Lesotho in partnership with the British Council in South Africa. Basotho teachers were helped to complete online courses with Jolly Phonics – which then led to developing catch up clubs for literacy when schools eventually opened .From there the ever popular Phonics Friday Zooms sessions were born, which have continued all year..



Pupils at 14 Primary schools including Ninian Park Primary shown here, learned about the effects of climate change in Lesotho and how they can be mitigated



Welsh education volunteers have been pooling resources and expertise on SDG13, SDG 6 and SDG 4. These resources are available to teachers and learners in both Wales and Lesotho.

Earth Day and Climate Change


Fundraising

Thank you

As with all charities, raising funds during the pandemic has not been easy. However, we have to thank our regular donors and those who responded to specific appeals for their generosity.



Supporting health workers with PPE





By December 2020 it was apparent that here was an urgent need for PPE in Lesotho. Family medicine doctors who took part in the psychological support project last year were asked for their priorities.
An appeal was launched in January 2021 and with a few weeks over £10,000 was raised. Further donations enabled Lesotho Red Cross trainers to be given PPE and carry on with their important work. Many thanks to all our donors.





Virtual London Marathon

With the April 2020 London Marathon postponed our intrepid runners ran their own ‘virtual’ marathon for Dolen raising much needed funds. A big thanks to Angharad, Rachel and Jayne.



Strategic Priorities 2021-26

Work with partners to improve the life-chances and opportunities for people by:

- Enhancing the effectiveness of teaching and learning in Lesotho
- Improve understanding and access to health care in Lesotho
- Improve understanding and access to WASH
- Deliver well-being and sports programmes
- Improve gender equity
- Environment and Climate change

Maintain and expand friendships and professional peer relationships between Lesotho and Wales:

In Education

Support education links & global learning in schools and further & higher education

In Health

Support professional links, mentoring and training

Facilitate cultural understanding and friendship

Secure and increase funding base:

Secure further grant funding for programmes

Careful monitoring of expenditure

Widen and deepen individual supporter base

Highly regarded organisation in Lesotho, Wales and UK:

High standard of governance and leadership

Communicate effectively with supporters, donors, funders and partners



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DOLEN CYMRU - WALES LESOTHO LINK

FINANCIAL ACCOUNTS FOR THE YEAR ENDED 31st MARCH 2021

Company Registration Number: 07578753
Charity Registration Number: 1143448

A. Hughes-Jones, Dyson & Co
Chartered Accountants
Caernarfon

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Contents	Page
Independent Examiners Report	1
Statement of Trustees' Responsibilities	2
Income & Expenditure Account	3
Statement Of Financial Activities	4
Balance Sheet	5
Notes	6 - 10

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Independent Examiner's Report To The Trustees Of Dolen Cymru - Wales Lesotho Link

I report to the charity trustees on my examination of the accounts of the company for the year ended 31st March 2021, which are set out on pages 2 - 10.

Responsibilities and Basis of Report

As the Charity's trustees of the company (and also its directors for the purpose of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 (the '2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent Examiner's Report

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

(1) accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or

(2) the accounts do not accord with those accounting records; or

(3) the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or

(4) the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended practice for the accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with this examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

B Hughes

_____

B Hughes FCA
A. Hughes Jones Dyson & Co.
Chartered Accountants & Statutory Auditors
Capel Moreia, South Penrallt
Caernarfon, Gwynedd, LL55 1NS.

Date: _____

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DOLEN CYMRU - WALES LESOTHO LINK
Statements of Trustees' Responsibilities

The Trustees are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and regulations.

Company law requires the Trustees to prepare financial statements for each financial year. Under that law the Trustees have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;

- make judgements and estimates that are reasonable and prudent;

- state whether the applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial accounts;

- prepare the financial accounts on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure that the financial accounts comply with Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

DocuSigned by:
Shaun Croeser
BA2D0C21C15B477...
By Order of the Board

10/27/2021
Date

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DOLEN CYMRU - WALES LESOTHO LINK

Income and Expenditure Account For The Year Ended 31st March 2021

	Notes	**2021**	2020
		£	£
Income		**182,824**	172,956
Direct Expenditure		**173,813**	157,147
Gross Surplus		**9,011**	15,809
Other Operating Expenditure		**-**	-
Operating Surplus/(Deficit)	**2**	**9,011**	15,809
Investment Income		**475**	256
Surplus/(Deficit) For The Year		**9,486**	16,065
Funds Balances Brought Forward		**128,411**	112,346
Funds Balances Carried Forward		**137,897**	128,411

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DOLEN CYMRU - WALES LESOTHO LINK

Statement of Financial Activities for the Year Ended 31st March 2021

	Notes	Unrestricted Funds	Restricted Funds	**Total Funds 2021**	Total Funds 2020
Income		**£**	**£**	**£**	£
Voluntary Income	**3**	30,899	2,838	**33,737**	38,075
Activities To Generate Funds	**4**	2,581	-	**2,581**	3,314
Investment Income - Bank Interest		475	-	**475**	256
Charitable Activities	**5**	34,157	112,349	**146,506**	131,567
Total Income		68,112	115,187	**183,299**	173,212
Expenditure					
Costs to Generate Funds	**6**	4,256	-	**4,256**	4,256
Charitable Activities	**7**	84,423	85,134	**169,557**	152,891
Total Resources Expended		88,679	85,134	**173,813**	157,147
Net Incoming Resources		(20,567)	30,053	**9,486**	16,065
Transfers Between Funds		33,532	(33,532)	**-**	-
Net Movement In Funds		12,965	(3,479)	**9,486**	16,065
Fund balances brought forward		63,597	64,814	**128,411**	112,346
Balances Carried forward		76,562	61,335	**137,897**	128,411

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DOLEN CYMRU - WALES LESOTHO LINK

Balance Sheet as at 31st March 2021 (Company Number: 07578753)

	Notes	2021		2020	
		£	£	£	£
Fixed Assets					
Tangible Assets	**11**		**253**		338
Current Assets					
Debtors	**12**	**5,058**		19,486	
Cash at Bank and In Hand		**198,256**		114,730	
		203,314		134,216	
Liabilities: amounts falling due within one year	**13**	**65,670**		6,143	
Net Current Assets			**137,644**		128,073
Net Assets	**15**		**137,897**		128,411
Funds					
Unrestricted	**16**		**76,562**		63,597
Restricted	**16**		**61,335**		64,814
			137,897		128,411

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st March 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 31st March 2021 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:

(a) ensuring that the company keeps accounting records which comply with Section 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The Financial Statements were approved by the Trustees on 21 October 2021 and signed on their behalf by:

DocuSigned by:
Shaun Crocker
BA2D0C21C15B477...
-Trustee

DocuSigned by:
396E5567E0D7421...
-Trustee

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DOLEN CYMRU - WALES LESOTHO LINK
Notes To The Accounts For The Year Ending 31st March 2021

1 Accounting Policies

Basis Of Accounting

These financial statements have been prepared in accordance with the provisions of Section 1A "Small Entities" Reporting Standard for Smaller Entities and in accordance with the Statement of Recommended Practice of the Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland",the Companies Act 2006 and the SORP Accounting By Charities.
The financial statements have been prepared under the historic cost convention.

Income

All incoming resources are included in the SOFA when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Grants receivable are shown in the Statement of Financial Activities in accordance with the terms of the grants. Grants received for specific purposes are shown as restricted funds.

No amounts are included in the financial statements for services donated by volunteers.

Expenditure

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on the basis consistent with use of the resources.

Costs of generating funds are costs incurred in order to raise funds for charitable purposes. Charitable activities are costs associated directly with the charity's ongoing projects. Support costs are those costs incurred directly in support of expenditure on the charitable activities. Governance costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

Capitalisation and depreciation of tangible fixed assets

All assets costing more than £300 are capitalised. Fixed assets are included in the balance sheet at cost. Depreciation is provided on all tangible fixed assets at rates calculated to write off the cost on a reducing balance basis over their expected useful economic lives as follows:

Office Equipment- 25% reducing balance

Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of designated funds is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes.

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DOLEN CYMRU - WALES LESOTHO LINK

Notes To The Accounts For The Year Ending 31st March 2021

2	**Net Incoming Resources for the year**	**2021**	2020
	is stated after charging;	**£**	£
	Independent examiners fees	**1,800**	1,800
	Depreciation on Tangible Fixed Assets	**85**	112

3	**Voluntary Income**	Unrestricted Funds	Restricted Funds	**Total Funds 2021**	Total Funds 2020
		£	**£**	**£**	£
	General Donations	23,089	-	**23,089**	11,478
	Gift Aid	1,803	-	**1,803**	2,346
	Exchange visits & Travel Fees	207	2,838	**3,045**	18,665
	Friends Fees	5,800	-	**5,800**	5,586
		30,899	2,838	**33,737**	38,075

4	**Activities To Generate Funds**	Unrestricted Funds	Restricted Funds	**Total Funds 2021**	Total Funds 2020
		£	**£**	**£**	£
	Fundraising	2,581	-	**2,581**	3,314
	Other Income	-	-	**-**	-
		2,581	-	**2,581**	3,314

5	**Charitable Activities**	Unrestricted Funds	Restricted Funds	**Total Funds 2021**	Total Funds 2020
		£	**£**	**£**	£
	Teachers' Development Program	-	54,000	**54,000**	70,000
	Foreign, Commonwealth & Development Office	24,683	19,208	**43,891**	-
	Welsh Government Wales & Africa	3,513	14,993	**18,506**	-
	Other Grants	750	24,148	**24,898**	50,819
	Government Covid Support	5,138	-	**5,138**	-
	Other Income	73	-	**73**	10,748
		34,157	112,349	**146,506**	131,567

DOLEN CYMRU - WALES LESOTHO LINK

Notes To The Accounts For The Year Ending 31st March 2021

6	**Costs To Generate Funds**	Unrestricted Funds	Restricted Funds	**Total Funds 2021**	Total Funds 2020
		£	£	**£**	£
	General Fundraising costs	4,256	-	**4,256**	1,608
	Wages	-	-	**-**	2,648
		4,256	-	**4,256**	4,256

7	**Charitable Activities**	Unrestricted Funds	Restricted Funds	**Total Funds 2021**	Total Funds 2020
		£	£	**£**	£
	Teachers' development Programme & exchange visits	169	-	**169**	51,594
	Volunteer Expenses	1,786	2,946	**4,732**	9,095
	Project Costs	33,533	37,566	**71,099**	20,788
	Overseas Salaries	998	6,557	**7,555**	10,433
	Release of Overseas Tax Provision	-	-	**-**	(20,861)
	Support Costs	47,937	38,065	**86,002**	81,842
		84,423	85,134	**169,557**	152,891

8	**Support costs**	Unrestricted Funds	Restricted Funds	**Total Funds 2021**	Total Funds 2020
		£	£	**£**	£
	Salaries	36,870	32,903	**69,773**	57,500
	Training & Recruitment	-	2,106	**2,106**	910
	Office costs	1,635	827	**2,462**	2,629
	Insurance	297	-	**297**	3,069
	Rent & Rates	1,620	-	**1,620**	8,535
	Bank charges	825	72	**897**	882
	Lesotho office costs	2,686	2,127	**4,813**	2,411
	Travelling costs	-	-	**-**	850
	Sundry expenses	227	-	**227**	307
	Trustee costs	136	-	**136**	187
	Independent Examination	1,800	-	**1,800**	1,800
	Professional Fees	1,756	30	**1,786**	2,650
	Depreciation	85	-	**85**	112
		47,937	38,065	**86,002**	81,842

9	**Staff Costs**	**2021**	2020
		£	£
	Salaries	**66,795**	56,998
	Social Security Costs	**336**	849
	Pension Costs	**2,642**	2,301
		69,773	60,148

The average number of employees was 4 (2020 4). (Full time equivalent 2021 1.85)

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DOLEN CYMRU - WALES LESOTHO LINK

Notes To The Accounts For The Year Ending 31st March 2021

10 Trustees

Expenses were re-imbursed to trustees amounting to £Nil (2020 £107)

11 Tangible Fixed Assets

	Office Furn/ Equipment	Total
Cost	**£**	**£**
At 1st April 2020	1,074	1,074
Additions	-	-
As at 31st March 2021	1,074	1,074
Depreciation		
At 1st April 2020	736	736
Charge for year	85	85
At 31st March 2021	821	821
Net Book Value		
At 31st March 2021	253	253
At 31st March 2020	338	338

12 Debtors

	2021	2020
	£	£
Trade Debtors	**4,707**	14,118
Other Debtors	**351**	1,115
Prepayments	**-**	4,253
	5,058	19,486

13 Liabilities: Amounts falling due within one year

	£	£
Other taxation & Social Security costs	**350**	2,911
Deferred Grants	**61,484**	-
Accruals	**3,836**	3,232
	65,670	6,143

14 Share Capital

Dolen Cymru - Wales Lesotho Link is a company limited by guarantee and does not have any share capital.

15 Analysis Of Net Assets Between Funds

	Unrestricted Funds	Restricted Funds	Total 2021	Total 2020
	£	£	**£**	£
Tangible fixed assets	253	-	**253**	338
Cash at bank and in hand	136,921	61,335	**198,256**	114,730
Debtors	5,058	-	**5,058**	19,486
Current liabilities	(65,670)	-	**(65,670)**	(6,143)
	76,562	61,335	**137,897**	128,411

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DOLEN CYMRU - WALES LESOTHO LINK

Notes To The Accounts For The Year Ending 31st March 2021

16 Analysis Of Movements In Funds

	Balance Forward	Income	Expenditure	Transfers	31/03/2021
Unrestricted Funds	£	£	£	£	£
General Dolen Fund	63,597	68,112	88,679	33,532	76,562
Restricted Funds					
Welsh Centre Fund	21,820	-	-	-	21,820
Rugby Academy	-	30,208	20,387	-	9,821
Phelisonong Donation	315	-	-	-	315
Teacher Placement Programme	31,773	56,419	39,485	(29,817)	18,890
WCVA Grants	5,000	14,993	15,391	(2,856)	1,746
School Link Funds	859	-	-	(859)	-
Walk the Global Walk	5,047	13,567	9,871	-	8,743
	64,814	115,187	85,134	(33,532)	61,335
	128,411	183,299	173,813	-	137,897

Welsh Centre Fund

The fund was set up in order to raise funds to build, equip and run the Wales Centre Lesotho.

Teachers Placement Programme

This fund was set up following receipt of a three year grant from British Council Wales as part of the Welsh Government's International Education Programme in order to manage the placement of 18 teachers in Lesotho for a period of six months over the term of the grant.

Phelisonong Fund

The fund has been created to finance a sustainable agriculture and co-operative project in Phelisonong. The original funds are now treated as designated and have been transferred from restricted funds.

Lesotho Rugby Academy

The fund was established to finance the Lesotho Rugby Academy which delivers a rugby programme for school children in Lesotho which introduces the children to rugby to improve health and deliver the message about the benefits of healthy living.

School Link Funds

Funds are raised by schools in Wales for projects at their linked schools in Lesotho.

WCVA Grants

Funding to deliver first aid training in Thaba Tseka. Funding to provide mental health support and PPE for doctors in Lesotho.

Walk the Global Walk

EU funded project connecting across 12 nations in Europe, helping mobilise young people to support the UN Sustainable Development Goals.