

the
hub

Annual Report 2022

with support from



and Selibeng sa Thuto Trust

The Hub is a project of Morija Museum & Archives in Morija, Lesotho.



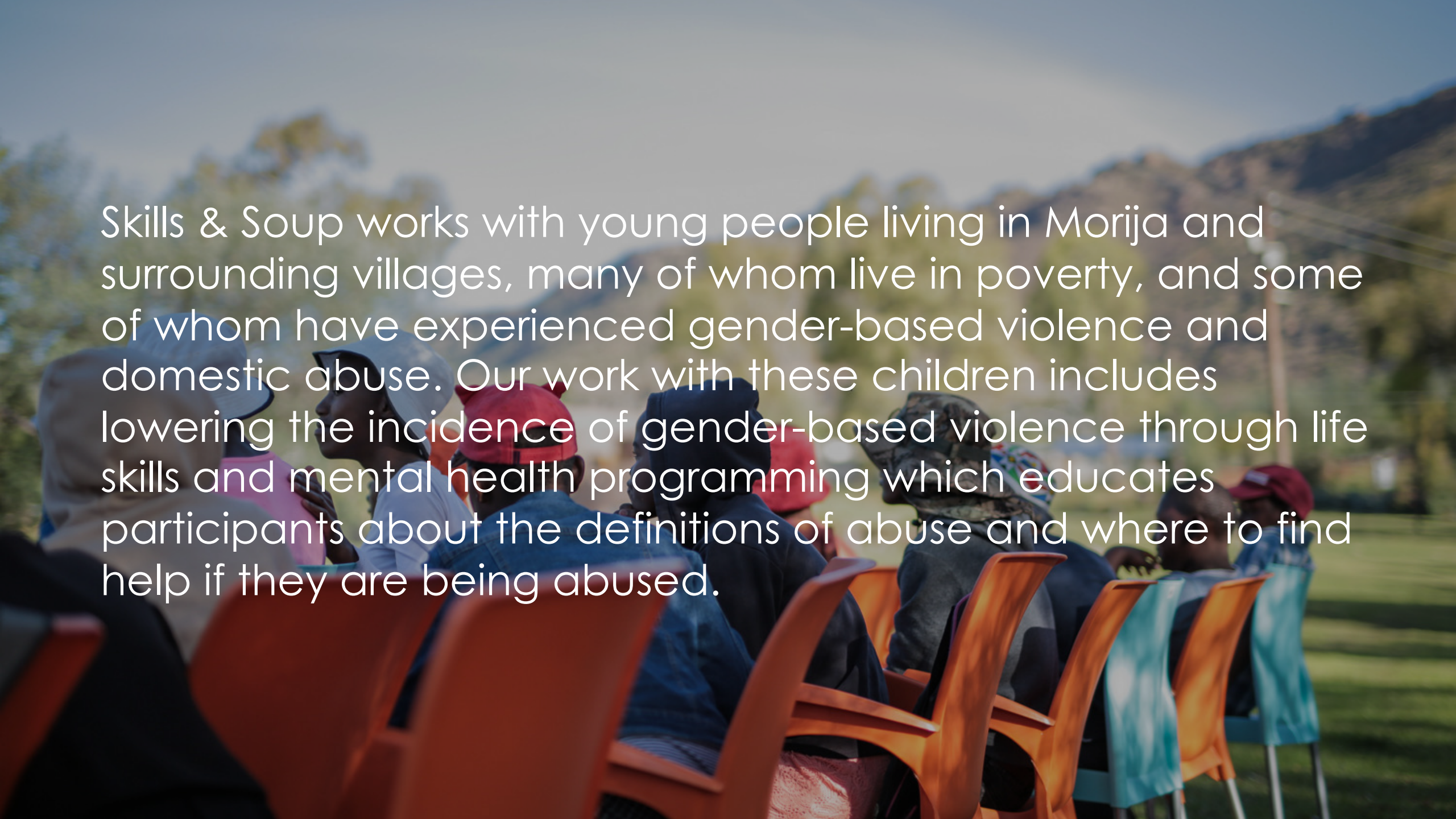
Through our various activities, we aim to foster a community of young people in Lesotho who are skilled, inspired, motivated and socially conscious.



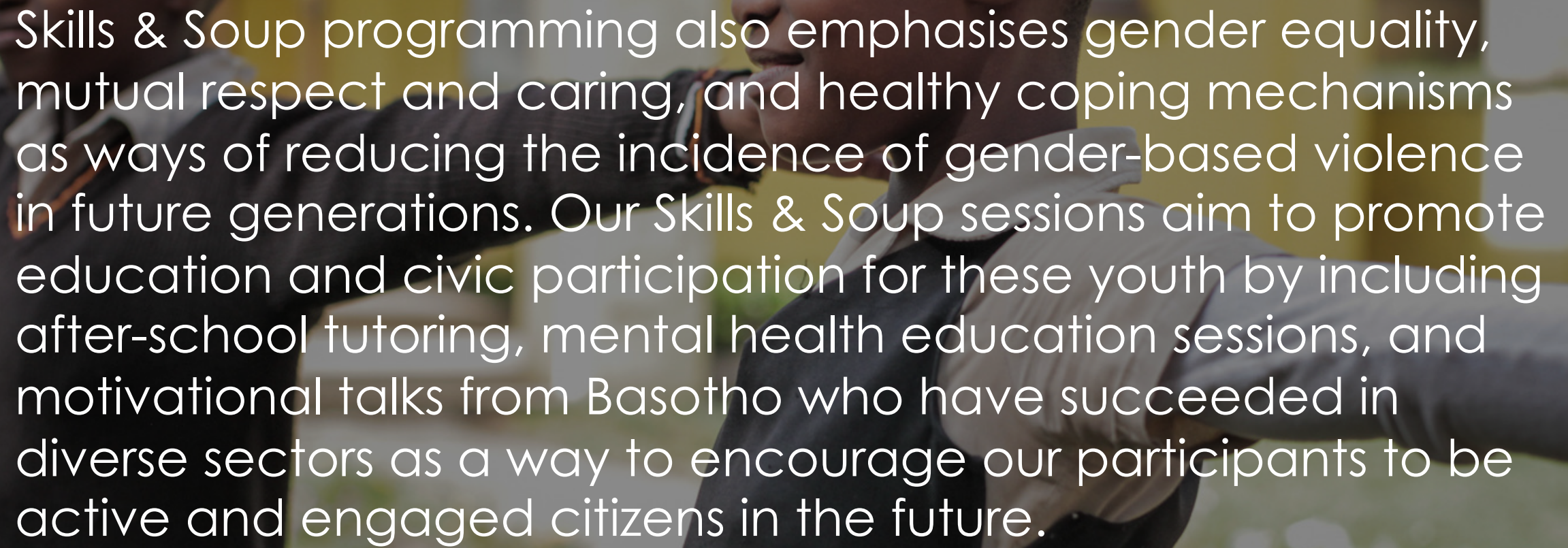
Throughout 2022, in partnership with Glasswaters Foundation and Dolen Cymru Lesotho, The Hub continued to implement Skills & Soup, an educational after school programme that provides 100 children with weekly nutritious meals, well-being and academic support.

Skills & Soup's
100 weekly
participants range
in age from 8-18.
They participate
in groups of 20
children per day:
Mon: Grade 2-3
Tues: Grade 3-4
Wed: Grade 4-5
Thurs: Grade 6
Fri: Grade 7 & HS





Skills & Soup works with young people living in Morija and surrounding villages, many of whom live in poverty, and some of whom have experienced gender-based violence and domestic abuse. Our work with these children includes 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.

The image shows two young boys in school uniforms. The boy in the foreground is looking to the right, and the boy in the background is also looking to the right. The text is overlaid on the image, centered horizontally and vertically.

Skills & Soup programming also emphasises gender equality, mutual respect and caring, and healthy coping mechanisms as ways of reducing the incidence of gender-based violence in future generations. Our Skills & Soup sessions aim to promote education and civic participation for these youth by including after-school tutoring, mental health education sessions, and motivational talks from Basotho who have succeeded in diverse sectors as a way to encourage our participants to be active and engaged citizens in the future.

Skills & Soup

- 253 sessions held including:
 - academic support sessions
 - well-being sessions
 - motivational talks
- 5,060 hot meals served
- 5,060 take-home rations served



Academics @ Skills & Soup

- Led by Thejane Malakane
 - Professional primary school teacher
- After school tutoring
- IT, Maths, English, Science
- Technology and coding



Photo by Black Dash

What some of our Skills & Soup participants say about their lessons with Thejane*:

“I liked it when taught us about Google Earth.”

“I enjoyed essay writing about what we would like to be when we grow up.”

“I enjoyed doing pronouns and singular nouns with him.”

“I enjoyed doing Scratch a lot with tablets.”

“I like it when he teaches different Maths methods.”

*compiled from M&E data capturing

Well-being @ Skills & Soup

- Led by Thembekile Mokhosi
 - Professional counsellor
- Mental well-being
- Coping mechanisms
- Human rights
- Physical well-being



What some of our Skills & Soup participants say about their lessons with Thembekile*:

“I am now able to manage my anger and moods.”

“I am confident now to stand in front of my classmates and present.”

“My behaviour is changed, I no longer fight other kids.”

“I have learned to love myself and I understand myself.”

“I now understand how to solve conflicts.”

*compiled from M&E data capturing

Meals @ Skills & Soup

- Prepared by Cafe Mojo
 - Highly nutritious hot meal includes protein, starch, vegetables
 - Highly nutritious take-home ration includes 2 loaves fortified brown bread, peanut butter, boiled egg, fruit



Meals @ Skills & Soup

- The Hub has eliminated single-use plastic by having participants bring reusable containers for:

- Hot meal
- Juice
- Bread
- Peanut butter



What some of our Skills & Soup participants say about their meals*:

“I focus better in my studies, because I no longer feel hungry.”

“I get to have a balanced diet and enjoy meals that I don't usually get at home.”

“The healthy meal contributes to my health.”

“I feel energised after eating the meals at Skills & Soup.”

“The balanced diet I'm getting at Skills & Soup helps my body to grow well.”

*compiled from M&E data capturing

Skills & Soup Outreach

- 8 S&S outreach sessions held at rural, digitally excluded schools, 2 outreach sessions held at Lesotho Association of The Deaf including:
 - IT and coding
 - mental and physical well-being



Skills & Soup Outreach

- 5 S&S well-being outreach session held for teachers including:
 - using STEAM to empower teachers to feel confident in teaching creatively and gain better understanding of their students' needs



Skills & Soup Outreach

- 18 S&S well-being outreach sessions held for students at local schools including:
 - mental health support for their examinations and help students write their exams motivated and with courage to work harder for better results



Hub Talks @ Skills & Soup

- 10 Hub Talks held
- Motivational and informative talks by young leaders and professionals
- January: Tkay Nthebe from TKO Consultancy
 - financial literacy



Hub Talks @ Skills & Soup

- February: Bongive Buzi from the National Association of the Deaf Lesotho
 - why it's important and helpful to learn sign language
- April: Noma Pads
 - inclusive menstrual health education



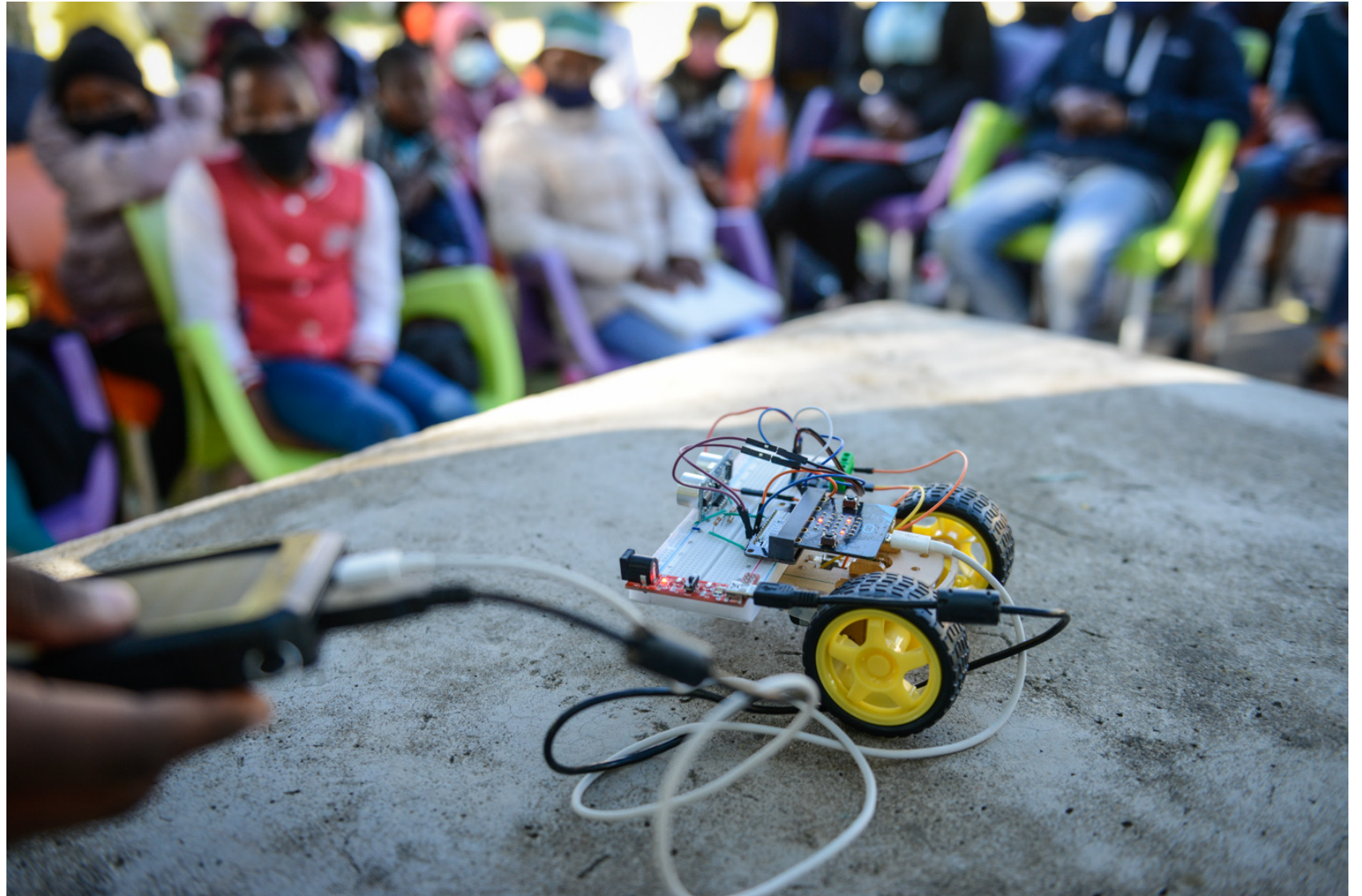
Hub Talks @ Skills & Soup

- May: Lema Agrivest
 - hydroponics, aquaponics and sustainable agriculture in a changing climate
- May: Khotso Marumo
 - Commercial Pilot
 - working hard to achieve your dreams



Hub Talks @ Skills & Soup

- July: Robotics with Matšelis Moruthane
 - STEM concepts in a hands-on environment
- July: Slow Food Lesotho
 - building a good, clean and fair food system in Lesotho



Hub Talks @ Skills & Soup

- September: Lineo Tsikoane Badia
 - Human Rights Lawyer
 - how to better understand your rights in situations of abuse and in everyday life
 - how and when to stand up for yourself and others



Hub Talks @ Skills & Soup

- October: Senkatana Oncology Clinic
 - cancer information and prevention
- November: Beautiful Dream Society
 - human trafficking information and prevention





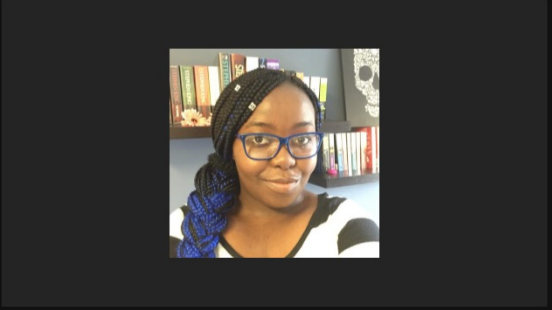

Sign language @ Skills & Soup

- Led by Lineo Hlaha
 - qualified sign language interpreter
- importance of being inclusive
- basics of sign language
- conversation in sign language



Romario Valentine @ Skills & Soup

- In October, 11-year-old South African environmental activist Romario Valentine joined S&S via Zoom to talk about what inspires him and to talk about his book *Protect our planet: Take action with Romario*

 <p>Delsha and Romario</p>		
	<p>Loveness Chirango</p>	<p>Yenziwe Mbuyisa</p>

Romario Valentine
joined Skills & Soup
via Zoom as part
of Global Youth
Climate Week,
organised by the
Global Alliance of
Universities on
Climate.



With support from Dolen Cymru, Skills & Soup participants partake in monthly mental well-being sessions led by Psychologist Lebohang Bereng.



Well-being @ Skills & Soup

- Visiting Psychologist Lebohang Bereng:
 - 9 sessions held
 - learning about types of mental health problems, causes, symptoms, treatments and coping mechanisms



In December, Lebohang Bereng led a one-day workshop on vision boards for Skills & Soup participants.



In 2022, The Hub produced 4 videos and 4 podcasts on well-being topics. The videos and podcasts are used as educational tools at Skills & Soup and the Dolen Cymru network of teachers in schools across Lesotho.



The 4 videos and 4 podcasts on well-being topics have played on LTV channel on TV, and on Radio Lesotho. The videos have reached 241,680+ people on social media.



In December, Skills & Soup hosted Hour of Code, an introduction to computer science, using fun tutorials to show that anybody can learn the basics.



The Hub conducted M&E surveys among Skills & Soup participants to measure changes in knowledge and attitude.

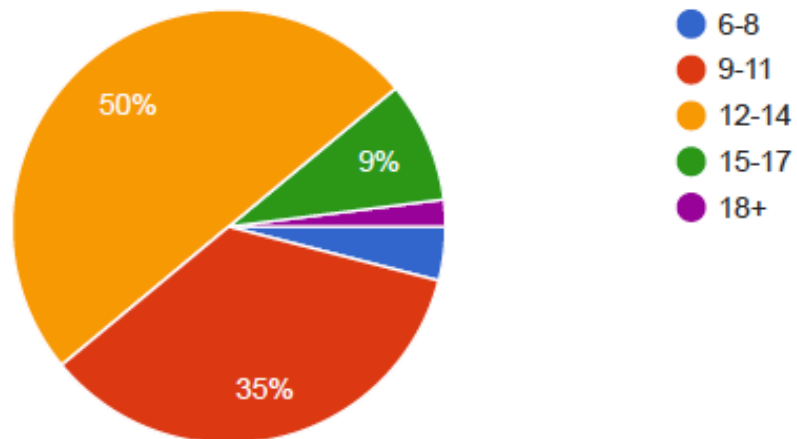


Below are findings from The Hub's anonymous M&E surveys with participants:

"I have enjoyed learning sign language, the importance of self love and respect for everyone".

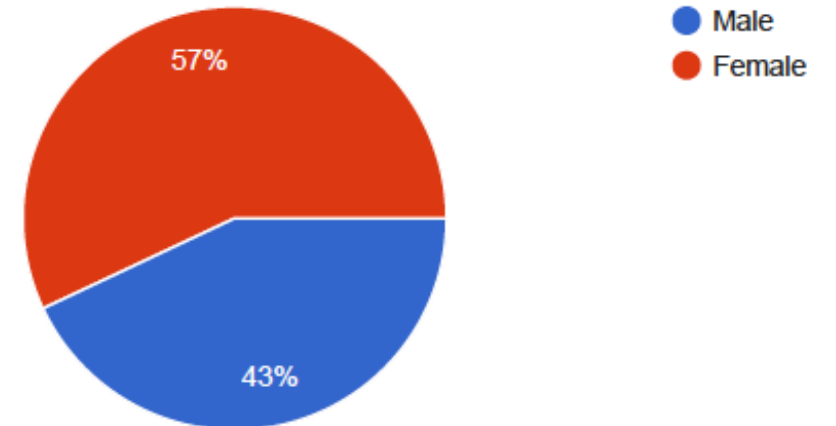
1. How old are you?

100 responses



2. Gender?

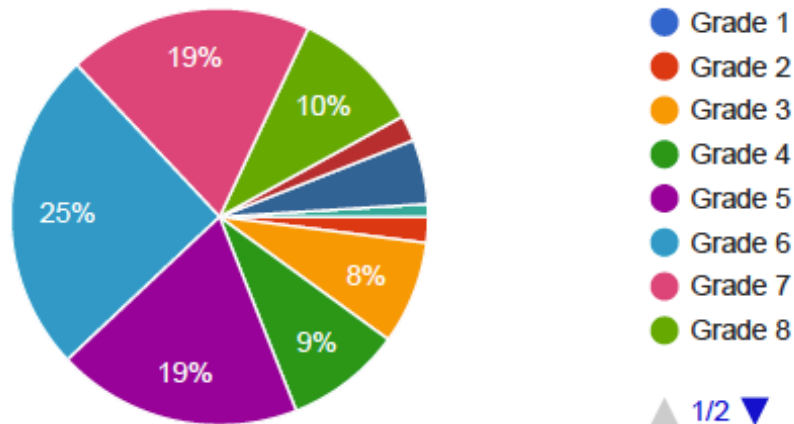
100 responses



“I enjoy learning about loving and accepting myself the way I am and working harder to be a better person.”

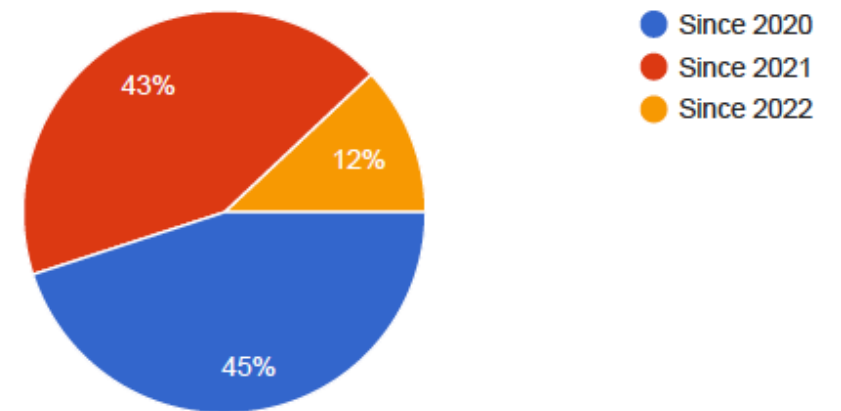
4. In which grade are you?

100 responses



7. How long have you been attending S&S?

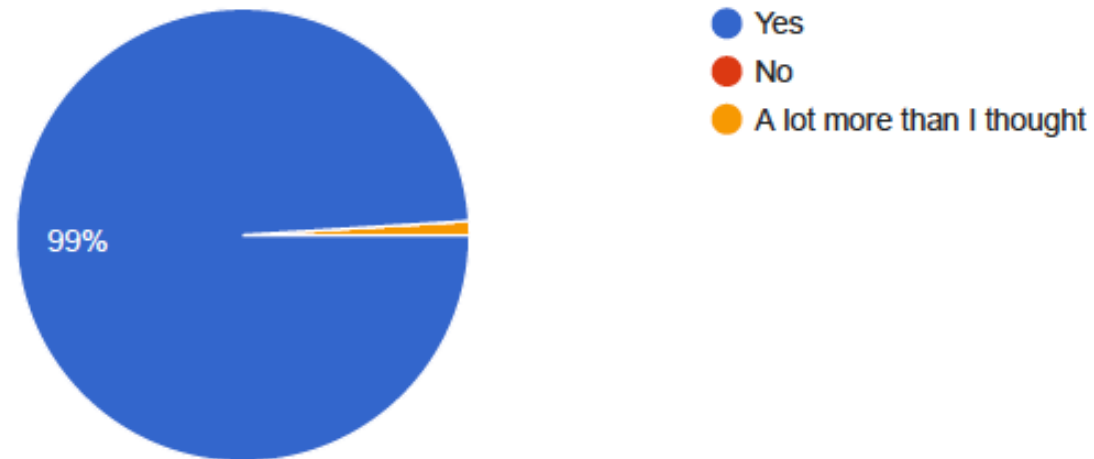
100 responses



“I enjoyed learning about Maths under the topic of Division and Sesotho under the topic of Nouns with Ntate Thejane.”

2. Has your performance in school improved since joining S&S?

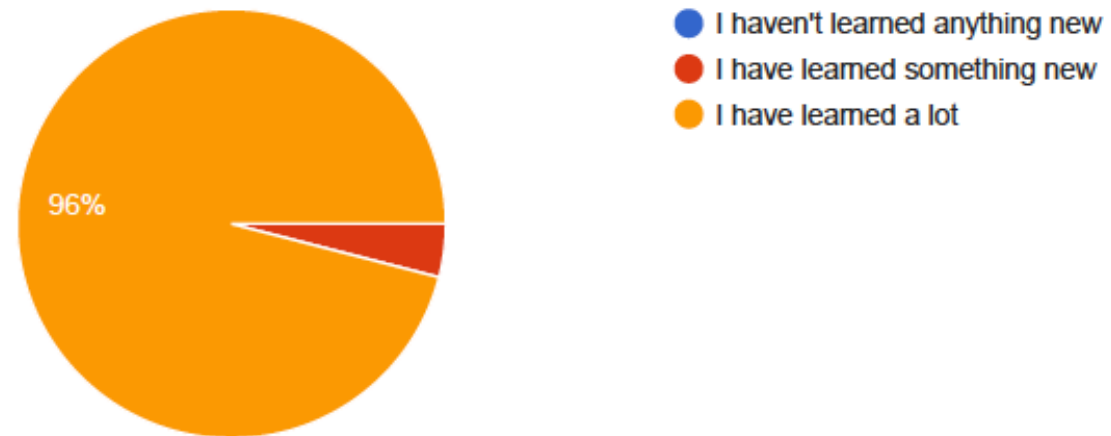
100 responses



“Since joining Ntate Thejane’s lessons my performance in ST (Science and Technology), Maths and English have improved.”

1. How much have you learned in Ntate Thejane’s lessons?

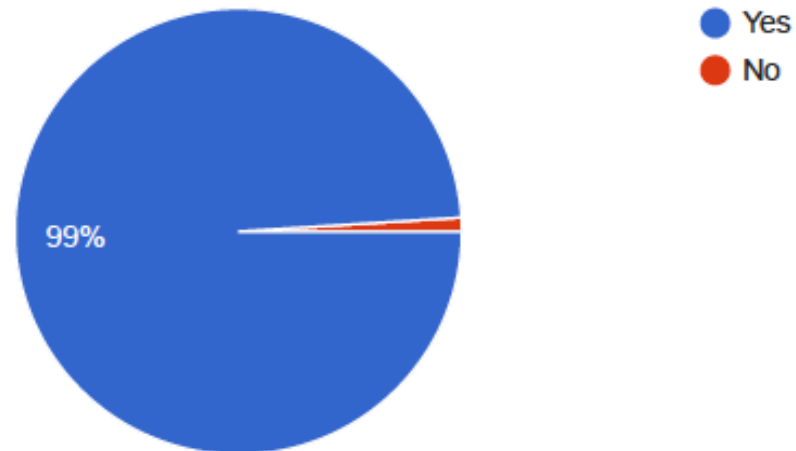
100 responses



“In our communities we live with sex offenders and criminals, I was once called by one to his place and because of Ausi Thembi's lessons, I knew it was a bad idea to go there.”

4. Have the wellness lessons made any positive difference in your life?

100 responses

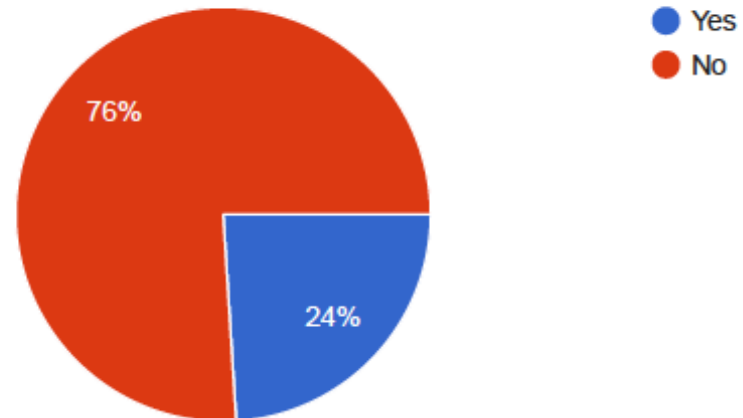


“Other kids mock me because of my dark skin colour and it breaks my heart beyond words.”

“Just today my teacher gave us a beating yet I had given the right answer.”

6. Do you struggle with something that makes you sad, worried, scared or angry at school?

100 responses

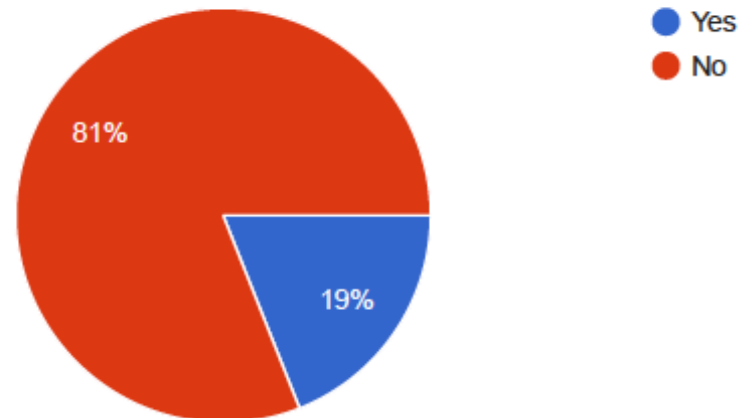


“My parents like to fight and my father is very violent.”

“My parents are divorced, I live with my mother and she is unemployed. We struggle to eat. My father abandoned us.”

8. Do you struggle with something that makes you sad, worried, scared or angry at home?

100 responses

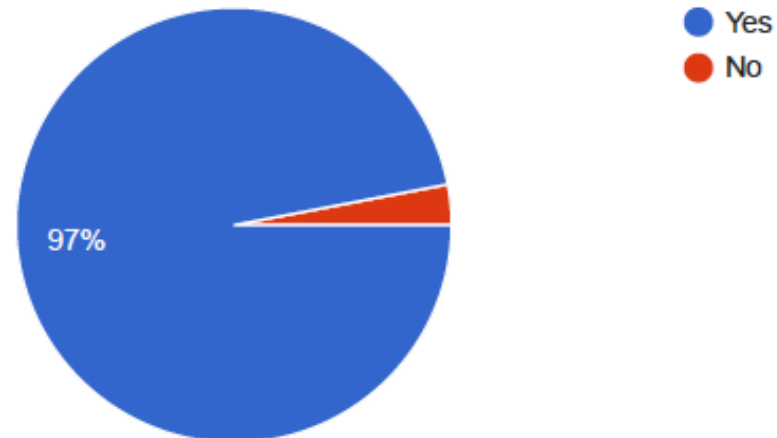


“When there is no food at home, I get to eat at Skills & Soup.”

“Sometimes at home we don't have food, so when my S&S day comes I get to have food for myself and my family.”

7. Has the food made a difference in your life?

100 responses

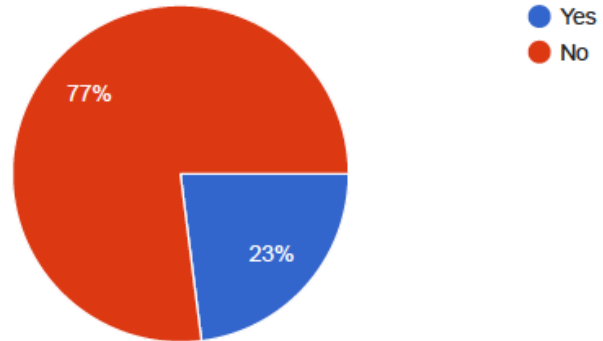


“We struggle to eat at home, there are times when I only eat in the afternoons.”

“We are struggling to eat at home.”

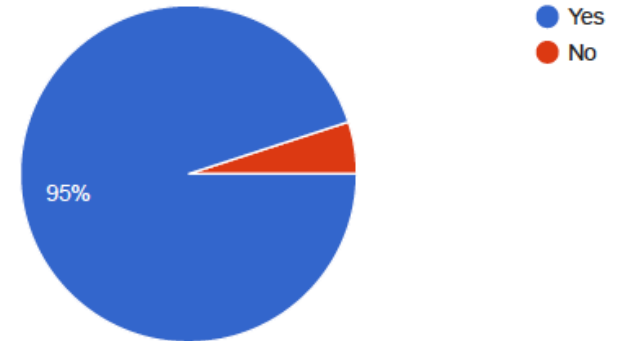
3. Do you share your hot meal with others?

100 responses



4. Do you share your take home ration with others?

100 responses



From January – July, The Hub hosted an intensive 6-month filmmaking internship. 2 of the interns (1 male, 1 female) were subsequently hired full-time to assist with documentation, photography, and videography.



On Earth Day in April, The Hub opened an outdoor educational photography exhibition. The photos portray the effects of climate change, environmental destruction and plastic pollution in Morija.



Photography Exhibition

- To commemorate World Environment Day, from June 1-3, in partnership with the European Union in Lesotho, The Hub hosted 180 students from Matsieng for guided tours of the exhibition.



From September 12-16 to commemorate World Cleanup Day, all Skills & Soup participants toured Pheha Plastic in Morija, giving them an introduction and hands on experience in the circular economy.



In partnership with
DW Akademie,
The Hub delivers
Media and
Information
Literacy (MIL)
training.

Social Media – Fight the Fake!

UNDERSTAND* INFORMATION DISORDER

What information sources do we find on social media


MIL with DW Akademie

- Media and Information Literacy workshops:

- 8 Fight the Fake Youth Projects held in Morija, Thaba Tseka and Leribe
- 5 WhatsApp Youth projects delivered



In 2022, 5 videos produced by The Hub on MIL topics were translated into several southern African languages for distribution across SADC countries in partnership with DW Akademie.



#FightTheFake



#StopFakeNews



#PowerToEmpower

MIL with DW Akademie

- In October 2022, The Hub's Office Administrator Maleshoane Mohanoe travelled to Johannesburg to represent The Hub at the Spaces of Solidarity Forum, hosted by DW Akademie and MISA Regional.



MIL with DW Akademie

- In October 2022, The Hub's Coordinator Meri Hyöky travelled to Windhoek, Namibia to represent The Hub at MIL Connect, a week-long collaborating event and launch of an open-source MIL Content Hub, organised by DW Akademie.



MIL with DW Akademie

- In December 2022, Maleshoane Mohanoe travelled to Windhoek, Namibia to represent The Hub at a NXT Podcast Bootcamp. The Bootcamp was organised by the Namibia Media Trust, with support from DW Akademie.



As a result of the skills gained by Maleshoane at the NXT Podcast Bootcamp, and with support from Selibeng sa Thuto Trust and DW Akademie, Hub Talks will become a podcast series in 2023, widening the reach of the motivational talks!



In November, with support from Glasswaters Foundation, The Hub expanded to a desperately needed second location at Mabenkeleng in Morija.



The Hub Expansion

- The expansion space allows The Hub to:
 - run programming unaffected by weather
 - provide access to resources for members
 - provide adequate office space for staff
 - launch agricultural food security projects



The Hub Expansion

- The expansion space allows The Hub to:
 - host events
 - build an audio production studio
 - launch the first loan-out library in Morija from the historical building previously occupied on MMA grounds



The Hub Expansion

- The expansion space allowed The Hub to host Kutlong Centre for Hearing:
 - professional hearing screenings
 - 58 people received free services



In November, The Hub hosted Lesotho Film Festival for screenings of films about #BachaShutdown youth protests, heritage in the Morija region and more.



Lesotho Film Festival

- *Ke Batla Ho Bua*, produced The Hub in 2021, won the award for Best Short Film at Lesotho Film Festival in December 2022.
- the film features Tokelo Molato, a Skills & Soup participant from Phahameng, Morija

2022 WINNERS

Best Short Film Award

KE BATLA HO BUA
hub

KE BATLA HO BUA

#TellingAfricanStories

Brot für die Welt AMPLIFYCHANGE

steps

LESOTHO INTERNATIONAL FILM FESTIVAL

Sesotho Media & Development

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In November, Christian Knüsel and Neues Orchester Basel in Switzerland featured The Hub at their 'City Lights' concert. Music produced by The Hub was adapted into a classical score with the theme 'Music of Change'.



Neues Orchester Basel

- The funds raised through this concert will go toward academic support of youth from The Hub who show outstanding artistic talent and a passion for positive change in Lesotho.



In December 2022, former Hub volunteer and student Ts'episo Mahooe graduated from the Advanced Photography Program at Market Photo Workshop in Johannesburg. Ts'episo first picked up a camera at photography workshops run by The Hub, and gained access to the Market Photo Workshop as a result of opportunities provided by The Hub. The Hub has also assisted Ts'episo financially for the duration of her studies.

In 2022, The Hub paid school fees for 7 children from Morija Primary School to attend Thabeng High School.

These 7 children come from vulnerable homes, and were identified by the Principal of Morija Primary School as children who perform well but would not otherwise have been able to continue their education due to lack of funds. This support will continue in 2023.

In 2023,
The Hub will
continue to
provide vital
support and
educational
opportunities to
youth in Morija
and surrounding
communities.



For more about Skills & Soup, visit:

<https://thehubatmorija.co.ls/2022/12/16/skills-soup-3/>

For more about the MIL Content Hub, visit:

<https://sites.google.com/view/milcontenthub/home>

For more about *Ke Batla Ho Bua*, visit:

<https://thehubatmorija.co.ls/2022/12/12/ke-batla-ho-bua-wins-at-lesotho-film-festival/>

For more about Hour of Code, visit:

<https://thehubatmorija.co.ls/2022/12/09/hour-of-code-2022/>

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hub

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Soundcloud: [@thehubatmorija](https://www.soundcloud.com/thehubatmorija)

TikTok: [@thehubatmorija](https://www.tiktok.com/@thehubatmorija)

YouTube: [@thehubatmorija](https://www.youtube.com/@thehubatmorija)

Anchor: [@thehubatmorija](https://www.anchor.fm/thehubatmorija)