

Charity vs Solidarity



Futures Thinking

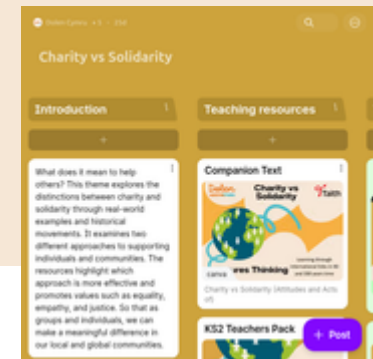
Learning through
international links in 40
and 200 years time

Charity vs Solidarity (Attitudes and Acts of)

CONTENTS:

1. Children's Rights in Wales
2. Children's Right in Lesotho
3. Rights in Action in Wales
4. Rights in Action in Lesotho
5. Healthcare in Wales
6. Health & HIV in Lesotho
7. Band Aid
8. Podcasts

Scan the QR code or click below
to view the Charity vs Solidarity
Padlet - add your pupils work &
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learners



Acknowledgements

Developed in partnership by Taith and Dolen Cymru Lesotho, this resource is informed by the voices and lived experiences of communities, educators, and young people in Wales and Lesotho. Funded by the Welsh Government 2025-6.

Charity Vs Solidarity

Presentation - KS2 Classes

Charity vs Solidarity (Attitudes and Acts of)

Click below for Year 4-11 Teacher Packs

KS2 PACK



The cover features a stylized globe with green continents and blue oceans, populated with white human figures. A red ribbon with the text 'Dolen LESOTHCYMRU' is on the left, and a red ribbon with the text 'Taith' is on the right. Below the globe, the title 'Futures Thinking -' is followed by the subtitle 'Learning through international links in 40 and 200 years time'. At the bottom, it says 'Charity Vs Solidarity Year 4-6'. A navigation bar at the very bottom shows '< 1 / 33 >' and icons for search, menu, and share.

Dolen
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Taith

Futures Thinking -
Learning through international links in 40
and 200 years time

Charity Vs Solidarity
Year 4-6

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KS3 PACK



The cover features a stylized globe with green continents and blue oceans, populated with white human figures. A red ribbon with the text 'Dolen LESOTHCYMRU' is on the left, and a red ribbon with the text 'Taith' is on the right. Below the globe, the title 'Futures Thinking -' is followed by the subtitle 'Learning through international links in 40 and 200 years time'. At the bottom, it says 'Charity Vs Solidarity (Year 7-9)'. A navigation bar at the very bottom shows '< 1 / 31 >' and icons for search, menu, and share.

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Futures Thinking -
Learning through international links in 40
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Charity Vs Solidarity
(Year 7-9)

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KS4 PACK



The cover features a stylized globe with green continents and blue oceans, populated with white human figures. A red ribbon with the text 'Dolen LESOTHCYMRU' is on the left, and a red ribbon with the text 'Taith' is on the right. Below the globe, the title 'Futures Thinking -' is followed by the subtitle 'Learning through international links in 40 and 200 years time'. At the bottom, it says 'Charity Vs Solidarity (Year 10-11)'. A navigation bar at the very bottom shows '< 1 / 21 >' and icons for search, menu, and share.

Dolen
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Taith

Futures Thinking -
Learning through international links in 40
and 200 years time

Charity Vs Solidarity
(Year 10-11)

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Children's Rights in Wales

“Through my story I want to tell other children all around the world that they should stand up for their rights.”

Malala Yousafza

Children and young people have 42 rights under the **United Nations Convention on the Rights of the Child (UNCRC)**.

These 42 rights give children and young people what they need to grow up happily, healthily and safely. In 2011 Wales became the first country in the UK to make the UNCRC part of its domestic law.

Established in 2016, the young people's advisory panel is made up of 45 members of children and young people between the ages of 11 to 18. They have three full-day meetings a year. The advisory panel holds the **Children's Commissioner for Wales** to account on the delivery of three year and annual work plans

A Children's Rights Approach means that:

Organisations will prioritise children's rights in their work with children and families to improve children's lives

- All children are given the opportunities to make the most of their talents and potential
- All children are given access to information and resources to enable them to take full advantage of their rights
- Children are provided meaningful opportunities to influence decisions about their lives
- Authorities and individuals are accountable to children for decisions, and for outcomes that affect children's lives



<https://www.childcomwales.org.uk/uncrc-childrens-rights/>

Charity vs Solidarity



UN032751

The UK Committee for UNICEF (UNICEF UK) raises funds for UNICEF's emergency and development work for children. We also promote and protect children's rights in ...

Rights Respecting Schools Award

www.unicef.org.uk

Education and Health

Children and young people in the UK have the right to both primary and secondary education. Disabled children were given the right to participate in education in 1970. Children have the right to receive additional support in education and children, young people and families should be involved in the education process.

Flying start is a Welsh Government program that provides enhanced services to disadvantaged communities in Wales. The program aims to give every child in Wales the best possible start in life by focusing on key areas of early childhood development. Access to flying start is aimed at children 0-3.

Many children start nursery school at age 3. Wales introduced a free childcare scheme where families are entitled to claim for 30 hours childcare at age 3, 12.5 hours have to be educational and the remaining hours can be in a registered childcare setting.

From the age of 5 it is compulsory for children to attend an education setting (registered home schooling is included). There are education welfare officers whose job is to monitor children's attendance.

At age 11 children go to a high/secondary school. They work towards their GCSE qualifications in high school. At age 16 children have the option to leave school or they can continue to a sixth form or college to complete a qualification (usually A levels or BTEC)

The Rights Respecting Schools Award is a UNICEF UK programme that aims to put children's rights at the heart of schools in the UK. Schools work with UNICEF on a journey to become fully Rights Respecting. The Award recognises a school's achievement in putting the United Nations Convention on the Rights of the Child (UNCRC) into practice within the school and beyond. Children have the right to participate, so meaningful involvement of children and young people are fundamental to every stage of your RRSA journey.

<https://www.nhs.wales>

Healthy Child Wales Programme

This programme ensures health support for children from the ages 0-7. It includes scheduled visits from midwives, health visitors and the school nurse. As well as routine vaccinations and flu spray (encouraged but at the discretion of the parents).

Medical care in Wales is free under the National Health Service (NHS) this includes doctor's appointment, prescriptions, emergency and routine hospital visits or medical procedures and operations. For children glasses and dentistry are also included in this up to the age of 18. However due to the pressures on the NHS many departments have long waiting lists which can lead to delays. This is particularly true for neurodevelopmental referrals. The child health network was created in 2024 with the aim to improve the quality, sustainability and outcome of NHS services for children and young people in Wales



Children's Rights in Lesotho

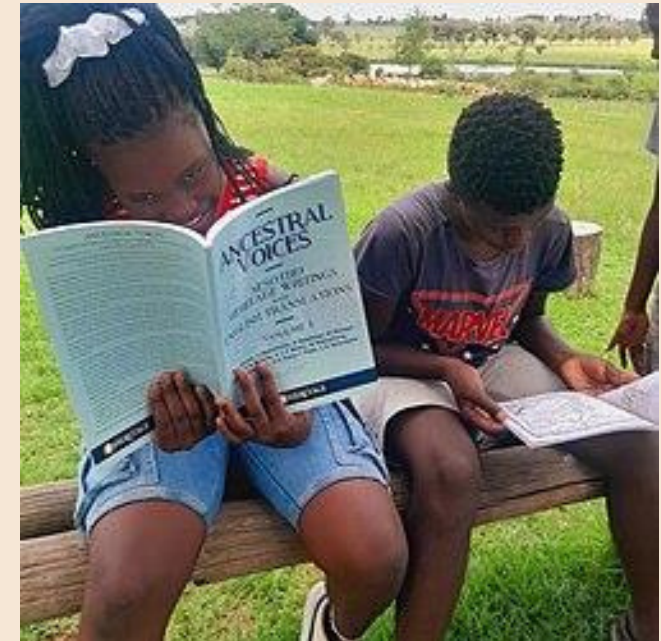
Bana

Traditional roles & responsibilities:

- From a young age, children were assigned specific daily responsibilities.
- Boys were tasked with herding the family's goats, and as they grew older, they herded cattle as well.
- Girls assisted their mothers with household chores.
- Women's responsibilities, which changed based on the season and their social status, were often more demanding than those of men.

**"Our children are
our greatest
treasure. They are
our future."**

Nelson Mandela



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Children's rights are protected by law in Lesotho. The Child Protection and Welfare Bill of 2009, specifically addresses the protection of children. Additionally, the Child Protection Act of 1980 provides safeguards for children in need of care, covering a wide range of situations that may be detrimental to their interests and welfare. Although the law mandates that decisions be made in the best interests of the child, this policy is often not followed in practice.

The Government of Lesotho has ratified several international instruments that uphold children's rights, including the Convention on the Rights of the Child, the African Charter on the Rights and Welfare of the Child, and the International Labour Organisation (ILO) Convention 138 on the minimum age for employment, as well as ILO Convention 182 on the worst forms of child labour.

However, 58% of Lesotho's population lives below the poverty line, which poses a significant threat to the full realisation of children's rights, as poverty is a major factor affecting the lives of most Basotho children.

Charity vs Solidarity

Education, Health and Child Labour

HIV& AIDS is recognised as the most significant threat to development in Lesotho, which has the second-highest rate of HIV infection worldwide.

Additionally, 110,000 children have been orphaned due to the AIDS epidemic.

Studies show that HIV & AIDS is a leading cause of the drastic reduction in household income for much of the population. The loss of a breadwinner, whether through illness or death, increases the workload for children.

In response to this crisis, Lesotho has adopted a national program of action to scale up efforts against HIV & AIDS.



Dolen Cymru Lesotho

The law prohibits the employment of children under the age of 15 and imposes restrictions on the employment of those under 18.

Despite these regulations, child labour remains a serious issue. Notably, child labour laws do not extend to the informal and agricultural sectors. According to UNICEF, approximately 23% of children aged 5 to 14 are employed in the informal sector, which includes small family businesses, domestic work, and farm activities, particularly herding.

Many children also spend considerable time on chores such as collecting fuel and water for their families, often attempting to balance these tasks with their school attendance.

Lesotho's Constitution recognises the right to education as fundamental for every child living in the country. According to Section 28 of the Constitution, the government is required to ensure that Basotho children receive quality education at all levels.

Section 28 states: *“Lesotho shall endeavour to make education available to all and shall adopt policies aimed at securing that education develops the full potential of the human personality and fosters dignity while strengthening respect for human rights and fundamental freedoms”*. Primary education is compulsory and available for all, however, many parents, especially those who are unemployed, struggle to afford secondary education.



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Further Links

Children's Rights in Wales

Children's rights Children's Rights - Children's Commissioner for Wales https://youtu.be/CJPZ_31njq4

Article of the Week - planner - Rights Respecting Schools Award

Scouts & Guides: Rights Challenge - Children's Commissioner for Wales

Rights Respecting School Teaching Resources - UNICEF UK

Children's Rights in Lesotho

Children of Lesotho - Humanium

Education resources on children's rights

Creating Child-Friendly Justice: Launch of Five Rehabilitated Children's Courts - Lesotho News

Big Changes Ahead for Children in Lesotho – Uncensored news

Children's Parliament Session

Girl Guides Association (Resources and Activities)

Rights in Action, Wales

In 1948 the United Nations General Assembly adopted the Universal Declaration of Human Rights, this landmark document set out rights that everyone is entitled to regardless of race, colour, religion, sex, language, political or other opinion, national or social origin, property, birth or other status.

Since then the UK and Welsh governments have signed up to a range of international human rights treaties. The most significant is the European Convention on Human Rights (ECHR) which protects the right to life, liberty, private and family life, the freedom of assembly and freedom of expression among others.

These rights apply in the UK and Wales through the Human Rights Act 1998. The Act requires public authorities (like local authorities, health services and the police) to respect and protect these rights in everything they do. If breaches of the convention occur, individuals can challenge these rights through the courts.

The Welsh Government has taken a number of steps to enhance and strengthen the rights of people living in Wales. In 2024 the Welsh Government commissioned research on Wales. The research report made recommendations for the Welsh Government and other public sector organisations to take, to benefit individuals.

Charity vs Solidarity

Disability



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The Welsh Government launched the **Disabled People's Rights Plan for Wales 2025**, which aims to advance the rights and opportunities of disabled people in Wales, remove barriers and challenge the prejudice and discrimination they face.

Human rights in Wales date back to 945 when the laws of Hywel Dda were published.



The 10-year plan sets out an ambition for a Wales where disabled people can enjoy equitable rights, inclusion and participation. At the heart of the approach is the Social Model of Disability, which helps us to understand how disabled people can be held back by the world around them, and how we can make the world easier for everyone to be part of. It is also guided by the principles and obligations of the United Nations Convention on the Rights of Disabled People. The barriers disabled people face can range from inaccessible buildings and services that aren't adjusted to meet their needs through to some people's attitudes towards them. We are committed to continuing to remove these barriers to create an inclusive and accessible society for all. However, some have criticised the plan for lacking measurable targets.

<https://www.gov.wales/disabled-peoples-rights-plan-2025-2035-html>

Women's Rights

Chwarae Teg-Fair Play



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International Women's Day is celebrated on March 8 each year, recognizing the social, economic, cultural, and political achievements of women. It also serves as a call to action for accelerating gender equality. The day has been observed for over a century, with the first gathering taking place in 1911. The United Nations began marking the event in 1975, and it continues to promote women's rights and empowerment globally.



Welsh Gender Equality group **Chwarae Teg** (meaning **Fair play**) has produced a five-year review (2023) which paints a picture of little or no progress in improving pay, rights to work and safety in society for women.

Despite a slight pay increase for women since the original 2019 report, it says Wales' gender pay gap remains 11.3%. The report says that women are still less likely to be in work than men, and more women are excluded from the labour market due to the pressures of caring for family members.

There have been some positive steps over the past five years, particularly with more female MPs and councillors elected, but the representation in politics is still well below 50%. The charity's main concern is that the dangers faced by women, not just of violence but also of financial hardship, remain disproportionately high

LGBTQIA+

Lesbian, gay, bisexual, transgender, queer (or sometimes questioning), intersex, asexual, and others. The “plus” represents other sexual identities, including pansexual and Two-Spirit. **The Welsh LGBTQ+ action plan (2023)** aims to Improve understanding of the human rights of LGBTQ+ people and protect those rights.

This includes:

- Banning LGBTQ+ Conversion Practices.
- Making Wales a Nation of Sanctuary for LGBTQ+ migrants
- Increasing the number of LGBTQ+ people in groups or in projects to do with equality
- Asking the UK Government to have a law in Wales about Gender Recognition. This means Wales could make laws so that it would be easier for trans people to have their gender legally recognised in all aspects of their lives.
- Involving LGBTQ+ groups more when planning public services
- Making it easier for LGBTQ+ people reporting hate crime
- Doing more to stop hate crimes happening across Wales
- Targeting violence against women, and among LGBTQ+ communities.
- Making sure homelessness services support the needs of LGBTQ+ people
- Improving the experience of LGBTQ+ people in the health and social care sectors, relationships with the police
- Making sure new plans for mental health include LGBTQ+ people
- Improving access to sexual health services
- Giving guidance for schools and local authorities about transgender children and young people
- Supporting LGBTQ+ young people and tackle the bullying they face



Pride Cymru is a volunteer-led charity that works to promote the elimination of discrimination be it on the grounds of sexual orientation, gender, race, religion or ability.

Over 2 days in the month of June, Pride Cymru hosts over 50,000 people in the Welsh Capital, Cardiff to raise awareness of equality and diversity and supporting the LGBTQ+. There are also pride events that take place in cities across Wales.

Just Like Us is a charity that works with schools to give talks that are delivered by ambassadors, LGBT+ young adults aged 18 to 25, providing authentic, meaningful and relatable representation to school pupils.

Ambassadors share their own stories of growing up LGBT+, using storytelling as a tool to engage pupils and equip them with key, actionable takeaways. They also offer an interactive Q&A, cultivating an encouraging and safe space for pupils to ask questions of people with lived experience and gain further understanding.

Rights in Action, Lesotho

Disability

The **Constitution of Lesotho** is the basic law governing the Kingdom of Lesotho. It provides the legal framework for the structure of the government and lays out the rights guaranteed to citizens. The Constitution was adopted in 1993.



Chapter 2: Protection of Fundamental Human Rights and Freedoms

Guarantees certain rights and freedoms to citizens, serving as a bill of rights. Citizens are guaranteed the right to life, personal liberty, and equality before the law. Additionally, the Constitution ensures freedom from inhuman treatment, slavery, arbitrary search, seizure of property, and discrimination. Also, citizens are guaranteed freedom of movement, speech, association, and conscious. This section specifies that these guarantees are entitled to every person in Lesotho regardless of race, sex, language, religion, political opinion, nationality, and property holdings

In October 2022 Chief Justice Sakoane Sakoane said this “Permit me to start first with persons with disabilities as their recognition and protection is roundly accepted and has been codified by the United Nations Convention on The Rights of Persons with Disabilities. Article 12 thereof, provides for their equal protection before the law. This means that they enjoy the same legal capacity with other non-disabled persons. This is a paradigm shift from substituted decision-making by others to supported decision-making. In substituted decision-making, a third person is a substitute decision-maker whereas in supported decision making, the third person is only there to support making of decisions by a person with disability. The person with disability has full decision-making capacity and should be enabled and supported in that regard.

Established in 1989, the **Lesotho National Federation of Organisations of the Disabled (LNFOD)** is an umbrella body of organisations dealing with disability in Lesotho.

Its membership consists of - Organisations of Persons with Disabilities (ODPs), Albino Aid Multipurpose Association (AMA), Deafblind Association of Lesotho (DBAL), Intellectual Disability and Autism Lesotho (IDAL) formerly known as Lesotho society of mentally handicapped persons (LSMHP), Lesotho National Association of the Physically Disabled (LNAPD), Lesotho National League of the Visually Impaired Persons (LNLVIP), and National Association of the Deaf Lesotho (NADL).

Its mission is to champion the rights of persons with disabilities and their families through advocacy, support, and partnerships, ensuring they lead empowered and fulfilling lives. Believing in a human rights-based approach to disability and social inclusion.

In 2008, Lesotho became the 42nd country to ratify the United Nations (UN) Convention on the Rights of Persons.

Charity vs Solidarity

Women's Rights

The Afrobarometer team in Lesotho interviewed a nationally representative sample of 1,200 citizens in February-March 2022. These were the main findings:

About 8 in 10 Basotho (79%) say women should have the same rights as men to own and inherit land.

A weaker majority (59%) – and only 48% of men – say women should have the same rights as men to get paying jobs.

7 in 10 citizens say that in Lesotho today, women and men in fact enjoy equal rights when it comes to jobs (71%) and land (71%).

Nearly two-thirds (63%) of Basotho – including a slim majority (53%) of men – say daughters should have the same rights of succession to chieftaincy as sons.

In Lesotho, men trail women in educational achievement, with less secondary schooling and a greater proportion who lack formal education altogether.

Women and men are about equally likely to own a mobile phone, a radio, a television, a motor vehicle, and a computer, but more men than women report owning a bank account (42% vs. 37%).



X.com



Nairasha Legal Support is a pioneering feminist and woman-led grassroots social legal enterprise based in Lesotho, dedicated to catalysing transformative change within communities affected by sexual and gender-based violence (SGBV). Established with an unwavering commitment to promoting justice, human rights and gender equality. Nairasha Legal operates on the fundamental belief that every woman and girl deserve protection, respect and equal access to legal recourse regardless of their economic status, geographic location or level of knowledge. At the heart of Nairasha legal mission is the unyielding resolve to eradicate the barriers that render women and girls vulnerable impeding their full enjoyment of human rights.

LGBTQIA+

Lesbian, gay, bisexual, transgender, queer (or sometimes questioning) intersex, asexual and others. The 'plus' represents other sexual identities, including pansexual and Two-spirit.

People's Matrix Association was established in 2008 as a unique Non-Governmental Organisation. The organisation is charged with creating an enabling environment for people with diverse sexual orientations, gender identities and gender expressions by promoting unity, solidarity, cohesion and cooperation among LGBTQIA+ people in Lesotho as well as developing new partnerships nationally, regionally and worldwide.

Lesotho decriminalized homosexuality in 2012. However, under the Marriage Act No. 10 of 1974 and the customary law of Lesotho, marriage is only permitted for different-sex couples.

In 2013. The resolution condemns violence and human rights violations against persons on the basis of real or imputed sexual orientation or gender identity.

The Labour Act of 2024 explicitly prohibits discrimination based on sexual orientation and gender identity. Basotho LGBTQ communities hosted the country's first Pride March in 2013, which organizers and participants have consistently hailed as a success. As of the beginning of 2025, trans advocates have made significant strides with legislators and other government officials, among whom trans issues have become more accepted, with the view to instituting legal gender recognition



Pride in Lesotho: Dolen Cymru

Lesotho's Chief Justice, Sakoane Sakoane, summarized key legal developments in the protection of the human rights of LGBTQ people, and emphasized the importance of ensuring access to justice for marginalized communities in Africa, including LGBTQ persons. Calling for the "cultivation of an LGBTQ sensitive culture"



Giselle Ratalane of The People's Matrix, a local LGBTQ advocacy group, noted: "Lesotho needs robust and clear legislation that protects minority interests so that human rights violations against [LGBTQ persons] are correctly indexed in national records"

Further Links

Rights in Action, Wales

Rights resources from Amnesty International

Education resources introducing human rights Education resources on women's rights LGBTI rights activity pack

Women's Rights Resources Votes for Women, video and resource pack - Parliament UK Education Women's Empowerment Toolbox |

Women's Resource Centre

LGBTQIA+ podcast Stream The Scott McGlynn Show | Listen to podcast episodes online

Privilege, Equality and Social justice

Students Learn A Powerful Lesson About Privilege

Equality, Equity, and Social Justice - YouTube

Rights in Action, Lesotho

Constitution of Lesotho

Resources Designing the IDAL center | rise update

AD571-Basotho-endorse-gender-equality-including-right-of-a-princess-to-succeed-as-chief-Afrobarometer-8nov22.pdf

Equality, Equity, and Social Justice - YouTube

Interview by Catherine Moulogo (Dolen Cymru) and Giselle Ratalane (The People's Matrix)

Healthcare in Wales

During Victorian times, a hospital meant different things for people of different classes. Associated with poverty those who could afford a private doctor stayed away at almost any cost. All hospitals, workhouse infirmaries or elite voluntary hospitals were institutions founded and funded by middle and upper classes to serve the medical welfare needs of the working-class population. In 1895 the first almoner was appointed at London's Royal Free hospital tasked with assessing those coming to the hospital for treatment. Some were told they were too well off so should be treated privately, others were asked to make a financial contribution to the hospital and the remainder received treatment for free but were advised to join a community savings scheme to ensure they could pay their way in future. After the war the almoner's payment system began, with its introduction came the separation of middle-class patients, usually treated on a different floor or in a different building ensuring that the provision for the sick poor was not overcrowded. For most people however, the doctors fee of around sixpence would have been beyond reach, as a result two schemes provided an alternative for working class patients.

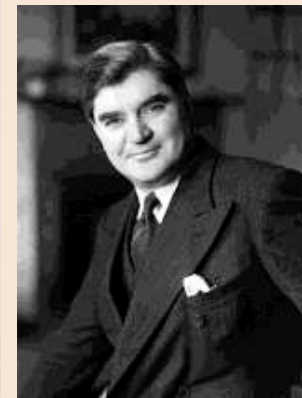
1. In 1911 the health insurance element of National Insurance was introduced, this was a compulsory insurance for workers in certain industries that would grant access to a doctor.
2. People could also pay into a membership of a mutual aid fund or medical club and they would receive access to a doctor without having to see the almoner by being able to pay in advance.

Charity vs Solidarity

"No society can legitimately call itself civilised if a sick person is denied medical aid because of a lack of means" Aneurin Bevan

Introduction of the National Health Service:

In 1910 the first national health service pilot was set up covering tuberculosis (TB) services in Wales. It was names Welsh National Memorial Association (WNMA) The second and third national health service pilot were set up during the first and second world war, when hospitals had to work together to cope with the number of casualties from the war. After the second world war, in 1945 the people voted for a nation health service and the welfare state and Aneurin Bevan who was minister for health launched the NHS in 1948



Howard Coster - Wikipedia

Aneurin Bevan and another Minister Harold Wilson stepped down as MPs after the Chancellor of the Exchequer proposed an introduction of charges for dental care and spectacles to raise money for the Korean war. The incoming Conservative Government went on to introduce prescription charges as well during their stint in power. Harold Wilson later became Prime Minister and designed a prescription system that included exemptions for the poorest, ensuring that sickness did not result in financial hardship. The same priorities that had guided the pre-NHS almoners. In the 21st century under devolution Wales has returned to a version of Bevan's NHS by abolishing prescription charges.

HIV & AIDS in Wales

In early 1980's reports of a new disease began to emerge in the United States. The first cases of AIDs appeared in the UK in 1982, including the death of Welsh man Terrence Higgins, the first named person to die of AIDS-related illness in the UK. Approximately 90% of cases were homosexual men, with the remaining being drug users and those with a blood clotting disorder haemophilia.

With uncertainty over the cause and transmission and early signs indicating that AIDS was invariably quickly fatal the dread of infection was overwhelming. Additionally, there was an intense media focus on this disease with no known cure. Aids soon became deeply stigmatised and a marker of deviant living.

In 1984 the virus causing AIDS now known as HIV was identified. Soon after a test for HIV antibodies was approved for use in the UK.

In 1987 the government response to the crisis was a nationwide health education campaign. Actor John Hurt voiced the television advert with the phrase "if you ignore, AIDS, it could be the death of you. Don't die of ignorance." Polls following suggested views felt more confident in their understanding of AIDS. However, the campaign did little to dispel rumours or to educate and hope those affected or most at risk and was criticized for doom mongering.

Broderip Ward at Middlesex Hospital in London was set up as specialist ward for those with HIV and Aids. It was opened by Princess Diana who shook hands with patients at the ward without wearing gloves gaining huge press coverage, helping to dispel some of the myths swirling around AIDS at the time.

The early 1990's saw the peak of AIDS deaths in the UK. In 1996, highly active antiretroviral therapy (HAART) consisting of 3 drug combinations was introduced. HAART restored the immune system and stopped the development of AIDS. Deaths fell by 80% between 1995 and 2000. As a result, the number of people living with HIV began to rise substantially.

The Terrence Higgins Trust

In memory of Terrence Higgins, his friend and fellow Welshman Martyn Butler co-founded the Terrence Higgins trust, the first HIV charity in Europe. The trust was started to spread awareness and raise funds for research as a way of preventing suffering due to AIDS. In the early days the charity faced a lot of resistance, with banks and legal teams turning them away, refusing to work on a cause that was seen as taboo. Eventually their hard work paid off and today it is the UK's leading HIV and sexual health charity.



Spudgun67



Wales launched the HIV action plan for Wales 2023-2026 aiming to tackle the stigma experienced by those living with HIV and setting out a framework for action to end new cases on HIV in Wales by 2030.

Healthcare in Lesotho

Bophelo bo botle (Good Health)

Health carework sanitising their hands in ICU, Lesotho. World Health Organisation,



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In the past, Basotho people visited traditional doctors when they were sick. These doctors are called **lingaka tsa setso**. They used plants, roots, and herbs to make medicine and were also trusted to heal people using prayers, chants, and special rituals. They believed the **ngaka** could cure diseases and protect them from bad luck or evil spirits.

Today, most Basotho people now go to clinics and hospitals where they see nurses and doctors who use modern medicine. However, some people still visit traditional doctors for certain problems, and both kinds of treatments are sometimes used together. Modern healthcare has helped many people live longer and stay healthy, but traditional knowledge is still respected in many places.

Many Basotho face problems related to health care due to lack of health facilities and accessibility to proper treatment. In small villages in Lesotho, families rely on local carers and small clinics. In towns, there are pharmacies and health centres. For serious cases, patients go to big hospitals, and sometimes are referred to Bloemfontein in South Africa. In rural areas, clinics are far to reach leading to loss of lives especially for pregnant women.

The Spiral Aloe is a rare and beautiful aloe found in the Maluti Mountains and is a rare and protected species in the wild. Very characteristic is the unique spiral arrangement of the leaves. Like other aloes, it contains bioactive compounds (anthraquinones, saponins, polysaccharides) that may have antimicrobial, wound healing, and anti-inflammatory properties.

Charity vs Solidarity

The private organisations help to bring mobile clinics to bring services to people in remote areas. USAID's "Riders for Health" project in Lesotho has long used motorcycles to ensure HIV test results and medicines reach remote clinics. In especially rugged highland areas where roads are impassable, pony riders carry supplies between health posts and villages.



HIV & AIDS in Lesotho

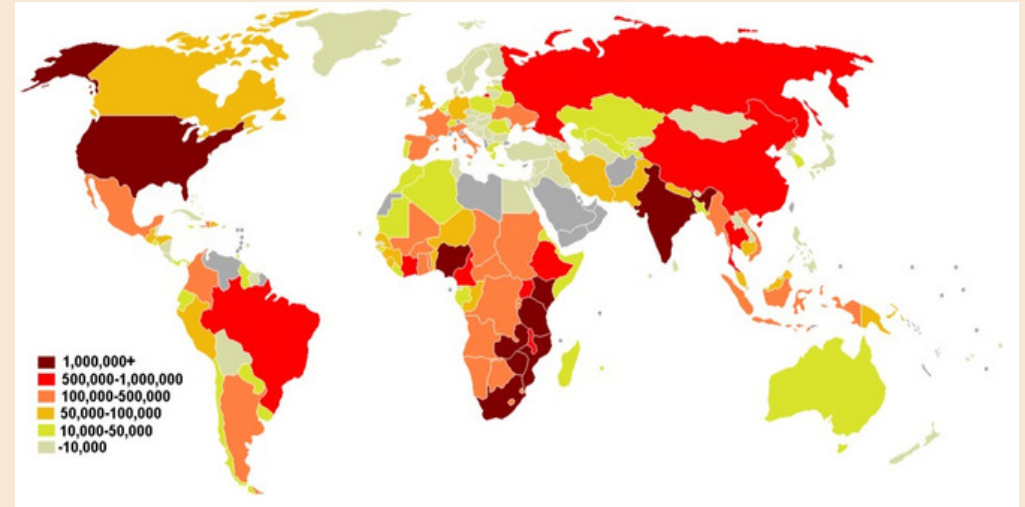
When people first became sick with HIV, in Lesotho, very little was known about the illness. In the 1990s and early 2000s, HIV was the biggest health problem in Lesotho. The large number of people becoming sick caught the attention of the government and organisations like UNICEF and UNAID.

The misconception that only “bad” people could get it compounded the issue as people were unwilling to talk about it. As people became educated in the facts of HIV and learnt about safety and health, clinics began free HIV testing and treatment called ARVs, that helped people with HIV live longer lives. Now, people with HIV can go to school, work and have families. The government, along with UNESCO and other groups, also helped communities speak out against stigma.

Lesotho
unaids.org

AIDS is the leading cause of death in the country and there are an estimated 8,690 children age 0-14 living with HIV in Lesotho. Another estimated 100,000 children are AIDS-related orphans. And, even more face nutritional deficiencies as an indirect result of a family member's illness.

However, there are ongoing initiatives such as CHAI (Clinton Health Access Initiative), UNAIDS, UNICEF and faith-based groups supporting ART access, stigma reduction, youth programmes, and services for people with disabilities.



World map showing HIV/AIDS prevalence globally. CC BY-SA 3.0

National HIV rates hover around 24%, giving Lesotho the second highest rate in the world and placing the country at the epicenter of the global HIV pandemic. The effects of HIV are considerable, often resulting in health complications such as malnutrition and an impaired ability to fight off even common illnesses. The effects are most evident in children, specifically, those under the age of five.

Further Links

Welsh Healthcare

What Was Healthcare Like In Britain Before The NHS? | History Extra
How the NHS was founded in Wales in 1910 - not 1948
Aids: History Of The Epidemic That Changed Britain | History Extra
It's A Sin and HIV in the 1980s: 'By 25, I'd lost 50 friends to Aids' - BBC News

HIV in the UK – then and now | aidsmap

BBC NEWS | Programmes | Panorama | The 1980s AIDS campaign

Myths about HIV | Terrence Higgins Trust

Public attitudes on HIV stuck in 1980s | Terrence Higgins Trust

Lesotho Healthcare

The 'calling' for Basotho traditional healers

BBC NEWS | World | Africa | Lesotho's club for job-seekers with HIV

Lesotho Makes Significant Progress against HIV

BBC NEWS | World | Africa | Lesotho Aids diary: Orphan

An Overview of the Healthcare System in Lesotho

The Role of Lesotho in Traditional Medicine Practices

Band Aid

Between 1983-1985 there was drought and widespread famine in Ethiopia. Estimates of the number of deaths caused by the famine range from 400.000 to 1 million. It has been claimed that the policies of the Ethiopian government at the time contributed to the scale of the famine, Mengistu's government imposed agricultural policies involving forced collectivisation and villagisation (relocation of communities into planned villages).

The famine came to the attention of many in the west through a series of BBC news reports presented by journalist Michael Burke which aired in October 1984. The reports described a "biblical famine" and contained graphic images of thousands of Ethiopians including children facing malnutrition and starvation. In the UK, musicians, Bob Geldof and Midge Ure responded to the broadcasts by forming Band Aid, a charity supergroup to raise money for famine relief in Ethiopia.

Forty artists recorded the charity song "Do they know it's Christmas?" which was released in 1984, with the video for the record using images depicting stereotypical poverty-stricken scenes in Africa, it became the Christmas number one. It is estimated the sales raised £8 million.

In 1985 Band Aid continued to raise money by staging the Live Aid concerts in Wembley, London, John F Kennedy stadium, Philadelphia and various other venues. The concerts were broadcast and an estimated 1,5 billion people watched. It has been credited with raising global awareness and (three re-recordings of the song also topped the charts Band Aid II (1989), Band Aid 20 (2004) and Band Aid 30 (2014).



BAND AID

Charity vs Solidarity

Ethiopian Famine



JFK Stadium Live Aid 1985 <https://creativecommons.org/licenses/by-sa/3.0/deed.en>

Paula Yates (Geldof's partner) is considered to have been behind the original Band Aid. The groups name stemmed from the idea that the musicians were providing aid to the less fortunate and suggested that their project was likened to putting a band aid on a wound. Geldof promised that every penny would go to the cause. This led to a standoff with the British Government who refused to waive the VAT on the sales of the single, Geldof made headlines publicly standing up to Prime Minister, Margaret Thatcher. In 1985, the government agreed to donate to charities working in Ethiopia equivalent to the VAT collected on the sales of the original record.

Band Aid Criticism

In 1986, the anarchist band Chumbawamba released the album “Pictures of starving children sell records” intended as an anti-capitalist critique of the Band Aid phenomenon, they argued that the record was primarily a cosmetic spectacle designed to draw attention away from the real political cause of world hunger. It was also criticised for portraying the Ethiopian famine as a natural disaster and depoliticising the causes of famine.

Ghanaian-English singer, songwriter and rapper Fuse ODG refused to participate in Band Aid’s 30 arguing that it dehumanised Africans and undermined their sense of pride and identity under the guise of charity. He is one of many people who have said the lyrics of the song show ignorance. ODG recently said that while the song might attract sympathy and donations, they perpetuate damaging stereotype that stifle Africa’s economic growth, tourism and investment. By showcasing dehumanising imagery these initiatives fuel pity rather than partnership discouraging meaningful engagement.

In 2017 the video won SAIH’s Rusty Radiator award for most offensive campaign and was described as poverty tourism that reinforces white saviour stereotypes.

Lena Bheeroo, head of anti-racism and equity at NGO umbrella body Bond, said it risks undoing the progress made by the international development and humanitarian sector to shift the power to local communities and address enduring injustices of colonialism and systemic racism.

Matt Wenham, director of fundraising and Kenya based NGO Amref Health Africa, said that Band Aid is a prime example of the danger of a single story, it perpetuates a view of Africa and Africans that lacks nuance because it was developed by people in the UK. We know that fundraising doesn’t have to rely on outdated and damaging narratives and 40 years on we should be doing things differently.



Fuse ODG, <https://creativecommons.org/licenses/by/2.0>

Changing the narrative

However well-intentioned, Band Aid has contributed to the narrative of an African continent that is hopeless, plagued by disease and poverty and in need of help from the western world. Thankfully, initiatives such as Pledge for Change 2030 aim to change this by building an aid ecosystem based on solidarity, humility, self-determination and equality. Bond published second edition of ethical storytelling guidelines that many organisations in the NGO sectors are working to shift power and resources toward majority world actors and locally led development.

Further Links



<https://youtu.be/wZVqQBICSiw>



<https://youtu.be/oJLqyuxm96k?si=QrMGU43GojtUdrA8>

In-depth: Is Band Aid good or bad for the charity sector?

Negative images from Band Aid did 'more bad than good' for Africa, rapper Fuse ODG tells... - LBC

Are the Band Aid lyrics really that controversial? - BBC News

Ethiopia: Conflict and food insecurity 40 years on from the 1984 famine

House of Lords Library

Pledge for Change – | Home

Podcasts

Futures Thinking

Basotho & Welsh Rights
in Action

Futures Thinking

Bandaïd

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Healthcare & HIV
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Futures Thinking

Healthcare & HIV
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Futures Thinking

Children's rights

Learning Together, Improving Together

This resource grows
through shared
experience. Scan to help
shape the next edition.



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