

UNSHACKLE YOUR BRAIN

Project Report

First Edition



Introduction

In Kenya, there is evidently high cases of mental illnesses especially among the youth. Many youths in Kenya are suffering from mental illnesses such as depression, Post Traumatic Stress Disorders (PTSD), bipolar and anxiety. We saw the need to identify and try to address the root cause of these disorders among the youthful population (our peers).

Together for Africa Organization, through its community health program partnered with M-Wellness Organization for a nature walk dubbed " Unshackle Your Brain" with the theme "Regaining Mental health in nature."

This project was centered around around Sustainable Development Goal (SDG) number 3 which concentrates on good health and wellbeing.

The first edition of this project took part on 14th May 2022 at the Oloolua Nature trail in Karen, Nairobi County.

Who took Part ?

This project was initiated by Together for Africa Organization. However, we cannot overlook the support of our partner; M-Wellness Organization, a subsidiary of Shangilia Youth Foundation.

Resource Breakdown

Financial Summary.

This was a paid event due to the project costs incurred and Administration fee.

The project costs included:

- Entrance – Ksh.7,800
- Transport – Ksh.6,500
- Meals – Ksh.7,080
- Photography – Ksh.1,000
- Administration – Ksh.2020
- **Total cost – Ksh.24,400**

To promote the event, we offered the below subsidized prices.

- 1 person – Ksh.900
- 2 people – Ksh.1600
- 3 people – Ksh.2100
- 6 people – Ksh.3600
- 10 people – Ksh.5000

From the above price categories:

- 6 people paid Ksh3600
- 30 people paid Ksh15000
- 2 people paid Ksh900
- 4 people paid Ksh1000
- **Total Collection- Ksh24,400**

Summary

Activities

We engaged in various activities during the project day including:

- Team building - Led by MC Mwas Poet, CEO M-wellness
- Nature walk. - People were divided into groups to create a bond during the nature walk.
- Mental health talk. - The talk was led by Miss. Mwikali Mwangi, a Mental Health champion and president Becoming KE.
- Photo sessions - Most part of the event was documented through photographs.

Impact

In conclusion, 41 youths were positively impacted through this project.

Apart from recreation, the participants connected with the speaker's (Mwikali Mwangi) story, which we believe will help them counter and address various mental health issues.

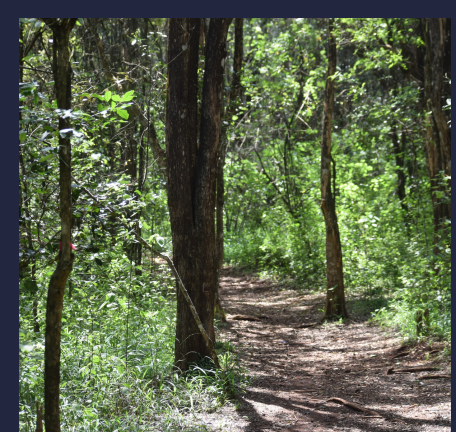
It also brought a need to do more projects not only in Nairobi but in all the 47 counties of Kenya since mental health remains to be a menace among youths.


Recommendation

The participants bought into the idea and agreed that the event will be continuous so as to ensure a lasting impact.

The Unshackle Your Brain event will be held in various nature trails around Kenya.

Pictorials



For more images [click here](#) 


Report Prepared By:
Michael Oluoch

Report Confirmed By:

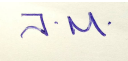
Joshua Maina
Chairman TOFA



Juliet Wangari
CPO TOFA



Julius Mwangi
CEO M-Wellness





Together For Africa
Presents
UNSHACKLE YOUR BRAIN
Regaining Mental Health In Nature

NAIROBI EDITION

Oloolua Nature Trail
14th May 2022
10:00 AM

Rock your sporty gear!

FULLY BOOKED!

1 DAY TO GO!

Charges inclusive of:
Transport
Photography
Food & Drinks
Team building
Training and QA session
Exclusive of:
Pedicure and manicure

KSH 900

M-PESA
TILL NO
9393571

Kindly reach out using the below phone no. after making payments.

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