

GRANT DISBURSEMENT REPORT:

**Donor: Association for Improvement of
Mental Health Programs**

**Beneficiary: KANGEMI COMMUNITY HEALTH
VOLUNTEERS GROUP**

**Event: MENTAL HEALTH AWARENESS
MUSIC EXTRAVAGANZA**



**Venue: ST JOHN'S ANGLICAN CHURCH IN
KENYA- KANGEMI**

DATE: 21/03/2008

1.0 BACKGROUND

Kangemi Community Health Volunteers (KCHVS)

The Kangemi Community Health Volunteers (KCHVs) is a non-partisan, non-profitable, non-sectarian Community Based Organization (CBO). It was formed in May 2006 and registered in September 2007 by the Ministry of Gender, Culture and Social Services as a welfare organization. The motto of KCHVs is 'Health and treatment is the Key to life'.

Members of this CBO are all community health volunteers working in the Kangemi Area with special attachment to the Kangemi Health Centre, in Westlands Health Division Nairobi West District.

The objectives of KCHVs are:

- Creating awareness and training care givers on the rights of the mentally ill people.
- Collaborate with other groups and organizations that are related with the welfare of the health workers.
- Mobilize and sensitize the community in raising funds to help people affected by mental ill health.
- Start income generating activities to enable the health workers get a sustained livelihood.
- Networking with the community health volunteers under BasicNeeds in other parts of the world
- Fighting stigma associated to mental illness.
- Lobbying and advocating for the rights of the mentally ill people through networking with other partners in health and development
- In collaboration of user groups of people with mental illnesses and their carers, lobby government for improved services and resource allocation for self improvement.
- Ensure training and more exposure pertaining to mental health.

The Association for the Improvement of Mental Health Programs (AIMHP)

The Association for the Improvement of Mental Health Programs (AIMHP) is a non-governmental, non-profit organization is located in Geneva, Switzerland. It collaborates with the World Health Organization (who) and other non-governmental organizations in the performance of its tasks. In July 2006, the AIMHP sent out a request for Proposal (RPP) for funding of Self help Group (SHGs) activities in the BasicNeeds programs in Africa. In response to this, the KCHVs (through BNKE) sent out a proposal for a community awareness activity (see appendix 1). The proposal was granted and funding was disbursed through BNKE, under whose overall responsibility the project was to be carried out. This process details the preparation process and the event itself. A financial report is appended the report.

1.0 PREPARATIONS

The KCHVs was delighted to hear the good news in October 2007 that a grant of 1500 US Dollars, which translated to Kshs 104,000 was obtained by BNKE from AIMHP. The planning process for the music extravaganza commenced immediately. The purpose of the extravaganza was to create mass awareness on mental health through music and by so doing increase the uptake of mental health services in Kangemi informal settlements. In addition, the event was meant to rally the support of the Faith Based Organizations in mental health awareness and stigma reduction.

The planning events included scheduled meetings, art work and translation (English to Kiswahili), brochure, poster and T-shirt design and printing. Preparations for staging the event started in mid-November 2007, with invitations to the various prospective performers/artists. However the insecurity brought about by the excitement about the country's general elections in December 2007 delayed the actual event.



Florence Muthoni, (Right) the KCHVs treasurer receives the grant cheque from Allan Oginga BasicNeeds Kenya Research and Policy Officer as Jacob Makori the Secretary, KCHVS looks on

All the members of KCHVs were assigned responsibilities in the organization of the event. In February 2007, when the country had stabilized from the post election crisis, the final preparations were done and the event took place on 21st March 2008.

2.0 THE EXTRAVAGANZA



Above: Publicity materials for the events.

The master of ceremonies (MC) for the event was Francis Oloo (one of the KCHVs) and after welcoming all the guests he invited Pastor Jane Munyua of Victory Church, to lead the meeting with a word of prayer. After the prayers, Ms. Jane Muthoni (KCHV) presented the opening remarks.

Jane Muthoni:

'We like to thank you all for coming here today, the group that organized this event is made up of [Community] Health volunteers working in Kangemi Area. The specific area is mental health, we work so that mentally ill people can gain access to treatment and for them to feel that they are part of the community, and indeed to feel like any other person. We carry out home visits to the mentally ill people and for those on medication we monitor their progress ensuring that they are complying with the prescribed medications, monitor the side effects and refer them back to the health facility where appropriate.

We also create awareness in the community so that other people who are in need know where to go for services. .

Lastly, I would like to say that mental illness is not brought about by witch craft, or is it contagious. The Kangemi Health center mental health clinic is open every Wednesday for any person suspected to be mentally ill, please refer them to us at Kangemi health centre. Once again I would like to welcome all to this function and as we enjoy the presentations let us remember who this function is meant for (i.e. the mentally ill people). Welcome.

Mr. George Ratemo, another KCHV group member, was then also invited to present his views about working with people with mental illness.

George Ratemo:

‘Asanteni sana kwa kuja kwa sheree hii siku ya leo .Ninge omba tafadhali tuwachukulie wagonjwa wa akili kama binadamu na tusiwafiche nyumbani. Watu hawa pia wana haki zao kama watu wengine’

Thank you all for coming, I would just like to add that we should make efforts to treat the mentally ill as human beings, for example we should not lock up mentally ill people at home. Mentally ill persons have their rights like any other person.

Francis Oloo then informed the guests that KCHVs are based at the Kangemi Health Centre and the group does not discriminate in any way in the process of carrying out work for mentally ill people i.e. any tribe, race , religion etc can be reached and obtain services . He emphasized that the group is currently supported by BasicNeeds whose work is to help people with mental illness access right treatment and feel part of the community. Oloo then invited Victory Church choir and thereafter Harvest Choir to entertain the guests.



Above: Harvest choir make their presentation to the guests

After their presentations, Francis Oloo then invited the guest of honor, Pastor Kuria to address the gathering.

Pastor Kuria

He started by introducing himself and his family. He urged the participants to be encouraged and continue being strong by enlarging their vision of what is that they were sent to do on this earth. He also read a verse from the Holy Bible on how God would like us to treat those who are disadvantaged in society. He spoke

at length about the power of 'real' wealth and encouraged those that might have low esteem to be encouraged



Above: Pastor Kuria, (standing) making his presentation to the guests

Jane Muthoni wants to thank our guest for good message that he has encouraged us with and our singers that have ministered to us.

Closing

Francis Oloo thanked all those who had come for the function and apologized that Joyce Kingori (the BasicNeeds, CPM) was unable to attend but was well represented by Mr. Allan Oginga, the research and Policy Officer. Jane Muthoni then closed the meeting with a word of prayer and the KCHVS then had a short meeting and agreed on activity they would like to do next - chicken rearing.



Challenges

The community Health Volunteers hoped that they would be able to use this forum to raise some seed money for future events .This was to be done through a token gate collection of Ksh. 200 per person. However this being an educational/entertainment event did not attract as many people as expected. Those who attended included people with mental disorders, people with other disabilities, care givers, other community members the clergy and youth from the schools.

Lessons learnt: Several lessons were learned from this even 1) that music is a therapeutic way of reaching people with mental disorders 2) Messages passed through music have a long lasting effect to the communities 3) people are not likely to pay money for entertainment with serious messages 4) the choice of this event as a livelihood activity for the CHVs was poorly conceived and did not achieve all the intended objectives

4.0 LIST OF GUESTS:

(Total Number present: 196)

- PASTOR MIKE KURIA–GUEST OF HONOR
- PEOPLE WITH MENTAL DISADILITIES-37
- OTHER MEMBERS OF THE PUBLIC-118
- KANGEMI COMMUNITY HEALTH VOLUNTEERS(KCHVs)-19
- VICTORY MISSION CHOIR-9
- HARVEST CENTRE CHOIR-7
- SHINING SISTERS-6

Finance report

| Date | Description | Amount Spent (Kshs) | Received (Kshs) |
|---|---|--|------------------|
| 15/02/2007 | Received from BNKE | | 104,000 |
| 28/02/2008 | Bank Charges | 900/- | |
| Feb/March 2008 | Event Mobilization Expenses 1. CHV Allowances 2. CHV Mobilization expenses (mobile phones charges etc 3. Bus fares | 23,267/- 9,000/- 9,000/- 5267/- | |
| 05/03/2008 | Printing of Posters (Marjan Printers & Stationers) | 10,000/- | |
| 07/03/2008 | Hiring of Hall (A.C.K St. John's Church Kangemi). | 6,000/- | |
| 21/03/2008 | Hiring of Public Address System (Navy Public Address) | 5,000/- | |
| 21/03/2008 | Travel for performing groups | 20,000/- | |
| 21/03/2008 | Event Hosting Fees: Printing PROGRAMME RUBBER STAMP REFRESHMENTS | 833/- 341/- 135/- 357/- | |
| Sub-total | | 69,000/- | 69,000/- |
| Printing of Information Education and Communication materials | | 32,000/- | |
| TOTAL | | 101,000/- | 104,000/- |