



## **Project Plan: Afrikindness Community Leaders Workshop - Mental Health**

### **To celebrate World Mental Health Day**

#### **1. Project Overview**

The Afrikindness Community Leaders Workshop with module on Mental Health focuses on empowering community leaders with essential mental health literacy and skills to effectively support young people and families in their communities. As part of the Afrikindness Community Empowerment Programme, this workshop provides an interactive, self-paced online training module on mental health using the Be there , culminating in an in-person event on October 12th, 2024. The training is designed to provide community leaders with knowledge, skills, and confidence to safely support anyone who may be struggling with their mental health.

#### **2. Objectives**

- Equip community leaders with a comprehensive understanding of mental health.
- Increase mental health literacy through Be There's 5 Golden Rules.
- Empower community leaders to recognize, support, and connect individuals to appropriate mental health resources.
- Facilitate leaders to spread awareness and promote mental health support in their communities.
- Create a ripple effect where trained leaders educate and support others, leading to a healthier, more informed community.

#### **3. Action Plan**

<b>Task</b>	<b>Description</b>	<b>Responsible</b>	<b>Deadline</b>
Kick-off Meeting	Initial meeting with project team to align on objectives, timelines, and responsibilities.	Project Coordinator	September 10th, 2024
Online Training Launch	Commence online training module for community leaders on mental health.	Training Coordinator	September 16th, 2024
Ongoing Support and Check-ins	Regular virtual check-ins to support participants and monitor progress.	Project Manager	September 16th - October 11th, 2024
Planning for Main Event	Finalize venue, speakers, materials, and logistics for the in-person event.	Event Coordinator	October 11th, 2024
Main Workshop Event	Conduct in-person workshop, including interactive sessions, discussions, and networking.	All Team Members	October 12th, 2024
Post-event Follow-up	Collect feedback, assess the impact, and plan for follow-up activities such as the Open Seat Lunch.	Project Coordinator	October 13th-20th, 2024

#### 4. Timeline

- **Kick-off Meeting:** September 10th, 2024
- **Online Training Period:** September 16th - October 11th, 2024
- **Main Event Planning:** September 11th, 2024
- **Main Workshop Event:** October 12th, 2024, 10:00 AM – 12PM
- **Location:** Nowell Mount Community centre, Nowell mount, Harehills LS9 6JJ
- **Budget:** £500 through ChangeX

#### 5. Budget Breakdown

Item	Description	Estimated Cost
Venue Hire	Nowell Mount Community centre, Nowell mount, Harehills LS9 6JJ for 4hrs hire	£150
Light Snacks	Refreshments for participants during the workshop. Puff puff, chicken spring roll, samosa, peppered gizzard, zobo drink	£250
Goody Bags	Bags containing educational materials and resources on mental health.	£100
Transportation for Speaker	Travel expenses for guest speaker.	Cost by Afrikindness
Printing of Materials	Training manuals, certificates, and promotional materials.	Cost by Afrikindness
Venue Setup	Costs related to preparing the venue for the workshop.	[Cost by Afrikindness
Miscellaneous	Additional unforeseen expenses.	Cost by Afrikindness
<b>Total</b>		£ 500

#### 6. Impact and Expected Outcomes

- **Immediate Impact:** Approximately 30 - 40 community leaders trained and equipped with mental health literacy skills.
- **Short-term Outcome:** Trained leaders will utilize their knowledge to support and educate their respective communities, reaching an estimated 200-300 community members within the next three months.
- **Long-term Outcome:** Increased awareness of mental health issues, reduction of stigma, and improved access to support and resources across communities. This will pave the way for further projects, such as the Project 2 - "Open Seat Lunch," where community leaders will foster more profound conversations on mental health in a safe and inclusive environment in their communities.

## 7. Location

The main workshop event will be held at **Nowell Mount Community centre, Nowell mount, Harehills LS9 6JJ**

All necessary permissions and permits for the event have been secured.

By empowering community leaders with critical mental health skills and knowledge, this project aims to create a sustainable impact, promoting mental well-being and support across communities.

## 8. Planning Team members

- Ugonne Angelo
- Rita Ekesi
- Rudo Edith Magaya
- Bunmi Owolabi
- Pedi Obani
- Vivian Agbi

## 9. Agenda for the day Oct 12<sup>th</sup>

- Welcome address
- Ice breaker exercise
- Session 1:- Open discussion on Mental health with reference to the Be There online session
- Snack time
- Session 2:- Watch [The A.S.K. videos](#) - walk through the exercise in pairs or syndicate groups.
- Speaker on Mental health
- Syndicate session on what we can do in our communities to support mental wellbeing on people and young people
- Access to resources and sign posting
- Close