



Trusts Motion

MAKE IT HAPPEN

ANNUAL **REPORT**

2023



Annual Report 2023

Table of Contents

- 1. Introduction 2
 - 1.1 About Trusts Motion 2
 - 1.2 Mission and Vision 2
 - 1.3 Founder's Message 2
- 2. Achievements and Milestones 2
 - 2.1 Forbes Under 30 Summit Africa 2
 - 2.2 Virtual Campaign: Mind Matters 2
- 3. Impact and Outreach 2
 - 3.1 Peer Support Groups 2
 - 3.2 National Radio Presence 2
 - 3.3 Partnerships and Collaborations 3
- 4. Future Goals and Aspirations 3
 - 4.1 Five-Year Vision 3
 - 4.2 Strategies for Goal Achievement 3
- 5. Challenges and Mitigation Strategies 3
 - 5.1 Anticipated Challenges 3
 - 5.2 Mitigation Strategies 4
- 6. Reflection on Leadership and Impact 4
 - 6.1 Founding Inspiration 4
 - 6.2 Key Leadership Impacts 4
- 7. Notable Achievements and Milestones 4
 - 7.1 Forbes Under 30 Summit Africa 4
 - 7.2 Mind Matters Campaign 4
- 8. Financial Overview 4
 - 8.1 Income and Expenditure 4
 - 8.2 Funding Sources 5
- 9. Acknowledgments and Gratitude 5
- 10. Looking Ahead: A Call to Action 5
- End of Annual Report 2023 5

1. Introduction

1.1 About Trusts Motion

Trusts Motion, founded by Ronald Mosidila, is a non-profit organization committed to transforming mental health care. Drawing inspiration from Ronald's personal journey, the organization strives to break the stigma associated with mental health and make mental well-being a universal priority.

1.2 Mission and Vision

The mission of Trusts Motion is to bridge gaps in mental health services, raise awareness, and advocate for policy changes. The vision is a world where mental health is destigmatized, and everyone has access to the support they need.

1.3 Founder's Message

Ronald Mosidila shares his insights, "Our journey has been marked by challenges, but every obstacle has strengthened our resolve. Trusts Motion is not just an organization; it's a movement for change. Together, we can create a future where mental health is valued as much as physical health."

2. Achievements and Milestones

2.1 Forbes Under 30 Summit Africa

In April 2023, Trusts Motion was honored to participate in The Forbes Under 30 Summit Africa. The organization not only expanded its network but also gained recognition as a finalist in the pitching competition. This achievement solidifies Trusts Motion's position as a leader in health advocacy.

2.2 Virtual Campaign: Mind Matters

From May 17 to 30, 2023, Trusts Motion conducted a highly successful virtual campaign, "Mind Matters." This campaign aimed to raise awareness and break the stigma surrounding mental health. Trusts Motion had the privilege of being featured on national radios, RB1 and Yarona FM, amplifying the impact of its message.

3. Impact and Outreach

3.1 Peer Support Groups

Trusts Motion actively engages with over 50 volunteers who participate in peer support groups. These groups provide a vital space for individuals to share experiences and receive support. The impact of these groups extends beyond statistics; each participant represents a life positively influenced.

3.2 National Radio Presence

The "Mind Matters" campaign provided Trusts Motion with a platform to reach a broader audience. Being live on RB1 and Yarona FM enabled the organization to share its mission, breaking barriers and encouraging open conversations about mental health.

3.3 Partnerships and Collaborations

Trusts Motion acknowledges the valuable contributions of partners, including Yarona FM, RB1, Staying Dynamic, Global Mental Health Innovation, Psychotherapy Networkers, World Federal for Mental Health, and Corporate Council on Africa. These collaborations have been instrumental in driving the organization's goals.

4. Future Goals and Aspirations

4.1 Five-Year Vision

Trusts Motion envisions significant progress over the next five years. Two primary goals guide the organization's future endeavors:

4.1.1 Goal 1: Raising Awareness and Promoting Study

Trusts Motion aims to continue raising awareness about mental health. Additionally, the organization seeks to promote the study of mental health, emphasizing its importance on par with physical health.

4.1.2 Goal 2: Policy and Legal Advocacy

Recognizing the need for systemic change, Trusts Motion is committed to advocating for policy and legal reforms that prioritize mental health. This includes challenging stigmas, increasing accessibility, and fostering an environment that supports mental well-being.

4.2 Strategies for Goal Achievement

To achieve these goals, Trusts Motion plans to implement the following strategies:

4.2.1 Comprehensive Awareness Campaigns

Continued efforts in organizing awareness campaigns to reach diverse audiences, emphasizing the interconnectedness of mental and physical health.

4.2.2 Educational Initiatives

Developing and promoting educational initiatives to underscore the importance of mental health studies, targeting schools, colleges, and communities.

4.2.3 Collaboration for Policy Change

Building strategic alliances with stakeholders, governmental bodies, and NGOs to advocate for changes in policies and laws that reflect a stronger commitment to mental health.

5. Challenges and Mitigation Strategies

5.1 Anticipated Challenges

While Trusts Motion is optimistic about its goals, it acknowledges potential challenges such as limited resources, societal resistance to change, and the persistent stigma surrounding mental health.

5.2 Mitigation Strategies

To overcome these challenges, Trusts Motion plans to implement the following mitigation strategies:

5.2.1 Resource Mobilization

Actively seeking partnerships and collaborations to enhance resource mobilization and ensure the sustainability of initiatives.

5.2.2 Community Engagement

Continuing to engage with communities through dialogues, workshops, and awareness programs to gradually break down resistance and stigma.

6. Reflection on Leadership and Impact

6.1 Founding Inspiration

The personal journey of Trusts Motion's Founder and CEO, Ronald Mosidila, serves as a driving force behind the organization's mission. His experiences at a psychiatric hospital underscore the critical gap in understanding between those seeking and providing mental health services.

6.2 Key Leadership Impacts

Ronald Mosidila's leadership has been instrumental in fostering an organization that thrives on inclusivity, compassion, and a commitment to transforming mental health care. The executive team and volunteers reflect a diverse set of skills and backgrounds, contributing to Trusts Motion's holistic approach.

7. Notable Achievements and Milestones

7.1 Forbes Under 30 Summit Africa

Trusts Motion achieved a significant milestone by participating in The Forbes Under 30 Summit Africa. The experience enhanced the organization's visibility, expanded its network, and positioned it among the top five finalists in the health category during the pitching competition.

7.2 Mind Matters Campaign

The "Mind Matters" virtual campaign in May 2023 marked a pivotal moment for Trusts Motion. Through strategic engagement with national radios RB1 and Yarona FM, the organization reached a broader audience, effectively raising awareness and combating the stigma surrounding mental health.

8. Financial Overview

8.1 Income and Expenditure

Trusts Motion has been diligently managing its resources to maximize impact. The organization operates on a lean budget, primarily allocated to awareness campaigns, educational initiatives, and community outreach programs.

8.2 Funding Sources

The organization relies on a combination of individual donations, corporate sponsorships, and grants from philanthropic organizations. The success of fundraising initiatives like the Forbes Summit has added to the financial sustainability of Trusts Motion.

9. Acknowledgments and Gratitude

Trusts Motion expresses profound gratitude to all supporters, collaborators, volunteers, and community members who have contributed to the organization's journey. Special thanks to partners such as Yarona FM, RB1, Forbes Under 30 Summit, and other stakeholders who have played a crucial role in the organization's achievements.

10. Looking Ahead: A Call to Action

As Trusts Motion reflects on its accomplishments in 2023, it envisions a future where mental health is universally recognized as a vital component of overall well-being. The organization calls upon individuals, communities, and policymakers to join hands in dismantling the barriers surrounding mental health.

The journey continues, and Trusts Motion remains committed to championing mental health, breaking stigmas, and fostering a world where everyone has access to the support they need.

End of Annual Report 2023.

Note: The annual report is a comprehensive document and should be customized based on the specific details and achievements of Trusts Motion. The provided structure is a generic framework and may need further adaptation.

NOTICE

**A DETAILED REPORT IS AVAILABLE ON REQUEST
INFO@TRUSTSMOTION.ORG**



Trusts Motion
MAKE IT HAPPEN