

Dear Wellness Partner,

I hope this email finds you well.

We have an exciting opportunity to partner.

Mon Havre, My Haven Wellness is a **holistic platform (www.myhaven.co.ke)** dedicated to individuals battling mental health challenges, addiction, emotional wounds, and life's overwhelming burdens. My Haven creates safe spaces for healing, counseling, and preventive wellness education, complementing healthcare efforts through early intervention and community engagement. We exist to **bridge the gap** between temporary crisis intervention and life long restoration through integrated care for mind, body, and soul. Having a presence in Kenya, we seek to expand our services globally.

We are also partnering with The HOPE programme Initiative which is a youth serving community transformation initiative that operates in Nairobi, Kisumu and Kakamega. It focuses on delivering holistic, results-driven impact by working collaboratively with organizations, communities, youth and government.

We would like to introduce you to **My Haven Wellness Summit and Hangout** taking place on **July 31st - August 1st 2026** in Nakuru, Kenya. This **two-day event** that will host **800 people** addresses Kenya's urgent mental health and Non-Communicable Disease (NCD) crisis through a holistic approach integrating medical, psychological, financial, and spiritual wellness.

Why This Matters Now:

- NCD's account for 50% of hospital admissions and 55% of deaths in Kenya
- Nakuru County faces rising rates of cardiovascular disease, diabetes, and mental health challenges
- Current interventions remain fragmented – our event brings together government, healthcare, private sector, and community for coordinated action

Event Highlights:

- Keynote addresses on lifestyle interventions for NCD prevention
- Free health screenings for attendees (BP, BMI, blood sugar, mental health assessments)
- Exhibition booths featuring hospitals, universities, financial institutions, rehab centers, gyms, and wellness providers etc.
- Professional workshops and panel discussions with government and health leaders



In addition, we are planning to develop the My Haven physical concept – a permanent wellness sanctuary/Resort in Nakuru that will serve as a holistic healing hub offering counselling, NCD prevention programmes, wellness workshops, and referral coordination. This concept phase includes architectural design, feasibility studies, land assessment, and regulatory compliance documentation to position My Haven for long-term sustainability and donor-backed infrastructure development.

Why Partner With Us

Your partnership and funding support will not only generate measurable social impact but also position your organization as a champion of preventive healthcare, mental wellness, youth empowerment, and community transformation.

As a donor or strategic partner, your organization will benefit through:

- **Brand visibility and recognition** during the summit and related outreach activities
- **Engagement with key stakeholders** across healthcare, government, youth, and community sectors
- **Demonstrated CSR leadership** and tangible social impact
- **Alignment with the Sustainable Development Goals (SDGs)** , particularly Good Health & Well-being (SDG 3) and Youth Empowerment
- **Long-term collaboration opportunities** within Kenya's growing wellness ecosystem
- **Access to a high-impact platform** advancing holistic and preventive healthcare solutions

We are therefore seeking **funding and strategic partnerships** to support:

1. The successful implementation of the My Haven Wellness Summit & Hangout
2. The continued operational strengthening of The HOPE Programme
3. The concept development phase of the **permanent My Haven Wellness Sanctuary** in Nakuru

Attached, please find our full proposal for your review. We would greatly value the opportunity to discuss how we can collaborate to create sustainable wellness impact and transform lives across Kenyan communities.

Thank you for considering this partnership opportunity. Together, we can advance accessible, holistic wellness and build healthier communities across Kenya.

Warm regards,

Lorraine Odundo

Founder, Mon Havre, My Haven Wellness Sanctuary

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[Email: myhavenke@gmail.com]





My Haven

REST • RESET • RISE

PROPOSAL

MY HAVEN WELLNESS PLATFORM & EVENT



THE HOPE
— PROGRAMME —



INSTITUTE OF COMPLEMENTARY
MEDICINE & RESEARCH LIMITED (ICMR)

RAPHA PHYSIOTHERAPY
& NATUROPATHY HOSPITAL
SUBSIDIARY

TOM MBOYA ESTATE OFF
NYERERE RD. KISUMU



MyHaven Wellness Hangout & NCD Prevention Summit

Rest. Reset. Rise.

31ST JULY TO 1ST AUGUST 2026 | NAKURU, KENYA





Our Vision

A world where no one heals alone and where **compassionate, coordinated care** meets the full needs of the person, and **spiritual restoration** is central to **lasting wellness**.

Commitment to Excellence

Transparency, compassion, and quality care

Our Story

My Haven: Born from Pain, Rooted in Faith

My Haven emerged not from a boardroom, but from a hospital corridor where our family witnessed loved ones endure mental illness treatments lacking psychological, emotional, spiritual, and life coaching support—leading to repeated relapses. Through prayer and a divine call to create lasting rest and companionship, we built an integrated healing response to a broken system. "You cannot heal what you refuse to acknowledge, and **you cannot sustain healing alone.**"



MY HAVEN TEAM



LORRAINE ODUNDO



FOUNDER MY HAVEN

Lorraine Odundo founded and directs Mon Havre, My Haven Wellness Sanctuary, the organization. It was conceived as a collaborative platform which unites professionals in psycho-social-emotional, physical, and spiritual wellness to deliver holistic, integrated care packages for long-term client healing. Her vision is to restore and transform lives by pointing them to Christ, their Saviour. She seeks to use a structured, integrated and enduring path to wholeness, guided by God, the ultimate Healer.



GEOFFREY O. OTIENO



LEAD -THE HOPE PROGRAMME

Geoffrey is the visionary for The Hope Programme Initiative. **My Haven is partnering** with the **Hope Programme**, which is a faith- and youth-led community transformation initiative in Nairobi, Kisumu, and Kakamega. It focuses on delivering holistic, results-driven impact by working collaboratively with communities, youth and government. The programme equips individuals through a structured framework that combines discipleship, mentorship, and practical life skills, empowering participants to drive sustainable personal and community development initiatives. He is in Media, Entrepreneurship, Business and Development.

FOUNDER OF INSTITUTE OF COMPLIMENTARY MEDICINE & RESEARCH (ICMR)

Dr. Osborne Benard Mabal is a multidisciplinary health professional, academic, and researcher with over 10 years of experience in physiotherapy, community health, and integrative medicine. He is the founding Director of ICMR that hosts Rapha Naturopathy Hospital. He is a registered physiotherapist, Community Health Scientist, and Naturopathy Physician, currently pursuing a PhD in Public Health at Maseno University, where he has lectured for over a decade.

He holds a PhD in Alternative Medicine, a Master's in Community Health and Development, and a Diploma in Physiotherapy. His work blends clinical care with community-based and preventive health approaches, with a vision to advance integrative healthcare and establish leading naturopathy facilities across Africa.

COUNSELLING PSYCHOLOGIST

Joy Kulet is a Counseling Psychologist with over seven years of experience in mental health and psychosocial support. She specializes in child therapy, marriage and relationship counseling, trauma support, and emotional wellness. Using a client-centered and humanistic approach, she creates safe and supportive spaces tailored to individual needs. As Director of Nailepu Counseling Services, she works with individuals, couples, families, schools, churches, and community groups to promote emotional well-being, resilience, and healthy relationships.

SOCIAL WORKER

Ms. Maggie Matheka is a community development practitioner specializing in psychosocial support and empowerment. She provides counselling, mentorship, and life skills training to vulnerable individuals, including youth and those facing mental and emotional trauma.



DR. OSBORNE BENARD MABALU



JOY KULET



MAGGIE MATHEKA



BEATRICE MWANIKI



VICTOR KIPNG'ENO

The My Haven team is a multidisciplinary group of dedicated professionals committed to holistic healing and wellness. Bringing together expertise in mental health, medical care, counselling, community development, and spiritual support, the team works collaboratively to deliver integrated, person-centered care. United by a shared vision, they are passionate about creating safe, compassionate spaces where individuals can heal, grow, and experience lasting restoration

KENYA'S SILENT EPIDEMIC

Non-Communicable Diseases have become Kenya's leading health crisis, now accounting for over 50% of hospital admissions and 55% of all deaths nationally. Nakuru County, as a rapidly urbanizing region, sits at the epicenter of this crisis.



55%

Over half of all deaths
caused by non-
communicable diseases

47k

New cancer cases
diagnosed each year in
Kenya

50%

NCDs account for half of
all hospital admissions in
Kenya

1 in 4

One in four Kenyans
affected by mental
health disorders





STRATEGIC ALIGNMENT WITH NATIONAL PRIORITIES

This summit directly supports Kenya's most critical health and development initiatives, positioning sponsors as partners in national transformation.

KENYA NCD STRATEGIC PLAN

Aligns with national strategy for prevention, early detection, and public awareness to reduce lifestyle disease burden through community education and behavioral change.

SUSTAINABLE DEVELOPMENT GOAL 3

Advances healthy lives and well-being for all through NCD prevention, awareness, and early screening via multi-sector collaboration.

NAKURU COUNTY GOVERNMENT AGENDA

Aligns with preventive healthcare priorities, strengthened community health systems, and Universal Health Coverage through public education and free screenings.

BOTTOM-UP ECONOMIC TRANSFORMATION AGENDA

Supports community health and preventive care as key to productivity and economic well-being, strengthening community resilience and healthier workforce.

KENYA VISION 2030

Addresses rising mental health and NCD burden as threat to productivity, supporting prevention, community-based care, and partnerships with private sector.

AFRICAN UNION AGENDA 2063

Contributes to prosperous Africa with healthy citizens through disease prevention, community wellness, and stronger health systems.





STRATEGIC PROGRESS & IMPACT SUMMARY

MyHaven Wellness Sanctuary is a holistic wellness platform committed to advancing preventive health, mental wellness, and community well-being through innovative programs and strategic partnerships. We are mobilizing a diverse network of wellness professionals and engaging key stakeholders across mental health, medical care, counselling, and community development—demonstrating strong sector readiness for an integrated approach to mental health and NCD prevention. We are now seeking international partnerships to scale impact, strengthen resources, and deliver a high-quality, transformative summit.

Our website (<http://myhaven.co.ke/>) serves as a central digital hub, showcasing our vision, programs, and providing a clear pathway for partners to engage in a scalable, person-centered wellness model.

Through this multidisciplinary network, clients gain access to coordinated, high-quality care that integrates medical, psychosocial, and spiritual support—ensuring continuity of care and enabling long-term healing, resilience, and overall well-being.

Legal Safeguards & Compliance

My Haven Wellness Summit & Hangout and Myhaven.co.ke operate under Mon Havre My Haven Wellness Sanctuary Limited (Reg. No. PVT-5M1LLBE6) is fully committed to operating in compliance with all Kenyan laws governing wellness and non-profit organizations. Under the Children Act No. 29 of 2022, we enforce mandatory reporting of abuse, require Certificates of Good Conduct for all staff, and prioritize the best interests of every child.

As mandated, we ensure to obtain explicit client consent before collecting any health data and have implemented strict data security measures. Our written Sexual Harassment Policy complies with the Employment Act, 2007, ensuring a safe, discrimination-free workplace, while our Medical Referral Protocol ensures clients with acute symptoms are promptly referred to licensed facilities, aligning our NCD prevention work with Ministry of Health standards.





RAPID URBANIZATION CHALLENGES

- Sedentary lifestyles
- Processed food consumption
- Rising stress from economic pressures
- Limited preventive wellness education
- Healthcare focused on curative rather than preventive care

CURRENT STATUS

- Medical treatment disconnected from root causes
- Mental and physical health services operate separately
- Financial wellness absent from health outcomes
- Spiritual care excluded from clinical settings
- No structured follow-up for long-term wellness

OUR STRATEGY:

My Haven Wellness Summit & Hangout is a two-day multi-stakeholder gathering designed to confront the mental health & Non Communicable Diseases (NCD) crisis through integrated medical, social, psychological, financial, and spiritual wellness. This strategy will result in A Holistic Wellness Ecosystem Framework as a lasting solution.



Keynote Address

Distinguished Naturopathist on lifestyle interventions for NCD reversal



Exhibition

40+ booths: hospitals, rehab centers, gyms, universities, wellness providers



Professional Workshops

Financial fitness, mental health first aid, spiritual resilience



Panel Discussion

Wellness professionals from government, health, faith, and private sector



Free Health Screenings

Blood pressure, BMI, blood sugar, mental health assessments



WHAT'S NEXT?

A Holistic Wellness Ecosystem Framework, Registration of My Haven/Hope Master Class, 2027 Awards Ceremony





EXPECTED ATTENDANCE & REACH



ESTIMATED ATTENDANCE

Two-day event with diverse participants



MEDIA REACH

Through online, radio advertisements and coverage Impressions through digital campaigns

Professional Attendees

- Healthcare & wellness professionals (50-70)
- Government officials, NACADA (10-40)
- Faith leaders & church representatives (20-40)
- NGO & community organization staff (25-50)
- University students & faculty (100-250)

General Public

- Residents & youth (500-800)
- Media personnel (15-20)
- Health-conscious families
- Corporate decision-makers
- Healthcare influencers





PARTNERSHIP OPPORTUNITIES FOR MY HAVEN CONCEPT & UPCOMING EVENT

I. EVENT SPONSORSHIP (SEE APPENDIX I)

FREE HEALTH SCREENINGS FOR 800+ ATTENDEES
(NCD screening: blood pressure, diabetes, BMI, mental health assessments)

SPONSORSHIP OF EXHIBITION BOOTHS

(Hospitals, rehabilitation centers, wellness providers, financial institutions, fitness, art & music therapy)

PREMIUM BRAND VISIBILITY & MEDIA COVERAGE

Lead event branding (main stage, banners, media features)
Digital campaigns, press coverage, and post-event reports

II. THERAPY & WELLNESS SUPPORT PACKAGES

Fully sponsored individual and group therapy sessions
for vulnerable participants

III. MY HAVEN CONCEPT DEVELOPMENT (LONG-TERM IMPACT)

Capacity building workshops for wellness professionals
Initial investment in My Haven Wellness Hub infrastructure



Sponsorship Budget Summary



Budget Item	Estimated Cost (USD)	Justification / Notes	Achievements
1. My Haven Wellness Summit Event (See Appendix I)	36,154	Two-day public event: venue hire, catering, AV production, speakers, health screenings, security, branding, entertainment, and marketing for 800+ attendees.	Wellness Digital Platform - myhaven.co.ke , Printing & Branding being undertaken by <i>Mon Havre MHWS Limited</i> , Event Coordination & Logistics by NCV/THE HOPE
2. Post-Event Workshop: Wellness Ecosystem Framework	153,846	Seven-day multi-stakeholder workshop with 30-40 organizations to co-create a sustainable wellness referral and partnership framework for Nakuru County & Rollout to other counties. (Quarterly)	Concept framework for My Haven/ The HOPE Wellness Ecosystem
3. Programme Budget (HOPE Programme)	61,538	Six-month operational costs for the HOPE Programme (Healing, Outreach, Purpose, Empowerment), including case management, community outreach, and follow-up support for 100+ clients.	Training of 2,000 youth across Kisumu, Nairobi, Kitui, Kakamega, and Nakuru Capacity building of 13 County champions, Nakuru champion currently spearheading My Haven Event
4. Sponsor-Free Therapy Sessions for Less Advantaged Clients	41,538	Provision of 300 pro-bono therapy/counselling sessions (2,000 KES per session) for low-income individuals, youth, and vulnerable adults identified during the summit.	Mon Havre is securing commitments from wellness professionals to provide subsidized services as part of our Wellness Ecosystem, with their reduced fees counted as in-kind co-investment
5. Physical Infrastructure Concept (Wellness Sanctuary)	2,142,857	Architectural design, feasibility study, and regulatory approvals for a permanent My Haven Wellness Sanctuary in Nakuru City (Phase 1 – Concept & Compliance).	Mon Havre has a programme operational office in Kabarak, Nakuru County, Kenya
SUBTOTAL (Direct Programme Costs)		2,435,933	





Budget Item	Estimated Cost (USD)	Justification / Notes	
6. Monitoring, Evaluation, & Learning (10%)	5,769	Pre/post-event surveys, beneficiary tracking, impact report, and donor reporting.	-
7. Administration & Governance (8%)	4,615	Office costs, communication, legal compliance (ODPC fees), and audit fees.	Registration and legal compliance
8. Contingency (5%)	2,885	Unforeseen costs (medical emergencies, price fluctuations, currency exchange).	-
Sub Total	USD 13,269		
GRAND TOTAL	USD 2,449,202	KES 318,396,260	



APPENDIX I

MY HAVEN WELLNESS SUMMIT & HANGOUT EVENT BUDGET



BUDGET ITEM	ESTIMATED COST (USD)	CO-FUNDED CONTRIBUTIONS
Venue	3,871.47	
Catering (2 days)	7,374.37	
Health Screenings (BP, BMI, Mental Health Assessments)		Avenue Health Care/Bloom Hospital/Nairobi Womens Hospital Nakuru
Keynote Speakers	1,662.02	
Marketing & Promotion Website development : myhaven.co.ke	3,769.26	
Production & AV	2,419.67	
Printing & Branding	-	The Hope Programme
Exhibition Setup & Booth Structures	7,578.40	
Entertainment & Wellness Activities	2,229.19	
Security, Protocol & Cleanliness	1,197.06	
Event Coordination & Logistics	-	My Haven/Hope Programme
Contingency (approx. 10%)	3,620.98	
GRAND TOTAL	USD 33,722.42	KES 4,387,286.84



WHATS IN IT FOR YOU - MY HAVEN WELLNESS SUMMIT/HANGOUT EVENT



HAVEN LEVEL PARTNERSHIP

- Premium summit branding & visibility across all platforms
- 2 keynote speaking & panel opportunities
- Prime exhibition & activation space
- Media features, interviews & strategic mentions
- Long-term ecosystem collaboration opportunities
- Dedicated branding opportunities at selected HOPE Programme Centres

VALUE: USD 15,373

RESTORATION LEVEL PARTNERSHIP

Tier 1 Strategic Partner

- High-level visibility across summit campaigns and branding
- 2 panel speaking opportunities
- Large exhibition & activation space
- Media and digital recognition
- Access to networking & institutional engagements

VALUE: USD 7,686

WELLNESS LEVEL PARTNERSHIP

Official Wellness Partner

- Strong brand visibility on summit platforms
- Workshop or panel facilitation opportunity
- Medium exhibition booth space
- Recognition during summit sessions and campaigns
- Networking access with wellness stakeholders

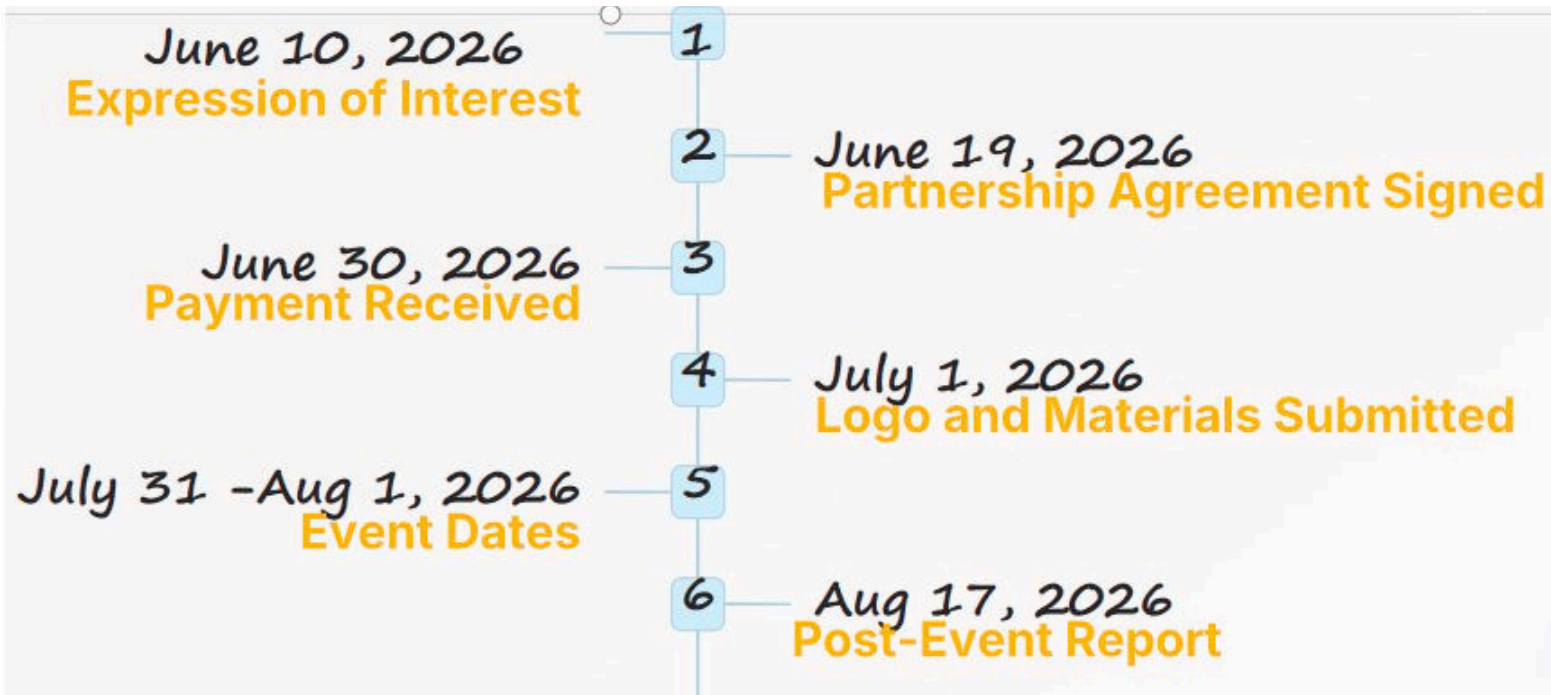
VALUE: USD 3,843



WHY PARTNER ?

BRAND VISIBILITY	EMPLOYEE WELLNESS
Your logo on all event materials, reaching 800+ attendees and thousands more through media coverage across radio, social media, and print.	Access to wellness resources and screenings for your staff, promoting healthier workplace culture and reducing health-related absenteeism.
MARKET ACCESS	CSR PROFILE
Reach health-conscious consumers directly, positioning your brand as one that cares about community wellbeing and preventive health.	Demonstrate commitment to community health and wellness, aligning with national priorities and showing genuine care for Kenyan communities.
STRATEGIC NETWORKING	MEDIA COVERAGE
Connect with government officials, healthcare leaders, and potential clients in one venue, building relationships that extend beyond the event.	Mention in press releases, radio interviews, and social media campaigns, amplifying your brand message to wider audiences.

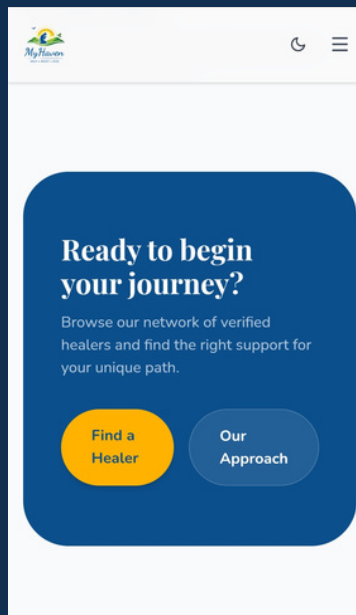
EVENT TIMELINES





Contact Information

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Thank you
myhaven.co.ke

