



2025 IN REVIEW: A YEAR OF DEEPENING IMPACT

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2025 was a defining year for the Roy Ndung'u Foundation (RNF). It was a year in which we moved decisively from activity to impact, from scattered interventions to a clear strategic center, and from intention to systems that sustain caregivers and the people they support.

Across the year, RNF strengthened its identity as a caregiver-centered organization, anchored on one core truth:

When caregivers are supported, care quality improves – and entire communities benefit.

From grassroots mental health workshops in Kikuyu, to national-level digital advocacy with the National Council for Persons with Disabilities (NCPWD), to international volunteer collaboration and systems strengthening, 2025 was a year of consolidation, growth, and clarity of purpose.

Message From The Founder



Every organization has moments that define it. For RNF, 2025 was one of those moments. This year reminded us why RNF exists. Behind every person living with disability or a progressive condition, there is a caregiver — often unseen, often overwhelmed, and often unsupported.

Throughout the year, we listened to caregivers' stories, held space for their struggles, and worked deliberately to ensure they were no longer carrying this weight alone.

From mental health conversations that broke long-held silence, to digital inclusion efforts that opened new opportunities, we witnessed transformation — not just in statistics, but in confidence, dignity, and hope.

RNF was founded from lived experience, and that continues to guide us. As we move forward, our commitment remains firm: to care for caregivers, so they can care well.

Thank you to every caregiver, partner, volunteer, and supporter who walked this journey with us in 2025.

Afya Bora. Maisha Bora. Jamii Bora.

John Mwangi
(Baba Roy)



Message From The Executive Director



2025 marked a strategic turning point for RNF. Over the course of the year, we deliberately aligned our work around a single flagship focus — Care for Caregivers — supported by three integrated pillars: Information & Advocacy, Mental Health & Community Support, and Socio-Economic Empowerment. This clarity allowed us to scale responsibly, strengthen partnerships, and improve how we measure and communicate impact. We revised our Theory of Change, strengthened internal systems, expanded digital infrastructure, and deepened our engagement with caregivers and PWIDs across Kiambu County and beyond. Our growth in 2025 was not accidental. It was the result of intentional strategy, strong partnerships, and a team committed to building systems that last. As we enter 2026, RNF is stronger, more focused, and better positioned to deliver meaningful, measurable impact.

Charles
Kinyua



Our Programmatic Journey In 2025



Care for Caregivers – Our Flagship Program

Throughout 2025, Care for Caregivers anchored all RNF programming. Activities spanned:

- Mental health workshops addressing burnout, trauma, anxiety, depression, and caregiver stress
- Male caregiver mental health dialogues during Men's Mental Health Month
- Psychological First Aid and group support spaces
- Community-based caregiver workshops and conferences
- End-of-year caregiver appreciation and community celebrations

These spaces were intentionally designed to be safe, practical, and stigma-free, enabling caregivers to share openly and access support without judgment.

Digital Inclusion & Advocacy

A major milestone in 2025 was RNF's partnership with the National Council for Persons with Disabilities (NCPWD) under the Digital Awareness and Advocacy Program.

This initiative focused on:

- Digital literacy for caregivers and PWDs
- Promoting assistive and accessible technologies
- Advocacy for inclusive county-level digital services
- Awareness campaigns addressing the digital divide

The project positioned RNF not only as a service provider, but as a voice for inclusive digital policy and systems change.

Mental Health & Psychosocial Support

Mental health remained central throughout the year. RNF partnered with Mental 360 and other professionals to deliver:

- Individual and group counseling sessions
- Art therapy
- Caregiver mental health webinars
- Trauma-informed discussions on online child safety (OCSEA)

These interventions addressed both immediate emotional needs and long-term caregiver resilience.

Systems Strengthening & Sustainability

2025 also focused heavily on building RNF's internal capacity:

- Revision of RNF's Theory of Change
- Refinement of onboarding and beneficiary tracking systems
- Counseling service reforms and preparation for OSHA certification
- Strategic planning for 2026
- Website revamp and digital presence strengthening
- Expansion of ICT infrastructure, including a 26-computer ICT lab

These investments ensure RNF's work remains accountable, scalable, and sustainable.

Partnerships & Community Collaboration

RNF's impact in 2025 was strengthened through collaboration with:

- National Council for Persons with Disabilities (NCPWD)
 - Mental 360
- Safaricom Foundation
- Connection Ubuntu
 - McKinsey
- Project Mind Strong
- Faith-based and community organizations
- International volunteers supporting design, mental health, and digital strategy

Community initiatives, including environmental actions and sports partnerships, extended RNF's visibility and advocacy reach across multiple counties

Full Year 2025 Impact Summary

Direct & Indirect Reach



Direct participants (Caregivers & PWDs): **381**

Indirect beneficiaries: **2,125**

Total community reach (offline): **2,506**

Mental Health & Caregiver Support



Mental health counseling & therapy sessions: **36+**

Caregiver workshops & group sessions: **12**

Male caregiver-focused sessions: **4**

Digital & ICT Engagement



ICT workshop participants: **120**

Operational ICT lab computers: **26**

Community & Environmental Action



Trees planted: **60**

Community sensitization participants: **300+**

Digital Reach & Online Advocacy – 2025 (Actuals)



Instagram

36,312



TikTok

33,700



Facebook

23,057



LinkedIn

20,633



X (Twitter)

1,278

TOTAL VERIFIED DIGITAL REACH:

114,980

people reached

Digital Empowerment & Sustainability - Connection Ubuntu Partnership

Digital Empowerment & Sustainability - Connection Ubuntu Partnership

Connection Ubuntu - 2025 Impact Summary



Computers donated &
operational:

11



Total learners trained:

99

Female: 56
Male: 43



Sustainability

Training topics:

- computer basics,
- digital literacy, social media use
- online safety,
- OCSEA awareness

The lab also supports co-working and cyber
services for caregivers and community members

Our Strategic Rationale

- Focus clarifies our story to partners and funders, concentrates resources, and makes measurement tractable.
- Caregiver wellbeing is a force-multiplier: better supported caregivers — better, more consistent care for PWDs and others.
- Strategy leverages RNF's lived-experience team, counselling partnerships, and ICT infrastructure.



Looking Ahead To 2026



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Stay Connected – Roy Ndung'u Foundation

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Together, we build a brighter future.

