

## **CAMP BLUE**

### **REPORT FOR ACTIVITY HELD ON 21ST TO 23RD JULY 2023 IN UGANDA.**

Camp Blue, a mental awareness boot camp held at St. Mary's College Kisubi in July 2023 registered overwhelming success. We stimulated the minds of over 57 students who engaged in our essay writing competition, some participated in our talent showcase for mental health where we had entries inform of musicals and simple skits to demonstrate the relevance of mental health.

We held a total of 15 workshop sessions on four topics which generally directly impacted 1000 students at this school. As the Camp Blue team, we believe we opened a channel for more discussions around mental health to happen especially through the alliance created with the Brain Club at The school.

As a sustainability plan, Camp Blue was able to donate 10 best-seller novels that have an agenda for improving emotional and mental wellness in a masculine community.

Choosing a team of 14 people that worked tirelessly to make Camp Blue a success, as a side win, I believe I have learned how to manage a team and plan and handle challenges that arise along the way.

I believe that Camp Blue taught the facilitators a valuable lesson as well as left an indelible impression on the students we interacted with throughout the program.

Being an original and first of its kind of intervention in this school, I believe the greatest success for Camp Blue was the ability to get the students to think differently and start giving consideration to how important and relevant mental health care is. This small shift in mindset goes a long way and I believe this is how we made a difference.

In terms of numbers, 8 young changemakers were trained to work as facilitators, who worked tirelessly to deliver the contents to 1000 students of grades 7, 8 and 11.

We also managed to create an atmosphere that no longer ridicules depression or stigma anxiety attacks through the informative posters we put up around the school.

I am particularly proud of the immense impact Camp Blue has had on the lenses of the boys in regard to mental health. I am proud of being able to roll out Camp Blue despite all the challenges we were faced with but through teamwork and resilience, we made Camp Blue possible.

Through the grant provided by The UWC Go Make A Difference Initiative, we were able to cater for transportation to the project location and printed teaching materials such as posters and self-help toolkits, the money was also used to purchase books that we donated to the school library to continue the advocacy around mental health even when we leave. Financing from this initiative enabled me to support the facilitators in their various duties.

Running Camp Blue has single-handedly taught me the beauty of having a reliable team and the ability to delegate duties makes working a lot easier. In the process of planning Camp Blue, I learned to be flexible and not a lot of things are absolute therefore I should leave room for uncertainty when I plan. Applying to receiving and consequently successfully rolling out Camp Blue, I have learned that dreams do come true as long as you are willing to go the extra mile and work to see it possible. Camp Blue is a true testament to the saying teamwork makes the dream work.

If I had the opportunity to run Camp Blue again, I would definitely plan better, allocate the money appropriately and make sure I have enough

money before starting the project along the way, I realised I needed more money to finish the project therefore I had to use my personal savings to finish the camp.

I express my sincere appreciation to the entire Go Make a Difference team for making this possible.