

MedWagen

EVENT NEWSLETTER

THURSDAY, 18 DECEMBER, 2025

www.medwagen.org

MENTAL HEALTH AWARENESS DAY

On 18th Dec, 2025, Medwagen hosted a community-focused Mental Health Awareness Day. The event was made possible through the generous funding and support of the Landeshauptstadt München Bezirksausschuss 3. The primary goal was to foster a supportive environment, provide education on mental well-being, and equip attendees with practical mindfulness tools. Despite the intimate group size of 12, the engagement was high, allowing for personalized interactions and meaningful dialogue.



Some of the members present for the workshop



PROGRAM HIGHLIGHTS

The session opened with a keynote by Mr. Alonso Lubega, who underscored the essential role of mental well-being in overall health, calling for reduced stigma and more open community dialogue. The Medwagen Team then facilitated a “Get to Know Each Other” Bingo icebreaker, enabling the 12 participants to quickly build rapport through a light, interactive activity. This was followed by an educational Myth-Busting Jeopardy session led by Mr. Benak Patel, who used a game-based format to dismantle common misconceptions about depression and deliver clear, accessible clinical insights.



medwagen ceo Ms Fiet Anita and one of the speakers Mr Benark preparing for one of the sessions

WORKSHOP PRECEDING EVENTS

- The members we had for the event were at peace with the needs we availed them especially for those with no insurance eg companies like condrobs etc to help with their needs. A digital health hub will enable us invert us better.
- Networking, strategy insights

WORKSHOP PRECEDING EVENTS

- We had an influencer and stalls to promote the event
- We did do referals for the disabled and other active members of ours

ACTIVITIES CONDUCTED IN ADVANCE

- Pre screening the neds of participants
- Searching for a place or hall for the activity
- Obtaining funds for the event
- Deciding content to avail
- Obtaining feedback
- And the next steps to follow
- We also did organise stalls to publicise our events

CALL TO ACTION

We need more funders and partners for our events. Volunteers are handy for us for programs especially mental health for the psychologically tortured that have been taking drugs, alcoholism or due to depression we intend to build a chatbot to further on our work with the qr codes. this will be handy for our members To further boost our special needs groups ie refugees,the eldelry,children.adoleschents and the refugees who are in the last mile communities,we would ideally love to turn atleast one or towof our volunteers into full time employees

We therefore,seek assistance in terms of technical expertise to help those suffering with autism,insufficient child care placements including those suffering with adhd to mention but a few,the elderly suffering for diseases like md and alzheimers in order for them to receive equitable care.Some refugees lack health insurance and it would be pertinent for them to be have equal access to facilities. We have so far tried to impact a small group but we would like to further bolster our care options

CONCLUSION

The program concluded with a focused 10-minute mindful breathing exercise led by Ms. Anita, giving attendees a simple, practical tool for managing stress and improving concentration. After the activities, participants enjoyed a catered lunch that created an informal space for continued conversation and networking, further strengthening the connections formed during the sessions. Overall, the event successfully achieved its goals by offering the local community accessible, high-quality mental health resources at no cost.