

INTEGRATED
ANNUAL
REPORT
2022

"WALKING THAT ROAD"



www.deliveryroom.org

ISAIAH 61

THEME: WALKING THAT ROAD

We welcome you to our annual report, which bears the theme "Walking That Road". As you peruse through the pages of this report, we cordially invite you to accompany us on a journey of transformation towards bestowing hope and positive change upon the men of Namibia and beyond.

The road serves as a symbol of the path we are treading to enhance mental well-being through scriptural means. Our expedition is aimed at leaving an indelible mark on the lives of those we cater to. With pride, we share the progress we have made through our diverse initiatives in health, life, community, education, sport, entrepreneurship, religion and culture. Our aspiration is to develop a nation of mentally robust men. Hence, our mission has been to deliver, liberate, motivate, rescue, cure, educate, equip, empower and serve men on this journey.

This report will showcase the stories of the families we have served, their transformative experiences, and the hope they have discovered. Furthermore, it will highlight the impact we have made through our programs and initiatives, as well as the progress we have made towards achieving our vision. We express our gratitude to our unwavering supporters, and we firmly believe that our expedition will ignite inspiration in you. Let's join hands and "Walk That Road" together, delivering life-changing messages and experiences to men who require mental health solutions that will make a lifelong difference.



President Letter

Dear Namibia and beyond, supporters, partners, and stakeholders

As the Chairperson of the Delivery Room Foundation, it gives me great pleasure to present our 2021-2022 Integrated Annual Report. Themed "Walking That Road," our report aligns with the foundation's mission and goals, conveying a sense of purpose and determination in our journey towards achieving our vision.

Our foundation's focus on improving the mental health of men in communities throughout Namibia is central to our efforts. In 2022, we aimed to raise awareness about the role that faith, as well as the Bible, can play in reducing the high suicide rates among men in our country. Our theme for 2022 was "The Year of the Spirit Life," which emphasized biblical concepts of spiritual growth and transformation. Renewing minds and allowing the Holy Spirit to guide thoughts, words, and actions can result in a life filled with love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

The alarming statistics on male suicide in Namibia necessitated that we take action to address this issue. We believe that faith in God and a strong support system within the community can provide comfort, hope, and healing to those struggling with their mental health. Through our Jesus Christ and Men's Mental Health Awareness campaign, we reached out to over 3000 men in remote communities within three months. My cross-border hikes from Oranjemund to Katima Mulilo, and to Botswana, Zimbabwe, and Zambia helped spread the message about the critical nature of mental health. Our campaign generated over 2 million views on our social media platforms.



I am proud of the Delivery Room Foundation's work in raising awareness of Men's Mental Health and the role that faith in Jesus Christ can play in addressing this critical issue since our founding in 2021. Our supporters and funding partners have played a crucial role in helping us achieve our goals this year, and their continued support has enabled us to carry out our mission and make a positive impact in our communities. I extend my heartfelt gratitude to each and every one of you for your contributions.

As we move forward into 2023, we remain committed to continuing our efforts in raising awareness about Men's Mental Health and the impact that faith can have in addressing this issue. With your ongoing support, we are confident that we can make a meaningful difference and improve the lives of those who are struggling with their mental health.

In conclusion, I would like to thank everyone who has supported the Delivery Room Foundation in our mission. Together, we can create a brighter future for those facing mental health challenges in Namibia and beyond.

Best regards,

A handwritten signature in black ink, appearing to read 'Elago Nantana'.

Elago Nantana

President and Chairperson, Delivery Room Foundation



Delivery Room Foundation's Operation

The Delivery Room is built on the foundations of Faith, Integrity and is dedicated on supporters who share this call.

Aim: To provide comprehensive support and resources for men's mental health and well-being, with a focus on addressing addiction, abuse, anxiety, depression, gender-based violence, Hopelessness, stress and spiritual blindness.

Vision: To create a world where men can lead healthy, fulfilling lives free from the stigma associated with mental health issues.

Mission: Our mission is to empower men to take control of their mental health by providing them with accessible, affordable, and effective mental health services, community support, and education. Our goal is to mitigate the adverse effects of mental health challenges on men's wellbeing and the broader community.

President (Chairperson): Responsible for creating, communicating, and implementing the organization's vision, mission, and overall direction. They oversee the day-to-day activities of the foundation and report to the Board of Directors.

Ministers (Board): Responsible for overseeing the strategic direction of the foundation and ensuring that its operations align with its mission and values. The Board is composed of individuals with expertise in areas relevant to the foundation's mission, including mental health, medical, legal, social work, business, and community leadership.

Directors (Executive Committee): Responsible for overseeing the day-to-day running of the foundation, implementing the decisions of the Board of Directors, and managing the foundation's finances. The Executive Committee is composed of the President, Vice President, Secretary, and Treasurer. and also leading strategic planning and critical decision-making. They manage budgets, approve major expenditures, and maintain important strategic partnerships. They also serve as a public "face" representing the foundation and making official statements.

Mental Health Professionals: Includes psychologists, psychiatrists, and mental health counselors, specialize in men's mental health issues such as addiction, anxiety, depression, and abuse. They provide valuable insights into best practices for treating mental health issues and help guide the foundation's programs and services.

Medical Professionals: Including doctors, nurses, and other medical professionals, provide expertise on physical health issues related to mental health. They also provide guidance on the medical treatment of addiction and substance abuse.

Social Workers: Provide guidance on social services and support systems that can help individuals dealing with mental health issues, addiction, or abuse.

Spiritual Leaders: Includes Pastors and Evangelist, provide spiritual guidance and support for individuals dealing with spiritual blindness and mental health.

Community Leaders: Provide guidance on community outreach programs and initiatives that can help raise awareness about mental health issues affecting men.

Legal Experts: Provide guidance on laws and regulations related to mental health, abuse, and gender-based violence. They also help develop policies and procedures to protect the foundation and its clients.

Business Experts: Provide guidance on the foundation's financial and operational strategies, including fundraising and outreach efforts. They help ensure the foundation's financial sustainability and growth.

Celebrating Two Years of Mental Health Awareness

As we mark two years of providing mental health solutions to men, we look back on the journey of The Delivery Room Foundation with pride and gratitude. Our success was not a foregone conclusion, but rather a result of hard work, perseverance, and dedication.

The Vision and idea for the foundation was born on October 4th, 2020, when a Young Namibian man named Elago Nantana was driven to make a difference in the lives of men suffering from mental health issues. With an unwavering commitment and a foundation rooted in faith, he started reaching out to anyone who needed help and offering free counseling and solutions to problems. On December 12th, 2020, he launched the first annual event, centered around the Loving Humanity Called "Elago's Love Your Neighbor Day," where you do good to a total stranger, food hampers were distributed to the elderly in recognition of their mental fortitude.

In January 2021, the foundation launched a 7-day bible reading program, followed by the official registration and launch on February 16th. Despite having no financial support at the time, Nantana self-funded the foundation's projects and initiatives. Over the past two years, the foundation has made a concerted effort to tackle various mental health challenges facing men, including addiction, abuse, depression, and stress, through various mind renewal activities.

In January 2022, the foundation opened its first bank account, and by April of that year, its first donor came on board. Throughout its two-year history, The Delivery Room Foundation has remained true to its purpose of impacting the lives of Namibian men and contributing to their Mental Health. It has demonstrated that with faith, perseverance, and a willingness to evolve, any obstacle can be overcome. With a focus on continuous improvement, the foundation has evolved its mental health solutions and service offerings.





✓ January-April:

Successfully launched its first initiative of the year, a Week-long Bible Reading and Fasting program, aimed at promoting spiritual growth and well-being among Men. Organized a workshop focused on empowering young boys and men with life skills, The workshop was well received and received positive feedback from the participants.

Furthermore, launched an awareness campaign aimed at educating Men about the dangers of addiction and substance abuse and offering support to those affected. The campaign was a success and reached a large number of people in the targeted communities. The foundation also launched its official website, www.deliveryroom.org, providing easy access to information and resources for those seeking support and information on mental health issues. The website has received a positive response and has been a valuable tool in reaching a wider audience.

✓ May-September:

Opened its headquarters in Otjomuse, providing a central hub for its operations and initiatives. This new headquarters is a testament to the growth and success, a symbol of its commitment to the community it serves. The Delivery Room joined forces with Malta's Club Namibia and Dinapama on the "Keeping Rural Girls in School Project" in Karibib. A learners engagement workshop was hosted at the Ebenhaeser Primary School, boys were educated on the topic of gender-based violence and girls were given information on sanitary health. a donation of over 15,000 towels handed over. Organized motivational speaking sessions at different schools. These sessions aimed at inspiring and motivating students to pursue their goals and dreams, despite the challenges they may face. A prayer day was also organized to provide an opportunity for the community to come together and pray for the well-being of their children and families.

✓ October-December:

Provided training to a church congregation on mental health and spiritual realities. Started with individual and group sessions mental health training. Conducted awareness campaigns on issues such as addiction, alcohol and drug abuse, anxiety, depression, emotional, physical and sexual abuse, gender-based violence, hopelessness, stress, and spiritual blindness, which were aired on NBC TV and our social media platforms. Organized soccer tournaments for young boys in Goreagab, Held the "Elago's Love Your Neighbor Day first anniversary at the Hopeful Children Center, where 300 children were fed and the community was brought together in unity.





✓ January-February:

Completed its first initiative of the year, a Week-long Bible Reading and Fasting program to promote spiritual growth and well-being. Held its first AGM to update its supporters and stakeholders on its progress and future plans. Organized a workshop aimed at empowering young boys and men with life skills and promoting positive masculinity. Launched an awareness campaign to educate communities about the dangers of addiction and substance abuse and offer support to those affected.

✓ March-April:

Launched its "Dear Jesus Christ Initiative" to promote spiritual healing and hope through prayer and support. Organized a happiness workshop to teach people how to cultivate joy and contentment in their daily lives. Partnered with Emono Combined School to provide 1000 sanitary pads to young girls and promote menstrual health and hygiene. Launched its "Smileyman Superhero" comic book to promote positivity and encourage people to walk by faith. Launched an awareness campaign to educate communities about the dangers of stress and hopelessness and offer support to those affected.

✓ May-September:

Organized a series of workshops and events to promote mental and spiritual wellness, including a 2,200 km walk from Oranjemund to Katima Mulilo by the Chairperson to raise awareness about Jesus Christ and men's mental health as well as hiked across borders to Botswana, Zimbabwe, and Zambia to raise awareness about suicidal depression.

✓ October-December:

Launched an awareness campaign to educate communities about the dangers of anxiety and depression and offer support to those affected. Launched an awareness campaign to raise awareness about the dangers of gender-based violence and promote gender equality. Organized a 10 km suicidal awareness walk in Windhoek to promote mental fitness and spiritual growth. Organized Elago Love Your Neighbor Day a day of community service and volunteer work to promote love, kindness, and compassion. Launched a prayer request initiative to offer spiritual support and comfort to those in need. Organized events and activities to promote gratitude and thankfulness.



The Delivery Room Foundation and The United Nations Sustainable Development Goals (SDGs).

These are some of the ways in which The Delivery Room Foundation is contributing to the United Nations Sustainable Development Goals (SDGs).



SDG 3: Good Health and Well-being

Proverbs 17:22 says, "A cheerful heart is good medicine, but a crushed spirit dries up the bones." By promoting spiritual and mental health among men, The Delivery Room Foundation is working towards the goal of ensuring good health and well-being for all. Through community outreach programs, the foundation addresses various issues that affect men's mental health, including addiction, stress, hopelessness, anxiety, depression, and gender-based violence. By offering initiatives such as the month-long Bible Reading and Fasting program, the happiness workshop, and awareness campaigns, The Delivery Room Foundation is contributing to the achievement of universal health coverage and improving mental health outcomes.

3 GOOD HEALTH AND WELL-BEING



SDG 4: Quality Education

The foundation's initiatives in discipleship, leadership, and ICT training align with the SDG 4 of ensuring inclusive and equitable quality education and promoting lifelong learning opportunities for all. Proverbs 9:9 says, "Give instruction to a wise man, and he will be still wiser; teach a righteous man, and he will increase in learning." By providing education and training opportunities, the foundation is helping to build the knowledge and skills needed for men to thrive in their personal and professional lives. The foundation's partnership with schools to provide sanitary pads to young girls and life skills workshops for boys and men also supports the goal of promoting gender equality in education.

4 QUALITY EDUCATION



SDG 5: Gender Equality

The foundation's efforts towards promoting gender equality and empowering boys and men align with the biblical principle of treating all individuals equally and with respect, as stated in Galatians 3:28, "There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus." By addressing the issues that affect men's mental health and well-being, such as gender-based violence and abuse, the foundation is working towards creating a society where everyone can thrive and achieve their full potential, regardless of their gender. This aligns with the SDG 5 goal of achieving gender equality and promoting empowerment for all, and it serves as a testament to the foundation's commitment to creating positive change in the community.

5 GENDER EQUALITY



SDG 10: Reduced Inequalities

The Delivery Room Foundation's mission to reduce inequalities among men aligns with the biblical principle of helping others and promoting justice. In the book of Proverbs 31:8-9, it is written, "Speak up for those who cannot speak for themselves, for the rights of all who are destitute. Speak up and judge fairly; defend the rights of the poor and needy." The foundation's community outreach programs and provision of support and resources to men in need demonstrate their commitment to promoting equality and justice for all. By bridging the gap between those who have access to resources and those who do not,

10 REDUCED INEQUALITIES



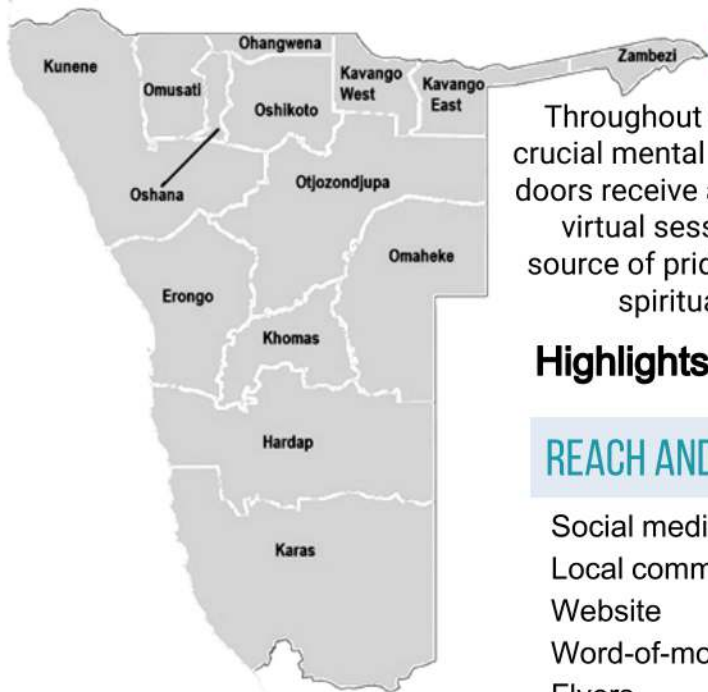
SDG 17: Partnerships for the Goals

The foundation's focus on working with supporters who share its mission aligns with the goal of revitalizing the global partnership for sustainable development. By partnering with others to achieve its goals, The Delivery Room Foundation is demonstrating the power of collaboration in creating positive change and promoting sustainable development. As it is written in Ecclesiastes 4:9, "Two are better than one because they have a good return for their labor." The Delivery Room Foundation understands the importance of partnerships and collaborations in achieving SDG 17, and through their efforts, they are helping to build a stronger and more sustainable future for all.

17 PARTNERSHIPS FOR THE GOALS



IMPACT AND COMMUNITY DEVELOPMENT



Throughout the past years, We have persisted in our efforts to address crucial mental health concerns, steadily advancing toward our mission. Our doors receive an average of three individuals daily, whether for in-person or virtual sessions, Our accomplishments from the previous year are a source of pride for us, and we remain dedicated to promoting mental and spiritual health restoration, as well as community progress.

Highlights of our achievements:

REACH AND AWARENESS:

Social media (FB, TT, IG, WA)	2 Million
Local community events,	5555
Website	100K
Word-of-mouth	Global
Flyers	10K
Facility visits	700

SOCIAL ISSUES IMPACT:

Schools	10
Churches	12
Organizations	7

TV & RADIO IMPACT:

NBC TV
 Good Morning Namibia
 Rooted
 A New Season
 One Africa TV
 Welwitschia TV
 NBC National Radio
 Channel 7
 Shipi Fm
 Karas Community Radio
 Dessert Radio

PARTNERSHIPS AND COLLABORATIONS:

Local governments	5
Private Companies	21
Local organizations	12

PUBLIC SPEAKING:

Schools	10
Private Events	21
Churches	12
Towns	19
Offices	9
Regions	10
Countries	4

TESTIMONIES:

When we met Truston Sibanda from Zimbabwe in Windhoek, he was grappling with homelessness, suicidal thoughts, anxiety, depression, gender-based violence, hopelessness, and stress. We provided him with a safe haven to reside in for three months and nourishing meals throughout his stay. Truston also received counseling and rehabilitation services that enabled him to overcome his mental health challenges. Currently, he is stable and has secured employment.

Dan Wandira from Uganda and his family were struggling with homelessness, depression, hopelessness, and stress. We provided them with a shelter and the necessary support for a month, which helped Dan recover. Through spiritual guidance and counseling, Dan regained his strength and found hope, resulting in renewed optimism and a fresh sense of purpose.

These are just two instances out of many where the Delivery Room Foundation has been able to provide assistance in the past year. Our programs and services are dedicated to supporting those in need and helping them find a new path forward. Our tireless work will continue to make a positive impact in our community and improve the lives of those who require it.

PROGRAM EFFECTIVENESS:

Addictions	21
Substance Abuse	66
Anxiety	70
Depression	153
Emo, Phy & Sex Abuse	9
Gender Based Violence	7
Hopelessness	12
Stress	33
Spiritual Blindness	40

COMMUNITY IMPACT:

Windhoek	1230
Karibib	300
Oshakati	200
Oranjemund	200
Rosh - Pinah	205
Aus	100
Keetmanshoop	400
Gibeon	131
Tses	100
Mariental	170
Rehoboth	100
Okahandja	250
Otjiwarongo	333
Grootfontein	170
Mururani	100
Rundu	666
Katima Mulilo	450
Walvis Bay	200
Swakopmund	250

JESUS CHRIST AND MENS MENTAL HEALTH AWARENESS WALK 2200Km

Elago Nantana stood at the starting line, looking out at the long, empty road ahead. He was about to embark on a journey that he had been preparing for months: a 93-day walk from Oranjemund to Katima Mulilo, a distance of 2200 km. Elago was 36 years old, and he had dedicated his journey to Jesus Christ and to raising awareness for men's mental health. He knew that it would be a physical and spiritual challenge, but he was determined to see it through. Elago faced many challenges on his journey. He had to contend with extreme weather conditions, including scorching heat, heavy rain, and winds. He also had to navigate through rugged terrain and avoid wild animals. At times, he struggled with hunger, dehydration, and loneliness, but he refused to give up, driven by his faith and his commitment to his cause.



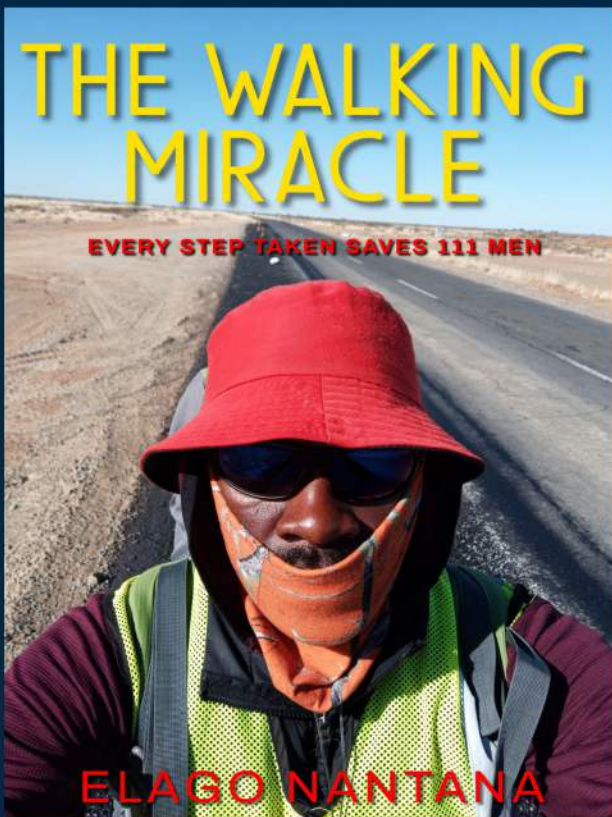
As Elago walked, he received an outpouring of support from people along the way. Strangers offered him food, water, and shelter, and many walked with him for a while, inspired by his dedication and perseverance. Elago was touched by the kindness and generosity of these people, and it gave him the strength to keep going. On the 93rd day of his journey, Elago successfully completed his remarkable trek.

He walked 1919km in 93 days from Orange River Mouth viewpoint to Divundu, Bwabwata Nation Park Gate, and hitchhiked 281km to Katima Mulilo, then continued hitchhiking a further 2355km through four countries, Namibia, Botswana, Zimbabwe, and Zambia in seven days, totaling 4,555 km. Without any money or food, Elago relied on the name of Jesus Christ and the kindness of Good Samaritans along the way. His Tiktok videos documenting his journey reached 2 million views. Elago's message to the nation and followers is that anything is possible with faith in our Lord and Savior Jesus Christ. He encourages them to be inspired, motivated, confident, strong, blessed, and never to give up on life.

He reminds them that Jesus Christ loves them and that they are winners and more than conquerors. Elago made a stop at the Namibian High Commission in Zambia, Lusaka, where he was warmly welcomed by H.E. Siyave R. Haindongo and his excellent team. Elago expresses his gratitude for their hospitality and warm welcome.



H.E. Siyave R. Haindongo and His Excellent Team



Book Coming Soon

There are several reasons why it is important for Elago to write a book about challenging himself to walk 2200 km for Men's Mental Health and Jesus Christ awareness:

- Inspiring Men to Fight Mental Health
- Sharing a message of hope.
- Raising awareness.
- Providing a resource.
- Making a difference.

SOCCER AND MENTAL HEALTH

Importance of soccer in promoting mental health:



- Reduces symptoms of anxiety and depression
- Improves mood and decreases stress levels
- Boosts self-esteem and confidence
- Provides a sense of achievement and purpose
- Promotes social connections and a sense of belonging
- Fosters teamwork and collaboration skills
- Enhances cognitive function and decision-making abilities
- Encourages physical activity and healthy habits
- Offers an outlet for emotional expression and stress relief
- Can lead to increased motivation and a positive mindset

Join us in empowering young men through sport and mental health initiatives

The Delivery Room Foundation recognizes the importance of promoting positive mental health and well-being, and we believe that sport can be a powerful tool in achieving this goal. Our mission to empower and uplift those in need has never been more crucial, especially in the face of unprecedented challenges brought about by the COVID-19 pandemic. Soccer, in particular, has been shown to have numerous mental health benefits. Studies have found that playing soccer can help to reduce symptoms of anxiety and depression, improve mood, and boost self-esteem. These benefits are thought to be related to the physical activity involved in playing soccer, as well as the social and emotional support provided by teammates and coaches. By launching the King EL soccer league, the Delivery Room Foundation is committed to providing young boys in Namibia with a positive and healthy outlet for their energy, as well as the opportunity to develop important life skills and promote their mental and emotional well-being.

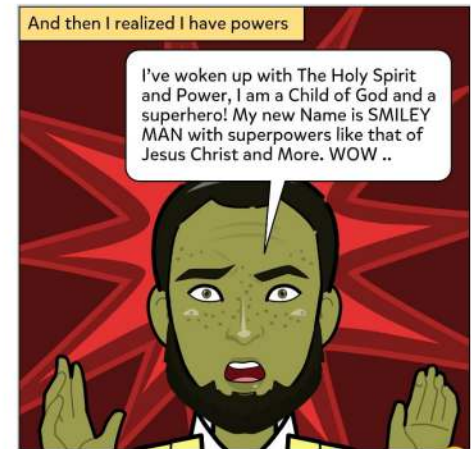
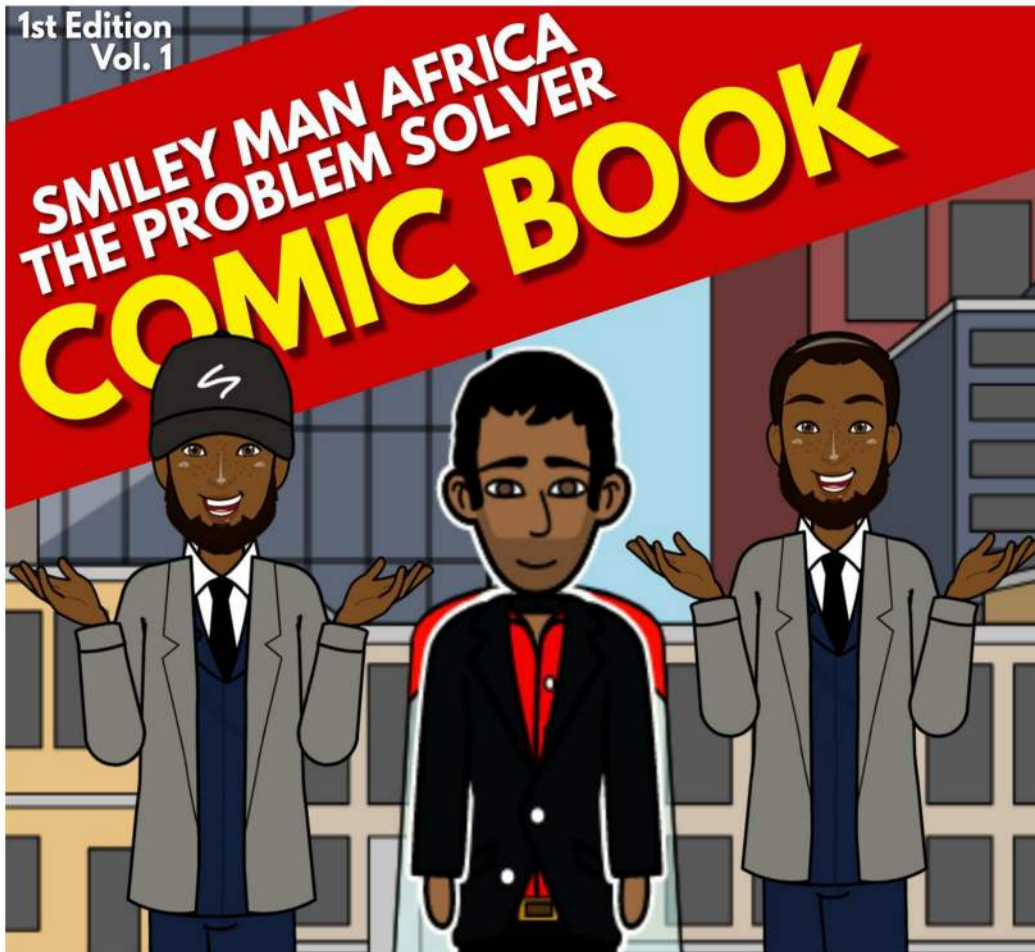


The King EL Soccer League is a series of soccer tournaments that will bring together young boys from across Namibia to showcase their skills on the field while also receiving valuable support and education on important mental health topics. Our aim is to create a safe and supportive environment where young men can learn about mental health, share their experiences and challenges, and receive the support and guidance they need to build resilience and thrive.

The Delivery Room Foundation believes that through collaborative efforts, we can break down the barriers and stigma surrounding mental health and empower young men to lead healthier, happier lives. With the support of our community, we can expand our sports improvement initiatives, such as the King EL soccer league, and reach even more young men in Namibia. Our commitment to this cause is driven by the many benefits that soccer provides for mental health, including stress relief, improved self-esteem, physical exercise, cognitive function, social connections, and a sense of accomplishment. We invite you to join us on this journey and help us make a difference in the lives of young men across our country.



There's No need to Fear, SMILEY Man is here



The Smiley Man comic book is not just about entertainment, but also about promoting positive change and inspiring readers to take action in their own lives and communities. With its engaging storyline, rich characters, and stunning artwork, the Smiley Man is a must-read for anyone interested in the power of storytelling to inspire and transform. Incorporating elements of Namibian culture and folklore, Smiley Man's origin story is a rich and compelling narrative that speaks to readers of all ages and backgrounds. The comic book also addresses social issues facing Namibia and the wider world, such as poverty, inequality, and environmental degradation, showing how Smiley Man uses his powers to fight against these injustices.

The Smiley Man is a unique comic book that combines entertainment with a powerful message of faith, personal transformation, and social justice. The story follows the journey of Smangaliso van die Jozzie, a man who is lost and struggling with addiction, who is visited by the Brave Warrior, the Spirit of Namibia, and chosen to become the first Namibian Superhero, Smiley Man. But Smangaliso must overcome a series of trials and obstacles that test his courage, strength, and faith, and ultimately learn to harness his powers and embrace his destiny as Smiley Man. Along the way, he inspires others to seek help and find a path towards healing and wholeness, becoming a symbol of hope and resilience in the face of adversity.



So if you're looking for a new and inspiring comic book to add to your collection, or if you want to share a meaningful and uplifting message with your family or community, the Smiley Man is the perfect choice. Get your copy today and discover the power of hope, faith, and resilience in the face of life's challenges.



Whether you're a fan of comic books, seeking inspiration and motivation, or looking for a unique and meaningful gift, the Smiley Man is the perfect choice. Join Smangaliso on his journey of self-discovery and transformation, and discover the power of faith, hope, and resilience in the face of life's challenges. The Smiley Man comic book is a unique and innovative way to engage younger generations with important issues of faith and social justice. With its exciting action scenes, relatable characters, and positive messages, the Smiley Man is a great tool for parents, teachers, and community leaders to help educate and inspire young people.

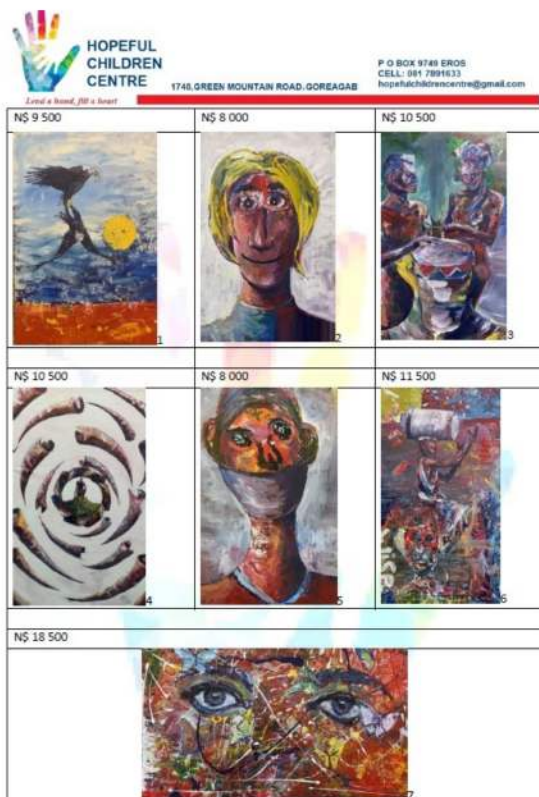
Delivery Room Foundation Partners with Hopeful Children Center to Promote Art for Sustainable Support

Throughout the year, we worked closely with the Hopeful Children Center to provide essential resources, such as food, clothing, and educational materials, to support the education and care of underprivileged children in Goreangab. Our unwavering commitment to ensuring that these children have access to the necessary tools and resources to thrive has made a significant impact on their lives, and we are proud to have partnered with the Hopeful Children Center in achieving this.

As part of our continued efforts to support the center, we have partnered with Namzee, a Namibian multidisciplinary artist, to launch an innovative and sustainable supportive model for the center. The initiative involves showcasing the creativity and talent of the children at the center through an art exhibit that features seven unique pieces. The children's expressions of creativity and talent through their art were inspiring, and we are thrilled to have played a part in promoting their work. Importantly, all proceeds from the sale of the artworks will go towards helping the Hopeful Children Center achieve its goals of developing the center, providing guidance, rehabilitation, and feeding programs for underprivileged children in Goreangab.



We purchased artwork for N\$ 18 500, which was paid to the center on a monthly basis from January 2022 to December 2022. We believe that this contribution will go a long way in supporting the center's mission to provide a safe and nurturing environment for the children in its care.



"We are incredibly grateful for the support of the Delivery Room Foundation," said Ms Bianca Mokhatu, the founder of the Hopeful Children Center. "Their donations have helped us to provide better care and support for the children in our care, and we are excited about the success of the art exhibit initiative. We believe that this partnership has the potential to make a real difference in the lives of these children and their families".



"Bornfree Fishing Pty Ltd to the Delivery Room Foundation's Mental Health Mission"

Bornfree Fishing Pty Ltd has made an impactful donation of N\$ 20 000.00 to the Delivery Room Foundation's mission to improve the mental health and wellbeing of men in Namibia and beyond. This generous contribution reflects the company's deep commitment to helping men break free from the bondages of the world and find true freedom in Christ.

The funds will enable the foundation to reach more men and explore new avenues for personal development, community building, and mental health awareness. This year, the foundation's focus is on building a strong sense of community, promoting physical exercise, and raising awareness of mental health issues such as depression and suicide.

As the scriptures remind us, "And now these three remain: faith, hope, and love. But the greatest of these is love" (1 Corinthians 13:13 NIV). We believe that by showing love and compassion towards men struggling with mental health issues, we are fulfilling God's calling to care for our brothers in need.



Bornfree Fishing Pty Ltd's commitment to corporate responsibility and partnership with the foundation is deeply appreciated. In return, the foundation will provide the company's team with support in their personal development, including mental, social, spiritual, emotional, and physical growth.

The Delivery Room Foundation is grateful for the generosity of all donors and supporters, whose unwavering dedication to the cause has helped make a difference in the lives of men and boys in Namibia and beyond. With continued support, the foundation will continue to break down barriers and help men overcome the challenges they face.

2023 Road Map

We are excited to present our 2023 Program Calendar, which features a range of events and initiatives designed to promote mental health and well-being in communities throughout Namibia. From our Men's Mental Health Awareness campaign to our Sports for Health program, we are committed to delivering impactful programs that address the mental health challenges faced by men in our country. Our calendar also includes various training and education opportunities for individuals and organizations interested in learning more about mental health and how to support those in need. We look forward to working with our partners and supporters to bring these programs to life and make a positive impact in our communities.



PSALM 119

JAN-FEB

ALEPH-BETH-GIMEL

BIBLE READING AND FASTING, 1st & 2nd CHALLENGE, ANNUAL REPORT, STORY TELLING DAY
ADDICTION AND SUBSTANCE ABUSE AWARENESS

DALETH-HE-WAW-ZAYIN

DEAR JESUS CHRIST, HAPPY PEOPLE, 3rd CHALLENGE, FATHER DAUGHTER, DELIVERY ROOM BOOKLET LAUNCH
STRESS AND HOPELESSNESS AWARENESS

MAR-APR

MAY-JUN

HETH-TETH-YOD

AFRICAN JESUS FORUM, SISTER'S TABLE TALK, BIBLE DISTRIBUTION, 4th & 5th CHALLENGE, SMILEYMAN
MENTAL HEALTH & SPIRITUAL BLINDNESS AWARENESS

KAPH-LAMED-MEM-NUN

AFRICAN MEN PRAYER DAY, MENS CONFERENCE NAMIBIA, JESUS CHRIST PARTY, MENS INFLUENCERS, MIRACLE WALK, EMOTIONAL, PHYSICAL AND SEXUAL ABUSE AWARENESS

JUL-AUG

SEP-OCT

SAMEK-AYIN-PE-TZADDE

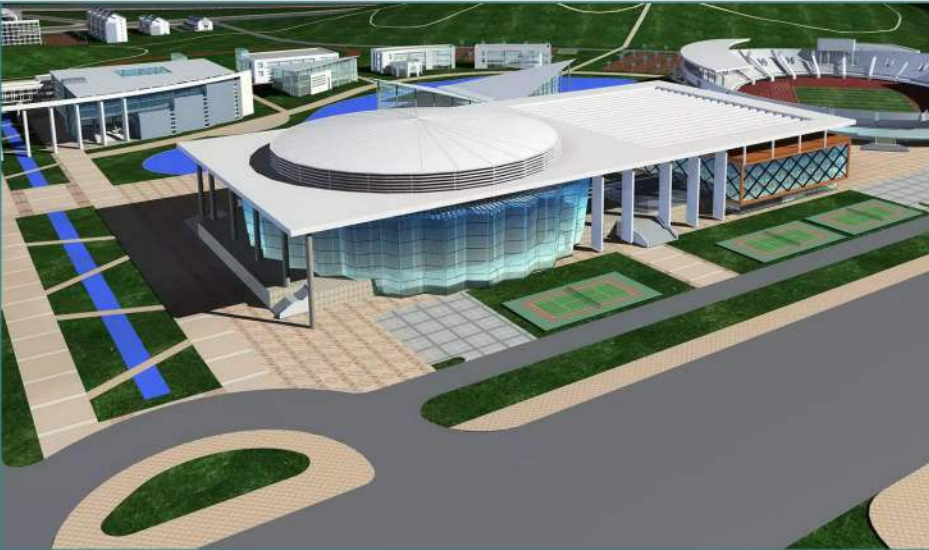
6th CHALLENGE, ONE NATION, KING EL SOCCER LEAGUE, THE HARVEST EVENT, SCHOOL OF EVANGELISM, ANXIETY AND DEPRESSION AWARENESS

QOPH-RESH-SHIN-TAU

7th CHALLENGE, JESUS WALK, ELYND, NEXT YEAR PLANT, OLD AGE VISITATION, ZOE, THANKSGIVING EVENT, GENDER BASED VIOLENCE AWARENESS

NOV-DEC

Building a Better Future: Inside the Delivery Room Foundation's Vision for a State-of-the-Art Spiritual and Mental Health Rehabilitation and Community Development Center and Clinic



The Delivery Room Foundation is a non-profit organization that is dedicated to improving the spiritual and mental health of communities. The Foundation envisions a state-of-the-art building that will serve as a Spiritual and Mental Health Rehabilitation Center and Clinic for the community. The building will be designed to cater to the needs of over 2,500 people and will include modern facilities and amenities to ensure a comfortable and effective healing experience for all.

Here are some more details about each wing:

- The Health wing will include consultation rooms, treatment rooms, and facilities for both spiritual and mental health therapies, including group therapy rooms and quiet spaces for reflection and meditation.
- The Life wing will consist of classrooms and training facilities for mentorship and life skills training, as well as counseling and support services for individuals and families.
- The Community wing will focus on early childhood development and men's initiatives, with spaces dedicated to education, recreation, and social interaction.
- The Education wing will provide discipleship, leadership, and ICT training initiatives to equip individuals with skills for personal and professional growth.
- The Sport wing will offer sports improvement initiatives, with facilities for indoor and outdoor sports, training programs, and fitness centers.
- The Entrepreneurship wing will provide training and resources for entrepreneurial and skills development initiatives.
- The Religion and Culture wing will focus on gospel, religion, art, music, and literature initiatives.

These facilities will provide a space for individuals to connect with their faith and culture, and to explore new and creative expressions of their beliefs.

The building will also include administrative offices, conference rooms, and exhibition spaces to host events and showcase the work of the Foundation. The facility will be designed to be energy-efficient and environmentally sustainable, with features such as solar panels, rainwater harvesting, and recycling facilities.



Overall, the Delivery Room Foundation's future building construction plans are designed to provide a comprehensive, integrated, and modern approach to spiritual and mental health rehabilitation and community development. Through this innovative approach, the Foundation aims to make a lasting difference in the lives of individuals, families, and communities, promoting healing, growth, and positive change.

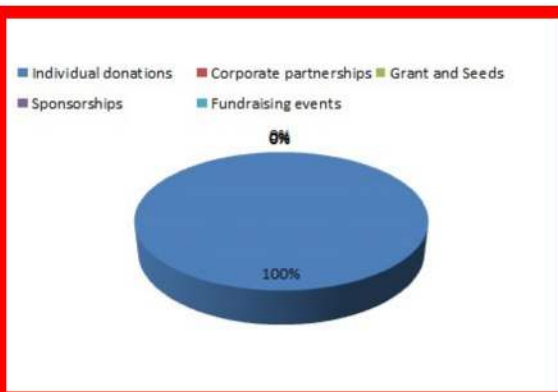


Financial Summary

The Delivery Room Foundation is pleased to present its financial summary for the years 2021 and 2022. The foundation has seen a significant increase in revenue in 2022 compared to the previous year, thanks to the efforts of our dedicated team and generous donors. In terms of expenses, the foundation spent a total of N\$100,000 in 2021 and \$180,000 in 2022. The expenses in both years were for office rent, building and grounds maintenance, internet and telephone, marketing and outreach, graphic designing, professional services, capacity building, charitable donations, program expenses, and bank charges.

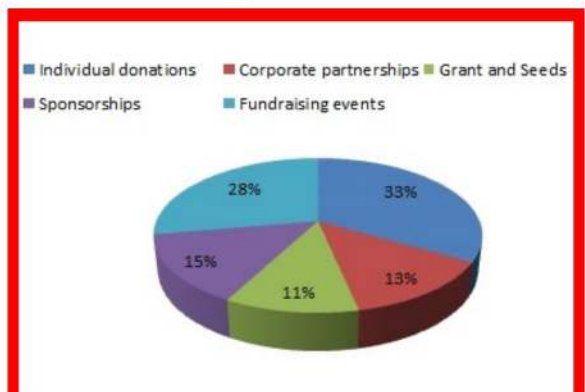
We are pleased to report that the Delivery Room Foundation has made significant progress in the past two years towards achieving our mission of supporting men's mental health. We could not have accomplished this without the generous support of our individual donors, corporate partners, and sponsors. We are truly grateful for your continued support and look forward to continuing our work to make a positive impact in the lives of men in Namibia and beyond.

Our aim is to be self-sufficient and self-sustainable by focusing on income-generating activities as per our 2023 calendar. We believe that by expanding our sources of income and utilizing our resources more efficiently, we can achieve long-term financial stability and continue to provide support and resources to men in need. We remain committed to transparency and accountability in our financial operations, and we will continue to provide regular updates on our progress towards achieving our goals. Thank you for your ongoing support of The Delivery Room Foundation.



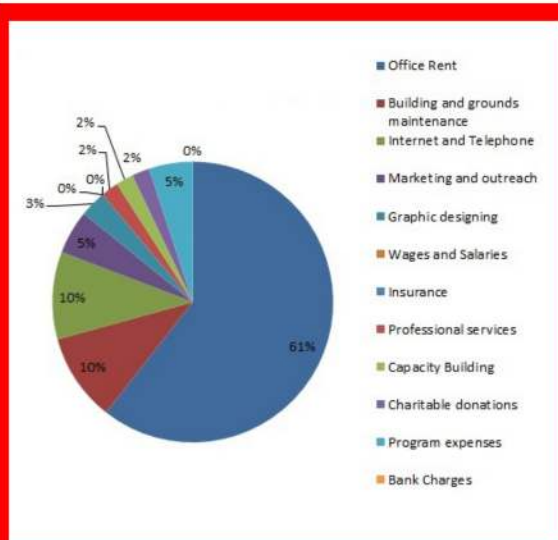
INCOME 2021

Personal donations	N\$ 100,000.00
Corporate partnerships	0.00
Grant and Seeds	0.00
Sponsorship	0.00
Fundraising events	0.00
TOTAL	N\$ 100,000.00



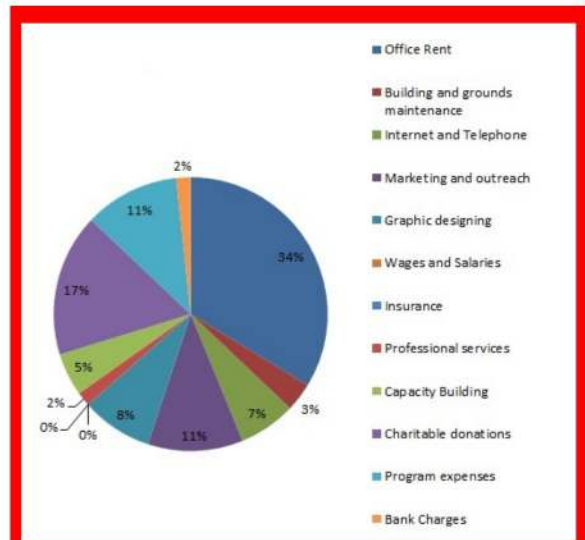
INCOME 2022

Personal donations	N\$ 60,000.00
Corporate partnerships	N\$ 24,000.00
Grant and Seeds	N\$ 20,000.00
Sponsorship	N\$ 26,000.00
Fundraising events	N\$ 50,000.00
Total	N\$ 180,000.00



EXPENDITURES 2021

Office Rent	N\$ 60,000.00
OFFICE maintenance	n\$ 10,000.00
Internet and Telephone	N\$ 10,000.00
Marketing and outreach	N\$ 5,000.00
Graphic designing	N\$ 3,000.00
Wages and Salaries	N\$ 0.00
Insurance	N\$ 0.00
Professional services	N\$ 2,000.00
Capacity Building	N\$ 2,000.00
Charitable donations	N\$ 3,000.00
Program expenses	N\$ 5,000.00
Bank Charges	N\$ 0.00
Total	N\$ 100,000.00



EXPENDITURES 2022

Office Rent	N\$ 60,000.00
OFFICE maintenance	N\$ 6,000.00
Internet and Telephone	N\$12,000.00
Marketing and outreach	N\$ 20,000.00
Graphic designing	N\$ 15,000.00
Wages and Salaries	N\$ 0.00
Insurance	N\$ 0.00
Professional services	N\$ 4,000.00
Capacity Building	N\$ 10,000.00
Charitable donations	N\$ 30,000.00
Program expenses	N\$ 20,000.00
Bank Charges	N\$ 3,000.00
Total	N\$ 180,000.00

2022 Supporters Profile! Dear Partners



RND HOLDINGS (PTY) LTD

INNOVATION - DEVELOPMENT - PROSPERITY



Elago Nantana



Hina Sheya
properties

TRUST ME RESTAURANT

We at the Delivery Room Foundation would like to express our heartfelt gratitude for your support in making a positive impact in the lives of Men and Boys in Namibia. Your contributions, whether in monetary form, material donations, care, prayer, time or expertise, have played a significant role in our initiatives aimed at strengthening the Youth-Led Community Development and promoting Mental Health and Wellbeing.

With your help, we have been able to achieve many of our goals and touch the lives of those in need in meaningful ways. Your generosity has made it possible for us to continue our outreach programs and bring hope to many who have lost direction in life. Your partnership has made it possible for us to create awareness on crucial issues such as Substance Abuse, Suicide Depression, Anxiety, and Gender-Based Violence. At the same time, you have been instrumental in the implementation of our initiatives, such as the Father-Daughter Sanitary Program, the Dear Jesus Christ Initiative, the Happy People program, and the Jesus 10 km Walk, among others.

We appreciate your unwavering support and believe that by working together, we can continue to bring lasting change in the lives of many. Thank you once again for your generosity. We look forward to continued partnership with you in transforming the lives of Men and Boys in Namibia.



SHEENYA
Investment cc

WELWITSCHIA TV
PEOPLE OF NAMIBIA



SUBDU EARTH CAPITAL



joedila
Investments cc



KASIPIRI INVESTMENT

NILO'S GUEST HOUSE

WELCOME & FEEL AT HOME



NAMIB GEOMATICS TECHNOLOGIES



AFRITANA TECHNOLOGIES



DELIVERING GLOBAL MEN FROM WORLDLY BONDAGES



DELIVERY ROOM IS A YOUTH ORGANISATION THAT DOES COMMUNITY OUTREACH PROGRAMS TARGETING BOYS AND MEN IN NAMIBIA AND BEYOND TACKLING ON ISSUES AROUND MEN'S MENTAL AND SPIRITUAL HEALTH.

2 Corinthians 9:7

Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver. Sponsor Men for a better World, Help transform Boys to Man.

Our Services Are Free To All Men

N\$ 150, N\$ 250, N\$ 350, N\$ 500, N\$ 750, N\$ 1000, N\$ 2500, N\$ 5000 or Any Desired Amount



BANKING APP

Delivery Room Foundation
First National Bank
62276302058
FIRNNANX



ONLINE

visit our website
www.deliveryroom.org/partner
deliveryroomfoundation@gmail.com



PAY TO CELL | E WALLET

0812913193



IN PERSON

Drop of at
Headquarter



ADDICTIONS



DEPRESSION



GENDER BASED
VIOLENCE

When you give a financial gift to support the outreaches of the Delivery Room Initiatives, Boys and Men in need all over Namibia are being helped in different practical manners at the same time setting the captives free.



STRESS



ABUSE



SPIRITUAL
BLINDNESS

Bring The Men In Your Life Who Need Mental Health Deliverance (Brothers, Boyfriends, Husbands, Friends, Uncles, Cousins, Nephews, Colleagues, Children, Grandchildren or Any Men

As part of our mission to improve the mental health of men in Namibia, we have expanded our programs and initiatives this year to reach even more communities in need. We understand the importance of providing practical support and guidance to those struggling with mental health challenges, and we are grateful for the continued support of our donors and partners who make this work possible. However, we know that there is still much work to be done, and we invite others to join us in making a difference. Whether through financial contributions or volunteer efforts, every contribution can help us create a brighter future for the men of Namibia. Together, we can make a meaningful impact on the mental health and wellbeing of our communities.

Campaigns



THE DELIVERY ROOM
SUICIDE
PREVENTION
CHALLENGE WALK 1

ADDICTIONS | ALCOHOL & DRUG ABUSE | ANXIETY | DEPRESSION



Elago Nantana

www.deliveryroom.org

VENTURE WITH THE BODY OF CHRIST



www.elagonantana.nam-na.com

ALTHOUGH

+264-8129131

BLACK SALVATION FRIDAY

100% FREE JESUS CHRIST DELIVERANCE

REPENT & GET BORN AGAIN

8,810 BIBLICAL PROMISES

SAVE YOUR LIFE
Romans 10:9
That if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved.
NEW LIFE BACK GUARANTEE

CONTACT US NOW
+264812913193

100% OFF
EPIGONOGRAPHIC DICTION

Matthew 5:28
I say to you that everyone who looks at a man with lustful intent has already committed adultery with her in his heart.

100% OFF
SUICIDAL

Galatians 3:13
Christ redeemed us from the curse of the law by becoming a curse for us—for it is written, "Cursed is everyone who is hanged on a tree"

100% OFF
DEPRESSION

Matthew 11:28
Come to me, all who labor and are heavy laden, and I will give you rest.

100% OFF
SUBSTANCE EMOTIONAL PHYSICAL SEXUAL ABUSE

Proverbs 20:1
Wine is a mocker, strong drink a brawler, and whoever is led astray by it is not wise.

100% OFF
VIOLENCE & HARRASSMENT

Psalm 115
The Lord tests the righteous, but his soul hates the wicked and the one who loves violence.

100% OFF
ANXIETY & HOPELESSNESS

Philippians 4:6-7
Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

100% OFF
RITUAL IDIOTNESS

1 Corinthians 4:4
In their case the god of this world has blinded the minds of the unbelievers, to keep them from seeing the light of the gospel of the glory of Christ, who is the image of the invisible God.

100% OFF
SIN, INIQUITY & TRANSGRESSION

Galatians 5:19-21
Now the works of the flesh are evident: sexual immorality, impurity, sensuality, idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God.



MOUNT MOLTKEBLICK HIKING 2nd FAITH CHALLENGE

EXTREME FAITH IN CHRIST CHALLENGES WITH ELAGO NANTANA TACKLING MEN'S MENTAL HEALTH

- Increased self-confidence
- Stress relief
- Improved focus and concentration
- Sense of accomplishment
- Positive impact on mental health issues
- Improves problem-solving and decision-making abilities

Yes, We Hike Mountains But Only Our Faith In Jesus Christ Can Move Mountains.
www.deliveryroom.org | www.elagonantana.nam-na.com | +26481291319

WARNING SIGNS

- Anxiety**
Unexplained physical illness, Fear of asking questions, Tendency toward perfectionism, Avoids meeting new people, Avoids speaking up, Desires loneliness.
- Depression**
An unusually sad mood, Loss of enjoyment and interest in activities, Lack of energy and tiredness, Feeling guilty though not at fault, Difficulty concentrating or making decisions, Having sleeping difficulties.
- Hopeless**
Feeling worthless or feeling deterioration of friends and family relationships, Substance abuse (drugs, alcohol, social media), Self-abusive behaviors, such as GBV, Sex, cutt, Poor emotional management, Increased isolation or aggression.
- Suicidal**
Thinking often about death or wishing to be dead, Verbally threatening to hurt or kill himself/herself, Talking or writing about dying, Increase in risky behaviors, Giving away prized possessions, Sleep disturbances.
- Stress**
Extreme change in diet or activity levels, A sudden change in sleep habits, Fear of the future and Everything, Pounding heart, chest pain, rapid heartbeat, Hyperventilation, shortness of breath, Dizziness, headache, sweating, tingling, numbness.
- Solution**
Pray for the person, Listen non-judgmentally, questions, Give reassurance and healing information, Encourage self-help and other support strategies, Contact a Social Worker/ Life skill Teacher/ DR OR Accept yourself, Educate yourself on emotional intelligence, Fight toxic thoughts, Deal with your insecurities, Seek healing, Get a mentor, Read the Bible, Book of Proverbs and John, Build your faith, Believe in unseen and possibilities, Speak yourself into existence, Your mental health is important, do attach yourself to things of this world, Love you

JESUS CHRIST HEALS
FOR MORE INFORMATION VISIT US
0812913193
iveryroomfoundation@gmail.com



2023

THE YEAR OF

LIGHT

THE DELIVERY ROOM

Spiritual and Mental Health Clinic that does community outreach programs targeting Boys and Men in Namibia and Beyond tackling on issues around Men's Mental Health I



1 January

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10 October

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11 November

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12 December

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CONNECT WITH US



For more enquiries

CONTACT



+264 812913193



The Chairperson
Delivery Room Foundation
P o Box 25475
Windhoek, Namibia

ADDRESS



2205, Southampton
Street, Windhoek,
Otjomuise Ext 4.
Windhoek

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Email Us

Visit Us

deliveryroomfoundation@gmail.com

www.deliveryroom.org