

# PROGRESS REPORT

JUNE 2025



In March, 2021, the Green String Network began piloting Kumekucha Quest with funding from Grand Challenges Canada. Kumekucha Quest is an innovative movement that adapts Green String Network's existing community-led social cohesion Programme, 'Kumekucha: It's a New Dawn', for children, teenagers, and young adults aged 10 to 24 years old in Kenya. The movement comprises three Programmes: Kumekucha Quest (for 18- to 24-year-olds); Kumekucha Vijana (13- to 17-year-olds); and Kumekucha Watoto (10- to 12-year-olds).

## IMPACT

**68%** improvement in overall wellbeing based on the WHO Five Wellbeing Index

**58%** decrease in levels of post traumatic stress based on the HTQ

**100%** increase in knowledge and awareness on trauma and mental health

**100%** using emotional regulation tools by Programm end

See the **Kumekucha Quest Impact Report** for an in-depth reporting of findings.

## VISION

Kumekucha Quest is a uniquely designed initiative that engages and supports local youth volunteers to facilitate and sustain the change they wish to see in their communities. At its heart, it aims to build connections between community members, foster mentorship and learning within these new connections that promote hope and healing, and empower them to flourish without any formal framework. Kumekucha Quest is a social movement, not simply a collection of Programmes, and is designed to offer long-lasting healing and transformation to communities—or, more specifically, to have transformed youth transforming their communities—and, with your help, we can reach those most in need of these Programmes.

# PROGRESS

Since we last updated, KQ has finished implementing its 12-week Circles with new partners Teenseed and Break Margins Africa in Nairobi

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The Circles have been a resounding success to participants and communities. Some of the highlights that have been reported are:

- Participants and facilitators reported personal growth, including enhanced self-awareness, better sleep, improved emotional intelligence, and stress management.
  - Several participants reported that they were not mentally stable before joining the programme, but that it equipped them with practical tools to manage their mental health and provided a supportive environment where they felt heard and valued.
  - One participant who was suicidal received consistent peer and facilitator support throughout the sessions. By the end of the 12-week programme, he reported no longer feeling suicidal and expressed deep gratitude for the journey.
  - Wellbeing practices—such as breathwork, body tapping, and meditation—were effectively integrated, helping participants maintain emotional balance. Breathwork, in particular, was highlighted as especially impactful and applicable in real-life situations.
  - Many participants shared stories of personal transformation. One noted how the programme supported his recovery from alcohol addiction. Others spoke of setting healthier boundaries, becoming more trauma-aware, and beginning their healing journeys.
  - Participants reported a deeper understanding of themselves, recognising personal patterns, emotional triggers, and behaviours. The sessions encouraged self-reflection and inspired a strong commitment to continued personal growth.
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**Our partners at the coast, SambaSports Youth Trust and Akilimali Associates, have also continued their successful implementation of various community events in service of the movement.**

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Over the 18-month Transition to Scale period, these organisations have collectively reached over 2,400 individuals across 28 campaigns and two counties.

Parents, teachers, and community members have been the most represented cohorts in these events, bolstering the support that is now being built around young adults, teenagers, and children who are graduating from the programmes.

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# MOTIVATION

## **So why do we do what we do?**

Youth in Kenya—representing upwards of 60% of the population—experience chronic stress and trauma as a result of high levels of poverty, unemployment, domestic violence, police harassment, and exposure to traumatic events such as violent crime, extra-judicial killings, and terrorism. There are also high levels of fear and stigma in Kenya when it comes to talking about mental health.

In response to this, we wanted to create a newly adapted version of our flagship Programme, Kumekucha: It's a New Dawn, that is specifically and contextually adapted for this group. The Kumekucha Quest movement, consequently, is informed by youth who come from the communities it operates in and was developed with their issues, voices, and recommendations in mind. We see this movement as something needed desperately by youth in Kenya and bridging a gap rarely touched on in community programming.

The extent to which young peoples' lives are being transformed by these Circles is humbling and almost unbelievable. The simple provision of safe spaces for these young people to learn about and grow their emotional well-being but, more importantly, to share on their experiences is boundless in the impacts it has already achieved and will continue to realise in the coming years, and we could not be more excited to watch it unfold!

# NEXT STEPS

Currently, the Green String Network is continuing its efforts to scale up the Kumekucha Quest movement with the continued support of Grand Challenges Canada and you, the donors.

## HOW CAN YOU HELP?

The Green String Network is dedicated to engaging 1,000 young Kenyans in well-being support.

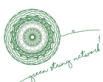
We invite you to share our website and social media pages within your networks. Together, we can make a meaningful impact!





# THANK YOU

to all our donors and volunteers for your continued support. Your contributions are truly helping to transform youths and, by extension, transform communities across Kenya.



**THE GREEN STRING  
NETWORK**

HEALING-CENTRED  
PEACEBUILDING



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