

Social Light Care Farm

Learn, Grow, Heal

Area of Focus: Mental and Physical Health <https://www.globalgiving.org/projects/social-light-care-farm/>



Project Summary

TSLF is a nonprofit organization in Tanzania in partnership with MWASOA Group, a group of people living with HIV in Kisarawe aim to establish a Care Farm Project that will be used to create a therapeutic place and provide on-site counseling and therapy services to serve the most vulnerable people with special needs, utilizing farm nature. That covers substance use disorders, depression, anxiety, along with physical and emotional trauma and mental illness. Sessions will be offered in horticulture agriculture and life skills involving gardening, vegetable products, animal care and farming. it will provide a hub for people to come together to make new friends and reduce depression, anxiety and isolation.

Challenge

People living in communities affected by disasters in Tanzania are more likely to suffer from depression, while women, the elderly and low-income people are more affected. Fires, floods, Unemployment, epidemic diseases such as COVID-19, HIV/AIDS and poverty are some of the major disasters facing Tanzanian society today. COVID-19 has left a lot of poverty among widows, single mothers and people with HIV, it came to destroy economy. many low-income people lost their small businesses and lived very poorly in great difficulty, this situation led to many deaths due to the stress of losing capital, leaving them depressed. Many of Tanzanians people lost their jobs due to the reduction in the company's output, and most remain the unemployed. There was no help or any way to help them reduce the stress. We have learned, there is a need to establish Care Farms to help those humanitarian situations.

Solution

The Establishment of Care Farm and Provision of Counseling and Therapy Services through Care farms, that's will be the only solution: Social Light Care Farm will provide services for people with mental health problems, people with psychological problems, people suffering from mild to moderate depression, adults and children with learning disabilities, children with autism, people affected by trauma and grief, those with a drug or alcohol addiction history, disaffected young people, older people with dementia, People living with HIV/AIDS and people on probation and others. Each group requires a different sort of care, set of activities and guidance. The farm will partner with a diverse group of professionals to provide on-site counseling and therapy services utilizing farm nature.

Long-Term Impact

This Care Farm Project will be helpful for increasing the confidence, unity, social awareness, understanding and leadership qualities among women. Skill development, Counseling, Capabilities enhancement and development of their living standard & livelihood are the important concerns which will be able to remove the poverty and also it will provide a hub for people to come together to make new friends and reduce depression, anxiety and isolation.



Your Little Help will make our Mission Successful

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Our Project Donation Link at GlobalGiving > <https://www.globalgiving.org/projects/social-light-care-farm/>

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