

GULF GOOD VIBES NEWSLETTER

SPECIAL EDITION - OCTOBER 2024



P R E S E N T S

WORLD MENTAL HEALTH DAY



**FRIDAY 11TH
OCTOBER**

FROM 2PM TO 4PM
WORKSHOP TRAINING
FOR WORKPLACE WELLNESS

FROM 4PM- 6PM
CREATIVE ART, MUSIC,
DANCE FOR WELLNESS



CONNECT | LEARN | ELEVATE

Showcasing different cultures in Qatar from
Africa, Philippines, Asia & the World,
unite for wellness.

#WorldMentalHealthDay
#GulfGoodVibes #MoPH
#MoL #WHO

UNLOCKING THE POWER OF CREATIVE ART &
CULTURAL DIVERSITY FOR A HEALTHIER, HAPPIER,
& MORE PRODUCTIVE WORKPLACE

Featuring

- Ambassadors
- Community leaders
- Moph
- MOL
- World Health Organization
- Worker's support
& Insurance Fund
- Flourishing Minds Clinic



V E N U E

KATARA CULTURAL VILLAGE

SCAN TO QR
CODE REGISTER
<http://bit.ly/4ehpfaw>



كتارا
katara



@gulfgoodvibes @gulfgoodvibes Gulf Good Vibes @gulfgoodvibes Gulf Good Vibes

Location: Katara Cultural Village, Doha, Qatar
October 11, 2024

*Join us in marking the success of
World Mental Health Day !*

On October 11, 2024, Gulf Good Vibes/Workers Support and Insurance Fund/GSHAW/Alburaque Consultancy/Africa Unite/BMKQ/ BWI/Flourishing Mind Clinics proudly hosted the World Mental Health Day Event at the Katara Cultural Village. This special occasion brought together community members, mental health professionals, and advocates to promote awareness and foster open conversations about mental health and well-being in the workplace.

*The importance of community support and the need to promote
The importance of community support and the need for promoting mental
wellness in the workplace. Through a variety of activities, including keynote
speeches, workshops, and wellness activities, highlighted to inspire and
empower attendees to prioritize their mental health and support.*

Prepared by

Felix Cheruiyot
Team Leader
Gulf Good Vibes

Signature



Trish Bedford
Country Director
Global South Health
and Arts Week

Signature





Attendance

◆126 registered attendees
(106 participants,
22 organizers & speakers)

Date: October 11, 2024

Time: 3:30 PM – 8:00 PM

Venue: Katara Cultural Village, Building 15

Advisory Committee

Advisory Committee

Provides guidance on various programs and assists in building partnerships:

Dr. Omar Farah: Chairperson, Kenya Community and Gulf Good Vibes Advisory Committee.

Aliguma Saul Rayan: Chairperson, Africa Unite, and Chairperson, Uganda Community Qatar.

Felix Cheruiyot: Team Leader, Gulf Good Vibes, Training Specialist.

Rayyidha Arif Ahmed: Mental Health Championship Program

Poonam Shahadeo: Professional Psychologist, AL BURRAQUE Consultancy.

Dr. Abdulsalam Akanji Tawakalitu: Vice Chairperson, Gulf Good Vibes, Veterinarian, Data Analyst.

Ann Wanyeki: Team Leader, Admin and Finance, Certified Public Accountant.

Dr. Lucy Karugu: Medical Practitioner.

Rutendo Kutwa: Education Specialist.

Gulf Good Vibes continues to spread its message through collaborations and partnerships, striving to create supportive communities in Doha.

Special Acknowledgment to organizers

We extend our heartfelt gratitude to all the key organizers and supporters who made this event possible.

A special thanks to Salem Darwish Al Mohannadi office of undersecretary Ministry of labour and Workers Support and Insurance Fund, led by Mrs. Kholoud Al-Kubaisi, and the incredible team led by Mooza Al mosallam, whose efforts ensured the seamless organization and full sponsorship of the event.

Our appreciation goes to Katara Cultural Village Management for their warm hospitality and for allowing us to use their venue.

We also acknowledge the relentless efforts of Global South Health and Arts under the leadership of Trish Bedford, Ehab Medhat, alongside Gulf Good Vibes Team led by Dr. Omar Farah, Felix Cheruiyot, Ponaam Shahadeo, Anne Wanyeki, Rutendo Kututwa, Mark Nyabola, Dennis Kamau Mwangi, Munirahi Omar, Joyfinn Muthoni & Volunteers who worked tirelessly to ensure the success of the event.

A sincere thank you to Dr. Rayana Bou Haka, The World Health Organization Country Representative, Nuria Belenguer, International Transport Workers Federation Noor Jabbour from MoPH, Africa Unite Qatar led by Aliguma Saul, Alburaque Consultancy, BWI Marco Ferera and Bimal, ITF, and BMKQ Jerry Ronquillo for their invaluable support.

Our Next steps and call for action is to urge community leaders and participants to support future initiatives, including the Global South Health and Arts Week led by scheduled to take place from November 23-30, 2024. A week-long celebration of health and arts.

Gulf Good Vibes will be hosting a panel discussion November 29th during the Global South Arts and Health Week and Host a Men's Mental Health Walk November 30th 2024.

The event concluded with the awarding of certificates to participants, by the Workers Support and Insurance Fund and Salem Darwish Al Mohannadi office of undersecretary Ministry.

Thank you all for your support and commitment to fostering unity, wellness,

Special Acknowledgment to organizers

Heartfelt Thanks to Qatar Charity, Khairedine Banani, and Africa Unite

We extend our sincere gratitude to Qatar Charity and Community Coordinator Khairedine Banani for their unwavering support of Africa Unite and dedication to community initiatives. Their generosity in providing venues and fostering collaboration with various communities has been essential in hosting our events and building stronger connections.

Special appreciation goes to Khairedine for hosting the meeting on September 26th, 2024, at Qatar Charity New Salata, alongside Africa Unite community leaders. This pivotal meeting significantly contributed to mobilizing efforts for the 11th event and deepening partnerships across communities.

We also extend our heartfelt thanks to Africa Unite Chairperson Aliguma Saul Rayan for his outstanding leadership in organizing the meeting. His commitment to unity and fostering collaboration has been instrumental in driving our shared vision forward.

Our success would not have been possible without Qatar Charity's continued support, and we are especially grateful to their dedicated staff for hosting us on Fridays and ensuring each event's success.

Thank you for empowering us to create a positive impact in the community!



Celebrating Our Incredible Volunteers

We want also to take a moment to honor the champions behind the scenes our amazing volunteers!

Special Thanks to Volunteers

To Peter Njoroge, Patrick Kariuki Wakiuru, Reuben Ng'ang'a Kiarie, Lucy Wambui, Dennis Njogu Ngethe, Mark O. Nyabola, Dennis Kamau Mwangi, Bakari Hamisi Mavere, Ann Mwaniki, Naomi Ndirangu, Hassan Nzaka Chipfuto, Talha Feisal, and the team of domestic worker volunteers—thank you for your continuous support in making our events possible.

Special thanks to the Workers Insurance Fund for video and photography coverage, as well as to Stanley Ochieng and JK Photography, courtesy of Qatar Charity, and Samuel Ochieng, courtesy of the Kenyan Community in Qatar, for capturing these memorable moments.

To Rutendo Kututwa, Eng. Maureen Nso, Munirahi Omar and all the volunteers who supported Trish Bedford in preparing art materials, we are immensely grateful. Your hard work ensured everything ran smoothly and made a lasting impact. We would also like to extend our appreciation to Marco and Bimal Subedi from BWI for coordinating transportation for our volunteers.

A heartfelt thank you to all the volunteers who sacrificed their day off to be part of this meaningful event. Your dedication, energy, and selflessness continue to strengthen our communities and inspire us all.

Thank you for making a difference!

This version emphasizes "Special Thanks to Volunteers" prominently while keeping the message smooth and cohesive.

Special Thanks to Our Partners

We extend our heartfelt gratitude to everyone who contributed to the success of our event through video promotions and support:

Mrs. Kholoud Al-Kubaisi, CEO of the Workers Support and Insurance Fund

Ambet Yuson, General-Secretary, Building & Wood Workers' International |
International Labour Organization

Liz Snape, Assistant General Secretary of UNISON

We also acknowledge and appreciate all the teams that recorded and promoted the event online. A special thank you to everyone who participated in the Online Workplace Wellness Photo Competition. Your involvement made this initiative even more impactful!



Event Highlights & Inspiring Insights

The event offered captivating speeches, success stories, creative arts and thought-provoking panel discussion, that encouraged participants to take proactive steps towards workplace mental wellness.

The event commenced at 3:30PM with the MC Mr. Ehab Medhat inviting Dr Omar Farah, Chairperson Gulf Good Vibes to give the opening speech. Mr. Omar Farah handed over to Mrs. Kholoud Al-Kubaisi, CEO Workers Support and Insurance Fund who gave the opening remarks for the event.



Welcome Remarks by Dr. Omar Farah

Chairperson of Gulf Good Vibes, opened the event with a powerful message on collaboration:

“We are better together.” He emphasized the value of unity in promoting mental wellness and warmly welcomed participants



Opening Remarks



1. Opening Remarks by Mrs. Kholoud Al-Kubaisi CEO Workers Support and Insurance Fund

“I am pleased to welcome you all on this special day as we celebrate World Mental Health Day. This day holds particular importance for all of us; it provides an opportunity to reflect on the significance of our mental health and its profound impact on our daily lives.

Mental health is not merely the absence of mental illness; it is a state of psychological balance and the ability to cope with life's challenges, as well as experiencing happiness and satisfaction. Recognizing the importance of mental health enhances our ability to coexist with life's pressures and fosters the development of a healthy and productive work environment.

The workforce is the backbone of any organization, and the mental health of individuals directly affects their productivity and performance. Therefore, it is our duty as a community and as employers to ensure that we provide a supportive working environment for mental health. This requires raising awareness among all employees about the importance of caring for mental health, recognizing the early symptoms of mental disorders, and understanding prevention methods.

We also call for taking effective steps to support colleagues who may be experiencing psychological pressures or health issues by providing mental health resources and facilitating access to them. Offering psychological support is just as important as providing physical healthcare.

In conclusion, I hope that this day serves as a starting point for enhancing awareness of mental health both within and outside the workplace. A sound mind in a healthy environment is what enables us to achieve the highest levels of accomplishment and creativity.”



2. Keynote Presentations

Dr. Rayana Bou (WHO Representative)

World Health Organization Country Representative

Dr. Rayana discussed global policies promoting mental health and the importance of inclusive workplaces. She highlighted the role of WHO is ensuring there is consistency in the implementation of Policies across all actors and indicated that she is happy that Qatar is promoting such community initiatives .She thanked the organizers for inviting her and expressed her absolute willingness to keep participating in these events



Her Excellency Amb. Judy Ntong'ondy, Kenya Deputy Head of Mission to Qatar

Ambassador Ntong'ondy expressed gratitude to the event organizers for partnering with the Kenyan community in Qatar to promote mental health awareness. She reaffirmed the Kenyan Embassy's commitment to supporting initiatives that enhance workers' well-being.



Ms. Nour Jabbour, a Mental Health Specialist with the National Mental Health Program- Ministry of Public Health (MOPH)

Ms. Jabbour captivated the audience with insights into the "Are You OK?" campaign, a groundbreaking workplace wellness initiative designed to break the stigma around mental health by fostering open, supportive conversations. She emphasized the importance of accessible mental health support, spotlighting the 16000 anonymous help line, which connects individuals to trained counselors for confidential, professional assistance.

This uses the following mental health awareness pamphlets provided by (MOPH) and is available online MOPH official web site in multiple languages.



Make Healthy Sleep a Priority

Some people might struggle with getting good sleep which could affect their physical and mental health.

Sleep deprivation may lead to increased irritability, lack of concentration, difficulty in making decisions, and forgetfulness. It may also contribute to additional physical health problems.





Sleep hygiene tips

Try these tips to help you get better sleep:

- Maintain a regular bedtime and sleep routines.
- Find ways to be relaxed before bedtime.
- Avoid stimulants such as caffeine and tobacco in the evening.
- Dim lights and put away electronic devices for an hour or more before bedtime.





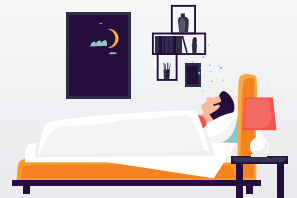
Sleep hygiene tips

Try these tips to help you get better sleep:

- Get regular exercise, fresh air, and natural light exposure during the day.



- Have a quiet, comfortable bedroom.



- Block out excess light and sound that could disrupt sleep.





Make Healthy Sleep a Priority

Steps to improve sleep may form part of a preventive mental health strategy.

If you are having continued sleep problems and feel this is affecting your mental and emotional state, call the free national mental health helpline to speak confidentially to a healthcare professional.



Call 16000, select the option for Arabic or English and then option 4 for the helpline.



3. Success Story

Simeon Tamba Nyama (Chairperson, Sierra Leone Qatar Community) shared his message on unity and empowerment for the African community. He praised Qatar's inclusive policies and collaborations with organizations like Gulf Good Vibes.

Simeon emphasized:

- Vocational training and skill development.
- Mental health awareness programs to foster well-being.
- Cultural exchange initiatives that connect young people to their heritage.

He encouraged businesses to actively engage in these initiatives to create a more supportive and sustainable community.



4. Panel Discussion:

4. Panel Discussion:

Unlocking the Power of Cultural Diversity for Mental Wellness

The panel discussion explored the role of cultural diversity in workplace wellness, with practical insights from various experts.

Moderators



Rutendo Kututwa



Joyfinn Muthoni

Panelists and Key Insights:



Dr. Rayana Bou (WHO)
shared global best practices for promoting mental health and inclusive workplaces.



Ehab Medhat (Wellness Trainer)
emphasized the need for wellness training for both employers and employees. He explained that training is crucial in fostering mutual understanding and promoting workplace harmony.



Tina Balachandran (Flourishing Minds Clinic)
highlighted the importance of mental health screenings and policies, calling for better integration of mental health into Occupational Health and Safety standards.



Abdul Lateef Ajibade (Safety Professional)
emphasized that some companies are already conducting mental health assessments during recruitment and incorporating wellness programs into their operations.

Panelists and Key Insights:



Alighuma Saul

(Africa Unite Chairperson)

shared his personal journey from worker to business owner. He highlighted the role of employer appreciation and the need to implement wellness policies at all organizational levels.



Munirah Omar (Community Leader)

stressed the importance of gratitude, self-reward, and avoiding negativity at work. She encouraged checking in on colleagues to maintain a positive and supportive work environment.



**Poonam Shahadeo
(Counseling Psychologist)**

discussed the value of mental health assessments during recruitment and regular screenings to ensure organizations hire people who can thrive in their roles.



Dr. Lucy Karugu (Medical Practitioner)

provided insights into workplace wellness, explaining how early signs of mental health issues can be detected. She emphasized the importance of early intervention to prevent burnout and stress.

Panelists and Key Insights:



**Ms. Nour Jabbour
Mental Health Specialist
(National Mental Health Program-
Ministry of Public Health)**

Ms. Jabbour shed light on various key programs the Ministry of Public Health is spearheading, including legislative efforts and policy reforms aimed at strengthening mental health infrastructure. She highlighted collaborations with the Ministry of Interior (MOI) to manage mental health cases effectively, and showcased partnerships with Qatar Airways on return-to-work programs that prioritize employee wellness and smooth reintegration, setting a benchmark for workplace mental health across sectors.



5. Arts and Wellness Activities



5. Arts and Wellness Activities

The Uganda Dance Group, who volunteered their time, captivated participants with outstanding performances. Meanwhile, the winner of the Workplace Photo Challenge took home a shopping voucher, courtesy of the Workers' Support and Insurance Fund!

The gift was issued by Mr. Abdulla on Behalf of Workers Support and Insurance Fund



© Stanley Eliuds

Workplace Wellness Photo Award

Workplace Wellness Photo Award by Eng .Maureen Nso where 1 attendee was awarded for participating in photos contest, Uganda Dance group and a young girl who participated in the arts activities were awarded with prizes awarded to the top three

Creative Art Therapeutic Session Led by Trish Bedford, Director of Global South Health and Arts Week

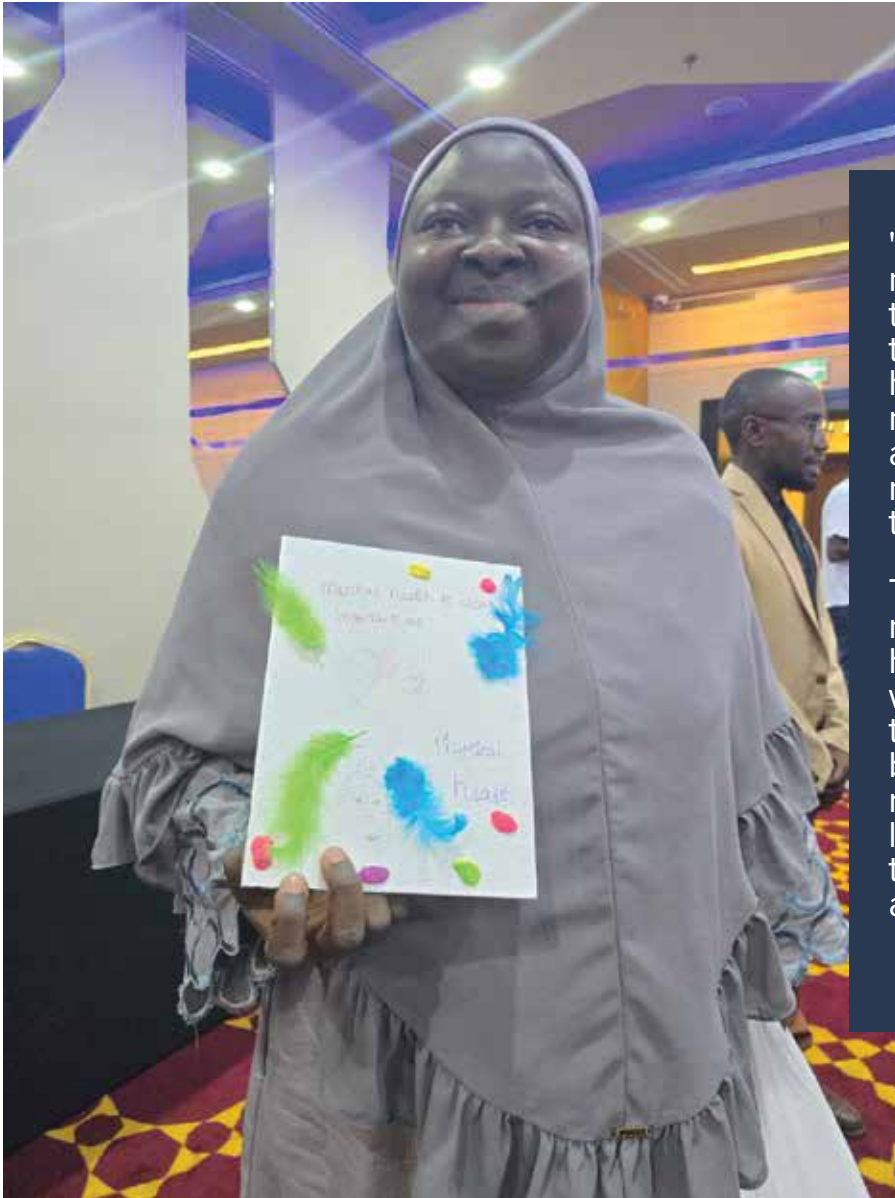
In the serene atmosphere of the workshop, the participants embarked on a journey of self-discovery and healing through a therapeutic creative art session led by Trish Bedford, an esteemed Arts Psychotherapist from Flourishing Minds Clinic. The session allowed attendees to reconnect with their youthful creativity, drawing and coloring their reflections on the workshop's themes.

Through the simple act of coloring, they were transported to a time of care-free expression, when art was a natural form of communication and a gateway to personal insight. This session was not just about colors or lines—it became a powerful means of refreshing minds and promoting holistic **well-being. Participants collectively experienced the cathartic effect of art,** opening up a safe space to express emotions that words often fail to capture.









"I would not have forgiven myself if I missed this session. I thought I wouldn't make it, but I thank God I did. One thing I have truly understood is that mental health is just as important as physical health, and we must take care of it. Thanks to the organizers."

This overwhelming response reaffirmed the impact of art in healing and nurturing mental wellness. The creative arts therapeutic session, blending both playfulness and profound reflection, stood out as a highlight of the event—leaving participants with renewed minds and hearts."









Stress Management Session by Ehab Medhat



Closing Remarks:

Felix Cheruiyot, Team Leader of Gulf Good Vibes

Felix Cheruiyot wrapped up the event with heartfelt appreciation to all participants and urged them to continue championing mental wellness in their communities.

“Today’s conversations don’t end here. Let’s keep building bridges for wellness every day.”

Felix also invited everyone to support the upcoming Global South Health and Arts Week led by Country Director Trish and Aliguma. He encouraged participants to stay tuned for more details in the coming days.



Group photos with Arts Outcome of Art Therapeutic sessions by Trish Bedford



Upcoming Event Announcement

The next major event will be held during the Global South Arts and Health Week on October 29, 2024. This event, titled “Laugh for Wellness”, will feature social influencers and comedians from Afro-Asian communities. It will highlight the importance of mental health awareness through humor, with Workers Support and Insurance Fund as a key partner. Gulf Good Vibes will also collaborate with the Ministry of Public Health to launch the Mental Health Buddy Championship and Community Buddy Programs.

Conclusion

The event concluded with Dance from Uganda Dance group.



Certificate Issuance







Africa Unite Community Leaders ,Organizers and Guests



© Stanley Eliuds

**GGulf Good Vibes Advisory Committee Chairperson Dr.Omar Farah
and Member & Chairperson Africa Unite Aliguma Saul Rayan ,
Team Leader Felix Cheruiyot ,Kenya Deputy Ambassador Her Excellency Judith Ntong'onde
Ministry of Labour Salem Darwish and Abdulla Mohamed Workers Support and Insurance Fund.**



Volunteers



© Stanley Eliuds



© Stanley Eliuds







© Stanley Eliuds



© Stanley Eliuds

© Stanley Eliuds



© Stanley Eliuds



© Stanley Eliuds



Attendance

Country	Number of Attendees
Kenyan	48
America	2
Uganda	24
Tanzania	2
Siera leone	7
Nigeria	10
Guinea	1
Mexico	1
Tunisia	1
Lebanon	1
Philipines	3
Indian	12
Nepal	1
Zimbambwe	2
Ghana	1
British	1
Qatar	8
Egyptian	1
Total	126

Gulf Good Vibes: Championing Mental Health and Community Wellness in Doha

Gulf Good Vibes is a vibrant community initiative based in Doha, Qatar. This initiative comprises community leaders and professionals from diverse fields such as healthcare, education, finance, and training. With a mission to promote mental health awareness and wellness within the community, the initiative partners with community leaders, organizations, and government bodies to foster a culture of holistic well-being.

Key Highlights of Our Work:

• Men's Mental Health Awareness Campaign

Launched in June 2024, the campaign included a Men's Mental Health Forum organized in collaboration with the Kenyan Community in Doha.

A podcast series was also introduced to address mental health issues and provide actionable insights.

• Thrive Together Event (August 2024)

A successful event held on August 2, 2024, under the theme 'Empowering Minds for a Better Tomorrow.'

Featured discussions on mental health, career development, financial wellness, and family well-being, with participation from experts like psychologists, wellness coaches, and community representatives.

• Successful Collaboration on October 11

The event at Katara Cultural Village, in partnership with Workers Insurance and Support Fund as part of the Global South Arts and Health Week (October 23-30), was a resounding success.

Collaborators included Africa Unite, BWI WHO, MoPH, International Transport Workers Federation, Alburaque Consultancy, Ehab Medhat, Qatar Charity, Kenya Embassy, and Flourishing Minds Clinic.

The program featured engaging discussions and workshops, drawing significant attendance and fostering community engagement around mental



• **Global Mental Health Song Project**
Gulf Good Vibes is proud to introduce the Global Mental Health Song Project, which aims to create an anthem for mental health awareness. This initiative will bring together artists, musicians, producers, university media schools, and studio producers to produce a song that resonates with diverse audiences, promoting messages of hope, resilience, and support.

- Upcoming Events

Men's Mental Health Walk and Panel Discussion:

Scheduled for November, this event aims to raise awareness about men's mental health and create a supportive environment for open dialogue. Participants will engage in a walk followed by a panel discussion featuring mental health professionals and community leaders.

Community Mental Health Buddy Program:

Launching soon in collaboration with BWI, Africa Unite, and the Ministry of Public Health (MoPH), this program aims to establish a network of peer support for mental health, fostering community connections and enhancing well-being among participants.

- Partnerships with Key Organizations

Collaborating with Africa Unite and Ministry of Public Health (MoPH) for the Mental Health Championship Program aligned with Qatar's national strategy.

A presentation was delivered to MoPH proposing the Champions Buddy Program to enhance mental health support systems within the community.

The Gulf Good Vibes & Global South Health and Arts Week 20-30 November

Panel Moderators



Oga Obinna
Media personality
& Mental health advocate



Rutendo Kututwa
Mental health activist
& community leader.



Dr. Kunle Adawale
Global Director-
Global South Arts
& Health Week

Specialist in leveraging
arts for mental health
across the Global South.



Dr. Rayana Bou Haka
- World Health Organization
Representative

A Medical Doctor & Expert
on global health strategies
passionate about mental
health initiatives.

Panelists



Trish Bedford-

Art Psychotherapist
at Flourishing Minds Clinic
and Country Director for
Global South Arts & Health Week

Focuses on art therapy
as a tool for emotional
well-being & resilience.



**Poonam Shahadeo
(Counseling Psychologist)**

Expertise in individual
& group therapy with a focus
on integrating creative practices
for emotional healing.



**Ehab Medhat
(Wellness Trainer)**

Promotes mental well-being
through innovative health programs
and innovator of the
Stress Management
measurement tool



**Tom Osborn
- CEO Shamiri Institute.**

Shamiri Institute
is a mental well-being
organization leveraging
behavioral science & community-based
interventions to promote
youth mental health.



Idi Achieng-
Singer and Actress
with HSC
(Head of State
Commendation)

**Singer, actor, and Project Leader
of the Global Mental Health Afro Song initiative,
which uses music to raise awareness
and foster mental health conversations globally.**

Panel Focus:

This panel will explore how creative arts, including music, dance, visual arts, and humor, can enhance mental health programs. Panelists will share their experiences and strategies for integrating these practices into peer-support and Champions/Fellows Programs.

Discussion Topics:

1. Global Perspectives on Arts and Mental Health

Insights from Global South initiatives and WHO strategies.

2. Music, Arts, and Peer-Support Programs

Case studies on how music, dance, and visual arts foster emotional resilience.

3. Community-based Wellness Programs

How Shamiri Institute and similar initiatives engage youth and marginalized communities in mental health support.

4. Collaborating Across Sectors

Strategies to sustain creative mental health programs through partnerships and community engagement.

Outcome:

This panel aims to inspire mental health advocates, policymakers, and artists to integrate creative practices into peer-support programs. Participants will leave with actionable strategies for creating inclusive and sustainable mental health initiatives through the

The Gulf Good Vibes & Men's Mental Health Walk

30 November 2024 Doha Qatar with Oga Obinna



The Gulf Good Vibes & Men's Mental Health Walk

30 November 2024 Doha Qatar with Oga Obina



Africa Unite Meets with Qatar Charity Global Management

On the 27th of October 2024, Africa Unite Community Leaders and African Ambassadors held a strategic meeting with Qatar Charity's Global Management at their headquarters.

During the meeting, Africa Unite Qatar (AUQ) presented key initiatives, including their collaboration with Gulf Good Vibes and the Global South Arts and Health Week to promote mental health and arts programs.

A significant part of the discussions revolved around Qatar Charity's global and local programs. Opportunities for collaboration were explored across several sectors, including:

Health Initiatives

Education and School Infrastructure Development

Community Empowerment Programs

Further information about Qatar Charity's initiatives worldwide is available on their official website.

This meeting marked an important step towards building partnerships that align with the shared vision of improving well-being and community support across !

Africa Unite Meets with Qatar Charity Global Management



Courtesy Visit to Kenya Ambassador, H.E. Amb. Mohamed Noor Aden

On 27th October 2024, Gulf Good Vibes Chairperson, Dr. Omar Farah, together with Trish Bedford, Country Director for the Global South Arts and Health Week, paid a courtesy visit to H.E. Amb. Mohamed Noor Aden, the Kenyan Ambassador to Qatar.

They briefed the Ambassador on the upcoming Global South Health and Arts Week, where Gulf Good Vibes plans to invite Kenyan TV network host Oga Obina and Idi Achieng, Team Leader of the Global Arts and Health Week. The event aims to promote mental health, wellness, and the integration of arts in health advocacy, fostering community engagement and cultural exchange.

Gulf Good Vibes looks forward to working closely with the Kenyan community to ensure the event's success and meaningful participation.

