



ChezaCheza
Dance Foundation

Annual Report 2022

Contents

3

Message from the founders

4

Impact 2022

5

More about us

6

Kelvin's Story

7

Community Dance Program

8

Move2Learn

10

Special projects

12

Flavian's Story

13

Advocacy & Awareness

14

Funders & Partners

15

Income statement

16

Thank you



Message from the Founders

Dear supporter of ChezaCheza,

The pandemic put a spotlight on many untreated societal issues, especially the risks to mental health and well-being. Now, more than ever, we must promote and protect the mental health of children and young people. We need to acknowledge the role of stress and how it can negatively impact their lives. This year, we focused on mental health advocacy and equipping our coaches with the tools to ensure children have a safe space to express themselves, release stress and build confidence to thrive at home, in school and in their communities.

Through our efforts, we established our 10th dance location, worked with 28 schools and reached 1,396 children who experienced the joy of dancing while building healthy coping skills. We had the incredible opportunity to build a new community of fantastic dance coaches in Mathare and establish 3 dance locations here. Expanding the ChezaCheza family taught us how to listen to new communities, adapt our thinking, and improve what we do and how we do it.

We met the most inspiring people along the way and were able to showcase our work on a global stage. Franco was part of a year-long fellowship by the ISSROFF Family Foundation to strengthen his skills as a community leader. His efforts were rewarded with a chance to speak at a UNESCO summit in Paris and the African Union headquarters in Ethiopia. At these events, he advocated for the importance of happiness in learning and school environments.

To show the world how paramount happiness is to learning, we were part of the global *'Build A World of Play'* campaign of The LEGO Foundation. We transformed the streets in Mathare and Kibera into play streets filled with games, dance, and music to stimulate learning through play.

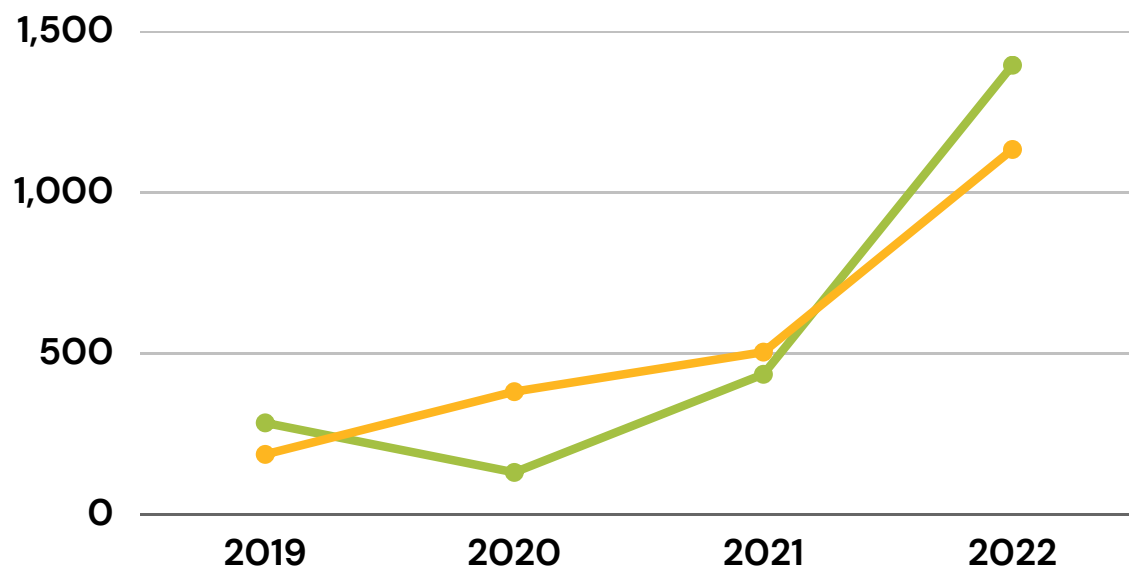
To us, 2022 was a year filled with learning, joy, milestones, making new friends and expanding our community. We want to send a big thank you with deep gratitude and appreciation for those who supported us, and we are excited to bring more happiness and joy to the world through dance.



Cherrelle & Franco
Founders of ChezaCheza

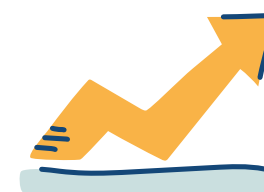


Impact 2022



1,396
children reached
from 10-18 years old

1,134
therapeutic dance
sessions provided



We increased
the number of
children
reached by

221%



51 Professional counselling sessions
for psychosocial support provided



38 Safe and stress-free spaces
created in schools and communities




13 Marginalised communities reached
across Kenya

64

Our dance coaches
received 64 hours of
training which
included trauma-
response behaviour
and basics of
counselling.





**DID YOU KNOW THAT 1.3
MILLION CHILDREN IN
KENYA BETWEEN 10-19
YEARS OLD STRUGGLE WITH
MENTAL HEALTH?**

**WE NEED TO PROMOTE, PROTECT
AND CARE FOR THE MENTAL HEALTH
OF CHILDREN, YOUNG PEOPLE AND THEIR
CAREGIVERS – READ MORE [HERE](#)**

More about us

01

A TOXIC STRESS RESPONSE

Children who live in a chronic environment of stress and without adequate support can experience a toxic stress response. It makes it difficult for children to regulate their emotions, resulting in impulsive actions and decisions, physical acting out, drug abuse, anxiety, and low self-esteem.

03

THERAPEUTIC DANCE SESSIONS

Children receive a child-friendly, fun and culturally appropriate mental health service through a weekly therapeutic dance session. Each session incorporates Dance Movement Therapy, Social-Emotional Learning and Mindfulness Meditation.



02

TRAINING OF TRAINERS

We find, train and equip dancers to become Community-Based Dance Coaches who create safe spaces in their community and schools. In a ChezaCheza session, they guide and teach children how dance can be a tool for expressing their feelings, releasing stress, and building confidence.

04

BUILDING STRONG MINDS

At ChezaCheza, children experience the joy of dancing while flourishing into young adults with strong minds who show up in life with self-esteem and high self-awareness and approach life's challenges with responsible actions.

Community Dance Program

435

CHILDREN REACHED
FROM 10-18 YEARS OLD



685

THERAPEUTIC DANCE
SESSIONS PROVIDED



51

COUNSELLING SESSIONS
PROVIDED

ChezaCheza works exclusively with young Community-Based Dance Coaches who deliver weekly therapeutic dance sessions in their community. This year, we have the privilege of opening our 10th dance location and expanding our work to Mathare.

The start of 2022 marked the expansion of ChezaCheza from Kibera to Mathare and the opening of 3 more dance locations. Mathare is the second-largest slum in Nairobi and has similar characteristics to Kibera. Both communities are marked by poverty, crime and violence. However, problems such as gang violence have been exacerbated due to a lack of funding and the absence of support programs. Children in this area face the daily challenges of navigating difficult and unsafe situations. As a notoriously underfunded area, we knew our program could make a noticeable difference.

Strategic Goals

With the expansion of the program and in line with our strategy for 2023–2025, we focused on two program improvement strategies to ensure we nurture our growing community of coaches and deliver high-quality program outcomes.

1

Nurturing the ChezaCheza Coaching Community

We developed a coaching program to nurture dance coaches' personal capabilities, interpersonal skills and self-confidence. We combined this with a monthly training program to strengthen their capacity to achieve socioeconomic independence.

2

Ensuring high-quality targeted learning sessions

We tested and improved our curriculum to ensure we achieved our envisioned outcomes. Through the implementation of an observation system of our sessions, we track the quality delivery of our programs and can improve based on data we collect.

" I am proud to say that through ChezaCheza, I am now a change-maker and have a positive impact on society."

"My name is Kelvin Otieno Awuor. I grew up in Mathare, and growing up here has not been easy. There are gangs, drug abuse, gender-based violence, insecurity and political instability - just a few of our daily challenges. I joined ChezaCheza in 2022 after undergoing their training as a Community-Based Dance Coach. I have always loved dancing, and this training gave me a platform to become a coach with a strategized type of teaching. I am proud to say that through ChezaCheza, I am now a change-maker and have a positive impact on society."

Kelvin



Move2Learn

961

CHILDREN REACHED
FROM 10-18 YEARS OLD



449

THERAPEUTIC DANCE
SESSIONS PROVIDED



28

SCHOOLS REACHED IN
SEVEN COMMUNITIES

ChezaCheza expanded Move2Learn to 28 schools in 7 different communities across Kenya. This program brings our therapeutic dance sessions to schools as an extracurricular activity. We focus on releasing stress and building confidence, resulting in more confident and motivated students.

ChezaCheza aims to put mental health and well-being at the centre of quality education, where schools need to be happy environments where students are stimulated to enjoy learning. A happy, healthy learner and a happy, healthy teacher will keep teaching and learning – it's a clear pathway to enjoy and continue learning. In addition to cognitive development, learners' happiness and heightened social and emotional competencies are crucial outcomes of schools.

In 2022, we partnered with schools in marginalised communities, 25 in Nairobi and 3 in Voi (located in Taita-Taveta County in southern Kenya). After a ChezaCheza class, children reported feeling vibrant, energetic and happy. They have learned more about confidence, self-awareness, how to relax their body, manage stress, and understand their emotions.

School directors support this by observing that their students are more confident and better at expressing themselves. Children are also excited to go to school and show improvement in their motivation, classroom behaviour and school attendance.

" Before ChezaCheza came in, we had a group of pupils who were not able to express themselves."

- Orito Justus, Deputy Headteacher at Kabete Nazarene School



**Watch:
Move2Learn video**

Special Projects

Play Street Perfection

In July 2022, we transformed the streets in Kibera and Mathare into play streets for 3 full days. This was all part of the '*Build a World of Play*' campaign from The LEGO Foundation to promote learning through play around the globe.

This year, the world had just started to recover from a two-year pandemic. Especially the lives of children were interrupted, with many children still not going to school. However, The LEGO Foundation wants to remind the world that learning never stops. Through their worldwide campaign, children worldwide experienced the joy of play.

Of course, ChezaCheza was a perfect partner to show that dance is a great way to learn new skills in a playful way. We also incorporated games, literacy and community participation as building blocks for our play streets. In 3 days, we got 1200 children dancing, playing and engaging in safe spaces where they could experience the joy of play. And don't forget that many parents were keen to join in and see the importance of fun in their children's lives.

Dance Bunk

Who ever said libraries should be quiet places that are just for reading books? Book Bunk is working to restore some of Nairobi's most iconic public libraries into sites of heritage, public art, collective memory and shared experiences. This year we partnered with Book Bunk to deliver Dance Bunk, a ChezaCheza dance program in two of Book Bunk's historical libraries in Eastleigh and Kaloleni. Every Saturday, the library became a place of learning and expression through dance!

Broadway Dreams

Broadway Dreams visited Kenya in 2020, and during that visit, they were very impressed by the ChezaCheza talent. In 2022, they returned to Kenya to work on a special show with Broadway choreographer D'Acia James. She trained our dance coaches and created different choreographies with the children that told stories they wanted to share about their lives. This resulted in a beautiful show for the Kibera community about inner strength, struggle, and power.



Build A World of Play Campaign

"Most of my friends that I knew before got pregnant, and some of them never returned to school".

"Hi everyone, I am Flavian, 17, in form 3 at Kibera high school. Going through, and still, in my teenage years at ChezaCheza, I can say it is helping so much. I avoid and stay away from the trouble and peer pressure I face because of the lessons we have learned at ChezaCheza. I am so proud that I am abstaining from risky acts and behaviours. Most of my friends I knew before got pregnant, and some never returned to school. I am so happy that is something that I got to escape from. I wish those friends of mine had had a chance to be at ChezaCheza. The situation might be different now. I am looking forward to a bright ruby by being aware of my background and how to change it while making wise decisions."

Flavian



Advocacy & Awareness



UNESCO - Happy Schools

This year, UNESCO hosted the Transforming Education Summit to build a roadmap to transform education globally. Co-founder Franco was a speaker and advocated for the importance of mental health in education. He was there to show that learning can be fun and that we need to engage children in activities of joy. Therefore, quality education includes building happy environments where students are stimulated to enjoy learning. UNESCO is promoting Happy Schools where we focus on transforming schools into stimulating places to learn, to be, and to live together.

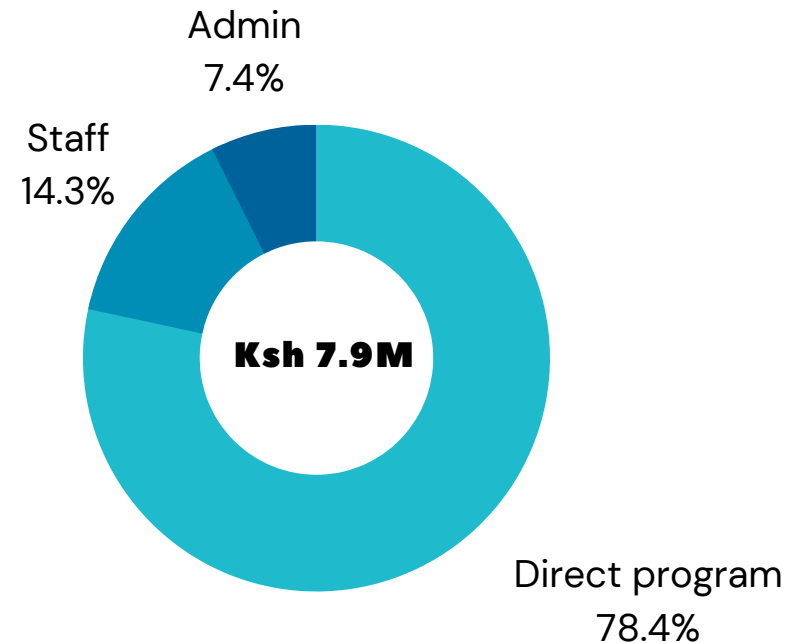
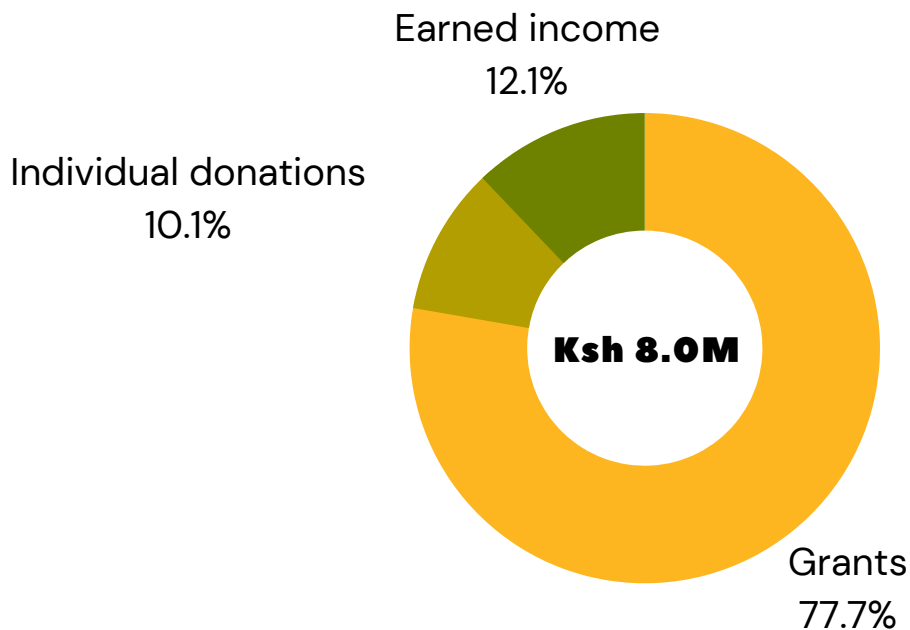
The African Union - Transforming Education

Franco travelled to the African Union Headquarters in Ethiopia as part of our advocacy work. He spoke on the education panel at the transforming education seminar during Africa Youth Month. He was able to be a voice for his community and brainstorm and share ideas with policymakers, African leaders, fellow educators, and youth on how to transform education for a better future!

Income statement

INCOME STATEMENT 2022

Jan-Dec 2022	2022 (KES)	Jan-Dec 2022	2022 (KES)
Total Income	7,990,790	Total Expenses	7,915,172
• Grants	6,211,383	• Direct program	6,203,015
• Donations	810,416	• Staff	1,128,919
• Earned income	968,992	• Administrative	583,238
		Operating surplus	75,619



Funders & Partners

Our funders

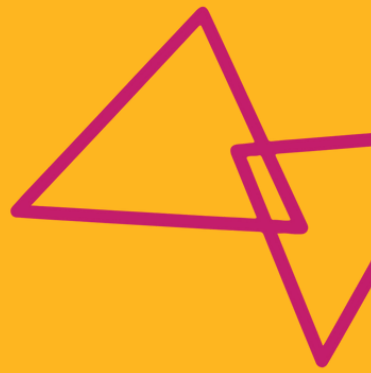


The
LEGO
Foundation 

Our partners



**A special
thank you to
all our
private and
individual
supporters in
2022**



**Keep Smiling
Keep Dancing**

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