

2024

ANNUAL REPORT

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Capacity building

GOAL

To further build its capacity, MWB's goals in the year 2024 were:

- Strengthening MWB's strategy
- Wellbeing @ work -development
- Digital training
- TOIVO Trainer's trainings to become more independent

WHAT WE DID

STRENGTHEN MWB'S STRATEGY

We organized 1 opening session online and 1 facilitated strategy session in person with Meg Sakilayan-Latvala.

We have a follow-up session scheduled for 2025, including the community.

DIGITAL TRAINING

MWB board members attended:

- ELY and Moniheli workshop about using AI in the third sector (3)
- 2 digital/IT training Moniheli's Digiup (2)
- Moniheli's Digiup project to talk about data storage and best practices (2)
- Marketing workshop internally

WELL-BEING AT WORK

We had 4 'Stress-less hours' for the board. The sessions were the result of the teacher's grant from Kansalaisfoorumi that aimed to help the board set boundaries and improve their well-being at work.

WHAT WE DID

TRAINERS TRAININGS

- MWB organized a TOIVO Kickstart club to help equip TOIVO facilitators with more facilitation skills and prepare them to start their own TOIVO groups
- 6–8 participants on average
- 8 meetings in 2024
- Plans have been made to start another club and 2 TOIVO groups are beginning in 2025 by the newly trained facilitators
- 1 Mental Health Resilience course organized with 7 participants

TOIVO FACILITATORS TRAINING

In 2024, MWB conducted 2 TOIVO trainings in English

- June 2024 – 17 new TOIVO facilitators
- October 2024 – 10 new TOIVO facilitators

Engaging community

GOAL



MWB focuses on engaging and strengthening its community further, recruiting volunteers and members, and exploring volunteering opportunities that can be provided. The goal continues to build sustainable relations with MWB volunteers.

Engaging the community is very much linked to communications and capacity building.

Engaging community



VOLUNTEER MEETINGS

24 volunteer meetings were organized with an average of 6–8 participants per meeting. In total, 151 participants were counted for 2024.

The meetings were organized both online and in person to help engage the community and create open communication channels.



MENTAL HEALTH MONDAYS

In collaboration with Luckan, MIELI Without Borders organized **7** Mental Health Mondays. The sessions explored well-being through guided workshops, community activities, and low-threshold activities. In total, 124 participants were counted for 2024.



Engaging the community

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Events organized in 2024

1. Info-fiesta
2. Oma-stadi info session
3. Protest – Anti-racism march
4. Yoga with Lay (5 sessions)
5. Finnish language club (2 sessions)
6. Cycling trip with Tomi
7. Cooking together event
8. Cycling trip with Alex
9. Pride event
10. Photocards for mental well-being
11. Piñata Party (25 participants)
12. The inclusive Duniya Circle workshop (15 participants)

Support and well-being groups

- Peer-support group by Ibrahim (6 participants)
- TOIVO group by Kamilla and Maria (7 participants)
- MIELI Without Borders Book Club (7 sessions)
- TOIVO Kickstart Club (8 meetings)
- TOIVO group for immigrant women by Maria and Jingyi

Engaging community

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Trainings and Workshops given by MIELI Without Borders

- 2 TOIVO facilitators training
- Finnish mental health services with Askelten Palo 09.03.2024 for the Spanish-speaking community in Helsinki
- Wellbeing event on 26.03.2024 with Irina for Ukrainian refugees
- Elevator pitch training for the community on 15.1.2024
- Well-being while job seeking workshop –
 - Think Africa's Think Career program cohort x3 workshops in 2024
 - Espoo Talent Hub – 1 workshop
 - JHL – Coping Mechanisms
- Empowering migrants while job-seeking workshop, (October 2024, 3 sessions)



Developing communication

GOAL



1. MWB aims to have one board member that is coordinating social media marketing (Instagram/Facebook). In addition, 1-2 members from our volunteer working group "Social Media" will support the social media coordinator as content creators.
2. MWB aims to translate its webpage into basic Finnish.
3. MWB aims to empower their volunteers to contribute to MWBs social media presence in different languages. This will help the organization reach people of diverse backgrounds nationwide.
4. MWB will publish and market their podcast that has been created in cooperation with PPF ry and Fenix ry. The podcast aims to give a platform for different organizations to talk about mental health awareness in different languages.

Developing Communication



Social media coordination

This year Kami and Hope continued to manage MWB's social media accounts. Nadja helped come up with content and updated our website.



Translating our website

Our website is in the process of being translated to Finnish



Network Initiative

In 2024, we finished recording our podcast in collaboration with PPF ry and Fenix Finland. It can be found on [MWB's Youtube channel](https://youtube.com/playlist?list=PLgwoSmPkrCmoQhGvUVXmc9DWldly0flem&si=pbYs89HY4ffik71y)
<https://youtube.com/playlist?list=PLgwoSmPkrCmoQhGvUVXmc9DWldly0flem&si=pbYs89HY4ffik71y>



Multilingual social media

This year, we primarily used English on our social media platforms. We increased the usage of easy Finnish.

Funding & Organizational structure

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GOAL



1. MWB continues to apply for grants with the aim to get permanent funding.
2. MWB aims to create a grant writing team.
3. MWB aims to get additional trainings for grant writing in 2024.
4. MWB aims to receive more trainings to develop board member's resilience and wellbeing while volunteering.
5. MWB will develop a basic and easy to use system as a start for structural reporting.
6. MWB will develop their onboarding process for new board members to support sustainability.

Fundings & organizational structure

Beginning of 2024, MWB applied for grants from Kansalaisfoorumi. MWB received in total a grant of 1600 euros to be used for two short capacity building trainings.

Kansalais-foorumi

Well-being while volunteering

With 1 of the Kansalaisfoorumi's grants, we supported the well-being of our board members. With the 2nd grant, we offered a Somatic workshop by an expert to our community.

We applied for the Moniheli Grant in November 2024 to support the mental health of immigrant job seekers and were granted €4500 to execute the project in 2025.

Moniheli General Grant

Moniheli General call and Network Initiative

MWB wrapped up two existing grants from Moniheli, the general call (PALOMA) and the Network Initiative in collaboration with Psychological Practitioners of Finland (PPF) and Fenix Finland ry.

MWB has applied for a grant from Helsinki City in May for a wellbeing activity organized in Helsinki for residents of Helsinki. We will hear if we have received funding in Spring 2025.

Helsinki grant

Fundings & organizational structure

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In 2024, we were not able to develop a grant writing team. However, we have continued to submit grants and receive small funds throughout the year.

Grant Writing

Trainings for board members

MWB board members attended the following workshops:

- using AI in the third sector (3)
- 2 digital/IT training
- 2 Moniheli's Digiup workshops
- Marketing workshop internally
- Financial reporting

We implemented a basic Excel sheet for reporting on our events and workshops throughout the year. However, consistent adoption is still proving challenging

Reporting

MIELI RY

MWB has applied for a grant from MIELI ry for the MHAW 2024. MWB received 800 euros. MIELI ry also grants 700 euros to MWB based on the organizations self-assessment.

We onboarded 3 new board members and 1 new deputy board member in 2024.

Onboarding new board members

Alliance building

GOAL



1. The organization continues building alliances across Finland. The organization continues to share its already existing know-how with, for example, migrant-led organizations and MIELE ry's member organizations.
2. MWB will continue to build PALOMA round-table as a platform for strengthening partnerships with relevant organizations and stakeholders, and for advocating for improved mental health services for foreigners.
3. MWB will participate in Integration 2024 in Turku.

Alliance building 2024



Psychological Practitioners of Finland (PPF) have become partners of MWB collaborating on events and committees. We also collaborated to record a podcast through the Moniheli Network Initiative.



SAMHA has become a partner of MWB through an advocacy committee with PPF and attended Paloma Roundtable.



Nicehearts ry continues to partner with MWB, organizing workshops and trainings at the Nicehearts offices in Malmi. We have also begun collaborating with the Espoo Neighborhood Mothers program under Nichearts ry.



At Integration 2024 in Turku, we initiated a collaboration with MIELI Lounais-Suomen (Southwest Finland). We have a meeting to discuss further collaborations between MWB, Miitti and the Serene program by MIELI Lounais-Suomen.



In addition to these partners, MWB has also been approached to collaborate with the Entergrate, Yeesi ry, Fenix ry, Mieli ry, Lapinlahden Lähde and Miitti ry, and Think Africa.

Alliance building 2024



MWB continues to advocate for a more diverse approach of mental health and wellbeing. MWB also advocates for an easier accessibility for materials, and trainings offered by MIELI ry. We do that by being critical in our self-assessment, seeking for personal discussions with leaders of MIELI ry. We also aim to get to know MIELI's member organizations better, by organizing at least 2 joint online events.



A new partnership was made with Miitti in 2024. We have utilized the spaces at Lapinlahden Lähde and have jointly trained TOIVO facilitators and had TOIVO groups. We will continue to collaborate with Miitti for Mental Health Art Week and more in 2025.



In 2024 we also created a new partnership with Luckan where we utilized their spaces for a series we call "Mental Health Mondays" that happens the last Monday of every month. This partnership continues into 2025.

Alliance building

In 2024, we expanded our workshop, 'Well-being while job seeking' to other organizations including **Think Africa, Espoo Talent Hub**, and **JHL**. We gave this workshop a total of 5 times in 2024 with more requests for 2025.

Well-being while job seeking

Paloma Round-table

In 2024, we held 1 Paloma roundtable in August and 1 PALOMA workshop in November. In August, the roundtable was attended by **20** people from **12** different organizations and government bodies. November's roundtable had less participants (8) from **5** organizations. The roundtables came up with a joint action and is still planning to implement it. The PALOMA magazine was drafted and is ready to be shared.

In 2024, several MWB board members (**3**) and community members (**6**) attended the Kotu-training, organized by MIELI ry.

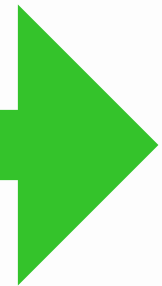
Kotu training

Moniheli ry and other networks

MWB continued to be active in the Moniheli network. MWB member of kotoutuminen.fi and the kumppanusohjelma network. MWB is actively involved in the strategy work of MIELI ry.

Raising awareness on mental health matters

GOAL



1. One of the main goals of MIELI ilman rajoja mielenterveys ry / MIELI Without Borders is to spread the message that mental health matters and that integration is not possible without consideration of a person's mental health.
2. MWB continues sharing information on how to strengthen mental health in society's diverse communities taking into account cultural diversity.
3. MWB aims to provide different offline and online channels and low-threshold activities to raise awareness about mental health with help and input from our community.

Raising awareness on mental health matters



BLOG

In 2024, we published 6 blogs by various authors in our community about topics related to mental health and our community activities.



Whatsapp community

This year we continued to develop our Whatsapp community which is still our main source of communication with our community members. The community chat has expanded and currently has **110 members**.



Low-threshold activities

We continue to organize low threshold activities that allow people to maintain and explore their mental well-being through community and community action.

MIELI Without Borders community





Thank you

For another great
year!



MIELI ilman rajoja mielenterveys ry / MIELI Without Borders

VUODEN 2024 TILINPÄÄTÖS 31.12.2024

KULUT

Kulut	Summa (eur)
Hallinto- ja muut kuuluut (pankinkulut, vuosimaksut, toimistotarvikkeet)	496,79
Kokouskuuluut	174,15
Painutuskuulut	352,84
Laitehankinta (puhelin)	111
Virkistyspäivä	106,41
Käyttämättömien varojen palautus	707
Toimintakulut (vapaehtoisten koulutukset, hyvinvointia edistävä toiminta)	953,75
Mental Health Art Week	652,70
Paloma roundtable	233,70
Network Initiative	1727,55
Integration 2024	351,69
Yhteensä kulut	5867,58

TUOTOT

Tuotot	Summa (eur)
MIELI ry järjestö- ja hyvinvointitoiminta avustus	1000
MIELI ry jäsenmaksutilitys	222
MIELI ry MHAW-avustus	652,70
THINK AFRICA (mentorship program)	300
Moniheli ry (Integration 2024)	319,65
Moniheli ry (tapahtumantilan vuokratuki)	148,80
Yhteensä tuotot	2 643,15

31.12.2023 tilin jäännös 6.696,02 eur

Tulot yhteensä 9339,17 eur

Menot 5867,58 eur

Tilillä raha 31.12.2024 3453,84 eur

Auditing Report

To the members of MIELI ilman rajoja mielenterveys ry:

The board of directors of MIELI ilman rajoja mielenterveys ry (ID:3277880-2, hereonforth mieli without borders, MWB or the association) is responsible for the proper organization of the affairs of the association, including financial records and controlling. The auditor's task is to inspect the association's administration, governance and finances to the extent required by the association's operations and the Associations' Act (Fin. *yhdistyslaki*).

Auditor's statement

I have been chosen as the auditor of mieli without borders' third year of activities. I am serving as the organization's operational auditor for the third year in a row. I have audited the operations, activities and finances of mieli without borders for the period of 1.1.2024 until 31.12.2024. I have reviewed the association's operations in 2024 based on the action report for the year. Furthermore, I have read the minutes of the board, the association's statutes, and its financial statements and reports. In my opinion, except for the effects of the matter described in the *Basis of Qualified Opinion* section of this report, the accompanying annual report of MWB gives a sufficient and solid image of the association's operations in 2024 in accordance with the Finnish Associations' Act. The association's administration and activities have managed in accordance with the association's statutes. With a total income of under EUR 30 000.00, the association is exempt from compliance with the Finnish Accounting Act as per the Associations' Act 37 a§ for the fiscal year of 2024. Based on the information presented to me, MWB's financial statements are free of material misstatement, despite minor unclarities, and show a true and fair view of the financial position and the operating results of the association.

It should be noted however, if the Espoo city organization grant decision is positive, MWB will no longer be exempt from the Finnish Accounting act as per the Association's Act 27 a§, and will be obliged to introduce double-entry accounting.

Basis of Qualified Opinion

Clear financial and minute documentation are essential for good governance and compliance for associations. The board meeting minutes of mieli without borders, while often well detailed, still miss formal recording of decision processes (eg. declaring meetings legal and quorate, adoption of agenda). I therefore was unable to express an opinion on decision making of the board in some instances.

The association's financial documentation has improved compared to previous years, however, since the organisation does not yet engage in double-entry accounting, it is difficult to ascertain whether its financial statements are entirely free of material misstatement.

Amsterdam, 14 March 2025



Jana Turk