

REMMYJ WELLNESS FOUNDATION

STRATEGIC PLAN (2026–2030)

Theme: Promoting Wellness, Impacting Lives, Building a Better Tomorrow

Executive Summary

RemmyJ Wellness Foundation (RJWF) is a registered nonprofit organization dedicated to improving the wellbeing of vulnerable individuals and communities through health education, humanitarian assistance, elderly care support, women and youth empowerment, and sustainable community development.

This Strategic Plan provides the roadmap for the Foundation's growth and impact from 2026 to 2030.

Organizational Profile

Organization Name

RemmyJ Wellness Foundation (RJWF)

Legal Status

Registered Incorporated Trustee

Headquarters

Epe, Lagos State, Nigeria

Website

www.remmyjwellnessfoundation.org

Motto

Promoting Wellness. Impacting Lives. Building a Better Tomorrow.

Vision

To build healthy, empowered, and resilient communities where every individual has access to opportunities, support, dignity, and a better quality of life.

Mission

To improve the health, wellbeing, and quality of life of vulnerable individuals and communities through health education, humanitarian assistance, elderly care support, empowerment initiatives, and sustainable community development.

Core Values

Compassion

Integrity

Accountability

Service

Excellence

Empowerment

Collaboration

Inclusiveness

Strategic Goal 1

Community Health and Wellness

Objective

Promote preventive healthcare and wellness education within underserved communities.

Key Activities

Health awareness campaigns

Wellness workshops

Community outreach programs

Preventive healthcare education

Health screening initiatives

Public health advocacy

2030 Target

Reach 10,000 community members

Conduct 100 health education events

Establish community wellness ambassadors

Strategic Goal 2

Elderly Care and Healthy Ageing

Objective

Improve the wellbeing and quality of life of elderly individuals.

Key Activities

Elderly outreach visits

Caregiver support programs

Companionship initiatives

Health education for seniors

Welfare support programs

2030 Target

Support 2,000 elderly individuals

Train 300 caregivers

Establish Elderly Care Clubs in communities

Strategic Goal 3

Women and Girls Empowerment

Objective

Promote dignity, leadership, health, and economic opportunities for women and girls.

Key Activities

Menstrual health education

Sanitary pad distribution

Leadership training

Skills acquisition workshops

Entrepreneurship support

2030 Target

Reach 5,000 women and girls

Distribute 50,000 sanitary pads

Train 1,000 women in livelihood skills

Strategic Goal 4

Maternal and Child Health

Objective

Support mothers, pregnant women, newborns, and children through education and welfare programs.

Key Activities

Maternal health awareness

Baby essentials support

Nutrition education

Child wellness programs

Community health outreach

2030 Target

Support 2,000 mothers

Reach 5,000 children

Conduct annual maternal health campaigns

Strategic Goal 5

Humanitarian Assistance

Objective

Provide relief and practical support to vulnerable individuals and families.

Key Activities

Food distribution

Emergency response support

Welfare assistance

Hospital support initiatives

Community relief projects

2030 Target

Support 5,000 vulnerable beneficiaries

Conduct annual humanitarian outreaches

Establish emergency response partnerships

Strategic Goal 6

Water, Sanitation and Hygiene (WASH)

Objective

Improve access to clean water, sanitation, and hygiene practices.

Key Activities

Borehole projects

Water access advocacy

Hygiene education

Community sanitation campaigns

Environmental health programs

2030 Target

Implement 10 water projects

Reach 20 communities

Improve access to safe water for 15,000 people

Strategic Goal 7

Youth Development and Livelihood Support

Objective

Equip young people with skills and opportunities for self-reliance.

Key Activities

Skills training

Digital literacy programs

Career mentorship

Entrepreneurship support

Volunteer development

2030 Target

Train 2,000 youths

Support 500 youth-led initiatives

Establish annual youth leadership programs

Strategic Goal 8

Organizational Development and Sustainability

Objective

Build a strong, accountable, and sustainable organization.

Key Activities

Volunteer recruitment

Staff development

Fundraising initiatives

Partnership development

Governance strengthening

Monitoring and evaluation systems

2030 Target

100 active volunteers

50 strategic partners

Annual audited financial reports

Sustainable funding portfolio

Partnership Strategy

RJWF will collaborate with:

Government agencies

Community leaders

Hospitals

Educational institutions

Corporate organizations

International foundations

Development partners

Faith-based organizations

Monitoring and Evaluation

The Foundation will measure:

Number of beneficiaries reached

Number of communities served

Outreach activities completed

Volunteer participation

Funds raised

Partnerships established

Program outcomes and impact

Annual reviews will be conducted to assess progress and make adjustments where necessary.

Sustainability Plan

RJWF will sustain its programs through:

Grants and donor funding

Corporate sponsorships

Individual donations

Strategic partnerships

Volunteer engagement

Community participation

Alignment with Sustainable Development Goals (SDGs)

RJWF contributes to:

SDG 1 – No Poverty

SDG 2 – Zero Hunger

SDG 3 – Good Health and Well-Being

SDG 5 – Gender Equality

SDG 6 – Clean Water and Sanitation

SDG 10 – Reduced Inequalities

SDG 11 – Sustainable Communities

SDG 17 – Partnerships for the Goals

Conclusion

RemmyJ Wellness Foundation is committed to improving lives, strengthening communities, and creating sustainable opportunities for vulnerable populations. Through strategic partnerships, accountability, innovation, and community-driven action, RJWF aims to become a trusted and impactful nonprofit organization serving communities across Nigeria and beyond.

Approved By: Board of Trustees

Organization: RemmyJ Wellness Foundation

Strategic Plan Period: 2026–2030