



NAIROBI CITY COUNTY ASSEMBLY

OFFICIAL REPORT

Second County Assembly – Fifth Session

Thursday 9th September 2021

The House met at 2.30 p.m.

[Hon. Deputy Speaker (Mr. Geophrey Majiwa) in the Chair]

PRAYER

QUORUM

Hon. Deputy Speaker: Clerk, confirm whether we have quorum. Serjeant-at-Arms, ring the bell for ten minutes.

*(The quorum bell was rung for ten minutes)
(The clerk -at -the Table confirmed there was quorum)*

PAPERS

Hon. Samora Mwaure: Thank you Mr. Speaker. I would like to lay the following Paper, pursuant to Standing Order No. 202 (2), on the table of the Assembly today Thursday 9th September 2021:

The Nairobi City County Bursary and Scholarship Fund Regulations, 2021. I beg to lay.

(The Paper was laid on the Table of the Assembly)

Hon. Deputy Speaker: The Paper is committed to the Committee on Delegated Legislation.

STATEMENTS

REQUEST FOR A STATEMENT REGARDING THE OWNERSHIP OF MAKADARA NCC RH1 ESTATE IN
MARINGO/HAMZA WARD

Hon. Mark Ndung'u; Mr. Speaker Sir, pursuant to Standing Order No. 45 (2) (c), I wish to request for a statement from the Chairperson of the Sectoral Committee on Planning and Housing regarding the ownership of Makandara NCC RH1 estate in Maringo/Hamza Ward.

Mr. Speaker there has been a court case regarding the ownership of NCC RH1 estate in Maringo Ward which has resulted to failure by the County Government to get revenue in form of rent rates from the estate.

Mr. Speaker, in the statement, the Chairperson should inquire into and report on:

1. The legitimate owner of Makandara NCCRH1 in Maringo/Hamza Ward;
2. Management of the county owned estate across the county;
3. List of tenants occupying Makandara NCC RH1 estate; and
4. Documents supporting change of ownership of Makandara NCC RH1 estate from 1982.

Thank you Mr. Speaker.

Hon. Deputy Speaker: Is the Chair of Planning Committee around?

Hon. David Ayo: Thank you Mr. Speaker Sir. As a Member of Planning Committee, we request for seven days.

Hon. Deputy Speaker: Hon. Mark, are you comfortable with that?

Hon. Mark Ndung'u: Mr. Speaker sir, I would request Hon. Ayo and the Planning Committee to give us like five days because the tenants are living outside their houses.

Hon. Deputy Speaker: Since this is a weighty matter and with the knowledge that the department has all these records readily available, I direct that this response be brought to this House next Tuesday at two o'clock and the Chairman to come in person. Thank you.

MOTION

POLICY, PROGRAMMES AND STRATEGIES TO MITIGATE MENTAL HEALTH PROBLEM IN THE COUNTY

Hon. Mark Mugambi; Thank you Hon. Speaker. That, aware that Article 43 of the Constitution of Kenya 2010 gives the citizens of this Country and residents of Nairobi City County a right to the highest attainable standard of health including the right to health care services; further aware that Health Services including County Health facilities and primary health care have been devolved to the County Governments pursuant to Paragraph 2 of Part Two of the Fourth Schedule to the Constitution; acknowledging that mental health which includes emotional, psychological, and social well-being, affects how we think, feel, and act and also helps determine how we handle stress, relate to others, and make choices, which are important at every stage of life, from childhood, adolescence through to adulthood; concerned that many people in the County and the Country at large are experiencing mental health problems which has been exacerbated by the effects of the Covid-19 pandemic; noting that there is no physical test or scan that reliably indicates whether a person has developed a mental illness; recognizing that mental health problem is a serious, lifelong and disabling condition and without the right support it can have a profound effect to individuals and families; observing that one of the functions of the County Persons with Disabilities Board is to provide to the maximum extent possible assistive devices, appliances and other equipment to persons with disabilities; and access to available information and technical assistance to all institutions and organizations concerned with the welfare and rehabilitation of persons with disabilities; this Assembly urges the County Executive in conjunction with the Nairobi Metropolitan Services to develop a County Mental Health Policy to address both mental disorders and broader issues that promote mental health; and develop programmes and strategies to promote mental health in the County.

Hon. Speaker, the reason why I did this Motion is because of high number of cases that lead to suicide, especially among our youths. It has been exacerbated by this COVID 19 pandemic. You find that in the social and mainstream media, on a weekly basis we can't miss headlines of a person either committing suicide or murdering another person. Most of these cases are brought about by sickness of the mind. It is with this idea that I found it wise to come up with this motion.

Since health is a devolved function, we as the County of Nairobi should be among the first to take it seriously and act on these matters. Also, our police are suffering from this mental illness. I believe with a good system and a health system in place, I think we can have this sorted.

Hon. Speaker, the fee charged to admit someone to a mental institution is very high, especially in a private institution. I had a friend who recently succumbed due to this issue. I was among the people who were concerned with his healthcare. We took him to a mental hospital in Hurlingham and the bill was so high that a common mwananchi cannot be able to cater.

I therefore plead with the Hon. members of this House, for the interest of Wanjiku, we move with speed and pass this Motion and also compel the Executive to move with speed in making sure that the recommendations that we have made on these Motions are acted upon as soon as possible. With this, I beg to call upon my brother, Hon. Themendu, to second the Motion.

Hon. Jeremiah Themendu: Thank you, Hon. Speaker. I take this opportunity to first thank Hon. Mugambi for the good Motion. When this COVID 19 monster invaded our country, many businesses collapsed. People were unable to put food on the table hence many were affected by these mental disorders. I urge the County Executive, in conjunction with the NMS, to develop County Mental Health Policy to address both mental disorders and broader issues that promote mental health and develop programmes and strategies to promote mental health in the County. I beg to second.

(Question proposed)

Hon. Millicent Jagero: Thank you Mr. Speaker and I support this Motion and I want to applause, Hon. Mark Mugambi for this noble idea. You will realize that very few of us can up with such a very noble Motion or idea. You will also agree with me that many people are suffering at different stages of life and some are suffering through mental disorders differently either through social perception, environmental factors, economical factors and others.

Mental illness can be a very lonely place to be especially when no health seems to be forthcoming. With this policy, we realize that it is going to be a policy that will help many of us in this stage of life. Mental health awareness ought to be included in the Education-Based Curriculum because at times disorder starts at a very early stage, maybe at birth or as you grow up, you will realize that some disorders start developing in you. If it is taught at that earliest age possible, the worst repercussion in future will be able to be managed.

I will urge that the policy include awareness programmes whereby it will be done not only school-based but also it will include religious places and community at large and even in some policy-making areas.

Mr. Speaker, the policy I would suggest to have a task-shifting orientation whereby experts will be trained as task shifted counsellors and mental health champions to assist those mental disorders.

Secondly, to develop a tele-psychiatrist method, which is an electronic method of connecting the task, shifted counsellors and their clients through a video link. We all know that the world is going global and

therefore we need electronic gadgets to connect one person to the other person and through this tele-
psychiatrist Method it will help not only the people in this country but also the counsellors who are outside
they will be able to communicate who are within this County and Country at large.

Lastly, Mr. Speaker, what mental health need is more sunlight and more unashamed conversation.
Anything that is human is mentionable and it can be more manageable when we talk about them because
we realize that most of us did not talk about those mental disorders, they became less overwhelming, less
caring and less assertive. Therefore, I support this Motion. Thank you, Mr. Speaker.

Hon. Deputy Speaker: I want to call the mover to reply.

Hon. Mark Mugambi: Thank you Hon. Speaker. I wish to thank Hon. Jeremiah Themendu and Hon.
Millicent Jagero for the great insight that they have shared with us during today's Motion. Two weeks ago, the
NMS had started something on mental health. This is a great sign showing that they also acknowledge that
mental health is crisis in the county.

I thank General Badi for moving with speed on this matter and I believe that if we give NMS sufficient
funds to deal with these issues, we will have served great justice to Nairobians who gave us the opportunity
to represent them. Thank you Hon. Speaker for your support and to the clerks who drafted this Motion.

Therefore, on behalf of Umoja I residents I have nothing further to say other than that I am glad
towards the steps we have taken. I hope and believe that the Executive will make sure that it comes to pass.
Thank you and I beg to move.

(Question put and agreed to)

Hon. Deputy Speaker: Members, it is important that before we get to next week's session,
familiarize yourself with the Motion by Hon. Millicent Jagero for the purposes of debate.

ADJOURNMENT

Hon. Deputy Speaker: There being no any other business, the Assembly stands adjourned to next
week Tuesday at 9:30 a.m.

The House rose at 3.30 p.m.