

STOWEELINK INC

TRANSFORMING AND EMPOWERING LIVES



STOWELINK

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557238

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*"At Stowelink,at Kreative Hub,
we never give up, we never,
stop,we never quit,BECAUSE if
not us WHO? If not you,WHO?
If not me,WHO? Who will
change Africa if not us! –
Stowel"*

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MESSAGE FROM STOWELINK EXECUTIVE

In the midst of despair, in the midst of struggle in the midst of challenges stands numerous opportunities. As stowelink and as the kreative hubs we decided that we have to be part of the solution and more to that solutions which work for the people by the people. And as a result in every project every venture every person community and society we talk to and interact to, we always want to represent hope, always want to present opportunity and always want to present progress.

As the chairperson of the Kreative Hub and the chief marketing officer at Stowelink, I want you reading this to join us, help us show hope, help us present solutions and help us change the world. Because at stowelink we strongly believe in changing and transforming lives and the kreative hub is solely placed on a mission to push into greatness.

This third quarter has been one busy quarter filled with a lot of risk taking, a lot of new projects, a lot of new opportunities too and also a lot of gratitude. This quarter as stowelink we managed to change the world in many ways as you will see latter in this document and one of our biggest success this semester is establishing the kreative hub training centers in Kenyatta university, Jommo Kenyatta university of agriculture and technology and now setting up in Nairobi and Moi university. The kreative hub is Stowelink's art and entrepreneurship division. At the kreative hub we want to change the world through developing a generation of youth who well equipped with soft skills for the job market while also well informed on issues of health, disruptive entrepreneurship and personal development skills.

Also this quarter at stowelink we've managed to develop new projects and initiatives which we hope will start running from the fourth quarter.

My parting shot message to you is you have whatever it takes to change the world and the minute you stand up and start doing something, every day, all day ,facing challenges and going through them, facing difficulties and still going through ,one day, one day it's going to be your day, one day the world will, join you, one day it's going to be you on that stage. At stowelink we are waiting for our day and in the meantime we will continue changing and transforming lives in the best possible way we can.

Jon us, be part of the movement, help us push towards greatness.



NOEL MURUNGA,CMO STOWELINK,
CHAIRPERSON KREATIVE HUB

STOWELINK ABOUT, VISION, MISSION AND MANTRA

INTRODUCTION

Stowelink INC is a public health organization that aims in developing the best in preventive health services and health care. Currently we can competently do this through health advocacy and health education, data collection and analysis and health consultations on various health issues.

Our dedicated team is always working round the clock to ensure that we give the best services. Stowelink Inc. focuses on public health issues and preventive medicine with particular interest in non-communicable diseases and gender-based violence (GBV). It was founded in September 2016 to fill the rising gap in non-communicable diseases as far as information, preventive strategies and treatment is concerned.

Stowelink also has an Art and Entrepreneurship Division (NOW CALLED THE KREATIVE HUB) where we mentor, support and provide individuals with ideas and soft skills required to become job creators and give back to the society.

VISION

To be the leading provider of services in the non-communicable diseases area holistic services right from primary secondary and palliative care of patients to improve quality of life

MISSION

To be a leading global provider of quality services through integration and use of technology and information to provide fulfilling lives through effective prevention, control and management of non-communicable diseases while also providing youth friendly services to ensure the rise of a generation well equipped with information on non-communicable diseases and healthy living.

NOTABLE ACHIEVEMENTS 3RD QUARTER 2018

STOWELINK WINS MLBT COMPETITION

In July 2018 Stowelink won the My Little Big Thing competition which is Africa's biggest innovation challenge surrounding sustainability. Stowelink through its founder Ogwen Stephen emerged as winner among 3 others in a hotly contested innovation challenge which involved 18 of the best university student innovators around the country. We presented on how Stowelink is using innovative ways and disruptive approaches towards solving sustainable development goal 3 on health, 1 on poverty and 8 on decent work and economic growth.



STOWELINK VISITS CAMBRIDGE UNIVERSITY

In August Stowelink was privileged to attend a fully sponsored trip to South Africa to attend sustainability practitioner programme by Cambridge University. Through the founder, Stowelink was able to successfully undertake the programme and had the chance to have the South African experience too.



STOWELINK FEATURES IN THE PEOPLE'S DAILY NEWSPAPER.

In September Stowelink was yet again featured on the national newspapers, this time round addressing the issue of sustainable development goal 3 on health and well being and how the youth can be involved. We were very honored by this feature and endeavor to continue pushing for greatness.



UPDATES ON STOWELINK PROJECTS.

Project ALPHA

INTRODUCTION

Project ALPHA is a project which focuses on creation of sensitization and awareness on cancers equipping the communities we talk to with vital information on cancers, their signs symptoms and more importantly how to prevent and manage them with key focus on the importance of regular checkups and diagnosis

PLANS.

Plans are underway to conduct a training at Kenyatta university in October in line with the October cancer awareness month.

MyHeart Ke

INTRODUCTION

My Heart KE. is a project aimed at sensitizing the country and the world on cardiovascular diseases and cardiovascular conditions and encouraging the practice of a healthy lifestyle to prevent and avoid these conditions? The project aims at visiting different counties within the country with this message. The project was officially launched in June 2017 and has been running ever since. Throughout the projects we have partnered with **Stroke Association of Kenya and Amref Health Africa in Kenya** who have proved to be very key partners in the movement on cardiovascular health and wellbeing.

PLANS

ORGANIZING AND CONDUCTING THE WORLD STROKE DAY.

Stowelink has been actively involved with the stroke association of Kenya with its other partners in organizing and conducting the world stroke day. This year we are playing a major role in ensuring that the world stroke day is a success and are definitely one of the major partners who will be ensuring this day is celebrated well country wide the theme for this year being, **LIFE AFTER STROKE.**

Save A Life, Save A World

INTRODUCTION

Save A Life, Save A World is a project aimed at creating sensitization and awareness on gender-based violence issues and diseases and fistula. The project aims at providing the right information with the aim of making the youths and the society as a whole to be able to make the right decisions as far as gender and sexual based issues are concerned. The project began in February 2017 and has been running ever since. The project has been sponsored The Aids Control Unit in the past year and has continued to reach more youths with the information required.

In the past year we managed to do a Kisumu county tour in partnership with the Gender Based Violence Recovery Center (GBVRC) of Jaramogi Oginga Odinga Teaching and Referral Hospital Kisumu (JOOTRH).

EVENTS AND ACTIVITIES.

Stowelink team led by the project manager for this project Mr Felix Ochieng conducted a series of visits to schools to talk about sexual and gender based issues especially in youth in high schools and universities.

Below is a summary of the initiatives done in this quarter

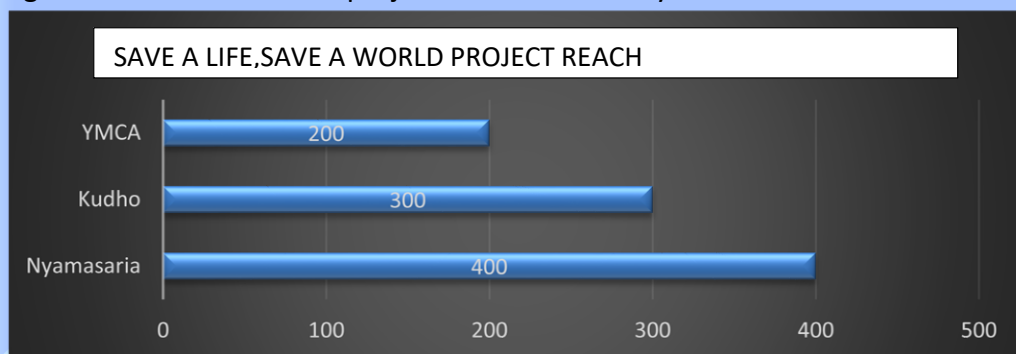
1. **Nyamasaria high school Kisumu county** 14/5/2018 400 students and staff
2. **Kudho secondary school Kisumu county** 5/6/2018 300 students and staff
3. **YMCA Kiambu county** 12/7/2018 200 students and YMCA members

The trainings were done with emphasis on:

1. Forms of gender based violence in schools
2. HIV and AIDS and how to prevent it
3. What to do and not to do in terms of rape and violence
4. Positive friendship
5. Sexual harassment and FGM in youth.

PLANS

Plans are underway to conduct the highlighted programmes including the shine a light on fistula awareness project in Nairobi county.





CHALLENGES IN VARIOUS PROJECTS

LACK OF ADEQUATE INSTRUMENTS TO RUN SEVERAL PROJECTS ACTIVITIES.

Stowelink does not currently have instruments like blood pressure monitors and blood sugar monitors and as a result have to depend on other organizations to get these equipment.

INADEQUATE PUBLICATION AND INFORMATION MATERIAL

Inadequate banners pamphlets and leaflets with relevant information to pass across during our various projects and community visits.

INADEQUATE INCENTIVES

Inadequate incentives to our staff and to the community especially when we need to collect data from the community members themselves.

LOSS OF OUR MAC BOOK

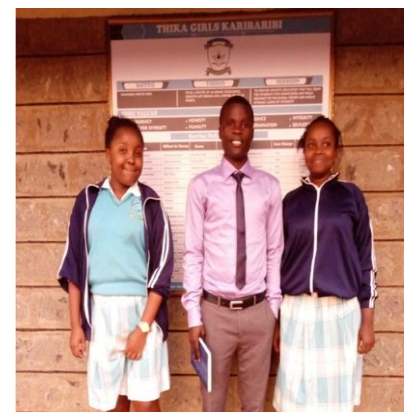
Loss of Stowelink's Mac Book through theft which has slowed us down in terms of coding for the Myheart Ke app upgrade to MCure App.



Felix In action



Stowelink at executive at the UHC conference in Nyeri (OWINYO,AYALLO,MURUNGA,ONGOLA)



Felix Ochieng project coordinator for Save A life ,Save a world project pausing after a training

STOWELINK ART AND ENTREPRENEURSHIP DIVISION

THE KREATIVE HUB

INTRODUCTION

This is the official stowelink Art And Entrepreneurship Division now called the KREATIVE HUBS. Kreative hub is the future of disruptive entrepreneurship, innovation, health and the youth. It's the platform which will enable us raise a generation of youth who are health conscious, a generation of youth who have undergone self-development trainings and a generation of youth who are capable of becoming self-employed and become job creators in the society. It's one of Stowelink's biggest milestones in cementing youth engagement in health while also rising a generation of leaders and self-employers and job creators in the society.

The Kreative hub will have 3 main divisions:

- 1. Kreative youth and health**
- 2. Kreative soft skills and personal development**
- 3. Kreative networking and opportunities**

The kreative hub is currently in universities across the country. currently we are in Kenyatta University, Jommo Kenyatta University Of Agriculture And Technology In Nairobi University And In Moi University though the latter 2 are still catching up.

The kreative hub intends to pass down soft skills training which are not taught in universities but which are beneficial and necessary to become relevant in the job market and also to develop a generation of university graduates who have practical skills and can be able to start up enterprises employ themselves and also employ the community around them.

So far we are training our first cohort in Kenyatta university which has 67 registered members. Are are looking forward to a great cohort one then others will follow. More about the kreative hub can be found at kreativehub.wordpress.com



KREATIVE HUB 8 WEEK TRAINING PROGRAMME

The kreative hub has been conducting weekly meetings from Kenyatta university training university youth on entrepreneurship, health, networking and personal development skills. we are also training on soft skills including photography, videography, mat weaving, tshirt printing online writing and IT. This we do through peer to peer learning. Also members are taken through YALI COURSES, CAMBRIDGE UNIVERSITY CISL TRAINING MODULES, GOOGLE FOR AFRICA ONLINE COURSES. As a result, we are able to curve and raise a generation of youth well equipped and empowered with skills.



After the training at Kisumu YMCA

KREATIVE HUB JOINS THE MAVERICS TO CONDUCT DESIGN THINKING TRAINING IN KISUMU COUNTY

Kreative hub through its founder formed part of the trainees who trained residents and working executives on the design thinking training. Design thinking is an innovative way of thinking and coming up with solutions for problems from the people's perspective. The type of thinking that involves empathy and creative solutions.

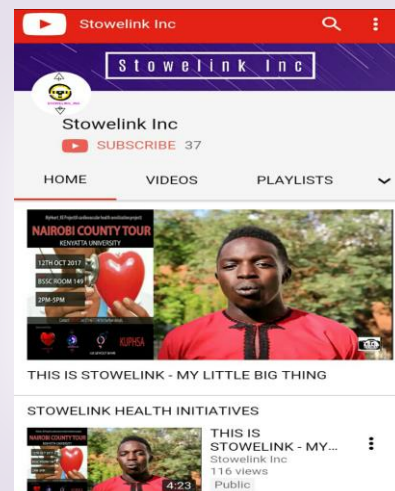
The trainings are also currently offered at the creative hub clubs at Kenyatta University with a cohort of 60 students. We are looking forward to developing creative innovative thinkers to come up with solutions to solve the 21st century problems effectively!

Stowelink YouTube channel

Stowelink YouTube channel is official now available and we will be uploading videos daily to ensure that you are up to date with our activities and initiatives.

Stowelink YouTube channel can be found on this link

https://www.youtube.com/channel/UCE2FZTw1M1-ZXPtSVQY9Wmg?view_as=subscriber



MAKE A CHANGE MOVEMENT

SHINING HOPE TO SOCIETIES

ABOUT

Make A Change Movement is a movement under Stowelink whose main aim is to purely give back to the society. As Stowelink Inc. we strongly believe in giving back to the society as a result we decided to visit children's home every quarter throughout the year.

We are committed to improving lives and giving back to the society because at Stowelink we strongly believe in transforming and empowering lives.

JOY CHILDRENS HOME VISIT

Stowelink visits their 5th children's home in the third quarter make a change movement initiative. the visit was special because we partnered with friends for charity and for the first time with the Stowelink JKUAT chapter. The team of 120 members from the teams visited Joys Children's Home and left a massive impact.

Activities we engaged in included tidying up Joy Children's Home ,helping out with the chores, educating the children on health and giving motivational speeches. We also celebrated two birthdays with the kid to crown the day. In the upcoming initiatives under the Make A Change Movement intend to become more than just visits. We intend to get more connected with the children and teach them on practical soft skills in order to have a longer lasting impact.



PROSPECTING

SELECTED TO ATTEND WORLD OBESITY PATIENT SUMMIT – UNITED KINGDOM

Stowelink was selected among 20 other organizations worldwide to attend the world obesity patient summit. We are privileged to have been selected and definitely will be looking forward to represent youth voices at the summit. Also we are looking forward to getting a lot of insights and learning from big organizations from all over the world. Let's end weight stigma, let's stand up for obesity control and prevention.

PARTICIPATED IN THE CEPU LAUNCH.

Stowelink was invited to represent the student body on the launch of collaborations for entrepreneurial universities, CEPU programme. The programme saw 5 universities from Germany and 2 universities in Kenya collaborate for 3 and half years to implement entrepreneurial trainings and exchange programme between the 7 collaborating universities. We were privileged to be part of this and are looking forward to some impactful collaborations and learnings from the programme.



Pausing for a picture with one of the representatives from the German delegation



STOWELINK ATTENDS THE FIFTH ANNUAL NON COMMUNICABLE DISEASES SYMPOSIUM- NAIROBI HOSPITAL

Stowelink was privileged to attend the fifth annual non communicable diseases symposium in Nairobi hospital auditorium. The conference was also attended by top stake holders in non-communicable diseases sought to address the leading trends in non-communicable diseases and how to effectively fight and prevent non communicable diseases in the country.

From the conference we got a lot of insight especially on the preventive aspects and are already developing new projects and initiatives which sought to address some of the issues identified in the conference

STOWELINK PITCHED AT CAMBRIDGE UNIVERSITY SUSTAINABILITY PRACTITIONER PROGRAMME.

Stowelink was privileged to have been invited to attend and learn from Cambridge University in South Africa. We undertook training on sustainability practitioner programme where we got to learn about sustainable development goals and how health is relevant in achieving sustainable development goals.

We got an opportunity to pitch our idea to the master class of global leaders and are looking forward to receiving new opportunities and developments coming from our interaction with them.



STOWELINK FOUNDER PITCHING AT
CAMBRIDGE UNIVERSITY, INTUNDLA, SA



Presentation By Noel Murunga And
Harison Ayallo At The UHC Conference



Presentation by Ogwen Stephen at the
UHC CONFERENCE

STOWELINK MAKES A PRESENTATION AT THE NATIONAL UNIVERSAL HEALTH CARE COVERAGE SYMPOSIUM – NYERI KENYA

On 13th September, Stowelink made a presentation at the national Universal health care coverage symposium – Nyeri Kenya. The two day symposium which was attended by governors from Kisumu county, Makueni county among other counties, government officials, ministry of health, and the ministry of sports and heritage, on-governmental organization among other notable figures discussed majorly on non-communicable diseases and how the government will ensure non communicable diseases are prevented properly managed and treated.

Stowelink was privileged to make a presentation on the youth and how we can help achieve universal health care and fight non communicable diseases in Kenya. We also represented the youth voice advocating for involvement of governments and funders in youth initiatives that aim at fighting and addressing non communicable disease like ourselves. Latter on our members also gave closing remarks on behalf of the youths.

We were very humbled by the invitation we got from Amref health Africa who made it possible for us to make a presentation at the seminar. We are also grateful for the non-communicable diseases alliance of Kenya who prepared us in readiness for the presentation and also for their insights.

PLANS FOR THE FOURTH QUARTER

PLANNING AND HOSTING WORLD STROKE DAY

On 29th of October will be the world stroke day. We are actively engaged in the planning and we will be hosting the world stroke day at Kenyatta University. We are privileged to be doing this as this runs with Myheart Ke project which is focused on cardiovascular health sensitization. Plan to attend the great event and let's support life after stroke.

MY DRUG FREE CAMPUS TOUR PROJECT.

We will be rolling out mydrug free campus tour project which will be looking to address tobacco and alcohol abuse among youth as a key causative factor for non-communicable diseases. Through this project we intend to inform the youth on the relationship between alcohol and tobacco abuse and non-communicable diseases and why it's important we begin actively changing the behaviors concerning addiction and use of these products. We are looking forward to collaborate with you in one way or the other to make this a success.

PROJECT ~~SLIM~~ F.I.T ITS NOT ABOUT BEING SLIM ITS ABOUT BEING FIT

This project will aim at bringing youth voices affected by obesity, living with obesity, affected by obesity and also individuals living with other NCDs. The project is aimed at changing the perspective of living with non-communicable diseases; ending weight stigma and also getting the youth to know that non communicable disease are more real among the youth as never before. We are looking forward to also partnering with all relevant organizations in this project.

MCURE APP DEVELOPMENT

This one of our biggest flagship projects. We are looking forward to upgrading our first application MyHeart ke to MCure app. we however are experiencing challenges in machinery as we lost our the Stowelink Mac Book to theft. We are looking for any person or organization that can contribute for us to have a Mac book or a Lenovo think pad for the app upgrade. If you can be of any support reach us on

Stowelink@gmail.com



At Stroke Association Of Kenya after a meeting organizing for World Stroke Day 2018



CALL FOR PARTNERSHIPS

Stowelink Inc. is hereby requesting and calling for collaborations and partnerships with various organizations especially those dealing with non-communicable diseases and entrepreneurship. Wherever you can chip in and partner with us we highly welcome you on board. Be part of our story, be part of our growth, **BE PART OF THE DIFFERENCE.**

Our team is ready to collaborate, partner and intensely be involved in making the health of the populations better and in helping grow stronger and healthier communities because here at Stowelink we believe in...

TRANSFORMING AND EMPOWERING LIVES.

SPECIAL THANKS

This quarter we would like to give special thanks to

1. World Obesity Federation
2. The Ministry Of Health
3. Non Communicable Diseases Of Kenya (NCDAK)
4. Amref Health International In Kenya
5. Kenyatta University
6. Stroke Association Of Kenya
7. Friends For Charity
8. The Mavericks Team

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