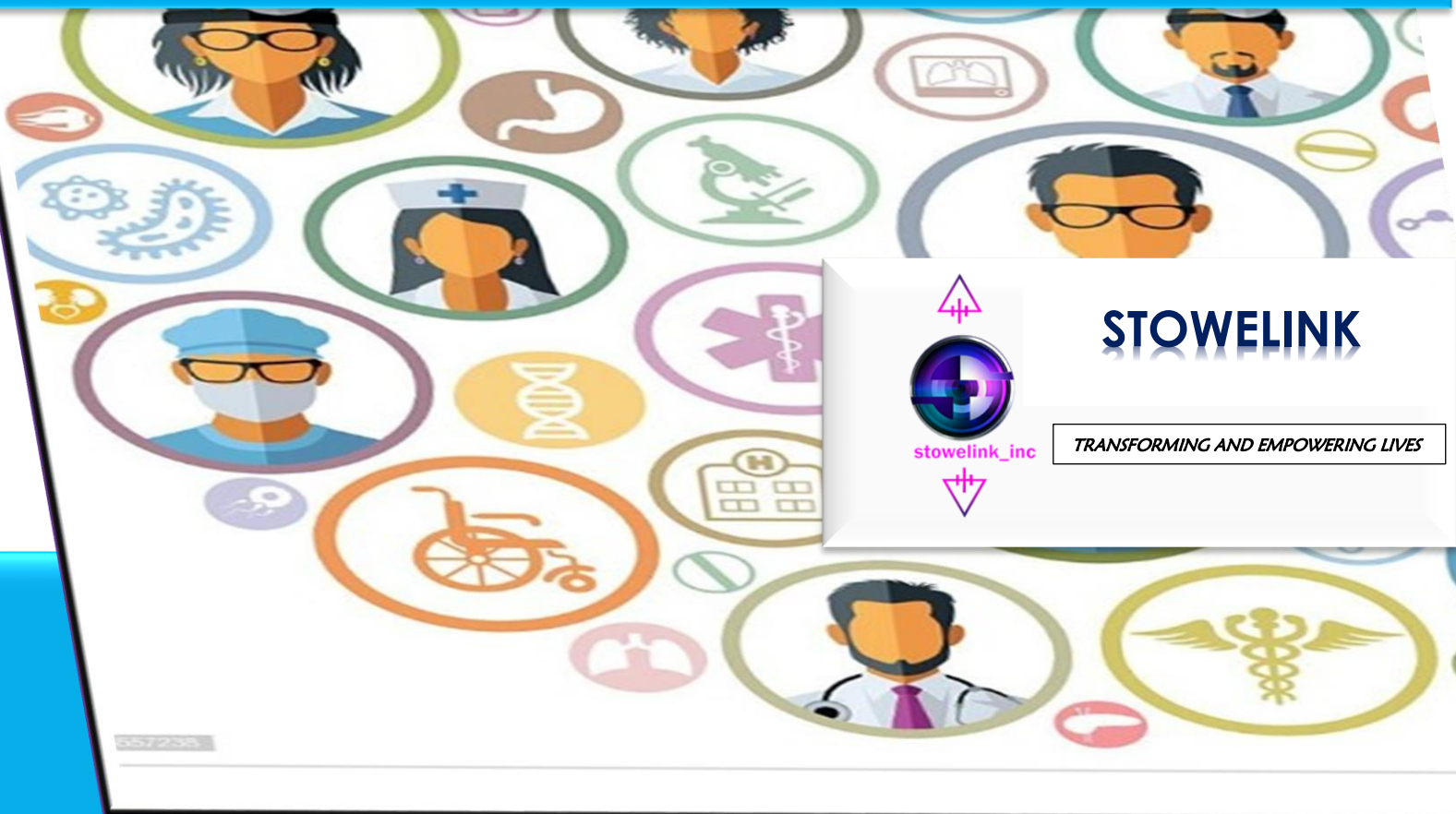


STOWEELINK INC

TRANSFORMING AND EMPOWERING LIVES



FOURTH QUARTER 2018 REPORT

OCTOBER- DECEMBER

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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 EXECUTIVES



OGWENO STEPHEN
CEO AND FOUNDER

We strongly believe that passion will drive us to greatness, and that will achieve great things we will save lives and we will inspire a generation aware of the health and also entrepreneurial in nature. We believe that we are the change makers going to change Africa then the world. We believe that without us the world would be incomplete and that our work in Kenya is of utmost importance and should be embraced even to the continent outside.

We Believe that as a youth organization 2 years old now, without no funding, we have managed to have had some exemplary impact to the societies we have visited in Kenya. we Believe that these two years have been a preparation for us and that moving into 2019, we are not only going to change the world but we are going to grow. We believe that innovation and disruption in health care will form a huge part of solving the 21st century problems and as a result we remain passionate, we remain committed and disciplined fostering creativity and innovation in solving healthcare problems in the developing world.

As you all know our primary focus is all non-communicable diseases and now gender based violence issues. In order as to eventually solve the problem facing our country and our continent on non-communicable diseases we have realized we have to tackle it wholesomely, we have to address all the areas which encourages prevention against non-communicable diseases and to do this we have to leave no one behind, we have to address the whole community and we have to provide relevant solutions to preventing NCDS.

And this is why moving forward into 2019, we will bring you top notch innovative projects, well thought, well planned and full of innovation creativity and passion. We are hoping you will join us, you will partner with us, you will advise us and you will be part of the movement pushing towards greatness. Because if not us who, if not you who, if not me who, who will change the world if we don't do it, for we are Stowelink, transforming and empowering lives.

STOWELINK ABOUT, VISION, MISSION AND MANTRA

ABOUT

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

**NOTABLE
ACHIEVEMENTS
4TH QUARTER
2018**



Stowelink Presents In The United Kingdom At World Obesity Patient Summit

In October 2018, Stowelink was chosen to represent East Africa youth in the World Obesity Patient Summit that took place In Windsor, Cumberland Lodge United Kingdom. This visit was attended by Stowelink CEO who represented well the region. The summit which was attended by 20 representatives globally also saw the attendance Of World Health Organization, World Obesity Federation Novartis among other multinational organizations.



Stowelink Attends The First United Nations E Commerce Week.

In December Stowelink was represented at The United Nations Headquarters attending the e-commerce week. We were privileged and attend and make a presentation at the conference. The summit which saw global leaders from the e-commerce sector including the World Trade Organization, the G12 and Safaricom was attended by high end personalities including the president of Kenya Uhuru Kenyatta.



Stowelink Qualifies For The African Social Behavior Change Conference 2019

9 scientific abstracts from Stowelink qualified to be presented at the conference happening in February 2019. The conference will feature leaders from Africa, scientists and innovators who will come forth to present their scientific findings at the conference. We are in the process of developing scientific papers which will be presented at the conference and be published to a scientific journal. this marks A great stride in our scientific research innovation aspects.



UPDATES ON STOWELINK PROJECTS

My Heart 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.

WORLD STROKE DAY 2018 REPORT

ABOUT

World stroke day is an annual celebration held globally on the 29th October to celebrate and create awareness on various aspects of stroke. Stroke is Damage to the brain from interruption of its blood supply. This year the world stroke day celebrations in Kenya was hosted by Stowelink Inc. at Kenyatta university bringing together all the relevant organizations and institutions supporting the course of world stroke day led by the stroke association of Kenya.



THE WORLD STROKE DAY WAS CARRIED OUT IN 3 SEGMENTS

THE MORNING WALK

The morning sensitization walk happened between 8.00 am and 10.00 am

The walk involved a crowd of over 100 youths, students and adults all in solidarity creating sensitization on stroke to Kenyatta University reaching a population of over 2000 people with messages, fliers and leaflets containing information on stroke.

The walk was 3 hours long and was covered live by KUTV and FAMILY TV

THE MEDICAL TESTING.

During this phase which happened from 10-2pm there was medical testing going on including blood sugar, blood pressure testing, weight and height, body mass indexing, there was also nutritional counseling and dieting advice.

The session saw close to 500 people get tested and diagnosed and a few were referred to the Kenyatta university health unit



Chairman SAOK with participants

THE MAIN EVENT

The main event which happened at the student business center involved over 300 participants who were educated on various topics on stroke and who paid audience to presentations and speeches made during the day. The event was graced by representatives from the government and the administration of Kenyatta University among other invited guests and partners.

The talks were on different aspects of stroke all related to one theme, life after stroke.

We want to appreciate all partners who contributed to the success of the event including Kenyatta University Administration, Ministry Of Health, Stroke Association Of Kenya, Amref The Kenya Red Cross, Winnie's Pure Health, Agha Khan University among others. We at Stowelink are grateful for the opportunity to have hosted you all at the world stroke day.

PICTORIALS



SAVE A LIFE, SAVE A WORLD PROJECT

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 (JOTRH).

YOUTH TRAINING AT GITHURAI KIMBO PCEA CHURCH.

On first December during the world aids day Stowelink was invited to do a youth training on non-communicable diseases, HIV AND AIDS awareness, leadership and personal development skills. The event which saw Stowelink partner up with the Kimbo PCEA church among other partners trained 50 youths from the area on leadership entrepreneurship and more importantly on non-communicable diseases and HIV/AIDS.

The full day event which saw the participants go through an intensive training was a huge success. At the end of the day the message on non-communicable diseases and HIV/AIDS and its relevance to the youths was so clear and vivid. The training was done by Stowelink representatives Victor Mutugi and Ogweno Stephen. The training was engaging with active audience participation which saw the event become a success.

We at Stowelink would like to welcome you to invite us to such forums so that together we can be able to change the world through education and sensitization.



NEW PROJECTS

Moving into 2019 Stowelink will be undertaking new projects aimed at reaching new audiences with new rebranded messages tackling different aspects of non-communicable diseases. These projects are designed to ensure sustainability, to ensure community involvement and to ensure innovation and disruption around the healthcare field with one aim to transform and empower lives.

These projects include:

PROJECT 10000

All activities and all other projects for 2019 will fall under this mega project, project 10000. In this project we intend to reach 10000 people in poor and marginalized communities with key messages on non-communicable diseases preventive healthcare and most importantly with free medical testing including blood sugar, blood pressure, BMI, MUAC nutritional counselling and advice. By the end of 2019 we intend to have hit this target.

THE DRUG FREE YOUTH

This project we'll aim at reaching the youth in Nairobi county with specific targets on slum areas and institutions. Under this project to intended to create awareness different means on drugs and more than that that provide an alternative drug and substance use the project is set to take place from January 2 to June 2019.

YOUTH NCD CHAMPIONS

This is a revolutionary project which brings onboard youths who have suffered from non-communicable diseases and have survived or are still undergoing treatment. The project aims at raising awareness on non-communicable diseases using victims and survivors of the disease. The aim is to change the perspective of non-communicable diseases, because it is believed that non-communicable diseases were only for the old but now even in Kenya its occurring among the younger populations and this is what we try to bring out through this project.

PROJECT SLIM-FIT

It's not about being slim it's about being fit

This Project having been launched in Cumberland in the UK aimed at creating sensitization and awareness on obesity, weight discrimination and more than that to bring solutions to being fit. The project aims at removing the stigmatization facing obesity patients insisting on the fact that it's not about being slim, it's about being fit.

NCD CHAMPION OF THE QUARTER

This new segment in our reports will be featuring youth NCD survivors and champions willing to share their stories with the world. We intend to create a positive image and to insist on the fact that that communicable diseases is here with us as the youth. And as a result, we should begin to change our perspective on non-communicable diseases in Africa.

Daughty Aloo, Bone Cancer Survivor 20 Years

Daughty Aloo is a bone cancer survivor who discovered she had bone cancer at the age of 18. She shared her story with Stowelink on how bone cancer has affected her life, how she discovered it and the steps she has taken in order to fight bone cancer.

The cancer crippled her, as a result she could not walk. She however depicts strength passion resilience and the zeal to fight conquer the cancer.

She is a student at Kenyatta university who likes to play basketball

Watch her full video on Stowelink youtube channel.



STOWELINK ART AND ENTREPRENEURSHIP DIVISION

KREATIVE HUB

ABOUT

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 3 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 have trained our first cohort in Kenyatta university which has 53 registered members.

More about the Kreative hub can be found at kreativehub.wordpress.com

KREATIVE HUB UPDATES

SUMMARY REPORT OF THE FIRST COHORT TRAINING, KENYATTA UNIVERSITY

The first cohort training for the Kreative hub members took place between September and December 2018.

We managed to train 52 students who underwent the 8-week training program, the program was intense and practical and it involved hands on training and activities.

A detailed report we'll be available on the Kreative hub first cohort report.

KREATIVE HUB DINNER

Stowelink in partnership with the Kreative Hub organized end of year dinner where we brought youths and stakeholders together to talk about health entrepreneurship and to look back and reflect on the events of the year

The dinner which was black tie event was attended by 82 individuals. The dinner saw high profile guests grace the event and was a huge success being our first ever

organized event. During the event a couple of activities took place and the audience was kept entertained while also educated. We also had awards ceremony which marked the highlight of the Kreative Hub Dinner.

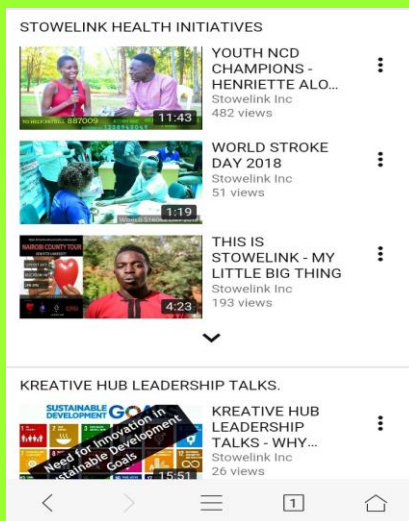


Awarding queen of the Kreative Hub



KREATIVE HUB NIGERIAN CHAPTER

The Kreative hub model has been picked up by Ibadan university in Nigeria and are already working towards making it a club in the university. Having attracted student leaders from university of Ibadan they requested for a partnership with Stowelink in order to implement the Kreative hub as a club in the university. With 31 students in various courses at the university already taking interest, the Kreative hub Ibadan university chapter is set to be launched in January 2019.



STOWELINK YOUTUBE CHANNEL

The channel is now updated with the latest videos from Stowelink under different categories. Just google search Stowelink in order to access our YouTube channel. Stowelink YouTube channel can be found on this link

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

STOWELINK TSHIRTS AND HOODIES

Stowelink in collaboration with the Kreative hub have come up with amazing designs for t-shirts and hoodies which go for only 700 ksh and 1200 ksh only.

When you buy a t-shirt you are supporting Stowelink to be able to reach someone in poor and marginalized community with free medical services courtesy of Stowelink mobile clinics.

To order a t-shirt text 0714671748



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.

EBENEZER CHILDREN'S HOME VISIT

In October stowelink visited Ebenezer Children's home where we shared the love, gave back to the community and inspired the children there that they could be greater people in the society and have impact. The event was organized in partnership with various other organizations with the intent of having a massive impact.

Moving forward into 2019 we intend to restructure our approach to this initiative. We intend to not only visit a children's home but to live initiatives which will ensure the children's home are able to sustain themselves even after we are gone.



PROSPECTING

NCD BREAKFAST MEETING

Stowelink was privileged to attend the NCDS media breakfast organized by the non-communicable diseases alliance of Kenya. During the media breakfast we cumulatively got the message on non-communicable diseases out in the media creating and raising awareness on non-communicable diseases. Stowelink was represented by Ogweno Stephen and Harison Ayallo who were also representing the youth voices on non-communicable diseases. The meeting emphasized on the importance of achieving vision 2020 for NCDS in Kenya and the global vision 2030.



STOWELINK PARTNERS WITH MEDICAL RECORDS INSTITUTE.

During this quarter Stowelink partnered with Medical Records Institute in a bid to implement a joint project, the CHIEFS project. With this partnership we aim at reaching out to communities and analyzing data which is of importance when it comes to designing and implementing solutions in the healthcare field. Activities are set to begin in 2019 in Nairobi



MRI CEO during the partnership launch

PLANS FOR 2019

STOWELINK MEMBER REGISTRATION

we plan to recruit new volunteers in the beginning of 2019 and get an official database for all our volunteers. We plan to move throughout the country doing different projects with our volunteers from all over the country

UPGRADING STOWELINK TO OUR COMPANY

We plan on upgrading to a company at the beginning of the first quarter of 2019. Well hopefully things will go ok and that we will upgrade. This way we are better placed to serve a wider scope of people and to maintain national impact.

FUNDRAISER

We plan on holding a fundraising on the first quarter of the year in able to raise funds to help us in this year projects. We are hopeful that you will all contribute towards this great initiative.

OUR NEW PROJECTS

We plan on launching and implementing new projects which are better designed and aimed at reaching out to various communities with message on non-communicable diseases and entrepreneurship .we believe we will Change the world.



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.**

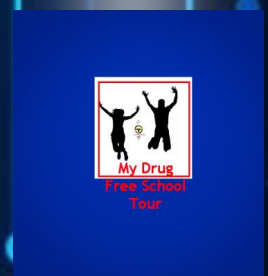
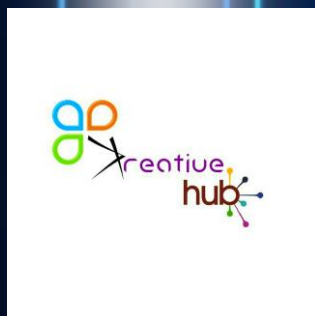
Our team is ready to collaborate, partner and intensely be involved in making the health of the populations better and in helping grow stronger and healthier communities because here at Stowelink we believe in...

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. TheUnited Nations



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