

STOWELINK INC

TRANSFORMING AND EMPOWERING LIVES



STOWELINK INC REPORT
2ND QUARTER 2019
(APRIL-JUNE)

TABLE OF CONTENTS

MESSAGE FROM THE EXECUTIVE	PG 3
ABOUT STOWELINK	PG 3
NOTABLE ACHIEVEMENTS	PG 4
HEALTH DIVISION UPDATES	PG 5
CONFERENCES AND EVENTS	PG 9
NCDS CHAMPION OF THE QUARTER	PG 10
DISRUPTIVE ENTREPRENEURSHIP DIVISION UPDATES	PG 11
MAKE A CHANGE MOVEMENT	PG 13
PROSPECTING	PG 14
PLANS FOR THE THIRD QUARTER	PG 15
CALL FOR PATNERSHIPS	PG 17

MESSAGE FROM THE EXECUTIVE



Oduor Keyin
Health Programs Director

I have lived to develop an incredible feeling that nothing can come in the way of young people who have made a firm resolve to do something. When we come together as the youth, great things happen. As the youth, we have the positive energy that is required to take us through the valley of transformation, not only for our lives, but for the lives of the people we are serving. This is embedded in the organizations motto that we aim to do nothing short of transforming and empowering lives. We are made aware that life is not about amassing wealth, it is not about living in the leafy suburbs, it is not about having the whole world under your feet. Life is about putting a smiling face on anyone we come across by serving and meeting their needs. When we live a life that is driven by the desire to enter the world of riches, it is not long until we engage in dubious activity and forget the vision. Well, it is good to desire to be rich, but how sweet is it when wealth follows one than one following wealth?

This quarter has seen myriad and robust activities. As Stowelink, we cannot take pride in anything a part from our constant engagement in activities that transform lives. We have made good visibility in the Health care space by providing services that are critical and essentially needed by those we serve. This quarter alone has seen us participating as partner in May Measurement Month 2019 which is a global event aiming at creating awareness around blood pressure. This was a brazen opportunity for us to contribute to global health. We do not take it lightly. On my behalf as the Health Programs Director, I cannot fail to acknowledge and send words of Felicitation to the Stowelink Executive for ensuring that the activities for this quarter were as successful as they are. There was a seamless coordination of the activities for this period and we must applaud every one for the role they played. By the same token, I must congratulate the CEO who has struck his body to see the organization winning the Y254 entrepreneurship award. This award has placed the organization in the path of excellence.

I intend to end it here. I want to say no more. But before I pen down, let me speak to someone, someone who will come across this report. We are what we do every day, our usual activities, engagement and interactions is what can best define us. Mark you that excellence is not a destiny, neither is it a goal or an achievement. Excellence is a journey! Let us then rise and walk the path of excellence. It takes a tough skin to walk through that path. It doesn't come easy as challenges are almost inevitable. The mammoth question remains just one, "do you have the tough skin to drive you through the valley of excellence?"

ABOUT STOWELINK

Stowelink is a youth led social enterprise registered with the government of Kenya in 2019 as a company. We are youth driven and focused on attaining one mission only and that is transforming and empowering lives. We do this actively through focusing on health and disruptive entrepreneurship. We have 3 main divisions and this includes the health division, the disruptive entrepreneurship division and the techHub Division. Stowelink focuses majorly on reaching the young people with various messages on health and wellbeing.

WHAT'S STOWELINK'S VISION?

At Stowelink we strongly believe in transforming and empowering lives and our vision is to be the leading youth led organization in Africa which provides youth friendly services and innovation in primary health care while also having the hugest network of leaders, creatives and innovators across Africa who are working towards transforming the continent



MISSION

To be a leading global provider of quality health services for especially the youth 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

Let your light shine though the darkness.

STOWELINK WINS 254 YOUTH AND ENTREPRENEURSHIP AWARDS. 30/6/2019

Stowelink was honored to have been the award winners of the 254 Youth And Entrepreneurship Award in a glamorous awards ceremony that happened at the Kenyatta international convention center. These awards recognize national entrepreneurs who stand out and have exemplary contributions to the societies they work in within the country.



STOWELINK PRESENTS AT THE 3RD NATIONAL UHC CONFERENCE IN KUSUMU 15TH /5/19

.Stowelink was selected yet again to present some of its work at the UHC conference in Kisumu county. The conference which was attended by the health director Mr Oduor Kevin and the founder Ogwenko Stephen was highly attended by national and state representatives. We presented on two innovative project we had conducted including the drug free youth and the MyHeart Ke project. At Stowelink we continue to focus on innovation and research as key to what we do in a bid to influence and change perceptions around primary health care.



HEALTH DIVISION UPDATES

HEALTH DIVISION

Our main focus is to provide health and wellbeing and with the specific interest in non-communicable diseases. We also have an interest in sexual reproductive health and these two form our major focus in the health division. Under noncommunicable diseases we focus majorly on preventive primary health care providing services and undertaking projects aimed at addressing this. We have projects to address the 4 major risk factors to non-communicable diseases which include tobacco use, alcohol use, poor diets and physical inactivity. We also go a step forward to provide primary preventing of non-communicable diseases which include screening services where we currently do screening for cardiovascular diseases which are the leading killer non communicable diseases through blood pressure screening, blood sugar screening, and with time we hope to start screening for cancers and other NCDS. We also conduct relevant easy to understand trainings on the preventive approaches of all non-communicable diseases. Under sexual and reproductive health, we also conduct primary health care projects and health education with our major target being the young people.

MYHEART KE X MAY MEASUREMENT MONTH 2019

INTRODUCTION

Myheartke project was initiated by Stowelink in 2018 with an aim of spreading awareness on cardiovascular diseases and conditions through, encouraging adoption of healthy lifestyles and providing practical solutions to preventing them. More importantly the project has used new disruptive approaches to engage communities and ensure they learn about cardiovascular diseases. The project has helped many individuals adopt healthy lifestyles.

May Measurement Month is closely related to Myheartke project as it aims at improving world health through raised awareness around blood pressure. It is an initiative led by the International Society of Hypertension (ISH) and endorsed by the World Hypertension League (WHL). Since MMM started in 2017, about 100 countries have been involved in this global public blood pressure screening program. Kenya is one of the Countries that have constantly participated in this global activity. The program is generally overseen by the ministry of health through the Kenya Cardiac society as the leading implementing partner. Various Organizations express interest to partner in the program and contribute in the achievement of the MMM goal.

EXECUTIVE SUMMARY

Stowelink undertook the blood pressure screening at Githurai, KM and Kahawa areas of Nairobi and Kiambu Counties. The screening was majorly done on the weekends with the churches and public places being used as the main screening sites. Since the main aim was awareness alongside getting people screened for the Blood Pressure, the Churches were good avenue for getting larger number of people screened. The screening started on 5th of May 2019 and ended on the 9th of June 2019. Screening was conducted in the churches that approved the request for screening.



These are the churches in which screening was conducted:

- **St. Clement Church-Githurai Branch**
- **African Inland Churches of Kenya**
- **Church of God**
- **Pentecostal Assembly of God(PAG)**
- **Joy Celebration Center**
- **True Jesus Church**
- **St. Clement Church-Kahawa Branch**

Additionally, the Screening Activity was also conducted at the Youth Empowerment Centre, Kenyatta University and Kenyatta Market.

Stowelink was tasked to screen a total of 2000 people by the end of the May Measurement Month. Stowelink is proud to have surpassed the target by screening a **total of 2139 people** during this period, which is cumulative of the Churches and the Communities that were visited during the program. This is according to the numbers that could be verified in the MMM app.

PROJECT STATISTICS SUMMARY

Below is a summary of how the numbers were distributed per screening site:

No	Screening Site	No of People Screened
1	St. Clement Church-Githurai Branch	94
2	African Inland Churches of Kenya	102
3	Church of God	91
4	Pentecostal Assembly of God(PAG)	105
5	Joy Celebration Center	47
6	True Jesus Church	24
7	St. Clement Church-Kahawa Branch	48
8	Youth Empowerment Center-Githurai.	683
9	Kenyatta Market (KM)	281
10	Kahawa Wendani	22
11	Kahawa Sukari	51
12	Kenyatta University(KU)	591
Total Number of People Screened=2139		



STOWELINK PARTNERS TO LAUNCH THE EAST AFRICAN SICKLE CELL ALLIANCE 25/6/2019

East African Sickle Cell alliance is an alliance consisting of organizations from 7 countries in eastern Africa. The alliance consists of countries from Kenya, Uganda, Tanzania and Rwanda. The alliances main aims include championing for sickle cell warriors and getting their voices heard. The alliance is also to ensure that a lot of research and innovation is done to ensure that the sickle cell warriors had a voice and that cutting age innovation comes in to help the development of making lives better for the warriors.

Stowelink hosted the event at Kenyatta university where we played a key role in the launch of the alliance. Stowelink was actively engaged in these discussion especially around innovation where we presented on our new mobile app mCure App. In this app sickle cell anemia is identified as part of the main non communicable diseases, the app will provide details on this and also provide links to relevant medical organizations which are primarily providing care and services to sickle cell warriors.



The Drug Free Youth

Poetry for health

An African collective of poems from the Drug Free Youth Campaign
by Stowelink

Ogweno Stephen

THE DRUG FREE YOUTH BOOK

Stowelink is currently compiling a book titled the drug free youth based on our past project sharing insights on innovative ways of making health interesting to the youth. With this book we are going to share some of the best poetry works in the contest and hopefully through this we begin to influence how primary health programmes are designed.

CONFERENCES AND EVENTS

PLO MENTORSHIP CONFERENCE

Stowelink were invited as key speakers for the PLO Mentorship Conference to speak on social entrepreneurship and the experience we have had being in this space for the past 3 years. We were represented by the CEO, Mr. Ogwen Stephen and the director of health programmes, Oduor Kevin. The presentation made from Stowelink was titled THE STOWELINK STORY 2.5 MILLION PEOPLE LATER.

The story was in commemoration of us having reached out to 2.5 million people as at June. We presented alongside some of the best global leaders including prof PLO Lumumba and Hon Temba Mliswa. We continue to transform and empower lives and keeping true to the organizational profile.



INFO4FOOD PROJECT LAUNCH

Info4food is one of the other projects conducted by Stowelink which focused on innovation, creativity in the field of nutrition and food security. As we all know, poor diets is one of the leading risk factors to non-communicable diseases, this project aims at solving this while also improving food security through introduction of an innovative info4food dryer which preserves food using low technology. We also intend to continue holding several community trainings on various topics including nutrition and food.

This award winning project funded by the Bill and Melinda Gates Foundation under the EFSOYC Project was launched officially on the June 20th. The founder Stowelink and co-founder info4food project, Mr Ogwen represented the outreach youth champions at the launch making a notable speech at the launch. He mentioned the importance of collaboration and innovation as being critical to achieving the sustainable development goals.

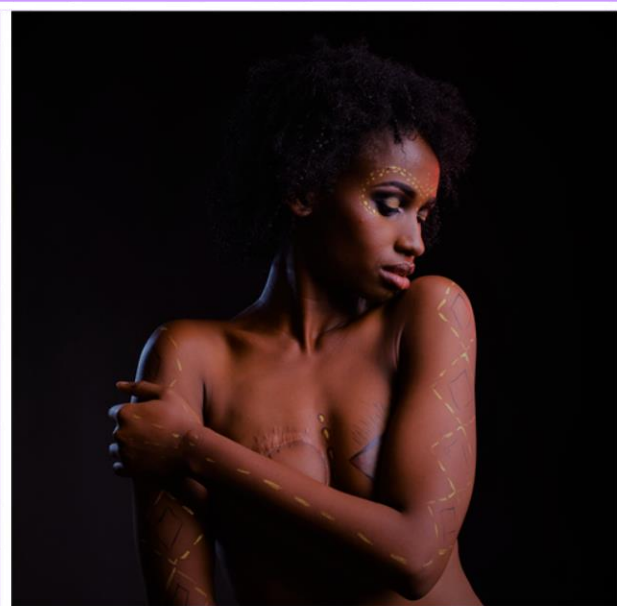
This project is now two months old and is being implemented in Githurai-Njathaine ward in Nairobi, Kenya.



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 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

This quarter we celebrate one of the most influential figures in Stowelink and someone the organization really applauds and honors and this is none other than Jacinta Njeri, a breast cancer survivor and champion. Jacinta is a supermodel, a graduate from Jommo Kenyatta University and a champion for breast cancer. Having learnt about abnormal growths on her breasts at an early age Jacinta realized fast that she had breast cancer for which she would soon start getting treated for. Jacinta who is now in her mid-twenties has gone on to become a global supermodel and an advocate for breast cancer.





She says that realizing this in the first time was hard for her but she decided that she will begin to raise awareness on breast cancer. She strongly wants to debunk the myth that these non-communicable diseases are diseases for the old and the rich. She has also managed to use art creatively through fashion to reach out to millions globally about her experiences with breast cancer. Though this she has also strongly debunked the myth that having an NCD is a death sentence. In a photo campaign that she did with our founder Ogwen Stephen, she was able to receive global recognition for having championed for breast cancer awareness among young people. This led her to becoming a global sensation and even featuring on the covers of global magazines in the USA besides receiving national recognition through media interviews and features in newspapers. It's such stories of hope and victory that keep the team at Stowelink working and striving for even better representation of the NCDS youth champions globally. Jacinta's story continues to inspire us at Stowelink and her resilience, passion, love for humanity and smile remind us to keep moving forward and keep fighting for the NCDS youth champions.

DISRUPTIVE ENTREPRENEURSHIP DIVISION UPDATES

ABOUT

Under the Disruptive entrepreneurship division, we focus on raising a generation of youth who are job creators and not job seekers. As a result we established the Kreative Hub clubs in the universities to help us reach the young people in universities who are considered the cream of the society and transform them into not only intellectuals but also individuals with hands on skills who can create jobs for themselves and the communities around them. The Kreative hub clubs have been established in Kenyatta University and Jommo Kenyatta University of Agriculture And Technology with small groups in Moi University and Egerton university. The club trains its members on 3 main pillars: health, disruptive entrepreneurship and soft skills development with major focus on leadership and personal development for all the members.

THE KREATIVE HUB MASTERCLASS. 8/4/2019

on the 8th of April Kreative hub conducted its first ever executive class where we invited young leaders from Nairobi on a training of innovative ways of reaching to the youth in the health care space and leadership and entrepreneurship. The masterclass saw various leaders gather under one roof to get training and share best practices amongst themselves on ways of leadership and innovation around health care.

The experience was truly breathtaking and amazing insights arose from these young leaders who are set to change the world. Even as we continue to push towards greatness one thing for sure is that innovation, entrepreneurship and disruption are the biggest hope for the future of the current generation. It's with this that we invite you to join the movement and watch this space because we are about to disruptively change the field for the better.

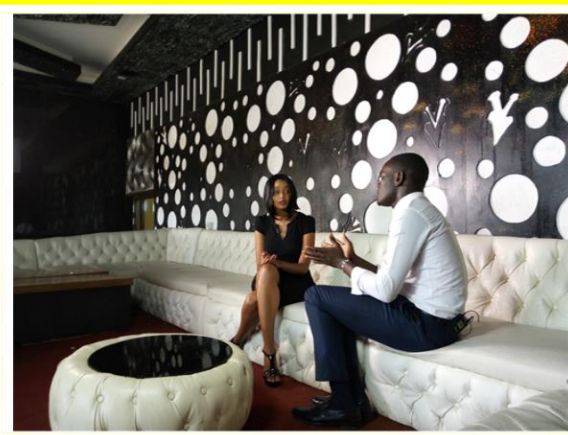


STOWELINK TSHIRTS AND HOODIES

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.

STOWELINK GETS INTERVIEWED BY KUTV FOR THE YOUNG CEOs PROGRAMME

Stowelink executive were interviewed by KUTV on the Young CEOs programme which airs every Thursday on all free live to air television sets. The interview focused on sharing the Stowelink's entrepreneurial journey and the development of the Kreative hub clubs which has spread to reach 4 universities in Kenya training young people on soft skills, entrepreneurship and leadership. The interview which was aired on 13th July 13, 2019 will be available on KUTV's YouTube and Facebook pages soon for viewership.



MAKE A CHANGE MOVEMENT.

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 and 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 advocate for transforming and empowering lives.



Community screening at Githurai youth center



GITHURAI YOUTH CENTER MEDICAL CAMP.

This quarter Stowelink set out to do something different in line with the Stowelink's quarterly make a change movement. This quarter we held a medical camp and training at the Githurai youth center. Githurai is a low income settlement in Nairobi and on this day at the youth center the team set out to screen 400 individuals on this day besides having a health training going on site. At the end of the day the team had managed to screen 453 people on hypertension and blood pressure. Also the people received a comprehensive training on healthy lifestyle habits. We are looking forward to reaching out to more communities in the net quarter and make a change happen!

PROSPECTING.

STOWELINK INC APPLIES FOR THE QUALITY HEALTH CARE AWARDS 2019

This year Stowelink applied for the quality health care awards under the student innovations category with the project MyHeart Ke. quality health care awards is an annual awards that deem to support and recognize the leading players and innovators providing quality health care. The awards gala will be held later in July. We are hoping we get to clinch this award come the 3rd of July.



STOWELINK TEAM WORKING WITH THE KITU NI KUKACHORA PROGRAMME

A team of Stowelink executive team are working closely with population service Kenya under one of their programmes which focuses on the youth, the Kitu Ni Kukachora programme. The team had so far been able to achieve tremendous strides with this including the development of the Kukachora training manual which is a compressive document training the youth on various sectors of health, entrepreneurship, leadership and social issues.

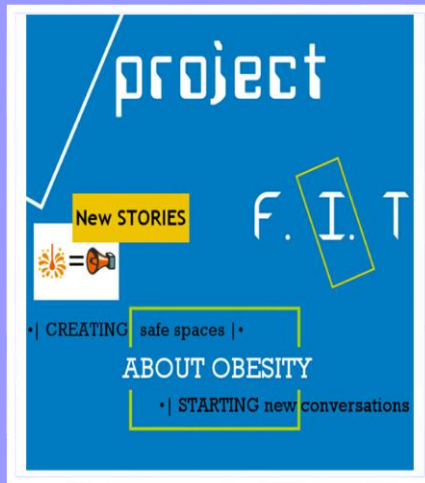


PLANS FOR THIRD QUARTER

THE DRUG FREE YOUTH PROJECT PHASE 2

We intend to revamp the second phase of the drug free youth project which will involve a lot of research work while also reaching out to individuals in institutions of higher learning and secondary schools and teaching them on drug abuse its relation to NCDS and practical ways to keep off drugs as youths. Its time health and NCDS in particular embrace a multi sectoral approach because even NCDS themselves are multisectoral in effect.





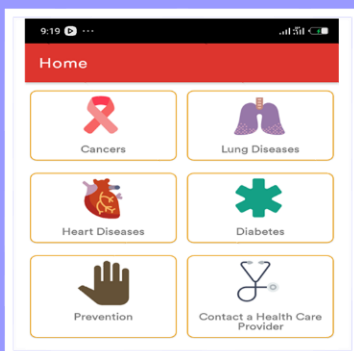
PROJECT SLIM FIT

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.

PUBLISHING RESEARCH PAPERS

Stowelink is also actively now working round the clock to publish a series of papers arising from our 3-year long projects at the African Health Agenda International Journal and as a result also actively contribute to the scientific field of research and innovation. We believe through our research on disruptive approaches and initiatives we are able to inspire a new age of scientific and research work in African young people focused on innovation and disruption.



MCURE APP

This is going to be the future of mobile health care, watch this space!

CALL FOR PARTNERSHIPS

Stowelink Inc. is hereby requesting and calling for collaborations and partnerships with various organizations especially those dealing with non-communicable diseases, youth 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...

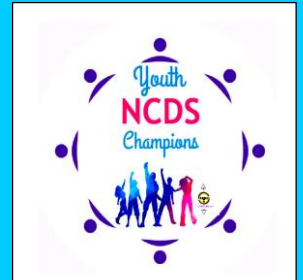
TRANSFORMING AND EMPOWERING LIVES



SPECIAL THANKS

This quarter we would like to give special thanks to

1. **Kenya Cardiac Society**
2. **PLO Mentorship Foundation**
3. **Kenyatta University**
4. **KUTV**
5. **East Africa Sickle Cell Alliance**
6. **254 YEAMP**



CONTACTS

- Physical address per location: Kasarani- Nairobi, Kenya
- Phone number: 0714671748
- Website : <https://Stowelink.com/>
- Email address: Stowelink@gmail.com
- Facebook : <https://www.facebook.com/StowelinkINC>
- Instagram : <https://www.instagram.com/Stowelink.inc/>
- Twitter : https://twitter.com/Stowelink_inc
- Youtube <https://www.youtube.com/c/StowelinkInc>

