

STOWELINK INC.

Transforming and empowering lives



STOWELINK INC 2020.
FIRST QUARTER REPORT
JANUARY – MARCH 2020

TABLE OF CONTENTS

| | |
|---|-------|
| MESSAGE FROM EXECUTIVE | PG 1 |
| ABOUT STOWELINK | PG 2 |
| NOTABLE ACHIEVEMENTS | PG 3 |
| HEALTH DIVISION UPDATES | PG 4 |
| NCD CHAMPION OF THE QUARTER | PG 9 |
| DISRUPTIVE ENTREPRENEURSHIP DIVISION UPDATES..... | PG 11 |
| CONFERENCE AND EVENTS | PG 13 |
| MAKE A CHANGE MOVEMENT | PG 15 |
| PROSPECTING | PG 16 |
| PLANS FOR 2 ND QUARTER | PG 17 |
| CALL FOR PARTNERSHIPS | PG 18 |

MESSAGE FROM THE EXECUTIVE.



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The start of this year has been an exciting one and like any other driven organization, we had goals and plans. Plans intended to reach more and more people in regards to reducing the NCDs burden. Plans to make sure that Stowelink plays its crucial role in awareness creation and takes part in activities geared to promote good health and wellbeing of people. As Stowelink, we did our best to make that goal a reality by engaging people in our programmes including in the social media campaign NCD 365. This campaign encompasses daily messages to people showing facts and relevant statistics on Non-communicable diseases. The content is simplified in an easy to comprehend language that is less bulky then disseminated. As it continues, it is already setting up a storm in different social media platforms. The great support of our partners from different countries such as Tanzania, Ethiopia, Nigeria, Cameroon, South Africa and locals from Kenya has made a tremendous difference.

Aside from the campaign, we continue to put in more and more effort inspired by our theme for the year. The theme “This year we rise” has been a great motivation to all of us as Stowelink. As we work on various aspects, we know that those are the small steps we need to take in order to reach the ultimate goal of rising. As Jay Shetty said, “A common mistake is people envisioning big steps and making them a small priority.....so start with a small step and make it a big priority.” I believe that if we make these small activities at Stowelink big priorities then nothing can stop us from rising. In this quarter, Stowelink was able to start the first phase of a project in Vihiga in partnership with the NCD Alliance of Kenya. We also held our first advisory board meeting and won the Twende Kazi Mobile Film Awards under the project NCDs Youth Champion in the special category of Films for impact focusing on SDG 3.

As the saying goes “Save the best for last”, Stowelink was privileged to present 2 papers at the Royal College of Physicians in London during the 5th Commonwealth Nurses and Midwives Conference. With all that said, I want to thank all the staff and everyone that has contributed to any of our activities. We really appreciate all of you and we know that we are stronger with your support. I would also like to invite anyone interested in partnering, working, volunteering in Stowelink or just interested in our work to reach out to us.

Amid all the challenges we are facing in the world right now due to Corona Virus, I strongly believe that we have to keep fighting. We need to be strong and keep the faith. Thank you.

ABOUT STOWELINK INC.

Stowelink is a youth led social enterprise founded in 2016 and registered with the government of Kenya as a company under the limited liability partnership (LLP) 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, disruptive entrepreneurship and innovation. We have 3 main divisions and this include the Stowelink health division, the disruptive entrepreneurship division and the TechHub Division. Stowelink major focus is to make information on non-communicable diseases available to all at all times and in relevant formats.

WHAT'S STOWELINK'S VISION?

To inspire healthier communities through provision on non-communicable diseases information to ALL at ALL times and in RELEVANT formats through integration of innovative community projects, technology and using disruptive communication approaches.



WHAT'S STOWELINK'S MISSION

To be a leading global provider of quality health services especially for the youth through use of technology and information to provide fulfilling lives. While at it, we seek to promote and enhance 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 through the
darkness*

STOWELINK AT THE 5TH COMMONWEALTH NURSES AND MIDWIVES CONFERENCE AT THE ROYAL COLLEGE OF PHYSICIANS, LONDON- UK. 5-7/3/2020

Stowelink was glad to have been selected as the only team to represent Kenya at the Commonwealth Nurses and Midwives Conference which was happening at the Royal College of Physicians in London. This selection comes as a great privilege for us and a great honor that not only were we representing the whole country, not only did we produce two powerful presentations but also we represented youth voices across the country in this conference. We were represented by our chief programmes officer, Oduor Kevin and the founder, Ogweno Stephen. as Stowelink we would like to thank Jill Illife one of the chief organizers of this event for playing a key role in this success.



STOWELINK WINS THE SPECIAL FILM CATEGORY AWARD AT THE TWENDE KAZI MOBILE FILMS AWARDS COMPETITION. 29/2/2020

Stowelink Inc. under the project NCDS Youth Champions -Drug Free Youth won the Twende Kazi Mobile Film Awards Special Category - Films for Impact SDG 3 GOOD HEALTH AND WELL BEING. Twende Kazi Mobile Film Awards is an initiative driven by Nairobi County to recognize national Film makers and young people working on achieving the Sustainable development goals. Present at the award was the founder and the chief programmes officer who collected the award on behalf of the organization.



STOWELINK HEALTH DIVISION UPDATES.

Our primary ethos is to make information on non-communicable diseases available to ALL at ALL times in RELEVANT approach. 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 prevention mechanisms of non-communicable diseases which include screening services where we currently do screening for cardiovascular diseases. besides that, we conduct relevant, easy to understand trainings on the preventive approaches of all non-communicable diseases.

NCDS COUNTY CHAPTER FORMATION AND STRENGTHENING PROJECT- VIHIGA COUNTY

ABOUT

Stowelink through the support from NCD Alliance of Kenya in their partnership with CISU has embarked on a project aimed at forming and strengthening the county's NCDS chapter. This project aims at working with people living with NCDS together with the county government and relevant stakeholders to educate the county on NCDS literacy, to strengthen the people living with NCDS and get them organized into groups. Most importantly the project aims at forming the Vihiga NCDS county chapter with all stakeholders including people living with NCDS and youth. The main aim of the county chapters being to strengthen the voice of people living with NCDS, to get them involved in policy development and to get these groups organized and educated. the young people are also given key priority and responsibility of driving this agenda.



CURRENT PROGRESS.

ENGAGEMENT OF THE COUNTY GOVERNMENT.

We have been able to make notable in routes with the county government of Vihiga and we are working with them to ensure they are part and parcel of the project. Currently we have engaged the county public health officer and the NCDS coordinator for the county. To this end we have also developed a MOU with the county which is awaiting approval which was delayed due to the shift of attention to addressing the current COVID 19 crisis.



WITH THE DEPUTY GOVERNORS PA



WITH SOME OF THE MEMBERS OF REHEMA GROUP

WORKING WITH PEOPLE LIVING WITH NCDS.

Stowelink has also been able to actively engage with the people living with NCDS from Vihiga county. Stowelink is working directly with 3 groups of people living with NCDS including the Vihiga Stroke Association Group, the Rehema and Busali groups of people living with disabilities. These three groups contain membership of people living with stroke, people living with diabetes, hypertension and other NCDS. we have met with these groups and started an educational programme that will continue actively as soon as the COVID 19 crisis fades off.

WORKING WITH YOUNG PEOPLE.

We as young people are also working with other young people from the Vihiga county. We recognize that young people could be very strong ambassadors for creation of awareness, education and taking care of the NCDS community. To this end we are currently also working actively with the Chavogere Youth Group and Mulundu Youth Group both which are registered community based organizations. We are living no one behind and especially when it comes to non-communicable diseases. Data has showed that there is a very strong benefit that comes with the integrated approach. The projects activities are set to continue actively after the COVID 19 crisis has passed.



MEMBERS OF CHAVOGERE AFTER OUR MEETING

NCDS 365. PROJECT

This is one of our flagship programmes for 2020. NCDS 365 project involves us using media, both social media and mainstream media to everyday communicate messages on NCDS and to quarterly hold events and debates on NCDS. At the start of the year, we commit to communicate every day of the whole year in 2020 messages on NCDS and that's why it's referred to as NCDS 365.

PARTNERS

The NCDS 365 project has attracted a vast majority of partners from 8 countries. Our partners include

1. Transplanted Ke from Kenya
2. We Care from Nigeria
3. Food and Genes Initiative from Nigeria
4. More Global Ltd from Tanzania and Nigeria
5. Rada from Cameroon
6. Erq Maed from Ethiopia
7. Sob Nutrition from Nigeria.

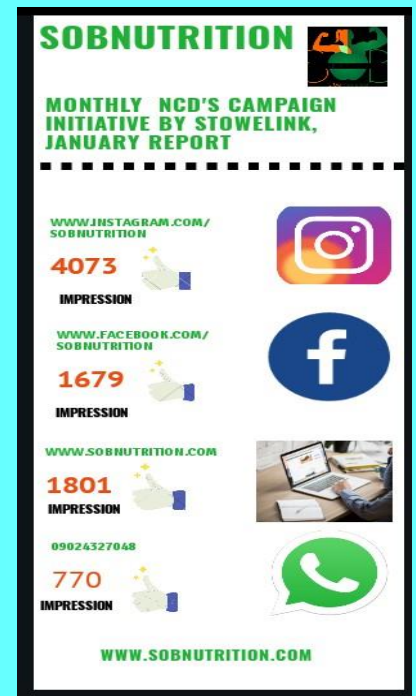
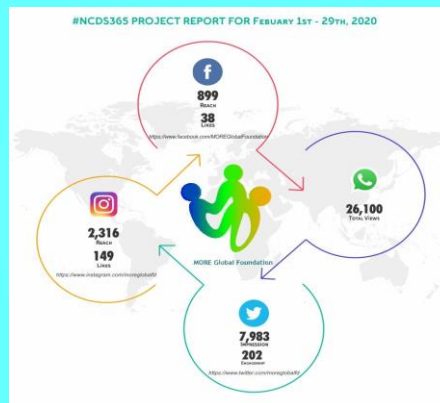
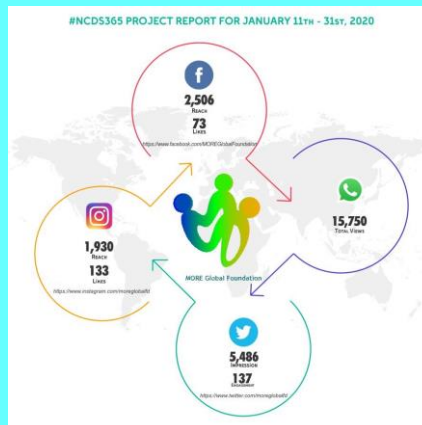
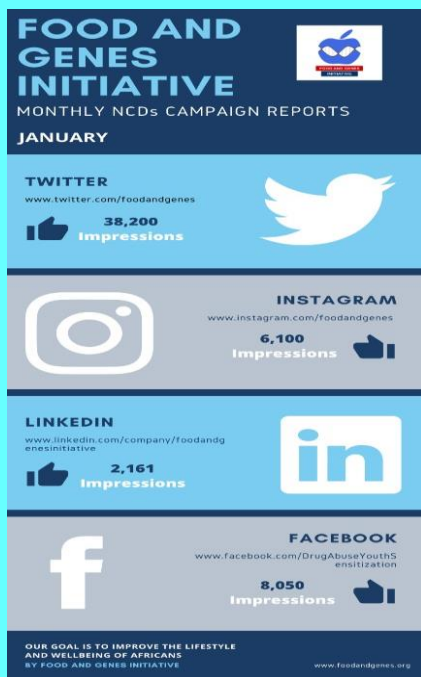
We also have other partners who have been actively engaged in sharing information across the world.



IMPACT.

The project has now been able to reach to over a 100,000 people as at February. We are currently doing impact report for March which will be updated on our website but in the meantime below is January and February impact in pictures.





NCDS 365: BISHOP MUSA GITAU SCHOOL VISIT

As part of the project, the NCDS 365 had its first in person sensitization and education at the Bishop Musa Gitau School. We visited The Musa Gitau Primary School where partnered with the award winning Stevenchy Photography to conduct an amazing school visit where we used photography, art and public speaking to talk about NCDS, DRUGS and young people.

The use of art to communicate HEALTH messages is our innovation which is particularly accepted and welcomed by the young people. It's a creative way to engage their minds to think and learn easily about non communicable diseases. At Stowelink Inc. we are dedicated towards improving NCDS LITERACY among the young people.



STOWELINK HOSTS ITS FIRST MEDICAL CAMP FOR THE 1ST QUARTER 2020.

On the 31st of January 2020 Stowelink in partnership with the Njathaini Info4food Community Based Organization conducted its second medical camp in Njathaini community under our partnership with this CBO. To this end Stowelink was able to screen 321 people on that day for high blood pressure, hypertension for the elderly. For the children, we provided vitamins and dewormers. We had partnered with several hospitals in the area and as a result we gave referrals to nearby hospitals including the Githurai medical facility. More than that the Stowelink team, together with the nurse and the doctor from our partners who were in the field, offered free medical consultation and free advice on various health topics depending on the needs of the residents.



STOWELINK VOLUNTEER RECRUITMENT FOR 2020 UPDATES.

Stowelink conducted a successful drive to recruit volunteers whom we would work with in 2020 to this end we have not yet informed the selected volunteers and this has been majorly due to the COVID 19 crisis the county is facing currently. We will be giving further direction to our volunteers as soon as the COVID 19 crisis is over and until then sit tight and keep safe. At Stowelink we value our volunteers whom we expose to the real volunteer experience while also working with them to improve their skills abilities and experiences working with the NCDS community.

Stowelink Call For Volunteers.

WE ARE CALLING FOR 10 VOLUNTEERS to work with us throughout 2020 - we are looking for Public Health Enthusiasts, photographers, medical students, programmers, and vibrant individuals.

interested applicants to send their applications to programmes@stowelink.com

 **STOWELINK INC.**

COVID 19 UPDATE

The NCDS community is one of the most vulnerable groups to the COVID 19 pandemic. To this end Stowelink started an active campaign called NCDS 365 and COVID 19 to educate the NCD Community on the extra precautions and information they need to know about the COVID 19 and its connection to NCDS. We curated content from verified sources including the World Health Organization, the CDC and the NCD Alliance. We continue to ensure the NCD community is kept up to date with relevant messages on COVID 19. The project is currently ongoing and can be viewed across all our social media platforms.

The COVID 19 crisis has also affected some of our programmes especially programmes that involve going to the field, but we remain ever strong and committed to working and as a result all our programmes that are currently online have not been stopped and continue to run as usual. We encourage the readers to continue engaging with us on all our online platforms.



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.

The NCD Champion of this quarter is Moses Otieno Omondi commonly known as Myles So what's his story? let's find out!

My name is Moses Otieno Omondi I am Cancer Advocate, I create awareness, I am a sign language Interpreter and I also play amputee football. When I was in from 2nd to 3rd term, I started experiencing some pain around the knee area on my right leg, that was back in 2014. The pain continued like that and all I used to do is massage it with warm water. School were closed and we went home for the December holiday. The pain did not stop but all I could do was just to take some pain killers and use warm water as my daily remedy. When school were opened in January, during the assembly time I fainted and my dad was called to school. He came and there is where we started the journey of seeking treatment. I was taken to Ruaraka Uhai Neema hospital along Thika road and some X-ray were done. Then we were instructed to go to Kiambu level 4 hospital where we will find a doctor to look at the X-rays and give tell us what was wrong.

The following morning, we went to Kiambu Level 4 hospital and after a long wait we saw a Doctor who looked at the X-rays and wrote a referral letter to Kenyatta national hospital. My dad and I started the Kenyatta journey looking for a doctor and bed and I was admitted mid-February. After I was admitted the doctor looked at the X-rays and told my dad that a test was needed. So I was booked for theatre and a biopsy test was done and I was discharged for 1 and a half months while I was waiting for the results. When the results were out, the doctor called my dad and told him that I had something called bone cancer (sarcoma) and I needed surgery immediately.

I was readmitted and 7th of July I was amputated. It was not easy for me accepting the situation at hand. I was stressed and I went through depression. I was still young had a bright future ahead of me and here I am amputated. I had different thoughts and after I was discharged, I stayed indoors for 3 months without going out because I was still afraid and I didn't accept who I was at that time. But one day my mum had a talk with me and told me even if I stay indoors for 10 years the leg won't grow back and it was high time I started going out. I followed her words and slowly I started going out until people and friends got used to me. I was unable to go for chemo or radio therapy because back in 2014 it was not covered under NHIF and I was supposed to be paying 10 thousand shillings after 3 weeks. I was confused more but all was in God's hands now it's 6 years down the line and still am going strong.



DISRUPTIVE ENTREPRENEURSHIP DIVISION UPDATE

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.

KREATIVE HUB TRAININGS COHORT 4

The Kreative hub trainings for cohort four began actively this year. The training which involves trainings on health, entrepreneurship and personal development have begun actively and continue to reach out to more young people. Currently, the trainings have been suspended due to the COVID 19 crisis and will resume as soon as schools are back on.



2020 COHORT



THE ENTREPRENEURSHIP MASTERCLASS AT ROTARY CLUB.

Stowelink in partnership with the Kreative hub leadership conducted a masterclass for The Rotary Club at Kenyatta university where the discussion majorly focused on demystifying the myths around employment and entrepreneurship. The fully packed training went for two and half hours. We recognize the importance of employment and entrepreneurship and through this masterclass we were able to pass on important information on this controversial topic.

STOWELINK MECHANDISE.

Stowelink has developed new fresh merchandise which is now available on order. The new Stowelink t-shirts and hoodies feature our new logo and the SDGS and are made from the best cotton products to ensure maximum comfortability and durability. The t-shirts go for 1000 kes and the hoodies for 2000 kes. To place an order, send your request for stowelink@gmail.com.



INFO4FOOD UPDATE.

Info4food is one of the most successful projects that have been developed under this division. The project currently being implemented at Njathaini reduces post-harvest losses through the use of a low tech machine that was created by the team. The project has gone ahead to develop a community based organization at Njathaini which has now been officially registered with the government.

On 5th of February Stowelink under its partnership with Info4food joined the Info4food in their stakeholders' dissemination forum. As stakeholders and partners to this programme we were responsible for providing trainings on non-communicable diseases and how it relates to food security. Our partnership also involved training farmers of Njathaini on nutrition as an important element in combatting food insecurity while also ensuring we keep NCDs at bay.



CONFERENCES AND EVENTS

THE 5TH COMMONWEALTH NURSES AND MIDWIVES CONFERENCE 2020.

Kenya was well represented by us during the 5th commonwealth nurses and midwives conference. We presented two papers during the two days of the conference. Ogweno Stephen presented a paper of the innovative use of mhealth to make health communication and education on cardiovascular health accessible to all across the country with the case study being MyHeart Ke project.

Kevin Oduor on the other hand made a presentation On the Drug Free Youth Project. During his presentation he noted that young people need to engaged actively in the fight against drugs and substance abuse. The drug free youth was an example of the many ways innovation in health care will be key in improving health literacy on various topics.



STOWELINK FIRST ADVISORY BOARD MEETING

Stowelink had its first advisory board of 2020 on 21st of February. The meeting was filled with discussions on progress strategy and development of the organization moving forward. Some of the critical issues that came out of the board meetings were the new programmes and activities that we are planning to conduct at Stowelink.

OUR VIEWS OUR VOICES TRAINING.

Our Views, Our Voices is an initiative that seeks to meaningfully involve people living with NCDs in the NCD response, supporting and enabling individuals to share their views to take action and drive change. On the 23rd and 24th of January Stowelink joined the 20 other delegates who were selected from across the country to participate in this training. one key message from this training is this...

“We seek to amplify the voices of millions, leaving nobody behind - especially those who are too sick, too old, too young, too poor, or too vulnerable to take a stand. We urgently demand long overdue action and resourcing for NCD prevention and control from our governments and political leaders. Progress has been too slow, and we are impatient for change.”



STOWELINK COLLABORATES WITH COMMUNITY RESOURCE MANAGEMENT CLUB AT KENYATTA UNIVERSITY TO HOLD A NCDS YOUTH CHAMPIONS EVENT.

Stowelink in January solidified a collaboration with the Kenyatta university community resource management to train NCDS outreach youth champions. this partnership comes under our programme the NCDS youth champions where we are working to support and young people in institutions of higher learning with information on NCDS and commissioning them to train other young people in the community on non-communicable diseases.



STOWELINK PARTNERS WITH PEER COUNSELLORS CLUB KENYATTA UNIVERSITY TO TRAIN ON COMMUNICATION FOR ADVOCACY.

Stowelink in the last week of February 2020 was actively engaged in training 100 selected young peer counselors at Kenyatta university on matters of leadership, young engagement and involvement and communication for advocacy and change.

The session that was led by Kevin Oduor and Ogwen Stephen actively engaged the young students of Kenyatta university on an interactive training educating on the importance of communication for advocacy. Some of the key points that arose during this training was that in order for young people to be able to communicate effectively for advocacy they have to have data at their fingertips.

THE DRUG FREE YOUTH MASTERCLASS.

Stowelink in partnership with the office of the nonresident congress for Kenyatta university conducted a masterclass on the drug free youth. This masterclass involves students from Kenyatta universities and other universities who came for a training of trainer's masterclass on refusal skills for drug abuse and how to communicate messages of drug abuse to young people. This masterclass comes in line with one of our projects The Drug Free Youths and this way we are able to continually raise a generation of the drug free youth, a generation capable of saying no to drugs and as a result reduce their chances of developing NCDS from drug use such as tobacco and alcohol.



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.



STOWELINK SUPPORTS THE HOUSE OF MERCY CHARITY VISIT 16.2.2020

On the 16th of February Stowelink actively participated in supporting a reputable charity to visit and start up a programme at The House of Mercy Children's Home. At Stowelink we are keen on supporting reputable charity projects aimed at improving lives of the less vulnerable in the community. We are keen on putting effort where impact is felt and as a result we are keen on transforming and empowering lives for the long term.

We believe that we can make change and impact in communities when we work with reputable charities whose aim is to see better, healthier and improved livelihoods. We are also keen on mental health with focus on young people in children's homes and rehabilitation centers a topic that has been neglected for a long time and we are focused on improving this state moving forward.

STOWELINK PARTNERS WITH ART4CHARITY FOR THE VICTORS CHILDRENS HOME VISIT

Art for charity is a new partnership Stowelink has created with a wave of new and outstanding young poets across the country. The project happens quarterly and is part of Stowelink's make a change movement which is our corporate social responsibility.

On this day together with the team we visited the Victors Children's home where we gave out our donations and had a good time with the children. We identified several programmes that we could support the Art4charity Movement in conducting including a monthly mental health discussion with the children at these children's homes. Even as plans are underway we continue to support reputable charities that are driven towards sustainable long lasting change.

ART4CHARITY

Children's Home Visit

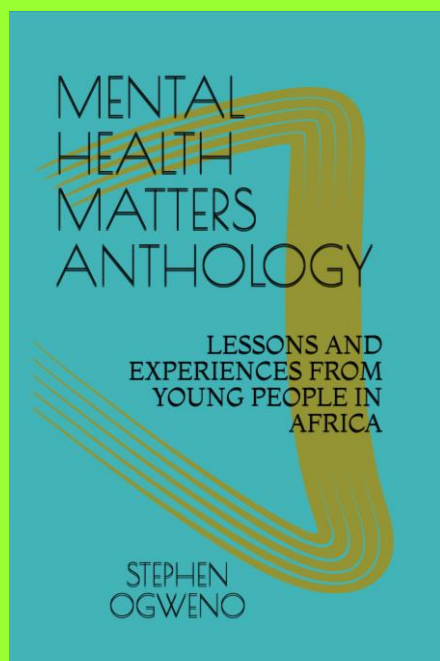
VICTOR'S CHILDREN'S HOME, KAHAWA WEST



PROSPECTING

STOWELINK SET TO PUBLISH RESEARCH IN THE EAST AFRICAN JOURNAL OF HEALTH AND SCIENCES.

Stowelink founder Ogweno Stephen, has been in the past 3 years been involved in a research on the effect of mhealth and information awareness levels among youths. This research has been conducted using the MyHeart Ke app from Stowelink as the mhealth solution and finally the research has been done and is set to be published in the highly recognized east African journal of health and sciences. This research that was conducted in partnership with Kenyatta university has influenced the development of mCure app and is set to influence innovation around mhealth and NCD awareness and communication.



THE MENTAL HEALTH ANTHOLOGY BOOK

A second book written and compiled courtesy of a Stowelink programme is underway. The Mental Health Anthology is set to be published this April. The book is an innovative way of communicating about mental health through poetry and short human stories of lived experiences. The book is stemming out of one of our projects the mental health matters and has been written and compiled by Ogweno Stephen. This comes after a successful publication and performance of the drug free youth book which continues to inspire and educate young people on the effect of drugs and the link to NCDS. At Stowelink we believe in continuous innovation and this is one of the ways we are constantly contributing to the field of knowledge.

PLANS FOR THE SECOND QUARTER.

NCDS 365

The NCDS 365 programme will continue throughout the year. For the second quarter we will highlight on the link between NCDS and COVID 19, we will highlight on mental health, we will also talk about diabetes. To follow this programme kindly visit us on all our social media pages.

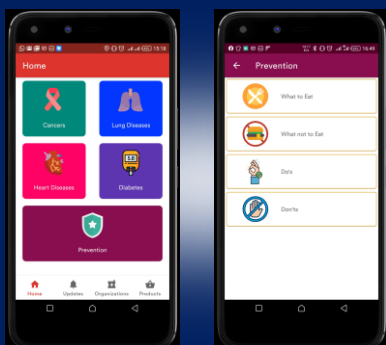


NCDS IN THE WORKPLACE.

This is by far one of our most research on programme. The workplace is by far the biggest environment where NCDS develop especially for the corporate world. we are working on releasing a book that has been in the works for 2 years now. we are also looking forward to starting a programme which will educate the various workplaces on how to beat NCDS in the workplace.

NCDS BOARD GAME.

Innovation never stops here at Stowelink and this is definitely one game changing innovation we will be releasing in the next quarter. The patented board game developed by the team will definitely go a long way in changing how people learn about NCDS. we intend to make education on NCDS interesting and fun and through the board game we will active just that!



MCURE APP OFFICIAL RELEASE.

Stowelink is currently working on releasing the official version of mCure app. This app will be the go to platform for all information on NCDS, and will be your daily provider of information, updates and events happening in the NCDS field. The test version of the app is already on Playstore. Kindly check it out!

CALL FOR PARTNERSHIPS

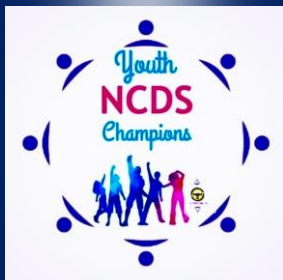
Stowelink Inc. is hereby requesting and calling for collaborations and partnerships with various organizations especially those dealing with non-communicable diseases, youth and entrepreneurship. Whenever you can chip in and partner with us we highly welcome you on board. Be part of our story, be part 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 TO



1. THE NON COMMUNICABLE DISEASES ALLIANCE OF KENYA
2. KENYATTA UNIVERSITY
3. THE COMMONWEALTH NURSES AND MIDWIVES FEDERATION
4. NAIROBI COUNTY GOVERNMENT
5. VIHIGA COUNTY GOVERNMENT
6. OUR NCDS 365 PARTNERS
7. ROTARACT CLUB
8. STEVENCHY PHOTOGRAPHY



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