

Stowelink News

ABOUT US

Established in 2016 Stowelink Foundation is a registered youth-led organization whose primary ethos and vision is to inspire healthier communities through innovative community health projects that embrace people at the core of its processes.

We prioritize our work by engaging young people and youths actively in the health sector with focus on the major health priorities including; Non-Communicable Diseases (NCDs) prevention, sexual and reproductive health, HIV/AIDs through social behavior change. In achieving this objective we will address meaningful youth engagement in; health, and social inclusion; research learning and development; and health systems strengthening.



WHAT'S IN THIS QUARTER'S ISSUE:

- MESSAGE FROM THE EXECUTIVE
- STOWELINK NOTABLE ACHIEVEMENTS
- HEALTH DIVISION UPDATES
- ADVOCACY DIVISION UPDATES
- RESEARCH AND DEVELOPMENT DIVISION UPDATES
- CONNECTING TO THE WORLD
- ACKNOWLEDGEMENTS

OUR MISSION

To inspire healthier communities through innovative community health projects that embrace people at the core of its processes.

OUR VISION

To provide quality health services through technology innovation and partnerships to enhance fulfilling lives.

Message From The Executive

I trust this message finds you well and thriving. I am writing to express my heartfelt gratitude for the incredible efforts and dedication each one of you has put into making Stowelink Foundation's recent initiatives a resounding success.

First and foremost, I want to commend the team for the outstanding work in the successful implementation of our 21st project. The tour across five of the largest universities and colleges in Kenya to train trainers on NCDs and climate change content was not just a project; it was a testament to our commitment to spreading knowledge and creating a positive impact. Your hard work and enthusiasm truly shone through, and I am proud of the ripple effect this will undoubtedly create.

I am delighted to announce the successful publication of our research on caregivers. This achievement reflects our dedication to shedding light on critical issues and contributing valuable insights to the broader healthcare landscape. Your commitment to research excellence is making a tangible difference, and I look forward to the positive impact this publication will have on the caregiving community.

Additionally, I recently had the pleasure of meeting with Professor Roger. Our collaboration with him has been instrumental in creating nationally recognized resources such as the NCD Module for Schools and communities.

The reunion was not just a meeting; it was a celebration of our shared commitment to advancing public health education. Your work in this area is a true reflection of Stowelink's vision and mission.

As we celebrate these milestones, let's also look ahead with excitement and determination. There is much more to achieve, and I am confident that, together, we will continue to make a lasting impact on public health and education.

Thank you once again for your hard work and dedication. Your passion fuels our mission, and I am proud to be part of this incredible team.



Stephen Ogwen- Founder and CEO

BIGGEST HIGHLIGHT OF THE QUARTER

STOWELINK PARTICIPATES IN THE GLOBAL ALCOHOL POLICY CONFERENCE IN CAPE TOWN.

Representatives from Stowelink that is our Chief Executive Officer and Chief Programs Officer, Ogwen Stephen and Oduor Kevin respectively, had the privilege of joining over 500 participants from 55 countries who attended the 7th Global Alcohol Policy Conference (GAPC).

The conference was hosted by the Global Alcohol Policy Alliance (GAPA) together with its partners in Cape Town, South Africa. It was the leading forum for the world's alcohol policy makers, advocates, researchers, civil society activists, and practitioners.



Notable Achievements Of The Quarter



STOWELINK PRESENTS ON THE "BEST PRACTICES FOR YOUTH ENGAGEMENT IN NCD PROGRAMS" IN NAIROBI

Stowelink was privileged to be invited to deliver a keynote presentation on Best Practices for Youth Engagement in the NCD program at an event Co-hosted by Plan International Kenya and Nairobi City County NCD department. We were represented by our Chief Programs Officer, Oduor Kevin who was able to share insights and best practices with a diverse audience passionate about reshaping the landscape of Non-Communicable Diseases (NCDs) management through the active involvement of the youth.

STOWELINK CEO GRADUATES FROM THE UNIVERSITY OF MANCHESTER WITH A MASTERS IN PUBLIC HEALTH GLOBAL HEALTH OPTION

Ogweno Stephen officially graduated with Masters Degree in Public Health - Global Health Track from the great The University of Manchester! And now can confidently claim the title a Global Public Health physician! This is a huge step in the continual improvement for the teams here at the Stowelink Foundation.



East African Journal of Health and Science, Volume 6, Issue 2, 2023
Article DOI: <https://doi.org/10.37284/eajhs.6.2.1640>



East African Journal of Health and Science
eajhs.eanso.org
Volume 6 Issue 2, 2023
Print ISSN: 2707-3912 | Online ISSN: 2707-3920
Title DOI: <https://doi.org/10.37284/2707-3920>

EANSO
EAST AFRICAN
NATURE &
SCIENCE
ORGANIZATION

Original Article

Understanding the Life and Challenges of Caregivers of Renal Patients Undergoing Dialysis in Kenya: A Qualitative Study

Stephen Ogwen^{1,2*}, Kenedy Anjejo² & Kevin Oduor^{1,3}

¹ University of Manchester, Oxford Rd, Manchester M13 9PL, UK.

² University of Nairobi, P. O. Box 30197-00100, Nairobi, Kenya.

³ Stowelink Foundation, Kenya.

*Author for correspondence ORCID ID: <https://orcid.org/0000-0001-6727-192X>; Email: stowelink@gmail.com

Article DOI: <https://doi.org/10.37284/eajhs.6.2.1640>

WE GOT A NEW SCIENTIFIC PAPER OUT

Our new research "Understanding the Life and Challenges of Caregivers of Renal Patients Undergoing Dialysis in Kenya: A Qualitative Study" has now been published. Meticulously led by Kenedy Anjejo, Oduor Kevin and Ogwen Stephen this was a supper collaborative effort from Community Led Solutions CBO and the Stowelink Foundation

Health Division Updates

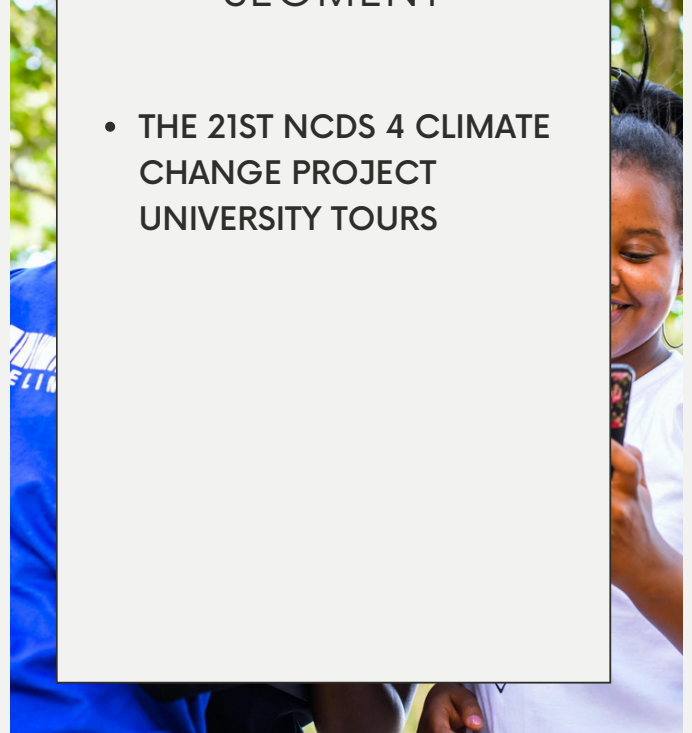
ABOUT THE DIVISION

Under this division, our primary focus is to implement relevant health programs to serve our community. We primarily aim at making information and diagnostic services on non-communicable diseases available to ALL at ALL times in RELEVANT formats but also focus on the other components in our behavior change communication that include Mental Health, Drugs and Substance Abuse and Sexual and Reproductive Health.

We mainly focus on preventive primary healthcare by providing health education and diagnostic services. Our vision in this division is to ensure that the communities we serve live a healthy and productive life.

WHAT'S IN THIS SEGMENT

- THE 21ST NCDS 4 CLIMATE CHANGE PROJECT UNIVERSITY TOURS



BIGGEST HIGHLIGHT OF THE QUARTER

Stowelink visits 5 of the biggest universities and colleges to train on NCDs and Climate Change

This quarter Stowelink Foundation visited 5 universities and colleges courtesy of the 21st Project. The project at hand is geared towards fostering a movement of young champions known as the "Twenty-firsts." These bright minds are poised to gain an in-depth understanding of NCDs and climate change through engagement in innovative and creative activities.



THE 21ST NCDS 4 CLIMATE CHANGE PROJECT UNIVERSITY TOURS

NCDS AND CLIMATE CHANGE TRAINING AT KENYATTA UNIVERSITY

In a remarkable week, the journey of enlightenment and empowerment led us to Kenyatta University. Here, our mission was to provide comprehensive training to the passionate students in the Environmental Club on the critical topics of Non-Communicable Diseases (NCDs) and climate change. The objective was crystal clear: to equip these students to become the ambassadors of change in this transformative project.

These newly trained students, now well-versed in the intricacies of NCDs and climate change, carry a significant responsibility. They are entrusted with the vital task of passing on their knowledge and passion to their peers within the university and the immediate community. By doing so, they will amplify the impact of the work that has already commenced.



NCDS AND CLIMATE CHANGE TRAINING AT MULTIMEDIA UNIVERSITY

At Stowelink Foundation, every collaboration, every engagement, and every training session signifies a step forward in our mission to empower and enlighten. This time, our journey led us to Multimedia University, where we had the privilege of working alongside the Environment and Health Club members. Together, we embarked on a transformative voyage, armed with the knowledge to combat non-communicable diseases (NCDs) by taking meaningful climate change action.



NCDS AND CLIMATE CHANGE TRAINING AT ZETECH UNIVERSITY

This week we marked another significant chapter in our journey of enlightenment and empowerment. The path led us to Zetech University, where we were on a mission to impart valuable knowledge to the students of the university. Our goal was clear: to transform them into ambassadors of change, equipped with profound insights into Non-Communicable Diseases (NCDs) and climate change.

The students who have undergone this specialized training are now entrusted with a pivotal responsibility. They are tasked with sharing their knowledge and passion with their fellow students within the university and the immediate community. This ripple effect will serve to amplify the ongoing work and raise awareness to new heights.



NCDS AND CLIMATE CHANGE TRAINING AT JOMO KENYATTA UNIVERSITY OF AGRICULTURE AND TECHNOLOGY

The Stowelink team led by Naila Chebet Koech, our External Relations Officer and Health Educator, visited the Jomo Kenyatta University of Agriculture and Technology (JKUAT) for another training on NCDs and Climate Change. As part of the 5th training in the series for the 21st Project, this training was a remarkable success with approximately 40 students trained.

Members of the Jomo Kenyatta University Students Medical Association (JKUSMA) were enlightened on the link between non-communicable diseases (NCDs) and climate change. Stowelink continues to empower students from different institutions by providing comprehensive training on non-communicable diseases, their relation to climate change and how to combat the effects brought about by both in a co-benefit approach.



STEP UP PROJECT: NCDS AND CLIMATE CHANGE PROJECT CLOSE-OUT EVENT

On 7th November 2023, Stowelink Foundation held a close out event for a project on Non-Communicable Diseases (NCDs) and Climate Change dubbed the Co-benefit Project. The close-out/dissemination event, held at Githurai Social Hall marked a significant milestone in the project and served as a platform to showcase the achievements, share key findings, and celebrate the collaborative efforts of stakeholders involved. Stowelink Foundation, known for its commitment to NCDs through innovative projects and solutions, implemented the multi-faceted project exploring the intersections between NCDs and climate change. The event featured presentations highlighting the impact and outcomes of the project, emphasizing the importance of addressing the dual challenges of non-communicable diseases and climate change for sustainable and improved health outcomes.

The event also provided an opportunity for stakeholders, including Roysambu sub-county health promotion officers, area chief, and project beneficiaries, to engage in a dialogue about the project's outcomes and lessons learned. Interactive sessions facilitated discussions on the integration of NCDs and climate change issues into policy frameworks, community-based interventions, and educational programs. The Stowelink Foundation's closeout event not only served as a moment of reflection on the achievements of the NCDs and Climate Change Project but also paved the way for continued collaboration and action to address the complex interplay between health and environmental sustainability in the ongoing pursuit of a healthier and more resilient community.



Advocacy Division Updates

ABOUT THE DIVISION

The Stowelink advocacy division focuses all issues advocacy. This division aims at addressing and contributing actively to the key advocacy asks that are in line with our organizations values and missions. More than that ,the advocacy division is also responsible for the media and communication features of the organization ensuring that the organization is positioned correctly in the public.

WHAT'S IN THIS SEGMENT

- STOWELINK PARTICIPATES IN THE GLOBAL ALCOHOL POLICY CONFERENCE IN CAPE TOWN
- STOWELINK PRESENTS ON THE "BEST PRACTICES FOR YOUTH ENGAGEMENT IN NCD PROGRAMS" IN NAIROBI

BIGGEST HIGHLIGHT OF THE QUARTER

STOWELINK PARTICIPATES IN THE GLOBAL ALCOHOL POLICY CONFERENCE IN CAPE TOWN

Representatives from Stowelink that is our Chief Executive Officer and Chief Programs Officer, Ogweno Stephen and Oduor Kevin respectively, had the privilege of joining over 500 participants from 55 countries who attended the 7th Global Alcohol Policy Conference (GAPC).The conference was hosted by the Global Alcohol Policy Alliance (GAPA) together with its partners in Cape Town, South Africa. It was the leading forum for the world's alcohol policy makers, advocates, researchers, civil society activists, and practitioners.



STOWELINK PARTICIPATES IN THE GLOBAL ALCOHOL POLICY CONFERENCE IN CAPE TOWN

Representatives from Stowelink that is our Chief Executive Officer and Chief Programs Officer, Ogweno Stephen and Oduor Kevin respectively, had the privilege of joining over 500 participants from 55 countries who attended the 7th Global Alcohol Policy Conference (GAPC).

The conference was hosted by the Global Alcohol Policy Alliance (GAPA) together with its partners in Cape Town, South Africa. It was the leading forum for the world's alcohol policy makers, advocates, researchers, civil society activists, and practitioners. The gathering, under the unique theme of "Investing in people before profits: building momentum towards the Framework Convention on Alcohol Control".

The 2023 GAPC provided a rich platform for delegates to share insights into alcohol policies and interventions implemented in their respective countries. From successful alcohol initiatives in Lithuania to ongoing challenges brought about by industry interference, the diversity of global perspectives highlighted the need for a nuanced and adaptable approach to alcohol regulation.



STOWELINK PRESENTS ON THE "BEST PRACTICES FOR YOUTH ENGAGEMENT IN NCD PROGRAMS" IN NAIROBI

Representatives from Stowelink that is our Chief Executive Officer and Chief Programs Officer, Ogweno Stephen and Oduor Kevin respectively, had the privilege of joining over 500 participants from 55 countries who attended the 7th Global Alcohol Policy Conference (GAPC).

The conference was hosted by the Global Alcohol Policy Alliance (GAPA) together with its partners in Cape Town, South Africa. It was the leading forum for the world's alcohol policy makers, advocates, researchers, civil society activists, and practitioners. The gathering, under the unique theme of "Investing in people before profits: building momentum towards the Framework Convention on Alcohol Control".

The 2023 GAPC provided a rich platform for delegates to share insights into alcohol policies and interventions implemented in their respective countries. From successful alcohol initiatives in Lithuania to ongoing challenges brought about by industry interference, the diversity of global perspectives highlighted the need for a nuanced and adaptable approach to alcohol regulation.



Research & Development Division Updates

ABOUT THE DIVISION

Stowelink Research and Innovation Segment showcase research work, innovative activities and publications that have been conducted by Stowelink or its executive that is related to the work that we do

WHAT'S IN THIS SEGMENT

- STOWELINK PUBLISHES NEW RESEARCH TITLED: Understanding the Life and Challenges of Caregivers of Renal Patients Undergoing Dialysis in Kenya: A Qualitative Study

BIGGEST HIGHLIGHT OF THE QUARTER

NEW RESEARCH OUT

Our new research "Understanding the Life and Challenges of Caregivers of Renal Patients Undergoing Dialysis in Kenya: A Qualitative Study" has now been published. Meticulously led by Kenedy Anjejo , Oduor Kevin and Ogweno Stephen this was a supper collaborative effort from Community Led Solutions CBO and the Stowelink Foundation

East African Journal of Health and Science, Volume 6, Issue 2, 2023
Article DOI: <https://doi.org/10.37284/eajhs.6.2.1640>



East African Journal of Health and Science
eajhs.eanso.org

Volume 6 Issue 2, 2023

Print ISSN: 2707-3912 | Online ISSN: 2707-3920
Title DOI: <https://doi.org/10.37284/2707-3920>

EASO
EAST AFRICAN
NATURE &
SCIENCE
ORGANIZATION

Original Article

Understanding the Life and Challenges of Caregivers of Renal Patients Undergoing Dialysis in Kenya: A Qualitative Study

Stephen Ogweno^{1,3*}, Kenedy Anjejo² & Kevin Oduor^{1,3}

¹ University of Manchester, Oxford Rd, Manchester M13 9PL, UK.

² University of Nairobi, P. O. Box 30197-00100, Nairobi, Kenya.

³ Stowelink Foundation, Kenya.

*Author for correspondence ORCID ID: <https://orcid.org/0000-0001-6727-192X>; Email: stowelink@gmail.com

Article DOI: <https://doi.org/10.37284/eajhs.6.2.1640>

UNDERSTANDING THE LIFE AND CHALLENGES OF CAREGIVERS OF RENAL PATIENTS UNDERGOING DIALYSIS IN KENYA: A QUALITATIVE STUDY

East African Journal of Health and Science, Volume 6, Issue 2, 2023

Article DOI: <https://doi.org/10.37284/eajhs.6.2.1640>



East African Journal of Health and Science

eajhs.eanso.org

Volume 6 Issue 2, 2023

Print ISSN: 2707-3912 | Online ISSN: 2707-3920

Title DOI: <https://doi.org/10.37284/2707-3920>



EAST AFRICAN
NATURE &
SCIENCE
ORGANIZATION

Original Article

Understanding the Life and Challenges of Caregivers of Renal Patients Undergoing Dialysis in Kenya: A Qualitative Study

Stephen Ogwen^{1,3*}, Kenedy Anjejo² & Kevin Oduor^{1,3}

¹ University of Manchester, Oxford Rd, Manchester M13 9PL, UK.

² University of Nairobi, P. O. Box 30197-00100, Nairobi, Kenya.

³ Stowelink Foundation, Kenya.

*Author for correspondence ORCID ID: <https://orcid.org/0000-0001-6727-192X>; Email: stowelink@gmail.com

Article DOI: <https://doi.org/10.37284/eajhs.6.2.1640>

ABSTRACT

The research investigated the multifaceted challenges faced by caregivers of renal patients undergoing dialysis in Kenya, aiming to understand the impact on daily routines, socioeconomic factors, and mental health. Structured interviews were conducted with 32 caregivers (interview conducted till saturation with a target sample size of 59), predominantly spouses and children, revealing a complex web of responsibilities and hardships. The majority of caregivers assumed their roles due to a lack of alternatives, either being the sole available family member or chosen by others. While some experienced disruptions in daily routines, including changes in work schedules and sleep patterns, others adapted by delegating tasks or using financial resources. Caregivers often mirrored the dietary needs of patients, though this posed economic challenges and altered their own eating habits. Economically, caregivers faced heightened living costs attributed to dietary changes, medication expenses, and increased dialysis sessions. The study uncovers a significant decline in the quality of life for caregivers, with financial strains and altered sleep patterns contributing to their overall well-being. Mental health challenges were pervasive, with stress, emotional exhaustion, and even suicidal ideation reported. Caregivers expressed fears of abrupt health deterioration in patients and felt unsupported by medical facilities. The study concludes that caregivers draw motivation from relationships with patients, emphasising the need for comprehensive support mechanisms. The study recommended enhanced support programs, expanded health insurance coverage, and dedicated mental health support and education. These initiatives aim to alleviate the economic burden, improve the affordability of caregiving, and enhance caregivers' mental well-being. Implementing these recommendations ensures caregivers receive the necessary support to navigate their challenging roles effectively, benefiting both caregivers and renal patients.

Stowelink Connecting to the world

ABOUT THE DIVISION

This segment demonstrate our passion to connect with the world while promoting NCDs Advocacy. Our team is keen on reaching the world audience with active NCDs work that aims at promoting NCDs Literacy and contributing to the NCDs knowledge gap across the globe. We leverage the strength of social media and our networks to work with world advocates and leaders to have maximum impact on the community that we endeavor to serve.

WHAT'S IN THIS SEGMENT

- STOWELINK AT THE UNIVERSITY OF MANCHESTER

BIGGEST HIGHLIGHT OF THE QUARTER

STOWELINK FOUNDATION RE-UNITES WITH PROF ROGER HARRISON CO AUTHOR OF THE NCDS FOR PUBLIC HEALTH TRAINING MODULE FOR SCHOOLS AND COMMUNITIES.

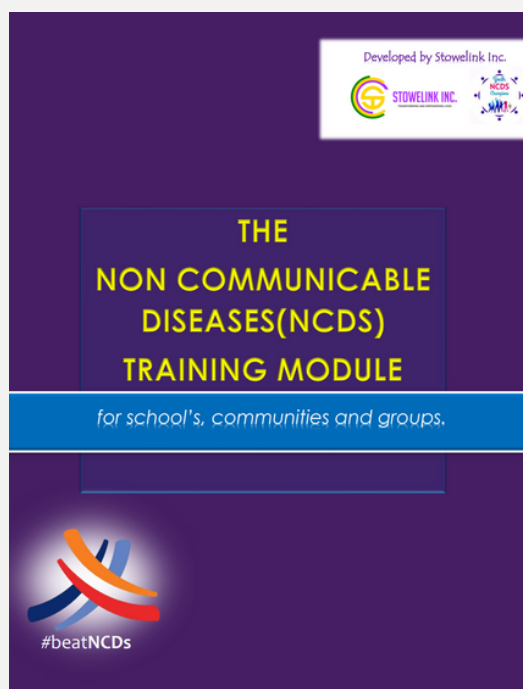
Stowelink Foundation's founder Ogwen Stephen re-united with Professor Roger at the University of Manchester . The duo co authored the nationally used NCD Module for Schools and communities. A toolkit that has been used nationally to train on NCDs and Public Health.



STOWELINK FOUNDATION RE-UNITES WITH PROF ROGER HARRISON CO AUTHOR OF THE NCDS FOR PUBLIC HEALTH TRAINING MODULE FOR SCHOOLS AND COMUNITIES.

Stowelink Foundation's founder, Ogweno Stephen, recently had a meaningful reunion with Professor Roger at the University of Manchester. Together, they co-authored a nationally recognized NCD Module designed for schools and communities. This comprehensive toolkit has gained widespread acclaim for its effectiveness in educating and training individuals on Non-Communicable Diseases (NCDs) and Public Health matters at a national level.

The collaboration between Ogweno Stephen and Professor Roger resulted in the development of a robust educational resource. The NCD Module serves as a foundational guide for understanding and addressing NCDs within the context of schools and communities. Its national usage underscores its relevance and impact in imparting knowledge and fostering awareness about the critical intersections between health and lifestyle choices.



This toolkit has played a crucial role in training sessions nationwide, equipping educators, community leaders, and individuals with the necessary information to combat NCDs and promote public health. By co-authoring this module, Ogweno Stephen and Professor Roger have made a lasting contribution to the field, providing a valuable resource that empowers communities to take charge of their health and well-being.

The reunion at the University of Manchester serves as a poignant moment, reflecting not only on past achievements but also on the ongoing commitment to advancing public health education. Through collaborative efforts and innovative initiatives like the NCD Module, Stowelink Foundation continues to make significant strides in creating a healthier and more informed society.



Acknowledgements

Special Thanks To:

**THE STOWELINK INC
EXECUTIVE TEAM**

- Stephen Ogwen
- Oduor Kevin
- Naila Chebet
- Ongola Otieno
- Harrizon Ayallo



We thank you for your continued support in our efforts to transform and empower lives.

CONTACT

Stowelink Inc

BSSC ROOM 252

Kenyatta University

P.O.Box 43844-00100

www.stowelink.com

stowelink@gmail.com

@Stowelink_Inc

