

THE NCDS YOUTH CHAMPIONS

The Movement

The Competition

The Impact

**NCDS are non-communicable diseases like cancer, heart diseases, long term lung diseases, diabetes and mental health*

ABOUT

NCDS Youth Champions is a nationwide project in Kenya running across universities, colleges and Community Based Organizations. The project aims at working together with the youth to create independent series of events which educate the communities on non-communicable diseases.

WHY?

In recent times you've seen how cancer has killed our leaders, but more than that the youth are getting these NCDS more and more, you can see from obesity to diabetes to depression and suicides to strokes and the statistics are alarming. more people are dying and we feel the need to do something about it, the question is

WILL YOU JOIN US?

THE MOVEMENT

The project has already 22 institutions which have already expressed the interest and will be hosting events in their communities and institutions. Events could be a student teaching his class on NCDS, club meetings on NCDS or school wide and even community events! We want to get to 50 institutions and young passionate individuals to do something towards beating NCDS!

WILL YOU JOIN US AND IN YOUR OWN LITTLE BIG WAY, MAKE THE DIFFERENCE?

THE COMPETITION!

All participants will get signed certificates of participation in these events from us, all key organizers will get certificates of recognition and Recommendation letters from us. There will also be awards based on your innovation, your passion creativity and impact! All stories will be shared and they'll be online voting for some awards and judges voting on others! There will be gift hampers for the award winners!

WILL YOU STAND UP TO BE COUNTED?

THE IMPACT!

How many lives can we reach together? How many people can we change? How can your little efforts join in changing the world and preventing deaths and suffering caused from NCDS like cancer and mental health and diabetes and heart diseases and lung diseases?

DO YOU HAVE THE COURAGE TO JOIN IN?

CALL TO ACTION!

show interest by sending an email to **Stowelink@gmail.com** We will guide you through and together we can transform and empower lives!

NCDS YOUTH CHAMPIONS TIMELINE

SIGNING UP FOR THE MOVEMENT

- 1-14th September

Show interest by contacting us on stowelink@gmail.com

RECEIVING TOOLS

- 1-14th September

After showing interest you will receive an email from us giving you directions and also attaching the tools required for you to organize a successful event and also on the content of what you could talk about.

- ✓ *NCDS Youth Champions Events Toolkit*
- ✓ *Stowelink NCDS education tool kit*

ORGANISING & CONDUCTING INDEPENDENT EVENTS

- 1ST September - 31st October

Events could be

- *School visits*
- *Club trainings*
- *School events/health weeks*
- *Talks on NCDS*
- *Debates on NCDS*
- *Educating your class/office*
- *Community visits to talk on NCDS.*
- *and much more...*

SUBMISSION OF AFTER EVENT DETAILS

After conducting the event you will be required to submit within **10 working days** after the event the after event details.

These are:

- ✓ Event photos
- ✓ Event videos if any
- ✓ Microsoft word list of participants for certificate production.

RECEIVING CERTIFICATES

You will receive these within **10 working days** after submission of the after event details.

ONLINE VOICES / VOTING

- 1-7th November

By the end of October all participating schools should have completed their event, received certificates and shared with us a 2- 4 paged report on the event. When all of this is done, short summary story of the events in all the participating institutions will be posted online across our social media channels from which there will be an online voting. The voting will determine winners for the various awards categories.

ANNOUNCING WINNERS AND ISSUING GIFT HAMPERS AND CERTIFICATES

- 15th November

The following awards categories will be awarded. Further details on this has been critically explained in the toolkit.

1. **CERTIFICATES OF COMMENDATION**
2. **MOST ACTIVE USE OF SOCIAL MEDIA FOR HEALTH AWARD**
3. **THE ULTIMATE NCD YOUTH CHAMPION MODEL SCHOOL AWARD**
4. **MOST ATTENDED EVENTS AWARD**
5. **NCDS YOUTH CHAMPIONS AWARDS**

FULL REPORT

- 29th November

A full report will be issued to all participating institutions after the project.

Official social media hashtags

#ncdsyouthchampions #stowelink #beatNCDS