



# NKWA FOUNDATION

| July 2016 |

## July Edition

- Operation Groundswell
  - Health Outreaches:  
Ponkrom & Breman
- Leaders of the Free World

## Operation Groundswell

Based out of Toronto, Canada, Operation Groundswell works with local charities, community leaders, governments and NGOs to cultivate a movement of globally active and socially conscious backpackers. Though the organization is based in Canada, volunteers come from around the globe. The July team had volunteers from Canada, the United States, and China.

While the team of 10 volunteers from Operation Groundswell only stayed with Nowa for one week, their presence was invaluable. With their help, three health outreaches, one in Ponkom and two in Breman, were conducted.



**LEADERS**  
OF THE FREE WORLD

## Leaders of the Free World Visit Ghana

Based in the United States (Springfield, Massachusetts), Leaders of the Free World is an international experiential learning and leadership development program aimed at social intervention for young black men. The curriculum promotes consciousness and self-awareness while targeting social and psychological barriers to success. The program's goal is to create a network of leaders whose development impacts their own lives and their communities, grooming the next generation of change-makers, entrepreneurs, and mentors.

Nkwa has partnered with Leaders of the Free World to coordinate their two-week stay from July 25th to August 7th in Ghana. Half of their time will be in Accra, visiting business incubator spaces, such as Impact Hub Accra and ISpace, to have the chance to meet with local entrepreneurs. Their second week will be in Cape Coast, participating in community service activities, touring Nkwa project sites. Nkwa has also organized opportunities for the group to engage in various cultural activities in Accra and Cape Coast, such as visiting museums and the Cape Coast Castle.

### Health Outreach: Ponkrom Primary School

Community health nurses and health professionals through the University of Cape Coast, University of Cape Coast Hospital, and Agona Health Centre presented the following topics at the Ponkrom Primary School with assistance from the volunteers: worm infestation and treatment, and personal hygiene. All of the children present were given dewormer tablets.



### Health Outreach: Breman

The outreach attracted over 90 community members, consisting of men, women, and elders, providing an important opportunity for Nkwa to find out about health problems within the community and refer those needing treatment to appropriate medical care.

Topics covered included: pain management, malaria diagnosis and symptoms, worm infestations and other communicable diseases (ex. Ebola). Community health nurses and health professionals



Left to Right: Kofi Effah (Nkwa), Ramzy Okyere (Nkwa), Quintin Fowlkes III (LFW), Karl J. Golden Jr (LFW), Henry Alston Jr (LFW), Shear Wheeler (LFW), Ruby Maddox (LFW), Lavar Thomas (LFW)

### Meet the Group

Henry Alston Jr, Fellow

Henry recently graduated in May 2015 from The Lincoln University in Oxford, PA. in the field of Health Sciences. He was a member of the men's track and field team and also joined the Alpha Phi Alpha Fraternity (Nu Chapter) at Lincoln. He was elected as an officer and represented his chapter at numerous regional meetings. Also during his tenure at Lincoln, he completed a several month internship through Dial Americorp in Greenfield, MA.

Karl J. Golden Jr, Fellow

Karl currently attends Manchester Community College, majoring in Marketing and Business Administration. Karl is interested in becoming a social entrepreneur. In high school Karl played soccer, football and tennis. Most recently he completed an internship as a Technical Assistant at Brown & Brown Insurance Agency.

Quintin Fowlkes III, Fellow

Quintin is currently a High school Head Basketball Coach at the Springfield Renaissance School, as well as a High school Mentor and Paraprofessional. He runs an after school program for young men in

through the University of Cape Coast Hospital, and Agona Health Centre presented these topics with assistance from the volunteers.

After outreaches, mobile clinics were run with the nurses to obtain basic health indicators (ex. weight, blood pressure, basic testing). Any outstanding cases were counseled and referred to Agona Health Centre for further treatment.



### Health Outreach: Breman School

Like at the Ponkrom Primary School, community health nurses and health professionals, with the help of volunteers, presented the following topics at the School: worm infestation and treatment, and personal hygiene. All of the children present were given dewormer tablets (and some candy).

Middle school called, Young Men Matter Too (YM<sub>2</sub>) funded by the Wyman Teen Outreach Program and The Massachusetts Alliance on teen pregnancy. Quintin is also a former member of Brothers and Sisters United (BSU) and Men Against Rape and Sexual assault (M.A.R.S) E-Board member At the University of Hartford.

Shemar Wheeler, Fellow

Shemar is currently studying acting at California Institute of the Arts. In high school, Shemar was the House Manager for various school productions and events.

Lavar Thomas, LFW Co-Facilitator and Coach

Lavar just finished his 2-year Peace Corp term in Rwanda as a Community Health Volunteer. He received his B.A. in Political Science from Clark University, and is the former legislative aide to the chairman of the Public Health Committee and to the State Representative of the 15th Suffolk district in Massachusetts.

Ruby Maddox, Founding Director

Ruby Maddox has spent over 10 years working in the field of higher education and experiential learning. She's designed and coordinated internship and fellowship programs focused on academic and professional development. Ruby is also the co-founder of Gardening the Community, a youth urban agriculture and food justice organization in Springfield, MA.

In 2010 Ruby traveled to Ghana to explore urban agriculture in the city of Accra and volunteer with urban farmers.

We're happy to introduce Leaders of the Free World to Ghana and look forward to continuing our partnership with them!

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