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What is energy efficiency in construction and how is it achieved?



Energy efficiency or energy saving is a fundamental tool for mitigating the climate crisis. It is not in vain that 40% of the energy produced in Europe is consumed by buildings, of which 60% is used to heat homes. And, much of the air conditioning is still achieved through fossil fuels, which generates emissions.

providing adequate comfort and reducing environmental impact is essential to achieve cities with cleaner air, thus contributing to the achievement of the Sustainable Development Goals (SDA).

Therefore, optimizing energy consumption by

The role of energy efficiency in construction Energy efficiency is a source of employment, promotes economic development and the



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competitiveness of countries. It is a protagonist in sustainable construction and in renovations, in order to comply with the requirements of the corresponding regulations. But it is also present in all types of buildings.

Good insulation of the thermal enclosure is essential for efficiency. To achieve this, polyurethane insulation systems are very effective, as they allow buildings to be more efficient and therefore more sustainable. Thus, polyurethane is the protagonist in passive buildings, which reduce their consumption to a minimum. But, in order to achieve efficient housing, several measures must be added to the already mentioned thermal insulation. This is the case of the use of efficient air conditioning systems and appliances, the use of renewable energies, as well as the use of natural light and the orientation of the building. In this way, it can be said that energy efficiency in construction begins at the very moment of design. In addition, they also add the use of recyclable and recycled materials, such as polyurethane, and other complementary solutions such as the integration of vegetable roofs or facades to regulate the temperature of the buildings.



How energy efficiency is measured and what certificates exist?

The energy efficiency of a building is calculated by measuring the energy consumed in heating, ventilation, lighting, domestic hot water, etc. during a year under normal conditions of use and occupation. The energy consumption is then obtained in kWh/m² year and in CO₂/m² year and, based on this data, the building obtains an energy certificate with its rating expressed from A to G. With the A rating it is certified that the dwelling consumes up to 90% less energy than the one with the lowest rating and 55% less than the average.

Possession of the energy certificate is essential for the purchase and rental of housing, with some exclusions, such as those buildings protected for architectural or historical reasons or those homes that will be used less than four months a year, among other cases.

Newly built homes already have high levels of energy efficiency, focused on the goal of achieving Nearly Zero Consumption Buildings (NZEC) by 2020, according to European Directive 2010/31.

Publisher:

BARAKA PUBLISHERS t/a BUILDERS MAGAZINE

KENYA OFFICE

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Contributions

The editors welcome news items, press releases, articles and photographs relating to the Construction Industry. These will be considered and, if accepted, published. No responsibility will be accepted should contributions be lost, damaged or incorrectly printed.

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The New GoDown Arts & Culture Complex

The GoDown
arts centre



The GoDown Arts Centre is a non-profit public interest organization incorporated in 2002, with a vision of a culturally confident, creative and prosperous Kenya. In 2003, The GoDown established itself in the Industrial Area of Nairobi, in an old warehouse complex at the corner of Dunga and Dundori Roads. The GoDown grew from the need for Kenyan and East African artists to come together in a creative hub to grow the creative economy. The GoDown contributes to social development by promoting community engagement, providing access to culture & the arts, and is also active in policy advocacy for a better working environment for Kenyan artists. The strength of The GoDown as Kenya's leading platform for cultural exchange lies in its multi-disciplinary and inter-sectoral approach to programming. As a focal point for artistic experimentation, cross-sector partnerships and creative collaborations in East Africa, The GoDown has been recognised as one of Kenya's leading platforms for cultural exchange. The GoDown is a place for everyone!



Putting people and communities at the centre of urban processes!

The GoDown, through its [URBAN division](#), also advocates for the role of culture as a vital ingredient in sustainable urban development and nation-making. This is based on a philosophy centred on community participation and multi-stakeholder engagement, grounded on the belief that communities are best placed to articulate their own challenges and identify their own solutions. Cultural institutions, such as The GoDown, are uniquely positioned to facilitate dialogue and robust engagement of diverse stakeholders with the objective of catalysing change.

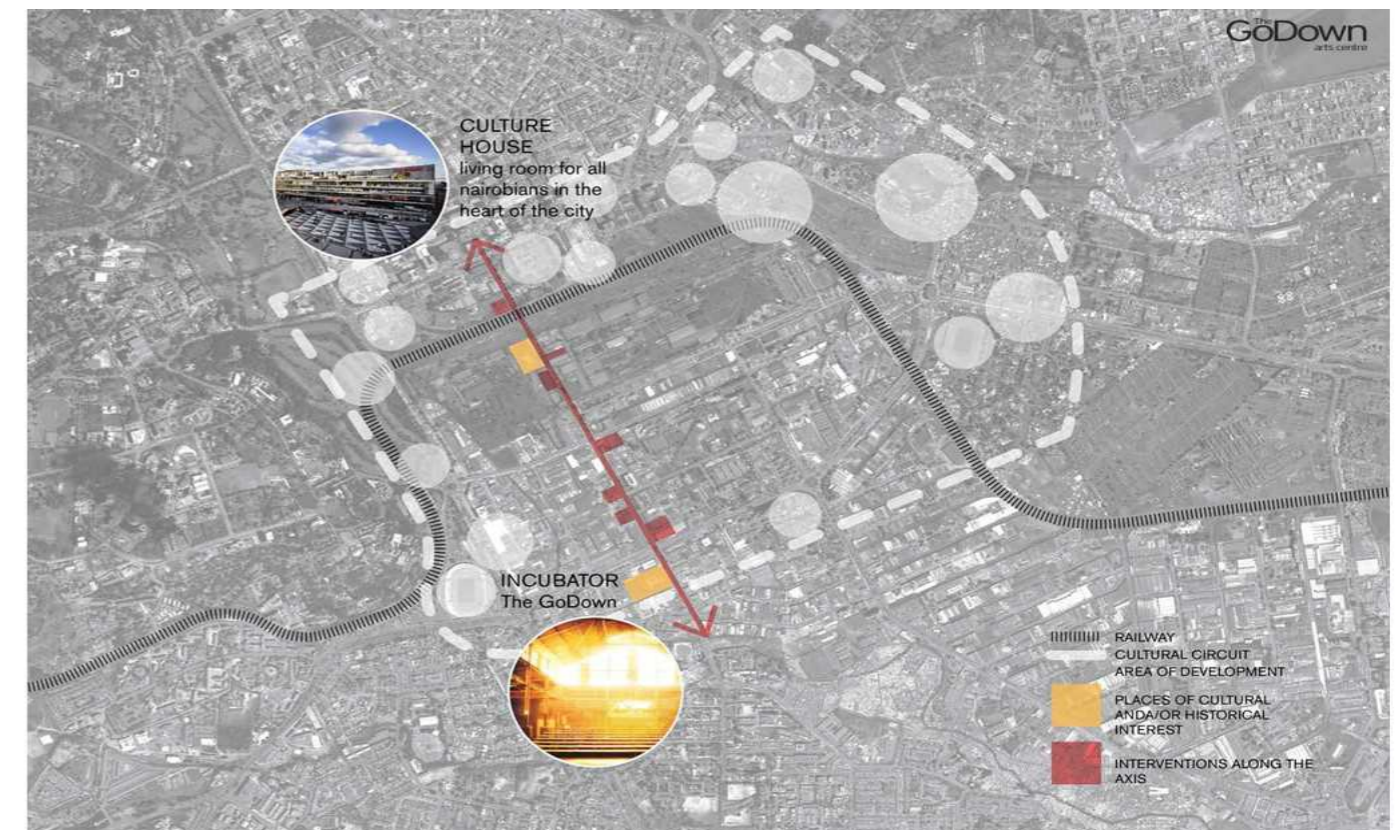
About The GoDown Arts Centre Transformation Project

The GoDown
arts centre

The GoDown is currently engaged in a unique, participatory and multi-stakeholder process to transform into a civic-scale public-benefit cultural institution, as part of a second phase of institutional growth. **The GoDown Arts Centre Transformation Project** is an ambitious vision to transform into a New GoDown Arts & Culture Complex that will continue to support artistic creativity, as it also evolves into a civic-scale community-facing accessible public space, representative of its diverse audiences.



This Transformation will enable The GoDown to expand its operations while at the same time further define itself as a significant feature in the urban and social fabric of Nairobi. The vision for the New GoDown is of a vibrant space for culture, providing enhanced services for artists and the creative industries, and offering valuable public amenities that anchor the building in community life, as a "living room" for Nairobi, Kenyans and visitors.



The Industrial Area neighbourhood has a strategic position in the larger Nairobi. The gradual replacement of industry by other facilities, such as the planned [Railway City Development Area](#), has made this neighbourhood poised for change. As such, in 2010, when The GoDown was introduced to [White Arkitekter AB](#), a Swedish international architecture firm, they agreed to partner together with the intention to explore a drive to rethink the neighbourhood, the Nairobi Railway and the adjacent Industrial Area.

The GoDown and White Arkitekter agreed to work together on studies of the Industrial Area of Nairobi, eventually focussing on a major pedestrian route that passed by the arts centre, over the railway yards and into the Nairobi Central Business District, areas with significant historical and cultural value for the city. These studies started in 2011 and were carried out in conjunction with UN-Habitat. The results of the study were named 'Shukisha Nairobi' (next stop Nairobi) and proposed a Cultural Axis that could lead to the development of a Creative and Cultural District for the city of Nairobi.

The Shukisha Nairobi study was also presented to the Nairobi City County Government (NCCG) leading to the development of muscular engagements with NCCG and invitations to contribute to discourses and thinking concerning urban planning, public spaces and people's participation. The GoDown has participated in the Railway City Technical Workshops, the Land Use & Human Settlements Technical Working Group of the Nairobi Integrated Urban Development Master Plan (NIUPLAN), as well as the Public Spaces Committee of the Nairobi City County Government.

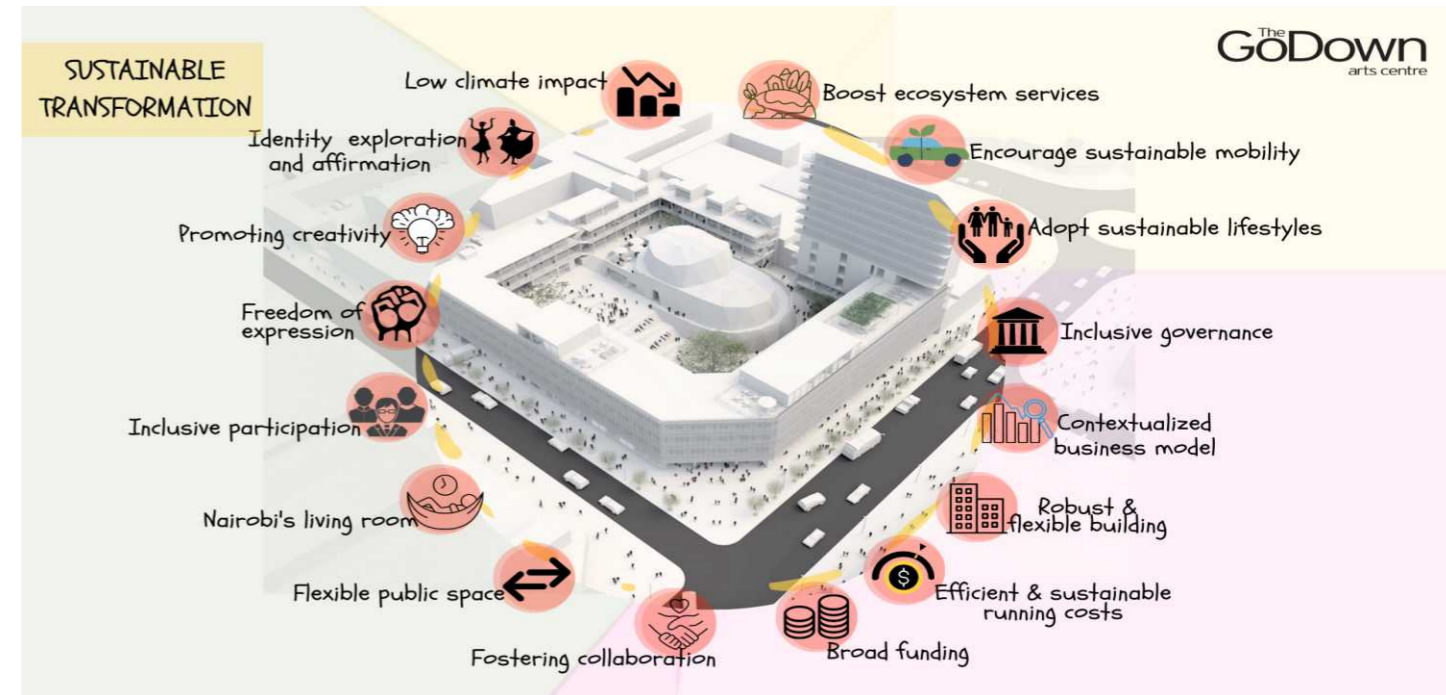
The GoDown has continued to develop these principles by provoking new concepts & conversations about public spaces & cultural amenities in the city. This vision of an inclusive arts space, that anchors a Cultural Axis as part of the development of a wider Creative & Cultural District, will influence how cultural infrastructure and assets are perceived and utilised in shaping the image of post-colonial Nairobi, while also forging social cohesion in the new urban lifestyles being adopted by its African populations. This not only puts a focus on the need for public spaces in the city's urban development process, but also underscores how this might be a strategy to strengthen civic participation and cultural pride in its residents.



Running from 2013 – 2018, Nai Ni Who was a resident-curated festival where core-teams of residents across the city's diverse neighbourhoods mobilised and organised activities that gave attention to their own perceived cultural markers. Using methods and tools that foster co-creation and collaboration, diverse Nairobi residents interrogated identity and heritage through the framework of an artistic and cultural festival. This framework ambitiously aimed to mobilize every type of Nairobi resident to share and show who they are in the city, through participatory, people-driven neighbourhood festivals and discussions via social media and cross-neighbourhood activities. Through the Nai Ni Who festival, the city was perceived and presented as a dynamic and open-ended reality, which all city actors contribute to shaping and re-shaping it in time and space, at different levels and in differing ways.

From programmes such as the [Nai Ni Who](#) Festival, the Nairobi County Visual Art Competition and Exhibition: [Manjano](#), as well as involvement in Placemaking Nairobi, The GoDown has built networks and relationships over the years with city residents, peer arts organisations, city officials, urban professionals and urban interest groups in Nairobi. These are valuable resources it continues to leverage for knowledge exchange, advocacy and technical support. When the GoDown commenced its own participatory processes in the design conceptualisation phase for its new vision of an urban cultural complex, representatives of these networks brought forward useful information and experiences.

This community-centered engagement has been a strategic aim of The GoDown - to enhance the agency and engagement of diverse demographics in urban issues that impact their quality of life and socio-economic opportunities. Consequently, this contributes to strengthening local ownership towards public spaces such as The New GoDown, as a crucial step towards a more sustainable Nairobi urban environment.

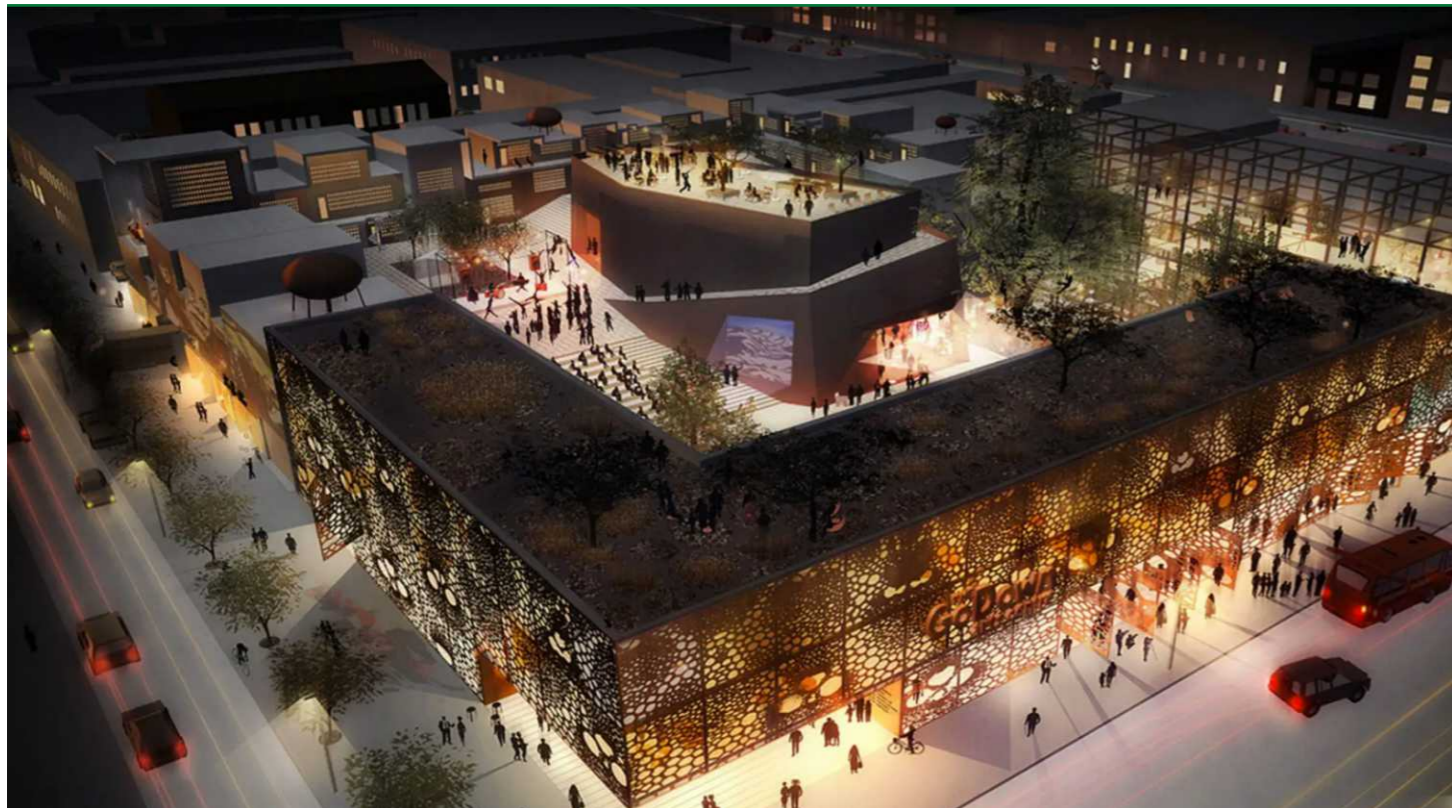


As part of a holistic process, The GoDown has also been keen to ensure that its Transformation Project explores and expands on these principles of sustainability. In doing this, it has embraced its role of **advocating for the use of creativity & innovation to ensure a sustainable economy, within ecological boundaries, that secures social prosperity for all, now and in the future.**

As a result of this sustainable, socially-aware and inclusive approach, The New GoDown Cultural Arts Complex was selected as the winner in the FUTURE PROJECTS - CULTURE category of the [World Architecture Festival](#), held in December 2019.



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[As the Building Services (MEP) Engineers]

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The GoDown Transformation Project advocates the role of cultural infrastructure in sustainable city making involves a number of initiatives, including two that are directly related to the built environment:

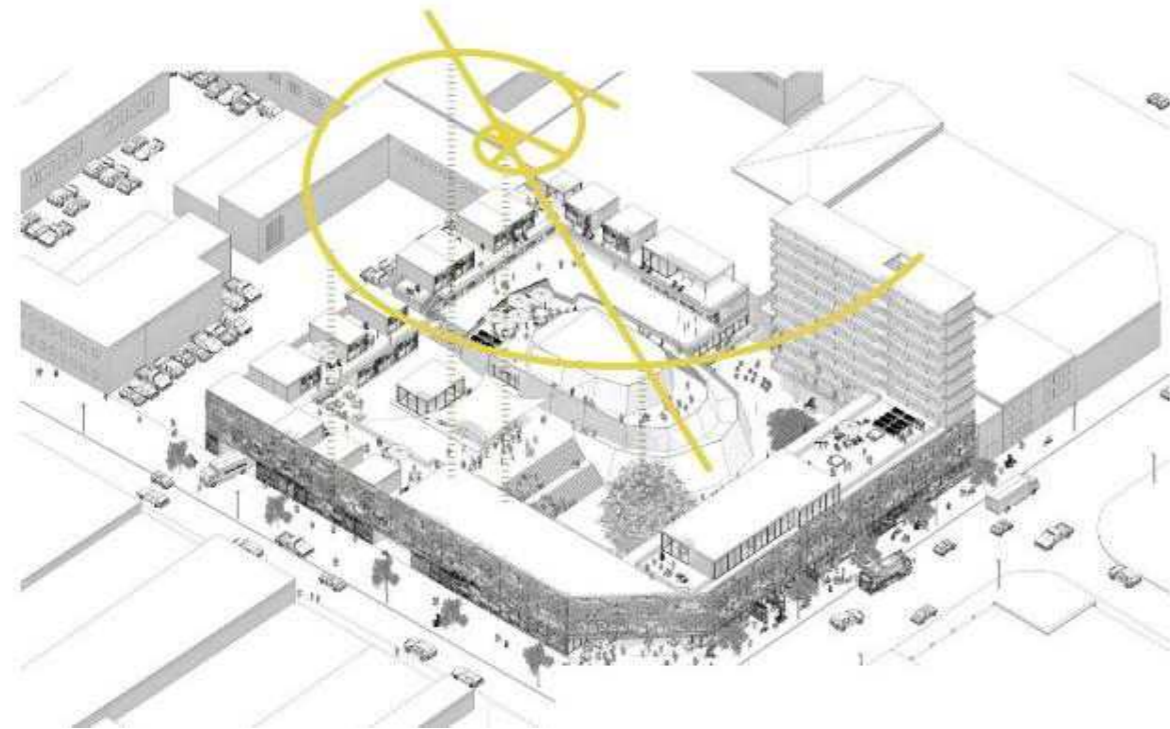
- i. a Property Re-development Initiative, and
- ii. the HerCity HerStreets Initiative

About The GoDown's Property Re-development Initiative

The Property Re-development Initiative is the [transformation](#) of The GoDowns 1.6-acre property in Industrial Area from 7,000 Sq.M of adaptive reuse/renovated warehouses, into a 25,000 Sq.M mixed-use public purpose development - a New GoDown Arts & Culture Complex that responds to the latent opportunities culture holds for Nairobi City. It will be the first major public complex for contemporary performing and visual arts to be built since Kenya's independence!

The New GoDown will boast numerous arts & culture enrichment amenities including 20 visual artist studios, 20 offices for creative businesses, 2 dance studios, 1 music recording studio, 2 band rehearsal spaces, 12 instrument practice rooms, a 500-seater multi-use auditorium, a 200-seater black box, 3 levels of gallery and exhibition space, a mini-museum of the city, media recording and broadcasting spaces and a specific children's atelier. Other community facilities include a visitor information centre, a public library & digital resource centre, a youth services centre, a number of outdoor open spaces and roof gardens, and public washrooms. Other spaces that will be leased out include open plan offices, serviced offices, meeting and conference rooms, as well as spaces for a convenience shop, restaurant, bar and food court.

The design process has drawn on inputs from many stakeholders. Through physical workshops and online initiatives, ideas and wish-lists have been generated from The GoDown's community which includes artists, creative entrepreneurs, students, local businesses, city representatives and the general public. This process has been an ongoing dialogue, so the resultant designs are continually energised, refreshed, and reflected upon.



Inspired by the concept of fractals – a repeating pattern that is found in nature – and The Golden Circle, the New GoDown has been designed to express the vibrancy and diversity of ideas that the community proposed, in order to organise the different parts of the building at many different scales, levels, layers and depths.

As a part of its holistic process, The GoDown has been keen to ensure that the project integrates sustainability in the design and implementation of the New GoDown Cultural Arts Complex. From the intentional design of an active ground floor with strong linkages to the street, as well as active outdoor facilities featuring green and blue elements that allow for rain and solar harvesting, The GoDown continues to push the boundaries defining the features of sustainable buildings for African cities in the 21st century. As a corporate member of the [Kenya Green Building Society](#), The GoDown continues to advocate for sustainable building, even as African cities are under huge pressure to urbanise.

In particular, The GoDown has positioned its transformation project as a showcase in Nairobi for the use of low carbon materials such as [Mass Engineered Timber](#) (MET), as part of a green transition to reduce the use of carbon intensive materials such as steel and concrete. As part of the 'Woodlife' programme, a group of organisations comprising the Embassy of Sweden in Nairobi, [Gatsby Africa](#), White Arkitekter, [BuildX Studio](#) and The GoDown Arts Centre, are leading the mobilisation of a 'Woodlife Ecosystem' behind a shared vision to 'pioneer the possible transition to sustainable timber construction in Kenya'.

In August of 2019, The GoDown Arts Centre ceased day-to-day operations out of its Industrial Area property, after relocating its offices to a temporary home along Kayahwe Road in [Kilimani](#), in anticipation for the commencement of construction. Materials such as MS Steel casement windows were salvaged from the old GoDown and reused in transforming a compact bungalow and compound in Kilimani, into a mini GoDown Arts Centre, complete with shipping containers for artist studios and canvas tents used as meeting rooms.



After a delay due to the Covid-19 pandemic, the Property Re-development Initiative commenced with Enabling Works (Demolitions and Excavations) in Q4 of 2022. The Builders Works (Construction & Fit-Out) are expected to commence in late 2023, in order to be ready for the re-launch of The GoDown's Major Programming activities, in 2025.

About The GoDown's HerCity HerStreets Initiative

The GoDown Arts Centre HerCity HerStreets Public Space Improvement Initiative aims to improve the streets around the upcoming New GoDown Cultural Arts Complex, to make them safer and more inclusive public spaces, accommodating a diversity of shared commercial, social and cultural activities, thereby facilitating the urban regeneration of the neighbourhood. These street improvements are a continuation of the Shukisha Nairobi studies that started in 2011 and carried out in conjunction with UN-Habitat and The GoDown's partnering architects, White Arkitekter (Sweden). These studies explored the possibility of creating a 'Cultural Axis' as part of macro explorations of connections in the neighbourhood, and to encourage the development of a wider Creative & Cultural District, in the Industrial Area of Nairobi.

The GoDown's HerCity HerStreets initiative involves the deployment of the step-by-step inclusive methodology of UN Habitat's [HerCity toolkit](#). The HerCity toolkit is designed to improve citizens' participation in the development of public spaces, with a special focus on including vulnerable groups such as women, girls and youth. The toolbox provides users with best practices, digital tools and a methodology to prioritise, plan, develop and implement public spaces.

The GoDown's HerCity HerStreets initiative started with a Call for Participation at a Neighbourhood Community Baraza held in June 2021. Since then, about 250 community members – including pupils as young as 10 years old from the neighbourhood primary school – have participated in the HerCity#HerStreets initiative!

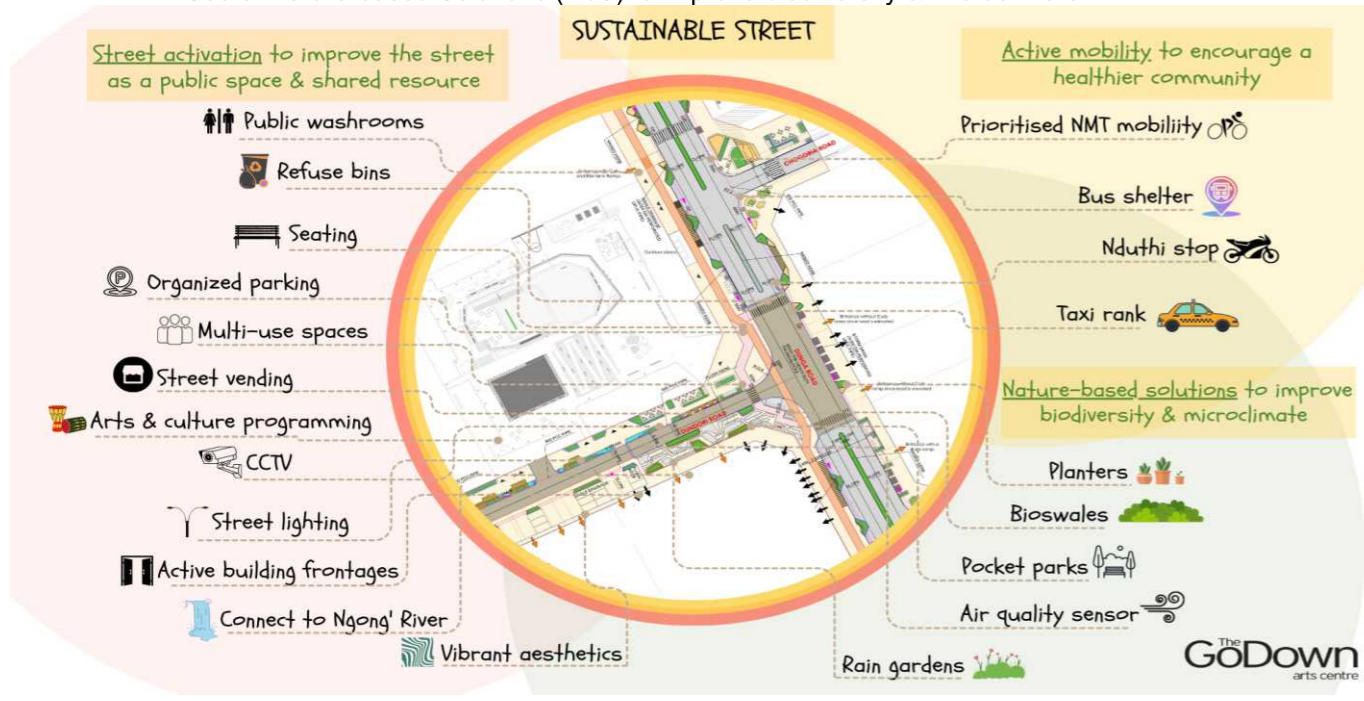
In fact, a group of about 35 young ladies and girls, who form the Primary Stakeholder Group of the HerCity#HerStreets initiative have so far been directly responsible for making observations and gathering data on the streets during the initial assessment phase. While during the second ideation phase and using several tools such as MethodKit cards and the [Minecraft](#) computer game, they have also provided ideas and visions describing how they would improve the two streets.



The Primary Stakeholder Group is the key focus of the HerCity HerStreets initiative and we aim to work with them to continue to explore ways to ensure that gender, age and vulnerable perspectives are mainstreamed, even as the process moves into technical implementation phases.

The HerCity HerStreets Spatial Planning & Design Development stage produced outputs along three key principles:

- Active Mobility by prioritising Non-Motorised Transport (NMT) to encourage a healthier community.
- Street Activation to improve the street as a public space & shared community resource.
- Use of Nature-based Solutions (NbS) to improve biodiversity & microclimate.



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The HerCity#HerStreets Project has been key in helping The GoDown to catalyse the urban regeneration of the surrounding neighbourhood. An improvement of the streets to function as better public spaces would aid the continued definition of the area as a 'Cultural Destination'. The project has also enabled The GoDown to continue its community building efforts by bringing together different stakeholders in the neighbourhood.

The GoDown is pleased to report that the activities as part of Blocks 1-6 (out of 9) of the HerCity Toolkit, in particular the crucial Street Analysis and Design Ideation workshops, have been completed. We have embarked on Block 7, a Design Development and Validation process, where we have been engaging with the diverse stakeholder groups, presenting them with a compilation of the aggregated outcomes and proposals generated, in order to obtain comments and recommendations for the final technical design.

The GoDown envisions that this 'Validated Design' together with an associated Implementation Framework, will be adopted by the various government duty bearers and incorporated in their respective development plans for the neighbourhood. Even after adoption by the government duty bearers, The GoDown will continue to participate in the forthcoming design and implementation stages as the vision bearer & community liaison, representing the inputs and views of the other stakeholders that have participated in the initiative thus far. As a result of this, the GoDown is pleased to report that [HerCity HerStreets Initiative](#) has been identified as one of 12 global HerCity [partnership projects](#) showcasing the HerCity Toolkit.

In Q3 2022, The GoDown began a collaboration with Code for Africa to deploy an air quality sensor along Dunga Road, as part of their [sensors.AFRICA](#) project. sensors.AFRICA is a pan-African citizen science initiative that uses sensors to monitor air, water and sound pollution to give citizens actionable information about their cities. sensors.AFRICA also increasingly works on climate resilience issues, ranging from urban design strategies to counter the effects of extreme heat, to early warning systems to detect extreme weather events. The deployment of the sensor has helped to provide [quantitative data](#) about the air quality situation on the street, thereby validating the qualitative data generated as part of the HerCity HerStreets streets assessments undertaken by the primary stakeholder group in 2021.

In Q4 2022, The Institute for Transportation and Development Policy (ITDP), a technical stakeholder in the policy secondary stakeholder group of the HerCity HerStreets Initiative, completed a design review of the Spatial Planning & Design Development stage outputs. ITDP affirmed the proposed multi-use concept and the "promotion of the use of streets as public spaces". Based on the [Street Design Manual for Urban Areas in Kenya](#) (SDMUAK 2022), they also advised on additional considerations that should be addressed during the upcoming Technical Detail Design stage. ITDP also endorsed the HerCity HerStreets Initiative as "an example for other urban street upgrading projects in Nairobi", saying that it will set good precedence on how inclusive and 'complete streets' should be implemented in Nairobi City.

Also in Q4 2022, The GoDown joined a collaboration led by [Kounkuey Design Initiative](#) and [Akiba Mashinani Trust](#), for the regeneration of Ngong' River – one of three major river systems within the Nairobi River Basin – and which crosses Dunga Road three hundred meters down the street from The GoDown's property. This collaboration provides an opportunity for The GoDown to connect the Transformation Project's public space interventions along Dunga Road with the Ngong' River regeneration plans. This linking of streets and rivers as key public spaces, also the promotes nature-based urban regeneration of the neighbourhood.

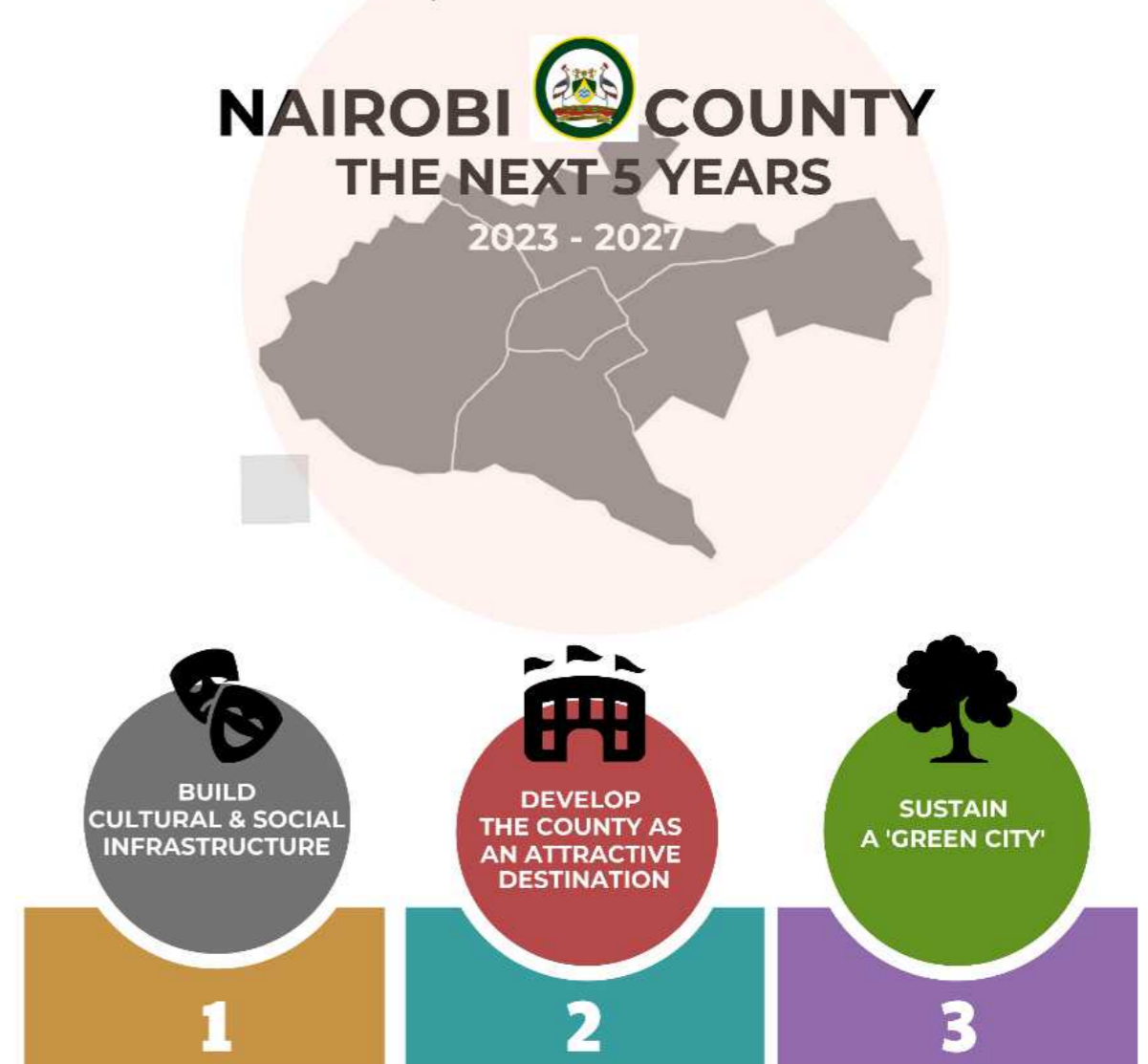
Adoption as a Nairobi City County Flagship Project

Following the Kenyan general elections held in August 2022, The GoDown was keen to have early engagements with the newly elected county duty-bearers to discuss synergies between grassroots activities and county visions. As such, in September 2022, as a member of the Placemaking Nairobi Network and together with other partner organizations and residents' associations, The GoDown held a first engagement with the Nairobi City County Government (NCCG) on its 3rd County Integrated Development Plan for 2023 – 2027. At a follow-on meeting, The GoDown invited the Nairobi City County's Director of Donor Coordination & Stakeholder Engagement, Dr. Kefa Omanga, to take part in the upcoming Nairobi Placemaking Week activities.

Under the auspices of the 4th Edition of The GoDown's [URBAN Dialogue Series](#) held on 26th October during Nairobi Placemaking Week 2022, Dr. Omanga participated in a panel discussion titled 'Working together to achieve successful co-implementation of urban initiatives between stakeholders and county'. He emphasised that the County was committed to a "new approach" of bettering Nairobi and making it work through partnerships with the private sector, civil society organizations and donor-partners.

Soon after the Dialogue, a formal proposal for a [partnership](#) with the county was made, offering to collaborate with the county in different sectors. These discussions about a partnership continued into the new year, where in January 2023 meetings were held with members of the [Inclusivity Public Participation and Customer Services Sector](#), a newly created sector by the recently elected governor. One of its three sub-sector's, the office of City Culture, Arts & Tourism was operationalised with the appointment of Chief Officer Clement Rapudo Sijenyi, who then championed for The New GoDown Arts and Culture Complex to be designated a flagship project within the 3rd Nairobi County Integrated Development Plan for 2023 – 2027. This was validated by the public via ward-based Consultative forums at sub-county level, in February 2023.

PROPOSED PARTNERSHIP between The GoDown Arts Centre and Nairobi City County for Economic, Social and Environmental Wins



The adoption of The GoDown Transformation Project in the 3rd Nairobi County Integrated Development Plan for 2023 – 2027, assists the County to deliver on its mandate to implement the global Agenda 2030 on Sustainable Development Goals (SDGs), the African Union's Agenda 2063, the fourth Medium Term Plan of the Kenya Vision 2030, the Nairobi Integrated Urban Development Master Plan (NIUPLAN), and the Nairobi Climate Action Plan (2020-2050). At the same time, due to its holistic approach, The GoDown Transformation Project has strong linkages to virtually all other sectors of the county, in particular, the Built Environment & Urban Planning, Mobility & Works, Gender & Inclusivity, and Green Nairobi sectors. This enables the project to qualify for implementation by both County and National levels of Government, as well as other Development Partners.

Following the adoption of The GoDown Transformation Project in the 3rd Nairobi County Integrated Development Plan for 2023 – 2027, The GoDown has embarked on a process of formalising areas of collaboration with the county.

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Services That Set Us Apart:

What sets Trident Plumbers Limited apart from competitors is its comprehensive range of plumbing services, catering to both residential and commercial clients. Whether it's routine plumbing maintenance, emergency repairs, or complex installations, the company's highly skilled team of licensed plumbers has the knowledge and experience to handle any plumbing challenge. From leak detection and pipe repairs to water heater installations and sewer line replacements, Trident Plumbers Limited offers top-notch solutions that exceed customer expectations.

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(Images' State of the art commercial projects Trident Plumbers Limited mechanical works)



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Commitment to Customer Satisfaction:

At Trident Plumbers Limited, customer satisfaction is at the core of everything we do. Our commitment to delivering exceptional service and exceeding customer expectations has earned us a loyal clientele and numerous referrals over the years. We believe in building long-lasting relationships with our customers, providing transparent communication, fair pricing, and timely solutions. Our friendly and professional team goes above and beyond to ensure every customer receives personalized attention and a hassle-free experience.

Embracing Innovation:

As technology continues to advance, Trident Plumbers Limited remains at the forefront of industry trends and innovations. By investing in state-of-the-art equipment and staying up-to-date with the latest plumbing techniques, our team consistently delivers efficient and effective solutions. We understand the importance of sustainability and water conservation, and actively incorporate eco-friendly practices into our services, helping customers reduce their environmental footprint.

Community Engagement:

Throughout our 35-year journey, Trident Plumbers Limited has remained deeply rooted in the local community. We believe in giving back and actively contribute to various charitable initiatives, supporting causes that improve the lives of those around us. We take pride in being more than just a plumbing company; we are a valued member of the community, dedicated to making a positive impact wherever we can. This is evident through our Training centre – Trident Vocational Training Centre- which is the only institution that specializes solely in plumbing. Trident Vocational Training Centre was established as an extension of Trident Plumbers Limited in order to expand quality workmanship and knowledge in plumbing to the public via professional learning. Not only that but the school runs regular scholarship programmes for students who receive state of the art training, and even get to work in partnership with Trident Plumbers Limited as apprentices on site in order to foster quality learning and growth towards becoming skilled plumbers in the industry's sector.

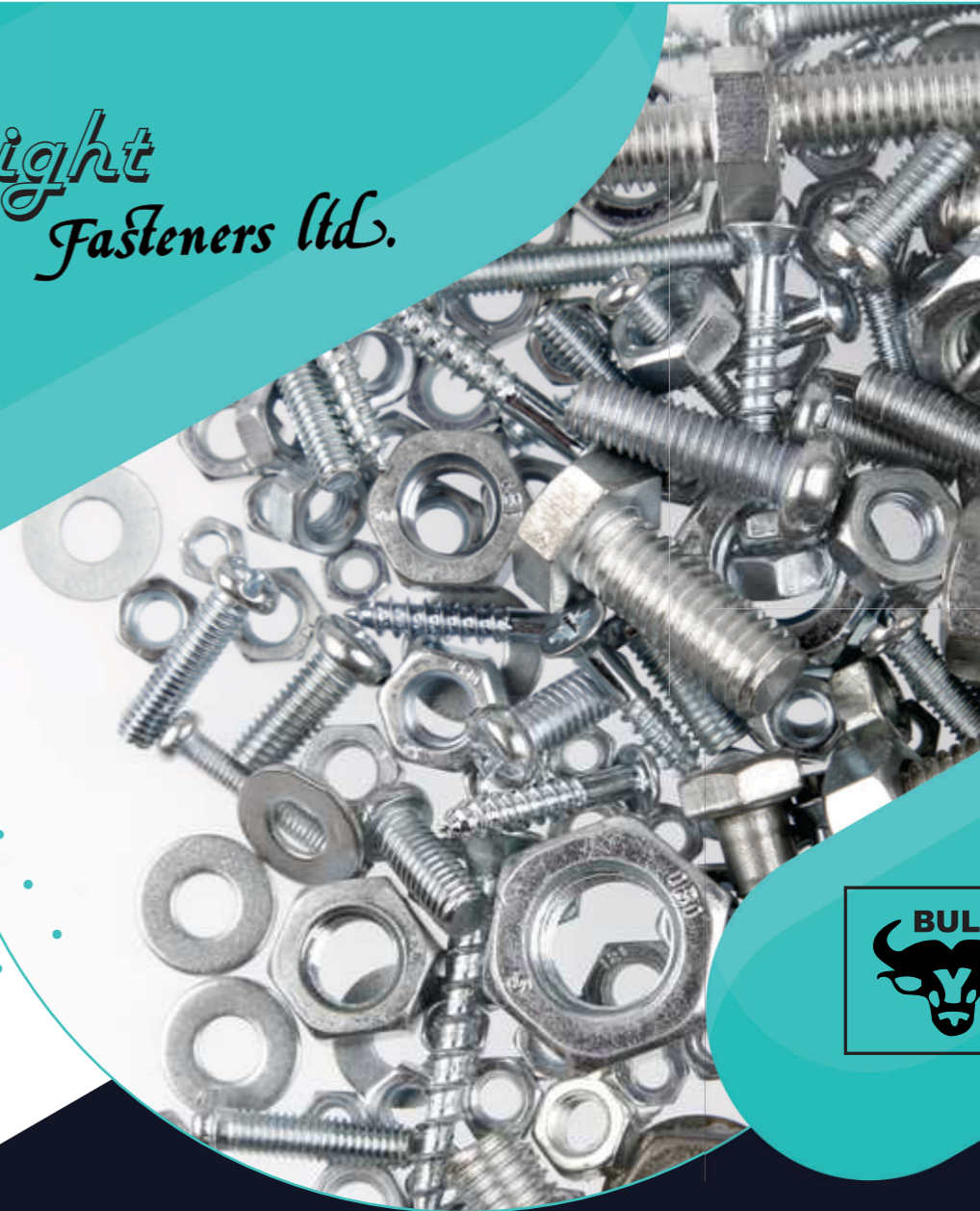
Looking to the Future:

As Trident Plumbers Limited celebrates 35 years of excellence in the plumbing industry, we look ahead with excitement and determination. Our continued focus on quality, innovation, and customer satisfaction drives us to reach new heights and expand our services further. We are confident that our experienced team, coupled with our strong core values, will continue to make Trident Plumbers Limited the plumbing company of choice for many more years to come.

Conclusion:

Since its inception Trident Plumbers Limited has been a beacon of reliability, expertise, and exceptional service in the plumbing industry. With 35 years of experience under its belt, the company continues to raise the bar, delivering top-notch solutions and establishing itself as a trusted partner for all plumbing needs. As they celebrate this remarkable milestone, Trident Plumbers Limited looks forward to the future, ready to embrace new challenges and provide unparalleled plumbing services to customers for years to come.

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TENWEK HOSPITAL



Tenwek Hospital is a Faith-based institution founded in 1937 by the World Gospel Mission (WGM) of the United States of America in partnership with the Africa Gospel Church (AGC) in Kenya. We are situated in Bomet Township Location, Bomet County. The Hospital is a Christian community committed to excellence in the provision of compassionate health care, spiritual ministry, and training for service. We believe that as We Treat, Jesus is the ultimate Healer.

Tenwek Hospital is a non-profit making health facility. We are supported by individuals and organizations who willingly partner with us to fulfill our mission.

It is a 402-bed Teaching and Referral Hospital registered as a Faith-Based Health Facility in Kenya serving over a million people in the vast Southwest region of Kenya and the country at large. We see patients from outside the country, that is, East, Central, and West of Africa.

Our Mission: We are a Christian community committed to excellence in compassionate

healthcare, spiritual ministry, and training for service to the glory of God.

Our Vision: Christ-Transformed Health, Lives, and World

Our Motto: We Treat ~ Jesus Heals

Core Values: Accountability, Diversity, Excellence, Biblical Authority and Value, Integrity, Professionalism, and Servanthood.

WHAT WE ARE PASSIONATE ABOUT

At Tenwek Hospital we are driven by three key factors which make our ministry unique and exceptional. These are Compassionate Health care, Spiritual Ministry, and Training for service.

Compassionate Healthcare

We share the love of Christ through the provision of Excellent, Caring, and Holistic medical care.

Spiritual Ministry

We recognize that the human person is more than just his or her body. As we treat; we call on Jesus to heal the mind, body, and soul of our patients. This we do through having Chaplains available at all our facilities who help in restoring hope and faith to the vulnerable.

Training For Service

We are a teaching hospital committed to training future generations of healthcare providers. Tenwek Hospital currently provides training through:

1. The Tenwek College of Health Sciences
2. Internship programs
3. Residency programs

TENWEK HOSPITAL'S CONTRIBUTION TO HEALTHCARE

Since its inception in 1937, Tenwek Hospital has had a significant impact in the healthcare space not only in Kenya but also across sub-Saharan Africa. Over the years, the hospital has grown to become a specialty hospital offering a variety of health services.

OUR SERVICES

We provide a wide range of services to the community that we serve, and these can be briefly described as follows:

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Outpatient Services	Inpatient Services	Diagnostic Services
<p>These include:</p> <ol style="list-style-type: none"> 1. General outpatient services 2. Trauma and emergency care 3. Specialty clinics 4. MCH and Family planning 5. Eye 6. Dental 7. Ear Nose and Throat (ENT) 8. Renal 9. Oncology 10. Urology 11. Referral services 12. Pharmaceutical services 	<p>These include:</p> <ol style="list-style-type: none"> 1. Medical inpatient services 2. Pediatric services and surgeries 3. General surgical services 4. Orthopedic surgeries 5. OB/GYN 6. Critical care in ICU, HDU & NICU 7. Urology 8. Pharmaceutical services 	<p>These include:</p> <ol style="list-style-type: none"> 1. CT scan, Ultrasound, and X-Ray imaging 2. Laboratory services 3. Endoscopy services




We also provide a wide range of services to the community that we serve, and these can be briefly described as follows:

Medical Outreach Services	Training	Research
<p>We provide medical outreach to communities around the region that have no means to reach our facility through:</p> <ol style="list-style-type: none"> 1. Tenwek Community Health and Development 2. Tenwek Hospital Annex- Bomet 3. Kaboson Health Centre 4. Ngiito Dispensary 5. Tenwek Palliative Care Unit (Hospice) 	<p>We provide training through:</p> <ol style="list-style-type: none"> 1. The Tenwek College of Health Sciences 2. The Tenwek Hospital International School of Chaplaincy 3. Medical students electives 4. Internship 5. Residency programs 6. Fellowship 	<p>Tenwek Hospital is also a research center. This means that we encourage our faculty to actively conduct research projects and we are also research centers for programmes like the Walter Reed PEPFAR project.</p>

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Trainings at Tenwek Hospital

Tenwek provides training programs in the following areas:

Fellowship

1. Cardiothoracic Fellowship program

Residency

1. General Surgery
2. Family Medicine
3. Orthopedics Surgery
4. Ob/Gyn program which began in January 2022
5. Neurosurgery

Internship

1. We offer a one-year Internship to Clinical officers and Medical Officers
2. Offer attachment to other specialties.
3. Clinical rotation/electives for Medical and Clinical officer students

Tenwek Hospital College, Registered by the TVET (Technical and Vocational Education and Training Authority) which regulatory body for training in Kenya. The college is made up of two

schools: the School of Health Sciences (Formerly School of Nursing and immediate name College of Health Sciences) and the School of Chaplaincy.

School of Health Sciences offers:

1. Kenya Registered Community Health Nurses Course (Diploma)
2. Diploma course in Clinical Medicine.
3. Higher Diploma in Critical Care Nursing

The School of Chaplaincy Offers:

1. Diploma in Chaplaincy
2. Certificate in Chaplaincy

The New Tenwek Hospital Cardiothoracic Centre

Tenwek Hospital is uniquely positioned as a center of excellence in cardiothoracic care for patients with heart diseases in the Sub-Saharan Africa region. The hospital is currently performing more open-heart surgical procedures than any other hospital in the region at a fraction of the cost it will take to perform the same procedures in countries outside Africa. We are caring primarily for patients with rheumatic heart disease and

patients with congenital heart disease.

Tenwek Hospital is also an accredited center for training African healthcare workers in the prevention of heart disease and in the medical and surgical management of patients while sharing the healing Gospel of Jesus Christ.

Tenwek Hospital has been accredited by the College of Surgeons of East, Central, and Southern Africa (COSECSA) to train cardiothoracic surgeons, since 2018. COSECSA is the largest certifying organization for surgical training in the entire region—including 13 countries in the sub-Saharan region. Tenwek is the first recognized site in this consortium to offer cardiothoracic training.

Tenwek hospital Board and Management have embarked on improving Health services in the hospital through the construction of a Cardio-Thoracic Centre. The proposed facility will occupy 276,000 sq ft. It will consist of a 176-bed capacity with inpatient and outpatient care.

Tenwek Hospital envisions a high-level center where it will offer training to cardiothoracic surgeons, cardiologists, perfusionists, cardiac

nurse anesthetists, cardiac critical care nurses, echocardiographers, cardiac rehabilitation therapists, and specially trained chaplains. After the Tenwek Cardiothoracic site is fully established, the hospital anticipates fostering other sites throughout the region that can use the Tenwek model as a starting point for new cardiothoracic units.

What the user communities can expect from the Cardio-thoracic center include:

- * When fully operational, the Hospital will employ over 300 tax-paying Kenyan staff members.
- * Advanced training will become available to many Kenyan health professionals and will attract other high-end professionals seeking training from around Africa.
- * The professionals trained at the Cardiothoracic Centre will go on to provide specialized Cardiothoracic care and treatment in other service centers across Kenya and Africa, creating a positive ripple effect in the healthcare space.
- * Medical tourism will bring economic benefits to Kenyans and will mark the country as a leader in cardiovascular health. Within Africa, there are few options for heart surgery

and currently, many people go to India for care.

* The Cardiothoracic center is a high-end service center that will perform major heart and chest

surgeries and will be a solution to the lack of adequate cardiac centers in Africa and a source of hope for people suffering from heart disease and in need of surgery.

* The staggering scope of the heart disease challenge means that addressing the disease burden will be necessary to achieve Universal Health Care so that Kenyans will have increased access to preventive, curative, rehabilitative, and palliative health services at minimum financial burden, thereby eliminating inequalities in access to health care.

* The cost of heart surgery at Tenwek is a fraction of the cost of the same surgery when done outside the country.

Building a Better Future for Emergency Medicine: The Construction of Our New Accident & Emergency Building

The construction of a new Accident and Emergency (A&E) building is an exciting development for any hospital, and it's great to see that the project is well underway. This new building will serve as a vital addition to the hospital, providing a modern and efficient space that will enhance patient care, facilitate smooth administration, and support effective training.

The A&E department is often the first point of contact for patients who are in urgent need of medical attention, and a well-designed facility can make a significant difference in the quality of care that patients receive. The new building



will feature state-of-the-art equipment and technology that will enable doctors, nurses, and other healthcare professionals to diagnose and treat patients quickly and accurately.

In addition to the A&E department, the new building will also house administration and training facilities. Efficient administration is essential to ensure that hospital operations run smoothly, and a purpose-built facility can help staff to work more efficiently and effectively. Meanwhile, training facilities are vital for ensuring that healthcare professionals have access to the latest knowledge and skills and can provide the best possible care to patients.

The construction of a new hospital building is a significant undertaking, requiring careful planning, coordination, and execution. It's great to hear that progress is being made, and that the project is on track to deliver a modern and efficient facility that will benefit patients, staff, and the wider community. As the building takes shape, it will be exciting to see how the various components come together, and to witness the positive impact that this new facility will have on patient care and hospital operations.

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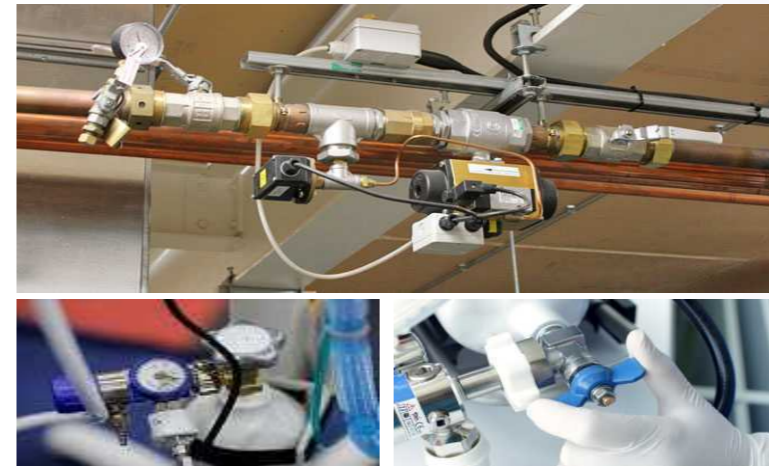


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Investing in Construction Technology: What You Need to Know



The majority of project teams on site today still utilize outdated processes—even though there are plenty of technology solutions available today to automate them and vastly improve and ease the workload. The reasons for this lagging adoption vary, but the reluctance to embrace 21st-century solutions often stems from a lack of IT resources.

More than 40 percent of construction companies don't have an established IT department, according to the 2017 JBKnowledge Construction Technology Report. Of those that do, almost three quarters have a budget of less than \$500,000 per year. Without dedicated resources to identify, evaluate, and implement new solutions, the task of innovating and adopting technology can appear daunting.

Ultimately, it is pushed aside for competing priorities.

This means that even though cloud-based document storage and collaboration tools are prevalent in most industries, construction continues to be an exception. Even now, paper files persist. The lack of remote visibility into what's happening on site limits the ability to manage projects and share vital information. Without technology, you can't immediately check which subs and trades are on site, where equipment and tools are located, and who is operating them. You also cannot know about safety incidents or jobsite hazards the moment they happen. Clients today want—and expect—data-driven projects, and legacy processes are unable to deliver.



Fortunately, the Internet of Things (IoT) is spreading at the jobsite. This network of connected devices that automatically collect and transmit data from workers, tools, equipment, and materials enables unprecedented, data-driven visibility into what's happening on site. Cloud-based dashboards, accessible from any smart device, are breaking down communication barriers, enabling on-site managers and off-site stakeholders to all access information remotely, at any time. This presents a tremendous opportunity for contractors embracing innovation and new technologies.

Amidst increased resource scarcity, project complexity, and client expectations, contractors are turning to technology to do more with less. With limited IT dollars and resources, however, and more and more solutions hitting the marketplace, construction companies need to ask themselves five key questions about any prospective technology investment:

1. Will the technology perform across jobsites? Construction sites are unique, physical environments, and any investment needs to perform well in this fast-moving world. It's important to ask yourself how the solution accounts for the challenging construction environment. Can it scale as projects ramp up and more workers and structures are added? What does battery life look like? What happens if WiFi goes down on site?
2. Does the solution set your workforce up for success? Engage end users early and often to ensure the solution meets their needs and requirements. Can

they upload photos or add notes from the fields easily? Can they tag other team members? Without user buy-in, even the most innovative of technologies will wither on the vine.

3. Does the solution enable fast decision-making? The data from new technology solutions needs to be real-time, actionable, and easily accessible. Ask about custom reports and notifications, this way you'll be able to make an informed decision how to maximize those features once the solution is updated. Who will oversee documentation and regular reporting? Data is only as good as the insights and action it enables, so establish a plan for acting upon the data.

4. How does the solution fit within your business goals? Consider how the solution integrates within your organization's existing business and technology infrastructure. Custom applications and third-party integrations (via APIs) are important to ensure that as your business evolves, the solution grows with you.

5. What do implementation and support look like? New technology requires a thorough implementation plan, including initial training and onboarding as well as ongoing troubleshooting and support. Identify team members who can serve as solution subject matter experts, ensuring the solution gets rolled out and used properly. Begin with a pilot project and gradually ramp up as capabilities are established and training and implementation processes are fleshed out.

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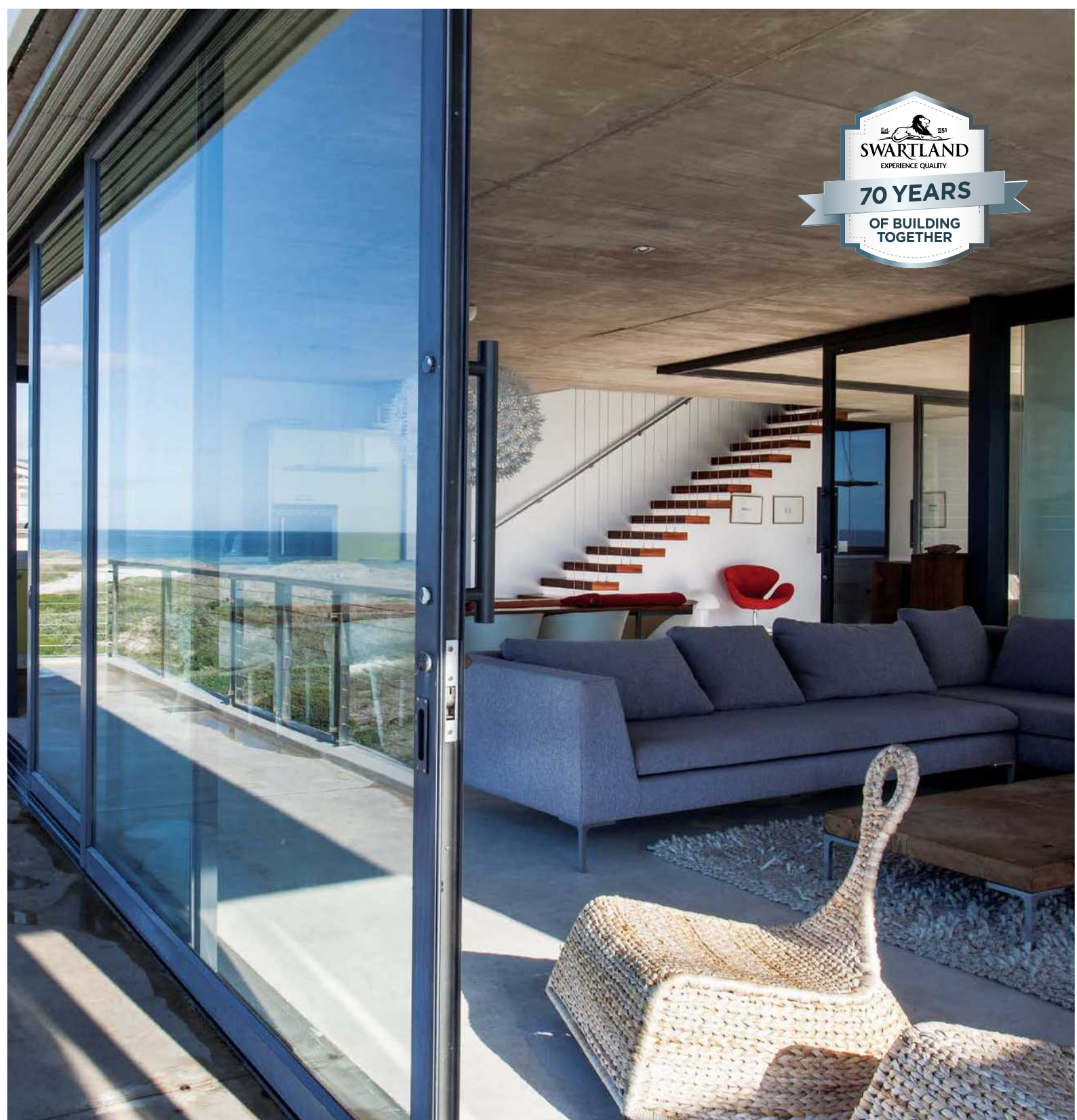
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