

M-CARE NEWSLETTER



KICK-OFF MEETING

OCTOBER 2025

HORIZON EUROPE M-CARE PROJECT KICK-OFF MEETING: UNITING PARTNERS TO DRIVE COLLABORATION AND DEFINE PATHWAYS TO SUCCESS

The M-CARE Project officially kicked off with a two-day meeting in Amsterdam, bringing together a diverse team of researchers, practitioners, and policy experts from three African countries (Ghana, Kenya, Uganda), and three European countries (Denmark, The Netherlands, and UK). The meeting provided a platform to outline strategies for tackling the rising burden of multiple long-term chronic cardiometabolic (diabetes, hypertension, dyslipidaemia) and common mental health conditions in Sub-Saharan Africa through the M-Care project.

The kick-off served as an opportunity for the consortium members to gain a comprehensive shared understanding of the project's scope and objectives, strengthen team dynamics and collaboration, and clarify institutional roles. It also created space for developing practical strategies for implementation in the three African countries, ensuring that M-CARE project will be both impactful and sustainable.



The M-CARE consortium unites a strong interdisciplinary team across Africa and Europe, including Amsterdam UMC (The Netherlands), the African Population and Health Research Center (APHRC, Kenya), the University of Copenhagen (Denmark), the University of Ghana (Ghana), the London School of Economics and Political Science (United Kingdom), Lira University (Uganda), and Vrije Universiteit Amsterdam (The Netherlands). Each institution brings complementary expertise to support the project's mission of transforming care delivery for people living with multiple long-term chronic disease conditions.



The **M-CARE Project** launched in Amsterdam, uniting African and European experts to address chronic cardiometabolic and mental health conditions in Sub-Saharan Africa. Funded by **Horizon Europe**, it focuses on collaboration, community engagement, and sustainable, patient-centred care — captured in the slogan “**M-CARE – We Care.**”

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The consortium acknowledged that successful development and implementation will require careful coordination across diverse health system contexts, meaningful community engagement, and efficient use of resources. To achieve this, emphasis will be placed on proactive strategies, including active stakeholder involvement, strong communication pathways, and shared partnership and leadership across institutions to ensure cohesive and effective project delivery. The slogan “M-CARE-We Care” encapsulates this spirit of collaboration and our shared commitment to improving patient-centred care across communities.

The kick-off meeting, hosted with support from Amsterdam UMC and the Amsterdam Public Health Research Institute, laid the foundation for a collaborative initiative funded by Horizon Europe. As the project moves forward, the consortium will work closely with local stakeholders, healthcare professionals, and policymakers to design and test innovative and evidence-based care strategies that are scalable, sustainable, and responsive to the needs of communities in Sub-Saharan Africa.



M-CARE PROJECT

M-CARE is an initiative focused on improving healthcare for people with multiple chronic conditions and mental health challenges in Sub-Saharan Africa.

We work across Ghana, Kenya, and Uganda, adapting WHO's evidence-based guidelines to create integrated, patient-centered care at the primary health level.

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