



MPC

Monthly Newsletter

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Mukuru Promotion Centre **NEWSLETTER**

Empowerment Step by Step

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From the Director

Dear Friends, Partners and Supporters,

Our big news for August was the return of Sr. Kathy on the third. We had a back log of work waiting for her! A local charitable group, Sukuma Twende, donated 1,000 blankets at the end of July so they were distributed to those in dire need by the social workers. We kept 200 in reserve for fire victims and had three fires since then. We were happy to be able to give them blankets. It is terrible to see people who were doing quite well losing all of their possessions and some of them their business or their business capital which was kept in the house. The boys in the rehabilitation centre complained about the coldness of the water for showers. We explored the possibility and cost of installing solar for hot water systems. There was hot water available before but some of the boys had tried to steal some of the fittings making the showers dangerous, so the electrical system was discontinued.

The Sisters of Mercy Kenya called a Zoom meeting of those involved in Vocational Education and to advise on preparing for reopening. They asked us what we needed to survive until the end of the year. We immediately applied for our gap in funding and they promised to assist us. We appreciate the support.

It is wonderful to see the new education facility building for the disabled children at Songa Mbele na Masomo Centre coming up. We continued to have meetings with Cheshire Foundation and Light of the World about the mushroom project for youths living with disabilities; it will be part of our vocational training.

We are concerned to see many of our students roaming the streets and have lobbied for their return to school. We made arrangements for small groups of children to come in for counselling and direction. The secondary teachers are arranging classes in groups so that we keep to the CoVid19 regulations. We arranged water points for washing of hands at the schools. It is difficult to keep up the supply of sanitizers. We are very grateful to those of you who helped us with the masks, sanitizers, fumigation and cleaning materials. Definitely the extra hand washing and stopping the hand shaking, has had a good effect on reducing communicable diseases. The Milimani Rotary Club donated sanitary towels for the girls, masks and sanitizers for the Clinic and books for St Catherine's library. Other individuals also donated masks and clothes. We continued to give food parcels to the patients and the needy.

Our clinic and social workers worked all through the lockdown. We were expecting a pandemic in Mukuru slums but have been blessed to have had only one confirmed positive case. The worst effects of the CoVid19 outbreak for us have been the hunger due to loss of jobs; the increase of poverty with teenagers looking for various ways to make money; some of which have harmed them, such as prostitution, joining criminal gangs, begging at the shopping centres and on the streets. Some make money selling water to the estates who do not have water. I fear quite a number will drop out of school, which is a great pity especially for those who normally should have finished this year. We will try to get them to register for the exam and sit privately so that they have a certificate to show for their years at school. This can be of help to them to secure employment as almost every company now requires a certificate of secondary education even for the manual and casual jobs.

May God bless you abundantly for enabling the work of MPC to continue.

Sr Mary Killeen

The preparation has been underway during this month for community tuition proposed by the Ministry of Education for schools. The Ministry of Education was taken to court by a parent to explain why the new academic calendar cannot start this year in September instead of the previously proposed reopening in January 2021. While this case is debated in the courts MPC had numerous consultations with the Ministry of Education to allow MPC to engage school children in learning activities and skills to avoid them going back to the streets, joining miscreant gangs, rising youth pregnancies, death and accidents that have occurred during the covid-19 pandemic.

Although the Kenya Institute of Curriculum Development continues to provide remote learning through radio, television and online programs, our beneficiaries from Mukuru Schools are unable to access these programs. The Ministry of Education and Teachers' Service Commission (TSC), using a multi-agency approach, and in collaboration with chiefs and village elders in the community have proposed community-based learning approach where teachers will be mapped with learners to offer face to face learning at no cost. The directive proposes 15 learners per teacher with strict Ministry of Health guidelines and protocols on the pandemic.

TSC has provided guidelines for the community based learning program and has directed that all teachers under its employment shall undertake community-based learning program without charging parents for tuition. The objective of the program is to engage learners in productive activities with a view to acquiring practical life skills, communication, numeracy, basic knowledge related to Covid-19 pandemic and other areas of interest to the children. Due to the pandemic, TSC directed teachers to register in their current area of residence for the exercise.

Though the government proposed community social halls and learning centres for the tuition, Mukuru schools is planning to run the program in their schools. None of the TSC teachers in our schools live in the slums so this means that our children are neglected again. The protocols and guidelines set down by the Ministry cater for children who live in suburbia.

Teachers employed by MPC met and discussed how to do the activities' program. The suggested topics were:

- Communication to improvement on oral & written communication.
- Mathematics
- Talent Nurturing
- Guidance & Counselling
- Hygiene & Covid-19
- Recreation

The teachers are to report on 1st September with the Class 8 pupils after they have registered through the Curriculum Support Officer at the Sub-County. The children will be notified through the chiefs and village elders.



Teachers preparing for activities program

The Ministry of Education finally released registration certificates for primary schools and all MPC primary schools have received their certificates of registration.

The following equipment was purchased for the schools in readiness for the community learning activities program.

- Thermoguns
- Fumigators,
- Fumigation protective gear
- Chemical for Fumigation



The cabbages have help with the students lunches as well as hundreds of families living in the villages.

Sponsorship

The prolonged schools' closure in Kenya has had serious ramifications on students' well-being, many of those living in marginalized areas such as Mukuru slums haven't been spared in the harsh reality. Education exclusion, sexual violence and exploitation as well as nutrition and economic consequences have been among the effects felt by the students.

We saw the need to have St Michael's Form Four students attend school to learn different skills as a way of keeping them engaged. With the health measures put in place, the reopening has been positively welcomed by all stake holders. The students too have been excited about the learning, among them reading, listening & communication skills, performing biology/chemistry practicals, agricultural practicals, watching educational films as well as revision. Having the students in school helps to monitor their behaviour and we can offer counselling as well. Given the situation in the country many people have lost their jobs and are struggling to sustain their families. In such circumstances, affording two meals a day is not possible for many luckily for our students, they receive a lunch meal to curb starvation among them.

We had a chance to invite the students for a talk, to encourage them on the importance of coming to school during this period and coping with the consequences of the pandemic.



Meeting the Form Four students of St. Michael's Secondary.

With the CoVid outbreak in the country, several measures have been put in place to help curb the spread of the virus. Wearing of masks is mandatory for everyone while in a public place. There is never enough supply of masks in the community as most of the families cannot afford to purchase for each member of the family. We are honoured to receive a donation of masks from one of our donors. These will be distributed to our students to help them keep safe.



Rehab Boys community service at the head office.



Ms Jebet Beverly assists with the masks.

Community Service is usually a gesture to show appreciation by our sponsored students for the support they receive. It has not been possible to have students offer the services with the closure of schools as many students are dispersed in different localities. However, eight boys from the MPC's Mary Immaculate Rehabilitation Centre came over to the Head Office to assist with cleaning out the mabati store. We appreciated their help.

People of Mukuru slums are constantly faced with financial hardships. Many students drop out of school. The financial position of parents, 80% of our students cannot afford to sustain their secondary school fees.

MPC's sponsorship program through the support of donors has managed to help keep students in school. We are appreciative in a special way to our new donors who joined us this month, for having supported us generously. The donations will go towards fees balances, which for some, have accumulated. At least 15 needy students from St. Michael's Secondary have benefited. This gives them a chance to concentrate more at school and work harder with the hope of pursuing their dreams. Thank you, to all our donors, for the generous support.

We went from a little activity to a lot, in August. The Form Four students continued to come to school after they resumed school on 27th July 2020. During the month of August, we averaged around 40% of the total population. The students attended classes from 9.00 am to 3.00 pm. A few students had problems attending at 9am as the Government was offering small casual opportunities to clean areas for a few shillings.

The classes touched mostly on skills and a bit of academic work. The practical classes were the ones with the best attendance such as the sciences. The pilot program will help us understand more what to expect when the official academic year resumes.

We gradually introduced the Form Three students. The student numbers in Form Three class were higher than the Form Fours. They have also been introduced to practical lessons in the science subjects with social distance being observed. Apart from students being engaged in the classes, they also engaged in outdoor activities.



The learners were getting quite a lot out of the practical lessons in the laboratory.

Strathmore University's Macheo program sponsored four of our teachers to train on the Foundations of Teaching with Technology which was a big boost for us. The teachers were Wilberforce Kidavi, Rose Nyangweso, Shauline Muraya and Danford Mogire. This was to enable them learn skills on how basically to teach using the online platforms. After the course, they were to teach the rest of the teachers at St Michael's. The computer lab at St Michael's will be fully booked until the end of the year to ensure that the students attending will learn more during this pandemic period.

We were grateful to Macheo program as they provided the girls with sanitary towels as a donation.

All public schools in Kenya are waiting on further confirmation from the Ministry of Education on when the academic year will resume. We are aware that there are private schools who have not stopped teaching and will complete the IGSE exams at the end of the year.

Social and Health Services

The CoVid19 pandemic has not impacted on Mukuru slums the way we thought it would. Thankfully, the worst case scenario has not happened in Mukuru slums. The impact felt by the people is about the consequence of a pandemic and not the virus itself. Initially we thought that there would be many people would be dying on the streets. The economic suffering of the people is the greatest stress. People have lost their casual jobs, have been evicted from their homes (shacks), unable to pay the rent, put food on the tables for their families, victims of fires, seeing their children getting involved with the wrong gangs and being exploited. These are the tragedies of the pandemic.

The social workers have attended to many clients, made referrals to various hospitals, distributed food provisions, made home visits and organised many talks and counselling sessions.

August Activities

Case Type (Activity)	No. of Clients	Activity	No. of Clients
Amaranth Client (Nutritional Supplements HIV/AIDS)	82	Moral / Mentor Formation Talks	129
Blanket Distribution to Fire Victims	584	Nutritional Support	356
Counselling and Guidance	52	Malnourished Babies	16
Discipline Cases	5	Needy Family Assistance	84
Disaster Victims	131	Profiling	20
Home visits	37	Rent Support	1
Hospital Visits	3	Teenage Pregnancies	3
Medical Cases	48	Therapy sessions at Songa	31
Missing Child	1		
Total Clients Served			1,825

The structure for the mushroom project, an initiative between MPC, Cheshire Disabilities Kenya (CDSK) and Light of the World, was completed. During the construction phase the youths under the 'Employ-able' program came in intervals in order to know and learn how the project was progressing. The training started on 24th August and ended on 28th August 2020. Now that the training is over the youths, assisted by MPC teachers, will take charge of the project.



During the mushroom training for the youths with disabilities by Light of the World and During Cheshire Regional Meeting in St. Anne's- Bondo Nairobi cluster

MPC received many suitable donations during the month. We received tea from Melvin Tea, 1,000 blankets from Sukuma Twende under the care of Khiral Shah, hundreds of cabbages from Patrick Biruri, dust coats, fumigator suits and sprays, sanitizers, Thermoguns, and masks from IRDIS. All the items have been distributed to the various people via the Social and Health Services Department.

The month was not without lots of meetings. The meetings ranged from the functional administrative meetings to networking meetings. There were also trainings for community health volunteers, staff on CoVid19 measures, case management tools, teenage mothers' mentorship, and webinars on the International Youth Day.

Sadly, during the month there were two fire outbreaks in the slums. Hundreds of people were affected. We were grateful to the various donations received as we could provide something to people who had nothing but the clothes they were wearing.

Some of the greatest challenges facing the Department is the economic impact from the pandemic. The numbers we have coming to the social office to receive food provisions and other items is an ever growing number.



Sanitary pads



Blankets



Cabbages



Nutritional support to clients



Motivational talk at MIRC



Milimani Rotary Club – face masks



The teenage pregnancy Session at MSDP



Mentorship for boys and girls at St. Catherine Primary school



A Fire outbreak at Hazina



During a home visit at Crescent- Kayaba and Kisii Village



Starter Kits for former skills students. Providing equipment for students to carry out their own dressmaking business.



A skills student who was burnt in the fires. A week later he is recuperating.

The month had quite a number of extra activities apart from our normal schedules. The major ones being some training on CoVid19 measures, fumigation and home based visits to patients in the slums.

We received a variety of items from the Ministry of Health in conjunction with Concern Worldwide. These included non-sterile gloves, body suits, bottles of alcohol hand rubs, industrial gloves, face shields, gumboots, aprons, chlorine, mops and buckets. This was a very great initiative.

We also received 93 baby head caps and 50 blankets from Khiral Shah. The baby caps were distributed among MCH babies. The Milimani Rotary Club also donated disposable face masks.



Masks from Rotary Milimani



Baby caps from Khiral Shah



The staff was involved in the Child Protection and Safeguarding training during the month and awarded their certificates of participation.

The Ministry of Health organised the Sub-County Wash Coordination Team to ensure that the Clinic was clean and ready to receive patients. The Team fumigated and disinfected the entire facility. This was one of the strategies being used by the government in the fight against the spread of CoVid 19. Over the month this was done twice.



Subcounty Wash Coordination Team fumigating our facility.

The Clinic nurse accompanied by the social worker visited two of our clients who were bedridden and could not make it to the facility. After the home visits and care, the patients showed good improvement.

Patients Treated in August

Category	Gender	Under 5	6-13yrs	Above 13	Total
New Cases	Male	55	20	125	200
	Female	40	9	150	199
		95	29	275	399
Revisits	Male	111	21	197	329
	Female	128	20	266	414
		239	41	463	743
Total August		334	70	738	1,142

Most Common Treated Diseases in August

Disease	No. of Cases
Acute Upper Respiratory Tract Infection	162
Urinary Tract Infection	134
Gastroenteritis	155
Abdominal pregnancy	128
Hypertension / Diabetes	42
Fever	25
Gastritis / PUD	56
Neuralgia and Neuritis unspecified	43
Skin Infections	48
Headaches	31
Other Diseases	318
Total	1,142

The Top Five Laboratory Tests

	Highest Laboratory Tests for August	No. of Tests
1	Urinalysis	107
2	Stool for ova and cyst	90
3	Full Haemogram	71
4	Random blood sugar tests	38
5	Antenatal Profile Tests	35

The total number of laboratory tests for the month was 448

The 13 TB patients received their medications during the month with one new case being referred to the Clinic. Three of the patients were placed on supplementary food to boost their immune system.

The Ministry of Health have congratulated the Clinic on improving the number of children / babies being immunized. We had 78 antenatal mothers and 81 babies were immunized. Nine new patients were admitted under the comprehensive care program. This program provides medications for those HIV/Aids patients. All nine responded well to the treatment.

All planned activities took place during the month. The essential workers at the Centre continued to give services to the community. We did not receive any donations in August which made it difficult to sustain the feeding program for children living with disabilities.

The therapy sessions continued as we managed to attend to 48 clients who were seen a few times a week. Great improvement has been noted with the clients' attendance of therapy sessions. The caregivers continued attending to those at home, so they don't regress. All clients have been encouraged to be consistent with the therapy and home program, so as to achieve desired therapy goals.



Calming the autistic boy and a different kind of therapy sessions taking place at the Centre

The hydrocephalus girl, Becky, has shown great improvement through therapy sessions. She could not stand or hold her head straight. Through continues therapy, she can stand, roll, sit without falling behind and now she is on a walking aid learning to walk.





Most needy parents received blankets



Food distribution at the Centre



August Activities at Songa Mbele na Masomo

Case Type (Activity)	No. of Clients	Activity	No. of Clients
Food Distribution	120	Mushroom Project	8
Blanket Distribution to Fire Victims	53	Profile Updates	15
Home Visits	26	Therapy sessions at Songa	31
Medical Cases	6	Training	3
Total Clients Served			262

It good to see Sr Kathy back taking a more hands on approach to the new educational building at the Centre after a 5 month physical absence. Supervising a construction is tough at the best of times but trying to manage from 8,00kms away adds another degree of difficulty. The slab at the lower ground level has been completed and preparations for the upper ground floor are taking place. The columns on the lower ground have been extended to the external walls. There was a water shortage during the month, and we had to organise water from a private vendor to ensure that the slab would not be damaged.



Electrical piping and steel fixing on the lower ground floor



First slab work on the lower ground floor



Side view and staircase



Concrete slab at the lower ground floor



Back view



The front view

Even though the other education centres around the country were closed, we at the Rehabilitation Centre remained opened. August for us was holiday time! The boys' energies were used in performing general cleaning of the entire premises which began with the clearing of the field.



To motivate and applaud our boys for their hard work throughout the term, we sourced for some prizes to be presented to them on the end of term. The end of term Prize Giving Day was on 6th August 2020.



General quiz time to energize the boys

The remedial classes continued in the morning for everyone during the holiday as well as time in the library to catch up on a storybook where they had to perform a skit on the theme of the book. We are very encouraged by the talents the boys continue to display. Glen in Grade 7 composed a song “*Nimechange Life Yangu*” meaning ‘*I have changed my life*’, the song is becoming popular amongst the boys.

The carpentry boys continued with their projects of making cooking sticks for Team Pankaj. Each student has a target of two hundred pieces. The carpentry students also made a TV cabinet for the games room.



The Art and Craft lessons continued during the month and there is a lot of interest in the beadwork and drawing.

We held an in-house competition towards the end of August. The acrobatic team entertained everyone before starting the games. The boys were divided into different groups, Lake Naivasha group won the soccer match.



Lake Nakuru Captain handing over the trophy to L Naivasha Captain



At the end of the day we had a group photo and we all learned that, just as it is easier to be winners, it is equally important to learn to be good losers. We joined together as one big happy family. Overall Lake Turkana carried the day.

During the month to maintain their physical fitness, the boys remain active in gymnastics, talent show and Yoga. The PlayStations - although this game remains their preferred game, we keep encouraging them to play it per house so that all boys can take part.



Acrobats drilling

Mr Pankaj sent some seedlings through his son Jay and we have managed to plant the second garden following the three weeks interval.



We have been overwhelmed by the generosity of our benefactors. We received food donations and toiletries from Team Pankaj, Mr Stephen Nganga, James Mburu and Mathew Mwema (former MPC beneficiaries). Mr Frank from South B brought over 50kgs of meat for the boys. We received veggies from Pankaj and Action in Focus.



Veggies from Team Pankaj



Through Paula Cullen and friends, the carpentry boys received a donation of protective gears. This will help with the safety in the workshop. Mr Shah provided 100 blankets. We really appreciated the blankets as August has been quite cold.



During the holidays the boys received extra ProFuturo lessons which they have really embraced well. We also had a meeting with the Profuturo instructors and planned on resuming training for the staff. We also discussed the possibilities on networking with other centres who have the tablets.



Meeting with Profuturo Instructors



Teachers in a training session

We continued with our program of motivational talks to the boys. The topics covered were oral and general hygiene, child rights and responsibilities.



Motivational Talks

Next month the boys will return to full time learning in their various classes. They have had a good break. Now it is time to really focus on the last leg in their rehabilitation program.

The mushroom project for Youths with Disabilities has been a key activity for us this month with the construction of the mushroom house and the handing over to the beneficiaries. It was a time of joy for all concerned. Handover is a process and not a date and it requires proper planning. The youths had been introduced to the project from the start. There was adequate transfer of knowledge and this was done incrementally. The culmination of project transfer was followed by a one week technical training on mushroom farming and business development, organized by Light for the World. Light for the World has not only provided technical support to the youths but also social support. We will continue to assist these youths to ensure smooth implementation of the project and business opportunities.



Soaked wheat straw being prepared for sterilization



Sterilization by steam taking place



Business Training for Youths with Disability

Phased Re-opening of Schools

The Ministry of Education guidelines has developed a framework to guide the phased reopening of the Vocational Centre. We have provided clean water and soap for hand washing, face masks for learners and thermal guns for monitoring body temperatures. Social distancing protocol of maintaining a distance of at least 1.5 metres between trainees has been a headache, but not anymore. We intent to achieve this by arranging learners in shifts since our classrooms are small in size. President Uhuru Kenyatta confirmed that the COVID-19 curve was flattening. According to the Ministry of Health, TVET institutions can only reopen when the daily confirmed cases have been consistently declining for at least 14 days. The President in his eleventh address to Kenyans on CoVid-19 directed the Cabinet Secretary for Interior

together with the chairperson of the Council of Governors and all stakeholders to convene an inclusive National Consultative Conference (NCC). The NCC mandate will be to review our national and county CoVid-19 response in order to chart Kenya's post-CoVid-19 future.

During the first three months of the CoVid19 pandemic, 2 teenage girls from our Vocational Centre became pregnant. This has changed their lives and learning forever increasing the number of people living in extreme poverty. Many of our students are again helping to make ends meet for their families hence the fear of losing them. The reopening of schools is therefore critical, and the question must now shift to when and schools should be reopened.

The extended school closure is hurting our students in significant ways. The Skills Centre has decided to bring in a few students from the Hairdressing and Beauty class. The Computer group is slowly finalizing their course work and the DeeJay group is in session. The students are allowed to come in for a few hours and in shifts and these measures have proved to be safe.

We hope the Ministry for Interior and all concerned stakeholders will act with speed in order to save the Kenyan child from getting lost.



Hairdressing and Beauty practicals for students in session

The Art students continued to sensitize staff on how to prevent CoVid19 by creating visual aids as a way of providing information. Mr. Patrick Ng'ang'a, Art Instructor, just finished a hand painted signage and erected it outside the gate. This signage will not only sensitize students who do not have televisions or radios where messages are broadcast, but also make the message clear to our students who cannot read. The signage will also act as a reminder to staff who might have forgotten or become relaxed over CoVid19 measures. The Art instructors have also given the area around the gallery a new look by constructing an open shed with refurbished chairs for visitors and students. This particular place will be used by the special need art students.



Mr. Patrick Ng'ang'a (Art Instructor) poses for a photo next to the finished signboard



Andrew Otieno gives a new look to old flowerpots



Erected open shed for visitors

Happenings...

Sr Kathy returned to MPC after a five month absence from the Centre. On her return she brought a donation of laptops and iPads from the Sisters of Mercy of Australia and Papua New Guinea. The laptops and iPads will greatly assist MPC. Everyone needs technology, it is one of the fastest developing sectors and is difficult for an organisation like MPC to keep up as they are very expensive to purchase new. We do not have the luxury to purchase new ones or even second-hand computers. We are very grateful to the Institute for thinking of us.



The Mater Misericordiae Hospital, Nairobi had a clean out of their stores in July. MPC was the beneficiary of the materials. The items helped us build an isolation room at the Clinic as per the Ministry of Health requirement in case of CoVid19 cases; much of the wood went to the carpentry class to help with making small saleable items; metal stands have been used for the water points for handwashing and other bits of furniture and old wheelchairs have been repaired for use around the project. We also received the old discharged computers which will be very handy in our new initiate of separating and dissembling computers for a small income for youths.

We are exploring the idea of creating an on-line sponsorship directory for sponsors to follow up at any time on how their student is progressing. It is a work-in-progress which we hope to have available before the end of the year. It will mean that sponsors can log onto our website and access the information about their sponsored student. Stellah will share more with us over the next few months.

Our strategic plan will expire at the end of the year. We have completed some preparatory work to help develop the new one. The pandemic has already provided lots of challenges and economists around the world predict tougher times ahead. For development organisation this is the last thing we need to hear. The strategic planning has become extremely important for us to identify the crucial areas and services for the next five years.

Kenya announced in July that it would open its borders and strike a balance between the country's economy and the health of its citizens. The month of August saw over 14,400 arrivals. Medical experts are still curious as to why Kenya has not recorded huge deaths. Kenya has recorded 648 deaths amongst a population of 50 million. These figures are more positive than many European countries. Now 143 countries are exempt from the 14-day quarantine period when they arrive.

Mukuru Promotion Centre

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Thank you for your support to improve the quality of life for thousands of children, youth and seniors each day.