

MPC



Monthly Newsletter

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Mukuru Promotion Centre **NEWSLETTER**

Empowerment Step by Step

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From the Director

What is a holiday month here for colleges, schools and for many people, turned out to be quite busy one for us. We continued to try to find workable solutions with the help of Quantum in Spain, for the challenges in water and sanitation left by the builders in St. Michael's and Bakhita schools. We are anxious to have good working systems as soon as possible for the two thousand on site. We worked with the interim board of St Marians to improve the management of the Home. We need the Homes' services for the vulnerable children in our schools in need of care and protection, and together with our friends and partners, have been supporting the home. I attended a Board of Trustees meeting at the rehabilitation centre for boys on drugs, which was founded in Katani, when I worked in DKA Support Office, with funds from Sancta Maria College, in Dublin. It was good to see the developments on site.

We had a welcome visit of Mercy sisters, Elizabeth Moloney and her aunt Rose, from Australia. They were a breadth of fresh air. Their time with us and the discussions we had with them were a blessing for us. Mr. Roland Roko spent a day looking at the 5 sites, seeing the work we do on each. He is interested to work with us in project and resource management, if he gets sponsorship. He is an Austrian, married to a Kenyan and has worked for a number of years in Kenya.

I attended the Open Day in Nairobi West prison, where we have a past pupil, James Mutugi, who was sentenced to ten years for stealing a simple mobile phone. He is due for release next year. It is wonderful to sit with the prisoners and their families and talk face to face. During normal prison visits we talk through wire mesh and can hardly hear each other. We have other past students in prison from time to time but usually for shorter periods. While I was at an Assembly of Sisters of Mercy from 16th to 18th August, the Governor of Nairobi, phoned to request that I meet him on St Catherine's site about the portions of land that were taken from the school during the reign of President Moi. I requested Sr. Kathy to meet him, which she did. He promised us that the situation would be sorted so that a secondary school for Mukuru children can be constructed. We have about 700 students sitting for the KCPE national primary school exams in our primary schools but have only space for 150 in St Michael's Secondary school, so the need is great.

Discussions with "Cities Rise" continue on ways to improve mental health in Mukuru slums and within our student and staff population. We have seen great improvement in Special Needs

Youth who have been integrated into our Vocational Training Programs. We hope, with the help of Manos Unidas of Spain and Mr. John O ‘Shea and friends of Ireland, to add some facilities for them to enable them continue with necessary therapies and some trainings such as bead making, card making, place mats.

I thank you all for your contribution in enabling the most vulnerable access opportunities for development.

With much appreciation

Sr Mary Killeen



Education

All primary and secondary students proceeded on their holidays in August. St. Elizabeth Primary Choir participated in the National Music Festival and our sponsored students were involved in the community service program and others attended the motivational talks.

The students received an extended holiday thanks to the National Census that was carried out over a week in August. This effected about 11 million students who are in primary and secondary schools who risked missing out on the census if the opening date was not changed. No complaints were received from the students however, there were grumblings from parents and employers.

St. Elisabeth Primary School choir excelled in their music set pieces during the National Music Festival held at Kabarak University. The school entered six items and performed as follows:

Item	Class	Position Attained
1.	201	1
2.	260	1
3.	267	1
4.	265	2
5.	294	4
6.	280	4

One of the songs that really made the team win many hearts was a song, 'In Praise of Mother'. St Elizabeth was nominated to sing for President Uhuru at the State Lodge, Nakuru. This was a wonderful privilege and honour for the pupils.



Choir performing at Kabarak University Hall



Head Teacher, Mrs Okomol and the triumphant pupils

There were meetings during the August holidays for many teachers as the Ministry of Education continues to implement the new Competency Based Curriculum for the Country. The training was conducted by the Sub-County Education Office. Some of the reforms that the Ministry want to put in place are:

New Structure:

- 2 years in Pre-primary – PP1 & PP2
- 3 years in Lower primary – Grade 1 to 3
- 3 years in Upper primary – Grade 4, 5 & 6
- 3 years Junior Secondary School – Grade 7, 8 & 9
- 3 years in Senior Secondary School - Grade 10, 11 & 12

At the end of Junior Secondary School, the learners will choose a path into Senior Secondary School which will be:

- Arts & Sports Science (Talents)
- Social Sciences (Humanities)
- STEM (Science, Technology, Engineering or Mathematics)

The learner will then proceed to either the work-place or a tertiary or university college. The degree course will take 3 years complete.

The Special Needs Education is stage-based and does not look at the age of the learner like the formal education. The flow is expected to be as follows:

- Foundation Level
- Intermediate Level
- Prevocational Level
- Vocational Level

Once the skills are gained from the vocational level, the learner can either be self-employed or exit into employment.

There are a number of reasons behind the changes:

- The need to shift from the previous system which was more academic, and examination oriented that creates a disconnect in school content and workplace
- To realize the national goals of education and emphasize on core values and principles like nationalism, social equity & responsibility.
- The fact that the old system did not enable learners to cope with the needs of the 21st century that requires knowledge and skills. The new curriculum is expected to respond to the Constitution and achieve Kenya Vision 2030. Learners are expected to get competencies to thrive in the 21st century, encourage good character, involve parents in learning, mould learners to acquire values that support peace and national unity.
- Mould youth who will be able to creatively solve problems.

MPC is still experiencing difficulties with the feeding program. We approached the Office of the Parliamentary Secretary for Education as well as the Cabinet Secretary. They promised to give MPC an appointment to discuss the dire issue of feeding.

Social and Health Services

The Social Services Office conducted a number of activities aimed at improving the welfare of Mukuru community. The holiday period gave the social workers more scope to go into the community and make the necessary assessments of many cases.

August Activities

Case Type (Activity)	Number of Clients
Home Visits	48
Abuse Cases	5
Amaranth Client (Nutritional Supplements HIV/AIDS)	86
Nutritional Support	467
Malnourished Babies	19
Indiscipline Cases	7
Truancy and Absenteeism	4
Moral Formation Talks	468
Counselling	30
Sponsorship Profiling	59
Uniform Support	45
Medical Cases	79
Needy Family Assistance	340
Class 8 Assessments (Potential Sponsorship)	27
Admissions	7
Exit Program	1
Community Services	68
Cases in CPO	4
Total of Clients Serviced	1,764

There is a high record of Sickle Cell Anaemia in Africa. It is a condition where there aren't enough healthy red blood cells to carry adequate oxygen throughout the body. It is inherited when both parents carry the gene. Normal red blood cells are flexible and round, moving easily through your blood vessels. In Sickle Cell Anaemia, the red blood cells become rigid and sticky and are shaped like sickles or crescent moons. These irregularly shaped cells can get stuck in the small blood vessels, which can slow or block the flow of oxygen to parts of the body. Unfortunately, there is no cure, but treatments can relieve pain and help prevent problems associated with the disease. This disease requires much medication and understanding.

Another disease that our Clinic treats many for is skin diseases. Most of the diseases are preventable and have a direct correlation with the environmental factors and living conditions.



Sickle Cell patient



Severe skin condition, the girl has greatly improved while receiving treatment at Mary Immaculate Clinic.



A pupil from Songa Mbele Primary, in need of special attention and medical care. He was reviewed by a surgeon and awaiting to go back to Kijabe Mission Hospital for a medical

MPC CLINIC:

There was a slight decrease in the number of treated patients in August due to the holidays. We had 1,756 in July against 1,345 patients in August.

The patient statistics are listed below:

Patients Treated in August

Category	Gender	Under 5	6-13yrs	Above 13	Total
New Cases	Male	64	30	222	316
	Female	73	31	243	347
Revisits	Male	109	16	172	297
	Female	115	18	252	385
Total August		361	95	889	1,345

Most Common Treated Diseases in August

Disease	No. of Patients
Acute Upper Respiratory Tract Infection	354
Respiratory Tract Infection	51
Urinary Tract Infection	275
Gastroenteritis	213
Skin Infection	92
Abdominal pregnancy	49
Hypertension / Diabetes	46
Fever	41
Arthritis / Neuritis	47
Malaria	7
Injuries / Wounds	30
Other Diseases	296



St Bakhita Afloutoun Club during a monitoring by the CDSK (Cheshire Disabilities)



Nutritional support, holiday food parcels and baby clothes for distribution

The August holidays enables us to catch up on things that eludes us during the term like the follow up on the various trainings, scheduling for outside agencies, and programs that can't take place during term time.



Bench marking with the St. Euphrasian Sponsored Students Sensitizing Session Child Protection Training at Our Lady of Mercy Vocational Training Centre



AJAN training for sponsored students and mentorship for Class 8



Students carrying out community service at the Rehab, St Elizabeth and Head Office sites.

MPC REHABILITATION CENTRE:

During the August holidays the boys were engaged with constructive activities such as Art and Craft, Catechism, Gardening, Motivational talks, and Environmental Conservation as well as receiving and entertaining visitors.

The boys showed great improvement in their studies, though a few had challenges with the exams, two of which didn't manage to finish their exams in time. The carpentry students have also progressed well, with two of them sitting for the NITA Grade II trade test, thanks to their donors, Vera, and Irene.

Rehabilitation Centre Class 2019

Class	Category	Number of Students
Year 1	Std 1 (4), Std 3 (5) and Std 4 (3)	12
Year 2	Std 5 (5), Std 6 (6) and Std 7 (10)	21
Carpentry	Grade III	10
St Catherine's	Std 2(1), Std 5 (2), Std 6 (1) Std 7(1)	5
Ss Peter's Embu	Std 7 (2) and Std 8 (1)	3
St Michael's Secondary	Form 4 (1) and Form 2 (1)	2
Mangu High	Form 2 (1)	1
TOTAL		54

Motivational talks were presented to help challenge the boys to implement right judgement before they act on issues. They boys also attended a seminar organized by Sisters of Mercy Education office and facilitated by AHAPPY group.



With Volunteer Priscilla and social worker



Seminar by AHAPPY Group



Catherine Karuno and the Boys after their Child Protection & Safeguarding Training



Boys during group discussion and presentation



Conservation and Waste Management Talk



Clean-up day

When the boys went to the Giraffe Centre last month, the focus was on ecology and the environment. They were shown how to make briquettes. One of the activities in August, thanks to Vera, the Austrian volunteer, and our Environmental Officer, Carol, the boys made lots of briquettes.

Soaking, making and drying of the briquettes



It is terrific for the boys to receive lots of visitors during the year. At holiday time we have the opportunity to spend more time doing activities with the visitors. Some happy moments were with visitors who donated food provisions for the Boys. The staff from Focus Action Organisation came and brought some vegetables.



Tomatoes by Charles, our driver



Sr Rose Glennon, Sr Elizabeth Maloney,

Sr Patricia Moran



BA Crew Friends



Sr Rose from Australia gave the boys a few lessons on farming. This crop should be ready for harvesting in October, before the long rains.

The Boys also had ample time to engage in sports. They had several tournaments amongst themselves.

Ulrich, a volunteer coach, with the boys learning new games



Over the last few months we have had security issues at the entrance to the St Catherine's site. After reporting the matters to the police, we received a visit from the Governor of Nairobi County, Mike Mbuvi Sonko. People have grabbed the land behind the school, which was allocated in 1960s as playing fields, were given an eviction notice. This is a separate matter from the one we reported on last month, when Sr Mary commenced her testimony on the other parcel of land, that case was adjourned until February 2020. If we can secure the land behind the current primary school we will lobby to build a badly needed secondary school for the children in the area.



HOD Peris and Sr Kathy show Governor Sonko the area where people have built on the playing fields and damaged the gates

The boys had the chance to exercise their citizenship rights and engaged in the National Census. The officials came and gave the various instructions for all the boys to complete valid forms.



Peris, Naisbo and the Census officials during the briefing

The South B Catholic Parish, Our Lady Queen of Peace, celebrated its 50th Anniversary. The Scouts had the honour to officiate the ceremony by leading the National Anthem before Mass and closing the ceremony with a few drills. They also entertained the congregation with acrobatic gymnastics.



Scouts lead the National anthem



Boys perform acrobatic gymnastic

SONGA MBELE NA MASOMO CHILDREN CENTRE:

The energy level at Songa Mbele this month was high with activities planned and unplanned. Among them visits by Nyati Sacco staff, individual donors as well as children from Our Lady Queen of Peace who donated food provisions and hygiene materials.



Parent meeting



Sign Language



Donation from Joy and Margaret



Centre Coordinator giving presents to best performed learners at the Centre

The Centre continued its commitment to the deaf by holding the Sign Language training for staff, siblings, and parents / guardians of hearing impaired children. We are always looking at various partnership for the sake of the children at Songa. Further discussions were held with Starkids Initiative and MPC. We look forward to future developments.



OLQP Parish visits



Nyati Sacco Staffs during their CSR visit to the Centre.



Skills Vocational Training

Our Lady of Mercy Vocational Training Centre:

August being a holiday month in the calendar of the Vocational Training Centre a few activities took place.

Visitors from St. Euphrasia Women Centre came for bench marking. It was a learning experience as students and teachers from both sides exchanged ideas and observed the operations of all the departments. Willis Angira from British American Tobacco visited the centre with the view of contributing to the Centre through its corporate social responsibility program. The students partook in the end term examination with a number of clients coming especially for hairdressing/beauty services.

It has been a great joy for us in the past two months, having received numerous gifts and donations from our well-wishers. Indeed, we are grateful and assure that every donation will be allocated to the rightful recipient.



Hairdressing and Beauty students polish the nails of clients this was part of their Beauty practical exam.

Students from St Euphrasia Women Centre in Service and Sales session during their visit. William, a volunteer, delivered a stimulating content on customer service to the bench marking group. The students together with their teachers, were very impressed and happy.



Sponsorship

The sensitizing session was held in August where 78 out of 108 participants attended. We were joined by Robert Kanake and Catherine Nyambura, former MPC beneficiaries. Both Robert and Catherine offered some advice and motivation to the group gathered. The two together with a few others have developed a 'kitty' from their monthly earnings to support the fees for 3 students at St Michael's.



Robert Kanake- MPC Alumni



Catherine Nyambura – MPC Alumni

The results of the end of term examinations of sponsored students will be sent out soon to those who are sponsoring students. By all accounts some students have performed well and others are maintaining the status quo. The Form 4 students have one more term to turn around achievements. The Form 1s to 3s have a little longer to raise their results. Of course, for many students from the Slums the challenges are unreal in comparison to the developing world. Our social workers are constantly trying to find ways to help them manage the challenges so that they don't dictate the results. External factors such as harsh living conditions, inadequate diets, substance abuse, poverty, lack of materials, taking care of siblings and parents and teenage sexual relationships.

Mukuru Promotion Centre

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Sponsored by Sisters of Mercy

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

each day.