



MUKURU PROMOTION CENTRE NEWSLETTER

Empowerment Step by Step

Monthly Newsletter
JULY 2019

From The Director:

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Dear Friends,

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We had the pleasure of welcoming two final Year Spanish medical students to MPC during July. Together with our social workers they checked the children in our schools for conditions in need of medical intervention. The children were treated for common skin diseases such as scabies and ring worm and were dewormed. It was a great help to us and we hope another volunteer will come in third term to carry out this exercise and check on all of the children with on-going health challenges such as sickle cell anaemia, cancer, haemophiliac, partial sight, deafness, lameness, missing a limb, malnutrition. Thanks to Catalina and Marina for their generosity and hard work.

A big thanks to the volunteers and donors who participated in funding and building the library at the Rehab. Well done Paula Cullen and Friends, and Caroline Cullen and Whistle. Our neighbouring companies are helping with various activities. Airtel and Barclays Bank helped mentor students and Airtel sponsored a number to secondary school. Star Kids Initiative, a local volunteer support group supported various activities for Songa Mbele. We were delighted to have the Kerrigan Cup competition between the four Primary Schools and the Rehab. Congratulations to Malcolm and Margaret Savage for remembering their son, Kerrigan RIP, by giving life and joy to Mukuru children who really enjoy the competition and look forward to it each year. Malcom and Margaret also fund an ecology trip for selected students which is very enjoyable and educational for them.

John and Ciara McCarrick and group from Kenya Child Foundation, visited us with a view to assisting children from Mukuru slums, access education and training. It is wonderful to have a new partner as there is so much to be done so the poor can access education and health services. My brother Jerry and his wife, Helen, visited again after their second visit in 2002. They were amazed and delighted to see the developments.

We are happy to partner with Cities Rise in improving mental health in the staff, students and surrounding community. We are grateful to all of you, local and overseas, who have visited us and assisted us during July. We may not have mentioned everyone. Together we give the Mukuru children some of the services they so badly need. With new partners coming on board, and with God's help, we will be able to develop and improve.

With much appreciation

Sr Mary

Social & Health Services:

The social services department was involved in various activities and follow ups for children and their families throughout the month as shown in the table below. The staff had various opportunities to go for different capacity building trainings on handling cases especially, human trafficking and child abuse cases. The training also provides good networking opportunities for the staff to share different ideas with their peers so as to strengthen their intervention methods.

The child protection officer works very closely with the social office and has reported an increase in the number of abuse cases. This helps to give the necessary intervention and follow up needed for the children. It has also created a platform for educating the children, parents and community on the different forms of abuse and how to handle them when they arise. Sadly to say that we do experience the cases but happy to say that we are building the staff's intervention capacity all the time.

The Social and Health Services were fortunate to have 2 medical students from Spain to help out with talks to the pupils in all our schools during the month of July. It was a mighty effort! They also managed to do a number of home visits.

CASE TYPE(ACTIVITY)	NUMBER
Home visits / Tracing	231
Abuse cases	8
Amaranth Clients	77
Nutritional support	44
Malnourished Babies	16
Indiscipline	36
Truancy and Absenteeism	77
Moral Formation Talks	1,843
Drug Abuse	3
Counselling	85
Death	1
School visits	3
Profiling for Sponsorship	87
Uniform support	3
Birth Certificate Checks	6
Medical Cases & Hospital Visits	181
Teenage Pregnancy	3
Fire Outbreak	2
Needy Family Assistance	255
Class 8 Assessments	156



The social workers accompanied Catalina and Marina (Spain) to see a sick child at home.

Social & Health Services:

The social workers were able to attend a number of meetings and training session throughout the month such as Human Trafficking, First Aid, Fire and Safety, Parents meetings at the schools, Youth under the 'Employable' programs, CDSK (Cheshire Disability Services Kenya) officials, ADDA (Agency for Disability Development in Africa) and Tuleane Africa, who would like to partner with MPC in order to support youths with intellectual and mental disability in Mukuru area.

The medical social worker at the Clinic has been helping at 'Mother Child Health program, and also gave French lessons to the students at Skills centre.

The ongoing saga on birth certificates continued. The parents were assisted by the social workers to apply for the birth certificates so that the children can be registered for national exams.



A fire outbreak in Kayaba village.



A resident receiving a donation of clothes



A class session and a debating session at St. Bakhita and Vocational Centre respectively

MPC Clínic:

The operations at the Clinic continued normally during July. The two Spanish volunteer medical students helped out in the Clinic and visited all MPC schools giving health talks, conducting general health check ups as well as the Clinic's deworming program. The Spanish medical students also provided welcome donations of medications.

Patients Treated in July

Patient	Gender	Under 5	Under 13	Above 13	Total
New cases	Male	98	78	256	432
	Female	100	63	312	475
Revisits	Male	159	39	171	369
	Female	154	50	276	480
Total		511	230	1,015	1,756

The 12 most common illnesses treated in July

Diagnosis	No. of Patients
Acute upper Respiratory infections	673
Gastroenteritis and Amoebiasis	397
Urinary tract infections	228
Skin infections	63
Neuralgia and Neuritis	53
Lower respiratory infection	70
Abdominal pregnancy	31
TB	5
Hypertension / Diabetes	63
Injuries /wounds	37
Fever	87
Others	257
Malaria	10
Total Treatments	1,720



The two medical students, Marina & Catalina, during the checkups in the schools



MPC Board member, Frank Laurence, provides weekly counselling sessions to the young adults from the Vocational Training.



St Bakhita ECDE children who received some new socks.

MPC Rehabilitation Centre

The boys at the Rehab Centre have been progressing well by adapting to the daily routines and coping with the changes. After the home searches were done over the last six weeks the boys have become more settled and receptive with the guidance they are receiving.

The reunions with their families have greatly encouraged them and we are looking forward to full recovery for all of them by the end of the year. This has also been reflected in how the boys have settled into their 'social families' at the Centre. These 'social families' are small groups where the boys are assigned headed by one of the staff member as a "parent" and the boys are taught good etiquette such as table manners, respect for their 'home', hospitality, welcome and general cleaning. This helps the boys develop their sense of responsibility at the Centre and also helps them to practice living in a home setup for easy transitioning upon completion of the program.



MPC Staff providing instructions to the boys



The boys in their "social families" planning for the month ahead

The boys have been involved in several interactive activities during the month. Their involvement and attitude were outstanding. The boy scouts performed the march and drill during the Kerrigan Cup tournament event. One of the schools' Head Teacher requested that the scouts train the scouts at the primary school. The Rehab Scouts were delighted to know that a Head Teacher considered their drills very good and to request them to show the primary school scouts. The boys also participated in the football tournament and during this time, they got the chance to interact with other pupils.



MIRC boys at Mamba village during the ecology tour



The boys with kids from Junior Hearts Academy

The other activities involved making of beaded rosaries in the creative class sessions, motivational talk by G -Thamini Youth Empowerment Group, participating in the educational trip (Ecology Tour) to the Giraffe Centre, Animal Orphanage and Mamba Village, sponsored by Waves Trust. The boys also attended a fun day with kids from Junior Hearts Academy and a visit to St. Catherine Primary School for the scouts.



Rosaries made by the boys during their creative arts sessions



The MIRC Boys at the Giraffe Centre



MPC Staff and MIRC Boys



Mamba Village



The finishing touches to the Rehab Library was in full swing. The staff and some boys were busy covering all the textbooks and resource books. The project started in 2018 by 'Whistle' when they did their refurbishment program and was completed by Paula Cullen and her group. Paula's group also donated 2 new computers.

Staff covering and labeling the books for shelving in the library



The Rehab Library



Homework is much more enjoyable with the new library

St. Michael's Mixed Day Secondary

The school continued with the normal activities while also preparing for the end of term exams which were followed by the August holiday.

The Spanish medical students offered a series of educational medical talks to all the students. The students were very appreciative and found them very informative.

A group of Airtel Networks staff came to visit and talk to the students in a bid to encourage them to improve in their school performance. Airtel, who sponsors about 22 students at St. Michael's also came as part of their mentorship program. Airtel have been sponsoring our students for over 7 years. Over 150 students have benefitted from their corporate responsibility.



The Spanish medical students address St. Michael's students



The Form 4 class started their comprehensive mid-year exams on the 17th July 2019. Exams will continue until 2nd Aug 2019.

We had many visitors during the month of July. Jana from Horizont3000 Austria, Barclays Bank of Kenya had a mentorship program consisting of Doreen Kendi, Patricia Mburu and the team conducted the program with the Form 1 students.

The parents meeting was attended well with over 150 parents. There were lots of discussions on the academic performance, mid-term exam results, student discipline and general information about the final term. Parents will continue to support the school with its objectives and the school will assist the parents where possible. We have many students who need uniforms as they have worn the current ones out. Many students are coming to school with different jumpers as they are cold. The weather has been very chilly in the mornings. It is hard to discipline students against wearing incorrect uniform when for many it's the only type of warm clothing they have.

The PTA Chairman addressed the parents and encouraged them to support their children in their academic achievements. The PTA members set an academic follow up meeting with the KSCE candidates.



St. Michael's Mixed Day Secondary

The school was fortunate to have Ulrich Weber, an intern from Austria, join the school for July, August and September. Ulrich is on placement from Horizont3000, an organisation that connects young university students from Austria to have a cultural experience in a developing country. Ulrich will focus on community development within the school through physical education classes. By all accounts the first month has been received well and the students are learning lots and enjoying the physical part of education.



Under the direction of teacher David, Ulrich helps out with the lessons.

Another 2 interns from Kenyatta University joined the counseling office at St Michael's. Norah Thuo and Olga Apondi helped conduct more than 30 sessions of counseling since they joined the school.

Three staff members from St Michael's received basic first-aid and fire fighting training from the Red Cross. The sessions were very informative and practical. The staff members will now be able to assist other teachers and students on some of the points learnt.

Primary Schools:

Primary Schools

The schools were gearing up for the end of term exams for the pupils, which went well. With the enrollment stabilized, teaching and assessments were done with ease.

Waves Trust made the month an exciting one through the sponsorship they gave to various activities. The schools had the annual Kerrigan Cup football tournament and the last group of pupils from Mukuru Primary went for the Waves Trust Ecology tour.

A total of 202 pupils were divided into four groups, and participated in the educational trip in July over 4 different days. Pupils were provided with breakfast and lunch during the tour. There was close monitoring by the accompanying teachers who ensured that pupils were attentive to the tour guides and participated fully by being observant.

Item	Primary School	Girls	Boys	Sub-Total
	St. Elizabeth	967	971	1,938
	Mukuru Kayaba	878	788	1,666
	St. Bakhita	535	489	1,034
	St. Catherine's	635	682	1,317
Total		3,015	2,930	5,955



Lunch at the Giraffe Centre



Baby Hippo at Mamba



Trying a crocodile on for size

The Kerrigan Cup started off on a knock-out basis for both boys' and girls' teams. Mukuru Kayaba Primary and St. Catherine's boys teams were the first to play. Both the teams put up a spirited fight with the match ending in 1-1 draw. The knock-out was settled with penalties that put St. Catherine's boys' team at the top. It was sad to see Mukuru lose despite such a spirited fight! St. Bakhita boys' team then took on St. Elizabeth Primary and St. Bakhita clinched position one with ease after a score of 5-1.

St. Catherine's & Mary Immaculate Rehabilitation Centre (MIRC) played a very interesting match with both teams fighting to win. However St. Catherine's knocked out MIRC with a score of 2-1 after they put up a very good defense.

The girls' soccer team was equally a crowd puller as St. Bakhita played against St. Catherine's but St. Bakhita had an upper hand in the match with scores at 2-0. Last but not least St. Elizabeth girls' team played with Mukuru. This was again a very entertaining match that ended up in a goal less draw.

The finals were played on 12th July, 2019. The best boys' teams were St. Bakhita and St. Catherine's. St. Catherine's had an upper hand in the match with a score of 5 goals. St. Bakhita managed one goal in the match.

The girls' final match was played between Mukuru Kayaba and St. Bakhita primary schools. Mukuru clinched the 2019 Cup with a score of 2 goals against St. Bakhita's 1 goal. This was a very interesting match that attracted even outsiders as they could be seen stopping outside across the fence not only to watch but to cheer the teams!



The winning boys' and girls' teams



The Head of Education, Mrs Risper Ogutu, presenting the trophies to the captains of the winning teams



Some photos of the teams and the game during play

Songa Mbele Na Masomo

The clients consistently came in for the coaching and therapy sessions that has brought about great improvement in the clients' health and education. July being a very cold month, some of the children were not coming to the Centre as the parents were cautious about taking them out of the house with the cold weather so there were a few children absent.

The children were privileged to get visits from various groups who offered mentorship, grooming services and educational trips. A group of Chinese volunteer teachers visited the Centre and offered their services to the children for two weeks. The Star Kids Initiative volunteers took the Coaching Unit children for a trip to Karura Forest and Milele Salon Management and staff came to the Centre to offer grooming services to the children for one week.



The coaching unit class during their visit to Karura forest sponsored by Star Kids Initiative



Chinese volunteers during their visit to the Centre



Milele Salon staff at the Centre during their visit

Our Lady of Mercy Vocational Training

The students at the Centre did a National Industrial Training exam administered by NITA (National Industrial Training Authority) at the end of every year and are awarded with Certificates of Merit upon successful completion. This month, the students were winding up on the registration for the exams in December with the help from their teachers. The big challenge with the registration was the financial constraints of the students which made most of them register for one exam paper e.g. plumbing and masonry students had to choose between the plumbing exam or the masonry exam. The same with the Hairdressing & Beauty students. With the help of sponsorship funds from various individual donors, most of the students will be able to sit for the exams at the end of the year.



Art and Hairdressing students with the donations received from Favale

Donations from Luca Favale and the British Airways crew for the Hairdressing & Beauty and the Art and Craft students were really helpful in helping the students conduct their practicals.

Environmental Program at MPC

The other person from Horizont3000 was Vera Mayr who helped MPC to develop its environmental program. Under the direction of our environmental officer, Carol, there were many achievements during the month. The waste management and recycling program gained momentum. Thanks to the students from Sancta Maria College, Dublin, who provided the funds for an incinerator and recycling station in 3 sites. The first was one built at the Head Office site, the other at St Catherine's and the final one at Songa Mbele. MPC is now recycling materials from its 5 sites thanks to the efforts of Carol and Vera. During the month there were site assessments, awareness raising workshops with the children, tree planting, clean-ups, compost bins, and fuel balls (bricks) which the students learnt about when they went to the Giraffe Centre. We also have environmental clubs at each of the schools. We hope that the enthusiasm that is evident will continue and grow.



One of the new incinerators



Recycling Program underway

Happenings around MPC

The St Catherine's Land Court case was another feature for July. Sr Mary attended the case at the Milimani High Court. Since 2010 the witnesses for the land grabbers were heard. This time was the first that a witness for the St Catherine's Land was heard. Sr Mary was questioned by 4 lawyers; three of whom were friendly, being those who represented the Sisters of Mercy but the one representing some of the 'alleged' owners of the plot was hostile. The proceedings climaxed when critical questions were asked on who had the history of the title deed. The judge couldn't find the documents in the court file and therefore the case was adjourned until February 2020. It is a frustrating situation. The land is public land set aside for educational purposes by the Kenyan Government in 1963. In 2007 the land was subdivided into 90 plots by "agents" and then sold to individuals. It is unfortunate that individuals were sold plots without the legal documentation. It is even worse that children will be denied a playground if the 'land grabbers' win the case.



Sr Mary in the 'dock' at the High Court

Happenings around MPC

Various trainings occurred during the month of July. There was the Fire, Health and Safety training by the Red Cross; Heads of Department continued with the Child Protection and Safety with Catherine Karuno.



A group called City Rise visited the Centre to gain an understanding of the MPC operations. City Rise are an international organisation who wish to assist MPC with some of its programs especially with mental health. They work in 5 cities world wide to reduce mental health issues and treat those that arise. In Kenya there are very little services available. MPC needs the expertise of nurses and counsellors in this field and City Rise will as a first step partition 2 rooms into suitable counselling rooms.



Mukuru Promotion Centre

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Sponsored by Sisters of Mercy

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