

MPC



Monthly Newsletter

September 2019

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Mukuru Promotion Centre **NEWSLETTER**

Empowerment Step by Step

INSIDE:

Education	2
Social Services	5
Clinic	15
Songa Mbele na Masomo	18
Rehab	21
Vocational Training	23
Records	24

From the Director

Dear Friends,

We were delighted to welcome Colette Murphy and Emmanuel McGivern of Cuidiu with their group. They helped in building the capacity of students and staff, in interviewing skills and management of meetings as well as raising funds. We were also delighted to welcome Caroline Cullen and her group from WHISTLE who support street people and youth from Shimo la Tewa slum village, some nursery schools within the Mukuru slums as well as helping St Bakhita Kindergarten and various needed tasks around MPC. Much appreciation to both groups and to their supporters.

A neighbouring company, BAT (British American Tobacco), joined us in tree planting, cleaning and painting the vocational skills classrooms and containers. They also provided bins for recycling waste. RTI, an NGO, assisted in tree planting to celebrate World Environment Day. Hopefully many of the trees will do well. One of our local Rotary clubs supplied sanitary towels for the girls of St Catherine's Primary School. It will be good if others supply the other schools. Many of our students do not have the means of taking care of necessary items for themselves. The Rehabilitation Centre received gifts of food from various local groups. We are very grateful to all. Mrs Thatthi, my former deputy in Our Lady of Mercy, whom I know for 40 years, continues to help to sponsor a poor child.

Maria Douglas, from Mercy Mission Office in Dublin, visited a number of departments in Mukuru. It was great for her to see the developments since her last visit in 2017. The staff appreciated very much, the time she spent with us, in training in project proposal writing and reporting. Their improved expertise will help the overall capacity in MPC.

Sr Rose Macharia, arranged for Mercy Day celebration by planting trees in St Elizabeth's, Lunga Lunga. Representatives of all of the Mercy schools took part. It was a very enjoyable day and helped the students realise the care we need to give to our environment in order to improve the climate and make Kenya healthier and cleaner.

Thank you, all of you, for your prayers, support and good wishes,

Sr Mary Killeen

Education

The third term is characterized by KCPE national exams and will close for Christmas holidays by 25th October, 2019. The senior primary school students will be a little anxious to ensure that they have covered the curriculum. It is a short term due to the exam period. We wish all students the best preparation as it does determine the direction for them.

The new school management boards are currently in place and all boards have had their inauguration meetings in the respective schools. The first board meetings were mainly to introduce the new members to the respective schools particularly on the school activities. One key item that has featured in all schools is the writing of *strategic plan* which each board is expected to participate in. All BOM members were inducted on the roles and functions of BOM by the sub county Quality Assurance Officer. The officer emphasized on promotion of development of schools and teamwork & the fact that this was purely a voluntary service.

Item	School	BOM Member
1.	St. Bakhita	1. Eric Samia (MPC) 2. Sr. Joyce Aluoch (SoM) 3. Margaret Oyugi (OLQP)
2.	St. Catherine's	1. Martha Minjire (MPC) 2. Dr. Lydia Wachira (OLQP Parish) 3. Sr Pauline Kingori (SoM)
3.	Mukuru Kayaba	1. Florence Riungu (OLQP Parish) 2. Sr. Felistus Kingori (SoM) 3. Risper Ogutu (MPC)
4.	St. Elizabeth	1. Sr Rose Macharia (SoM) 2. Risper Ogutu (MPC) 3. Fr. John Karithi (St. Mary's Parish)

The Government started the assessment of Grade 3 pupils this year to monitor the progress of learners and to measure the success and challenges of the new curriculum. The exercise commenced from 16th September and will be accomplished before 25th October when the schools close for Christmas holidays. The assessment was supervised by officials from the Ministry of Education. The following number of pupils were presented for the assessments: -

Primary School	No. Presented
St Elizabeth Primary	197
Mukuru Kayaba Primary	181
St Catherine's	130
St Bakhita Primary	104
Total Pupils	612



Grade 3 cleaning exercise & 'Keep the Environment Clean' campaign



Grade 3 Pupils displaying improvised cleaning equipment.

The assessment involved:

- ✓ Project had to take place in an open air market
- ✓ Need to include English activities: reading, speed, comprehension, composition, structures, functions and guided writing.
- ✓ Mathematics activities: understanding functions and identification of numbers.

The exercise was expensive to the schools because the exams were sent online by KNEC and schools were expected to download, print and photocopy for each pupil. Our primary schools do not have internet networking infrastructure, so all were forced to work from cyber cafes. Most of the schools also do not have ICT equipment to enable a lot of photocopying.

St Bakhita:

The ECDE classes received textbooks from Caroline Cullen and Maria and Peter Farrell. The books covered the new curriculum subjects:

- | | |
|---|---------------------|
| ✓ Mathematics Activities | Language Activities |
| ✓ Environment Activities | CRE |
| ✓ Teachers guides on Psychomotor Activities | |

St. Catherine's:

The Teachers Service Commission has posted a Deputy teacher at the school, Mr Samuel Nganga who is currently teaching Science in Class 8 and Mathematics in Class 5.

St. Elizabeth:

Hosted other schools to celebrate Mercy Day. Activities carried out during the day were cleaning and planting of trees. The TSC Directors visited the school in September as an annual routine check on teacher appraisals. The school was selected by the Sub-County department of education as a sample school.



Sr Mary and Risper



World Earth Day – Tree Planting at St Elizabeth Primary School

Mukuru Kayaba:

Mukuru Kayaba still requires to be provided by a suitable *saint's name* like other MPC schools. We would welcome any suggestions.

Informal MPC Schools and Grade 3 Assessments:

The Informal MPC Schools, being, Songa Mbele and MIRC were hosted by both Mukuru Kayaba and St. Catherine's to do their Grade 3 assessments since the informal centres are not registered as KNEC outlets. There were four pupils from each institution, thus a total of eight pupils. The pupils' details had to be registered in the NEMIS database in the host schools. The exercise was carried out successfully.

Social and Health Services

The month of September started off well with the reopening of schools after the August holidays. The activities carried out during the month were numerous and challenging:

September Activities

Case Type (Activity)	Number of Clients
Home Visits	48
Abuse Cases	2
Amaranth Client (Nutritional Supplements HIV/AIDS)	98
Nutritional Support	163
Malnourished Babies	29
Indiscipline Cases	8
Truancy and Absenteeism	71
Moral Formation Talks	476
Counselling	91
Sponsorship Profiling	51
Uniform Support	42
Class Assessments	80
Medical Cases	114
Needy Family Assistance	5
Teenage Pregnancy	2
Exit Program	10
Admissions	10
Total of Clients Serviced	1,000

As well as the normal activities, there were other scheduled meetings and training sessions for social workers. The commitment that MPC has to education and welfare is intertwined into many different disciplines within the County. Some of the meetings included:

- *ADDA, Tuleane Africa initiative for Intellectual Disability.*
- *Child Protection and Safeguarding*
- *Nairobi Child Protection Team*
- *Train the Trainer - Internet and Social Media for child protection by Media Networks.*
- *Mercy Education Office*
- *Raja Trust Foundation*
- *Liverpool VCT*
- *Mercy Day Celebrations*

Nutritional support to clients at St. Catherine's



During the month we received donations from various well wishers ranging from shoes, clothes, bananas, sanitary pads and some stationery items. We are always grateful to people who remember the children.



Sr Barbara received many items from the Oshwal Mahila Mandal Women's Group.

We partner with Cheshire Disability, where some of the students are sponsored at our schools and others sponsored to other schools. The social workers visit the schools, check the progress of the students and spend time with the parents.

There were other tasks completed due to the networking we have with other agencies. Some involve medical assistance with the Mater Comprehensive Care program at the Mater Misericordiae Hospital, Mwangaza New Life Rehabilitation Centre who specialize in drug addiction, Medecins San Frontieres (Doctors without Borders) who provide talks on various medical issues, companies who provide work placements, Star Kids who provide some mentoring for the children at Songa Mbele.



Fire out in Kayaba 20 houses affected.



Colette and Emmanuel and the 'Cuidiu' group visit Mukuru primary



Girls receiving sanitary towels with MPC Director, Sr Mary.

There is a very high need in all the schools for sanitary pads. We have over 1,000 girls attending our schools who could not afford to buy them. Often the girls don't attend school for the embarrassment.

MPC Clinic

The Clinic continued to treat hundreds of patients each week throughout September. We are very happy to receive Dr Daniele from Slovakia who will be with us until Christmas. She has hit the ground running with home visits as well as treating clinic patients. We appreciate very much the commitment from St Elizabeth's University, Slovakia for their continued support of the Clinic.

The Ministry Health Officials visited the Clinic and reported positive recordings, surveillance and made recommendations which included offering Comprehensive Care services and HPV vaccinations. Eight HIV /AIDS clients were referred to the Mater Misericordiae Hospital CCC program to receive counselling support as well as the ARV medications. The accessibility and close proximity make it better for us to refer people to the established program across the road at Mater's CCC program.

The childrens' vaccinations numbers continue to increase. The staff are making sure that the parents and mothers are aware of the importance of vaccinations. We are also making inroads into the primary schools deworming and vitamin program. This month we were able to attend to the pupils at St Catherine's.

Dr Pragatti, who volunteered at the Clinic for a number of years, has relocated to Nigeria. We wish her and her family all the best in their new home and country. She donated a weighing scale for the Mother Child Health program at the Clinic.

Medecins Sans Frontieres (Doctors without Borders) conducted some sessions for our patients on Gender Based Sexual Violence.



Agnes and Medecins San Frontieres with women from Mukuru



A young child receives some clothes



Thanks to the generosity of a donor, an elderly diabetic woman receives a wheelchair to help her attend the Clinic for her fortnightly treatment.

Patients Treated in September:

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 September		361	95	889	1,345

Most Common Treated Diseases in September

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

Many of the diseases listed above are preventable. The local county needs to put huge infrastructure into the area to reduce illnesses caused by environmental factors.

Songa Mbele Na
Masomo.

September was full of activities and visitors from Australia, Austria, Ireland and Nairobians. All peoples assisted to make the month very spirited as the children were returning after the holiday period.

All the children received special attention during the month as we had many university students doing their placement at the Centre. Jan Maddick from Australia was here for the month providing some expertise in the area of sensory development training for the staff and children. It was amazing to see the children respond with such beautiful smiles.



Jan shows Eugene how to do some bead work.

The wall construction neared its completion. We are very grateful to Pro Victimis, Switzerland who provided the funding to ensure security for the children. Also, we are also thankful to Malinson Koech from Lins Consult, who supported us with the architectural guidance for the project, pro bono. Charles Kuria from Bunsmark Contractors breathed life into the plans to create a fine wall.



Foundation



Steel works



Wall Sections



The mabati double storeys houses behind the wall are on riparian land. MPC was instructed by NEMA (Environmental agency) to leave the 3 metres from the riverbank. Local authorities have allowed the mabati housing to be constructed. Families would pay \$20 - \$30 a month to live there.

The kindness shown by people during the month through their donations of food, clothes and materials was wonderful. Every little bit helps us to help the children and parents so we are indebted to many people. Mrs Bhati Raja and the women's group from Oshwal Mahila Madal donated a terrific lot of items. Each year we receive a ton of material and resources from them. Sr Kathy drove the bus to the Sikh Temple in Parklands to receive the items from the women. They were lucky to have a seat on the way back.



Srs Kathy, Mary, Barbara and Patricia receive items from Mrs Raja and the Women's Group.



A long time friend and visitor to the Centre is Caroline Cullen. She came with her group, Whistle, to spend some time with the children. They were delighted to see the improvements in the programs.

Some of our visitors provide funding for special medical cases. Two pupils from the Centre were admitted to different hospitals. Emmanuel went to Kikuyu Mission Hospital for eye surgery. He is from the Day Care preparatory class and has been discharged. Rosca, a girl from the Special Coaching class, went to Kenyatta National Hospital, with a fractured leg. We are just so grateful to be able to send them to receive medical attention. Both children are doing well.



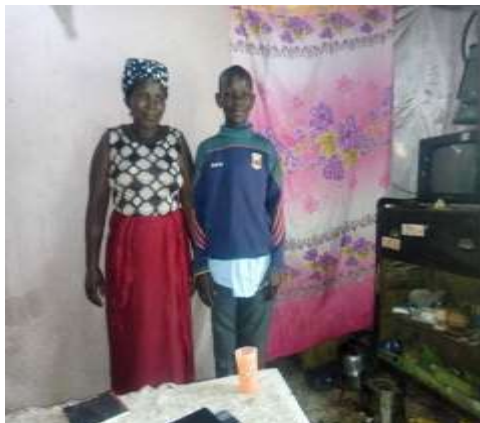
Pupils from coaching class exited to Mukuru Primary

MPC Rehabilitation Centre

Our appreciation goes to all those who have stood with us in our tasks. Both locally and internationally you have seen our challenges and have offered support for our mission in the best way possible.

This being the last and shortest term for the learners, the month started with a bang as classes resumed and in view of the many activities that are involved. As a team we had to check on our year planner and strategize ourselves on how to tackle all the awaiting events. A majority of the boys are now ready for transition. We are taking extra time on the few who have not yet realized the need for change, and we are getting on well.

The home visits started and hopefully by mid-October we shall finish the whole process discussed on the reintegration plan for the child with the family members.



Home Visits

The Grade 3 students made assessment tools using locally available materials. The students then carried out their project which was to clean up a market area. In conjunction with St Catherine's pupils they went cleaning South B market.



Grade 3 Assessment



Practising Drills for Mercy Day

Our boys were invited to participate in the Feast of Our Lady of Mercy. This is an important celebration for all the institutions founded by Sisters of Mercy. The theme for the day was on Climate Action for Peace. Our scouts led the parade and also presented entertainment items. It was a day full of fun and our boys received a trophy for their well dramatized skit on climate change.



The March started from the Head Office site and walked to St Elizabeth's Primary School in Lunga Lunga.

Skills Vocational Training

World Clean Up Day was the standout activity in September. With the help of the British American Tobacco company (BAT), both their staff and our students conducted the clean-up exercises around the Head Office site.

We cleared bushes, planted trees and put in place a recycling station. We thank B.A.T for their generous support. The Catering students catered for various groups this month with MPC Staff being the last on 25th September 2019, to celebrate Mercy Day. As a department we also celebrated Mass with Fr. Joseph.



BAT staff members enjoy lunch by the catering students



Cleaning exercise by BAT Staff members



A tree planting session with the BAT staff members.

Mr Peter Ligondo, Regional Trainer, from Crown Paints, facilitated some training for the painting and decorator course students. At the end of the week's training, apart from the instructions and expertise, they received good dustcoats and overalls. The students were very excited and sang their appreciation in great voice.



Plumbing and Masonry Students after their training

Happenings...

“Cuidiu” (gaelic for helping hands) came during the month and spent time going to the different departments helping with capacity building for staff, mentoring and motivational talks, singing and entertaining. Emmanuel unfortunately left earlier and is not pictured. We are grateful to the group for their generous donation. We look forward to seeing them again next year.



Paschal, Colette, Donna, Danny and Sandro present Sr Mary with a cheque.



Donna leads the concert for St Michael's



Sandro provides some valuable sessions on Meetings management to the HODs.



Tree Planting outside the MPC Head Office with Cuidiu members and St Bakhita Pupils

Rob 'Ripper' Ryan from Australia set a few records while he was here. We have never seen so much work completed in such a short space of time. He made a big impact during the 3 weeks. With assistance from our staff and the plumbing and masonry students lots of things were achieved.



Fencing along the Head Office site to stop encroachment and protect the plants.



Constructing the gabions to stop landslides



The Art students help prepare the posts.



Building the driveway which was named “Australia Way” by our staff. It was all ‘hands on deck’ to complete our driveway which is very muddy during the rainy season. A simple relocation of some curbing from the carpark to the driveway. A ton of rocks, bits of soil and topped with some gravel makes for a beautiful driveway.

We are looking forward to Rob’s next trip!



Rob, Srs Kathy, Patricia and Mary.



Continuing with the focus of the month, all things environmental, Maurice and Peter (Whistle) discuss the plant options with Vera, our volunteer Environmental Officer.

Mukuru Promotion Centre

Empowerment Step by Step

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.