



MUKURU PROMOTION CENTRE NEWSLETTER

Empowerment Step by Step

Monthly Newsletter
MAY 2019

From The Director:

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Dear Friends,

We were encouraged in May by visits from far and near, as you will read in this month's newsletter. Our local donors are increasing in number. This is very important for the sustainability of the project. It was great to have the visit of Clara Mendez and her group from Manos Unidas, who will be celebrating 60 years in 2020, since their foundation. Congratulations Manos Unidas and thank you for the great work you, together with the people of Spain, the missionaries and development workers have done in developing countries. Many organisations begin well, then slowly fade away, but Manos Unidas is very strong thanks to the wonderful generous volunteers, supporters and sound leadership. Thank you for supporting various projects in Mukuru for the very poor.

Our local Sikh Community chose to bring their conference members to visit our rehabilitation centre and present them with donations. It was a wonderful occasion for the boys to mix with local and foreign visitors. We have a lovely association with them.

We ask God's blessings on those who support the various departments in Mukuru. Without you, the work could not continue. May we continue to cooperate in enabling the most vulnerable to eventually live with dignity.

Sr Mary Killeen

Social & Health Services:

Being the first month of term 2, the social offices had a lot of activities taking place many clients to see. The table below shows the cases handled by the social workers during the month.



CASE TYPE(ACTIVITY)	NUMBER
Home visits	244
Abuse cases	4
Amaranth Clients	81
Nutritional support	36
Malnourished Babies	12
Indiscipline	8
Truancy and Absenteeism	24
Moral Formation Talks	38
Drug Abuse	7
Counselling	17
Displacement	3
School visits	7
Admission	2
Uniform support	26
Gang	2
Medical Cases	124



Social worker visiting a client who was displaced after a demolition in Kismayu, Wilson

Social & Health Services:



Some of the clients who received nutritional support during the month



St. Bakhita Primary School pupils receiving uniforms donation from Concern Worldwide

MPC Clinic:

The clinic continued with its operations and this month, we had a 13% increase in the number of patients treated. We had a case of a child who was burned by the father using an iron box. The girl was treated and taken to Mama Ngina Children's Home as the father and step mother are being sought by the police.

Two women went into labour at the clinic and were referred to Mukuru Health Centre for delivery and admission. The statistics of the patients attended to in the month of May are as follows:

Patients	Gender	No. of Patients	Under 5	Under 13	Above 13	Total
New cases	Male	387	103	70	214	387
	Female	314	63	50	201	314
Revisits cases	Male	311	113	44	154	311
	Female	463	132	50	281	463
Total		1475	411	214	850	1,475

The 12 Most Common Illnesses Treated

No.	Diagnosis	No. of Patients
1	Respiratory infections	314
2	Urinary tract infection	221
3	Gastroenteritis	136
4	Myalgia / injuries	87
5	Hypertension/Diabetes	67
6	Malaria	58
7	Neurologic / Arthritis	50
8	Abdominal pregnancy	47
9	Skin infection	36
10	Tonsillitis	24
11	Other illnesses	192
12	Tuberculosis	12



We received an Autoclave machine from MEDS and we are grateful for it.

MPC Rehabilitation Centre

Most of the boys have settled into the routine and activities at the Centre. There were 10 new boys brought from Makueni County. This is in line with a special pilot program between MPC and the Makueni County Government. As the County embark on constructing their own rehabilitation centre, they will be referring boys to MIRC and learning in the process. The boys have taken a while to settle but are now progressing very well.

The visitors to the Centre spent some time with the boys and brought donations to assist with the rehabilitation program. The guests also got a chance to talk to the boys and encourage them to go through the program successfully.

The boys gardening activities continued and this month they had a meal from the first harvest of vegetables. They were also taught how to make liquid soap which they took very positively and saw it as an entrepreneurial idea.



Ramgarhia Council from Kenya and UK with members of our local Sikh Community



Hass Petroleum with boys & staff



Soap making activity





Welcoming Makueni boys in style



Staff and boys harvesting veggies

One of the major fundraisers for the Mater Heart Run took place in May. There were 21 boys from the Centre who attended the annual event. The boys run and walked the 10 kms circuit with over 30,000 other people on the day. At the end of their run, they caught up with the MPC Director, Sr Mary, and had some lunch.

Others in primary class year 1 and 2 went for benchmarking at St. Catherine for a day. This is done in a bid to help them familiarize with the formal school setup which they will join after the rehabilitative process.



Sr Mary and some of the Rehab Boys at KICC



The crowd at Nairobi County Mater Heart Run

St. Michael's Mixed Day Secondary

There have been quite a number of activities taking place in the co-curricular arena as the academic program continued. A few students and teachers attended a science symposium at Tangaza University College. The students interacted with Chemistry, Biology and Physics examiners as well as other students from various schools. The students were very excited to swap notes to see how they were doing.

The soccer and volleyball teams, for both boys and girls, took part in Nairobi Sub Regional Under 19 competition. The girls' and boys' soccer teams emerged positions 5 and 3 respectively and did not proceed to the next level of competition. The boys' volleyball team were position 1 and qualified for the semifinals while the girls' team came at position 4 and will have the last games in June.

The school also participated in the Scrabble Championship for the first time and won, qualifying for the National championship which will be held at the MPESA Foundation in June. Let's hope that the students can continue with the experience of the winning feeling.



Boys' soccer game



Boys' volleyball team during the Under 19 games



Scrabble competition at Buruburu Girls Secondary School

Sponsorship:

Follow-ups were carried out on all the sponsored students to ensure that they reported to school on time and settled well into their studies for term 2. There was also a meeting with the sponsored students at St. Michael's Secondary to discuss the challenges they are facing and how to improve their performances. The students outlined some challenges they face at home such as: unconducive environment, no electricity, no study space, and motivation from their side. They agreed to form groups for academic discussions and for peer education and mentoring so that they can help each other to improve their grades.



Primary Schools:

As the term began, the schools continued getting admission requests from parents and the numbers have remained steady.

The schools were inspected by the Department of Public Health and the Sub-county Quality Assurance section to check the health and safety of the schools as the government is in the process of re-registering all public and co-sponsored schools.

The Government feeding program, that provides lunch to the children in the 4 primary schools, is still to take effect. We have been told that it is the responsibility of the Government and they will provide the funds for the program. We are presenting our case constantly to the authorities and are told that the program has been approved and the hold up is with Treasury. Since July 2018 we have had to rely on generous donors. We are very grateful to KD Wire and Sisters of Mercy, Kenya Province, for the continued support for the feeding program. Without this food, we would have hundreds of children dying from starvation. We will continue in our endeavour to follow up with the appropriate authorities.

Songa Mbele Na Masomo

The Songa children continued with their classes and therapy. The first week was a bit slow because most of them had travelled upcountry for the holiday and had not yet returned. By the end of the second week of the month the children were in full attendance.

The children were visited by many guests such as the Sisters of Notre Dame, Star Kids & Vitabu Initiative Vyetu and Interns from AISEC Strathmore. The various groups came to share their time with the children, teaching them different topics and mentoring them as well as helping out in the different areas at the Centre.

The social worker went to schools for follow up visit for the children who had exited from the Centre and transitioned to different schools in January. By all accounts those students are doing very well in their new environments.

Sponsor, Cheshire Disability Services Kenya, 'employable program for youth living with disabilities' is progressing well and the group has had their monthly meeting at Songa Mbele.

Parents with children at Songa have a support group to encourage them and learn from each other concerning the growth and development of their children. This month the parents met for the support group at the Centre and were also given advice by the various staff at the Centre.



Sisters of Notre Dame with Luciah and Grace



Visit Gilgil Special School



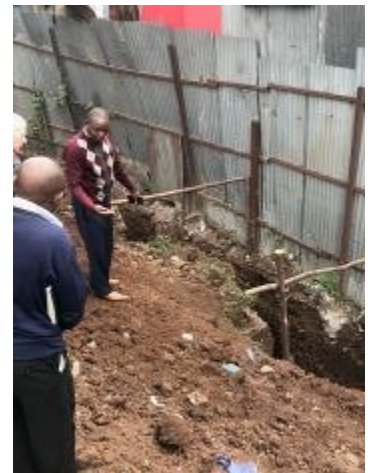
Support group meeting



Volunteer, Norah from Germany with Grace learning how to cook bananas for the children

Songa Mbele Na Masomo

The other big action during the month has been the construction of the perimeter wall at Songa Mbele funded by Provicim. The trees were cut down which has provided a good supply of firewood for the Centre. The hard work of digging the trenches for the foundation also commenced.



Due to the dumped soil, the men had to dig down 2.8metres before they reached a good solid foundation.

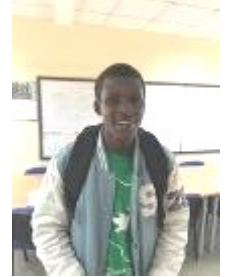


Our Lady of Mercy Vocational Training

The students continued with their studies in the different courses at Skills. This month we received the syllabus for the new course in “Sign Writing and Painter Decorator”. The course has been introduced into the art department funded by the Milwaukee Irish Fest Foundation who gave funds towards the purchase of equipment and material for the courses.



We also have a new Disc Jockey short course which is scheduled to commence classes in June. Thanks to a generous donor who provided the equipment for the Deejaying course. A very excited Boaz, was delighted. There are around 10 young men who will start their training in late May.



Boaz, DJ Instructor

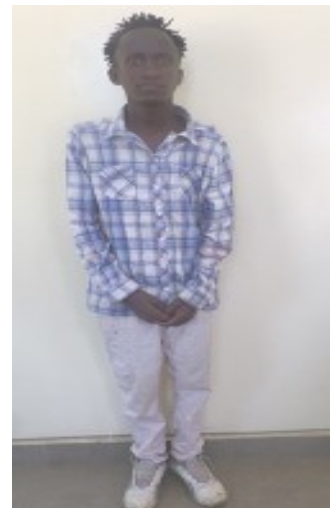


As part of the practical training of students taking the different courses, the plumbing & masonry students went to the clinic to resolve some of their plumbing issues. Now the water is flowing well to the boys at the rehabilitation centre and the clinic.

Plumbing students fixing pipes at the Clinic & Rehabilitation Centre

Many years ago as a child, Stephen’s parents died and he was gravely ill. Thanks to the intervention of MPC, Stephen managed to survive against all odds. He surprised his doctors. He managed to complete his schooling and courses in Art and became a good artist. Re-united with his family, his works helped provide for his sister’s family.

After being away from MPC for a number of years, he returned in a very poor and emaciated state. The Sisters of Mercy, Justice Group, Ireland provided Stephen with food and medicines for a few years. During the year Stephen marketed the work of the Art and Crafts students at MPC. Unfortunately, at the beginning of the month, Stephen Wanjau, died unexpectedly.



Happenings around MPC

After a number of meetings with Dr Graham Devereaux and Dr Helen Meme, the Tupumue “**Let Us Breathe**” study (*Non-communicable lung disease in Kenya: from burden and early life determinants to participatory inter-disciplinary solutions*) commenced in May 2019 at MPC Head Office. Last month we reported that this 3 year study by the Kenyan National Research Fund and the UK Medical Research Council, led by researchers from the Centre for Respiratory Disease Research, KEMRI, and the Liverpool School of Tropical Medicine and other UK Universities would be the first of its kind in Africa.

Tupume will investigate the lung health of 1,000 children in Mukuru slums and 1,000 children in middle class, Buruburu area. The Lung health will be assessed by getting the children to blow into a machine to measure lung function. This will determine whether air pollution affects lung health by making measurements of air quality in Mukuru and Buruburu.



St Michael's Students perform an Environment Rapp



Getting the message across with creative arts



International Researchers explain the study



Guests, Students and Parents

Happenings around MPC

The unusual feature of Tupumue is that the people of Mukuru and Buruburu will be playing an active role in all aspects of the study from the very start, including design, conduct and dissemination of the findings. Researchers from the creative arts will be playing a major role to reveal the real life experiences of children and air pollution.

The workshop held at MPC during May, was part of the process of asking the people how to do the study. The workshop was immensely successful, the researchers learnt about the issues surrounding Mukuru and were told the best way to do the study by the adults and children who live in Mukuru.



Information Boards were set up at the workshop



Dr Muhwa from KEMRI thanks the community for its involvement in the study.



Dr Devereaux details the study

Happenings around MPC

We were delighted to receive representatives from Manos Unidas in May. The group were in Kenya to conduct agricultural and food security sessions to other partners and paid MPC a visit. Clara and her group managed to see the new building, Hekima House for which Manos Unidas provided the bulk of the funds, and interviewed a few students for their information video.



Sr Mary welcomes the Manos Unidas group



The boys explain their lessons to the visitors



Peris, HOD introduces the group



Outside the verandah



Mukuru Promotion Centre

Empowerment Step by Step
Sponsored by Sisters of Mercy

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life for thousands of children, youth and seniors
each day.

