



MPC

Monthly Newsletter

October 2020

VOLUME 6, ISSUE 10

Mukuru Promotion Centre **NEWSLETTER**

Empowerment Step by Step

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From the Director

Dear Friends, Partners and Supporters,

All during October our multipurpose hall next to my present office, was occupied by various community activities and training. Parents and carers of those living with disabilities had input and sharing on how to improve their handling of the children. The Ministry of Health trained various sectors of the community facilitated by MPC and our social workers. Cities Rise continued to train community groups in recognising and assisting those with mental health challenges. Our social workers also received specialised training to assist in the variety of needs that they encounter every week. Our catering students performed very well when it came to the food and beverage production for the training sessions. It is great practice for them.

With the borders open and airlines flying in and out of Kenya, the British Airways crew members brought clothes, toys and household goods, which help people in great need and those affected by the frequent fires in the slums. We admire those crew members who collect goods, carry an extra case to the airport and deliver to us here. Local donors also help out quite a bit. It only takes one fire or one heavy night of rain to cause havoc for hundreds of families in the slums. We are grateful that the crew members remember those vulnerable families.

Work began on the site for the therapy classrooms and offices. There are youth living with disabilities who join our vocational training centre whom we have not been able to empower enough. They joined the other students in the different training courses, but we noted that only three out of eight last year received training that would help them earn their living. The other five needed extra assistance in tuition, practicals, and therapy more suited to their ability, although they did improve greatly through mixing and socialising with the other students. The new facility will be inclusive of physiotherapy and occupational therapy and have adapted courses that are conducive to their abilities.

As we draw towards the end of our 2015 – 2020 strategic plan, we embarked on our new strategic plan for 2021 – 2026. Over the last few years, we have had consistent reviews but with the CoVid19 pandemic it has become even more pertinent to assess each departments relevance and the overall funding required to keep all the current services afloat. The challenges in 2021 will be immense however, we are very appreciative to our partners and

donors in 2020 who have accommodated the many changes to ensure that the majority of our staff remained employed and enabled them to maintain many services, planned and unplanned.

The unplanned activities caused by the closure of schools throughout the country had a huge domino effect on the economy especially with employment plummeting for casual workers who live in the slums. One effect was the incredible number of pregnant teenagers. Our social workers have been remarkably busy meeting with them, checking that they have good medical care and nutrition and talking with the expectant mother and family about the care of the coming baby.

Thank you, all of you for your care and help without which the work in Mukuru slum could not continue. I would like to acknowledge the great effort of Sr Maureen Mohen, aged 88 who has provided great assistance to our primary school sponsorship program and for being the Christmas cards emissary extraordinaire.



With the impossible task of social distancing we at Mukuru have been very blessed with few CoVid19 cases however there are many more urgent challenges for the residents.

May God bless you and keep you healthy and safe. We pray for all of you daily.

Mary Killeen

October saw most of the boys continue well with their rehabilitation. The forty three boys kept focused and lively during the month with many activities. During the month we received two referrals from the Kamukunji Police Station. The two new boys underwent the CoVid19 test and were admitted after a negative result.

The mid-term exams took place and most did well. There are a couple of boys who required remedial work and have a good attitude towards putting in the extra time for the longer term gain. The teachers have been very observant noting the lack of interest in certain subjects by some of the boys which often leads to poor understanding and application of concepts.

The carpentry classes are progressing, and the boys are working hard to acquire the skills as they prepare for their NITA examination in December.

We are so fortunate to have a library and the boys have utilized their time productively. The books are in good condition apart from colour fading and are catalogued according to classes for easy access.

The Profuturo classes have been going well and find their lessons very enjoyable. Moses, the teacher, scans keynote materials into the system. All the boys are doing well using the tablets and they find their lessons enjoyable. The teachers continually upgrade their skills on Tuesdays to help them improve their lessons with the boys.



Profuturo class

Developing the other side of the brain is also particularly important. The art and crafts, yoga, acrobatics, gardening continued throughout the month. To see the talent on display is superb.



Art and crafts



Yoga session

Great work was done in the garden. Supported by Team Panjak, the boys started planting the seedlings in all the gardens beds per house. Vegetables from the garden have benefitted the Centre by providing fresh vegetables. The boys use compost manure for top-dressing in the garden.



The construction of the perimeter wall / fence is finally underway and the task of clearing the riparian land and planting bamboo trees was carried out. Hopefully the trees will grow bushy and thus block people having wrong ideas of putting structures against our fence.



The uncertainty around when the Government will allow the reopening of schools has caused some anxiety for a few boys since they have been unable to return home during the normal school holidays. After some consultations it was agreed that the boys will go home during the Christmas break.

The Marik Foundation visited the boys bringing with them loads of smiles, fun and goodies. They had a very informative session with our boys as they brought representatives from Mwangaza Rehabilitation Centre. Mwangaza is a drug rehabilitation centre for former street boys. They brought some of their boys who had successfully completed their program to share their stories with us to encourage them on their journey of rehabilitation.



Former boys of Mwangaza New Life giving the boys some words of wisdom.

The seven Class 8 candidates have reported back to their respective schools after the long pandemic break. Two returned to St. Peter and Paul school in Embu. The other five candidates at St. Catherine's started classes on 5th October. We hope that the break has not impacted too much as they did receive extra tuition at the centre.

We have continued receiving donations from well-wishers. Team Pankaj has donated a trampoline which has become immensely popular. They also donated vegetables, fruit and dry foods.

Action in Focus has also been generous giving a huge number of veggies including carrots, broccolis, French beans, baby spinach, parsleys and spring onions. We shared some of the donations with the children at St Catherine's Primary and Songa Mbele as there were plenty for everyone.





Sonia Birdi, apart from the yoga lessons, brought some dry foods. Mr Nganga supplied meat for the boys. Body, mind and spirit are doing well.

Paula Cullen's group arranged for the purchase of intimate apparels consisting of two boxers, a vest and two pairs of socks for each boy. The boys are really grateful.



The Marik Foundation group spent an afternoon with the boys and shared donations of food and clothes.

Marik Foundation Group

October started well with activities going to plan. There were the many zoom meetings regarding the ongoing construction of the new facility by The Kenyan Child Foundation. Meetings with parents, staff, outside agencies and county officials as well as training webinars provided by Horizont3000 on Knowledge Management. The other webinar focused on inclusion of learning opportunities for children living with disabilities.

The childrens' therapy continued with 35 sessions completed within the month. In addition, all the centre's caregivers carried numerous home visits to ensure that the children stay on track with their personalised programs.

There were lots of activities in the classroom, in areas of hygiene, nutrition, daily living activities, play and fine motor exercises. It is so necessary to have teamwork with parents, teachers, and caregivers as it is evident in the childrens' progression. Without this teamwork much of success can quickly dissipate for the children. The CoVid19 has thrown out many challenges to everyone, but we have seen how the load is made easier with good collaboration.

Out of 30 pupils, 23 pupils have so far reported and are attending classes at the allocated time and days. Social distance and proper sanitization have been observed all the time. There is a challenge of wearing face masks in this class due to different conditions of the children but those who can are being encouraged more and more to have them on. Learning activities are taking place as planned and learners are catching up as they had forgotten some of the skills learnt.

During the month the enrolments increased tremendously due to the Government directives for Grade 4 and Class 8 pupils to resume classes in all learning institutions in the country. Each institution must have the correct safety measures in place and pupils must observe the social distance inside and outside the classroom.



The birthday girl feeding the teacher with a cake



Speech lessons ongoing for autistic children



Feeding Day Care pupils



Therapy sessions



KNEC Examination for Grade 4 pupils

The construction of the new facility is progressing well. We have completed the lower ground, upper ground and first floor slabs. The partitioning of the rooms on the upper ground floor has also been completed. The preparatory work for the second floor slab is nearing completion. The extension of the columns for the last floor has commenced. The building is certainly taking shape to become a magnificent facility and a beacon of hope for children living with disabilities and their parents. We are very grateful to the **Kenyan Child Foundation** for their commitment to these very vulnerable children from Mukuru slums.



Front View





Partitioning on First Floor

Rehema is one of our many success stories. Songa Mbele na Masomo was not known to the family. Rehema was referred to Songa when she was 8 months old by a family friend. Rehema had severe rickets, a softening of the bones as a result of vitamin D deficiency and impaired calcium and phosphorus metabolism. Her mother was worried that her daughter would never stand or walk like other children as she was very weak. Rehema's mother started attending the therapy sessions at the centre and follow-up with sessions at home. Three years of a committed therapy regime Rehema can walk alone and is very excited. It is a delight to see her with big smile each day.



Summary of October Activities

Case Type (Activity)	No. of Clients	Activity	No. of Clients
Food Distribution	112	Abuse Case	1
Masks	141	Assistance Devices Forms	30
Home Visits and Clothes	10	Therapy sessions at Songa	35
Medical Cases	3	Training Sessions	3
New Admissions	2	Therapy Chair / Wheelchair Measurements	19
Follow Up Cases	15	Referrals	3
Profiles	4	Nutrition Cases	2
Fire Outbreak Assistance	1	Start Up Support	2
Total			383



APDK Official takes measurements for Special Needs Children seats and wheelchair.

The primary schools finally reopened on 12th October for Grade 4 and Class 8 after seven long months. Over one thousand three hundred pupils picked up where they left off in March. The two key classes returned to school with the hope of enabling Class 8 candidates to prepare for their national examinations scheduled for March 2021.

The Grade 4 returned due to the continuation of the new competency-based curriculum that has only been introduced across the country in the last few years. The teachers returned to school two weeks prior to prepare for the reopening.

Each school was required to form a safety committee including teachers, students and board member representing parents and guardians. The committee will help to create awareness and report on potential CoVid19 cases. The other requirement was for each school to be fumigated. For MPC schools the cleaning was supported by youth from the community. The Government has a project for youth in the community supervised by National Youth Service. The schools were also directed by the Government to acquaint themselves with the nearest clinic or hospital for purposes of medical care and reporting in the event that a child falls ill.



Fumigation at St. Catherine's

The pupils were taken through rigorous briefing on safety measures also on arrival, learners' details as well as parent / guardian details were recorded for purposes of reporting should any child get sick in the school compound.



St Elizabeth pupils on arrival at school



St Catherine's pupils' observing protocol



Keeping the right distance



The enrolment of Grade 4 and Class 8 pupils before school closures in March

Primary School	Grade 4	Class 8	Total
St. Elizabeth	216	214	430
Sancta Maria Kayaba	210	206	416
St. Catherine's	127	144	271
St. Bakhita	120	102	222
Total	673	666	1,339

The pandemic caused all sorts of dilemmas for people. Most of the predicaments were unprecedented. Parents and guardians had to find solutions for their families. For a good number they moved upcountry with their children due to loss of livelihood. It is understandable to see more absenteeism in Grade 4 pupils than Class 8 candidates. The results for the Class candidates will dictate which, if any, secondary school they will attend. A large percentage will rely on sponsorship to continue with their education.

Grade 4

Primary School	Present Pupils		Total Present	Absent Pupils		Total Absent
	Girls	Boys		Girls	Boys	
Sancta Maria Kayaba	90	106	196	6	8	14
St. Bakhita	64	45	109	8	3	11
St. Catherine's	57	65	122	2	3	5
St. Elizabeth	112	96	208	4	13	17
Total	323	312	635	20	27	47

Grade 8

Primary School	Present Pupils		Total Present	Absent Pupils		Total Absent
	Girls	Boys		Girls	Boys	
Sancta Maria Kayaba	109	92	201	4	1	5
St. Bakhita	43	53	96	3	5	8
St. Catherine's	83	58	141	2	1	3
St. Elizabeth	103	104	207	0	9	9
Total	338	307	645	9	16	25

The school feeding program has always acted as an incentive to get pupils to school. Most of our pupils in primary school come to school for a meal, for some it's the only meal they will receive during the day. Through generous people, both local and international donors provide the means for MPC to distribute the meal of ugali and cabbage at lunchtime.

Sponsorship

Although the official re-opening of schools in Kenya commenced on 12th October 2020 for examinations cohort, the Ministry of Education is yet to state when the subsequent classes will be required to return for face-to-face teaching. The new term will continue until 23rd December, when they will have the Christmas break and finish their academic year April 2021.

Considerable amount of time during the month was spent on interviews for Form 3 and Form 4 girls for sponsorship at St Michael's. We were fortunate to receive funding from the Fidel Goetz Foundation to cater for over 60 girls to complete their secondary education. The interviews were a sobering reminder of the enormous struggle and challenge that youth face, especially girls from Mukuru slums. Many of the girls have experienced a fragmented home life. The dysfunctions are many and can range from being abandoned by a parent, separation of parents due to financial difficulties or abuse or just trying to deal with scarcity all round.



Form 4 girls selected for the sponsorship.

The MPC Head of Education, Risper Ogutu, social worker at St. Michael's, Grace Kuria, and the Sponsorship officer, Stellah Mathe, held a mentorship talk with the Form 4 girls to encourage them to work extra hard for the remaining time as they prepare and revise for the National Examinations. The girls shared the challenges they face both at home and with their studies. The girls were given some strategic study tips to help them perform as best as they can and how to listen to their teachers for clarity on the subjects/topics they find challenging.

While the Form 4 girls at St Michael's had the benefit of mentorship talks from various people, the other beneficiaries who received starter kits last month to conduct their own businesses, received monitoring visits for some positive encouragement.



Mentorship session with Form 4 girls.

Access to secondary education is harder to come by and more expensive. Only a small percentage of slum children are enrolled in secondary education which comes at a time when children are increasingly vulnerable to human rights violation. Ann Ndanu (24) a girl from Kayaba Mukuru slums dropped out of school in 2010 for lack of fees having attained 323 marks in the KCPE (*Kenya Certificate of Primary Education*). She embarked on casual jobs to help her single mother sustain their basic needs. Ann has been assisted by MPC, through the sponsorship office. MPC appealed for funding to support her education as she has secured an admission in an adult schooling program. She will be able to achieve her dreams of completing high school education.



Ann Ndanu

It is always inspiring to see a once needy person become self-reliant and offer help to others. This is the Gospel! Such success stories give us motivation to keep serving the destitute to the best of our ability. A number of young women who had graduated from MPC's Our Lady of Mercy Vocational Training Centre received starter kits last month. When we visited them it was exciting to report that all the businesses are up and running smoothly with few challenges. All the beneficiaries are HAPPY and GRATEFUL!



A visit to Janet's hotel in the slums. Serving us with one of her delicacies



A visit at Karen's salon in the slums



Frida's tailoring shop showcasing her face masks

The long anticipated resumption of classes commenced for the Form 4 and Form 3s during the month. The turnout was fairly good as compared to the time we had the 'pandemic' timetable in August and September.

The initial rate was 70% but gradually climbed to 97%. The other 3% found casual jobs but we are following them up to return to school as all future positions will require a completion of secondary education. The major factor for them is to provide some assistance to their families' basic needs.

Now it is full steam ahead on the syllabus. The normal Kenyan academic year comprises 39 weeks and the Class of 2020 only covered 10 weeks. Trying to recapture the other 29 weeks will be a big challenge. This term will break at 23rd December for Christmas and then resume again around 4th January 2021. The conclusion of the infamous 2020 academic year will be held in April.

After proper arrangement took place to have the candidates back to school, they were spread across five classes which apparently made the teachers' work easier as compared to the larger class sizes of up to 50. The approach to lessons is more efficient than before.



Form 4 Students - Cluster 2 in class.



MPC Staff and Representative from K.C.C.B

In preparation for the official re-opening the Area Administration and the Kenya Conference of Catholic Bishops visited us to ensure that we are CoVid19 compliant. The principal, Jasper Obiri, and Head of Education, Risper Ogutu, and Director, Sr Mary hosted the representatives from the Kenya Conference of Catholic Bishops.

Both parties were impressed on the measures we had put in place to have our candidates in class and safe.



Area Chief Inspecting the classrooms

Over the years we have known the benefit of mentorship. Given that the students have endured one of the most astonishingly bizarre academic years we knew we had to provide extra support for them. Each teacher at St Michael's has been assigned 6 students to walk with and mentor as they prepare for their national examinations. The students were asked to set their own targets and indicate how they would achieve their targets. Apart from the teaching during the week, the teachers will have sessions each week with their assigned students to ascertain how they are travelling on achieving their targets. We hope that this program will be very successful for all concerned.

To start the program off, we invited a former student who did manage to set his own targets and achieve his goal of gaining entrance into university and completing his engineering degree.

Davies Sagini, who is a qualified engineer, visited the school and addressed the students. Graciously, David has agreed to come back to help further motivate the students in their studies. The MPC Alumni is full of success stories. The group comprises teachers, nurses, engineers, doctors, quantity surveyors to name a few professions. All our students need is the opportunity to complete their secondary education.



Eng. Davis Sagini addresses St Michael' Students

The tertiary institutions re-opened on Monday 5th October 2020 after a seven month break.

A number of our students were eager to return to school with most of them being happy to see their friends. Since then, we have been relying on temperature checks and observation of signs and symptoms to monitor student's health and arrest emerging cases of corona virus.

The comparison of students' attendance before schools closed in March and after reopening shows gaps with the females most affected. We have been using our social worker to track students who have not yet reported back. Our social workers confirmed at least nine (9) female students fell pregnant during the prolonged closure of schools and plans are underway to provide support where possible. The number could be higher, and these unintended pregnancies are linked to COVID-19 pandemic. The Child Protection and Safeguarding Office has taken time to remind students on the need to follow the laid down COVID-19 protocols.



Students receive free sanitizers

Our Lady of Mercy Vocational Training Centre Enrolments *Statistics 2020 before CoVid19*

<i>Course Title</i>	Course Duration	Term 1 2020 Enrolment	Examining Body
<i>Computer Studies</i>	3 months	41	Internal
<i>Catering</i>	1 Year	37	NITA
<i>Garment Making</i>	1 Year	15	NITA
<i>Hairdressing & Beauty</i>	1 Year	43	NITA
<i>Plumbing & Masonry</i>	1 Year	15	NITA
<i>Art & Craft</i>	1 Year	15	NITA
<i>Dee-jaying</i>	5 Months	12	Internal
<i>Front Office and Housekeeping/Laundry</i>	1 Year	10	KNEC
Total		193	

Our Lady of Mercy Vocational Training Centre Enrolments

Statistics after Reopening (October 2020)

<i>Course Title</i>	Course Duration	Combined Terms 2020 Enrolment	Examining Body
<i>Computer Studies</i>	3 months	7	Internal
<i>Catering</i>	1 Year	17	NITA
<i>Garment Making</i>	1 Year	7	NITA
<i>Hairdressing & Beauty</i>	1 Year	26	NITA
<i>Masonry and Plumbing</i>	1 Year	11	NITA
<i>Art and Crafts</i>	1 Year	5	NITA
<i>Dee-jaying</i>	5 Months	10	Internal
<i>Front Office and House Keeping / Laundry</i>	1 Year	8	KNEC
Total		90	

The preliminary works of the new therapy classrooms block at Our Lady of Mercy Vocational Training Centre commenced. The project is titled “*Bring a Better Future to the Disadvantaged Youth of Mukuru*”. After digging a few trial pits, it was discovered that the area was a landfill area over 50 years ago. The architect and engineers had to redesign the foundations to ensure stability for the two storey structure. The project will be unique in Kenya because its focus will be for youths living with disabilities. Apart from receiving specialised tuition the youths will also have access to physiotherapy and occupational therapy sessions in a conducive environment to ensure that they succeed in their respective courses. The sessions will provide further encouragement for the students to live a sustainable life. We are incredibly grateful to the donors: Manos Unidas (Spain), Mr Salvatore (Italy) and Marcel Zuzarte (Canada/USA). Once the redesigned foundation has been approved, we hope to commence in earnest as soon as possible.

“Bring A Better Future to the Disadvantaged Youth of Mukuru” Project

Preliminary works at the proposed therapy classroom block building



While the full dressmaking cohort slowly make their way back to class there are some who have continued their learning under difficult circumstances. Some are able to stitch without close supervision. This means that they are able to interpret basic designs, cut fabric and stitch on their own. Apart from stitching of clothes the students have also been able to stitch curtains together with curtain boxes and pillows together with their pillowcases.



Students making Skirt suit with African fabric



Blouse Suit made from calico



Zipper bags



Sun hats and skirts

During the month, the Front Office students learnt about Office Practices and how to use different office equipment. Also, they started housekeeping practicals and they are willing to learn methods and procedures of cleaning various surfaces. Very timely in the current climate of CoVid19.



Housekeeping Practicals

Another full month of activities ranging from networking meetings, following up on absenteeism as the school resumed, counselling, mentorship talks, nutritional support for malnourished babies and distribution of food, clothes and basic essentials as more fire outbreaks occurred. The networking always helps to ensure that activities and interventions are actioned well for the sake of the clients.

We noticed that there was a higher than normal number of medical and referrals cases facilitated by the social workers. The majority of cases were referred to the Mary Immaculate Clinic for treatment while other referrals involved dental issues which were sent to the Rueben Health Centre. It was clear that some had to have surgeries, so our social workers assisted people to apply for the National Health Insurance Fund (NHIF) to help reduce the costs. Even though they may be successful in their registration there will be the gaps as well as the on-going cost of subscription. A figure of 500KHS (\$5US) per month would be out of the reach for most of them. Through the generosity of MPC donors we can provide some support for the registrations, but the gaps are vastly different. With limited resources it often comes down to the most urgent and needy.

Summary of October Activities

Case Type (Activity)	No. of Clients	Case Type (Activity)	No. of Clients
Abuse Cases	3	Nutritional Support	71
Amaranth Client (Nutritional Supplements HIIV/AIDS)	74	Masks and Sanitizers Distribution	59
Blanket Distribution to Fire Victims	42	Needy Family Assistance	108
Counselling and Guidance	44	Pregnancies	11
Disabilities Assistance	2	Profiles	108
Follow Ups	4	Rent Support	1
Home visits	21	Sanitary Towels	70
Hospital Visits	6	St Michael's Student Upkeep	4
Medical Cases / Referrals	57	School Absenteeism	68
Malnourished Babies	13	Therapy sessions at Songa	35
Mentoring by Rotary	224	Wheelchair Measures and Fitting	21
Total			1,046



We are delighted to report that the Mushroom Project has been a great success with 4 harvests so far. The demand for the produce has been high as the quality has been tremendous. It is a great credit to all concerned. One 250g punnet goes for shillings 150 (\$1.50US). The project is specifically designed to assist youths

living with disabilities to earn an income. With continued success more markets will open up for the youths.



There is nothing predictable about activities in the social and health services department at MPC. Life just happens. As with many incidents we are incredibly grateful for the many donations received as we never know when the next disaster will be. All we can do is be as ready as we can, so all donations are welcomed. During the month we received baby clothes, baby blankets, childrens' shoes, bedding, facemasks, hand sanitizers, adult clothes and medical supplies.



Needy clients receiving food, clothing and baby parcels



Support for clothing to the needy

Previously we mentioned about the increased number of teenage pregnancies during the pandemic. In our own schools the social workers have reported over 40 teenagers to date who are now pregnant. We would like to acknowledge **Manos Unidas** who provided funds to support the new teenage mothers with essential items that will assist them during their pregnancy and initial time of motherhood.



Some teenage mothers receive pregnancy parcels

The mentorship program continues. During October the students were addressed by Susan from Eseriani.



The APDK technician came and measured some of the Songa Mbele special pupils for special seats / wheelchairs.



A parent, supported by the Business Start Up kit from Cheshire Disability in 2019, received a follow-up visits from Irene, our social worker. All reports show the family is doing well with her vegetable stall.

With all the various trainings, workshops and network meetings during the month there are many photographs. It is great to see so many activities happening at MPC for the benefit of the Mukuru residents. Even though the needs are great ensuring that the services they receive are relevant and appropriate is our priority. Partnering with many agencies helps MPC to support our staff in the diversified services to assist the people.



Community Health Volunteers (CHV) Training by Ministry of Health funded by the Centre for Public Health and Development Cities Rise.



Social Workers from different organizations



October was quite busy however we welcomed our new volunteer doctor for next 3 months from Slovakia, Dr Monica. We are grateful for this program which provides the Clinic with great support in the patient consultations and home visits program.

The Starehe Sub-County 'Disease Surveillance Team' spent some time at the Clinic looking at our programs such as weekly reporting, disease surveillance, priority in disease and identification, EPI (*Expanded programme on Immunizations*) and patient data management. Their feedback was positive and provided a few pointers on how we can improve in some of the programs.

Although we have not seen an increase in CoVid19 cases at MPC, there were 19 cases reported in Nairobi County. To ensure that our Clinic remains CoVid19 free, the Sub-County's 'Wash Coordination Team' ensured that our facility was among those fumigated in the fight against the pandemic. To assist with keeping our virus free one of the nurses organized and conducted a continuous medical examination on Prevention Infection Control for all staff.

With averaging 1,200 patients per month the Clinic needs a large quantity of medications for those patients. Our statistics inform us that the majority of the medications needed are for respiratory and gastrointestinal diseases. We are pleased with the Rotary Club of Milimani who donated much needed cartons of medications in October.



*Sr Mary and Sr Barbara receive drugs
from Rotary Club Milimani*

During October, the Clinic treated 1,237 patients, immunized 141 children, attended to 68 antenatal mothers, 12 tuberculosis clients with one new case, 16 HIV/Aids clients with 5 new cases and conducted 632 laboratory tests.

Patients Treated in October

Category	Gender	Under 5	6-13yrs	Above 13	Total
New Cases	Male	72	23	198	293
	Female	56	27	211	294
		128	50	409	587
Revisits	Male	108	28	149	285
	Female	94	26	245	365
		202	54	394	650
Total October		330	104	803	1,237

Most Common Treated Diseases in October

Rank	Disease	Females	Males	No. of Cases
1	Urinary tract infections	101	50	151
2	Gastritis	61	78	139
3	Acute upper respiratory tract infections	74	64	138
4	Gastroenteritis	67	39	106
5	Other diseases	40	52	92
6	Abdominal pregnancy	90	0	90
7	Neuralgia and neuritis	47	24	71
8	Skin infections Fever	28	35	63
9	Lower respiratory tract infections	28	21	49
10	Wounds and soft tissue injuries	17	30	47
11	Tonsillitis	25	14	39
12	Fungal infections	24	7	31
13	Skin diseases	17	13	30
14	Diabetes and Hypertension	18	11	29
15	Tuberculosis	11	17	28
16	Musculoskeletal disorders	13	14	27
17	HIV/AIDS	6	5	11
18	Convulsive disorders	4	6	10
19	Malaria	4	3	7
20	Total	675	483	1,158

The Laboratory Tests For October

	Type	Cases		Type	Cases
1	Urinalysis	142	7	Random Blood Sugar	36
2	Full Haemogram	124	8	Antenatal Profile Tests	28
3	Stool Ova/ Cyst	112	9	Vdrl	24
4	Malaria	67	10	Rheumatoid Factor	12
5	Other Laboratory Tests	44	11	Haemoglobin Levels	11
6	Helicobacter Pylori	38		Total	638

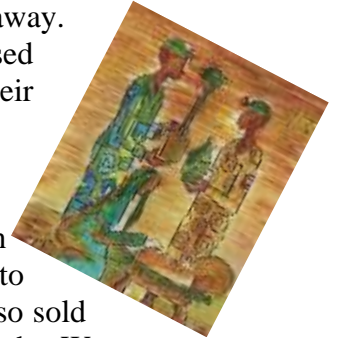
Average 30 tests per day

Happenings...



It is hard to believe that Christmas is only 8 weeks away. Many people around the world have already organised the what, where and how of Christmas for their families. One Sister of Mercy in Perth has already started her parish visits to sell the MPC Christmas cards designed by a MPC beneficiary, Andrew Otieno, as a fundraiser.

Sr Maureen Mohen, aged 88, has organised to visit several parishes in Western Australia (*Bassendean, Bayswater, Shenton Park, Attadale and Glendalough*) to help raise funds for the vocational training centre at MPC. Sr Maureen also sold the cards in 2017 and 2018 while taking a break in 2019 to catch her breath. We are very thankful for her tremendous efforts and for the 4,000 cards that she has sold over the last few years. Sr Maureen conveyed her appreciation to the hundreds of people who didn't buy cards as they had sold out, but in the spirit of Christmas gave generous donations to the works of MPC.



Sr Maureen Mohen

Mukuru Promotion Centre

Empowerment Step by Step

Sponsored by Sisters of Mercy

www.mercymukuru.co.ke

Email: info@mercymukuru.co.ke

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