



Mukuru Promotion Centre
Empowerment Step By Step
 Sponsored by Sisters of Mercy
www.mercymukuru.co.ke

Newsletter

November 2021

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Songa Mbele landscaped area

Dear Partners, Supporters and Friends,

November was for us a month of visitors. It was great to see development partners visiting again. We had Dr Wolfgang Boehm and his nephew Stefan from Austria, who visited the various projects supported by DKA over many years. Stefan will reflect on his experiences and write some articles. He would have benefitted immensely from Wolfgang’s contacts and experiences. Paula Cullen, Vera Smith and Adrienne Burke spent two weeks interacting with the staff and boys in the Rehabilitation Centre. They and their group of supporters supplied a lot of the needs of the boys for the coming year. They are also sponsoring a number of boys who are moving on from the Rehabilitation Centre to secondary school or other vocational training or employment. One of the beneficiaries is now a qualified carpenter. It is very fulfilling to see them go ahead with their development and their lives.



Breana Stillman and her companions Laetitia and Kartini visited us, raising awareness of opera and other types of music. Music is part of very language. The students of St Michael's, St Bakhita, St Elizabeth's, Songa Mbele, and the Rehabilitation Centre were delighted to hear them sing and play and in return to sing for them. They have formed a group called "Operaffinity" which plans to organise a concert in Nairobi to raise awareness of different types of music and also raise funds for a piano for our multipurpose hall. We were happily encouraged by these visits.

The normal activities continued in all the Centres as you will read in the Newsletter. We joined *Voices of Faith* on their two weeks of awareness raising of violence against women, women religious and children. We shared our own stories in order to try and improve the treatment of women and break the silence in the Church and religious life over abuse. We learned from the experiences of other women during the two weeks activities. We commend Voices of Faith for their organisation of the activities and events.

May you be blessed for your support in our various centres

Sr Mary Killeen
Director

Education

The month of November continued with the various academic activities especially assessments for the pupils in Grades 6, 7 and 8. There were slight improvements recorded for some classes and primary schools. The two best Class 8 performing primary schools were St Catherine's and Sancta Maria Kayaaba. It is clear that the Class 6 pupils have a lot of ground to make up before they sit the final KCPE examinations in 2 years' time.

Primary Schools	Class	Maths	English	Kiswahili	Science	SST/RE	Total
St Bakhita	6	36.82	47.28	51.61	37.60	42.57	214.69
	7	33.60	48.68	46.89	56.01	50.04	235.20
	8	44.43	57.35	46.01	54.43	51.32	253.64
St Elizabeth	6	50.11	44.20	50.80	41.26	44.27	230.64
	7	33.02	44.96	46.78	48.09	47.32	220.18
	8	43.80	53.80	48.38	54.84	49.49	250.30
St Catherine	6	50.56	49.03	58.74	40.96	53.8	253.36
	7	38.78	50.73	53.03	55.39	53.7	251.63
	8	47.94	57.02	52.4	55.56	55.17	268.07
Sancta Maria Kayaaba	6	44.19	43.26	55.96	34.30	44.36	222.07
	7	33.06	46.18	48.67	52.56	46.13	226.60
	8	48.46	56.74	52.94	55.54	54.36	268.04



Musical ornaments

As the Competency Based Curriculum continues to be implemented across primary schools in Kenya many activities are taking place in classes as pupils prepare for KNEC practical lessons. Pupils are required to carry out certain tasks at home or in the classroom which will be awarded marks by the teachers who will then upload the results to the KNEC website. Some of the activities to be carried out by the pupils are:

- Grade 1: clean different parts of the body
- Grade 2: scrub a sufuria (large saucepan)
- Grade 3: make musical ornaments and accessories and perform a dance using them.
- Grades 4: wash a cotton cloth
- Grade 5: prepare a farm and plant 20 climber plants each



Washing



Preparing farm for planting climbers



Girls trying out what they had made



Pre-primary children at Sancta Maria Kayaaba enjoy their learning.



The teachers continue to receive training on proper implementation of the new curricula.

The issue of teacher shortage in MPC sponsored primary schools continues to be ruinous for the pupils. The Government has not up to date replaced any of the teachers promoted or transferred in 2021. The issue has forced Head teachers to combine some classes which is a lose-lose situation for both pupils and teachers. The 4 Head Teachers have approached the MPC Director to subsidise more teachers. MPC already subsidizes 40 teaching and non-teaching positions in the primary schools that amounts to over US\$10,000 per month. The responsibility is clearly the Government as ‘free basic education for everyone’ is enshrined in the Kenyan Constitution.

In Kenya, all primary schools have an official Board of Management (BOM) with a 3-year tenure that are nominated by the schools. The current BOMs will expire in March 2022. MPC together with the Mercy Education Coordinator have nominated 3 representatives in each school. The official BOM is vetted and confirmed by the County Education Board. We are thankful to the people who have volunteered to represent the interests of MPC.

The MPC primary schools continue to enjoy hot meals supported by Team Pankaj. The nutritious meals help keep children at school. Parents are asked to make a contribution but many of them are unable to pay 300 khs (US\$3) per term to sustain the program.



St. Bakhita receiving donation of books and sanitary towels



Construction at St Elizabeth and Sancta Maria Kayaaba

A timely addition is the disability toilets in the primary schools. Cheshire Disability Society of Kenya have provided the funding to construct purpose-built toilets to cater for the pupils living with disabilities.



St Michael's Secondary School

November marks the mid-point of term 2 in the 2020 academic year. The classes continued with mock and mid-term examinations during the month and the enrolments remained steady. The month commenced with a whole school Mass celebration.



Mass in progress at St. Michael's

The other activities held involved academic clinics for the Form 3s and Form 4s students; and parent / teacher meetings. Some parents were happy to hear the feedback on their child's performance while others appreciated honest confirmation on the status of their child. For some, a little more focus needs to be applied. There are other parents who did not attend the meetings for a variety of reasons but mainly due to financial reasons as they are scouring the slums for casual work.



Form 3 class teacher addressing parents

The scouts received some donations of uniforms, scarves and head berets. They were excited and it was good to see that even their performance during school assemblies greatly improved.



The mentorship program progressed and the students displayed growth in their character, performance and discipline.

The girls had an opportunity to receive sanitary towels from their mentors.



Girls mentorship in progress and issuance of sanitary towels.

Our Lady of Mercy Vocational Training Centre

Our teachers have been keen on eliminating distractions among our students particularly the use of the smart phone for video calls. Every teacher struggles in this technological era! In November, significant assessments were undertaken for our special needs students in order to ascertain their level of ability. The assessments provided a realistic gauge to identify which students would be better changing courses. The Art students began making Christmas cards, a custom that started some years ago. The season of Advent commenced this month and the Art students had been busy making advent candles for purchase. We were very happy to all the people who visited the Centre or placed an order for candles and cards.

The students have progressed well as the term has come to an end for most of them and will prepare for examinations in early December. We hope that all the students sitting the exams have studied and prepared well for them.



Outgoing Computer students



The Hairdressing and Beauty students have mastered the art of shampooing and conditioning, braiding and plaiting and roller setting. They have also done manicure, pedicure and makeup thereby preparing them for final evaluation.



Hairdressing and Beauty Class

The Dressmaking class has covered over 70% of the coursework. This will give students enough time to complete the remaining work in January. The adequate time will ensure students are well prepared to sit for their final external examinations. The students are equipped with entrepreneurial skills in Dressmaking, Fashion and Design, and Interior Decoration. The completion of the course is a big step in becoming employable in textile industry.



Dressmaking students peruse through donated sewing patterns

The Skills students received donated clothes and shoes by various donors. The Hairdressing and Beauty class along with the Special Needs students had the highest number of vulnerable students hence they benefitted greatly. It was a joyful activity as students selected from a heap of clothes provided. We thank all those who donated the goods.



OLMVTC Students receive donations of clothes and shoes

Social Services

The activities and outreach in November increased slightly. At this time of the year normally the activities would be reducing as the school children would be on holidays. The academic calendar is quite different and our social workers have continued to keep up with the changes. There were over 1,800 outreaches to the community in one form or another. Sadly, there were fire outbreaks which is very devastating for families as the 'dominio effect' continues for months after.

One of the new initiatives is the Economic Empowerment program supported by Irish Embassy in Kenya. So far 8 clients have been supported to open up a small income generating business. All the clients received 27,300ksh (US\$210) as startup capital. The social workers accompanied them to the market to buy the necessary goods. Later in the month the monitoring activity took place and further training was provided.

Cheshire Disability Services Kenya provided funding to build disability friendly toilets in the primary schools. We are thankful that the construction has commenced and more importantly that the children will be able to access the toilets easily.



Sancta Maria Kayaaba



St Elizabeth



Home visits



Social and Health Services Statistics

For the Month of November 2021

NO	Case type / Activities	Education						Health	Welfare		Total
		St Bakhita	Sancta Maria Kayaaba	St Elizabeth	St Catherine	St Michael's Secondary	Vocational Training Centre SKILLS	MPC Clinic	Songa Mbele na Masomo	MPC Rehabilitation Centre	
1	Abuse Cases	1	3	3	0	0	0	0	0	0	7
2	Amaranth Clients	0	0	0	82	0	0	0	0	0	82
3	Behavior and Discipline Cases	0	4	0	6	12	1	0	0	3	26
4	Counseling and Guidance sessions	3	11	2	11	6	2	1	0	3	39
5	CoVid19 Hygiene Material Resources	1	0	48	19	0	0	0	0	3	71
6	Donation Issued	3	0	0	21	0	121	0	0	1	146
7	Donation Received	0	0	1	4	0	1	1	3	6	16
8	Fire and Floods Disaster assistance	0	0	3	2	0	0	0	0	0	5
9	Food Distribution	0	0	0	56	0	0	0	1	0	57
10	Home Visits	3	26	4	85	5	1	3	14	0	141
11	Hospital Visits	0	0	0	0	0	0	0	0	0	0
12	Malnourished Babies	0	0	0	19	0	0	0	0	0	19
13	Medical Cases	16	39	7	28	24	5	270	16	34	439
14	Meetings and Trainings	1	1	3	1	3	3	3	5	2	22
15	Mentorship Sessions	0	2	0	0	1	1	0	3	0	7
16	Mobilization of Resources	0	0	0	0	0	0	0	0	0	0
17	Needy Families Support (Community)	0	1	0	38	2	8	0	0	0	49
18	Needy Primary and Secondary Students	2	10	1	40	2	0	0	0	0	55
19	Networking	0	3	0	3	0	1	8	0	1	16
20	New Admissions to MPC Institutions	0	2	3	0	0	0	0	0	3	8
21	New Teenage Pregnancies cases	0	1	0	0	0	0	0	0	0	1
22	Nutritional Support	3	0	0	31	0	5	0	0	0	39
23	Pregnancy Support Packages	1	0	0	0	0	0	0	0	0	1
24	Provision of Sanitary Towels	5	0	10	0	4	3	6	1	0	29
25	Referrals	16	42	9	13	21	8	12	17	0	138
26	Safeguarding Follow Ups	0	0	4	0	0	0	0	0	0	4
27	School Absenteeism/Truancy	23	44	100	31	41	0	0	0	0	239
28	Schools Profiles	25	18	22	42	22	4	0	0	0	133
29	School Visits	0	0	0	0	0	0	0	0	0	0
30	Songa Mbele Therapy Sessions	0	0	0	0	0	0	0	55	0	55
31	Sponsorship Follow-ups	0	0	0	0	5	1	0	0	0	6
32	Uniform Aid	0	1	0	4	1	0	0	0	0	6
	Totals	103	208	220	536	149	165	304	115	56	1,856

Health Services

The Clinic continued to provide services to the residents of Mukuru slum while improving processes and procedures for the general administration. There was a visit from the Sub-County Diseases Surveillance Coordinator and a WHO consultant who performed a sensitization on active case finding for acute flaccid paralysis, measles and neonatal tetanus. The Sub-County official has promised further training on the diseases surveillance for all staff at the Clinic.

With over 1,200 patients attending the Clinic each month we are very grateful for donations that help reduce the costs of the Clinic. Paula Cullen and Friends provided some disposable dressing packs, tongue depressors, tubular support, portable patient bronchodilators and other dressing materials on her visit in November. These will go towards the emergency section.

The Clinic registered more than 1,600 patients that covered General Outpatient Care, Maternal (48) and Child Health (143), Tuberculosis (4) and Comprehensive Care clinic. The statistics provide further details for the month. It would be expected to have a higher percentage of adults attending the Clinic however, our figures have consistently had over 51% of patients under the age of 18 with the majority being female. We hope to explore why this is the case in 2022.

Patients Treated in November 2021

Category	Gender	0-5 Yrs	6-12 Yrs	13-17 Yrs	18-35 Yrs	36-49 Yrs	50-64 Yrs	Above 64 Yrs	Total
New cases	Female	167	84	60	216	64	22	4	617
	Male	80	54	34	97	43	12	3	323
Subtotal		247	138	94	313	107	34	7	940
Revisits	Female	134	32	19	124	75	20	4	408
	Male	118	23	36	60	30	21	2	290
Subtotal		252	55	55	184	105	41	6	698
Total		499	193	149	497	212	75	13	1,638
Percentage	<i>Female</i>	<i>60.32</i>	<i>60.10</i>	<i>53.02</i>	<i>68.41</i>	<i>65.57</i>	<i>56.00</i>	<i>61.54</i>	<i>62.58</i>
	<i>Male</i>	<i>39.68</i>	<i>39.90</i>	<i>46.98</i>	<i>31.59</i>	<i>34.43</i>	<i>44.00</i>	<i>38.46</i>	<i>37.42</i>

Most Common Ailments Treated in November

Diagnoses	0-5 Yrs	6-12 Yrs	13-17 Yrs	18-35 Yrs	36-49 Yrs	50-64 Yrs	Above 64 Yrs	Total
Respiratory Tract Infections	108	29	20	47	19	5	0	228
Gastroenteritis	43	25	9	22	9	2	1	111
Urinary tract infections	1	4	3	21	7	0	0	36
Helminthiasis /Intestinal Infections	4	8	23	10	6	0	0	51
Myalgia	0	0	5	17	13	6	1	42
Diarrhea	19	17	7	14	4	2	0	63
Diabetes / Hypertension	0	0	0	3	8	4	2	17
Gastritis	0	3	9	16	11	6	3	48
Skin infections	13	5	3	4	3	1	0	29
Other diseases	80	36	18	90	46	21	0	291
Total	268	127	97	244	126	47	7	916

The Laboratory Tests For November

	Type	Cases		Type	Cases
1	Stool Analysis	190	12	HighVaginal Swabs	15
2	Urinalysis	159	13	Vdrl / Syphilis	8
3	Full Haemogram	111	14	Brucella Antigen Test	4
4	Malaria	80	15	Calcium Levels	3
5	Helicobacter Pylori	65	16	Liver Function Test	2
6	Haemoglobin Levels	40	17	Bilirubin Levels	1
7	Random Blood Sugar	30	18	Blood Grouping	1
8	Antenatal Profile Tests	21	19	DU Test	1
9	Pregnancy Tests	20	20	Hepatitis B	1
10	Rheumatoid Factor	20	21	Lipid Profile	1
11	Salmonella Antigen	16	22	Urea Electrolytes and Creatinine	1
	Total				790

Average 36 tests per day

Welfare Services

Songa Mbele na Masomo



The attendance of the children was good, apart from a few. From the teachers weekly reports it is pleasing to note that many children are improving in their learning and communication skills. The daily activities like toilet training, feeding and brushing teeth are being mastered by most of the children.

Over 60% of the children receive therapy 3 times a week. The different therapy activities range from massage to relax muscle and improvement on blood circulation; posture exercises to improve balance and coordination; passive stretches to mobilise joints and reduce stiffness; weightbearing exercises to strengthen the muscles; functional positioning to improve endurance; sensory activities; to training head control, core stability, sitting, standing and walking. There are many exercises and it is great to have the parents involved so that they can continue the program at home.



Therapy session

Although the multi-storey facility was completed in June, there are a few external projects that have been underway since then. Lastly, the landscaping at Songa Mbele started taking shape.



Grass seedlings planted



Gabions to reduce flooding

Songa Landscaping



Construction of a water tank base

As part of our commitment to the environment we have a number of large (10,000lt) water tanks for water harvesting. The captured water will be used for the garden and cleaning.

During the month we were happy to receive well-wishers and supporters who donated a number of goods for the Centre.



Donations from Vivo Energy

MPC Rehabilitation Centre For Former Street Boys

There were many activities during the month and the boys rehabilitation is progressing well. It was a delight to receive Paula Cullen, Adrienne Burke and Vera Smith from Ireland. Only 3 managed to visit the Centre in November but the group have been tremendous supporters over a number of years and provide great excitement and motivation for the boys. The group managed to see the various classes and sporting programs in action during their visit.

There are 48 boys in residence at the Rehabilitation Centre who attend various classes both on and off campus.

Class	Education Level	No.
Accelerated Learning Year I MIRC	Standard 1	3
	Standard 2	6
	Standard 3	5
		14
Accelerated Learning Year I St Catherine's Primary	Standard 2	1
	Standard 4	1
		2
Accelerated Learning Year II MIRC	Standard 6	7
	Standard 7	3
		10
Accelerated Learning Year II St Catherine's Primary	Standard 5	1
	Standard 7	2
	Standard 8	7
		10
Carpentry Year I	Grade III	6
New Recruits	Grade III	4
		10
St Michael's Secondary School	Form 4	1
Mang'u Boys High School	Form 4	1
		2
Total		48



Year I (Std 1-3)



Year II (Std 4-7)



Library



The carpentry Grade III class continued and will be sitting for exams on Dec 7 and 8, 2021. The boys registered for the Grade II examinations sat 2 assessments in preparation for the National Industrial Trade Authority (NITA) exams.

Carpentry Grade III during instructions

The Art class which provides good occupational therapy for the boys is sponsored by Paula Cullen's Group. The boys receive training twice a week (Tuesday and Saturday) that includes drawing, painting, bead work and mosaic making among others. Apart from enjoying the creative side of themselves the class equips the boys for possible income generating when they leave the Centre.



Instructor Samuel Waweru with Art Class



Yesusalema Dance

The other creative activities on offer at the Centre are dancing and acrobatics. After leaving the Centre one of the boys, Christopher Ndegwa, attended the Sarakasi Dancing School, and will now be able to make a living from his dancing career.



Acrobatics



Sukuma wiki in the greenhouse

The boys have worked in the farming project that provides sukuma wiki (kale) and spinach for the Centre. The greenhouse is cared for by the boys and the produce delivered to the cook for their daily meals.

The reunification of families is always a highlight for the Centre. So, when 7 boys were reunited with their families in November it was a great cause for celebration. We wish them all well and a big bright future ahead. These were Kelvin Aseneka, William Muturi, Octavious Mureithi, Isaiah Omondi, Antony Mwangi, Ian Shichoro and Samuel Baraka.



Kevin and his Father



Samuel and his Grandmother



Ian and his Stepmother

While visiting the Centre, Paula and her group sponsored the Masaaai Lodge excursion which borders the southern part of Nairobi National Park near the city. The pandemic has caused a lot of restrictions on field trips but the boys were totally appreciative of exploring parts of Nairobi that they had never seen before.



Arrival



Crossing the steel cable bridge



Taking a dive in the pool



Relaxing after a full day of activities

Paula and her group had sent over 30 boxes of donations which finally arrived with lots of challenges in September. The boxes were full of donations from Irish supporters. It was quite a job unpacking and sorting the donations.



Adrienne Burke



Vera Smith



Paula and Vera



Both James Kamau and Joshua Atandi are sponsored by the Cullen Irish Group and they received clothes, uniforms, school bags, James from Paula and Vera during the visit.



Happy boys with their new sports gear compliments of Leinster Rugby, Blackrock RFC, friends of Vera Smith and Paula Cullen

Boys received workshop overalls, work boots and carpentry equipment from Vera Smith, Adrienne Burke and friends.



Games and other sporting equipment was sponsored by Irene Plunkett and friends and distributed by the group.

Sponsorship

November was the last month for term 2 in the 2021 academic year. The office continues to send out reports to the donors. Sadly, Kenya experienced a number of school dormitories being burnt by students which affected 6 sponsored students. The repairs to the schools took a couple of weeks which meant that the students were sent home for the time. The two schools affected were Ituru Boys and Mbaikini Boys Secondary School involving Morgan Kairu, David Chege, David Otieno and Bill Otieno. The schools investigated the incidences and parents were left to pay for the damages.

The Raja Charitable Trust Foundation donated ten calculators to be used by their beneficiaries during the National Examination – KCSE (Kenya Certificate of Secondary Education) in March 2022. We are delighted by their continued support both financially as well as the food donations to the needy.



St. Michael's students (Form 4) receive calculators.



Sponsored Students and Parents

Parents' encouragement in students' academic affairs is vital to ensure good performance. To support parents MPC organizes regular meetings with them on how best to effectively assist the students to do better. The parents are happy for the progress so far and agreed to continue the regular meetings.

Through generous donations we managed to distribute learning materials to St. Bakhita Primary and St. Michael's Secondary School students who performed well or showed great improvement.



St Bakhita Recipients

St. Michael's awardees received writing materials after the release of the midterm assessments. St Bakhita pupils awardees received revision books. Our appreciation goes to the donors for their support in educating vulnerable students.



St. Michael's Recipients

Announcements

MPC received a few overseas visitors during November. Wolfgang Boehm and his nephew, Stefan came from Austria. Wolfgang has visited MPC dozens of times over a thirty-year period. He was happy to catch up with people he knew and see the new facility at Songa.



Wolfgang and Stefan



Stellah with Vera, Paula and Adrienne

Other frequent visitors were Paula Cullen, Vera Smith and Adrienne Burke came and were very busy at the Rehabilitation Centre. They caught up with Stellah at the Sponsorship Office.

Breana Stillman from Opera Affinity came with two companions, Laetitia and Kartini Suharto-Martin and conducted sessions with students and staff at the Rehabilitation Centre, Songa Mbele, and schools. The students were thrilled by their visit and music. They are planning to have a concert in February 2022 with a famous Italian pianist Roberto Cacciapaglia. Wow! Can't wait for that.



Breana



Kartini



Encore for Students



Mr Pankaj invited Bollore Logistics to St Elizabeth Primary School who donated a number of educational materials.

Zana Africa Ltd and Ramtons visited St Michael's Secondary School and donated sanitary towels, and panties. The boys received comic books to help them learn about sexual reproduction, abstinence and hygiene.



Sr Mary attended a Thanksgiving Mass at Diamond Trust Bank (DTB) Headquarters where she received a cheque from DTB Catholic staff for the support for MPC rehabilitation activities.

Sr Mary and DTB Staff

MPC Director met with Trocaire group. Trocaire Bishop' Fund in Ireland is now going to have its management from Kenya and not from Ireland. The partners in Kenya are going to assist with some of the management.



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