

MPC

March Newsletter

Vol 8 Issue No. 3
2023



Team and Volunteers at the Calary Dining Hall Opening

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Special Announcements

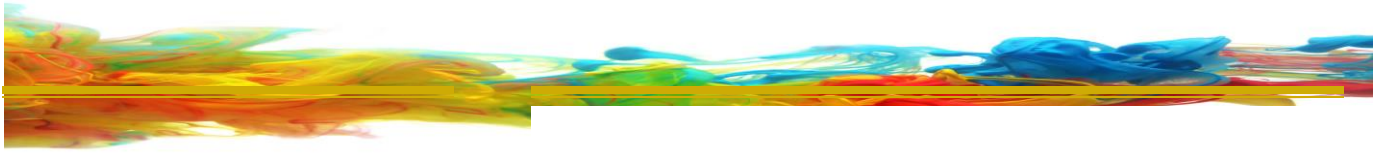
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Dear Partners, Supporters, Family and Friends,

The big event of March was the opening of the Calary Dining Hall for the boys undergoing rehabilitation. Congratulations to Paula, Irene, Vera, Catherine, Adrienne, Claire and Theresa and their families, friends, associates and the pastor and congregation of Calary Church of Ireland. The Team spent the good part of 2 years planning, designing and fundraising for the project. We were privileged to have the Minister of State Pippa Hackett perform the official opening in the presence of the Irish Ambassador her Excellency Fionnuala Quinlan. Paula Cullen and her Team also providing morning tea and snacks for over 100 people present. It was a wonderful occasion. Thanks to other donors contributing food and other necessities used in boys upkeep.

Paula Cullen and her Team also took the boys on excursions in during their visit which the boys thoroughly enjoyed. It is very educational for them to eat a meal in a tourist lodge, swim and see the animals. Thanks to Paula's Team of volunteers and Nakuru Lodge.

There have been many successes over the decades at the Rehabilitation Centre thanks to peoples compassion. In this edition you can read the story of James Kamau, a former client of Rehab who is now in university. There is great credit due to the Rehabilitation Centre staff, and all of those who sponsored him on the way. MPC could not afford to pay for him in Mangu High School which is high cost and elite for the brightest students. A Kenyan woman paid for him for one year, friends of Peris Thuku paid the second year and Paula Cullen shouldered the burden of the final two years. It is a long journey from 8 years of age to 18.



Much gratitude must be given to those who enabled him and other former street boys.

The Fidel Goetz Foundation (FGF) run a sponsorship program for girls in secondary, vocational training and or college. Their aim is to partner with MPC in empowering their sponsored students to be the great leaders of tomorrow. The girl's group decided to call the program Jabali which is Kiswahili for 'solid rock'. Fidel Goetz Foundation has also financed the transformation of the catering kitchen and dining hall extension at Our Lady of Mercy Vocational Training Centre. May it enable better training for the students and provide an "edge" in their practicals.

The Ministry of Education continues with its transition of Standard 7 and Standard 8 classes into the new system of Junior Secondary School. While MPC Primary Schools have good infrastructure because of the capital investments made over the years by KfW Development Bank, Mellon Educate and the Kenya's National and County Government who replace the mabati (iron sheets) classrooms with new permanent structures, the in-class programs will need a lot of development such learning materials as well as art and craft supplies to cope with the new curriculum.

MPC's partnership with Strathmore University, who run a mentorship program for promising students from Form 2 and follow them right through Form 4 provides great encouragement for the students, enabling them to do better in their final exam.

Donations of all kinds provides tremendous assistance across all MPC Departments. We are very grateful to hundreds of people each month who think of the Mukuru community. Thanks to all of you who helped in any way. You know yourselves the part you played in our work and achievements.

Sr Mary Killeen
Director



James Kamau

To Those Who Gave Me A Chance...

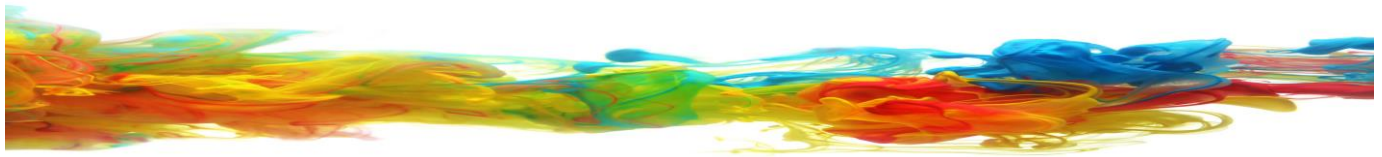
From the Streets to University...

...In My Own Words.

My name is James and this is my journey towards University. I was born in Nairobi. From a very young age I realized my parents were always quarrelling. I felt I needed an answer as to where I belonged. One day I took the courage to ask my Dad if he was my real father. Without hesitation he said 'no'. That was when I began to understand their quarrels. It was a bad feeling. A few weeks later Mum decided to leave but she couldn't leave me behind. We went to my maternal grandmother where we stayed until Mum decided to leave without telling anyone. My anger grew. I felt no one wanted me in their lives. It was very painful and I just wanted to die. I was only 7 years of age when she left. Memories of what she did, still hurt. However, I decided to go out to find my Mum. I packed everything I had and my journey started. I visited every place where we once lived to ask if anyone had seen my Mum. After unfruitful searching and with no money, I went to Buru Buru outside Tusky's supermarket where street boys used to gather.

As I was one day resting my tired body, some street boys passed by. They took my bag but luckily a small boy of my own age told me to follow as they were going to gatecrash a wedding and they would get plenty to eat. I followed but I did not get my bag back. Isaac was sniffing something and he gave it to me to try, and boom! my head shot off and my bad vibes faded. I was high and felt better. That was when my street life began. Isaac also taught me how to borrow money and I became a 'pro' and all I then wanted was drugs to eliminate the thoughts of my Mum.

I survived for 4 months on the streets until 25 January 2012, a date I remember well, when social workers from Mukuru Promotion Centre Mary Immaculate Street Boys Rehabilitation Centre, approached me and asked me if I wished to go to school. I and some of my street friends were taken to a magnificent place, a place that felt like home again. I was then only 8 years of age but my hopes were re-ignited that my life would change if I chose to go the right way. My rehabilitation began. When my rehabilitation year was over after proving that I was good in academics and discipline, some very kind ladies, Paula Cullen & Friends from Ireland, sponsored me to a primary boarding school upcountry.



I performed so well in school that I topped the whole sub-county from Standard 4 – 6. Boarding school was hard but it taught me life skills which I greatly appreciate. In 2015 I was transferred to another primary boarding school and when I did Standard 8 KCPE national examination, I passed with 402 marks out of maximum 500! I was called to Mangu High School for secondary education, where my former sponsors, Paula & Friends, continued to sponsor me. It was tough for me in a prestigious national school. I had to keep quiet about my confusing background. During the holidays I went to my grandmother's where I met my sister after 10 years.

But misunderstandings came between me and my grandmother. I felt that the only person who could liberate me was my Mum. Anger filled me again. I felt alone and cried almost daily from those negative feelings. The only days I felt good were when I visited the MPC Rehabilitation Centre. I reached a point where I felt that the world wasn't my place. I decided to go back to the only place where I felt at home. During the school holidays I tried many social media platforms and I eventually found my Mum. She even came to see me at the Street Boys Rehab Centre. It was all smiles. In 2019 I decided to make amends with my grandmother. I visited her during the Christmas holidays. She accepted me back and we enjoyed a perfect Christmas.

Schools in Kenya were suddenly closed from March to October 2020 due to the CoVid19 pandemic. I stayed at the Rehabilitation Centre during that time. Those 8 months were some of the best with a home feeling. About 60 of us at the Centre were all brothers to each other under the direction of our one Mum, Sr. Mary Killeen, MPC Director. Nobody at the Centre got CoVid19 due to the excellent care of the staff. 2021 went smoothly in High School with no shackles, good grades and a smooth life. 2022 was my final year in High School. I was so happy to reach the last term but some boys engaged in some mischief with drugs. I was among those suspended but I was later declared 'clean' and was allowed back to school. I had to put in a great effort to catch up on lost time. I scored a Grade B of 65 points out of a maximum of 96, in my final examination. I was later admitted to Muranga University of Science & Technology where I have chosen to study Computer Science. During the holidays, I help the teachers at the Rehab Centre and am a role model for the boys there. I am symbolic of 'nothing is impossible'. Thanks to Sr Mary Killeen and to Paula Cullen & Friends who have supported me along the way as I can now look forward to a bright future ahead of me.

James



Social and Health Services

Social Services

March began with an upsurge of activities that included the appointment of a new Head of Department. The follow-up on the business startup beneficiaries and subsequent boosting of the active businesses, needs assessment for pupils in the four primary schools with 200 needy pupils identified for uniform support. Pupils in 2 schools have been measured and tailoring is well underway. Over 2,000 people were helped in March through the different Social Offices with the single biggest intervention was for medical referrals.

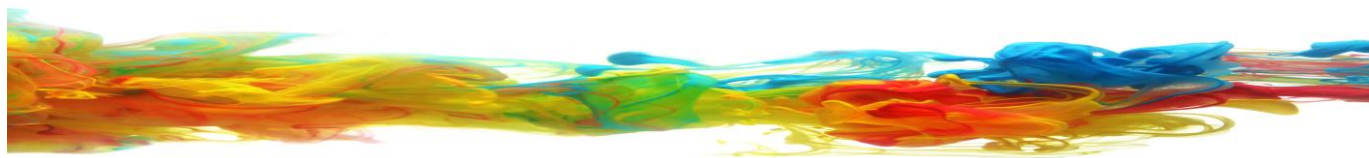


St Bakhita Pupils – Fire victims receive new uniforms

The Child Protection Office has worked with the school administrations to ensure the pupils get access to counselling services in their various schools. The month recorded a good number of counseling cases with major issues arising from family, drugs abuse, self-esteem, hopelessness, stress and depression related issues being handled by our volunteer counsellors. The various social offices have been able to support the needy learners to ensure they are retained in school through provision of school uniforms, hygiene materials and under garments among other essential items.

MPC is grateful for the support received from well-wishers and donors that go a long way to support the needy and less privileged from Mukuru slums. The Department was able to distribute food parcels to the most vulnerable families during the Easter holidays. The clients with chronic and terminal illnesses have been able to benefit through the Amaranth program and nutritional support given to them every two weeks by Sr Barbara Dooley's donors. The St. Catherine's Social Office keeps an eye out for the malnourished babies and young mothers who especially benefit from the program.

The Clinic being one of the central health facilities within Mukuru slums has continued to provide access to affordable healthcare services for Mukuru dwellers at a subsidized rate. Students from our learning institutions receive free medical services from the Clinic. March recorded an increase in the number of students who were treated at the facility and some were referred to other hospitals for major medical cases which required advanced medical procedures. The Clinic social worker makes certain that clients and children with chronic illnesses do not miss their checks. There were 4 political demonstrations in March that resulted in people coming to the Clinic to have their wounds dressed that contributed to the increase patient numbers.



St Michael's Home Visit Kayaaba



USIU Students donate to St Michael's Needy Students



Needy Mother and Child



Twins receive a toy each from Sr Barbara



Relieved Mothers with Clothes after fire outbreak



St Catherine's Social Office



St Elizabeth Primary Pupils Enjoying their lunch.



Irish Aid Empowerment Program Beneficiary

Social and Health Statistics for March 2023

| No. | Case type / Activities | Education | | | | | | Health | Welfare | | | Month Total |
|-----|---------------------------------------|------------|--------------|--------------|----------------------|------------------------|-----------------------------------|------------|-----------------------|---------------------------|------------------|--------------|
| | | St Bakhita | St Catherine | St Elizabeth | Sancta Maria Kayaaba | St Michael's Secondary | Vocational Training Centre SKILLS | MPC Clinic | Songa Mbele na Masomo | MPC Rehabilitation Centre | Child Protection | |
| 1 | Amaranth Adult Clients | | 68 | | | | | | | | | 68 |
| 2 | Amaranth Babies & Child Clients | | 7 | | | | | | | | | 7 |
| 3 | Behavior and Discipline Cases | | | 5 | 34 | | 2 | | | 7 | | 48 |
| 4 | Business Startup / Booster | 1 | | | 2 | 3 | 1 | | | 4 | | 11 |
| 5 | Child Protection Assessments | 2 | 1 | 2 | 1 | | | | | | | 6 |
| 6 | Counseling and Guidance sessions | | 4 | 13 | 11 | 10 | 15 | | | 9 | | 62 |
| 7 | CoVid19 Hygiene Material Resources | | | | | | | | | | | - |
| 8 | Donations Received | 4 | 1 | 1 | | 4 | 20 | | 23 | 7 | 4 | 64 |
| 9 | Fire and Floods Disaster assistance | | 11 | | 2 | | 1 | | | | | 14 |
| 10 | Food Distribution | | 48 | | | 10 | | | | | | 58 |
| 11 | Home Visits | 3 | 16 | 13 | 7 | 27 | 2 | | 11 | 2 | | 81 |
| 12 | Hospital Visits (to other Hospitals) | | | | | | | 18 | 2 | 1 | | 21 |
| 13 | Malnourished Babies | | 9 | | | | | | | | | 9 |
| 14 | Medical Cases (to MIC) | 25 | 80 | 17 | 43 | 29 | | 288 | 13 | 11 | | 506 |
| 15 | Meetings and Trainings | | | | | | 6 | | 1 | 1 | | 8 |
| 16 | Mentorship Sessions | | 1 | 1 | 4 | 2 | 2 | | 2 | | | 12 |
| 17 | Mobilization of Resources | | | | | | 31 | | | | | 31 |
| 18 | Needy Families Support (Community) | 3 | 50 | | 2 | | 2 | | | | | 57 |
| 19 | Needy Students/Children | 5 | 12 | | 72 | 14 | 1 | | 167 | | | 271 |
| 20 | Networking | 3 | 4 | 2 | 4 | | | 14 | | | | 27 |
| 21 | New Admissions to MPC Institutions | | 3 | | 3 | | 3 | | 4 | 3 | | 16 |
| 22 | New Teenage Pregnancies cases | | | | | | 1 | | | | | 1 |
| 23 | Nutritional Support | | 20 | | | | | | | | | 20 |
| 24 | Placement (job/internship experience) | | | | | | 1 | | | | | 1 |
| 25 | Pregnancy Support Packages | | | | | | | | | | | - |
| 26 | Provision of Sanitary Towels | 6 | 35 | 61 | 12 | 110 | 20 | | 2 | | | 246 |
| 27 | Referrals (except medical) | 4 | | 1 | 3 | 4 | 11 | | 1 | | | 24 |
| 28 | Safeguarding Follow Ups | | | | | | 2 | | | | | 2 |
| 29 | School Visits | | | | | | | | | 1 | | 1 |
| 30 | School Absenteeism/Truancy | 23 | 5 | 4 | 26 | 18 | 2 | | 55 | | | 133 |
| 31 | Schools Profiles | 12 | 43 | 28 | 7 | 20 | 6 | | 3 | | | 119 |
| 32 | Songa Mbele Therapy Sessions | | | | | | | | | | | - |
| 33 | Sponsorship Follow-ups | 20 | 8 | | 59 | | | | | | | 87 |
| 34 | Uniform Aid | 17 | 12 | 4 | 5 | 1 | | | | | | 39 |
| | Totals | 128 | 436 | 152 | 297 | 252 | 129 | 320 | 284 | 46 | 4 | 2,044 |



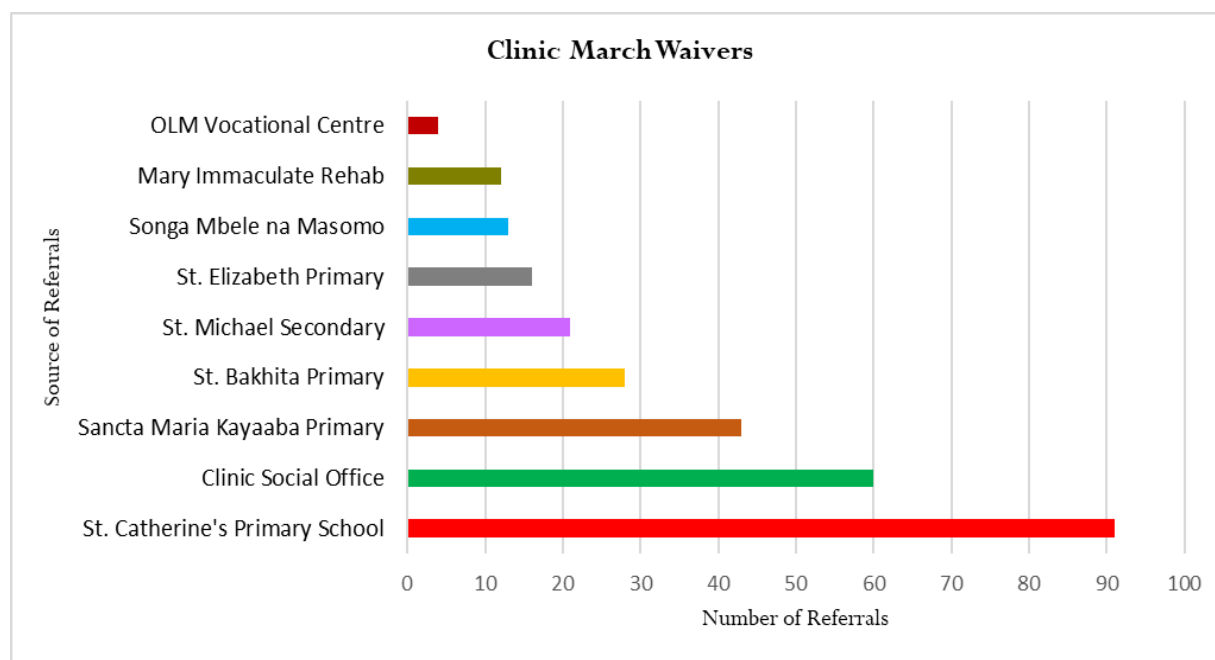
A clinical team from Starehe Sub-County visited the facility to conduct the Malaria mentorship with Clinic staff. The Sub-County team is comprised of a Clinical Officer, Pharmaceutical Technician, Community Health Nurse and Laboratory Technician. The staff was in-serviced on the new malaria species, *Plasmodium Stevensii* that is found in Nairobi. The species is most prevalent in areas with dirty stagnant water. The cases of Malaria are expected to be diagnosed even without history of travel to the already known malaria endemic zones.

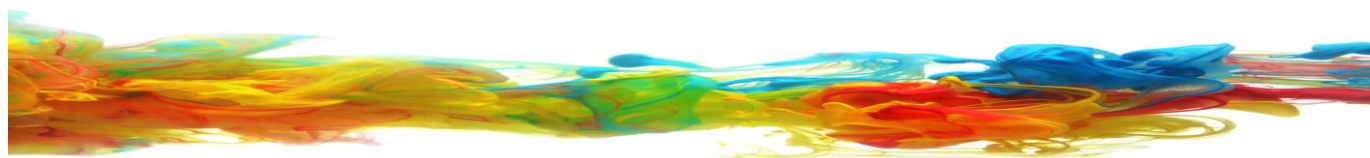


Starehe Sub-County Team with Clinic medical staff

The Clinic diagnosed the first pediatric tuberculosis case in a 20 month old baby. With the assistance of the Community Health Volunteers, it is hoped to identify 8 children by the end of the year as part of the Ministry of Health's awareness campaign.

In March, the Clinic registered 1,901 patients who were treated at the different stations in the facility such as the Maternal and Child Health, Tuberculosis & Comprehensive Care Clinic (HIV) and general outpatients. Respiratory diseases had the highest number of cases at 506 followed by Gastrointestinal system at 330. The poverty levels have increased and so has the number of 'waivers' given at the Clinic. There were 228 children from the MPC schools and Rehabilitation Centre and 60 from the medical social worker who received waivers this month.





The Clinic received a donation of microscope slides from Dr. Dominika who is volunteering at the Clinic for the next 6 months. The microscope slides will be useful at the laboratory to carry out tests for malaria parasites, stool analysis and urinalysis to facilitate confirmation of diagnosis made by clinicians. Azithromycin tablets, artemether lumefantrine tablets, loperamide tablets and dispensing envelopes were also part of the donation.

March Registrations 2023

| 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 | 97 | 78 | 32 | 211 | 61 | 18 | 4 | 501 |
| | Male | 91 | 52 | 29 | 100 | 31 | 13 | 1 | 317 |
| Subtotal | | 188 | 130 | 61 | 311 | 92 | 31 | 5 | 818 |
| Revisits | Female | 227 | 58 | 46 | 180 | 72 | 32 | 12 | 627 |
| | Male | 168 | 32 | 37 | 104 | 75 | 33 | 7 | 456 |
| Subtotal | | 395 | 90 | 83 | 284 | 147 | 65 | 19 | 1083 |
| Total | | 583 | 220 | 144 | 595 | 239 | 96 | 24 | 1901 |
| Percentage | <i>Female</i> | <i>56%</i> | <i>62%</i> | <i>54%</i> | <i>66%</i> | <i>56%</i> | <i>52%</i> | <i>67%</i> | <i>59%</i> |
| | <i>Male</i> | <i>44%</i> | <i>38%</i> | <i>46%</i> | <i>34%</i> | <i>44%</i> | <i>48%</i> | <i>33%</i> | <i>41%</i> |

Clinics in March 2023

| Clinics | | | | | | | | |
|---------------------------------|------------|------------|------------|------------|------------|-----------|-----------|--------------|
| ANC | | | 4 | 61 | | | | 65 |
| Immunizations | 146 | | | | | | | 146 |
| Nutrition | 82 | | | 9 | | | | 91 |
| Comprehensive Care | | | | 2 | | | | 2 |
| Tuberculosis | 1 | | | | 1 | 1 | | 3 |
| Non Medical (Mental) | | | | | | | | 0 |
| Referrals to Medical Facilities | | 2 | | | | | | 2 |
| Subtotal Clinics | 229 | 2 | 4 | 72 | 1 | 1 | 0 | 309 |
| Total | 712 | 219 | 139 | 621 | 229 | 92 | 24 | 2,036 |

March 2023 Diagnosis

| Diseases | 0-5 Yrs | 6-12 Yrs | 13-17 Yrs | 18-35 Yrs | 36-49 Yrs | 50-64 Yrs | Above 64 Yrs | Total |
|-------------------------------|------------|-------------|--------------|--------------|--------------|--------------|-----------------|--------------|
| Outpatients | | | | | | | | |
| Respiratory | 236 | 58 | 28 | 97 | 49 | 29 | 9 | 506 |
| Gastronintestinal | 98 | 58 | 33 | 108 | 16 | 13 | 4 | 330 |
| Cardiovascular | 19 | 6 | 4 | 32 | 37 | 20 | 8 | 126 |
| ENT | 43 | 29 | 25 | 35 | 10 | 1 | 0 | 143 |
| Genitourinary | 11 | 12 | 7 | 132 | 30 | 2 | 0 | 194 |
| Sexually Transmitted Diseases | 1 | 0 | 0 | 10 | 11 | 1 | 0 | 23 |
| Musculoskeletal | 7 | 16 | 13 | 41 | 41 | 11 | 3 | 132 |
| Integumentary (Skin) | 12 | 9 | 0 | 10 | 4 | 0 | 0 | 35 |
| Dressing | 9 | 8 | 4 | 15 | 9 | 4 | 0 | 49 |
| Other Diseases | 47 | 21 | 21 | 69 | 21 | 10 | 0 | 189 |
| Subtotal Outpatients | 483 | 217 | 135 | 549 | 228 | 91 | 24 | 1,727 |

March 2023 Laboratory Tests

| Laboratory Tests | 0 - 5 Yrs | 6-12 Yrs | 13-17 Yrs | 18-35 Yrs | 36-49 Yrs | 50-64 Yrs | > 64 Yrs | Total |
|---|--------------|-------------|--------------|--------------|--------------|--------------|-------------|------------|
| ANC Profile | | | | 35 | 2 | | | 37 |
| Anti-streptolysin O test (ASOT) | 2 | 2 | 4 | 6 | 2 | 1 | | 17 |
| Bilirubin Levels | | | | | | | | 0 |
| Blood Group | | | | | 1 | | | 1 |
| Blood Sugar (R.B.S/F.B.S) | 1 | 3 | 1 | 9 | 23 | 10 | 8 | 55 |
| Brucella | | | | 1 | | | | 1 |
| BS for MPS (Malaria) | 16 | 7 | 8 | 32 | 10 | 1 | | 74 |
| Calcium Levels | | | | | | | | 0 |
| Creatinine levels | | 2 | | 1 | | 1 | | 4 |
| Du test | | | | | | | | 0 |
| Full Haemogram | 24 | 16 | 8 | 44 | 13 | 6 | 2 | 113 |
| HbA1c | | | | | | | | 0 |
| Helicobacter Pylori | 1 | 7 | 14 | 44 | 11 | 9 | 1 | 87 |
| Hemoglobin Levels | 3 | | 3 | 3 | 2 | 1 | | 12 |
| Hepatitis B (HBsAg)/ HCV | | | | 4 | 3 | 1 | | 8 |
| High Vaginal Swab Microscopy | | | | 28 | 11 | | | 39 |
| Lipid profile | | | | | | | | 0 |
| Liver Function Test | | | | 1 | | | | 1 |
| Pregnancy Test | | 1 | 1 | 9 | 4 | | | 15 |
| Rheumatoid Factor | | | | | 7 | 2 | | 9 |
| Salmonella | | 1 | 1 | 3 | 1 | 1 | | 7 |
| Stool Analysis | 25 | 41 | 22 | 55 | 12 | 2 | 1 | 158 |
| UEC's (Urea, Electrolytes and Creatinine) | | 1 | | | | | | 1 |
| Uric Acid | | | | | | | | |
| Urinalysis | 7 | 15 | 8 | 79 | 38 | 3 | 2 | 152 |
| Urine Culture | | | | | | | | 0 |
| Urine Multidrug test | | | | | | | | 0 |
| VDRL/Syphilis | | | | 4 | 1 | | | 5 |
| Total | 79 | 96 | 70 | 358 | 141 | 38 | 14 | 796 |
| <i>Average Tests Per Day</i> | | | | | | | | 35 |



Fidel Goetz - Jabali Program

MPC has partnered with the Fidel Goetz Foundation (FGF) to improve the status of girls / women in Nairobi. From 2021 the partnership has identified a critical pathway for the girls to thrive and advance. Over 85 girls have received sponsorships to complete their secondary education and dozens more were enabled to enrol in one of the 8 vocational training courses at MPC. In 2022, another 30 girls were given the opportunity to develop their potential through the program. The girls chosen for the program had to demonstrate their ability, work ethic, discipline, and desire to reach their potential apart from being a resident of Mukuru slum. As an act of commitment and ownership the girls requested that the program be called 'Jabali' meaning 'strength - strong as a rock'.

The group meets one Friday a month for mentoring with a professional facilitator to cover the specific modules such as interpersonal communication skills, critical and creative thinking, conflict management, health and sexual reproductive education and substance abuse. The other element of the program is for young women to gain invaluable experience in the workplace. The Internship Program consists of 10 young women who will undertake various tasks in the different MPC Departments for a period of time.



Jabali Interns

The other dimension in the empowerment program is the furnishing of the girls with employability appeal. Learning a trade that will help them to become self-sufficient. A considerable investment has been made by



Hairdressing and Beauty Students

FGF that testifies to its serious commitment to ensure that the Centre has the up-to-date equipment and resources that will provide the girls with the best possible chance of succeeding and making celebrated contributions to society. The 45 girls who completed their KCSE 2022 in December have commenced in their vocational courses: Catering (11), Front Office Management (13), Dress Making (6), Hairdressing and Beauty (13) and Plumbing and Masonry (2).

Having a gender sensitive approach at MPC means raising awareness to build equitable dividends for all. The 2023 International Women's Day theme was **'DigitALL: Innovation and Technology for Gender Equality'**. It recognized and celebrated women and girls who are championing the advancement of transformative technology and digital education. MPC organized the event with the aim of providing an opportunity to highlight the role of all participants in improving access to digital technology.



Guest speaker, Mr Evans Rioba, Chair of the Anti-sexual Assault Gender Based Violence Team at Starehe County, emphasized a few things such as the impact of the digital gender gap widening economic and social inequalities, consideration of the importance of protecting the rights of women and girls in digital spaces and addressing online and ICT-facilitated gender-based violence.

The Jabali participants led a walk which created awareness on the importance of women in the society. Some of them prepared talks on the rights of women, gender equity and women empowerment in the workplace. These talks offered the opportunity for them to reflect on progress they have made in life, encouraged others to change for better, and gave hope to a few who had lost the zeal in life due to challenges they are going through at the moment.



International Women's Day March

The march concluded with the phrase "The story of women's struggle for equality belongs to no single feminist nor to any one organization but to the collective efforts of all who care about human rights."



International Women's Day Participants



Rehabilitation Centre

March was full of anticipation and excitement as we awaited the Official Opening and Blessing of the new Calary Dining Hall and donors, Paula Cullen, Irene Plunkett, Vera Smith, Catherine Nolan, Clare Chambers, Adrienne Bourke, and Teresa Heeran's scheduled visit. It was a great time for the new recruits to meet and greet the Centre's best supporters and friends. Apart from the normal activities the visitors provide an extra buzz for the boys with the different happenings and outings. After the previous month's recruitment, the number of boys residing at the Centre stands at 63 with another 20 attached through the sponsorship program. Allocating the new boys to the different learning levels was carried out after identifying and discussing the best place with the appropriate staff.

Calary Dining Hall

The Official Opening and Blessing of Calary Dining Hall was a wonderful celebration. The dilapidated corrugated iron structure was extremely uncomfortable for eating meals as it was very hot, noisy, crowded and claustrophobic. The new bright, airy, spacious dining hall is 'piece de resistance' that looks first-class thanks to the diligent work of the architect, Malinson Koech and Anshi builder, Vinod. The dazzling structure just oozes warmth. MPC is delighted with the final result as is Paula Cullen's Group. The Opening ceremony was made all the more memorable with special guests, Ireland's Minister of State at the Department of Agriculture, Food and the Marine (DAFM) Mrs Pippa Hackett, and Ireland's Ambassador to Kenya, Her Excellency, Fionnuala Quinlan in attendance. Paula Cullen addressed the gathering and thanked everyone who helped with the project in particular her group who did such amazing fundraising.



Minister Pippa Hackett unveils the plaque.



Minister Hackett, Clare Chambers and Ambassador Fionnuala Quinlan



Paula Cullen



Vera Smith, Minister and Catherine Nolan



*The Calary Dining Hall Construction Team
[L-R Teresa, Irene, Vera, Paula, Vinod, Malinson, Catherine, Adriene and Clare]*



Calary Dining Hall Interior



Assembly Space outside Calary Dining Hall



The Welcoming Party



With the formalities concluded the boys played the perfect hosts and created a memorable celebratory atmosphere for everyone to enjoy. The boys provided some entertainment for the guests. Special thanks is reserved to Paula Cullen, Irene Plunkett, Vera Smith, Catherine Nolan, Clare Chambers, Adrienne Burke, Teresa Heeran, who spent the last 2 years raising funds for the project and supervising the construction via Zoom meetings. The Group supports many other dimensions of the Rehabilitation Centre along with the personal development of the boys through sponsorships, resources, materials, excursions, sport and art opportunities with lots of fun. When the group visits the Centre bi-annually a considerable amount of work is carried out to improve the lives of the young boys, from the practical to the psychological caring support that mothers bestow. MPC is very grateful for the extraordinary effort that this group of “retired” women achieve.



Joel presents Minister Hackett with a gift.



Celebratory lunch in Calary Dining Hall



On-site Project Manager, Sr Louise cuts the cake



Christopher Kiumba presents Ambassador Quinlan with a painting



Official Party

Never missing an opportunity, Paula and her group explained to the Minister about the possible rebuilding of the current Clinic (medical centre) which is such a vital necessity for the thousands of slum dwellers living across the road in Mukuru slums. On average the Clinic treats approximately 1,700 patients each month.

During the March visit, Paula Cullen's group organised excursions to the nearby swimming pool centre, and much further afield, Nakuru National Park. The boys were invited by the owner of Lake Nakuru Lodge Mr George Muya to have a 2 hour game drive, attend a lovely lunch and then a swim in the hotel pool. Needless to say, it was a day to remember for these boys who were on their best behaviour.



Fun afternoon at the pool

The majority of the boys had never been out of Nairobi's CBD so travelling 160kms, taking in the beautiful expansive countryside and animals along the way was a rare and remarkable treat for them as they savoured every moment.



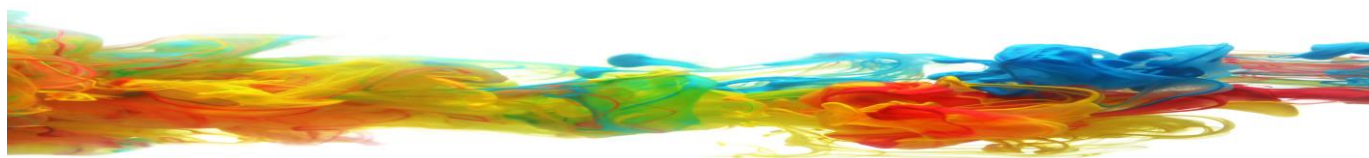
On the road



A favourite - Pizza Night!



Excursion to Nakuru National Park.



The Group also brought new uniforms, under clothing and sports gear. New shoes were bought for all the new boys and everybody got a new pair of crocs. It was also decided to buy MPC t-shirts and polos for the opening ceremony. All the boys looked very smart. A big thank you to all the Irish donors who support this Group!



Gaelic Football Outing



Sligo Rovers Sporting Uniforms



St David's Greystone Uniforms



Royal Dublin Society



Shaws Carlow



Tralee T-Shirts



Lenister Rugby



Carlow Tag Rugby

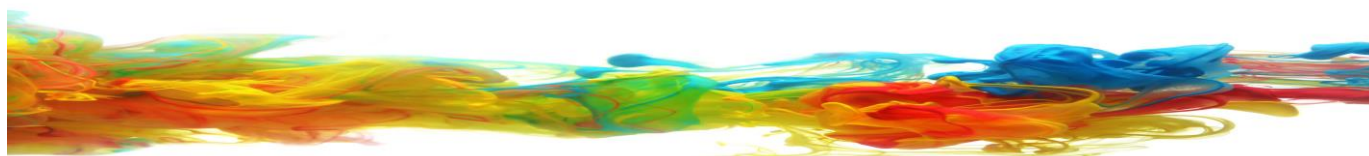


O'Day Football Academy



RDS and Leinster Rugby

March began the Home-Tracing program for the boys to identify and get to know the real story behind their lives. One of the social workers travelled to Uganda with three boys to trace their homes. This will be so instrumental in assessing the beneficiaries for the Economic Empowerment Project sponsored by Trocaire that is aimed at boosting 4 parents' income to ensure a successful re-integration to the family.



The Vegetable Garden

The Centre's sustainability continues through the vegetable garden, chickens and rabbit programs as the boys learn how to maintain crops and take care of animals. The Centre has at least 20 chickens and 8 chicks and 5 rabbits. Many of the trees planted last year died due to the long drought. Those that survived are doing well.

Academically, the boys continued to excel and the new recruits are settling in well. The 2022 NITA carpentry exam results were very encouraging with Brian Wanjama who received First Class Honours and all the other boys except for 1 received Pass marks. Over the next month the boys will take up an industrial placement in Nairobi.

MPC is grateful to the many local well-wishers and overseas supporters who provide food provisions and materials regularly – John Pembe, Agatha Muigai, Paula Cullen's Group, Team Pankaj, Action Focus, British Airways crewmembers, Kalasinga Singh, Edele and George. This month the Centre received, maize flour, vegetables, shoes, clothes, meat, books, snacks and fruits. It makes a huge difference in the well being of the boys.



Thanks to everybody for your continued support and generosity.



Sponsorship Office



The Sponsorship Office held a number of meetings with donors in March and a fruitful one with Paula Cullen's Group who sponsors 28 boys from the Rehabilitation Centre at different institutions. The Group's visit gives the opportunity to take a closer look at the boys' progress.

[L-R Clare, Stellah, Catherine, Irene, Sr Mary, Adrienne, Teresa, Vera and Paula]

The 15 St Bakhita pupils were delighted to receive new uniforms donated by the Raja Charitable Trust, long-time supporter of education at MPC. The St Bakhita pupils' families were affected by the fire outbreak in Mukuru Kayaaba slum. Thankfully there were no fatalities reported but the disaster destroyed everything they had. It was a devastating experience for all the families as they struggle for the basic necessities given their parents unemployment status. Clearly, the children are delighted to return to school with their new uniforms, shoes and jumpers.



St Bakhita Primary Pupils

March recorded an increase of 80 sponsored pupils for MPC Primary Schools. The person wishes to remain anonymous and has been supporting destitute children's education for the last 5 years. Another long term sponsor, Airtel Kenya, who sponsors 22 students at St Michael's Secondary School invited MPC to attend a meeting at their Head Office to discuss the partnership and to see if there are other possibilities for the partnership.



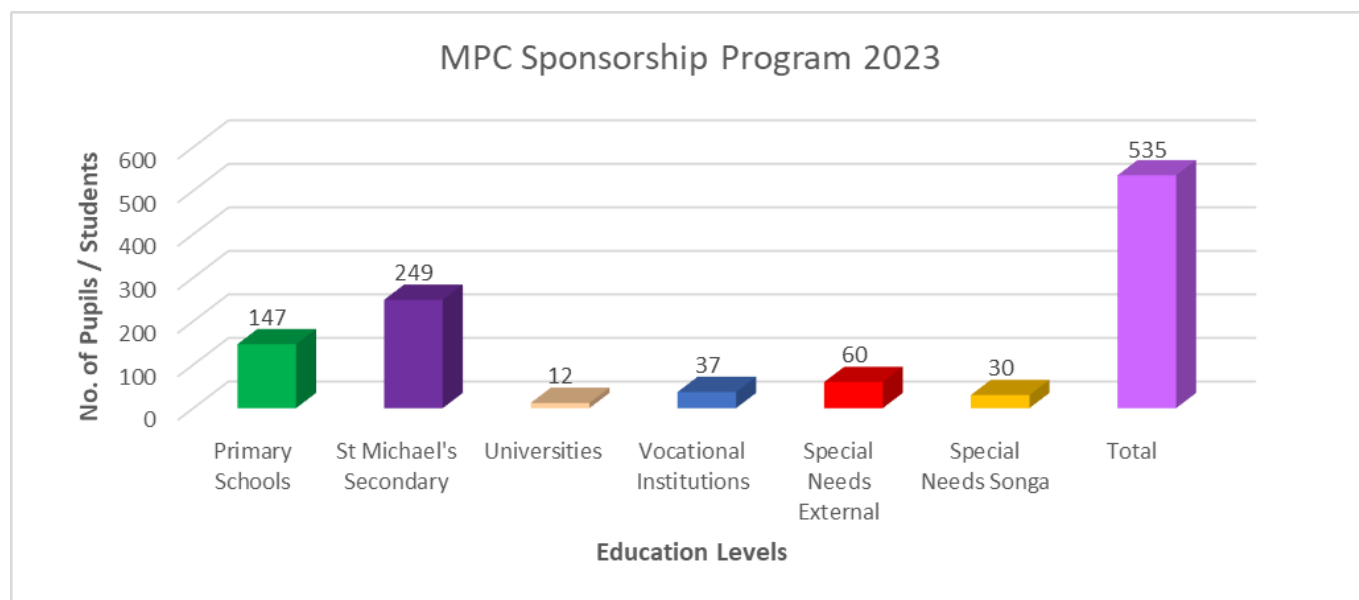
Airtel CSR Manager Victoria Macharia, MPC Board member, Bob Paterson and Stellah MPC Sponsorship Officer.



Benson Akama

Benson Akama was successfully admitted at St Stanislaus Onyalo Mixed Secondary School. He is a former MPC Rehabilitation Centre graduate who was reintegrated with family in December 2022 after graduating from St Catherine's Primary School. He scored 255 marks in KCPE 2022. His late admission was as a result of challenges with his family's non-acceptance after reintegration. We wish Benson the best in his studies. Benson is sponsored by Paula Cullen's Group and aspires to be a footballer.

Currently there are over 500 children and youth who are receiving some form of education through the Sponsorship program. There are hundreds more who are not sponsored yet having access to the many MPC services as beneficiaries. These services are not possible without the generosity of many people who know MPC philosophy and values and want to be part of improving the lives of thousands.





Songa Mbele na Masomo Children's Centre

The quiet classrooms indicate lots of learnings for the children. On other occasions there was lots of noise as they welcomed visitors as well as welcoming 3 new children to the Centre. The total enrolments now stand at 88 children being 53 boys and 36 girls with the majority of children living with cerebral palsy. The children continue with their own individualized learning and therapy plans.

The volunteers and their contributions are very much appreciated at the Centre as they provide a little more one-to-one attention with the outdoor activities, feeding and classroom lessons. There were 7 interns from Raga Homecare College, 1 brother from the Missionaries of Africa and 2 from the community.

One of the children at the Centre, Griffins Amatete, who has webbed hands underwent a successful major surgery at Kenyatta National Hospital and is now recuperating at home. Griffins has been attending the Centre for 5 years with various medical conditions.



Griffins Amatete

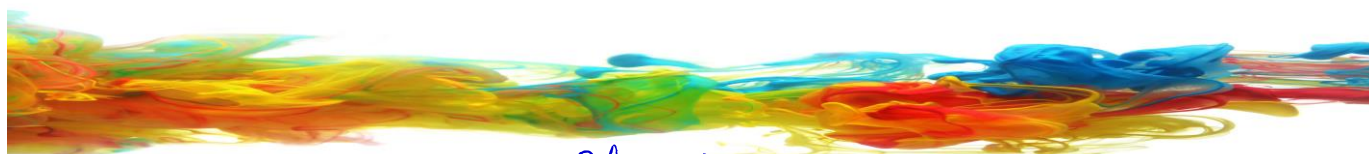
Many parents whose children attend Songa Mbele cannot afford to pay for its services. The Centre has setup a program whereby parents can volunteer some of their time so that they have a sense that they are contributing towards their children's development. In March, 24 parents helped out around the Centre doing various tasks. The social worker conducted 11 home visits to ensure that the home environment is supporting the objectives of the Centre and the child's therapeutic programs.

The Ministry of Health commenced its campaign against the Human Papilloma virus (HPV) in the County and girls from the age of 10 – 14 years were encouraged to be vaccinated.

The Centre staff received a number of opportunities for further training in different disciplines to ensure good management. The Association of Sisterhood in Kenya sponsored sessions on data management and 4 staff learnt more on how to maintain good record keeping. The capacity building for parents and staff is invaluable as they attended sessions on gender based violence that highlighted the different forms of violence, how to detect the common harmful acts as well as the symptoms of defilement. The teachers also benefitted from the curriculum design training sessions by Truphena Ambeke from the Kenya Institute of Special Education. The two main categories of the design are:

- 1) Age based children with similar conditions,
- 2) Stage based children with different conditions and ages – being Foundation, Intermediate, Pre-Vocation and Vocation levels.

The Centre is grateful to supporters who continued to help with donations of clothes, resources, hygiene materials, shoes and food provisions. A former MPC beneficiary, Moses Kamuche, donated 5 laptops to MPC. Moses has done well for himself as he is a teacher of languages in Slovakia and developed his own IT company.



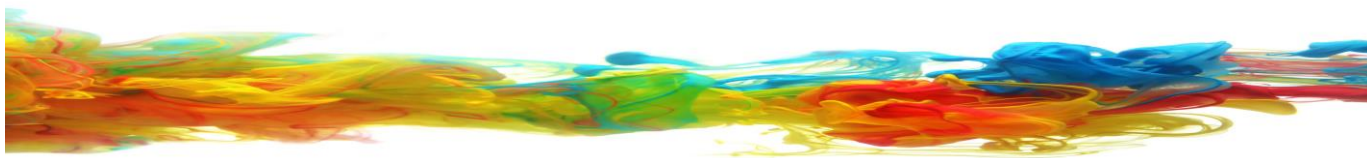
Education Primary Schools

Apart from the planned activities that took place as programmed in March, including the Mid-term assessments, was the Kenya Music and Drama festival. The festival is an initiative from the Ministry of Education that nurtures artistic talents in music and drama. The main objective is to promote culture as a goal of education as well as promote extra curriculum activities within the school programmes. The pupils were delighted to be able to showcase their abilities in drama, music and cultural creations. The competitive nature of the festival provided an opportunity for pupils to be creative in their talents and pieces. Though the current education curriculum recognizes creative arts as a subject, it is not examinable, despite the reforms. The subject is general and hampers the progression of pursuing art at higher levels of education. St. Bakhita took up the task and progressed to the regional level in the drama festivals.

The issue of teacher pupil ratio remains an issue for MPC primary schools. Although the Teachers Service Commission (TSC) hired close to 30,000 teachers in 2023 that is still not enough. Most of them went to Junior Secondary Schools, where there was an acute shortage. MPC Junior Secondary Schools only received 2 or 3 teachers each. The new Competency-Based Curriculum (CBC) requires at least 6 teachers in the Junior Secondary to be able to deliver the 12 core learning areas with 2 optional subjects. The MPC Head Teachers will organize another delegation to TSC headquarters to lobby for more teachers.

The curriculum for the Junior Secondary School aims to have students construct their own knowledge and skills through exposure to challenging situations and experience. The Government's task is to try and ensure that the quality of education does not suffer and to provide education without prejudice against any student based on their social or economic background. Currently there are fears that the new system favours the rich. The facilities like laboratories and workshops that are a key requirement for successful implementation of the curriculum, are yet to be built. Resource materials are not ready and the system lacks teachers. Parents in low income areas launched claims against the Ministry of Education stating that the curriculum is very expensive as they have to often buy materials for the practicals. Parents are expected to buy smartphones, have access to computers and pay for printing of assignments. Parents have requested the Government to ensure **quality education** without class discrimination against parents who simply cannot afford the extras. Parent Teacher meetings were held in March to establish the progress of their children and identify the best way to have good communication channels with the teachers to ensure that their children are successful in class. At the meeting the parents elected a Grade representative to attend the Parent Teacher Association meetings.

Pupils participate in the celebration of Holy Mass once per month in the primary schools. They are invited to serve as ushers, readers and altar servers. During Mass, they learn about the Saints and other holy men and women who lived heroic virtuous lives. All parents are welcomed and encouraged to participate in the school activities including Mass and in Eucharistic Adoration.



A group of British Airways crewmembers led by Rose Schneker visited St. Elizabeth Primary School with assorted donations. The members had formed a Charitable group, named “New beginning” to support MPC programs. New Beginings collected donations from colleageaues and friends such as toys, stationery, games, dolls and other assorted materials. They brought a staggering 41 suitcases of goods within 1 month. The children were delighted to see visitors! The visitors were overwhelmed by the warm welcome and also the number of children in the school.

St. Elizabeth Primary school receive visitors and donations from BA Crewmembers

What a task to sort out 41 suitcases of donations.



ECDE children play with the donated toys!

The enrolments at the end of March were 505 students with near 50:50 gender ratio. The Form 2s have the greatest number of students followed by the Form 3s. The month commenced with a whole school Mass in the multipurpose hall with Fr Binu as the celebrant who reminded the students of the importance of fostering their relationship with God. The students were engaged in many activities during the month with a number of competitions and festivals.



Whole School Mass



As the last year of secondary school looms for the Form 4s they have much to think about as they apply themselves to reach the best position before final examinations. The Form 4 Physics students visited DT Dobie (Motor Vehicle Manufacturing) company as part of their careers pathway program. Visiting the plant provided the students with workplace exposure that is crucial for motivating the students when deciding their chosen careers. Mr Paul Watson, Head of Technical Training, addressed the students on the importance of Computer Basic Technology (CBT). Ms



DT Dobie Training Room

Shalin guided the students through the showrooms and sales departments. The students also received a guided tour on the workshops where the mechanics repair, assemble and carry out maintenances on the different vehicles. The tour ended with Madam Shalin orienting students on the showroom products on sale and later visited the administrative sector. Later Sr. Mary acknowledged and thanked them for their kind gesture of invitation.

Some students participated in the 14th National Maths competition held at Moi Forces Academy. All students received certificates of participation and St Michael's was ranked 9th in Mixed Schools category and 22nd overall.





St. Michael's Students at Kasarani

Another festival was the Sky Girl Foundation held at Kasarani National Stadium. The event provided an opportunity for secondary students to showcase their dancing talents and moves. Silvia Syombua, Form 3 received an award for being a great dancer. The students were sensitized against smoking, drug and substance abuse and the use of alcohol.

In raising awareness and developing good social conscience a further 85 students marched in the Fight for Human Rights and Protecting Human Life and Family campaign that was sponsored by the Mercy Education Office and The Kenya Christian Professionals Forum (KCPF).



Human Rights March

St Michael's Girls and Boys Basketball teams participated in the Makadara Sub-county level competition at Aquinas High School. The teams competed against Ofafa Jericho, Huruma Girls, Our Lady of Mercy, Apostolic Carmel, Buruburu Girls, Wamy High School and Aquinas. Congratulations all around as both teams qualified for regional basketball competition later in the year.



The athletics teams participated in all the track and field events. The girls were ranked first overall and the boys fourth. The teams managed to secure a position in the Nairobi Regional Games to be held in April.



No. 1. Well done Girls!

Mentorship is a great tool for helping students to remain focused on their goals. St Michael's held separate sessions for both girls and boys. The girls' topic was about leadership where the guest speakers, Olympia Mmasi and Anne Kanini, talked on the qualities of a good leader and what it takes to become a good leader. The boys' received the same topics but presented by Collins Alviza and Frank Lawrence, MPC Board member.



The Young Christian Society (YCS) invited 50 secondary students to attend the Recollection Retreat. The program was conducted by the Mercy Education Office led by Sr Mary Kanyi. The day was facilitated by Marist priest Fr. Kamau.

Marist Centre Reflection Retreat

Apart from discussing the Macheo Program, the visitors from Strathmore University donated sanitary pads for St Michael's students.



The Macheo Program has been part of St Michael's since 2016 and is very helpful for students' character development and academics. Students from Form 3 and 4 attend Strathmore University every Saturday where they are tutored on various subjects. The program also assists teachers through its seminars, training and benchmarking in different subjects. Over the years the students have greatly benefitted from the program.



Director of Macheo Program, Mr Louis and Program Coordinator Ms Victoria Muema.

Our Lady of Mercy Vocational Training Centre



The Centre increased its enrolment by 37 students in March bringing the total number to 180. The NITA examinations will be held in April for the 2022 classes which means that the students had their noses to the grindstone to finish any uncompleted work in March. The Empowerment Program continued with the weekly Tuesday mentorship sessions conducted by the Child Protection Office and Skills Department. The topics covered in March were ‘Grief and Loss’, ‘Impact of Childhood’ and ‘International Women’s Day’.

The 2023 students completed their first term’s work with internal examinations.



Hairdressing Class Exam



Front Office Class Exam



Art & Craft Class Exam



Catering Class Exam



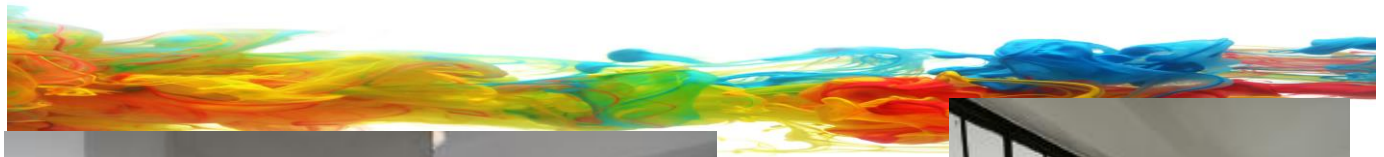
Special Needs Youth



International Women’s Day March

The 2023 International Women’s Day focus was ‘Digital: Innovation and Technology for Gender Equality’. The concentration recognized and celebrated young women and girls who are championing the advancement of transformative technology and digital education.

The renovations for the Catering Course continue with the installation of work benches, exhaust fans, plumbing taps and cookers.



Workstations



Cabinets



Cookers

The newly designed kitchen looks magnificent. Thanks to the FGF the students will have an even greater practical experience to exceed.



During March the Centre received wonderful donations from Kate Baraza that included: assorted baking equipment, coffee makers, assorted cutleries, sewing needles, elastic, knitting loom, hangers, scissors, baby dippers and wipes, foundations, nail polish, assorted soap, shower gel, cotton wool. The Kirsha Family also donated some food provisions for the students.



Donations for the different courses



Special Announcements

Other activities in March were:

- ❖ 'Out of the Box' Meeting with Maria of Fidel Goetz Foundation.
- ❖ MPC HODs Meetings
- ❖ British Airways Crewmembers' Visits



Hayley presents donations to the Hairdressing class while Sr Mary shows the British Airways Crewmembers around MPC.

Mukuru Promotion Centre

Empowerment Step By Step

Sponsored by Sisters of Mercy

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