

Mukuru Promotion Centre

JUNE NEWSLETTER

VOL 10 ISSUE NO. 6 2025

JOURNEYING 40 YEARS WITH THE MUKURU COMMUNITY

MPC DIRECTOR

Dear Partners, Supporters, Family and Friends,

Mukuru Promotion Centre (MPC) was honoured to welcome His Excellency Sebastian Groth, the German Ambassador to Kenya, during a special visit in early June. Ambassador Groth engaged warmly with students, staff, and schoolchildren, gaining valuable insight into the transformative work happening across the Centre's programs.

Despite the ongoing economic challenges facing many families in the Mukuru community, MPC remains committed to ensuring that no one is left behind. Our dedicated teams continue to respond to rising needs by delivering essential services and training to empower both children and families. We extend our heartfelt thanks to our donors and partners, whose continued generosity makes this vital work possible.

While challenges such as high teacher-to-pupil ratios continue to affect the learning environment, our schools press forward with an irrepressible application. Our secondary students are making essential choices as they shape their academic and career pathways across the new four learning areas. We are proud to celebrate the many students who have excelled in academics, music, dance, and co-curricular competitions.

St. Michael's School recently launched a new environmental program, marking a significant step toward a greener and more sustainable future. The additional greenery is already enhancing the beauty and coolness of the surroundings.

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We have also completed vital school repairs and classroom improvements, important steps toward creating better learning spaces. Leadership development remains a priority as well. Secondary school prefects participated in a leadership seminar designed to support them in their roles, fostering confidence and responsibility among our young leaders.

Our vocational students are not just thriving; they are excelling. Thanks to our valued partnerships with Hilton Garden Inn and KWAL, students have opportunities to participate in industry benchmarking sessions. These experiences help bridge the gap between training and real-world expectations, preparing students for success in the workplace and demonstrating the positive impact of our partnerships.

The children and families at Songa continue to benefit from consistent support and services, with new developments contributing to significant progress and accomplishments. It is uplifting to witness these milestones and the positive changes unfolding in their lives.

The boys at the Rehabilitation Centre are showing noticeable improvement, which is a testament to the strength of focused support and opportunity. A new initiative, Step Down, funded by the late Paul Pardy and Catherine Nolan, enables former residents to work towards full carpentry qualifications, an incredible step toward independence. We also celebrate the growth of the music program, particularly the success of Collins, who has been awarded a scholarship to the Royal Academy of Music in Dublin, thanks to the support of Sinead Farrell from the Irish Symphony Orchestra and Team Paula. These milestones reflect the power of belief and investment in young people's potential.

A record number of 671 children and youth are now receiving educational support through the generosity of local and international individuals and organisations. As Term 2 gets underway, these young learners are seizing their chance to grow, excel, and show their appreciation through their achievements.

This past month has been filled with activity, resilience, and successes, proof of what is possible when communities come together in support of one another.

Asanteni Sana, for creating the **possibilities for change**.

Sr Mary Killeen
Director

Archival Corner

“Leo Katika Historia – Today in History”

Causes and Aftermath of Kenya’s June 2024 Protest, famously known as Gen Z Protest.



According to The Federation of Kenya Employers, Youths (15 -34 years old), who form 35% of the Kenyan population, have the highest employment rate at 67%. With the current Kenya Kwanza Administration coming into power because of over promising these youthful population, there was a consensus among this population that the administration was non-committal in these promises despite being in power for more than 2 years by then creating a lot of anger especially among the younger generation born between 1997-2012 famously known as Generation Z (Gen Z).

Being a Social Media generation, they felt that there had been numerous political dialogues after every contested election, and the governments of the day ended up shaking hands with the opposition. However, the problem remained the same, so they lost hope in politicians and called for a renaissance. To add insult to injury, the finance committee proposed some punitive taxes that would worsen the already tough economy, which is already plagued by jobless youths. Extra-judicial killings were being done in broad daylight, contrary to the promises of the President during his campaign. Having heard enough, Gen-Z asked the politicians to keep off and embarked on an online campaign against the Finance Bill 2024. As the campaign gained momentum, the politicians became increasingly arrogant and vowed to pass it, regardless of their feelings. When it became crystal clear that the members of Parliament were not ready to listen and halt the Bill, but had set a day to pass it on 25th June 2024, the Gen-Zs, who had called them 'Leaderless and Tribeless', set a date with the MPs to present their petition and make their voice count. On the fateful day, they turned up in thousands (with Kenyan flags, bottles of water and smartphones) at the Kenyan Capital, where many government offices are located, including the Kenyan Bicameral Parliament (Senate and National Assembly). As thousands of protesters continued to join their colleagues in the Capital, momentum grew. However, when the MPs declined to retract and dismiss the Finance Bill, instead choosing to pass it, the situation did not improve. To the charged crowd, it was like spitting on their faces, and the target gradually changed to the Parliament of Kenya. When the crowd stormed the Parliament, it was met with resistance, and people were being shot with live bullets, making them even angrier. They broke into the Parliament after overpowering the police, where MPs had to look for alternative evacuation routes. Most of them were evacuated using ambulances, which were taking the casualties of the demonstration to an already set-up first aid camp before taking them to various hospitals. According to the Kenya Human Rights Commission, at least 62 people were killed by police guns on the fateful day, thousands were arrested countrywide, while tens are still missing.

Despite the President dropping the Finance Bill 2024 and firing the whole Cabinet before rehiring some of them and appointing opposition politicians to his cabinet, corruption, abductions, extra-judicial killings, and unemployment are still a menace in Kenya, and the more things change, the more they remain the same. MPC continues to address the challenges impacting families. As an organization, we are committed to tackling some of the issues facing society, especially in the Mukuru slums of Nairobi. This work would not be possible without the support of our donors and partners.

MPC 40th Anniversary Guests

German Embassy, Kenya

On June 3rd, the Head Office had the honour of welcoming His Excellency Sebastian Groth, the German Ambassador to Kenya. Scheduling issues prevented the Ambassador from being present at the 40th Anniversary Celebrations in May, and he made a special effort and organised another time to visit. The visit was more than a simple formality; it marked a significant milestone that drew attention to the remarkable advancements made since the inception of Mukuru Kayaba school. These institutions have flourished, thanks in large part to the generous support and funding provided by the German government, reflecting a strong commitment to education and development in the region.



Sr. Mary presented His Excellency a copy of the *'Tapestry of Hope'*, capturing significant milestones throughout the forty years of the Mukuru Promotion Centre and the many contributions made by the German Embassy.

Sr Mary and H.E. Ambassador Groth.

During his visit, Ambassador Groth had meaningful interactions with students, educators, and local schoolchildren, immersing himself in the school's vibrant atmosphere. He gained valuable insights into the impactful ways in which MPC has transformed lives within the Mukuru community, witnessing firsthand the power of quality education and comprehensive support services in fostering personal growth and community development. The stories shared by students and staff highlighted the profound changes that education can bring, empowering individuals and enriching the entire community.



H.E. Ambassador Groth and German Embassy Staff, Alena Kern and David Ohlig, sign the visitor book.

Social and Health Services

Activities In June

The harsh economic landscape in Kenya is casting a long shadow over our communities, with far-reaching consequences felt in both households and small businesses. Local enterprises, once vibrant and hopeful, are now teetering on the brink of collapse, and the struggles of single-parent families are particularly pronounced. In response to the mounting distress, the Social and Health Services Department has mobilised an impressive array of resources, launching over 2,300 targeted interventions and activities. These efforts aim to address urgent needs, including providing essential food supplies,



Aftermath of the fire outbreak at Sinai Village

assisting with rent payments, supporting business startups, and offering aid for those affected by fire outbreaks and requiring relocation. The commitment to help those in crisis underscores the resilience and determination of our community in these challenging times.

Despite the persistent challenge of food insecurity that has prompted numerous requests for aid even into June, we have observed a notable and encouraging development regarding school absenteeism. After experiencing a significant spike in May, the number of students missing school has dropped to 97 this month. Remarkably, 81 of these cases originated from the same community, highlighting the effectiveness of our social offices' interventions in addressing this issue.

Nevertheless, the dual challenges of illness and household instability continue to disrupt the educational attendance of children, particularly among vulnerable families facing heightened difficulties. In light of this pressing need, our Department has proactively restocked essential dry food items and sanitary towels, reinforcing our commitment to provide ongoing and sustainable support to those in need.



A vulnerable parent receives a blanket to keep her and her child warm

Furthermore, St. Catherine's Social Office has successfully continued its vital monthly feeding program and the innovative Amaranth Nutrition Initiative. These programs are instrumental in serving over 240 children coping with health issues, as well as pregnant women and new mothers, providing them with

essential nourishment during critical times. Thanks to the overwhelming generosity of our donors, the Amaranth program has reached full capacity and, as a result, cannot accept new participants at this moment.



St Catherine's social office clients of the feeding program

In June, our outreach efforts positively impacted the lives of over 520 vulnerable students and children, primarily from St. Elizabeth's Primary School, who benefited from our support. Additionally, we extended our assistance to 37 disadvantaged families residing in Mukuru, ensuring they receive essential resources. Among our initiatives, we distributed sanitary towels to more than 392 girls, empowering them to manage their menstrual health with dignity. We also provided uniform assistance to 221 students, helping them attend school with pride and confidence. Furthermore, 194 students were referred to the clinic for medical attention, highlighting our commitment to their well-being.

Despite the ongoing challenges posed by the economic downturn, we are heartened by a slight reduction in absenteeism, which indicates a positive shift in the students' engagement. Our dedicated teams remain relentless in their efforts to support those most in need, ensuring that no child is left behind.

Throughout the month, our dedicated social workers conducted 37 hospital visits and 39 home visits, connecting with families and individuals on a personal level to assess their unique situations and provide the necessary support. Their commitment and compassion continue to make a significant difference in the community we serve.

The ex-convict program remains committed to providing essential support to individuals reintegrating into society. Securing employment in Nairobi can be particularly challenging, with the overall unemployment rate hovering around 8%. However, for those living in the slums, the situation is starkly worse, with unemployment rates soaring to approximately 55%. This harsh reality makes it essential for these individuals to receive practical support to help them avoid situations that may lead them back to criminal behaviours. To address these challenges, the program has helped dozens of participants through various initiatives. These initiatives include distributing food parcels to ensure basic nutritional needs are met and offering mentorship programs that equip individuals with the necessary skills and confidence for job readiness. Through these efforts, the program seeks to empower former convicts and facilitate their successful reintegration into society, ultimately reducing the likelihood of reoffending and fostering a healthier community.



Ex-convicts receive food parcels.



Ex-convict participants at the mentorship session

We are sincerely grateful to our donors and partners for their ongoing support. Your commitment enables us to effectively address immediate needs while also focusing on long-term solutions that promote resilience and restore dignity for the families we support.

Mary Immaculate Clinic

Activities In June

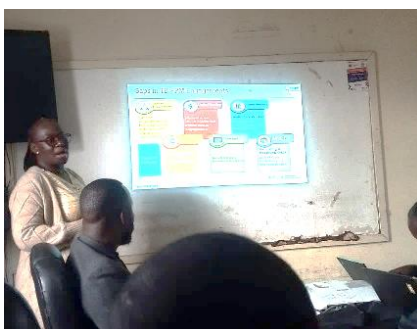
The Clinic continues to provide affordable healthcare access to the marginalised community in Mukuru. In June, we recorded our highest number of patients treated in a month, with 2,474 patients and an average of 128 patients per day. The female-to-male ratio was 61:39, marking a significant achievement in our service delivery. More than half of the patients were paediatric cases, and 1,339 laboratory tests were conducted, with 45% of these tests performed on children. Additionally, the Maternal and Child Wellness Clinic assisted 118 mothers and immunised 136 babies and children. We strongly recommend enhancing support for maternal and child health, diagnostics, and nutritional care, as these are critical entry points that contribute to broader family wellness.

Thanks to your support and the recently resumed supply of vaccines from the Ministry of Health, we were able to catch up on missed immunisations for many children. However, it is important to note that previous government delays left several children behind on their immunisation schedules, a gap we are working diligently to close. Our imaging services conducted 97 ultrasounds, which have made a significant impact on the lives of the poor in Mukuru. Of these ultrasounds, 76 were for antenatal care (ANC) mothers, 5 were for children, and 16 were for outpatients.

To ensure our staff remains competent, up-to-date, and confident in delivering care, we hold regular Continuing Medical Education (CME) sessions. These sessions are crucial for improving the quality of care our patients receive. In June, the topics covered included neurological examinations and identifying red flags, classification and management of headaches (both acute and chronic), infection prevention and control (IPC), proper health waste disposal, high-level disinfection, and appropriate use of PPE. We also covered emergency diagnosis and management of severe cases of laryngitis, as well as signs, symptoms, and management strategies for IV fluids and electrolyte imbalances. Furthermore, nutrition screening was addressed, focusing on the causes and consequences of malnutrition, classification, and triage protocols. These training sessions equip our team with the necessary tools to address both common and complex health challenges within our communities.



Staff training session



MoH Training Session

Two of our staff members participated in national-level meetings and training. Ministry of Health & RESOK Training: Aiming to improve data reporting, address supply gaps, promote TB preventive therapy (TPT), encourage ART uptake among TB patients, and enhance community engagement.

Our clinician gained knowledge about the household transmission of tuberculosis (TB), active case finding, contact tracing, and the new six-month treatment for drug-resistant TB. A new preventive therapy drug is now available to assist the contacts of patients with multidrug-resistant TB (MDR-TB).



TB Training Session



Ongoing Clinic renovations

The renovations to expand our adult outpatient services are ongoing. As our patient numbers increase, this expansion is crucial for delivering dignified and efficient care. We sincerely appreciate everyone who has contributed to this vital project.

Amidst national economic hardship and political instability, access to healthcare has become even more challenging for low-income urban families. The government health systems are overwhelmed or under-resourced, and many urban slums are left behind. The Mary Immaculate Clinic is a facility that bridges the gap, providing quality healthcare where none existed. But we are running on minimal resources. Thanks to our donors, we can offer waivers and subsidised care, refer critical patients needing specialist care, and provide free medications, one of the most impactful gifts to our patients, many of whom now have one less thing to worry about. However, more is needed.

We encourage families to enrol in the Government's Social Health Authority (SHA) program for extra support. This long-term plan helps families secure access to care without falling into financial distress. For destitute parents, this backup plan means peace of mind, improved mental health, and hope. There are still many families suffering in silence, a homeless man needing urgent intervention, a mother trapped in alcoholism trying to raise her children, and a father with no means to pay for treatment.

To every person of goodwill, donor, and partner, we extend our gratitude, as your contribution, no matter the size, makes a meaningful difference. We extend our heartfelt appreciation to each of you for walking this journey with us, a journey of healing, resilience, and hope for vulnerable families in Mukuru. Our staff remains committed, even in the most demanding conditions. With continued support, we will continue to improve our systems, strengthen our services, and develop a sustainable model of care that serves those who need it most.

Primary Schools

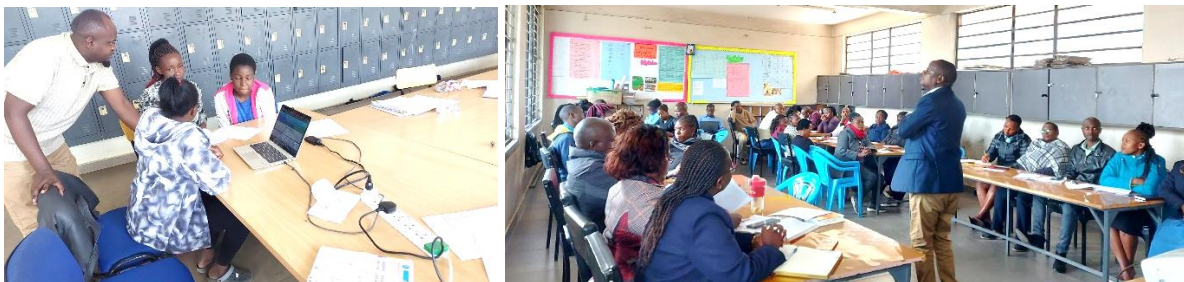
Activities In June

June was a month filled with a diverse range of activities, including academic events, games and sports, and music festivals. Notably, mid-term assessments were uploaded, marking a significant milestone in our students' educational journey. The 6,824 pupils also enjoyed a well-deserved three-day half-term break.

The Teachers Service Commission announced promotion opportunities for teachers qualified to become deputy headteachers. At St. Bakhita Primary School, two teachers received promotion offers; one accepted and remained at the school, while the other was transferred to a different institution. Four teachers from Mukuru Primary School, one from St. Catherine's, and two from St. Elizabeth Primary School were also promoted. These newly appointed Deputy Headteachers will remain in their positions until they receive deployment letters for other schools. We hope the pupil-teacher ratio at MPC schools improves with the addition of more teachers.

As part of the ongoing transition in Kenya's education system, current Year 9 students are at a crucial stage where they must select their subjects and pathways for the 2026 academic year. This decision, which can shape their future, involves choosing between STEM, Social Sciences, or Arts & Sports Science, along with a track within their chosen pathway and four learning areas. Students used a national digital platform to select their preferred schools, pathways, and subject combinations, with assistance from their parents and teachers. The Headteachers and staff continued to guide both students and parents, recognising the significance of this process.

At St. Catherine and Mukuru Primary School, we take the safety and well-being of our students seriously. That's why all teaching and non-teaching staff participated in Child Protection and Safeguarding training sessions. These sessions were designed to equip our staff with new techniques for disciplining students without resorting to excessive force, thereby ensuring a safe and nurturing learning environment. The staff's interest in future training opportunities further underscores our commitment to continuous improvement.

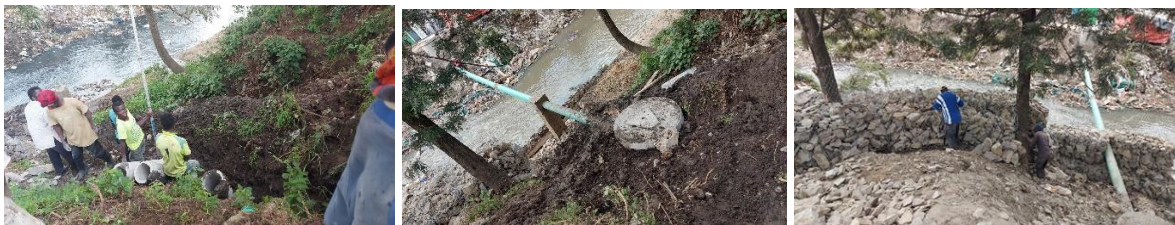


The selection of schools taking place and child protection training for teachers

The regional co-curricular activities for ball games were held at St. Bakhita Primary School, where five boys were selected to form the Nairobi County National football team. Unfortunately, the other ball game did not qualify for the national level.

The Kenya Music Festival took place in June, and St. Catherine and St. Elizabeth Primary Schools each presented two teams for both traditional and modern dance. These performances will advance to the regional level in mid-July.

Throughout June, the repairs, maintenance, and renovation program continued. The gabion extension will significantly conserve the environment and prevent the wall at St. Bakhita from collapsing. Additionally, it facilitated the connection of the sewer drain to an open area that is part of the regional central sewer system. This area has been appropriately secured and is now protected from erosion.



Extension of the gabions and reconnection of the sewer line

The Grade 9 classrooms at Sancta Maria Kayaba have been completed and officially handed over for use. The addition of four new classrooms will significantly reduce overcrowding, as students from merged classes can now be accommodated in separate rooms. Furthermore, the National Government Constituency Development Fund (NG-CDF) has repaired the school's gutters, and the toilet project has been completed with a new ablution block now ready for use. The NG-CDF funded all three projects.



Sancta Maria classrooms

Ablution block

Gutters



16 New computers bought for the Junior school at St. Bakhita Primary School

St Michael's Secondary School

Activities In June

To start the new academic term, Mass was led by Fr. Joseph, who spoke about unity in prayer, love, and forgiveness as the focus for Term 2. Apart from lessons, the students took advantage of the opportunities offered by the school, including extracurricular activities, meetings, and mentorship programs.



Term 2 Opening Mass

The relationship between Mukuru Promotion Centre and the German Embassy has been longstanding, facilitating the construction of three primary schools and a high school. The German Embassy's support has been instrumental in providing financial aid, technical expertise, and educational resources. St. Michael's Secondary School had the honour of hosting His Excellency Mr. Sebastian Groth, the German Ambassador, along with other distinguished German dignitaries on June 3, as part of the 2025 40th anniversary celebrations.



Ambassador Groth addresses St Michael's students.

The Ambassador was treated to traditional performances and a guard of honour from the school's Scouts. Sister Mary welcomed Ambassador Groth and his party, who observed firsthand the contributions made towards empowering students' education in the Mukuru slum. Mr. Ngari, the principal, delivered an opening address expressing profound gratitude for the support of the German Government. The Ambassador, in his speech, not only praised the school's leadership and community but also emphasised Germany's unwavering commitment to supporting inclusive education and youth empowerment. This reassurance from a high-ranking official undoubtedly instilled a sense of hope and confidence in the school community. He reaffirmed the German Government's continued support for educational programs in marginalised communities.

The visit of the German Ambassador marked a proud moment for St. Michael's Secondary School and the surrounding community. It highlighted the impact of international cooperation in transforming lives through education, such as improved infrastructure, enhanced learning opportunities, and increased community involvement. The school community remains dedicated to building on this foundation to ensure a lasting effect for future generations.

The St Michael's Advisory Committee, comprising MPC board members, staff, parents, and the school's management team for Student Performance and Wellbeing, met to establish priorities and set a framework for promoting a positive academic and emotional environment for students. The Committee aims to assess current academic and well-being metrics, recommend actionable strategies to enhance student outcomes, foster collaboration among staff, parents, students, and the community, and monitor and evaluate the effectiveness of implemented initiatives.



St Michael's Advisory Committee Meeting

St. Michael's School has launched a tree-planting initiative as part of its environmental program, successfully planting 77 saplings around the school grounds. This significant initiative, organised by the school's Environmental Club and involving the participation of both students and teachers, has already begun to enhance our school's greenery. The primary goals of the tree-planting program are to promote environmental awareness and encourage students to take responsibility for protecting the natural environment.



Tree planting around St Michael's

The Mercy Education Office hosted a leadership seminar for 35 school prefects and 65 Form 3 students held at Marist University in Karen. The theme of the workshop was "Leadership and Responsibility in the Modern Learning Environment." The facilitator, Joan Kinyanjui, a lecturer from Tangaza University, led the event. The seminar brought together prefects from various institutions to equip them with essential leadership skills, enhancing their effectiveness within their schools. The primary objectives were to equip prefects with the knowledge and skills necessary for effective leadership, to explore the roles and responsibilities of student leaders, to instil values such as accountability, integrity, and teamwork, and to provide a platform for prefects to share their experiences and learn from one another.

Joan delivered a keynote address focused on the core principles of servant leadership, emphasising that leadership is more about service than power. Some key points discussed during the seminar included:

- Leadership rooted in values

- The importance of honesty, humility, empathy, and responsibility
- The role of communication: how effective communication builds trust and respect among peers and staff
- Conflict resolution: strategies for handling peer conflicts constructively
- Time management and academic balance: How to manage leadership duties alongside academic responsibilities

At the end of the seminar, the prefects reported a better understanding of leadership dynamics. They left feeling motivated, inspired, and better prepared to lead with purpose and integrity. Joan encouraged each prefect to return and act as agents of positive change in their respective schools.



Prefects Seminar



Mentorship Session

This month's mentorship sessions focused on mental health issues. The sessions were facilitated by a professional team of counsellors from MPC, led by Salome Masha, the Child Protection Officer. The goal of the sessions was to promote mental well-being among students and to provide practical tools for coping with the emotional and psychological challenges they encounter in their daily lives.

The MPC team addressed a range of essential topics affecting student mental health, including stress and anxiety management, depression and emotional fatigue, peer pressure, self-esteem issues, and healthy coping mechanisms such as journaling, talking, and exercise. They emphasised the importance of seeking help and support, as well as the value of supportive friendships and open communication.

To make the session more relatable and practical, the counsellors shared real-life experiences and case studies. Overall, the mentorship session was a valuable and timely initiative, particularly in today's environment where students face increased academic, social, and emotional pressures. The school expresses its sincere appreciation to MPC for their ongoing support in promoting the holistic well-being of its students.



Shofco (Shining Hope for Communities) organised a mathematics contest across its 4 regions, and St Michael's sent nine candidates to Mukuru Kwa Njenga. The other schools involved in our area were Embakasi Girls, Downstream High School, Top Line High School, Bright Angels and St. Mary's High School. Each centre had 5 candidates, although our school enrolled nine. In the merit list, 6 of our students featured at the top. As a result, they qualified for the main contest scheduled for July 2025. As a school community, we fully support them as they prepare for the next stage, offering our encouragement and backing.



Maths competition candidates

As the conclusion of their secondary education journey draws near, the Form Four students find themselves at a crucial crossroads, contemplating the future that lies ahead. To guide them through this pivotal transition, the school hosted an enriching careers day in the spacious MPC multipurpose hall. This event, organised in collaboration with Challenge Aid, provided students with valuable insights and opportunities to explore various career paths, equipping them with the knowledge they need to make informed decisions about their next steps in life.



Careers Session



St Michael's AGM

St. Michael's Annual General Meeting and Prize Giving was held successfully on 20th June, attended by parents, students, and teachers, demonstrating a strong sense of community. The Deputy Principal welcomed everyone and expressed gratitude for parental support, presenting a report on the past year's academic and extracurricular achievements, including improved performance and infrastructure upgrades.



Form 4, Veronica Muli receives her prize.)

Student representatives shared their experiences and offered suggestions. At the same time, teachers discussed student progress and the importance of collaboration between parents and educators. The administration outlined key projects for the upcoming year, including academic enrichment programs and new extracurricular activities. It emphasised the importance of increased parental involvement and the election of class representatives.

Our Lady of Mercy Vocational Training Centre

Activities In June

The OLMVTC is currently training over 260 students in various skills, helping them secure employment upon completing their courses. Unfortunately, during the month, 13 students dropped out for different reasons, and the social worker is following up on each case. The most popular courses by enrolment are Catering, Hairdressing, and Beauty. While the Computer Packages course has the highest number of students, its duration is only one term. In contrast, the other courses last for 12 months.

OLMVTC recognises the importance of parent meetings in helping parents understand the Centre's purpose and expectations. A parent forum was organised to clarify the roles parents play in their children's vocational training. During the meeting, various speakers addressed parents and students on different aspects of the program. Sr Anne Itotia spoke about MPC's history and the reasoning behind the establishment of OLMVTC. She facilitated a discussion that allowed parents and students to share their insights after listening to all the presentations.



Skills Parent Forum

Dinah Mwendwa, the MPC Deputy Director, emphasised the need for parents to contribute financially to the institution, highlighting that fees are minimal. There are a few who are fortunate enough to receive sponsorship. Judith from KWAL discussed the sponsorship program and emphasised the importance of students maintaining consistency and seriousness in their training once they join the INUA program in Catering, where they receive comprehensive support. Luciah Njogu, MPC Education Coordinator, urged students to take their education seriously and to resist negative influences. The Head of Department, Sr. Christine Imabli OSA, encouraged parents to be positive role models for their children by getting to know their friends and being aware of their activities during holidays and free time, to avoid negative influences and criminal activities.

Hilton Garden Inn specialises in housekeeping and laundry, offering opportunities for benchmarking and enhancing visibility in their area of expertise. Staff from the Hilton group participated in the Centre for Earth Clean-Up Day, alongside students, for a community clean-up around the MPC grounds. This event demonstrated the power of action and collaboration in our shared commitment to the environment. The Hilton group provided all necessary protective gear for the event and supplied snacks for the participants.



MPC is delighted to showcase the significant impact of Hilton Garden Inn Nairobi Airport's generous support on the students of OLMVTC. Their empowerment is not just a step towards creating cleaner communities and a greener planet, but also a source of pride and inspiration for all of us. This inspiring initiative, made possible through a grant from the Hilton Global Foundation, is a true celebration of Earth Week.



The Hilton Garden Inn Group



Vocational students are doing some practicums in June



Garment-making



Special Needs class fixing Hats



*Catering students
demonstrating plating food*



Songa Mbele na Masomo Children's Centre

Activities In June

The Centre was a vibrant hub of activity, filled with engaging learning experiences designed for children, as well as a variety of informative workshops tailored for parents, families, and staff. One notable initiative was the training program offered by the Savings and Lending Associations, which successfully equipped 13 parents with essential skills in financial literacy. Through this program, they gained a deeper understanding of how to effectively manage savings and engage in lending practices within a group or a Savings and Credit Cooperative (SACCO).

This kind of training is crucial because many parents often lack access to resources that could enhance their employment prospects. For those who are caring for children with disabilities, having flexible work arrangements becomes even more critical. The knowledge and skills gained from this training can empower them to navigate their financial responsibilities while being present to meet their children's unique needs.



During a savings and lending training



Debrief Session for Staff

The Centre staff participated in a debrief session organised by the Amani Counselling Centre, which focused on staff well-being, self-care, and support. The objective of this session was to prevent burnout and ensure that staff members remain empathetic and energised.

A parent meeting was held, attended by MPC Board Member Frank Lawrence and MPC Deputy Director Dinah Mwendwa, to discuss updates at the Centre. The agenda included the introduction of a new Head of Department (HOD), Helen Waithera. They addressed several concerns, including child health and attendance (SHA), disability certificates, school fee payments, community service, medical reports, labelling of school uniforms, as well as arrival and departure times, children's diets, cleanliness, and homework.



Songa Parents' Update Meeting

The Centre hosted our inaugural forum for fathers, father figures, and male caregivers. This event provided a platform for male figures in families to discuss their roles and responsibilities in the lives of children with disabilities. The forum aimed to address traditional gender roles that can make children vulnerable.



Father and father figure forum

Additional training sessions were held for staff and stakeholders from the Association of Sisterhood Kenya (AOSK), focused on child rights and relevant laws. This training has empowered our staff and stakeholders to become advocates for policy change within the organisation, enhancing our understanding and protection of children's rights. As a result, they will be better equipped to identify and report violations.



AOSK training on Children's Rights and Laws

The social workers carried out Household Vulnerability Assessments to identify the specific needs of children and explore potential livelihood support options. Following this, they conducted a training session on Savings and Lending for parents in a support group. This training, which focused on financial literacy, taught parents about the principles of saving and lending within a group or a Savings and Credit Cooperative Organisation (SACCO), emphasising the collaborative nature of this organisation and the sense of community it fosters.



Household Vulnerability Assessment Visits

During the month, we had 16 volunteers from Rafa Caregiver Institute and Medulitek Training School, further strengthening our collaborative efforts and extending a hand in various sections at the Centre. The partnership with Kijabe Hospital aims to improve the orthopaedic services at the Centre for children with specific needs.

A social worker visited children who were placed in 3 other institutions for follow-up purposes. The visits aimed to track the children's progress and school attendance, and to identify any challenges they

experienced in school. Additionally, they provided an opportunity for teachers to discuss the transition processes and career pathways of individual children.

In June, various therapeutic services continued to support the children. Physiotherapy sessions were held for 48 children, occupational therapy sessions for 24 children, and speech therapy sessions for 19 children. Referrals to the MIC Clinic, which provides consistent and valuable support for both the Centre and parents, also continued in June, thanks to the Pablo Horstmann Foundation.

This month, we feature two children who have demonstrated significant improvement in sensory integration activities through the occupational therapy sessions they have attended. Unit 1's Jordana, a 6-year-old with autism, has shown improvement in her attention and concentration span; she can now sit through half of the activities. She is also able to match pictures. Another Unit 1 child, Jayden, a 10-year-old with ADHD and intellectual difficulties, has shown significant improvement. He can now settle down and complete activities, and has also improved his eye-hand coordination. Additionally, Jayden has become involved in engaging activities, such as beading and placing pegs on a pegboard.



Jordana Nyambura



Jayden Mutua

June's physiotherapy standout is Razian Nyangweso, who is one of the youngest children at the Centre, at just 3 years old. When he first arrived, he would cry throughout the entire session. However, his motor skills and muscle tone have significantly improved; he can now lift his head, move his legs with strength, and has achieved partial trunk control.



Razian Nyangweso



Rashley Momanyi has shown consistent progress since arriving at the Centre. Recently, with the use of bilateral AFOs (ankle-foot orthoses), his posture has improved. The tip-toe has reduced, and weight-bearing abilities on the right leg have increased. As well as an improvement in his trunk control, with the possibility of balancing without any hand support.

Before Therapy

After Therapy



November 2024
(sitting with support, tip-toe gait)

Jun 2025

Faith Wanjiru, a student in the Foundation 1 class, has demonstrated remarkable improvement and independence in her walking abilities. She now confidently walks unassisted for over 20 steps and maintains perfect balance, showing a significant improvement in her gait pattern. Previously, she struggled with a decreased single-limb stance time, which caused her to leave one foot behind and made walking usually difficult. Her consistent engagement and progress reflect an excellent response to the rehabilitation program.

Faith's progress after continuous therapy sessions



Isaiah Musika is one of our new students in the daycare class. He has shown significant improvement in his ability to engage in simple activities of daily living, such as feeding himself. Additionally, he can take a few steps with the aid of a walking aid. He can perform simple hand-eye coordination tasks when given instructions.



Isaac Musika is feeding himself and attempting to take a few steps.



In June, our speech therapy program served a total of 19 clients. Tabitha works with 15 of these clients, while Typhina sees 4. We have two new clients: Joshua Kambela from Intermediate 2 and Adrian Mumo from Intermediate 1. Notably, Esther Awino has shown the most improvement; she is now able to describe diagrams using simple sentences, her fluency has increased, and her memory is also quite good.

In the pre-vocational class (Unit 3), several children demonstrated enthusiasm for learning numeracy, literacy, and kusoma, despite having attention deficits. The class initiated a farm project and has completed the ploughing stage, moving on to other planting activities. The class teacher suggested incorporating sex education and safety training as part of the social and self-advocacy goals, considering that all of the learners are in the discovery stage and are pre-teens or teenagers.



Unit 3, during a gardening lesson

Unit 1/Foundation II is one of the most challenging classes to manage, but it successfully trains children in various skills, including Activities of Daily Living Skills (ADLs), behaviour modification, sensory motor skills, and concentration. The learners engage in various learning activities, including picture reading, chart recognition, flashcards, counting, sorting, and matching. In the Day Care Unit/Foundation I, there was a noticeable number of absent children this month, which is a positive indication of progress. The teacher and caregiver involved the children in a variety of engaging activities, including non-verbal communication, fine motor skills development, picture reading, watching cartoons, singing rhymes on television, and outdoor activities such as visiting the sensory garden to help them familiarise themselves with their surroundings.

Units 2/Intermediate I and II follow the Competency-Based Curriculum (CBC), grouping children according to their intellectual abilities. Most children in these classes have shown improvement in skills such as reading, simple multiplication and division, kiswahili, as well as religious and social education. The teachers in these classes are supported by caregivers and volunteers who assist with the feeding program, learning activities, outdoor activities, toilet training, and coordination of various class activities.



The Centre was honoured to have international visitors, local donors, well-wishers, and individuals, some of whom made donations and others offered their voluntary services.

Local donor Hassan Njoroge, donations.



Sophie Allen, BA crewmember with art donations

Mary Immaculate Rehabilitation Centre

Activities In June

As the year progresses, most of the boys at the Centre now understand the reasons for their presence there and have begun to showcase their unique creativity and capabilities. Currently, the Centre is home to 58 boys, and it is also following up on 36 previous graduates.



Class teacher with boys

There has been a noticeable improvement in the boys' performance, as reflected in the midterm exams they took last month. The boys are making efforts to express themselves in simple English and Swahili, as many of them are more familiar with the street language known as "Sheng." Additionally, their cognitive abilities have improved, as demonstrated by their enhanced reasoning and problem-solving skills.

The carpentry class has been ongoing, focusing on both theoretical and practical aspects of the subject. The students have learned to create various items, such as beds, stools, and shelves. They have also demonstrated creativity by developing new and unique designs, showcasing their passion for acquiring these skills. The boys will be registered for the National Institute of Testing and Evaluation (NITA) exams, which they will take in November. Following this, they will be placed in internships at various furniture and woodworking companies with which we have partnered.



The carpentry class is doing their practicals

Another new initiative, the "Step Down" program, is sponsored by Paul Pardy, who recently passed away, and Catherine Nolan, providing previous carpentry graduates with the opportunity to live independently for one year, with essential services such as water, rent, and power fully covered. This support enables the graduates to focus on becoming fully qualified carpenters.

We have always prioritised creating a supportive environment for the boys, allowing them to express their feelings and share their challenges without fear of judgment. The counsellor conducts one-on-one sessions with the boys and, together with the social workers, leads group counselling sessions. During these sessions, the boys select topics for discussion, such as drug and substance abuse, peer pressure, and decision-making. The boys feel valued and are encouraged to strive for their best, moving away from negative behaviours and poor choices. Additionally, they are taught morals and values that will benefit them both during their time at the Centre and after they complete the program.



Mentorship Sessions



In June, we were fortunate to welcome a diverse group of university students from the Aga Khan and Nairobi universities who motivated and encouraged the boys to strive for excellence. Some of these students, coming from humble backgrounds, shared their personal stories of growth and how they overcame challenges at home to achieve their university goals. This inspired the boys, and they promised to do their best.

June has been an incredibly successful month for our music program. Under the guidance of their music tutor, Collins, who Team Paula sponsors, the boys have achieved remarkable milestones. Collins has been awarded a 4-year scholarship to the Royal Academy of Music in Dublin, Ireland, to pursue a bachelor's degree at Trinity College. Under his talent, three of the boys have qualified to compete at the national level next month, marking a significant first for our program—an accomplishment that has never been achieved before. This result is a testament to their hard work and dedication, and we are proud of their achievements. The success highlights both their talent and the effectiveness of our music program.

We owe this success to the generous support of Sinead Farrell from the Irish Symphony Orchestra, who called for donations of instruments in Ireland that needed a new home.



Additionally, the Galway County Council Third World Fund has raised funds to send many instruments to MPC, making this all possible. Their support has been integral to our success, and we are deeply grateful for their contributions.

Practising for the Regional Competition.



Mary Immaculate Rehabilitation Centre has achieved remarkable success in soccer. The boys have demonstrated exceptional talent, consistently winning the majority of their matches. We were fortunate to host an international coach, Juan, from the United Kingdom, who trained the boys for a week. They were introduced to new tactical techniques for playing football and were eager to learn these skills. Participating in the game has also fostered a sense of teamwork, communication, and honesty among the boys. Coaching has continued, and the progress the boys are making has been encouraging. This training is helping them develop essential skills such as patience, consistency, and focus, which will benefit them in their lives even after they complete the program.



MIRC Junior Boys Soccer Team 2025

We are committed to instilling spiritual empowerment in the boys. They are encouraged to attend Catechism classes every Thursday and Friday for an hour. The catechist from OLQP Church is dedicated to providing the best instruction for the boys. Through these classes, the boys learn Christian values and morals that help them navigate life and foster meaningful relationships with one another. Additionally, we hold evening prayers every day, during which the boys can share the challenges they faced throughout the day and discuss ways to improve in areas where they may be struggling.



Catechism class

The art classes at the Centre are lively and energetic, constantly introducing new creative techniques and inventive designs under the guidance of Samuel, the art tutor sponsored by Team Paula. The boys participate in a rich learning environment where they are trained to develop essential skills that will empower them to earn an income even after they complete the program, fostering a strong sense of financial independence. Through their creativity, they craft beautiful items such as intricately woven bracelets and striking paintings on blank canvases, which are proudly displayed and sold to visitors who come to the Centre. A portion of the income generated from these sales is carefully saved for the boys. It will be presented to them as a financial reward upon their graduation from the program.

In addition to focusing on artistic expression, the boys are also taught valuable skills in concentration and creative thinking, which help them enhance their focus and imagination as they explore their artistic passions. This comprehensive approach not only nurtures their talents but also prepares them for a prosperous future.



Developing through art



One of the most exciting extracurricular activities we offer is gardening, and it has been a transformative experience for the boys. The moment we harvested our first crop from the new greenhouse, their faces lit up with joy and pride. Under the attentive guidance of their teacher, Charles Ndirangu, they eagerly gathered bright, plump tomatoes, marvelling at the tangible results of their hard work.



Tilling the land

In addition to harvesting, the boys dug their hands into the rich, dark soil as they tilled the land, preparing it for the next round of planting. Many of these boys come from informal settlements where exposure to farming has been minimal, making this hands-on experience even more profound and unforgettable for them.

This venture has cultivated a deep sense of ownership and responsibility in the boys; they take great care of the crops they plant, nurturing them with attention and dedication. Their efforts not only provide them with the satisfaction of growing their own food but also help reduce the costs associated with purchasing vegetables, fostering a sense of community and sustainability among them.



Boys enjoy the first crop of tomatoes.

One of the more demanding yet rewarding activities involves caring for the rabbits and chickens, which requires both patience and a nurturing spirit. The boys have consistently demonstrated remarkable dedication, ensuring that the rabbits and chickens are fed twice a day with fresh food and clean water. As a delightful reward for their hard work, they receive nutritious eggs that enrich their meals and provide a sense of accomplishment.

Looking ahead, the goal is to ensure that the Centre has a sustainable number of rabbits and chickens, producing enough food for the boys to consume. This responsibility not only instils a sense of accountability and teamwork but also encourages them to be responsible. They learn to assess the needs of the animals and explore the most effective methods for their care, all while developing valuable life skills that will help them take care of themselves in the future.



Feeding time for the rabbits and chickens



Gym items donations from Ryan Elan

The Centre sincerely appreciates the support from those who dedicate their time, wisdom, energy, and resources to help the Centre continue its daily operations.

With the shift in learning approaches, we have ensured that the boys are equipped with the appropriate knowledge and skills. By using available tablets and television screens, they can learn while having fun by listening to and watching informative sessions.



Sponsorship Office

Activities In June

In June, we made significant strides in supporting the education of our sponsored students. Our primary focus was on processing school fees for students at St. Michael Secondary School. This was prioritised to ensure a smooth learning experience as the term progressed. Additionally, we processed fees for 120 needy primary school students through the generosity of an anonymous donor. This initiative helped eliminate financial barriers that prevented these students from attending school.

To complete this process, we assessed and verified the students' backgrounds and coordinated with school administrations to confirm the fee balances for the selected students. By accomplishing this task, we ensure that all beneficiaries can remain enrolled and concentrate on their studies without interruption.

In June, we procured and distributed stationery supplies for students sponsored through the KWES program. We sourced high-quality materials at competitive prices to maximise the value of our available funds. After procuring the supplies, we distributed the stationery to students, ensuring that each one received the necessary learning materials. This initiative is crucial for supporting students' academic performance, as it provides them with essential tools for studying.



KWES beneficiaries receiving stationery

In addition to our primary activities, we engaged with donors throughout the month. Last month, we sent out termly updates and followed up to ensure they were received and to address any questions from sponsors. We also reached out to donors who had not yet submitted their pledged funds for sponsored students. These follow-ups were conducted via email and phone calls, emphasising the urgency of the funds to prevent any disruptions to the students' education. Overall, the responses were mostly positive, with several donors reaffirming their commitment and providing timelines for their contributions. Building and maintaining strong relationships with donors is essential, as their support is vital to the success of our sponsorship programs. We wish all 671 sponsored students success in their studies for Term 2.

Announcements

June Activities Outside the Department

While the various departments of MPC provide an overview of the month's events, the Head Office works behind the scenes to facilitate many activities that support and align with departmental objectives and targets.

Amidst these activities, there are also other notable events and developments to consider. Below are some further updates.

In June, the MPC Head Office continued to support its programs and the Mukuru community, despite ongoing challenges such as rising living costs and national unrest, which was triggered by Gen Z protests. The office worked diligently to maintain operations and serve those in need. The month also featured visits from partners and other important guests, which helped to strengthen relationships and provide additional support.

- 40 The construction of gabions beside the wall of St. Bakhita Primary School and St. Michael's Secondary School is still ongoing. This extension has reinforced the land along the riverbank, making it more stable and better protected against future runoff and erosion. These gabions will help preserve the land for many years to come.



Continuation of gabion construction

Mukuru Promotion Centre

Empowerment Step by Step

Ministry of the Sisters of Mercy

40 Years Anniversary

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