

# Mukuru Promotion Centre

JULY NEWSLETTER

VOL 10 ISSUE NO. 7 2025

JOURNEYING 40 YEARS WITH THE MUKURU COMMUNITY

## MPC DIRECTOR

**Dear Partners, Supporters, Family and Friends,**

July was a deeply enriching and restorative month, filled with meaningful moments of rest, reunion, and reconnection. I began my annual leave with a week in Spain, where I was graciously hosted by the Missionaries of Africa community in Madrid. Their generous hospitality and kindness made my stay incredibly special. One of the highlights of my time there was attending the baptism of the grandson of my dear Spanish friends—friends I've been fortunate to know for over 30 years. It was a truly joyful celebration and a reminder of the enduring bonds of friendship.

A new and exciting chapter also began during this trip, thanks to our emerging partnership with the Pablo Horstmann Foundation, a highly respected healthcare organisation. I had the pleasure of spending time with Ana Sendagorta, along with her family, friends, collaborators, and board members, whose warmth and commitment to our shared mission deeply moved me. Their generous support of the MPC Clinic and healthcare initiatives has already had a remarkable impact on the community we serve.

Following my time in Spain, I travelled to Ireland to reconnect with family, friends, Mercy Sisters and communities. It was a joy to catch up with almost all my loved ones, though one family member is currently in Canada and was missed.

### Inside:

Archival Corner .....	3
DKA Austria Group .....	4, 14, 27,31

### Social & Health Services

Support Services .....	6
Donations .....	7
Clinic Updates & CME .....	9

### Education

Education Updates .....	12
Excursions .....	12, 17
Trainings .....	13
Kerrigan Cup .....	14
Competitions .....	16
Corporate Social Responsibility.....	18
KWAL Visit .....	19
Talent Day .....	20

### Social Transformation

Songa Mbele Updates .....	23
Day of the African Child .....	25
Therapy Achievers .....	26
Rehabilitation Updates .....	30
Extracurricular Activities .....	32
Sponsorship Updates .....	34

<b>Announcements</b> .....	36
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I also had the chance to visit the Mercy International Centre on Baggot Street, Dublin. I enjoyed some wonderful time with Mary O'Donovan, the new CEO, and Brenda Drumm, the Head of Communications at MIA. It was heartening to hear people's desire to learn more about the mercy works of Mukuru Promotion Centre. My visit was further enriched by heartfelt encounters with many supporters and friends, including Paula Cullen and her team, Caroline Cullen's Whistle Foundation, and Sr. Anne Doherty from Derry, who has supported MPC programs for many years. Anne and I even exchanged stories about broken bones, as we both had injuries recently. The warm welcome from the Mater Mercy community in Dublin really touched me. Their interest and appreciation for MPC's work were truly uplifting and a lovely reminder of the wider community standing with us.

I am grateful to my Deputy, Dinah Mwendwa and Sr. Anne Itotia, who has recently joined MPC, for letting me know that July remained a vibrant month at MPC, despite schools being closed for the holiday period. Our dedicated MPC team welcomed 12 Austrian visitors on a three-day study tour facilitated by DKA, and later, MPC were honoured to host a delegation of 20 from the Diocese of Vienna. Their visit followed the Auxiliary Bishop of Vienna's trip earlier this year, offering another chance to witness the tangible impact of our shared mission in Mukuru. Their encouragement and presence were deeply affirming.

MPC were also delighted to welcome representatives from the Pablo Horstmann Foundation as part of their annual monitoring visit. It was a privilege to show them firsthand the work being done at the MPC Clinic, especially our focus on supporting mothers and children in vulnerable circumstances.

Even during the school break, MPC's commitment to the well-being of children remained steadfast. MPC continued to provide daily lunch meals to the most vulnerable children in the Mukuru slums, ensuring that nourishment and care extend beyond the classroom. As I read about the happenings in July in the newsletter, I am filled with deep gratitude. To all our partners, donors, and friends, thank you. Your ongoing support and solidarity are what make our work possible. Your generosity is felt every day in the lives we touch, and it is truly significant. You are an essential part of the MPC family, and we are so grateful to walk this journey with you.

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

Sr Mary Killeen  
*Director*

# Archival Corner

*“Leo Katika Historia – Today in History”*

## Saba Saba Annual Celebration (7<sup>th</sup> July)



Saba Saba, meaning "seven seven" in Swahili, refers to the date July 7th. In Kenya, it is a significant day in the country's political history, particularly associated with the fight for multi-party democracy in the early 1990s.

After Kenya attained complete independence on 12th December 1964, the late President Jomo Kenyatta became the first president, while the late Jaramogi Oginga Odinga became the first Vice President. Having inherited a young country with numerous challenges, work and political differences arose between the two barely one year after taking over the leadership of the country from the British Government. While Odinga had called for closer ties with the People's Republic of China, the Soviet Union and other countries of the Warsaw Pact, Kenyatta was in favour of approaching the United States and the Western bloc. This led to Odinga resigning from his post and quitting the governing Kenya African National Unity Party (KANU) in 1966 to form the Kenya People's Union (KPU). KPU, as the opposition party, would later be banned in 1969, making KANU the only legally known party. President Kenyatta would later die in office on 22<sup>nd</sup> August 1978, and his Vice President, the Late Daniel Moi, would take over as the second president of Kenya in acting capacity before the election was held within 90 days. Influential State House operatives by then saw President Moi as a passing cloud due to his calm nature, before he shocked everyone by retaining the presidency after the election held on 14<sup>th</sup> October 1978.

This made several high-ranking opposition leaders, together with the high-ranking commandants at the Kenya Air Force, plot a coup d'état on 1st August 1982, where over 1,000 people became casualties of the failed Coup. This led President Moi to become more cautious, offensive, and aggressive, resulting in the sponsorship of the 1982 constitution amendment (Introduction of Section 2A), which officially transformed Kenya into a one-party state.

With deteriorating democracy resulting from the silencing of contrary voices and a lack of trust in the electoral body, prominent politicians Kenneth Matimba and Charles Rubia organised a gathering at Kamukunji grounds in Nairobi. Other protests were carried out countrywide to demand multi-party democracy against the Law under the old constitution on 7<sup>th</sup> July 1990. Tens of people were killed and hundreds injured countrywide, prompting the then-President Daniel Moi to repeal Section 2A, making Kenya a multi-party state once again. The Saba Saba protests are considered a turning point in the fight for democracy in Kenya. It helped pave the way for the reintroduction of multi-party politics, making it a significant day in the country's history, which is celebrated on the 7<sup>th</sup> day of July every year.

## DKA Study Tour

The DKA study tour took place in July, uniting a diverse group of 12 students and professionals with a shared eagerness to delve deeper into the various organisations supported by DKA Austria. As part of their itinerary, the group visited all MPC Departments, gaining firsthand insight into the vital work being carried out across each area. Throughout the three days, they actively engaged with both children and staff, not just observing but asking questions, sharing experiences, and building meaningful connections. The group also learned how DKA Austria plays a key role in alleviating the struggles of Mukuru residents by funding programs that provide education, vocational training skills, healthcare, and social support. The visit was both educational and inspiring, highlighting the powerful impact of solidarity and sustainable development in vulnerable communities.



*MPC Deputy Director welcomes DKA Study Tour*



*DKA Group with St Bakhita pupils*



*DKA Study Group within the schools and Departments*



A delegation of 20 people from the Archdiocese of Vienna, Austria, embarked on a meaningful visit to the MPC Head Office, accompanied by several key Departments as part of an educational and solidarity-focused mission. The purpose of their visit was to gain an in-depth understanding of the significant impact that DKA Austria's ongoing support has on the lives of residents in Mukuru.



Throughout their time at the MPC Head Office, the delegation engaged in thoughtful discussions with the MPC management team, exploring various aspects of the organisation's programs, the challenges they face, and their aspirations for the future. One of the most memorable moments of the visit was the well-curated exhibition that showcased the diverse array of MPC's initiatives. Each Department took the opportunity to highlight its specific objectives, notable achievements, and inspiring impact stories. The exhibition created a vibrant and powerful visual narrative, illustrating how MPC's efforts are actively transforming lives through comprehensive education, essential skills development, robust child protection measures, and empowering community initiatives.

This enlightening visit not only deepened the delegation's understanding of the local context but also highlighted the crucial importance of international partnerships in fostering sustainable, community-driven development. The experience left a lasting impression, emphasising the shared commitment to improving lives and fostering hope within the Mukuru community.



The delegation from the Archdiocese of Vienna visits the MPC Head Office

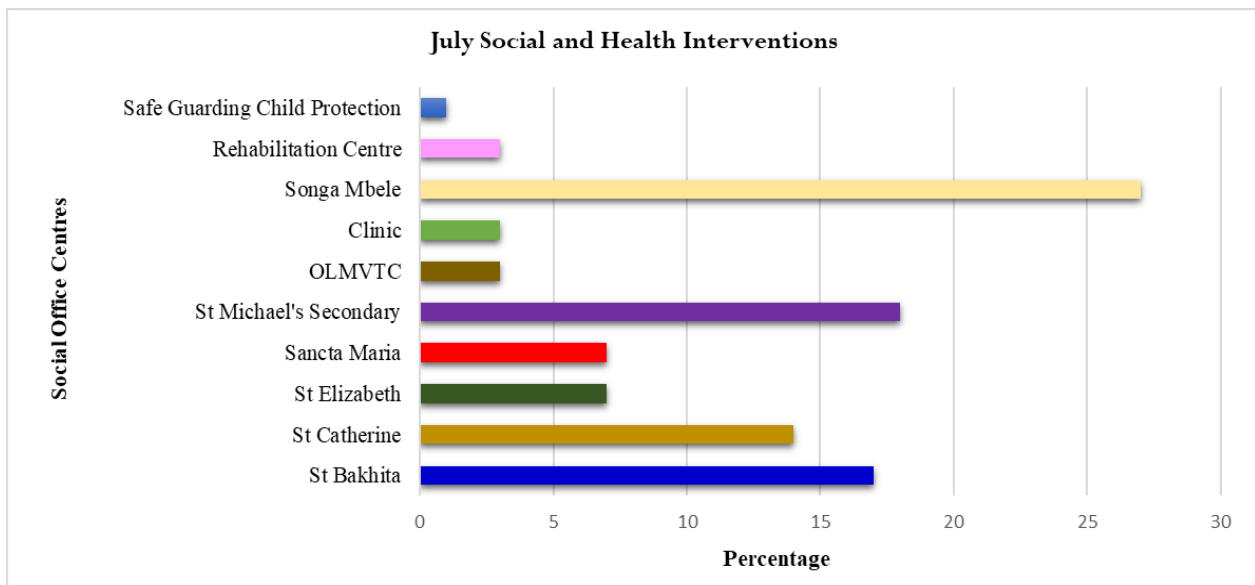


## Social and Health Services

### Activities In July

The ongoing economic challenges have had a significant impact on families in Mukuru, resulting in widespread food insecurity, household instability, and the closure of small-scale businesses. In response to these urgent issues, our social office teams identified food distribution as a crucial intervention in July. Distributions were conducted at various locations.

During the month, the social offices implemented a total of 1,984 interventions. Remarkably, 66% of these efforts were carried out through MPC's educational institutions, while 31% were conducted through MPC's Transformative Centres. The interventions primarily focused on key areas, including nutrition support, the distribution of food parcels, and the provision of medical care. These efforts aim to address the immediate needs of families while also working towards long-term stability and well-being in the community.



The monthly feeding program at St. Catherine's Social Office, along with the targeted food package distribution at our Head Office, has remained consistent in providing vital nutrition to vulnerable households. Our school lunch program has continued uninterrupted. The feeding program will be maintained throughout the August school holidays to ensure that children from the most vulnerable families do not go hungry during the break. Your ongoing generosity is crucial to these initiatives. It has allowed us to prepare for targeted outreach by stocking the food store at the Head Office with dry food items and sanitary towels.



*A community member receives a parcel of food*



*St Bakhita Home visit*



*a parent, who received a few blankets*



*CPO beneficiary with a start-up selling charcoal*

Some of the social workers and therapists collaborated on a visit to CURE International Hospital in Kijabe, where they accompanied children with disabilities for orthopaedic care. We are hopeful and optimistic that this marks the beginning of a meaningful partnership that will enhance the quality of life and mobility for many of our children with disabilities.

In education, we remain grateful for the ongoing sponsorship of vulnerable children in our primary schools by Whistle Foundation, Ireland and the invaluable support of other anonymous sponsors. Additionally, we are pleased to share that Micato-AmericaShare has committed to providing uniforms for 300 children, a significant boost for families struggling with back-to-school costs.



*BA Crewmembers bring cases of donations for the St Catherine's Social Office for distribution*



*St Catherine's Primary pupils with their donated learning materials.*

While the pressures of the economic downturn remain evident, we were encouraged to observe a slight decline in school absenteeism this month—an early sign that our household interventions are making a difference. Still, sickness and domestic instability continue to challenge regular attendance, particularly among children in high-risk homes.





*Parents of sick children receive a monthly food parcel courtesy of Pablo Hortsman Foundation*



*Donation of beds*

To all our partners and donors: thank you for your support. Your contributions are not only helping us address urgent needs but also bringing hope and dignity to families striving for a better future. Due to fires, floods and demolitions, hundreds of families have lost everything. MPC is working to provide these desperately needy families with essential supplies. For example, a parent at St. Michael's Secondary School has received two beds for his family.

Donna Murray dedicated two meaningful weeks late June / July to volunteer at MPC, a visit that had been a year in the making. During her preparatory time, she engaged extensively with communities across Northern Ireland, raising awareness about the mission of MPC. Through her passionate outreach, she garnered support from numerous individuals who generously contributed both in-kind donations and financial assistance for various programs at MPC.



*Sr Barbara, Rosemary and Donna at St Catherine's Social Office*

Although Donna has been a part of other groups visiting MPC over the last seven years, this trip was particularly special as it marked her first solo journey to the Centre. Her commitment and hard work truly shone through, making her time at MPC a remarkable experience. We extend our heartfelt gratitude to everyone who supported her efforts in raising funds for these vital programs, as their generosity continues to make a difference.



## Mary Immaculate Clinic

### Activities In July

July demonstrated that the Clinic's services are designed to take action in the face of need, show resilience in the face of challenges, and extend compassion in times of suffering. The current economic conditions in the country are leading to an increase in the number of needy cases. During this month, the Clinic treated a total of 2,731 patients. Of these, females constituted 61% and males made up 39%. Notably, children represented half of all patients, with 1,377 paediatric cases, highlighting the significant burden of illness among children in the slums.

The laboratory conducted 1,364 tests, averaging 68 tests per day, of which 569 were paediatric cases. Our maternal health services remained robust, fully supported by donors and provided at no cost to the patients:

- 187 mothers attended antenatal care (ANC) visits.
- 136 immunisations were administered.
- 19 PNC visits recorded.
- 117 ANC mothers received free ultrasound scans.

The free ultrasound service is a vital resource, as it allows for the early detection of pregnancy complications. This service facilitates timely interventions that can save both mothers and their babies. In the slums, where many cannot afford such scans, this support can mean the difference between life and death. The Clinic also performed scans for six paediatric cases and 15 outpatients, managing their conditions promptly; early detection led to improved treatment outcomes.

One new mother came in for her first pregnancy check, where our free ultrasound detected early signs of preeclampsia. We monitored her closely until delivery. Today, both she and her baby are healthy. Her words reflect the impact of our service: "I could never have afforded this scan anywhere else. You gave me my baby and my life back."

One of our nurses participated in a Ministry of Health training session conducted by the Sub-County Public Health Nurse on the Typhoid Conjugate Vaccine (TCV). This training follows the successful campaigns for measles and typhoid vaccinations. The Expanded Programme on Immunisation (EPI) now plans to include the TVC in routine immunisation at 9 months of age. Attending such Government training sessions strengthens our capacity by ensuring that our staff is prepared for the rollout of life-saving vaccines. Additionally, it helps us stay aligned with national health priorities.



*Typhoid Vaccine MoH Training*

The Clinic welcomed visitors from its partners, the Pablo Horstmann Foundation and DKA Austria. During their visit, they met patients, listened to their stories, and discussed the challenges we face. These stories, often filled with hope and resilience, also carry the weight of our clinical challenges. DKA Austria came to our site to gain a deeper understanding of our situation. Experiencing the conditions firsthand strengthens the bond that supports our work. The stories shared on the ground convey more meaning than statistics ever could, evoking a sense of empathy and connection to our mission.

The Continuous Medical Education (CME) program is a vital component of our Clinic's professional development strategy. It empowers our staff to make swift, well-informed decisions in emergencies, thereby enhancing our emergency response capabilities. This training has been particularly practical in stabilising patients before they are referred to the National Hospital. Unfortunately, not all cases result in survival. A severely malnourished man suffering from pneumonia was abandoned at the Clinic gate. Despite receiving immediate care and being referred for further treatment, he did not survive.



*Staff assist a homeless man with a referral.*



*Nurse CME on Wound care*

During July, the Continuing Medical Education (CME) sessions covered a range of essential topics designed to enhance the skills and knowledge of the staff. These sessions included Advanced Wound Care, which focused on contemporary techniques for effectively managing various types of wounds. The Shock I and II courses delved into the critical assessment and management of patients experiencing shock, providing essential insights for emergency response.

Participants also engaged in Urinalysis Interpretation, learning how to accurately analyse and interpret lab results. The Principles of HIV Testing was another key session, outlining best practices and guidelines for testing and counselling. Additionally, Paediatric Basic Life Support equipped staff with vital skills necessary to respond to emergencies involving children.

Additionally, the training included an overview of Tuberculosis medications, emphasising their importance in treatment regimens, as well as a session on Paediatric Urinary Tract Infections, which addressed diagnosis and management in young patients. To wrap up the month, a Clinical Case Recap & Integrated Learning session allowed staff to synthesise their knowledge and experiences.

The Clinic is deeply appreciative of the Pablo Horstmann Foundation for the excellent training provided to the staff, which significantly contributes to their professional development and enhances patient care.

The three leading causes of death in Kenya are Tuberculosis (59.7), HIV/AIDS (40.1), and Lower Respiratory infections (37.6). All of these diseases are treated at the Clinic (source: Macrotrends.net).



*Dr Alba in the Simulation exercise*

We are truly grateful for the kindness and generosity shown by all our visitors at the Clinic. In July, we were fortunate to receive thoughtful donations from the dedicated crewmembers of British Airways. This remarkable show of support highlights how compassion can cross all boundaries and bring people together in meaningful ways. We extend our heartfelt thanks to everyone who contributed, as your generosity makes a significant difference in the lives of those we serve.



*British Airways Crew Donation*

One of our goals at the Clinic is to reduce the preventable maternal and child deaths. Kenya's infant mortality rate is 34.7 per 1,000 live births, and its under-five mortality rate is 41 deaths per 1,000 live births. The great concern is that the maternal mortality rate is 414 deaths per 100,000 live births. The primary causes of maternal mortality include postpartum haemorrhage, infections including HIV, hypertensive disease, and obstructed labour. These statistics are very high, and improving the training of the nurses and midwives will enhance the quality of life for slum residents (source: WHO).



## Primary Schools

### Activities In July

The Day of the African Child 2025 was celebrated in July at Busara Primary School in Embakasi. The theme for this event in Kenya, as well as across the continent, was "Planning and Budgeting for Children's Rights: Progress Since 2010." This theme emphasised the importance of prioritising children's needs in national budgets and development plans. Ten students from each MPC-sponsored primary school attended the event, accompanied by one teacher.

The end-of-term two assessments have recently taken place, marking a significant transition as schools close their doors for a well-deserved three-week holiday. However, this joyous occasion is overshadowed by an important announcement from the Government: the end of the free primary education program that had been in place since 2003. This decision, driven by financial constraints on funding education, means that parents will now face the additional burden of costs to support their children's education.

Within the 4 MPC primary schools, there is a vibrant community of 6,839 pupils enrolled. Unfortunately, many families are already struggling with the financial burden of non-tuition fees imposed by schools, with at least 35% of parents finding it difficult to keep up with these costs. This abrupt shift in policy is likely to exacerbate the challenges these families face, potentially leading to an increase in school dropout rates as parents struggle to fund their children's education.

School excursions bring classroom lessons to life by allowing students to see, touch, and experience what they are learning in a practical setting. The government typically allocates term two for school trips and other co-curricular activities. Recently, St. Bakhita Primary School took a group of Grade 9 students to Mt. Longonot, a stratovolcano located southeast of Lake Naivasha in the Great Rift Valley, for a geography study. During the trip, students learned that deep within the Earth, temperatures are so high that some rocks slowly melt, creating a thick, flowing substance known as 'Magma'. Excursions not only keep learners motivated but also spark their curiosity, making learning more enjoyable.



*Great Rift Valley excursion, St. Bakhita Primary School*

The term break gives teaching staff the chance to attend various meetings and workshops. The Mercy Education Office, demonstrating its commitment to promoting ethical leadership, organised a meeting for Headteachers and Deputy Headteachers. The purpose of the meeting was to emphasise the importance of leading with dignity and drawing inspiration from the virtue of integrity. Fr Joseph Baptist Nyamunga facilitated the workshop.

The workshop promoted a positive school culture, increased teacher morale, and improved overall school performance. When headteachers demonstrate ethical behaviour and treat their staff with respect, it fosters a sense of value and motivation among teachers. This, in turn, leads to higher job satisfaction and greater commitment to their roles, ultimately benefiting the entire school community.



*Headteachers and Deputy Headteachers workshop at Mercy Education Office*

Additional training workshops were conducted for teachers focusing on Positive Discipline Management and Child Protection and Safeguarding. These sessions, sponsored by the Irish National Teachers' Organisation and DKA Austria, aimed to equip teachers with the knowledge and skills necessary to manage student discipline through dialogue rather than punishment. Additionally, teachers learned how to identify students with behavioural issues and understand the procedures for reporting them.



*Child Protection and Positive Discipline Management professional development workshops*

The Kerrigan Cup tournament offers an opportunity for primary schools sponsored by 4 MPC to come together, share experiences, and compete in a friendly manner. The tournament offers students a valuable opportunity to develop positive traits beyond just athletic skills, including teamwork, discipline, respect, fair play, and perseverance. It also fosters a sense of community and pride among the students. The event is well-anticipated with great excitement by the students as it's in its 20th year, thanks to Waves Trust, which sponsors the tournament each year. After a round-robin format, St. Bakhita's boys and girls teams emerged as the winners of the Kerrigan Cup 2025.



*Kerrigan Cup tournament girls' match: St. Elizabeth and St. Catherine girls*

Donor visits present a unique opportunity for organisations to strengthen their relationships with donors, fostering trust and long-term partnerships. The DKA study tour group had the opportunity to visit MPC projects, gaining a clear understanding of the complex work being done. During their visit, the group shared experiences and interacted with children at various educational levels. This unique experience not only highlighted the tangible impact of their contributions but also increased engagement and the potential for continued support.



*DKA study tour visit at St. Catherine Primary school*

The Irish National Teachers' Organisation (INTO) provided financial support to MPC to help needy children obtain school uniforms and learning materials. This assistance was invaluable for students whose self-esteem had been affected by the condition of their uniforms. It positively impacted their learning by reducing absenteeism, fostering a sense of community, and promoting an emphasis on academics. Additionally, it significantly reduced peer pressure, creating a safer and more supportive environment. Students welcomed this change and committed to working harder in response.





*Sr Barbara and St Catherine's pupils*



*INTO uniform and stationary distribution in schools*

A Mass was held to celebrate the conclusion of the second academic term, serving as a moment for spiritual reflection and gratitude for our achievements. It provided students, teachers, and parents with the opportunity to seek blessings for the upcoming break. During this time, the priest emphasised the vital importance of positive values, peace, and unity within our school community, inspiring everyone to embody these ideals throughout the holiday season.



*Mass at St. Elizabeth Primary School*



Another activity that occurs during term breaks is the repair and maintenance of the schools. The gabions are effective in preventing soil erosion on slopes, particularly in areas prone to landslides or where the soil is unstable. They are primarily used as retaining walls. The installation of gabions on the riparian land of St. Bakhita Primary School resumed this month and has now been completed, ensuring that the area is secure from erosion.

*Gabions on the corner of St Bakhita, St Michael's and Ngong River*

In March, April, and May 2024, during the heavy rains, a section of the wall at St. Elizabeth Primary School collapsed. This left the school exposed to the community and increased the risk of theft. In response, the head teacher covered the open area with iron sheets to deter intruders. However, later that month, the makeshift barrier was vandalised, and seven computers were stolen, involving some students and community members. Five of the stolen computers have since been recovered, but two remain missing. The headteacher is currently working with local authorities to identify and apprehend the culprits.

## St Michael's Secondary School

### Activities In July

July was a month of vibrant activities at St. Michael's Secondary School, all made possible by the active participation of our 448 students. They were involved in a range of initiatives, from academic excursions to environmental action, as well as spiritual growth and community engagement. Their enthusiasm and dedication were instrumental in contributing to their holistic development. We extend our heartfelt appreciation to all stakeholders, teachers, staff, students, and partners for their support that made these events a success.

During this month, St. Michael's hosted representatives from DKA Austria, who assessed the progress of the DKA-funded projects. They interacted with both students and staff, exploring potential avenues for future collaboration and continued support. This visit not only fostered a sense of appreciation and encouragement within the school but also opened up exciting possibilities for future cooperation, which we are eager to explore.



*DKA Representatives at St Michael's*

The Mathematics contest was held at Precious Blood School in Riruta, gathering bright and passionate students from various secondary schools across the region. Five Form 4 students were selected to represent St. Michael's due to their outstanding interest and aptitude in mathematics. They were accompanied by two teachers who provided guidance and support throughout the event.



The competition included both individual and team-based problem-solving activities, focusing on key topics from the secondary school Mathematics syllabus. The environment was intellectually stimulating, with students demonstrating speed, accuracy, and logical reasoning in a highly competitive setting. We are proud to announce that our school received a certificate in recognition of our exemplary performance during the contest. This achievement reflects the dedication of both our students and teachers.

*L-R Kennedy Nyaor, Yusef Mahmud, Miriam Muthoka, Maureen Waithera, and Faiza Ketheu.*



The excursion to the National Assembly and Kenya National Archives involved 93 students and four teachers, aiming to deepen students' understanding of the people who shaped Kenya in the history curriculum as well as Kenya's political structure. During the visit, students observed a live parliamentary session from both the Speaker's Gallery and the public galleries. They learned about the legislative process, including how bills are introduced, debated, and passed.

The second part of the tour took place at the National Archives, where students engaged with historical documents and artifacts, gaining a unique and enriching perspective on Kenya's heritage. Overall, the trip was highly educational and provided invaluable real-world learning experiences beyond the classroom, offering a unique learning opportunity.



*Visit to the National Assembly and National Archives*

As part of the Scouts' outdoor adventure program, the school organised a successful hiking expedition to Ngong Hills. This activity aimed to foster resilience, build teamwork, and cultivate a deeper appreciation for nature among the students. A team of 13 enthusiastic students was accompanied by four dedicated staff members: Ms Shielder, Mr Eteye, Mr Biko, and Mr Dickson, whose guidance was instrumental in the expedition's success.

Throughout the expedition, the students not only exhibited remarkable discipline and cooperation but also a buoyant spirit. The weather conditions were favourable, the scenic views of Ngong Hills were breathtaking, and the overall experience proved to be both refreshing and enriching for all involved.



*St Michael's Scouts' Ngong Hiking Trip.*



As part of its impactful Corporate Social Responsibility (CSR) initiative, ABSA Bank organised a vibrant visit to St. Michael's School, where they conducted a rewarding tree-planting exercise alongside engaging mentorship sessions. A spirited group of Form 4 students took the opportunity to participate in this hands-on activity just before their final examinations, channelling their energy towards promoting environmental sustainability. Under the guidance of dedicated ABSA staff, the students and teachers collaborated to plant over 77 trees across the school grounds, transforming the landscape with lush greenery.

In addition to the physical labour, the day was enriched with personal mentorship and motivational talks, designed to inspire and empower the students as they prepare for their careers. This comprehensive experience not only reinforced the importance of giving back to the community but also provided invaluable insights into future career paths, making the day truly memorable for everyone involved.



*Students planting trees*



*Some ABSA staff members*

At St. Michael's, spirituality and faith formation hold significant value. The school is fortunate to have parish priests from Our Lady Queen of Peace, who spend time with students and staff, offering Mass. At the beginning of a new term, Fr. Paulinhos led the Mass, providing everyone with moments of reflection, unity, and gratitude to God for His guidance and protection throughout the term. It was a peaceful and spiritually uplifting event that fostered a sense of unity within the entire school community.



*Fr Paulinhos during his homily*

## Our Lady of Mercy Vocational Training Centre

### Activities In July

The learning intensified, and continuous assessment tests were conducted in July to prepare the 266 students enrolled in one of the 10 courses for the end-of-term exams. Class attendance was reasonable and consistent, although there was some absenteeism due to illnesses and nationwide political demonstrations. MPC, being a faith-based institution, held Mass celebrated by Fr. Joseph Kientga, MAfr, before the start of the end-of-term exams, where students were encouraged to stay focused during their exams and the August school holiday.



*OLMVTC Students and Staff*



*Fr Joseph Kientga M.Afr*

The Cohort 1 students at Kibondeni held their monthly meeting to share their experiences and discuss any challenges they may be facing. Additionally, the MPC met with Kibondeni management to ensure the well-being of the students and the program as a whole. The students received positive feedback regarding their attitude and effort from KWAL.



*Sr Christine addresses Kibondeni students*



*Cohort 1 Kibondeni*



MPC had the opportunity to bid farewell to three KWAL staff members and welcome the new team, who will oversee the technical aspects of the programme.



*KWAL Team  
Leader Eric  
Kithue  
addresses the  
catering  
students*



OLMVTC provides opportunities for students to discover and develop their talents in addition to pursuing their career specialisations. For the first time, the Centre organised a 'Talent Day,' where students participated in various performances to showcase their skills. This was a one-day event during which the titles of Mr. and Miss "Our Lady of Mercy Vocational Training Centre" for 2025/2026 were awarded.



*Talent Day Activities*



We have learned from experience that some former students struggle to find employment or start their businesses after completing their courses. Follow-up assessments revealed that either the course they chose did not align with their passions, or they found it challenging to apply the skills they acquired. To address this issue, Dr. Juma Benson from Talent-Based Learning CAMPUS delivered a presentation and awareness session. He emphasised that individuals can attain a Diploma, Bachelor's, Master's, or Doctoral Degree based on their talents, life experiences, and work experience, following appropriate assessment and training.



*Sr Anne Itotia addresses the OLMVTC students*



*Dr Juman Benson*



*Talent Training Session*

The mentorship program, focused on gender and conflict management, was facilitated by the Legal team in the Probation Department, based at Jomo Kenyatta International Airport (JKIA). This initiative arose from the students' own experiences, as many had been victims of circumstances or had encountered challenging events in society. The program aimed to educate individuals about case reporting procedures and to encourage them to report incidents. Its objective was to ensure that students understood their rights and the responsibilities that accompany those rights.



*JKIA Legal Team*



## Monthly Practicals



*Garment making*



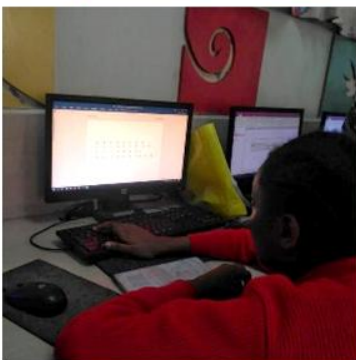
*Preparing main meal*



*Silver Service*



*Carpentry*



*Computer classes*



*Welding class joining the door*



## Songa Mbele na Masomo Children's Centre

### Activities In July

The children's activities continued in July across different units at the Centre. In July, several training sessions were held to help parents become better equipped, enabling them to provide greater flexibility when caring for their children with disabilities.

An introductory financial literacy training session was conducted by Evans Maumo from AdvisorGuru ENT Kenya, attended by 12 parents who received support through a small business kit. This initiative aims to help these parents better meet their families' needs. The training, facilitated by CDSK – Cheshire Disability Services Kenya, focused on equipping parents of children with disabilities with essential financial management skills for their small businesses. As a result of the training, most parents gained valuable knowledge and became well-versed in managing their small businesses effectively.



*During a basic financial literacy training*

Forty-five parents attended a one-day training on Autism Spectrum Disorder (ASD), behaviour management, and diet for autistic children. Celine Omondi facilitated the session from Avi Disability and Rehab. This training provided parents with a deeper understanding of autism, enabling them to respond to their children's unique needs with greater confidence and empathy. The discussion on diet was particularly enlightening, emphasising the role of nutrition and its effects on the behaviours, moods, and overall well-being of children with autism. The training created a sense of unity among parents, who felt heard, supported, and less alone in their caregiving journey through shared experiences.



*Autism Spectrum Disorder training at the Centre*



The Centre conducted a class meeting for children in the pre-vocational class/Unit 3, attended by 12 parents and guardians. The discussion covered several important topics, including cleanliness, children's transition to adolescence, puberty changes, behaviour modification, time management, and children's safety. Present at the meeting were social workers, the Acting Coordinator, an occupational therapist, and the class teacher.



*Pre-vocational class parents' meeting*

Ten children, accompanied by their parents, a physiotherapist, and a social worker, visited the Cure International Clinic in Kijabe for orthopaedic services. The children benefited from free orthopaedic assessments. Four children will receive orthopaedic devices, one child will be admitted for surgery in August, and the others will be reassessed in the following months. We also had the privilege to visit Lucy Mueni, who had surgery for a distal femoral osteotomy in July. The Centre will renew its visit next month to receive orthopaedic devices and provide more children with the opportunity for orthopaedic assessment.



*Lucy Mueni and her mother after the surgery*



*Parents with their children at Kijabe for orthopaedic services and reviews*

The "Dance for Youth with Disabilities" event, hosted by Special Education Professionals (SEP) at the Sarakasi Dome in Nairobi, Ngara, created a powerful and inclusive space for 26 children from the Centre. This platform allowed the children to express themselves freely, build confidence, and connect. Two teachers and a caregiver accompanied them. The event provided an opportunity for the children to showcase their talents and abilities, highlighting the importance of inclusion in the arts through movement, music, and dance.



*Children on the dance floor*

The Day of the African Child was celebrated on July 11, 2025, at the Songa Mbele na Masomo Children's Centre. The event was attended by 10-15 children from various MPC schools, accompanied by their teachers. MPC organised the celebrations in collaboration with the Mercy Education Office, which worked closely with MPC's Child Protection and Safeguarding Office. The theme for the day was "Planning and Budgeting for Children's Rights: Progress Since 2010." This celebration provided a platform for African children to express themselves through art, drama, music, and poetry, highlighting their voices on issues related to their rights and inclusion. The event emphasised the importance of raising awareness about children's rights and the need for ongoing support.

Notable attendees included Sr Mary Kanyi and Sr Caroline Kinuya from the Mercy Education Office; Kelvin Njeru and Shalom Lukeine from the Director of Children Services (DCS) office; Rael Ambana, an Inspector of Police (IP) from the Industrial Area Police Station; as well as Salome Masha and Sr Dorcas from the Child Protection and Safeguarding Office.



*Students from St. Catherine's Primary and Songa Mbele children perform during the International Day of the African Child*



The social worker visited a few schools to follow up on students, track their progress, and monitor their well-being and safety. This allowed the social workers to see the complete picture of a child's life at school, their interactions with others, and to enable early interventions before issues escalate. Most importantly, it provided a chance to act as a voice for the children.



*The three students who attend the School for the Blind are visually impaired.  
Dorcas on the left, Ebenezer with his brother Emmanuel in school*

The Centre held a Mass led by Father Binu from Our Lady Queen of Peace Parish. The Mass was attended by children, staff, and parents, bringing the entire Centre community together in a spirit of faith and unity. Father Binu encouraged the children to grow in love, kindness, and faith, emphasising the importance of including God in their daily lives. The learners participated in songs, while parents and teachers joined in the joy. The Mass played a vital role in strengthening the spiritual lives of the children and fostering a sense of belonging within a Christian community.



*Fr Binu celebrates Mass at Songa Mbele*



The Centre continued to receive generous donations from various well-wishers and supporters. These contributions played a vital role in supporting the Centre's mission to provide quality care, education, and therapy services to children with special needs. The donations included learning materials such as books, stationery, and toys; food items; personal hygiene products; and financial support through monetary contributions to sustain the program.

*Small Christian community  
from Our Lady Queen of Peace and donations from MPC*



Songa Mbele recently hosted a delegation from DKA Austria as part of their study tour in Kenya. The purpose of the visit was to help the donors gain a deeper understanding of the Centre's programs, their impact, and the experiences of children, particularly those with special needs from the slums. The group had the opportunity to engage with the families of these children through home visits, gaining insight into how the program at Songa has supported them and the challenges they face in raising children with disabilities in underprivileged communities. This visit was not only a source of encouragement for the staff and learners but also reinforced DKA Austria's ongoing solidarity and support.



*Visit by Vienna Delegation*



*Home visits conducted by social workers, accompanied by DKA study tour visitors to Harel Mungai and Fabian Itumo's home, both in Lungalunga.*

Volunteers play a vital role at the Centre in various capacities. In July, we had a total of nine volunteers: eight from our local institutions—RAFA, Missionary Sisters of Our Lady of the Sick (MSOLA), and Medlutek from Spain. Maria, a Spanish physiotherapist, began her volunteer work in the therapy department on July 28, 2025. She has become a valuable addition to the team at Songa, particularly in the therapy department, where she supports children with delayed developmental milestones. Maria introduces fresh techniques while also learning from the therapists at the Centre, fostering a reciprocal learning environment. We hope that her one-month volunteer experience will lead to significant positive changes in the lives of children with disabilities at the Centre.



*Donna spent time in the classroom, performed a lunchtime concert, and took on a tour at Songa Mbele*

This month, two children have made particularly significant improvements. Isaack Muinde, an 11-year-old student in Unit 1 with autism, has demonstrated notable progress in his eye-hand coordination and concentration. He is now able to place at least ten pegs in a pegboard. Steven Macharia, a 10-year-old also in Unit 1 with autism, has experienced an increase in his attention span. He can sit through all activities until they are completed. His eye-hand coordination and concentration have also improved, as he can now string at least 13 beads together.



*Isaack Muinde*



*Steven Macharia*



*Mark Muchina*

The Centre is excited to share the remarkable progress of 9-year-old Mark Muchina from Unit 1, who has cerebral palsy. Six months ago, during dynamic muscle intervention, Mark required bilateral support to walk short distances of about 10 meters. His gait was slow, characterised by frequent foot drags and falls, and he lacked reciprocal arm swing.

Now, after engaging in progressive standing and weight-bearing exercises, gait training on level surfaces, and balance drills, Mark can walk over 50 meters unassisted, using a stomping gait. He is also beginning to display emerging reciprocal arm swing. Additionally, his one-leg stance time has doubled, enabling him to support himself on one leg while walking for a brief period.

Also, another child who has shown exceptional improvement is Elizabeth Moraa from day care class born with cerebral palsy, who required full assistance for transfers and standing and had visual function limitations, she can now endure standing from the initial 10mins to a full one hour with minimal discomfort and has transited from reflexive palmar grasp to voluntary grasp and release of small objects and also can now sustain in participation of tactile toy exploration.

*Elizabeth Moraa*







*Adrian Mumo*

Adrian Mumo, a child in Intermediate 1, has shown consistent progress since his admission to the Centre. Initially, Adrian was unable to walk without support. However, in the last few months, he has become independent with the use of a posterior walker, and this month, he has taken a few steps without any support. He has been able to walk 3 meters on multiple occasions. Although his balance remains poor, it continues to improve with each session.

Meschak Musyoki is in the Intermediate 1 unit. He has dyskinetic cerebral palsy, which affects his muscle tone and causes involuntary movements during specific tasks. Recently, we have been focusing on improving his balance while standing and walking, gradually reducing the amount of support he needs. I am impressed that he has been able to walk a few meters with minimal assistance. Additionally, Meschak's cognitive abilities are remarkable; he can follow instructions in both Swahili and English and can correct his posture, gait, and movements when prompted.



*Physiotherapy and Occupational therapy sessions*



## Mary Immaculate Rehabilitation Centre

### Activities In July

It's a great joy to witness the success of rescued boys from the streets. In July, due to their passion and effort in playing the violin, three boys were selected to compete at the Sub-county, County, Regional, and eventually National levels in the music festivals. The competition was tough, but the boys performed exceptionally well. The Centre is very proud, as this is the first time the boys have reached the National level in Meru. The music program at the Centre is made possible by Team Paula and the National Symphony Orchestra of Ireland and Galway Co. Council Third World Fund.



*Boys practise their skills playing the violin*

The Centre is home to 58 boys, providing them with a nurturing environment where they can grow and thrive. Additionally, it offers ongoing support to 35 boys from previous years through generous sponsorships, ensuring they continue to receive the guidance they need. The reintegration processes at the Centre have shown remarkable progress, with noticeable improvements in both the boys' academic performance and their relationships with their family members. To celebrate this success and further motivate the boys, the Centre organised a heartfelt awards ceremony at the end of the term. This event recognised and encouraged each boy to reach their milestones, fostering a sense of accomplishment and community.



*Centre Awards ceremony*

The South African Women's Association visited the Centre to celebrate Mandela Day on 11th July. Family members led the activities and organised them into 67-minute segments to symbolise Nelson Mandela's 67 years of fighting for freedom. What better way to celebrate than with a rugby game!



*Rugby game with family members of the South African Women's Association*



The Centre received a visit from the DKA Austria study group in July. The group assisted with various classes, played some games and listened to the boys play some wonderful classical music pieces.

*DKA Study Tour Group help in class*

DKA Austria sponsored an insightful training session specifically designed for the rehabilitation staff, focusing on the topic of "Family Strengthening and Reintegration Processes" and facilitated by Mercy Chege from the DKA Office in Nairobi. This initiative aimed to deepen the staff's understanding of the various challenges faced during these critical phases. Throughout the session, staff explored multiple facets of recruitment, rehabilitation, and reintegration principles, enabling them to grasp the complexities involved in effectively supporting the boys and their families. Additionally, the social workers participated in childcare reforms for staff at the MPC, further enhancing their skills and knowledge in providing the best possible care for children in need.



*MIRC Staff training conducted by John from Mwangaza Rehab Centre.*

Team Paula has sponsored the art program for several years. Many of the boys enjoy creating artwork. They have produced wonderful drawings and crafted bracelets. When their creativity shines, they inspire all the younger boys to discover their hidden artistic talents. The boys are encouraged to keep doing their best, as these skills could lead to income-generating activities (IGAs) after they graduate from the program.



*Boys enjoy their art class.*





*Young boys find the best space to draw on the floor.*

The Art program serves as a powerful tool for rehabilitation, offering the boys a non-verbal outlet to express their emotions and cultivate self-awareness and self-esteem. The experts inform us that such a program fosters coping skills and resilience while enhancing cognitive abilities. In a safe, non-judgmental environment, the boys can confront trauma, navigate complex thoughts, and embrace a sense of control and accomplishment, all supporting their growth.

The Centre has built a remarkable reputation for its success in soccer over the years. In July, our talented boys showcased their skills by participating in a series of competitive matches, demonstrating impressive teamwork and determination. They faced off against formidable opponents, including South B United and Kerrigan, both of which are part of the network of schools supported by MPC. After a series of thrilling games, our boys secured the second-place position and were honoured with awards across various categories, reflecting their hard work and dedication on the field.



*Boys, together with their coach, after being awarded a certificate for the best-performing team*

To address the underlying issues in the boys' lives, counselling has proven to be beneficial. Most of the boys can share their traumatic experiences that led them to the streets, as well as their various life stories. The counsellor conducted both individualised and group sessions. Many of the boys who initially exhibited unruly and unusual behaviours have shown the ability to change and adhere to the rules and guidelines at the centre. Additionally, social workers and volunteers have been teaching life skills to enhance the boys' social interactions and help them relate more effectively to others after completing the rehabilitation program. While some boys initially struggled with low self-esteem, they now express themselves with confidence. They have also developed a sense of love and care for one another, treating each other like brothers.



*Group counselling led by Dr James from the Entwined group*

Catechism classes are held every Thursday and Friday by the parish catechists from Our Lady Queen of Peace parish. On Sundays, the boys attend Mass. Each evening, the Centre holds prayers before the boys go to bed to give thanks for all the positive aspects in their lives, especially the donors and partners. This has had a profound impact on the boys' lives, as they can learn Christian morals that will help guide them through life. They are also taught about behaviours and respecting seniors and everyone.



*Catechism class*



*Vegetable Garden ready for planting*

During the month, several formative activities were carried out, including tending to the vegetable garden and caring for the chickens and rabbits. The boys were actively involved in these tasks, demonstrating their eagerness to learn and contribute. In July, they worked on removing weeds from the vegetable patch and planting arrowroots. Additionally, they prepared the land to grow vegetables that will be used at the centre.

The boys love their role in feeding the rabbits and chickens! They find immense joy in ensuring each little animal is healthy and happy, taking their responsibility seriously. Starting the day with fresh eggs for breakfast is not just a tasty treat but also a fantastic way to kick off the morning. And on special occasions, everyone looks forward to the hearty rabbit stew served at the Centre; it's always a hit!



*Ramsey feeds the chickens*



*Some of the art students and Donna*

Some of the art students at the Rehab proudly displayed their talents for Donna. Impressed by their application, Donna shared some music with the boys and composed a heartfelt song that beautifully reflected the joyful experience they had together.



## Sponsorship Office

### Activities In July

The KWES-sponsored students proudly donned their new uniforms, each one a vibrant symbol of opportunity and hope. The beaming smiles that lit up their faces spoke volumes about their pride and excitement. This thoughtful initiative not only provided them with a sense of belonging but also ensured they were well-prepared to attend school with confidence and comfort. The fresh uniforms, sharp and tailored, marked a significant step towards their educational journey, allowing them to focus on their studies without the distraction of inadequate attire.



*Some KWES-sponsored students in their new school uniforms*



At the beginning of a new term, the Office processes all school fees for the 836 students enrolled in the sponsorship program. This number has been increasing each year, thanks to your generosity. The sponsorship provides significant relief to the students and their parents, as it ensures uninterrupted learning for the beneficiaries and reaffirms your commitment to their education.

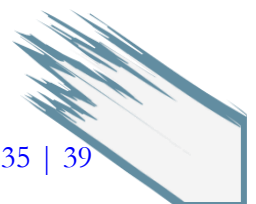
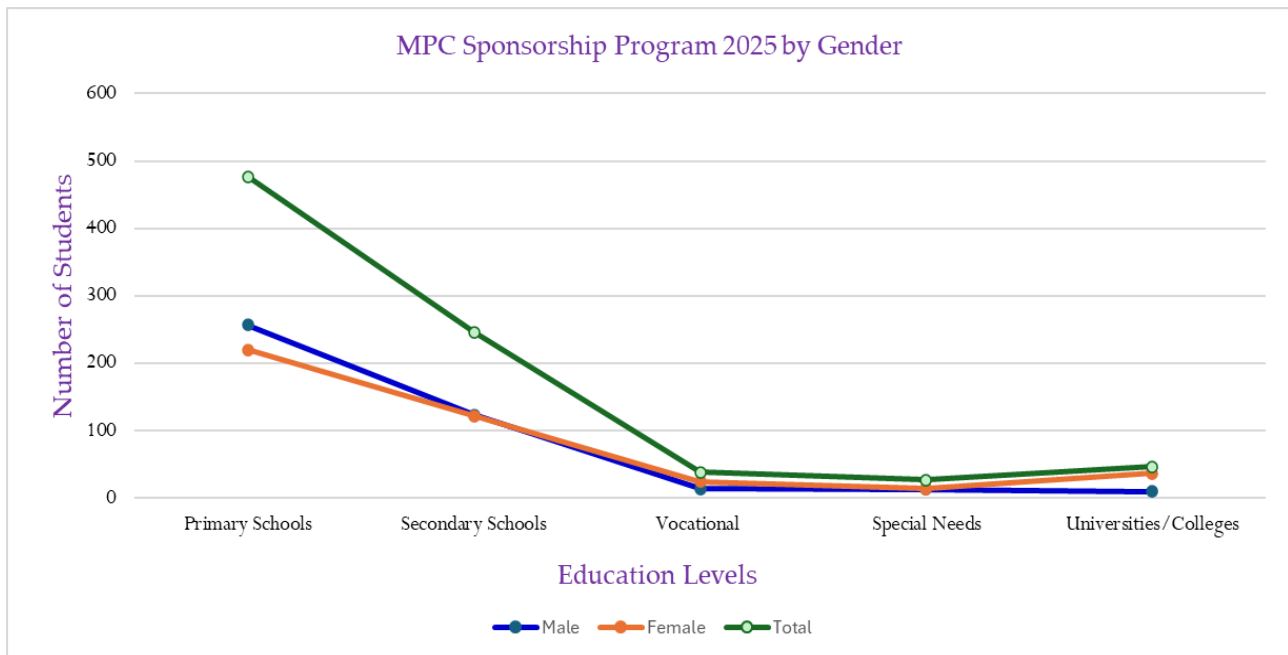
To enhance communication and appreciation for our donors, the Sponsorship Office organised the writing of thank-you letters by sponsored students at St. Catherine Primary School, supported by Friends of Mukuru WA, and at St. Michael's Secondary School. These letters, written at the end of Term Two, serve as heartfelt expressions of gratitude to our generous sponsors for their continued support.



*St. Catherine's Primary students writing their end-of-term appreciation letters*



In July, we engaged in meaningful collaboration among schools, dedicated students, and the Sponsorship Office to provide comprehensive support for sponsored students. Our efforts were aimed at ensuring that these children received not only academic assistance but also necessary material resources and emotional encouragement. We extend our heartfelt gratitude to our partners and sponsors, whose steadfast commitment plays a crucial role in positively transforming the lives of children in Mukuru, offering them hope and a brighter future.





## Announcements

### July 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. This month, the MPC Head Office remained dedicated to supporting its programs and the Mukuru community, despite ongoing challenges such as rising living costs and national unrest. The team worked diligently to ensure continued operations and provide essential services to those in need.

**40** MPC welcomed members of the Pablo Horstmann Foundation, who fund most of the Clinic's operations. The purpose of their visit was to observe and assess the Clinic's daily activities and gain a better understanding of how their support impacts the lives of Mukuru residents. Their presence provided an opportunity for meaningful engagement with both the staff and the local community, many of whom rely heavily on the Clinic for essential healthcare services.

The visit also reinforced the ongoing partnership between the Pablo Horstmann Foundation and MPC, highlighting their shared commitment to improving the well-being of vulnerable families in Mukuru.



*Pablo Horstmann members with the management staff at the Head Office.*

**40** The work on the gabions has progressed significantly this month, focusing on both the wall and the base along the riverbank. This effort is part of a larger initiative to enhance flood control measures and protect the perimeter walls of St. Bakhita and St. Michael's from erosion and water damage, particularly during periods of heavy rainfall. We are grateful to the Irish Embassy, Greater Milwaukee Foundation, and our Spanish friends for funding this fragile project.



*Extension of the gabions*

40 Sr Lilian Misario visited the Head Office and generously donated a variety of clothing to the Social Office Department, a Unit she knows well from her previous experience as the Safeguarding Officer. Her contribution will significantly help vulnerable individuals and families in the Mukuru community who urgently need clothing and basic necessities. We sincerely appreciate her continued connection and support.



*Mary Kanana with Sr Lilian*

40 British Airways crewmembers recently visited the Head Office to generously donate a variety of items, including toys, clothes, and books, to MPC. During their visit, they made a special stop at OLMVTC to donate much-needed hairdressing and beauty equipment for students' practical training. The crew took the time to engage warmly with the students, offering words of encouragement and showing genuine interest in their work and aspirations. Their visit not only provided valuable resources but also inspired both staff and students with their kindness and support.





*British Airways crew visit the Head Office and its OLMVTC*

40 The Heads of Department (HODs) meeting was recently held, bringing together all departmental heads to discuss key organisational updates, share progress, and align on strategic priorities. In addition to the meeting, a specialised training session was conducted separately for the HODs, focusing on financial budgeting. The training aimed to strengthen their capacity in planning, managing, and monitoring departmental budgets effectively.



*HODs training underway*

# Mukuru Promotion Centre

Empowerment Step by Step

*Ministry of the Sisters of Mercy*

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# 40 Years Anniversary

[www.mercymukuru.co.ke](http://www.mercymukuru.co.ke)

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