

Mukuru Promotion Centre

August NEWSLETTER

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JOURNEYING 40 YEARS WITH THE MUKURU COMMUNITY

MPC DIRECTOR

Dear Partners, Supporters, Family and Friends,

Thank you to all who support the feeding of people in dire need. Your contributions are invaluable and integral to our community's survival. We hope that the local economy will improve and that those who have been evicted in recent years will regain their livelihoods and secure adequate housing. It is challenging for small businesses to survive at present. Nonetheless, we continue to support those without income, helping them find ways to support themselves and their families in the absence of employment opportunities.

There is intense competition for the affordable apartments built by the Government, funded by taxes collected from both employers and employees. Many workers are unhappy with this additional taxation, as there is no guarantee they will ever be allocated houses or apartments. Of the thousand apartments constructed nearby, very few former residents of Mukuru are said to have secured one. Still, the official announcement states that these apartments are intended to replace the Mukuru Informal Settlements. In Mukuru kwa Njenga, large-scale evictions occurred near Christmas a few years ago. We have heard that the Government plans to build thousands of affordable apartments there. We hope many residents of the Mukuru Informal Settlements will be allocated these units. Our health services have improved significantly due to the support of various donors and our dedicated staff.

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However, the overall health services in the country and in Nairobi continue to decline for the poor. Without payment, almost no services are available to them. We do what we can. It is disheartening to see that the free Government services that were once available are no longer accessible. The National Health Insurance Fund, to which we all contribute, should function effectively. Unfortunately, due to corruption, billions of shillings have been misappropriated, disappearing into non-existent health centres and hospitals. In contrast, many hospitals refuse to accept the insurance card because they have not been reimbursed for previous months.

The situation in education is nearly as dire. Schools have not received their allocations from the Government for the third term. Students are often sent home for funds for exams and other essential needs, such as paying absent staff. The demands placed on students continue to rise, with some headteachers making excessive requests. When parents lack financial resources, their children often drop out of school. It is disheartening to see the increasing number of children on the streets around the city.

Recognising the growing poverty in the informal sector, the Government has established a scheme to assist. They have established a fund for young people who help clean the villages and rivers. Unfortunately, this has had a negative impact on us, as 20 students from Form 4, who are preparing for their exams in November, are instead doing casual work rather than attending classes. Many vocational students are also absent. We understand the difficult choices these students and their families must make due to financial strain, which can impact their academic performance. It is challenging to blame the students when family income is so limited. While the work provides immediate financial relief, achieving academic success offers long-term benefits. Those struggling at present find it hard to sacrifice for their future when only short-term gains are available. Hunger and shelter are the more immediate issues for them.

Amidst all the challenges we face, it is uplifting to see the positive work being done at the rehabilitation centre, the vocational training centre, St. Michael's, Songa Mbele, the clinic, and the four primary schools. We are deeply grateful for your efforts, which reflect the value you place on our mission and the impact you have on the lives of those we serve. Together, we bring hope to those enduring difficult times. We pray for improvements in Kenya's economy and for better services for those in need. Together, we are creating brighter futures for these young people, one step at a time. I am pleased to share this month's updates on happenings at MPC.

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

Sr Mary Killeen
Director

Archival Corner

“Leo Katika Historia – Today in History”



August 7, 1998

Bomb Blast in Nairobi, Kenya, and Dar Es Salaam, Tanzania

Born in 1957 in Saudi Arabia, **Osama bin Laden** was the son of a wealthy Saudi businessman. Following the Soviet Union’s invasion of Afghanistan in late 1979, bin Laden began providing financial and logistical support to the Islamic fighters battling the Soviets.

In 1988, after Soviet forces were defeated and withdrew from Afghanistan, bin Laden founded an organisation called **al Qaeda, or “the Base,”** to continue the cause of jihad (**holy war**) through violence and aggression. During this time, bin Laden was becoming increasingly hostile to the United States. In particular, he opposed the U.S. military presence in Saudi Arabia and Somalia. He sought to drive the USA’s personnel out of these areas by force, portraying himself as the Islamic Leader who would bomb everyone who was perceived to be resistant to his ideology.

To drive a warning to the US Government under by then President William Jefferson Clinton, On August 7, 1998, in nearly simultaneous bombs blew up in front of the American embassies in Nairobi, Kenya, and Dar es Salaam, Tanzania at around 10:30 am East African Time claiming 224 lives including 12 Americans while more than 4,500 people had different degrees of injuries from the bombing most of which were life-threatening. By then, the US Embassy in Kenya was located along Haile Sellasie Avenue in Nairobi, which was later converted into a memorial park called **August 7th Memorial Park** in commemoration of all the victims of the 1998 Bomb Blast. The lives of the majority of the victims and their relatives in this tragic event, among other terrorist events, were left with life-threatening injuries, along with mental and psychological problems. Effects from these events’ emissions, including air pollution as a result of carbon emissions, have played a part in increasing cases of cancer and autism spectrum disorder, especially within the Mukuru Slums and their surroundings.

Mukuru Promotion Centre, through its donor, has been supporting some of these autistic children through Songa Mbele Na Masomo as well as offering medical support to various cancer patients in our schools. A special mention to all our donors and partners for being part and parcel of touching the lives of these innocent creatures who unfortunately became victims of these human-instigated events, such as the August 7, 1998, Bomb blast.

Social and Health Services

Activities In August

The ongoing economic challenges continue to cast a heavy shadow over families in Mukuru, manifesting in food insecurity, household instability, and the alarming collapse of small-scale businesses, with 41% of the August interventions connected with food. These pressing issues remain at the forefront of our social concerns. Throughout the August holidays, our interventions focused intently on providing essential nourishment, while we also paid close attention to broader national developments that promise transformation for informal settlements like ours.

Food distribution was a crucial component of our efforts this month, underpinned by our invaluable partnerships. Through our collaboration with Fondo Don Makario, our feeding program at St. Catherine's Social Office, along with carefully targeted food distribution packages at our Head Office, successfully reached vulnerable students, struggling families, and community members in dire need of nutrition. Furthermore, the Pablo Horstman Foundation has graciously enabled us to extend vital specialised food support to sick children and their families, as well as mothers enrolled in antenatal and postnatal programs. This ensures that these fragile households, facing numerous challenges, are not overlooked. Our school lunch program, funded by Pankaj and Fondo Don Makario, continued seamlessly throughout the August school holidays, providing a steady source of nourishment that ensured children from the most vulnerable homes remained fed during their time away from school.



School holiday lunch program

In addition to food distribution, our mentorship and training sessions, primarily funded by DKA Austria, have experienced remarkable growth this month. These sessions are designed to empower young people with essential knowledge, practical skills, and a sense of resilience, equipping them with the tools necessary to navigate the harsh realities of their economic environment. The expansion of these sessions is not only a clear indicator of progress but also a beacon of hope, signalling that more young individuals are gaining access to the resources they need to forge a brighter future.

On a national scale, August brought a wave of significant announcements regarding affordable housing and slum upgrading initiatives. The government proudly launched the first phase of the Mukuru Affordable Housing Project, which includes ambitious plans to construct an additional 15,000 housing units in Mukuru kwa Njenga. Coupled with this initiative, the promise of Information and Communication Technology (ICT) hubs and job opportunities for local youth represents a positive stride toward the long-term transformation of informal settlements. While these plans are still in their infancy, they hold immense potential to enhance the living conditions and economic prospects of our communities in the years to come.

As these national initiatives begin to take shape, the Mukuru Promotion Centre is diligently preparing to align our social services with emerging opportunities in affordable housing, youth training, and digital inclusion. By strategically positioning our community programs to complement government-led infrastructure and employment initiatives, we aim to ensure that residents of Mukuru can directly benefit from these wider reforms. This approach seeks to build resilience not just for today, but for a more sustainable future.



We remain profoundly grateful for the unwavering generosity of our partners. Your support ensures that, despite the immense daily struggles families face, they are not left without assistance, dignity, or hope. Each meal served, every child mentored, and each family supported reflects the deep compassion that drives your giving. Your support is invaluable, and we extend our heartfelt gratitude for your continued commitment to our cause.

St Catherine's Social Office



Beneficiaries to business startups set up last November are visited to conduct a business progress report

Mary Immaculate Clinic

Activities In August

August is generally regarded as a school holiday month. However, the Clinic experienced an extraordinary surge in activity, treating a remarkable 2,399 patients—an average of 120 individuals each day. Among these patients, over half (52%) were children, reflecting a strong demand for pediatric care. The laboratory buzzed with productivity, conducting 1,190 tests; notably, 40% were designated for our young patients. The patient demographics showcased a female-to-male ratio of 60:40, highlighting the diverse community we serve. In addition, the Clinic successfully immunised 222 children, provided care for 173 antenatal cases, addressed 28 postnatal cases, and conducted 103 ultrasounds for expectant mothers, ensuring comprehensive maternal and child health services.

The current landscape is challenging, as the Clinic is stretched thin to meet the growing demand for medical services. This is predominantly due to the ongoing health workers' strike in the country, which has left many hospitals unable to accept referrals. As a result, our facility has become an essential lifeline for patients who would usually be directed to other healthcare establishments. This surge in demand has significantly increased both our patient load and the strain on our resources. We are witnessing a consistent rise in patients suffering from hypertension and diabetes, many of whom come from underprivileged backgrounds and desperately require both medical care and nutritional support. While we proudly offer free pediatric care, certain children and adults still need advanced treatments that can only be obtained through referrals, a gap that we cannot address due to our registration level.

Recently, we held a crucial engagement meeting with several tuberculosis (TB) patients to discuss the substantial challenges they face in adhering to their medication. These challenges include debilitating side effects, the stigma associated with their condition, poor nutritional status, and the complexities involved in managing both HIV and TB simultaneously. In response, we proposed launching a quarterly support group that is linked to nutritional assistance, alongside establishing a feedback mechanism designed to foster ongoing patient engagement and support. Moreover, we frequently encounter street families who arrive at the Clinic with injuries requiring daily wound dressings. These individuals face not only health challenges but also profound social issues; they need food and a sense of dignity in their lives. Unfortunately, many arrive without any money, as the meagre income they earn from collecting recyclables like papers and bottles is often inadequate to meet their basic living expenses.



Clinical Officer addresses TB Patients



CCC team tackling the HIV and TB link

The Clinic has continued its Continuous Medical Education (CME) sessions to empower staff. These sessions engage staff in a wide range of topics to enhance their clinical knowledge and practical skills in managing both common and complex conditions, particularly in low-resource settings.

The clinical staff explored several essential topics, including Patient Handling and Mobility, Fluid Management, Gastrointestinal Disorders, and Neonatal Emergencies. The CME sessions have significantly improved staff competence in recognizing and managing critical conditions. They have enhanced practical skills such as fluid therapy and safe patient handling, and strengthened clinical reasoning, especially in resource-limited environments.



As a result, staff members can now make timely, evidence-based decisions, which is crucial in underserved slum communities. Patients are benefiting from improved diagnosis and prompt treatment, safer care practices, better management of common illnesses like diarrhea, and tailored interventions for pediatric and neonatal care. Furthermore, the integration of holistic care approaches, such as nutrition and chronic disease management, is leading to better long-term health outcomes.

Staff in C.M.E Training

Beneath the numbers lie poignant narratives that reveal the actual impact of our work. Each statistic tells the story of a child who has been treated for a preventable disease, a mother who has found vital support, or a family that has regained its dignity through compassionate care. The dedication of MPC is illuminated by the generous contributions of the Pablo Horstmann Foundation, which has made it possible to offer free pediatric care, essential nutritional support, necessary medications, and extensive training for our entire clinic staff. Their partnership has transformed lives and strengthened our mission to provide holistic care to those in need.



ANC/PNC mothers with food parcels, courtesy of Pablo Horstman Foundation

*Clinic patient
home assessment*



Primary Schools

Activities In August

The schools reopened for Term 3 with an atmosphere brimming with enthusiasm among students, teachers, and parents alike. Classes commenced on schedule, with a concerted effort to prepare Grade 3, Grade 6, and Grade 9 students for their upcoming national assessments: the KEYA for Grade 3, the KPSEA for Grade 6, and the KJSEA for Grade 9. To equip pupils for these pivotal exams, the schools organised a variety of revision programs, practical examinations, and supportive mentorship sessions aimed at boosting both academic performance and emotional resilience.



In addition to academic preparations, the school holiday feeding program continued its vital work in supporting the most vulnerable children from Mukuru. Thanks to the dedicated efforts of Team Pankaj, this initiative provided nutritious meals to those in need, addressing food insecurity and ensuring that no child went hungry during the school closures. The program highlighted MPC's commitment to the well-being of its vulnerable children, fostering a supportive environment.

Holiday feeding program at St. Bakhita Primary School.

To cultivate a safe and welcoming atmosphere for our pupils, a series of thoughtful repairs and upgrades was meticulously carried out throughout the schools. Classrooms were revitalised with vibrant new paint, transforming them into bright, encouraging spaces for learning. These changes not only enhance the aesthetic appeal but also create a more conducive learning environment. In key areas, elegant tiles were installed to improve cleanliness and durability, creating a polished look that enhances the overall atmosphere.

These improvements were made possible through MPC. Careful attention was given to repairing furniture, allowing pupils to engage comfortably in their studies. Additionally, the school compounds were transformed into a lush, inviting landscape through dedicated gardening efforts, adding bursts of colour and tranquillity to the surroundings. St Bakhita Primary School's computer room was modernised with essential upgrades, equipping it with the latest technology to support digital learning initiatives. This ensures that pupils have access to innovative tools and resources, preparing them for a prosperous future in an increasingly digital world.



Repairs at St. Bakhita and St. Elizabeth Primary Schools



Paintings and tiling repairs at Sancta Maria Primary School

During the holiday break, our proactive students in Grades 6 and 9 took the initiative to engage in an enriching interactive session with the Mercy Education Office. This session, which they actively participated in, was designed to provide them with essential career guidance, practical study skills, and emotional support, all aimed at helping them prepare for their upcoming national assessments.



Mercy Education's motivation session with grade 6 and 9 pupils in their schools.



St Elizabeth Primary

Sancta Maria Primary

As we approach Term 3, the school remains unwavering in its commitment to fostering academic excellence, promoting pupil well-being, and actively engaging in community service initiatives.

DKA conducted a workshop for teachers and social workers, focusing on the application of Positive Discipline in schools. The goal was to equip educators with practical strategies for creating a supportive and respectful classroom environment. The training emphasised the importance of building strong, empathetic relationships with students, utilising non-punitive methods to address behavioural challenges, and fostering mutual respect and responsibility. Participants were introduced to a range of practical techniques, including setting clear expectations, using positive reinforcement, and fostering open communication. These strategies, when applied, contribute to nurturing a positive school culture. The workshop provided practical tools and real-life scenarios, empowering teachers to implement positive discipline practices effectively and create an atmosphere conducive to both learning and personal growth.

Feedback from participants highlighted the value of the training in enhancing classroom management skills and fostering a more inclusive and supportive learning environment. This positive impact on the learning environment is a testament to the potential of positive discipline strategies.



DKA training for teachers and social workers on Positive Discipline

Throughout the month, the schools, with a deep sense of responsibility and commitment, proudly participated in the inauguration of the newly constituted Boards of Management (BOM) at four primary schools. This event marked a significant milestone in strengthening school leadership and governance. It brought together education officials, community representatives, and school sponsors, highlighting the vital role of the BOM in guiding policy, managing resources, and fostering the overall development of the schools.

During the event, the new board members' strong commitment to upholding accountability, teamwork, and service to learners was reaffirmed. This reassures us that the schools will continue to thrive in both academic and social excellence. The new board members will serve a three-year term.

St Michael's Secondary School

Activities In August

August was an academically demanding month, with students preparing for both mock and end-of-term examinations. The Form Four candidates completed their mock exams, which served as a crucial preparatory stage for the upcoming KCSE exams. The results showed a noticeable improvement in languages and humanities, where students exhibited stronger analytical and comprehension skills. However, mathematics and science subjects continue to present challenges for many students. Teachers have recognised this gap and intensified remedial lessons, along with encouraging peer-to-peer learning sessions.

In the lower Forms, end-of-term examinations provided a clear overview of student progress. Teachers were able to identify individual strengths and areas that need more attention. This information will guide lesson planning and targeted interventions for the next term. The assessments also revealed a growing level of discipline in exam preparation, particularly among Form Three students, who are gradually gearing up for their final year. These evaluations highlighted not only academic performance but also the students' resilience.

The school community was deeply saddened by the loss of Emelda, a Form Two student who had been courageously battling a rare form of brain cancer for two years. She was a bright, cheerful, and hardworking student who had a profoundly positive impact on the lives of her peers and teachers. Her passing is a significant loss to the school and the entire St. Michael's family. Her presence was felt in both academic and extracurricular activities, and her loss has left a void in the hearts of many.



Emelda's candle lighting ceremony



Emelda's Burial Day

The school united in solidarity to honour her memory. Moments of prayer and reflection were held, and counsellors offered emotional support to her classmates and friends who were struggling to cope with the loss. The administration also reached out to her family to express their condolences.

Recognising the significance of the academic year for Form Four students, the school organised holiday tuition sessions during the August break. Attendance was encouraging, with nearly all candidates taking advantage of this extra learning opportunity.

Teachers dedicated additional time and energy to covering challenging topics, providing exam revision strategies, and conducting practice sessions that mimicked real exam conditions. Students particularly benefited from group discussions and targeted remedial classes, which helped them approach subjects that had previously seemed overwhelming with renewed confidence. As a result, the holiday tuition played a crucial role in enhancing the preparedness of the Form Four class as they approached their national examinations.



Sr M Kanyi with Form 4s



Students gather for lunch

Teacher, Mr Harrison Eteye attended a comprehensive training on The Art of Leadership and the Competency-Based Curriculum (CBC) at Strathmore University under the Macheo program. This training, which brought together educators and leaders, focused on enhancing leadership skills through practical applications for personal and institutional growth. The primary objectives of the training were to develop practical leadership skills that could be immediately applied for individual and institutional development.

The training emphasised the importance of empathy and servant leadership, instilling a sense of compassion and understanding in the participants. It also covered a range of other topics, including the qualities of effective and ethical leaders, leadership styles and their adaptability to different situations, emotional intelligence, conflict resolution, decision-making, and accountability, building trust, teamwork, and communication in institutions, philosophy and principles underpinning CBC, differences between CBC and the traditional 8-4-4 system, learner-centered approaches to teaching and assessment, integration of values, skills, and talents in CBC, challenges faced in CBC implementation and possible solutions, and preparation for senior secondary school Grade 10.



Mr Eteye receives his certificate of attendance at Strathmore University.



Macheo coordinators from various schools

Agriculture is a vital component of the school curriculum, equipping students with the practical skills and knowledge necessary for food production, environmental conservation, and self-sufficiency. Both teachers and students at our school engage in agricultural practices as part of their academic studies and co-curricular activities. We take pride in our successful cultivation of vegetables, including sukuma wiki and spinach, a testament to our commitment to practical learning.



Mr Ngari, St Michael's principal checks the Sukumawiki at the school farm.

Our Lady of Mercy Vocational Training Centre

Activities In August

In the first week of the month, students eagerly resumed their practical exams after completing their theory assessments at the end of July. The atmosphere was charged with a mix of anticipation and determination as they applied the knowledge they had gained. Once the exams were over, the results revealed that the students had thoroughly grasped the material covered during their learning sessions, demonstrating their hard work and dedication.



Welding student fitting a metal door



Special class students sit computer exams



Garment-making students during practical work



Catering students doing practicals

The implementation of the third funding from the United Nations Women Guild (UNWG) continued at the Vocational Centre. Previously, the UNWG funded the clinic in 2023 and the teenage mother at St Michael's in 2024. We thank Gill Mayer and the whole team for offering the support

Among the activities under the UNWG was training on Gender-Based Violence (GBV). The training conducted in August was facilitated by officers from the Legal Body Probation Department at Jomo Kenyatta International Airport (JKIA). The training created awareness of the process for reporting instances of GBV, whether they affect individuals directly or indirectly. They were given the online number they can use for their safety without exposing themselves to the culprits.

Female students were privileged to be equipped with a package of pads and panties since the lack of these essentials is one of the ways they get trapped and become victims of GBV.



Mentorship GBV Session

On the 26th, the staff began the third term with training focused on child protection and safeguarding in educational institutions. This training aimed to equip staff with the knowledge to protect both students and themselves from all forms of violence while promoting safety through a positive approach.

During the training, staff learned about enhancing the educational relationship within the institution. They explored three types of learning relationships: preventive, repressive, and expressive education. Each type has its advantages and disadvantages, but the recommended method was Expressive Education. This approach emphasises effectively addressing deviant behaviours in learners and was identified as the most suitable for ensuring the safety of both staff and students in the learning environment.



Safeguarding Session at Skills

The Skills instructors received training on child protection and safeguarding in August. Anastacio Nyaga from Tangaza University facilitated the sessions.



Training session for Skills Department

Sharon Okoth from the KWAL Communications Department, Frank Ford, the Head of Corporate Affairs at Heineken, and the MPC management team met to assess the progress of the current cohort being sponsored by KWAL. Frank Ford had the opportunity to engage directly with the sponsored students, learning more about their experiences, academic journeys, and the impact of the sponsorship program on their lives.



Sr Christine Misigo, Mr. Frank Ford (Corporate Affairs Heineken), Sr Mary Killeen, Sr Anne Itotia, Ms Sharon Okoth (KWAL communications)

Songa Mbele na Masomo Children's Centre

Activities In August

We're also excited to share some big news! The Centre recently received its Certificate of Registration of Basic Education Institutions from the Ministry of Education. This process began a few years ago. This means our special education program is now officially recognised and supported, a massive milestone for us! The Centre supports 104 amazing children with various disabilities, grouped into classes based on their abilities and level of independence. The registration not only boosts our credibility but also opens more opportunities for government support, and we're really excited about what this means for the future.

Looking ahead, we're hopeful that in 2026, our Grade 3 learners will participate in the Kenya Early Years Assessment (KEYA) for the first time. This assessment focuses on how well the children can *apply* what they've learned, not just what they know in theory —a significant step forward in meaningful education. The steady number of enrolments demonstrates the high level of trust parents and guardians have in what we do, offering personalised care, education, and therapy tailored to every child.

The Centre had the pleasure of hosting Maria Salgado Aran, a dedicated physiotherapist from Spain, for a month. During her time with us, Maria worked closely with the children, helping them achieve important developmental milestones. Alongside her friends and with the support of the Pablo Horstmann Foundation, she also helped mobilise resources that enabled us to purchase much-needed walking aids, sensory tools, and walking frames. We're genuinely grateful for the lasting impact she's made.



Maria Salgado Aran during a physiotherapy session



Rehab boys

We also had some fantastic local support! Students from St. Michael's Secondary School volunteered their time over the holidays to clean and tidy up the compound — their effort brought a fresh energy to the place. In addition, 15 of our rehabilitation boys also got involved, using the opportunity to build responsibility and learn through service. We were happy to welcome volunteers from the Management University of Africa as well. They spent time working hands-on in various classes, gaining valuable experience and providing additional support for our children.

These partnerships have been a big boost, not just in terms of extra hands and donated resources, but also in fostering a sense of shared purpose. The tools and aids we received will continue to benefit our children long after the volunteers have left, and we couldn't be more thankful.

We are excited to celebrate Isaiah Mosika as our Most Improved Student of the Month! Isaiah, a Foundation I learner living with cerebral palsy, has made remarkable progress since joining the Centre. When he first arrived, he often felt anxious and struggled to adapt to routines. However, with consistent therapy and structured classroom activities, Isaiah has truly flourished.

Today, he can confidently manipulate learning materials, feed himself with minimal assistance, sit independently for several minutes, and participate fully in class activities. His transformation is truly inspiring. Isaiah's journey serves as a powerful reminder of the possibilities that arise when therapy and education work hand in hand. His progress is not only a personal achievement; it is a celebration of the potential within every child, waiting to be unlocked with the proper support and care.



Isaiah scooping and feeding himself. ADL achieved.



Our social worker, Helen, recently facilitated the placement of Randy Onyango, a child with autism, at a special school. Due to challenging violent behaviours, it became clear that Randy's needs would be better met with specialised interventions. With the consent of his parents, this decision was made to ensure he gets the support he needs in a more tailored environment.

Additionally, our social worker conducted two monitoring visits for learners sponsored by Cheshire Disabilities Society Kenya (CDSK). Sarafina Anyango is being supported at Kuja Secondary School for the Deaf, while Grace Kerubo is attending St. Martin De Porres. These visits help ensure that our sponsored learners continue to receive the necessary attention and resources to succeed.

Lastly, we held a staff meeting on August 25, 2025, to discuss important updates and plan for the upcoming term. We are excited about the progress ahead!



Randy Onyango



Katifaru, a Specialist Education Professional (SEP), is training parents on cerebral palsy.

A total of 23 parents participated in a training on Cerebral Palsy, led by an expert trainer from Special Education Professionals (SEP). The session covered key topics like the causes of cerebral palsy, effective management techniques, home care tips, and sensory integration activities.

By the end of the training, parents felt empowered with new knowledge and practical strategies they can use to support their children at home. This has helped reduce their reliance on the Centre, providing them with the tools to deliver better care and support for their children's development.

Five parents, who had previously received support in starting their businesses, received additional financial boosts to restock their shops. This helps them become more self-sufficient and reduces their reliance on the Centre. Additionally, 13 other parents received business start-up support through CDSK, providing them with the resources to meet their families' immediate needs. These efforts have helped families achieve greater financial stability, ensuring that children's essential needs — like food, school materials, and healthcare — are met at home. With less dependence on the Centre, we're able to stretch our resources further, reaching even more children who need support.



Pharrell Omondi's kiosk. She sells groceries and omena (sardines).



Haniel Mungai's mother with her kiosk selling groceries, fish, sweet potatoes, cassava, and green bananas.

Eight children were referred to MPC's Mary Immaculate Clinic for treatment and follow-up services, ensuring they receive the specialised care they need. Four children also underwent serial casting at Cure Kijabe and are recovering well. This treatment will help correct their limb positioning and increase their chances of walking independently, a significant milestone in their development. These health interventions are crucial, as they help keep children stable and ready to engage in both education and therapy fully. The possibility of independent mobility not only transforms a child's future but also eases the care burden on their families.



At the Centre, we held 65 occupational therapy sessions, 185 physiotherapy sessions, and 56 speech therapy sessions. Although the numbers were a bit lower than usual — due to the two-week holiday and fewer learners attending in the first week after reopening — we're excited to continue supporting the children's progress moving forward.

Maria Salgado during a physiotherapy session and Carol during an Occupational training session

This month, Esther Awino, a child with dysarthric speech and cerebral palsy, made significant progress in speech therapy. She can now describe pictures, articulate sounds, construct simple sentences, and follow instructions with increased fluency. Esther's executive functions, including problem-solving, focus, and memory, have also shown significant improvement. As a result, she has met all her therapy goals and will transition to a regular class, supported by her teacher.

Therapy, including occupational, physiotherapy, and speech therapy, plays a vital role in enhancing mobility, communication, and independence, helping children reach their full potential. Despite reduced numbers during the holiday, consistent therapy sessions prevented regression and ensured continuity of care.



Speech therapist, Tabitha Muindi, and Esther Awino

The Centre has been fortunate to receive a steady flow of donations from MPC and generous individuals. Among these contributions, Pablo Horstmann, with the support of dedicated Spanish volunteer Maria, provided four standing aids, knee and elbow immobilisers, and a variety of sensory items designed to enhance our therapy sessions.

In another thoughtful gesture, Castan Jaime, who had previously volunteered at the clinic, purchased a specialised CP wheelchair for a young learner in daycare. This donation ensures the child receives the necessary mobility support during their time at the Centre.



Sensory Donations Pablo Horstmann Foundation



Kneel and Elbow Immobilisers and Standing aids donated by our Spanish physiotherapist, Maria Saldago



Fresh vegetables from MPC



CP wheelchair from Caston Jaime

August 2025 showed that even during school breaks, the Centre continues to make significant progress in education, health, therapy, and family empowerment. The dedication of our staff, parents, volunteers, and partners ensures that every child is given the opportunity to grow, learn, and thrive in a nurturing environment.

Mary Immaculate Rehabilitation Centre

Activities In August

All 61 boys living at the Centre were actively engaged in a variety of enriching extracurricular activities, such as soccer, rugby, acrobatics, music, and art, showcasing their diverse talents and interests. During the holiday period, many of these boys enjoyed precious time with their families, a heartwarming sign of the successful reintegration process anticipated for November.

Feedback from parents and guardians has been overwhelmingly positive, highlighting the boys' exemplary behaviour at home. Many parents noted how well the boys conducted themselves, a clear indicator that they are ready to reconnect with their family members and embrace their new lives.

The program at the Centre is designed to provide holistic support, encompassing not just medical care, but also vital life skills, psychosocial support, education, nutritious meals, clothing, and, most importantly, a nurturing environment filled with love. This comprehensive approach empowers the boys to strive for excellence, laying the foundation for them to lead better, more promising lives after completing the rehabilitation journey. Additionally, the Centre remains committed to the ongoing support of the 35 boys who have graduated from the program but continue to be part of the sponsorship initiative.

The August holidays were a vibrant time of growth, offering numerous opportunities for capacity building for the boys, their parents, and the staff. For the boys in primary school, there has been a notable improvement in their academic performance, as teachers have observed and confirmed this positive trend. For the few boys who did not achieve the expected results, tailored extra tuition will be arranged to help them catch up. The sponsorship office organised an inspiring session at the Centre, motivating



the boys to dedicate more effort to their studies and encouraging them to explore potential career paths, thus helping them envision a brighter future.

MPC Sponsorship Officer (Asumta Vugutsa) session

A special day was dedicated to educating the boys about their rights as children, the different forms of child abuse they might encounter, and the crucial reporting mechanisms available if they ever face such a situation. Engaging discussions and interactive activities provided them with essential tools and knowledge to recognise and avoid potential abuse. The child protection officer, Salome, an experienced and trusted expert in the field, shared insights on the characteristics and behaviours of potential abusers, helping to demystify the subject and empower the boys.

MPC has established comprehensive child protection policies designed to safeguard the well-being of all children and vulnerable adults. This proactive approach aims to equip the boys with a strong understanding of their rights, enabling them to identify when those rights are being infringed upon and know how to seek help.



MPC Child Protection Officer training

Unfortunately, the HIV/AIDS statistics in Kenya remain alarmingly high. Last year, 21,000 people lost their lives to AIDS-related causes. Currently, there are 1.4 million adults and children living with HIV. Each year, there are approximately 17,000 new HIV infections. Among these, it is estimated that 460,000 men aged 15 and over are living with HIV (source: 2023 UNAIDS).

Raising awareness about HIV transmission, prevention methods, and coping strategies for those infected is essential, especially given the current statistics. This highlights that the fight against HIV/AIDS is far from over. Continued investment in healthcare infrastructure, education, and targeted interventions is crucial. MPC is actively contributing to this effort by strengthening prevention strategies. The clinical nurse officer, Everkyne recently presented HIV/AIDS awareness sessions to the boys.



Clinical nurse officer, Everkyne, training boys on HIV/AIDS

The rehabilitation program offers a comprehensive blend of one-on-one and group counselling sessions designed to support the boys in confronting and overcoming the underlying issues in their lives. These sessions create a nurturing environment where the boys can express their thoughts and emotions, share their experiences, and actively listen to one another. The safe space sessions encourage open dialogue on important topics, including education, family relationships, and peer dynamics.

For many of the boys, the process of reintegration brings a wave of anxiety. Having spent time on the streets, they often feel apprehensive about returning home. They are uncertain about how their families will welcome them back. This uncertainty can weigh heavily on their minds. Furthermore, the influence of peer pressure looms large, particularly regarding the temptations of substance abuse and involvement in criminal activities. To combat these challenges, the program equips the boys with practical “tools” to navigate the complicated social landscape they face. This proactive approach to addressing peer pressure has been embraced by the boys, providing them with strategies that foster resilience and empower them to make healthier choices as they transition back into society.



Mrs Saitoti (a volunteer counsellor) Training Session on Drugs and Crime

Scheduling parent meetings throughout the year greatly enhances the overall rehabilitation and reintegration of the boys. The staff explained the reintegration process, the necessary preparations, and the family's role in welcoming their sons back home. While some parents were hesitant, they were assured that social workers would follow up to ensure the boys were adapting well.



Parent Meeting



Cleaning

For the first time, the Centre participated in community service clean-up days outside of its premises, specifically at Songa Mbele na Masomo Children's Centre. Fifteen boys participated in various activities, including cooking, cleaning, and gardening, at Songa. Most of the boys had minimal experience interacting with children who have disabilities. This event provided significant lessons, highlighting that some individuals have needs different from their own and require more support.



Preparing for activities

The Centre recently organised an engaging week-long music camp, where the boys were immersed in a vibrant musical experience. They had the chance to explore a variety of instruments, from the piano to the guitar, and refine their skills in a supportive environment. It was heartwarming to see most of the boys embrace their passion for music, as they eagerly learned and practised. 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. The program's impact has been truly amazing!

The culmination of the camp was an exhilarating concert, where the boys showcased their newfound talents. The atmosphere was electric, filled with palpable excitement and joy, as families and friends gathered to celebrate their hard work and dedication. Everyone in the room could feel the energy—their smiles, laughter, and enthusiasm painted a beautiful picture of the unity and passion that had been cultivated throughout the week. The boys extend their heartfelt gratitude to Paula Cullen and her dedicated team for making this unforgettable experience possible.

In addition, the Centre's talented music teacher, Collins, has recently been awarded an esteemed international scholarship. This incredible opportunity will take him to Dublin, Ireland, starting in September. As he embarks on this new journey, we wish him every success. Collins has truly become an inspiring role model for the boys, motivating them to pursue their musical ambitions with fervour and dedication.



Boys playing an African song during the concert under the watchful eye of Australian opera singer, Breana Stillman



Clinton plays the clarinet during the camp

The boys at the Centre have embraced soccer as one of their favourite activities. Throughout August, their enthusiasm for the game increased significantly, drawing them closer together as a team. Under the guidance of their dedicated coach, Benter, they have engaged in rigorous practice sessions designed to hone their skills and foster a competitive spirit. Benter's commitment to their development has motivated the boys to strive for excellence in every match and training drill. In addition to their practice, the boys were excited to be allowed to watch an exhilarating African football competition on the big screen. The excitement of the matches and the skill displayed by the players further fueled their passion for the sport.



Boys preparing for soccer training by Antonio from Italy

Through soccer, the boys have not only learned the importance of teamwork and collaboration but also the values of concentration and determination—essential qualities that will serve them well on and off the field.

Visitors to the Centre often share their experiences with friends and family upon returning home, inspiring others to visit MIRC. Recently, Antonio learned about MIRC through one of our supporters, Kristina Nwazota from the World Bank. During his visit, Antonio connected with the boys by sharing his passion for soccer.

August marked a very special celebration: Sr. Mary's milestone "big 0" birthday! The atmosphere at the Centre was filled with joy and excitement as a wonderful group of British Airways crew members, led by the ever-energetic Marie McGree, organised the party. Marie and her team arrived ready for the celebration, bringing an array of treats, surprises, and smiles. They hosted a heartwarming event in Sr. Mary's honour, filling the weekend with laughter, love, and unforgettable memories.

The boys added to the occasion with lively skits and songs, showcasing their talents and making the day even more meaningful. To top it all off, the BA crew gifted the Centre a violin and a skateboard, quickly becoming crowd favourites! The boys were thrilled and couldn't wait to try out their new gear, which brought a spark of adventure and creativity to the weekend.



Party atmosphere



Posters



The Party Organisers

A generous donation of baby hats has been made by the St. Martin's Church Community in West Drayton, London. For many years, Hilary Stone's dedicated group of knitters has created these warm and cozy hats to support the needs of newborns at MPC. Recently, Marie McGree had the opportunity to personally deliver these lovingly crafted hats, as her neighbour is one of the talented knitters in the group. It's a delightful reminder of how interconnected we all are in this small world!



The Boys sing Happy Birthday to Sr Mary



In the 21st century, spirituality often takes a backseat in discussions about personal development. Recognising this, the Centre is dedicated to nurturing the spiritual lives of the boys in its care. Every Sunday, they gather to attend Mass at Our Lady of Queen of Peace Parish, where the sense of community and shared faith foster a deep connection. Each evening, they set aside time for prayer, creating a peaceful routine that allows them to reflect and grow closer to their spiritual selves. Additionally, they engage in catechism classes twice a week, where they learn about their faith and its teachings in a supportive environment. Throughout these activities, the boys are encouraged to cultivate their unique relationship with God, nurturing the understanding that God is not just a distant figure but their closest companion and friend.



Catechism class ongoing

One of the favourite activities at the Centre is art. Most of the boys enjoy participating in art sessions, and their tutor, Samuel Mwangi, plays a crucial role in keeping the classes engaging and interactive. His efforts have not gone unnoticed, as the boys have displayed various talents, particularly in drawing, candle making, and painting. They have also learned how to make bracelets. The boys are encouraged to continue putting forth their best effort, as these skills may help them develop income-generating activities (IGAs) after graduating from the program. Engaging in art empowers the boys to focus on their tasks and fosters a strong sense of self-determination. It reveals their hidden talents and sparks creativity. Team Paula has proudly sponsored the art tutor and this transformative activity for several years, and MPC is exceptionally grateful for their mindfulness of the boys and generosity.



Samuel with the art class



Candle making

In addition to playing soccer, rugby, and practising acrobatics, another favourite activity is tending to the vegetable patch, rabbits, and chickens. The boys recently transplanted vegetables from the nursery bed to the seed bed. Those from rural homes have learned a great deal about farming, which has been invaluable in equipping them with skills for life after exiting the program. The boys are always excited to collect fresh eggs and meat, as these can be pretty expensive to purchase each week. The agricultural program at the Centre has instilled a sense of responsibility and teamwork in the boys, while also providing them with a wealth of practical life skills.



Boys planting vegetables



Feeding the chickens

We are incredibly grateful to our partners, supporters, and friends who continue to support us. Through your generosity and kind donations, we can run the Centre and transform the lives of the boys.



Boys receive bread from Team Pankaj

Sponsorship Office

Activities In August

August heralded a significant change in our program activities as schools closed for a three-week holiday. This break provided a unique opportunity for us to connect with students beyond the classroom constraints, allowing us to focus on mentorship, community service, and vital administrative preparations for the upcoming term.

During this respite, we organised enriching mentorship sessions designed to inspire personal growth and strengthen the core values of our sponsorship program. Once the school term concluded, we convened a gathering for all sponsored students from St. Michael's Secondary School. This interactive forum provided an opportunity to check in on their well-being, delve into discussions about their academic progress, and set uplifting intentions as they prepared for the upcoming term.



Throughout the conversation, we emphasised the importance of using their time wisely during the break. Whether through restful days to recharge, thoughtful revision to solidify their learning, or active participation in the community service initiatives we had planned, we encouraged them to make the most of this crucial time for both personal development and contribution to their community.

Sponsorship coordinator addresses St. Michael's sponsored students



Sponsored students group discussion

In partnership with the Child Protection Office, we had the privilege of hosting a collaborative session with the boys from the Mary Immaculate Rehabilitation Centre, focusing on comprehensive mentorship. The session covered several key areas, with a particular emphasis on the value and responsibility of sponsorship. We engaged the boys in an open and heartfelt discussion about the immense privilege of receiving sponsorship. We highlighted the direct connection between the generosity of donors and the opportunities available to them in education and beyond. This conversation served as a powerful reminder of the impact of giving and how it enriches the lives of those it touches.



Additionally, we took the time to discuss the art of gratitude, explaining the importance of writing thoughtful letters of appreciation. We guided the boys on how to structure their letters, share meaningful updates about their lives and studies, and express sincere thanks. This activity not only helped them strengthen their bond with their sponsors but also fostered a culture of gratitude, encouraging the boys to recognise and appreciate the support they receive.

Sponsorship coordinator giving a talk to the boys at MIRC

A cornerstone of our August activities was supervising the community service program for our sponsored secondary school students. During the first two weeks of the break, students were assigned to various MPC stations near their places of residence. Their tasks were diverse, ranging from assisting with administrative duties and organising the library and records office to participating in cleaning activities around the compound and helping with light maintenance work. This initiative was designed to instil a strong sense of responsibility and community engagement. By contributing their time and effort, the students not only learned the value of service but also developed critical soft skills, including teamwork and communication. Most importantly, they gained a deeper appreciation for the support they received and the power of giving back to the community.



Community Service Activities



Community Service Activities

This month, we focused on strengthening the vital connection between our students and their sponsors. We collected and scanned all Term 2 assessment reports, as well as the appreciation letters written by the students. This process ensures that our donors receive timely updates on their impact, providing them with insights into the students' academic progress and fostering a personal connection with those they support. Transparent communication with our donors is essential for maintaining trust and engagement.

Ensuring uninterrupted education for our students is a top priority. August was critical for processing financial support for the upcoming term. We successfully processed and disbursed school fees for students advancing to the next term, including those in university, college, and secondary school, who are preparing to return for Term 3. This timely financial support guarantees that all sponsored learners can resume their studies without any administrative obstacles.

Additionally, we recognise that a supportive environment has a significant impact on a student's success. This month, we provided extensive support to one of our college students, Jenssen Mugambi, by purchasing a new laptop to assist with his research and assignments. We also secured safe and suitable accommodation for him.

We extended this same spirit of empowerment to a secondary school student, who received a generous donation of clothes and shoes from a dedicated sponsor. This holistic approach—addressing both academic resources and personal essentials—helps eliminate barriers to learning, ensuring that our students have everything they need to thrive.



Jenssen Mugambi receiving his study laptop




Sharleen Mijide of St. Michaels receiving gifts from her donor

Announcements

August 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.

 Positive Discipline in Institutions was held at the Head Office Multi-Purpose Hall. The session was facilitated by Mercy Chege (DKA Austria), and several staff attended, including a group of teachers and social workers. The training aimed to equip participants with practical, non-violent approaches to discipline within institutional settings, promoting a supportive and respectful environment for staff, children and youth within MPC.




PD training at Head Office by Mercy Chege

 Tana River Development Authority (TARDA) visited the MPC Head Office and had a brief meeting with Sr Anne Itotia to explore community development initiatives and youth empowerment programs.




TARDA team meet with Sr Anne Itotia

 An Information Management meeting was held at the Head Office, bringing together Heads of Department and Head Office staff to look at systematic collection, storage, distribution, and use of data and information and initiate a discussion on how information can be better organised, accessed, and shared across departments to improve overall workflow and efficiency.



Information Management Training

 A series of sessions facilitated by DKA was conducted to gather direct insights from DKA beneficiaries regarding the challenges they face and the benefits they experience during their educational journeys. These sessions served as a valuable platform for amplifying the voices of the beneficiaries, ensuring that their lived experiences and perspectives are taken into account in future planning.



Ongoing discussions with children and parents

Mukuru Promotion Centre

Empowerment Step by Step

Ministry of the Sisters of Mercy

40 Years Anniversary

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