

Mukuru Promotion Centre

NOVEMBER NEWSLETTER

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JOURNEYING 40 YEARS WITH THE MUKURU COMMUNITY

MPC DIRECTOR

Dear Partners, Supporters, Family and Friends,

We were pleased to welcome our Congregation's Central Leadership Team (CLT), led by Sr Miriam Kerrisk and accompanied by her Council members Srs Bernie O'Grady, Rosemary Wanyoike, and Mary Conway, along with the Kenya Branch Leadership Team (BLT) led by Sr Theresia Waraga and team member Sr Esther Eros, who also represents the BLT on the MPC Board. The visit was brief because they had prior meetings and commitments. During the two-hour visit, they managed to see our Clinic, the Rehabilitation Centre, Songa Mbele, and the MPC Head Office and schools located on the same grounds. Although they were hurried, which we regret, they received a brief overview of MPC's work from Deputy Director Dinah Mwendwa and were introduced to some members of the management staff working in their offices. This visit was important to us because it allowed the CLT and BLT to see firsthand the realities of on-the-ground work and deepen their understanding of the complexities of working with the Mukuru community. They saw the beautiful primary and secondary schools built by Germany's KfW Development Bank. We did not have enough time to explain the challenges we faced after handing over these buildings. There were major issues with water, sanitation, and sewage. The water pipes were underground, so we only realised why the water bills were high when we investigated and discovered many leaks caused by faulty pipes. It cost two million Kenyan shillings (€13,500) to replace the water pipes. We still haven't fixed the problems with the toilets and sewage due to the significant costs involved. We learned the importance of having someone of our own on site during construction to ensure that all the architect's instructions are followed, that materials of the agreed quality are used, and that no

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shortcuts are taken. The donors had their own contractor and foreman, and the architect visited regularly. We were not directly involved in supervision. Fortunately, we did not face such challenges with the Rehabilitation Centre's Hekima House, Songa Mbele building, the new Head Office, or the Special Needs therapy block, as Sr Kathy Kettle supervised those. Sr Louise Roche completed the internal furnishings of the Songa building. She planned and oversaw the drainage works and gabions in Songa Mbele, which appeared after the building was finished and were not part of the original contract. We are very grateful to those two sisters for ensuring the work was done well and will last. The CLT and BLT also met Paula Cullen and her team on site, and Caroline Cullen and her team nearby, so they experienced the significant contribution of Irish and other volunteers from Spain, Austria, France, and Kenya.

We had many overseas visitors in November. Lucia Jantosovicova from Erko visited Songa Mbele to oversee the use of an Erko grant. The funds they gather are raised by children in Slovakia, who sing Christmas carols for their neighbours and donate to support the care, education, and training of less privileged children in developing countries. We admire Erko's work, as they manage the funds raised by children through their local parishes and distribute them to projects that assist those in need. They carry out this work with great diligence and transparency and expect the same integrity from those they help. On 6 November, we were pleased to be visited by the Mission Director of the Mater Misericordiae Hospital, Dublin, Ireland, Tracey Fitzpatrick and her team. They donated four laptops, which were badly needed by staff across various offices. They have reported on their visit in their magazine. We are most grateful to them. Cheshire Disability Kenya Management also visited us to explain their new policies, plans, and renew agreements. They support part of the work in Songa Mbele and train parents and siblings in various skills to better support children living with disabilities. The British Airways crew members continued their visits, bringing donations of clothes and other items that multiple departments and fire victims critically needed. Staff from the Slovak Embassy visited on 10th November to monitor the use of a previous grant and to arrange a new grant for our health and social services. Ms Stephanie Freis of Kindermissionswerk visited us on 28 November. I was pleased to renew our friendship, and she met with Dinah Mwendwa, Deputy Director, and Mary Kanana, Executive Development Officer.

Professor Oborah visited us to discuss a potential partnership to develop students' talents. In Kenya, until recent years, the focus was mainly on academic success, with little recognition of natural talents or achievements in sports, art, craft, music, or work. Professor Oborah has established a university that values diverse talents and accomplishments. This university plans to collaborate with schools, vocational centres, and special needs centres to support the poor and people with disabilities. We hope that the ongoing discussions will be successful.

Mrs Bharti Raja contacted us to organise donations from members of their temple for our centres. The items donated are invaluable to our work and to some of our clients. We appreciate their efforts. Mrs Raja also introduced us to Mr Patel, who donated soft boards, blackboards, and whiteboards that the schools and centres need.

As you can see, there have been many activities, meetings, and visitors. It's wonderful to witness the ongoing interest in the work each day. It wouldn't be possible without like-minded people who want a better future for marginalised communities.

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

Sr Mary Killeen
Director

Archival Corner

“Leo Katika Historia – Today in History”



MPC Spirited Fight Against HIV/AIDS Epidemic

HIV / AIDS was first detected and reported in Kenya in 1984, marking the start of the epidemic in the country, with early cases identified among sex workers and spreading rapidly, becoming a major health challenge by the mid-1990s. By 1988, HIV / AIDS had reached 3,000 reported cases, with prevalence increasing to 2.5% of the population in 1990, while the government of Kenya remained in denial of the health issue.

By 1995, the death toll had reached around 200,000 people, and the government's hesitation to declare it a national disaster until 1999 led the Sisters of Mercy, through the Mukuru Promotion Centre, to establish a Children's Home called King Baudouin Children's Home at the current Head Office site on Likoni Road, Industrial Area. The Centre served as a rescue centre for orphaned children affected by the epidemic. The children received food, shelter, medical care, and education until they were integrated into society. During its short seven-year existence, 1,292 children called the King Baudouin Children's Centre home and became fine contributing individuals to this day, thanks to the staff.

It was only after the epidemic was brought under control in 2007 that the Sisters of Mercy closed the King Baudouin Children's Home to make way for a new demand: a secondary school. MPC continued to serve those affected by the epidemic by providing primary health care at Mary Immaculate Clinic and by sponsoring students, including those infected with the disease. In 2008, St Michael's Secondary School opened its doors to 45 Form One students, and to date, another 2,065 students have completed their secondary schooling. In one way or another, thousands of Mukuru residents have benefited, and thousands continue to benefit from Mukuru Promotion Centre through the support of our donors and partners, who enable its mission.

Social and Health Services

Activities In November

November was a month of tragedy and resilience for families in Mukuru. A devastating fire erupted in Fuata Nyayo Village, just behind Mater Misericordiae Hospital. The rapidly spreading blaze claimed the lives of three adults and one infant, affecting up to 420 households.



Gone. The simple structures were their home.

Many families also reported incidents of theft as they fled their homes. The cause of the fire remains unknown, and the incident once again highlighted the vulnerability of families living in densely populated informal settlements. Our team continued to provide essential emergency provisions, including household items and psychosocial support, to the affected households. Over 1,300 interventions were carried out in November, with the bulk focused on food provisions. There were 46 malnourished babies, over 300 needy students and 20 pregnancy packages issued to the most vulnerable.



Fuata Nyayo Village





Large areas of Fuata Nyayo were razed to the ground

It didn't take long for the social workers to conduct 85 home visits to check on the state of families whose children attend one of the four primary schools and other MPC learning institutions.



Fire victims receive bedding and clothes



St Bakhita Family Home Visit



Community members received food packages after the fire outbreak

The school lunch programme continued during the school holidays, ensuring that hundreds of vulnerable children continued to access regular meals. This programme was delivered in partnership with Team Pankaj and was fully funded by the late Fondo Don Makario. The same funding allowed for ongoing distribution of food packages to vulnerable families across Mukuru, as well as amaranth flour, which remains a crucial nutritional lifeline for clients living with chronic illnesses. Additional monthly food support was given to sick children, pregnant women, and postnatal mothers, thanks to the generous funding from the Pablo Horstman Foundation. This help has been vital as families continue to face rising food and basic goods prices.



Parents/caregivers of sick children receive food support donated by Pablo Horstman's feeding program

National and local economic pressures, including high food and fuel prices, continued to strain household incomes, particularly for families reliant on casual labour and informal businesses. These ongoing challenges reinforce the importance of sustained community-based support.



A needy client picks some donated vegetables from St Catherine's Social Office



Samson Oteki, beneficiary from Sinai, with his charcoal business



A pupil from Mukuru Primary with her newborn receives a mattress and a blanket



Vulnerable Sancta Maria Primary children receive school uniforms and shoes.

As we reflect on November, we remain dedicated to improving our social services and ensuring that no family in Mukuru faces hardship alone. We sincerely thank our partners and donors for their generosity, which continues to bring relief, dignity, and hope to the communities we serve.

Mary Immaculate Clinic

Activities In November

In November, patient demand surged, with 2,305 individuals seeking care. Community involvement remained strong, but the Clinic faced notable operational challenges. Of the total patients, 1,138 were children, and 1,155 laboratory tests were conducted. Maternal health services supported 229 ANC mothers, provided 137 free ultrasounds, and administered 134 immunisations. The Clinic continued to deliver life-saving care to families deeply affected by poverty, limited access to government services, and a lack of health insurance. The gender ratio remained steady at 60% female to 40% male. Thanks to ongoing support from donors, partners, and well-wishers, the MPC Clinic maintained accessible healthcare for the community.

A delegation from the Slovak Embassy visited the Clinic to review the progress made as they began their support through Slovak Aid from the mid-1990s. The meeting highlighted key achievements of the Clinic, ongoing projects with the Pablo Horstmann Foundation, and the positive impact of their contributions, strengthening donor relations and engagement. On the same day, a visitor, Saverio Russo, and his team came to the head office to film videos of MPC, its operations, surroundings, and the community it serves in Mukuru. He plans to use the footage on his social media platforms later to support fundraising efforts.



Members of the
Slovak Embassy at the
Clinic meet with Sr
Mary and staff

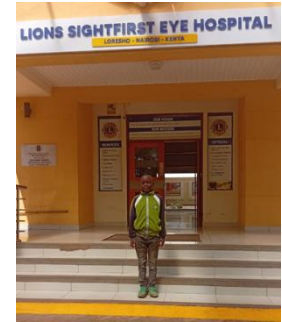


The community and health impacts remain significant. Providing free ultrasound services has been transformative for women in the slums. These services have encouraged more women to attend ANC clinics, enabled early detection of complications, and increased confidence in seeking regular maternity care. Mothers who previously avoided care due to cost are now benefiting from safe monitoring and improved pregnancy outcomes.

Nearly half of all patients each month are children, many of whom require immunisations, lab tests, and treatment for common infections. By offering these services at no cost, the clinic protects children from preventable diseases and eases the financial burden on struggling families. The rising number of referrals for adult patients highlights the growing burden of chronic and advanced illnesses in slum communities. Without donor support, these highly vulnerable and often unemployed patients would lack access to the specialised care they urgently need.



During his hospital visits to Lions SightFirst Eye Hospital, Milton was accompanied by the Clinic social worker



After a fire devastated the slum village of Fuata Nyayo, the Clinic quickly became a critical source of support. We assisted in replacing medicines lost in the disaster, ensuring patients could continue their treatments. The community's reliance on our services has only deepened. Purity Moraa, a paediatric beneficiary and diabetic patient, and her family were heartbroken by the loss of their home and essential medical supplies, including her drugs and glucometer.



Purity and her family



A significant advancement for the Clinic in 2025 has been the implementation of regular professional development training for staff, sponsored by the Pablo Horstmann Foundation and facilitated by volunteer doctors. In November, our team further strengthened their clinical skills through CME sessions on hypertension, febrile status epilepticus, TB co-morbidities, neonatal hypoglycaemia, septic shock, anaphylaxis, hydrocephalus, and altered mental status. These trainings provided staff with updated guidelines, enhanced emergency response strategies, and increased confidence in managing complex paediatric and adult conditions. After these sessions, staff demonstrated earlier recognition and intervention in emergencies and reported higher quality care delivery. This led to improved patient safety and more effective management within our facility.



Dr Jana and the CME presentation



Staff Training

Each month brings its share of challenges, but November presented new obstacles, such as electricity rationing, power fluctuations, generator breakdowns, and soaring fuel costs, all of which affected service delivery. Despite these setbacks, close collaboration with the Head Office, strategic prioritisation of essential services, timely generator repairs, and effective patient referrals helped minimise disruptions to patient care.

The paediatric team has actively worked to close the screening gap and identify more children in need within the slums. Their community outreach efforts have increased the Clinic's workload, allowing earlier identification of at-risk children. Those suspected of TB are quickly connected to the clinic with support from community health promoters (CHPs), ensuring faster care and follow-up.

Collaborating with CHPs has been essential for the early detection of vulnerable cases. Their consistent presence in the slums has built community trust, encouraged better health-seeking behaviour, and ensured fire-affected households received prompt attention. CHPs remain key partners in community outreach, patient follow-up, and medical screening during outreach at Mariguini Village.



Paediatric Clinician Claire, screening in the slum



Paediatrician, Dr Marta, assessing a child

November highlighted the vital role our Clinic plays in providing healthcare to the marginalised in Mukuru. The high patient numbers led to more maternal visits, emergency responses, and a greater need for specialised care, reflecting both the community's needs and its trust in our services. Your support has made all of this possible, each referral, scan, immunisation, burn dressing, ANC visit, and emergency response. We sincerely thank you for your ongoing support.

Primary Schools

Activities In November

With schools currently closed, both academic and extracurricular activities have been significantly reduced. Only essential operations and key engagements continued during this period, with a primary focus on repairs and routine maintenance. All four MPC-sponsored primary schools completed the Kenya Junior School Education Assessments (KJSEA) in November. The assessments proceeded smoothly, allowing pupils to participate fully and meet the required standards. The results will offer valuable insights into pupils' performance and will help inform future interventions when schools reopen.

The Kenya Primary School Heads Association (KEPSHA) conference served as a crucial platform for shaping the future of primary education in Kenya, particularly as schools finalise their transition to the Competency-Based Curriculum (CBC). The conference reaffirmed school leaders' collective commitment to strengthening primary education, addressing systemic funding challenges, and advancing the effective implementation of the CBC. Discussions on funding, leadership, and professional recognition directly influenced future management and resourcing of schools. Key issues raised included delayed government capitation payments and persistent underfunding. Headteachers expressed concern that school funding allocations are still based on the outdated 8-4-4 system, despite the increased demands of the CBC. The conference also emphasised strengthening school leadership, management, and the sharing of best practices among primary schools.

With support from Mr Pankaj Shah, the holiday feeding program reached over 1,200 vulnerable children across 4 MPC-sponsored schools. The initiative ensured that children consistently received nutritious meals during the holiday break, providing vital relief for parents, many of whom rely on unpredictable and low-paying casual labour for their daily income. This support not only alleviated immediate hunger but also strengthened community trust in the schools' role as safe and supportive environments for children, even during periods of closure.



Holiday feeding program in schools

The perimeter wall at St. Elizabeth Primary School has, unfortunately, gained notoriety for repeated collapses caused by flooding and the illegal dumping of soil, which washes back and undermines its structure. Throughout the year, the school also experienced acts of vandalism, particularly targeting walls and toilets. These incidents created significant challenges for the learning environment and compromised the school's sanitation facilities. Fortunately, timely intervention was made possible by the commitment of a dedicated Rotarian, Mr Ekbar, who undertook and completed the necessary repairs. The restoration has ensured that the school remains safe, functional, and conducive to learning for both pupils and staff. This act of service highlights the vital role of community partnerships in maintaining school infrastructure and demonstrates the meaningful impact of volunteer support.



Reinforced wall at St Elizabeth Primary School



Repaired toilets at St. Elizabeth Primary school after it was vandalised



Replaced the taps for the children to have fresh drinking water

During the month, Sancta Maria Primary School welcomed a special visit from representatives of Moja One Expressway. As part of their community outreach, the team generously donated essential food supplies to support vulnerable pupils and their families. This donation arrived at a crucial time, reflecting the economic hardships many households in Mukuru are facing. The contribution highlighted the importance of partnerships between schools and corporate organisations in addressing community needs. Moja One Expressway's presence at the school demonstrated its commitment to social responsibility and strengthened the school's connection with its neighbouring community. The team also pledged to organise an educational excursion for learners on the expressway. This initiative aims to give pupils practical learning experiences beyond the classroom, exposing them to modern infrastructure and broadening their understanding of national development projects. Such hands-on opportunities are expected to spark curiosity, enrich classroom learning, and reinforce collaborations between schools and corporate partners.



Sancta Maria Primary



Student Representatives



Moja One Express visit to Sancta Maria Primary School

St Michael's Secondary School

Activities In November

All 445 students enrolled at St Michael's Secondary School finished their 2025 academic year, with the 141 Form 4 candidates preparing to sit the National examinations in November. However, just before the examinations, the school experienced a significant break-in in which 16 computers and 6 monitors were stolen from the computer laboratory. Thankfully, it did not impact the examinations, but unfortunately, it will affect the 2026 academic year. The resources have taken MPC many years to build up the capacity to have a computer laboratory. The investigation is ongoing by the authorities.

Following these challenges, the Kenya Certificate of Secondary Education (KCSE) examinations for 2025 were held nationwide from 30 October to 21 November. At St. Michael's Secondary School, preparations were completed in line with the Kenya National Examinations Council (KNEC) guidelines, ensuring a smooth process. The KCSE 2025 exams at St. Michael's were conducted successfully. The Class of 2025 is wished well as they begin a new chapter in life. To mark this milestone, Sr Mary Kanyi organised an end-of-year party for the Form 4 students after the exams.



Some of the 141 Form 4 St Michael's students with teachers and Sr Mary Kanyi



Principal, teachers and Sr Mary Kanyi cut the cakes

Our Lady of Mercy Vocational Training Centre

Activities In November

For vocational training students, November is synonymous with examinations. While many were busy preparing for their National Industrial Training Authority (NITA) and Kenya National Examinations Council (KNEC) exams, a wide range of academic and extracurricular activities continued, with students actively participating in both.

More than 165 students prepared for exams in Art and Craft, Catering, Garment Making, Hairdressing, Beauty, Plumbing and Masonry, Welding and Fabrication, and Food and Beverage at Kibondeni. Internal examinations were also held in Computer Studies, Deejaying, and Special Needs. Because MPC has not yet been registered as a KNEC Centre, the KNEC exams were held at the Marist Brothers' Chaminade Training Centre. Additionally, eleven students attended internship interviews at St. Teresa Vocational Training Centre for upskilling in the Food and Beverage course at the Kwetu Hilton Curio. The General Manager, Mr Alexandra Glauser, and Christine Muiruri reaffirmed their support for the INUA program. Students will receive official notifications regarding their applications in December.



Sr Christine, Mr Glauser and Ms Muiruri

OLMVTC exposes students to job opportunities, whether self-employed or employed, and empowers them with life skills to live with dignity. The mentorship training was held for 173 students at the Centre across all the courses during November. These sessions focused on topics such as Gender Equality and Conflict Management, Mental Wellness / Family and Parenting, and Entrepreneurship and Self-image / Identity. An Environmental Health session was also conducted. The session aimed to raise awareness of the importance of maintaining a clean, healthy environment and to help students understand their role in promoting environmental hygiene at school and in their communities. They were guided to identify, classify, and group rubbish into categories such as: Organic waste, Metal waste, and paper waste. The next one held was Entrepreneurship. For some students, being self-employed is a strong option for a variety of reasons, especially if they have a family to care for. The session focused on applying acquired skills, being creative, having the courage to face challenges, innovating to generate value, and earning an income for sustainability.

Mentorship session



The students received training in business start-ups, ongoing business activities, business expansion, and marketing strategies. This included identifying a need or problem and learning how to solve it; creating a business idea and understanding how to turn it into a reality; and marketing and promoting products. This served as the exit plan as students prepared for exams, especially for NITA.



Environmental Training

Towards the end of each year, OLMVTC undertakes a comprehensive review of its current courses to assess their relevance and effectiveness. This process helps determine whether the curriculum is aligned with evolving industry needs and whether there are opportunities to introduce new, high-demand courses. The review was facilitated by Sr Anne Itotia RSM, MPC's Director for Mission and Talent Integration, whose expertise ensured a thorough evaluation. As part of this initiative, the OLMVTC handbook is updated, providing staff with detailed information about each course, including its objectives, expected outcomes, and how it prepares students for the job market.



Students participating in the review

OLMVTC organised a meaningful spirituality day to support candidates as they prepared to begin their exams. The event featured heartfelt prayers and uplifting messages, creating a warm and encouraging atmosphere for the students. Distinguished guest speakers—including representatives from Kibondeni College, Fr. Joseph, the chaplain, the Mercy Education Office, OLMVTC staff, and MPC management—offered words of motivation and inspiration, reinforcing the community's commitment to the students' well-being and success.



Sr Christine and Special Guests at the Spirituality Day

We gratefully received generous donations from British Airways crew members, including a variety of hair and beauty products as well as specialised supplies for the special needs class. These valuable contributions enabled students to complete their practical sessions with confidence and without financial strain, enhancing the quality of their training experience. Staff found the act of giving and the spirit of support both humbling and inspiring. Additionally, clothing donations were distributed to students in need through the social office, ensuring that assistance reached those who needed it most.



Hair and beauty products donation



Garment making donations

OLMVTC organised a dynamic team-building session that brought together staff and students for a day of interactive activities. The event focused on strengthening communication skills, enhancing problem-solving abilities, and fostering effective conflict management. Through engaging exercises, participants practised active listening and learned strategies to achieve results with honesty and integrity, promoting a culture of collaboration and mutual respect within the Centre.



KNEC Theory Exam - Food and Beverage



KNEC Food and Production Cohort 2



KNEC Food and Service Cohort 1

Practicals before their Examinations



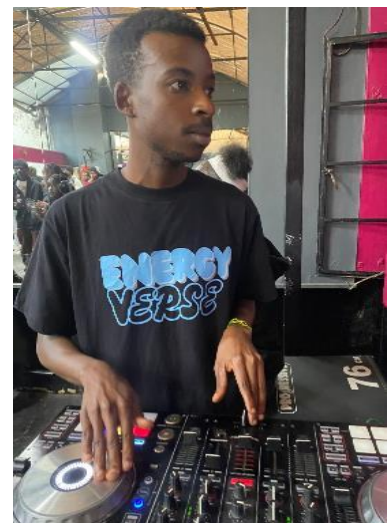
Masonry joining of blocks & plastering



Installation of a washing hand basin



Welding practical



Deejay students playing at an event.

Songa Mbele na Masomo Children's Centre

Activities In November

The Centre provided holistic care and education to 107 children with a wide range of conditions, offering tailored support to meet their diverse needs. Each child benefited from personalised education plans, regular therapy sessions, and participation in various engaging activities spread across all five classes. As a result, there was clear evidence of progress, with many children achieving important personal milestones and forming stronger support networks. Pre-vocational students acquired valuable mat-making skills under the guidance of Sr. Marie Yezakuzwe MSOLA (Missionary Sister of Our Lady of Africa), equipping them with practical skills to pursue income-generating activities and work towards future financial independence. The unwavering dedication of teachers, caregivers, and volunteers ensured that learning continued seamlessly, regardless of physical limitations, fostering greater self-confidence and enriching social connections among the children.

Amid all the daily activities, the Centre welcomed several overseas visitors, the first of whom was long-time partner and sponsor eRko Slovakia, which conducted its monitoring and evaluation visit. Lucia performed a comprehensive review of Centre activities, achievements, challenges, and future needs. She managed to visit other MPC departments that eRko Slovakia sponsors to assess progress, strengthening accountability and transparency.



Lucia from Erko spent some time during her monitoring visit



A team from Mater Misericordiae Hospital in Dublin, Ireland, paid a memorable visit to Songa Mbele, where they spent meaningful time engaging with both the children and staff. The team brought generous donations of food, educational materials, and toys, enriching the children's daily experiences at the Centre. As this was Mater Dublin's first visit to Songa Mbele, after hearing many inspiring stories about the Centre's impact, they were eager to witness the work firsthand. To deepen their understanding, the team also visited a beneficiary's home, gaining valuable insight into the children's backgrounds and the challenges they face in their day-to-day lives.



Tracey Fitzpatrick from the Mater Misericordiae Hospital Team, Dublin, Ireland

A total of four home visits were carried out, each serving a distinct and vital purpose. One visit focused on welcoming and assessing the needs of a newly admitted child in their home environment, ensuring a smooth transition into the program. Another visit was organised for a donor during their monitoring visit, providing them with first-hand insight into the living conditions and daily realities faced by beneficiaries. Additional follow-up visits were made to check on unwell children, allowing staff to monitor their progress and offer tailored support. Through these visits, visitors gained a deeper understanding of the challenges families face, and enabled the creation of more effective, individualised support plans and interventions.



Mater Dublin Team home visit



Lucia from Erko Slovakia home visit

The team from Cheshire Disability Services Kenya carried out its annual monitoring and evaluation visit, focusing on assessing the progress and impact of the Multi-Annual Programme (MAPP) for children and youth with disabilities. During their visit, the team engaged in detailed discussions with staff about potential future partnerships, strategies to improve data tracking to enhance service delivery, and the development of more effective reporting tools. These collaborative conversations fostered a spirit of shared commitment to improving the quality of care and support for children and youth within the programme.

An essential factor in the success of children living with disabilities is having strong support systems at home. Many parents of children attending Songa Mbele rely on irregular, casual work to provide for their families, often facing financial instability. Recognising these challenges, the Centre actively seeks ways to empower parents toward greater self-sufficiency, enabling them to better support their children's development. In November, the Parent Empowerment Program continued its valuable work. Two in-depth disability training days were held, with twenty-five parents participating. These sessions focused on understanding different types of impairments, the importance of early identification, and effective home-based care techniques. Parents also learned practical strategies to foster independence in their children, with an emphasis on therapy follow-ups that can be implemented at home.



Parent workshop

The workshops were highly educational, giving parents practical skills and increasing their confidence in caring for their children's physical needs. Wycliffe Wandanda skillfully led the training from the Association for the Physically Disabled of Kenya (APDK), whose guidance made the sessions both informative and empowering.

The Mental and Intellectual Disabilities Workshop attracted 32 dedicated parents, all eager to deepen their understanding and better support their children. The session offered insights into various types of intellectual impairments and provided practical training in effective communication and behaviour management techniques. Throughout the workshop, parents participated in discussions, shared personal experiences, and engaged in hands-on activities that made the strategies both accessible and actionable. By the end of the session, parents demonstrated a greater appreciation for their children's unique needs and felt more confident in responding with empathy and skill. Many expressed a strong commitment to applying these new approaches at home, believing it would help foster positive developmental outcomes. The workshop was facilitated by Celine Omondi from Beyond Borders, whose guidance and encouragement created a supportive and empowering learning environment.



Mental and Intellectual Disabilities workshop

The social worker visited Kingstone Village to assess the progress of a small snacks business established with support from CDSK funds. Since its inception, the parent managing the enterprise has shown remarkable dedication, leading to steady growth and a positive impact on the family's well-being. The modest business, which sells basic provisions and snacks, has become a reliable source of income, significantly improving the family's livelihood and providing greater financial stability and security.

During the visit, the parent, Mama Angel Stacy, reflected on the journey to success, attributing the business's achievements to several key practices: starting on a small scale, maintaining consistent record-keeping, reinvesting profits to fuel gradual expansion, and remaining steadfastly committed to the business. The growth of this family business stands as a testament to the power of perseverance, prudent management, and collaboration, serving as an inspiring example for others in the community.



Mama Angel Stacy kiosk

In addition to academic and therapeutic support, the Centre provides targeted guidance to children who may need extra assistance in navigating life's challenges. Through the mentorship program, children in the Intermediary II and Prevocational classes receive tools to approach daily life with greater confidence and security. The sessions cover essential topics such as resisting negative peer pressure, recognising and managing behavioural changes, strengthening decision-making skills, and building self-awareness. The positive effects of these mentorship sessions are clear: children show better emotional control and self-confidence, a noticeable decrease in susceptibility to negative peer influence, improved classroom discipline, more positive social interactions, and significantly increased self-esteem. By fostering these vital life skills, the Centre helps ensure children are better prepared to succeed both inside and outside the classroom.



Children's mentorship

The Centre secured free orthopaedic services for its children at AIC Kijabe Hospital, providing much-needed relief to families. Currently, 9 children are receiving ongoing orthopaedic treatment, and 4 have attended surgery review appointments. Early detection and prompt management of health issues, supported by accessible medical care, have significantly reduced the financial burden on both parents and the Centre. In November, the Centre continued to offer vital therapy services. Seventy-seven children benefited from physiotherapy sessions, 25 from occupational therapy, and 18 from speech therapy. These interventions have been essential in promoting the children's overall development and well-being.

November's standout achiever was George Minton, a resilient four-and-a-half-year-old boy from Mariguini Village. When his mother first brought him to Songa, she carried him on her back because he was unable to walk. Through dedicated and regular physiotherapy sessions, George has made extraordinary progress, moving from dependence on a walker to confidently taking steps on his own. His journey is a powerful testament to perseverance and hope. In addition to his physical achievements, George is thriving cognitively. He excels at oral questions, can count from 1 to 10, recognises the alphabet, and delights in singing games. With continued support and encouragement, George is well on his way to reaching his full potential, inspiring both staff and fellow students with his determination and joyful spirit.



George uses the building blocks



James Ombango is an 8-year-old boy with autism. He has shown progress in concentration, he can recognise and sort large colours and match pictures. His eye-hand coordination has improved; he can do beading, and his attention span has increased. He can sit and complete activities, so hyperactivity has been partially reduced through occupational therapy.

James develops his fine motor skills

Adrian Mumo is a 4-year-old from the Intermediate II class who has been receiving physiotherapy for cerebral palsy. His therapy aims to enhance mobility, balance, and endurance and to prepare him for corrective surgery.



Adrian walking independently



Raheem Mbalirwa has made significant progress in the last 4 weeks. He can now say all the sounds he has learned clearly and with ease. His vocabulary has grown, and he uses new words in simple sentences to describe pictures, daily events, and his surroundings. Raheem can answer questions during storytelling and name objects, explaining what they are used for. His increased confidence shows in his communication every day.

Raheem with Tabitha Muindi, speech therapy assistant

A group of graduates celebrated their achievements at a graduation party after finishing the Ajira Digital Training Program. The participants included both young people with and without disabilities, all of whom gained valuable skills in using online platforms for self-empowerment. Through this training, they enhanced their employability and moved closer to achieving independence in the digital world economy.



Sr Winnie Njuguna facilitates the presentation

Staff participated in a team-building event in Rongai focused on teamwork, communication, problem-solving, workflow, and leadership development. This engaging event helped boost staff morale and fostered greater cooperation among colleagues. As a result, coordination between the therapy and education teams improved, and service delivery became more effective through stronger internal collaboration and communication.



Songa Staff members at Rongai

The Centre gratefully received generous donations of food, toys, and educational resources from Mater Misericordiae Hospital in Dublin, Ireland; British Airways crew members; pupils from Our Lady of Mercy Primary School; and other kind-hearted well-wishers. These thoughtful contributions have made a meaningful difference for both the children and the Centre as a whole. Providing nutritious food has boosted children's health and well-being, while educational resources and toys have enriched learning and made therapy sessions and playtime more engaging and effective. Additionally, these donations have eased financial pressures by lowering operational costs, allowing the Centre to dedicate more resources to children's care and development.



Our Lady of Mercy Primary School students

Mary Immaculate Rehabilitation Centre

Activities In November

After a busy October filled with overseas visitors, exams, home visits, and plenty of activities, the holidays for all the boys gained momentum from mid-November. British Airways crew member Chrissie Brooks and coach Dan hosted the highly anticipated week-long soccer camp, where some of the boys are very keen to become great soccer players now and in the future.

The reintegration programme has been ongoing, and some of the boys will be reunited with their families in December. Most of them have enjoyed the programme, and after the Rehabilitation programme, they have promised to continue practising at home for family use and as income-generating activities. The counselling sessions, evening prayers, and agricultural activities continued throughout November. We are grateful to our well-wishers and sponsors who provide generous in-kind donations and vital operational support. These thoughtful contributions have played a crucial role in maintaining daily routines, providing nutritious meals, educational materials, and recreational supplies. Thanks to this ongoing support, the boys benefit not only from quality care but also from a range of enrichment opportunities, including sports and creative activities, as well as counselling and agricultural programmes. The welcoming and supportive environment created by these donations helps each boy feel valued and encourages their personal growth and development.

During the holiday program, we have also included library time, during which the boys will be able to read inspirational and story books to sharpen their learning and reading skills.



Boys engaging during the library session

Home visits are crucial for the success of the reintegration program. Recently, a second round of visits was conducted for all the boys to ensure smooth, supportive family reunions after they completed a year-long rehabilitation program. However, some situations have been challenging, especially when parents are living on the streets without stable housing, which can pose risks for the boys if they return home. Despite these difficulties, most visiting parents have demonstrated both willingness and readiness to welcome their sons back, laying the groundwork for successful reintegration.



George and his mother during a home visit in Kakamega

A highlight for the boys in November was the excitement and joy of a special soccer camp organised by Team Chrissie, including coach Dan and British Airways crew members. The camp created lasting memories, with under-14 boys receiving separate training from the older boys to focus on age-appropriate skills. All participants learned new soccer tactics and gained confidence to play and compete against outside teams. Several boys were even selected to travel to Mombasa in December for a week to compete with other teams, thanks to Team Paula's generous sponsorship, which will enable the trip and experience.



Team Chrissie, Coach Dan and British Airways training during football camp



The Centre consistently supports the boys through mental wellness programs and provides a safe environment where they can openly share their issues and concerns. Both individual and group counselling sessions are held to ensure that every boy benefits from the program. The boys are also encouraged to report any problems to help keep them safe from harm by adults or other boys.

Group counselling session led by Strathmore University students

The Centre was alive with cultural energy, with music filling the air and vibrant art displays brightening every corner. The boys enthusiastically practised playing violins, guitars, and keyboards, immersing themselves in each session. Their enjoyment was clear, and the music teacher has noted significant progress in their skills this month, a truly encouraging sign of their dedication and growth. The Centre is grateful to Team Paula for making these formative experiences possible.



Guitar class

Art classes continue to be a highlight for the boys, igniting their creativity and enthusiasm each week. They eagerly develop their skills by making colourful bracelets, pouring and decorating candles, sketching imaginative designs, and experimenting with bright paints. The classroom often buzzes with excitement as the boys share ideas and admire each other's work. For many, these sessions are more than just a hobby; they are a chance to uncover talents that could one day provide an income source when they return home. The ongoing support from Brothers and Sisters in Need and Team Paula has helped the boys explore and develop their artistic skills, for which we are truly grateful.



Samuel, art instructor, is teaching the boys how to make items through modelling clay

For boys who enjoy more physical activities, rugby is a popular choice. The rugby team recently held training sessions that were met with great enthusiasm, as many boys relished the chance to build their strength, coordination, and teamwork. They are steadily improving their skills with each practice. Before each game, the coach leads an encouragement session, motivating the players and setting a positive, energetic tone. These sessions not only make rugby fun but also help the boys gain confidence and learn essential life skills through sport.



Boys having fun after a rugby session

The boys have actively participated in farm work as an important part of their program. Many have developed a genuine interest in farming and express a desire to continue these activities when they return home. Through their efforts in the garden, the Centre harvests fresh vegetables for meals and grows nutritious greens for feeding the rabbits and chickens. In addition to hands-on gardening, the boys receive lessons on agribusiness, equipping them with skills to generate income once they are reintegrated with their families. This practical experience not only enhances their self-sufficiency but also opens up future opportunities. We extend our sincere thanks to the Brothers and Sisters in Need for their ongoing support throughout the year.

The boys delight in caring for the chickens and rabbits, eagerly volunteering to ensure the animals are fed on time and properly. They demonstrate responsibility and initiative by managing the feeding schedule and looking after the animals' well-being. Once enough eggs are collected from the chickens, they are cooked and shared, providing a nutritious addition to everyone's meals. Through these activities, the boys have learned valuable lessons in persistence, responsibility, and teamwork. We sincerely appreciate the support of Teresa Hearan and family, who built the new houses for the rabbits and hens, and of Teddy Strand, who added an extension to the outdoor run so the animals can exercise daily.



Benson makes sure the chickens and rabbits are looked after.

After a busy week filled with activities, the boys are encouraged to pause and reflect on what they have learned. This time of reflection allows them to nurture their spiritual growth alongside their academic and cultural development. Catechists from Our Lady of Queen of Peace, South B, visit the Centre regularly to guide the boys on their faith journey. In November, evening prayer continued as a cherished routine, and Sr. Teresia led the boys in a meaningful faith formation session, deepening their understanding and connection to their beliefs.



Sr Teresia



We continue to receive donations from local and international well-wishers, whose kindness, large or small, means a great deal to the boys. Each contribution, even something as simple as a packet of milk, is valued and makes a real difference. We are truly grateful for this ongoing support.

Donations from Our Lady Queen of Peace Catholic Church, South B

Sponsorship Office

Activities In November

November was a month of celebrations for many sponsored students. Many students received their academic reports and sent thank-you letters to their sponsors. One major sponsor, Airtel Networks, which has been sponsoring 20 secondary students each year for over a decade, received updates on all their students. We are pleased to announce that 75 sponsored students successfully sat for the Grade 6 KPSEA (Kenya Primary School Education Assessment) exams and will progress to Grade 7 in 2026. Meanwhile, another 25 sat for their Grade 9 KJSEA (Kenya Junior Secondary Education Assessment) exams and will move on to Senior Secondary School.

We celebrated the graduation of five of our college-sponsored students. These young men and women reached a significant milestone, which pleased us and made us proud. The Fidel Goetz Foundation sponsored several of them, who have already moved on to the next stage of their studies, demonstrating how our support opens doors and unlocks potential.



Mildred Nabwire

Mildred Nabwire graduated with a Diploma in Nursing from Thika Medical Training College and is currently pursuing her nursing degree. Phostine Jarega, who graduated with a Diploma in Business Management from Strathmore University, is still exploring the option of advancing her studies after securing a 50% scholarship from the university.



Phostine Jarega

To secure sponsorship for an educational institution, procedures and protocols are in place to ensure that the most needy and vulnerable can access educational opportunities. Many boys from the Mary Immaculate Rehabilitation Centre are sponsored by generous groups such as Team Paula, Team Chrissie, Kristina Nwazota, and Whistle Foundation, among others. The Office held a meeting to discuss the Reintegration program and whether any of the boys who have completed the residential program can be sponsored to continue their education.



Reintegration Meeting with the Sponsorship Office


We thank our sponsors who enabled 859 students to access education in 2025!


Announcements

November Activities Outside the Departments

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


Alongside these activities, there are other significant events and developments to consider. This month, the MPC Head Office remained committed to supporting its programmes and the Mukuru community, despite ongoing challenges such as rising living costs and national unrest. The team worked hard to ensure uninterrupted operations and deliver essential services to those in need.


 The new Central Leadership Team of the Sisters of Mercy, Ireland, visited the Centre for the first time. Sr Miriam Kerrisk RSM and her team experienced firsthand the work being done at MPC.


 Professor Oborah met with MPC's management team to explore future collaboration opportunities in integrating talent within MPC, with assistance from Sr Ann Itotia, MPC's Director of Mission and Talent Integration.



MPC Management and Professor Oborah

 We would like to bring to your attention that after 5 years, Absa Bank, Kenya, have advised MPC that donations through its website's platform will incur a **2.8% charge**, effectively immediately. MPC has checked with various banks and found that Diamond Trust Bank, Kenya, does not charge a fee for using money transfer services like Remittly and Western Union. Management is currently making some changes, and we will inform you once these are implemented. We apologise for any inconvenience, and we are incredibly grateful for your generosity.

 The staff confirmed that all grant-funded activities and reports will be finished before the Head Office closes for the Christmas break.

 A team-building event sponsored by KWAL Agencies, involving staff from the Head Office, OLMVTC staff, and a few catering students.



Team Building

40 Capacity building for staff is a crucial part of MPC's strategic plan. We commend Eliud Handi, our archivist, for graduating with a Bachelor of Technology and Information Studies from the Technical University of Kenya. Eliud has been with MPC for 7 years.



Eliud Handi

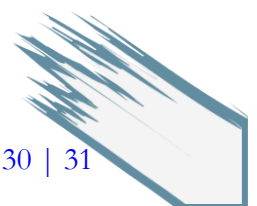
40 The Head Office closure for Christmas will be between 23rd December 2025 to 4th January 2026 inclusive.

40 The Mary Immaculate Rehabilitation Centre will remain open across the Christmas holiday break.

40 The final MPC Board meeting for 2025 was held. Besides identifying focus areas for 2026, the Chairman praised MPC for achieving a significant milestone: 40 years of service to the Mukuru community. The phrase used in the 40th Anniversary Book, "Tapestry of Hope", effectively captured the essence of MPC.



Last MPC Board meeting for 2025



Mukuru Promotion Centre

Empowerment Step by Step

Ministry of the Sisters of Mercy

40 Years Anniversary

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Thank you for your continued support

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