

Mukuru Promotion Centre

OCTOBER NEWSLETTER

VOL 10 ISSUE NO. 10 2025

JOURNEYING 40 YEARS WITH THE MUKURU COMMUNITY

MPC DIRECTOR

Dear Partners, Supporters, Family and Friends,

I had heard a lot about Kenya before arriving here, mainly from various missionaries who visited on holiday. Then the Kisumu massacre occurred. Sister Nathy, RIP, a keen historian, updated the sisters daily about the assassination of Tom Mboya, RIP. She learned much about him from Sister Dolorita, Sister Eileen, and other now-deceased sisters who lived in Makadara and knew him, his wife Pamela, and their children. Sister Nathy actively followed the case and eagerly awaited news about who had assassinated him. Unfortunately, she passed away without ever discovering the truth. The assassinations of promising, gifted politicians have stunted Kenya's potential for charismatic leadership that could have driven national development and improved the inclusion of the poor.

I was greatly cheered and encouraged by reports of activities in October and the visits from friends, donors, and supporters. Caroline Cullen and her Whistle group arrived in early October, and you can read about their contributions in the Newsletter. Paula Cullen then joined us with Irene Plunkett, bringing along a talented Irish musician, Molly, and Ted Strand, an American architect. This group funds several tutors in rehabilitation and sponsors dozens of boys through secondary school and college, with the support of family, friends, and fundraising efforts in cooperation with the Calary Parish congregation and pastor.

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The BA crew continued to visit and bring items needed by schools and centres, as well as by fire victims. Additionally, two former pupils from Our Lady of Mercy, South B, supported us, and one of them, Gurkirit, visited us with family members. These visits from local parish groups, along with their friendship, have uplifted me amid many challenges. The interest and care shown by those supporting us from abroad have also been a great encouragement. Thank you very much. Without your support and God's help, we could not carry out the vital work that we do.

Dinah Mwendwa, my deputy, and Mary Kanana, our development officer, were quite busy in October trying to get various department heads to fulfil the activities they had committed to and provide the necessary reports for donors. While some department heads completed everything on time, others required follow-ups and pressure to meet their obligations. It is gratifying to see improvements in this area. Bob Paterson met individually with department heads to mentor them in their work, and we greatly appreciate his efforts.

Students continue to seek sponsorships, and we are very grateful to those who enable students to attend secondary school and college. In particular, we thank Chantal Goetz and her foundation for supporting twelve female students in university and college. Her goal was to nurture African women leaders, and her hope is being realised in some of the students she sponsored. We hope many more will join the ranks of sponsors. Students from low-income backgrounds often struggle to access higher education due to a lack of government funding and sponsorship opportunities. We reminisce about happier times when students who excelled in secondary school could receive government scholarships, but those days have long passed. We are thankful to all who enable students to receive the vital training they need to secure good employment. Our gratitude extends to Kenya Wine Agencies, Tamarind, and Hilton hotels for their support of catering students. The difference you make in their lives is tremendous.

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

Sr Mary Killeen
Director

Archival Corner

“Leo Katika Historia – Today in History”



The Kisumu Massacre (October 25, 1969)

On October 25, 1969, a tragic and violent event took place in Kisumu, Kenya. Former President Jomo Kenyatta was visiting to inaugurate the Soviet-built Nyanza Provincial General Hospital. This visit came amid heightened political tension, particularly following the assassination of a prominent Luo politician, Tom Mboya, just a few months earlier.

A hostile crowd gathered, chanting anti-Kenyatta slogans and accusing the government of involvement in Mboya's death. A heated exchange between Kenyatta and opposition leader Jaramogi Oginga Odinga escalated into a riot. In response, the presidential guard and police opened fire on the crowd, resulting in numerous civilian deaths and injuries. Official government figures reported 11 deaths, but independent accounts and survivors suggested the toll was much higher, potentially between 50 and 100.

In the aftermath of the incident, the main opposition party, the Kenya People's Union (KPU), was banned, and Odinga was placed under house arrest, effectively transforming Kenya into a one-party state. The outcome led to increased tribal animosity, particularly between the Luos, to which Oginga Odinga belonged, and the Kikuyus, from whom Jomo Kenyatta hailed. Over time, other communities also became involved in the divisions.

Politicians have exploited this tribal animosity to further their own interests, especially during election periods, using the youth against opposing groups. This history of tribal conflict continues to influence current youth empowerment efforts, as political and tribal affiliations often determine government positions and appointments. Recent research by the National Cohesion and Integration Commission (NCIC) revealed that five tribes, out of over 45 recognised in Kenya, occupy 70% of all state jobs, leaving the remaining 40 tribes to compete for just 30%. This limited access often favours those with connections or financial resources, leaving youth vulnerable to manipulation along tribal lines and underscoring the ongoing need for inclusive community development initiatives.

In response to these challenges, Mukuru Promotion Centre, through Our Lady of Mercy Vocational Training Centre, has implemented significant interventions to empower vulnerable youth through various technical courses. The long-term goal is to remove them from harm's way, particularly from exploitative politicians. Others have been sponsored to attend institutions of higher learning thanks to generous donors and partners. With a diverse range of technical courses, thousands of youths have been uplifted from these adverse circumstances, becoming valuable members of the Mukuru community and beyond, both nationally and internationally. These efforts demonstrate the community's strength and hope for a better future.

Social and Health Services

Activities In October

October unfolded against a backdrop of ongoing national and local challenges that continue to impact families living in Mukuru. Rising food prices, insecurity in informal settlements, and the strain of an unpredictable economic climate have left many households vulnerable. Additionally, the national focus on education during the examination period, along with increased concerns about community safety, including fire outbreaks in several villages, highlights the resilience of families facing these hardships. These realities underscore the importance of our work and the need for sustained support for the most fragile households.

Food support remained central to our interventions this month. Thanks to the generous funding from the late Fondo Don Makario, our targeted food package distribution continued uninterrupted, providing vital relief to vulnerable families who rely on this assistance as their primary source of nutrition. This support has helped over 355 families access essential food supplies. These funds also enabled us to replenish our food supplies and maintain the distribution of amaranth flour, a critical resource for clients who are chronically ill and require specialised nutritional support, ensuring continuous care for those most in need.



Home visit to a chronically ill patient

In addition, our feeding program for sick children, pregnant women, and postnatal mothers continued without disruption, made possible through the steadfast partnership of the Pablo Horstmann Foundation. Their support ensures that fragile households facing medical and nutritional challenges receive consistent care that would otherwise be out of reach, with over 240 referred cases.



Guardians of sick children receive food parcels



Members of the Whistle Foundation sorts clothes



Thankfully, neighbours helped to contain the Sinai blaze before it really took hold of the village; however, it did affect families from St. Elizabeth Primary School and Our Lady of Mercy Vocational Centre. We are grateful that its impact was limited, and our team has been providing necessary support to the affected families. This community effort demonstrates the strength and solidarity within Mukuru, inspiring hope for continued safety and resilience. We are thankful for the timely visit of the Whistle Foundation, which brought 8 large suitcases of clothes for men, women, and children and gave them to Sr. Barbara to distribute to 100 needy families for Christmas.



Sinai fire victim receives clothing, bedding and food provisions

St Elizabeth pupil stands outside the remains of his home after the fire

Due to the national examination schedules towards the end of the month, admissions at our Clinic were lower than usual. Many of our students were engaged in preparations or actively sitting for exams, resulting in decreased movement and fewer routine visits. Nevertheless, essential services remained available for urgent and ongoing medical needs.

We were deeply saddened by the passing of a Grade 9 parent at St. Bakhita. This loss occurred at a difficult time for the family, and our social workers have been providing support to ensure the student is well-supported during the examination period.

Even though challenges come each month in different forms, we remain committed to strengthening our social services and ensuring that no family in Mukuru faces adversity alone. We sincerely thank all our partners for their generosity, which makes this work possible. Your support ensures that, even in times of hardship, our children, families, and community members continue to find help, dignity, and hope.



St Bakhita children with donated toothbrushes



Teenage mother with a baby care parcel

Mary Immaculate Clinic

Activities In October

October was a remarkable month marked by significant impact, growth, and service expansion, demonstrating our commitment to quality healthcare. The team continued to provide compassionate, affordable services to the most vulnerable, including street families, children, and low-income residents. The patients treated were 2,595, of whom 62% were female and 38% male, reflecting the focus on maternal healthcare. The attendance rate for paediatric patients was 1,325 (51%). The laboratory tests conducted were 1,311, with 479 paediatric cases. The laboratory diagnostics played a critical role in accurate diagnosis and timely treatment, reinforcing our progress. The maternal health and ultrasound services were kept busy, with 140 mothers receiving free obstetric ultrasound scans to reduce foetal complications. Many women who previously could not afford such diagnostics now access quality antenatal services, leading to reduced maternal complications, safer deliveries, and healthier babies.

The immunisations for October included 195 doses under the Expanded Program on Immunisation (EPI), along with growth monitoring, nutritional assessments, Vitamin A supplementation, deworming, hygiene, nutrition, and exclusive breastfeeding health education sessions. These activities are vital in reducing child morbidity and mortality among vulnerable groups.

The clinic received two visits from the Rotary District Leadership Team during October. These visits focused on reviewing the progress of the Telehealth technology project powered by the V See digital platform. Through this innovation, staff can consult with specialists online, both locally and internationally; patients will benefit from timely expert opinions on complex cases; and cross-border medical collaboration will be enhanced, improving diagnosis and treatment outcomes.

This initiative will bridge the healthcare gap in slum settings, where specialists such as cardiologists and mental health professionals are rarely accessible. It will also promote sustainable healthcare delivery through real-time mentorship and knowledge exchange.



Rotary District leadership Team at MIC



Global Telehealth Network Team at MIC

Ruth Munyi, Deputy General of Rotary Club, is addressing its members.



In October, the Clinic bid farewell to outgoing paediatrician Dr Alba Bassets and warmly welcomed Dr Marta, thanks to our dedicated donor-supported collaboration partner Pablo Horstmann. The presence of highly trained medical professionals continues to transform the quality of healthcare provided.



The Clinic continued its capacity-building and professional development through regular CMEs and training sessions. This month the sessions covered Dermatology II Common + severe skin diseases, Exanthematic Diseases focus on maculopapular & erythroderma, Vaccines Overview of KEPI vaccination schedule, X-Ray Lecture How to read X-rays; practical case discussions, Neonatal Examination Systematic newborn exam, Importance of Breastfeeding Benefits for mother/baby; breast milk composition, Febrile Convulsions epidemiology, diagnosis, treatment; practical case discussions.

Dr Alba is explaining to members how to use the telehealth online platform.

One of our nurses participated in a Ministry of Health training regarding the transition from two doses to a single dose of the HPV (Human Papillomavirus) vaccine. Research shows that a single dose is as safe and effective as two doses, with only a 1% difference in efficacy. This change will simplify vaccine delivery and enhance national coverage among adolescent girls, thereby contributing to cervical cancer prevention efforts. During the regular monthly supervision visit by the Ministry of Health, the clinic received commendations for its high level of community engagement, accurate data reporting and documentation, and compliance with national health guidelines. All recommendations from the visit were incorporated into the November operational plan to ensure continuous quality improvement.



We sincerely appreciate the generous donations and partnerships that help sustain our health services. Mr Wang'ombe and his family have significantly contributed essential medicines for kidney care, making a real difference in patients' lives. Furthermore, we received valuable drug donations from Our Lady Queen of Peace, specifically targeting adult medications for those battling chronic and acute illnesses. We extend our heartfelt thanks to all of our donors for their unwavering support; together, we are transforming healthcare for those in need.

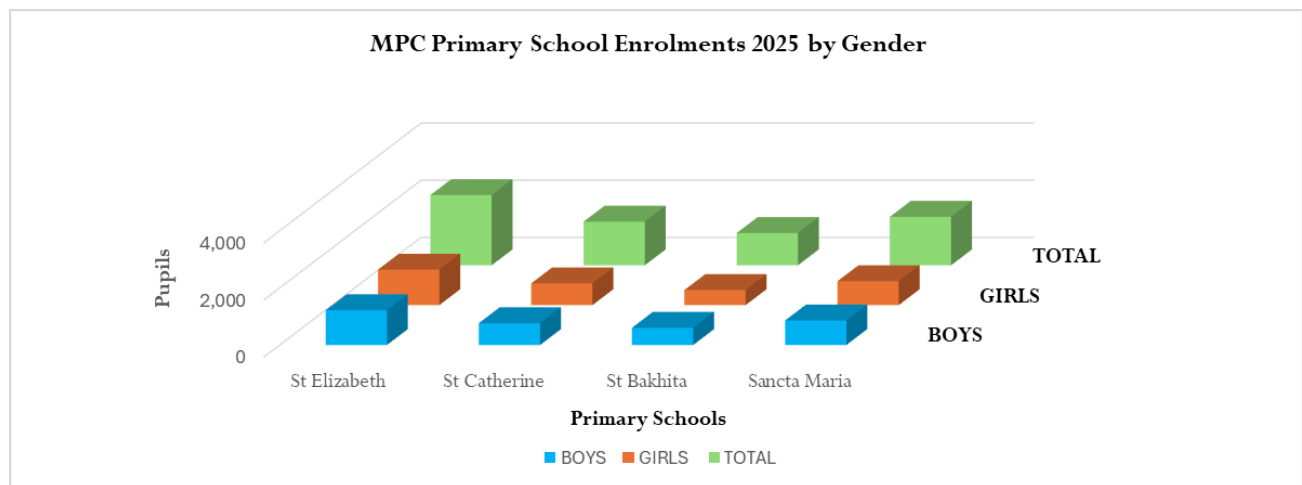
Fr Daniel, Jennifer, Felix and Moses, the Clinic Pharmacist, received the donation.

Primary Schools

Activities In October

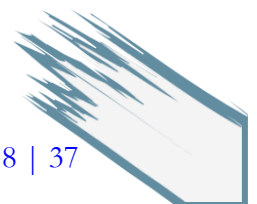
October has been a busy and productive month as the academic year came to a close for 6,808 students, with much of the focus on the upcoming Kenya National Examinations Council (KNEC) assessments scheduled for November. Teachers and students have been actively engaged in revision, assessment rehearsals, and final preparations to ensure they are ready for the national evaluations.

Additionally, teachers participated in the registration process for KNEC invigilation and supervision duties, demonstrating their commitment to maintaining the integrity of the national assessments. The Ministry of Education also conducted assessment visits to schools, providing guidance, monitoring readiness, and ensuring that all institutions meet the necessary standards for the successful administration of the upcoming exams.



Before the end of the term and examinations, various activities took place across different primary schools. St. Bakhita officially opened its new computer laboratory, a milestone that fills us with pride. Pupils demonstrated their ICT knowledge through short presentations and demonstrations, showcasing their enthusiasm and readiness to explore technology.

The establishment of the computer laboratory is expected to transform teaching and learning at St. Bakhita Primary School by promoting computer literacy among both pupils and teachers. It aims to enhance digital learning and research skills, bridge the technological gap for learners from less privileged backgrounds, and foster innovation, creativity, and problem-solving abilities. We are grateful for the Government's capitation funds for Junior Secondary Schools and contributions from MPC, a collective effort that made this possible, reinforcing our community's shared dedication to student success.





Opening of the computer lab at St. Bakhita Primary School on 2nd October 2025.

Mukuru Promotion Centre is a ministry of the Sisters of Mercy. Although the Feast Day is traditionally celebrated on September 24th, this year our schools joyfully celebrated Mercy Day in October. The school community gathered to honour the Feast of Our Lady of Mercy, and we encourage families and community members to continue embodying Mercy values in their daily lives and community activities.

The event began with a Thanksgiving Mass that emphasised the values of Mercy. Students showcased their talents through songs, poems, and dances around the inspiring theme “Extending Mercy Through Service”, encouraging everyone to live out these values. The day served as a powerful reminder of the importance of the Feast Day for our school community, inspiring us to embody the spirit of Mercy in our daily actions and foster a caring, inclusive environment.



Mercy Day celebration at Our Lady of Mercy Primary School, South B

The KNEC assessment briefings were attended by headteachers, assessment coordinators, supervisors, and invigilators from various schools within the zone. This ensured that all stakeholders were adequately informed and prepared for the smooth administration of the KNEC assessments. Rehearsals for the Kenya Junior School Education Assessment (KJSEA) and the Kenya Primary School Education Assessment (KPSEA) were successfully conducted in October. These exercises ensured that both pupils and teachers were well-prepared for the official KNEC assessments.

The Kenya Junior School Education Assessment (KJSEA) marks a significant milestone as the first national assessment under the Competency-Based Curriculum (CBC). It serves as a key evaluation for students completing Grade 9, focusing on the application of skills, knowledge, and values acquired throughout the junior secondary phase. Unlike traditional examinations, the KJSEA emphasises continuous assessment and practical competence, aiming to identify students' strengths and potential pathways for further education and career development. This assessment reflects the government's commitment to nurturing holistic, skilled, and adaptable learners prepared for the modern world.

However, the number of missing candidates in these assessments increased compared to previous years. This increase was attributed to the KNEC system retaining student numbers even when they transfer to other schools without following proper procedures. Notably, two girls at St. Elizabeth, one at Mukuru, and one at St. Bakhita schools took the KJSEA assessments while caring for babies less than a month old.

KJSEA and KNEC Candidates for 2025							
Primary School	GRADE 6			GRADE 9			Grand Total
	Boys	Girls	Total	Boys	Girls	Total	
St Elizabeth	121	123	244	192	160	352	596
St Catherine	95	73	168	79	75	154	322
St Bakhita	77	58	135	68	80	148	283
Sancta Maria	85	106	191	106	95	201	392
Total	378	360	738	445	410	855	1,593

Thanks to our generous sponsors, the Whistle Foundation, essential stationery items were purchased and distributed to ECDE learners at St. Bakhita Primary School. The Foundation currently sponsors 83 children in the pre-school. The items provided included exercise books, pencils, drawing books, scrapbooks, and play materials such as hula hoops, balls, skipping ropes, wheels, and swings. This support has directly contributed to improved learning activities in the ECDE centre, ensuring all learners benefit from a richer educational experience. The school sincerely appreciates the sponsors for their continued support in improving the quality of early childhood education.



Distribution of learning and play material to St. Bakhita ECDE Centre



One of the pre-Christmas lunches for the children

The Whistle Foundation sponsored the construction of the school incinerator at St. Bakhita as part of MPC's ongoing efforts to enhance sanitation and waste management within the school compound. The incinerator will provide an environmentally friendly solution for disposing of waste materials, particularly sanitary towels and paper. Once completed, the project will help promote hygiene and health among learners, especially girls; reduce environmental pollution; and support the school's health and sanitation policy. The first incinerator was funded by students from Sancta Maria College, Ballyroan, Ireland, back in 2017 and clearly needed major repairs after extensive use. The slightly redesigned design addresses excess ash and smoke from burning—no more complaints from the neighbours.



Peter and Maurice inspect the incinerator



Peter, Reinhard and Sheldon complete the incinerator



As part of its commitment to the planet, the Whistle Foundation Team planted banana, mango, and avocado trees for World Environment Day at St Bakhita. It won't be too long before the children can enjoy the fruits!



Teachers and students organised various activities to celebrate the successful completion of the academic year. Pupils showcased their talents through songs, poetry, dances, and skits. This celebration provided an opportunity to appreciate both learners and staff for their hard work and dedication throughout the year. An end-of-year Mass was conducted to thank God for His guidance and protection during the year. The Mass also included a special blessing for the KJSEA and KPSEA candidates as they prepared for their final assessments. Parents, teachers, and students attended the event, fostering a spirit of unity, faith, and encouragement within the community. The candidates were reminded to remain disciplined, focused, and confident as they approached their examinations.



Blessing and Mass 2025 Sancta Maria, St Elizabeth and St. Bakhita school candidates.



When more than 1,000 children run around the school for months each year, the tiles become cracked and worn. Mr Desai, Chief Executive Officer, representing Mr Ifa Sanoba of Punchlines Ltd, assisted in repairing hundreds of tiles at St Bakhita Primary School. To improve the play area and space at St Bakhita, he planted a few trees to provide shade for the children on particularly hot days.

St Michael's Secondary School

Activities In October

The month of October 2025 was both busy and productive for the 447 students enrolled at St. Michael's Secondary School. The school organised and participated in several academic, co-curricular, and spiritual activities that significantly contributed to students' holistic development. Key programs included the School Mentorship Program, Career and Cultural Day, and a professional development workshop to upskill teachers on the Senior School Curriculum. These events enhanced student empowerment and prepared teachers for the upcoming transition to senior school.

Additionally, spiritual activities such as the Joint Form 4 and Grade 9 Prayer Day provided students with an opportunity to pray for candidates taking their national examinations. The school also received donations of sanitary pads and educational support from the Challenge Aid Group, which improved students' welfare and comfort.

As the school prepares for the end-of-term examinations, the administration expresses sincere gratitude to everyone who contributed to the success of these programs. The commitment shown by staff, students, and partners continues to strengthen the school's vision of providing quality, holistic education.

The opening school Mass brought together students, teachers, and support staff for a moment of spiritual reflection and thanksgiving. The celebration emphasised themes of hard work and obedience, encouraging students to strive for their best.

A joint prayer event for Form 4 and Grade 9 students was held on the grounds of St. Bakhita Primary School. This event united candidates preparing for the Kenya Certificate of Secondary Education (KCSE) with Grade 6 and Grade 9 students preparing for the Kenya Primary School Education Assessment (KPSEA) and the Kenya Junior School Education Assessment (KJSEA). The purpose of the Day was to dedicate these candidates and their forthcoming examinations to God through prayer, thanksgiving, and encouragement.



Prayer Service



The management of St. Michael's Secondary School, in partnership with the Makadara Sub-County Education Officers, hosted an informative and engaging upskilling workshop for educators, focusing on the Senior School Curriculum. This event took place in the spacious hall of St. Michael's, providing an ideal setting for collaboration and learning.

Mr Sande, Quality assurance officer and standard officer, Makadara sub-county

The workshop was designed as part of a broader initiative to enhance teachers' competencies and equip them with the essential knowledge and skills to successfully implement the Competency-Based Education (CBE) framework at the Senior School level, specifically for Grades 10 to 12. Educators from St. Michael's gathered with enthusiasm, eager to explore and discuss new teaching strategies and curriculum changes. The primary goal of this workshop was to facilitate a seamless transition to the new curriculum, ensuring that teachers are well-prepared for the challenges and opportunities that lie ahead in the 2026 academic year.

St. Michael's Secondary School proudly held its vibrant Career and Cultural Day within the school grounds. This engaging event brought together a diverse gathering of students, dedicated teachers, enthusiastic parents, honoured guests, and career professionals from various industries. The primary objective was to provide students with valuable guidance in their career paths while also celebrating the rich tapestry of cultural diversity through an array of traditional music, colourful attire, and delectable cuisine. The day unfolded beneath the inspiring theme: "Empowering Minds, Embracing Culture," creating an atmosphere of learning and celebration that resonated with all participants.



Mr Kanja addressing students during career day



Eating competition activity during cultural day

The school organised an engaging mentorship program, reflecting its dedication to nurturing students' academic, social, and moral development. This enriching event sought to empower students by equipping them with essential life skills, insightful career guidance, and personal development strategies that encourage well-rounded growth. The atmosphere buzzed with excitement as teachers, students, and alumni gathered, alongside a diverse group of invited mentors hailing from various professional fields. Each mentor shared their unique experiences, wisdom, and practical advice, creating valuable connections and inspiring the students to envision their future paths with confidence and purpose.



Form 3 mentorship session



Challenge Aid Group visited the school and donated sanitary pads to girls. The initiative aimed to promote menstrual hygiene management, reduce absenteeism among girls, and empower them to attend school with confidence and dignity.

Our Lady of Mercy Vocational Training Centre

Activities In October

In October, our Centre experienced an unusually high rate of student absenteeism, primarily due to an exciting initiative launched by the county government called Kazi Kwa Vijana Mtaani. This program aimed to provide job opportunities for local youth, leading many students, particularly males enrolled in various courses, to prioritise these employment prospects over their class attendance. Notably, the catering course remained an exception, with attendance levels holding steady.

A total of 34 students were unable to attend full-time classes and, as a result, attended school in the afternoons. Understanding the challenges they faced, our instructors graciously extended additional time for these students to catch up on the lessons and materials missed during the morning sessions. The surge in absenteeism reflected the broader economic struggles in our community, where many young people are eager to seize any opportunity for a livelihood.

On a positive note, we are proud to announce that 144 candidates from the National Industrial Training Authority (NITA) are currently registered to take national examinations scheduled for December. This milestone represents a significant step in their educational journey.

Recently, we had the honour of welcoming representatives from the Global Hilton Group to our Centre. They came to formalise a new Memorandum of Understanding (MoU) with MPC for our catering course, a partnership that will last for one year. We are immensely grateful for Hilton's commitment to supporting the Omvangwa Vocational Training Centre (OMVTC), and we look forward to exploring additional partnership opportunities in the future, with discussions anticipated to continue into 2026.



Global Hilton Group

As our students gear up for their final examinations, they must be equipped with the knowledge and skills necessary to thrive in the competitive job market. To support this, they have engaged in a comprehensive entrepreneurship program that covers topics such as business start-ups, ongoing operations, business expansion, and effective marketing strategies. This enriching program has illuminated the importance of identifying viable business opportunities through the lens of the 9 Ps: product, price, promotion, place, people, process, physical evidence, partnership, and performance. Core values such as self-discipline, respect, and teamwork have been emphasised throughout.

Lastly, we extend our heartfelt gratitude to the many generous visitors who have contributed valuable course materials to our Centre. These donations have played a pivotal role in enhancing our practical sessions, ensuring that our students receive hands-on experience each week. Your support truly makes a difference in their educational experience.



BA crewmembers donate hair and beauty products



DJ equipment from the self-help group from Our Lady Queen of Peace Parish



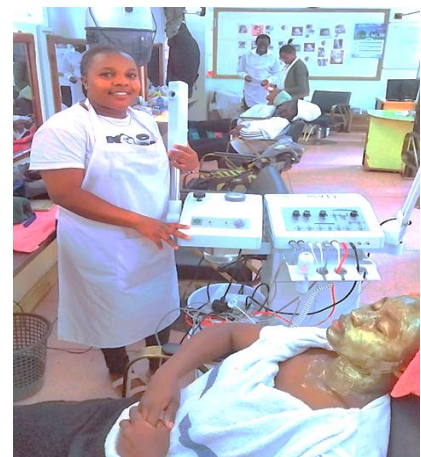
Deejaying students assist with the Mercy Day celebrations



The facial therapy practicums are very popular, with people lining up to receive treatment. Who doesn't enjoy a little pampering!



Corrective facial therapy





Plumbing practicum: floor
concreting is being mixed and
applied.



workshop repair, water linkage, and sink
installation.



Students creaming cake



Special class doing bead work



Entrepreneurship training as an exit plan

Songa Mbele na Masomo Children's Centre

Activities In October

Fun, learning, play, therapy, and parent empowerment activities made October enjoyable for everyone at Songa Mbele. Volunteers from RAFA (3), USIU (2), and DKA Austria assisted with the children's programs daily, while parents contributed by preparing meals, cleaning, and performing maintenance tasks.

The 107 children are divided into one of five classes: Foundation I, Foundation II, Intermediate I, Intermediate II, and Prevocational. Activities in each class are specifically designed to engage the children, taking into account their individual disabilities and capacities. For example, in the Intermediate II class, children can read and write selectively. Despite facing various challenges, they participate in activities such as singing, storytelling, ball games, mat weaving, and role-playing.



Intermediate II Class



Pre- Vocational class

The capacity-building program for parents of children with disabilities included workshops on entrepreneurship, small business management, awareness of Down syndrome, digital skills training, and an advocacy forum on disability rights and services. During the program, ten parents participated in a three-day entrepreneurship training session. This session covered essential topics, including business planning, market analysis, profit-and-loss statements, and savings and lending. The Centre's social worker, Angela Maloba, facilitated the training.



Group discussion during an economic empowerment training



Down Syndrome Training

A total of 25 parents attended the training on Down syndrome, which focused on the causes and management of the condition. Participants gained valuable insights into addressing the disabilities associated with autistic behaviours and intellectual challenges. Celine Omondi from Special Education Professionals (SEP) facilitated the training.

A group of 20 young individuals with disabilities from the Mukuru slums participated in a week-long, enriching training program that combined in-class and virtual sessions. This comprehensive training aimed to empower them with essential knowledge about digital services. Throughout the week, participants engaged in hands-on activities and interactive discussions, which not only enhanced their understanding of digital tools but also helped them develop vital employability skills. The program included mentorship sessions that provided personalised guidance to support their career aspirations and prepare them for the job market.



Ajira Digital training

Facilitated by Jane Wamugu, the regional coordinator for disability in Nairobi County, the session aimed to establish a well-organised platform for meaningful dialogue and advocacy. A total of 77 parents attended the disability advocacy forum, which was designed to allow them to express their views on topics including advocacy, policy reforms, the Disability Act, cash transfers, and scholarships. Key issues raised during the session included the need for faster cash transfers, free access to medication, assistive devices, hospital services, and diapers.



Jane Wamugu addresses parents

Centre staff visited several like-minded organisations for a benchmarking exercise. The social workers went to Mji wa Huruma in Otiende, Lang'ata Constituency; the therapists visited Paolo's Home in Satellite, Riruta; the teachers explored Kisima Children's Centre in Limuru, Ndeiya; and the caregivers travelled to Bloom Garden Autism Academy in Lavington and Kileleshwa. Through these visits, the staff learned the importance of providing a structured and predictable environment for children to thrive. They also recognised the benefits of positive reinforcement in encouraging good behaviour and building confidence, teamwork among staff to support a child's progress, and the significance of early intervention and consistent therapy in enhancing a child's social and communication skills.



Caregivers at a benchmarking activity in Bloom Autism Academy

MPC received funding from SHARP (Staff of the HSE (Cork and Kerry, Ireland) Association for the Relief of Poverty. This funding aligns with our broader goal of supporting the development of neurodivergent children by providing essential assistive devices. The funds enabled 11 children at Songa Mbele to purchase seating and standing aids explicitly designed for home use, supporting their ongoing therapy in a familiar environment. These devices are crucial for enhancing their mobility and independence, enabling them to make the most of their therapy even outside clinical settings. After much discussion and follow-up, 11 children received funding from SHARP for assistive devices, such as seating and standing aids, to use at home, helping them continue their therapy.



Assistive devices for the home therapy program

In response to current economic hardships, parents requested safe spaces for expression and support. They received home-based counselling sessions to address personal challenges.



On their recent visit to Songa Mbele, Team Paula presented the Centre with an oil painting from Paul Abell, an artist and one of their supporters.

The Whistle Foundation paid a special visit to the centre, bringing an exciting day filled with vibrant activities for the children. The day featured lively music, engaging games, colourful face painting, and a delightful assortment of snacks that tantalised their taste buds.



The children's laughter echoes across the grounds as they enjoy the bouncy castle. They happily joined in singing, dancing, and getting their faces painted with imaginative designs, each stroke adding a splash of colour to their bright smiles. The fun day provided a welcome break from their everyday routines. Ten boys from the Rehabilitation Centre joined the Whistle Foundation in the festivities for the day.

Joseph Mwangi – 7 yrs.



Bouncy Castle



Cake



Whistle Foundation's Songa Mbele Party

The Clinic's medical support continues to have a significant impact on the children. This month, 11 children received treatment at Mary Immaculate Clinic for various illnesses, nutrition support reviews and medication. A couple of children were referred to AIC Cure Hospital for free orthopaedic services, with one child undergoing corrective surgery and recovering well.



Children in Kijabe Hospital with their parents

We are fortunate to have both local and international supporters who provide a variety of donations. These contributions range from food provisions to educational resources and significantly impact the daily lives of children and their parents, especially during these challenging economic times. This month, we would like to acknowledge our generous donors: BOC Kenya, the OLQP Peace and Justice group, the Whistle Foundation, British Airways crew members, Team Pankaj, OLQP Parish, Paula Cullen, and KCB Immaculate Jumuia.



Donations



Mary Immaculate Rehabilitation Centre

Activities In October

In October, the pace at the Rehabilitation Centre was frenetic. In addition to our usual daily activities, we welcomed several local and international visitors, which brought extra excitement and enthusiasm. We also undertook small projects focused on repairs, maintenance, training, and celebrations. Notable visitors included the Whistle Foundation Team, Strathmore University, Management University, British Airways crew members, and Paula Cullen and her team.

The boys participated in extracurricular activities at the Centre, such as rugby, soccer, music, and art. These activities have taught them valuable lessons in teamwork, discipline, and hard work, which are essential for achieving their life goals. The reintegration program's processes have begun, with some boys scheduled to reunite with their families in December 2025. The new skills the boys have acquired during the 12-month residential program will enable them to assist their families with market gardening, raising chickens and rabbits. They have committed to continuing these practices at home for both family use and income-generating activities. Highlighting their achievements can inspire confidence and pride in the other boys.

Towards the end of the month, eight boys from the Rehabilitation Centre were baptised at Our Lady Queen of Peace Catholic Church after completing their catechism classes. We continue to have daily evening prayers, and all boys are encouraged to attend Mass every Sunday. Emphasising this spiritual growth can foster a sense of community and shared values among the boys.

All boys at MIRC and other schools took their exams and are now enjoying a long holiday. We were also pleased to have 15 boys at the Centre who took their national examinations for Grades 6, 9, and Form 4. Most of the boys performed well, showing an observable improvement from their results in the previous term. Those who did not perform as well received guidance on how to improve in the future. During the holiday program, we have also included library time, allowing the boys to read inspirational and storybooks to enhance their learning and reading skills.



The British Airways crew members facilitated the End-of-School Award ceremony

In October, the first overseas visitors from the Whistle Foundation, led by Caroline Cullen, arrived at the Centre. Whistle has been supporting the Centre for over a decade through various means, including sponsorships, excursions, repairs and maintenance, and the provision of clothes, shoes, and educational materials. Their visits, which happen twice a year and last for two weeks, involve engaging with the boys in the classroom and completing various projects. Each group of boys greatly appreciates the energy, fun, and valuable interactions the team brings, which significantly enhances their daily activities at the Centre. At the conclusion of their projects, the group organises a "fun day" featuring bouncy castles, games, music, dancing, pizza, and sodas.



Whistle Foundation team with the 2025 cohort



Food shopping at Naivas



Whistle Team planting fruit trees for World Environment Day



One notable project involved installing a new clothesline at the centre, which houses 60 energetic boys. Given the limited space, this task proved more complex than anticipated. What should have been a straightforward endeavour turned into a challenging experience as they worked to penetrate the concrete with only a sturdy steel pole. However, with the clothesline finally erected, it promises to serve its purpose well and should be durable enough to last for 100 years without requiring any maintenance.



Outside cookers

Another area in need of repair was the outdoor kitchen, where the boys cook on weekends. The chimney had broken, causing significant damage to the roof outside the library, so the Team sourced contractors to carry out the repairs due to the job's height and awkward access.



Pizza and soda night

In the second half of the month, Team Paula arrived for their biannual visit to the Centre. This extraordinary group of semi-retired women provides young boys with opportunities for rehabilitation, helping them turn their lives around and become valuable contributors to society. Their ongoing commitment through initiatives such as capital projects, educational resources, excursions, uniforms, sponsorships, and sporting and cultural programs highlights their deep dedication to the Centre's mission. The Centre always looks forward to Team Paula, as they treat the boys to outings, picnics, and fun activities throughout the 2-week visit. Two newcomers to the team were Molly Gallagher from Gorey, Wexford, Ireland and Ted Strand from Chicago, Illinois, USA. The boys created a warm, welcoming poster for them, *"Welcome Team Paula, back to your second home"*.



Irene, Molly and Ted



Ted, Molly and Paula Cullen address the boys

One of their standout initiatives, the Centre's newly established music program, has blossomed into a remarkable success, profoundly influencing the lives of the boys involved. Molly is a musician whom the boys immediately fell in love with. A large number of them have chosen to continue their music education, eagerly participating in the vibrant classes that fill the air with melody and rhythm. Our dedicated music teachers, passionate about nurturing young talent, are committed to guiding the boys as they explore the art of playing various musical instruments.

Through this immersive training, the boys are not only learning technical skills but also discovering the invaluable lessons of practice and discipline. Many have wholeheartedly embraced these lessons, recognising the commitment required to master their craft. Furthermore, this journey has sparked a deep appreciation for music in their hearts, allowing them to experience its beauty and power as a universal language that transcends borders and brings people together.



Boys learning how to play the flute from Molly, a music teacher from Ireland



Some of the boys practice with the guitar, records and tin whistles

After all that learning, discipline and practice, it was time for a party sponsored by Molly.



Trevor carts the sodas.



Even though it looks like Irene is running off with the watermelons, she did pay for them. Her expression might be about the weight of the melons.



Molly and Paula organised the boys for the party



Ted and Molly

Team Paula has dedicated significant time and effort to preparing a pitch for the boys to explore different codes of football. Creating a vibrant and well-prepared pitch requires considerable work. The boys spent the afternoon clearing rocks and debris from the area, carefully manicuring the field, and learning how to maintain it to ensure it thrives and inspires them to play. Ted and Molly sorted out the materials required at the local hardware store, and the hard yakka begins!



Irene ensures the workers are hydrated



The rugby team get ready for the game

Rugby training has been ongoing and is attracting more boys, particularly the younger ones at the Centre. They are enjoying the game, and with the coach's guidance, they are improving the skills they are developing in practice, thanks to Team Paula's sponsorship. Currently, they are focusing on the fundamentals while continuing to sharpen their abilities. We hope the boys will soon be able to play friendly matches against other teams to further refine their skills.

Other programs at the Centre sponsored by Team Paula include the art and craft program, which provides an art teacher, materials, and a comfortable space to express their creative talents. The boys participated in activities such as drawing, candle-making, painting, and bracelet-making. Experts convey that art can contribute to the rehabilitation of street boys by providing a safe, non-verbal way to process trauma and emotions, developing coping skills, fostering self-awareness, and building a sense of community and purpose. It serves as a creative outlet that helps reduce stress and anxiety and offers an alternative to harmful behaviours.



Nairobi National Park excursion sponsored by Team Paula



Irene and Ted are in the library with a few boys

Another enjoyable activity was a series of fun sessions at the library. A few years ago, the team partially funded the library, and it was recently refurbished with new bookshelves. These shelves now hold a variety of resources, including books, jigsaws, puzzles, art supplies, Lego building blocks, and a wide selection of card games. These resources provide excellent occupational therapy for the boys, especially during the evenings and on weekends.



TerryAnn with some boys in the library



Emmanuel Muhango's dream home

A LEGO competition was held in the library, where the boys were tasked with creating a project within a set time limit. They could build anything, from action heroes to buildings. The two LEGO masters in the competition were Emmanuel and Ibrahim. Emmanuel built his dream home, while Ibrahim built his favourite Avengers action figure. Both boys completed their creations in just 45 minutes. The challenge is now set for the next competition.



Ibrahim Joseph's action hero



The Team Paula managed to catch up with some of their sponsored students who attend boarding schools when they returned to the Centre.

Some of Team Paula's sponsored boarding students to Sts Peter's and Paul's School, Embu

Thanks to Robin O'Day for sponsoring the swimming excursion and the sports day competition, which included soccer, rugby, and basketball, as well as the prize-giving ceremony later that highlighted the achievements of the different boys across the 2-week visit. It was great to see such spirit and camaraderie amongst the boys. The Centre is deeply indebted to Team Paula, which is responsible for fully sponsoring 38 boys. The Easkia National School, Carlow, Ireland; Calary Church, Wicklow, Ireland; and the team's friends and families are amongst the sponsors. They also sponsor the salaries of the cook, rugby coach, art teacher, music teacher and the soccer coach, an extraordinary effort. It is a remarkable testament to selfish generosity that improves the quality of life for young boys.



Swimming excursion



Charles Kitungo aged 12.



Jonathon Goodluck aged 6, Boaz Kimeu aged 10, Joseph Mwangi aged 5.

The Centre sincerely appreciates the support of St Gerard's School, Bray, Ireland, which kindly presented Team Paula with new school jumpers, trousers, and shoes for the boys, making them very proud of their uniforms.



Team Paula's visit went by far too quickly, and the boys were understandably sad to see them leave. This was especially true for Molly, who spent a lot of time in the music program, playing games and engaging with the students. It's no wonder the boys are eagerly anticipating their return in the spring for another enriching and enjoyable experience.



St Gerard's donations of uniforms

Daniel Muturi aged 12 shows off his new shoes

The Blackrock Rugby Football Club donated the Eddie Rocket uniforms, and the Leinster Rugby Club provided some football boots. The boys certainly look the part, and with the coach helping their development, there could be some incredible talent to uncover.



The Brothers and Sisters in Need have also supported the art program with materials. The boys are encouraged to continue doing their best since the skills may also help them develop an income-generating activity (IGA) after they graduate from the program.



Boys learning painting skills from Strathmore University and Dr Martha (MIC doctor)

For those who may not be particularly interested in art, there is the agriculture and poultry project, initiated by Brothers and Sisters in Need and further supported by Team Paula and Cheshire Disability Society Kenya (CDSK). The farm activities have inspired some boys to develop a passion for farming and to continue practising at home. Through market gardening, the Centre produces vegetables for meals and provides greens for both rabbits and chickens. Additionally, participants are taught about agribusiness, which will enable them to generate income after they are reintegrated into their families. This project reflects the Centre's commitment to empowering youth and fostering sustainable community growth. The rabbits and chickens finally got a new 'outdoor area' thanks to the workmanship of Teddy and his helper Denis.



Preparing to plant new crops



Ted, Charles and Denis built a new home for the rabbits.

We are grateful to Cheshire Disability Society Kenya, through its Aflatoun program, which has improved the project.



Home visit in Mwingi (Eastern Kenya)

To facilitate the boys' successful reunification with their families, we organised an additional round of home visits. During these visits, we carefully evaluated each family's progress and assessed whether their home environments were ready for reintegration. The air was filled with excitement as many of the boys eagerly looked forward to returning home and embracing their loved ones once more. For those whose families are not ready, other arrangements will be discussed regarding their future prospects. With donor support, the residential program has provided a solid foundation for multiple options for the boys' futures.

The staff, in partnership with the catechists at Our Lady Queen of Peace, continue to offer spiritual support through daily evening prayers, catechism classes, and participation in Sunday Mass. In October, we were especially encouraged to see the baptism of 15 boys from the Rehabilitation Centre who had completed the required catechism classes.

Counselling sessions have empowered the boys to lead more responsible lives, improve their self-esteem, and understand the consequences of harmful behaviours. They have also learned to manage anger constructively and avoid resolving conflicts through fighting. Additionally, several well-wishers—including students from Strathmore University and the Management University of Africa—visited the centre to support and motivate the boys. Through group therapy and mentorship, they encouraged them to remain disciplined and work hard toward building a better future.



Counselling Session



Baptism ceremony

The MIRC Centre has long been recognised for its exceptional soccer talent in South B and across Nairobi. In October, the boys continued to excel, winning several competitions against other teams. They are highly skilled and remain committed to maintaining their reputation as one of the best soccer teams in the area. Through consistent training from Coach Dan and Chrissie, a British Airways crewmember, the team has been learning new tactics that have strengthened their performance and boosted their confidence in winning future matches. The boys are preparing for the upcoming soccer camp in November.



Young boys' soccer team gets ready for a friendly match

Sponsorship Office

Activities In October

As the 2025 academic year concludes, our office has actively advanced key initiatives, including strengthening sponsor relationships and guiding students through this critical transition, which underscores our ongoing commitment to the program's success. Our end-of-term program at St. Catherine Primary School was a success, reflecting the collective effort and dedication of everyone involved, which makes our sponsors and team feel appreciated and accomplished.



St. Catherine pupils
writing their Thank
You letters



Much of October was spent strengthening existing relationships and building new ones to expand our sponsorship influence. Representatives from the Kenya Pipeline Company visited the Centre to discuss sponsorship possibilities.

Paula Cullen and Irene Plunkett spent time reviewing the ongoing progress of the 38 sponsored boys in the Rehabilitation Centre, with the next phase of successful reintegration with their families in 2026. The visit provided an opportunity to assess the impact of their support, engage with the team to discuss plans and further strengthen the initiative.



Kenya Pipeline representatives



Paula Cullen and Irene Plunkett at MPC

In response to the need for post-secondary school planning, we organised a guidance session for our Form Four candidates. This session aimed to prepare all our Form Four students for life beyond secondary school. We engaged them in a detailed discussion on how to apply for university and college courses once the KCSE results are released. Additionally, we provided in-depth guidance on applying



Asumta Vughusta addresses the Form Four candidates in preparation for life after school

for government-sponsored student loans, ensuring that all students feel confident pursuing further education without hesitation.



Marissa Gakii receives her new laptop.

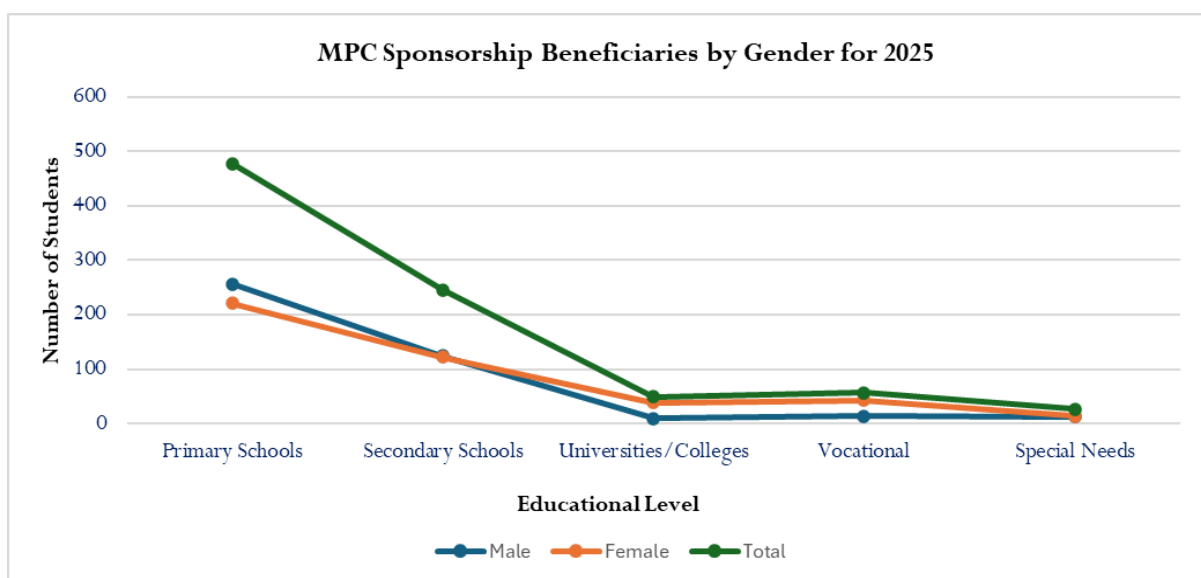


Individualised support for students remained one of our highest priorities. To ensure that our program's sponsors get value for their investment and that our college students are doing well in school, the Office conducted a school visit for one of our college students. This was to monitor his performance in school, meet with his instructors, and find out whether he is facing any problems.

In our relentless effort to bridge the technology gap and ensure a smooth learning experience, we provided one of our students with a brand-new laptop. This is a crucial provision that will empower our students to conduct research, complete assignments, and, overall, have a learning experience that puts them on par with those in their field of study.

John Oroko during a school visit.

The Sponsorship Office is sincerely grateful to the many people who assisted with 859 sponsorships in 2025.




Announcements

October Activities Outside the Department


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 Global 5km Solidarity Walk for displaced and those living in poverty. Irish Embassy of Kenya. Sr Patricia and Whistle Team.



Whistle Team with Sr Patricia

 The Heads of Departments (HOD) review the remaining activities for the year and plan for their successful completion and closure. The session focused on assessing progress, addressing pending tasks, and ensuring a smooth wrap-up of all ongoing programs.



Heads of Departments meeting in progress

Mukuru Promotion Centre

Empowerment Step by Step

Ministry of the Sisters of Mercy

40 Years Anniversary

www.mercymukuru.co.ke

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