

Mukuru Promotion Centre

SEPTEMBER NEWSLETTER

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JOURNEYING 40 YEARS WITH THE MUKURU COMMUNITY

MPC DIRECTOR

Dear Partners, Supporters, Family and Friends,

How I remember the Sinai fire and the resulting deaths and injuries. I had been asked to establish a school in Sinai a few years earlier. I refused because I could smell petrol and informed the local authorities of the reason I could not comply. I am scared of petrol, gas, and other flammable materials, and when I can smell them, I keep my distance. Another group built a nursery school in the plot I was offered. It was burned along with some of the staff and children.

For years, some parents and children were attending hospitals for burns. The cost added to our burdens at the time. We had an outstanding volunteer from Mauritius who was amazing at following up with victims and working alongside social workers. Once the press coverage dried up, so did most of the help for victims.

Our neighbours' intention to sell their house has added to our challenges. Their house has an apartment built using the wall between the houses. If multi-storey property developers buy the house, it won't be easy to live there during the building. We had requested the Sisters of Mercy to purchase it, as we have a considerable number of aspirants and postulants and will need more accommodation soon. Both the Sisters of Mercy Central Leadership Team (CLT) and the Kenya Branch Team (KBT) had informed us that neither is in a position to buy at present. The neighbours are asking for 35 million shillings (€234,000) for a six-bedroom, well-maintained house. At present, we are following up on legal investigations to see where we stand.

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Our present house is very convenient for us as it is next door to our volunteer house. The majority of visiting development partners and volunteers arrive at the airport late in the evening due to the airline schedules. It is wonderful only to go next door, let them in, and show them around.

Economic challenges and the increasing poverty continue to affect all of our work. The inability of parents and guardians to pay fees for services is widespread. The clinic offers free maternal and child services through a partnership with Pablo Horstman Foundation. Food support is provided to malnourished individuals, and the school feeding program continues. Also, feeding for those parents without adequate income and underage school children. It is horrific to see three and four-year-old children unable to walk due to rickets and other diseases resulting from hunger. We are doing our best to help and to advocate for employment. The government has stepped in to offer short-term youth employment, with youth receiving a small payment for serving the community by cleaning up rivers and slum areas. For a small amount of money and short-term gain, twenty of our secondary final year students and thirty vocational students absented themselves from class, endangering their long-term goal of securing their education and training. There is an increase in stress and mental issues for students. One failed to sit his final exam, so he will have no certification to show for his four years of secondary education.

In the midst of these challenges, it is heartening to see all the school and centre activities taking place. What a joy to witness happy, healthy children doing well. Thanks to all of you who enable the work to go on and children to prosper. We continue to see the great need for education and the necessity of improving and expanding job training. Thanks to our partners for joining us in this effort.

One of our great delights is to see children with disabilities receive higher-quality care, education, and training, and to see boys from the streets transform through the support of donors, partners, and friends. There are many challenges in reintegrating boys into caring and supportive families. If they return to inadequate support, they will be back on the streets and into all the dangers there. We would hate to see that happen. It's not easy to manage, and it's more complicated than usual due to the prevailing hardship.

We are very grateful for visits from new prospective helpers and donors. Kenya has a new education system that is reaching the secondary level, resulting in costs for textbooks, resources, and equipment. Thanks to those who are partnering to assist. Due to the prevailing poverty, crime has risen. We had bales of rice stolen, which had to be replaced to feed students during exams at primary, secondary and vocational centres. We are trying to improve security. Securing schools and centres is one of our major ongoing expenditure items. We are not alone in facing theft challenges. There is an increase in bag and phone snatching across the city. It's terrible to see a poor mother robbed of the phone, which is her lifeline for casual work offers. She needs her phone to survive. Neighbours are breaking into their neighbours' shacks to steal their goods while they are at work. Some of those leaving the supermarket with their shopping have their shopping snatched by youths on motorbikes. Thank you for being there for us as we face the increasing challenges. We hope for economic improvement that will benefit everyone.

May God bless all of you who are joining us in empowering the people of Mukuru. I wish you every blessing. Asanteni Sana, for creating the **possibilities for change**.

Sr Mary Killeen
Director

Archival Corner

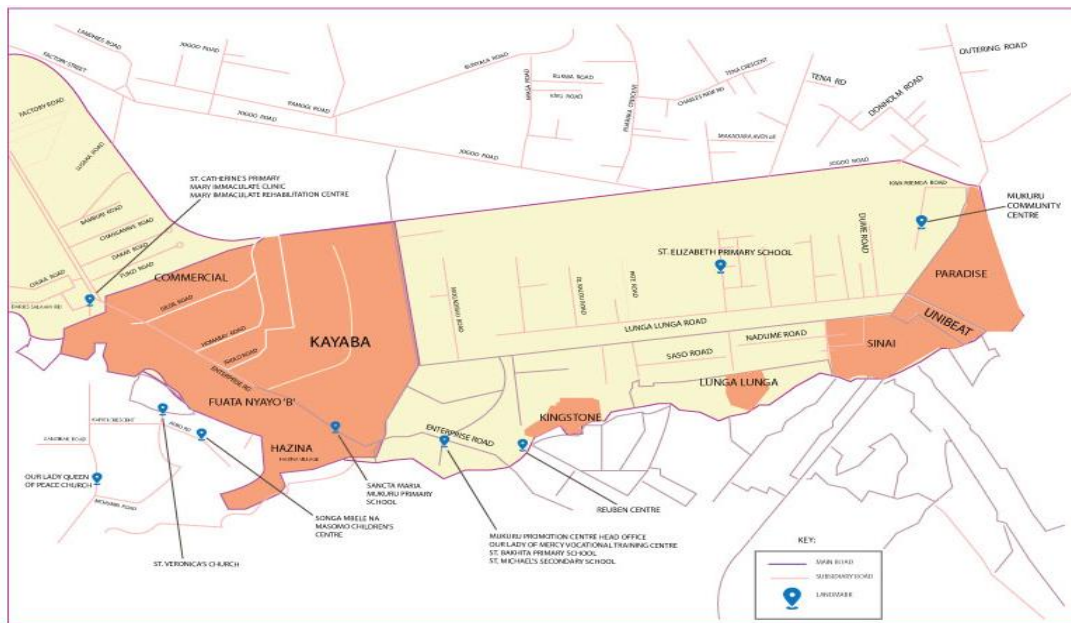
“Leo Katika Historia – Today in History”



September 12th 2011, Sinai Mukuru Slum Fuel Explosion

Sinai is one of the many villages within the Mukuru slum, alongside Mukuru Kayaba, Mukuru Kwa Reuben, and Mukuru Kwa Njenga. It is located just over a kilometre from St. Elizabeth Primary School (Lunga Lunga), one of the MPC primary schools. Sinai village borders Mukuru Kwa Reuben on one side and Lunga Lunga slum on the other.

On September 12, 2011, the village and the country were rocked by one of the deadliest petroleum fires ever recorded, primarily due to the proximity of hazardous petroleum pipeline infrastructure within the slum. According to a report by the Global Disaster Preparedness Centre, over 100 people lost their lives in the fire. An equal number were hospitalised with severe burn injuries, and properties of unknown value were destroyed, leaving many homeless and hundreds grieving. The impact of this tragedy on the community was profound.



The Mukuru Promotion Centre, with the support of our generous donors, has consistently responded swiftly to disasters like this. It is important to note that the community also played a crucial role in the disaster response, with neighbours rescuing one another, including people with disabilities, regardless of their own safety. Our collective efforts ensure effective mitigation, as most of the victims are directly or indirectly connected to our schools, either as students, former students, or relatives of our students.

Social and Health Services

Activities In September

The ongoing economic challenges continue to weigh heavily on families in Mukuru, with food insecurity, household instability, and the collapse of small-scale businesses among the most significant social concerns. There were 2,312 interventions recorded for the month, and 444 medical cases were referred to the Clinic. As schools reopened in September, our interventions continued to focus on food support and extended emergency relief. The expansion of our community partnerships has been instrumental in addressing these challenges, and we are proud of the collective effort.

Early in the month, a devastating fire incident in Sinai affected a few households, causing significant damage and loss. This prompted a swift and coordinated response from our social offices. We provided immediate assistance, including bedding, clothing, utensils, and emergency food, to help 40 affected families recover quickly. We are now looking to empower these families with business start-up kits. Our timely interventions underscored the value of community readiness and collaboration among our staff and local partners, as well as the urgent need for continued support in such crises.



After the Sinai fire



A fire victim stands where his house was located



Pupils from St Bakhita Primary issued with emergency clothes

A beneficiary, Naomi Ashioya Esiwani, is a business start-up from Sinai

Our feeding programmes at St. Catherine's Social Office and the Head Office continued to reach vulnerable students and families with much-needed nutrition, supporting 184 families and 381 needy students. Special thanks go to our partners at the Pablo Horstman Foundation, whose support enables specialised feeding for sick children and mothers in the antenatal and postnatal programme. Similarly, our school lunch program, which we deliver in partnership with Team Pankaj and is funded by the late Fondo Don Makario Oliveira, remained uninterrupted. This essential lifeline ensures that no child goes hungry during the transition back to school.



Mothers of sick children receive food packages courtesy of the Pablo Horstman Foundation

We were also humbled this month by the remarkable generosity of donors, both local and international. British Airways crew members contributed stationery, clothing, and equipment, boosting our education and community resource efforts. The late Fondo Don Makario Oliveira continued to make an impact through targeted food interventions. At the same time, local supporters, including Lilly Nyawira, Pembe Millers, the Kaburus, and Bakers Corner, provided invaluable donations of fresh provisions, clothing, and essentials. Their contributions, large and small, sustain our services, and we are deeply grateful for their trust in MPC and their faith and compassion.

Our mentorship and training sessions, supported by DKA Austria, continue to expand in reach, equipping young people with the skills and resilience needed to face uncertain economic times. In parallel, we are aligning our social programmes with emerging government initiatives in housing, youth employment, and digital inclusion, ensuring Mukuru residents are ready to benefit from these broader national reforms.



Mentorship session at Sancta Maria Kayaba by Hatua Foundation

As we look ahead, our focus remains on strengthening access to education, supporting households, and building resilience in the face of hardship. None of this would be possible without the generosity and partnership of our donors. Each act of kindness—each meal, training, and intervention—brings dignity and hope to the people of Mukuru. Your support is integral to our services, and we value it deeply.

Mary Immaculate Clinic

Activities In September

The patients we serve are from informal settlements and streets, living in a subsistence economy. Access to healthcare is out of their reach, and without MPC's heavily subsidised Clinic, it would cause greater suffering for the people with many of the preventable diseases. With daily living costs continuing to rise, medication, and repeated healthcare worker strikes have strained an already fragile public health system. Yet, the Clinic remains a beacon of hope and healing, inspiring us all with its resilience and dedication to the community.

In September, the Clinic treated 2,911 patients, with a 60:40 female-to-male ratio. An astounding 1,594 were paediatric patients (55%), most of whom came from the nearby slums, where your support has enabled us to offer completely free services and medications, and we continue to draw high numbers. Parents now walk into our Clinic without fear of bills they cannot pay. Children are treated promptly, mothers carry their babies without stress, and once-hopeless stories are becoming testimonies of healing and restoration. The impact of the maternal and child health is very promising, with the monthly achievements:

- 148 children were immunised under the KEPI schedule, protecting them against preventable diseases.
- 157 expectant mothers received Antenatal Care (ANC), ensuring safe pregnancies and healthy deliveries.
- 25 mothers returned for Postnatal Care (PNC) — a critical review period often missed in slum setups. Early detection of complications, breastfeeding support, and infant health checks are part of this important visit.
- 93 pregnant women received free ultrasound scans in our imaging department. This life-saving service, once inaccessible, is now offered with dignity thanks to Pablo Horstmann's support.

The laboratory conducted 1,610 tests, achieving a significantly improved turnaround time thanks to the availability of the Urinalysis machine, making diagnostics faster, more accurate, and more efficient. The deworming project continued, with 6,960 schoolchildren in MPC taking part. This project is crucial in preventing the spread of parasitic infections and ensuring the health of our young students. In addition, Vitamin A supplements were provided to younger pupils to support their immune systems and overall health.



Deworming project



Health talk on deworming



Vitamin A supplements

While TB remains a significant challenge in our slums, the Clinic's efforts in contact tracing, community sensitisation, and early case finding are making a difference. In September, we saw a notable increase in paediatric TB case detection, and the uptake of TB Preventive Therapy (TPT) has improved remarkably. It's important to remember that TB is treatable, and all drugs are free from the government, but access and follow-up are crucial in improving the results. Our partnerships with CHPs (Community Health Promoters) and community leaders are instrumental in narrowing this gap and reinforcing our commitment to TB control.

The Ministry of Health (MOH) regularly visits the Clinic to monitor various government-sponsored programs. In September, the Clinic received five supervision visits from the MOH and one Public-Private Partnership (PPP) follow-up from our government partners, Ciheb Kenya. The main agenda was to assess our service delivery and partnership with the community. The MOH's commendation for our exceeding immunisation and maternal health targets, strong TB case-finding performance, and accurate use of MOH tools is a testament to our success and the trust the community places in us.



MOH/Ciheb- Kenya Team at MIC

In September, our clinic was privileged to participate in two key capacity-building forums to strengthen service delivery. One of our clinicians attended the 2-day TB and Lung Health Symposium 2025, a collaborative effort convened by the Respiratory Society of Kenya (ReSoK) in partnership with the National Tuberculosis, Leprosy and Lung Disease Program (NTLD-P) and Centre for Health Solutions (CHS), held at Nairobi Hospital. The symposium, titled "Innovation and Integration in Advancing TB and Lung Health," provided critical insights into developing a more integrated, innovative approach to TB and lung disease management. It fostered network strengthening among clinicians, researchers, government programs, and NGOs, making us all part of a larger community dedicated to improving health outcomes. Additionally, one of our nurses participated in a data review and analysis training at the Casino Special Treatment Centre, focusing on Vitamin A supplementation and deworming, further enhancing our ability to track and improve child health outcomes.



TB-Lung Health Symposium



Data Review Meeting

The Clinic's internal medical training program (CME) continues to gain momentum, ensuring quality service and patient care. During the month, the staff covered topics on Burns Management, Emergency Airway Management, Nephrotic and Nephritic Syndromes, Malnutrition Management, Dermatology, HIV Management, and Trends and Clinic Systems. The training is essential to ensure that patients are treated promptly and accurately, thereby improving diagnosis and prognosis. Chronic burn wounds are prevalent in the slums, malnutrition creates layers of health consequences, and other illnesses can become long-term issues, as well as creating stigma for the individuals and their families.

The clinic social worker conducted several follow-up visits with community patients at Kenyatta National Hospital. One patient is Kennedy, who is currently going through dialysis.



Kennedy Mwangi

The Clinic expresses our deepest appreciation and heartfelt gratitude for your support and generosity. Each contribution makes a significant difference to the vulnerable. Your support gives hope. You are empowering mothers, saving children, and providing dignity to the sick who live in the slums and might otherwise forgo healthcare. Thank you for making such an impact.

Primary Schools

Activities In September

The Junior Schools' Book of Accounts for the year 2024/2025 was audited by the government auditor. The audit was a comprehensive review of the school's operations, including financial records, adherence to safety standards, infrastructure, and regulatory compliance. This review involved a detailed examination of the school's financial transactions, safety protocols, physical facilities, and adherence to educational regulations. Directives from the Ministry of Education prompted these audits to ensure accountability, improve management, and verify pupil data for the disbursement of funds. Each school received a comprehensive report with recommendations for the Headteachers to implement before the next audit.

Learning activities have continued with a sense of normalcy for the 6,808 pupils, enabling them to remain focused on their academic growth. Special emphasis was placed on preparation for the forthcoming national examinations, with both learners and teachers engaging in targeted revision and assessment exercises to ensure readiness. However, the persistent shortage of teachers remained a significant challenge, affecting the teacher-pupil ratio and limiting the effectiveness of curriculum delivery. Encouragingly, we have seen a considerable reduction in pupil absenteeism, a positive sign of our joint efforts with parents, teachers, and the wider school community in promoting consistent school attendance. To ensure learners' health, deworming for all learners in the 4 Primary schools was conducted, and girls aged 12 and above received their second dose of the Human Papillomavirus (HPV) vaccine.



Deworming at the schools

The Ministry of Education, through the Quality Assurance and Standards Office, conducted school visits to assess their readiness to host 738 Grade 6 and 855 Grade 9 students for the final KNEC assessments. During these visits, all schools were instructed to ensure they had adequate rooms for all candidates and to label these rooms correctly. School heads were also asked to submit the names of any students who are not currently attending school but are registered to take the exams, so the government can follow up. Additionally, information about students who will be taking the assessments in hospitals or prisons needs to be sent to the KNEC Office in advance for appropriate preparations.



Teachers preparing for the KNEC Assessment in the Lab.

The headteachers attended a two-day workshop at the Kenya Institute of Curriculum Development (KICD), sponsored by the Government of Kenya. The purpose of the workshop was to equip them with the new junior school guidelines set for 2026. The government is exploring the potential benefits of merging subjects to reduce workload, potentially resulting in fewer teachers and a more efficient, effective education system. Additionally, during the workshop, the Teacher Service Commission (TSC) pledged to implement teacher balancing across all schools and subjects. This initiative aims to ensure that every learner's potential is maximised.

The International Day of Clean Air for Blue Skies was celebrated on September 7th by the Nairobi City County environmental team with great enthusiasm and a commitment to promoting a cleaner, healthier environment. The event brought together various stakeholders, including government agencies, non-governmental organisations, environmental advocates, and schools, to raise awareness about the importance of clean air for safeguarding human health and protecting our planet.

St. Bakhita Junior School proudly participated in the celebrations, taking part in various activities organised for the day. The students showcased their creativity, environmental consciousness, and unwavering commitment to eco-friendly practices by presenting a 3D model of a future city they envision. Their involvement highlighted the critical role of young people in promoting sustainable solutions to environmental challenges and inspired all those present.



Nairobi model



Students with their trophy after the win



4K club members harvesting their kales

A highlight of the event for St. Bakhita Junior School was the recognition of outstanding student achievements. One student received a trophy for exceptional effort and contribution, while another was awarded a voucher worth 3,000Khs (€20) for creativity and dedication to environmental conservation. These accomplishments brought pride to the school and inspired fellow students to actively engage in ecological stewardship.



St Catherine's pupils at the school crossing

Throughout the month, the schools had the privilege of hosting visitors from the Kenya Red Cross. During their visits, the representatives conducted sessions with the girls on how to make reusable sanitary towels. They also educated the students about the importance of road safety, including practical lessons on how to cross the road safely.

St Michael's Secondary School

Activities In September

In September 2025, St. Michael's Secondary School blossomed with a spirit of positive growth, vibrant community support, and a commitment to holistic development. A lively cohort of 447 students entered the final weeks of the academic year for Forms 2, 3, and 4, each eager to wrap up their educational journey with purpose and passion.

The month began with a heartfelt school Mass that gathered students, teachers, and support staff in an atmosphere rich with spiritual reflection and gratitude. The gathering was a tapestry of voices and emotions, emphasising themes of thankfulness, unity, and trust in God as the academic term drew to a close. During the celebration, students were inspired to embrace discipline, maintain a spirit of prayerfulness, and remain resolutely focused on their aspirations. The stirring message of hope and perseverance resonated deeply with the Form 4 candidates preparing for the pivotal KCSE National Examinations. The energy and determination evident in their faces spoke volumes about their commitment to success as they approached this critical milestone in their educational journey.



Opening Term Assembly

The school held its Parents and Teachers Association (PTA) meeting, which saw a strong turnout from parents of students across all classes. The meeting focused on reviewing the school's progress and discussing key topics, including academic performance, discipline, and strategies to enhance student welfare. Additionally, the Social Office organised a mentorship session for Form 2 students to equip them with essential life skills. This initiative is designed to strengthen their sense of responsibility and motivate them both academically and personally.



Mentorship session



Daivd Mwangi and Daniel Abibo address the audience.

The Catholic University of Eastern Africa (CUEA), in collaboration with St. Michael's and other faith-based and youth environmental organisations, organised the Inter-Youth Forum for Peace and the Environment. This two-day event was held at the university and covered a range of topics on leadership, education, personal development and career guidance for the 76 students, accompanied by 2 teachers.

St. Michael's received visitors from Christ Embassy Kenya, who generously donated hygiene essentials for Form 2 and Form 3 students, as well as inspirational books. Donating sanitary towels is a crucial way to support students' menstrual hygiene and health. The inspirational books are intended to foster personal growth, motivation, and academic excellence. These resources are expected to significantly benefit the recipients, enhancing both their personal well-being and educational journey. Among the visiting team from Christ Embassy Kenya was a proud St. Michael's alumnus, Loise Mbithe, 2022, who took the time to speak with the students and share her journey beyond school. Her presence served as a source of inspiration and motivation, reaffirming the importance of determination and discipline in achieving success. The students expressed their deep appreciation for the thoughtful donations. The inspirational messages shared during the event uplifted their morale and reminded them of the significance of self-confidence, resilience, and supporting one another.



Team leader, Aida Oyomide, addresses the female students.

Thanks to the generous donations, engaging mentorship sessions, and spiritually enriching Mass, the school continues to uphold its commitment to nurturing well-rounded students—academically, emotionally, and spiritually. The strong collaboration among teachers, parents, and students forms a solid foundation for continued excellence as the school prepares for the final term of the academic year.

The Form 4 candidates received the results of their Mock Examinations before the end of the month, which indicated where they need to focus their efforts for the upcoming national examinations. Currently, the overall grade for the cohort is D+, with the girls performing slightly better than the boys, averaging 33.9 and 32.5, respectively. The top-performing students are Lloyd Musau, Joseph Kinyanjui, and Veronica Muli. If they achieve similar marks in the national examinations, two of the three students will qualify for university entrance. The highest-scoring subjects are Computer Studies, History and Government, and Kiswahili, while the lowest-scoring subjects are Physics and Chemistry.

Our Lady of Mercy Vocational Training Centre

Activities In September

The term began with nearly 99% attendance among the 207 vocational training students, setting a solid foundation for the year's final term before the national examinations. In September, the staff participated in a workshop focused on the mission of the Mukuru Promotion Centre (MPC). This workshop, which aimed to enhance the team's understanding of MPC's purpose and expand outreach, was successful in raising awareness. The knowledge gained is expected to positively influence our operations and help us meet the immediate needs of the Mukuru community.

In our busy lives, it's easy to forget the reasons behind our work; however, it's crucial to remind ourselves of our existence, our benefactors, and the beneficiaries we serve. The needs in Mukuru are continuous, and it's our duty to address them. The demands within vocational training require ongoing attention to ensure that the courses offered are relevant and that students have a high likelihood of employment upon completing their studies. Understanding the market and identifying potential partners are vital to both student outcomes and the Centre's overall success.

In September, management held several meetings with potential partners, and we are optimistic that these discussions will yield positive results. These partnerships have the potential to enhance our vocational training programs significantly. Currently, the construction industry requires plumbers, bricklayers, and electricians, and we are fortunate that OLMVTC offers courses in two of these fields.



KWAL has been a steady supporter of OLMVTC. The new Director, Kui Nyaga, visited the Centre, spent time with the INUA program students, and assured MPC of the Centre's commitment to cooperating with and supporting the program.

KWAL Director, Kui Nyaga with Sr Anne Itotia RSM and Sr Christine Imbali OSA.



Plumbing students conducting practicals



Garment making students



Special Ed students at the computer class



Special Ed students creating woollen mats



Plumbing practical



Sign writing practical



Catering Practical preparing irresistible desserts



Hair and beauty theory class

Songa Mbele na Masomo Children's Centre

Activities In September

The Centre currently supports 107 children with disabilities, up from 104, thanks to community sensitisation dialogues that build trust and awareness among parents and caregivers. Learning has continued effectively across five classes, where children engage in literacy, numeracy, communication, life skills, and creative arts. Harrison Omondi, a student in the Prevocational class, excelled academically and in craftwork. Meanwhile, Radhia Abdallah from Foundation II was recognised as the most improved learner, having made significant progress in communication, coordination, and emotional control through therapy.

Care and learning are organised into five levels. Children with mild to severe cerebral palsy are placed in the Foundation I class, which focuses on daily living skills, communication, and sensory integration. The Foundation II class includes children with multiple disabilities and autism spectrum disorder, with an emphasis on communication, literacy, numeracy, and indoor activities.

The next level is Intermediate I, where children can read and write with minimal assistance and concentrate on numeracy, environmental studies, and creative arts. Intermediate II consists of children with more severe physical disabilities who can comprehend basic literacy and numeracy up to the Grade 3 curriculum standard. They can read and write sounds and numbers, sing, and communicate effectively.

The Prevocational level was introduced a couple of years ago to prepare teenagers for eventual independence by learning simple trades to support their sustainability. This class includes adolescents who are intellectually challenged and engage in life skills activities such as mat-making, bead-making, basket-weaving, creative arts, number work, and literacy. Notably, mat-making and crocheting were the standout activities of the month. Harrison Omondi was recognised as the most outstanding student in the Prevocational class, excelling both academically and in practical skills.

Children with disabilities face various challenges; however, this does not prevent them from achieving greatness. This month, we are proud to feature Radhia Abdallah as the most improved child in the Foundation II class. Radhia has multiple disorders, is non-verbal, and relies heavily on gestures to communicate.



Radhia and chart reading

After significant therapy, Radhia can now maintain her concentration for up to 15 minutes, manage her emotions more effectively, engage in basic coordination-based tasks, and make eye contact. With guidance, she can colour, sequence items, build and assemble simple structures, and recognise numbers 1-10. She can also speak and express herself using simple words. These improvements are a result of the learning and communication skills she has developed in class, along with the support of her speech therapist and family.

A total of 611 therapy sessions were conducted, including 134 occupational therapy sessions, 333 physiotherapy sessions, and 144 speech therapy sessions. Several children, including Maximus Muthongoi (OT), Raheem Mbalirwa and Jane Kourtney (PT), and Sylvester Mutuku (Speech), showed outstanding improvement. Notably, Mercy Mengachu demonstrated significant progress and is now walking with minimal support post-surgery, a testament to the effectiveness of our interventions. Additionally, 12 home visits were conducted for follow-ups, child protection, and exit planning.

Understanding children with disabilities is essential, and the more knowledge parents have, the better the outcomes for their children. In September, 40 parents received training on behaviour management for children with intellectual disabilities. This training, conducted by Mark Maina of Mark's Mental Health Treatment, was instrumental in equipping participants with practical strategies for managing challenging behaviours in children with intellectual disabilities. The impact of this training was evident in the increased engagement and confidence of caregivers in applying behaviour strategies, their improved understanding of behaviour as communication, and their willingness to form a peer support network among themselves.



Intellectual Disability Training

Staff received training on seizure management, including recognising different types of seizures, administering first aid during a seizure, ensuring the child's safety, and knowing when to seek medical attention. Following the training, staff members reported increased confidence and knowledge in handling seizure incidents, leading to improved response times and enhanced care for students experiencing seizures.



Seizure training by Dr Alba

A total of 134 community members participated in disability sensitisation dialogues to promote inclusion and reduce stigma. A parent support group conducted cleaning activities at the centre and continues to engage in income-generating activities with assistance from the Kenyan Child Foundation. Staff members attended a workshop on seizure management, which enhanced their emergency response skills.

The participants included members of youth groups, boda-boda riders, families, community health volunteers, caregivers, and self-help groups. The topics discussed included various disabilities and impairments, inclusive language and etiquette, barriers faced by individuals with disabilities, legal frameworks, and employment inclusion to foster a sense of belonging. These sessions promoted community ownership, eradicated misconceptions, reduced stigma and discrimination, and encouraged participation by all community members.



Community Dialogue Sessions

Association of Sisterhood in Kenya (AOSK) sponsored a forum on care reforms and safeguarding for childcare centre administrators and social workers at the Dimese Retreat Centre in Karen. The primary objective was to enhance participants' knowledge and skills in key areas, including care reforms, child safeguarding & protection, and resource mobilisation. The participants learnt about the multi-collaborative processes involved in transitioning children from residential homes to family-based care. The parties included families, children, residential staff, government partners, local non-profit organisations, faith-based organisations, and community-based organisations. The forum offered potential exit strategies for centres.



Association of Sisterhood in Kenya (AOSK) training on care reforms and safeguarding.

Three teachers accompanied some of the children to participate in the Dance for Youth with Disabilities at Sarakasi Dome, giving the 27 children a wonderful excursion that boosted their confidence as they thoroughly enjoyed socialising with other children. The children showcased a variety of talents, including singing and dancing. The event's bonus helps children improve their coordination, social skills, and self-awareness.



Dance for Youth with Disabilities

Home visits were conducted for the children who will be transitioning out at the end of the year, specifically to discuss their plans with the parents of those turning 18. The exit plan, with the crucial involvement of parents, enables parents, teachers, and social workers to assess children's skills and explore possible referrals to vocational training programs.

Songa expresses sincere gratitude to the many volunteers who are the backbone of the Centre, coming in daily to assist with essential tasks and share their knowledge for the benefit of the children. The Songa Parents Support Group also contributes to keeping the Centre clean and organised. This group receives support from the Kenyan Child Foundation to engage in savings initiatives and chicken-rearing enterprises. Recently, they participated in an activity to sell food items they had prepared earlier.

The Centre is deeply thankful for the donations of sensory toys and food provisions provided by the generous British Airways crew members and the Kingdom Church. Your support has made a significant difference in our children's lives.



Donations received from MPC, British Airways Crew, and Kingdom Church.

Mary Immaculate Rehabilitation Centre

Activities In September

September was a busy month at the Centre, filled with various activities. In addition to the regular learning program, all 59 resident boys participated in extracurricular activities, including football, rugby, acrobatics, music, and art. These activities are not just for fun, but they play a crucial role in identifying and developing the boys' talents. Among the boys, 23 attend remedial classes at the Centre, 8 receive vocational training, 20 go to St. Catherine's, 4 attend St. Michael's Secondary School, and 4 are enrolled in other secondary schools in the area. These activities and programs are shaping their lives and preparing them for a brighter future. Meanwhile, 35 former residents continue to receive invaluable support from generous donors like you through sponsorships for their education, whether in schools or apprenticeships. Currently, there are 19 boys in primary schools, 14 in secondary schools, 1 third-year university student, and 1 vocational training student awaiting graduation. It is truly remarkable that these boys can begin a positive new chapter in their lives thanks to your generosity. There is nothing more priceless than an education, and your support makes it possible.

Our firm commitment to a holistic approach ensures that each boy receives appropriate healthcare, social support, life skills training, psychosocial support, nutrition, clothing, education, and, most importantly, love and care. This comprehensive support helps each boy strive for a better and more promising life after completing the rehabilitation program. After the school holidays, many boys were reluctant to return to school because they enjoyed the Centre's extracurricular activities. However, they were all ready for the final term of the year, and their resilience and adaptability were truly inspiring. We continue to encourage the boys to do their best in their studies while also nurturing their talents and abilities.



Year 2 class with their teacher Mr. Muli



Year 1 class with teacher Ms Teryanne

During September, the boys have continued to receive support from the counsellor, John Ogicho, both individually and in groups. The topics discussed were self-awareness, anger management, peer pressure and drug and substance abuse. One of the most critical sessions is on reintegration, and most of the boys are willing to go back home and live with their families. The Centre's 12-month residential program endeavours to have the boys psychologically prepared as much as possible before their exit to return to their families, where possible.



Group counselling sessions with John

The sessions have enabled the boys to live responsible lives, significantly boost their self-esteem and learn about the effects of different harmful behaviours they engage in. They can also manage their anger and avoid fighting each other to resolve their issues.

The holidays offer a wide array of extracurricular activities for the boys, allowing them to explore new interests and talents. Each program is designed to bring joy and excitement, creating an environment where their hidden abilities can flourish. Many of the boys are captivated by the music program, discovering a newfound passion for playing instruments such as the piano, guitar, and violin, and uncovering remarkable potential for growth in their musical skills. Witnessing their peers succeed is a truly invigorating experience for these boys. Their spirits lift and their aspirations soar when they see three of their fellow students advance to the national level in music competitions. The triumphant accomplishments of these three boys spark a fire of motivation in the others, instilling in them the belief that they, too, can reach such heights.

The arrival of their new teacher, Kelvin, has also brought a refreshing energy to the classroom. He took over after Collins, who earned a prestigious scholarship to study at Trinity College, Dublin, Ireland, thanks to the support of Paula Cullen and her dedicated team. Under Kelvin's guidance, the boys have been introduced to the captivating world of music, where they are not only learning but thriving. They are acquiring new skills and continually refining their techniques, all while enjoying the process. This transformative musical experience is not just a phase but a journey that is poised to have a profound impact on their futures. Music is not just a hobby; it can be a rewarding career path. Beyond the potential for financial success, the journey through music has instilled vital lessons in focus and discipline, equipping the boys with skills that will serve them well in all areas of their lives.



Boys Flute and guitar lessons

Thanks to Benter, our dedicated local soccer coach and one of the house parents, the boys at the Centre consistently enjoy ample time to hone their skills. Benter goes above and beyond by organising friendly matches, inviting outside teams to challenge them, and providing them with valuable field experience. On other occasions, the boys also receive exceptional coaching from Dan, a talented soccer coach from Queens Park Rangers, and Chrissie Brooke, a skilled crew member from British Airways. Their visits bring a wealth of knowledge and expertise, enriching the boys' training sessions and inspiring them to reach their full potential.



Boys' soccer team get ready for a friendly match

Paula Cullen and her team have kindly sponsored the new rugby coach, Adelite, who has started training the boys on the basics since most of them are new to rugby. We hope the boys will have the chance to play friendly matches against other teams to improve their skills.



The new MIRC rugby team with coach Adelite

Faith formation and spirituality play crucial roles in the Centre's rehabilitation process, fostering a holistic approach to healing. The dedicated catechists from Our Lady Queen of Peace Parish in South B actively support the Centre by guiding individuals in prayer and facilitating faith formation. They help participants deepen their understanding of spirituality and create a nurturing environment where Mass is celebrated, allowing everyone to connect with their faith and find comfort in community worship.



Catechism class

Another favourite for the boys is art class, as they enjoy working with various art media, such as drawing, candle-making, painting, and bracelet-making.



Bracelet-making with the new intern, Martha, from Austria.

For the boys, watching their hard work in the vegetable garden yield fresh produce is nothing short of magical. The vibrant green plants bursting with life serve as a testament to their effort, and the satisfaction they find in developing their farming skills boosts their confidence and ignites a sense of hope for a brighter future. Many of these boys hail from rural backgrounds, where farming is woven into the fabric of everyday life. This familiarity with agriculture prepares them for a seamless transition upon rehabilitation and return home. As they cultivate their gardens, the boys also gain valuable knowledge in agribusiness. This essential skill will empower them to generate their own income upon reuniting with their families. Furthermore, the joy they experience from the poultry and rabbit program adds another layer of excitement to their daily routine. The delighted laughter that fills the air when they gather fresh eggs for breakfast is a reminder of the simple pleasures in life and the fruitful rewards of their hard work.



Boys preparing the land to plant new crops



Boys help the rabbit to breastfeed the new born kittens



Computer lessons from volunteers Martha and Samuel

Thanks to volunteers, the boys received additional computer lessons. The carpentry students began by learning essential computer skills to support their future endeavours. This training included crucial skills such as writing a CV, which is necessary for applying for jobs.

We are incredibly grateful to our partners for their continued support. Through your generosity and kind donations, we can operate the centre and transform the lives of the boys.



Boys receiving bread from Our Lady Queen of Peace Catholic Parish



Vegetable donation from Kaburus to the Rehab



Baker's Corner bread donation

Sponsorship Office

Activities In September

The Sponsorship Office collaborated with the administrations of multiple schools to ensure that all fees for 837 sponsored students [447 primary, 246 secondary, 27 special needs, 39 vocational, and 48 university/college] were accurately accounted for. In this effort, the office dedicated significant time to meticulously preparing and dispatching Term II reports to all our valued donors. These reports included in-depth academic performance summaries for each student, along with heartfelt letters of appreciation for their support. This systematic reporting process allows the office to closely monitor each student's progress and identify those who may need additional support or guidance in the upcoming term.

While September was relatively quiet in terms of activities, it was a month filled with meaningful internal achievements for the Sponsorship Office. We strengthened our relationships with donors through clear, transparent reporting, successfully made a crucial financial payment to a key partner program, and actively pursued additional funds to meet our forthcoming financial obligations. Looking ahead to October, we reiterate our commitment to the success of these students. We will focus on completing their academic programs while also providing dedicated support to those preparing to sit national examinations, ensuring they are well-equipped for success.

Two sponsored students recently graduated from their respective courses. Purity Nekesa was born and raised in Mukuru, where her educational journey began at MPC. After completing her primary and secondary education, she volunteered as an intern at MPC during the holiday breaks, gaining practical experience while pursuing a Diploma in Social Work and Community Development at Mount Kenya University.



After graduating, Purity now serves her community as a social worker at St. Bakhita Primary School, all while pursuing a Bachelor's Degree in Development Studies. Having transformed from a challenged student into a beacon of hope, she credits her success to the support she received, which helped her graduate and give back to her community.

Purity Nekesa

Sophia Adhiambo comes from a challenging background as the fifth of seven children raised by a stay-at-home mother and a father whose income as a night watchman (97 Euro per month) was always stretched thin. Despite these hardships, she defied the odds and became the only child in her family to complete secondary school. Her potential was recognised by MPC, which provided crucial sponsorship from Form Two onward. This support enabled her to secure a place at Strathmore University, where MPC covered the remaining costs of her Bachelor's in International Relations. Sophia graduated in June and is currently seeking a full-time position. Her sponsorship has helped break the cycle of limited opportunity for her entire family.




Sophia Adhiambo

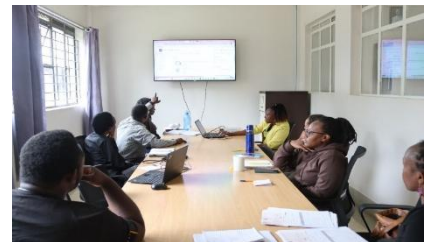
Announcements

September 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.

 MPC Head Office staff participated in a capacity-building session on networking and digital storage systems facilitated by Joyce Ndungwa, an IT expert. The training aimed to enhance technical skills and optimise digital workflows at the Office.




Capacity Building

 Jose and Maria Gallardo's family visited the MPC Head Office to understand the organisation's work and impact better. The visit included a short tour of the Head Office, giving them firsthand insight into MPC's daily activities.



Dinah Mwendwa, Sr Anne Itotia, Sr Mary Killeen, Maria Gallardo, Jose Gallardo, Maria Gonzalez, and David Gonzalez.

 Head Office staff took part in the final session of DKA's strategic planning process. Through open dialogue and participatory discussions, staff shared their perspectives, reflected on their experiences, and identified both the strengths and areas for improvement within their departments.



DKA session in progress at the boardroom with staff

The Jonaron Charities Foundation (JCF) visited MPC and met with the MPC management team.



HODs meeting in progress

Mukuru Promotion Centre

Empowerment Step by Step

Ministry of the Sisters of Mercy

40 Years Anniversary

www.mercymukuru.co.ke

Thank you for your continued support

Email: info@mercymukuru.co.ke

Tel: +254 733 588 068

Tel: + 254 722 505 904