

# March Newsletter

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Dear Partners, Supporters and Friends,

Food provisions for children are very important in schools serving those whose parents mostly depend on casual work. If parents lack work, there is no income, so the family runs short of food. Children then take to the streets to beg for food. Absenteeism from school can be very high. To ensure children attend school regularly, it is necessary to provide school meals. In secondary school, students often miss school to provide for siblings because a parent is unemployed. This is a constant challenge for us.

We were badly affected in March by one major flood and several minor ones. The Rehabilitation Centre, the Clinic, Songa Mbele na Masomo, St Michael's Secondary, and St Elizabeth's Primary School were all affected, but St Elizabeth's was the worst affected, with its administration block flooded to a depth of more than three feet, destroying computers and records. The floods are caused partly by climate change, but mostly by people dumping soil into rivers to create extra land for informal settlements and pushing the river onto school land. All around St Elizabeth, new informal settlements have grown. The school is now next to the river, whereas it was thirty metres from the river before.

Teachers, schools, and education administrators are still adapting to the new education system, which was introduced without adequate preparation or funding. It was copied from countries that have far fewer children per teacher than the over 50 pupils per teacher in Kenya. Much equipment is required. Schools tax parents to pay for these requirements. Many parents can't afford the costs. There is a high dropout rate. Instead of universal primary education, the number of children unable to attend school is increasing. The number of children and families living on the streets is also rising.

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This is a very worrying trend. We do what we can to prevent this from happening in our schools by subsidising the primary schools and running the other centres under our own management.

A new venture within MPC is the Mission and Talent Office. The cost of testing children to determine which area they are talented in is high, about \$200 US per child. We do not yet know how these tests will be funded. Children from outside will pay for their tests, while those from informal settlements may be sponsored in future, as their parents will not be able to bear the costs. There is also a need for technical training for a staff member to conduct the tests.

It is wonderful to see primary and secondary students participate and compete well in science, sport, debates and other activities. Their self-image improves as they take their place and often excel. Songa Mbele plays a huge role in raising awareness of the various disabilities that affect many of us by celebrating days for Autism, Cerebral Palsy, Down syndrome, etc. There is a strong need for this awareness-raising, as stigma remains significant. Many believe those with disabilities have been affected by a curse or witchcraft, that it is a punishment on the family for something they may have done. It is very good to know that birth accidents and trauma can affect any one of us. There are many genetic and other explanations for various disabilities. Let us celebrate the achievements of the children who begin life with challenges. We all have a part to play in life, whether abled differently or well abled.

Visits to children's homes are an important part of social work and often help teachers understand the challenges their students face. Because these visits are time and energy-consuming, they can be neglected. It's necessary for all of us to go to the ground and remind ourselves of the reality faced by the parents and children we serve. It's through home visits that we discover families living in severe need, including mothers who have not walked since an accident months or years ago. Thank God, with your help, we can often assist.

Hon. Marian Caucik and his wife, Zuzka, together with team members, had the opportunity to visit us. Marian was the founder of Erko and Dobra Novina. I first met him and Zuzka in Slovakia over thirty years ago. They decided then to assist MPC. They funded several semi-permanent classrooms at the Ruben Centre and at another informal school in Ruben village, called Gatoto. Their organisation, at times, helped fund the Rehabilitation Centre, and through them, our Clinic was assisted by Dr Krcmery RIP and his charitable NGO, Hope for the Sick and Poor. At present, Erko supports Songa Mbele. What a joy to see them here and to celebrate our long-term relationship. They have been with us through many very hard times. They now see the results of thousands of evictions, as well as the great achievements. They, along with DKA Austria, have given us support and courage during crisis periods in our history. We are most grateful to them and to all of you who enable the empowerment of Mukuru residents and their children.

Your support allows us to continue each day confidently. Thank you for your assistance in enabling our services.

Sr Mary Killeen  
*Director*

# Archival Corner

## MPC Sponsored Schools Feeding Program

After the establishment of Mukuru Primary School or more recently known as Sancta Maria Mukuru Primary School, Kayaba as the first school under the auspice of Mukuru Promotion Centre in 1985 and subsequent accreditation to have her schooling students sit for the Kenya Certificate of Primary Education (KCPE), there was a growing feeling that establishing a free school feeding program would help unlock the full potential of the pupils who majorly came to school with empty stomach due to poverty level in the slums. Through vigorous lobbying of various local and international donors, Mr Raja, Crown Industries, a local donor, stepped up and committed to providing lunch for all children starting in March 1990, marking the start of the MPC School Feeding Program's journey.

This led to a drastic improvement in children's performance and increased enrolment at the school, prompting the establishment of other MPC schools to relieve pressure on Mukuru Primary School, which was already at capacity and unable to enrol additional students. Since then, other donors and development partners have contributed to support the school feeding program in all our schools. One particular donor, Mr Keval Shah, on behalf of the V.C. Khetani Family and the Lord Mahavir Swami Followers, provided free meals to all the MPC-sponsored schools, the vocational training centre, and the Songa Mbele Children's Centre, averaging around €8,000 per month for several years.

Currently, several donors assist MPC in continuing the feeding program, including during holiday breaks. There are over 7,000 students at the MPC Schools who are benefiting from the school feeding program, helping them concentrate more on their studies rather than on where to get food while studying.

We would like to thank all of our friends, donors and development partners for your continued support of the project as we seek to realise the full potential of these vulnerable children from the Mukuru Slums of Nairobi, Kenya.

# E<sub>ducation</sub>

## P<sub>primary Schools</sub>

*St Bakhita, St Catherine's, St Elizabeth and Sancta Maria Kayaba*

The month of March was marked by significant academic and administrative activities across schools. After the mid-term break, students returned to classes with a renewed focus and commitment to their studies. During this period, school administrators met with representatives from the Ministry of Education to discuss ongoing reforms in the education system, including the newly established educational boundaries within the Nairobi region. Towards the end of the month, end-of-term assessments were conducted to evaluate students' progress and adequately prepare them for the upcoming Term One holiday break. Additionally, there was an emphasis on maintaining discipline, promoting teamwork, and fostering holistic development, ensuring that the school community remained aligned with its educational objectives.

As pupils headed for holidays, all school Headteachers gathered in Mombasa for the Headteachers Annual Conference. Key issues discussed during the meeting included the management of Junior



Secondary School (JSS) within the comprehensive school framework, preparations for the inaugural transition to Senior School, which took effect in January 2026, addressing overcrowding, ensuring the success of Competency-Based Education (CBE), and discussing matters related to school funding and security.

### Headteachers at Mombasa

After heavy rainfall at the beginning of March, St Elizabeth's perimeter wall collapsed again, and the administration block was flooded. Office cabinets containing important documents were submerged, leading to the loss of vital records. Efforts to clean the affected lower-grade classrooms were limited due to excessive soil and standing water. The damage to school property was extensive and beyond repair. Attempts were made to air out soaked books and documents, but conditions remained severe. Additionally, toilets were inaccessible to learners, teachers, and support staff. The Headteacher notified all relevant government authorities about the incident. The Area Chief deployed Climate Change Workers from the National Youth Service to assist with the cleaning efforts. Officials from the Ministry of Health also visited the school and declared the environment unsafe for students. They recommended temporary closure, and a five-day notice was issued to allow for thorough cleaning and disinfection of the school premises. The school has since resumed its activities and is still awaiting further assistance from the government regarding the situation.



### Flooding scenes at St Elizabeth School

The children showed impressive performance in co-curricular activities, actively participating and excelling at both zonal and regional levels. Their involvement in sports and athletics not only highlighted their talents but also fostered their physical development, teamwork, and overall discipline. St Bakhita Primary School has emerged as the top-performing institution in both rugby and basketball, outperforming 26 other schools in the Starehe Zone. This achievement reflects the school's strong commitment to nurturing sporting talent, effective coaching, and its students' dedication. St Catherine Primary School has made impressive strides in athletics, successfully advancing to the regional level. Their participation at this stage showcases the students' determination, resilience, and competitive spirit. Sancta Maria and St Elizabeth Primary Schools actively participated in the zonal competitions. Although they did not progress beyond this stage, their involvement provided valuable exposure and competitive experience that will be instrumental in improving future performance.



Rugby and basketball teams from St. Bakhita during regional level competitions at Buru Buru Primary School.





The School's Solar Engineering project, which excels in science, has advanced to the National Level in Garissa County. We congratulate Kevin Muhavi from St Catherine's, who competed well at the national levels.

Kevin Muhavi and his solar energy project, which he presented at the national level in Garissa County.

To enhance the spiritual growth of children and support staff, the Mercy Education Office organised separate one-day sessions for each group. The sessions centred on the theme "Working with Dignity," promoting respect, integrity, and a strong sense of purpose in the school environment. The sessions held at Resurrection Garden provided participants with an opportunity for reflection, personal growth, and spiritual renewal, all outside the typical school environment. Facilitators guided discussions and activities designed to reinforce positive values, strengthen interpersonal relationships, and cultivate a culture of mutual respect and responsibility within the school community. These engagements also created a platform for participants to share experiences, address challenges, and gain practical insights into upholding dignity in their daily roles. Overall, the initiative significantly contributed to fostering a supportive, value-driven environment that enhances personal well-being and professional effectiveness within the schools.



Resurrection Gardens Gathering with Fr. Kamau



Students

There were a few new enrolments in March, bringing the total across the 4 primary schools to 6,236.

Schools	Male	Female	Gender Ratio	Total
St. Bakhita	573	507	53:47	1,080
St. Catherine	713	712	50:50	1,425
St. Elizabeth	1,130	1,098	51:49	2,228
Sancta Maria Kayaaba	719	784	48:52	1,504
<b>Total</b>	<b>3,135</b>	<b>3,101</b>		<b>6,236</b>

The teacher shortage for both primary and junior secondary schools continues. The primary schools are actively seeking more teachers. Sancta Maria recently received a teacher to replace a previously transferred staff member. St Catherine welcomed a new teacher, farewelled its Headteacher, and awaits the appointment of a new Headteacher. Both St Elizabeth and St Bakhita received one teacher each. The Headteachers continue to engage with the relevant government authorities to secure additional staffing. However, no new Junior School teachers have been assigned to the affected schools yet.

# St Michael's Secondary School

The Form Four candidates recently undertook their pre-mock examinations, a vital step in their preparation for the upcoming national finals scheduled for November. These assessments are designed not only to gauge their current understanding but also to highlight areas needing further attention before the pivotal exams. In addition, end-of-term examinations were held for both Grade 10 and Form 3 students, providing them with an essential opportunity to demonstrate the knowledge and skills they had acquired throughout the semester. The entire examination process was executed smoothly, reflecting the hard work of both educators and students. The marking phase is currently underway, facilitating a thorough evaluation of student performance and pinpointing specific areas for improvement.

At the beginning of each month, the school gathers to celebrate Mass, inviting all students, staff, and parents to participate in this communal event. This particular month held special significance as it coincided with examination time, a period that brings both excitement and anxiety to the students. During the Mass, Fr. Paulinos led the congregation with warmth and inspiration, highlighting the core values of our school community. He reminded everyone of the importance of unity, perseverance, and faith as we journey through Lent in March, progressing towards the culmination of Holy Week. The atmosphere was filled with hope and reflection, encouraging all present to support one another where we can.



Fr Paulinos addressing the students

The St. Michael's Student Council visited the Resurrection Garden, Karen. This visit, coordinated by Sr. Mary Kanyĩ, aimed to nurture leadership, spiritual growth, and reflection among the student leaders. The experience was both educational and spiritually enriching.



Fr. Emmanuel with students after participating in the Way of the Cross.



Mr Harrison and students

A unique program was launched at MPC on March 27, 2026. The introduction of the Anthro-Biometric Talent Identification Machine marked a significant milestone in advancing modern methods for identifying and nurturing student talent. The ceremony, led by Patrick Lumumba, focused on the crucial role of technology in identifying and nurturing young talent for national development. The successful launch of the program to integrate technology into talent identification sets a strong foundation for future initiatives. St Michael's Secondary School played a key role, demonstrating its dedication to advancing educational practices. Sr Anne Itotia, the Mission and Talent Development Officer at MPC, spearheaded the program in response to various challenges that can influence students' career paths.



Students at the launch



Invited Guests

Mentorship is a vibrant, ongoing initiative that positively influences students throughout the academic year. Numerous corporations based in Nairobi are eager to contribute to the growth and success of young individuals as they navigate their educational journeys. One effective way to provide this support is through the mentor model, which fosters meaningful connections.

On March 18, 2026, the school's Social Office proudly organised a comprehensive mentorship program designed to empower students in various aspects of their lives. This event aimed to provide guidance on personal development, instil discipline, help with career choices, and reinforce essential moral values. The program, attended by a large, engaged audience, had a significant impact, inspiring students to pursue their goals with newfound confidence and direction.



Mentoring session with Mrs Macharia

St Michael's received donations during March. The school was honoured to receive a donation of Grade 10 textbooks from a group of the South African Women's Association (S.A.W.A). This generous contribution has greatly enhanced the availability of learning materials and will significantly support students' academic progress.



The Principal, Mr Ngari and students received textbooks



The school also received a donation of Bibles from the Gideon Bible Society. These Bibles were given to students to foster their spiritual growth and promote reading the Word of God. Head of Citam, Mr Douglas, presented the Bibles to St Michael's.

Donation of Bibles



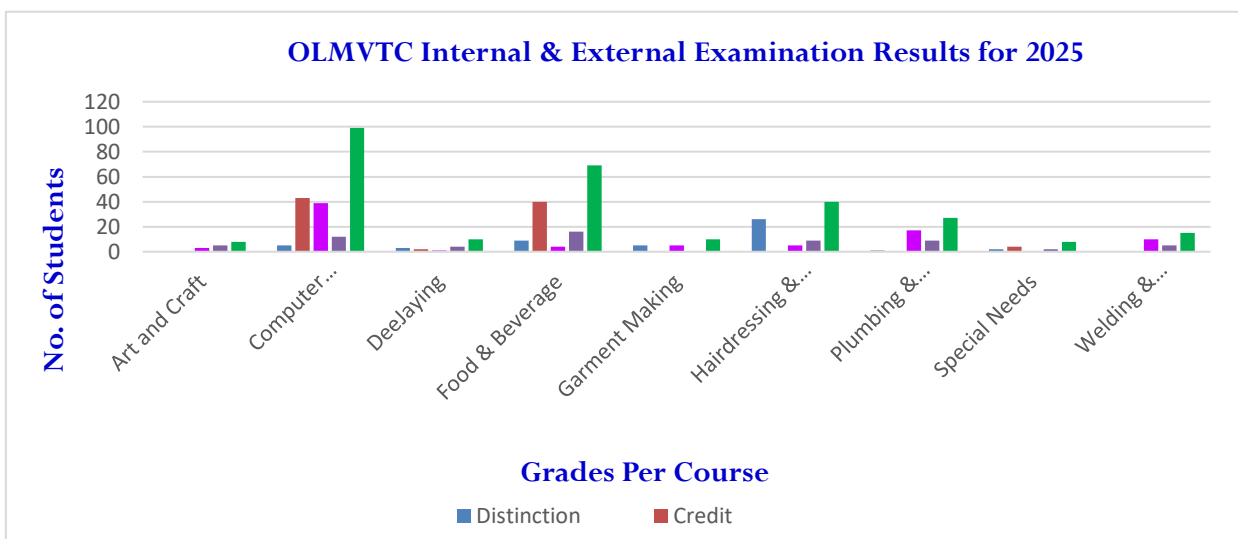
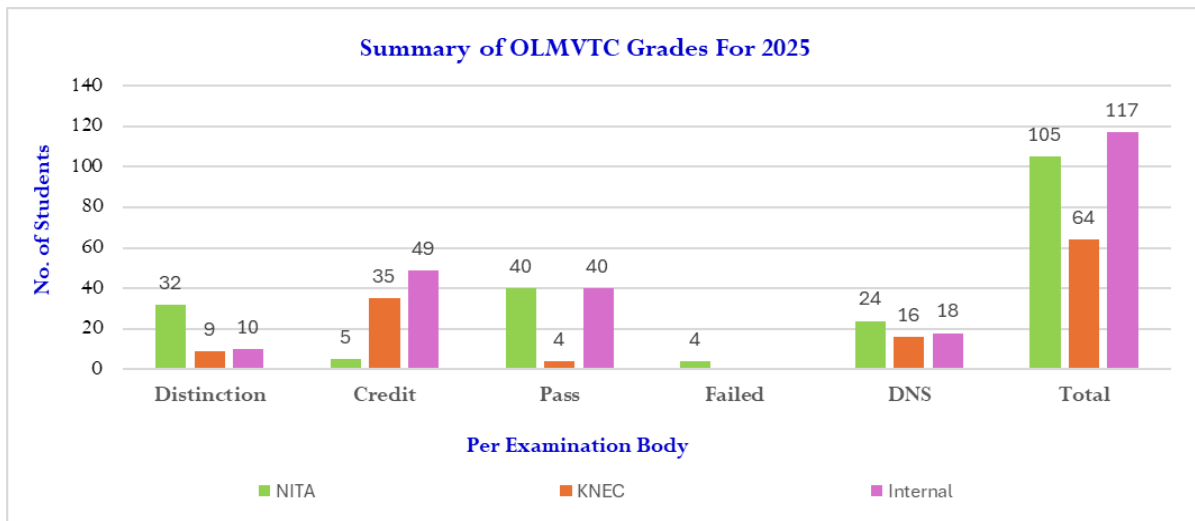
Schools are known for requiring many documents to be copied. To outsource this can be quite expensive. St. Michael's is thankful to MPC for purchasing a photocopier to assist with much of the administration and support the school's smooth operations.

Photocopier

# Our Lady of Mercy Vocational Training Centre

Vocational training for 195 students is well underway as they prepare for their upcoming internal assessments. A week of revision was scheduled before their examinations, which took place in the last week of March and encompassed both theory and practical components. The increase in enrolments in March was primarily due to former Form 4 students from St. Michael's, as the Centre launched a campaign to raise awareness of available courses and opportunities. Additionally, the program received generous sponsorship funding from the Noble Foundation and the TUSA Trust, both of which have been instrumental in supporting the training efforts.

The NITA (National Industry Training Association) and KNEC (Kenya National Examination Council) results for the 2025 students were released in March. Overall, including the internal examinations, the Centre recorded 51 distinctions, 89 credits, and 84 passes. Unfortunately, 58 students did not sit their respective examinations for various reasons.





KWAL has been a supporter of the Food & Beverage course at OLMVTC for several years. At the end of each year, a review is conducted, and there are often areas for improvement for the next cohort. Kui Kinyanjui, the new KWAL representative, met with MPC to discuss the INUA program and receive a briefing.

Dinah, Sr Anne, Kui, Perpetua and Sr Christine

In the hospitality industry, exposure to real hotel operations is essential for students. It allows them to deepen their understanding of the concepts they learn in class and enhances their overall knowledge. In March, students visited Radix Hotel, where they gained insights into various aspects of hotel operations. They explored kitchen operations, including food preparation and production, as well as service operations that encompassed food service. Students also learned about different types of room management within housekeeping and how to use various laundry machines. This hands-on experience was particularly beneficial, especially in housekeeping and laundry, since we do not have the resources to provide that setup at MPC. Overall, the experience was practical and impactful for the students.



Laundry services at Radix Hotel



Food & Beverage Students

At OLMVTC, catering students participated in a test to obtain a Food Handler's Certificate, which is essential for anyone working with food to minimise the risk of bacteria transmission. This certification is renewed every six months, and the March test was scheduled due to low enrollment in February, which resulted in no practical sessions during that time.

Spiritual observances play a significant role at OLMVTC. During Lent, the Centre held the Stations of the Cross every Friday, during which all students and staff engaged in reflective scripture readings. Fr Paulinos also blessed objects for the Centre and some homes.



Blessing of the sacramentals



Prayer of the Stations of the Cross on Fridays

This month's photo gallery features images from the students' practicals, showcasing their hard work and creativity.



Food & Beverage Students

Pedicures

Students preparing snacks

Garment making



Trainees making rubbish Scoop



Deejaying



Plumbing

# Transformations

## Songa Mbele na Masomo Children's Centre



During the month, a total of 6 home visits were conducted to follow up on cases of absenteeism, enabling the team to better understand underlying challenges such as health, family background, and environmental barriers, and in turn strengthening re-enrolment efforts and consistent attendance among the affected children. Currently there are 113 children at the Centre.

Valentine Agatha's home visit with her mother and Anja Faltisek a volunteer from DKA Austria.

Among the normal activities of learning, practical skills development, therapy and playing at the Centre, the children demonstrated remarkable growth and talent in areas such as weaving, mat-making, music, dance, beadwork, drawing, bottle decoration and crocheting. In addition to hands-on skills, the children engaged with key curriculum areas, including hygiene, communication, and physical education, equipping them with essential life skills to express themselves and advocate for their needs. All these clearly demonstrate the positive outcomes of inclusive and skill-based learning approaches for children with disabilities at the Centre.

In promoting inclusion and talent development, the Centre partnered with the Rotary Club of Industrial Area, where children participated in a Sunshine Rally, an engaging, fun day that allowed them to interact with peers, express creativity through art and drawing, and build confidence in showcasing their abilities.



Songa children at the Sunshine Rally with some of the Sarakasi Dancers



The Former Chairman of the National Council for Persons with Disabilities Hon. David Ole Sankok attended the Rally and spent some time with a few of the Songa children.



Pharrel Ochieng colouring in



Wheelchair races

The Centre celebrated a few disability days in March. The first was International Wheelchair Day, under the theme “Moving Forward with Every Role,” which raised awareness and celebrated wheelchair users, thereby fostering inclusivity and appreciation within the community.

In addition, the Centre proudly celebrated World Down Syndrome Day with the theme “Eradicating Loneliness,” highlighting the uniqueness and value of children with Down syndrome, who have an extra chromosome that makes them wonderfully different.



Centre celebrates Down Syndrome Day



While these children may experience challenges with coordination and certain tasks, the celebration created a joyful, inclusive space, filled with games, fun activities, and shared moments of happiness, allowing all children to interact, bond, and celebrate diversity, ultimately reducing stigma and strengthening a sense of belonging among the learners. The children had the chance to dress up as Down Syndrome Warriors.

Radhia Abdulahi, Ellen Ayiro, Dennis Kimosop and Jeffries Mmbone



The fun continued in March with an interclass competition, where children actively participated in games, music, dance, and other activities, promoting teamwork, self-expression, and joy among learners while nurturing their diverse talents. Teachers Ruth, Casper, and Mike, along with the children from the Foundation II class, prepared for the competition.

### Interclass Games

Access to healthcare has remained a priority, with 14 children receiving medical attention at Mary Immaculate Clinic for various ailments, routine check-ups, and medications. This ensures continuity of care and promotes healthier, more active participation in school and daily life. Additionally, 11 children attended specialised orthopedic services at Kijabe, significantly improving their mobility, comfort, and overall quality of life through professional medical intervention. Both clinics have positively impacted the children's overall well-being, complementing therapy interventions, enhancing holistic care, and strengthening service delivery.

Supporting parents is a fundamental principle that fosters children's growth and development. The Centre places great importance on offering a range of workshops to help families better understand disabilities. Parental engagement has remained strong, as demonstrated by 3 class meetings. These sessions provided a platform to address key issues, including academic performance, parental involvement in the Centre's activities, cleanliness, timekeeping, and commitment to the Centre. This ultimately strengthens the partnership between parents and the institution, benefiting the children.



### Parent Meetings



The Centre's Occupational therapist, Vltalis Koskei conducted a psychosocial development mentorship session for 15 boys, focusing on adolescence, personal growth, and positive relationships, equipping them with essential life skills and fostering confidence and healthy social interactions.

### Mentorship Session

A business support group meeting brought together 12 parents who were initially supported with a small kit to run a small business. The parents shared experiences and strategies for sustaining their livelihoods and enhancing family economic resilience despite ongoing challenges.



Business support group meeting

The Centre recently had the honour of welcoming the current European Member of Parliament, and Erko's former Director, Marian Caucik, his wife, Zuzku, and a group of friends who came to witness the remarkable advancements the Centre has achieved over the years. It has come a long way since the old sea containers that housed the children. As they toured the facility, they visited various classrooms and engaged in delightful conversations with both students and staff. The atmosphere was vibrant, filled with laughter and curiosity, as the guests exchanged ideas and insights, enriching their experience while learning about the innovative programs in place. It was a heartfelt reunion celebrating the Centre's growth and impact.



Zuzku and Marian Caucik



MPC management and Caucik Group

MPC takes pride in its commitment to capacity building. Recently, two caregivers were sponsored to complete a short course in inclusive education at Strathmore University. This initiative aims to enhance the quality of care and promote inclusive practices at the Centre for both staff and children.



Valentine

Sadly, the Centre experienced two bereavements in March. After a brief illness, Valentine Agatha and Nelson Kasiti passed away. It was heartwarming to see that both children enjoyed their time at the Centre, engaging in learning and interacting with others. Without the Centre, their experiences and those of their families would likely have been very different.



Nelson

The Centre also responded to emergency needs during the flooding season, supporting 15 parents who were directly affected and helping them stabilise and continue caring for their children. Supporters from the Youth Redeemed Gospel Church visited the Centre and brought donations.



Redeemed Gospel Church Group



Aisie's donations

In addition, through a partnership with Maendeleo Mashinani and a volunteer, Aisie from the USA, food provisions were distributed to 113 families, significantly easing the burden of the floods and ensuring food security for beneficiaries.

The Centre continued to benefit from the generosity of partners and well-wishers, including British Oxygen Company for sustained gas supply, Brothers from Tangaza University who donated hand sanitisers, Youth from Redeemed Gospel Church who contributed essential items, Team Paula who provided snacks, and a parent who donated washing buckets. Contributions that collectively enhanced the Centre's welfare, hygiene, and daily operations.



The children's daily activities continued throughout March: lessons, therapies, meals, and visitors. There were 49 children who benefited from 375 physiotherapy sessions conducted at the Centre. One standout was Lucy Mueni, a spirited 10-year-old who last year fractured her leg and had surgery at Kijabe Hospital and remained there for 3 months of rehabilitation. Lucy's resilience and determination have shone through. Her story inspires the other children and staff at the Centre.

Lucy during her physio session

Another 28 children benefited from 154 occupational therapy sessions, while 19 children attended a combined 141 speech-language sessions.



Innocent Maithya is helped by OT Vitalis Koskei



Adrian Mumo with Tabitha Muindi

Adrian's experience in group therapy demonstrates the value of peer interaction and structured language activities. His growth in receptive language is remarkable; his expressive language is showing steady improvement, and his articulation skills are strong enough to support clearer communication.

# Mary Immaculate Rehabilitation Centre

In March, the weather unleashed its fury, bringing extraordinary storms and devastating floods. The aftermath was catastrophic, leaving the Centre submerged in 3 feet of water that wreaked havoc, affecting the fence, incinerator, games room, kitchen, vegetable garden, greenhouse, and basketball court. The relentless flow of water created an overwhelming mess. Sadly, over 50 people lost their lives, numerous people were listed as “missing”, and hundreds more were displaced, having lost their iron sheeting homes (shacks).



Watermark from flood



Fence collapsed, and gabions exposed



The chain link fence was completely uprooted.



Large sections of soil were washed away

It was either good or unfortunate timing for Team Paula, who had just arrived in Nairobi a couple of days before the flooding. They come to Nairobi twice a year, in March and October. The first week of their visit dealt with the consequences of the flooding. They immediately launched a flood appeal amongst their families and friends. The music room was destroyed along with many instruments. The souvenir shop was under 2 feet of water, but fortunately, the paintings were hanging just above the water level.



Clare cleans guitars and violins



Boys clean around the Centre

The heavy wooden picnic tables floated across the outdoor dining area, as the boundary fence along the river suffered significant damage when the river burst its banks. This resulted in waves of debris spreading across the football pitch and into the kitchen area. Unfortunately, many rabbits and chickens drowned, unless they were fortunate enough to be in the higher hutches. Team Paula and the boys worked hard to restore the place to normal. With the kitchen flooded, the boys and staff had no food, so the Team provided breakfast for 55 boys and 10 staff members and purchased two weeks' worth of food provisions for the Centre.



Basketball Court

The dedication and hard work of Team Paula were truly commendable. Once order was reestablished, the young boys eagerly resumed their usual activities at the Centre, filled with camaraderie. Each visit from Team Paula is a vibrant whirlwind of engaging activities, enriching learning experiences, and joyful fun, leaving everyone with lasting memories.



Irene shops for the Centre after the flood



For over 30 years, at the St Catherine's Social Office, Sr Barbara served some of the nutritional needs of the very poor families, including the malnourished babies and mothers. As a result of the flood, many Mukuru slum residents had their entire homes washed away with all their belongings.



Team Paula assisted St Catherine's Social Office with food provisions for the very needy.

Unfortunately, in slums, floods and fires often occur, and there is always a constant need for food, cooking utensils, clothes, shoes, and bedding, among other things.



Team Paula also provided food and clothes to families

When Team Paula visited the Centre in March, they organised and prepared the new recruits for the year by providing school uniforms thanks to St Gerard's School in Bray, Ireland, shoes donated by Multimetals Ltd, Co. Wicklow, Ireland, and towels and hygiene items from Catherine Nolan.



School Shoes donated by Multi Metals



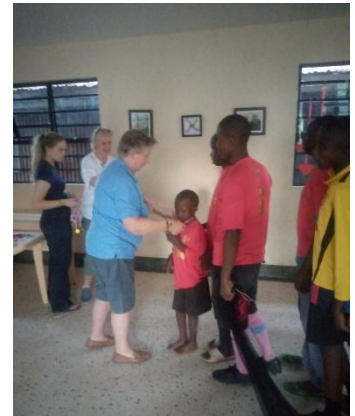
Irene and Samuel with 2 boys and their uniforms



Each boy received a drawstring bag filled with soap, toothpaste, a toothbrush, underwear, and t-shirts.



Team Paula organised breakfast after the floods



Prizegiving in Calary Hall, Jayden receives his medal



Runner Up - Sligo Rovers



Team Paula Donations



Team Paula donated boxes of biscuits, juice, flavoured milk, Weetabix, 50 kg of rice, 10 kg of sugar, 2 bales of maize, wheat flour, tomatoes, onions, carrots, bananas, eggs, cooking oil, and personal hygiene items.

All the clothes had to be washed as nothing was spared from the floodwaters.





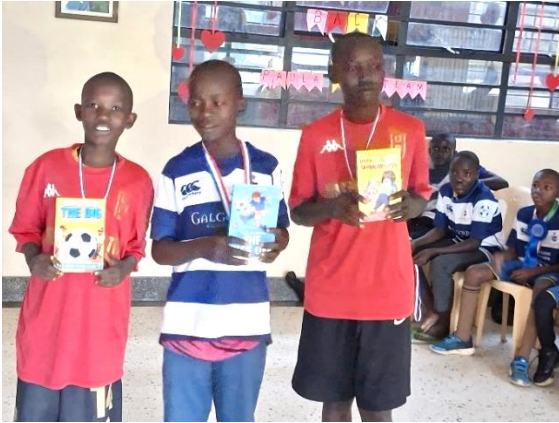
Outside Recreational Hall

Through the generosity of Bennekerry National School, Carlow, Ireland, the Team converted one of the old fibreglass 'igloos' into a new recreational hall. There was a lot of extra work that needed to be sorted due to the flood and painting. The new recreational hall is decked out with a pool table, board games and a television for PlayStation.



Inside Bennekerry Recreational Hall

One of the scheduled activities from Team Paula went ahead, featuring soccer, rugby, and basketball tournaments, followed by a selection of relay races divided into 4 house teams. The boys had a terrific time and concluded with a prize-giving for the outstanding participants, a pizza party, and goody bags.



Hassan Joho, Ronnex Mogaka, and Victor Inguza



Blackrock College RFC Team, overall winners

Claire Chambers, a member of Team Paula, represents Calary Church. Our new volunteer, Molly Gallagher, made the long journey to visit some of our sponsored boys at St. Peter's and Paul School in Embu County, approximately 130 kilometres from Nairobi. The boys were delighted to see familiar faces. Claire and Molly checked whether the boys needed anything.



Team Paula sponsored boys at Embu



Molly and Jane



New glasses

Molly spent some time at St Catherine's Primary School and helped out in a classroom with 82 pupils with 1 teacher. No teacher's union there! Molly observed a little girl, Jane, struggling to respond and, upon further investigation, discovered that Jane had poor eyesight. Picking up with the issue was a God-sent as Jane would have just fallen further behind in her education. Molly and Irene reported the issue, which led to a simple eye test and prescription glasses funded by Irene.



The impact of Team Paula at the Centre in March was a tremendous blessing. Thanks to their supporters, they were able to respond to a crisis and make a very difficult situation much brighter. They organised the clean-up, sorted out the damaged resources, and donated food and clothes, on top of what they normally do twice a year. A sincere thanks to you.

Molly at St Catherine's Primary



Catherine Nolan, Charles Ndirangu, Irene Plunkett, James Kamau, Terry Anne Wambua, Clare Chambers, Donald Muli, Samuel Waweru and Molly Gallagher.

Team Paula would like to extend their heartfelt gratitude to their friends, families, and supporters who contributed to the flood appeal to repair and restore sections of the Centre. We feel truly privileged to have them visit twice a year, as they inspire the boys who are working hard to turn their lives around and make positive contributions to society.



Ulinzi complex

The boys went to the Sunshine Rally, courtesy of the Rotary Club, held at the Ulinzi complex. The children enjoyed themselves with dance, a bouncing castle and drawing. The boys were treated to food and drinks. At the end of the event, every child was given a gift pack



The Centre also received a visit from Marian Caucik and his wife, Zuzka. Marian was the founding eRko Slovakia Director, an organisation that has supported MPC for many years.



Zuzka and Marian Caucik with Mary Kanana

In March, 61 boys resided at the Centre, including 8 in Year 1, 14 in Year 2, and 6 in the carpentry class and a further 33 were sponsored in nearby schools. All the boys are actively engaged in learning, sports, music, art and craft, as well as individual and group counselling. The results for the 2025 carpentry class have been released, with 3 students receiving a first-class pass and 5 students achieving an ordinary pass.

The Centre sincerely thanks its well-wishers and supporters for their monthly donations. This month, it received jackets, clothing, a television, cupboards, boots, and shoes.



The YCS group from the University of Africa, Railway Training College, Nairobi University, and the Technical University of Nairobi, KOEI AFRICA, in conjunction with Youth Focus Africa, who donated biscuits, maize flour, washing detergents, toilet rolls, sweets, wheat flour, pens, pencils and erasers.



Mr Suleiman donated unjali, fish, rice, beans, and chicken.



The KOEI Africa Team, an engineering company, held career day sessions with the boys. They provided the children with Crocs, lunch for the day, and other food items. This event was organised by Youth Compass Limited.



KOEI AFRICA Team with Rehab Staff



KOEI Africa donations

Children in the dining hall are having a session with the KOEI AFRICA team.

L to R: Christopher, Ngige, Irungu, Duncan, Emmanuel, Fidel, Kamande, Omuhango, Mwangi, Milton and David Kimani



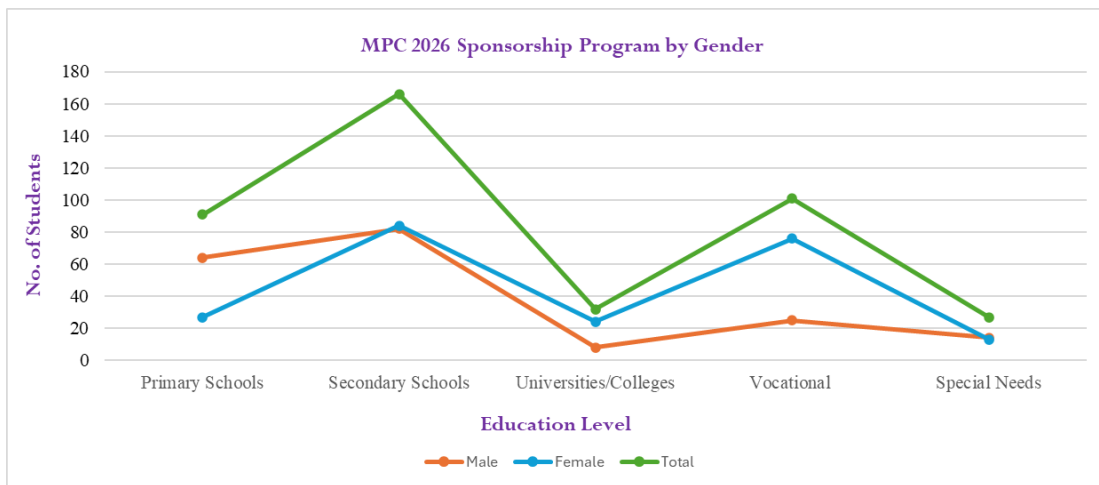
Several home visits were conducted in March to follow up on the boys' stories. Samuel Kinuthia had failed to return to school and had gone back to the streets due to a family conflict with his mother. He feared coming to the Centre because his mother would come looking for him there.

Social worker Victorine and Samuel with his mother in their home.

Typically, the Centre sees most boys adapt to the routine, responsibilities, and expectations that come with their stay. The psychological and physical changes during the first few months can be quite challenging for them, as adjusting to a drug-free lifestyle and the accountability it entails is not easy. Peer influences and the pull of unfinished business on the streets can also pose difficulties. However, counselling is incredibly helpful in addressing the pressures the boys experience, providing them with valuable tools to better cope with these challenges. The Centre provides a wholistic approach to social transformation, and it is important that the boys sense that many people want to support them to improve their lives.

# Sponsorship Office

March was an ideal time for the Sponsorship Office to concentrate on key activities, as schools closed for the mid-term break. The holiday period allowed the Office to follow up on student matters, process term 2 school fees, update the database, and respond to sponsors. One of the most important activities during March was engaging parents, ensuring they provide moral support at home for their children's educational success. Before the holiday break, students wrote thank you letters to their sponsors, and copies of their school reports were shared. The reports track academic progress for the sponsors and identify any additional support the students may need. The number of students sponsored through MPC stands at 417.



A recent meeting brought together parents and guardians to discuss students' welfare and academic progress. Updates on student performance were shared, and attendees had the opportunity to voice concerns regarding challenges their children face. The sponsorship program's rules and expectations were clearly explained to foster understanding and cooperation. Parents were encouraged to actively support their children, particularly during the holiday season, with a focus on discipline, school attendance, and the appropriate use of the resources provided. Overall, the meeting reinforced collaboration between the school office and parents in ensuring students' success.

The Office held a meeting with sponsors from Team Paula to discuss the boys they support at the Rehabilitation Centre. The meeting provided a valuable opportunity to review the progress of the current boys and to plan for the upcoming year with the new cohort.



Education Coordinator and Sponsorship Officer address parents/guardians of sponsored students



# Social & Health Services

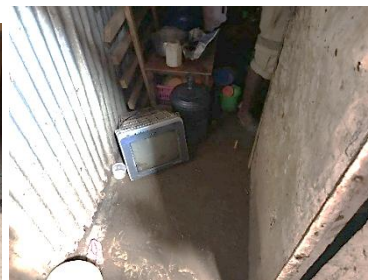
## Social Services

March 2026 proved to be a stressful month for the Mukuru community, as it faced significant challenges with Mother Nature. Heavy rains led to severe flooding not only in Mukuru but also in several other regions, including Kwa Njenga, Kwa Reuben, and Viwandani. The floods caused catastrophic damage, inundating homes and displacing numerous residents while destroying personal belongings. This disaster highlighted the urgent need for the Government to provide essential support to vulnerable families and emphasised the importance of developing long-term strategies to enhance community resilience against future adversities. Last year, the authorities demolished thousands of homes along the river to prevent future flooding. There are NGOs in the area who can help with emergency relief; however, the local authorities need to prevent the consequences of poor infrastructure. The Social & Health Services Department carried out 2,228 interventions in March. There were 166 families directly affected by the floods; 384 needy students required clothing and food; 27 received new uniforms and shoes; 242 received medical referrals; and over 230 received amaranth and food supplements.

In light of the crisis, the Social Services Department of MPC quickly assessed the needs of families affected and provided essential support. Amid the extensive devastation, the community demonstrated remarkable solidarity, with neighbours coming together to help one another through these difficult times.



Families received support parcels



A Mukuru home after the flood



Pupils with new uniforms

In a recent case highlighting the impact of health support interventions, Patrick Kinyanjui, a single father from Mukuru, faced a serious health crisis due to a head injury that resulted in a potentially life-threatening condition. After receiving unclear initial assessments, he was referred for further medical evaluation, which ultimately led to a repeat CT scan that revealed a subdural hematoma. This critical condition required immediate medical attention, prompting his emergency admission for surgery. Thanks to coordinated efforts, Patrick underwent successful surgery after timely referrals, transportation assistance, and financial support were arranged to cover diagnostic costs and medications.



While part of the CT scan expenses were managed under SHA, additional funds were raised to cover what wasn't included and to secure necessary medications unavailable at the hospital. Following his surgery, Patrick is now recovering well and has a follow-up appointment scheduled for later this month. This experience not only saved his life but also provided much-needed hope to his distressed family. Special gratitude is extended to Elizabeth Ndonga for generously covering the costs associated with Patrick's treatment, ensuring he received the essential care he needed.

Patrick waits for his scan

Our Department sincerely appreciates the invaluable partnerships we have formed with generous individuals. Their support enables us to address urgent situations promptly and effectively, while also fulfilling the ongoing needs of our community in critical areas.



Destroyed education resources



Mattresses for families



New uniform



Flood victims

# M<sup>ary</sup> Immaculate Clinic

Despite facing significant disruptions such as demolitions, floods, fires, health system strikes, drug shortages, and rising costs, MIC has proven to be a reliable provider for needy and vulnerable families. Early in the month, patient numbers surged, often exceeding 200 daily, with many individuals arriving in more advanced conditions due to delays in care. As government services resumed, the demand for MIC's services stabilised, highlighting that consistent and reliable care fosters patient trust and encourages long-term engagement.

In total, MIC treated 3,219 patients, maintaining a 60:40 gender ratio in favour of females, with 28% of patients new. Pediatric patients accounted for a significant portion, with 1,852 individuals treated, representing 58% of all treatments. The laboratory conducted 1,833 tests, of which over half were for pediatric patients. Additionally, maternal and child health services assisted 243 antenatal clients, provided 26 postnatal care visits, performed 139 ultrasounds, and immunised 123 children. Notably, the uptake of antenatal care showed measurable improvement, even amidst the challenges posed by flood-related displacements.

The recent flooding at MIC has been unprecedented, with significant impacts felt just 50 meters from the Ngong River. The clinic suffered substantial damage to critical equipment, including parts of the vaccine refrigerator, three computers, multiple blood pressure machines, and battery backups. These disruptions have severely affected workflows and threatened the integrity of immunisation services. Clinically, the flooding has led to observable shifts in disease patterns, particularly an increase in diarrheal illnesses in children, attributed to contaminated water and back-siphonage in the community. Simultaneously, there has been a rise in respiratory tract infections, exacerbated by damp living conditions, overcrowding, and pollution indoors. This situation highlights the community's vulnerability to environmental shocks and underscores the challenges posed by inadequate water, sanitation, drainage and housing conditions.



*Observation Room*



*Destroyed Computers*



*Mud everywhere*

Donor support plays a crucial role in providing healthcare, particularly in urgent situations. This month, the Pablo Horstmann Foundation funded 6 pediatric ambulance referrals for cases of severe pneumonia and bronchiolitis, which are prevalent in slum areas. Such support is vital, as many families struggle to afford ambulance costs, making timely access to care challenging. Each referral not only facilitates access to necessary treatment but also contributes to the survival of young

patients. However, there remains a significant gap in referrals for adults, especially among street-connected individuals and those lacking financial resources. Expanding support for adult referrals is essential to ensure comprehensive healthcare access for all patient groups.

In March, we said goodbye to Dr Jana Popova, a Slovak volunteer whose significant contributions greatly benefited our diabetic and hypertensive clinics. Her efforts strengthened follow-up systems, improved patient monitoring, and enhanced referral linkages to higher-level facilities. As we reflect on her impact, it is essential to recognise the emerging trend of non-communicable diseases (NCDs), which are becoming a growing concern in informal settlements.



Dr Jana's farewell



Dr Jana in CME training

MIC has advanced its internal capacity-building program by focusing on several key areas, including emergency fluid management for malnutrition, simulation training for status epilepticus, and anaphylaxis response protocols. Additionally, the program covers pediatric urinalysis interpretation, dehydration protocols, and the indications and safety of oxygen therapy. These training initiatives aim to enhance rapid-response capabilities, improve the accuracy of clinical decision-making, and ultimately reduce mortality risk in high-acuity cases.

MIC continued its capacity-building program with the Ministry of Health, and staff members gave a presentation to the group on nutrition statistics in Mukuru. The presentation also covered tuberculosis management, ANC, and immunisations.



MoH Session



MIC Nutritionists presentation.

MIC hosted a visit from a Slovak Member of Parliament, Hon. Marian Caučík, and the ERko Foundation delegation, which has partnered with MPC for over 30 years and supports most MPC departments, including health services.



Martin, Michel, Zuzka, Hannah, Marian, Lucia and Dr Jana

This month, the MIC faced a significant challenge with the unavailability of the Mantoux tuberculin test, which is vital for identifying tuberculosis exposure, especially in children who cannot produce sputum samples. The absence of this test makes early detection of tuberculosis more challenging, ultimately raising the risk of progression to active disease in pediatric patients. In response to these challenges, MIC hosted a team from the National TB Referral Laboratory to assess the installation of a new molecular TB diagnostic machine, akin to the GeneXpert system. This advanced technology promises to enhance TB diagnosis in children by allowing for tongue swab samples as a practical alternative. To qualify for this equipment, pediatric TB cases must represent at least 10% of the total patient load. The introduction of this diagnostic capability will significantly improve the quality of care for both children and adults, representing a crucial advancement in tuberculosis management.

The Ministry of Health recently visited the MIC and made several key recommendations to enhance service delivery. These include strengthening quality improvement systems, enhancing infection prevention and control measures, procuring materials for waste segregation, and intensifying screening for pediatric tuberculosis. During the visit, MIC received strong commendation for its service quality and patient satisfaction, underscoring its reputation as a high-performing facility even in a challenging environment. This external validation reinforces MIC's commitment to excellence in healthcare.

In March, despite facing pressure, MIC performed well. The significant increase in patient numbers indicates that the community trusts the services we provide. We are witnessing more patients seeking early medical intervention, an increase in children surviving critical illnesses, and more mothers accessing pregnancy services. This progress is largely due to the support of our donors, particularly the Pablo Hortsmann Foundation, which provides essential pediatricians and services crucial to these initiatives.

# A nnouncements

## Activities outside the Departments

The newsletter includes sections dedicated to each Department that summarise the events that occurred throughout the month. The Head Office supports these Departments in reaching their goals. Additionally, there are often other activities and events that take place that are not specifically listed under any Department.

- Mukuru Promotion Centre hosted the official launch of the Anthro-Biometric Talent Clinic, an innovative initiative spearheaded by Prof. Humphrey Oborah, Secretary General, World Talent Federation. The Clinic introduces biometric scanning technology that enables learners and individuals to assess their innate talents and receive guidance on suitable career pathways. The unveiling of the biometric machine was led by Prof. P. L. O. Lumumba, African Talent Envoy, alongside Professor Oborah, with the support of Sr Anne Itotia, Director of Talent and Mission. The event brought together MPC partners, Sisters of Mercy, beneficiaries, learners, and staff to witness and celebrate this significant milestone. The launch of the Anthro-Biometric Talent Clinic represents a forward-looking step in MPC's commitment to educational development. By integrating technology into talent identification and career guidance, the initiative is expected to empower individuals to better understand their natural abilities and align them with meaningful education and employment opportunities.



Launching ceremony



Audience and invited guests at the launch of the Anthro-Biometric Talent Clinic

- A two-day follow-up training session on the Project Cycle was conducted, building on the initial training held earlier in February. The session was facilitated by Mercy Chege, assisted by assistant facilitators, and attended by DKA partners. The training aimed to strengthen project managers' capacity by deepening their understanding of core project management principles and the essential components of effective project design and development. Through practical insights and guided discussions, participants were better equipped to enhance planning, implementation, and monitoring of their respective projects.



Project Cycle training, MPC hall

# Mukuru Promotion Centre

## Empowerment Step by Step

*Ministry of the Sisters of Mercy*

*Journeying over 40 Years with the Mukuru Community*



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

**Thank you for your continued support**

Email: [info@mercymukuru.co.ke](mailto:info@mercymukuru.co.ke)

Tel: +254 733 588 068

Tel: + 254 722 505 904