

July Newsletter

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Dear Partners, Supporters and Friends,

At the beginning of July, government officials warned of impending floods. Five of our centres and schools are near tributaries of the Ngong River, and others are close by. We have been affected by floods before. Early in the year, floods swamped St Elizabeth's Primary School, causing a school wall to fall and flooding the ground floor. We were fortunate the floods occurred at night, so children were not swept away. It is estimated that 40 people died from the floods and 24 from other parts of Nairobi.

With your help, we have constructed gabions over the past few years at the Mary Immaculate Rehabilitation Centre, St Bakhita Primary School, and Songa Mbele na Masomo Children Centre. We have not yet done this at St Michael's Secondary School, which has a long riverbank. The gabions do not stop the floods, but they protect the soil when floods attack it and keep the land from being swept away.

St Elizabeth's is in the Lunga Lunga informal settlement. To get extra land, a cartel of developers dumped soil in the river during the dry season and pushed the river towards the school. The school, which used to be over 40 metres from the river, now has the river next to it. St Elizabeth's wall has collapsed on several occasions, leaving us with enormous bills to protect the buildings and property. We do not know how to protect the school from the floods, although gabions could be built to prevent further erosion of the land, and a retaining wall could keep out the flood. These are all very expensive solutions, which the parents cannot afford, so we will need partners willing and able to help. For now, we are almost helpless as the floods approach. This time, we requested that staff move all electronics to the first floor so the computers and printers will not be ruined.

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We joined other stakeholders and neighbours to lobby for the removal of an illegal dump, which is dangerous because when it grows too high, parts of it fall into the river, blocking the flow and worsening floods. This happened last time and contributed to the devastation. The Nairobi River Commission members visited us and promised to stop more dumping and to stop recycling garbage along the river on the other side of the bridge, away from the big dump. We hope this will be done, as time may be very short.

We are very grateful for the Sisters of Mercy's forty years of service in the Mukuru slums. We acknowledge the different Mercy Foundations from Ireland, England, Australia and the USA who sent sisters to help with the project. We were privileged to have Archbishop Philip Anyolo join us for the closing year Mass. It has been a very worthwhile journey as we have seen thousands of children educated, youth trained for employment, children with disabilities attempt to achieve their potential and vulnerable families supported. We pray and hope that the Sisters of Mercy continue this important work, walking in the footsteps of Venerable Catherine McAuley, foundress, and her sisters who walked and worked in the Dublin slums. May you too continue to partner us in this very deserving work. It is inspiring to note the work going on in our schools and centres.

The health situation is very frustrating at present. We pay National Health Insurance for staff and for vulnerable people. But after paying these costs, few or no services are available. Doctors and nurses have often been on strike, including nurses over the past month. This is a shocking situation for vulnerable people in Nairobi. They are forced to go to private hospitals and medical centres, some of which do not accept the insurance card, and even where they do, the card covers only a small part of the services.

It is wonderful to celebrate pupils' and students' achievements. We extend our congratulations to those who supported them by providing experiences that help them envision a brighter future beyond their current circumstances. To the graduating classes at Our Lady of Mercy Vocational Training Centre, congratulations on completing your formal classes and embarking on your employment journey. Additionally, the boys at MIRC had the opportunity to meet Collins Adhiambo, the Centre's former music teacher, sponsored by Paula Cullen and her team. Collins achieved his dream of playing the violin and is now attending the Royal Irish Academy of Music at Trinity College, Dublin, on a scholarship. His willingness to share his time, talents, and experiences truly inspired the boys, showing them that similar opportunities could be within their reach.

The work that is carried out each day at Mary Immaculate Clinic is tremendous. We are grateful to the Pablo Horstmann Foundation and the volunteer doctors who serve many of the medical needs of slum residents, and for the ongoing training sessions for our staff. We welcome our newest paediatrician, Dr Ana Gil, and wish her an enjoyable experience at the Clinic and during her stay in Nairobi. The increasing numbers at the Clinic support the growing trust residents have in the Clinic services.

A heartfelt thank you to our friends and supporters who generously donate resources and food to help vulnerable children and families. Each month at MPC, we face challenges and celebrate achievements, all made possible by your support. Together, we restore hope and transform lives in Mukuru and beyond. July's newsletter is packed with updates, stories, and inspiration just for you!

Sr Mary Killeen
Director

40 Years of Grace, Gratitude and Hope for the Future

Journeying with the Mukuru Community, 1985 - 2025

After a year of joyful celebration and thanksgiving for the many blessings of 40 years of MPC, we brought our anniversary celebrations to a meaningful close on 15th July at the MPC Head Office. His Grace Archbishop Philip Anyolo presided over the Thanksgiving Mass, bringing together students, staff, volunteers, benefactors, partners, and MPC friends.



His Grace, Archbishop Anyolo

It was good to pause, reflect, and give thanks to God for four decades of service, commitment, and transformation in the community. The celebration was more than a commemoration of 40 years. It celebrated people, hope, faith, and the power of a shared vision. We gave thanks for everyone who has been part of the MPC journey, those who have served with dedication, those who have volunteered their time and talents, and the many benefactors and partners whose generosity has opened doors of opportunity and given hope to countless lives.

For 40 years, MPC has witnessed the power of small acts of kindness, courage, generosity, and perseverance to create lasting change. Students supported, families empowered, opportunities created, and lives touched are part of a remarkable story of transformation. We celebrated how far we have come from those humble beginnings, which were always meant to be a short-term response to an immediate crisis. The legacy we celebrate today challenges us to dream bigger, serve better, and reach further.

With grateful hearts and renewed determination, MPC looks to the future with hope. We are committed to building on the achievements of the past while embracing new opportunities to empower young people, strengthen families, expand access to education and skills, and respond to our communities' emerging needs. The future calls us to work together with even greater purpose. With the continued support of our staff, students, volunteers, partners, benefactors, and the wider MPC family, we believe that the years ahead can bring even greater impact and transformation.

We thank God for the 40 years behind us and look forward with confidence to the many lives yet to be touched and possibilities yet to unfold. Forty years of service. Forty years of hope. Together, we move forward.



Fr Binu OLQP Parish Priest



Sr Riguri, Sr Anne, Dr Charles
(Chairman MPC Board) and Sr Mary



After the Mass marking the closure of 40 years of MPC

Archival Corner

From Songa Mbele to Skills, Education and Independence

In October 2020, MPC took a significant step towards supporting young people with disabilities by launching a new therapy program at Our Lady of Mercy Vocational Training Centre, thanks to substantial support from Manos Unidas in Spain. This facility was designed to provide a vocational pathway for young people transitioning from Songa Mbele na Masomo Children's Centre, allowing them to continue developing their skills and acquire practical experience. Depending on their abilities and interests, these young people can progress into vocational areas such as hairdressing and beauty, plumbing, masonry, beadwork, and mat-making, while also receiving basic instruction in English and mathematics.

In July 2022, MPC officially opened the new multi-storey facility at Songa Mbele na Masomo Children's Centre, which now accommodates 117 children with disabilities aged 3 to 17 years. This new facility enhanced the Centre's ability to provide education, therapy, and developmental support, while also preparing them for the next stage of their lives. These developments reflect MPC's broader vision: to support children with disabilities beyond childhood and to create pathways toward education, skills development, and greater independence. The investment in Songa Mbele is now evident in the progress made by dozens of children and young people who have attended the program. Since 2022, some graduates have moved onto other special needs schools, while others have advanced to Our Lady of Mercy Vocational Training Centre, where they have pursued courses in areas such as hairdressing, beauty, and plumbing. Several students have successfully completed recognized NITA training, earning Grade III Ordinary Passes in Hairdressing and Beauty, along with NITA qualifications in Plumbing. For young people who require continued specialised support, a class of approximately 10 students has been running since 2022. This class provides student-centred training in art and craft, beadwork, mat-making, and basic English and mathematics.

In 2025, concerns about inadequate funding for Kenya's education sector highlighted the challenges schools face. Although the government did not abolish free primary education, which is in its Constitution, funding pressures remain an ongoing issue. For children with disabilities, these challenges are often more pronounced. They may require specialised education, therapy, individualised attention, adapted facilities, and vocational support as resources that are often lacking. MPC continues to address these critical gaps and create a continuum of opportunities for children and young people with disabilities. From the Songa Mbele Centre to mainstream education, as well as specialised learning and vocational skills training, each individual is supported according to their unique abilities and potential.

The Therapy Block and Songa Mbele na Masomo Children's Centre are more than construction achievements; their true impact is seen in children's progress, young people's skill acquisition, and the new opportunities created in their lives. The real value of a building lies not in its physical structure but in the lives it transforms and the futures it makes possible. Songa Mbele lays the foundation, while Our Lady of Mercy Vocational Training Centre offers a pathway to skill development. Together, they build a future characterised by dignity, participation, and greater independence.

Education

Primary Schools

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

In July, the weather was generally cool, allowing schools to maintain regular learning activities for the 6,432 students enrolled in the four MPC-sponsored primary schools. During this time, the focus was on implementing the curriculum effectively and keeping students engaged as the term came to a close. The administration of the Competency-Based Curriculum (CBC) practical assessments for Grade 9 students was successfully carried out, in accordance with the guidelines set by the Kenya National Examinations Council (KNEC). Teachers worked diligently to complete the planned Term 2 syllabus while conducting continuous assessments and revision to prepare students for the upcoming end-of-term examinations.

Teachers finished marking and analysing the end-of-term exam results, allowing schools to identify students who need extra academic support. After the exams, staff completed term reports and held regular meetings to prepare school records for the end of term. Meanwhile, students were excited to begin their three-week August holiday.

The school holidays often provide time for staff to attend professional development days and training sessions. Staff from the four MPC-sponsored schools participated in Child Protection and Safeguarding Training. This training emphasised positive discipline approaches that promote respect, dignity, and the holistic development of every child, while ensuring compliance with national child protection policies and safeguarding standards. Participants were also reminded of their responsibility to protect children from all forms of abuse, neglect, discrimination, and harmful disciplinary practices, and to prioritise the best interests of every child in all school-related interactions.



Child protection and safeguarding training for teachers and support staff

The Heads of Institutions and their deputies from the Mercy-sponsored schools participated in 2 separate Prayer Days, organised by the Mercy Education Office at the Resurrection Garden, titled "Leading with Mercy". The Prayer Days provided an opportunity for spiritual renewal, reflection, and fellowship as they continue to serve in their leadership roles.

The day underscored the importance of compassionate, ethical, and servant leadership grounded in the Mercy values of dignity, justice, service, and respect for every person. Through prayer, reflection, and shared experiences, participants were encouraged to strengthen their commitment to leading their school communities with integrity, empathy, and a deep sense of responsibility. The event also fostered collaboration among school leaders and reaffirmed the Mercy Education Office's commitment to nurturing values-based leadership that supports the holistic development of learners and staff.



HOI from Mercy Sponsored Schools

Co-curricular activities continued to provide pupils with opportunities to nurture their talents, build confidence, and develop teamwork and leadership skills. At the Kenya Music Festival competitions, St Elizabeth Primary School delivered an outstanding performance, progressing through the county and regional levels to qualify for the National Music Festival, to be held in Bungoma County between 1st and 14th August. This achievement reflects the pupils' dedication, their teachers' commitment, and the school's continued investment in holistic education.



St Elizabeth choir preparing for their national festivals after receiving blessings from Fr George Omondi



We were saddened to learn of several unfortunate incidents that have deeply affected children, families, and staff. Maria Clara, a pupil from St. Catherine Primary School, passed away from tuberculosis after a period of illness. The school also lost two parents in separate incidents. These losses had a significant emotional impact on the affected families and the wider school community.

In response, the school leadership, teachers, and the Mukuru Promotion Centre community continued to offer support and encouragement to the bereaved families. The school community extended its heartfelt condolences and provided emotional support to learners and staff as they came to terms with these losses.



Grade 8 pupil, Maria Clara, from St. Catherine's Primary School who died of TB

St. Bakhita Primary School had a student who became critically ill with severe anaemia and was admitted to Mbagathi Hospital for specialised medical care. These incidents highlight the ongoing health and social challenges vulnerable families in the Mukuru community face. They emphasise the importance of continued collaboration among schools, families, health facilities, and other stakeholders to support children's well-being.

End-of-term Masses were held in all schools, uniting students, teachers, and staff in gratitude for God's guidance, protection, and the achievements made throughout the term. Special prayers and blessings were offered for the children as they prepared for a three-week school holiday. They were encouraged to use the break responsibly, stay safe, uphold Christian values, and return to school healthy and ready for the new term. These celebrations reinforced the Mercy tradition of nurturing children's spiritual well-being alongside their academic and personal development, while fostering hope, gratitude, and a sense of community within the school family.



St Elizabeth Primary



St Bakhita Primary

St. Michael's Secondary School

St. Michael's School concluded the 40th anniversary celebrations of the MPC, which began in May 2025, with a Closing Mass on July 15, 2026, at the MPC Multipurpose Hall. This celebration gathered over 400 students, 70 staff members, invited guests, and various members of the school community to commemorate the successful conclusion of the anniversary events. The Holy Mass was presided over by His Grace Philip Anyolo, who led the congregation in prayer, reflection and thanksgiving. In his address, he encouraged the students to remain dedicated to their education, uphold strong moral values, respect one another, and utilise their talents and knowledge to make a positive impact on society.



His Grace Archbishop Philip Anyolo joins a section of the MPC community after Holy Mass



A word of Thanks by Sr Mary to His Grace Archbishop Anyolo

The school has successfully completed the end-of-term assessments for Form 4, Form 3, and Grade 10 students. Most subjects have already been marked, and we are currently compiling and analysing the students' results. We will communicate final results to students and parents once the verification and compilation process is complete.



Mr Biketi, Laboratory Technician, oversees and supervises the students as they conduct their Chemistry practical examination.

St. Michael's Secondary School was pleased to receive a shipment of sports uniforms from the British Airways crew members. This generous contribution will significantly enhance the school's sports activities by equipping students with suitable gear for practice and competitions.



The Girls netball and boys basketball teams with Mr Mbogo in their new sports attire.

Mentorship sessions are consistently popular because students find them to be realistic and engaging. This month, the mentorship sessions focused on guiding and inspiring students through discussions on personal development, academic excellence, discipline, leadership, and making responsible life choices. The sessions were interactive and well received, allowing students to participate actively and gain valuable insights from the mentors. Glorious Gitari and Kingsley Oluoko from Frigid Consultancy facilitated several sessions, including gender-specific groups.



Mentorship session in progress by the facilitators.

Our Lady of Mercy Vocational Training Centre

In July, the halfway point for most of the 195 students at OLMVTC was marked by practical and theory examinations. Unfortunately, a few students passed away, one due to internal organ failure, and another in a road accident. Additionally, several students suffered from illnesses such as kidney disease, tuberculosis, and epilepsy. This situation highlights the extra challenges many of our students face while living in the slums.

The learning experience at Hilton Garden Inn was a success. It motivated students and gave them a clear understanding of industry expectations. The trainees were exposed to hotel operations and industry standards, helping bridge the gap between classroom theory and real-world kitchen environments. This experience enhanced students' skills in production, service, and hygiene. Their confidence grew through mentorship talks and experience-sharing sessions led by various heads of department. The students explored different sections, including Food Production/Kitchen, where they learned about menu planning and bulk food preparation using modern equipment. In the Food and Beverage Service area, they practised table setting, customer service etiquette, and handling guest orders in the restaurant. In Housekeeping and Hygiene, they were briefed on food safety management systems used in hotels, restaurants, and food production. The staff also explained the clothing and gear worn to protect against hazards such as cuts, burns, slips, and other risks.



Partners meeting after the student's hotel exposure



Hotel learning exposure at Hilton Garden Inn

Mentorship session during learning exposure at Hilton Garden Inn



Nairobi hosted the **AMECEA 21st Plenary Assembly** – [*Association of Member Episcopal Conferences in Eastern Africa*]. The full members are Eritrea, Ethiopia, Kenya, Malawi, South Sudan, Sudan, Tanzania, Uganda and Zambia. About 140 Catholic Bishops from across Eastern Africa came together for the 21st Plenary Session of the AMECEA conference held in Nairobi, 19th July – 26th July. AMECEA was established in Tanzania in 1961, and it included 47 bishops and 9 national associations. Over the past six decades, the regional body has grown to include over 140 bishops. Some auxiliary bishops and retired bishops were invited to the assembly. The Kenya Conference of Catholic Bishops (KCCB) hosted the gathering at the Catholic University of Eastern Africa (CUEA) under the theme, “AMECEA’s Synod, 'Journey with Young People: Building Bridges of Communion, Hope, Justice and Good Governance'.” Our Food and Beverage Cohort 2 at St. Therese Vocational Training College participated in food preparation and service at the AMECEA Plenary meeting. By all accounts, Catering Cohort 2 were amazed by the work involved and extremely grateful for the experience, as this type of experience doesn’t come along every day.

The Catering Upskilling Cohort 1 recently held an evaluation meeting, and their performance in class, practicals, and hotel placements exceeded expectations. Sponsors, KWAL, expressed the need to increase our enrolments to one hundred per intake going forward.



Parents' Day at MPC aimed to enhance collaboration between OLMVTC and parents/guardians. It focused on reviewing students' progress, addressing any challenges, and exploring ways to support trainees academically and morally.

Parents pose for a photo after the meeting as they take snacks

OLMVTC held the graduation ceremony for the classes of 2024 and 2025, with a total of 219 invited graduands. The ceremony was graced by the chief guest, Dr. Moses Kamunge from NITA, and attended by invited donors, the Board of Management, Trustees, partners, stakeholders and parents. The two years were combined because the Food and Beverage class was transitioning from the NITA exam to the KNEC exam. KNEC takes two years, while NITA takes one year to complete the course. Graduands in Food and Beverage and Secretarial Studies graduated under KNEC; Hairdressing and Beauty Therapy, Plumbing and Masonry, Welding and Fabrication, Garment Making, Painter and Decorator, Deejaying, and Special Needs graduated internally through MPC. All graduands were acknowledged for acquiring computer skills during their one-year training.



Graduation for the classes of 2024/2025



Partners representation from MPC/ KWAL/ NITA/ Hilton Garden Inn/Kwetu curio collection by Hilton on the graduation day.



Graduation for the classes of 2024/2025



Class of 2025 Food and Beverage

Our crew member friends from British Airways generously donate hairdressing and beauty supplies weekly for our practical sessions. The frequent practicals significantly boost student confidence, and we truly appreciate their continued support and for remembering MPC. Retired engineer from South B, Robert Mwendwa, also contributed materials for the welding class, which greatly helped students with their practical exercises.



Hair removal (tweezing)



Full makeup application



Full body scrubbing



Catering practicals



Serving guests at MPC's Pride Restaurant



Service Session



Theory Exams



Special Needs term theory exam



practicals in mat-making / drawing



Students learn to count and drop using different cue points



Students on cold and hot installation.



Students constructing a manhole chamber.



Welding students learn how to work with gas.



Plumbing practical on pipe joining.



Masonry students at stone dressing



Theory End-of-term exam.



Computer class in session



Computer class

Transformations

Songa Mbele na Masomo Children's Centre

In July, the Centre's 117 children, comprising 73 boys and 44 girls, continued their learning and therapy activities. A total of 818 therapy sessions were conducted across various disciplines: physiotherapy (55 sessions), occupational therapy (29 sessions), and speech and language therapy (19 sessions), benefiting 103 children. The consistent and ongoing therapy significantly impacts the children's outcomes. The educational activities focused on several areas, including communication, social skills, motor development, sensory perception, religious education, orientation and mobility, activities of daily living, creative activities, and pre-numeracy skills. These initiatives support the children in developing and improving their communication abilities, mobility, sensory awareness, independence, creativity, and social participation.

The Social Office carried out 23 home visits to monitor children's progress, assess family and living conditions, strengthen collaboration with caregivers, follow up on absenteeism, and identify barriers to school attendance. These visits also provided family support and ensured the safety of the children.



Shirleen Mideva with her mum



Emmanuel Saviour's parents

We referred 26 children for medical assessments and specialised care, and 8 were taken to AIC Cure Kijabe Hospital for orthopedic review and treatment. We are grateful to the MIC staff who conduct medical assessments at the Centre every Wednesday and Friday.

Each month, the Centre hosts various meetings and welcomes visitors. This month, we received generous donations from well-wishers and partners, which greatly supported our ongoing efforts to provide education, therapy, healthcare, nutrition, and other essential services. We also had the pleasure of hosting representatives from Global Exploration Netherlands and Starehe Boys Centre, who generously donated jerseys and food supplies. These partnerships play a vital role in enhancing the wellbeing and development of our children.

The Centre participated in a stakeholder engagement meeting with representatives from the disability, health, rehabilitation, and child protection sectors in Starehe Sub-County. The meeting aimed to develop and strengthen standardised referral pathways and tools for Community Health Promoters (CHPs) and Community Protection Volunteers (CPVs). Participants included two social workers from the Ministry of Public Service, a Nairobi County Rehabilitation Officer, two Community Health Officers, the County Health Strategic Officer, two officers from the Association of People with Physical Disabilities of Kenya (APDK), health records personnel, and two child protection officers. This collaboration aims to enhance coordination among service providers and ensure that children with disabilities receive appropriate support services in a timely manner.

Eleven stakeholders from Starehe Sub-County gathered to create, review, and implement these standardised referral pathways and tools. The meeting focused on improving coordination among disability service providers and strengthening the referral system, ultimately enhancing access to essential support services for children with disabilities.



Stakeholders from Starehe Sub County discussing referral tools for CHPs and CHVs

The Centre held a meeting with 23 staff members to discuss various ways to improve services for the children they serve. The team collaborated to create departmental Standard Operating Procedures (SOPs) to standardise service delivery and ensure best practices when working with children with special needs. The developed SOPs will enhance accountability, improve service quality, and strengthen institutional systems.



Staff discussing the SOPs



A meeting for the Intermediate 2 class was attended by 13 parents to review the children's progress, discuss challenges, and identify practical strategies for improvement. These meetings enhance parent-centred collaboration and increase caregiver involvement in student development.

Intermediate II class meeting – Teacher Jane addressing parents

During the mentorship sessions, 38 adolescents participated: 13 girls and 25 boys. The girls focused on topics such as daily living skills, personal hygiene, and physical changes during adolescence. Meanwhile, the boys addressed subjects including sexual and reproductive health, personal hygiene, mental health, and emotional well-being. These sessions improved self-care practices, confidence, health awareness, and personal hygiene among participants.

Teachers and the physiotherapist facilitated mentorship sessions to support the holistic development of adolescents with disabilities. 13 girls participated, and topics included daily living skills, personal hygiene, and understanding and managing adolescent body changes. The 25 boys also participated in a session, covering sexual and reproductive health awareness, personal hygiene, and mental health and emotional well-being. The sessions have improved self-care and personal hygiene practices, increased adolescents' confidence and enhanced awareness of health and wellbeing.



Mentorship sessions taking place

The three top performers for July were Dennis Kimosop (Foundation II), Rashly Momanyi (Intermediate I), and Jeffries Mmbone (Intermediate 1 Class).

Dennis's transformation has been remarkable. When he began therapy, he relied entirely on a wheeled walker to move around. His steps were slow, deliberate, and hesitant. Over time, through intensive physiotherapy sessions, Dennis focused on strengthening his core muscles, improving his balance, and practising gait training. July marked a turning point: he confidently walked without the walker for the first time. This achievement was not only a physical milestone but also an emotional one. His mother expressed her joy and pride, noting that his newfound independence now allows him to participate more freely in daily activities. For Dennis, walking unaided symbolises freedom and the ability to navigate life with dignity and self-assurance. His journey serves as a beacon of hope for other children who are still striving for mobility.



Dennis takes a few steps unaided



Rashley's progress has been truly inspiring. Initially, he struggled to stand upright and required significant support. His therapy plan focused on strengthening his lower limbs, balance training, and assisted standing exercises. By July, Rashley could stand with a walker and take independent steps. Each step he takes is a triumph, demonstrating his determination and the effectiveness of consistent therapy. His therapists believe that with continued effort, Rashley will soon be able to walk independently with the walker, leading to greater independence. His story reflects the resilience of children who, despite facing challenges, push forward with courage and perseverance.



Rashley first few steps using a walker



Jeffries Mmbone has shown impressive growth in her Speech and Language Therapy journey. Her receptive and expressive language skills have become very strong, enabling her to understand instructions easily and communicate her thoughts clearly and confidently. She has also accurately articulated several sounds, including /l/, /k/, /t/, /d/, /f/, and /s/. This improvement has expanded her vocabulary, particularly with words that include these sounds, enhancing both her spoken language and her ability to engage in meaningful conversations. In addition to her personal progress, Jeffries has emerged as a peer leader during therapy sessions. In group activities, she confidently guides her peers in articulating different words, models correct pronunciation and encourages others to practice. This leadership role showcases not only her communication skills but also her increasing confidence and social participation. Her journey illustrates the transformative impact of consistent Speech and Language Therapy intervention. From mastering sounds and vocabulary to leading her peers, Jeffries is becoming a strong communicator and an inspiring presence within her therapy group.

Jeffries is also progressing well in picture reading. She can identify items across different everyday setups such as the classroom and living room, showing her ability to connect visual cues with language.



Speech therapist Tabitha Muindi with Adrian Mumo and Jeffries Mmbone at a peer speech session



The Centre received donations from generous supporters this month. These contributions were essential to maintaining daily operations and ensuring children continued to access quality education, therapy, healthcare, and nutrition services without interruption.

USIU intern, her mother and Kingdom church Youth Group



A visit by Global Exploration Netherlands and Starehe Boys' students who donated jersey and food provisions



The Centre sincerely values our donors and partners, whose generosity consistently transforms lives and opens new opportunities for children with disabilities.

Mary Immaculate Rehabilitation Centre

Each boy who enters the Rehabilitation Centre carries a unique story, often marked by loss, neglect, trauma, illness, and a life on the streets. Throughout July 2026, the Centre's commitment remained strong: to restore hope, protect vulnerable children, strengthen families where possible, and ensure that every child receives the care, dignity, and opportunities they deserve. While the Centre continued its normal activities in July, there was a focused effort to follow up on individual cases. This included hospital visits, counselling sessions, and opportunities for family connections.

The Centre provided personalised psychosocial care to boys facing emotional, behavioural, and family-related challenges. Over eleven counselling sessions, each boy addressed a unique need. Some boys learned to process their grief after losing loved ones, while others received support to overcome issues such as anger, trauma, fear, low self-esteem, and anxiety stemming from difficult family environments. One boy openly shared the painful experiences of growing up in an abusive home and his fear of returning there. Through multiple counselling sessions, he was given a safe space to express emotions he had carried for years, while the Centre explored alternative care options to ensure his wellbeing. Another boy, who experienced emotional distress after a home tracing exercise, received counselling that helped him cope with disappointment and rejection when his hopes for family reunification were not realised. Additionally, academic counselling helped another student recognise how poor time management was impacting his performance, enabling him to rebuild healthy study habits. The boys preparing for surgery also received psychological support, which helped them understand their medical conditions and alleviated anxiety before treatment.

The counselling program is essential to the rehabilitation process. The boys have become more open about sharing their experiences. Many of them have shown emotional improvement, which has boosted their confidence in discussing personal challenges. By sharing their stories, the Centre is helping the boys build a stronger foundation for long-term healing and successful reintegration.

Another dimension of care at the Centre is providing high-quality healthcare. Good health remains essential for every boy's rehabilitation. In July, the Centre coordinated 12 hospital visits and 20 medical referrals. One boy is receiving specialised cancer treatment at Kenyatta National Hospital, including chemotherapy, blood tests and medical reviews in preparation for radiotherapy.

Other boys received treatment for injuries, infections, chest illnesses, stomach ailments, sports injuries and skin conditions. Another boy who sustained a head injury at school received prompt treatment before his condition could worsen. Having the Mary Immaculate Clinic right next door is a blessing. Early medical intervention prevented minor illnesses from becoming serious health complications. The boys recovered more quickly, missed fewer classes, and continued participating in rehabilitation programs. The Centre's good relations with hospitals ensured that boys living with chronic illnesses continued receiving treatment despite external healthcare challenges. A major challenge arises when the boys' legal documents are missing, which means they can't register for SHA (health number). Often the Centre has to monitor the boys' illness while it tries to work out something with the various hospitals and specialised clinics.

During the month, the Centre conducted home tracing visits for the boys. One particular case, Samuel, uncovered years of family separation, domestic violence, physical abuse and instability that eventually forced him onto the streets. Meeting his extended family members provided valuable insight into Samuel's experiences and highlighted the importance of identifying safe caregivers before considering future reintegration.

Education is a powerful tool for everyone. When the boys arrive at the Centre, many have had their education journey interrupted in negative ways. Some have had mixed experiences. It is great to see, after about 3 months into the program, those boys who just want to make up for lost time. They want to spend more time in the library, exploring a new world and learning so many new things. All the boys are developing their education at their own capabilities, and the Centre supports them at those different levels. July marks the end of term 2, and they will all want to relax a little during the August holidays. All boys remained enrolled and successfully completed end-of-term examinations. Most boys performed at or above expected levels.



Beyond the classroom, the boys participated in football, rugby, catechism and life-skills activities that nurtured discipline, teamwork and confidence. A group of boys went to watch the Harambe Stars at Nyayo Stadium.

Back row: Walcott, Alex, Emmanuel, Ken, Christopher and Front row: Turbulance, Benson, Hassan and Ronex Jayden.

At the end of July, 15 boys were successfully reunited with their families to spend time at home. Other boys returned safely from their boarding schools before reuniting with their caregivers, while some stayed at the Centre to prepare for upcoming music festivals. These managed transitions allowed the boys to maintain their family relationships while ensuring that their safety and well-being were closely monitored. Fostering positive family relationships enhances the boys' sense of belonging and identity. Consistent family engagement also supports successful long-term reintegration.



David, with his neighbour Omuhango



*Diana and her brother Victor leaving for school break
his son Emmanuel leaving for school break*

In July, the Centre received donations of food, clothing, stationery, hygiene items, basins, crocs, and cups from generous supporters. We are grateful to Susan, the Siri Gurdwara, BA crew member Molly, Liz, Chrissie, Abbie, the Mater Hospital, and the Nairobi community. We also thank the Optiven Group and the Dr Christine Foundation for their contributions, which help reduce the Centre's operational costs.



The Optiven Group



Susan with some of the boys



Liz, Abbie with the boys

July was a month of growth beyond our formal program. The boys actively helped build a goat shelter, construct a rabbit house, care for animals, and harvest 30 kg of tomatoes from the Centre's garden. Although the Centre sadly lost eleven newborn rabbits due to adverse weather, the boys were keen to prepare an improved shelter for another litter of 12.



Bumper tomato harvest



Steve, Elvis and Isaac repair the rabbit shelter and then wash the Centre dog

In July, former music teacher Collins Adhiambo, supported by Paula Cullen's team for two years, visited the Centre. The boys were excited to showcase their progress in their musical abilities, and the reunion brought about great enthusiasm.

To provide some background on Collins, last year Team Paula sent a recording of him playing the violin to a friend at the Royal Irish Academy of Music (RIAM) at Trinity College, Dublin. They were clearly impressed and invited him to audition. The academy recognised his talent and awarded him a prestigious scholarship to study music at RIAM. He has just completed his first semester, during which he excelled.



Collins meets and chats with some of the Rehab boys

The boys are never forgotten; when they hear someone from Ireland is going to Nairobi, Paula Cullen's team packs them some goodies.

Boys receive gifts from Team Paula – football and rugby balls, white shorts, and apples and drinks for after the training and playing.



Sponsorship Office

In July, the primary focus was on the conclusion of the school term as students prepared for their three-week holiday. The Sponsorship Office worked diligently to ensure that sponsored students completed the term successfully and received the necessary support before returning home. Key activities during the month included processing school fees, providing students with stationery, preparing donor updates, and raising awareness among students as they prepared for their August break.

In the past month, the Sponsorship Office purchased stationery for students sponsored by the KWES Foundation. This stationery supported the students' studies and ensured they had the essential learning materials they needed. The items were purchased and distributed before the end of the term. This distribution was coordinated with the relevant staff to ensure the students received their supplies. The support was well received, as it equipped students with the materials they needed for their schoolwork and prepared them for the next term.



Students sponsored by KWES receive stationery.



As the schools prepared to close for the term, the Sponsorship Office began coordinating the end-of-term reporting process. This included overseeing sponsored students' thank-you letters and ensuring the collection of academic report forms from various schools. The thank-you letters enable students to express their gratitude to their sponsors and share aspects of their school experiences. The Sponsorship Office, along with its donors, actively monitors students' academic progress and evaluates their performance in school, as indicated by the academic reports. The office collaborated with students, schools, and relevant staff to ensure all necessary documents were completed and gathered before the end of the term. These documents will be reviewed and utilised to prepare updates for the students' respective donors.



St. Catherine's Primary students writing their thank you letters

Before the three-week holiday, the Sponsorship Office, with assistance from the Child Protection Team, held a sensitisation session for sponsored students. The session aimed to educate students about the benefits of their sponsorship and how to make the most of the support they receive. Participants were encouraged to take their education seriously and to view their sponsorship as a means to work towards a better future.

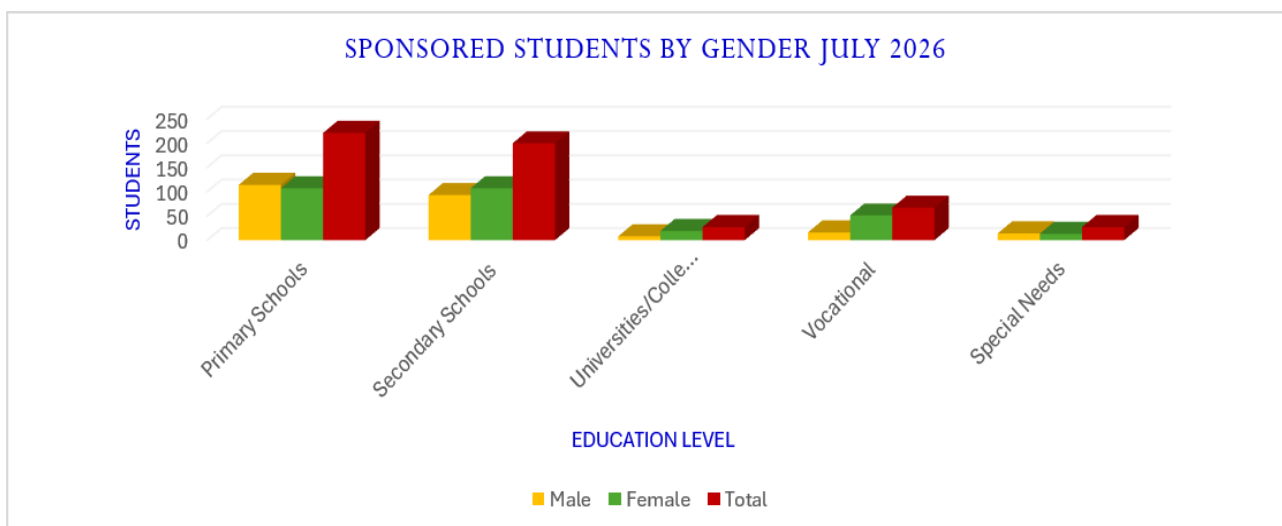
During the session, students learned about the impact of peer pressure and negative influences on their education, behaviour, and future aspirations. They were encouraged to choose their friends wisely and to develop their decision-making skills rather than simply succumbing to peer pressure. The discussion highlighted strategies for coping with peer pressure, such as having confidence in their choices, knowing how to say no assertively, and reaching out to trusted adults for guidance in challenging situations.



St. Michael's sponsored students in a group discussion



Salome Masha, the Child Protection Officer, engages students in group discussions



Social & Health Services

Social Services

The Social and Health Services Department is committed to uplifting the most vulnerable families and individuals in the Mukuru catchment area, even in the smallest of interventions. We focus on improving health, nutrition, hygiene, and overall well-being through a range of impactful interventions. This July, we recorded 2,223 interventions as we engaged with the community through regular assessments and follow-ups, immersing ourselves in the realities our community faces. By identifying the challenges individuals and families face, we aim to provide essential support that makes a tangible difference in their lives. Together, we are building a healthier and more resilient community!



Parents of sick children receive food parcels

Health care will play an increasingly vital role in improving lives in the near future. We are pleased to provide nutritional support to 158 individuals living with chronic illnesses, including both infants and adults who require highly nutritious food supplements. Each month brings its own challenges across the slums. Food security is a major concern, as many people struggle to feed their families because they lack funds. This economic hardship deepens and exacerbates the effects of multi-dimensional poverty on people's health and well-being. We have noted an increase in beneficiaries receiving amaranth flour, which is rich in protein, vitamins, minerals, and fibre.

Furthermore, we anticipate providing more food packages and fresh fruits to promote a balanced diet. As families continue to struggle to access proper nutrition because of economic challenges, we hope our essential interventions will ease their burden and empower them to address other pressing needs. We are grateful to many well-wishers who donate food provisions, clothing, bedding and other resources for families.

In July, we were heartbroken to witness another fire outbreak in Mukuru. The devastated fire victims received essential items, including bedding, clothing, and food, for the families in urgent need. While we cannot meet every need in such circumstances, we do our best with the resources available. Unfortunately, fire outbreaks and floods are frequent occurrences in the slums, where shanties are built closely together, making accidents more common. The situation is often worse because fire trucks cannot access the shelters; the roads are not wide enough, and landlords often build on any available land without regard for safety and security.



Fire victims receiving mattresses, blankets, and food packages after losing their property.

In addition to providing material support to vulnerable individuals, our staff participated in mentorship sessions. In July, we conducted 18 different sessions across the education, health, and social transformation sectors. These sessions not only strengthen our ability to provide safe, effective guidance to those we serve but also prioritise our clients' welfare. The mentorship training emphasises the importance of mental well-being, which is often overlooked. This training equips staff with the knowledge and skills necessary to support clients effectively, ensuring that our efforts lead to sustainable improvements in the lives of the vulnerable community we aim to assist.



Mentorship Sessions at St Bakhita and St Catherine

The Social Services Department goes beyond providing material support to address essential needs. One of our key initiatives is waiving exam fees for students from low-income families who cannot afford them. By engaging with our beneficiaries, we uncover hidden challenges and identify opportunities for additional support. This month, we helped 244 needy students enroll in school and provided 22 full uniforms, including replacements for worn-out uniforms.



Uniforms given to needy students across the 4 MPC-sponsored schools



Clothes and uniforms



Donated milk for the pupils

We are dedicated to supporting vulnerable individuals in our schools and the wider community. Through our initiatives and partnerships with various organisations, we have provided essential nutritional support. We sincerely thank Alpro for their generous donation of healthy milk to our institutions—an act that has a significant impact on our community. The joy in our children's smiles truly speaks volumes.

We have facilitated 147 medical referrals, helping numerous students and community members access essential medical treatment. Regular assessments help us identify other needs we may have previously overlooked. Our home tracing efforts have already shown positive results, and we aim to reintegrate several students back into their homes. We have conducted 34 home visits to evaluate individual capabilities, which is crucial for identifying genuine beneficiaries.



Home Visits and Needs Assessments



PNC mothers and an ANC mother receiving food support through St. Catherine's social office



Street woman and man received nutritional food

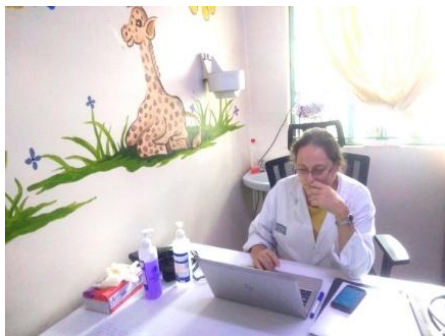


Teenage mothers receive food support

We are deeply saddened to announce the loss of a cherished student from our schools, the parent of one of our students, and a valued member of our community after a brief illness. Our thoughts are with everyone who is grieving during this difficult time.

We thank the Alpro Organisation and other benefactors whose contributions have made our initiatives possible. Their generous donations play a crucial role in ensuring our programs are effective. Nutrition remains a fundamental and sustainable initiative within the community. A healthier community fosters a stronger society, ultimately leading to lasting solutions for individual challenges.

Mary Immaculate Clinic



Dr Ana Gil - Pediatrician

July proved to be a busy but rewarding month for MIC. We continued to offer care to children, mothers, and adults, providing treatment, immunisations, nutrition support, follow-ups, and routine health checks. Our staff worked hard to ensure that every patient received the necessary care and attention. Additionally, we welcomed a new Pediatric Doctor, Dr Ana Gil, to our team, who will be with us for the next three months, enhancing our capacity to manage pediatric cases and better respond to the needs of our youngest patients.

In July, a total of 2,904 patients were registered at the clinic, with children making up 1,505 of those patients, which represents approximately 52%. This highlights MIC's critical role in caring for children and families in the Mukuru community.

The month's health statistics show that respiratory conditions were most prevalent, with 811 cases reported, followed by genitourinary issues with 459 cases and gastrointestinal problems with 400 cases. Other health concerns included musculoskeletal, cardiovascular, and ENT conditions. The notable number of respiratory and gastrointestinal cases underscores the significant health challenges faced in densely populated low-income areas, where factors like overcrowding, poor sanitation, waste management, environmental hazards, and limited household resources heighten illness risk, particularly in children.

MIC has earned the community's trust, as shown by the large number of patients seeking its services. This suggests that residents value having essential healthcare available close to home. The clinic emphasises both the quantity of patients treated and the quality of care provided, ensuring that each individual receives the necessary and appropriate treatment.

In July, our maternal and child health efforts remained a significant focus. We provided antenatal care (ANC) services to 229 women and conducted 183 ultrasound scans, which are crucial for early problem identification and ensuring expectant mothers receive appropriate care, advice, and referrals during their pregnancies. Additionally, the clinic administered 85 vaccinations to children, reinforcing the essential role of immunisation in safeguarding against preventable diseases.



Nurse Opot during immunisation



Maternal and Child Health (MCH)

During the month, the team identified 22 cases of malnutrition, enabling early intervention and support for children and their families before conditions worsened. Nutrition care provided practical advice on feeding and promoting child growth. In addition, 28 mothers received postnatal care (PNC), which is crucial for the well-being of both the mother and baby. This follow-up allowed healthcare workers to assess the mother's recovery, monitor the baby's growth, and support breastfeeding. Early assistance is particularly vital in the initial months, as mothers often encounter challenges like poor attachment, breast pain, and concerns about their milk supply. By addressing these challenges promptly, the team helps mothers continue breastfeeding and ensures infants receive the essential nutrition they need.

The laboratory played an important role in patient care during July. The laboratory attended to 1,873 patients, including 1,022 pediatric cases. The most common tests were urinalysis, full hemogram, stool analysis and C-reactive protein (CRP). The high number of children using the laboratory reflects the large number of children seeking care at the clinic. It also points to the health challenges families in Mukuru face. Crowded housing, limited sanitation, poor waste disposal, unsafe water and other difficult living conditions can increase exposure to infections and contribute to illnesses such as respiratory and gastrointestinal conditions. This is also reflected in the disease patterns recorded at the clinic. Respiratory conditions were the most common, with 811 cases, followed by gastrointestinal conditions at 400 cases. Genitourinary conditions were also high, with 459 cases. These patterns show the need for early assessment and access to basic diagnostic services within the community.

Stool analysis and CRP are commonly used to help clinicians assess patients presenting with diarrhoea, fever and other signs of infection. Urinalysis supports assessment of urinary and related conditions, while the full haemogram provides useful information for assessing infection, anaemia and other health problems. A functional laboratory within the clinic is especially important for a low-income community. Patients do not have to travel far or pay extra to access basic tests. Results can also reach the clinical team sooner, helping them make better decisions about treatment, referral and follow-up. The laboratory therefore does more than provide test results. It helps the clinic respond to the community's health needs and provide evidence-based care, while reducing delays in diagnosis and treatment.

MIC received three laptops in July to strengthen telehealth services. The Global Telehealth Network provided the equipment in partnership with the Rotary Club of Milimani. The new equipment will improve real-time reporting, disease surveillance and continuity of care. It will also make it easier for the clinic to keep accurate records and share information when needed. The laptops will support our weekly Zoom meetings, which give the team an opportunity to learn from other health workers, discuss difficult cases and seek consultations from colleagues locally and internationally.



Rotarian Mr Kigo
inspecting the laptops.





Rotarian Mr Kigo inspecting the laptops.

We were also pleased to receive a visit from the former Rotary President and team to review the progress of the telehealth program. We are grateful for these partnerships and the shared commitment to improving the lives of people living in Mukuru.

MIC is actively working in accordance with the guidelines set by the Ministry of Health and is receiving consistent support and oversight from the Sub-County health team. In July, the Starehe Sub-County team conducted five site support supervision visits. This group included the HIV/TB Coordinator, HRIO, IPC Coordinator, and a Program Officer from the Respiratory Society of Kenya. The visits aimed to enhance lung health activities and integrate them with other MIC services, and the team offered mentorship in various areas to improve overall program effectiveness:

- Real-time documentation
- Strengthening patient support groups
- Integration of HIV services with other clinic services
- Community engagement
- Disease surveillance
- Identification and linkage of HIV and TB patients to care
- Strengthening health education

These visits helped MIC identify gaps, improve documentation, and strengthen service delivery. They also helped the team improve the identification and referral of patients who need HIV and TB care. The focus on integrated HIV and TB services also helps ensure patients can receive related services through routine care, rather than moving between different service points. MIC also took part in a Commodity management training at Ngara Health Centre, attended by one of our nurses. The training covered health commodity management and antimicrobial resistance (AMR). Good antibiotic use is important in reducing antimicrobial resistance. The training will help our team monitor antibiotic use, reduce unnecessary prescriptions, and improve health commodity management.



Nurse Agnes' feedback on AMR CME



Presentation during the training



The training also strengthened our understanding of Ministry of Health procurement and reporting processes, and the tools used to request important commodities such as TB medicines and vaccines.

Continuous Medical Education (CME) remains an important part of our clinic work. The sessions give staff time to review real cases, learn from one another and improve patient care. Throughout the month, the clinic team held regular sessions to strengthen clinical skills and improve service delivery. Topics covered included:

Adult emergency response case review; severe acute malnutrition. This was important because we identified malnutrition cases among children during the month. Pediatric case management and diarrhea recognition and treatment were vital topics for our community because diarrhea can quickly lead to dehydration, especially in young children. The team also reviewed MOH data and clinic targets to identify service gaps and guide planning. The team also reviewed patient exit forms to better understand patient experiences and areas for improvement. These sessions provided an opportunity to learn from real cases, share experiences, strengthen clinical decision-making, and improve the quality and responsiveness of care provided to the community.



Staff in CME training



Dr Ana presenting in CME

Announcements

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

- Jean Baptiste and Marie from the University of Paris, France, visited the MPC Head Office to conduct research on healing spaces, practices, and actors within the Mukuru slums. The visit gave the researchers an opportunity to learn more about the different ways people in the community experience healing and access support. They also met with MPC management to better understand the organisation's work and its role in supporting the Mukuru community. The research is expected to contribute to a better understanding of healing practices and the different people and spaces involved in supporting the community.



Jean and Marie met with Sr Mary and Dinah

- Team Pankaj Foundation donated milk to the MPC Head Office. The milk was distributed among MPC schools and centres to support the nutritional needs and nourishment of the children.



Milk donation

- Several staff trainings were held. A 2-day DKA training was held on 23rd and 24th July, focusing on rights-based programming and helping staff and DKA partners understand how to apply a rights-based approach in their work. This was followed by a 3-day Resource mobilization training held from 29th to 31st July. The training mainly focused on proposal development and provided the Resource team with practical skills on how to develop clear and effective proposals for resource

mobilisation. These trainings strengthened staff knowledge and skills and improved their ability to carry out their roles effectively.



DKA Training

- MPC received a donation of assorted books from British Airways crew members. The donation will support children's learning by providing additional reading materials for both educational and leisure purposes. The books will be distributed to the relevant centres, including Songa Mbele for children with special needs and MPC primary schools, to supplement the learning materials already available.



Donations received

- Heads of Departments convened to review their scheduled and ongoing tasks, present departmental budgets, and evaluate the funds required to finish remaining activities. The discussion also covered resource mobilisation and strategies for lobbying and engaging donors to address funding gaps and ensure successful implementation.



HOD Review meeting

Mukuru Promotion Centre

Empowerment Step by Step

Ministry of the Sisters of Mercy

Journeying over 40 Years with the Mukuru Community



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