

*Danke und  
Frohe Weihnachten*

## OVERWIEV

> Where does the path lead to?  
The MMH school leavers' situation

→ Page 2

> The Youth Centre ensures a start into the future

> Days at Frankfurt Airport dedicated to helping

> CHC Calender 2015 - a special Christmas present

→ Page 3

> Medical know-how transfer to Afrika

→ Page 4

> Lots of good ideas!

→ Page 5

## Dear Members and Friends of Cargo Human Care,

Permit me a brief look back at this, for CHC, very successful year. Through your continued and extraordinary support, we were able to achieve a great deal in the running of the Mothers' Mercy Home and the CHC-Medical Centre. Many new projects started in 2014 – I do not want to list all of them again, but a few very notable projects deserve a special mention.

We have often reported on the 18 young people who left the Mothers' Mercy Home at the end of 2013. They are now undergoing career training, financed by training sponsorships. Currently the next year of 16 school-leavers is following the same example. Kerstin Wientzek's article „Where does the path lead to?“, reports on this.

We have also been considering our young children's Primary School, given the noticeably meagre standard of the public schools. Those children who came to the MMH in August were enrolled in private schools: eight in the „A-Plus Academy“ pre-school and six in the „Caroline Wambui Primary School“. We consider the costs definitely acceptable. Similar to the Secondary School sponsorships, we would now also like to cover these school costs through sponsorships (€30/month). If you are interested in taking on the sponsorship of a 3 to 9-year old orphan, please contact us.

In Karare, at in the north of Kenya, we built and opened the second school. Two types of school now stand next to each other: our „Wings Nursery School“ and the „Wings Primary School“. Kenyans refer to it as an Academy – the „Wings Academy“.

The support of Bischof Robert Martin and the fantastic help from the German company Gauff made this project possible. Children who before did not have the chance to go to school, now have access to education for the first time.

we intensified our cooperation with the Nazareth Hospital in 2014. The CHC doctors trained their Kenyan colleagues in two Surgery Camps. You can read about this in Anke Gaussmann's article.

We are very proud that this year's charity campaign of a mayor German newspaper Frankfurter Allgemeine Zeitung, „FAZ Readers Help“ is in favor of CHC. This support promises a major step forward.

We have now found suitable grounds for the planned Youth Centre and are determined to lay the foundation stone at the latest by the second quarter in 2015. The furnishings for the urgently required schoolrooms are paid for by a generous donation from the ECOVIS foundation. Gerhard Meyke is supervising the building work and reports on it in this edition.

As the CHC Board, it is of great importance to us to say THANK YOU to everyone for your support. Thank you also to all those who helped collect donations for CHC this year through very varied and creative ideas. We reported on these activities in different articles. This newsletter points you once more to: „Lots of good ideas“. Under such conditions, we are glad to continue our work with renewed energy in 2015. Wishing you a joyful advent.

Your

Fokko Doyen, President CHC



## Where does the path lead to...? The second year leaves school and the MMH

by Kerstin Wientzek

### The MMH school leavers' situation

What do young people in Germany, in Europe, worldwide, need when they leave home to start an internship, training or to study? Ideally, their family prepares them for an independent life. Aside from seeking an internship, an economical flat is also required. It is not much different for the young people at the Mothers' Mercy Home. At the start of December, 16 young adults will not only leave their „boarding school“, but also the orphanage which was their home for so many years. In talks with the MMH social worker team, that are only possible during the holidays, the young people were prepared for the new chapter of their lives. Individual interviews held in November by MMH and the Children Care team, showed the young people what possibilities their working future could hold. Together, the next steps for their move were planned:

- Application for the National ID; this document is mandatory in order to apply for training or registering at a college
- Attending a computer course
- Registering a mobile phone number
- Preparing for interviews and arranging internships
- Searching for suitable accommodation: either a youth hostel or an unfurnished room in private lodgings

### A Starter Kit for Secondary school

All MMH children were equipped with “Starter Kit” financed by CHC, for the transition from Primary to Secondary school. The sparse material facilities of the Kenyan boarding schools make this support necessary. The children's “Starter Kits” therefore not only include school uniforms, shoes and a school bag, but also a mattress, bedding, towels and hygiene articles.

### Sponsorships and Leaver Kits for the young people leaving MMH

When our 16 young people left MMH, we at CHC were ready and willing to help again. We decided to put together basic equipment in the form of a „Leaver Kit“. Essentially the package includes all the items listed above, along with a used mobile phone. Care for the young adults does not end when they move out of the MMH. On the one hand, they receive continued support from the qualified MMH social worker team and on the other, financial aid through training sponsorships made possible by your commitment. Signing a training sponsorship enables young people not only a career perspective, but also an independent life.

[www.cargohumancare.com/Patenschaften.html](http://www.cargohumancare.com/Patenschaften.html)

Thank you for your generous support.



The Leaver Kits are packed



Distribution of the Leavers Kits



The mobiles are handed over by Charles

## The Youth Centre ensures a start into the future

A place to live and proper preparation for the challenges of daily working life.

By Gerhard Meyke

Thanks to the fantastic support from the FAZ Readers Help Christmas mission, we will be starting a new and important building project. The construction of a Youth Centre intended to help our school leavers start out in their careers. It will essentially fulfil two functions:

- Up to 24 young people will live here, almost independently.
- Seminars and trainings will be held here to prepare them for an independent life later on. They will catch up on all the skills that school and missing families were not able to pass on.

Since the grounds in Dagoretti offered by the church were deemed not suitable for the erection of the Youth Centre for various reasons, the church provided an alternative in Kiambu. This fast-growing town near to Nairobi seems to us an ideal location for our new project. We have surveyed the grounds and requested our architect, Bulli Ladu, to adapt the already prepared plans to this piece of land, and we plan to apply for building permission at the start of next year.

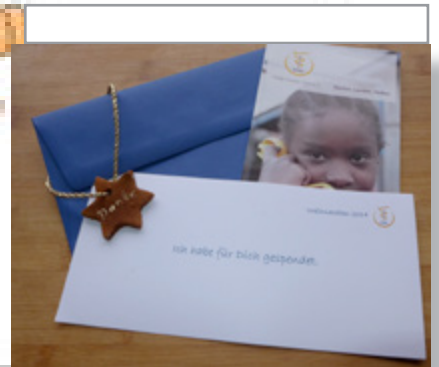


## Days at Frankfurt Airport dedicated to helping

Come and visit our CHC stand from 4th to 7th December at the Fraport Forum

Frankfurt Airport together with the Frankfurter Allgemeine Zeitung (FAZ), is starting something new in support of community work: A „Helper's Marketplace“ will be installed on the footbridge between Terminal 1 and the international train station. Aim is to catch the attention of travellers, visitors and airport employees in presenting special projects and organisations. CHC and other aid organisations will have stands where they provide visual and verbal information on their work, and an accompanying entertainment program offers Christmas concerts and readings. We look forward to this possibility of promoting CHC to a wide audience, and especially to your visit.

CHC has prepared something for all those who wish to surprise their loved ones with a donation at Christmas, Nicely wrapped, with a personal card and Christmas tree baubles smelling of Christmas, your gift is ready to go.

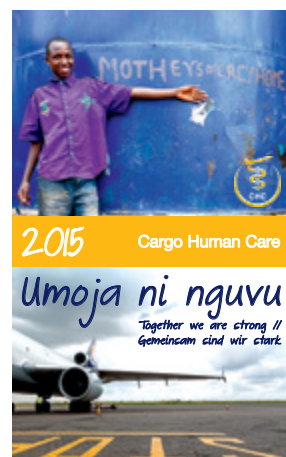


"I have donated for you"

## CHC Calendar 2015 – a special Christmas present

Order now and create double happiness.

The motto for 2015 „Together we are strong“ is the right name for CHC. It is all about the close relationship between colleagues, pilots, doctors, children and patients and the special strength that stems from this project. Take a look - It's worth it. The CHC Calendar 2015 can be ordered at: <http://www.cargohumancare.de/Kalender//>





## Medical know-how transfer to Africa – CHC Surgery Camp

Help by passing on knowledge – made possible through the CHC Special Medical Fund

By Anke Gaußmann

Following the promising first operational plastic surgery mission in the Nazareth Hospital in Riara Ridge in the Kiambu District on the outskirts of Nairobi, two more missions have since taken place. Dr. Scholz, specialist in plastic surgery, carried the second „Plastic surgery Camp“ out in August, and a team consisting of Prof. Bussen and Dr. Vogel demonstrated minimal invasive surgery and gynaecology to our local colleagues during a whole week in September.

The plastic surgery mission focused once again damage closure in the case of open fractures or other kinds of skin flaws, the surgical treatment of burn contractures as well as the surgical and conservative treatment of keloids (disfiguring, severe scarring). In addition, this time the surgical closure of ulcus cruris (leg ulcers, for example due to circulation problems after accidents) was the main focus topic of the “Second CHC Plastic Surgery Camp“.

As in Germany, defect closure success will also depend on the close cooperation between patient, hospital and Medical Centre in Kenya. Transplanted skin is very fragile in the first weeks and months, and needs special after-care. The transplanted tissue no longer has its own sebaceous glands and therefore needs to be treated with a thin coat of Vaseline on a daily basis, for the rest of the patient’s life.

Building on the wound training carried out six months ago, these correlations were explained to the nurses in the latest wound training at the Medical Centre, and it was demonstrated how to correctly employ elastic bandaging on the lower leg. Dr. Scholz writes: “We were extremely delighted to see Daniel again. The pivotal flap surgery (defect-coverage using own skin) on his open shin means that the bone is now covered. Daniel is very happy (and all those involved in his treatment, too). If the healing continues like this then he will not lose his leg. Encouraged by this success, Dr James introduced us to Douglas. He recently had a motorbike accident after our last trip at the start of February, and suffered a terrible open fracture on his lower leg. Dr. James treated the many breaks osteosynthetically (open treatment of bone fractures using metal plates, screws, etc) using screws and wire. Dr. James asked us to carry out a local pivotal flap surgery on the lower leg to cover the c. 9 x 3 cm open shinbone ends. Dr. James will keep us up-to-date on whether Douglas is as lucky as Daniel has been so far.”

### The „Minimal-invasive Surgery Camp“

was carried out as further training for the benefit of our Kenyan colleagues. For a whole week, aspiring medical staff were instructed in minimal invasive surgery, always in a team with the theatre nurses, so that we now have a well-trained team on site. At least one more mission is planned for 2015. We were particularly happy with Dr. Julius who, at the end of the week, was able to independently remove gallbladders using key-hole surgery!! For us, passing on the necessary operation techniques to our colleagues is the desired goal behind the „Surgery Camps“.

In our Medical Centre in Kianjogu, we have dedicated ourselves to basic medicine. However, time and again, we receive requests from desperate people with difficult problems such as our patient Daniel after his motorbike accident, or children with leukaemia or congenital heart defects.

For such „special cases“, which are over and above our basic budget, as well as for the training of our local staff, we have set up a special fund. If you would like to support this medical project, we would be happy to receive your donation with the reference “Medical Special Fund” and made out to CHC.



## Lots of good ideas!

Our members help with great actions

<http://www.cargohumancare.de/Aktionen.html>

FAZ Readers  
Help Action

Autumn market:  
beautiful, home-  
made things

Christmas  
gifts and waffles  
in the canteen

Charity Gala  
at the  
FilmKlubb  
in Offenbach

Charity Burger:  
CHC is on  
the menu

Tombola in  
Nairobi :  
Auction of a  
B777F model

MERRY  
CHRISTMAS