



NEWS



Dr. Sven Sievers



Dr. Jürgen Bausch

Cargo Human Care e.V.

June 2013

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Dear Members and Friends of Cargo Human Care,

Almost 60 Members attended our General Assembly in April this year. We presented the CHC activities from the previous year, gave an outlook for the coming year and elected a new (now 7-member) board.

As previously announced, Dr. Sven Sievers and Dr. Jürgen Bausch, two founding members of our association, resigned from the Board.

This does not mean that the two will in future completely withdraw from the CHC world. In the past six years, both have done a tremendous job of building up our project, especially on the medical front. We will continue to gladly consult them in future whenever we require their excellent advice.

Dr. Sievers will represent the association as honorary chairman in future, and we will also wish to continue to make use of Dr. Bausch's extensive knowledge of association issues.

I would like to take this opportunity once again to voice my appreciation and thanks to both for their dedication. Only with their experience and commitment, was it possible for Cargo Human Care to get to where we are now.

Asante Sana Sven and Jürgen –you did a great job!

Dr. Thomas Berger was elected new to the board. Welcome, dear Thomas.

More details in German about the meeting can be found on <http://www.cargohuman-care.de/Mitgliederversammlung2013.html> including the presentations and photos of that evening.

In the past months there have again been a number of events promoting CHC. To name but a few:

- „Wine saves Life“ presented CHC at the Wine Ball in Wiesbaden
- The Pluszahnärzte's 20-Year-Celebration in Düsseldorf
- The Weitsichtfestival in Darmstadt.

We regularly report on these and other events on our facebook page:

www.facebook.com/cargohumancare.

We would be happy to cover your personal CHC activities – just let us know and send us a short article and photos.

On 27th May, in following with German tradition, we celebrated a topping out ceremony at the Mothers' Mercy Home for our new kitchen and wash house. Our architect, Bulli Ladu, together with Joachim Pfeffer, presented the project on site to all the guests. In addition to representatives of the Anglican Church and Lufthansa Cargo Nairobi, we were also able to welcome the deputy German Ambassador. The Primary School children delighted the guests with impressive singing and dancing.

In the last few months, we have been focusing on the future perspectives for our 18 school leavers. At the start of next year, the oldest children in the Mothers Mercy Home will start their vocational training which will require financing from sponsors.

As you can see, things are moving forward at Cargo Human Care, thanks to your reliable support.

THANK YOU!

Your Fokko Doyen

Seeking 18 Training Sponsors

Starting in December, the first group of young people will start their vocational training. They will still require our support for another 2-4 years, in order to successfully complete their training. Information on Training Sponsorships is available [here](#)

Looking for Sponsors!

For an independent life through solid vocational training

School Leavers 2013 - this is how it will continue!

Once they complete Secondary School or reach adulthood, the young people can no longer live in the Mothers' Mercy Home and have to start standing on their own two feet. With their school leaving certificate, they will have taken the first big hurdle in life, but vocational training is imperative for a successful start to a stable job. From the end of 2013, each year 12 -18 of our teenagers will leave MMH to begin building their own lives outside, whilst going through vocational training. We are committed to accompanying them through this time and have worked out different training and financing concepts. Career training depends on the aptitudes and academic performance of each individual; trade or technical training institutions, colleges



or possibly even university may be chosen. In order to finance these, we now need your active support as a sponsor. (Details on the training sponsorships: http://www.cargohumancare.com/Dateien/Training_Sponsorships.pdf)

The young people are highly motivated and work hard to succeed. They are thankful for the support they receive and know to treasure its worth. Heartfelt thanks for your help especially in this difficult phase.

A booklet put together by the school leavers themselves, showing their career ideas, is available on: http://www.cargohumancare.de/Dateien/MMH_graduates_2013.pdf



Which job is the right one?

Internships and Careers Day in the Mothers' Mercy Home

By Dr. Corinna Roehricht und Kerstin Wientzek

Choosing a career after finishing school is not just difficult in Germany, but also for the school leavers at MMH who are now faced with the hard decision of how to make a living after school. There are a number of possibilities in Kenya, but what is suitable for who and which choice is the one that will be a success for each individual?

The CHC - ChiCa Team posed these questions already in the spring of 2012, as there is no school-student internship model in Kenya, whereby students can get a taste of what it is like to work in a business. So how can the first 18 MMH school leavers get an idea of what life after school is like?

Through good contacts with various companies, all young people were able to participate in an internship giving them a little insight into the professional world. In April and November 2012, four young people each time got to know the various areas of engineering in the Gauff office. In the spring of 2013, three internships were added at Henkel and the master carpenter David also offered two work placements in his wood shop. The staff at the CHC Medical Centre also took



two teenagers for a week and introduced them to the daily work routine. During their internships, the young people were looked after by the youth social workers, Mary Wanjiku and Rachael Kamau.



On 20th April 2013, the first Career Day gave more guidance to those in the 3rd and 4th form final years having to make the hard decision regarding their future.

Various guests were invited who gave concrete tips and related personal experiences over the course of a full day's program. [Here](#) is a detailed report.



Vegetables are a highlight for these children The trucks are greeted with a big Hello.

The regular deliveries of fresh beans and carrots to MMH ensure that the children's diets are varied and balanced.



Last year, Lufthansa Cargo AG's customer Zimpelmann Agentur heard of CHC and their work in Africa. Their spontaneously pledged support has since then been concrete, unbureaucratic, tangible and ongoing.



Knowing how! Tradespeople at work

Rubbish is always an issue, naturally also at the MMH. Finding and implementing own solutions are equally in focus. Arno worked together with a few of the older teenagers to find a solution and as a result, a cover for the rubbish pit was planned and constructed.



During that time, the younger children practised their dexterity with Sieglinde and created pricked pictures. Pricking is when you punch shapes (in this case, butterflies) using a "darning needle with handle", and it is a good preparatory exercise for children who cannot yet safely handle scissors. The technology was quickly accepted and adopted with great enthusiasm and skill. Some of the older children created an African Mola picture. This is a collage created out of differently coloured cut-out partial images which are glued together.

Topping out ceremony in Nairobi Master Plan – things are coming along in leaps and bounds

Building start was 18.3.2013. Phase 1 of the Master Plan including the new kitchen, new outside toilets and laundry as well as the installation of a bio-gas plant, is well under way. The calculated building time of 20 weeks will be kept to. Here are some photos from the topping out ceremony on 27.5.2013, which included many interesting guests.



"Go home and say thank you!"

The Medical Centre is an important part of the community

By Marion Rockstroh Kruff und Renata de Witt

We were in Nairobi for a photo-shoot and had the privilege to observe daily life at the MMH and in the Medical Centre for a few days. It was an impressive experience, and we have taken an order with us:
 "Please tell your people that we are so grateful for what you are doing for us!"

Our experiences included talking to this older gentleman. He waited patiently for hours to receive treatment for his wound which was refusing to heal. When he learned that we were from Germany, he earnestly asked us to pass on his thanks to all those who enable the medical centre and medical care.

A small indication of what it means to people not to be left alone, we learned on Sunday at church. The joy and genuine kindness and affection we felt from the people there was overwhelming. Fokko and his team are almost sacred here. "When we did not know how to support the children at Mothers' Mercy Home any longer, God sent Captain Fokko to help", were the words of the priest. In the church we met the Belgian, Patrick, who since years manages a project helping street children a few miles away. He confirmed to us that the Medical Centre now plays a major role in the whole region and that he has often received help there for his street children.

His comment: They are doing a great job there. Thank you!

They are doing a great job! And it is not just we who think so!



A day with the Docs in the Medical Centre

Dr. Ellebrecht, a general practitioner from Gelsenkiechen and Dr. Bödemann, an optician from Frankfurt, arrived punctually at 9 a.m. on Monday morning at the Medical Centre. 2 hours before, already, the first patients had been handed a number from the security guard and were patiently waiting for the doctors to turn up.

The doctors immediately began work and by evening had dealt with a huge number of patients, hardly breaking for a pause during that time. All those who had been waiting (and the courtyard was already full in the morning) could be seen to.

Everything ran smoothly thanks to the nurses' good organisation. Despite the waiting crowd, both doctors not only treated and advised each patient, but also had personal and comforting words for each one.

One thing has become clear to us here, a doctor really has to love people! And these two have definitely chosen the right job!

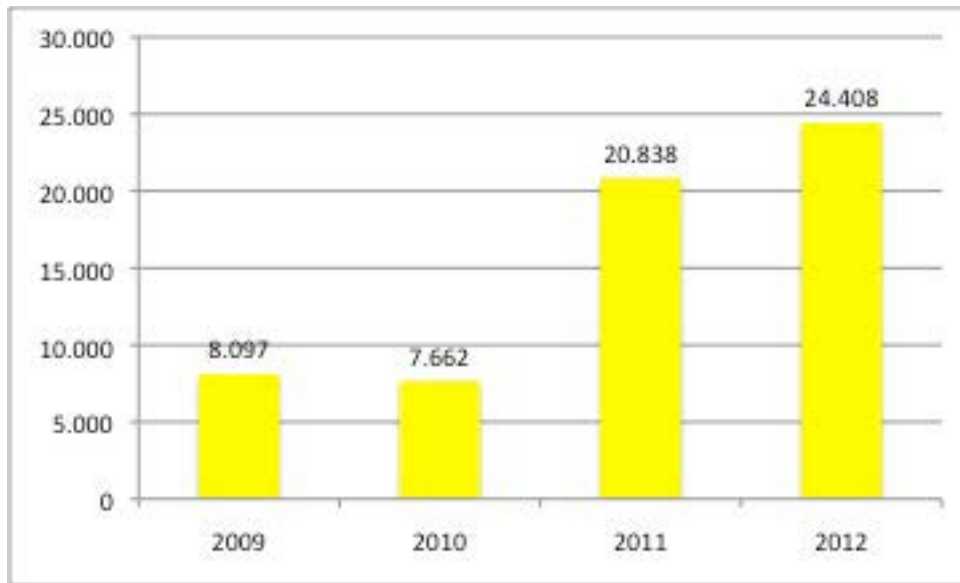
Thank you.



Facts & Figures aus 2012

What we have achieved

Patient care in the Medical Centre



...is securing basic care for the population in Kianjogu/Nairobi

Developments in the Mothers' Mercy Home

113 Children	and teenagers live in the MMH
5 -18 Years	This is the range of ages of the children who each are as individual as their past.
7 Confidantes & the entire team of the MMH	are ready to assist: <ul style="list-style-type: none"> • 3 Mothers Grace, Leah & Mary, • 3 Social Workers Charles, Rachel & Mary • Caretaker & contact for everything and anything, Stevens
63 Teenagers	attend the Secondary School; all financed by School Sponsorships
18 Students	will finish school in November and leave the MMH

... is providing the children with a loving home and the chance of an independent future.



Team MMH

Superb actions in the past few months. A heartfelt thank you to all involved.

The members, friends and fans of Cargo Human Care have been incredibly active, and have not only collected a lot of donations through their spectacular actions and events, but also turned the spot-light on to CHC. Actions known to us can be seen on <http://www.cargohumancare.de/Foerderung.html> (in German)

We are happy to publish your CHC event if you send us photos and a short article.

Thank you to all who have so actively supported us with small and large ideas and activities.

Asante Sana !

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