



NEWS



The new CHC management board

Cargo Human Care e.V.

June 2015

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Dear Members and Friends of Cargo Human Care,

We regret to inform you all of the sad news that our honorary chairman, Dr. Sven Sievers, passed away on 29th May in his home in Neustadt an der Weinstraße. Dr. Sievers had not been able to recover from the consequences of a serious stroke in October 2014. For many of us, Sven had become a friend and personal advisor. For me, personally, he will always remain my „twin brother“.

The tremendous development work that Sven Sievers carried out for our Medical Centre in Nairobi, his vision and his love for Africa – all this we wish to illustrate to you in this newsletter by re-publishing an article that he wrote in 2009. Thank you, Sven, for everything that you did for Cargo Human Care.

We again report on events that have taken place for the benefit of CHC. I do not wish to hide that I think it is fantastic, the great lengths members and friends go to generate donations for our cause.
ASANTE SANA!

Last, but not least, we report on this year's General Assembly. Again, in 2015, we traditionally do not view this simply as a mandatory meeting, but use it as a comprehensive information platform where we bring you up-to-date on our projects in Kenya. The complete meeting minutes and all presentations are available on our internet page.

Just a brief note on that: Kerstin Wientzek has stepped down from the Board on her own accord – THANK YOU, Kerstin, for your dedicated work.

Werner Hildebrand was voted in as her replacement – Welcome aboard, Werner. We thank you all for your great interest in our work in Kenya.

Your

Fokko Doyen, 1st Chairman of CHC

Dr. Sven Sievers has passed away

On 9th May 2015, he received the Federal Cross of Merit for his vision of the Medical Centre in Kenya and the drive with which he realised his dream.

We mourn a friend, partner and role model. We take our hats off to what he has created and are thankful for all that he has left us.

The CHC Medical Centre in Nairobi.

In December 2009, Dr. Sven Sievers described his dream to us. We will continue it the way he wanted it to be. (see page 7)



Less than 1% of expenditure went to pay administration

Thank you to Lufthansa Cargo & all volunteers

A close insight at the General Assembly on 20.05.2015

Emotional images and rationale figures - all are convincing arguments for CHC

- CHC Medical Care 2014 – 46 German doctors in 70 missions in Nairobi
- Team Chica: 12 voluntary helpers are a fundamental cornerstone for the work at the orphanage
- The new Board takes on major challenges
- The start of the next large project: The John Kaheni Residence becomes a home for young people during their career training
- Financial reports 2014 and 2015 – a solid basis for adopted tasks

Details from page 5 onwards

Cancer-prevention at the Medical Centre

Preventative medicine through additional qualifications for the CHC nurses

By Anke Gaußmann and Dr. Thomas Berger

Cervical cancer has declined significantly in developed countries, but not in developing countries: around twice as many women in Kenya are affected than in Germany. Causes are viruses against which there is a vaccine in Germany. If the infection comes together with an immunodeficiency, this can quickly result in a dangerous cancer. If the right therapy is applied early enough, the disease can be cured.

Cancer prevention as it is available in Germany, is not possible in Kenya because there are no specially trained doctors in this field who can evaluate smears. Therefore, the WHO has declared a technique since forgotten in Germany, as a standard for developing countries: examination of the cervix following the use of a special dye. A nurse in our Medical Centre carries these examinations (VIA) out. The nurse's training was arranged and paid for by Cargo Human Care.

The clinic, where 25 women are examined each time, takes place regularly since 2013. Until now, a total of 580 women have been checked and those with abnormal results were sent to a cooperating hospital for further therapy. This is also paid for by CHC. A cooperating doctor from Germany who voluntarily helps CHC, checks the abnormal results. Many thanks for this! Currently, a clinic is planned in a parish near to our Medical Centre, where we expect to provide preventative treatment for around 50 women.

In this way, in addition to the vaccination consultation and prenatal care, CHC provides a further contribution by way of preventative medicine in Kenya.

Esther's children

By Güner Dogramaci and Anke Gaußmann /Team Medical Sponsorships

Esther works 8 hours a day and additionally cares for three children at home. Her husband recently left her and she was glad to get an auxiliary job in the Mothers' Mercy Home. We first met her, armed with wellington boots and a hose-pipe, in front of a huge mountain of crockery, not in the least bit annoyed or stressed.

She immediately won our admiration for coping with life under difficult circumstances and still managing to always smile. Though Esther can consider herself lucky to have a job to help support her family, it is still not enough to adequately provide for her three small children and pay for schooling and other necessities. She lives with her children in very poor conditions. Esther is concerned about the future for her children and wants to give them a chance of a secure future.

After visiting Esther at her home, it was clear to us: her children should also get the chance to enjoy a school education. We want to help! Sponsors were quickly found for all three children and we would like to thank them at this point for their spontaneous decision and financial support. Esther received the information with tears in her eyes and a wonderful, bright smile.

CHC offers school and training sponsorships for „our“ MMH children as well as medical sponsorships for children with chronic diseases, physical disabilities or those who are from extremely poor families in the neighbourhood around the MMH.

If you would also like to help a child in Kenya, please contact us at info@cargohumancare.de



Easter Camp at the MMH in April 2015.

By and with Sieglinde und Hans-Jürgen Reinhard

Following the success of the past 2 years in producing looms and the creations made using them, as well as the finger-knitting creations from the last Summer camp, there was a sequel to this at Easter. The girls had already been asking for leg and wrist-warmers last year. Due to the fact that circular knitting using 4 needles is not that simple – especially for beginners – work was carried out on knitting-loom. These knitting frames – similar to the knitting dolly principle – enable users to create larger „tubes“. Buying these frames was not an option. In the same way as the looms were created, these frames were also built by the larger children, themselves. After asking everyone we know for wool stashed away unused in their cellars, we were able to bring a huge bag full to the MMH. The enthusiasm was so great that the wool was used up within a few days. So, if you and your friends have any wool “sleeping” anywhere, we would be grateful if you could collect and send it to our address: Sieglinde Reinhard, Lenzhahnerweg 24a, 65527 Niedernhausen



We will be building more knitting frames in the coming Summer camp, as the women from the church community are also very interested in working with wool and the knitting frames.

Of course, that wasn't all that happened. In the “Littlefingers“ group, the children crafted, cut out and braided for example small raffia baskets, a colourful alphabet board, used sewing cards to practise using a needle and thread and created other colourful posters. As always, time passed far too quickly and now everyone is looking forward to the Summer camp.

Join in!

1st Office Run in Frankfurt/Niederrad, Thursday, 27th August, 2015, from 6.30 p.m.

A new run will premiere in Frankfurt and CHC is joining in the celebrations.

It is an evening run for all running fans in the Rhein-Main area, especially those employed in the office region of Niederrad and Frankfurt airport nearby.

- Organiser: Lufthansa Sport association, Cargo Bulls section
- Event location: Sports facility Hahnstraße Frankfurt/Niederrad • 5 and 10 km runs through the office region and the bordering city forest
- Fast, flat, beautiful route
- Open to all runners in the Rhein-Main area
- Entry fee: 10€ / 5 km, 14 € / 10 km if paid in advance by bank debit. Registrations on the actual run day are charged an additional 3€.
- Ideally suited for company and union group participation
- Great prizes for race winners and raffle participants
- Summer evening party after the run, with the Frankfurt skyline as a back-drop, a DJ, food and drink
- All proceeds go to the Cargo Human Care association



Runners and volunteers sought

More information can be found here: www.buerostadtlauf.de

320 kilometres, 11 700 altitude metres in 3.5 days – an incredible run for CHC

FAZ photo-journalist, Nils Thies, ran in this year's "Wiesbaden-Bonn-Landschaftstrail", and FAZ.NET reported on it in a live blog with photos, videos and texts directly from the course of the longest non-stop country run. Thies combined his run with a fundraiser to the benefit of the "F.A.Z. Readers Help" project, thus generating interest for CHC and the John Kaheni Residence, as well as new friends and adding the financial “icing to the cake” of the donation project!



A warm thank you to all whose ideas and activities have



helped ensure the success of CHC's work.

Practice inauguration with impressive photo-exhibition in Kaufbeuren

To mark the inauguration of his new paediatric practice, Dr. Volkmar Reschke invited people to a vernissage of the FAZ photo-journalist, Helmut Fricke, in his new practice rooms. The photos impressively illustrated the daily life of children in Kenya and clearly portrayed the living conditions to the more than 100 guests present. Dr. Reschke has been with our CHC medical team since 2009 and has worked in the Medical Centre on 11 occasions in the past six years.

During his latest mission, he was able to bring a donated wheelchair with him from Sanitätshaus Wittlinger, and hand it over 9 year-old Theresia. She was over-joyed as this means she can now attend school. This active and direct way of helping also convinced the vernissage guests to give generously to CHC.



Facts & Figures

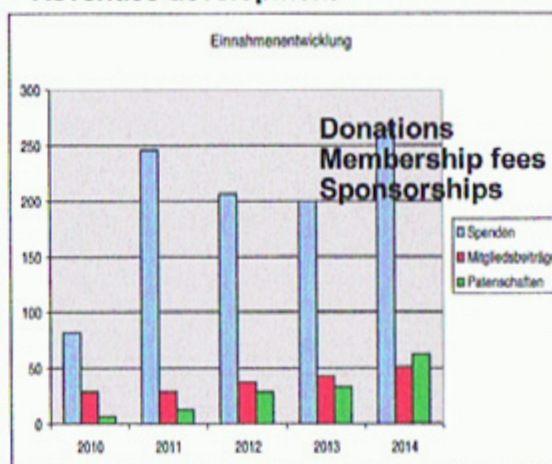
Solidly positioned!

Revenues and expenditures in 2014 in thousand Euros

Revenues

Donations	263,4
Membership fees	50,8
Calendar sales	20,1
School sponsorships	13,9
Training sponsorships	28,2
Medical sponsorships	21,0
Interest	0,8
Patients' share	24,7
Total	422,9

Revenues development



We thank you all for your faith and donations to our project. You provide the financial basis on which we are able ensure continuation of our new projects. Thanks to the great financial, personal and logistical support of Lufthansa Cargo AG and the untiring activities of all our volunteers, we have again managed to keep our administration costs to less than 1% of all expenditures.

A close insight at the General Assembly on 20.05.2015

Emotional images and rationale figures - all are convincing arguments for CHC

By Renata de Witt

CHC medical care 2014 – German doctors in 70 missions in Nairobi

46 doctors currently volunteer for CHC, and we are now able to cover a large medical spectrum.

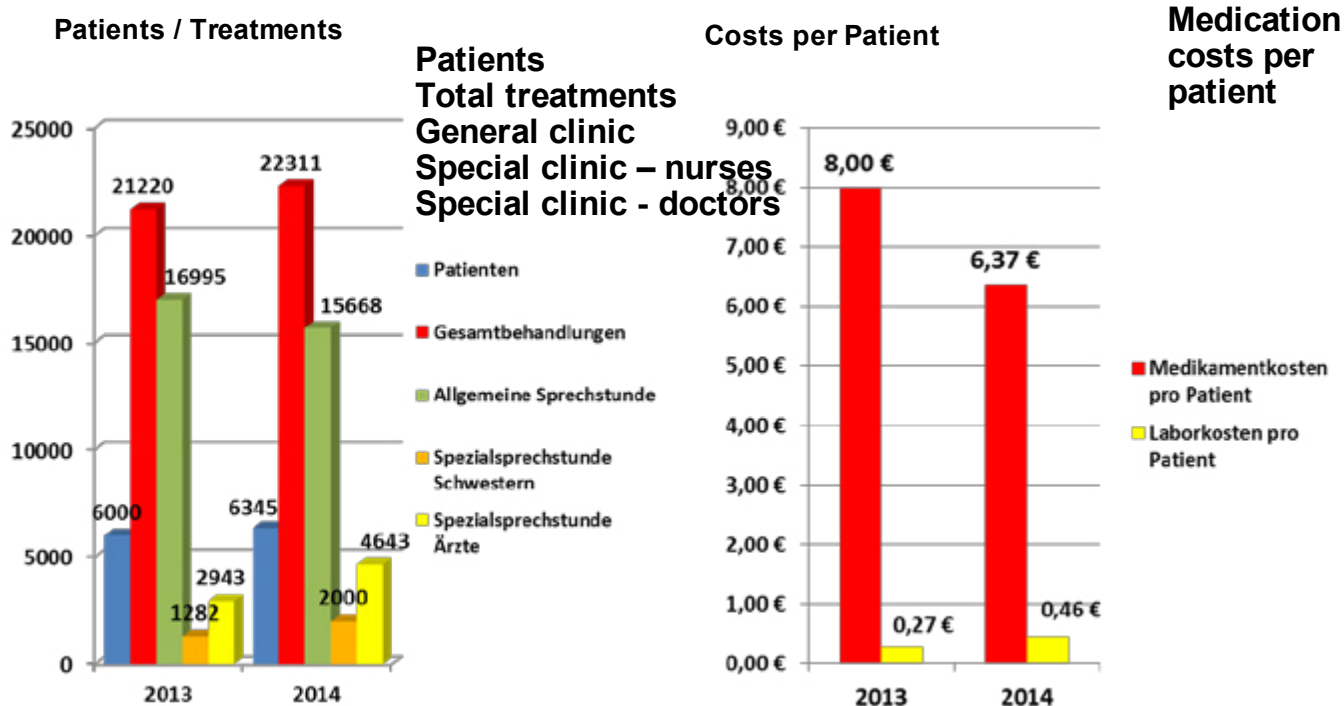
Since 2009, we offer regular specialist clinics in general medicine, paediatric care and gynecology, as well as ENT, ophthalmology and dentistry at the CHC Medical Centre.

Within the past 2 years, the following services have been added:

- Plastic, reconstructive surgery for burns and chronic wounds
- Surgery including regular training for doctors at the Nazareth Hospital in laparoscopies for surgery and gynaecology
- Urology including planned, outpatient and surgical procedures
- Child and youth psychiatry with a focus on crisis intervention and supporting our social workers in the Mothers' Mercy Home

In addition to the German medical specialists, a lab technician regularly trains and supports the local medical staff and two dental hygienists offer comprehensive instructions on dental care to the children at the MMH and in the surrounding schools. Our very competent local Medical Team ensures continued medical care when the German doctors are not around. They independently care for patients and offer special clinics.

Medical Centre Statistics 2014



The Mothers' Mercy Home – a home for children and teenagers

With 12 voluntary helpers meanwhile, the Team Chica is a fundamental cornerstone for the work at the orphanage

Team Chica is responsible for the complete educational and support concept for the children until they are able to stand on their own two feet. Some regularly and actively support the MMH social workers in Nairobi in choosing schools, arranging internships and training positions, or in setting up and running the Summer camps, workshops or computer lessons. Others are active in tackling the very varied administrative tasks that are required here in Germany.

Our local team in the MMH is responsible on site and available daily for our children. The team is not only very professional, but also personally especially dedicated. The 3 Mothers, Grace, Leah & Mary, the 3 Social Workers, Charles, Mary & Nicholas and of course Paula - „The Boss“. Every MMH employee is always available for the children and they take care of the daily tasks in the background, such as providing food, doing the washing, transportation, tending the garden and arranging repairs.

Chica have taken quite a bit upon themselves again in 2015

- Preparing the school leavers for career training
- Registering and integrating 12 new children in the MMH in June
- Summer camp & needlework, wood and music workshops for all MMH children
- Further training for the MMH employees



The graduating class 2014



New kids at MMH

The new Board has set itself some major tasks

Werner Hildebrand has joined the established team of Fokko Doyen, Gerhard Meyke, Dr. Thomas Berger, Anke Gaußmann, Martin Schlingensiepen, Sieglinde Reinhard. He has taken over Corinna Röhrich's board tasks as well as those that Kerstin Wientzek carried out in the field of Child Care. Heartfelt thanks to Corinna and Kerstin, who have both assured us that they will continue to be in close contact with CHC and will actively work with us locally. Werner Hildebrand, the new CHC board member, takes over the Child Care section

The start of the next big project:

The John Kaheni Residence will be a home for young people during their career training.

The „FAZ Readers Help“ campaign brought in donations totally 275.000€ for our new project, and thus provided a solid financial basis. We were therefore able to start construction work already in April. We are very proud that this is the second time that a CHC project has been the beneficiary of this extensive Christmas fundraiser from the Frankfurter Allgemeine Zeitung, and we are delighted at the trust that has been placed in us.



A big thank you at this point to all Board members who have worked untiringly, always correctly and nevertheless creatively and full of ideas, with particularly great dedication to make CHC the success that it is today, after 8 years. A fantastic achievement!

The minutes of the meeting and the original presentations can be found on our website <http://www.cargohumancare.de/JHV.html>

We would like to thank all helpers and sponsors of the from LZ Catering, who were a great support and who



General Assembly, especially Mr Süß and his staff provided the catering.

Report by Dr. Sven Sievers from 2009 about „his Baby“, the CHC-Medical Centre

“Fokko, Kay Kratky and I had a dream“

We wanted to build a CARGO HUMAN CARE – MEDICAL CENTRE including a Dispensary for the poor people of the region around the „Mothers' Mercy Home“ orphanage in Kiambu.

Our talks about this dream with the Anglican Church of Kenya - Diocese of Mt. Kenya South – went so well that we were able to immediately begin planning and construction. The construction work of the Medical Centre was secured by donations.

It was an incredible challenge for me to build up a Medical Centre in Africa, as at that point I had hardly any knowledge of how to realise such a project and create a functioning Medical Centre.

This is how it started:

The company runs under the responsibility of the „Anglican Church“. We at „Cargo Human Care“, took on the creation, financing and organisation:

- Request to the Kenya Ministry of Health
- Construction requirements for permission to build a Medical Centre
- Construction starts in April 2008
- Concept regarding the staffing of the Medical Centre, interviews, contracts and determining the monthly salary for the staff.
- Contract with the Nazareth-Hospital for our patients requiring inpatient treatment there.
- Acceptance of the Medical Centre by the Kenyan health authorities
- Organisation of the purchasing of medication and supplies for the practice at wholesale in Nairobi
- Equipping the practice rooms with medical facilities, designing the reception and waiting room, etc.
- Transportation of the equipment from Frankfurt to NBO.
- Concept regarding the work of the doctors onsite, depending on the possibilities to travel to NBO on Lufthansa Cargo.

We currently have 32 doctors on rotation. The following specialists support the work of our nurses: general practitioners, gynaecologists, paediatricians, ENT doctors, ophthalmologists and dentists. This enormous task could only be managed because I had a superb team working together with me. And many others who helped with donations, dedication and organisation.

On 01.04.2009, Matthias Gründler, a paediatrician, and I, a gynaecologist, were able to start our work in our own Medical Centre

A dream shared by Fokko, Kay and I had become true.

And the 1st April began dramatically.

A young woman was brought to us in a state of shock in the morning. The suspected diagnosis of an ectopic pregnancy with heavy abdominal bleeding required an immediate transfer to the Nazareth-Hospital by our taxi-driver, Henry. His car was quickly transformed into an ambulance. The patient was immediately operated on and she is now doing well.

In the afternoon, a healthy and lively boy, 2900 grams, was born in our Medical Centre. His name: Wen-Sven. Emergency and luck are sometimes so close together.

Since then, twice a month a team of 2 doctors flies out to NBO for three to four days' work at our Medical Centre.

We have enlarged the medical fields of activity by 3 special clinics

1. Screening in obstetrics
2. Vaccinations
3. Family planning

During April to November 2009 a total of 7068 patients were treated. 257 inpatients were admitted to the Nazareth Hospital.

I would also like to thank my colleagues who carry out their work in NBO with great commitment. I was not always certain, especially when it came to the younger colleagues, that it would be able to take them from their practices a number of times in a year and plan them for a mission. But, because of their enthusiasm for our project, they certainly managed to cope with a few difficulties, as our rotation plan was generally implemented as arranged. Where needed, we pensioners jumped in with the same enthusiasm.

Many CHC doctors have assisted the Medical Centre through their ideas, donations and organising medical equipment. I very much hope that together we will continue to medically serve our Medical Centre with the same dedication.

Your Sven Sievers

