



NEWS



14 new children at MMH



Summer Camp

Cargo Human Care e.V.

September 2014

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Dear Members and Friends of Cargo Human Care,

Once again, a lot has been developing at CHC these past few months. In this news-letter, you can read about 15 new arrivals to the Mothers' Mercy Home (14 children plus social worker, Nicholas), the now traditional Summer Camp, a new dental unit in the Medical Centre, the CHC calendar 2015, and about a world-champion-like auction with the proceeds going to CHC.

Even more is yet to come to CHC in the coming months and in 2015: We have again been selected by the FAZ for their Christmas charity project „FAZ-Leser helfen“ [FAZ readers help].

Seven years ago, the newspaper supported the construction of the MMH and Medical Centre through this initiative. This year, its strong support will help to implement our planned "Youth Centre". This building is intended for those young people who finish Secondary School, have to leave MMH and begin their vocational training.

The building will again be constructed on the grounds of the Anglican Church and will provide space for 24 young people, a social worker and a home-manager. In addition, training rooms are planned.

At the start of this year, when the 18 oldest children transferred to vocational training with the support of sponsors, we saw that the accommodation available for these young people at their relatives was in many cases what can only be described as suboptimal.

Lasting care for "our children" is very important to us, so the FAZ-grant comes at just the right time. Building-planning in the Dagoretti district has already taken shape and we want to lay the foundation stone latest in the second quarter of 2015. Good prospects for our kids!

Lagos, and – because of the geographical changes – will discontinue her work in the board.

For your fantastic involvement, especially as part of the ChiCa (Children Care) working group helping the MMH children, but also your part in a great number of other projects, I would like to express my sincere thanks to you, dear Corinna. Because you lived not far from MMH, you were extremely actively involved in the life of our children's home and were able to "move" a lot there. Asante Sana!

Kerstin Wientzek worked closely together with Corinna Röhrich in ChiCa for a number of years and represented her in the Board. She will take over the position in the Board. Welcome to the team, dear Kerstin!

Last but not least, I would like to announce a great development in the members at CHC: the magic number of 500 has been reached. This pleases us greatly! And the number can continue to grow, of course!

Thanks to you all for your contributions and support that make these positive and motivating news-items possible.

Your

Fokko Doyen, Chairman CHC

Number of the month

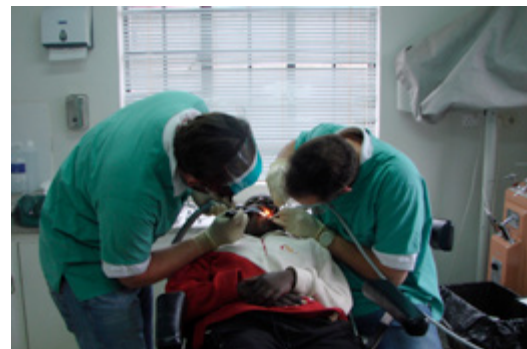
500 members regularly support CHC with their financial contributions

New faces not just in the MMH, but also on the CHC Board. Dr. Corinna Röhrich, very active since the start of the association and actively involved in the CHC successes, recently moved due to work from Nairobi to

Medical Centre gets new dental unit

For the first time, treatment to maintain teeth is possible

Thanks to the support of the Plus Dentists and the Kröner Foundation, a new treatment unit for dentists could be integrated into the Medical Centre. Our dentists Christian Gerhards and Daniel Jolk set up the treatment unit immediately after their arrival on Sunday afternoon and began operating. Moses, a twelve year-old youth, was the first patient to be treated here. For the first time in the Medical Centre, this unit enabled our dentists to carry out tooth-preserving therapy. The quality of dental treatment for our patients has been greatly improved



The MMH Summercamp 2014

By Kerstin Wientzek and Arno Pfeifer (ChiCa- Team)

The time had finally come: on 17th August 2014, the MMH Summer Camp began. Since five years it is a permanent fixture in the Cargo Human Care programme. The event which is carried out by Kenyan and German volunteers, offers the children and young people of the Mothers' Mercy Home, the opportunity to discover their personal skills in various workshops. This year, nine workshops were offered.

Whether woodwork or sewing, crafts for the little ones or workshops aimed at handicrafts, there was something for everyone. Led by a Kenyan art-teacher, last year's art workshop was continued.

In the "Kick-off" Meeting, both teams discuss the individual workshops and plan how the Summer Camp week will run. There is no shortage of fun. Games and sports events as well as excursions, a film-night, and the Nyama Choma (Kenyan BBQ) which is loved children and adults alike, are all part of the programme.

You can find a detailed report on the various workshops, as well as photos on our website:

<http://www.cargohumancare.de/Summercamp2014.html>

We would also like to share an extract from Senior Social Worker Charles Muigai's email: " We thank God for 2014 Summer Camp which we witnessed success. We learned a lot and also our children are enlightened every time during these events. The lovely dinner closed it in a unique way that left everyone happy and relaxed.

We thank the whole team from Germany who cooperated well with our staff and children. We thank CHC for sponsoring the activities during this week."



New arrivals at the Mothers' Mercy Home

By Kerstin Wientzek

A little later than planned, 14 "new" children were admitted this year to the MMH. The children are aged between 4 ½ and 8 years old. Ten children were referred to the MMH by the Anglican Church and four others came from government institutions. On 23rd August, the MMH celebrated two events:

the new children were officially welcomed with cake, juice and a soft-toy. Most of the new arrivals had come to the MMH in time to participate in the Summer Camp. In addition to the welcoming festivities, they also experienced the various Summer Camp workshops in which they actively participated.

The three Mothers, Grace, Leah and Mary, now have a big task: helping the children to integrate. This happens on different levels, of which the language one is often the most difficult – hardly any of the new children speak Kiswahili or even English.

Let us see what Charles Mungai's report – he is the Senior Social Worker responsible for the newcomers – which he will send us in a few weeks' time, will say.

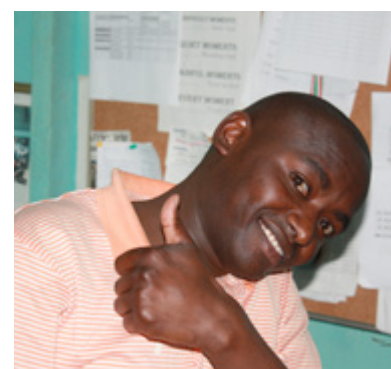


In Profile: Nicholas Maina - the new Social Worker in the MMH

By Kerstin Wientzek

The Social Worker team at the MMH was expanded in May 2014, when Nicholas joined. His responsibilities include school visits of the Secondary School students, evening homework supervision of the Primary School children, as well as leisure activities for the younger children at the MMH. After the training period led by Charles, Nicholas will also be allocated to the task of visiting the homes of the families of the children. The house-visits have an important function in the transfer process. They ensure that the contact between the children living at the Mothers' Mercy Home and their remaining relatives (guardians) is maintained, through the Social Worker.

One of Nicholas' hobbies is photography. During the Summer Camp, he not only helped with the woodwork workshop, but also took photos documenting all the afternoon activities and the day trip.



Better positioned in the team - WfB and CHC

Two social projects supported by Lufthansa Cargo

Three employees from the Werkstätten für Behinderte [Workshops for the Handicapped] Rhein-Main e.V. (WfB) took up CHCs invitation and visited the MMH and the Medical Centre in June. Close cooperation between CHC and WfB has existed for a long time already. For example, the CHC flyers and other printed materials are produced in the Werkstätten für Behinderte. In addition, CHC has often been able to use the WfB facilities in Rüsselsheim for meetings and conventions, and was always welcomed and well looked after.

Ernst Brands, Managing Director of WfB, 1st Chairperson Renate Meixner-Römer and Treasurer Ulrich Siegfried flew on board of the freighter to Kenya and Fokko Doyen personally showed the guests around the location.



They were impressed by what awaited them in Nairobi. Not only the MMH and the Medical Centre with the well-functioning structures in place impressed them, but also the children's shining eyes and the high engagement of the local staff fascinated our guests. „Everyone is totally committed and passionate about the cause. Sound evidence that CHC work here is exactly what is needed.“ This was the unanimous verdict from our guests.

As a gift, the three visitors from WfB had come up with something special, produced in their workshop. Something of lasting value which symbolises the close cooperation between the two institutions.

Two metal signs of friendship were handed over in Nairobi for the Mothers' Mercy Home and the Medical Centre.

Lufthansa Cargo has long supported the WfB and CHC. This journey was to bring both social projects closer together. Mission accomplished!

Umoja ni nguvu - Together we are strong

CHC Calendar 2015 – order now – an excellent present

Our calendar-team Marion Rockstroh-Kruft and Franka Doyen, have once again put in a great deal of effort and developed a superb calendar.

Fascinating images from a world with two faces, colourfully and creatively put together in unusual combinations, render the CHC calendar 2015 a moving companion through the coming year.

The wall-calendar measures the usual 48cm x 29,5 cm – this time in portrait format. It consists of 12 coloured month sheets in German and English, and costs 12 € plus postage.

Order now under: <http://www.cargohumancare.de/Kalender>

It is naturally also available LCAG internally from the usual sales points:

Crew-proceeding, Room 3.004A.

Flight Operations, Building 420, 3rd floor, from Karolina Häty,

F/CI Ms Katharina Krappmann BG 3, 5th floor

Thanks to all those involved acting voluntarily, the complete proceeds will go towards CHC projects.

Many thanks for your support!



Cooperation and further developments in the Medical Centre

Fun working as a team and success in treating patients are the characteristics of the Cargo Human Care Medical Centre.

By the end of August 2014, our team had treated over 15,000 patients and is supported from all sides. German doctors have carried out 33 missions this year in Kenya, and have not „only“ treated patients, but also trained our nurses in, for example, independently using ultrasound device during the prenatal clinic, or in carrying out cancer screening. The nurses already handle the diabetes self-help group by themselves.

The onsite medical team has been enhanced with the addition of an optician, who, in the week after the German doctors have been to visit, prepares glasses according to their instructions. The costs are covered by Cargo Human Care for all children and, in some special cases, partly also for adults.

Three dental hygienists have examined our children and sent some children for special treatment.

Preventative measures are planned for next year for the schools in the vicinity.

The new dental unit enables treatment of diseased teeth and to maintain them.

Our plastic surgeon has already been employed twice in the Nazareth Hospital, working with accident victims and patients with chronic wounds.

In September, two of our doctors will travel to the Nazareth Hospital in order to carry train minimally invasive operation-techniques with the local doctors there. This will enable shorter recovery periods after operations and speedier recovery.

Eye operations are carried out at the Kikuyu Hospital; a number of patients regained their eyesight as a result of these.

From September, a local ophthalmologist will support us. He spontaneously decided to volunteer a clinic in the Medical Centre.

Regular participation in governmental health activities, hygiene classes, inoculations, regular checks for children, round off our programme.

A heartfelt THANK YOU to all sponsors and supporters of our patients and the team in the Medical Centre!

World Champion jersey world-championly auctioned for CHC.

At the start of September, Lufthansa Cargo invited over 250 managers from the LH Cargo Group to the ICC – a worldwide, international cargo conference which takes place every 2 years in Seeheim. One highlight of the convention was the gala-evening with the traditional Oscar awards for exceptional performances in the world-wide teams.

In addition, during the evening there was another special feature: Peter Gerber, the CEO of LH Cargo, - announced the auction of a jersey – that of the football world-champions and bearing the signatures of all the German players. This valuable football shirt was auctioned off in American style during the course of the evening – first online and then „live“. The auction was led by Hermann Zunker, Director Africa and keen supporter of CHC, with much humour, background information on our work in Kenya, but also with direct „customer“-address.

His communication style combined with the great involvement of all participants resulted in the auction being a major success.

The football jersey attained a bid-level of 3,000 EUR and, since the event, contributions are coming in on a daily basis to our account. We expect a total contribution level of around 15,000 to 17,000 EUR.

A truly world-champion result for our children in the orphanage and our Medical Centre in Kenya.

A big thank you to all participants of the ICC, all contributors and to the gentlemen, Mr Gerber and Mr Zunker. Asante Sana for the high level of commitment and the strong willingness to donate.

A world-champion feat of the LH Cargo Group teams.



Facts & Figures

How does CHC actually function?

Medical Sponsorships – practical aid that makes a difference

Our aim	Is to enable chronically ill and extremely poor children from the neighbourhood around the Medical Centre (in as far as possible) to gain an education and vocational training, possibly even the chance to study.
The target group	Children with mental or physical disabilities, blind, deaf, suffering from diabetes mell . Type 1 or extremely poor children; often siblings of ill sponsored children.
Sponsored children in the programme	We currently have 52 sponsored children, <ul style="list-style-type: none"> • 12 sick children • and 40 very poor children, of which 10 are HIV-positive. <p>The children are aged between 5 and 29 years,</p> <ul style="list-style-type: none"> • 35 children attend Primary School, • 11 young people are in Secondary School, • 2 are studying, • 4 live in homes for mentally handicapped people.
Our sponsors	We currently have 45 sponsors. Costs vary according to the needs of the children, and start from 10 € per month. Sponsorships can be terminated at any time.
The Team	Birgit Fandrey, Anke Gaußmann, Claudia Ratzlaff and Social Worker Mary Ndumbi in Kenia.
Sponsorships	A social worker visits the children at least every 2 months. The medical care is provided in our Medical Centre according to individual requirements. Once a year, German staff visit.
Project start	was in January 2012 with 6 children.

If you would like to become involved as a sponsor, you can find all information and contacts at:

<http://cargohumancare.com/Patenschaften.html>