



NEWS



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Sport at the weekend in MMH

Cargo Human Care e. V.

March 2015

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Dear Members and Friends of Cargo Human Care,

People were again the focus of our work at CHC in the past year: the many patients in our Medical Centre, the 115 children and teenagers at the Mothers' Mercy Home and the more than 100 school children at our Wings Academy in Karare.

The first year of MMH school-leavers started out into working life in 2014, thanks to generous sponsorships. Children at both our schools in Karare were not only excited about their first school lessons, but also about the new playground equipment.

Our CHC doctors and the eleven employees at the Medical Centre, carried out more than 22.000 treatments in 2014. In doing so, we secured medical care for a great many inhabitants of the surrounding area of Kianjogu, and offered them a vastly improved quality of life – People who would normally not be able to afford a doctor.

However, in 2014 there was one person we were no longer able to help: John Kaheni. Allow me a personal note: John was one of the orphans from the oldest generation at MMH. I had met him exactly 10 years ago as one of the 84 children at the MMH. John was 10 years old, had valvular heart disease and his heart operation was, to a certain extent, the initial ignition for CHC. We had spontaneously collected money in Germany for his operation at the Kenyatta Hospital. He lived a good nine years with his artificial heart valve, almost without problems. He developed into a happy and self-confident youth. Yet 2014 turned into a year of ever-increasing health problems. He died three days before Christmas in intensive care – his heart simply could not continue. Despite intense efforts, we were unable to do any more for him.

I admit that John's death affected me greatly. All these years, John was a motivator for me. He was the proof that we can all do

something special in Africa through Cargo Human Care. We do not now want to simply forget John – he should continue to exist in our minds as a symbol for the history of CHC. We have therefore decided to name the new youth residence, financed largely through the „FAZ Readers Help“ campaign, after him. The „John Kaheni Residence“ will thus also remind his long-standing room-mates how everything once started with CHC.

The plans for the new building are progressing well and we are still determined to lay the foundation stone in April, and have the first young people move in before the end of this year.

You will certainly find interesting news about this and other topics in this newsletter.

Sincere thanks to you all for your commitment.

Yours

Fokko Doyen, President CHC

Save the date
Members' Meeting
20.05.2015
7 p.m. in the
LCAG canteen

CHC hits a new treatment record in 2014

22.311 treatments were carried out in the Medical Centre

In the past year, the local medical team together with the voluntary German specialists set up a new record in medical care. 22311 treatments were carried out. In a total of 70 missions, our CHC doctors treated patients at the Medical Centre. In addition to their special clinic hours such as family planning, pre-natal care and vaccines, the Kenyan nursing team secured the continued medical care when the German doctors were not on site.

New in 2014 were the cancer prevention clinic for women, as well as the plastic-surgery operations, which were carried out in hospital together with our German specialists. In addition, a cooperation with an eye clinic was set up to treat cataracts.

In comparison to 2013, the total number of treatments increased by 9.5% and the special surgeries of the doctor teams and nurses increased by around 64% each. This indicates a further improvement in the quality of patient treatment. Heartfelt thanks to the local team in Kenya and to our team of doctor for their huge dedication.



John Kaheni Residence construction planned for April

The “FAZ Readers Help” campaign ensures the financing of the CHC Residential and Education centre in Nairobi.

Construction of a new youth centre will be paid for with the help of a mayor German newspaper, Frankfurter Allegmeine Zeitung’s donation campaign which runs until March 2015. The “John Kaheni Residence” is intended as a residential and educational centre which should close the gap between finishing school which the girls and boys do whilst living at the Mothers’ Mercy Home, in the care of Cargo Human Care, and their difficult start to working life. Thanks the Germany-wide donation campaign, the construction project has a solid financial base. Work is planned to start in April of this year.

Pictures from Karare

The playground equipment is a great attraction in the schools.

Play is also a part of learning for the pupils of the Wings Academy

It is a completely new experience for the pupils of both our schools in Karare to test their skills on this equipment.



News from the MMH

Education – the prerequisite for an independent life

By Kerstin Wientzek, Arno Pfeiffer and Charles Muigai

The primary school children

Our aim is to create a good learning environment for all children of the MMH. This starts in primary school, as the foundational knowledge gained here is the entry ticket for continuing to secondary school.

We visited four primary schools during the second week of February – state as well as private schools – in which the children of the MMH will be educated, including the elementary schools for the newcomers to the MMH.

There are enormous differences between the state and private schools.

Firstly, the quality of teaching, as the maximum class-size in private schools is 25 children. The teachers have better training, are more motivated and receive a higher salary than their colleagues employed in state schools.

Secondly, private schools distinguish themselves through their extra-curricular activities. One of the schools offers computer training in the curriculum from Year 4, plus French once a week.

A few figures as a comparison:

12 teachers teach a total of 123 children in Years 1 to 8 at the visited private primary schools.

Teaching in the state schools is completely different: the class consists of at least 40 children. The pupil-teacher ratio shows a dramatic understaffing of teachers. An example: 780 pupils are taught by just 30 teachers. It is not possible to attend to individual students requiring help.

So that the children successfully meet the requirements for secondary school, we intend to enrol all new MMH schoolchildren in private schools. To manage this, we are still looking for sponsors for our schoolchildren. Interested? Please contact us or check out our Homepage ["http://www.cargohumancare.com/Patenschaften.html"](http://www.cargohumancare.com/Patenschaften.html)



Senior Social Worker Charles Muigai with MMH children within the A-Plus Academy



Ruth Wangari in the Caroline School



A class of the Jabali Academy

Weekend activities – Balance and encouraging crafts, sports and music

The MMH children learn their crafts skills in sewing and wood workshops. Workshops take place regularly on Saturdays under the supervision of Mother Leah and the assistance of David, the carpenter.

In January, our Senior Social Worker Charles founded a sports group, in which children of all ages actively and gladly participate.

Music and guitar lessons are also very popular, as music promotes community stability and encourages the children's hidden talents.



The MMH-Youngsters in their football dresses



MMH School Leavers from 2013 and 2014

Everyday life after leaving school and life outside the MMH still pose great challenges to the young people.

Loise Njeri and Nancy Asokoni two students who left in 2013, describe their typical daily routine. Youth Counsellor, Mary Wanjiku, Arno Pfeifer and I accompanied them for a day.

Loise lives with her aunt. She studies “Hospitality Management” at the modern ZETECH College. This course includes how to manage catering and accommodation facilities as well as offer hospitality consulting. She will receive a diploma on completion of the course. Her day starts at 5 a.m. Traffic in Nairobi is already very busy at that time in the morning. To arrive at college punctually at 8 a.m., she takes a minibus at 6 a.m. Theory lessons are from 8 a.m. to 4 p.m. on Mondays to Wednesdays. Practical training takes place on Thursdays. There are no courses on Fridays, which is when she can make use of the library and computer room in the college. Both are included in the course fees.



Nancy Asokoni is studying „Social Work and Welfare“. She learns how to scientifically solve, alleviate or prevent concrete social problems. Though the equipment in the well-known college is not comparable with that of the ZETECH University, the teaching is of good quality. On achieving her diploma, Nancy would like to go on to Nairobi University, to gain further qualifications.

Nancy lives in a well-run hostel in the centre of Nairobi. The monthly rent includes breakfast and dinner. Nancy’s day starts at 6 a.m., and she needs more than one hour to reach the college. Lessons are from Mondays to Fridays. She uses the library during her breaks, for example to research specialist topics.

We are receiving similar positive feedback from the 2014 school leavers. They have been learning IT basics since mid-January. The courses are held at small, privately run computer schools, and will last until the end of March. From April onwards, they will start internships to prepare them for college. Although it is not easy to convince companies to offer young, inexperienced people an internship, we are confident that we will find a place for everyone.

Practical help through the medical special fund

By Dr. Thomas Berger

We help with expensive therapies and treatments

Just a few examples:

Hannah, a 12-year-old girl with acute leukaemia. She has responded well to the treatment and there have so far been no relapses / recurrences during therapy. We hope that the therapy will continue to be so successful.

Anne, a four-year-old girl, was treated at our Medical Centre for a congenital heart defect. The operation was successful. Thanks to a special fund from the Mater Hospital and our „CHC Medical Special Fund“, Anne could be successfully be operated on at the Mater Hospital in Nairobi, in December 2014. She is now a healthy, happy girl.



Anne

Henry, a 27-year-old man, suffers from a degenerative corneal disease that resulted in blindness in his right eye. At the end of December 2014, a cornea transplant was carried out in the Kikuyu Hospital’s eye clinic, paid for by friends, family and our special fund. He now has 40% vision on his right eye and it is expected that this will further improve.

It is important that the medical special fund is continuously supported, so that patients requiring expensive treatment, can be helped in single cases. CHC focuses on basic medical care and can only help in these more complicated cases, if the medical special fund is able to cover the treatment costs. Help us by donating to CHC with the remark “**Medizinischer Sonderfonds**“ [Medical Special Fund].



Medical expertise transfer – Laparoscopic Surgery Camp Nazareth Hospital from 21.09.-28.09.2014

After establishing regular plastic surgery deployments, we also began supporting the colleagues in the Nazareth Hospital with practical surgical expertise. Laparoscopy is a technique that enables operations in the abdominal area through small incisions, so-called keyhole surgery. The technique is also known as minimally invasive surgery (MIS). Operations are carried out with the aid of a camera and long, thin instruments.

It is planned to have a urology surgeon visit next. CHC sees knowledge-transfer as a key factor in sustainable support in Kenya

Prof. Dr. Stefanie Bussen reports on her recent mission

This year's CHC-mission did not take me to the MMH Medical Centre as usual, but to the theatre department of the Nazareth Hospital. As a precaution, I packed all my instruments from my time in outpatient surgery at a medical clinic, and everything else I could think of that would be useful in an isolated operating theatre, into a large suitcase. I was often sorry, during the course of the week, that I had not brought more equipment with me. I was certain that we would encounter many surprises and rather sceptical as to whether and how we would succeed in establishing such a technology-dependent operating method as Laparoscopy in a low-resources setting.

I was relieved to discover that, in Marcus Vogel, I not only had an orthopaedic and trauma surgeon at my side, but also a resilient and experienced general surgeon of many years, as we set off on Monday morning to the Nazareth Hospital. Following a friendly introduction round of the theatre team, we started by checking if the prerequisites for carrying out minimally invasive operations existed. After very affable but lengthy efforts to combine various neutral electrodes with cables from different manufacturers, we were sure that we would be able to operate electro surgically.



In the meantime, the theatre team had succeeded, with incredible, African improvisational talent, to source the special clips required for the next operation, without which my colleague neither wanted nor was able to commence. Dr. Julius proved a very interested and eager to learn surgeon. It was soon apparent that he was one of the surgeons who are especially skilled at laparoscopy.

At the end of the day, my colleague and I were in doubt as to whether we could take the responsibility for continuing with these operations. Together with Dr Julius, we once more screened and tested the available instruments.

To our astonishment, the team had gone to considerable trouble on the second day, to clean the available instruments and put them into disinfectants, so that we were able to continue the theatre program, albeit incredibly slowly, but safely and successfully for the patients. In total, we carried out two to three minimally invasive operations per day. During the course of the week, we increasingly got to know the qualities and individual characters of the anaesthetists and theatre nurses and, aside from the language and skin-colour, were very much reminded of every day work in theatre back home.

To the sound of applause from the team, Dr. Julius retrieved the first gallbladder through laparoscopic surgery in the history of the Nazareth Hospital, and despite having nerves of steel, my colleague was visibly exhausted at the end of this operation.

At the end of our mission, we felt that a good start had been made, but also that it will take quite some time until the Kenyan team is able to safely and independently carry out operations using the new method. My colleague and I are keen to continue supporting the team through further visits.



1. Office Run in Frankfurt Niederrad for the benefit of Cargo Huma Care



This new run is being organised by Lufthansa Cargo employees and other volunteers. Christopher Biaesch and Uwe Schnier had the idea and have spent many hours and a lot of dedication together with a small organising team preparing this great running event planned on a summer evening in August in Niederrad for both Cargonauts and non-Cargonauts.

All proceeds from the event will go to CHC.

We are currently still looking for support, so our advice is: note the date – early evening on Thursday, 27th August.

If you are interested to attend as a helper, please let us know at info@cargohumancare.de.

More information on the event will follow soon.