



NEWS



On top of the Happy Child School Building



CHC Members' Meeting

Cargo Human Care e.V.

June 2018

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Dear members and friends of Cargo Human Care,

CHC-Members' Meeting in May

Our well-attended Members' Meeting took place on 15th May – once again this year on the premises of the WfB [Workshop for the Disabled] in Mörfelden, where we were warmly received and superbly catered for. Our thanks go to the WfB Management for the good cooperation. We have published the minutes and presentations on our website for all those who were unable to attend the Members' Meeting:

http://cargohumancare.de/wp-content/uploads/2018/06/CHC-MV2018_gesamt.pdf

4th Office City Run 2018 on 23rd August 2018

Another event – one that has since become a key CHC "tradition" – is the Office City Run. It will be taking place for the fourth time, and the Organising Team under Christopher Biaesch and Uwe Schnier is hoping to crack the 1,000 runners mark this year. All proceeds will go towards a year's medical care for the 3,000 registered children and young people this time. On average, the young patients are seen twice a year at the Medical Centre, at a cost of around five Euros per treatment – a stately sum in the end – the bar is set high. However, the chance of achieving the €30,000 required for this target group is far from unrealistic, as last year's results show.

Werner Hildebrand is stepping down from the CHC Board

Werner Hildebrand was an active member of the CHC Board over the last three years. His main task was to develop a strategy for the transition of our MMH-Leavers into independence: "Exit-Strategy" is what we called it. "Dear Werner, what you have achieved is simply fantastic. The John Kaheni Residence is running extremely well since more than two years – and that is down to your commitment, first and foremost. I very warmly thank you for this. We are reluctant to see you go – but we all understand that you need to focus even

more on your career challenges in future." Arno Pfeifer will temporarily take over the task on the CHC Board - Welcome to the team, dear Arno.

There are further current CHC-topics: Construction of the Happy Child School, CHC volunteers, and of course, Data Protection... More details are given in this Newsletter.

Sincerely yours,

Fokko Doyen, 1. President CHC

Save the date:

**4th Office City Run
23. August 2018**

Step by Step – A look back at 2017 and perspectives

CHC Members' Meeting on 15th May

The CHC Board updated members on all current projects and activities by means of vivid reports from Nairobi which included detailed information on background and problems. Here is a brief overview of the topics:

- 36 specialists participated in 61 voluntary deployments at the Medical Centre in 2017 and carried out close to 25,000 treatments together with local nurses.
- More than 100 children and young people from the MMH were able to attend school and participate in several activities, thanks to sponsorships. They were all provided a loving home.
- The John Kaheni Residence with its guardians and well-organised training program, provided the older teenagers a good foundation and strong support for their start in life.
- The first developments are visible in the construction of the Happy Child Education Center – a joint project by the Help Alliance, Regine Sixt Kinderhilfe Stiftung and CHC.
- The successful donation campaign for food aid, and how this aid was carried out in Marsabit.
- The repair of a school roof in the Massai Mara through CHC support.

All the public relations activities and the treasurer's report were also interesting to see. Detailed charts of all topics discussed at the Members' Meeting can be found here:

http://cargohumancare.de/wp-content/uploads/2018/06/CHC-MV2018_gesamt.pdf

Challenges in building the Happy Child Education Center (HCEC)

Ups and Downs of the Building Project in Nairobi

By Gerhard Meyke

As reported in our last newsletter, finally, after a long struggle to get permission, the ground-breaking ceremony took place in January this year. We soon saw that the ground conditions posed new challenges, and only when we dug down 2.30 metres did we hit rock that could function as a foundation for our pillars. Despite of this, construction progressed quickly – until the rainy season started in March. The rains were particularly heavy this year, so that the groundwater rose to 0.50 metres, and one pit filled with water. Also, the lorries carrying building material were unable to navigate the sodden roads. We are glad that construction is back in full swing again since the start of June, however project completion has been further delayed by a few weeks..



Handover in the CHC Board

After more than three years, Werner Hildebrand is stepping down from the Board team



Werner Hildebrand

Werner implemented the CHC strategy of providing young people from the MMH with good future perspectives in their own country after leaving school, and the best possible start into an independent, self-reliant life. He built up our team in the John Kaheni Residence, launched the mentoring and training program for school leavers, and developed the training sponsorships. The programs are running in a very stable routine, with very good results.



Arno Pfeiffer

Our long-time CHC member, Arno Pfeiffer, will temporarily take over the Board mandate for the John Kaheni Residence and the training sponsorships from 1st July 2018. In the past years, Arno has helped with the work of the Chica-Team, and the school sponsorship program.

News from the MMH

A report of the first internship of one of our Secondary School students.

My Internship - 23.4.-27.4.2018

By Daniel Munyu

I visited in Westland's a company called Regent Automobile Valuers, they deal with vehicle tracking. I was taught how to store information of vehicles. It was interesting. We went for five days which was interesting and it also had some difficulties because I had to wake up early in the morning and prepare myself so that I can go to work. I discovered that in life you must have time management for you to succeed in life time, also being decent when going to work. Everybody in the company was busy and serious. I understood I should be a serious person in life. I learned how to scan documents and how to file them in a manner and order way.

I never changed my wish to start a career as a professional photographer.

I appreciate what you have done to me and also for internship, I really appreciate at the bottom of my heart.

God bless you!



Good Luck to you Daniel and we are sure that you will find your way in life!

Further reports straight from Nairobi are available here: <https://cargohumanicare.wordpress.com/>



Volunteers wanted for the MMH

By Miriam Keilbach

A child's smile can compensate for a great deal – this is what several volunteers who helped CHC in Kenya over the past year, have already experienced. Following the volunteer deployments in the John Kaheni Residence, a program also now exists in the Mothers' Mercy Home since last year. The volunteer looks after the children at the MMH over the weekend, plays games and does arts and crafts with them, sports, or handicrafts, manages and is the local contact. During the week, the volunteer helps staff at the Caroline School, three days a week. This is a private elementary school which 21 MMH children currently attend. Help is needed especially in the non-exam-relevant topics such as art, sport, reading and writing essays, as well during the weekly working groups on themes such as dance or theatre. The volunteer assists the social workers and teachers with teaching the children teamwork, coordination, creativity and how to treat books. At the same time, the volunteer gets to know a different culture, and helps children to become even more independent. During deployment, the volunteer stays at the MMH guest room, and is catered for as per Kenyan standards.



Applicants should be at least 23 years old, be available for a period of at least 6 weeks, and be able to prove previous experience in working with children. Those interested in applying, can contact Miriam Keilbach for a brief interview:

miriam.keilbach@gmx.de

News from the Medical Centre

By Thomas Berger

A new ECG device – a great support in diagnosing

In May, our team was able to familiarise itself with the new ECG device. The ECG device is simple to use and only needs four derivation points. Data is transmitted to a tablet where a programme saves and analyses it. The results can either be printed out or saved in the patient administration file. Our nurse Jane enthusiastically carried out her first ECG. The ECG-tests will support our team in diagnosing and avoid having to send our patients to hospital to get this test done.



Jane

You never stop learning!

"Nairobi fly" in the Mothers' Mercy Home

During the rainy season, more and more children from the Mothers' Mercy Home were brought in with an unusual, striped skin rash, predominantly present on their face. The cause was contact with secretion from the "Nairobi fly" when it is touched or killed. The name "Nairobi fly" is somewhat misleading, because the insect is in actual fact a circa 6 to 10 mm long beetle (Paederus eximius and Paederus sabaeus). These beetles are more prevalent during the rainy season, and they had nested in large numbers in the orphanage bedrooms. The secretion (Pederin) irritates the skin, causing blisters. The skin reaction clears up completely after a few days.



Pilot-project: Eye tests for school children

In March this year, John Newbold from the Giraffe Children's Charity, visited the Mothers' Mercy Home. The NGO runs an education project for children and young people in the vicinity of Nairobi. John asked us for medical support for the school children attending the Giraffe Education Center's Secondary School. It was planned that our ophthalmologists provide eye tests for 130 school children. This posed a logistical challenge, because it would not have been possible for all children to be seen during a normal ophthalmologist deployment. Luckily, we were able to get Michael Nzau, a Kenyan optometrist, for the project and he carried out the preliminary examinations of the children at the school. 31 children were found to have a visual defects. These children were further treated at our Medical Centre, in cooperation with our oculist Melanie Bödemann and Micheal Nzau, and prescriptions for glasses were issued. The project was a great success, so we would like to carry out similar endeavours in the schools surrounding our Medical Centre, since regular eye tests are not provided for children of schoolage in Kenya.



Melanie Bödemann



Michael Nzau



Students of the Secondary School of the Giraffe Education Center

Hessen TV with Fokko Doyen in Nairobi Great Report in HR TV „Hallo Hessen“ on 11th June 2018



Fokko Doyen in an interview with Jens Kölker

If you missed the live screening, you can watch it again on: <http://cargohumancare.de/humanitaere-hilfe-aus-hessen>.

Baltic Sea Circle – Oldtimers on their way to the North Cape

CHC is participating again

Our paediatrician, Dr. Baumgärtner, is by now underway with his Oldie, collecting donations for us. This is already the third time that CHC has participated in this Rallye around the Baltic Sea. Only vehicles that are at least 20 years old, are allowed to take part in this adventure. Motorways, navigation systems and GPS are not permitted.

We are crossing our fingers and wishing the participants a lot of fun and excitement!



THE ROUTING

Start and aim in Hamburg.

7.500 km within 16 Tagen

through:

Scandinavia
Denmark, Sweden, Norway & Finland
polar circle, Lapland & North Cape

Russia: From Murmansk to St. Petersburg

alternatively: through Finland to Helsinki

the Baltic States:

Estonia, Latvia, Lithuania
Poland & Germany

New General Data Protection Regulation

We have updated our privacy policy in accordance with the implementation of the new General Data Protection Regulation. This includes, amongst other things, the revision of our privacy policy file which documents what personal information is stored and how it is used, as well as the issuing of a Privacy Notice and a letter of commitment signed by all those at CHC who work with this personal data as part of their CHC responsibilities.

Register now!

4th Office City Run on 23.8.2018



An evening run for all running enthusiasts in the Rhine-Main region. Look forward to two quick and mostly flat routes (5km and 10km) along the Lyoner Quartier, through the city forest with its beautiful tree population. The atmosphere in the evening hours is great, and, you have a beautiful view of the skyline as you run towards the finish line. More run details are available in German on our "Informatives" page: <http://cargohumancare.run/informatives>

It is worth joining in the run! Fantastic winner and raffle prizes await, along with a Runners' Party and, above all, CHC wants to secure basic medical care for more than 3,000 children and young people in Nairobi's slum area – So, if you sign up for the Office City Run, you are not only doing something good for your own health, but also the health of many grateful children and young people in Nairobi!