



NEWS

Cargo Human Care e.V.

September 2015



Fun at the workshop at the MMH



Fun at the Office City Run at Niederrad

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Dear Members and Friends of Cargo Human Care,

THE project of the year for CHC in 2015 is without doubt the construction of the new John Kaheni Residence (JKR), a youth centre in Kiambu. We laid the foundation stone on 18th June, celebrating together with neighbours of the home, representatives from the diocese of the Anglican Church, Bulli Ladu's building team, Gerhard Meyke and the FAZ, THE sponsor of this project. In the meantime, building is running according to plan and we are looking forward to its opening on 25th November.

We are also making good headway in financing the home. In addition to the support from our main sponsor, FAZ, we are receiving donations especially towards this project from, for example, the ECOVIS Foundation, from "Wine saves Life" or the donated proceeds from events.

Events such as the one organised with incredible commitment by our member Christopher Biaesch together with almost 100 active volunteers: the first Niederrad Office City Run in aid of CHC – a tremendous and certainly, for the 450 participants, a visibly strength-sapping event. Lufthansa Cargo also supported this event under the motto "Step by step. Giving children a future" – financially and physically – the starting shot was fired by CEO Peter Gerber. Knowing Christopher, there will surely be an encore next year – perhaps no longer with the participant number limit imposed by the city?

Once the John Kaheni Residence is completed, the first trainees will move in at the start of the New Year, and our experienced advisor Mary Wanjiku will manage the home. The concepts for running the home are well-developed and we will soon be able to offer the young inhabitants a wide range of seminars and courses in addition to accommodation during their traineeships. This has always been the aim of our work: sustainable investment in the futures of those who are dependent on our help.

There is also a lot going on in the medical section of CHC. This newsletter includes reports on the first successful Medical Camp outside the Medical Centre, and on a self-help group.

Our meanwhile traditional MMH Summer Camp took place again in August. This time, it was also a kind of Welcome Event for the 15 new young residents of the orphanage.

And if, after reading this newsletter, you are still „hungry“ for CHC, then visit our homepage where you will find, amongst others, the article „Helpers without borders“ from the July 2015 edition of the Lufthansa magazine:

http://www.cargohumancare.de/aus_den_Medien.html

Thank you for your great interest in our project
Your

Fokko Doyen, 1st Chairman

Order your
2016 CHC calendar
now

The John Kaheni Residence – how will it work?

Creating a concept together

By Werner Hildebrand

The 'John Kaheni Residence' (JKR) is planned as a residence and educational establishment which bridges the gap for the girls and boys from Cargo Human Care's Mothers' Mercy Home between leaving school and their difficult start into working life.

The great challenge for CHC is not only erecting the building. It is just as important to define how communal life should be in the new home for many MMH school-leavers. Independent, but with clear rules and the willingness to take responsibility for the community as well as the new building.

The aim of our 2-day workshops was to develop an "operational concept". The participants were specifically chosen so as to include all reference groups and take up their ideas, thoughts and suggestions: respectively 2-3 representatives from the school leaver years 2013 – 2015, our social workers and representatives from the management team.

After an introduction, we focused on the following topics:

- Vision, mission, targets, strategy of the JKR
- Requirements for becoming a resident
- The operational concept: house rules and organisation of duties such as cooking, cleaning, etc.
- How can we build up a caring, responsible community?
- How do we deal with sexuality in the JKR?

Work was carried out in changing small groups, in the plenum and employing various methods. All results were then discussed in the group.

In my opinion, the workshop was a complete success. We were thrilled by the dedicated, productive and creative team. We achieved very good results and it was a very good, constructive cooperation of all involved. The contents and results are being consolidated and will then be further developed into a JKR-concept, which we want to present in an upcoming news-letter.



The Building Work

By Gerhard Meyke

Building work on our youth centre in Kiambu began on 13.4.2015. Due to the continuing rainy season, the foundation stone could not be laid until 18.6.2015. On this occasion, as per German tradition, a box was buried under the entrance to the building.

It contains the following: floor plans, the FAZ from 17.6.2015, a Kenyan newspaper from 18.6.2015 as well as local coins and bank-notes.



Completion of the building which, aside from school rooms and 2 small apartments for employees, also offers sleeping quarters for 24 young people, is planned for early November 2015. The ceremonial hand-over of the building will take place on 25.11.2015, however complete use of the building will only be possible from the first quarter in 2016.





Photos: Wolfgang Eilmes FAZ

What an excellent run!

The Office City Run on 27.08. in aid of the John Kaheni Residence

By Fokko Doyen

Despite humid temperatures and summer rain, the mood was relaxed. The course was good to run and everything had been excellently organised. „450 runners, 1000 litres of water and more than 700 happy faces“. According to the first cashing-up, around 8000 Euros have been collected for the John Kaheni Residence!

And here are the sensational photos: <http://www.cargohumancare.de/BSL/Galerie.html>

Dear Office City Run Helpers,

I would like to thank you very, very warmly for the brilliant „cold start“ that you all managed on Thursday evening as helpers for the first office city run, and for the more than excellent atmosphere. No-one could seriously have expected more than what you all achieved that evening.

My especial thanks go to Christopher. He managed to arrange the first office city run in aid of Cargo Human Care with calm and never-ending dedication (and despite all opposition!), and to implement it together with you. You have my respect, Christopher!



If I had not already heard it over and over again on the evening of the event, that this cannot have been the last of its kind, I would hardly dare to already announce the second office city run 2016, but no – this run is practically begging to be repeated!

Aside from all the fun the participants and helpers had this evening, at the end of it all, Cargo Human Care not only benefits financially – this evening was also an enormous boost in promoting awareness of CHC. We meanwhile have well over 500 members and I am sure that this evening will further increase our numbers.

A great report on the run has been published at: <http://www.laufreport.de/archiv/0815/frankfurt/frankfurt.htm>

Asante Sana – as they say in Kenya!
Your Fokko



SUMMER CAMP 2015

Children become people

By Kerstin Wientzek and Arno Pfeifer

Who would have thought it? This was the sixth year in which the "Summer Camp" was held in August at the Mothers' Mercy Home. When the idea to offer the children such an event was first born in 2009/2010, none of us imagined that it would be such a success. The annual "Summer Camp Week" has meanwhile become an integral part of our work on site, and develops with our experiences every year. The children and young people naturally regard it as "THE" event of the year, one of the few distractions to daily life at MMH and school.



The children say thank you for a great week

We were especially happy to see the progress the children made. We remember the first workshops in 2010, where a number of short-comings were detected. Many were unable to use scissors and their dexterity was often not at the level it should have been at their age. Those children, who „struggled“ with the scissors at that time, have turned into young adults who can now independently create tables and wardrobes using circular saws and drills. That shows us how important it is to nurture close contact with the children, to identify needs and act accordingly. The „Summer Camp“ offers one such opportunity.

This year again, a great many workshops and activities were offered. The "Woodies" group has meanwhile become a long-standing tradition, where participants learn to build tables and wash-stands under Hans-Jürgen's tuition. The "How do I manage my Finances?" workshop is also now an inherent part of Summer Camp. The "Loom-knitting and Weaving" group triggered downright euphoria. Children now spend the evenings knitting hats and scarves. Another group worked on constructing new sports and play equipment. Theatre skills were the focus of a further workshop, teaching children and young people self-confidence and courage. The youngest of the MMH-children were looked after by Mother Mary and Union Mother Esther, a member of the community. 3 Kenyan volunteers were a great support to our team this year. Their empathy and good ideas were especially valuable in the workshops for the youngest children. An overview of all workshops can be found here: <http://www.cargohumancare.de/Summertime2015.html>



The results are presented with justifiable pride

The outing on Wednesday was naturally the highlight, especially with the sun shining again after a few days of bad weather. As in the previous year, the younger children spent the day at "Rock City", a fun-park with a merry-go-round, swings and a swimming-pool. The older ones travelled to the "Fourteen Falls" which are situated around 65 km North-East of Nairobi. There, the Ahti River crashes loudly through 14 waterfalls into the deep.

Friday afternoon – the sun shone, it was pleasantly warm, not too hot - the perfect weather in which to officially welcome the 15 "newbies" to the MMH in a small celebration. The entire MMH congregated on the football pitch, where drinks and cakes were handed out and at the end, each "new" child was allowed to select a soft-toy. 15 happy faces shine on the group photo. A wonderful start into a new life, which we will accompany. Heartfelt thanks go to Mother Mary and Union Mother Esther, who lovingly looked after the „newbies“, so that the arrival in the new environment would not be quite so hard.



The new children in the MMH

Saturday, „Presentation Day“, was awaited with excitement. The MMH Common Hall was the stage for all the workshop groups. The teams proudly presented their projects. In the afternoon, with a large round of applause and the Summer Camp Dance, we ended this year's Summer Camp. Thanks to the varied and active support of the MMH staff, the week was a complete success.

Who can donate colouring books and wool?

We will be using the wool in the MMH to knit hats, scarves, leg-warmers and other useful items. Colouring books, simple activity books such as colouring by numbers or small puzzle mazes or searching for hidden objects in pictures, would be very welcome for our little ones. If you can support, please contact us at: info@cargohumancare.de



CHC Calendar 2016 – coming soon

An excellent gift for anyone wanting to help

Enjoy a new surprise every month. The calendar illustrates a thought from two perspectives every month – two worlds that could not be more different and yet that are strongly connected. With a selection of appealing photographs of aviation in combination with insights into the CHC projects in Kenya, the CHC wall calendar 2016 is once again a top-class product. Our Calendar Team, Marion Rockstroh Krufft and Franka Doyen have again developed a calendar that is worth seeing.

Fascinating pictures from a world with two faces, colourful and creative, set in unusual combinations. The CHC calendar 2016 is a moving companion for the coming year.

The wall calendar has the usual dimensions of 48 x 29 cm – this time in portrait format. It consists of 12 colour month pages in German and English language, and costs 12 € plus postage (together 15€).

The calendar will be available for order from October at:

<http://www.cargohumancare.de/Kalender>

Naturally, the calendar can again be bought internally at LCAG at the following sales points:

In Frankfurt :

Crew Proceeding, Building 420, 3rd Floor, Mrs Donner, Mrs Berg and Mrs Förster

Cargo City South, Mr Uwe Schnier

FRA CI, Building 322, 5th Floor, Mrs Krappmann

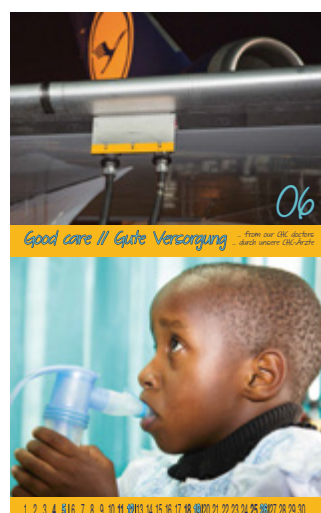
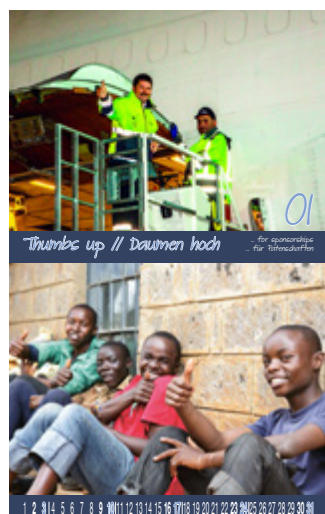
Flight Operations, Building 420, 3rd Floor, Mrs Karolina Häty

And in Munich at

FS, Building 152, 5th Floor, Mr Stefan Lebiotzky, Room 530

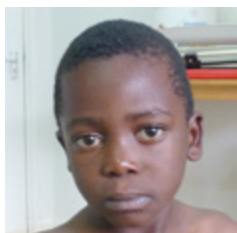
Thanks to the voluntary dedication of all those involved, the proceeds from the sale of this calendar will go to CHC. Sincere thanks for your support!

Here is a small selection in advance...



An overview of news from the Medical Centre

By Thomas Berger

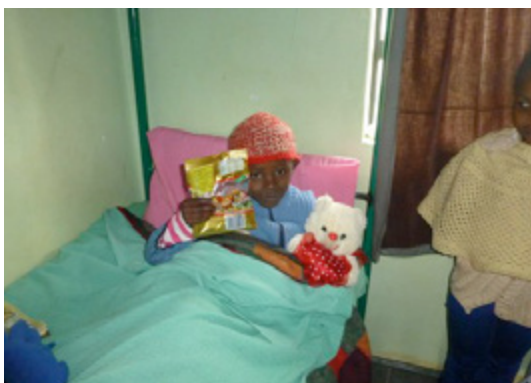


Successful cooperation with the Cardio-surgery team of the Mater Hospital

Four year old Calvin's and eight year old Peris' heart defects were successfully treated in the Mater Hospital. These operations were made possible by the active referral and support of CHC. .

Medical Camp

Our Medical Centre team visits another slum area in the neighbourhood once a month, in order to offer medical help. At the first Medical Camp in Wangige, a total of 169 patients were seen. This was far more than we had anticipated.



Sickbay in the Mothers' Mercy Home

After breaking her leg, little Elisabeth was confined to her bed, and was lovingly cared for by her house-mates.

Self-help for people with disabilities

At the end of May, we registered our disabled patients at the state centre for the disabled. At the same time, a self-help group was set up: "Cargo Human Care persons with disability." The focus is on exchanging experiences and supporting each other. The group currently consists of 22 adults and eight children. Monthly meetings at our Medical Centre are planned.



Team Excursion

After a busy working morning, the Medical Centre team very much enjoyed an outing to the Brackenhurst Conference Centre.