



NEWS

MED-JAHRESKARTE



Gesundheit ist das schönste Geschenk!

21 €. 1 Jahr. 1 Mensch.
Medizinische Hilfe, die ankommt.

Für: _____

Von: _____

Dieses Zertifikat steht symbolisch für eine Spende von _____ EUR an Cargo Human Care und ermöglicht die medizinische Versorgung von _____ Menschen für ein Jahr in unserem CHC Medical Centre in Nairobi.

21 €

Cargo Human Care e.V.

December 2025

Dear members and friends of Cargo Human Care,,

2025 was another strong year:

- Our Medical Centre carried out over 40,000 treatments.
- We enabled 500 children to access education at three schools.
- 75 young people in vocational training are being given prospects for the future.

But we want to do more: in 2026, we will prepare even more young people for the future – with an expanded Elazar Girls' High School in Marsabit and the new Vocational Training Centre that will be built in Nairobi, next year.

If you are still looking for a special gift idea or would like to gift 'nothing' again this year, we have something that really does makes a difference. In buying a "Med annual card"/ "Med-Jahreskarte" for €21, you can provide one person in Nairobi with medical care for a year – that is exactly how much (little!) individual care costs on average at our Medical Centre.

As a symbolic gift, you will receive a high-quality, personalised card. Whether as a small gift for one person or a larger one for several – the "Med annual card" can change lives.

Everything that drives CHC forward is only possible thanks to people like you, who support our work with donations and sponsorships. And thanks to more than 100 active volunteers who lend a hand at CHC.

Thank you for your trust and your help. Let's continue to make a difference together in 2026!

Warm regards on behalf of the entire CHC board.

Yours

Fokko Doyen, President Cargo Human Care e.V.

CHC Calendar 2026

There is a CHC calendar out this year, too – beautifully designed once again by Karin Thormaehlen!

This time, it comes in portrait format, measuring 42 x 59.4 cm.

The price remains €14, or just €11 per calendar + €5 shipping when purchasing three or more. If you order ten calendars, the price is €99 with free shipping.



You can order either via QR code or via the link to the calendar here:
<https://cargohumancare.info/produkt/cargo-human-care-kalender-2026>



Save the date
December 17, 2025 / 9:00 PM
„Mittendrin - Flughafen Frankfurt“
 on hr television
 including a report
 about CHC



<https://cargohumancare.info/produkt/med-jahreskarte>

Successful 11th Office City Run 2025 – €65,177 for Elazar Girls' High School

By Christopher Biaesch

That impressive amount was raised by this year's Office City Run.

The 11th edition of our charity event was once again a resounding success. 2,709 people from 50 countries ran and cycled live in Frankfurt and virtually worldwide for a good cause – a new record!

Local Lufthansa Cargo stations, in many cities around the world, organised running events with customers and partners. The Nairobi station also arranged another running event for children from our Mothers' Mercy Home. Impressive pictures were sent in, showing the fun and joy that was

had helping disadvantaged children and young people in faraway Kenya. The money will be used to expand the Elazar Girls' High School in Marsabit.

Save the date! Mark the 12th Office City Run in your calendar now: it will be held live in Frankfurt on 27th August 2026, and virtually worldwide from 27th August 2026 to 10th September 2026

<https://cargohumancare.de/erwaehnenswert/buerostadtlauf-2025-2/>



From left to right: K.Thormaehlen, F. Doyen, G. Meyke, Ch. Biaesch, U. Schnier, L. Stucky, Ashwin Bhat/CEO LCAG, L.Moccia, J.Schulze, I. Wolner, J. Kutz

Vocational Training Centre – Donation barometer

By Björn Becker

One of our major projects is the Vocational Training Centre, which we will begin building in close proximity to the John Kahe-ni Residence, in early 2026. A project of this kind requires a high level of donations – both for construction and maintenance. We are therefore exploring new avenues, such as partnerships for training courses. Our donation barometer, displayed on our

website, is simple yet effective. It motivates people to donate in order to reach specific milestones. Already immediately after its introduction, we received a single donation of € 888.

<https://cargohumancare.de/vocational-training-centre/>



CHC e.V. 2025 general meeting

By Fokko Doyen

The 19th general meeting of our association took place on 17th September 2025, once again at the premises of WfB Rüsselsheim-Königsstätten.

The Executive Board was newly elected this year. Dr. Wolf Cyran did not stand for re-election. Thank you, dear Wolf, for your many years of service on the Executive Board! All other members stood for re-election: Sieglinde Reinhard, Dr. Thomas Berger, Gerhard Meyke, Arno Pfeifer and

Fokko Doyen. The Executive Board was expanded to seven members, as there is significantly more work to be done due to new projects. Cornelia Junge and Dr. Tanja Horn are the new additions. Welcome!

The minutes and presented slides can be found on our CHC homepage.

https://cargohumancare.de/wp-content/uploads/2025/09/Protokoll_Folien2025.pdf



left to right: Dr. Tanja Horn, Cornelia Junge, Arno Pfeifer, Gerhard Meyke, Dr. Thomas Berger, Fokko Doyen, Sieglinde Reinhard

ACK Elazar Girls' High School

By Gerhard Meyke

The expansion of the school is nearing completion. The two additional classrooms and the new accommodation building for a further 56 girls have been completed. The library building is also almost finished. The Ministry of Education has now made a few additional requirements which are currently being coordinated. At the beginning of December, I will visit the site to find out about the construction work and its quality, and hold talks with Bishop

Qampicha. The next intake of pupils will start school here in January.

The total cost of the extension will be around €130,000; half of which will be financed by the proceeds from this year's office city run. The rest will come from earmarked donations.



Library



Dormitories



New dentist's unit put into operation

By Dr. Kerstin Scheulen

Announced some time ago, it is now here and has been put into operation: the new dental unit in our Medical Centre. This is a huge plus for patient treatment. This room is now used exclusively for dentistry. Agnes, our local employee, has already been trained to independently perform preven-

tive treatments, and we are considering offering a preventive care day in the future.

<https://cargohumancare.de/erwaehnnenswert/neuer-zahnarztstuhl-in-betrieb-genommen/>



Holiday activities at MMH with the ChiCa team

During the holidays, the ChiCa (Children Care) team was once again active at MMH, offering children and young people a wide range of crafts, sports and learning activities, which were enthusiastically received. Here are a few impressions.



10th anniversary of the John Kaheni Residence

A milestone full of gratitude and joy

By Cornelia Junge

On 6th September 2025, the John Kaheni Residence (JKR) celebrated its 10th anniversary. In addition to the local team, representatives of the CHC, current students and alumni, numerous guests and companions took part in the diverse and inspiring event.

The official part of the event, with moving speeches and heartfelt expressions of gratitude, was framed by a varied supporting programme, which was largely organised

by the students. Musical performances, an impressive scenic presentation on the development of the JKR, and rousing dance performances gave the occasion a festive and lively character. Since its foundation, over 230 students have successfully completed the programme – an achievement that fills us with pride and motivates us to continue writing the success story of the John Kaheni Residence with dedication.



Asante sana to everyone who made this special day possible!

More here: <https://cargohumancare.de/erwaehnnenswert/10-jahresfeier-der-john-kaheni-residence>

Corporate Partnership Program for Humanity – Taking responsibility together

By Norbert Pahlsmeier

With our new Corporate Partnership Program for Humanity, Cargo Human Care is now, for the first time, offering logistics companies and organisations the opportunity to get involved as sponsors and CSR partners. The programme creates

tailor-made opportunities to take on social responsibility and support our humanitarian work in a sustainable manner. Promising discussions are already underway with companies interested in a partnership. Would you and your company also

like to do good? Then you are cordially invited to contact us and become part of this important initiative.

corporate.partnership@cargohumancare.de

Cargo Human Care expands its reach



Cargo Human Care is pleased to announce that donations can now also be made in the USA. Our new partner organisation, Kenya Care, is registered as a 501(c) charity and can accept tax-deductible donations.

This allows us to expand our reach and create even more opportunities to work together to help people in Kenya.

Find out more here: <https://www.kenyacare.org>

Asante Sana, Matthias

After 18 years of service, Dr. Matthias Gründler has ended his active time as a doctor with Cargo Human Care.

Read his report here:

<https://cargohumancare.de/erwaehnnenswert/asante-sana/>

