



NEWS

Cargo Human Care e.V.



June 2026

Dear members and potential members of Cargo Human Care e.V.,

You may have been following our newsletter for some time now.

If so, then you will certainly have seen how Cargo Human Care transforms donations into tangible aid: for example, by enabling treatment at the Medical Centre, providing a secure place at school, or supporting vocational training that prepares a young person in Kenya for a self-determined life.

Our German and English newsletter versions now reach almost 2,000 readers. And 785 of our readers are already members of Cargo Human Care e.V. . That is a strong signal – and yet we also know that many of you have long been connected to CHC, even if you are not yet members. We have therefore set ourselves an ambitious goal for our 20th anniversary in May 2027: 1,000 members for Cargo Human Care. This is not simply to tick off a milestone but is intended to reliably boost for our work in Kenya.

Membership is available from as little as €24 a year. To put that into perspective: on average, around €21 is enough to provide a person in need with a full year's medical treatment at our Medical Centre – including necessary medication and operations.

So, if you've been following CHC for a while, it might not be a such a big step to become a member. But perhaps now is the perfect time to turn your regular reading into reliable support.

A warm welcome to the Cargo Human Care association.

Yours

Fokko Doyen, President Cargo Human Care e.V.

Click here to register: <https://cargohumancare.de/mitgliedschaft/>

Save the date

Thursday, August 27
for the live event
in Frankfurt
5km and 10km run

The 2026 Office City Run "Bürostadtlauf" is again planned as a global event

Save the date: The live event in Frankfurt will take place on Thursday 27 August 2026, hosting 5 km and 10 km runs. The virtual event also begins on Thursday 27 August 2026 and runs until Thursday 10 September 2026. The available disciplines are 5 km and 10 km runs or 30 km and 50 km cycle rides: anywhere in the world, at a time of your choosing, on your favourite route.

Lufthansa Cargo and SWISS World Cargo stations are organising local running events under the motto "Run around the world (RATW)".

Click here to register: <https://my.raceresult.com/391021/registration>

Brian is a different person today

By Karin Thormählen

Brian is 22 years old, is studying medical engineering, and is one of the young people in our JKR programme who are pursuing their path with remarkable determination. In 2022, he moved from the community to the John Kaheni Residence and then, in 2023, into his own accommodation, where he still lives today. He will complete his studies at the end of this year. For the future, he desires one thing above all else: the opportunity of a job where he can put his skills and motivation to good use.

<https://cargohumancare.de/erwaehenswert/brian/>



Platinum Lifetime Corporate Partnership Award for Elazar Grinstein / CNW

By Norbert Pahlsmeier

Elazar Grinstein has been supporting Cargo Human Care since 2019 – initially as a sponsor of the Office City Run, but now also through regular generous donations. These are particularly used towards maintaining the school named after him, Elazar Girls' High School in Marsabit, which he has already visited twice. His commitment over the years is a powerful example of how corporate engagement can change the lives of many people for the better. We have now presented Elazar Grinstein with the CHC Platinum Lifetime Award during a small ceremony at Lufthansa's new 'Hangar One'.

<https://cargohumancare.de/erwaehnenwert/platinum-lifetime-corporate-partnership-award/>



Elazar Grinstein (in the blue shirt) with CNW employees and representatives from CHC

The first term of training is complete

By Cornelia Junge

After completing the first term, the 12 students travelled to their families in Marsabit County for term break. On 4 May 2026, training resumed in Rarieda and everyone returned feeling motivated. They had been

accompanied the first time but each now had mastered the long journey independently.

Much is different from home, and they initially had to get used to the different diet.

However, now that their beloved milk is once again a regular part of their diet, the students all feel completely at ease and find learning much easier.

When poverty makes you ill – experiences from the Medical Centre

By Dr. Tanja Horn

Many people associate medical work in Kenya primarily with exotic tropical diseases. In reality, however, malaria, typhoid and schistosomiasis are rare in Nairobi. Instead, our daily work is dominated by illnesses arising from poverty: caused by a lack of access to clean drinking water, overcrowded living conditions, malnutri-

on or inadequate medical care.

You can find out more about how our doctors experience their work at the Medical Centre in Nairobi on our website:

<https://cargohumancare.de/erwaehnenwert/ein-loeffel-honig-zum-fruehstueck/>



Standing frames for the children at the Garden of Siloam

By Luuk Bolens

Standing frames improve the children's posture as well as bone, muscle and joint development, whilst also giving them a new perspective on their surroundings. During my placement at the 'Garden of Siloam', the day centre for severely disabled children supported by CHC, I assisted the therapists in using these devices. They

had been brought to Nairobi and fitted on site. The close collaboration on site was very successful, and the children's delight at their first experiences in the standing frames brought great joy to everyone.

<https://cargohumancare.de/erwaehnenwert/einfuehrung-von-stehtrainern/>



From left: Luuk Bolens at the introduction of the standing frames.



Medical Camp at Madiany Sub-County Hospital

By Dr. Thomas Berger

In mid-May, another medical camp took place at Madiany Sub-County Hospital. Thomas Gehard together with the World Vision team, ran an eye clinic. A total of 343 examinations were carried out, 193 prescriptions for glasses were issued, and 296 pairs of glasses, including sunglasses, were distributed. 47 cataract operations were performed on site by staff from the Fred Hollows Foundation. The new dental unit was also put to inten-

sive use, treating 170 people. In the gynaecological field, Berit Kadoch-Lattorf examined a total of 135 women. The project received financial support from Rotary, in particular from the Rotary Clubs of Weinheim and Babenhausen. The camp was an excellent success and demonstrated once again just how great the need for specialist medical care is in Siaya County.



Thomas Gehard during an examination

25 years of Mothers' Mercy Home

By Karin Thormählen

The MMH opened in 2001 with 84 children. Its 25th anniversary was recently celebrated in a ceremonious event. These have been 25 years full of hope, care and community.

Numerous church representatives, women from the Mothers' Union from all over Kenya, and guests from abroad (e.g. from Nigeria) gathered to celebrate the special

day. The programme included many moving speeches, communal prayers and joyful singing. Particularly touching was the performance by the children from the MMH for Bishop Charles, which brought a smile to all the guests' faces. The celebration lasted more than five hours. Memories were shared and thanks were given – including to us as the largest sponsor – for

25 years of commitment, love and support for children and families.

A shared meal wonderfully rounded-off to the event, during which the sense of community was once again visible and palpable.

Read more about this here: <https://cargohumancare.de/erwaehnnenswert/25-jahre-mmh/>



Naming and date of birth in Kenya

By Sieglinde Reinhard

“What’s your name?” and “How old are you?” – children in Germany can answer these questions from a very young age. In Kenya, these questions are less significant and are often answered incorrectly.

When managing the CHC sponsorships, it is noticeable that names and ages change. Spellings change, additional surnames appear, and first or last names change completely. One young person completely changed his full name upon entering the JKR training programme.

The reason for this is an inconsistent na-

ming system, shaped by various ethnic and cultural influences. Often, a name consists of three parts: a (usually European) first name, a clan name or the name of a grandfather, and a further name from the parents' family. As a result, siblings have different surnames, so that family ties are not immediately apparent.

When people are admitted to the MMH or the medical sponsorship schemes, reliable details are often missing if no documents are available. Furthermore, relatives frequently know only individual or incorrect

names and are unsure of their spelling. A definitive name is usually only established in adulthood with the first ID card. Upon reaching retirement age, many adults then make themselves appear younger again so they can remain in employment for longer. In any case, when it comes to supporting sponsored children, we have learnt not to be taken by surprise by changes to the names or ages of our sponsored children.