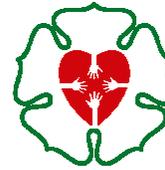


Pangani Lutheran Children Centre



F R I E N D

A friend in need is a friend indeed.

July 2014
Bulletin 28

- Identified and discussed factors that can interfere with a child's development.
- Presented information about how stress affects the body and a "stress thermometer."
- Provided information about stress reaction – fight, flight, and freeze – and traumatic stress.

Before the seminars came to the end the trainees were given ample time for discussion. This time the trainer elaborated the triggers: • what they are and how they affect the body, emotions, and actions/reactions. • Ways to manage the body's reaction to stress and traumatic stress. • Encouraged the use of positive reinforcement for positive behaviors.

Mary Mshana

ITEMS OF PRAYER CONCERN

- ★ Wangui who broke her leg for quick healing.
- ★ Susan who has unusual learning difficulties.
- ★ Psychological healing among the traumatized children
- ★ The drunkards and drug using parents/guardians for the lord to help them in restoring their lost dignity
- ★ This year's summer camp 18th – 22nd August
- ★ The continuing development of the plot in Ongata Rongai (classrooms for special program construction)

NEWS IN BRIEF

- » We are in the process of tendering for the school building and hopefully will soon start building in Ongata Rongai.
- » MEW and ZMOe have decided not to send weltwaerts volunteers for the year 2014/15, because of the German government's requirements .
- » A new social worker Agnes Soitara joined PLCC. She is placed at the Notburga House, Ongata Rongai.
- » March was a month with many visitors to PLCC: ELCA-Global Mission East Africa Regional Representatives Rev. Deborah and Dr. Troester, Africa Desk (ZMOe) Kristin Lootze, former PLCC

volunteers Elisabeth and Johanna, and Tumsifu Choir from Jerusalem Parish (Nairobi) who spent the better part of the afternoon 23.3.14 with the Rongai children. We thank all of them for their intimate relationship and say: Welcome again!



*Tumsifu Choir
handing over presents to the girls*



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My dears PLCC friends,

This is another time of the year to communicate to you on the current situation at PLCC. First and foremost we would like to thank all of our readers for the continuous support. Please know that every support towards this noble service is very much appreciated.



Everyday's work at PLCC is touching life. We have seen children who were emotionally hurting getting healed; homeless finding a home; the neglected finding a way back to families and cold children feel warm.

During this year's intake one parent was being interviewed and among the other painful things she said, she had this to say, "Since my mother could not afford food, could not pay rent, we had to join the other people on the streets". Now at PLCC she has all the basic needs for her child. This stands as a motivation to all the staff on daily basis though challenges will always be part of a successful work like this of PLCC.

We have children in all levels of education, from baby class to colleges proving that a higher number of children are keeping on with their education. But one problem is real; of the children with

learning difficulties due to their background and trauma which caused their brain development interfered. One sad case is that of a girl who at her primary three classes can not remember even on how to write her name. She is being seen in one of the national hospitals in Nairobi, but so far no specific course has been diagnosed by the doctors. Physically she looks healthy, happy and friendly but she cannot learn in a normal classroom.

From an experience like this and others of the similar nature, PLCC has thought ways in which children like 'Shiko' could be helped. We are in a process of constructing classrooms which will be used to teach those who cannot cope with the normal school curriculum to face life challenges with confidence. In this school, we shall be trying to recognize their talents and build on them. Meanwhile the house mothers have been equipped on how to get helpful information from the emotionally hurting children for referral to a professional counselor.

Dear PLCC well wishers and friends, your prayers, your donations, your letters/emails have not been in vain. You are touching a life. Read through to hear testimonies from the staff on ground. Your support will help us to keep the work going.

With warm regards, *Mary Mshana*

MOTIVATION AND GOOD MORAL VALUES

Hello, my name is Beatrice Wanjiru, I am 19 years old. I finished my O-levels last year, in 2013. And because I was doing nothing at home, waiting for my results and this could lead to a bad company like engaging in drug abuse or pregnancy, I decided to be a volunteer at PLCC because they have really helped me a lot.

Early this year 2014 one of the houses at the home of Rongai had no mother to take care of the girls. I was asked to be their big sister. I have been cooking for them, washing their clothes and helping the small girls to bath. I was also teaching them where they needed help and listening to their touching stories. This has made them talk much with me. Also they have known how to cook and wash.

THANKFUL FOR WORKING WITH PLCC AND NEW EXPERIENCES

Since we are approaching the end of our stay with PLCC and Kenya in general, we want to reflect on the last months. We had an extraordinary, sometimes straining but above all lovely time as the first set of volunteers in Notburga House, Rongai. We, personally, value working in PLCC as instructive through encounters, challenges and through the cooperation within the staff. Activities with the children – be it everyday live or special occasions- have been a pleasure. This fact, as we hope and think indeed, is based on mutual sympathy. We also hope that we could facilitate the girls' daily grind and could improve their spare time. Through the moments spent together we felt a strong bond growing between the kids and ourselves. Extraordinary events like the beauty-day spent with the older girls, baking, handcrafting

Working at PLCC has really given me motivation and good moral values like caring for the girls and helping them. I have been playing with them, telling them stories at their free time, which I have enjoyed a lot.

I have gained a lot of knowledge. When one day I will become a parent, I will know how to handle my children. The work here is very good. I always enjoy every bit of it. I really appreciate the supporters who have stretched their hands towards the needy children. God blesses the hand that gives.

Finally I thank the PLCC family because of giving me this chance to volunteer at the home of Rongai.

Beatrice Wanjiru

and promenades as well as daily routines like putting the smaller girls to bed (accompanied by a German lullaby sung together) established mutual trust. We are very thankful for the possibility of working here for one year and for the experiences we have made during that period.

We will dearly miss all PLCC- girls and -staff and hope to see them soon!

Amélie Bakuze Kroneis



Leslie, Rose, Tabitha, Beatrice, Divinah, Mary Facilitators and housemothers during the graduation

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LISTEN TO THIS VERY HURTING STORY

Every year we admit ten girls. During the recruiting time the social worker visits street families finding them with different problems. Listen to one of them by name Wanjiru; a mother of two boys and two girls.



“My mum was born on the street, and she gave birth to her children on the street. If reasonable, she

used to rent a house in the slum area. But since sometimes she didn't get enough money for food, she also could not pay rent; so we joined other people on the street.”

When Wanjiru was narrating her story, she was bitterly crying. She asked me: “You have listened, now tell me why was I born in a poor family? My children are born on



as a social worker, thank God for PLCC opening hands to help and listen to such people like Wanjiru, when they need to share a story of their life.

Susan Gatonga

MOTHERS' TRAINING

For the first time since we moved to the new centre in Ongata Rongai, in the months of March and April this year we were able to have training sessions with the house mothers. The aim of the training was to equip the mothers on how to restore to the children the lost motherly care.

To have the aim achieved, the mothers were trained on how to communicate

the street too and now I can't tell who their father is, since I used to do prostitution in order to get money. By begging I don't get enough money for food and drugs which I cannot stay without. My brother is a street person too; he is married and has some kids. I don't know why I have to go through this life. The fact is if I do not take drugs, I feel useless. I have to take it in order to move on with my life though I know drugs are not good. (She laughed out of despair saying this.) Sometimes I feed my children with dirty and spoiled food, since that is the kind of life I grew up in and this is what I can afford. I wish my children can get a better life than mine. I know God is listening to my request.” - Still crying with a lot of bitterness.

Many street families suffer a lot but they do not have anyone to tell their story. I,

as a social worker, thank God for PLCC opening hands to help and listen to such people like Wanjiru, when they need to share a story of their life.

with girls (parenting), effects of their background & trauma and identifying behaviors, actions and qualities to be discouraged or encouraged among other topics.

On the effect of girls' backgrounds and trauma the trainer Leslie Fonner equipped the mothers with:

- Reviewed developmental milestones for children, ages birth to 18 years old.