

Summer Appeal



Hospice Care Kenya



UK Registered Charity No. 1001709

Summer Newsletter and Appeal

August 2008

Mission statement:

Hospice Care Kenya raises funds for the hospice movement in Kenya and helps promote the development of regional hospice centres there. Eight hospices are currently supported and others are in prospect. The emphasis has been to support the professional training of doctors and nurses in hospice work and palliative care but we also help hospices to set up premises and buy equipment, drugs, vehicles (for home care visits), and medicines.

The Situation in Kenya

HCK Trustee Gwen Cottrell and her husband Derek visited Kenya shortly after the worst of the post-election violence had subsided. This report from their visit indicates a welcome return to normality for the hospices, albeit with added pressures and concerns.

Meru Hospice, 12th March

Fortunately, this northern district in the foothills of Mt Kenya avoided the worst of the violence and chaos. Even so, the political upheavals affected transportation and distribution across the region and, as in the rest of Kenya, everybody has been feeling the strains of increased prices and shortages of basic foodstuffs. People were concerned about meeting basic needs and increased pressure on land has been bringing with it anxiety for ownership of land and small holdings.

On our way to Samburu we visited Dr Bactrin Killingo and his team at Meru Hospice. The former residential house in central Meru is conveniently laid out, with a lovely garden too. It has great potential as a hospice. Although, at the time of our visit, the interior looked rather empty and bare, needing a splash of colour and soft furnishings. The welcome we received was far from empty and we enjoyed meeting everyone.

A Home Visit

We joined a nurse, Doris, and Faith, a volunteer, on a visit to Lucy Kaarina, who has cancer of the cervix. She lives in a rented single room, one of a row of about ten, close to the central market, in the Kooje

area of small plots and compounds. When we arrived she was lying outside under a group of tall, dense banana trees, on a thin mattress and covered with a couple of kangas. This was a cool and pleasant spot, in fact quite comfortable as she was able to watch the activity around and children playing nearby. Her youngest daughter, the only member of the large family who cares for her on a day-to-day basis, joined the meeting. Doris showed her how to give drugs and perform simple practical caring tasks for her mother. The daughter sells



newspapers to motorists passing by. If she is lucky, she sells 25 copies in a day but only 8 at a weekend, earning 5 KES (about 3p) for each copy sold. We wondered whether she was forced into other work as well. We watched as carer and patient communicated. You could feel Lucy's spirits lifting, her face broke into a smile, she shifted her body and levered herself up on her stick into a sitting position. That achieved, this brave lady joined more vocally in the conversation, sharing a joke

www.hospicecarekenya.com

Donate online: <http://tinyurl.com/2yr3ra>

and obvious delight at being the centre of attention, at least for short while.

Kijabe Hospital - Palliative Care Unit, 17 March

Kijabe Hospital is well known throughout Eastern Africa. Patients seek it out from all over the region. Many despairing or displaced people from the trouble-spots further North in the Rift Valley come to Kijabe for treatment and help.

Perched on a plateau above the Rift Valley, a few kilometres off the main highway north to Nakuru, Kisumu, Uganda and other countries neighbouring Kenya, Kijabe is a busy Mission hospital. There is great diversity amongst its patients as it serves the local community and people from regional centres as well as distant communities towards the borders with Sudan. Two nurses, Naomi Ndungu and Margaret Ngugi, have been promoting palliative care work and are supported by Charlie Besley, a UK Mission doctor. Naomi and Margaret showed us their tiny office which constitutes the palliative care space. Far from ideal, they rely on using examination rooms off the main wards for patient meetings. We were impressed by the team's commitment and drive to provide care for cancer patients, despite the Hospital's overall priority on general medicine, and we witnessed the special relationship they had with the terminally-ill patients, who of necessity were on the general medical wards.

Plans for a New Centre

Supported in principle by the Mission, the team has exciting plans for a dedicated facility for the palliative care work at Kijabe. We were able to see the proposed site and share the vision. As Kijabe Mission Hospital raises funds for capital projects, the palliative care team must begin an ambitious fundraising campaign.

Nairobi Hospice, 19th March

We enjoyed a good response to the architectural presentation we gave to more than 25 hospice board members, provincial hospice staff, representatives from APCA (based in Uganda), and KEHPCA itself. We shared design ideas from the acclaimed Maggie's Cancer Care Centres in Scotland

(see www.maggiescentres.org) that could also benefit hospices in Kenya. Our talk, *A Nice Cup of Tea*, shared many design ideas, including how the simple idea of the importance of sharing a cup of tea is central to the effectiveness of the Maggie's Centres. The centre of each of the Maggie's buildings is the equivalent of the heart of a home, with a kitchen area and a large table. On arrival the visitor is offered a cup of tea served at this table. The friendly environment and the familiar gesture quickly put the visitor at ease.

Post-violence Concern and Frustration

Following the recent post-election violence the hospices we visited expressed concern and a feeling of frustration. The story was the same at each, that a number of patients had stopped coming for treatment, either through fear of travelling or lack of money, and others were unable to make any financial contribution in the current hard times. In Nairobi, the start of the local 'franchise' Palliative Care Diploma to be taught by Nairobi Hospice with Oxford Brookes University is severely delayed in the aftermath of the political violence. This distance learning course has been the backbone of learning in palliative care for Kenyan health care staff, many of whom Hospice Care Kenya has been pleased to be able to sponsor for training.

KEHPCA, 19th March

The Kenya Hospice and Palliative Care Association (KEHPCA) is now established in Nairobi and shares accommodation with research teams from African Palliative Care Association (APCA). With a broad overview of hospice services in Kenya, Dr Zippy Ali, KEHPCA's National Coordinator, had identified a need for briefing hospice directors, managers and trustees in skills for the management of hospices. HCK has subsequently made a grant to KEHPCA to help set up a suitable course in management and good governance. The first such course will take place in November 2008, in Nairobi.

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Bristol to Host Kenyan Olympic Team

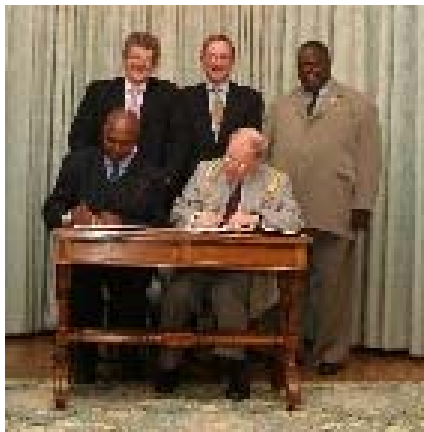


Photo: Standing: left to right: Don Foster MP, Chair of the West of England Working Group for the 2012 Games, Bob Reeves, Director of Sport, Exercise and Health, University of Bristol, Tom O'Omumbo, Director General of the Kenya Olympic Committee Seated: left to right: Kip Keino, Chair of the Kenya Olympic Committee and Peter Abraham, then Lord Mayor of Bristol.

Sporting legend and Chairman of the Kenya Olympic Committee, Dr. Kip Keino, has chosen Bristol, HCK's home since 1999, as Kenya's base for its pre-Games Training Camp for the 2012 Olympic Games and Paralympics. Kip Keino and Tom O'Omumbo, Director General of the Kenya Olympic Committee, visited Bristol last year to sign a collaboration agreement between Bristol and Kenya.

The agreement is supported by the city's sporting bodies, local organisations, Bristol City Council and local universities and colleges. This multi-faceted partnership, which embraces a wide range of educational, business, cultural and sporting links, should benefit all involved and will be of interest to HCK's many supporters in Bristol and its surrounding regions.

Born in Kipsamo, Nandi District, Kenya, Kip Keino was among the first in a long line of successful middle and long distance runners to come from the country and has helped and inspired many of his fellow compatriots to become the athletics force that they are today.

HCK Appoints New Trustee

Sharron Catton, who was brought up in Kenya and later worked for the HCK office when it was based at Harrogate, West Yorkshire, has been appointed as a trustee of HCK. Sharron continues to live at Harrogate and her interests include taking an active role in her local church, dance & drama, and walking – including climbing Mt. Kilimanjaro in 2003!

Archbishop Tutu's Message

The following quotation from HCK's patron, Archbishop Desmond Tutu, is taken from messages of support on the Help the Hospices website for World Hospice and Palliative Care Day (www.worldday.org), which this year will take place on 11 October and be devoted to the theme: 'Hospice and Palliative Care: a Human Right':



Archbishop Tutu
Photographer: Benny Gool

'The prospect of facing a terminal illness and all the physical and emotional suffering that it entails is daunting for anyone. No one should have to face that without any support to relieve their symptoms and pain, calm their anxiety and help them and their family to cope with the situation. But that is the exact situation for millions of people around the world who are living with a terminal illness without any access to hospice and palliative care. There are many countries in the world where hospice and palliative care services barely even exist at all. I urge individuals and governments to take action to change this situation and stop this unbearable suffering.'

A Note for Your Diaries! HCK Reception at St Thomas's Hospital, London, Wednesday 1 April 2009

Professor Mike Richards, CBE, National Clinical Director for Cancer at the UK Department of Health and a patron on HCK, will talk about progress in palliative care over the past decade at a reception for HCK's supporters and friends planned to be held at the Governors' Hall, St Thomas's Hospital, London on Wednesday, 1 April, 2009, 4pm – 7pm. Due to limited space, attendance will be by invitation only, but there will be places for up to 190 supporters. If you would like to attend, please contact HCK's office or mention it in any reply to this newsletter.

Thank you!

Our 'Special Appeal' newsletter in March received a tremendous response from our supporters and we are grateful to all those who sent a donation, as we are to all of our donors.

Particular thanks are due to those who give regularly by standing order or who have organised fundraising events, sometimes over many years. If you would be able to organise an event to raise funds for the Kenya hospices please contact our office in Bristol, telephone: 0117 900 1619 or e-mail us at hck@hospicecarekenya.com. We would be pleased to contact other supporters in your area on your behalf, offer any other advice and assistance and supply you with fundraising leaflets and other materials, e.g. collecting boxes and envelopes or Gift Aid forms. If you would like a speaker from Hospice Care Kenya for your event, please let us know. A number of trustees and others would be happy to give a presentation about our work.

Major donors

Hospice Care Kenya is grateful to the following trusts, organisations and companies which have made welcome and substantial donations during the last 12 months:

The Bartlett Foundation
Friends of St Martin-in-the-Fields, London
Ofenheim Charitable Trust
G W Cadbury Charitable Trust
Malvern College Council Charity Committee
Church of St Mary the Virgin,
Cerne Abbas
The Arimathea Charitable Trust
The Thames Charitable Trust
Newman Charitable Trust
C L Loyd Charitable Trust
ARCAID Trust
The Paget Charitable Trust
The Hawthorne Charitable Trust
Michael & Harriet Maunsell Charitable Trust
A R Good Limited
Drayton Antiques Hospice Care
St Luke's Church, Battersea PCC
St George's Parish Church, Stamford PCC
RIBA Social Committee
Nuneaton Arbury Rotary Club

We have also received several large donations from individuals, sometimes to remember a close relative. Although we do not name them Here, are equally grateful for the generosity these personal donors have shown.

Projects funded this year

Supporters will be interested to know how the money they have donated has been spent. Full details are published each year in HCK's Annual Report and Accounts, available on our website at www.hospicecarekenya.com. In 2007/08 HCK made grants totalling £89,245, almost equal to the total amount of donations received. Grants were made as follows:

Nairobi Hospice

Computers	£1,450
Drugs	£3,600
Human Resource Development	£4,600
New Education Director post	£5,200
Contribution to 2nd Doctor Post	£4,675
Vehicle	£12,200
Total:	£31,725

Nyeri Hospice

Contribution to cost of drugs	£3,000
Cont. to Training health workers	£1,300
Total:	£4,300

Coast Hospice (Mombasa)

Contribution to cost of drugs	£2,100
Cont. to Fundraiser's salary	£7,900
Total:	£10,000

Kijabe Hospital Palliative Care Unit

Vehicle	£6,000
Cont. to nurses' training cost	£4,580
Total:	£10,580

Meru Hospice

Cont. to clinical officer's salary	£2,850
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Nyahururu Hospice

Vehicle	£15,000
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Kisumu Hospice

Emergency funding	£5,000
Cont. to nurse's salary, Siaya	£3,500
Total:	£8,500

Kenya Hospice and Palliative Care Association

Support for APCA delegates	£5,690
Cont. to exploratory meeting re: Nakuru Hospice	£600
Total:	£6,290

Total Disbursed to Kenya

2007/08:	£89,245
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Please help HCK to help the hospices



Hospice Care Kenya

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7 August 2008

Dear HCK Supporters and Friends,

DONATIONS TO HOSPICE CARE KENYA – THANK YOU!

This letter is to say a special 'Thank You' on behalf of all of the trustees of HCK, to all of you who donated so generously to the hospices in Kenya in response to our *Special Appeal* newsletter in March 2008. The total amount raised was remarkable and these gifts and others will benefit the work of one or more of the eight hospices we now assist in Kenya. We appreciate your continued support and that of all of our friends who have helped HCK at other times, some over many years.

Further to the reports in the *Special Appeal* newsletter, the situation in Kenya seems to have improved now, thankfully, following the political agreements reached there earlier this year. Fortunately, most of the hospices we support were able to remain open during most of the post-election crisis. The general picture at present seems to be one of a return to normal work and routines, although in many cases hospices are also having to cope with the extra responsibilities of looking after refugees or displaced or injured people: or have had to do so during the past months.

I am pleased to report that HCK was able to send some 'emergency' relief to the hospices in Kenya, mostly from funds raised by the special appeal. This was in the form of payments for drugs, transport costs, extra medical staff and training for temporary relief workers, and was sent to the hospices looking after refugees or otherwise most affected by the crisis, particularly those in the North and West of Kenya.

Our work is made possible only through the generous donations of our supporters. The hospice staff and the patients and their families in Kenya are always very appreciative of the help that HCK provides through the gifts it receives from its supporters in the UK and elsewhere.

Our Summer 2008 Newsletter and Appeal is included here. I hope that you will enjoy reading it and be able to continue to support the work of Hospice Care Kenya.

Yours sincerely,

Elizabeth Salmon

Elizabeth Salmon
Chair
Hospice Care Kenya