

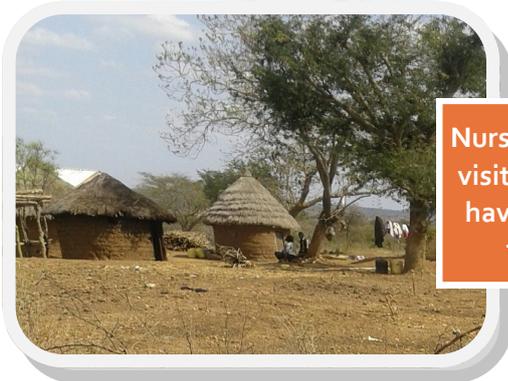
Hospice Care Kenya

Winter Newsletter 2015

Hospice Care Kenya
Registered in England
Charity No. 1141469,

A Trip to Kenya Seeing Where Our Money Goes

In September Liz Salmon Chair of Trustees, Sally Hull Vice-Chair and Lee Barker Director went on an independently funded visit to Kenya to see the projects we have supported. Wherever possible we visited the patients who are being supported by the dedicated individuals providing palliative care in Kenya.



Nurses on a home visit in Kitui. We have supported training .



A home visit in Machakos where we have supported training, equipment and a vehicle.



The Clinic in the Korogocho slums where we have supported Nairobi Hospice with training and a vehicle for outreach.

Community outreach is a priority for us this year and many of the projects we fund involve hospices training staff and volunteers in other outlying areas. In many cases we also provide funds for the transport needed to reach these patients and the drugs they need in order to provide much needed pain relief. In the last twelve months we have given grants totalling £67000.

Thank You for Your Support



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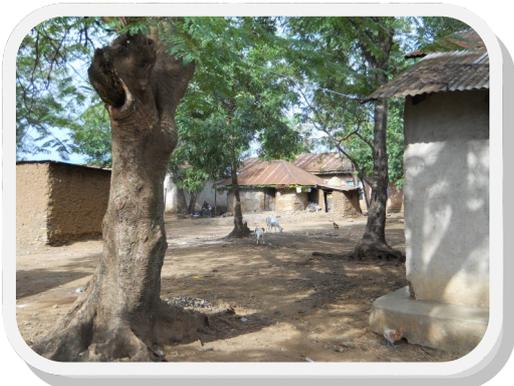
Some of the stories of our visit:

We visited a group of 25 community health volunteers who had recently completed their training by **Kisumu Hospice**. These individuals are unpaid but work up to three days a week looking after up to 150 homes each in their own community.



With unmade roads which are rutted and bumpy, and virtually impassable in the rainy season, it took about forty-five minutes to get there in a four wheel drive vehicle. Bad enough for us but imagine doing this journey in a public minibus when you are ill or in pain and that's after you have been carried out from the village to the "road" on a donkey, motorbike or by relatives.

Ironically but not unusually, the first patient we visited had been a community health volunteer. A widow with two children in their early teens she had Aids, TB and cervical cancer (fast becoming the most common cancer in Kenya). She had been discharged from hospital because "there was nothing the hospital could do for her so she should go home to die." She was lying in virtual darkness in one room of the two room house and was in severe pain as she had been given no pain relief by the hospital. The community health volunteers had asked the Hospice to visit. By 4pm that evening the hospice had dispensed morphine (through our grant) and met up with the volunteer again so that she could deliver the morphine.



At **Thika Level 5 Referral Hospital** we saw their clinic in a tent (ingeniously made from recycled banners from a past palliative care conference)



We visited one of the wards with the two palliative nurses who try to provide palliative care. The patient we saw had been discharged from Nairobi, some 40km away, to her more local hospital as she needed a blood transfusion. She was indeed very pale and clearly fatigued however the hospital were about to send her home because they had no blood. Her family had donated some themselves but this had been sent to Nairobi for screening and would not be back for some time.

With **Nakuru Hospice** we went out on a home visit with one of the nurses. In her two room house we met the 30 year old single mum of two boys aged eleven and thirteen. They are her main carers as she is bedridden with an osteosarcoma of the thigh which has never been treated.



She is receiving pain relief free of charge from the hospice and the community around her look in and try to provide food and the money for her rent. Indeed the hospice nurse also gave the son some money when we were there.

It is inspiring to witness the care but humbling to see the environment in which it is delivered.

Last year, through KEHPCA (Kenya Hospice and Palliative Care Association) we sponsored five students on the Palliative Care Diploma run by the Kenya Medical Training College. As yet there is no degree course in palliative care in Kenya but on our visit we learned that KEHPCA is trying to initiate one. The diploma course is therefore very important in developing the skills that are needed to support the delivery of palliative care. Many of the students go back to train and enthuse others with what they have learned and so the skill base grows. Each student also carries out a research project which in many cases provides “local solutions for local problems”.



Liz talking to KMTC Students. On the right is a soldier who, after many years trying, has persuaded the army to develop palliative care in their hospital.

A Fond Farewell To Liz Salmon as Chair of Trustees and Welcome to Sally Hull



Liz began as a Trustee with HCK in 2000 and became Chair of Trustees in 2002. When asked what the most important changes in HCK were during her term of office she said

a) The development of KEHPCA, (Kenya Hospice and Palliative Care Association). HCK was part of the early discussions about setting up KEHPCA. They have been an enormous force in enabling palliative care to become more visible through Kenya, and for supporting new units, training and the general direction of health policy in Kenya and beyond.

b) The emphasis on training – increasingly for community health workers.

c) The pattern of visiting the hospices every 2 years or so (which Liz started and has built up a close personal knowledge). A visit from funders boosts morale in the hospices and enables them to explain and demonstrate their needs “

Liz leaves with the charity in good shape for the future. We know she will continue to support HCK with her wisdom, practical good sense – and her marmalade sales – she must have sold thousands of jars, and is never without a stash in the boot of her car!

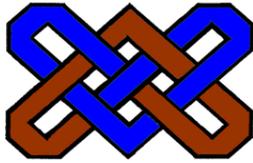


Sally Hull takes over from Liz as Chair of Trustees in January 2016. Sally is a practising GP with a research post at Queen Mary University of London, and has been a Trustee since 2007.

She has family connections in Kenya, and became involved with HCK after visiting Coast Hospice in Mombasa – before it had premises - and seeing the challenge for palliative care.

“It’s an exciting time to take over this role from Liz. The existing hospices are well established, morphine supplies are more available and there are good training courses for nurses. But in so much of the country the need for palliative care remains hidden from view. Supporting community health workers who act as “barefoot nurses” in local communities, and extending the reach of paediatric palliative care are just two of the challenges for the future.”

We are sure that everyone associated with Hospice Care Kenya will join us in saying Thank You to Liz for all that she has done to Facilitate and support the development of palliative care in Kenya.



Hospice Care Kenya

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Archbishop Desmond Tutu
Prof. Sir Mike Richards
Mike Wooldridge, OBE

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Dr Sally Hull
(Dep. Chair)
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(Hon. Treasurer)
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David Worthington
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Director

Lee Barker

Ways to donate to or pay Hospice Care Kenya

By cheque or CAF voucher: Please send cheques or vouchers to HCK, PO Box 491, Scarborough, YO 11 9FG, UK. Please enclose a Gift Aid Declaration form if you are sending a cheque and pay tax in the UK, or ask us to send you a form. HCK can claim an extra 25% from HMRC for all Gift-Aided donations, at no extra cost to you.

Via BACS or electronic banking: via HSBC to: CAF Bank Ltd, Account Name: Hospice Care Kenya, Sort Code: 40-52-40, Account No: 00005079.



Working Together So That In Kenya No-one Should Die In Pain — UMOJA!



This year at Christmas instead of sending all your friends a Christmas Card why don't you donate the money you would have spent on cards to Hospice Care Kenya and we will send an e-mail to your friends instead! Just e-mail hck@hospicecarekenya with details of your donation, your list of addresses and a personal message if you wish and we will do the rest!

Or

Buy a virtual gift from us and not only will your gift be the ideal present for "someone who has everything" but it will raise awareness of the work we do and contribute directly to our funds to do it. Gifts available are:

Nurse for a Day	£10.00
Drugs for a Day	£10.00
Transport for Community Care for a Month	£20.00
Running Costs of Palliative Care Centre for a Week	£25.00
Training a Community Health Volunteer	£50.00

We Wish You All a Happy Christmas and a Healthy New Year

Ways to Work with Us Throughout The Year

Support Us at a Brandenburg Concert

As part of the Brandenburg Festival Series in Spring and Autumn, they support a charity at each concert and we are one of the charities. Tickets are £18.00 and we will receive 50% of every ticket we sell as well as the proceeds of the collection on the night. Contact us for details of our next concert!

Hold An Event

Several of our supporters hold coffee mornings, poetry readings or other events to raise funds on our behalf. These "extra pairs of hands" are invaluable in raising funds on our behalf.

Take Part in a Charity Challenge

If you or anyone you know wants to take part in a fundraising challenge we can support them to raise funds on our behalf and even provide the T-Shirt!

Consider Regular Giving

We can send you a form by which you will be able to tell your bank to send us a donation on a regular basis - be this monthly, quarterly or annually or as often as you wish. Once set up it happens without you needing to think about it and the benefit for us is that we know we are getting funds in on a regular basis and can plan accordingly.