



# Hospice Care Kenya



UK Registered Charity No. 1001709

Newsletter

Summer 2009

## Nyeri Hospice Wins International Award!

Congratulations to all at Nyeri Hospice, winner of the Development Award in the International Journal of Palliative Nursing's 2009 awards. These are presented in London each year to celebrate the outstanding work carried out by palliative nurses worldwide. Further details are published on the web at [www.ijpn.co.uk/awards.shtml](http://www.ijpn.co.uk/awards.shtml). The photos below show CEO Saraphina Gichohi (on the right) and her staff at Nyeri Hospice with the award and, below, a close-up of the First Prize Award Certificate.

## Hospice Care Kenya Visits London...



Staff at Nyeri Hospice with the Award

On what turned out to be a momentous day for the Capital in other ways too - world leaders including US President Barack Obama were in London for a G20 Conference that day - on Wednesday 1 April HCK held a reception at the Governors' Hall, St Thomas's Hospital, London. At this historic spot opposite Britain's Houses of Parliament, a group of about 50 donors, supporters and contacts joined three of HCK's patrons, Lord Carey, Professor Mike Richards and Michael Wooldridge, and six of its trustees to



The Prize Award Certificate



The HCK Cake

celebrate 20 years of progress in hospice and palliative care provision worldwide and specifically in the UK and Kenya. Professor Richards, National Clinical Director for Cancer for the UK's National Health Service, spoke about progress in cancer and end-of-

[www.hospicecarekenya.com](http://www.hospicecarekenya.com)

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

life care in the UK over the last 20 years. HCK's Chair Elizabeth Salmon gave an account of developments in Kenya and HCK's work there over the same period since the establishment of Nairobi Hospice in 1990. The speakers and trustees then answered questions from the audience and words of thanks were given by Lord Carey, the former Archbishop of Canterbury.



Trustees and cake at HCK's London reception on 1 April 2009. From left: Dr Mike Hughes, Gwen Cottrell, Liz Salmon (Chair, holding cake) Sharron Catton, Dr Sally Hull, and Brian Lloyd, FCA (Hon. Treasurer).

### Diploma Course re-starts at Nairobi



On 13 July 2009 some 30 students from Kenya and other African countries will begin their studies for the 18-month Diploma in Higher Education in Palliative Care course at Nairobi Hospice. The Diploma is being taught at the hospice under new franchise arrangements agreed with Oxford Brookes University in the UK. Through the generous donations of its supporters, HCK will be paying the full course fees for a total of eight students, from Nyeri, Eldoret, Meru,

Nyahururu and Kisumu hospices and Moi Teaching and Referral Hospital at Eldoret, and contributing to the cost of fees for one other student from Kisumu Hospice.

### Visitors to Coast Hospice

The congregation and staff at St Mary's Church, Cerne Abbas, Dorset, has been supporting the hospices in Kenya most generously for many years via HCK, one of the Church's *Partners in Mission*. In February this year HCK was pleased to help arrange for Michael and Barbara Fulford-Dobson from St Mary's to visit Coast Hospice during a private trip to Mombasa.

Captain Fulford-Dobson, a Church Warden at St Mary's, has written a report of their visit, which included accompanying staff on home visits to patients. This first-hand account of the work of a hospice in Kenya will be of interest to all of our supporters and excerpts from it are reproduced here:

"On Friday 13<sup>th</sup> February we were collected from the Mombasa Club by the Hospice car, driven John Nyiri (the hospice driver and cleaner) and taken to the Coast Hospice, located near the Coast Provincial General Hospital and next to the Medical Training College at Mombasa. On arrival we were met by Mildred Omondi, Fundraising Officer, and given a warm welcome to the Hospice. We were introduced to Dorcas Olong, the Matron, Eric Amisi, a Nursing Officer and the Administrator, Cecilia Kiogora and Christine Nechesa, Nursing Officers, and to Nancy Mura, Secretary. We were then shown round the Hospice which consists mainly of a central room for reception and administration, two or three consulting/treatment rooms, a drug store, and a general store cupboard.

CHAIR'S COFFEE MORNING  
FOR HOSPICE CARE KENYA,  
ISLINGTON, LONDON, N1 2NP



Coffee morning, Saturday 18th July, 10.00am - 12.30pm, with cakes, preserves, cards, stationery and gifts for sale to support HCK. To book your place please telephone Liz Salmon, Chair, HCK on 0207 3548031 or e-mail her at [liz2005salmon@hotmail.com](mailto:liz2005salmon@hotmail.com)

**Patrons: Lord Carey, Professor Michael Richards, Archbishop Desmond Tutu, Michael Wooldridge**

After a briefing on the work and structure of the hospice we set out in the hospice car with Eric, Dorcas, Mildred and driver John to make home visits to two patients. We crossed on a car ferry and set out on the road to Ukunda, near Diani, about half an hour's drive south from Mombasa. Leaving the main road we travelled on dirt roads to a small settlement of farms to see the first patient, Salim, a 38-year-old man with a dreadful and disfiguring cancer of his lower lip. He had been told of our visit and was quite happy for us to be there.



Michael Fulford-Dobson visiting a patient at home

Salim is a married man with two wives (as is the custom) and two children by each. He suffered his disfigurement for the want of the equivalent of about £250 for an operation to remove the worst of his tumour. It seemed that he received no medical help other than the periodic visits by the hospice team, who attend to his palliative care. He is also HIV positive. The tragedy of this man is that not only does he have two debilitating diseases but also the physical disfigurement of his lower lip, which is terrible to behold and thus causes him to be shunned by other people. His life could be greatly enhanced by surgery, which is only denied him by the lack of money. He does his best to keep his family going with his goats and chickens and collecting coral rock, which he sells on for building purposes.

We then drove on to Diani to visit another patient, Emma, a middle aged woman with cancer of the cervix. She lives with her grown-up son. She receives her palliative care from the hospice visits and it was nice that we ended this visit with a prayer.

Having finished these home visits we returned to Mombasa and the hospice. There, over some welcome refreshments kindly provided by the

hospice team, we discussed the visits and the work of the hospice.

Its current workload includes something like 100 patients out in the country who receive home visits as it would not be possible for them to get to the hospice. In addition, some 25 patients are seen each week at the hospice. This is managed by a Board of Trustees, chaired by the founder of the Hospice, Faustin Mgendi. Apart from Faustin, all of the other staff we met are employees of the hospice.

They told me that whole operation costs around 1.5 Million Kenya Shillings (approx. £13,000) per annum to run, all of which has to be raised locally or from HCK and other donors abroad. One of their problems is having only one car and four nursing officers; with the majority of patients being seen out in the country, they have a problem in organising the nursing officers to get out to see the patients. Thus the number of visits is necessarily curtailed. On the plus side we found the team to be very cheerful and enthusiastic about their work, and very positive in the approach to their problems.

Since our return from Kenya we have had one very good piece of news. We felt so sorry for Salim and his predicament that we left sufficient money with the hospice people to enable him to have the operation to help him and get the medical attention he needed just to improve his quality of life. The tumour has now been removed successfully and Salim is waiting for the area to heal before going to Nairobi for palliative radiotherapy. About another £150 is needed for him for fees and post-operative care. We are going to try to raise this locally in the UK and look forward to hearing further news of Salim's progress and being able to raise the necessary funding to complete the treatment so successfully started.

We were very glad of the opportunity to visit the hospice, see its work and see at first hand what a worthwhile charity St. Mary's in Cerne Abbas is helping to support through Hospice Care Kenya."

Michael Fulford-Dobson.  
Cerne Abbey, Dorset.

Support HCK by using our Amazon Online Bookshop! Visit it at <http://astore.amazon.co.uk/hoscarken06-21>

**Trustees: Liz Salmon (Chair), Brian Lloyd (Hon. Treasurer), Sharron Catton, Gwen Cottrell, Mike Hughes, Sally Hull, Keith Wood, David Worthington**

## KENYA COFFEE MORNING

In aid of Hospice Care Kenya

### KENYANS STILL NEED OUR SUPPORT

Do please come to our 13<sup>th</sup> Annual Coffee Morning on **Saturday 10th October 2009, from 10.30 am,** at **"Salama" 15, Blundell's Avenue, Tiverton, Devon** (Tel 01884 254744, e: [gordon.j.davies@sky.com](mailto:gordon.j.davies@sky.com))



Gordon & Anne Davies continue to raise essential funds for Hospice Care Kenya, a UK-based registered charity devoted to providing palliative care for terminally ill Kenyans. Nine registered hospices throughout Kenya are now supported, but so much more remains to be done.

***We can all make a difference – so please help!***  
SALE OF PRODUCE, JAMS & PLANTS ~ BRING & BUY ~ RAFFLE

By co-incidence, in February Coast Hospice received a second visit from long-term HCK supporters from the UK, when Gordon and Anne Davies visited the Hospice during their holiday in Mombasa. They were also able to deliver a syringe driver donated via HCK Trustee Dr Sally Hull. The photo below shows Anne Davies presenting the syringe driver to staff at the hospice.



Anne Davies with Coast Hospice Staff

Gordon and Anne Davies's Kenya Coffee Mornings at their home in Tiverton, Devon, have become an established feature of support for HCK over the past 12 years.

These and their other contributions have now raised a total of more than £6,000 (plus Gift Aid in many cases) for the hospices in Kenya. Details of their 13<sup>th</sup> Annual Kenya Coffee Morning at Tiverton on Saturday, 10 October 2009 are given opposite. Supporters should please contact Gordon and Anne directly if they would like to attend.

### New ways to donate to Hospice Care Kenya

Supporters can now donate to HCK online and pay with a **credit or debit card** via the Web. UK taxpayers can add Gift Aid to a donation. The short-cut <http://tinyurl.com/2yr3ra> will take you directly to a CAF Bank webpage where options to give to HCK are available. Our web page [www.hospicecarekenya.com/Donating.html](http://www.hospicecarekenya.com/Donating.html) describes this and a number of other ways to donate. Select 'Click here for the link to CAF' to donate online. Alternatively, donations to HCK via JustGiving can be made at [www.justgiving.com/hospicecarekenya/supportus](http://www.justgiving.com/hospicecarekenya/supportus)

### Land Rover for Kijabe



Earlier this year HCK contributed funds to AIC Kijabe Hospital for a second-hand Land Rover, above, which will allow Dr Charlie Besley and his palliative care team there to make home visits to patients more easily.

**Please note our new address:**  
We have moved! In January 2008 Hospice Care Kenya moved its office in Bristol to:  
**11 Saville Place**  
**Bristol**  
**BS8 4EJ**  
Please do not send mail to our old office at Church House.



# Hospice Care Kenya

Registered Charity No. 1001709

## HELP US TO HELP THE HOSPICES

I enclose a cheque/CAFvoucher for £\_\_\_\_\_ payable to Hospice Care Kenya.

*NB: If you are a tax payer, please sign instead the separate Gift Aid declaration form to enable Hospice Care Kenya to reclaim tax on your donation (currently 28p for each £1 you give).*

Title ..... Forename(s) .....

Surname .....

Home Address .....

.....Postcode.....

E-mail.....Send newsletters by e-mail? Yes/No

*Please send this form with your donation to Hospice Care Kenya, Saville Court, 11 Saville Place, Clifton, Bristol, BS8 4EJ.*

*Or visit [www.hospicecarekenya.com/Donating.html](http://www.hospicecarekenya.com/Donating.html) or <http://www.justgiving.com/hospicecarekenya> to donate online.*

*Please tick box for receipt:*

Signed..... Date ..... NLS09

# Gift Aid declaration

*giftaid it*

and Donation Form

Name of charity or CASC Hospice Care Kenya

Please treat the enclosed gift of £ \_\_\_\_\_ as a Gift Aid donation.

You must pay an amount of Income Tax and/or Capital Gains Tax for this tax year at least equal to the tax that the charity or Community Amateur Sports Club (CASC) will claim from HM Revenue & Customs on your Gift Aid donation.

## Donor's details

Title \_\_\_\_\_ Initial(s) \_\_\_\_\_ Surname \_\_\_\_\_

Home address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Postcode \_\_\_\_\_ Date \_\_\_\_\_ NLS09

Signature \_\_\_\_\_

Please notify the charity or CASC if you change your name or home address.

### Tax claimed by the charity or CASC

- The charity or CASC will reclaim 25p of tax on every £1 you give.
- The Government will pay to the charity or CASC an additional 3p on every £1 you give between 6 April 2008 and 5 April 2011. This transitional relief for the charity or CASC does not affect your personal tax position.

If you pay income tax at the higher rate, you must include all your Gift Aid donations on your Self Assessment tax return if you want to receive the additional tax relief due to you.



# Hospice Care Kenya

Registered Charity No. 1001 709

## STANDING ORDER FORM

*Please complete the separate Gift Aid Declaration, if appropriate*

Name and full postal address of your Bank or Building Society:

To: The Manager \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

Name(s) of account holder(s):

\_\_\_\_\_

Branch Sort Code: \_\_\_\_\_

Account number: \_\_\_\_\_

Please pay to **Hospice Care Kenya** at CAF Bank, A/C 40-52-40 00005079

The sum of £ \_\_\_\_\_ (figures)

\_\_\_\_\_ (words)

Frequency: **monthly / quarterly / half yearly / yearly**  
(delete as appropriate)

Beginning on: \_\_\_\_\_ day \_\_\_\_\_ month \_\_\_\_\_ year

and continuing until otherwise instructed

Signed \_\_\_\_\_

Full name \_\_\_\_\_

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