

Christmas Appeal 2009



UK Registered Charity No. 1001709

Newsletter

Winter 2009

Progress at Nakuru Hospice



Nurses working from the new Nakuru Hospice's temporary office.

In our 2007 and 2008 Winter newsletters we reported that a building had been found to set up a new hospice at Nakuru and that HCK had made a small grant to help with set-up costs there. Rapid progress continues to be made and the hospice is already treating patients. A building refurbishment project has been costed and is due to start in the New Year, with good local support from donors including Safaricom, a leading telecommunications company in Kenya. At its meeting in November 2009 HCK decided to make a further grant of £5,000 to the new hospice for

specialised furniture and equipment needed for the new building once it is refurbished.

News on progress at Nakuru has just been received from Elizabeth Ndungu, CEO, and Dr Zipporah Ali and members of her team at KEHPCA, who visited the new hospice in November and also took the photos shown here. Their two reports will be of interest and edited extracts are reproduced here. Elizabeth writes: 'Currently the Hospice operates from a small room which is at the Casualty Department at Rift Valley Provincial General Hospital, Nakuru. The Hospice's activities are conducted by [the CEO] and two nurses, Afia and Pamela, seconded from the Ministry of Health. The hospice operations [home visits and outpatients – the hospice is not and will not be residential] started on 1st June 2009. So far it is providing palliative care services to 107 patients and their families from Nakuru, Bahati, Subukia Rongai, Njoro, Koibatek Naivasha, Molo, Londiani and Narok. The number of patients keeps on increasing as we continue to be better known.'



A home visit to a patient

www.hospicecarekenya.com

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

'The Ministry of Health allocated an old casualty building that had been partly burned down several years ago [and is now] in process of being renovated for use as a hospice. [With the support of] the Hon. Member of Parliament for Nakuru Town, we have been funded by the Nakuru Constituency Development Fund (CDF) (Ksh. 1m) and the Safaricom Foundation (Ksh 3.9m) to renovate this building at a total cost estimated at Ksh 4,901,676 (about £41,000). The process of tendering is in place and we hope to start renovation works in December 2009.'



Hospice wheels: Nairobi Hospice's new motorbike

to the post office or bank. A case was made to HCK and funds were agreed last year, enabling Nairobi Hospice to purchase the two new vehicles pictured here.



A patient's home

In November KEHPCA National Co-ordinator Dr Zipporah Ali wrote: 'The new hospices are truly a blessing to the communities where they are situated. We visited Nakuru Hospice last week. It was so gratifying to see the little room next to causality that has been given to them. We had a meeting with the team and some of the board members. We also visited some of their patients in the wards [at the Rift Valley Hospital] and at home. I gave a talk to the Rotary Club over lunch hour, so I hope they will support to the hospice. I think Elizabeth and her team are doing a great job under difficult circumstances.'

New Vehicles for Nairobi Hospice

When the 4x4 jeep donated by HCK many years ago came to the end of its own days, Nairobi Hospice asked for funds for it to be replaced with two vehicles: a car for medical staff and their equipment to visit patients and a motorbike to travel more quickly through Nairobi's traffic on small errands, for example



Nairobi Hospice staff using the new car to visit a patient

Dr Jazz Plays for HCK!



Bristol medics' band 'Dr Jazz' raised at least £450 for HCK at a garden party in September 2009. Our thanks to hosts Catherine and Gareth Greenslade, 'Dr Jazz', and all those who supported us.

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

Hospice Numbers Continue to Increase

Latest figures from KEHPCA show that the number of palliative care service points in Kenya has increased significantly over the past 18 months, partly as a result of the continuing supply of specialist nurses trained at Nairobi Hospice and the work of KEHPCA. Dr Brigid Sirengo, CEO and Director of Education at Nairobi comments: 'It is so gratifying to see so many facilities for palliative care spreading in the country mainly as a result of the professionals we have trained. At the moment there are a total of 26 such facilities in the country.'

KENYA COFFEE MORNING

In aid of Hospice Care Kenya



Once again we are grateful to Gordon & Anne Davies who continue to raise essential funds for HCK through their annual coffee mornings at Tiverton in Devon. Their 13th such event in October 2009 raised an impressive £399, bringing the total with Gift Aid to over £430 for the hospices in Kenya.

***We can all make a difference – so please help!
Would you like to organise a home event to help Hospice Care Kenya? Please contact our Bristol office.***

SALE OF PRODUCE, JAMS & PLANTS ~ BRING & BUY ~ RAFFLE ~ GARDEN PARTY

World Hospice and Palliative Care Day 2009 Celebrated in Style



The Trophy

In a fun-filled World Hospice and Palliative Care Day 2009, the National Association, KEHPCA, and almost all hospices and palliative care providers and supporters in Kenya participated in a successful under-14s football event at Ligi Ndogo grounds, Nairobi.

There were seven under-14 teams playing football finals while palliative care messages were being passed to the crowd. The voices of policy makers, caregivers, health workers and families were heard with Dr. Osoro representing Hon. Beth Mugo, Kenyan Minister of Public Health and Sanitation as Guest of Honour. It was an entertaining day, as the photographs here show.



The Winners of the Trophy!



Dr Ali of KEHPCA



Naomi Njeri Ndungu from Kijabe



Dr Brigid Sirengo, CEO & Director of Education at Nairobi Hospice and Vice-Chair of KEHPCA with Dr Julia Downing, Deputy Executive Director of APCA.

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

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 may 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 describes this and a number of other ways to donate. Select 'Donate Now' by the line 'Click here for the link to CAF' to give online. Alternatively, donations to HCK via Just Giving can be made at www.justgiving.com/hospicecarekenya

Malvern Raises over £6,000 for Hospices in Kenya!



Malvern College, Worcestershire. Photo: Malvern College (www.malcol.net)

Students, staff, parents and guests at Malvern College and others in the community of Malvern have raised more than £6,000 for Hospice Care Kenya over the past two years.

Following an initial generous donation of £1,500 in March 2008 when the Malvern College Council Charity Committee elected HCK as one of the charities it would support for 2008, in a series of events – with fundraising often led by Iain Sloan and his wife Gwyn, a former trustee of HCK – the Malvern Community has raised more than an additional £4,500 for the charity.

In April 2008 collections at two performances of 'Dido and Aeneas' by the Malvern College Chamber Choir, directed by Iain Sloan, raised £410. In October pupils and staff at the Malvern Parish Church of England Primary School raised £282 for HCK, building on existing links with East Africa. In November that year, the audiences of the Malvern College Senior Play 'Les Miserables' showed their appreciation of the excellent performances by donating a stunning total of £825 to HCK. Bringing an international dimension to the fundraising, in July 2009 the Chamber Choir of Malvern College (directed by Iain) toured The Netherlands, performing in Amsterdam and at St. Vitus Church,

Hilversum, where Gwyn made a short address highlighting the work of HCK and the hospices in Kenya. The congregation showed their appreciation of the fine music by donating a total of £534 (in Euros!) to HCK. Continuing the international connections, in November a concert at Malvern College by The Symphonic Wind Band of the Union Lyrique, Cherbourg, France (conducted by Phillipe Arnaud) raised a further £211 for the charity. In December, the Malvern Festival Chorus generously donated a total of £1,566 from the Christmas Concert in Malvern Priory and a collection from 'Carols for All'. The Malvern College Musicians also performed at Malvern Priory as part of a 'Lunch box' series of concerts, raising £144 for HCK.



Malvern College Jazz Band playing at Malvern Priory as part of the Lunch Box series. Photo: Malvern College

Hospice Care Kenya would like to say a very big 'thank you' to all in the Malvern community, those in the Netherlands and Cherbourg, and especially Iain and Gwyn Sloan for everything they have done in the last two years – and over many years before – to support the hospices in Kenya. Dare we say, there are plenty of ideas in this account for any other institutions who may be thinking of following Malvern's lead! If you would like to organise an event to support HCK, please contact our Bristol office.

We have moved again....

Local Bristol charity [St Peter's Hospice](http://www.stpetershospice.org.uk) has very kindly provided a rent-free office for HCK above one of its 45+ charity shops in the Bristol area. Our new address is:

Top Floor

95 Gloucester Road

Bristol, BS7 8AT

Tel: 01275 376916

E-mail: hck@hospicecarekenya.com



Hospice Care Kenya

UK Registered Charity 1001709

Top Floor, 95 Gloucester Road, Bristol, BS7 8AT

STANDING ORDER FORM

Please also sign 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 _____

Bank or Building Society Account Number _____

Please pay to **HOSPICE CARE KENYA**

Account No: 00005079 Sort Code: 40-52-40

The sum of £ _____ (figures)

_____ (words)

monthly / quarterly / half yearly / annually

(delete as appropriate)

Beginning: Day _____ Month _____ Year _____

and continuing until otherwise instructed.

Signature _____ Date _____

Full name _____

Please send this form to Hospice Care Kenya, which will forward it to your bank



Hospice Care Kenya

UK Registered Charity 1001709

Top Floor, 95 Gloucester Road, Bristol, BS7 8AT

I WOULD LIKE TO SUPPORT HOSPICE CARE KENYA

Name: _____

Home Address: _____

Postcode: _____

ONE-OFF DONATION

I enclose a cheque for £ _____ payable to **Hospice Care Kenya**

or

Please debit the sum of £ _____ from my CAF card

Card no.: _____

Expires: _____

Signature _____ Date _____

GIFT AID DECLARATION

I am a UK tax payer. I wish Hospice Care Kenya to treat all donations I have made since 6th April 2003 and all donations I make from the date of this declaration until I notify you otherwise as a Gift Aid donation.

I understand that I must pay an amount of income tax or capital gains tax at least equal to the tax the charity reclaims on my donations in the same tax year.

Date _____

N.B.: It is not necessary to sign a Gift Aid Declaration. However, you must fill in: Date, Name, Home Address and Postcode.

If you require an acknowledgement please tick the box