

Hospice Care Kenya

What do we do?

Hospice Care Kenya raises funds in the UK to support the development and delivery of palliative care in Kenya.

What is Palliative Care?

Palliative care focuses on providing relief from the symptoms, pain, physical and mental stress of a terminal diagnosis. The goal is to improve quality of life for both the person and their family.

What does that mean in practice in Kenya?



The palliative care team from Kitui were able to support this patient. He had been admitted to the medical ward having taken poison to die at home due to pain which made him despair. They visited him in the ward and later followed him to his home after he was discharged. They were able to purchase medication.

The ability to travel to the rural homes was made possible by assistance from Hospice Care Kenya.

Kitui staff say “HCK assistance has eased the burden in our hearts as palliative care givers.” When this patient was discharged and told that “Nothing more can be done at the Hospital”, we knew there was always something we COULD do. We visited and found him lying down in severe pain. We gave him treatment for pain plus psychosocial care to the family, easing his TOTAL pain.



Home visiting Mrs MJ, a widow with no children who was diagnosed with Cancer. She was discharged home for palliative care since she could not afford to go for radiotherapy. The Kitui team visited her in her rural home and found her sleeping with pain. We linked her to a neighbour for care and gave drugs for pain and symptom relief. **HCK has enabled us to give quality of life to such poor patients.**

THE DIFFERENCE THAT PALLIATIVE CARE CAN MAKE

James (not his real name) married with eleven children has a diagnosis of cancer and was referred to Nyeri hospice from a county referral hospital because he could not afford chemotherapy. After assessment the hospice provided drugs for pain management and symptom control and counselled him and his family. He came regularly to day care and said *"I thought I was the only one with cancer, now I know there are many patients who are sailing in the same boat and this group support has improved my quality of life."*

As his condition worsened he became bedridden and the hospice visited weekly to support him and the family in providing care at home, dressing his wounds, treating pressure areas and providing a bed bath.

The hospice team also counselled the family on his deteriorating condition and importantly in Kenya, on legal issues. According to some African culture a man is not supposed to write a will or hand over property, this to them means inviting death. After

several family counseling sessions he accepted and wrote a will for the family. He said, *"Now I can face death with confidence for I am fully prepared for what is ahead of me"*.



James and his family talking to the Nyeri team who were supported to deliver homecare with a grant from HCK

Garissa PCU tells of a male HIV positive patient with cancer of the lower limb who did not attend for treatment at the hospital because of stigma, discrimination and debilitating pain due to the tumour. The team, traced him, made a follow up visit, counselled and reinitiated him on treatment.

He had his lower leg amputated after an informed choice and went home pain free followed up by the unit.

HCK has given a grant to Garissa to raise awareness in outlying areas about cancer, the benefits of palliative care and to try and dispel the stigma attached.



PALLIATIVE CARE IN ACTION GALLERY



Home visit from Machakos



Training at Viengco



Daycare at Laikipia



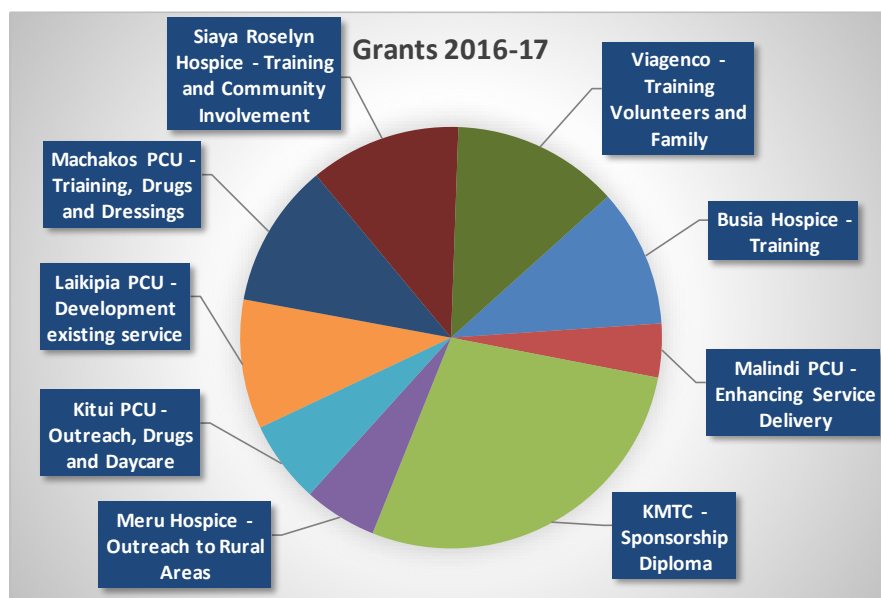
Community Health Volunteers Eldoret



Home Visit from Busia

**In 2016-17 we
awarded grants of
£**

Busia	4,821
Malindi	1,877
KMTC	12,757
Meru	2,556
Kitui	2,872
Laikipia	4,519
Machakos	5,033
Siaya	5,275
Viengco	5,818



HAVE YOU THOUGHT ABOUT MAKING A REGULAR DONATION?

£10 PER MONTH TRAINS A COMMUNITY HEALTH VOLUNTEER

£25 PER MONTH PROVIDES PALLIATIVE CARE FOR SIX PATIENTS

Return the form on the reverse to Hospice Care Kenya, PO Box 491, Scarborough, YO11 9FG

Pay straight to the Bank: Hospice Care Kenya, A/c No 00005079, Sort Code 40-52-40

Click the donate button on the website www.hospicecarekenya.com

HCK News for 2017—Welcome to Catherine!

From June Lee Barker, Director will be sharing her role with Catherine Nelson who will take over all our fundraising. Catherine says “I’m delighted to be joining Hospice Care Kenya as part-time Fundraiser having worked for several years in international charity fundraising and project management. My aim is to raise awareness of the charity’s valuable support to palliative care services in Kenya and raise even more funds, enabling us to extend our support to more people in need of end of life care. I am looking forward to working with Hospice Care Kenya colleagues, partners and friends. If you are fundraising for us or taking part in an event, I’d love to hear from you! Please get in touch with me via email, or on our Twitter or Facebook pages.” Email fundraising@hospicecarekenya.com



News from Friends of HCK

Poetry in the Crypt. Mike Biggs and Nancy Mattson live in Islington, and are members at St Marys Church. Three or four times a year they take over the church crypt to run a wonderful event “Poetry in the Crypt”.

At these joyful gatherings the audience is introduced to established poets who read from their latest works. What a great way to for us to enjoy the best of contemporary poetry read by their authors. The event has become well known so there maybe over 60 people present. There is usually a spot from the floor, and always a break for tea and home-made cakes.

Malvern Priory Concert. Iain Sloan (retired Director of Music at Malvern College and Malvern Festival Chorus) will be conducting a charity concert in aid of HCK at the Priory in February 2018. Iain, supported by his wife Gwyn a former Trustee founded the HCK Singers in the early 90’s and since then there have been several concerts raising funds on our behalf.

The concert named “Malaika Voices” (Malaika means angel in Swahili) will be an evening of choral highlights including works by Handel, Mozart, Parry and Rutter.

All funds raised are donated to HCK—thankyou!

We are delighted that many local singers and soloists will be supporting the concert.

I WOULD LIKE TO SUPPORT HOSPICE CARE KENYA

I wish to make a single donation of £

I wish to make a donation of £ per month/year (delete as appropriate)

☐ Boost your donation by 25p of Gift Aid for every £1 you donate. Gift Aid is reclaimed by the charity from the tax you pay for the current tax year. Your address is needed to identify you as a current UK taxpayer.

In order to Gift Aid your donation you must tick the box below:

I want to Gift Aid my donation of £_____ and any donations I make in the future or have made in the past 4 years to: Hospice Care Kenya

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

My Details: Title First name or Initial (s) Surname

Full Home address _____

Postcode _____ Date _____

Please notify the charity if you: · want to cancel this declaration · change your name or home address · no longer pay