

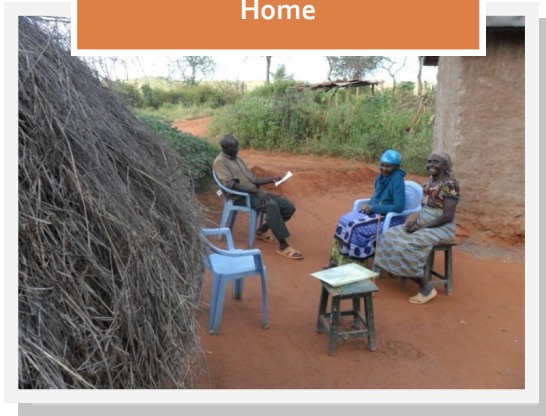
Hospice Care Kenya

Summer Newsletter 2015

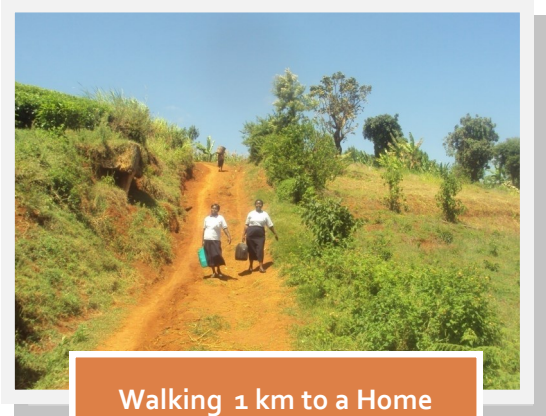
Hospice Care Kenya
 Registered in England
 Charity No. 1141469,
 Company No. 07540244

Community Working in Kenya A Picture Tells a Thousand Words

Consultation at a Patients Home



Training Community Health Workers



Walking 1 km to a Home Visit



Training Students on a Home Visit

Hospice Care Kenya Grants Programme

Last year we supported 12 organisations delivering palliative care with 15 grants totaling almost £75,000. Over the next five years we hope to take this total up to £150,000 and will be concentrating our support on those organisations developing or delivering programmes that outreach in to the community to ensure that no matter where a patient lives in Kenya they can have access to the fundamentals of palliative care.

Thank you to all those who supported us last year.

**Working together so that, in Kenya, no one should die in pain
 UMOJA!**

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Grants Awarded 2014—2015

Organisation	Purpose Grant	£
Busia Hospice	Drugs and Community	1,110
Embu-Mbeere Hospice	Vehicle for Community Outreach	13,406
Kenya Hospice and Palliative Care Association	Scholarships for Palliative Care Diploma Support for 21 delegates from district and mission hospitals to attend National Palliative Care Conference	8,744 4,309
Hope for Cancer Kids	Support to enable children to receive free treatment	3,425
Laikipia Palliative Care Centre	Drugs, Day Care Equipment, Running costs of vehicle, Outreach training and Community Health Worker training	3,325
Kisumu Hospice	Drugs, Training and Community Health Worker Training	9,310
Machackos Palliative Care Centre	Small Equipment, Community Clinic costs, running costs of vehicle	2,396
Malindi Palliative Care Unit	2 Day Training on Palliative Care	1,520
Muranga Hospice	Drugs	2,729
Nairobi Hospice	Vehicle, Training Community Health Workers	16,424
Nakuru Hospice	Support for Senior Nurse	6,789
Thika Level 5 Hospital	Training Community Health Workers	1,380

“Thank you for your recent generous donation to children with cancer in Kenya. Your willingness to help children with cancer in our communities makes all the difference to their financially challenged families.”

HOPE FOR CANCER KIDS

“The Centre has continued to avail the most important Drug for pain control i.e. Syr Morphine to all the patients and to our Partners in the area like Busia Hospice, Muhoroni Hospice and to patients in other Palliative Centres. This is due to the financial support we received and continue to receive from Hospice Care Kenya (UK). We are very grateful to the HCK (UK) Board of Trustees who have been so caring to our patients .”

KISUMU HOSPICE

“Thank you very much to HCK for our grant. In the first 3 months we have supplied 2 ½ litres of morphine syrup and during the period four patients have died pain free and comfortably at home. 29 home visits were made, 3 day care visits and an awareness raising event at the rugby tournament.”

LAIKIPIA PALLIATIVE CARE CENTRE

“I wish to truly thank HCK for the support and generosity towards our conference and so many other activities for hospice and palliative care in Kenya. HCK has been part of every step we take, every success we make and every life we touch. On behalf of every Kenyan I want to say ASANTE SANA from the bottom of our hearts. May the work you do continue to receive blessings and to flourish!”

KENYA HOSPICE AND PALLIATIVE CARE
ASSOCIATION

“The Nairobi Hospice wish to sincerely thank HCK for approval of the grant. We are indebted to you for your continued support.”

NAIROBI HOSPICE

“Nakuru Hospice is now 5 years since it was established in June 2009. There has been tremendous growth despite the fact that there have been numerous challenges along the way. The number of patients has continued to increase year by year. To date we have registered more than 2200 patients. We attribute our growth and success to all our partners and donors who have supported us, HCK being our first and longest caring partner since 2007. We say thank you and may God bless you.”

NAKURU HOSPICE

EMBU – MBEERE HOSPICE is a charitable organisation which started operations in 2009. The current enrolled patients are one hundred and twenty suffering from various types of Cancer and in various stages.

Among other major programs Home visits and Community outreach are key to the success of the hospice service delivery. The home visits help in attending to patients who are bed ridden in their home environs and also provide a good platform to counsel the entire family and the community at large in order to reduce the stigma associated with Cancer.

For over five years, the Hospice has been having a challenge to reach out to patients with this program (home visits) because the facility has never had a ve-

hicle to patrol the vast County and its environs. The staffs have been using commercial motorbikes to reach out to the patients and this mode of transport has been very inconvenient because of the terrain. The mode of transport limited the number of health workers on board and the amount of drugs to be carried due to limited carrying capacity.

Now, EMBU – MBEERE Hospice family is celebrating since **Hospice Care Kenya has supported us to buy a Double cabin pick up** for Home visits and Community outreach. The car will facilitate prompt attendance to the patients and help intensify the home visits activities to reach out to many bed ridden patients. Timely referrals and emergencies from



hospice to Embu level 5 hospital will also improve since we have a vehicle to facilitate quick movement.

We sincerely thank you Hospice Care Kenya for the enormous support in provision of quality palliative care through purchase of a car. This will go a long way to support our patients. **Long Live Hospice Care Kenya!**

LAIKIPIA PALLIATIVE CARE CENTRE provides home based care for terminally ill patients. The majority of patients are rural low- income or subsistence level farmers unable to support medication for the sick.

In February 2015 Mrs. John Kamau (not his real name) approached LPCC as a self referral; her husband aged 54yrs has stomach cancer, diagnosed in August 2014 at a government referral hospital 80kms away. Costs for this were met by the family who farm 2 acres of land on the forest edge of Mt. Kenya.

On the first home visit the patient had completed antibiotics and was on paracetamol and morphine syrup. Psychologically the family were stranded and unsupported with poor under-

standing of the diagnosis and prognosis while their financial status was dire. Mrs. Kamau had some understanding of the condition while her husband was in denial.

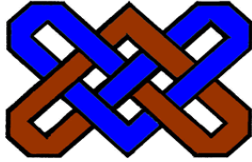
They live in a tiny wooden hut divided into 3 portions with the kitchen area outside. John was dehydrated, emaciated and had become very intolerant and angry towards any noise from the children. He was able to take and retain only maize porridge.

Over several home visits John has understood, and accepted his condition, his pain is controlled by morphine and he is able to take a more substantial diet. The couple joined a government fisheries project growing trout in ponds they constructed, but currently large fish need harvesting by net which

the project is yet to provide. He now accepts and interacts with the children and assists in homework.

The quality of life for all the family members has improved due to the supportive care of LPCC and we thank **Hospice Care Kenya** for enabling the work.





Hospice Care Kenya

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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.



Ways To Support Hospice Care Kenya

Help Us to Spread the Message

If you can mention us to your friends and family, perhaps pass round the newsletter or tell them to look at the web-site www.hospicecarekenya.com it will increase the number of people who know about our work and what we are trying to achieve.

Tell Your Friends

If you use Facebook please make Hospice Care Kenya a friend and like our page. This will again help to spread our message.

Give Us your e-mail Address

If we can communicate with you by e-mail it saves on the cost of postage but also means that we can update you more often with news about what we are doing.

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.

Gift Aid

If you are a UK tax payer we can send you a gift-aid declaration which, when you complete and return to us, means that we can claim an extra 25% on your donation back from HMRC at no extra cost to you.

Virtual Gifts

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
Nurse for a Week	£70.00
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 Staff in Essential Palliative Care Skills	£50.00

Thank You For Your Support