

Winter Newsletter 2017



With our support, **Siaya Roselyne Hospice** in western Kenya has successfully trained 90 Community Health Volunteers (CHVs) since July; equipping them with the knowledge to begin caring for people in need of palliative care in their communities. After the training some of the participants voiced their appreciation;

"I am glad I was involved in the training. I will use the knowledge given to me by the Siaya Hospice team to take care of the terminally ill patients who are in need of palliative care in my area", Jacob Otieno, CHV Rwambwa Unit.

"I used to hear people talking about palliative care but I was not aware of what it meant. I have several patients in my community who are bedridden and need palliative care and now I am going to attend to them because I have enough knowledge thanks to the Siaya Hospice team", Beatrice Anyango, CHV Rwambwa Unit.



Increasing knowledge, improving care

Training community health volunteers in palliative care

Training community health volunteers (CHVs) remains one of our core aims, and we have supported many hospices across Kenya to train hundreds of CHVs. Here we would like to update you on the progress.

Many in Kenya live in remote rural locations where travel to distant hospitals and hospices is too costly. Many are too sick to travel and require home care. Or in many cases, patients wish to receive palliative care in their own homes where they feel more comfortable and surrounded by their families. CHVs play an important role; they visit patients in their homes and provide care such as pain and symptom relief through collaboration with the local hospice, psychological and bereavement support to the patient and the family, and basic care such as dressing wounds. Many CHVs are themselves living with cancer or HIV, therefore they understand the challenges faced by others in their situation and provide invaluable peer support.



The palliative care team from Ongata Ngong Palliative Community Care worked hard during October's cancer awareness week to educate the public about cancer and palliative care. Visiting Ngarusha village (left) and Inyonyori village Maasailand (right), they informed villagers on the signs of common cancers and where to seek help.

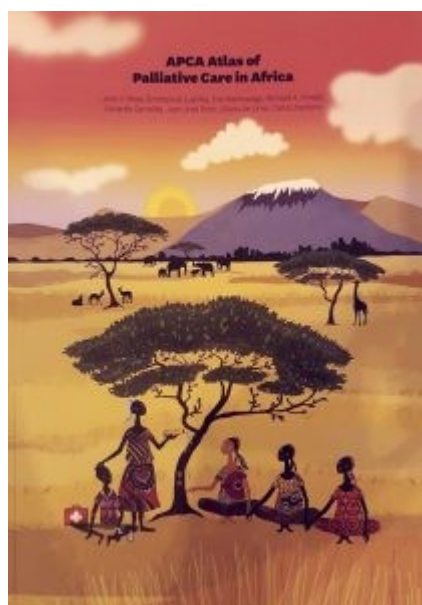


Viagenco Hospital in western Kenya have trained fifty family caregivers in palliative care since March. They have also formed a close network of patients, family carers and CHVs, creating a strong support system for patients and their family members.

Like many patients supported by CHVs, Ann (on right) has found the support of CHV Rachel (on left) has made a huge difference to her quality of life. Ann lives alone on a small farm near the town of Nyeri. She has advanced breast cancer. She has no money for surgery or chemotherapy and relies on her daughter and Rachel for her care. Rachel lives nearby and visits Ann regularly to change dressings, help with morphine for pain relief, and to provide comfort and support for both Ann and her daughter.



Palliative Care News



Earlier this year the African Palliative Care Association launched their Atlas of Palliative Care in Africa 2017. The report provides comprehensive and up-to-date information on the development of palliative care across the continent and highlights some of the remaining significant gaps in provision in Kenya.

The report reveals that Kenya is amongst the countries leading the way in palliative care development. The hard work of our partner KEHPCA (Kenya Hospices and Palliative Care Association) has seen over 70 small hospices and palliative care services established across the country, including 12 providing home-based care. However, the study shows that there are still many gaps in palliative care provision in Kenya.

It is estimated that only 3,000 people were cared for last year; just a fraction of those in need of end-of-life care. There are only two specialist services for children; less than 1% of children in need of end-of-life care have access.

Many terminally ill Kenyans die in pain due to barriers to the distribution and prescription of morphine for pain relief. There is no national health budget funding allocated to palliative care, and no stand-alone palliative care plan for the country.

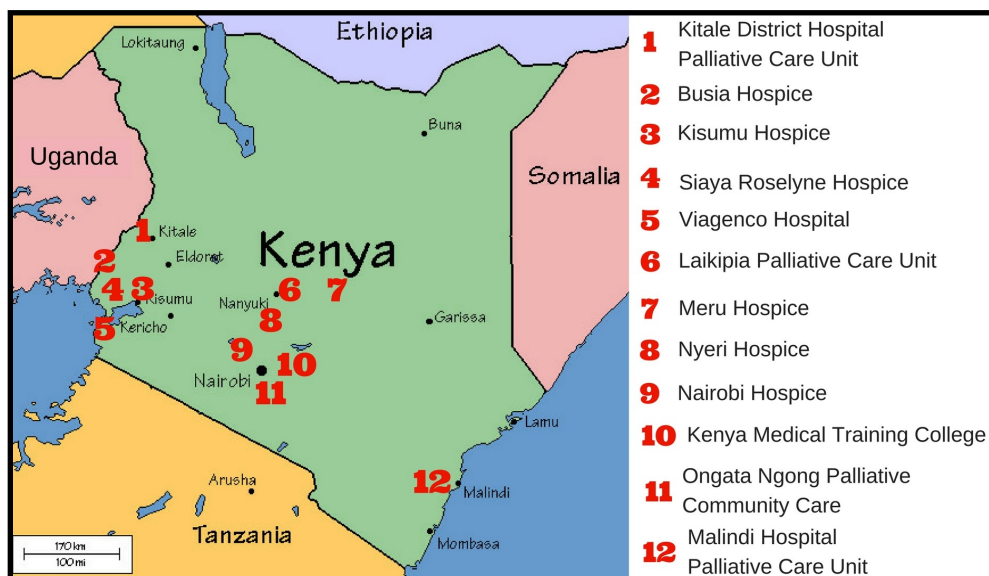
It is ever important that we continue to support partners in Kenya to bridge these gaps and build on the successes, ensuring that the progress made in developing palliative care is scaled up to reach even more people in need of quality end-of-life care.

Current projects

We are currently supporting 12 Hospices, Palliative Care Units and Training Programmes across Kenya, to provide quality palliative care, and train health workers and community volunteers, to address the many gaps in palliative care provision in Kenya.

Kitale District Hospital Palliative Care Unit is expanding to enable them to accept more patients. We are supporting the purchase of new equipment, supply of pain relief drugs, community awareness campaigns, and home visits to provide care to isolated and house-bound patients.

Busia Hospice is scaling up palliative care provision through training two nurses in comprehensive palliative care and training two community health volunteers to support palliative care provision in the community. This will improve monitoring and follow up of patients and enable new patients to attend the hospice.



At **Kisumu Hospice** we are funding the supply of morphine to ensure that patients do not have to live with pain.

We are supporting **Siaya Roselyne Hospice**, **Viagenco Hospital**, **Nairobi Hospice**, **Ongata Ngong Palliative Community Care** and **Malindi Hospital Palliative Care Unit** to train over 350 community health volunteers and sensitise over 200 health workers on palliative care.

At **Meru Hospice** and **Laikipia County Palliative Care Centre** we are supporting home visits, conducted by two teams of hospice nurses and community health volunteers trained in palliative care. Over 225 patients and their families are benefitting.

Nyeri Hospice is providing palliative day-care at their outpatient clinic for over 100 patients with our support.

BRANDENBURG CHORAL FESTIVAL OF LONDON

AUTUMN SERIES
2017



Thank you to The Brandenburg Choral Festival of London for once again supporting Hospice Care Kenya at their London concert 'O quam gloriosum' on 9th November. The audience was treated to a wonderful performance of early choral music written by composer Tomás Luis de Victoria and performed by Iken Scholars choir. We benefitted from ticket sales and a collection on the night. Thank you to all who attended this event.

Kenya in the Park was a fantastic success again this year, in which we were chosen as charity of the year. The event, held in July in London, is an annual celebration of all things Kenyan. We set up an HCK stall at the event and enjoyed meeting many supporters, new and old. We talked to so many interesting people, many of whom work in nursing and hospice care, and who were interested to hear more about our work and to share their own experiences. Thank you to all at Kenya in the Park for hosting us, and thanks to everyone who came meet us.



News from Friends of HCK

POETRY IN THE CRYPT



Thank you to Mike Bartholomew-Biggs and Nancy Mattson for organising another successful Poetry in the Crypt event at St. Mary's Church Islington on 18th November, in support of HCK. The evening featured works and readings from poets Hilary Davies, John Mole and James Norcliffe. These evenings are a fantastic opportunity to enjoy contemporary poetry read by the authors. Look out for information about future events on our website!



Well done Julia Strong for finishing the Great North Run and raising over £200 for Hospice Care Kenya.

And thank you to the ladies from the Eldoret High School Girls Reunion who raised an amazing £600 for Hospice Care Kenya.



'Malaika Voices'

A charity concert in aid of Hospice Care Kenya

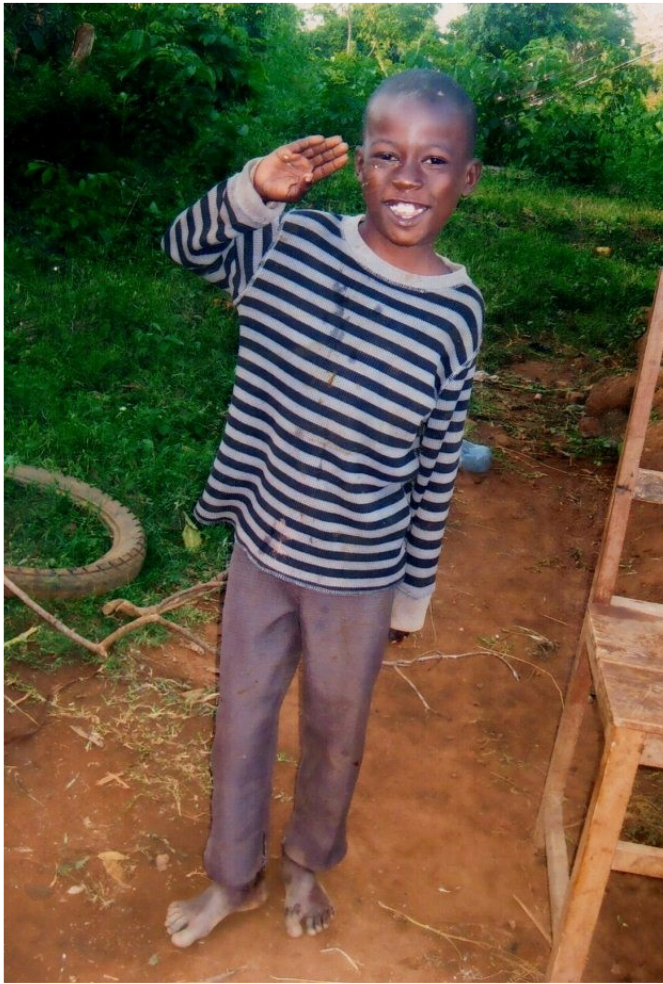
Featuring local singers and soloists in an evening of choral highlights, including Handel, Mozart, Parry and Rutter

Great Malvern Priory
Saturday 3rd February 2018
19:30

On Saturday February 3rd 2018, Iain Sloan will be conducting a charity concert in aid of Hospice Care Kenya, at Great Malvern Priory near Worcester. The concert 'Malaika Voices' (Malaika means 'angel' in Swahili), will be a wonderful evening of choral highlights including works by Handel, Mozart, Parry and Rutter. Iain Sloan, a long-time supporter and retired Director of Music at Malvern College and Malvern Festival Chorus, founded the HCK Singers in the early 90s. Since then there have been several concerts raising funds for us. Iain's wife, Gwyn, is a former trustee and has visited the hospices in Kenya in her capacity as a hospice nurse. We would like to thank Iain and Gwyn for their hard work in organising this concert. Please contact us if you wish to reserve your tickets - £10

each (£5 concessions). Tickets will also be available locally from The Lyttleton Bookshop at The Lyttleton Well, next to The Priory. If you would like to make a weekend of it we are delighted that The Abbey Hotel is offering special rates for either the Friday night, Saturday night or both. Please see our website or contact us for more details.

To all our friends and supporters, thank you for all your contributions and support throughout the last year. Your donations are our future and you are making a big difference in helping those who would otherwise suffer alone.



Barrack's story - The cost of cancer in Kenya

Seven year old Barrack is the youngest of five children. In January 2017 he was diagnosed with Hodgkin's Lymphoma. He was referred to Hospice Care Kenya supported Siaya Roselyne Hospice so that he and his family could receive palliative care and support.

He also started chemotherapy. To afford the treatment Barrack's father had to work away from the family in Mombasa to earn enough money. Barrack's mother runs a small business selling vegetables. But still this income did not meet the huge cost of cancer treatment and the family faced destitution. Barrack was only able to receive treatment thanks to local donors.

Barrack lives in a part of Kenya where sadly less than 20% of children survive cancer. Many families are unable to afford the high cost of treatment. Families often have to choose between paying for cancer treatment for a child, or feeding and educating the rest of the family; an impossible choice.

Low survival rates for cancer means a greater need for palliative care; sadly for many children this becomes the only option. Whilst the health care system in Kenya develops to improve access to cancer treatments, we want to fill the gap in provision of palliative care so that children do not have to die in pain and isolation.

Thankfully Barrack's treatment has been effective and after seven courses of chemotherapy he is recovering under the care of Siaya

Roselyne Hospice staff who are helping him to stay healthy through supporting him to eat a healthy diet, providing counselling and advice to him and his family, and through monitoring his health.

Please help us to help more children and adults like Barrack. A regular gift would make a real difference to people living and dying with a terminal illness in Kenya. Or please consider making a lasting legacy of change by leaving us a gift in your will.

Thank you for your support.

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 above:

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 _____

www.hospicecarekenya.com (Registered charity no. 1141469)

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