

## Summer Newsletter 2018

Welcome to our Summer Newsletter for 2018. At the heart of what we do lies the aim to improve the lives of the many adults and children in Kenya suffering from the effects of terminal illness. Your support over the past year has helped make a difference to the lives of over two thousand people across Kenya and their families. With our focus on community palliative care we have helped bring essential support to people in rural and disadvantaged locations that previously would have gone without. In this issue of our newsletter we want to share with you some of the achievements that your support has enabled over the past year.

### Our Impact in 2017/2018

#### Supporting the development and delivery of palliative care across Kenya...



**Projects supported in  
12 out of 47  
counties in Kenya**

Marytreza, pictured here at her local radio station raising awareness of cancer, is a Community Health Volunteer supporting Nyeri Hospice.

*"I was diagnosed with breast cancer in 2004 aged 51. I went through surgery, chemotherapy and radiotherapy. In 2016 I was invited to train as a Community Health Volunteer. After the training, I felt energized and empowered to go out to the community to create awareness of cancer and other life-threatening illnesses. I help patients with cancer and other illnesses live a positive life."*



*"The hospice team provided my Dad with the care he desperately needed and provided me a sense of relief and support. Meru Hospice is one of the most hospitable, caring environments that I've ever encountered", Peter, hospice volunteer and son of a patient.*



**377**  
community  
health  
volunteers  
trained



**169** health  
professionals  
trained

**Photo left: Health workers sponsored to take the Higher Diploma in Palliative Care Nursing at Kenya Medical Training College**



**12**

**hospices and  
palliative care  
centres supported**

*"Before I went for this training I had seen many terminally ill patients but I had no idea that I could help them. When I went through palliative care training my whole perception changed. I feel empowered to serve terminally ill patients with knowledge and understanding."*

Sirila Mbaka, Community Health Volunteer (pictured right)



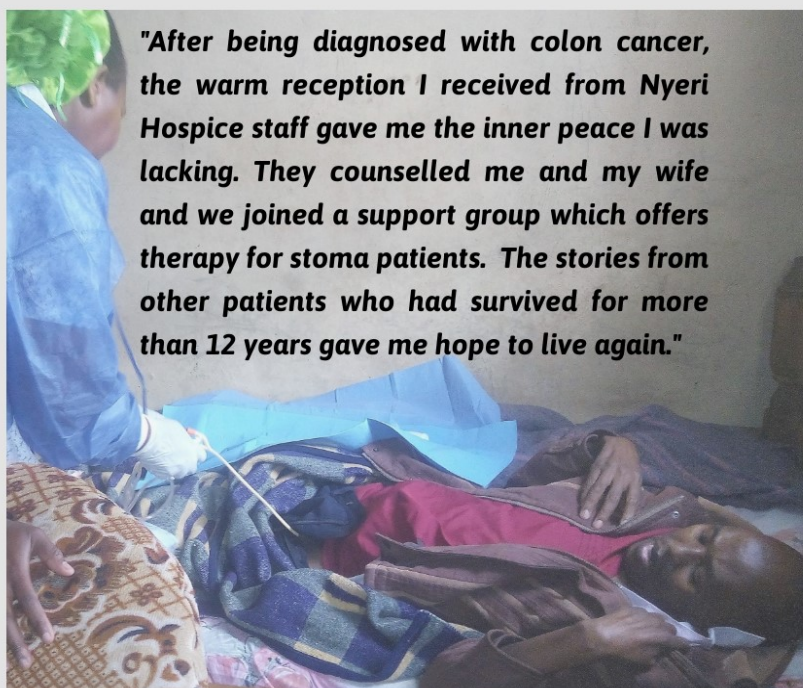
## **...bringing compassion, care and support to people living with terminal illness in Kenya**



**2,000+**

**patients' lives  
improved with  
our support**

**3 hospices  
supported to  
provide day-care  
peer support  
group sessions**



*"After being diagnosed with colon cancer, the warm reception I received from Nyeri Hospice staff gave me the inner peace I was lacking. They counselled me and my wife and we joined a support group which offers therapy for stoma patients. The stories from other patients who had survived for more than 12 years gave me hope to live again."*



**Home visits to  
isolated and  
house-bound  
patients supported  
from  
8 hospices**



*Elizabeth, an 85 year old widow, lives a subsistence life on her small plot of land. Unable to afford treatment for cervical cancer, the care she receives from Siaya Roselyn Hospice is a life-line. The support of her visiting community health volunteer has enabled her to go on living at home and improved her quality of life. Pain relief and psychological support have been vital.*



**Provision of  
morphine and  
medicines  
supported at  
3 hospices**

### **Expanding our reach to more people in need in 2018**

Thanks to a grant from The James Tudor Foundation a new project will commence in the coming months to expand palliative care provision in rural and impoverished areas of Kenya. A further 150 Community Health Volunteers will be trained in four counties, to provide home based palliative care in their communities. This will make a huge difference to the lives of over 1,000 people living with terminal illness, improving their quality of life and reducing pain and symptoms.



# Palliative Care News from Kenya



Source ehospice

## Palliative care policy in the making

In an important step forward for palliative care services in Kenya, the development of Kenya's first National Palliative Care Policy is underway. The Kenyan Ministry of Health, our partner the Kenyan Hospices and Palliative Care Association, and hospice leaders, are working together to develop the policy. Until now Kenya has not had a stand-alone palliative care plan and there is no national health budget allocation to palliative care. These meetings mark important progress towards these measures which could vastly improve availability of free palliative care across Kenya, ensuring that the most vulnerable people have access to the care they need.

## News from Friends of HCK

### BRANDENBURG CHORAL FESTIVAL OF LONDON

Thank you to everyone who attended the 'Bach to Betjeman' concert held on 27th April. The concert was held in partnership with Brandenburg Choral Festival of London, with Hospice Care Kenya benefitting from 50% of ticket sales. The talented Sussex Song Makers entertained us with their mix of classical choral music and poetry, making for an unmissable evening.

### Poetry in the Crypt

Thank you once again to Mike and Nancy for organising Poetry in the Crypt events at St. Mary's Church Islington in March and May, raising an amazing £330 for our work. At these events, wonderful poems and readings from published poets combine with coffee and cake to bring you the perfect evening's entertainment! Come along to future events, details will be posted on our website.



### 'Malaika Voices' Malvern Priory Concert

On Saturday 3rd February 2018 about 250 people poured into Malvern Priory, filling every available space, to listen to music sung by 'Malaika Voices'. Malaika is a Swahili word which means 'angel'. The concert was dedicated to the memory of Susan Cosker, a palliative care nurse who worked in hospices in Kenya.

Iain Sloan, former director of music at Malvern College, brought together an astonishing amount of talent, and we enjoyed music ranging from a traditional Zulu song 'Siyahamba' to 'Cymru Fach' (dearest Wales), and classical favourites such as Handel's 'Zadok, the Priest'.

The event was wonderfully organised by long term Hospice Care Kenya supporters, Iain and Gwyn Sloan, and the talented soloists and choir who gave up their time to sing for us were all amazing.

The concert raised over £5,000; a very impressive total! Due to generous sponsorship, and the gift of time from many supporters, all the money raised from ticket sales and donations will go to support our work in Kenya.

*Sally Hull, Chair of Trustees*

**Thank you to all of our friends and supporters for your help and contributions. Your donations are our future and you are making a big difference in helping those who would otherwise suffer alone.**

## Jane's Story - in her own words



*"I was well for 57 years until a severe toothache and backache started to restrict me from doing anything. One day I was unable to get up by myself and called my daughter to assist me to get off my bed. My left jaw was also painful, and I asked her to take me to hospital for an examination."*

*"The doctor told me that I had a tumour on my jaw and that he suspected it was cancer. I was admitted to Meru Hospital. After more tests it was confirmed that I have a cancer called Acinic cell carcinoma. I was in a lot of pain. The doctor called the hospice team who came to visit me in hospital. They gave me morphine to stop the pain and other drugs and within a week the pus and the bad smell that affected my mouth had cleared. In October 2012, I was discharged to Meru Hospice."*

*"Through counselling and encouragement from hospice staff I was able to accept my illness and had hopes of living my life to the fullest. The hospice staff are such friendly people, and even today when my condition has worsened and I can no longer walk to the hospice, the hospice team visits me here at home. They give me morphine for the pain. They have never asked me for any money for their services."*

**[Click HERE to DONATE NOW and help us to help more people like Jane](#)**

### 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)

If you are a UK taxpayer you can boost your donation by 25p for every £1 you donate through Gift Aid. Gift Aid is reclaimed by the charity from the tax you pay for the current tax year. In order to Gift Aid your donation please tick and complete the Gift Aid declaration below, including your address which is needed to identify you as a current UK taxpayer.

(Please tick) ☐ Yes, please 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.

Title..... First name or Initial(s)..... Surname.....

Full Home address .....

..... Postcode..... Date .....

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