

## Highlights and achievements 2018-19



***Thanks to your support, we improved the lives of over 4,000 people with life-limiting illness across Kenya. Here's how ...***

### **4** hospices helped to buy morphine and essential medicines

***"I had been sleepless for so long, but with the morphine I can sleep. I get a few more hours of sleep than before which is good. If I don't take the morphine the pain comes back and strikes hard, like a volcano. With the morphine I can walk around and do things. I feel strong enough, I can walk, I eat well. I am happier now."***

**Richard Sumba, Ruai**

Managing pain is a vital part of palliative care. Supporting palliative care providers to buy morphine and other drugs enables them to greatly improve quality of life for their patients.

Richard Sumba (64) lives with his wife Winnie and their daughter Dorcas in Ruai, on the edge of Nairobi. He has advanced rectal cancer and lives in constant pain. Nairobi Hospice provide him with morphine and advise him on how to take it to best relieve his pain and help him to sleep.





*Thank you for visiting me in my home. Thank you for listening to me. Thank you for helping me to sometimes forget that I have serious challenges"*

Peter Omeri, pictured with his wife

Peter lives with breast cancer and has been receiving palliative care from Kimbilio Hospice since 2015. When Peter is well enough to be at home, he is visited and followed up by the hospice community team. He is full of gratitude for the care he receives; managing his pain, cleaning his wound, listening to his worries.

**400  
home  
visits**

**We supported over 400 home visits by hospice nurses to care for isolated and bed-bound patients. We helped 11 hospices across Kenya to carry out home visits, providing access to palliative care across large areas of 10 counties.**

*"Our hospice team used to trek to visit patients. This took a lot of time and energy and we achieved little. Support from Hospice Care Kenya enables us to pay for transport. Referral for care and follow up of patients has become easier and more effective than before", Sister Ngozi Callista from Saint Mary's Medical Centre, Eldoret.*

We supported two hospices to conduct day-care sessions for their patients. These sessions bring together patients with diverse needs, with their families and carers, for peer support, counselling, information sharing and legal advice. Over 375 patients benefitted from this service.

*"Day care support helps in motivating each other to face our challenges positively. If it were not for the information I have acquired during legal aid day care, some of my relatives could have taken my properties rather than my children. Thanks to Nyeri Hospice team I now have my Will in place", a patient from Nyeri Hospice.*

**375  
patients  
attended  
day-care**

We provided partial sponsorship for 11 nurses who enrolled on the Diploma in Palliative Care at Kenya Medical Training College in September 2018.



*"In Baringo County we don't have a Palliative Care Unit. As a nurse I go out to villages to assist people in need and I noticed that many were suffering, so I wanted to do the course. It is my dream to open a palliative care unit in Baringo County", a diploma student.*



We supported training in basic palliative care for 73 general health professionals from government hospitals, strengthening palliative care services and the referral system.

*"We have increased our linkage with 14 different medical facilities within the county by training participants at those facilities. As a result, we have started receiving more referrals from the peripheries."*

Dr Hussein, Webuye County Hospital Palliative Care Unit

## 513 Community Health Volunteers trained in basic palliative care across 10 counties

Training Community Health Volunteers to provide home-based palliative care ensures that people living in remote rural areas can access vital palliative care services and essential pain relief.

*"I feel empowered by the knowledge gained and being able to understand the needs of patients better"*

*"Before the course I did not know how to handle patients with incurable conditions. I used to provide false information and reassurance, but now I understand the importance of giving correct information"*

Ann works as a Community Health Volunteer in her Maasai community of Kajiado County. Her service to her community is vital as there is no medical facility nearby. Ann can now spot the signs of common diseases and cancer and make sure that people in her community know where to get help.



Grace was trained as a Community Health Volunteer in 2018, and has already put her training into practice. When Joseph from her village became unwell she visited him. From her training she knew his symptoms suggested cancer and referred him to Kisumu Hospice where he was diagnosed with prostate cancer and started treatment. Grace visits Joseph every day to check on his health. Her care has been a life-line for him.

We helped

**207**

children with cancer to  
receive curative treatment



*"I didn't know what Hodgkin's Lymphoma is. I was told it is a type of cancer. When I saw Cornelius becoming sicker by the day I was scared. Hope for Cancer Kids came at the right time. They paid for my NHIF (health insurance) card, which paid for chemotherapy. I have no job or income and if it wasn't for Hope for Cancer Kids, I don't know where my son would be right now"*

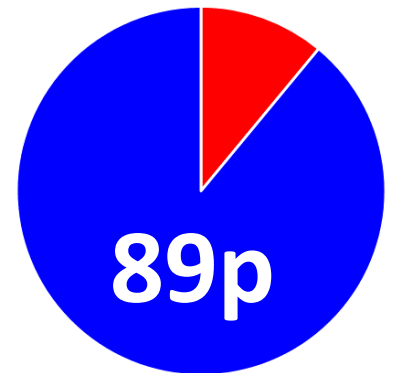
Patrick Kiptoo, father to Cornelius

### How we spend your donations

**It cost an average of just £18 to provide care to each of those we helped.**

That's a small price to pay for improving a life with compassionate care, pain relief and emotional support.

Of every £1 we spent, 89p was spent on developing and delivering palliative care in Kenya. We used the other 11p to raise more funds to support this work in the future.



**Over half of our income comes from individual donors like you. What you do is so important.**

**Thank you for making this possible.**

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