



Summer Newsletter 2022

Welcome to our Summer Newsletter! We are pleased to update you on some of the positive changes you have helped us to achieve so far this year, including reaching locations and communities where there was previously no access to palliative care. Thank you for helping us make this happen.

News from Kenya

Pioneering palliative care in Marsabit County

Over the past year we have helped to develop palliative care for the first time in Marsabit County in Kenya's semi-arid north. Marsabit is Kenya's second largest county where almost a quarter of the population lives in extreme poverty. The newly established palliative care unit at Marsabit County Referral Hospital is the only palliative care facility providing care to patients from a vast area half the size of England. We have helped the palliative care team to train over one hundred community health workers and 19 hospital workers from across the county to bring palliative care closer to home for this dispersed population.

This work has already had an impact. More people with life-limiting illness have been supported with home-based care or been referred by community workers to the palliative care unit. The number of people receiving care from the palliative care unit this year increased 140% compared with the previous year, a huge achievement which we hope will continue into the future.



Photo top - Training a group of health workers. Below - a home-visit to a patient.



Photos - Visiting a patient and training family members in Kitui

Empowering family carers in Kitui County

Working with Kitui Palliative Care Unit in southern Kenya, we have been training family carers in basic home-based care. This ensures continuity of patient care between hospice visits and empowers family members to play a role in improving quality of life of their loved one. The team has already reached 108 carers with training in basic home-based palliative care.

"We have been able to instil hope and resilience in patients and their families living with palliative care needs. We have been able to give them the gift of a pain free death" - Ruth, Kitui palliative care nurse.

News from Kenya

We have continued to implement our project to train community health volunteers and health workers across three counties, funded by UK Aid from the UK government. Despite the many Covid-19 restrictions over the past year the project has remained on track thanks to the hard work of our partner hospices in Kenya. We have trained 188 community health volunteers and 49 primary health workers in basic palliative care who are now bringing palliative care to some of the most disadvantaged communities; Nairobi's slums, rural Siaya County in western Kenya, and in Maasai communities in southern Kajiado county.

Due to prolonged drought in the first half of the year, the nomadic pastoralist Maasai population has become more dispersed. To reach them with palliative care and health awareness we have organised outreach clinics in isolated communities of Kajiado County, with three clinics taking place so far.

Photo right - A patient receives care at an outreach clinic at Olekemunke community.



Above left - Trained volunteers receive a home-care kit with basic supplies needed to provide care. Right - a volunteer teaches others about the palliative care services volunteers provide, spreading the word to ensure those in need know that they can get help.

With training now complete we are regularly accompanying volunteers as they carry out their home-care role to provide further advice and encouragement as they consolidate their new palliative care knowledge and skills.

Photos below - Joint home-visits by volunteers and hospice nurses in Kajiado and Siaya.



"The training increased my knowledge and ways of approaching the patient. I now understand that there is a way you can talk to a patient and the patient feels good. Now I have methods on how to handle difficult conversations, how to talk to and counsel the patient, and how to administer medication. It was very useful for me."

A trained community health volunteer - Embakasi West, Nairobi

HCK news

Thank you to everybody who supported our Charity Concert on Saturday 5th February at Great Malvern Priory. It was a wonderful evening and a huge success, raising over £9,000 for our work developing palliative care in Kenya. We wish to thank everyone who purchased tickets or donated. An extra special thank you to all the talented singers who took part and to the organisers, Iain and Gwyn Sloan, who worked tirelessly to make the concert a success. The funds raised will go a long way in Kenya in ensuring that we reach more people in need of palliative care.



CARE For Cake?



With summer approaching why not take the opportunity to bring people together at a coffee morning and help support families living with life-limiting illness in Kenya.

Events large or small will be a big help. You could host a coffee morning, bake sale or small get-together with friends and family, taking place at home, in your garden or at a church or village hall. Ask for a suggested donation for each slice of cake or charge a small entrance fee in aid of HCK.

Even a small event raising £10 could make a big difference - this amount could pay for a home visit to a patient to provide life-changing palliative care and support for the whole family.

Visit hospicecarekenya.com/careforcake or [contact us](#) for more information and ideas on how to host your coffee morning!

Simple ways to help raise even more for our work in Kenya

Donate your Nectar Points to Hospice Care Kenya

If you collect Nectar Points you can now use them to support us via Nectar Donate in partnership with Crowdfunder. It won't cost you or us anything as Crowdfunder has waived fees for anyone donating their points. A donation of 1,000 Nectar Points gives a £5 donation to HCK.

Simply visit crowdfunder.co.uk/nectar-donate search for Hospice Care Kenya and link your Nectar card to start donating your points. Thank you!



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The human cost of Kenya's rising cost of living

Home visits are vital to ensure that the most sick and disadvantaged do not miss out on essential palliative care. Last year we helped hospices across 12 Kenyan counties carry out home visits. But small charitable hospices and the patients they serve are now faced with steep price rises and economic hardship, preventing patients from reaching hospices and reducing the number of home-visits hospice nurses can afford to make.



Miss Pendo (top left) has advanced cervical cancer and without morphine would live in constant pain. A widow with six children, she struggles to feed her family and has no money left to travel the 50km to a hospice to receive her care. She relies on regular home-visits from hospice nurses.



Rehema (below left) was diagnosed with eye cancer and referred to Nairobi for treatment, but at over 500km away she couldn't afford to go. Since her husband died of oesophageal cancer she has no income, her four children rarely go to school due to the cost. Her only option for some quality of life is palliative care home-visits from hospice nurses.

Mr Jumaa (right) has prostate cancer. His wife earns an income washing clothes but it's barely enough to feed their family of five children. The family depend on home-visits for care and emotional support.



Just £50 helps to buy essential supplies and fuel to enable nurses to reach isolated patients. Please help us to ensure that we can continue supporting this work so that no-one with a life-limiting illness need live in pain, without compassionate palliative care.

DONATE

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

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