

# Highlights and achievements 2022-23



***Last year we helped improve the lives of more than 5,800 people with life-limiting illness across Kenya. Thank you to all our supporters who have given so generously and made this work possible.***



**26**  
partners in  
palliative care



Partnership is at the heart of everything we do in Kenya. We support patients and their families in partnership with locally managed hospices and community organisations, who have in-depth knowledge of the communities they serve. In 2022-23 we worked with 26 hospices, palliative care centres and training programmes in the development and delivery of palliative care across 23 Kenyan counties.

**Projects  
supported in 23  
out of 47  
counties in  
Kenya**

Through our partnerships, we directly cared for 3,506 people living with life-limiting illness, including 417 children, and supported over 2,000 of their family members with psychosocial and practical support.



**572**

patients and their  
families supported  
with day-care and  
support groups



We supported 6 hospices to run regular support groups and day care sessions, reaching over 572 patients and their carers, with peer support, counselling and information sharing.

*Photos above - A regular support group for children and their families takes place at Meru Hospice, supported by HCK*



We trained 233 general health professionals from government hospitals in short courses in palliative care, and provided partial sponsorship for 21 nurses to study an 18-month Higher National Diploma in Palliative Care Nursing. As a result, quality of care and referrals were improved for over 2,300 patients.

*Pictures below: Left - Nurses at Kenya Medical Training College taking their Diploma exams, Right - Training of community health assistants taking place in West Kajiado County.*



Following our support over the past two years to Kilifi County Palliative Care Unit (PCU) to train Community Health Volunteers, community leaders and nurses, there has been a 263% increase in the number of patients registered there. In the past year we have helped them train 127 volunteers and health staff, who between them have referred over 1,000 suspected patients into palliative care.



*Photos left - Community health volunteers meet daily needs for care, support and companionship for palliative care patients and their families, seen here in Nakuru, Laikipia and Nairobi.*

With our support, 725 Community Health Volunteers across 10 counties were trained in basic palliative care and empowered with the skills and knowledge needed to provide home-based palliative care to people in their communities.



*"After my son Adam was diagnosed with Wilms tumour (renal cancer) my husband and the family told me that this was not cancer, our boy has been bewitched. For a month we struggled with denial, anger, sleepless nights and hopelessness after visiting witch doctors.*

*Then Grace Tuva, one of the trained community health volunteers, visited me. She talked to me like a mother talking to her daughter and then she referred me to the palliative care unit at the hospital.*

*We have received much support from the palliative care team and Grace our volunteer. We have been walking this journey together. The counselling we have received empowered us as a family. We are positive that with good support systems, treatment and care our son can live a quality life. If it were not for Grace and the palliative care team my son would have died."*

*~Mother of 4 year old Adam*



Almost 12,000 people in the community were reached with information and advice on cancer and palliative care, with a further 610 people accessing outreach clinics or screening services.

*Photos below: Left and centre - a cervical cancer awareness and screening event taking place in Nanyuki in January 2022;  
Right - raising awareness of cancers affecting women in Siaya county.*



With our support over 1,800 patients and their families received care in their homes. By providing home-visits across large areas of 13 counties we ensured that the most isolated and house-bound patients could access life-changing palliative care.

Home-based care is vital for house-bound and isolated patients, yet limited hospice budgets, and high fuel prices provided challenges for small hospices. Our support helped increase the reach of many of these independent hospices, for example, Laikipia Hospice was able to increase the number of days per week they're able to offer home-visits from two days per week to five.



Purity is dependent on visits from Meru Hospice nurses for her care. She used to work as a social worker and for over 15 years, gave her time to her community as a community health volunteer for the hospice, referring people with symptoms and providing home-based care. But two years ago Purity was diagnosed with sarcoma, a cancer that resulted in her having both legs amputated. Purity is now largely confined to her home but nurses from Meru Hospice visit regularly to support, love and care for her.







Working with our partner, Hope for Cancer Kids, we covered the cost of national health insurance premiums for 120 children from the poorest families, entitling them to free curative cancer treatment, and provided psycho-social support for the whole family.

Kanini Mishek is single mum to a 6 year old son (right). They have been supported by the Hope for Cancer Kids programme:

*"My son is fighting kidney cancer. I have been in Kenyatta (hospital) for almost two years now, I have lost touch with the outside world. The scheme eased the burden of paying for treatment and insurance which I can't afford to raise right now, I am always here so I can't have a job. They have offered a lot of support, I always talk to them whenever I feel overwhelmed, they counsel me and they make me feel like someone is holding my hand. Seeing my son smile makes me hopeful. "*

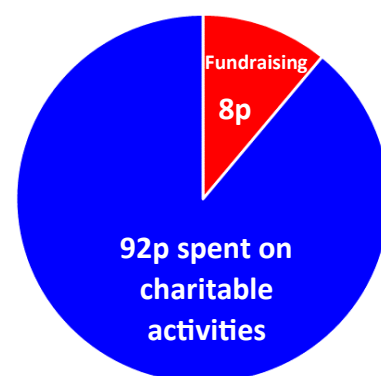


### How we spent your donations

It cost us an average of just £20 to provide compassionate palliative care and support to the adults and children with life-limiting illness that we helped, including vital support for their family members.

Of every £1 we spent last year, 92p was spent on developing and delivering palliative care in Kenya. We used the other 8p to raise more funds to support this work in the future.

**Thank you for helping to make this work possible.**



**DONATE HERE**

**Sign up to receive newsletters**