

2023-24

Our Year of Impact

Last year, we improved the lives of more than
5,000 adults and 600 children living
with life-limiting illnesses in Kenya through
compassionate palliative care



We worked with more partners across a larger geographical area than ever before, including new projects in Migori, Turkana and Garissa in the furthest reaches of Kenya.

We also expanded our work into new focus areas, including child palliative care and unserved refugee camps.

Impact summary

2,523

patients and their families provided with
care in the home across 17 counties

1,394

patients and their carers attended our
support groups and day-care provision

181

family carers trained in basic home-
based care to support patients between
hospice nurse visits

1,056

community health volunteers from
across 18 counties trained in basic
palliative care

695

hospital and rural health workers
trained in palliative care

723

influential community and religious
leaders, and teachers trained in basic
palliative care and raising awareness

Over 22,000

people in the community reached with information and
advice on cancer and palliative care

Empowered communities

"I joined the volunteer team because I wanted to give back to my community. The training was inspiring: such a parade of bright, heartfelt people sharing their knowledge on palliative care. And the volunteering has been rich: meeting good people in their time of need and giving them as much of myself as I can. I come away from these experiences feeling I've gained as much from the time spent as the patients may have."

-Feedback from a community health volunteer trained in rural Malindi, just one of the 1,056 community health volunteers your donations helped us train across Kenya last year.



"The training has been of great impact as I can now provide support and accurate information to families with a child with cancer and other conditions which require palliative care in my community. I feel confident to refer children and give valuable advice to parents all because of the skills and knowledge I have learnt."

-Sharon Kajuju, community health volunteer trained in child palliative care. Sharon is one of 204 volunteers we trained specifically to manage children with palliative care needs and their families last year.



"We have been noticing some children with different challenges, some are always sick and on off at school. Most of the teachers were not aware of their sickness, but after the palliative care talk we as teachers will be on the front line to identify such children and call the hospice team".

-Feedback from a teacher trained in child palliative care; one of 377 teachers we empowered to recognize and support children with palliative care needs to enhance care and support systems within schools.

Safeguarding the welfare of the vulnerable adults and children we support is paramount. Last year, we held a safeguarding training event for all our partners and followed it up with a workshop on developing safeguarding policies and procedures. Staff from 12 independent hospice partners took part and now have safeguarding policies and procedures in place.

"Thank you to Hospice Care Kenya and your supporters in the UK for your unwavering commitment and collaboration. We are deeply thankful for your valuable partnership in advancing our mission."

-Yvonne Muthumbi, Laikipia Hospice coordinator

Lives improved

"Truly, palliative care is about living" -nurse trainee

In 2023, 17-year-old Valary received a devastating diagnosis; osteosarcoma, a type of bone cancer. Valary and her family were told that to save her life, her leg needed to be amputated.

The amputation was a profound shock. Valary struggled with crutches, her family depleted their savings, and extended family distanced themselves, fearing her illness. She went through gruelling chemotherapy sessions, causing severe side effects.

During this struggle, palliative care nurses supported by Hospice Care Kenya, were there to support and care for Valary and her family every step of the way.

Photo right: Valary (centre left) together with the hospice nurses and volunteers who care for her



"I found a lot of help from palliative care. All the stress I had before I started receiving care from the hospice has gone away. The pain I was going through has reduced, and because of the money I was given for transport, I have not missed any of my chemotherapy sessions. They told me not to give up, they gave me courage, they never gave up on me, they loved me, they showed me care. I felt so happy and I felt that I still had the chance of living."

-Valary, aged 17 from Eldoret

"Thank you for your guidance and support. I now have a sense of belonging and I feel that I am part of the Malindi Palliative team. The support group has been a blessing. I have hope and strength to face whatever comes next."

-Michael, 44 years old, from rural Malindi has male breast cancer



"Before palliative care, I felt like I was facing my pancreatic cancer alone. But since starting palliative care, I've experienced a profound shift. It's like I have a team of compassionate allies by my side. I feel seen, heard and supported. Palliative care has given me a sense of comfort, dignity and hope, allowing me to focus on living each day to the fullest, rather than dwelling on what lies ahead." -Bonface from Kissi County

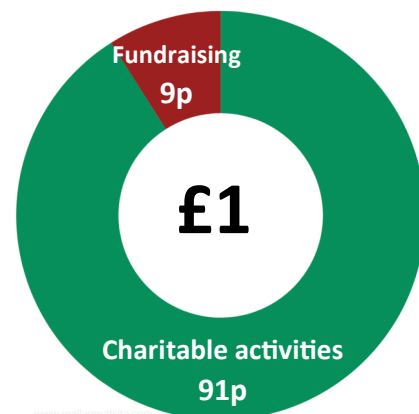


Nurses from Meru Hospice visit 6 year old Dylan at home. Dylan has retinoblastoma, a rare cancer of the eye. The hospice team supports Dylan and his family, providing them with information at every step so they know what to expect from his condition and treatment, and providing comfort and encouragement. They worked with his school to ensure his teachers understand his condition and make adjustments for his poor sight. With this support Dylan has kept going to school and has excelled. His recent school report noted that Dylan is 'an outstanding boy with a positive mind and very great potential'.

How we spent your donations

On average, it cost just £23 to provide compassionate palliative care to each of the adults and children we helped, including supporting their families.

Of every £1 we spent last year, 91 pence was spent on delivering and developing palliative care in Kenya. We used the other 9 pence to raise more funds to support this vital work in the future.



**We'd like to thank all our friends and donors for your generous support.
Without you, these achievements would not have been possible.**

**Please donate here today to help
us do even more this year**

[Visit our website here](#)