

Hospice Care Kenya

Newsletter

Summer 2010

Top Floor, 95 Gloucester Road, Bristol, BS7 8AT

Latest News:

- HCK's New Office
- Bristol's St Peter's Hospice to link with Nairobi
- Kenya Government plans palliative care at ten major hospitals
- New Film Promotes Kenya Hospices

Our new address, above, is an office located at one of more than 45 charity shops run in the Bristol area by [St Peter's Hospice](#). The rent-free office has been provided as part of a new agreement between Hospice Care Kenya and this Bristol hospice charity, whose shops and Hospice

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in Kenya. The link will be assisted in the UK by HCK and in Kenya by KEHPCA, the Kenya Hospices and Palliative Care Association.

Funds are being sought from the UK's Department for International Development's *International Health Links Scheme* to help pay for a visit by a small group from St Peter's Hospice and HCK to visit Kenya in November 2010 to set up the link between the two hospices. If the visit goes ahead, the group will also be able to see some of the other hospices in Kenya and attend and contribute to KEHPCA's second National Palliative Care Conference, which takes place

in Nairobi 4th-5th November 2010.

A Bristol-Kenya Partnership has already been formed between the Government of Kenya and the City and University of Bristol to support the Kenya Olympic Team, who will train in Bristol for the London 2012 Olympics. The Partnership will also include a number of cultural and educational exchanges between Bristol and Kenya.



New Hospice at Siaya: see p. 2

will be a familiar sight to HCK's supporters in the area. A *Memorandum of Understanding* is being signed between the two organizations which should lead to a direct link being formed between St Peter's Hospice and Nairobi Hos-



A New Intake of Diploma Students will Start at Nairobi Hospice in January 2011: See page 2

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Kenyan Government Announces Palliative Care Services will be Established at 10 Major Regional Hospitals

As this Newsletter goes to print, there is excellent news from KEHPCA, the Kenya Hospices and Palliative Care Association, that the Kenya Government's Ministry of Medical Services has written to its provincial directors that: 'with the assistance and collaboration of the Kenya Hospices and Palliative Care Association' (KEHPCA), 10 level 5 and high volume hospitals have been asked to establish palliative care services within this financial year.'

Dr Zipporah Ali, KEHPCA's National Co-coordinator, writes: 'This is great news! This is indeed history! At the same time, it means a lot of work for us, as the Ministry will be referring these hospitals to us to assist in setting up palliative care teams in their institutions. If all works well, more patients will have access to palliative care, which is what we have been praying for and working towards happening.'

Both KEHPCA and Nairobi Hospice have been at the

forefront of lobbying the Kenya Government to recognise the hospices and palliative care within national health plans and medical school curricula and to increase budgets and provision for these.

National Health Plans in Kenya are only just beginning to recognise hospices and palliative care as an essential area for provision and funding, and within the medical curricula, but this is another sign that the Kenya Government increasingly is **cont. p.2**

Hospice Care Kenya

Film: 'Frontline Palliative Care' to Promote Kenya's Hospices

Earlier in the Summer, World Affairs Correspondent and HCK Patron Mike Wooldridge and his wife Ruth, a founder and former trustee of HCK, donated some of their Summer leave in Africa to making a short film and DVD about the work of the hospices in Kenya.

The film is funded by a grant to HCK from the Diana, Princess of Wales Memorial Fund, which will use it to help promote palliative care throughout Sub-Saharan Africa, and by a smaller travel grant from HCK, which is also managing the project.

With a camera crew from the Kenyan company Camerapix, Mike and Ruth filmed at 3 hospices and vis-

ited Laikipia to film the palliative care services for nomadic tribes recently established there (see the article on page 3 of this newsletter). In addition to a 20-minute film/DVD there will also be short clips and interviews that will stand alone, including an interview with Dr Zipporah Ali about the work of KEHPCA and possibly a short 3-4 minute separate film about Nairobi Hospice.

In early June Ruth wrote to HCK:

'We returned last week after a very good three weeks in Africa. The one we spent in Kenya was so interesting and rewarding but also full of sadness. The level of poverty remains so high, the effect that an incurable illness causes

deepens the suffering, and lack of food, money, essentials etc., is so hard for so many.

We filmed in Nairobi and at Coast Hospice, Nakuru and Laikipia. What an inspiring group of people we met who are pioneering palliative care and taking it forward in Kenya.'

At the time of 'going to press' the film is at the final editing stages and will be premiered next month by Ruth Wooldridge at the Third APCA (African Palliative Care Association) Conference at Windhoek, Namibia, 15th-17th September 2010.

Further news about the film/DVD and some images from it, of course, will be included in our Winter 2010 Newsletter.



Below: Dr Onyango of Kisumu Hospice outside the new 'satellite' clinic at Siaya, during its construction and, right, the completed new hospice.

New Hospice at Siaya

A new building for Siaya Hospice was completed and handed over in Dec. 2009. Dr Onyango wrote to HCK's supporters: 'We are very grateful for your assistance especially for the furniture and staff salaries. We sincerely wish that some of you could come over to see for yourselves the work done. We plan to start some [new studies] on early diagnosis of cancer of the cervix and cauterization in the unit, together with the hospital gynaecologist. This will be a research part of our work in Siaya.'

Govt. announces new services....cont. from page 1.

giving this recognition. In many cases the Health Ministries have been supporting the 'roll out' of new hospices with donations of land and buildings and secondment of medical staff. Kenya increasingly is seen as a leading country in Africa for the provision of hospices and palliative care. Nairobi Hospice is the oldest and leading hospice in the region and a major provider of education within Kenya and Sub-Saharan Africa. There is still so much to be done and as Dr Ali has indicated, the work of KEHPCA and of Nairobi Hos-

pice will increase as a result of these new and welcome developments. Your support will continue to be needed!



10-year old cancer patient with her mother at Nakuru Hospital

New Group of Students to Start Diploma Course at Nairobi Hospice

In January 2011 a new cohort of about 25 students will begin studying the Dip.HE in Palliative Care course at Nairobi Hospice. The course is a franchise agreement between the hospice and the School of Health and Social Care at Oxford Brookes University, UK. Offered as 3 directly taught study blocks at the Hospice and distance learning between modules, helped by a mentor.

The course offers practitioners from Kenya and nearby countries the opportunity to gain an internationally-respected qualification with minimum absence from their workplace. It encourages students to develop a critical understanding of the philosophical basis of palliative care and the socio-political factors that influence it as well as offering them practical training. The study modules taught are:

- Understanding Pain

- Bereavement
- Professional Issues in Palliative Care
- Death and Dying
- Impact of disease and the management of distressing symptoms
- Relationships and the Dying months.

Students complete the course within 18 months. HCK's trustees have decided to put aside up to £20,000 to help students from Kenya to take the course, a key building block for the development of hospices in Kenya.



New Laikipia service helps migratory tribes

Laikipia Palliative Care Centre (LPCC) has been set up to address palliative care needs of the hard-to-reach migratory population of the greater Laikipia, northwest of Nanyuki, and the neighbouring parts of Samburu. The overall aim is to improve the quality of life of the patients and their families. LPCC is the first and only palliative care service provider in this remote area and will provide a 'home' care service via a mobile hospice to help people living with cancer and HIV/AIDS. The local people practice a nomadic lifestyle which traditionally has seen the weak and very sick abandoned to die in their homesteads (manayattas), as the nomads

move on in search of green pastures for their animals.

The centre is working closely with KEHPCA and the Nanyuki District Hospital. The project seeks to respond innovatively to the challenges which have prevented this huge unreached pastoral population from accessing palliative care services. The under-use of any health care services is a striking feature of these remote areas, where more than 98% of the population practice a nomadic lifestyle.

Recently there has been a remarkable increase in local efforts to respond to the HIV/AIDS pandemic in both Laikipia and Samburu Dis-

tricts, but nomadic tribes are yet to be reached by these services, for many reasons, including hard terrain making most places inaccessible by the existing service providers; high insecurity levels caused by intermittent but persistent cattle rustling which makes it harder for health care services to reach these remote areas; and the fact that when they are sick the majority of the local people still use the services of traditional healers and witchdoctors.

LPCC's mobile service aims to reach these patients and offer support to their families with pain control medication and management of other distressing symptoms.



Above: Laikipia Palliative Care Centre provides palliative care to nomadic peoples' homesteads (manayattas)

E-mail leads to palliative care

Just a few weeks ago this e-mail from Kenya arrived at HCK's Bristol Office:

'Dear Sir or Madam,

Over the last weekend while visiting my home in Yala, Siaya district of Kenya. I came across a matatu tout [taxi scout] who shared with me the story of his wife. He says that she has been experiencing bleeding for some time now and when he took her to the Yala hospital, the doctors told him that she had cancer and there is nothing much they could do. He has now been giving her pain killers.

Now having attended last year's "Hospice & Palliative Care Day"

I am aware that you do support such people. I promised him that I would get information on how he could receive help.

Is there any way that your team can be able to help him? This man is really desperate.

Thanks,

Mike Arunga Obare'

Noticing the name 'Siaya' (see the story on page 2 about Kisumu's new satellite hospice HCK is supporting there), HCK e-mailed Dr Onyango at Kisumu, who within 24 hours replied to Mike Arunga that:

'We have a hospice and pallia-

tive care centre in Siaya District Hospital under which Yala falls. We also have hospices and palliative care centres and a ward in Kisumu. We also do cancer management work at Siaya and Kisumu. I would suggest that you get in touch with the concerned patient and ask her to come either to Siaya or Kisumu Hospice and Palliative Care Centres for Management. Dr. Kamau in Yala knows all about the two hospices and will advise her on how to get us.
Dr. J. N. ONYANGO'

Less than another day later, Dr Onyango wrote to HCK:

[story continues on back page]

'I came across a matatu tout who shared with me the story of his wife.... Is there any way that your team can be able to help..? This man is really desperate.'

Salim's story

Eric Amisi of Coast Hospice has written to tell us of the progress of Salim, pictured on the right. Parishioners from St Mary's Church, Cerne Abbas, support HCK generously and visitors from there met Salim in Kenya last year and paid for an operation to remove a cancerous growth on his mouth, as reported in our Summer 2009 Newsletter. Eric writes: 'Salim has been well since he was operated on, when a huge cancerous growth on his lower lip was debulked. He was then referred to Nairobi for radio-

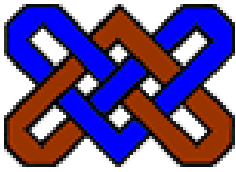
therapy, but due to lack of funds he was unable to go. Later on, he developed pain in the right groin which was diagnosed to be inguinal hernia. He was booked for surgery but due to poverty and lack of money, has been forced to live with the hernia and have the pain controlled by medication from the Hospice.

Late last year, a private developer evicted Salim and his family from the land they were staying on as squatters. They were forced to move to another squatter farm where

Salim erected a temporary three roomed house for his wife and four children. His work is collecting coral stones and breaking them into smaller pieces for sale. Despite all these tribulations, Salim has remained resolute and is very grateful to Captain Fulford-Dobson's family [from Cerne Abbas] for sponsoring his operation, and the Hospice for the support and care. He says, "You gave me hope and a reason to smile again, even though I don't have my lower lip!"



Salim with a visitor from Coast Hospice



Hospice Care Kenya

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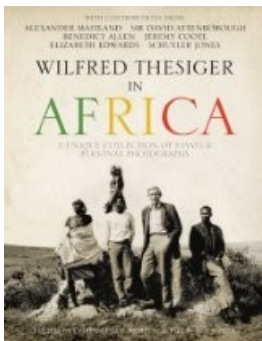
Photo: Nairobi Hospice

Recruit a New Donor for HCK!

There are now several ways to donate to Hospice Care Kenya:

By cheque or CAF Voucher: Please post this to our new office at Top Floor, 95 Gloucester Road, Bristol, BS7 8AT, enclosing a Gift Aid Declaration if you are sending a cheque and pay tax in the UK. HCK can claim an extra 28% from HMRC for all Gift-Aided donations, at no extra cost to you.

- Via BACS or electronic banking to: HSBC Poultry & Princes Street, London. Account Number: 72138549, Sort Code: 40-05-30 in favour of: CAF Bank Ltd for credit to Account: Hospice Care Kenya, Sort Code: 40-52-40, Account No.: 00005079. IBAN: GB48MIDL40053072138549. NB: Include request to forward to HCK at CAF Bank.
 - Online: www.hospicecarekenya.com/Donating.html or <http://tinyurl.com/2yr3ra> for CAF.
 - Just Giving: www.justgiving.com/hospicecarekenya/donate/ / www.justgiving.com/gwyn60th
 - Standing Order: Please complete the enclosed form or visit www.hospicecarekenya.com/Donating.html
 - International Payments can be accepted in USD, € or GBP. See IBAN above or ask HCK.
- Another way existing supporters can help HCK is to recommend others who may be interested in our work and wish to donate. If you know someone in this category, perhaps a friend or relative with Kenya connections, please e-mail their contact details to hck@hospicecarekenya.com or send their e-mail or postal address to our Bristol office and we will send them a newsletter.



'It is here, among those whose lives I share today, that I hope to end my days.'
- Wilfred Thesiger, 1994.

Thesiger at Oxford

Sir Wilfred Thesiger (1910 – 2003) has been described as 'one of the greatest travellers of the Twentieth Century' and 'the last great explorer'. From 1978 he lived for nine months of each year in Maralal, Kenya. He called Kenya 'my sanctuary' and wrote in 1994:

'It is here, among those whose lives I share today, that I hope to end my days.'

A prolific writer and photographer, Thesiger's books, including [My Kenya Days](#), and his photographs are celebrated widely and seen as a valuable record of the lives of nomadic tribes. Many of the photographs are striking art forms in themselves.

The Pitt Rivers Museum in Oxford is showing an exhibition of his life and photographs: 'Wilfred Thesiger in Africa: A Centenary Exhibi-

tion. See the Museum's website at <http://www.prm.ox.ac.uk/thesigerinafrica.html> for opening times and further details.

A book *Wilfred Thesiger in Africa* has been published to accompany the exhibition. It's currently available from HCK's bookshop at Amazon for less than £14.00. Visit <http://astore.amazon.co.uk/hoscarken06-21/detail/000732524X>. If you are reading this on the web, click on the link above or the cover image to buy the book or obtain details. HCK receives at least 5% from sales made via Amazon.

We plan to organise a visit to the exhibition in Oxford, to include a showing of the new film, to raise funds for HCK. Please e-mail or write to our Bristol office if you would like to attend.

E-mail leads to care (cont. from p.3)

'The Lady whom Mike Arunga talked about has appeared at our clinic today through a good Asian Samaritan from Yala, Siaya. She is called Mary Olesi and is suffering from cancer of the cervix. We have already started her on chemotherapy treatment and we have also started managing her other symptoms including pain, which is well controlled. She can now eat and afford to talk and smile, which she could not do due to pain. Dr. J. N. ONYANGO'

The messages from this story are many, We reproduce it here not only because it shows very well the kindness of all those involved and the very helpful and fast response of Dr Onyango and his staff at Kisumu and Siaya hospices to the needs of a patient, but also as we think it will bring the work of the hospices very close to you.