

Hospice Care Kenya



Hospice Care Kenya

Newsletter & Appeal

Charity No. 1141469

Summer 2011

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

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They Did It! Mt Kenya Climbers Raise Over £3,500 for HCK



We did it! The team reaches Point Lenana at 4,985 metres on Mt Kenya, at 5,199 m. Africa's second highest mountain.
Click on image to support climb.

In January 2011 a team including HCK supporter Anthony Bennett and trustee Dr Mike Hughes walked to 'the top of the world' -

Mount Kenya, to Point Lenana at 4,985 metres. Anthony and Mike used the opportunity to raise funds for HCK and especially Nairobi Hospice, where Mike was medical director for a number of years in the 1990s. The event also marked Mike's 50th birthday. The team of five embarked on this 'extreme challenge' over seven days starting on 25th January, raising an impressive total of more than £3,500 so far for HCK. This has included

two donations sent in memory of Drs Geoff and Dorothy Irvine, who worked for many years at Chogoria Hospital and in Nairobi. As one of the donors wrote, 'The work of the Hospice was very special to them both.'

Are you planning an extreme (or other!) event that could raise money for HCK? We can help you to set up a page on JustGiving or create one for you.

UK Launch for HCK Film: 'Frontline Palliative Care: Learning from the Kenyan Experience' at The Diana, Princess of Wales Memorial Fund



reception kindly hosted for HCK by The Diana, Princess of Wales Memorial Fund at its offices at County Hall in London.

Dr Ali, who was in London for a seminar 'The Importance of Palliative Care in Africa for Health Systems' Strengthening' at the Fund on the following day, spoke about the work of KEHPCA and the hospices and palliative care units in Kenya. HCK Chair Liz Salmon emphasised the need for continued support for their work from donors in the UK. In the previous week Dr Ali had led an HCK-funded seminar in Kenya on KEHPCA's 5-year strategic plan.

On Monday 4th July Dr Zipporah Ali, National Coordinator at KEHPCA in Kenya, joined one of the producers of the film, Ruth Wooldridge, HCK trustees and some 40 HCK supporters and friends for a promotional showing of the film and lunchtime

Click on image or visit <http://vimeo.com/17090159> to view film (23mins 7s)

Hospice Care Kenya

Further Progress at Kijabe...

We have known The Diana, Princess of Wales Memorial Fund and its palliative care work in Kenya for some years and are very pleased that Sue Russell, a Programme Officer with the Fund in the palliative care field has recently joined the HCK Board as a trustee. In April this year Sue was in Kenya working for the Fund and took the opportunity to visit the palliative care team at AIC Kijabe Hospital for HCK.

The committed and knowledgeable team, (Naomi Ndungu, Palliative Care Coordinator, Grace Njoroge, PC Nurse, Christine Mutuku, PC Nurse (on maternity leave), Gladys, and Esther Karanja, Social Worker) work with hospital patients, make home visits and provide clinics for outpatients. Naomi has completed the Nairobi Diploma course in palliative care and Grace started the course in 2011.

The PC team continues to see an increasing number of patients. The majority of those referred to the team are cancer patients, most commonly with cancer of the oesophagus, cervix or breast. A few are HIV/AIDS patients. The pro-active PC team make daily ward rounds to check the registers for potential palliative care patients. They may also be paged by clinical ward staff to come to assess a patient. Referrals are also made from outpatient clinics. The team are considering how to develop links with other community-based programmes in order to increase home-based care.

In the meantime, progress continues to be made with the construction of a new hospice building, which means that PC will become even more prominent. Work on the foundations started in late 2010. The building was originally planned as a one-storey constru-



The Palliative Care Team at Kijabe Hospital

....and Building Work on the New Hospice Continues

tion just for palliative care, but the plans have now evolved to provide for an integrated, two-storey building to house HIV and palliative care services in the same building. The hospice will be for out-patient services only.

The building is likely to be completed later this year. Funding has been secured from both local and international sources. HCK has contributed £5,000 towards funding for fixtures and fittings when the building is ready for these.

An earlier education and training grant of £5,000 awarded by HCK has stretched a long way by subsidising training for many staff and community volunteers at the hospital and in the community.

The new hospice building will also be a training venue and the amount of training provided is planned to increase. Dr Charlie Besley, formerly Medical Director at the hospital, who has done so much to develop PC there, is now returning to the UK to work. But during his last three months at Kijabe he worked with the team to develop the training programme, running three-day non health care professional, introduction to palliative care, and five day health professional training courses.



Digging the hospice foundations at Kijabe

Visiting Margret at Home

Margret was diagnosed with cancer of the breast five years ago and offered a mastectomy. Her cancer was advanced and there was no guarantee of a successful outcome, so she refused, because she still had dependent children. She went instead to a herbal doctor. Now, five years on and terminally ill, she is under the care of Nairobi Hospice.

She had some treatment at hospital but now cannot afford any more. Margret and her husband sold their car and a small house but have nothing more to sell. Besides having cancer, she is diabetic and has thyroid trouble. She has a fungating mass, a very swollen arm and enlarged glands. The hospice provides her with pain relief free of charge, and Margret remains cheerful despite everything.

During their visit to Kenya in May, HCK trustees Liz Salmon and David Worthington accompanied Dr Michelle Lango of Nairobi Hospice to make a home visit to Margret. Despite an hour-long, bumpy car ride to get there, Dr Lango stayed with Margret for more than an hour, listening, counselling, measuring out more pain killing medicines, and just reassuring her. Liz and David were moved and humbled by this example of the patience, concern, and the level of care given by hospice staff.



Dr Lango from Nairobi Hospice visiting Margret

Changes to HCK's Legal Status....

In line with many other charities, Hospice Care Kenya has recently made some changes to its legal status to take account of changing legislation in the UK and allow it to grow more easily by being able, for example, to form contracts or partnerships with other organisations, staff and suppliers.

Nairobi Hospice was established in 1988 and officially opened in February 1990. It is registered in Kenya as charitable non-profit making organization and is East Africa's oldest hospice. In the UK on 29th January 1991 the seven

founders and first trustees of what is now Hospice Care Kenya signed a declaration of trust establishing the Nairobi Hospice



HCK's Gwen (Bar) Cottrell with two of Nairobi Hospice's Founders, Dr Edward Kisili and Ruth Wooldridge, c.1989

Charitable Trust, principally to support the new Nairobi Hospice established the year before.

These developments were the beginning of the Hospice and Palliative care movement in Kenya. 20 years later the objectives of Nairobi Hospice and HCK remain the same, although the name of the UK trust has changed to Hospice Care Kenya to recognise the breadth of the hospice and palliative care work now being undertaken there. The charitable trust was registered as a (cont. below, left column)

.... Opportunities for Co-operation

charity with the Charity Commission in England on 12 March 1991.

Over the years, as the hospice movement in Kenya has grown — there are now at least 32 hospices or palliative care units — so too have the activities of HCK and also the ideas for improving what it does and for supporting better the hospice services in Kenya and the development and improvement of palliative care there. By

reducing costs and through your growing support HCK is now raising as much money for the hospices as it has ever done and with your assistance we want to raise more and help more.

The law for charities has also changed over 20 years. Further, the ability for HCK to enter into contracts more easily to deliver charitable services, employ people and own property has changed, as

has the expectations of new trustees as to our structure and issues of personal liability. Thus earlier this year the trustees resolved to incorporate the charity and in February 2011 they formed and registered a new company under the Companies Act 2006. The new company (number 07540244) has now been registered with the Charity Commission as a charity, (cont. below, left column)

.... and for Delivering Services via the Internet

number 1141469.

Looking at new ways to support hospices in Kenya we believe that there are opportunities arising from co-operation and working with others whose objectives are similar to ours. After discussions, HCK entered into a 'Memorandum of Understanding' with St Peter's Hospice in Bristol to explore opportunities and work together to see how both organisations might benefit from cooperation.

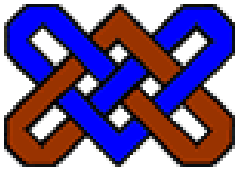
For more than a year St Peter's Hospice has been providing HCK with an office free of charge, for which we are most grateful. In May 2011 HCK's Chair Liz Salmon, Deputy Chair David Worthington, Sandie Foxall-Smith, CEO of St Peter's Hospice, and Hillary Holman, the Head of Education at St Peter's, visited several of the hospices in Kenya that HCK supports. They are now discussing with their re-

spective boards of trustees the opportunities that arose from that visit. It seems likely, for example, that in education and training St Peter's Hospice could help the Kenyan hospices by delivering programmes dealing with awareness and bereavement and governance issues, via the Internet.



On this page:
Clips from HCK's
new film & DVD
Frontline Palliative
Care.





Hospice Care Kenya

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Nakuru Hospice Opens

When Elizabeth N'dungu's father was ill with a life-threatening disease, she travelled for two hours from Nakuru to Nairobi in order to buy medicines for him. He died, of cancer, and it was only then that Elizabeth heard the word 'hospice' and discovered its meaning. When she asked where the hospice in Nakuru was, she discovered there wasn't one — the nearest was at Nairobi.

So started a three year battle to open a hospice in Nakuru. It required a woman of determination, and Elizabeth is that. She made a 20-year agreement with the Health Ministry to take over a disused A&E department, in

ruins, at Nakuru Hospital (as reported in this newsletter at the time). She gradually raised the funds to refurbish it — including mending the roof, re-laying the floor, fixing the doors, painting, and clearing the ground outside of long grass and snakes!

And now the hospice is ready, already working, with two nurses seconded from the hospital and trained in the basics of palliative care. It will be opened officially in August this year — a testament to one person's vision and determination. 'My happiness is that we reach the poor who cannot afford expensive cancer medication,' says Elizabeth. 'It is through HCK that so much has

happened at the hospice.' In turn we thank you, HCK's supporters who make its work possible.



Elizabeth N'dungu and HCK's trustee David Worthington at Nakuru, May 2011

Patrons

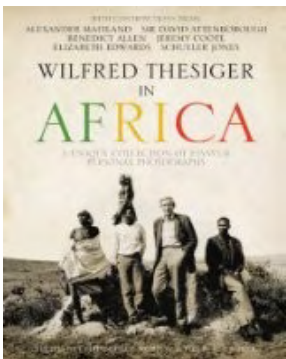
- Lord Carey of Clifton
- Archbishop Desmond Tutu
- Professor Sir Michael Richards
- Michael Wooldridge, OBE

Trustees

- Elizabeth Salmon (Chair)
- David Worthington (Dep. Chair)
- Brian Lloyd, FCA (Hon. Treasurer)
- Sharron Catton
- Dr Mike Hughes
- Dr Sally Hull
- Sue Russell
- Michael Smalley

Office Manager

- Patrick Villa



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

- Wilfred Thesiger, 1994.

Ways to donate to Hospice Care Kenya

By mobile phone: Text KENH05 (that's K-E-N-H-zero-five) followed by a space and your donation of £1, £2, £3, £4, £5 or £10 to 70070, e.g. 'KENH05 £10'. Your donation will be charged to your phone bill or credit. If you pay tax answer 'yes' to Gift Aid when asked and follow the link, as this will increase your donation by 25% at no extra cost to you.

By cheque or CAF voucher: Please send cheques or vouchers to Hospice Care Kenya at Top Floor, 95 Gloucester Road, Bristol, BS7 8AT, enclosing a Gift Aid Declaration form if you are sending a cheque and pay tax in the UK. HCK can claim an extra 25% from HMRC for all Gift-Aided donations, at no extra cost to you.

Via BACS or electronic banking: via HSBC to: CAF Bank Ltd, Account Name: Hospice Care Kenya, Sort Code: 40-52-40, Account No: 00005079. IBAN: GB48MIDL40053072138549. NB: When using IBAN please Include a request to forward your payment to HCK's a/c 40-52-40 00005079 at CAF Bank.

Online: Visit www.hospicecarekenya.com/Donating.html.

Support Kenya's Hospices - Get Involved with HCK!

There are several examples on these pages of supporters, trustees and patrons raising funds for the hospices in Kenya through HCK. All of these efforts are greatly appreciated but you don't have to climb Mt Kenya or produce a film in order to make an impact! Every contribution helps HCK and the hospices in Kenya. Even a very small amount can pay for a week's supply of morphine to relieve a patient's pain, or for an item of medical equipment, or contribute to a doctor's or nurse's salary, or pay some of the cost of training, a vehicle, or one of

the many other costs and necessities of palliative care.

Part of the money HCK raises already comes from what might be called 'community events', including coffee mornings (such as the one on the right), church events or collections, concerts, walks, talks, poetry readings, or one of the many other ways in which supporters raise money for HCK. We would like to increase the number of these events in order to raise even more for the hospices through HCK. If you think you could help by organising an event or raising funds in some

other way, please get in touch with our office in Bristol (see the contact details on page 1). HCK may be able to help in a number of ways, including setting up a JustGiving page or advising you how to set one up, or supplying fliers and Gift Aid envelopes, etc.

KENYA COFFEE MORNING
 In aid of HCK
 15th Annual Coffee Morning on
Saturday 15th October 2011,
 from 10.30 am
 at 'Salama', 15, Blundell's
 Avenue, Tiverton, Devon,
 EX16 4DL. Tel: 01884 254744,
 e-mail:
gordon.j.davies@sky.com

Peninah's story...

Peninah is only 33, and has four children. She is now cared for by her family. She lives 20km from the hospice. There is no transport, and she relies on visits from hospice staff for the support she needs.



Peninah's family

There are many others like Peninah, living in remote, rural areas, unable to access medical care or afford medicine, and dying from cancer. Without the help of trained palliative care nurses and doctors, these will die a slow and painful death.

Hussein's story...

Hussein (opposite) had terminal cancer. He visited the hospice several kilometres away, until he became too ill. Hospice staff then visited him and ensured that when he died, his death was free from pain and peaceful. His family was supported and counselled throughout.

Leaving a legacy to Hospice Care Kenya

You will need to insert a paragraph or clause in your will:

- Stating that you wish to leave a specified amount or proportion of your estate to Hospice Care Kenya.
- And, if you wish, stating that this amount is for a specific purpose, e.g. training, or for Kenyan hospice support generally, at the discretion of the HCK trustees.
- Giving the following information about HCK:

Hospice Care Kenya
Top Floor
95 Gloucester Road
Bristol
BS7 8AT

UK Charity Number 1141469

For further information please contact your solicitor or – if you wish - HCK's Bristol office, using the form overleaf.



□ Making a gift to HCK today

I enclose a cheque for £_____ made payable to 'Hospice Care Kenya'. * I have signed the Gift Aid Declaration overleaf.

My contact details:

Title.....

First name(s).....

Family name.....

Home Address.....

.....

.....

Post Code.....

Tel:.....

E-mail:.....

All donations, however small, will help our work with the Kenya hospices.

□ Gift Aid declaration

*I want HCK to treat the enclosed donation and all donations I have made during the past six years, and any I make from the date of this declaration until I notify you otherwise, as Gift Aid donations.

I pay and have paid in the appropriate tax year(s) an amount of UK personal tax (e.g.

Income Tax, Capital Gains Tax or tax on savings or investments) at least equal to the tax that HCK will reclaim on my donation(s).

Signed _____

Please detach and return the completed form to:

Hospice Care Kenya
Top Floor
95 Gloucester Road
Bristol
BS7 8AT

Standing order

I would like to support the work of HCK on a regular basis. Please send a standing order form to me at the address overleaf.

**I have signed the Gift Aid Declaration above.*

Leaving a legacy

*I would like to arrange to leave £_____ (amount) or a percentage of my estate (to be agreed) to HCK in my will. Please contact me.

***or:** My solicitor or other family representative will contact HCK.

**Please delete as appropriate*

Newsletters I would like to receive HCK's bi-annual newsletters.

About Hospice Care Kenya...

HCK is a registered UK charity and since 1991 has raised money to provide support for Kenyan hospices. Our funds help to pay for:

- Training for medical and nursing staff
- Medicines – particularly morphine
- Vehicles to enable visits to housebound patients
- Medical supplies
- Start-up funding for new hospices
- Subsidising salaries for limited periods
- Awareness training and basic care for community groups

Money is sent in response to specific request and is fully accounted for.

HCK's trustees meet four times each year to review requests received and allocate available funds. They also receive reports and news from the hospices.

For more information, visit HCK's website at www.hospicecarekenya.com

Tel: 07990 511 665 (mobile)

e-mail: hck@hospicecarekenya.com



Hospice Care Kenya

UK Charity No. 1141469

Company No. 07540244

Supporting the development of high quality palliative care in Kenya

Can you help us to help the Hospices?



Peninah

A donation to HCK could make all the difference to someone like Peninah, facing a painful death from cancer. She cannot sit, so spends the day kneeling on a cushion, and leaning forward onto another cushion.

How can she smile?

Because a hospice nurse has just visited, listened, counselled, dressed her wounds – and brought her pain-relieving drugs!

www.hospicecarekenya.com