

Hospice Care Kenya

Newsletter

Winter 2010

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

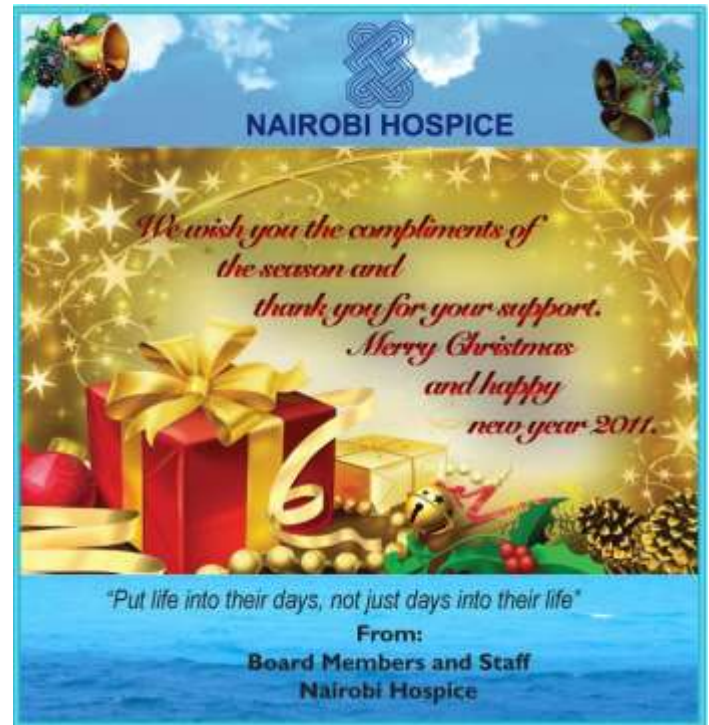
Latest News:

- Poetry raises money for **Kenya's Hospices** - page 3
- New Film Promotes Kenyan Experience
- **HCK's Chair** speaks at **KEHPCA's** second National Conference in Nairobi - page 2

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Merry Christmas!

We found the Season's Greetings opposite on Nairobi Hospice's page on Facebook (<http://www.facebook.com/pages/Nairobi-Hospice/339870145062>) and like it so much that we thought we would share it with you! By April 2011 HCK will have sent more than £35,000 to Nairobi Hospice alone during the previous year, including £14,750 for services and training in the Nairobi slum district of Korogocho, and up to £20,700 for fees for students starting the Diploma course in Palliative Care at Nairobi Hospice in January 2011. Thank you



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for making this possible! HCK's own group on Facebook is at <http://www.facebook.com/group.php?gid=59199290876>. Many

presents are bought on the Internet. Support HCK by buying from its Amazon Store at <http://astore.amazon.co.uk/hoscarken06-21>!

HCK Film 'Frontline Palliative Care' promotes Kenya's Hospice Experience



Early in the Summer of 2010 HCK patron Mike Wooldridge and his wife Ruth, a founder and former trustee of HCK, donated some of their holiday

in Africa to making a short film about the work of the hospices in Kenya, as announced in the last newsletter. Titled *Frontline Palliative Care: Learning From the Kenyan Experience*, the film was funded by a grants from the Diana, Princess of Wales Memorial Fund and HCK. The film was 'premiered,

by Ruth Wooldridge at the African Palliative Care Association's Congress at Windhoek, Namibia, in September, where it was very well received by a large audience. It will be used to promote palliative care throughout Sub-Saharan Africa and requests for copies have already been received from several African countries including Nigeria, where staff in at least one university will use it for teaching. The film (23 mins. 7 secs.)

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Hospice Care Kenya

KEHPCA's Second National Conference, Nairobi: 'Sharing the Care'



KEHPCA held its second National Conference in Nairobi on 4th and 5th November on the theme 'Sharing the Care'. HCK's Chair Liz Salmon attended and presented a paper on the work of Hospice Care Kenya. Reporting on her visit, Liz wrote: 'The KEHPCA Conference went by in a whirl! 17 presentations and two workshops on Day 1, and 15 presentations on Day 2 indicated the incredible development in palliative care that has occurred over the last 20 years, and the enthusiasm of all those involved.'

It was particularly encouraging to hear nurses from Meru, Coast, Nyeri and Laikipia, whom we at HCK know as friends, share research find-



ings and experiences with their colleagues. Their topics varied from fungating wounds in cancer patients, helping bereaved children through their grief, and palliative care for older patients. The Honourable Beth Mugo,

Minister of Public Health and Sanitation, opened and addressed the Conference. This was followed by a showing of the new film 'Frontline Palliative Care: Learning from the Kenyan Experience', made by Mike and Ruth Wooldrige.

'So much has been achieved...'

KEHPCA's National Co-ordinator Dr Zipporah Ali gave a comprehensive account of where PC in Kenya is going. She was out of breath at the end - as was her audience! So much has been achieved, particularly in the area of advocacy. A National Cancer Control Strategy is now part of Kenya's new constitution; palliative care is to become part of the general medical care offered in ten Government hospitals, and training for this is already being planned; new hospices and PC centres are being opened and buildings

constructed; and the diploma course starting at Nairobi Hospice in January 2011 is already filling up. The future is indeed bright and Kenya is increasingly seen to be at the forefront of PC planning and provision in Sub-Saharan Africa.

Of course, one of the bonuses of a conference is to meet up with old friends, and there were representatives from all the hospices and hospitals now supported by HCK. How good to greet them and hear of their encouragements and

achievements - and to meet with new friends too.

And now - it's back to London, to get on with the work of raising funds so that we at HCK can go on supporting the development of high quality Palliative Care in Kenya for the next 20 years!'

Main photos on this page: Above: HCK's Chair Liz Salmon speaking at KEHPCA's Conference in Nairobi. Below: The Conference photograph.



Poetry Supports Kenya's Hospices

The poet Robert Graves once said: 'There's no money in poetry, but then there's no poetry in money, either'. It was often true for him and may ring especially true today in the present financial climate in the UK and many other parts of the world. But as if to prove the poet wrong, at least on the first part of his statement, HCK is pleased to report that it has been doing particularly well from poetry recently, having received donations from at least two poetry events during the past year!

Most notably, over the past year Hospice Care Kenya has been the beneficiary of Nancy Mattson and Mike Bartholomew-Biggs's *Poetry in the Crypt* evenings at St Mary's

Church, Islington, London, where Mike, a poet himself, is on the preaching team and works with home groups as well as organising the poetry evenings with Nancy. HCK's Chair Liz Salmon is a licensed reader in the Church of England and has been associated with St Mary's for over 50 years and in that time has served the church in many different ways.

More than £674 has been raised for HCK from the *Poetry in the Crypt* evenings over the last year. HCK is most grateful to Mike, Nancy all those at St Mary's, including Liz, who supplied the free cakes and refreshments that also helped with the fundraising.

Robert Graves is also asso-

ciated with another time during the past year that HCK has benefitted from a poetry event: Part of an honorarium received for helping to organize the Tenth International Robert Graves Society Conference in Mallorca, Spain in July 2010 has been donated to HCK.

To round off the poetic anecdotes, HCK's generous supporters include Lucia Graves, a writer herself and translator of more than 20 books, including Carlos Ruiz Zafón's bestsellers *The Shadow of the Wind*, *The Angel's Game*, and others; and war poet Wilfred Owen's nephew, Peter Owen. Both attended HCK's reception at St Thomas's in April 2009.



Progress at Kijabe Hospice

Dr Charlie Besley has written from Kijabe that building has now started on the dedicated new hospice building there.

Ground works were delayed after an official dedication and 'groundbreaking' ceremony in September, following an accident which incapacitated the project supervisor, Kimani. He has now returned and is assisted by David, Charlie's Father-in-Law! Work is now progressing, preparation and leveling is almost completed and digging the foundation trenches should begin this month, December.

All of the work will be done

by hand, as the photographs here show.

Funds have been raised for the building, but are still required for fittings and equipment. HCK's trustees may be able to consider a bid for this in the New Year, but funds for this are not sufficient at present. Your help is needed!



Trustee Mike Hughes to Climb a Mountain for HCK!



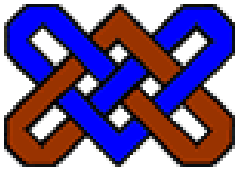
Mt Kenya, 5,199 m / 17,057 ft - Africa's second highest mountain. Mt Kilimanjaro, Tanzania is the highest, at 5,895 m / 19,341 ft.

HCK's Trustee Dr Mike Hughes, Consultant in Palliative Medicine at Sue Ryder Care Manors and Airedale General Hospital, Yorkshire, who was Nairobi Hospice's Medical Director for several years in the 1990s, will attempt to climb one of Africa's highest peaks in January 2011. Mike will be climbing with a group of friends as part of his 50th birthday celebrations. He has offered to raise funds for HCK for his own personal climb and a web page to which anyone can donate has been set up at www.justgiving.com/mikehugheskenya. All funds raised will go to HCK.

A concert at Malvern College on 7th January 2011 will also benefit Kenya's hospices. It will celebrate the 60th birthday of Gwyn Sloan, an active fundraiser and former trustee of HCK. Donations can be made to www.justgiving.com/gwyn60th or via HCK's Bristol Office.

On this and opposite page:
Clips from HCK's new film *Frontline Palliative Care*.





Hospice Care Kenya

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
Gwen Cottrell
Dr Mike Hughes
Dr Sally Hull
Keith Wood

Office Manager:

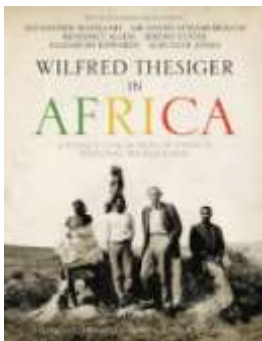
Patrick Villa



Ways to Donate to HCK

There are now several ways to donate to Kenya's hospices via Hospice Care Kenya:

- **By cheque or CAF voucher:** Please send to our 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:** via HSBC to: CAF Bank Ltd, Account Name: 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 / www.justgiving.com/mikehugheskenya
- **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. When using IBAN, include request to forward to HCK at CAF Bank.
- **Recruit a new supporter:** 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.

Higher rate UK tax payer?

HCK is registered in the UK tax office, HMRC, and receives from it an extra 25% (plus a supplement of 3%) which is added to all donations from UK tax payers who have given us a Gift Aid Declaration. Please return this form to us if you have not already done so
Higher rate tax payers (40% or 50%) may in addition claim for themselves the difference between the Gift Aid rate and their rate of tax, using their Self Assessment form. Simply quote HCK's registration number for SA Donate, **ZAH49JG**, on the relevant part of the SA return.

In addition, any UK taxpayer can use SA Donate to ask HMRC to send directly to Hospice Care Kenya any tax

refund they are due to receive, by quoting the same SA Donate number **ZAH49JG** in the relevant section of the SA return.

See <http://www.hmrc.gov.uk/forms/2008/sa100-charity.pdf> and other charity sections of HMRC's website for further details.

Photo above: Safaricom WHPCO Day Concert for Nairobi Hospice, held in Nairobi.

Film (continued)

(From page 1)

can be viewed at anytime on HCK's website, www.hospicecarekenya.com Copies of the DVD can be sent to you from our Bristol office (address as above). A minimum donation of £5 (for EU and African countries) or £10 (other countries) is suggested to help cover our mailing costs.

The film was made in Nairobi, at Coast and Nakuru hospices and in Laikipia, where a palliative care service for nomadic tribes is being established.





Hospice Care Kenya

UK Registered Charity 1001709

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

I WOULD LIKE TO SUPPORT HOSPICE CARE KENYA

Name: _____

Home Address: _____

Postcode: _____

ONE-OFF DONATION

I enclose a cheque for £ _____ payable to **Hospice Care Kenya**

or

Please debit the sum of £ _____ from my CAF card

Card no.: _____

Expires: _____

Signature _____ Date _____

GIFT AID DECLARATION

I am a UK tax payer. I wish Hospice Care Kenya to treat all donations I have made since 6th April 2003 and all donations I make from the date of this declaration until I notify you otherwise as a Gift Aid donation.

I understand that I must pay an amount of income tax or capital gains tax at least equal to the tax the charity reclaims on my donations in the same tax year.

Date _____

N.B.: It is not necessary to sign a Gift Aid Declaration. However, you must fill in: Date, Name, Home Address and Postcode.

If you require an acknowledgement please tick the box



Hospice Care Kenya

UK Registered Charity 1001709

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

STANDING ORDER FORM

Please also sign the separate Gift Aid Declaration, if appropriate.

Name and full postal address of your Bank or Building Society:

To : The Manager _____

Address _____

Postcode _____

Name(s) of account holder(s)

Branch Sort Code _____

Bank or Building Society Account Number _____

Please pay to **HOSPICE CARE KENYA**

Account No: 00005079 Sort Code: 40-52-40

The sum of £ _____ (figures)

_____ (words)

monthly / quarterly / half yearly / annually

(delete as appropriate)

Beginning: Day _____ Month _____ Year _____

and continuing until otherwise instructed.

Signature _____ Date _____

Full name _____

Please send this form to Hospice Care Kenya, which will forward it to your bank