

Hospice Care Kenya



Hospice Care Kenya

Newsletter & Appeal

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Winter 2011

c/o St Peter's Hospice, 58 Royal York Crescent, Bristol, BS8 4JP

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Gwen (Bar) Cottrell (1952 — 2011)



Gwen ('Bar') Cottrell

One of the founders of Nairobi Hospice in 1988 and still actively fund-

raising for Hospice Care Kenya until only weeks before her sadly early death from cancer in October 2011, Gwen (Bar) Cottrell was one of the cornerstones of HCK since its very beginning. Her contribution to the Charity and enthusiasm for its work will be sadly missed by us all. At a celebration of her life following her funeral in Lincoln on 2nd November, her fellow trustee Dr Mike Hughes paid tribute to Gwen and her work for

HCK and the hospices in Kenya. Extracts from what Mike said are published here and a full transcript and sequence of slides shown on the day are also published on our website [here](#).

Mike said:

'As I stand here I feel very emotional. I work in hospice care and deal with death and dying every day. It feels very different today thinking about Gwen [who I knew as 'Bar'], a friend, some-
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Training Initiatives at Coast Hospice



Training at Coast Hospice

Like many of the hospices in Kenya, Coast Hospice provides local training to health care personnel in its region who have an interest in palliative care or need to learn more about

it for their work. In February 2011, the hospice held a training course for 21 nurses, clinical officers, pharmacists, physiotherapists and social workers and two participants from Voi were able to come to the hospice for a one week attachment on completion of the course. With an increasing number of patients requiring palliative care in the region, these trained staff are now able to provide palliative care to patients from their own hospital, clinic or other workplace.

Coast Hospice now plans to hold two training workshops for healthcare personnel every year, including one to familiarise health managers with the need to have trained staff and sufficient posts for palliative care work. HCK is discussing with Coast Hospice how it might help support this training, while ensuring it also fits in with national initiatives funded by other donors.

Hospice Care Kenya

A Jamhuri Day Celebration! Bristol Supports HCK on Kenya's Republic Day

The Lord Mayor of Bristol, Councillor Geoff Gollop, and the Lady Mayoress joined about 60 HCK supporters for this event at the [Clifton Club](#), Bristol, on Monday 12th December, Kenya's Republic Day. The fundraising celebration was organised with the support of [St Peter's Hospice](#), Bristol, the Kenyan Association in Bristol and the Clifton Club to raise funds for the hospices in Kenya via HCK.

Music at the event was provided by an African Dance Troupe led by drummer Bido. As can be seen



(if you are reading this on the web) from this [YouTube clip](#), the Lord Mayor was happy to take part in the drumming and the Lady Mayoress, Bernice Gollop, joined in the dancing! Thanks to them all for their support and to new HCK supporter [John Cato](#) for the YouTube film clip.

A raffle was held for prizes with a Kenyan theme, including coffee and tea donated by KEHPCA, and other prizes generously given by supporters on the night. If you were not able to attend — we also enjoyed some very

heavy British rain that evening! — but would still like to donate, please mention 'Jamhuri Day' when you make a donation, or visit www.justgiving.com/jamhuri.

If you are reading this on the web, click on the image on the left to view the video clip.

Palliative Care in Government Hospitals

In October 2011 the Kenya Hospice and Palliative Care Association (KEHPCA) announced a major new programme to support the integration of palliative care into public health services in Kenya. The Kenyan Ministry of Health identified eleven public 'Level 5' and provincial hospitals across Kenya in which palliative care services will be established for the care of patients with life-limiting ill-

nesses. The programme is being implemented in partnership with the **Waterloo Coalition** — a collaboration of donors and palliative care organisations working in Kenya and Malawi. The Diana, Princess of Wales Memorial Fund is one member.

This new public-private partnership will focus on the development and implementation of a national training programme for the

integration of palliative care into hospital services, the development and dissemination of comprehensive hospital palliative care guidelines, the provision of technical support and mentorship for hospitals, and the measurement of the impact of these services.

Over 220 health care professionals will be trained in palliative care through the programme and eight established Kenyan hos-

'By the end of the year, Kenyan hospices and palliative care units will have provided care and support for around 30,000 patients during 2011, including around 1,200 children.'

— KEHPCA

'...the partnership will enable an additional 4,000 new adult cancer patients and 5,000 adult HIV / AIDS patients to receive high quality palliative care.'

pices will mentor the newly-emerging hospital palliative care units. The programme will ensure that local community healthcare professionals are aware of the new palliative care services at each hospital so that patients and families receive smooth and timely referrals.

KEHPCA plans that the partnership will enable an additional 4,000 new adult cancer patients and 5,000 adult HIV / AIDS patients to receive high quality pallia-

tive care through the new hospital units within one year.

Lucy Sainsbury, Chair of the True Colours Trust, which is part of the Waterloo Coalition, said: 'The Government of Kenya's commitment to integrate palliative care into 11 eleven public "Level 5" and provincial hospitals is commendable. It will help ensure that people with life-limiting illnesses across Kenya are able to access pain relief and symptom

control.'

HCK was able to help with the groundwork for this project over the last year by funding an initial supply of morphine to each of the 11 Government hospitals, via KEHPCA, as well as sums for fitting out the new palliative care units at Machakos and Garissa hospitals.

Obituary: Gwen (Bar) Cottrell (1952 — 2011) — Continued



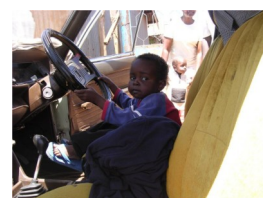
HCK's Gwen (Bar) Cottrell with two of Nairobi Hospice's other founders, Dr Edward Kisili and Ruth Woolridge, c.1989

one I cared for.

I have the honor to say a few words about Bar's work for HCK. It is also a chance to say thank you to her for all her work on behalf of the Charity, the trustees, the hospices in Kenya and the people that really mattered to Bar: all the patients and families that have received palliative care thanks to her support, enthusiasm, hard work and great organizational skills. Bar's involvement started right at the beginning. Ruth Woolridge recalls "visiting Bar's home in Nairobi and Bar in her characteristic

way offered to help".

Gwen went on to become the architect of Nairobi Hospice and totally involved for the rest of her life with hospice work in Kenya. She developed her vision of the little blue-roofed bungalow and the importance of the garden space for patients and staff. A building that is still the heart of Nairobi Hospice. (the photo on the left shows Bar in 1989 with three of the founders of Nairobi Hospice, Prof. Kasili, Ruth Woolridge and Jane Moore). The vision has continued for 23 years. As Zippy Ali,



'Kikombe ya Chai' — 'A Cup of Tea'

CEO at the Kenyan Hospice and Palliative Care Association (KEHPCA) told me, "Gwen was so full of energy, always looking for ways to improve palliative care in Kenya. She always dreamed of having a hospice like a Maggie's Centre for the people of Kenya and referred to the whole idea as 'Kikombe ya Chai' — 'A cup of tea' — a place of comfort where patients could seat and enjoy a cup of tea."

Soon after Bar moved back to the UK she became involved in the UK end of the charity, The Nairobi Hospice Charitable Trust as it was known then. The first meeting was held on 21st Jan 1991 in Bar's home, Little Hidden Cottages, Hungerford. Bar was elected Treasurer. I first met her in 1992 when I was recruited to work as the doctor at the Hospice. Bar helped to change the

course of my life. The trust was successful in bidding for a large Overseas Development Administration [now DfID] grant and Bar was employed, initially as an administrator, but later promoted to Chief Executive, to look after the ODA funding, fundraise and to keep order. Ruth, who was the chair at that time, says "Bar was so efficient and also fun to work with, we were almost in daily contact for four years".

On this page: Some of the images shown at Gwen's memorial service, some of them chosen by Gwen/Bar herself.

'It is Very Sad. I Have Lost a Friend and Mentor.'

At this time Bar was also an invaluable support to me working in Nairobi, providing practical and emotional support and a strong link with the UK Charity. She eventually encouraged me to stay for four years rather than the one originally planned.

Brigid Sirengo (the first Kenyan hospice nurse, [now Chief Executive Officer at Nairobi Hospice] wrote to me:

"It is very very sad. I have lost a friend and mentor. I

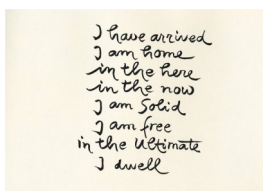
remember the early days when I was made in charge of the hospice and she was the CEO of the UK Trust we worked very closely together. She guided and supported me. Her commitment, dedication and thoroughness was admirable. We wrote proposals together and submitted excellent reports, for example to ODA, such that we obtained funding for nine record years as opposed to their stipulated maximum of six

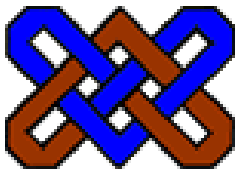
years."

Bar worked for the Charity until 1998 and during that time she helped it grow and develop, alongside trustees, and employees Sharron, Suzie and Gwyn. All from a spare room in her home in Harrogate.'

When Gwen did change jobs to work for the RIBA she was invited to return one day as a trustee, which she did in 2001, serving on the Board until 2010 when

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Obituary: Gwen (Bar) Cottrell (1952 — 2011) — Continued

Patrons

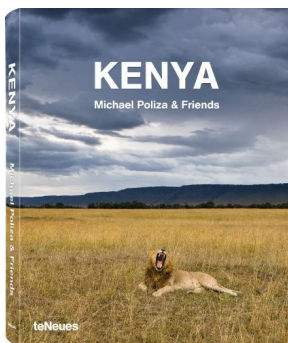
Lord Carey of Clifton
Archbishop Desmond Tutu
Professor Sir Michael Richards
Michael Wooldridge, OBE

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



Click on the image above or use the link below to visit Hospice Care Kenya's Amazon Bookshop at <http://astore.amazon.co.uk/hoscarken06-21> . All items purchased will earn 5% or more for HCK.

her illness led her to resign.

Over the 23 years of her involvement, Bar saw the hospice movement in Kenya grow from one in 1991 to 32 hospices and palliative care units now, spread right across the country, and a flourishing Kenyan Hospice and Palliative Care Association. Bar and her family can be very proud of what she helped to achieve and inspire.

Bar loved walking and I know had planned a sponsored walk up Mount Kenya last year with her good friend Sharron Catton. Sadly this had to be

postponed because of Gwen's illness. I was lucky enough to have walked up Mount Kenya in February this year a personal goal but also for HCK. Gwen was very supportive and encouraging and she asked me to bring back some fresh mountain air for her. While I was walking up the Mountain we read a book on walking meditation. [...]

On that trip I walked for Gwen who was undergoing treatment and whose courage was an inspiration, I walked for another friend and great supporter of the Hospice who had died re-

cently, Geoff Irvine.

As Gwen had walked for others on her sponsored walks, in her work, in her dedication to the hospice movement in Kenya. I am sure she will want us to carry on walking for those who cannot walk and for her.

Once again, Gwen, Thank You.'

— Mike Hughes

For the full text, please visit HCK's website at www.hospicecarekenya.com/gwen. To make a donation to HCK in memory of Gwen, please mention her when you send a gift.

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, c/o St Peter's Hospice, Clifton, Bristol, BS8 4JP, 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 at CAF Bank, Sort Code 40-52-40, a/c no.00005079.

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

Support Kenya's Hospices - Get Involved with HCK!

There are many examples on the pages of our newsletters and website 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 '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. If you think you could help by organising an event or raising funds in another 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.

KENYA COFFEE MORNING
In aid of HCK
15th Annual Coffee Morning



October 2011
Many thanks to Gordon & Anne Davies of Tiverton who raised £454.16 for HCK.