

HOSPICE AFRICA
UK REG CHARITY
1024903

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Hospice
Africa



Helping to promote palliative
care throughout
Sub-Saharan Africa

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21st Birthday



1993 - 2014



Plans for 2014



1993 — 2014
just a few
memories

Some events to put in your diary

Sponsored cycle ride Saturday, 28th June 2014 on the Wirral Way. 24 miles but flat! For details contact Michael Merriman on 0151 924 6664 or Doug Haynes 0151-638-3363

Exhibition in Liverpool Anglican Cathedral -see next page for more

AGM — Sunday, 29th June 2014 at Neurosupport, Norton Street,

Liverpool, L3 8LR starting with the AGM at 12.30 followed by lunch and a talk by Dr Anne.



Looking back — what do you remember?

Hospice Africa started on the 23rd September 1993 with almost no resources but with a huge vision. In the past twenty years well over two million pounds have been raised in the UK alone to support the work in Africa, but money is not all! Many people have contributed, visiting doctors and other experts, medical

students on placement, academics, nurses, physiotherapists, volunteers, financial experts and so many **friends!** If you have memories of working with us or with our partners please let us know so that we can include your story on our website for the 21st anniversary celebration.

A glimpse of then and now



Getting the keys to Makin-



10 years on — a new building



Oral morphine was legalised



Mobile Hospice Mbarara came from a gift from Dr Pat Pathak



Dr Stella started Little Hospice Hoima in 1998. For a time it lived in a beer store!



New premises for Little Hospice Hoima opened in 2005.



Lucy Finch took skills learnt in Uganda back to Malawi to start Ndi Myo



International Programmes: Catherine at Bansa Baptist Mission in Cameroon



Dr Anne talks via Skype> can you remember when it was snail mail?

A Cathedral Celebration

A celebration for Hospice Africa's 21st Birthday will be held at Liverpool Anglican Cathedral on Thursday 18th, Friday, 19th and Saturday, 20th September, during normal opening times. There will be an exhibition showing

the work by Hospice Africa and our partners. Please join us there, and find out more about us. On Saturday you can also join us at 3pm for choral evensong if you wish.



Legalising the prescription of morphine in Uganda

Imagine a world where the strongest pain killer is paracetamol. This was the situation in 1993 when Hospice Africa started work in Uganda. After much lobbying by Dr Anne and Dr Jack Jagwe the law in Uganda was changed in 2004 and oral morphine can now be prescribed both by doctors and also by nurses who have qualified at Hospice Africa



Uganda. This has encouraged the legalisation and use of morphine in other countries. This is now recognised as the key step in developing palliative care in sub-Saharan Africa.



Making up oral morphine. Hospice Africa Uganda now does this for all Uganda.

Our charity shops are run entirely by volunteers!



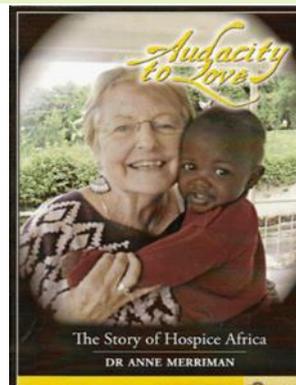
We raise funds in many ways and our supporters are very generous with both time and money, but we do rely on the volunteers in our shops. The shops provide income for our

work and at the same time offer a service to the local community. Any gifts of merchandise will be very welcome. For details of location and opening times etc. see our web-site.

Do you want to know more about Hospice Africa?

"Dr Anne" has written the story of Hospice Africa .

Audacity to Love is her account of starting in Uganda and details the growth of both Hospice Africa and Hospice Africa Uganda. From one room in a rented house to international reach. Changing attitudes and changing the law are part of the success story, as are honours and awards, but the real heart of it all is the comfort brought to thousands of patients and their families. Contact us to buy a copy for £ 11.99



Imagine a world where the strongest pain killer is paracetamol!.

Our charity shops are an important source of income!

A really inspirational read!

How much does it cost? What your gift can mean!

International Programmes - spreading the Hospice ideal

We are grateful to many other organisations which have helped us.

What we have been doing.

Hospice requires many helping hands!

How much does it cost?

At HAU patients are asked to pay 5,000/- per week, (about £1.50) towards the total cost of 45,000/- for care per week, independent of the number of visits and medications. About one third of patients can manage to pay. HAU assist

those who cannot afford (60%). HAU visit patients and families at home, supporting them with pain and symptom control and counselling. This cost includes transport and specially trained staff. A daily dose of morphine costs about 20p

International Programmes

One of the challenges for Hospice Africa is to spread its ethos and good practice to other African countries. This is difficult as often there is no real appreciation of palliative care and certainly no trained staff or suitable facilities. Yet there are always requests from those who have visited Hospice Africa Uganda, or have heard of the work being

done either there or with our other existing partners. Based in Kampala, the International programmes team, is led by Dr Anne, Catherine has recently visited Malawi and Nigeria.



Catherine Nawangi travels widely with new initiatives.

DFID award major grant for children's project

Wonderful news! The Department for International Development have just agreed to support more palliative care for children.

Hospice Africa has always worked

with children and this exciting project continues and extends this care. It will be based in Mbarara, where HAU is already established, and will allow additional staff to be recruited.



Annual report

2013-2014

Our annual report covers some of the things which have happened in the last year, together with the details of finances, changes in Trustees etc. Electronic copies (.pdf) will soon be available via the web site

and hard copies will be available at and after the AGM. We aim to be as informative as possible but if you have any further questions please ask.



Community volunteers



The spirit and need for "volunteering" has always been at the heart of the Hospice Africa ideal. Community Volunteers play an important role in spreading the word about Hospice and bringing patients and carers together. Working locally,

means that the volunteers can access difficult to reach locations and use their contacts to help give support at the patient's home. They provide a very important link in the chain of care. Would you like to sponsor a bike for a volunteer?



95 years young and still helping!

Hapy birthday to “Marge” who is 95 and still a regular volunteer in the Liverpool shop. So think young and stay young! We have a great team there and also in our Ainsdale shop. Congratulations to Marge and our thanks to all our volunteers.



Marge (right) with Dr Anne

New addition!

Welcome to Maria the newest addition to the D’Sousa family. Cath and her husband Chris worked for several years with the hospice initiative at the Bansa Baptist Mission in Cameroon, where they really promoted the hospice ethos! Best wishes and a good night’s sleep to all the family.....ZZZZ.



Graduate success

Congratulations to Moses Byomuhangi who recently achieved the first ever first-class degree in palliative care through the Institute of Hospice and Palliative Care in Africa. The Institute provides degree level courses and is soon to offer a Master’s degree.



Help from St Luke's Hospice

We are so grateful to St Luke’s Hospice, Winsford which has been supporting the training of nurse prescribers at Hospice for over 5 years. Moses Byomuhangi (see above) was one of the first to be sponsored by St Luke’s and they are delighted to learn of his further success.



Soins Palliatif—Our friends in France

Hospice Africa (Soins Palliatif) France was founded by long-time HA supporters Jim and Jane Bennet, when they moved to France. Focussing on the Francophone countries. HAF helps both existing and new programmes.

[Practice your French with Jim and Jane’s interviews on Armor TV.](#) Charity shops are uncommon in France so this is a great start!



Aiming for 100

A new baby
Congratulations

Super student!

Friends at home

Part of the international circle of support for Hospice Africa

<http://hospice-africa.merseyside.org/>



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Do you want to know even more about Hospice Africa?

Hospice Africa is a UK registered charity, founded August 1993. It is committed to providing, or supporting the provision of, palliative care to cancer and HIV/AIDS patients in Sub-Saharan Africa. Based on Merseyside, but with supporters world-wide, Hospice Africa provides funding, advice and support to its partners in Sub-Saharan Africa. The work of our charity in the UK is carried out entirely by a dedicated team of volunteers and nobody receives a salary so that administrative costs are kept to a minimum.

Hospice Africa Uganda, our principal partner, is a model which demonstrates the effective delivery of affordable and appropriate palliative care in resource-poor settings. It offers day-care and a mobile service, often just at the roadside. Many patients will have walked miles to get to the clinic, or, if they are too ill to walk, a relative may attend on their behalf, and speak to the nurse.

Much of the money raised is now used for education. In order to be able to provide a service, nurses and health care workers need training in all aspects of palliative care. Hospice Africa Uganda, helps to train students, who can return as initiators to their own countries. This also acts as a support network.

Supported by USAID, the new Institute of Hospice and Palliative Medicine opened in Kampala in 2009 as an independent degree awarding body accredited by the National Council for Higher Education in Uganda. This will work closely with Hospice Africa Uganda. It is mainly funded by the student fees and they receive scholarships through Help the Hospices, APCA, IHPCA in YS and others

We have partners in Malawi, (Ndi Moyo (Salima); Tiyanjane & Umodzi (Queen Elizabeth Hospital, Blantyre); Cameroon (Banso Baptist Mission); Nigeria (University College Hospital, Ibadan): In addition HAU has been able to train health professionals/workers from many African countries in palliative care and have provided support to palliative care centres in Democratic Republic of Congo, Togo, Ethiopia, Rwanda, Sudan (North & South), Sierra Leone, Zambia and in Nigeria at Abuja, Ilorin, and Enugu. and Sierra Leone.

Helping us Make a gift

By giving on line - We are now using "My Donate", sponsored by BT which makes no charge for handling your donation. Our [MyDonate](#) website can be used to make donations to Hospice Africa. Simply use the link below .

<http://hospice-africa.merseyside.org/donation.html>

Or you can contact us directly at K.Holden67@btinternet.com

**Treasurer (Donations)
Professor K. Holden
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Liverpool
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If you are a tax payer please consider Gift Aid which adds 25p to every £1 you donate. The Gift Aid Form is available via our website or from the Treasurer. If you would like to give regularly a standing order form is also available.

To donate £5 to Hospice Africa text HOAF215 to 70070.