

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

Hospice  
Africa



Helping to promote palliative  
care throughout  
Sub-Saharan Africa

**In this newsletter**

*Join us in our  
celebration  
plans for 2014!*

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**Our 21st Birthday 1993 -2014**



Bashil was the very first person to receive care from Hospice. He had had his arm and shoulder amputated and was in great pain. With help from Hospice he died peacefully at home with his grandmother and in 1993 a new era of pain relief and care started in Uganda. This is spreading to other African countries and amongst others we try to support work in Malawi, Cameroon, Nigeria and Ethiopia. Hospice Africa will be 21 years old this year. We are planning to celebrate this anniversary in style and we invite you to take part.

You can join us in our major events such as the AGM and reception at Liverpool Cathedral or at a more homely get together such as the quiz night or sponsored cycle ride.

If you can't manage to get to these then you could organize your own. Tell your friends about us and enjoy yourself at the same time. The list of things to do is almost endless, you will be able to find some ideas on our website. Choosing something simple and fun means that it needn't be onerous. Whatever you choose we will be delighted to hear from you.

Let us know what if you are planning something so we can put in on the web-site and good luck. You can find a list of ideas on the web-site, but of course you can use your own.



### Some events to put in your diary

Quiz Night 15th March 2014

Sponsored cycle ride

AGM

### Looking back—what you remember?

Hospice Africa started in 1993 with almost no resources but with a grand dream. In the past twenty years 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, volunteers, financial experts 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— just a few memories



Getting the keys to Makindye



10 years on and a major building



Oral morphine was legalised



Mobile Hospice Mbarara came from



Dr Stella started Little Hospice Hoima in 1998 by in a disused beer store .....



.....but it moved to a new building in 2005



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



International Programmes: Katherine at Bansa Baptist Mission in Cameroon



Dr Anne talks via Skype

## A Cathedral Celebration

A celebration for Hospice Africa's 21st Birthday will be held at Liverpool Anglican Cathedral on Friday, 26th and Saturday, 27th September. There will be an exhibition and this will continue with a reception

## Legalizing 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 \*\*\*\* 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 recognised as the key step in developing palliative care in sub-Saharan Africa

## Plans for our 2014 AGM

Imagine a world where the strongest pain killer is paracetamol

## 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 com-

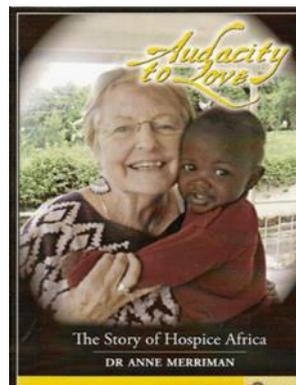
munity. Any gifts of merchandise will be very welcome. For details of location and opening times etc. see our web-site.

Our charity shops are run by entirely by volunteers!

## 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 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 £ 13.99 .



A really inspirational read!

## Do you want to know more about Hospice Africa?

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



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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, 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, trains 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 Care 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.

The International Programmes Team play a vital role in visiting other countries and working with initiators to get new projects off the ground.

### **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](mailto:K.Holden67@btinternet.com)

**Treasurer (Donations)**  
**Professor K. Holden**  
**67 Menlove Avenue**  
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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.