

# ANNUAL REPORT

## 2022



# A Word from Andrew Hollas

## CHAIR, BOARD OF TRUSTEES

The cancer burden is rising globally, exerting significant strain on populations and health systems at all income levels. In Kenya, cancer is the 3rd leading cause of death after infectious and cardiovascular diseases. From 2012 to 2018, the annual incidence of cancer increased from 37,000 to 47,887 new cases. During the same period, annual cancer mortality rose almost 16%, from 28,500 to 32,987 cancer-related deaths; that is, 78.5% of the victims do not survive. Further, Cancer is also a leading cause of death for children and adolescents. Hospital based registries report that about 2,500 children in Kenya develop cancer every year out of about 20 million children. Sadly, only 20% of children with cancer in Kenya survive compared to the 80% who survive in developed countries.



### We're on a mission to change that!!

It is a pleasure to share with you the outcomes and impacts of the work we have done in the period in our journey of providing emotional, practical and healing support to anyone affected by cancer. Throughout this reporting period, we have reached our patients and caregivers both physical and virtually, even as the effects of COVID-19 gradually ease seeing that all of us a society are working very hard, through preventative measures, to keep the pandemic away.

We have continued to offer cancer patients and their caregivers' information, advice, counselling and complementary therapies in order to make their cancer journey a little more manageable. Our work is a partnership alongside several institutions and hospitals that offer conventional cancer treatments such as radiotherapy, chemotherapy and surgery. We aim to take our patients beyond medical treatment through offering them a holistic approach to coping with the challenges of cancer.

Overall, we noted an increase in the number of patients and caregivers who benefitted from our services compared to the last financial year. We reached over 8,000 cancer patients and over 3,000 caregivers. Through our medical fund, we reduced the financial burden of 177 patients who have now successfully completed their treatment and are working on their wellness journey to recovery. This could not be possible without the support of our donors and friends of Faraja who have donated generously in cash and in kind, organized events for our benefit, and supported events organized by Faraja.

We are very thankful to all our donors and supporters who keep us going by regularly supporting our events and programs. We appreciate the invaluable service we receive from our therapists and volunteers who give their time and expertise to ensure that children and adults with cancer in Kenya experience quality care and comfort. We extend special gratitude ICEA Asset Management Ltd who manage the investment of our Faraja Medical Support funds and also waive all service fees.

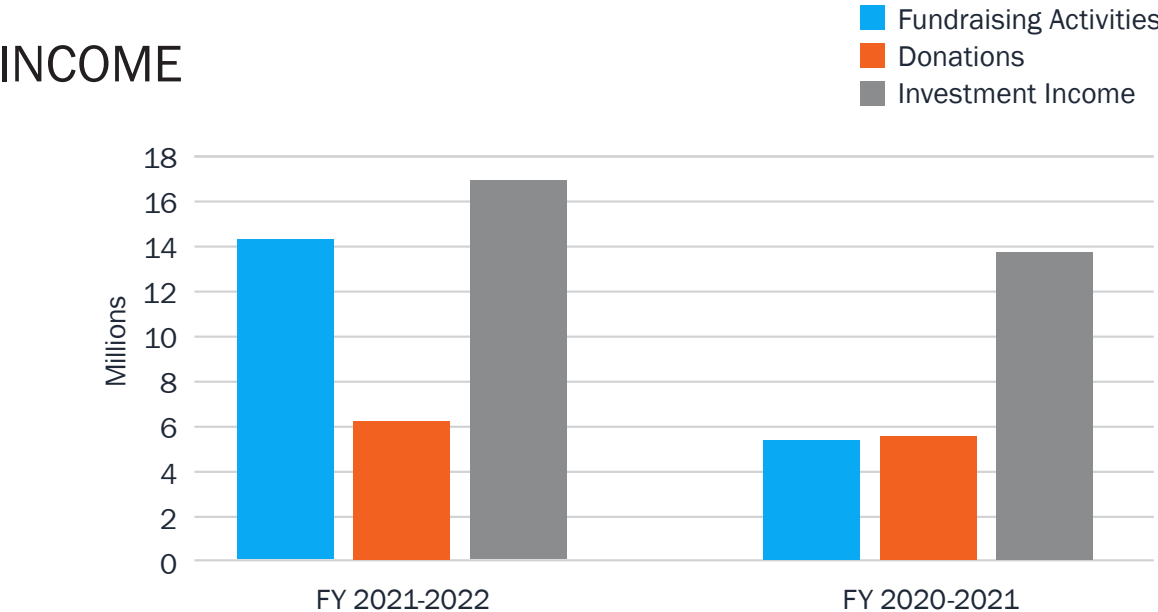
We look forward to an even stronger and better partnership in the coming year in making a bigger impact on the cancer scene in Kenya.



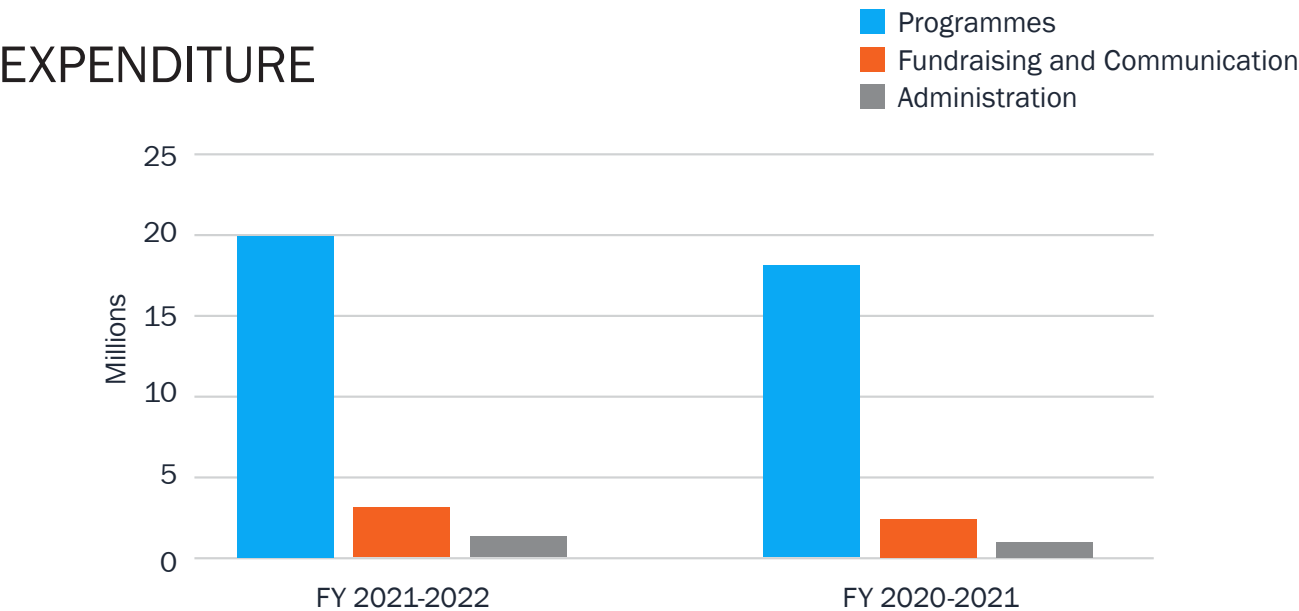
# 2022 in Focus

Overall, we noted an increase in the number of patients and caregivers who benefitted from our services compared to the last financial year. We reached over 8,000 cancer patients and over 3,000 caregivers with non-medical complimentary services. Through our medical fund, we reduced the financial burden of 177 patients who have now successfully completed their treatment and are working on their wellness journey to recovery.

We also recorded a 52% increase in income in comparison to the previous financial year. The increase is mainly as a result of resuming of our whitewater rafting challenge and increased fundraising events by friends of Faraja.



Our total expenditure increased by 12% as we resumed some of our activities at the centre including some of our programs at Kenyatta National Hospital (KNH).



# Providing Emotional, Practical and Healing Support to Anyone Affected by Cancer



We are excited to report that during the year a total of 1,804 new patients visited our wellness center in Nairobi with an average foot traffic of 40 patients/caregivers a day up from 10 in the previous year. Over 1,000 caregivers were also reached; while in Eldoret where we are located within a Government hospital 5,213 patients visited Faraja and accessed our services. There continues to be an increase in the number of people who visit the center daily due to increased referrals from MTRH social workers, oncologists and hospital personnel.

In this reporting period we resumed just about all of our programs supporting people living with Cancer as well as their caregivers; save for Nairobi County, at Kenyatta Hospital, where we concentrated within only three (3) pediatric wards (1C, 1E and 8C) out of the seven wards we had previously supported pre-COVID-19 i.e., Ward 1C, 1E, Level 3, 4A, 6B, 8C and 9A; and also where diversional therapy was only conducted by the parents and teenagers while the younger children await to start in the next reporting period; largely due to COVID-19 cautions.

Throughout this reporting period, we continued to provide hybrid services of both physical and virtual sessions.

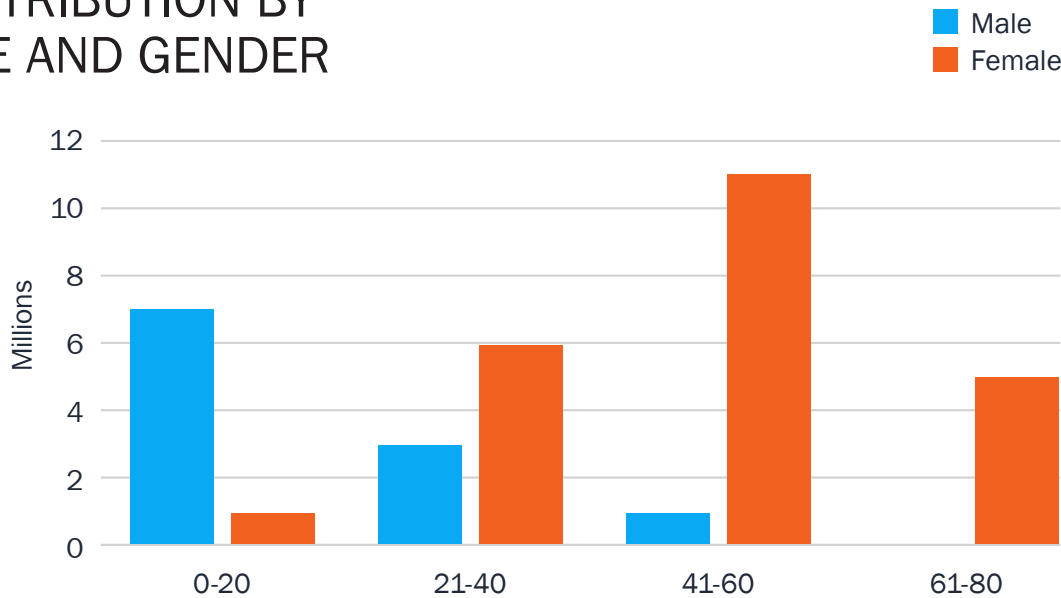
First, we had in-person contacts with our patients and caregivers who accessed our non-medical services including (i) therapies including reflexology, nutrition, transformational breathing and counselling. (ii) Support groups to share experiences and receive knowledge and education from experts in the specifically for breast, prostate, gynecological cancer and caregivers support groups. We reached over 6,000 people in physical contacts.

Secondly, we hosted virtual webinar sessions both during support group sessions and Counselling therapies. These were very useful in ensuring our services are accessed by the people who need them regardless of where they are located. We are happy that we reached a virtual audience of over 2,000 clients virtually both locally and regionally.

Further, in our medical fund portfolio, we supported 177, were supported at a total cost of Kshs 12,149,422. In this year we had a total of 13 children supported.

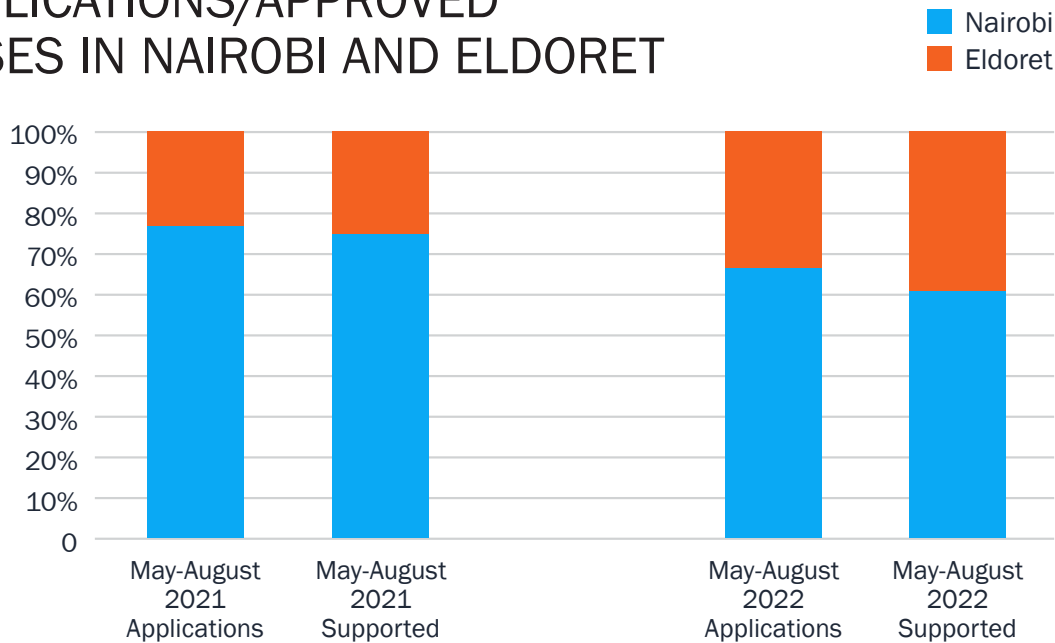
A majority of the patient supported were females in the age bracket of 41-60 as indicated by the graph below.

DISTRIBUTION BY AGE AND GENDER



We note that overall, there was a 7.5% decline in the number of applications received in the year in comparison to last year. This is partly because we had a 36% decline of applicants from KNH due to technical issues in their radiotherapy department for the last 3 months. This notwithstanding, Eldoret Centre noted slight increase in the number of applicants from the as indicated in the graph below.

APPLICATIONS/APPROVED CASES IN NAIROBI AND ELDORET



# Our Services



## COMPLEMENTARY THERAPIES

During the year, a total of 1,346 patients accessed our complementary therapies, either virtually or physically, with 591 accessing group therapies and 755 individual therapies. This is an increase compared to the previous year when due to COVID restrictions physical therapies were limited. The therapies we continue to offer are Lymphatic drainage, Reflexology, Counselling, Transformational breathing, Zumba, Meditation and Breathwork.

3 new therapies were added within this period, i.e Scar tissue, Zumba and Meditation and Breathing therapies.



## SUPPORT GROUPS

Support groups play a vital role in helping you feel better, more hopeful, and not so alone. They give patients and caregivers a chance to talk about their feelings and work through them. It is a practical way of helping them deal with the life changes that come with cancer treatment.

Support groups are generally structured around individual types of cancer and we also have one for caregivers. Currently, we have 8 regular support groups: Breast, Gynecological, Prostate, Head and Neck, Brain, Young Adults, Caregivers, and Parents of children with cancer at Kenyatta. During the year we had an average of 100 patients attend our support groups in Nairobi each month.

At our wellness center in Eldoret, we hosted 9 physical support groups reaching 488 people. We currently have 3 active support groups for Ladies, Men, and Caregivers and have recently started a colorectal cancer support group.





## CRAFTS FOR CURE

In this period we are happy to report a resumption of our near-normal C4C activities in February 2021, At Kenyatta National Hospital in Nairobi albeit on a small scale, reaching a total of 78 children; considering the on-going cautions against COVID-19.

In Nairobi County, we concentrated within only three (3) pediatric wards (1C, 1E and 8C) out of the seven wards we had previously supported pre-COVID-19 i.e., Ward 1C, 1E, Level 3, 4A, 6B, 8C and 9A. our services included distribution of milk, mosquito nets and sanitary items, and storytelling; and the children at the pediatrics ward love these sessions. The Art Masterclass held a 5-week course where the children were taught skills on fine art. Patients were also introduced to a new form of therapy called diversional therapy which helped them cope with long hospital stays and isolation. It comprised knitting needles, wool, beads and fishing wire. As advised by KNH, this therapy was only conducted by the parents and teenagers while the younger children await to start in the next reporting period; largely due to COVID-19 cautions.



Further, 3-sessions of the Nurses' psychological debrief where the team of nurses actively engage in a supervision session that provides much needed counselling as well as technical support was held with total of 15 nurses attending each of the sessions.

Finally, we hosted two close-of-the-year parties for the 78; The Be Bold Go Gold party and the Christmas party. It was a joyful time for the children and nurses to make merry and reflect on the year.





In the Eldoret Center, Art and music therapy at the Moi Teaching and Referral's "Shoe4Africa" ward is being conducted by their in-house Child Life Programme. We are developing collaboration ppints such s, such as events, milk and apple distribution and Christmas end-of-year party. This year we have given 900 packets of milk and 900 apples to about 300 children at the wards thanks to the support we have received from both corporates and individuals.

A special mention is the September childhood cancer awareness month celebrations that we hosted for the children and caregivers at the Shoe4Africa ward on Saturday, 25th of September. The day's program included song, dance and childhood cancer awareness talks. Entertainment was provided by the Moi University Band. We reached 273 children and caregivers on this day.

## VOLUNTEERS AND THERAPISTS

We receive volunteers from three main streams; from our Social media information on opportunities of volunteering, word of mouth from friends, caregivers or even patients!, and "walk-ins" who come to physically learn about what we do and get interested in volunteering. On the other hand, we also have Interns attached to Faraja for a duration of time from various Institutions of higher learning whose duration generally lasts up to 3 months.

In both Nairobi and Eldoret Wellness Centres, we have noted steady increase in the number of volunteers this year compared to last year. Nairobi had 27 volunteers up from 25 last year, and Eldoret had 57 volunteers.





# Fundraising Highlights

## FARAJA SUPPORTERS

This year, we received incredible support from Friends of Faraja who raised funds for us. Our deepest gratitude to the following who have raised in total in excess of Kshs 8 million.

- Rachael's 40@40 in partnership with Rono, Kamau and David
- Nancy Asiko Onyango - Mount Kenya Climb
- Tobias Ngala - Run from Nakuru to Mombasa
- Kirit Pattni - Indian concert
- Esther Mwangi - Walk in memory of AI
- Waheeda Shamasdin/Raziye Cavusoglu - Donated their birthday
- Ann Kamau - various treks in memory of her father
- Larissa Allen - various fundraising activities in memory of her mother
- Angel Wings- in support of children with cancer

## SEPTEMBER AWARENESS



Through the #BeBoldGoGold initiative we commemorated childhood cancer awareness month by organizing a series of awareness and fundraising activities. This raised close to Kshs 2 million. The highlight was PwC who organized departmental challenges from September to December and raised Kshs 1 million.

## POLISH AID

Thanks to the Embassy of Poland in Kenya, we received a grant of 16,050 Euros from the Polish aid small grants program. The funds were used to upgrade our wellness center with audiovisual equipment to facilitate virtual conferencing.



## WHITE WATER RAFTING

We resumed our rafting event in October after a break of two years. A total of 23 teams registered and we had about 500 spectators at Savage Wilderness Camp in Sagana. A total of Kshs 5 million was raised.



## CHARITY ART AUCTION

In celebration of World Cancer Day we organized a charity art exhibition in partnership with Circle Art Gallery and a few local painters. We raised Kshs 658,000 from the sale of paintings.

## FARAJA UK

Faraja UK continues to explore opportunities of partnerships with organisations and individuals who believe in our mission. Being registered for Gift Aid provides an opportunity for enhancing financial contributions from UK tax payers.

## DONATIONS IN KIND

A special thanks to all those organizations, individuals and partners who give us their time and donate in kind. The services and donations we receive in kind are in excess of Kshs 10 million.

