

Faraja Cancer Support Trust

Annual Report

Financial year May 2016- April 2017



A WORD FROM THE CHAIR- Board of Faraja Trustees- Mr. Andrew Hollas



“At Faraja Cancer Support Trust our core objective is to offer comfort, a support system, and hope after a Cancer diagnosis, for our patients. Faraja recognises that to fight the battle that comes with a Cancer diagnosis, patients require emotional support, which includes family and friends, as well as therapeutic services from professional caregivers.

Since our inception in 2010, we have been able to serve over 7,000 patients from all walks of life. Faraja does not offer conventional medical treatment; we complement the work done by Oncology Departments of Kenya’s medical institutions by providing emotional, practical, and healing support for cancer patients and their caregivers.

The year 2017 has been another successful year for Faraja thanks to the efforts of our core team that include our

Therapists, Volunteers, Staff and Trustees who offer any patients seeking our services a sympathetic ear, a shoulder to lean on and the best care that we can offer.

The Financial Statements highlight our successful fund raising and how we have used those funds efficiently and effectively in the provision of services.”

A word from Shaira Adamali- Founding Trustee

For the eight years that Faraja has been in existence, we have witnessed many patients leave our facility feeling better than when they walked in. The need and role for information, complementary therapies and support groups, cannot be understated.

However, the need for timely and good medical intervention is still paramount, especially now that the number of patients diagnosed with cancer has risen from 20,000 to 40,000 annually. We are delighted to share with you that we officially launched the Faraja Medical Support Fund in November 2016. Out of our initial target of



Shs100m for the Fund as at April 2017 we had raised Shs71m. The Trustees of Faraja would like to thank everyone who has made this possible.

We are also delighted to celebrate new partnerships with cancer organisations, hospitals and pharmaceutical companies who have come on board to assist us by offering treatment at a reduced cost or donating medication for treatment.

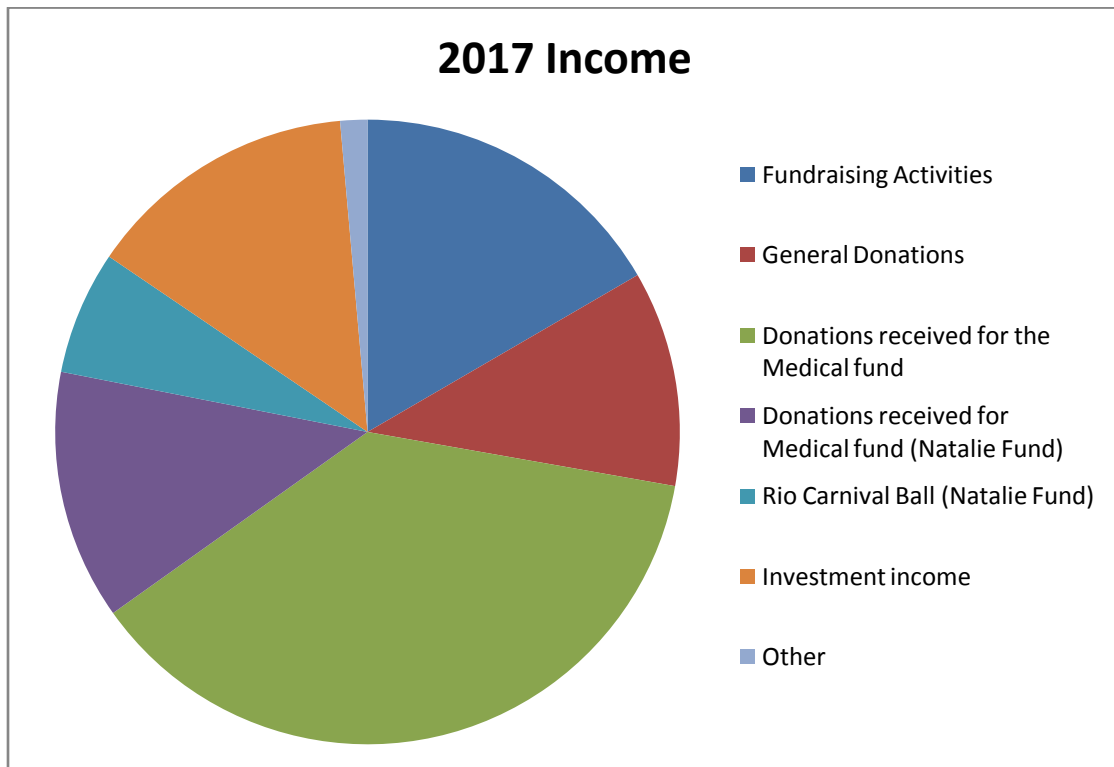
It is now, more than ever, that we need to do our bit to help patients like Jane, who can now confidently complete her treatment thanks to the support she received from the Fund. Please read her testimonial below.

All gifts into the fund will be invested and the interest earned will ensure patients receive the right treatment at the right time.

I welcome the opportunity to talk with any individual or company who would like to become involved. We believe strongly that no one should have to face cancer alone.

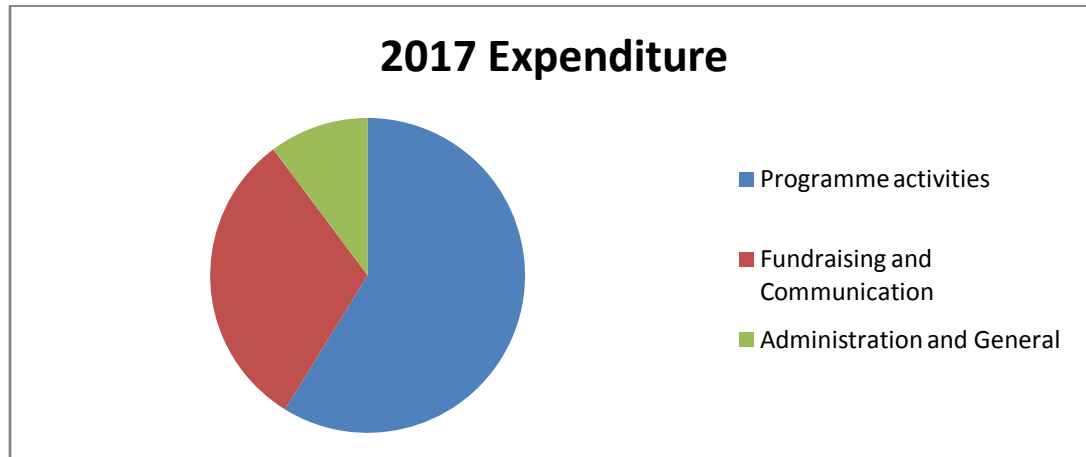
Our 2017 income

We raised a total funds raised of KSHS 46.8 million in the year ended 30 April 2017. A large part of the Fund raising this year was for the Faraja Medical Support Fund. Of the KES 46.8 million, 68% was the medical fund and 32% for the General fund.



How we spent our money- Our 2017 Expenditure

Expenditure for the year ended April 30th 2017 totalled KES 18.9 million compared to KES 16 million in 2016.



Our Services in Focus-2017

A priority for Faraja is to increase our patient support programs to include most common cancers and vulnerable groups. For this reason, a **parent's support group** at the Kenyatta National Hospital's Children's oncology wards was formed in January 2016. Through the support group, parents learn how to cope with the cancer journey as the children's primary caregiver as well as learn basic life skills such as proper hygiene, stress management and coping mechanisms. The parents support group is held every Friday from 10am to 12 noon and has an average attendance of 20 parents.

In April 2017 we began our first multiple **myeloma, lymphoma and leukaemia support group**. The feedback received was encouraging and it will be held every first Tuesday of every other month. Our first head and neck cancer support group was held on 6 of July 2017 and will also take place every two months.



In 2017 we introduced 3 new therapies:

1. **Osteopathy**-The treatment of medical disorders through the manipulation and massage of the bones, joints, and muscles.
2. **Music and Dance**- gives patients and caregivers a chance to enjoy themselves
3. **Pilates**- to strengthen a patient's core

Our Work with Children

Crafts for Cure is our weekly Art and Music therapy program that takes place at the children's wards at Kenyatta National Hospital. Every Wednesday and Friday, we use art and music to demystify the cancer journey to inpatient oncology children at Kenyatta National Hospital's **level 1e, 3 and 9**. From 2015, every Friday afternoon we donate milk and fruit to about 300 children in 3 different wards. In 2017 we donated **8,100 packets of milk and 8,625 apples**.

Faraja Medical Support Fund

12th November 2016 marked the launch of the Faraja Medical Support Fund (FMSF). The fund's vision is for children and adults who have been diagnosed with cancer in Kenya, to be able to access the right treatment at the right time. The goal is to raise **Kshs 100million** in two years, a corpus of funds that when invested, will ensure quality health care for over 50 patients every year forever.

Let's Fight This Battle Together- Free Cancer Screening

The Let's Fight This Battle Together was a screening and awareness campaign in partnership with Nakumatt Holdings. Between May 2016 and April 2017, we conducted free breast, cervical and prostate cancer screenings in Eldoret, Kisii, Mombasa, Kericho and Kakamega. At the end of the campaign, over 14,000 women and men were screened. Out of these 120 cases were found suspicious and some were treated on site with cryotherapy. Josephine was one of the beneficiaries from the Kisii screening. Watch her video testimony [here](#)

Outreach- Faraja Coming soon to Eldoret

We will be opening a new satellite centre at the Moi Teaching and Referral Hospital (MTRH) by mid 2018. This will allow us to offer our complementary therapies to patients residing in UasinGishu and its environs. This timely investment is in tandem with our vision of walking with cancer patients during their treatment journey. We are particularly excited about starting the first art and music therapy class for the children with cancer at MTRH.

How we raise money- Fundraising

As a charitable institution, we rely on support from the well wishers that include the corporate sector, schools, individuals and Faraja friends.

White Water Rafting and **Kenya's Biggest Coffee Morning (KBCM)** are our two main fundraising activities that raise funds for our programs and operational costs.

The 2017 White Water Rafting Challenge had 39 teams and 500 spectators. A total of Kshs 3.7million was raised. KBCM had 45 hosts and raised Kshs 4million.



There were also friends of Faraja who raised money for our benefit through events highlighted below.

The Natalie Fund –Natalie Blue Ball/Rio Carnival Ball



“The Natalie Fund” is a Fund created in loving memory of Natalie. Natalie died of breast cancer. A fundraising dinner was organised by the family in London. A total of £45,000 pounds was raised, which has created a fund to support young mothers with breast cancer in Kenya. Johnny Limb and Gemma McRae partnered together for a fun day of golf and an evening of fun at the Karen Country Club, raising an additional Kshs 3million.



Chef at Home

Renuka Patel of Zen Garden launched a cook book of simple but tasty recipes, “Chef at Home”, in honour of her 70th birthday. Proceeds from the book went to the Medical Fund. Each book retails at only Kshs 3,000 and can be found at the Zen Garden restaurant. To date the cook book has raised Kshs 1.5million.



Day Lewis Golf Day

Day Lewis, a pharmaceutical company based in London, held a golf day on the 1st of July 2016 and raised £5,500 for our Medical Fund.

Wigs and Turbans Gala Dinner



Wigs and Turbans Ltd, a Nairobi based beauty business held a fundraising dinner at the Secret Garden Restaurant and raised Kshs 1million for treating children with cancer in Kenya. So far 10 children have been assisted from the funds.

Plans for the Financial Year 2018

Faraja in Eldoret

We plan to continue with all the activities that we have had in 2017. We also anticipate opening our Eldoret branch by mid 2018.

White Water Rafting

We will continue with the White Water Rafting Challenge which will take place from 11th-13th May 2018 at Savage Wilderness Camp. Our target is to raise Kshs 5million from 50 teams.

Kenya's Biggest Coffee Morning

From September to November 2018, Faraja will partner with various individuals and corporate bodies to raise awareness about cancer and additional funds towards our activities.

Royal Fusion Gala Dinner

The 2nd annual Wigs and Turbans gala dinner "The Royal Fusion Ball" will be held on 3rd of November 2018 at the Two Rivers Mall, CK Square and aims to raise Kshs 5million for children with cancer in Kenya.

2017 TESTIMONIALS

MUTHONI - 35years



“When I received my diagnosis of Breast Cancer in August of 2016, my world shattered as I tried to figure out my next move. Cancer treatment isn’t anything I would wish on my worst enemy, it breaks you down and by the time I was doing my 3rd cycle of chemotherapy, I was worn out physically, emotionally and psychologically. My oncology nurse noticed my deteriorated morale and referred me to Faraja Cancer Support Trust. When I walked in and was asked, “How can I help?” that was all I needed. Faraja gave me space to be me, allowed me to deal with the side effects of my chemo by offering me free therapies that

would have otherwise cost me a lot of money. I felt well enough to continue my treatment but most importantly, I felt safe.” Watch Muthoni’s testimony [here](#)

JANE- 36YEARS



Jane was pregnant with her second child when she first noticed that her nipple was inverted. She assumed that because of her pregnancy, it had something to do with her milk duct. It was only after the birth of the baby that she realised something was amiss.

Read more of about her journey to recovery [here](#)

Thanks

I am grateful to Faraja Trustees, Staff, Volunteers, Therapists, Donors and friends for the continued service and support to Faraja and our patients and caregivers.

Remember it is only together that we can help fight cancer.

Andrew Hollas
Chairman
Faraja Cancer Support Trust

