



Faraja Cancer Support has provided a safe haven and given hope to thousands of adults and children who are living with cancer. We are growing rapidly, but are just scratching the surface in terms of the need. With only a hand full of oncologists in the entire country and only one radiotherapy treatment centre in a public hospital (in a country of 42 million people) there are huge barriers at every level to people surviving the disease.

**Our mission is to provide emotional, practical and physical support to anyone affected by cancer in Kenya.**

**Our vision is for all adults and children, who have been diagnosed with cancer in Kenya, to be able to access the right medical treatment at the right time. This brings hope and a real chance of recovery.**



#### SHAIRA'S LEGACY

When Shaira Adamali battled through cancer she resolved to provide support for others who were living with the disease.

After having worked for PwC for nearly 30 years, she decided she had “made enough money” and could retire early. That’s when she founded Faraja Cancer Support Trust

Faraja has four employees and calls on a host of therapists, counsellors, masseuses and other volunteers. Some of the therapies which include counseling, nutrition, reiki, yoga, massage stress relief, body talk, lymphatic drainage are shown to improve patient’s wellbeing and their ability to adopt a healthier and more positive lifestyle.

Another important aspect of the Centre is the interaction among patients, survivors and their families during the support groups or in group exercise sessions. In fact, Faraja is the only place in Kenya that currently offers cervical and prostate cancer support groups.

Today, six years after its inception, more than 6,000 people have used Faraja’s services, and that number is rising rapidly, with 40-50 new patients coming through their doors each month, and over 100 attending the monthly support group meetings.

Faraja has also assisted over 60 patients with their medical treatment and most of these patients are doing well.

Faraja runs a programme called “craft for cure” at the children’s oncology ward at Kenyatta National Hospital. This includes giving milk and fruit to over 400 children at the hospital every Friday. Faraja is also providing free cancer screening in partnership with Nakumatt and has Screened over 8,000 to date and plans to screen in 7 counties in 2017.

And Shaira is nowhere near content: Faraja has recently expanding its facility at the Cancer Care Centre and is in talks to open a new facility in Eldoret at the Moi Teaching and Referral hospital in 2017.

## TESTIMONIALS



KEVIN GITHINJI

We are delighted to share with you that two years on from treatment Kevin is doing really well and looking vibrant. His treatment comprised of hybrid regime with 4 cycles of radiotherapy and chemotherapy. As is often the case in Kenya the road to wellness for people living with cancer is extremely difficult. It is difficult to get a diagnosis, it is difficult to know where to find information and it is extremely difficult meet the medical bill expenses. Faraja helps patients and their families by sign-posting the best way to navigate this path.



MONICA BULUMA

27 year old mother was diagnosed with cancer of the oesophagus cancer in 2012 at Kenyatta National Hospital. After a month in intensive care, Monica was discharged and referred to MP Shah Hospital, Cancer Care Kenya for chemotherapy and radiotherapy to get rid of the final cancerous cells at the cost of KSH 500,000. There was no way Monica could afford this, coming from a very poor background. With no hope, she was referred on to Faraja Cancer Support Trust.



DORIS OKELLO

I was diagnosed with breast cancer in October 2009. Following a mastectomy and chemotherapy, I was referred to Cancer Care Kenya for radiotherapy. I learned about Faraja Cancer Support in my first week of treatment. I met the staff who was very accommodating. They talked me through their various complementary therapies, such as Reiki, body massage and movement to mention a few. I also got a lot of literature from the books in their library on how to live positively as a breast cancer survivor. Faraja has consistently provided these services free of charge. They engage talented, highly competent professionals who are extremely friendly. I personally enjoy these services, which I have been encouraged to practice in my everyday life. Now, I love doing yoga regularly. I have nothing but good things to say about Faraja Support Centre and I strongly recommend them for any support they can get from any well-wishers.



SALOME ASIBITAR

I came to Cancer Care Kenya to receive radiotherapy and was informed about Faraja and came to take a look. Once there, I was greeted and welcomed by the volunteers and staff and was taken through everything that is offered at Faraja, which included the complementary therapies. I found a new sense of hope there, and it felt like a "home away from home".

I benefited from all the therapies I attended like Reiki, movement, counselling, but mostly from the nutrition session I also had the chance to interact with volunteers and patients who shared their personal experiences with me and encouraged me to not lose hope. I would totally encourage other cancer patients to come to Faraja for assistance, support and encouragement because Faraja gives a new meaning of life to the hopeless.



GRACE GICHUHI

My first encounter with Faraja was when it had just started in February 2010. I am most grateful to Dr. Adamali and Shaira for the support they gave me during that initial crucial moment. Since then, I have been a regular visitor to Faraja, mostly on Wednesdays and Fridays. The first time the ladies prayed for me, I walked out feeling cheerful and encouraged. On Fridays I attend the Movement sessions with Elaine, which have made my body relax and become more flexible. The wonderful moment here is relaxation with soothing music after the exercises. The mind experiences lots of peace. Faraja offers crucial facilities for those affected by cancer. There is a need now to increase awareness of what it offers.

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*OUR WORK WITH CHILDREN*

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It is a sad fact of life that vulnerable children get cancer too. Just 1 in 10 children survive cancer in Kenya compared to 7 in 10 in developed countries. Clearly there is much to do. Faraja ensures that our services reach children and their families as they go through this difficult time by providing practical and emotional support. The below gives you a snapshot of 3 ways we do this:

1. Through our Craft for Cure Programme - a picture paints a thousand words:

- Kids can get pretty miserable and bored having to stay for months on end at a hospital for cancer treatment. The Crafts for Cure program takes place every Friday afternoon at Kenyatta National Hospital run by Faraja and Nairobi University's AIESEC students. Craft for Cure enables these kids a welcome distraction from treatments, the chance to hang out with fun people and just get to be kids for an afternoon.



2. Through providing life-saving treatments

- In special circumstances Faraja has an emergency fund for children (and adults) who are living with cancer and can't afford life-saving treatments such as chemotherapy and radiation.
- This project has been successful, proving that it is critical children get the right treatment at the right time. Please see the story of 9 year old Kevin Githinji who was one of our first patients to receive financial assistance to fund his treatment.



3. Milk & fruit donations – every Wednesday and Friday

- Faraja Cancer Support Trust began giving fruit and milk donations once a month in 2015. The donations are offered to the children in level 3 ward which accommodates approximately 50 children. Due to the positive feedback we have received, the donations have been extended to level 1 e and level 9 pediatric



**1. LET'S FIGHT THIS BATTLE TOGETHER**



- In the first year of running this campaign, an incredible KES 5 million was raised and was used to provide financial assistance to children and adults who could not afford treatment
- In 2015, Nakumatt conducted an aggressive campaign for the 2<sup>nd</sup> phase of “Let’s Fight This Battle Together”, and a total of KES 13 million was raised

**2. WHAT IS KENYA’S BIGGEST COFFEE MORNING?**



In 2015 over 3,000 either hosted or attended a KBCM raising KES 4 million. Many had expert cancer speaker present to them. The goal for 2016 is to raise KES 6 million - together we can make it happen!

**3. WHITE WATER RAFTING CHALLENGE**



In total 35 rafting teams took part in our 2016 Challenge and 200 spectators came to watch – and raised KES 3.3 million (net). As Faraja relies entirely on the generosity of individuals and companies the KES 3.3 million raised is incredibly important, and will support and save many lives.

**FREE CANCER SCREENINGS**

- The first free screening camp in 2016 was in Nakuru was on the 27th and 28th of February 2016 at Nakuru Hospice and was conducted jointly with Africa Cancer Foundation (ACF)
  - Total screened = 1,234
  - Suspicious cases = 142
- Meru county was on the 24th and 25th of April 2016 at Meru Primary School in conjunction with the county government of Meru and Africa Cancer Foundation
  - Total screened = 738
    - Male = 389
    - Female = 349
  - Suspicious cases = 81
- Uasin Gishu county on the 24th and 25th of June 2016 at Moi Teaching and Referral Hospital – Memorial Grounds in conjunction with the county government of Uasin Gishu
  - Total screened = 1,482
    - Male = 622
    - Female = 860
  - Suspicious cases = 85

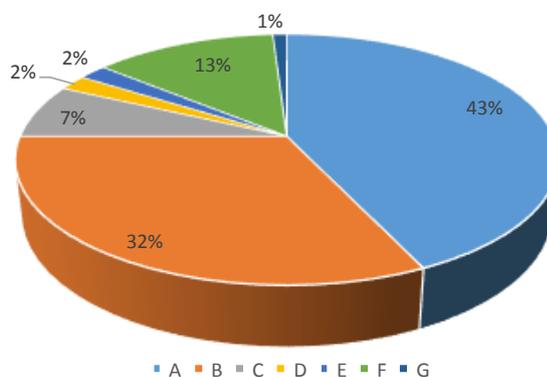


This statement shows that the total funds raised for the year ended April 30<sup>th</sup> 2016 was KES 45.9 million, up by 72.6% from KES 26.6 million in 2015. A large part of the Fund Raising this year was for the Faraja Cancer Support Fund, an endowment fund to support medical treatment. Of the KES 45.9 million, 55.15% was the medical fund and 48.85% for the General fund.

Expenditures for the year ended April 30<sup>th</sup> 2016 totaled KES 16.1 million compared to KES 14.3 million in 2015, resulting in a surplus of KES 29.9 million, compared to KES 12.2 million in 2015.

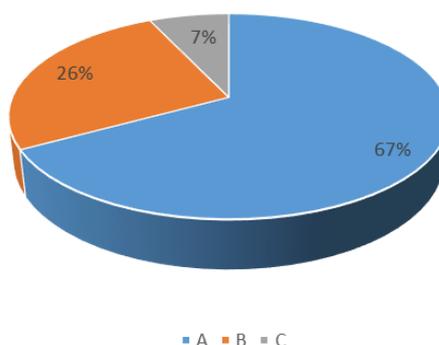
**How we raise our money**

<b>A</b>	<b>Fundraising activities</b>	<b>43%</b>	<b>19,779,000</b>
<b>B</b>	<b>Bike ride</b>	<b>32%</b>	<b>14,719,256</b>
<b>C</b>	<b>Donations received in cash</b>	<b>7%</b>	<b>3,219,837</b>
<b>D</b>	<b>Donations received in Medical fund</b>	<b>2%</b>	<b>919,953</b>
<b>E</b>	<b>Donations in kind</b>	<b>2%</b>	<b>919,953</b>
<b>F</b>	<b>Interest income</b>	<b>13%</b>	<b>5,979,698</b>
<b>G</b>	<b>Transfer from deferred income</b>	<b>1%</b>	<b>459,977</b>
	<b>TOTAL</b>	<b>100%</b>	<b>45,997,674</b>



**How we spend our money**

<b>A</b>	<b>Programme Activities</b>	<b>67%</b>	<b>10,752,130</b>
<b>B</b>	<b>Fundraising and communication</b>	<b>26%</b>	<b>4,172,468</b>
<b>C</b>	<b>Administration and general</b>	<b>7%</b>	<b>1,123,357</b>
	<b>TOTAL</b>	<b>100%</b>	<b>16,047,955</b>



- **Our Goal:** To raise at least KES 100 million (US \$1 million) in 2 years. Once the Faraja Cancer Support Fund reaches KES 100 million (US \$ 1million), it should be sufficient to fund 167 weeks of radiation or 167 rounds of chemotherapy cycles every year
- **Mission:** We will galvanise the support of a small, but powerful group, with the vision and capacity to come together and make a meaningful and long lasting impact by making sizable donations into the fund. All gifts will be invested and generate a perpetual stream of income for generations to come.
- **Key Goals**
  - **Save lives**– by funding life-saving treatments for people who can't afford them
  - **Be sustainable**– by being able to issue grants every year, forever
  - **A model of excellence**– a unique knowledge hub, which has the potential to grow or be replicated in other African countries
  - **Generate awareness and combat stigma**– by sharing survivor stories
  - **Be trusted** - by all stakeholders and funders – in Kenya and overseas
- **Impact:** Once the Faraja Cancer Support Fund reaches KES 100 million (US \$1 million), it will be making annual distributions of around KES 5 million (US \$50,000) every year forever. This will be enough to pay for 167 rounds of life-saving radiation or chemotherapy.

### ***Why Trust Faraja?***

We know governance is a major factor when choosing which African charity to support. The Trustees are highly respected individuals, and Faraja has a policy of being open and transparent with our supporters. Our financial statements are externally audited.

Faraja enjoys the support of a loyal network of individuals and organisations through grants, sponsorship or participation of our events, the majority of whom repeat fund.



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