

Kenya's Biggest Coffee Morning!



What is Kenya's Biggest Coffee Morning (KBCM)?

KBCM is Faraja's annual fundraising and awareness campaign that runs during the month of October. This initiative allows corporate organizations, schools, religious institutions and individuals to host coffee mornings for their staff members and friends for a get together in a social atmosphere to demystify cancer.

Why should I host a KBCM?

Cancer in Kenya is the 3rd cause of mortality after infectious and cardiovascular diseases. With over 80% of cancer cases being diagnosed when in the late stages and affordable treatment being difficult to access, awareness is key in the fight against cancer. KBCM is an engaging and exciting way of spreading the message of early detection and treatment.

What happens during a Kenya's Biggest Coffee Morning?

A coffee morning can be tailored to what a host wants. Typically Faraja facilitates an awareness talk on the risk factors and early signs with the help of a doctor/oncologist. After an open Q&A session, a survivor shares his/her testimony on life during and after cancer. Attendees then enjoy tasty pastries and a cup of tea/coffee.

What about Fundraising for Faraja?

Faraja relies solely on donations and the services of volunteers to provide the services free of charge at the Faraja Centre. Although we do not charge for coffee mornings, we do request for donations from our hosts and their staff. The support given helps fund services listed below:

1. **Complementary Therapies** - Offered daily at our wellness centers in Nairobi and soon in Eldoret.
2. **Support Groups** - 3 monthly groups, 2 held quarterly and 1 every Friday for parents at Kenyatta National Hospital's pediatric oncology wards. A total of 48 support groups a year.
3. **Crafts for Cure** - Weekly arts, crafts and music therapy targeting children at Kenyatta National Hospital (KNH) and soon at Moi Teaching and Referral Hospital. We also give milk and fruit every Friday to about 300 children at KNH.
4. **Medical Assistance** - Faraja Medical Support Fund (FMSF) assists patients with medical expenses. The FMSF is a corpus of funds that is invested to ensure at least 50 patients are supported every year forever. Since its launch on 12th October 2016 Faraja has been providing the cost of medical treatment from a Medical Fund it has established through donations specifically made for treating cancer patients who cannot afford treatment.
5. **Information** - A well-stocked resource library. We also assist families with free patient navigation.
6. **Awareness** - Creating awareness on the importance of early detection and screening. This is done through mall activations, screening campaigns and at our annual Kenya's Biggest Coffee Morning.

Every drop of coffee drunk, and every delicious nibble of cake consumed will give hope and support to children and adults with cancer in Kenya. No one should have to face cancer alone.

Some of the beneficiaries



Baby Valentine who suffered from Kidney Cancer and her grandmother.



Kennedy, a high school student is now in full remission from Leukemia

Some reasons why people host a KBCM or attend one:

- Easy to execute – whether in Kenya or overseas.
- A fun way to involve and teach children the importance of philanthropy.
- Works well as a company networking event which gives staff the opportunity to learn from expert cancer speakers.
- To engage clients in a different way.
- To support Faraja and make a difference to those living with cancer in Kenya.
- To remember a loved one who has gone through cancer.

How will hosting a KBCM help?

- **Ksh 9,600** – the cost of 8 powerful pain killers for people when it is most needed.
- **Ksh 52,800** - the cost of 3 CT scans so that doctors can plan the best treatment for patient.
- **Kshs 180,000** – the cost of 6 lifesaving chemotherapy sessions
- **Kshs 198,000** – the cost of a patient) to successfully undergo 30 sessions of radiotherapy treatment.
- **Kshs 300,000** – the cost of Faraja’s monthly breast cancer support group for a year!



“I am extremely grateful for the support Faraja has given me throughout my treatment. Their free complementary therapies helped me cope with the side effects of Breast Cancer Treatment.”- Rebecca, a cancer survivor

At the very heart of the event are our hosts. Wonderful people who put their hands up and decide to host a KBCM. Collectively they make an enormous impact.

When Does Kenya's Biggest Coffee Morning Happen?

Typically between October and November, however, it can be held in any other month upon request. Just contact us and let us know in advance.

How much money should I raise?

We encourage our hosts and their guests to be as generous as possible. Every little bit counts! In 2017 our hosts helped us raise over Kshs 3million. Our goal is to raise more each year to support our service expansion in Nairobi and Eldoret.

Any Fundraising Ideas?

Here are some ideas that have worked in the past:

- Social for residents in an apartment building/ housing complex
- Office Bake Sales
- Pledge Forms
- Quiz Nights
- Pink Fridays (ideal for schools)
- Sale of ribbons
- Car boot sales
- Plays and musical events
- Online auctions
- Cake auctions
- Restaurant campaigns (special offers on tea and coffee)

- Girl/Boys night in (spare the drinks and save a life)
- Chama contributions
- School sporting activities
- Outdoor activities: zumba, mountain climbing, bike ride
- Family weekend barbeques
- Birthday/Anniversary gift
- Family donation (in loving memory of a loved one)



How many people hosted last year!

49 companies hosted including the following:

- Safaricom - 418, 821 Ksh
- Tausi Assurance - 1,067,000 Ksh
- I&M Bank - 500, 000 Ksh
- Sayani Investments - 603,500 Ksh

Typical Agenda on KBCM

- 8:00am - Introductions and briefing on KBCM
- 8:30am - Speakers presentation
- 9:00am - Survivors testimonial
- 9:30am - Q&A over Coffee and Pastries
- 10:00 am - Vote of thanks / Call to Action



Tausi Assurance host a KBCM every year and they also invite partners and clients to attend. Last year they raised Shs 1,067,000.

If you would like to discuss fundraising ideas that work for you please email us info@farajacancersupport.org



Select the Pay Bill option and enter Faraja's business number 509700

Speakers:

Dr. Noelle Orata

Dr. Orata is the Group Medical Director, Oasis Healthcare Group and is a founder member and a director at Oasis Nairobi Limited, one of the subsidiaries of Oasis healthcare Group Limited. Her interest is in laboratory research and laboratory systems strengthening.



Dr. James Mbogo

Dr. Mbogo is a medical doctor currently pursuing a Masters degree in Clinical Oncology and Nuclear Medicine at Alexandria University in Egypt. Since May 2014, he has been a volunteer at Faraja where he presents health talks to the cancer survivor groups and corporates. Dr Mbogo's talks focus on a wide variety of topics including how to deal with the side effects of cancer, treatment and risk factors. Dr. Mbogo has a passion for prevention and early detection of cancer which he advocates for at forums such as the Coffee mornings among many others.



Phillip Odoyo

Philip Odoyo Ouma works as the Patient Support Manager at Faraja Cancer Support Trust. His passion for Psycho-Oncology began 15 years ago at Kisumu Hospice where he established the first counselling office. Besides having a Master's degree in Counselling Psychology, he is currently enrolled for a Doctoral Degree in Clinical Psychology at USIU. He attended Clinical Observership training at Memorial Sloan Kettering Cancer Centre in Manhattan, New York under the Union for International Cancer Control Fellowship for 2014 and was inducted into membership of Association of UICC Fellows (AUF) as a UICC Fellow in 2015.



DR. Nafula E. Wekesa

Dr. Wekesa currently works as a medical officer at M. P Shah Hospital's Internal Medicine department. Previously, she worked at the Nairobi Hospice and Kakamega County General Hospital. She has also volunteered at the Coast, Kakamega and Nairobi hospices in the past. Dr Wekesa is currently pursuing a Master of Science in Palliative Care at the Oxford Brookes University since 2016. She holds a Bachelor of Medicine and Bachelor of Surgery from the University of Nairobi, a Diploma for Higher Education in Palliative Care and a Certificate in Teaching and Learning in Higher Education from the Oxford Brookes University.



Muthoni Mate

Muthoni Mate is a Kenyan epidemiologist who does not term herself as a cancer survivor. Rather than surviving the disease, cancer was her wake up call to appreciating each and every day of life and to draw out the most she could by giving back to the same people who were her source of support and strength during her breast cancer treatment in the year 2016. She is the founder of The Cancer Café – a place where patients, caregivers, healthcare providers and the general public meet every month to learn, support each other and share the joys and tears of their cancer journeys over a cup of tea and healthy snacks. She also runs a weekly Cancer Café gym session that is tailor-made for cancer patients but is open to everyone.



Cindy Ogana

Cindy Ogana is a creative by profession, having studied Creative Arts at Moi University and worked as a radio presenter and social commentator on television. Cindys passion for philanthropy led her to pursue a career as a fund raising and communications manager at Faraja Cancer Support Trust. Her background is communication, with sub-skills in marketing, donor/ customer relations, events management and social media strategization.



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