**Website content**

Complementary therapies

1. **Zumba**- Zumba is a dance fitness program that involves exercise with dance and aerobics. It is a fun way to tone up, relieve stress, improve mood and to boost your metabolism which allows the body to better fight cancer cells. The choreography incorporates hip-hop, soca, samba, salsa, merengue, and mambo. Squats and lunges are also included.
2. **Nutritional Therapy**- Cultivating a healthy mind, body and spirit requires nourishment from wholesome foods and removing or reducing harmful foods. Food is 'fuel' for the cell, and with the wrong types of fuels, the body cannot function at its best. As well as healthy food habits, nutritional therapy at Faraja also teaches effective breathing and positive thinking, two other essential forms of 'food' needed to fight any disease.

Good nutrition boosts energy and builds immunity to disease by increasing the alkalinity of the body (remember, cancer flourishes in acidic environments) and cleansing the body. Eating the right foods before, during and after treatment can help the patient stay strong and heal quicker. Unfortunately for many patients, the side-effects of cancer and treatment, such as nausea, constipation, mouth sores and anxiety, make eating anything at all a challenge.

1. **Breathwork**- This is based on meditation practices, which uses breathing techniques to achieve mental clarity and a heightened state of mind, allowing the expulsion of negative energies. These negative energies are often thought to contribute significantly to chronic and degenerative illnesses such as cancer. Cancer cells flourish in deoxygenated environments. Breathwork, therefore, teaches various breathing techniques to expand and exploit lung capacity to its full potential and fill the body's cells with oxygen. A typical session at Faraja last forty-five minutes.
2. **Movement**- Movement classes at Faraja are largely based on yoga practice. Yoga refers to the union between mind, body and spirit. In a non-religious context, it is used as a form of meditation, low impact exercise and complementary therapy. It is thought to stimulate the flow of life energy through the adoption of specific poses, synchronized with breathing. This stimulates the endocrine glands and enhances immunity, flexibility, balance and grace. Yoga aims to promote feelings of physical, emotional and spiritual wellness, assisting individuals, not least cancer patients, to redirect their lives and encourage healing. This often helps patients counter the negative side effects of cancer treatment. At Faraja, movement classes aim to help the patient achieve and maintain physical fitness, as well as gain peace and relaxation. Classes are offered three times a week by three different instructors.

A typical session begins with breathing exercises that draw awareness to the breath. Movement and basic yoga postures follow. Breathing and relaxation conclude the class, leaving patients feeling peaceful. Instructors are careful to remain sensitive to the abilities of the patients and to adapt the practice to suit their individual needs. A typical movement session at Faraja lasts one hour.

1. **Chair Yoga**- Chair Yoga enhances strength, flexibility, balance and helps in the reduction of stress and anxiety. Chair Yoga is offered at Faraja every Friday and it takes around 45 minutes a session.
2. **Lymphatic Drainage**- Lymphatic drainage uses massage to move fluids and maintain flows throughout the lymphatic system - a complex network of vessels and ducts that runs through the body. This helps to move toxins away from healthy cells and carry germ-fighting materials to sick cells. It removes negative emotions and pain-inducing chemicals and hormones that collect in problem areas of the body. It is particularly useful in dealing with conditions such as acute swelling around an injury site and chronic edema, particularly common with breast cancer patients who have had their lymph nodes removed. The functioning of the immune system, which is intimately associated with the lymphatic system, is also improved.

The Veltheim Method of Lymphatic Drainage combines Body Talk practice with lymphatic drainage. Body Talk is a holistic therapy that balances the body's energy system by reconnecting lines of communication between each system, cell and atom of the body. This helps the internal mechanisms to function optimally, preventing and healing diseases and restoring emotional and mental well-being. Through asking the body a series of yes/no questions, the body guides the practitioner to where the imbalances are. At Faraja, patients are encouraged to repeat the lymphatic drainage until they see significant positive effects. A typical session last about an hour. Lymphatic drainage is offered for free twice a week

1. **Reiki**- Reiki is a simple, natural Japanese technique for stress reduction, relaxation and healing. Through the practitioner laying hands on or just above the recipient's body, energy blockages (caused by poor diet, negative thoughts etc.) in the body's energy channels are removed and energy balance and harmony are restored or maintained. Reiki is not a belief system and does not have a basis in a particular religion. It has been effective in helping virtually every known illness, from a common cold, to depression, to cancer. For cancer patients, it works alongside other medical or therapeutic techniques to relieve side effects of the disease and treatment and promote recovery. At the very least, Reiki is an effective stress-buster; this provides significant knock-on effects given that an overwhelming number of our problems are stress-related. At Faraja, Reiki is usually performed in group healing sessions, in which two to five practitioners perform the therapy on a client. Sessions last between 20 to 45 minutes (depending on how many practitioners are working together). Therapists advise patients on how many sessions would be beneficial, depending on their needs.
2. **Counselling** - Cancer is a journey, the trajectory of which usually involves anxiety, hopelessness, anger and feelings of loneliness. Patients and their loved ones struggle with the loss of normalcy, financial strain, physical vulnerability and fears of death. The conventional medical sector is mostly focused on treating the disease; often the psychological concerns are not adequately addressed. Friends and family of patients are usually willing to help but unable to understand the fears faced by the patient and therefore unable to provide the appropriate support and guidance. Counseling aims to help the patient and/or their carers make practical, emotional and spiritual adjustments to improve their quality of life. The counsellor gently encourages the patient or carer to talk about their emotions and concerns and offers professional emotional and practical support and direction to the client. At Faraja, qualified counsellors see patients either one-on-one or with their careers. Sessions usually last for forty-five minutes upwards and are followed up with further sessions with the same counsellor the following week if needed.
3. **Diversional Therapy**- Knitting and crocheting helps to relieve stress and boredom, promote emotional and physical health build social connections and discover new passions.
4. **Scar Tissue & Emmett Technique**- The EMMETT Technique is a unique form of body relaxation therapy, involving the application of light finger pressure at specific points. It is used to ease pain and discomfort, increase movement and improve quality of life. It can relieve Neck and shoulder restriction and referred discomfort, migraines, cluster headaches, abdominal cramps and bowel discomfort, persistent heel and foot pain, headaches, sinus congestion, lymphatic congestion and breathing, back and hip discomfort, knee and ankle restriction, fluid retention etc. The Scar Tissue release technique is a gentle and natural way to help scar tissue rapidly return to a more normal state. It uses gentle pressure moves with fingertips to gently free the restrictions in the scar tissue. Examples of scars that may hold emotional trauma: C-Section (emergency or planned), hysterectomy, mastectomy, amputations, knife/bullet wounds, burns, scars from self-harm etc. Mostly 3 sessions are enough to notice the change. In some cases more sessions may be needed. The scar has to be more than 5 months old and completed your treatment 3 months ago.
5. **Neuro-Linguistic Programming (NLP)** - is a psychological approach that aims to help individuals improve their communication, behavior, and personal development. NLP involves the study of the relationship between language, behavior, and the mind. It proposes that the way individuals use language reflects their internal thought processes and that by understanding these patterns, individuals can change their thoughts, behaviors, and beliefs to achieve their desired outcomes. NLP techniques include modelling successful behaviors and thought patterns, reframing negative experiences, anchoring positive emotions to specific triggers, and using language patterns to influence others' thoughts and behavior.

**DID YOU KNOW SEGMENT**

* Finally, some cancers can actually glow in the dark. Certain types of cancer cells produce fluorescent molecules that emit light when exposed to certain wavelengths. Scientists have used this property to develop imaging techniques that can help detect cancer cells in the body and track their spread.
* Another fun fact is that some animals are less likely to develop cancer than humans, despite living much longer. For example, elephants, whales, and naked mole rats have very low cancer rates, despite having many more cells than humans. Scientists are studying these animals to understand what factors might protect them from cancer and whether these insights can be applied to human medicine.

**FINANCIAL MEDICAL SUPPORT FUND**

At inception, Faraja’s main mandate was to provide information and complementary therapies to support patients as they went through their chemotherapy and radiotherapy treatments. However, with an increased cancer burden in Kenya, there has been a higher demand for financial assistance for patients. This is largely due to the reasons below:

1. Cancer treatment is hugely expensive. A good number of people affected by cancer can’t afford their treatment. This leads to them not taking treatment.

2. During a conference for East Africa Insurance that was held in February of 2017, it was revealed that only 12% of Kenyans have medical insurance. This translates to about 480,000 Kenyans who have insurance coverage out of the country’s over 45 million people population. Not everyone is able to pay for the NHIF and although NHIF has come in handy, it is not fully covering for the treatment.

For these reasons, Faraja Cancer Support Trust launched the **Faraja Medical Support Fund (FMSF)** on 12th November 2016 with the aim of developing an effective system which will enable disadvantaged adults and children with cancer to obtain the right treatment at the right time. This brings hope and a real chance of recovery. The mission is to galvanize the support from various groups with the vision and capacity to come together and make a meaningful and long-lasting impact by making sizable donations to the fund.

The treatment that Faraja funds is provided at private and government institutions in Nairobi.  Faraja aims to raise Kshs 100,000,000 (US$1,000,000). A corpus of funds that, when invested, will ensure up to 50 patients receive treatment every year. The fund will cover medical costs such as surgery, brachytherapy, chemotherapy, radiation and hormonal therapy.  To qualify for a grant, individuals will submit an application form which will be vetted monthly by members of an expert panel.

**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, at Faraja Nairobi, we have 9 regular support groups: Breast, Gynecological, Prostate, Head and Neck, Brain, Young Adults, Colorectal, Caregivers, and Parents of children with cancer at Kenyatta.

At our wellness centre in Eldoret, we have 6 support groups: Breast, Gynecological, Prostate, Colorectal, Caregivers and a joint Cancer patient’s support group.

**Social Media Handles**

Twitter: [@FarajaTrust](https://twitter.com/FarajaTrust)

Facebook: [Faraja Cancer Support Trust](https://www.facebook.com/FarajaCancerSupport/)

Instagram: [@FarajaCancerSupport](https://www.instagram.com/farajacancersupport/)

LinkedIn: [@Faraja Cancer Support Trust](https://www.linkedin.com/in/faraja-cancer-support-trust-44416635/)

TikTok: [@farajacancersupport](https://www.tiktok.com/@farajacancersupport)

WhatsApp: 0748811909

**Donation in Kind**

Donating to our cause can make a real difference in the lives of those affected by cancer. With your support, we can continue to provide vital services and resources to children and adults in Kenya who are battling this disease. Every donation, no matter how big or small, can help us make a significant impact in the lives of those who need it most. We invite you to consider donating to Faraja Cancer Support Trust and joining us in the fight against cancer. Together, we can make a difference! We are open to receiving items such as:

Breast Prostheses

Wigs

Milk

Apples

Yoga Mats

Knitting Needles

Beads

Glitters

Stationary (Exercise books, Rubber, Scissors, Colored Pencils, Crayons, Drawing books, Glue, Manilla Paper, )

…Among others

**Volunteers**

Volunteers are **very important to Faraja.** We appreciate each and every volunteer's assistance with the highest gratitude.

Reach out to us at **info@farajacancersupport.org** expressing your interest in volunteering and also elaborating on some of the skills you possess that would be beneficial to the course and we will get back to you with various volunteering opportunities.

**NEWS**

**White Water Rafting**

White Water Rafting is one of the many ways Faraja raises funds for children and adults with cancer in Kenya.   
  
The event is a fun team building event and attracts corporates and individual teams and does provide a marketing opportunity to the sponsors.

This will be the 9th year since we started the event and our target for this year's rafting is Kshs 7 million which will fund our free support services in our wellness centres in Nairobi (located at HCG CCK cancer centre) and Eldoret (located at the Moi Teaching and Referral Hospital). We have a total of 43 teams that have signed up.

Our rafting challenge will take place on the weekend of the 26th-28th of May 2023 at Savage Wilderness Camp, Sagana.

Let's come together and paddle for cancer! Whether you're a seasoned pro or a first-time rafter, this is an experience you won't want to miss. So, mark your calendars, grab your gear, and let's make some waves for a great cause!

**Ronav’s Concert**

Get ready for an exciting event that's all about music and making a difference! Ronav Vora, an 18-year-old student from Peponi Secondary School, has teamed up with Faraja Cancer Support Trust to organize a charity fundraising concert. It's going to be a blast!

Ronav was inspired by the incredible work that Faraja Cancer Support Trust does to support children and adults with cancer in Kenya. He wanted to help make a difference and raise funds for the cause. That's why he's organized a charity concert to raise Kshs 1,000,000! All proceeds from the event will go towards providing financial assistance for medical treatment and care to children with cancer who are supported by Faraja Cancer Support Trust.

The concert will be held on Sunday, June 11th, 2023, at the Jalaram Auditorium on Ring Road in Parklands. The show kicks off at 2:30 pm, so make sure you're there early to get a good spot!

Ronav is an amazing drummer with a grade 8 distinction and an LCM Performance Diploma to his name. He's excited to perform in front of a crowd and will be joined by "The Rhythm Nation," a group of talented musicians who will perform a variety of Neo soul, Reggae, Funk, Jazz Latin, and classic ballads. But that's not all! The supporting performers, who are between the ages of 8 and 18, will take the audience on a journey through an eclectic mix of classical, pop, and world music. And all the performances will be accompanied by professional Kenyan musicians!

If you're a music lover, you don't want to miss this event! Come and enjoy a fun-filled day of music, dance, and community spirit, all while supporting a great cause. Get your tickets today and let's rock the house!

**Amplifying Voices: Innovating the Art of Testimonials to Reach a Wider Audience**

We are thrilled to announce a new partnership between Faraja Cancer Support Trust and Adelle Onyango, the founder of Legally Clueless Africa! Adelle is a talented communicator and media expert, and we are excited to have her join our team to amplify the voices of those impacted by cancer in Kenya. Together, we will work to bring help, hope, and life to those in need. Join us in extending a warm welcome to Adelle as we embark on this exciting journey together!