

# Help relieve the suffering of people with life-threatening illnesses in Africa



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Take part in the British 10k London Run and raise funds to promote palliative care for everyone in need

To apply call 020 8300 9808 or email [info@apca.org.uk](mailto:info@apca.org.uk)

APCA works to bring relief from unnecessary pain and suffering to people with illnesses like cancer or AIDS across Africa.

We support hospices, health workers, governments and teaching facilities to promote comprehensive palliative care, from pain relief to counselling.

Find out more about APCA's life-changing work at [www.africanpalliativecare.org](http://www.africanpalliativecare.org)



**“I see the difference palliative care makes in people’s lives – when someone has been suffering, then you see them smile.”**

“It’s hard when you’re learning – you feel real stress till you master the art of pain control,” says Mwazi Batuli, a palliative care nurse trainer at Hospice Africa Uganda. “But we work with social workers, doctors and volunteers with lots of experience, so we share the burden.

I’m currently training tutors from nursing schools. More people in health care need to be exposed to palliative care. We’re striving for its integration into training for all health professionals, so everyone qualifies with palliative care knowledge.”