





www.kacch.org

Care & Community

KACCH & BACCH NEWSLETTER Issue 4 - January 2025

Editor's Note

We are so excited to present the fourth of our newsletter, along with some exciting updates about KACCH & BACCH! In this edition, you'll find updates from our dedicated clinical and psychosocial teams working in hospices and hospitals.

Join us in celebrating our amazing employees, volunteers, community supporters, and the inspiring children we serve. We truly appreciate your ongoing support and dedication in making a positive impact on the lives of these children and their families.

As we enjoy this lovely weather in Kuwait, we wish you all the joy and positivity until we connect again in our next issue!

Happy reading!

Warm regards,

The Community Engagement & Volunteering Department





Superhero Health Squad

Read the latest news about our clinical team, their major highlights and activities



Kuwait's Representation at Marruza Congress: October 16-18 in Rome

Our team proudly participated in the congress with an abstract titled "Pharmacists and Compliance: Can counselling improve adherence?". It was wellreceived, generating great enthusiasm among attendees from across the globe. The team engaged in meaningful discussions, sharing ideas with top experts and promoting collaborations in the field of pediatric health care. Kuwait is a signatory to this initiative.





Global Treehouse Foundation - November 12

We were privileged to welcome Executive Director Laura Dale-Harris, the Founder of the Global Treehouse Foundation to Bayt Abdullah. During her visit, she engaged with our team and gained insights into our on-site services, aiming to promote future international collaboration. For more information, visit:

https://www.globaltreehouse.foundation/



MDT Day for EB Patients on October 17

We are hosting another MDT Day for our EB patients to ensure they receive the highest quality of care within the walls of Bayt Abdullah. A special thanks to all the doctors who join us in making this MDT a success, providing our families with the multi-specialty consultations they require.















Low protein Meal Prep workshop

In collaboration with the Ministry of Health, Nestlé, and renowned specialist medical diet chef Neil, our dietetics department hosted a low-protein meal preparation workshop in Bayt Abdullah in October. Designed for patients with high protein sensitivity and kidney diseases, the workshop aimed to support them in navigating their dietary challenges and improving their quality of life.



Dr Rania Allam, Sr Paediatric Registrar Sarah Al-Mutairi, Psychologist Noor Safar, Research Coordinator









Multisensory Hydrotherapy pool Experience





HIGHLIGHTS FROM OUR PHYSIOTHERAPY CLINIC

Our physiotherapy clinic continues to introduce new tools, sessions and devices to help or children thrive!



From our Pharmacy: PACK FOR A HEALTHY TRIP

The American College of Emergency Physicians and the CDC encourage travelers to pack a travel health kit for common medical emergencies. Pack the following items in your carry-on bag and keep it with you at all times:

1. Prescription Medicines

- Medicines you take on a regular basis at home. Take enough medicine for the planned trip plus extra in case your return home is delayed.
- Carry all medicine in their original containers with clear labels that identify your name and dosing schedule.
- Don't forget a small ice box for items that should be stored in the fridge (Insulin).

2. Medical Supplies

- Extra pair of contact lenses/glasses.
- Diabetes testing supplies.
- Blood pressure machine for high blood pressure patients.
- Digital thermometer.

3. Supplies to Prevent Illness or Injury

- Antibacterial hand wipes or an alcohol-based hand cleaner (should contain 60% alcohol or more).
- Masks, disposable or cloth.
- Bandages of assorted sizes to cover minor cuts and scrapes.
- Gauze to dress cuts and scrapes.
- Adhesive tape to keep gauze in place.
- Cotton swabs (Q-Tips).
- Scissors with rounded tips to cut tape, gauze, or clothes, if necessary. Note that this may not be allowed in your carryon bag if traveling by air.
- Tweezers to remove small splinters, foreign objects, bee stingers, and ticks from the skin. Note that this may not be allowed in your carry-on bag if traveling by air.
- Insect repellent. Those appropriate for use on children should contain 10% to 30% DEET. Those for adults should contain 30% to 50% DEET or up to 20% of picaridin.
- Sunscreen (with UVA and UVB protection, SPF 15 or higher).
- Epinephrine auto-injector for people with severe allergies.

4. Over-the-Counter Medicines

- · Anti-diarrhea medicine.
- Antacid medicine for upset stomach.
- Antihistamine to relieve allergy.
- Motion sickness medicine and anti-nausea medications.
- Cough drops, cough suppressant, or expectorant.
- Decongestant.
- Pain and fever medicine (acetaminophen, aspirin, or ibuprofen).
- · Mild laxative.
- Sleep aid for jet lag.
- 1% hydrocortisone cream.
- Oral rehydration salts.

DOCUMENTS

- Copies of all prescriptions (medications, glasses, or medical supplies).
- Health insurance card and documents.
- Contact card with your addresses, phone numbers, and e-mail addresses of:
- A family member or close contact.
- Health care provider(s) at home.
- Number of the embassy or consulate in the destination country or countries.

REMEMBER:

Follow the medication usage recommendations given by your health provider.

- Make sure children can't get into the medications bag.
- Be aware of volume limits in carry-on bags. Some of these items may need to be packed in your checked luggage while flying.

Prepared and edited by:

Azza Abdel-Atty, Chief Pharmaceutics' Specialist Rami Osama, Senior Pharmacist





THANK YOU!

A HUGE THANK YOU to all the amazing companies and businesses who have gone above and beyond to support our kitchen needs and our dietetics' department effort!

Your generous donations of resources and supplies have made a BIG difference in our ability to prepare delicious and nourishing meals and snacks for our patients and their families.

Your kindness means the world to us! We couldn't do it without you!

KDD
Kuwait Agro
Mohamed Abdulrahman Al Bahar
Food & Consumer Products
United Beverage Company
Kuwait flour mills and bakeries















Heart & Mind Harmonies

Read about our psychosocial team and their latest in 9 different locations in Kuwait!



Our New Uniform is Out!

Our new child life team uniform is out! Thanks to the creativity of our children and the generosity of our community!

A heartfelt thank you to **Boursa Kuwait** for sponsoring this need for KACCH & BACCH and to Nada Alayoub for bringing it to life!





Another remarkable achievements within our psychosocial team! Congratulations to Alaa for earning certification as a Certified Child Life Specialist this November. Your dedication to supporting our young patients and their families is truly commendable. Well done!



Noha Hamdy, Play Leader Muneerah Al-Bader, Play Leader



We are thrilled to reintroduce music therapy as a powerful tool for healing and creativity within our community! Allow us to introduce Farah Bishara, an experienced music therapist who is passionate about music and its ability to change lives. With her exceptional talents, our programs are set to achieve remarkable harmony and make an impact on our children's healthcare journeys.



Welcome aboard, Farah!







Revitalizing the Adolescent Space

The child life room at Bayt Abdullah has undergone an exciting transformation! This revamped space is now tailored to meet the preferences of our fantastic group of teenagers, promising engaging and meaningful sessions with our Child Life Specialists. We extend our gratitude to **Gulf Insurance Group GIG** for their donation to enhance this space and make it truly extraordinary and for **Farah Al Hazeem** for her magical touch with her interior design expertise.









P L A

0

0

CONGRATULATIONS

We're very happy for our amazing colleague

Nourah Al-Qattan, who's diving into the
role of

Acting Psychosocial Programs Manager!

We can't wait to tackle exciting new achievements with you and make an even bigger impact on the lives of our children and their families!





We are thrilled to announce the opening of our **second playroom** at Al-Farwaniya Hospital! This new space will support patients in Ward A7 who were unable to access our playroom located on a different floor in Ward A5. Now, they have their very own dedicated area to enjoy!

THANK YOU

We have successfully arranged tens of visits to our playrooms for gifts distribution to children in hospitals' wards through our eight hospital programs. We are truly grateful for the incredible generosity of individuals, groups, and organizations that continually reach out to us to visit our children and bring them joy!

Shoutout to our amazing team for securing all the necessary approvals and coordinating these efforts!

Snapshots from our playrooms







Once again, a BIG shoutout to Four Seasons Kuwait for being our biggest cheerleaders! Their sprinkle of luxury has brought so much joy for our children their families. Two of our families enjoyed a two-night, all-inclusive getaway at FS hotel last August. so much joy and memories in the making!



No matter where our fabulous patients are in Kuwait, our team is always ready to show up for them and show them how special they are to us! Happy 1st birthday, Hamad! Your special day at Mubarak Hospital meant the world to us, and we hope it sparkled for you too! And Happy Birthday to Junaid who celebrated his 7th Birthday with his beloved family at Home!

A big shoutout to **Mini Bounce** and **Melo Bakery** for spreading joy and turning those birthdays into memories that'll make our children and their families smile for years to come!



7 Children Highlights



Abdullah, our outstanding A* student, was recognized as the top of his class in June. To help him prepare for the upcoming academic year, **Alghanim Industries and Xcite** gifted Abdullah with the long-awaited laptop to support his online studies. Well done, Abdullah!





A HUGE Thanks to the fabulous **Eden Salon and Spa and Lorie!** In a heartwarming twist, they've agreed to support us and create custom wigs for a number of our brave children battling hair loss from health challenges like cancer and other diseases! Additionally, the amazing Eden team is also **giving free haircuts** to our children of all ages at the hospitals as their hair starts to fall from treatment. We're full of gratitude and can't wait to sprinkle even more smiles on our children!

Special thanks the Ministry of Foreign Affairs and all involved ensuring a speedy and smooth delivery of the wigs from the US to Kuwait!

A celebration at Bayt Abdullah's auditorium honored children's achievements in the educational program with certificate presentations. The joyful atmosphere featured proud smiles, enthusiastic cheers from parents and staff, and showcased the resilience of our young learners. Special thanks to Ms Zainab Jafaar and Mr Ahmad Jafaar for joining us, and for Tekzone & AlShaya Group for gifting our children on this special occasion.









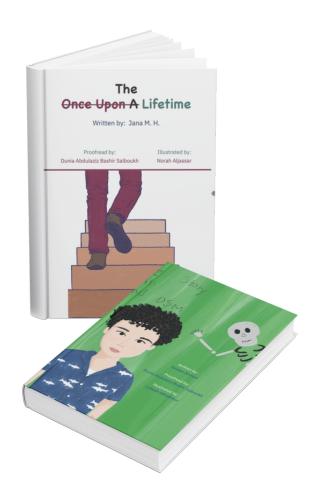


Story Therapy and Powerful stories from Jana and Yasin





Writing serves as a powerful means to convey feelings, emotions, and tangled thoughts. Our dedicated team of child life specialists collaborated with two of our special children to help them express their emotions, thoughts, and experiences in writing. Jana is a brilliant girl facing a rare skin condition, while Yasin is a unique boy with a cheerful sense of humor also dealing with a rare neuromuscular condition. With the guidance of their child life specialists, Nourah Al Qattan and Hanadi Al Moubayed, along with the support of the KACCH & BACCH team and the wonderful community, both children successfully transformed their journeys into two beautiful books. They proudly also shared their stories at the Kuwait International Book Fair on November 22, 2024 in a heartwarming book signing ceremony.









TO READ THE STORIES





A HUGE thank you to everyone who contributed to making this effort a success!

Project Facilitation: Dr Tala Al Dabbous

Story Therapy Sessions: Nourah Alqattan, Hanadi Al Moubayed **Logistics and Planning:** Taiba Borhamah, Badriya Al-Mekhled

Story Illustrators: Norah Aljassar, Lulwah Almathkor

Arabic Linguistic Review: Nusaiba Alqassar English to Arabic Translation: Dunia Salboukh

Translation and Review Support: Ghali Mohammad, Shahad F.

Al Sarhan, Jose GarciaPena, Alaa Nasr, Nuria Al Sabah

Story Designing: Sara Zayed, Basma Ismail

Publishing: Shaima Almulla & Shaimaa Nabeel AlMulla Research

and Studies Center Co.

Media Coverage: SNN, Sulaiman Boodai, Hawraa Mohammad







4 Community & Events

This section highlights a few of our events, visits, and collaborations that took place over the past few months





We're excited to reflect on many outings for our children in 2024. Thank you for all involved for the fantastic time filled with fun! A big thank you for your amazing hospitality during these memorable events!

Special BUEST

H.E. Dr. Amthal Hadi Al-Huwaila, Minister of Social Affairs and Family and Childhood Affairs, visited Bayt Abdullah Children's Hospice, welcomed by Dr. Hilal Al-Sayer and Mrs. Margaret Al-Sayer. The visit highlighted the services provided by KACCH & BACCH, including multidisciplinary palliative care for children and psychosocial support at eight government children's hospitals.









Special thanks to the US Embassy for facilitating AFCENT Concert on Bayt Abdullah's stage in August!



As we do every October, we proudly support pediatric palliative patients worldwide by celebrating HatsOn for children in palliative care. Our staff joined in this meaningful occasion, culminating in a wonderful event with our children and their families, sponsored by Vision Group and supported by IHS Kuwait as well as a very generous anonymous donor. Thank you all for coming together to shine a light on our mission and the children facing serious conditions.





"Ahlan Ahlan Marhabtain!"

Our children spent a very special evening with Zain Kuwait as they enjoyed a themed event featuring Zain's renowned play "Ahlan Ahlan Marhabtain!" The event was made even more magical by the presence of local actors and actresses from the play, adding a touch of glamour and excitement to all invited. Thank you Zain Kuwait! 8 August 2024



Children (S







World Children's Day highlights children's rights and well-being. In November, with support from **Kuwait Insurance Company**, families celebrated through the different activities, painting, and pony rides. Over 30 families participated, showcasing the potential and spirit of children and the community.











The eagerly anticipated annual carnival organized by NBK at Bayt Abdullah took place end of December. This year, it was a special event not just for our children and their families, but also for our staff and their loved ones, marking the end of 2024.

A heartfelt thank you to NBK for consistently creating wonderful memories!





This section highlights a few of our events, visits, and collaborations that took place over the past few months

HeARTful II: A Celebration of Creativity and Compassion

On December 5th and 6th, we celebrated the successful opening of HeARTful II, the second edition of the Heartful Charitable Art Exhibition and Auction. This year's exhibition, held at Bayt Abdullah Children's Hospice, showcased the works of 32 talented artists, with a special focus on the theme of Play, Exchange, and Interconnectivity. Sponsored by Al Mojil, HeARTful II featured a diverse range of artworks, including an additional space, "The Art Bazaar," showcasing 11 artists who participated outside of the exhibition theme.

Leading up to the exhibition, the artists held engaging workshops with our children, some of which resulted in artworks exhibited at Heartful II, emphasizing the healing power of creativity.

Proceeds from HeARTful II will support KACCH & BACCH's much-needed services for pediatric patients, including psychosocial support and palliative care.

We extend our heartfelt thanks to all the curators Hamad Almuzaini and Alymamah Rashed, participating artists, sponsors, and volunteers who made this event a resounding success.



Thankyow Participating Artists

Abdullah AlDalal (Bloom)
Ali AlYousefi
Arwa Almansoori
Clay Therapy Studio
Dalal al Zayed
Danah Elmadhoun
Farah AlWugayan
Fatima Abdal
Fatemah MadAllah
Gabriellena Weidanz
Haya Zubaid
Jawaher Al-Bader
Maha Alshimmery

Mohammad Almulla
Nour Al-kheder
Rafah Alfarsi
Reem AlBader
Rozali Abou Chakra
Rua Alawadhi
Samah Kalakh
Sara Mahmoud
Sarah Alruawished
Sarah Ismail
Sulaiman AlBader
Yousef Abdulaal
Zarrin-Fatima Shamsi





Participating Artists The Art Bazaar

Abdullah Al-Baddah Hanan Alkhaldi Amer Alamer Hisham Alsumaie Eman Alqahtani Nawar Bashir Fai Al-Ajeel Farah Bastaki Reem Burhama Hadeel Al Refaae (Darkroom Kuwait) Reem Salman

























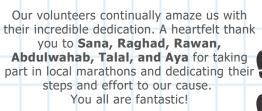


















Special thanks to the **National Bank of Kuwait** for the complimentary participation of our volunteers. Your continued support means a lot to us.

International Day









In the occasion of "the International Volunteer Day" we are reminded how wonderful human beingns we have next to our side. our volunteers' commitment and passion are the driving force behind every successful project and initiative. Whether in our children's events, in fundraisers, or offering support and companionship to our children in our playrooms, your contributions make a significant impact. We are truly honored to have such dedicated individuals as part of our team, and we look forward to continuing this journey together.

Thank you for making this event special for us! Era, Gypsum Art, What Pizza, Calling Marilyn, Ole Coffee







that's a

Following the successful sale of many special art pieces at our charitable art exhibition, HeARTful II, our volunteers assisted in preparing and wrapping the pieces for their journey to their new homes.









Please describe your role and responsibilities within the organization.

My role as a Child Life Specialist is to support children and their families during challenging medical experiences, such as hospitalizations, surgeries, or chronic illnesses. My primary responsibility is to help children cope with the stress and anxiety associated with medical procedures by using therapeutic play, education, and emotional support. I also provide guidance to families, foster communication between children, parents, and healthcare teams, and advocate for the child's developmental and emotional needs within the healthcare setting.

What's the most rewarding part of your job?

The most rewarding part of being a Child Life Specialist is witnessing the resilience and growth of children as they overcome fear and anxiety in difficult medical situations. Helping a child find comfort through play, education, or emotional support, and seeing their confidence and coping skills improve, is incredibly fulfilling. Additionally, building meaningful relationships with families and knowing that my work has brought comfort and hope during challenging times is deeply gratifying.

What do you find most challenging in your role, and how do you overcome it?

The most challenging part of being a Child Life Specialist is managing the emotional intensity of working with children and families in crisis or facing serious illness. Witnessing their distress, fear, or pain, especially in end-of-life situations, can be heartbreaking. Balancing support for the child and their family while maintaining professional boundaries is also difficult. - To cope, I prioritize self-care, seek support from colleagues, and engage in debriefing sessions or mindfulness practices. Focusing on the positive impact of my work helps me maintain emotional resilience.

When you're not at work, what are your favorite hobbies or activities?

When I'm not at work, I cherish spending time with my family, enjoying games and meaningful moments together. I am currently on a journey to memorize the Qur'an, which brings me peace and fulfillment. I also have a passion for reading a variety of books, taking leisurely walks, and connecting with friends to socialize and unwind.

Share something with us that not so many people know about you.

I sometimes have full conversations with myself when I'm trying to solve a problem or make a decision. It feels like having my own personal brainstorming session, and I even catch myself laughing at my own jokes during these moments!

Share a favorite quote or motto that you live by. I live by the principle in the second verse of Surah At-Talaq: "And whoever fears Allah - He will make for him a way out and will provide for him from where he does not expect."







Please describe your role and responsibilities within the organization.

As a pharmacist at a children's palliative care hospital, my primary responsibility is to ensure the safe and effective use of medications for our young patients. I collaborate closely with doctors, nurses, and caregivers to develop tailored treatment plans, manage complex medication regimens, and provide education on drug usage and potential side effects. My role also involves staying updated on the latest pharmaceutical advancements to provide the best possible care.

What's the most rewarding part of your job?

The most rewarding part of my job is knowing that the work I do contributes to improving the quality of life for children and their families during challenging times. Helping to manage pain and symptoms effectively and seeing the relief it brings is incredibly fulfilling.

What do you find most challenging in your role, and how do you overcome it?

One of the most challenging aspects is managing the emotional toll that comes with caring for children with life-limiting conditions. To overcome this, I focus on the positive impact I can make and rely on the support of my colleagues. Regular team discussions and self-care practices also help me maintain resilience.

When you're not at work, what are your favorite hobbies or activities?

Outside of work, I love watching football, traveling, and spending quality time with my family and friends. These activities help me relax, recharge, and create memorable experiences.

Share something with us that not so many people know about you.

I'm a huge fan of the TV series Friends and know everything about it. I've watched it countless times and can quote entire episodes!

Share a favorite quote or motto that you live by.

"Work for your world as if you will live forever, and work for your hereafter as if you will die tomorrow." by Imam Ali



Our Team's Highlights

Communication workshop with Omar Alothman



28 September 2024
We extend our heartfelt
gratitude to LOKAD for hosting
our community engagement
team. The team gained valuable
insights on enhancing social
media presence and fostering
effective online communication
with our audience.

Breaking Barriers with Steven Bartlett

5 November 2024

We extend our heartfelt appreciation to JACC and the National Leadership Institute for providing complimentary seats and virtual access to our employees. They have gained valuable inspiration from renowned international speaker Steven Bartlett and others, learning about the importance of persistence and taking charge of their lives to effect meaningful change.



Basic Life Support Trianing with DDI

December 2024
A heartfelt thank you to
Dasman Diabetes Institute
and Dr. Faisal Al Refae for
enabling the ongoing training
and re-certification of our
staff in basic life support.
This essential training equips
our employees to effectively
respond to any emergencies
in our healthcare facility.



The Happiness Effect Conference

5 November 2024

A big Thank you to ALGAS and Knowledge Hub for providing complimentary seats for our management team. They gained valuable insights about recognizing employee value and the significance of inspiring them to feel connected to a larger mission. Additionally, they learned about the importance of fostering a positive work environment, which goes beyond just tangible incentives.



End of Year Staff Gathering

31 December 2024

On a lovely morning, our team gathered to celebrate the approaching conclusion of 2024 while enjoying an early breakfast. It was a wonderful chance to connect and share plenty of laughter.

We sincerely thank Eden Salon & Spa and AlSayer Franchising for their contributions and making this event special for our team.







of the Massord pro-

redigining in most of he die sushanisho.

KTV-1 & 2

Keshin, soni i

minist prome

Carta Car Name and Park

of males

Trick minuted his resignation in Nesember, saying he could no

longer work because all

tion efforts were b

time in April and



coff conserve.

and Kasko, in

endors' can-

Through April Bust Baser was a rick





formal costs of the forms were in the Visional presenders' one collapsing in innet the 20 yearsure by the authorities

We have to undenteed that ore tain people are secondally taking the court system ander their coursel.

ally of Kononenko and Hranevsky.

the security service in July.

Grey cardinals -

Alanbaa Newspaper

own hand see

tion in April and crepak retired from

Espain was replaced in his job by his

former deputy Pavle Demelena, as



kuwaitnews and 2 others Original audio

MEDIA

In the cost, Trape Condens on the

the General terporaliza Service; Iona

THE WAY

25. The

of officer

some its

Shokin

sherois

MARK SER

m jâno

DEC-230 raccude

CONTRA rdfirsates. g - Sale

cones mkg, as

t a risk 6 CHO:

kacchbacch@

شكرا جزيلا على تواجدكم kacchbacch معنا ومع أطفالنا 23w 1 like Reply See translation

jaber.al.ahmed.city يعطيهم العافيه القائمين على هالمبادرة 23w 2 likes Reply See translation

OOA

Add a comment.

The departuring is gesented of his

collisist cases on behalf of

Party and administration broading the seco-

atoms the public

security us

rust him co

for sometion, if

We have to understand that eve

blin people are sixcondully taking

وزيرة الشؤون:

دعـــــم جــهـــود بـيـت عبدالله لرعاية الأطفال



نالا الدبوس: زيادة الوعي بأهمية الرعاية النفسية

والاجتماعية والتلطيفية لدعم مهمة اكاتش وباتش الخيريا

Algabas

«اختصاصيو حياة الطفل» يعملون على تهيئتهم قبل بدء العلاج «كاتـش وباتش».. دعم نفسـي واجتماعى للأطفال المرضى



TO ANALY SPECIMENTS

were the Telephone, home in

and the Charles of Parkets

newspaper

oursa Kuwait renews partnership rith KACCH, BACCH for seventh year

COLUMN TO SERVICE

n Mar

Aur I

B LUE

Porty

ADVENT-

k had

COUR Augreta la

2

at him

No. of Street

mine in

Service Service

Infled.

e exis-

Market State

regime

2 hopest

300.0

S.D'ING

0 227

N 10

in site

o ceat

Kuwait Times

con expressions system. They draw the seas salines

Treptal wrote on Faceback on Aug. levalist, "is not interested in cleansdie system" die said

ing to See the occupity service

team that hoped a g against begraphing would

a Win seleled that the Ye lated complaints were a

me, and second, behiss

weald begin at.

tion of Dignity....

properties la co

this was all the

w ho it had no

e ill entirentiapr

ter or blant it by

med his resigna-

lege inlags

to hip to see a long part of

New Sys

be sometof the earееп гергеced at the The Brand

makindi wal

OILERING TO SHOU in the east. Impuls stance on the File General Impection Sansine, Imm Carrichosks, a spokeswoman for Srzivareliduc, spid the Kylv Post. The erroler's used use paralyzed after subversibilities of a visit become inf nead, Niggim Melocoffemio, a Nullis, well as their turnings

Trepair said that &ore was a risk of the "stamond procession" lose collegating its court disa to pressure

N to militarious.



7 Join Our Mission: Make a Difference Today!

At KACCH & BACCH, we believe in the power of community and compassion. Together, we can make a lasting impact on the lives of children and families facing challenging medical journeys. We invite you to join our mission by supporting our organization.

Here are a few ways you can get involved:

Donate: Your generous contributions help us provide essential care and support to our children. Every donation, no matter the size, makes a difference.

Volunteer: Join our dedicated team of volunteers and directly impact the lives of children and their families. Your time and skills are a precious gift.

Spread Awareness: Share our mission and stories on social media. By raising awareness, you help us reach more families in need.



Together, we can make a difference in the healthcare experience for our children in Kuwait.

