

## WAYS TO HELP

We have lots of trained carers with *The Butterfly Touch* who would love assignments and we are sure there are many people who would benefit from a Butterfly carer.

If you know of someone who might need a carer, please ask them to contact any of us.

Refer friends to our website :  
[www.thebutterflytrust.org](http://www.thebutterflytrust.org)

To help with fundraising or future events, please contact our Trustee/ Fundraiser,  
Diana Bird Rossiter, at:  
[butterflytrustkenya@gmail.com](mailto:butterflytrustkenya@gmail.com)

To distribute our leaflets or help in other ways please contact Diana, Jane or any of our trustees.



## FINANCIAL SUPPORT

Services provided by the Butterfly Trust are free of charge, however all donations are warmly welcomed.

### Cheque

Payable to : Butterfly Trust (Kenya)

Please mail to the address below and include your name, phone/whatsapp number and email address.

### Bank Transfer

Email [butterflytrustkenya@gmail.com](mailto:butterflytrustkenya@gmail.com) and we will send our bank account details.

### By M-Pesa

LIPA NA M-PESA



### Gifts in kind

Hospital and home care equipment in good condition are most welcome. Please contact Jane.

### CONTACT DETAILS

P. O. Box 15354  
Hardy, 00509, Nairobi, Kenya  
Tel: 0768 922 889

Email: [butterflytrustkenya@gmail.com](mailto:butterflytrustkenya@gmail.com)  
Instagram: [#thebutterflytrust](https://www.instagram.com/thebutterflytrust)  
[www.thebutterflytrust.org](http://www.thebutterflytrust.org)



The Butterfly Trust

## TRUSTED CARE AT HOME



*The Butterfly Trust was so supportive, and we were always able to turn to them for advice and help. Our carer was incredibly knowledgeable, experienced and caring - she made our last few months with my mother a very special time. Thank you.*

T.W. Watamu

## WHAT WE DO

We are a private charitable trust in Kenya that sources, trains and facilitates provision of carers for individuals who need assistance due to injury, ill health or old age - thus assisting families to keep their loved ones within the home environment, while providing much needed employment for Kenyan carers.

### Care provision

Many patients are located around Nairobi, others are as far away as Naivasha, Nanyuki and the Coast. We can provide qualified male and female carers at short notice for anything from a few days to many years.

Our Butterfly carers work day and night shifts and if needed a team of carers can support a patient round the clock on an ongoing basis.

### Training

We hold refresher training courses for all our carers. These are one-day, basic home-care courses, given by nurse trainers at the Nairobi Hospice. We also organise extra training for dementia carers, with the support of the Alzheimers and Dementia Organisation Kenya - (ADOK)

### Home helper training

We are able to train your home helper in basic care in your home.

### Loan of home care equipment

We lend items, for a donation, such as crutches, wheelchairs, walking sticks and frames.

### Bereavement counselling

This is available for families, relatives and any others who are suffering following the passing of a loved one.

## HOW WE WORK



Please contact Jane Nkanya (Butterfly Jane as we call her - Head Carer), our General Manager, Njoki, or any of our trustees to discuss your situation and how Butterfly Trust can help.

Jane will be glad to introduce suitable qualified carers, explain how you could employ them and provide ongoing support and supervision as needed. Jane has been with the Trust since its inception in 2010.

**Feel free to contact Jane on:**

**Mobile/Whatsapp: +254 721 329279**

**Email: butterflytrustkenya@gmail.com**

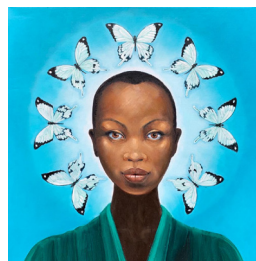


Introducing our General Manager -

**Ann Njoki Waititu (Njoki)  
GM, The Butterfly Trust  
Mobile/Whatsapp -  
+ 254 722 823 591**

### Friends Together Brought to you by The Butterfly Trust

Join "Friends Together" to help the Butterfly Trust to train more carers so that more people can benefit from excellent care in their own home, when they are sick or injured. We will send you regular information on the work and progress of the trust through our newsletter as we continue to offer to grow our much needed service throughout Kenya. For details on how to join visit our website, email us or call 0768 922 889.



## HISTORY OF THE TRUST

The Butterfly Trust was set up in 2010 by Juliet Nightingale and Gordie Owles in memory of their mother, Olwyn Owles, to provide carers for those in need.

### NEW BUTTERFLY TRUST TEAM

Late in 2020, the trust nearly closed down, but instead, from 2021 it has continued with a new team supporting our existing and new families, patients and carers. You are welcome to contact any of us below at : butterflytrustkenya@gmail.com



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### FUTURE PLANS

We continue to organise our community events which have proved popular and helpful. We hope to set up a Coast Branch in the near future.