



Care & Community

KACCH & BACCH NEWSLETTER
Issue 6 - December 2025

Editor's Note

As the year winds down and the cooler season wraps us in its calm, we're excited to bring you the sixth edition of our Care & Community newsletter.

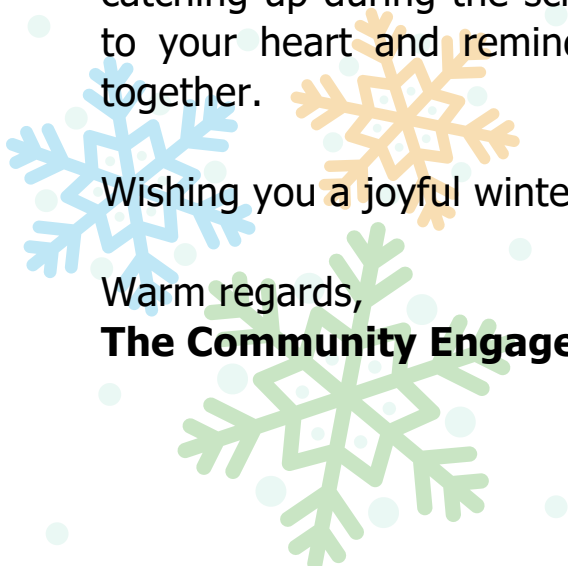
As the previous issues, this edition highlights the ongoing efforts of our dedicated clinical and psychosocial teams, and our inspiring volunteers and supporters. We've also had a season full of heartwarming events, creative workshops, and memorable moments shared with the children and families we support.

Whether you're enjoying a quiet moment at your office or home, or catching up during the school break, we hope these pages bring warmth to your heart and remind you of the incredible impact we can make together.

Wishing you a joyful winter break and a bright start to the new year!

Warm regards,

The Community Engagement & Volunteering Department





Superhero Health Squad

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



MEETING

WE'RE PLEASED TO SHARE THAT OUR COLLEAGUE, **SARA**, HEAD OF DIETETICS, RECENTLY ATTENDED THE 9TH GLOBAL SYMPOSIUM ON KETOGENIC THERAPIES FROM SEPTEMBER 17TH TO 19TH. AT THE EVENT, SHE PRESENTED A FASCINATING CASE STUDY ON THE ACCELERATED HEALING OF PRESSURE ULCERS USING A COMBINED KETOGENIC DIET AND ARGININE SUPPLEMENTATION.

Let's COOK



October: Cooking Demonstration for Glycogen Storage Disease (GSD) Workshop

We hosted a "cooking demonstration" in collaboration with **KARD** and **VitaFlo**, where young patients, their families, doctors, and dietitians came together at BACCH. Under the guidance of our Executive Chef, Dave, everyone participated in creating recipes, engaging in a day filled with "learning, sharing, and purposeful cooking".



Kuwait ranked 2nd in Palliative Care Development in the Eastern Mediterranean Region!

APPROVED

Rank	Country
1	Jordan
2	Kuwait
3	Morocco

[TO READ THE FULL REPORT CLICK HERE!](#)



In November, two members of our medical team, Dr. Tala Al Dabbous, CEO and Director of Clinical Services, and Dr. Spandana Rayala, Pediatric Palliative Care Specialist, proudly represented KACCH and Bayt Abdullah Children's Hospice at the ICPCN Conference in Manila, Philippines.

Dr Tala presented a research to the attendees that focused on our vision for compassionate, collaborative, and future-ready care for every child and family.



Snapshots from our comprehensive communication skills training, which took place over three months, were delivered to our healthcare teams caring for children in palliative care. This thoughtfully designed program combined interactive learning methods, including lectures, group discussions, hands-on workshops, and role-play scenarios. It aimed to enhance compassionate communication, foster empathy, and equip our teams with the tools needed to support children and families with sensitivity and care.

A special shout-out to our talented volunteers, **Ghali, Alaa, Ali, and Salem**, for contributing their acting skills to bring our teaching scenarios to life!



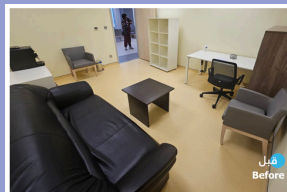
Heart & Mind Harmonies

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

Family Comfort Room

A room in the Pediatric Intensive Care Unit at Al-Adan Women and Children Hospital has been transformed into a warm, welcoming space for families, enhancing privacy and comfort for parents during their long waits.

Gratitude is extended to Adan Hospital administration for their support to our team, **Boursa Kuwait** for sponsorship the project, and **Farah Al-Hazeem** for her calming design contributions.



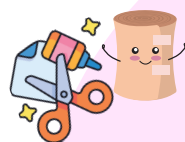

Book Clubs

This November, our Psychosocial team in collaboration with our volunteer **Samah** recently organized a successful **book club event** specifically for children. The goal of this activity was to provide a platform for the children to gain insights on emotions management through stories, and make new friendships. This initiative marks the beginning of an exciting journey in the Library of Bayt Abdullah!

Thank you Samah for all your efforts!

Congratulations

We're full of pride over our superstar colleague, **Arwa**, who just achieved **her the Child Life Specialist certification test with ACLP!** Her success means our team of certified child life specialists is growing stronger, upholding top notch international standards in our services. Bravo, Arwa!



Al Razi H



By Sahar, Play Leader

Through therapeutic play, children are equipped to express emotions and develop healthy coping skills, transforming fear into a sense of control and accomplishment. In a hospital setting, I guided a child in creating a fun pencil holder using gauze and plaster, making medical tools less intimidating. This creative experience reduces anxiety and fosters positive memories of the hospital.



We have a special announcement! the council of anesthesia in the ministry of health has granted permission for our team to support children **in the operating theater**. This approval comes after our efforts to ensure that our child life team can accompany children for **pre-operative support**.

In a heartwarming celebration with our children, leadership, and staff, we marked their **school achievements** for the third consecutive year. A special thank you to **KDD, OLE Coffee, and Tech Zone** for making this event truly memorable for our children and their families.



The Psychosocial Educational Committee hosted five intensive workshops for the team. Topics included "Siblings: Providing Psychosocial Care" by CCLS Kimbrey Cuz, "Little Hearts... Big Needs" by Aseel AlMouad, "Life Story Therapy" by Professor Richard Rose, "Focused Group Life Story Writing" by Dr. Shahad Al-Shammari, "My heart and Greif" by Dr. Mariam Alowaish, and "Preparing Children with Special Needs for Healthcare" by Mr. Eihab Mousa. Each session offered vital training to enhance support for children and families in healthcare settings.



Our team proudly represented the organization at the Ministry of Health booth at The Avenues, promoting awareness in celebration of **World Anesthesia Day on October 16, 2025**. Given that one of our main priorities in hospitals is to prepare children for medical procedures and provide support before and after surgery, particularly regarding anesthesia, this event holds special significance for us.

Al Adan H



On November 13th our team at Al Adan Mother & Child Hospital took part in the **World Diabetes Day awareness event**. In partnership with the Ministry of Health and the multidisciplinary team, the team emphasized the significance of the Child Life Services offered to children within the hospital.



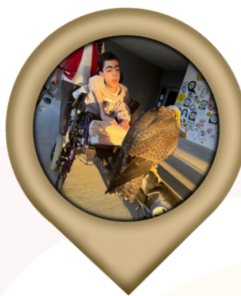
3 Children Highlights



Our child Malak had a wonderful weekend respite when she met her favorite character, Khalti Girgasha! A heartfelt thank you to Little Door for making this visit possible!



Young **Wasmeya** surprised our play leaders with handmade paper pouches which were carefully folded, lovingly decorated, and filled with sweet treats. on the pouches were heartfelt notes that instantly lifted our teams spirit!



Yousef was excited to see a falcon, so we joined forces with our volunteer superhero, **Essa**, to make it a reality! We believe **Yousef** had an incredible time with his feathered companion!



Omar is on the mend after his cell transplant surgery, and our team gifted him these green goggles. He decided to complete the look and surprised us all. Do you think he pulled it off?

This is a serious chess game between **Amani** and **Waleed**, who was showing her how to play. Who do you think won?



SUCCESS

STORY

By **Dr Osama**

When **Abdullah** came to Bayt Abdullah in 2023, he was facing severe medical challenges. He had lost developmental milestones early on and was ventilator-dependent.



Since joining BACCH, Abdullah has received holistic care through our medical, child life and music therapy, and school programs. With time, he has made incredible progress and he is now off the ventilator, attending school, and engaging in music, play, and therapy sessions.

From being bedridden to engaging with joy, Abdullah now visits our BACCH daycare with a bright smile and a heart full of energy. As his treating doctor, this makes me so happy!



4 Community & Events

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



PICK Purple Festival

In a special collaboration with PICK, we organized a purple-themed event in July where children experienced a charming program centered around the color purple and all the delicious PICK snacks!

Grateful for a Year of Generous Learning

We are deeply grateful to the remarkable members of our community who made this year's Learning Calendar and Volunteer Development Workshop Series such a meaningful experience. Each talk and workshop was generously led by experts and professionals who volunteered their time and knowledge free of charge.

Thank you for making this initiative possible.
 Special Thanks To:



**Faisal Alagel (Sard) Dawood Al-Kharraz
 Ahmad Bakri**

**Mohammad Al-Duwaisan (Saad Academy)
 Mariam Al-Wohaib Sally Hammod**

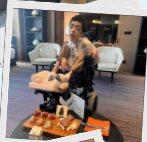
**Bashayer Al-Wohaib (Becurious Preschool)
 Fawzi Al-Musallam & LOYAC sponsored by KIPCO**

We are especially grateful to the following cafés and vendors for sharing their delightful coffee and treats with us:

CAF, Moishi, 20 Grams, White Roastery, Magnet, Baix, Chocomelt, Mug, Jumo, Toby's Estate and KDD.

A Heartfelt Thank You to Four Seasons Kuwait and Arabella Beach Hotel

for giving our families the unforgettable opportunity to indulge in their luxurious and exceptional hotel experiences. Your warm hospitality and exquisite accommodations made our stay truly magical and filled with cherished memories.



HOTEL

Special Visits!

We continue working alongside amazing supporters from our community to organize visits in collaboration with our government hospitals, to bring joy to children by offering special gifts and giveaways.

We are grateful to all the groups and companies that have collaborated with us over the past 6 months. Thank you for bringing smiles to so many faces.



Awesome!

project GREEN-house

Thanks to the remarkable efforts and collaboration of our generous supporters, Nour Mijadi, Khadija Al-Shatti, and her friends, our greenhouse has been rejuvenated. Their unwavering dedication and enthusiasm for this initiative have not only revived our green space but also inspired our children to connect with and nurture their environment.

Now, we eagerly anticipate watching our children harvest all the fresh vegetables they have planted!



¡Muchas GRACIAS!

We would like to express our heartfelt gratitude to all the groups, businesses, and individuals who organized special respite activities for our children and their families over the weekend at Bayt Abdullah. You truly made their stay very special!



In a very special celebration we extended our best wishes to our **discharged patients** as they embark on exciting new beginnings and transition to adult care!
 Special thanks to **GIG Bahrain** for making this event possible.



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back to school



The **back-to-school** season every September is always a highly anticipated occasion for our children and their families. This year, the event was organized in collaboration with **Knet Kuwait**, where our children participated in various school-related activities alongside the support of many community advocates.



We had the pleasure of collaborating with **Adwani Aladwani** this October for an open house event at Bayt Abdullah. Close to 200 attendees joined us, and our dedicated volunteers conducted over 40 facility tours to help raise awareness about our organization. We are truly grateful for this wonderful opportunity.



The excitement never ends at Bayt Abdullah! Each month, we curate special activities for our children and their families.

World Chocolate Day: In collaboration with **Alhamra Real Estate**, we indulged in delightful chocolates amidst a joyful family atmosphere.
Hats On for CPC: Later in October, we celebrated this event with **Noor Financial Investment**, where children creatively decorated hats and participated in engaging activities. This initiative fostered community spirit while raising awareness for children in need of palliative care. **Special Thanks to Four Seasons Kuwait and Vision Pharmacy Students for their efforts and participation!**
World Children's Day: We are immensely grateful to the **National Bank of Kuwait (NBK)** for organizing this wonderful celebration. Many fun games and activities centered on children's happiness were arranged, allowing children to express themselves and enjoy a day filled with fun.

-3- Three Joyful Occasions



In Loving Memory of **SULAIMAN**, a kind 12-year-old boy who suffered from a rare health condition himself and wished to help other children through their suffering. Although he never got the chance to eventually visit Bayt Abdullah, he often expressed a desire to donate his toys and help other children. In a heartfelt gesture, his mother fulfilled his wish by donating his toys to bring joy to others, allowing his spirit to live on and spread happiness.



A big thank you to **Microsoft** and their amazing team for their recent donation that covered many urgent medical needs!



In a heartwarming initiative for the 3rd year in a row, our team united to express **gratitude towards the caregivers at Aljahra Hospital**. These dedicated individuals spend countless hours with children facing complex medical conditions and often do not have the opportunity to leave the hospital. This effort is rooted in **the philosophy of "Caring for the Carers."**





5 Volunteer Spotlights



Shadan



A BIG enthusiastic shoutout to SHADAN, one of our superstar volunteers!

Her boundless energy and kindness have brought so many smiles. Not only has Shadan made fantastic friends with both the kids and our team, but she's also been a generous donor, showcasing her great support for our cause. Shadan has contributed many needs and activity stations for our kids, to unleash lots of joy and creativity!

Thank you, Shadan, for bringing your sparkle to our organization and being such an inspiring part of our team!

FOR INTERNATIONAL VOLUNTEER DAY

We brought our volunteers together on Saturday 6 December for a morning of fun, arts, crafts, creativity, and a touching moment when they listened to surprise voice messages from loved ones praising their kindness and dedication.

We are immensely grateful to have such a dedicated group of individuals who continuously strive to make a difference.

To all our volunteers, thank you for your unwavering commitment and for being the heart of our organization. Your efforts light up the lives of those around you, and we are so fortunate to have you as part of our family.

A big thank you to @collectiveforlife @boutikaat @studiofatimah @bento.kwt @designtherapykuwait @trypuff for making our celebration truly special for everyone who participated.

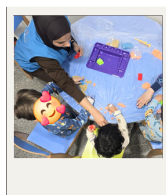


volunteers in action

Our dedicated volunteers, **SALMA** and **LINA**, are assisting our team at the World Anaesthesia Day booth.

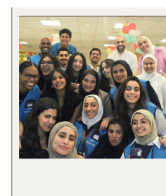
During this special occasion, Salma shared an engaging story about anesthesia with many children, while Lina was behind the scenes taking care of our social media coverage. If you know Salma and Lina, you're aware of Salma's radiant smile and delightful attitude, and Lina's eagerness to lend a helping hand and share her media skills.

We are truly grateful to have these two amazing girls as a part of our team.

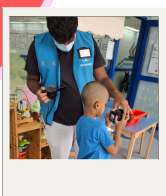


Aladan Playroom

Bayt Abdullah



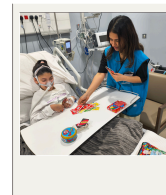
Alfarwaniya Playroom



NBKCH Playroom



Alrazi Playroom



6 Inside the Action

Meet our team

HELLO
MY NAME IS

Doaa Shaban
 Psychosocial Coordinator



Please describe your role and responsibilities within the organisation.

I oversee the coordination and management of psychosocial services across both the hospice and hospital settings. My responsibilities include ensuring effective communication and collaboration among psychosocial team members, integrating psychosocial services into the overall care plan, and managing staff scheduling to ensure adequate coverage for all programs. I also organize and coordinate weekend respite activities for families and staff, manage staffing requirements for hospital programs, act as a liaison between the psychosocial team and other departments, and conduct regular hospital visits to assess needs and ensure programs are well supported.

What's the most rewarding part of your job?

The most rewarding part of my job is knowing that the work we do makes a meaningful difference in the lives of children and their families during very difficult times. Supporting families emotionally, ensuring they feel cared for, and seeing the positive impact of well-coordinated psychosocial support is deeply fulfilling.

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

One of the most challenging aspects of my role is balancing the diverse needs of families, staff, and programs while ensuring high-quality service delivery. I overcome this by prioritizing clear communication, effective planning, and strong collaboration with multidisciplinary teams. Staying organized and adaptable helps me respond to challenges while maintaining continuity of care.

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

I enjoy spending quality time with family and friends, engaging in activities that help me relax and recharge. I also value activities that support my emotional well-being, such as reflection, self-care, and creative pursuits, one of my favourites being playing the piano, which helps me unwind and express myself creatively.

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

Not many people know that I am deeply motivated by behind-the-scenes work to ensure things run smoothly. I also enjoy reading and work best in a quiet environment with softer lighting, as it helps me focus and think clearly. Outside of work, playing the piano is one of my favourite ways to relax, recharge, and express myself creatively. I also have a strong interest in interior designing and enjoy making changes at home, experimenting with wall colours, painting, and decorating spaces to create a warm and comfortable environment.

Share a favourite quote or motto that you live by.

The most meaningful work is often the unseen, but never unimportant.

HELLO
MY NAME IS

Badriya Al-Mekhled
 Play Leader/Child Life Intern



Please describe your role and responsibilities within the organisation.

As a child life intern, I am training to become a child life specialist my goal is to provide compassionate psychosocial care for children and their families in the hospital setting

What's the most rewarding part of your job?

The most rewarding part of my job would be The smiles and joy of children and their families during hospitalization. Their level of resilience inspires me the most mashalla.

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

The most challenging part of my role would be offering compassionate care and support to children and families experiencing loss and grief.

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

Favorite hobbies are Reading and Pilates

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

Ever since I was a child, I dreamed of competing in the Olympic Games as a gymnast.

Share a favourite quote or motto that you live by.

Those who place their trust in God are never truly lost and Allah is the only witness you'll ever need.



As the year comes to a close, we extend our heartfelt thanks to every member of the KACCH & BACCH team for your dedication and hard work, whether behind the scenes or on the front lines, to ensure every child and family receives the support and care they need.

We were delighted to come together to celebrate the end of the year with you, and we look forward to a new year filled with growth, impact, and success.

A special thank you to **Lulu's Tea House, OLE Café, Mais Alghanim Restaurant, Nails on Wheels Salon, Eden Salon & Spa, and Caribou Coffee** for bringing joy and making this celebration truly special for our team.

BIG
THANKS



The Community Engagement team at KACCH & BACCH is currently attending **Markathon**, a workshop series by industry experts in marketing and social media. This experience allowed the team to enhance their knowledge and strategies while staying updated on communication trends. Special thanks to **KIB Mubader** for sponsoring the workshops and supporting our team's growth.

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.



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