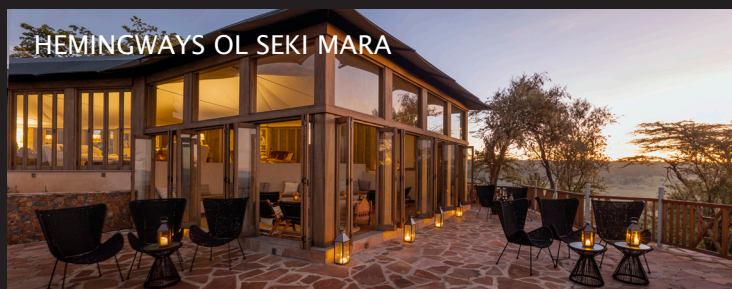




HEMINGWAYS
COLLECTION



HEMINGWAYS OL SEKI MARA



HEMINGWAYS EDEN RESIDENCE



HEMINGWAYS NAIROBI



HEMINGWAYS WATAMU

www.hemingways-collection.com

RUNNING ON EMPTY PREMIERE FILM SCREENING

Silent Auction Fundraiser raising funds to support Parkinson's sufferers in Kenya and proudly supported by Hemingways Collection, Kenya.

18,000 Miles Down Africa with Parkinson's

The funds raised from the silent auction and the screening event to be held at Hemingways Nairobi will be split between Kenya Parkinson's Care Network "ParkNet" and Parkinson's Si Buko.

Both these organisations will be actively creating awareness and educating the community about Parkinson's Disease in Kenya.

These two charities have been chosen by **The Deacon Foundation** which was set up by Guy Deacon CBE, a Parkinson's sufferer himself. The Foundation provides grants to support education and awareness initiatives, such as the above, ensuring people with the condition receive proper care, respect and dignity. The aim is to ensure that those living with PD are not abandoned or isolated.

The Auction Prize

Two guests will enjoy a luxury two week holiday in Kenya with the 5 star Hemingways Collection:

- Two nights bed and breakfast at Hemingways Nairobi
- Three nights full board and two game drives per day at Hemingways Ol Seki Mara
- Seven nights bed and breakfast at Hemingways Watamu
- Ground Transfers

HEMINGWAYS NAIROBI

Two guests are invited to stay for two nights on a bed and breakfast basis in a Deluxe Suite at Hemingways Nairobi. A luxury 5 star boutique hotel, the service is personal and sincere and offers a luxury experience from the moment you touch down in Kenya.

Just 40 minutes drive from Nairobi's international airport and set between Nairobi National Park and the foot of the Ngong Hills, Hemingways Nairobi is located to the South West of the city in the peaceful suburb of Karen. Whilst in Nairobi you can visit the Giraffe Sanctuary, the Daphne Sheldrick Elephant Orphanage and the Karen Blixen museum.

OL SEKI HEMINGWAYS MARA

You will then venture for three nights full board to Ol Seki, a stunning private tented camp which will be your enclave of luxury in the wildest terrain of Kenya. Set on a rocky promontory, overlooking the Koiyaki plains, Ol Seki features just 10 exclusive luxury tents offering 270° panoramic views of the Mara plains. The area provides a rare opportunity to enjoy wildlife viewing in a pristine setting away from mass tourism.

Ol Seki is located in the heart of the Naboisho Conservancy which borders the Maasai Mara Reserve. You will experience two shared day game drives and one night game drive per day during your visit. The conservancy limits entry to clients actually staying inside the area and offers an incredibly private and intimate safari experience.

There is no typical day at Ol Seki Hemingways Mara, it is small and aims to personally tailor every day to suit what you want making your time in the Mara an unparalleled adventure in the realms of safari.

HEMINGWAYS WATAMU

You will then spend seven nights on bed and breakfast, in a Deluxe Ocean View room at Hemingways Watamu. This Indian Ocean luxury 5 star boutique beach hotel is a tropical paradise on the Kenyan coast sitting right in the middle of the pristine Watamu Marine National Park with its idyllic beaches and turquoise waters.

The exceptional personal service and sincere charm of this established hotel has come to represent Kenyan coastal luxury. There is plenty to do in Watamu; experience big game fishing and catch your first marlin, learn to kite-surf; take a sunset 'dhow' cruise on Mida Creek, watch herds of elephant at sunset in the Sokoke Forest, or simply relax on a sun lounger and work your way through a cocktail menu.

Watamu is a quaint fishing village 30 minutes south of Malindi and is accessed via a short one hour flight from Nairobi.

To be arranged on a mutually convenient date before April 12th 2026, subject to final availability. Excludes Easter, July, August, September and 15th December 2025 - 5th January 2026. Best times to visit are November to March where the Masai Mara is quieter and the weather conditions on the Coast are best. Guests to submit requested dates with at least eight weeks' notice. Once dates are confirmed they are non-transferable. International flights, domestic flights, personal insurance, conservation fees, and visas to Kenya are excluded. Internal ground transfers are included. Rooms are for two guests sharing double occupancy. Hemingways Nairobi & Hemingways Watamu is bed & breakfast only. Hemingways Ol Seki Mara is full board. Guests must be aged 8 years old and above.

Reserve Price – GBP 7,000

KINDLY DONATED BY HEMINGWAYS COLLECTION

Guy Deacon is an ambassador for
Cure Parkinson's and Parkinson's Africa

Army Officer Guy Deacon is suffering from Parkinson's Disease. But rather than sit and feel sorry for himself, he decides to set out across Africa in his VW campervan to explore what the disease means for those living with Parkinson's across this vast continent.

Aged 60 and having lived with Parkinson's disease for over 10 years, **Guy Deacon CBE** sets out for one last adventure, to drive solo from his home in the UK to South Africa. This incredible journey, crossing Europe and the full length of Africa, will take the former army officer and father of two over 12 months, 18,000 miles, 25 countries, 5 breakdowns, an emergency evacuation and 3650 prescription pills.

Quite simply an incredible feat for a man travelling alone with Stage 3 Parkinson's.

With very little use of his hands, poor spatial awareness and often appearing drunk to those who do not understand the disease, Guy drives, lives and sleeps in his VW Transporter for 12 months, often camping alone in the jungle and remote spots hundreds of miles from the nearest village or town.

There are never more than a handful of vehicles a year attempting to drive from the North African coast to Cape Town in South Africa. Some never complete the journey. Challenges Guy faces include, illegal checkpoints, extortion, extreme weather, terrible road conditions, contaminated fuel and lack of services making this a huge undertaking.

Not only is his journey fulfilling a childhood dream to drive across Africa, but Guy's mission is also to raise awareness of Parkinson's Disease which is heavily stigmatised in Africa where it is often linked to witchcraft and black magic, leaving sufferers ostracised and abandoned by their communities.

Throughout the 18,000 mile journey Guy kept a video diary and was joined on four occasions by the documentary maker Rob Hayward. This has resulted in **Running on Empty**, a one-hour documentary made by **Rob Hayward Films** which will be broadcast on **Channel 4** at 11pm on Thursday 10th April 2025, the day before **World Parkinson's Day**.



Parkinson's disease affects mobility so the simplest tasks from emptying pockets, to tying up shoelaces, going to the loo and putting on clothes, and from typing a text to picking up change and making food became herculean for Guy. The day to day challenges of living in Africa, the

condition of the roads and living in a relatively small space would be challenging to anyone let alone a Parkinson's sufferer who struggles to move limbs and has to take every task incredibly slowly.

There are countless examples of things going wrong and strangers stepping in to help and offering him a bed for the night. When his rear differential brakes in **Andorra**, when his clutch burns out in **Cote d'Ivoire**, when his suspension collapses in **Gabon**, his prop shaft brakes in **Angola**, when he contracts malaria in **Zambia**, when his phone is stolen in **Cote d'Ivoire** and on those occasions where he forgets to take his medication and his symptoms dramatically worsen. But each time Guy thinks that the latest setback will be the end of the road and he will have to give up, there is always someone who steps in to help, a stranger reaching out to help him in his hour of need.

Guy first set off in November 2019 making it as far as Sierra Leone in March 2020 when the COVID 19 epidemic struck. The borders were closed and after being stuck in Sierra Leone with no way out, Guy was evacuated by the British Government on an emergency relief flight leaving his trusty van behind. Many adventurers have setbacks on their journeys but for Guy, with each passing month that he waited in the UK for travel restrictions to lift, his Parkinson's would advance and his mobility would deteriorate. By the time he restarted the journey two years later in March 2022 his condition had deteriorated significantly.



Parkinson's Disease is the fastest-growing neurodegenerative illness worldwide and has no known cause and no cure. By 2040, more than 13 million people will be living with PD – a quarter of them in Africa where the disease is little understood. On his journey Guy met with Parkinson's sufferers in almost all the countries he travelled through and learnt what daily life was like for those sufferers that he met, but first he had to get there.

Guy was supported throughout his journey by **Cure Parkinson's** a charity set up to find a cure for Parkinson's as well as **Parkinson's Africa**, whose mission is to raise awareness and empower those with Parkinson's to make informed decisions about their own health. Guy is an ambassador for both charities.

In July 2024 Guy suffered a stroke that has dramatically affected his speech and mobility. Guy is currently in recovery and determined to get back on the road as soon as he can.

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ABOUT

RUNNING ON EMPTY: AN AFRICAN ADVENTURE

Broadcaster:	Channel 4
TX Date:	Thursday 10 th April 2025. 23.00.
Film Title:	Running on Empty
Director:	Rob Hayward
Production Company:	Rob Hayward Film https://robhaywardfilm.co.uk/about-flatiron
Charity Partners:	Cure Parkinson's & Parkinson's Africa
Channel 4 Image Link:	https://mediaassets.channel4.com/share/981791A0-2AE2-49E8-BE340324189D313F/?viewType=grid
Screening Link:	https://vimeo.com/1064376859/349a7073d9
Trailer:	https://robhaywardfilm.co.uk/#/iv-flatiron/
Press Pack:	https://www.dropbox.com/scl/fo/23hto0bgnb6ugq1bya0m2/AFAL_b0hggfZZUajEfVrqk?rlkey=n5t4cgglttnfbswi23hoad12o&st=dk4y2x5p&dl=0



ABOUT ROB HAYWARD

Rob Hayward is a UK-based filmmaker and documentary maker known for his skill in evoking emotion from viewers and impactful storytelling.

Whether working independently or collaborating with a team of talented individuals, Hayward consistently delivers compelling narratives that resonate with audiences.

ABOUT GUY DEACON CBE



Guy Deacon CBE joined The British Army in 1985 after reading anthropology at Durham University. During his time as a student and in the early years of his career in The Queen's Dragoon Guards, he travelled extensively throughout Africa.

His career has taken him all over the world including 18 months in The Congo with the UN after which he was awarded an OBE for his services in disarming and demobilising

rebel forces. After a wide variety of roles, his later career was spent in managing careers of officers and soldiers and he ended up as Colonel of The Royal Armoured Corps where he was responsible for much of the strategic thinking on how The Royal Armoured Corps could best provide an armoured capability to UK Defence. For this work he was awarded a CBE. He retired in 2019.

Guy was diagnosed with Parkinson's in 2010 on his return from The Congo. He carried on working until the age of 57. At that point he started planning his journey from the UK to South Africa which has occupied his time since.

In 2024 Guy shared his story in the book *Running on Empty* his non-fiction account of his journey across Africa published by Gemini Books:
<https://geminibooks.com/books/gemini-adult/running-on-empty>

As an ambassador for Cure Parkinson's and Parkinson's Africa, Guy has visited 25 African countries and spotlighted the issues associated with Parkinson's disease in Africa. He has appeared on local and national television and radio in most of the countries he visited reaching in the region of 500 million people. His message was clear:

Parkinson's is a straightforward neurological condition with no cause nor cure and certainly not a result of witchcraft; that it is not contagious and people with Parkinson's should not be isolated. Any stigma associated with the disease should be rebutted.

Guy lives in Dorset with his wife and their dog. He has two grown up children. He continues to raise awareness of the issues of Parkinson's as best he can, despite suffering from the condition himself.

ABOUT PARKINSON'S DISEASE

Parkinson's Disease is the fastest growing neurological condition in the world. The underlying symptoms of Parkinson's are treated with a range of medication, but currently none of these slow, stop or reverse the progression of the disease. Parkinson's makes day-

to-day activities such as eating, getting dressed or using everyday objects like a phone or computer difficult. The main symptoms of Parkinson's are tremor, muscle stiffness and slowness of movement.