

“Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves.” Philippians 2:3 NIV

NASIO NEWS

Issue 12



**NASIO
TRUST**
CHANGING LIVES
FOR GOOD
WWW.THENASIOTRUST.ORG

Some 2019 Achievements

9,388 patients treated at our medical centre

230 babies delivered at our medical centre

40 successful Kilimanjaro climbers including our biggest ever group of **16**

Built **6** houses for families we support

First girl supported by Nasio to attend university (Esther Nambwaya)

£3,365 raised via Wallingford Fun Day

1,837 pairs of pants distributed in Kenya plus **£1,836** raised to purchase more

10 runners raised **£1,546** completing the Oxford Half Marathon

600 uniforms made at Muthengi Foundation Event

119 gift items donated (from mosquito nets & shoes, to water tanks & houses)

The Nasio Trust, 10 Broad Street, Abingdon, OX14 3LH
Telephone: 01235 611200 Email: info@thenasiotrust.org Web: www.thenasiotrust.org

The Nasio Trust is registered by the Charity Commission - Registered Charity No. 1104542

2020 Key Dates and Appeals

Fighting Jiggers **Our 2020 Main Appeal**

Help us plaster floors, offer shoes and educate people to combat jiggers

24th March **National Hospital Insurance Fund (NHIF) project launch**

Help us raise funds to provide health insurance for all our families

19th April **Blenheim Palace 7k Run**

A stunning location for a wonderful event

22nd October **the Nasio Trust Charity Golf Day**

Enthusiastic amateur, or avid golfer... Don't miss it

11th October **Oxford Half Marathon**

Support Nasio while getting fit and completing this fantastic half marathon

NEW for 2020 Running with the Kenyans

Be part of our first group to run with the Kenyans at www.thenasiotrust.org/run

Flexible dates throughout 2020 Climb Kilimanjaro with the Nasio Trust

Take on the Kili challenge of a lifetime at www.climbkilimanjaroforcharity.com

To register or find out more about these amazing events:

Contact us at
info@thenasiotrust.org
or call 01235 611200

The Nasio youth social enterprise bike project

Working in partnership with businesses in Mumias and in Wallingford, we are well on the way to opening the Nasio Youth Project, a centre with a bike track where the young people can hang out, talk to a youth leader or learn how to fix bikes. It's great to see the original Noah's Ark building renovated, ready to support our teenagers and equip them for adult life.

Many thanks to the Sefton family who travelled to Kenya donating their time and expertise to get this started and continue to oversee development of this exciting new project.



Adult education

Thanks to the Eleanor Rathbone Charitable Trust we continue our adult education programme in Musanda. Twenty-seven women, aged 24 to 72, are benefiting from the classes run by the inspirational former head teacher Norah Neonda. We look forward to seeing how some of these ladies use their new skills and confidence to set up small business ventures.

St Helen and St Katharine school visit Kenya

A group from St Helen and St Katharine school, Abingdon had a productive trip to Kenya in July when, among many other things, they built a house for a supported family and donated a goat called Madam

Lucy who now supplies a family with nutritious milk. Very many thanks to you all!

"I learned that confidence comes from being kind and receiving kindness from others." **Hannah Woods Aged 17**

"I have gained a lot of perspective and appreciation for everything I have. My favourite part was being able to teach children at St Irene's and work with and help them." **Katie Norris Aged 17**



Get knitting for Nasio with Caroline Bullock

Caroline, 78 years young and a long-standing supporter of the Nasio Trust, has started knitting red jumpers for the children at St Irene's Day Care Centre.

Amazingly Caroline has already knitted 77 jumpers, but she'd love some help!

Do get in touch if you'd like to get knitting and support Caroline to provide these wonderful jumpers.

Call 01235 611200 or email us on info@thenasiotrust.org.



For more information or to sign up for events: Call us on 01235 611200

Christmas dinner appeal

A huge thank you to our amazing supporters who helped us raise **£2,301** for our Christmas dinner appeal which meant we were able to provide a hot meal and a food package to 270 families.

Godfrey Ludenyo, our Clinical Officer in Kenya, is our 2019 Employee of the Year!

Godfrey was a popular winner with employees, staff and board members unanimously singing his praises.

He's valued as a hard worker who is loved by patients thanks to his diligence and service focus and by staff because of his humble and unwavering willingness to help wherever and whenever is needed.

Thank you Godfrey for all you do for the Nasio Trust. It's much appreciated. Congratulations on this award!



Prayer Diary

If you would like to receive our monthly prayer diary please send an email to info@thenasiotrust.org to be added to our mailing list.

Volunteer With Us!
Help us change lives at our projects in western Kenya.



Visit www.volunteerforcharity.org today!

Health insurance fund for just £4 per month

Nasio's medical centre in Musanda has made a huge impact on local healthcare, offering free medical check-ups for the Nasio children. We want to unlock healthcare provision for the whole family by ensuring all our supported families are insured by the state's National Hospital Insurance Fund which only costs £4 a month, or just under £50 a year, for the entire household.

Izzie, a passionate Nasio supporter, has kick-started a new campaign to get this health care insurance for our supported families. To start the ball rolling Izzie hosted a winter garden party and raised a fantastic £5,700. Well done Izzie!

Contact us if, for just £4 a month, you can give a family access to health care and treatment which they otherwise couldn't afford.

Give now at www.thenasiotrust.org/health

Child profiles

Sharon Akinyi & Terry Atieno

8-year-old Sharon Akinyi and 11-year-old Terry Atieno need sponsors. They are both jovial and social children, despite the hardships they have faced so far in life, including spending all their lives in an orphanage in Mombasa, through the courts Nasio managed to rescue them and unite them with their family. They just need love and care. They are now staying with their maternal uncle in Kisumu.

Please help us continue our work to ensure that children do not grow up in orphanages, where they are isolated from society because of poverty, sickness, disease or death of parents. Children should live in a loving family with dignity without being stigmatised by the cause of their vulnerability.

If you can sponsor Sharon or Terry please contact us today.



A special thanks to all our groups who travelled to Kenya in 2019

- Thomas family who built a cowshed and water tank for their sponsored child and her family
- Barn trip, 16 Kili climbers from Oxfordshire raised just over £30k and volunteered with the Nasio Trust after their climb
- Berinsfield YoCO group who built 2 houses during their stay
- St Helen and St Katharine school donated a goat
- Faringdon YoCO group treated hundreds of children for jiggers and built a house
- The Sefton family who started our youth bike project
- Westers group built an 88-year-old widow a house
- Dorchester group who did the most home visits in one trip and met our newborn twins



00, email info@thenasiotrust.org or visit www.thenasiotrust.org now!

In memory: Max Hilleard (volunteer)

Max Hilleard, who spent 3 months in Kenya with Nasio in 2015, sadly died very suddenly on 15th August 2019 aged 25. He is greatly missed by all his friends and family.

When Max was in Kenya, he had the time of his life working with the children and teachers, attempted Kilimanjaro and was present for the grand opening of the Medical Centre. His experience in Kenya touched him deeply, and he never forgot the people he met, nor the lessons he learned there.

Max's family and friends donated over £700 to the Nasio Trust in Max's memory. A much-needed delivery bed has been bought for the maternity unit with the donations. We are also using some of the donation to pay to ship a keyboard out to Kenya for our children to use as Max loved music. The keyboard was kindly donated by a Nasio supporter.



Jan Hrebien & Sharon Malala: sponsor's story

Jan Hrebien sponsored Sharon since 2009 and formed a close bond with her mother Mary, also sponsoring her nephew Eugene.

Last September, before Jan flew out to Kenya, she heard the tragic news that Sharon had developed cerebral malaria and died suddenly. Her visit to Mary's home and Sharon's grave was very tough but Jan was comforted to have been able to console Mary and reassure her she would still be there for her and Eugene.

Jan felt privileged to have been part of Sharon's sadly short life and to be able to continue to help the Nasio Trust in their mission to 'change lives for good'.

In Memory of Sharon Malala 14/12/2005 - 17/06/2019

Sharon Malala sadly passed away after contracting cerebral malaria. Her passing had a huge effect on family and friends and the Nasio family. She left behind 2 brothers, 2 sisters and a nephew.



Updates From Africa

Christine the cow

Our very own Nasio cow gave birth on Christmas day to a baby calf named Irene. Welcome to the family! She was donated by St Anselm's church who also donated another £1000 towards our jigger project.

Peer Education

Our Peer Education pilot, generously funded by the Egmont Trust, has trained over 65 Peer Educators offering 400+ vulnerable adolescents the chance to increase their awareness and understanding of health issues, staying safe and avoiding HIV, reducing early sexual debut and teenage pregnancies as well as creating stronger communities through youth citizenship.

One Acre Farmers' Project

Thanks to funding from The World We Want we supported over 124 farmers last year and will be supporting 514 in 2020 to provide food security for their families with surplus crops being sold to generate income. More info at www.oneacrefund.org



Jan, Sharon & Family

In Memory of Cratus Mboya 26/01/2003 - 22/03/2019

Cratus, walking by the river on his way home from school, got into trouble in the water and drowned despite attempts by his friends to save him. Our thoughts and prayers are with his family and friends as they navigate through this tough time after such a tragic loss. Thanks to the generous support from Souter Charitable Trust all children and families affected are receiving counselling and psycho-social support.



Sponsor a child from just £10 per month

- Get details of the child's family background
- Receive a current photo and school report annually
- Enjoy the opportunity to visit and meet your child
- Receive a newsletter every 6 months
- Transform a child's life

Visit The Website Today!

www.sponsorachildinneed.com



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