



2019

Annual Report



We're empowering communities in Kenya and elsewhere in East Africa to break the cycle of poverty by providing education, improving health and developing commerce through sustainable income generating projects.

www.thenasiotrust.org

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Welcome from our UK Chair

Once again, I am pleased to present the Nasio Trust Annual Report.

2019 has been another year of progress, extending our support to the wider community of over 45,000 across Mumias West sub-county. Our Peer Education programme, funded by Egmont Trust, has impacted the lives of over 600 young people, helping them to make better life choices and running successful health clubs in schools with over 3800 members. As a result of our peer education programme we have already seen a 19% rise in the amount of young people between the ages of 10 - 21 undergoing HIV testing. We believe that with a more informed younger generation there will be fewer unwanted pregnancies, early teenage marriages and incidences of HIV and STIs, especially enabling girls to stay in education.

With The Plewa Foundation we have set up a programme to educate exceptional students from disadvantaged backgrounds who, despite their disadvantages, achieved high grades in their education. The programme supports these students through National Secondary Schools and university enabling them to become "future leaders" in Kenya.

Food security is important so that families are self-sufficient in the provision of food. Through funding from The World We Want we used the One Acre Fund model as an initial pilot, with over 100 farmers enrolled in the programme, learning on how to optimize their land use. The results have been very successful, with an average doubling of land yield improving food security and reducing poverty. We continue to scale the programme.

We could not do what we do without the continued support of all our funders, loyal supporters, our dedicated UK and Kenya teams and, of course, our inspirational CEO, Nancy, who works tirelessly helping others find a sustainable route out of poverty.

Keith Budgen C.B.E
(Chairman, UK Trustees)



Welcome from our Kenyan Chair

Kenya Trustees 2019 Chair's Report

A key part of the Nasio Trust strategy is sustainability, empowering communities to set up and run their own sustainable income generating projects to break the cycle of poverty. The spirulina and farming projects are examples of such successful initiatives. The focus now is for more projects aimed at increased partnership and sustainability.

A significant milestone in 2019 was the increase in patient services provided by our GMK Medical Centre treating over 9000 patients and 230 babies delivered. We continue to strengthen our efforts in enhancing our services further so that we improve affordable healthcare for the community and save lives.

Thank you for all the support we continue to receive from our well-wishers, families and funders enabling the valuable work and support to reach more vulnerable families in the community and transforming their lives.

A significant and one of our proudest achievements in 2019 was our first female student attending university.

Thank you and God richly bless you,

Violet Bukusi
(Chair of Nasio Kenya Trustees)



The Nasio Trust Story

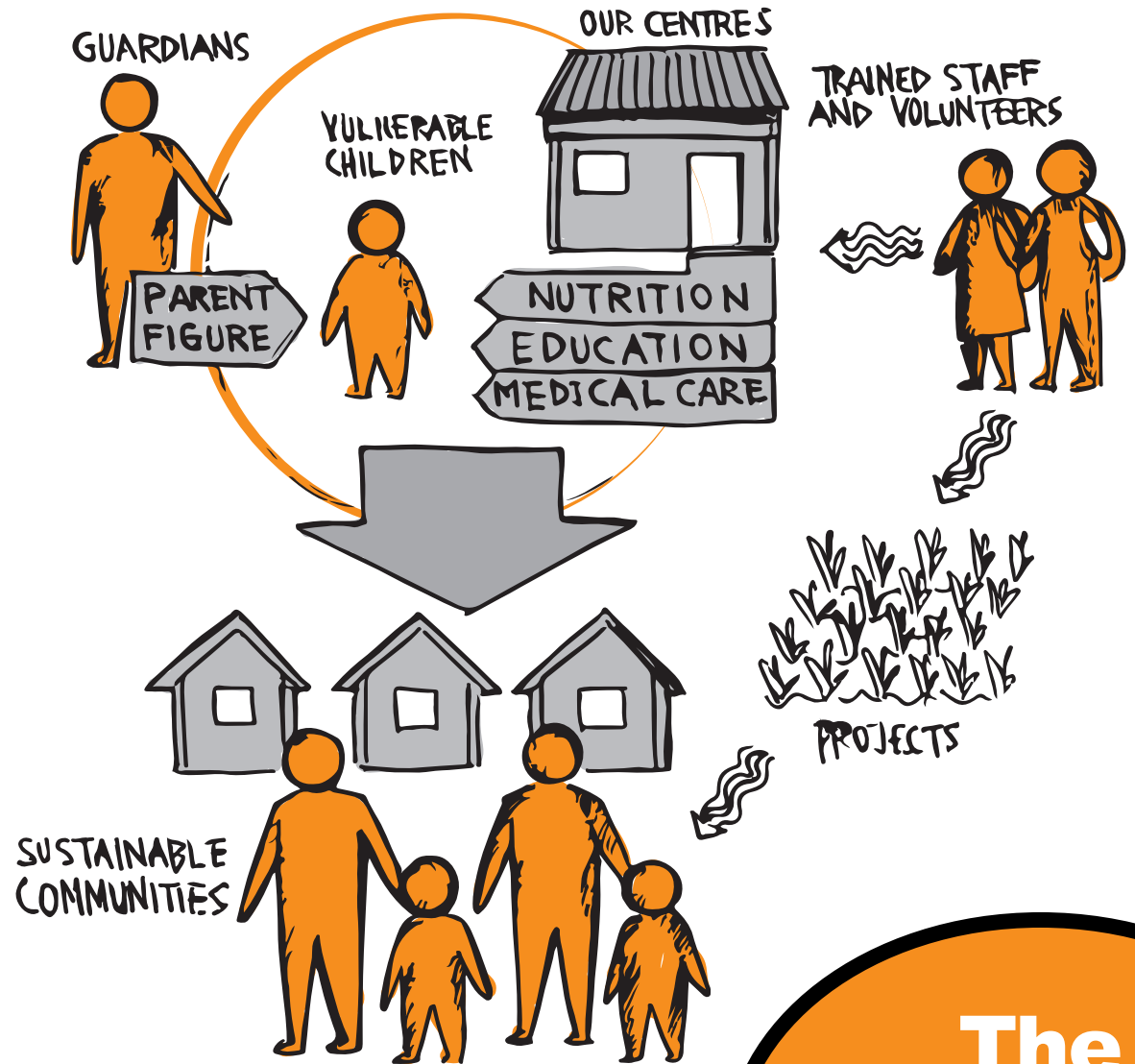
The Nasio Trust is a unique charity which identifies and supports vulnerable children while keeping them with a family, underpinned by the strong belief that the institutionalised care of orphans can often have tragic results.

Children who grow up in orphanages are likely to experience significant social, physical, and cognitive harm. Studies show that the institutions, and the child's journey through them, are depressingly similar. The tragedy is that so many of these "orphans" actually have a living parent.

Poverty is the largest driver of institutionalised care.

The solution isn't building more orphanages; it's finding creative ways for each child to grow up in a home, preferably the home of the remaining immediate or extended family. Not only is this a much better alternative to institutional care, but family support services cost a fraction (estimates are as low as 10%) of an institutional placement. The Nasio model works by providing services for the children while they are still living with a family.

On top of this solid foundation, The Nasio Trust empowers communities to break the cycle of poverty by providing education, improving health and developing commerce.



**The
Nasio
Model**



The Nasio Model is closely aligned to the United Nations Sustainable Development Goals (SDGs).

Underpinning our approach is support of vulnerable children in their family setting, interventions that build self-reliance to lessen dependency, and peer learning that will lead to sustainability and stronger, independent communities.

Achievement and Impact:

Our greatest achievement is community transformation. Although we are a relatively small charity, we focus on making the biggest impact with our limited resources and budgets. Adopting a cross-cutting holistic approach we have established three foundation programmes which when combined, provide the holistic support we believe is vital to improve the lives of orphans

and vulnerable children.

These comprise:

A vital 'social work and access to education service' that supports 311 vulnerable children through psycho-social care, food, security, advocacy and representation for child-headed households.

There's also access to education and training with two ECDs (Early Childhood Development Centres). Health Care comes via a purpose built medical centre which provides lifesaving health and medical services to our children and the wider community.

Lastly we're nurturing entrepreneurship, having researched, developed and established an

innovative Spirulina production unit.

The unit adheres to national and international standards, producing a ground-breaking nutritional supplement. Spirulina is proven to tackle

malnutrition and boost the effectiveness of anti-retroviral drugs when used as a high protein dietary supplement, and the unit has created a number of employment opportunities for our guardians.



Impact & Long-term Change

The impact of our approach is reflected through established community education and health structures and social services that did not exist before Nasio's interventions.

311 vulnerable children now attend school, receive welfare support and have food security which has built confidence, self-belief and secure childhoods

where previously there was none. There is increased community health awareness so people stay healthy, avoid HIV and, through support given to small holding farmers, children have improved nutrition resulting in higher concentration levels and better educational outcomes as well as providing farmers with additional income from surplus produce.

2019 In Numbers!

9,388

patients treated at our medical centre

40

successful Kilimanjaro climbers

1st

Nasio-supported female attends University (Esther Nambwaya)

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

230

babies delivered at our medical centre

6

houses built for families we support

£3,365

raised via a fun day and open-air cinema event

600

uniforms donated in partnership with the Muthengi Foundation

119

gift items donated by our supporters



Kenya at a glance

Kenya is a country in eastern Africa with coastline on the Indian Ocean, bordered by Tanzania, Uganda, South Sudan, Ethiopia and Somalia. Although Kenya's economy is the largest by GDP in east and central Africa, an alarming percentage of the population still lives in poverty, and life expectancy at birth remains low (67 years).

Kenya has the joint fourth-largest incidence of HIV in the world (alongside Mozambique and Uganda) in terms of the number of people living with HIV, which was 1.6 million people in 2018. Roughly 25,000 people died from AIDS-related illnesses in the same year, and there are now 660,000 children orphaned by AIDS. 41% of the population is under 15.

1.6M

People living with HIV in 2018

25K

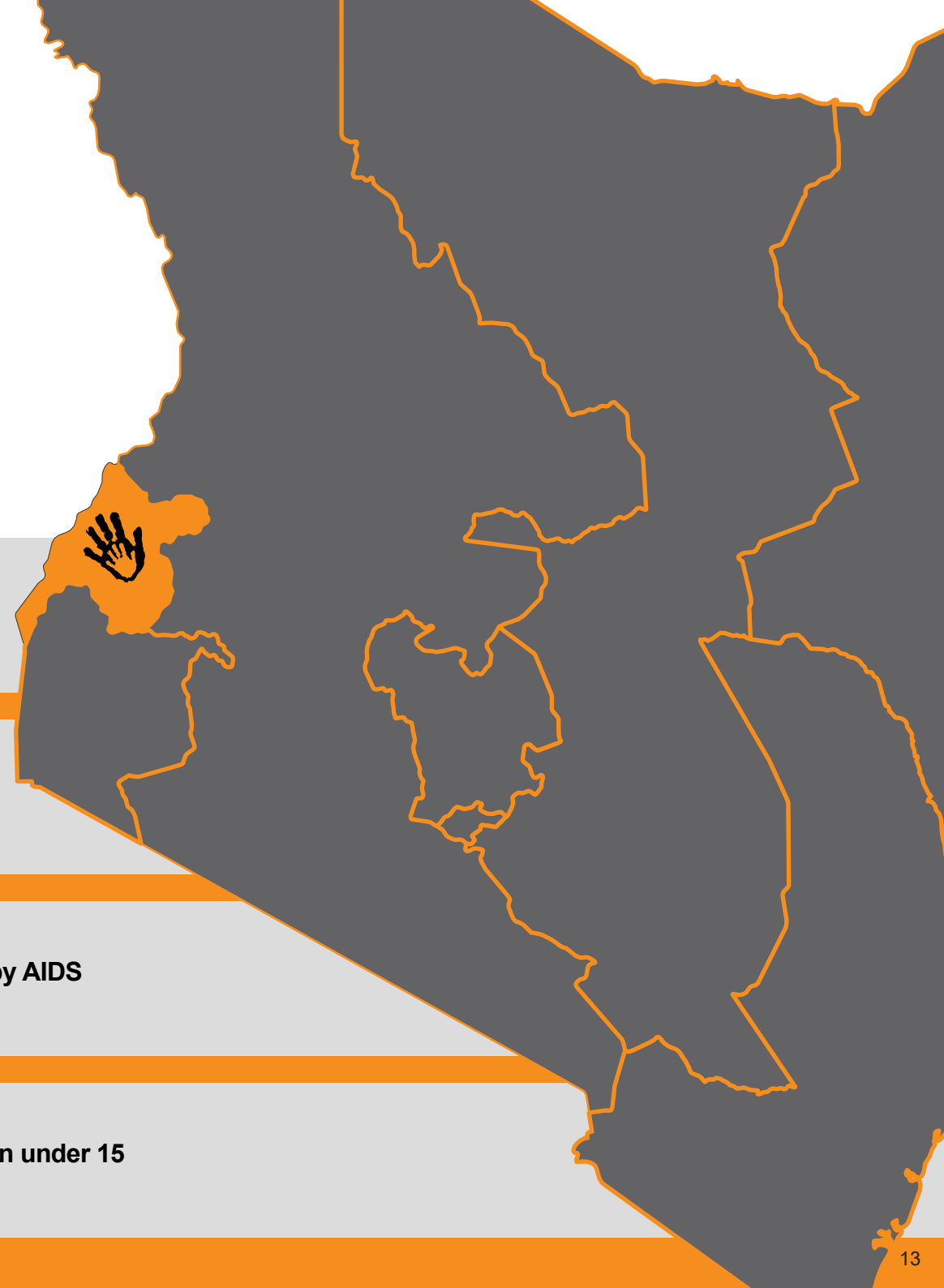
AIDS related deaths in 2018

660K

Children orphaned by AIDS

41%

Of the population under 15



What your money can do...

One of the best things about being a smaller charity is the personal impact you create when you make even a small donation. By choosing to purchase an alternative gift, you make an immediate difference to the quality of someone's life.

£10

A treated mosquito net

Reducing malaria outbreaks saves lives.



£15

Girls teen pack

Underwear, sanitary pads and a bra.



£20

Food for a family for 4 weeks

Feed a family in need for an entire month.



£25

Fund a kitchen garden

Tools, seeds and support to provide food.



£50

Family healthcare for a year

Covers a whole family's basic medical needs.



£40

Fund a start up

Help a widow provide for her family.



£280

Rainwater system

Water supply tank to get through the droughts.



£680

Build a family house

Build a home for a family in need.



£750

Build a toilet

Guard against the spread of disease.



*You buy it, we give it,
people in Kenya get it...*

See them all at www.thenasiotrust.org/gifts



Peer Education

Our Peer Education pilot, generously funded by the Egmont Trust, has trained over 65 Peer Educators, offering 600+ vulnerable adolescents the chance to increase their awareness and understanding of sexual reproductive health issues.

In particular they covered staying safe and avoiding HIV, reducing early sexual debut and teenage pregnancies as well as creating stronger communities through youth citizenship. As a result we are also seeing a 19% rise in the amount of young people between the ages of 10 - 21 undergoing HIV testing.

We could not have achieved this without the incredible support of the Egmont Trust



Case Study: Riziki Hamisi (Aged 16)

The Peer Education programme has enabled me to gain guidance, counselling skills and knowledge as well as understanding early sex, teenage pregnancies, early marriages and drug abuse, I am now well equipped to make informed decisions. With this knowledge I have been able to educate my fellow peers and direct them on what is right and wrong in their life. I have been a role model in the community where I live and at school, where I am leading a health club, one of the activities started through this programme.

I have gained courage through this programme. Before I used to be shy, I could not express myself in public, even talking to my parent was a problem, but after my participation in the programme I can express myself freely in the public without any fear. I can now socialize with others and educate them. The Peer Education programme has enabled me to

know and understand my rights as a girl and I will always teach the community to respect and protect the rights of children.

Thank you very much Egmont for funding the programme. I want it to continue so that many young people like me would be reached and saved.



Case Study: Fadhil Musa (Aged 19)

I am Fadhil Musa a beneficiary from Nasio Trust, I learn at Mumias Boy's Muslim High School as well as a Peer Educator. Being in the Peer Education programme, has benefitted me and my fellow peers a lot. Firstly, it has enabled me to know to choose between the good and bad companies. For example, most peers are highly affected by peer pressure which result into harmful behaviours like abusing drugs, teenage pregnancy and many others.

It has also help me to gain enough courage. Before I used to be shy for the extent that I was unable to speak before the crowd. For now, I can stand before the people and tell them anything concerning their lives. I used that courage to join in public speaking club in the school.

Back to the community I am using the knowledge

from Peer Education to help not only my fellow youth but also the adults to help them get rid of weird behaviours which have become difficult to be solved by community representative.

In general, I do thank the organization to come out with this programme which is helping the lives of young people on their daily activities. Thank you very much! God bless you.



Primary & Secondary School Education

Although primary education is provided free of charge in Kenya, pupils are expected to supply their own school uniforms and equipment which is prohibitive for children from disadvantaged backgrounds.

For secondary education on average the cost exceeds £600 a year which puts education out of reach for most poor children unless supported.

Nasio believes education is important in helping to break the cycle of poverty in Africa.

In 2019 we offered educational support to 251 children through our two Early Childhood Development Centres (ECDs); St Irene's and Noah's Ark. We also support a growing number of children in secondary education (50 in 2019) plus 10 exceptional students.

Exceptional Students
(10 Children)

Secondary
50 Children

(Noah's Ark)
(127 Children)

(St Irene's)
(124 Children)

Primary Education
251 Children

Introducing The Exceptional Student Programme

Our first cohort of 10 children were selected for the new Exceptional Student Programme which identifies students from disadvantaged backgrounds who have, despite their circumstances, achieved high grades in their primary school examinations and without support would not receive an education to the appropriate level. These students, deemed most in need and most likely to benefit from the opportunities, are supported so they can receive secondary and university education equipping them to be future leaders in Kenya.

[More info...](#)

www.sponsorachildinneed.com



Adult Education Classes

Education is the cornerstone of development initiatives in countries like Kenya. However, adult education is something that is often neglected by governments and non-government organisations.

Most women in Musanda, where we work, are illiterate because they missed out on education as children due to cultural norms denying girls the right to education and early marriage. These women need basic numerical and literacy skills in order to run their own small businesses and support their families.

Thanks to the Eleanor Rathbone Charitable Trust, we have been able to empower women by continuing the adult education programme in

Musanda. Twenty-seven women, aged 24 to 72, benefitted from the classes run by the inspirational former head teacher Norah Neonda. We look forward to seeing how some of these women use their new skills and confidence to set up small business ventures.

*Thanks to the Eleanor
Rathbone Charitable Trust*

Eleanor
Rathbone
Charitable
Trust

Case Study: Consolata Osore

Consolata Osore is a 60-year-old residing in Musanda, Ebumurono village.

When Consolata joined the class she literally didn't even know how to hold a pencil or how to read a sound.

After regularly attending the adult classes she has managed to write her name which was her greatest joy. Being a Christian, she can now read her bible. Her self-determination has enabled her to achieve what she has today. However, she will not be content until she is able to read and write English fluently. She also loves arithmetic activities.



Case Study: Salome Atera

Salome is a 52-year-old mother of 14 children but sadly 9 have passed away. When she joined the adult class, she was unable to read or write, but through gritty determination and hard work, she has learnt to hold a pen and can now write her name and sign documents with clarity and understanding and can read simple English sentences.

Salome is a good learner and supporter of the adult literacy class. Through her active advocacy in the community she has encouraged more learners to join the class. Her greatest desire is to speak fluent English and to be able to write clearly. Through her commitment and regular attendance at the class, she has become a jewel to admire in the village.

Her determination has boosted her self-esteem and she has become a group leader in The One Acre Fund, one of our community programmes. With

her new found confidence she communicates with members of a diverse community with ease and light humour.

Being a Christian, Salome loves to read her bible and says she is looking forward to improving daily in her speech, reading and writing capabilities.





Health insurance fund for just £4 per month

Nasio's GMK Medical Centre has made a huge impact on local healthcare, offering free medical check-ups for the Nasio children. We want to extend this 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 for the entire household**. This insurance coverage means the difference between life and death for a family that cannot afford medical help for fear of the debt that comes from hospital fees.

Support Us...

www.thenasiotrust.org/health

Medical Centre Update

This was a successful year for the medical team at our GMK Medical Centre. In 2019, 9,388 patients were treated, of those 1,115 were under 5 years old and 78 were immunized against malaria and 12 mosquito nets were donated. Additionally, we were delighted to have 1,344 attend our youth health clubs, which provided both medical and health educational information.

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!



Income Generating Projects

Farms

As a pilot programme, funded by The World We Want, we supported 155 farmers through the One Acre Fund to create food security for our families with the surplus generating income. This was very successful with improved land use and increased yields. When families have reliable food security they are healthier and more likely to keep their children in education.

More info...

www.oneacrefund.org



Cafeteria

Our cafeteria set up next to the GMK Medical Centre provides patients and the local community with affordable meals and drinks. It is also a hub for staff, volunteers and the community to socialize as well as providing much needed income for our projects.

Spirulina

Our spirulina greenhouse continues to not only benefit our malnourished children, but also provides some of our guardians with an income to support themselves and their families. We sell surplus spirulina at an affordable price, to generate income for other Nasio projects.

More info...

www.thenasiotrust.org/spirulina



Volunteer programme

Our volunteer programmes are hands-on, and we work hard to match the skills of the volunteers to the project needs. The 6 houses built this year were constructed by our volunteers working with local builders. These community projects have a big impact in the community as well as providing new skills for both the volunteers and local builders.

More info...

www.volunteerforcharity.org



Dairy

Our 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. The cow currently produces 11 litres of milk a day which is given to malnourished children at St Irene's and the funds saved can now be used to pay for other items like healthcare and food for the children.

The Fight Against Jiggers

Jiggers are parasitic insects found in most tropical and sub-tropical climates. They are native to Central and South America, and have been inadvertently introduced by humans to sub-Saharan Africa.

Approximately 50% of children in areas where we work are affected by jiggers. Left untreated the consequences are severe, in extreme cases leading to amputation of limbs or death. Even mild infections are detrimental. Children perform less well at school and often drop out because of the debilitating effects and the pain, trapping the next generation in poverty.

Our social work team and medical team continue supporting and treating families affected by jiggers, freeing them from the misery and discomfort of infestation. If we're going to make a long-lasting difference in the fight against infestation, we need to prevent it from happening in the first place. We continue with our "Shoes for Africa" appeal which seeks to kick-start a number of local shoe making workshops in western Kenya. Not only will we be able to distribute shoes to those in need (to prevent them from ever experiencing the pain of jiggers) but excess stock can be sold, injecting much-needed income into the local communities we support.



Donate Now At:
thenasiotrust.org/shoes

Child Sponsorship

Child sponsorship is one of the ways you can support a child in our care, provide them with an education, an opportunity to be a child and grow to reach their full potential.

We know poverty is a thief. It robs children of the right to grow up strong and healthy. It steals their time to play and denies them the chance to sit in a classroom and learn. From our child sponsorship programme donations we are able to fund our work at the Early Childhood Development Centres. We provide basic needs of food, medical care and education.

The institutionalisation of orphan care has tragic results. Children who grow up in orphanages are

likely to experience significant social, physical, and cognitive harm. Although examined across diverse lands and cultures, studies agree that the institutions, and the child's journey through them, are depressingly similar. The tragedy is that so many of these "orphans" have a living parent. And almost all have family members nearby. Poverty is the largest driver of institutionalised care. The solution isn't building more orphanages; it's finding creative ways for each child to grow up in a home, preferably the home of the family or extended family. Not only is this a much better alternative to institutional care, family support services cost a fraction (estimates are as low as 10%) of an institutional placement.



Terry Atieno (aged 11)

Terry was born in Kilifi (Mombasa). Her father is not present in the child's life. The mother has an addiction and neglected the children which forced a close friend of the mother to take Terry and her sister Sharon to a children's home.

Sharon and Terry were in the orphanage since 2016, but through the Nasio intervention they were removed from the children's home this year and reunited with their family. The children have now settled with the uncle and his wife in Kisumu.

At school Terry enjoys art and languages. She also likes to play jump rope, hide and seek and reading. They are both jovial and sociable children who just need love and care.



Leonard Shiundu Wamokoya (aged 18)

Leonard is an orphan. his sister Mass (Mercy) is also being supported by Nasio Trust. They live with their uncle, who took the guardian responsibility after they lost their parents.

He is an active boy at Noah's Ark centre and volunteers during his school holidays. He is one of the peer educators and this has helped him grow into a responsible young boy who understands how to keep away from bad peer influences. He is also a role model to the rest of Nasio Trust children. During his free time he conducts guidance and counselling talks with his peers. Early this year schools opened, and Leonard reported back to school.





Eunice's story...

"My name is Eunice Juma and I am 23 years old. I come from a small village called Buchirinya in Mumias Town. My childhood was difficult as I was an orphan and therefore was relocated every so often changing schools frequently.

I joined Nasio Trust in 2011 aged 14 when some Nasio volunteers came to our school. I was in a music group where I used to solo and one of the volunteers called John Cornelius liked my singing and was interested in knowing me more. I count it a blessing and I believe that it was in God's plan for me to get such opportunity to join the Nasio programme.

A year later I joined secondary school and through Nasio Trust, managed to enrol in one of the local schools where I completed my Secondary Examination in 2015. Nasio Trust was a home away from a difficult home.

I started volunteering with Nasio Trust and I had a placement in the social work department. As time went by, I began to develop an interest in social work and settled on taking a course in that field. During my volunteer period, I got pregnant and delivered my baby, Mike, in November 2016 and felt I was a disgrace to myself, my supporter and Nasio Trust. Despite this, I never gave up and thank God Nasio who believed in me and agreed to continue with the support. I took care of my child for two years as I continued volunteering. Life was not the same since I had another added responsibility. I thank God for the support I received from the Nasio Trust family who helped with childcare.

My hard work was recognised when I joined The Sigalagala National Polytechnic, where I am now in my second year studying Social Work and Community Development at a Diploma level. "

i really thank God for this opportunity am planning to give back to the Nasio Trust upon the completion of my studies.

Volunteering with Nasio

A FAMILY EXPERIENCE OF A LIFETIME

AUGUST 2019: THE THOMAS FAMILY

We received the warm Kenyan welcome at the guest house and felt immediately at home. That day we had a tour of the compound and surrounding area including the Day Centre, GMK Medical Centre, spirulina greenhouse and Moses' tree. We were welcomed by the children with a joyful song and played with them for a while.

Our main project was to build a cowshed and water tank for our sponsored child and her family. This alongside other home visits were amazingly humbling experiences, the perfect way to see our funds spent and feel part of the local community.

Another way we made a difference was to provide mattresses, mosquito nets and school supplies.

One of us ran a music project with the vulnerable children that visited the Day Centres for the feeding project. Each child took home a home-made instrument and a head full of songs. It was an emotional experience and we felt that each child went home with something to remember.

A LIFE-CHANGING TRIP TO KENYA

JULY 2019: ST HELEN & ST KATHARINE SCHOOL

St Helen and St Katharine School, Abingdon had a life-changing trip to Kenya in July when, among many other things, they built a house for our family and donated a goat called Madam Lucy who now supplies a family with daily milk.

The trip was transformational for students and staff and we continue to build and strengthen our schools partnerships.



Find Out More at
www.volunteerforcharity.org

“Our main project was to build a cowshed and water tank for our sponsored child and her family. This alongside other home visits were amazingly humbling experiences, the perfect way to see our funds spent and feel part of the local community.” The Thomas Family



Change Through Other Valued Partnerships

Egmont Trust

Our **Peer Education pilot**, generously funded by the Egmont Trust, has trained over 65 Peer Educators offering 600+ 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. More info at www.egmonttrust.org



Souter Charitable Trust

Thanks to the **Souter Charitable Trust** for funding our vital work and programme to meet the educational, health and psycho-social needs of the most vulnerable orphans and children.

Textile Hub

Thanks to funds raised by Nasio supporter Izzie Kearns, the groundwork for Nasio's new Textile Hub was set up in 2019 to allow Guadencia, one of our Guardians, to move her tailoring business out of her cramped living space and into a new purpose-built space. This has also provided an opportunity for a new trainee, Millie who is the fabulous cook from the guest house.

This new hub means Guadencia will be able to run lessons and internships for any of the Nasio children interested in tailoring and textiles. This is a vocational opportunity that they can take advantage of when they finish their studies. This will become another self-sufficient income generating project.

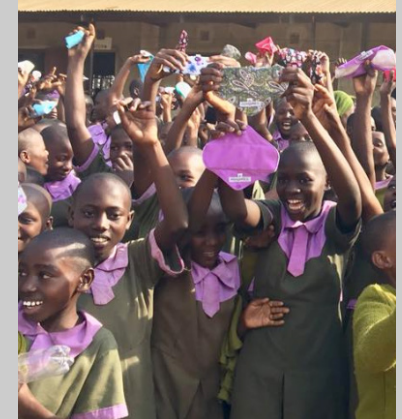


Westers

Thank you **Westers** for visiting our projects in Kenya and providing environmental and conservation support and training to help with our carbon-offsetting. The Westers generously funded and built a house for a family in our community, and the tree nursery set up with funds raised continues to go from strength to strength, helping us provide 2 trees each month to our guardians for their farms. We can't thank you enough!

Earthwise Girls UK

Thank you to **Earthwise Girls UK** who have donated reusable sanitary pads to the Nasio Trust. For every pack of three pads sold, one is donated to a Nasio supported girl in Kenya. We were able to distribute 2000 pads this year to girls, keeping them in school. www.earthwisegirlsuk.co.uk



Zeitgeist

Thank you to **Zeitgeist trans-creation services** for generously funding 2 house builds for our families keeping them safe and secure.

One Acre Fund project

Often families living in Mumias West have access to land but not the money or skills to make best use of it.

Thanks to funding from The World We Want we have partnered with One Acre Fund to support subsistence farmers through training, support and provision of good quality seeds and fertilizer to increase crop yields to provide food security for families living in poverty and surplus to be sold to generate income.

This year we have supported 155 farmers who will be able to cover their own costs with One Acre Fund enabling us to recruit another 500 onto the programme next year.

More info at www.oneacrefund.org





YoCO - Youth Challenge Oxfordshire

Working in partnership with Youth Challenge Oxfordshire (YoCO) two groups completed their 18-month UK programme and travelled to Nasio in Kenya; one from Berinsfield and one from Faringdon.

The impact of the trip on the lives of YoCO young people is significant. Two used their experience of Kenyan hospital visits and jigger treatment to support their successful application to train as NHS nurses, several have returned to full time education having realised what a privilege it is to be able to do

so, and several have continued to volunteer with their local communities.

We look forward to many more life-changing volunteering trips for young people in the future.



Volunteer with us... Visit
www.volunteerforcharity.org



night time sky so beautiful as the one above the clouds on Kilimanjaro.”

“The next part of our trip was to The Nasio Centre, western Kenya. After seeing pictures from Joey on his previous visits it was so nice to be there and meet the Nasio Team. We saw and did a lot in the few days we were there. I think every single one of our group was so glad that we added on the volunteering part. To see where the money that you raise goes and meet the people that the Nasio has a huge positive impact on was brilliant. The warmth and care we were treated with by the Nasio team, the families we visited, the children we met, the medical centre and the spirulina staff was overwhelming.

“For us as a family, Spencer, myself and Joey were so, so happy to be part of building Flora and her family a new home, meeting her and also meeting Dancan, who we also sponsor. Our time at the guesthouse was special, emotional and I left feeling like I was part of the Nasio family and community of Musanda.”

“As adults, we can get stuck in our lives, cocooned in the everyday and this trip shows it is good to push yourselves not just physically but mentally and emotionally. This has been an experience I will never forget and I thank The Nasio Trust for giving me the opportunity to have done it.”

Begin Your Kili Adventure Today
www.climbkilimanjaroforcharity.com

The Barns group conquer Kili

After preparing for 18 months and raising over £30,000 the 16 member group from The Barns Fitness Club, Cholsey, Oxfordshire climbed Mount Kilimanjaro. Having never been to Africa, never climbed a mountain and never volunteered before, the whole journey had a significant impact for all.

“The climb was tough, we knew it would be, having trained quite hard for the climb I knew I was in good shape but nothing prepares you for the altitude. It’s a leveller. I think as a group of 16 I don’t think there was one person that

was not affected in some way by it, some more than others, some for longer than others.”

“I cannot fault the team we had with us – the porters, cooks and guides were amazing. Honest and the team were fantastic ‘16 of you started this – 16 will finish it’ and no matter how tough it got we believed them, and we did it.”

“Nothing can prepare you for the experience, the amazing scenery, the atmosphere, the camaraderie, I will never forget the sky at night and the stars, I am quite sure I will never see





Plans for 2020/21

Malaria

Prevention costs £5-10 for a mosquito net and treatment costs just £5 to save a child's life at our GMK Medical Centre.

Health Care Insurance

This vital campaign continues to achieve our aim that all our families have health care insurance in order to receive free medical and hospital treatment at a cost of only £4 per month per family.

Run and Train where Kenya makes Champions

We are looking for runners of varied abilities for a once in a lifetime opportunity to travel to the High-Altitude Training Centre in Iten, Kenya, to train and experience what it's like to run 'the Kenyan way'. Already climbed Kili and interested in your next challenge? Visit www.thenasiotrust.org/run

Peer Education and Life Skills

Our Peer Education programme continues to help reduce teenage pregnancy rates and prevalence of HIV thanks to funding from The Egmont Trust. We are educating young people in sexual reproductive health and also engaging them with a variety of life skills including agriculture, music and tailoring.

Exceptional Students

Thanks to funding from Plewa Foundation and The Daymark Fund this programme will give A-grade students the education they deserve at National Secondary schools, supporting them and their entire family to help break the cycle of poverty.

Youth Bike Project

Inspired and set up by the Sefton family our bike centre with a bike track where young people can hang out, talk to a youth leader or learn how to fix bikes continues to engage our young people and provide a source of income for the community.

Textiles Hub

Izzie Kearns, a passionate Nasio supporter, facilitated the opening of a new Textiles Hub in 2019 which is being used to teach the children and guardians a vital life skill. It also provides a base to run a sewing business to support one of our families.

Nasio Novel Funds Women's Literacy

£5 from every sale of *Not so Black and White* will go towards providing free literacy classes for rural women in western Kenya who missed out on basic education. By providing lessons we will give illiterate women the skills and confidence to run their own small businesses to help break the cycle of poverty. Visit www.thenasiotrust.org/nasio-novel



Mission Statement...

To support & empower communities in East Africa to break the cycle of poverty by providing education, improving health and developing commerce through sustainable income generating projects.

OUR 5 YEAR STRATEGY

- Break the cycle of poverty in East Africa through education, healthcare, food, security and commerce, enabling communities to be resilient and self-reliant.
- Improve the health and well-being of communities in East Africa.
- Support communities to set up sustainable income-generating projects.
- Provide volunteering opportunities in East Africa and UK.



Income & Expenditure

Year Ending 31/12/2019

YEAR ENDING	31/12/2019
Income	
Donations	£99,454.98
Fund raising	£228,124.19
Grants	£14,921.64
Gift Aid Relief	£16,945.53
Income (rounded)	£359,446
Expenditure	
Project Costs	£154,036.50
Fundraising expenses	£96,961.69
Governance	£2,498.16
Admin & Promotion	£19,229.24
Finance Charges	£950.48
Professional Fees	£2,431.88
Depreciation	£15,984.00
Office Costs	£66,842.55
Expenditure (rounded)	£358,935
SURPLUS/DEFICIT	£511
<p>Our aim is to keep any surplus in the bank at a minimum so that we maximise funds that support our projects to improve save lives in Kenya.</p>	

Balance Sheet

Year Ending 31/12/2019

ASSETS	31/12/2019
Fixed Assets	
<i>Fixed Asset Total</i>	£61,999.28
Current Assets	
Stock	£2,780.89
Debtors	£9,316.29
Cash at Bank	£87,473.11
Current Assets Total	£99,570.29
Current Liabilities	
Creditors	£32,662.57
Taxation	£3,381.30
Current Liabilities Total	£36,043.87
GRAND TOTAL	£125,525.70

ACCUMULATED FUNDS	
At 1st January 2019	£68,592.65
Income & Expenditure Account	£511.84
Restricted Funds	£56,421.21
GRAND TOTAL	£125,525.70

Signed on behalf of
the charity's trustees
Jonathan Hunt,
Chairperson



In 2019

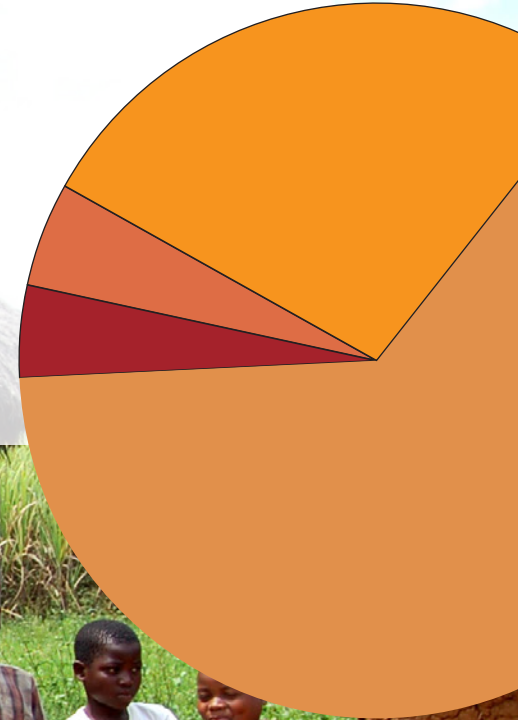
We raised over

£359K

2019 Total Income

£359,446

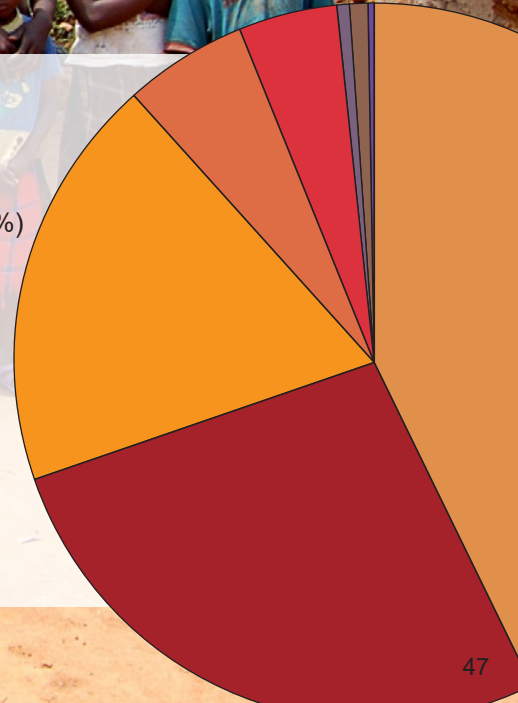
- Fundraising £228,124.98 (63%)
- Donations £99,454.19 (28%)
- Gift Aid £16,945.64 (5%)
- Grants £14,921.53 (4%)



2019 Total Expenditure

£358,935

- Charitable Expenditure £154,036.50 (43%)
- Fund Raising £96,961.69 (27%)
- Office Costs £66,842.55 (19%)
- Admin & Promo £19,229.24 (5%)
- Depreciation £15,984.00 (4%)
- Governance/Monitoring £2,498.16 (1%)
- Professional Fees £2,431.88 (1%)
- Finance Charges £950.48 (<1%)



In Loving Memory

Cratus Mboya

26/01/2003 - 22/03/2019



Cratus, walking by the river on his way home from school, fell into a river 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 from this incident are receiving counselling and psycho-social support.

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.

Our medical teams at our medical centre work hard to raise awareness of the risks of malaria to children.

Max Hilleard



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. 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.

Some of the donations were also used to ship an electric piano to Kenya which had been kindly donated by a supporter.



Thanks and acknowledgements

We are incredibly thankful to all of our supporters for their ongoing dedication which allows us to continue our programmes and create brighter futures for some of Kenya's most vulnerable children and communities. We are also grateful for our dedicated staff in Kenya and the UK who provide continual support and care to our children each and every day.



**NASIO
TRUST**
CHANGING LIVES
FOR GOOD

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