

Updates From Africa

An Ambulance for our Medical Centre

We were able to purchase an ambulance for the GMK Medical Centre in 2022. Over the past five-years of operation, the medical centre has needed ambulance services for 827 cases. Poor transport networks in rural areas mean that people in need of emergency treatment had been at risk of losing their lives. We're now able to offer them a life-line!

The Goat Project

Farmers being trained in sustainable agriculture were given 7 goats, kindly donated by the Albatha Foundation. Through breeding during 2022 we now have 28 goats in separate households, offering the opportunity to generate additional income for the families that care for them. Iddi Kombo, one of the beneficiaries of the initiative, was able to use funds generated by his goats to reinvest in agricultural projects and help towards the construction of his own fish pond.

Peer Education

The Nasio Trust's flagship Peer Education Programme aims to improve knowledge of Sexual and Reproductive Health to reduce the transmission of HIV, STIs, and the rate of teenage pregnancies.

In the past two years, 15,000 indirect beneficiaries were trained on safe sex using the peer education model wherein health clubs are set-up in

local schools and students take the lead on educating their peers. Thanks to the Egmont Foundation we have been able to cultivate leadership skills within the rural youth while improving their health outcomes and drastically bringing down teenage pregnancies.

Exceptional Student Programme

The Exceptional Student Programme, the Nasio Trust's flagship initiative offering financial and psychosocial support for academically-gifted students from vulnerable families, is now 30 students strong.

The scholarship and mentorship allows ESP scholars to study in renowned boarding schools, where they receive better education and attention – something they otherwise did not have access to. The first cohort of students will now be entering their final year at secondary school. Several ESP beneficiaries scored a brilliant rank in their respective classes. John Lutomia came in 5th in his cohort of 57 students, while Irene Lanya ranked 4th. The students also received holiday tuition classes before starting school again in January 2023. We look forward to nurturing our students further this coming year.



Investing in the Future

Sustainable agriculture & One Acre Fund

Nasio aims to promote sustainable livelihoods and has adopted the One Acre Fund's approach to support efficient farming on small land holdings. Through our project, we've been able to help 600 farmers in 2022 alone by providing them with equipment, seeds, training, and social funds. Now a total of 1,500 beneficiaries have been positively impacted by the programme.

The Young Farmers Club

The Young Farmers Club, started during the pandemic to keep students engaged when the schools were closed, is a pioneering example of how independent young adults can be empowered to build a better future. The club allows young people aged 9 – 20 to learn the ropes of small-scale farming and gives them

an opportunity to see how agriculture can be a viable livelihood option earn an income through the surplus they produce. Through such vocational training Nasio's young beneficiaries can make independent decisions about their future. Over 100 young farmers were trained in 2022 thanks to support from funders like Sankalpa and the Patrick Rowland Foundation. Huge thanks also go to UK supporter Mary Scherer who donated £5,000 towards this fantastic initiative.

Spirulina & Women's Empowerment

The Spirulina Production Unit at Nasio is run by women who grow, dry, process, and package the algae, ready to be used. Spirulina, a superfood rich in proteins, is used as a food supplement at malnourished children and patients at Nasio's medical centre. It is also a part of the students' diets at the daycare centres. In addition to bettering the nutritional status of our beneficiaries, we encourage women's entrepreneurship and self-sufficiency through this project.

Spotlighting our Students

Riziki Hamisi, is one of Nasio's peer educators who has gained leadership skills through the programme. She leads one of the health clubs at her school and has become a role model for her peers.

Linda Masakhwe, one of our Exceptional Student Programme beneficiaries, scored a grade of A in her annual exams and ranked amongst the top 10 in her school.

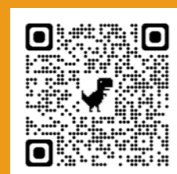
In the latest Kenya Certificate of Primary Education (KCPE) examinations, 7 of 32 Nasio students scored over 300 marks out of a total of 500. The mean scores nationally are around 250 marks.

Nasio's students have not only been excelling in academics but also at extra-curricular activities. Rahma Musundi from the Bulimbo Girls School and Mercy Wamukoya from St. Mary's Girls School participated in a music and drama performance competition, and subsequently qualified for the national level.



Sponsor a child from Just £5 per month

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



Scan To Visit The Website!

Thank you to all our current Child Sponsors!



www.sponsorachildinneed.com

NASIO NEWS

Issue 15



Scan To Donate!



Let us not be weary in doing good
Galatians 6 v9

Our Latest Achievements

327 children and 650 farmers supported

19,163 patients treated at the medical centre

4,079 vaccinations administered, 353 people tested for HIV & 455 babies born

1,693 National Hospital Insurance Fund (NHIF) enrolments for vulnerable families

366 peer educators fully trained

491 alternative gifts bought by our supporters including 84 food parcels

This is just a sample of the amazing things we were able to do last year, thanks to your support.

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

2023 Key Dates, Events & Appeals

24th July - 2nd August **Teachers volunteering trip**

25th September **Run & Train where Kenya makes Champions**

22nd September **The Nasio Trust Charity Golf Day**

15th October **Oxford Half Marathon**

Annual Appeals Throughout The Year

Flexible dates throughout 2023

Climb Kilimanjaro with the Nasio Trust www.climbkilimanjaroforcharity.com

General volunteering trips www.volunteerforcharity.org/packages

Medical volunteering and electives www.volunteerforcharity.org/packages/10-day-medical-elective-placement

Family volunteering www.volunteerforcharity.org/packages/10-day-family-volunteering-package



The first 'Run with Kenyans' trip

Ben and Steve successfully participated in the first 'Run with Kenyans' trip, where they trained at the High Altitude Training Centre (HATC) in Iten, Kenya. The HATC, founded by a Dutch professional runner, is a specialised centre 2,400m above sea-level! Training at this sort of altitude has a proven benefit in improving stamina and lung capacity. During their 12-day trip, Ben & Steve also visited our projects in Mumias. This is a unique opportunity for those wanting to hone their running while making a difference and visiting our projects to see our impact in person. We will be hosting another, similar run trip later this year in September. **Contact us for details.**



Meet Juma & David

The Nasio Trust's child sponsorship programme supports vulnerable children and gives them opportunities to improve their lives by providing free education, healthcare, and food security. The provision of healthcare and food security ensures better education outcomes as well as positive child development. We believe that education is essential for breaking the cycle of poverty and it has been proven that every additional year in education can increase incomes by 13% in Africa. It also creates an emotional connection between sponsors and the people we work amongst.

Juma, aged 5

Juma is the youngest child in his family and lives with his mother. Juma's father is mentally impaired and his mother works as a casual labourer. He lives with his family in a three-roomed mud house. The family own a small farm where they cultivate maize and beans. Juma's siblings had to drop out of school due to the lack of money to pay school fees. Juma is a vibrant child who enjoys drawing and colouring.

David, aged 6

David lives with his maternal grandparents since his mother passed away in 2021. His father's whereabouts are unknown. His grandparents and other cousins survive from the harvest of their small plot of land, which is not enough to sustain their family of 10. David's family house has no bathroom or water connection, and they rely on the community spring for water.



Could you sponsor a vulnerable child like Juma, David, or one of the many others who are not already supported? Sponsors receive at least two updates on the well-being and needs of their sponsored child over the course of a calendar year. They also receive a handwritten report from their child as well as the annual Nasio newsletter. Help children and families break the cycle of poverty by sponsoring a child today!

Sponsor from just £5 a month at sponsorachildinneed.com

Annual Charity Golf Day 2022

The Nasio Trust hosted its Annual Charity Golf Day on 30th September, 2022. Over 70 supporters participated in the event. The raffle and auction were particularly successful, with prizes such as holiday experiences in Scotland and a bespoke bottle of whiskey up for grabs. Thanks to the participant's generosity we were able to raise £4,130 for the expansion of our medical centre to help provide more advanced healthcare to rural populations.



In light of the overwhelming response to the event last year, we are pleased to announce that we will be hosting a Golf Day this year as well on the 22nd of September, 2023.

A Successful Pride of Nasio Trip

The Pride of Nasio, a group of 18 dedicated young people from Dorchester-on-Thames, embarked on their first trip to Kenya in October last year under the guidance of John Cornelius, retired Thames Valley police officer and a staunch Nasio supporter. The group successfully fundraised for the charity by working at weddings and hosting sales. They built 2 houses for our beneficiaries in Musanda, were involved in activities with young students at the day care centres and local schools, and also visited the spirulina project. Their trip to Kenya was life-changing for the group, with several young people being inspired to continue their fundraising efforts here in the UK.



Alleviating Food Insecurity over Christmas

In 2022, Nasio's Christmas Appeal for a Sack of Maize was centred around the need to improve our beneficiaries' food security. Food prices have been hugely affected by droughts in the Horn of Africa and costlier imports due to the war in Ukraine. Thanks to your generosity, we've been able to support 222 families to purchase sacks of maize worth a total of £2,455. Thank you to everyone that contributed.

We have been supported in our endeavour to ensure food security for vulnerable families in Mumias and Musanda by our donors as well as our team on the ground that is helping nurture a sustainable food security model by promoting indigenous agricultural techniques, establishment of seed banks, and better irrigation practices. We are also empowering young people to be self-sufficient in food production through the Young Farmers' Club.

Employee Highlights

Benson Odinga

Benson started the year working as a day labourer for The Nasio Trust to save money so he could complete the final year of his degree in Chemistry at Maseno University as he could not afford the university fees. It became clear to us that Benson's skills could be nurtured at our Community Liaison Office (CLO), while also providing him with a higher income (so that he could return to university sooner). Since taking on the role of admin assistant in September 2022, Benson has gone from strength to strength and become a key member of the team. His willingness to learn coupled with his outstanding work ethic and specialist knowledge has contributed to all our community projects. Please join us in wishing Benson all the best for 2023, when he will return to university to finish his degree in September!

Eunice Juma

Eunice became a beneficiary of The Nasio Trust aged 12 and as an adult, has now become an invaluable part of our leadership team in Kenya. Eunice's commitment to The Nasio Trust is unparalleled and her passion to improve the lives of others is evident in everything she does. Eunice has undertaken many challenging roles for The Nasio Trust in the past - such as social worker, staff member in charge of UK visits and, most recently, transport and logistics officer. In all these roles she has brought enthusiasm, critical analysis and leadership. This has led to Eunice receiving a hard-earned promotion to the role of Project Manager for Education and Social Work! She is a role model for the young girls supported by us as well as for the rest of the staff. Please join us in congratulating Eunice on her fantastic year and wishing her all the best in her new role.

Nancy is Conferred an Honorary Doctorate

The Nasio Trust's CEO and founder, Nancy Hunt, was conferred her second honorary doctorate in 2022.

The University of Reading recognised Nancy's tireless work in Kenya and the UK. She was awarded 'Doctor of Letters' on the 9th December. The University recognised Nancy and Nasio's impact on the local communities in Western Kenya and beyond.



Save Noahs Ark!

Noah's Ark - Nasio's very first Early Childhood Development Centre that started as a roadside kiosk is under threat of closure.

A local court has ordered our eviction from the site due to a land dispute. We wish to challenge the judgement in a higher court and are raising funds to make that possible.

Find out more & donate at thenasiotrust.org/save-noahs-ark



Gold Standard Internship Award for the Third Year in a Row by University of Oxford

The Nasio Trust has once again been recognised as a Gold Standard Internship host by the University of Oxford's career services. The charity has long been supported in its mission by interns and volunteers from the University. As a gold standard host, the Nasio Trust's internships are recognised as providing challenging projects allowing interns to learn about the charity sector as well as people living in rural poverty. In 2022, we were honoured to host interns from the Universities of Birmingham and Cambridge as well. We hope to foster more such partnerships with higher academic institutions in the future.



A Successful Library Fundraiser

Our dedicated supporters in Kennington, Oxfordshire raised £10,250 to begin the construction of the first community library in Mumias in the course of just a year. We would like to thank, Sylvia Vetta (www.sylviavetta.co.uk), a beloved and renowned Oxfordshire author, for leading the fundraising charge. The generosity of the Kennington community shone through in their collective fundraising activities. A second phase of the fundraiser has already begun to ensure that the library is well-furnished with appropriate books, computers, and utilities.

Learn more at thenasiotrust.org/library

YoCo's Partnership with Nasio

Youth Challenge Oxfordshire (YoCo) provides consistent guidance to young and vulnerable students within Oxfordshire by promoting team work and regular meetings over the course of 18 months.

Before the end of their programme, the young people undertake a volunteering trip to Nasio's projects in Kenya, having fundraised to meet the costs of their trip themselves. In Kenya, they help build houses, interact with children at our day care centres, and participate in other local activities. In 2022, YoCo members from three villages in Oxfordshire - Blackbird Leys, Berinsfield, and Faringdon - all completed the program. A total of 29 volunteers visited our projects in 2022. Reach out to us if your youth club would like to volunteer, or if you are a professional who can share your skills!



In Loving Memory

Mrs Melsa Obanda Osore passed away on 26th November last year. She was one of Irene Mudenyo's children and was one of the founders of the Nasio Trust. After her retirement she began working towards the protection of vulnerable and orphaned children.



Icolyn Ma Smith (OBE) passed away on 23rd September, 2022. She had been feeding Oxfordshire's homeless for the past thirty years and continued to do so throughout the pandemic. Her impact on Oxford's citizens has been monumental. She also sponsored a child through Nasio and was involved with alleviating poverty in Kenya as well.

For more information or to sign up for events: Call us on 01235 611200, email info@thenasiotrust.org or visit www.thenasiotrust.org now!