

Updates From Africa

Combating Period Poverty with Earthwise

Girls are more likely to drop out of school due to poverty, pregnancy or period poverty. 61% of the girls in primary and secondary schools are likely to miss school during their period due to a lack of sanitary towels (hygiene products). Some girls also engage in unsafe relationships to get period products in return.

We have collaborated with Earthwise, a social enterprise based in Wallingford, to provide over 1,000 reusable sanitary towels to 200 girls in Mumias West so that they can stay in school.



Pilot Project with Organic Spirulina - Wageningen University (Netherlands) & Laikipia University (Kenya)

The Nasio Trust has been working closely with researchers from Wageningen University in the Netherlands, and Laikipia University in Kenya to introduce organic spirulina as a fish feed for small scale fish farmers to use. Such a fish feed will greatly reduce production costs for fish farmers, and improve their livelihoods. We are proud to be on the cutting edge of this innovation and would like to thank Benson Odinga, Dr Katrine Soma and Dr Benson Obwanga for this work.

Launching the Porridge Kitchen

We have successfully launched our Porridge Kitchen to combat increasing rates of malnutrition in Mumias West. The

kitchen serves over 20 children and their mothers every week and provides them with nutritious porridge made from millet with a spirulina supplement. The mothers are trained in infant and childcare, hygiene, and maintaining appropriate levels of nutrition. 80% of the children suffering from acute malnutrition have fully recovered and the remainder are no longer in danger.

Providing Access to Clean Water with a New Borehole and Water Kiosk

Through the Daymark Foundation's generous gift, we were able to install a new borehole and water kiosk to serve our medical centre and guesthouse with clean water. This has improved the quality of the care we provide our patients. It has also enabled us to switch to an automated laundromat to improve hygiene. The water kiosk will help provide members of the community with clean water for household use, removing the need for them to travel long distances to the closest river. The establishment of this new infrastructure is directly impacting 700 people every day.

Our Youngest Volunteers Ever To Visit Nasio in Kenya

Edie, Arby, and Arlo volunteered with their parents at Nasio's projects in October and were the youngest volunteers we have had the pleasure of hosting. Ranging from ages 2 to 6, the young ones enjoyed playing with the chickens and other animals in the compound under supervision. The volunteering itinerary was curated to meet the children's needs while also being engaging and fun. Evans, our in-house chef, was able to cater to their food needs as well. They plan to visit again soon! Volunteer with your family, young or old, to have a transformative experience together.

NASIO NEWS

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Yes, my soul, find rest in God; my hope comes from him. Truly he is my rock and my salvation; he is my fortress. I will not be shaken. Psalm 62:5-6

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Spotlighting our Students

17-year old Gentrix Khayesi's Commendable KCPE Performance

Gentrix is the youngest of eight-siblings and is a partial orphan, living in the sole care of her father. She joined Nasio's programme as a preschool student at Noah's Ark and was supported through her primary education. Gentrix scored 386/500 marks in the Kenya Certificate of Primary Education (KCPE) making her eligible to join Nasio's Exceptional Student Programme and join a national school of her choice. The Nasio family is proud of Gentrix and her achievements!

Alvin Peter, member of our Exceptional Student Programme, Scores A- in KCSE Examinations

Alvin is the youngest of five-siblings and was enrolled into the Exceptional Students Programme in 2019 as he received a high score of 400 out of 500 in his KCPE examinations despite his disadvantaged background. He joined Kakamega High School in 2020, one of the best national schools in Kenya. He has been a consistent high performer and also actively participates in co-curricular activities. In the Secondary School Exam Certificate, he received a grade of A-, one of the highest in his school and amongst Nasio's cohort. He now wishes to join University to train as a radiologist so that one day he can work at the medical centre.



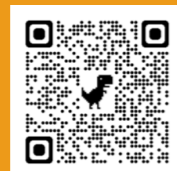
Our Latest Achievements

- Small-scale farmers supported **1,150** • People treated for jiggers **250**
- Food parcel beneficiaries **84 households / 400 people** • Alternative gifts donated **491**
- Patients treated at the GMK Medical Centre **28,521** • Babies delivered at the GMK Medical centre **458**
- Vaccinations administered **1,822** • Volunteers who visited Kenya **47**
- People reached through peer education **4,010** • Women supported in small business **62**
- Meals provided through the Feeding Programme **48,400**

Thank you for your generous support, you've helped us to make a huge difference to so many lives!

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!

www.sponsorachildinneed.com



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

2024 Key Dates & Events

Nasio Alumni 20th Anniversary Celebration Dorchester Abbey
11th August

Annual Charity Golf Day Spring Golf Club Wallingford
20th September

Men Only Volunteering Trip - Kenya
November (Raising Awareness of Men's Health Issues)

Flexible dates throughout 2024

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



Summiting Mount Kilimanjaro as a Family

Zoe and Daniel, along with their cousin Henry, climbed Mount Kilimanjaro to fundraise for the charity in August. They also visited our projects in Kenya after their expedition to learn more about where their fundraised donations were being used and the scale of the impact they'd had. Zoe and Daniel's parents have previously climbed Kilimanjaro for Nasio and inspired their children to do the same.

Find out more about our climbs at climbkilimanjaroforcharity.com

Pioneering Sustainable and Community Agriculture

Over 1,000 small-holder farmers in Western Kenya have been empowered to improve their food security through our sustainable agriculture projects. 70% of the farmers are women, who have significantly increased their yields to provide a sustainable food supply, and income for their families.

We are also in the initial stages of launching a Regenerative Agriculture project in Kenya, in collaboration with The Walker Institute at the University of Reading and Ripple Effect, an East African non-profit organisation. The climate crisis has greatly impacted our community and regenerative agriculture, introduced at the grassroots, will be a means to restore soil health and fertility. The Regenerative Agriculture project is a strategic priority for us as the impact of climate change becomes visible in other aspects of people's lives through food insecurity, poor nutrition, and lowered incomes due to insufficient agricultural yields. Empowering small farmers will have a positive net impact across the community.



Volunteer or Intern With Us Hear From Mercelyne, a Past Intern

"I am fortunate to have been a part of Nasio's journey as a Summer Intern in 2023. My experience working on my assigned project was useful in understanding the challenges faced by Nasio's beneficiaries. I drew from my work experience to stress the importance of data-driven impact assessment. Delivering on the assignment helped me understand what matters to different stakeholders in the non-profit sector." *Mercelyne Okelo, Summer Intern, University of Birmingham*

Nasio Awarded an Oxford University Gold Standard Internship Host

We have been recognised by the University of Oxford as a 'Gold Standard Internship Host' for the fifth consecutive year. Being a grassroots charity, we work in the heart of the community. Volunteers and interns have the opportunity to become part of the community. Projects undertaken by volunteers and interns have an immediate positive impact on the people we work with in the community. We welcome anyone willing to share their expertise or those wishing to work on a project with us.



Email us at info@thenasiotrust.org to learn more about how you can work with us in Kenya.

have become sustainable in their soap-making enterprise. They have been able to pay for their children's school fees and develop other small businesses.



Engaging with Local Oxfordshire-Based Schools

Two students from year nine, Sasha and Julia, at Didcot Girl's School, participated in the First Give competition. First Give gives students across the UK an opportunity to delve deeper into social issues and tackle them. Nasio's mission resonated with Sasha and Julia, and they raised over £200.

Our founder also addressed an event hosted by Radley College as part of the OX14 Learning Partnership, where state and private schools from Abingdon share resources and learn from each other. She addressed an audience of over 300 students regarding the benefits of young people joining the non-profit sector.

Library Fundraiser: Cosmic Cats Book

The Nasio Trust, in collaboration with fundraisers from Kennington and St Swithun's School, have published a children's book on cats, containing stories written by students at St. Swithun's and Mumias Township school in Kenya.

The book is a symbol of the collaboration between the UK and Kenya, connecting children from different cultural backgrounds with a shared goal of making books accessible to everyone. 'Cosmic Cats' was launched on the 6th of March, and includes illustrations by Korky Paul, a renowned children's illustrator. We would like to thank Sylvia Vetta for her support in conceptualising and leading the initiative and Korky Paul for his amazing illustrations.

Employee Highlights

Evans

Evans is Nasio's resident chef at our guesthouse in Musanda. He has been with us for two years and is a key part of Nasio's hospitality team, always striving to give all visitors a unique experience. His specialities are the beef samosa, Kenyan beef curry, and lentils.



Godfrey Ludenyó

Godfrey, an experienced Clinical Officer, is the Head of Nasio's GMK Medical Centre and has been with Nasio since 2018. He is motivated by the positive impact his work has on the community through promoting preventive healthcare, treatment of common illnesses and seeing the joy on his patients after they have recovered.



Godfrey successfully leads the largest department at Nasio, including 32 staff members. He is highly respected in the community and loved by the Nasio team and visitors. He is an inspiration to us all because of his hard work and dedication.

Sponsor a Child

Rathwa Ambani Were

Rathwa is a two-year old, who joined Nasio's programme when she was an infant suffering from malnutrition. Rathwa is a happy child and has since recovered but continues to have development issues which are being managed by our medical teams. Due to her mother's health issues her maternal grandmother is the primary earner in the family doing casual jobs.



Ruth Nyarotiso Otieno

Ruth is a ten-year old girl who lives with her single mother and four other siblings. Her mother is the sole carer of the family and works hard but is unable to make ends meet. Ruth is now in grade 3 at the local primary school and enjoys playing games with her friends.



Have You Thought About Sponsoring a Child?

As a child sponsor, your donation will allow children like Ruth to access education, healthcare and basic needs items such as food and school supplies that their families are unable to afford. We will keep you updated on your sponsored child's wellbeing throughout the year and share a handwritten letter or report from the child annually.



Sponsor from just £5 a month at sponsorachildinneed.com

Partnership with the Egmont Trust

Nancy Hunt, CEO and Founder of the Nasio Trust, was the keynote speaker at the Egmont Trust's Annual Conference in New York. The Egmont Trust funds Nasio's Peer Education Programme and Nancy was invited to speak about the project's impact. Riziki Hamisi, one of our peer educators, was spotlighted by Egmont through a short documentary depicting her life story.

The Nasio Trust also hosted an Egmont Partners' conference with 20 representatives from various Kenyan NGOs supported by the Egmont Trust. The conference covered issues affecting international development projects across Kenya, particularly those working on HIV and AIDS eradication. The Nasio Trust continues to engage community leaders, elders, and young people through its Peer Education programmes.



Teachers' trip and Peer-to-Peer Workshop (Brazil)

With the support and guidance of Sandra Rodriguez, a Netherlands-based teacher, Nasio held a Teachers' Conference that brought together the teaching community from various parts of the world including Kenya and Brazil. Teachers shared good practice about teaching and gained greater knowledge and understanding through cross-cultural dialogue. Through the Peer-to-Peer workshop we were delighted to have fostered a developmental opportunity for the teachers.



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