



Annual Report 2024



**NASIO
TRUST**
CHANGING LIVES
FOR GOOD
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WELCOME

Letter from the Chairman of Trustees

I'm delighted to share The Nasio Trust's 2024 Annual Report, highlighting the impact we've made together.

Our mission is to break the cycle of poverty in Mumias West, Kenya, through education, healthcare, and sustainable livelihoods. In 2024, we raised £452,757 and reached over 30,000 people.

Because education, health, and income are deeply connected, we respond quickly to urgent community needs. This year, we partnered with "Evidence for Development", a UK based research institute, to gather vital data on household poverty, and with Oxford University Hospitals to launch the first free Hepatitis B testing service in Kakamega County.

Our Peer Education Programme reached more than 14,000 people with information on HIV prevention and teenage

pregnancy, while our Porridge Kitchen provided meals, kitchen garden training, and a safe space for malnourished children and mothers.

Looking ahead, our priority is to expand the GMK Medical Centre in 2025, meeting rising demand and closing critical healthcare gaps.

None of this would be possible without our supporters, donors, and partners. Thank you for helping us change lives for good. I warmly invite you to visit our projects, meet those we serve, and see the difference you are making.

Finally, my heartfelt thanks to our dedicated staff and trustees in the UK and Kenya — and especially to our CEO, Nancy, for her tireless leadership.

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



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 saw a rise in HIV cases for the first time in a decade in 2022, derailing its excellent track record in reducing positivity rates to achieve total HIV/AIDS eradication by 2030. It has the seventh largest population of those living with HIV in the African continent¹. The country is also home to a large youth demographic, with 80% of the population aged 35 or below. Youth unemployment is high, with over 3.5 million people out of a job². It also remains primarily agrarian, with 75% of the rural population involved in agricultural activities.

Climate change has wreaked havoc on Kenya's traditional food crop – maize – and it is estimated that by 2050, the yields could drop by as much as 40% leading to an increase in food insecurity and malnourishment³. According to IFPRI,

Kenya has lost 3-5% of its GDP due to climate change between 2010-2020⁴.

Over 1.4 million teenagers over the age of 15 are HIV positive in Kenya, and Kakamega County itself has an HIV prevalence rate of 4.3%⁵. Moreover, Mumias West has the third highest rate of teenage pregnancies in the county, i.e., one in every four teenage pregnancies reported in Kakamega County are from the region we operate in. The county's teenage pregnancy rate is at par with the national average and stands at a high of 15%. Additionally, 65% of women in Kenya cannot afford sanitary pads. This pushes them into engaging in transactional sex to receive period products, creating a damaging cycle of unsafe sexual behaviour.

¹ www.voanews.com/a/kenya-makes-strides-toward-goal-of-eradicating-hiv-aids/7380196.html

² www.businessdailyafrica.com/bd/economy/shrinking-job-market-leave-kenya-with-3-5-million-idle-youth--4186568

³ www.the-star.co.ke/news/realtime/2024-07-11-explainer-direct-impact-of-climate-change-on-lives-of-kenyans/

⁴ reliefweb.int/report/kenya/climate-risk-resilience-unpacking-economic-impacts-climate-change-kenya-november-2023

⁵ kakamega.go.ke/kakamega-first-lady-leads-residents-in-marking-world-aids-day/





THE NASIO TRUST MODEL

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 or a close family member.

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, in a way that not only empowers the child but also their guardians.

To prevent the development of a dependency within the community, guardians of our young beneficiaries volunteer at our projects, particularly our farms, to grow food for meals distributed at our schools. This helps foster feelings of community ownership and solidarity.

OUR VISION

Empower communities in Kakamega County, Kenya to **break the cycle of poverty and thrive**

OUR MISSION

A grassroots charity that empowers communities to break the cycle of poverty and thrive, through 3 key strands - **Education, Healthcare and Sustainable Livelihoods**

THE NASIO TRUST

THEORY OF CHANGE

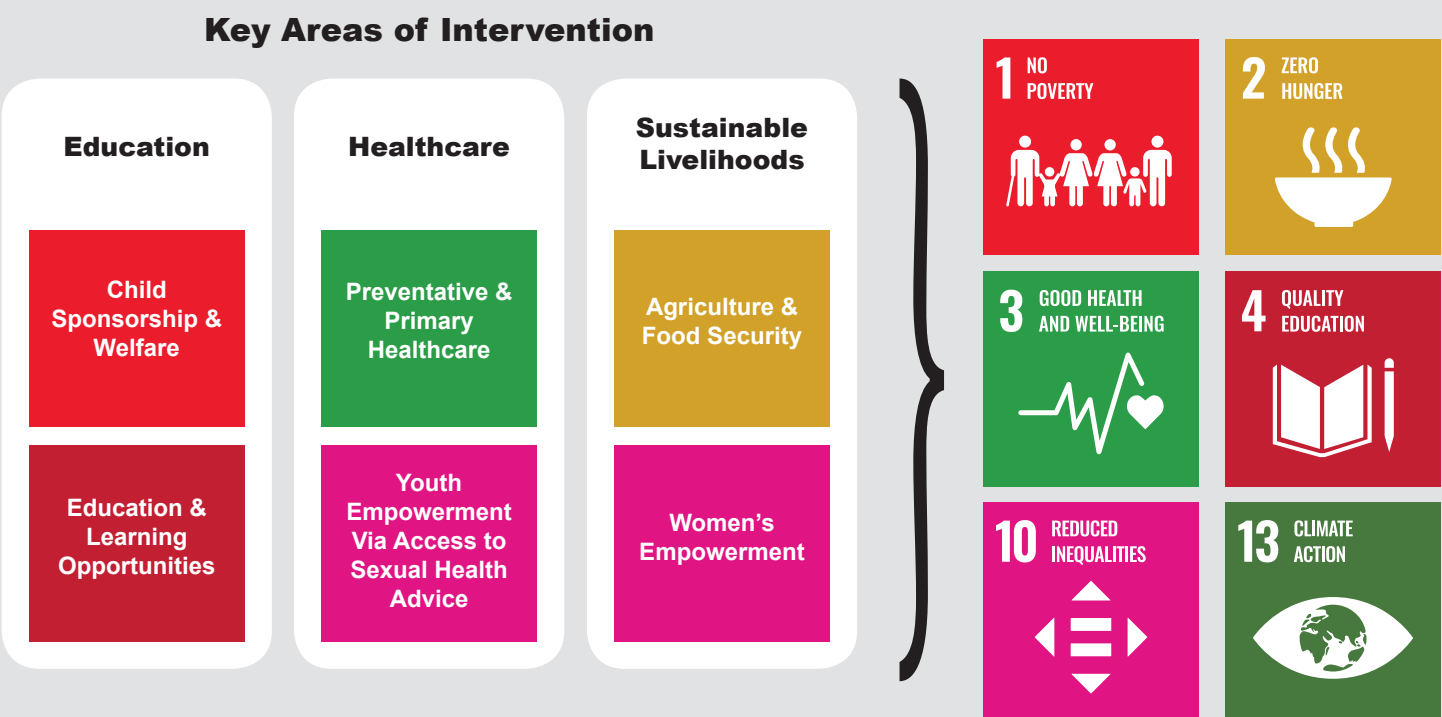
The Nasio Trust places the child at the heart of all its work, recognising that children can only thrive in strong, supportive communities. By combining education, healthcare, and sustainable livelihoods, we deliver a holistic model that nurtures children and empowers families to build healthy, secure futures.

- If children are supported with quality education, healthcare, and secure family environments,
- and if families are equipped with the skills, resources, and opportunities to earn a sustainable income,
- then children will grow up healthy, confident, and educated,
- leading to stronger, more resilient communities that can break the cycle of poverty and thrive.

The Nasio Trust's projects are closely linked with the UN's Sustainable Development Goals, particularly:

1. No Poverty
2. Zero Hunger
3. Good Health and Well Being
4. Quality Education
10. Reduced Inequalities
13. Climate Action

U.N. Sustainable Development Goals





Key Areas of Focus.

In order to meet our mission and work towards achieving our vision of empowered and sustainable rural communities, The Nasio Trust primarily focuses on the following areas:

Education: We emphasise that education, institutionalised or not, is a trusted route out of poverty and we ensure that our beneficiaries are able to stay in education.

Healthcare: A healthy child is better able to learn and less likely to drop-out of school. We strive to ensure that our beneficiaries lead healthy lives and have access to affordable healthcare.

Sustainable Livelihoods: To aid the child and the people around them to have a better material quality of life, we promote livelihood opportunities, provide support and skills for sustainable income generation.



What your money can do. Purchasing one of our alternative gifts offers a simple yet powerful way to make a lasting difference. Each gift has been carefully chosen for its ability to meet urgent needs and bring immediate relief to vulnerable families



Treated Mosquito Net
£12

Laying Hen
£12



Girls Teen Pack
£20

Food for Two Weeks
£25



Fund a Kitchen Garden
£30

Buy a Goat
£85



Build a Family Home
£850



PROJECT FOCUS

EDUCATION

At The Nasio Trust, we believe that education is one of the most powerful tools for breaking the cycle of poverty.

In rural Kakamega County, where many families survive on less than a dollar a day, access to quality education remains out of reach for many.

That's why our Child Sponsorship and Education Programme is so vital. It

provides a strong safety net for orphaned and vulnerable children—supporting them from early childhood all the way through to university or vocational training. Since the pandemic, our work has become even more vital as more students are now out of school. Young boys have joined the workforce while teenaged girls left school and remained out due to pregnancy.

Project Results

334
Children sponsored

45,000
Meals served through Feeding Programme

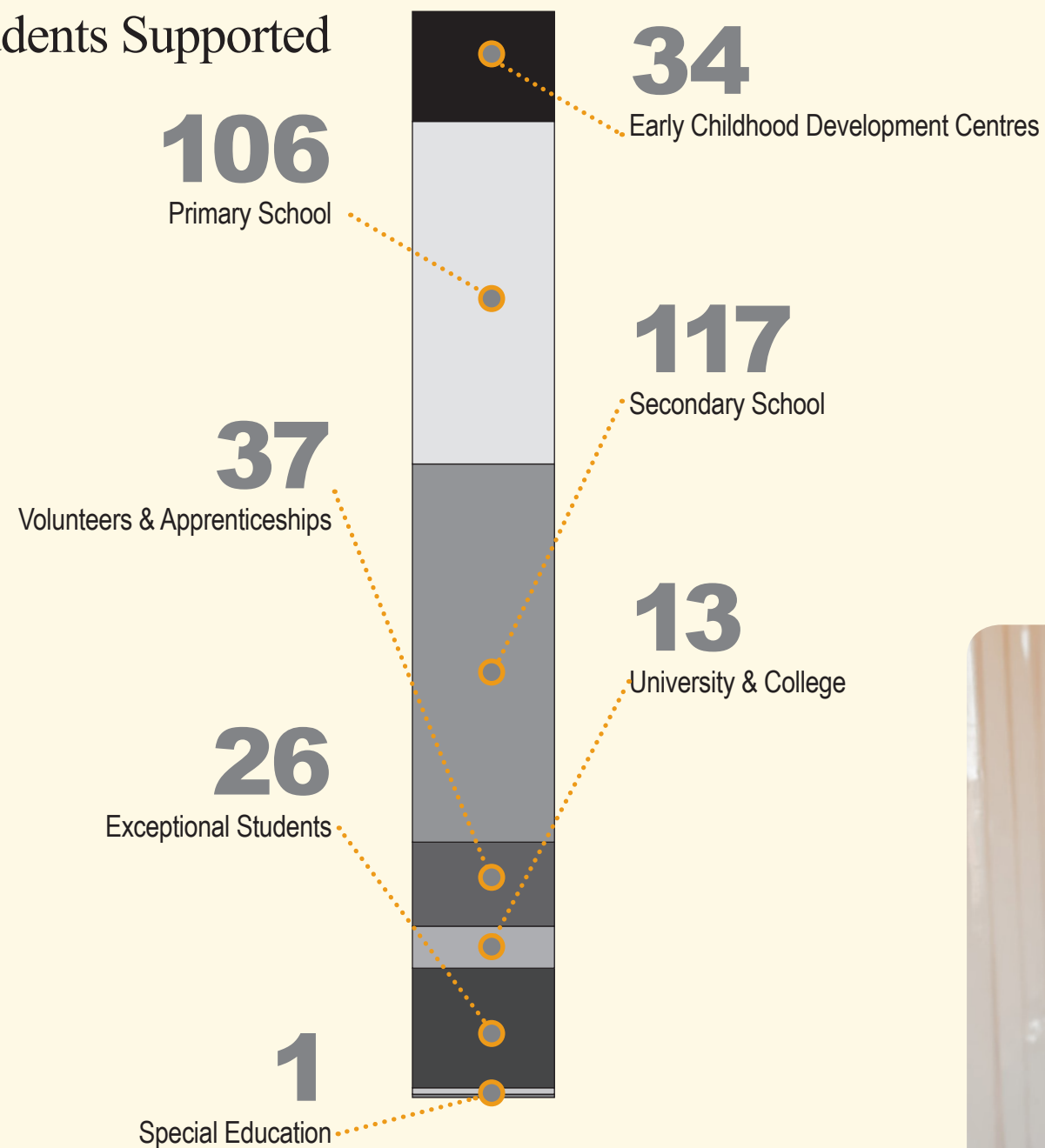
Impact Highlights

96%
96% attendance at ECD Centres

33
sponsored children achieved a Grade B and above at secondary school



Students Supported



At our two Early Childhood Development (ECD) Centres, Noah's Ark and St Irene's, we lay a strong foundation for learning by offering nutritious meals, basic healthcare, and a safe, nurturing space to play and grow. Our Child Sponsorship Programme supports over 334 children, ensuring they can remain in school and dare to dream of a brighter future.

Students are sponsored from when they start at the Early Childhood Development

Centre (pre-primary school) till they graduate from tertiary education (either university or vocational training). Thirty-four students are currently supported at the St Irene's and Noah's Ark ECD Centres, while 106 are in primary.

We provide further support in secondary schooling, with 117 students enrolled into the same. Thirteen students are in tertiary education that includes university or vocational training. Students are currently enrolled in courses such as electrical and

mechanical engineering, health records, and nursing.

We are also committed to the continuous development of our teaching staff. To ensure our children receive the best possible start in life, our ECD teachers participate in benchmarking visits with partner organisations. Recently, they visited a preschool run by the Education Empowerment for Rural and Urban Slum Initiatives to better understand effective teaching methods to deliver Kenya's new

Competency-Based Curriculum. These experiences help our educators adapt their methods, improve outcomes, and ensure each child has the resources and support they need to thrive. Additionally, as part of our Holiday Programme during term holidays, Professor Robert Egesa from Masinde Muliro University delivered a career talk to Nasio students. He guided them through ways of reducing anxiety and stress and make informed decisions about their future.



CASE STUDY

MOSES & ESTHER

Rural populations in Kenya have a lower rate of higher education attainment than urban Kenya. Moses and Esther are championing education in their community, having successfully graduating from university and becoming role models for other youth.

Moses, who was the catalyst behind Nasio's inception in 2001, has graduated from Kenya Medical Training College with a diploma in Dental Technology. He inspired the birth of Nasio and its mission of supporting children and the families they grow up in.

Another Nasio student, who joined the sponsorship programme at the age of four, Esther Nambwaya, has also graduated from the Catholic University of East Africa with a degree in Commerce and has secured a job in Nairobi. She is also training to be a certified accountant.

Moses and Esther's success is a striking reminder to all of us in the Nasio family of the charity's exceptional journey and our objective of empowering vulnerable children.



CASE STUDY

LAURENCE ATSULU

Children from single-household families in Kenya are likely to underperform at school compared to their counterparts.

Children like Laurence and their families need to be empowered to break the cycle of poverty through participation and retention in the education system.

Laurence is the sixth born in a family of seven children. His early life was marked by immense hardship when his father tragically passed away in 2011, just four months after Laurence was born. This sudden loss left his mother, the sole breadwinner, struggling to provide for the family. To make ends meet, she took up selling vegetables in the local market, working tirelessly each day to ensure her children had food, shelter, and an education.

Laurence's educational journey began in 2013 when he joined Nasio's playgroup. With the strong early childhood support he received, he graduated from the Early Childhood Development (ECD) programme in 2015 and transitioned to Milimani Primary School in 2016. Since then, Laurence has demonstrated consistent academic progress, meeting expectations in most subjects and showing a strong determination to excel. His teachers describe him as a bright and hardworking student who approaches learning with enthusiasm.

He recently sat for the Kenya Primary School Education assessment and successfully transitioned to junior secondary school. Laurence has a deep passion for storytelling and communication, which has fuelled his dream of becoming a journalist. His teachers recognize his ability to articulate ideas clearly, his curiosity about the world, and his strong leadership qualities that align well with his career aspirations.



PROJECT FOCUS

YOUTH EMPOWERMENT

Kakamega County has a high prevalence rate of HIV due its proximity to both Lake Victoria and the Trans African Highway, which have historically been associated with the transmission of HIV.

A growing concern within the community is the increasing rate of new infections amongst infants and youth, coupled with high rates of teenage pregnancy. Young people in the region are increasingly vulnerable to economic hardship and do not have the necessary knowledge or resources to look after their Sexual and Reproductive Healthcare (SRH).

Project Results

14,000

People sensitised on Sexual and Reproductive Healthcare

12,104

Condoms distributed

1,100

Young people sensitised on HIV through football tournaments

170

Members participating in 10 Young Farmers Clubs

Impact Highlights

ONLY 1 OF 20

Partner schools reported a case of teenage pregnancy in 2024

99%

Of trained Peer Educators now have a robust understanding of Sexual and Reproductive Health and are confident to train other young people.

100%

Of the HIV support group members have an undetectable viral load



PEER EDUCATION PROGRAMME

The Nasio Trust's Peer Education Programme equips young people with knowledge and life skills to make informed decisions about their health and wellbeing.

Through a peer-to-peer model, trained youth mentors lead sessions on sexual and reproductive health, HIV prevention, and teenage pregnancy, creating safe spaces for open discussion in schools and communities. The programme not only improves health outcomes but also builds leadership, confidence, and

resilience among participants. Over 14,000 people from across the Mumias West Sub County community have been sensitised throughout 2024 including youth, school teachers, parents, and healthcare professionals.

To fill in the gaps in the local SRH curriculum and to reach particularly vulnerable groups, the Peer Education Programme sensitises and trains a diverse range of people including students, teachers, People With Disabilities, and healthcare providers.

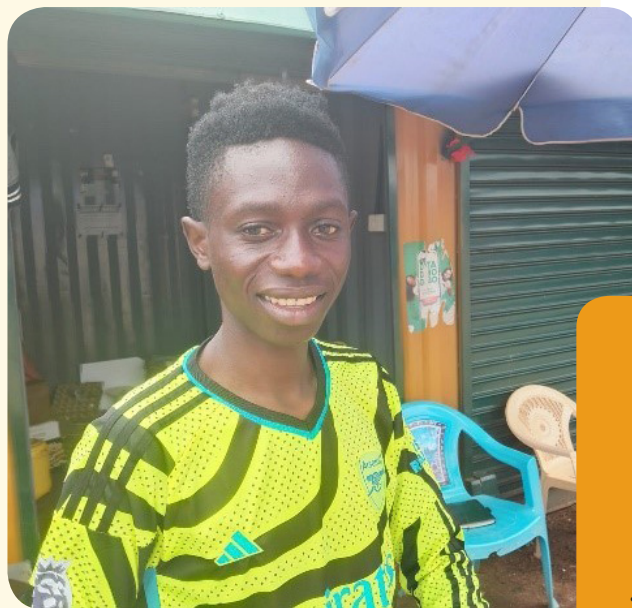
YOUNG FARMERS CLUB

Young people are susceptible to risk behaviours such as substance abuse and transactional relationships due to economic pressures. Girls are particularly vulnerable, as they rely on unsafe behaviours to access even basic hygiene products. The Young Farmers Club offers young people a space to learn agricultural and kitchen gardening skills that can make them economically self-sufficient while strengthening their food security.

Ten young farmers clubs have been set-up in partner schools who we work closely with through our Peer Education Programme. With 170 students regularly participating in the clubs led by a teacher-patron, the Young Farmers Clubs have rejuvenated the interest in agriculture for youth. Produce from the kitchen gardens is sold and the income is used to provide school meals for vulnerable children. This sustainable model is one wherein

participating schools are given gardening inputs once at the start of the academic year. Once training sessions are complete, the onus of maintaining and working with the students lies on the Clubs and their teacher patrons themselves.

In 2024, 6 Young Farmers replicated the model in their own homes. One club has used the income earned to purchase school materials for club members, while others continue to supply vegetables to their school kitchens.



CASE STUDY JOSEPH AMBUNYA

Stigma remains a key challenge for People Living With HIV (PLHIV), affecting their treatment adherence and psychological well being. Young people like Joseph are leading the way in destigmatising HIV diagnoses & care.

Joseph Ambunya, a 22-year-old youth from Mumias St. Mary's, exemplifies the powerful impact of integrated support, livelihood training, and leadership development for young people living positively. As the leader of his local support group, Joseph has emerged as a vocal advocate and peer mentor, using his platform to educate and empower other young people navigating similar experiences.

Through his active participation in the support group, Joseph has significantly deepened his understanding of HIV, particularly managing stigma and promoting the rights of youth living positively. His leadership role has enabled him to reach a wider audience with accurate, empathetic information, fostering both awareness and community acceptance.

"The support group has allowed me to grow in confidence and advocate for others like me. I've gained the knowledge to handle

stigma and speak up for our rights."

Joseph's journey is also a testament to the impact of targeted livelihood interventions. Following value addition training supported by the programme, he launched a successful large-scale egg-selling business, generating income and boosting his household's economic stability.

In addition, his engagement in home-based vegetable farming and participation in a community fishpond project have expanded his skills in aquaculture and financial management. These experiences have not only enhanced his self-reliance but also opened new pathways for sustainable income generation.

Joseph's story illustrates the transformative potential of holistic, youth-centred interventions that combine health education, entrepreneurship, and community engagement - offering young people the tools they need to thrive while uplifting others along the way.

"The value addition training gave me the skills I needed to start my egg-selling business. It's now growing and helping me become financially independent." **Joseph**

SUCCESS STORY

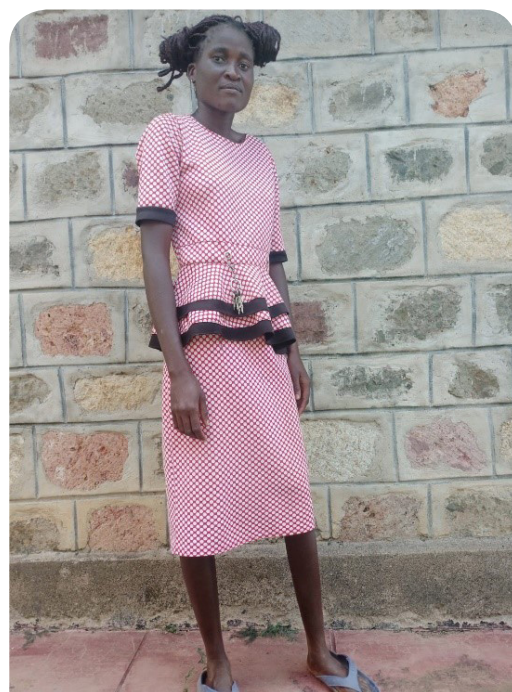
SUSAN OGOLLA ATIENO

People With Disabilities (PWDs) have worse health outcomes and face immense inequality in their access to care. PWDs who are also living with HIV often do not know that they are living positively due to inadequate physical access to a healthcare facility or lack of disability-sensitive healthcare services. Through the Peer Education programme, youth like Susan now have the confidence to access SRH services.

Susan Atieno, a 24-year-old from Shibale Village in Mumias, is the sixth of eight siblings and is hearing-impaired. Susan first became involved with the Nasio Trust and the Peer Education Programme through the Educational Assessment and Resource Centre, an organization for people living with disabilities in Kakamega County.

Before joining the programme, Susan had limited knowledge about sexual and gender-based violence (SGBV) and sexual and reproductive health (SRH) issues, and she struggled to discuss these topics. However, after participating in the Peer Education training, Susan became more confident and informed about these critical issues. She has since reached out to 50 other young people to share her newfound knowledge and even reported a SGBV case to her local police station.

Susan believes she has made a significant impact on her community by educating others. In addition, she used the stipend from the programme to launch a small business selling shoes. With sales totalling KES 2,500, Susan is now financially independent and empowered, thanks to the knowledge and skills she gained through the Peer Education Programme.



PROJECT FOCUS

WOMEN'S EMPOWERMENT

In rural Kenya, achieving economic independence remains a significant challenge for many women.

Among the country's poorest populations, over 51% of women have not received formal education. Cultural practices such as early marriage, polygamy, and the burden of early childbirth further entrench gender inequality, limiting women's

opportunities to thrive. As a result, women are disproportionately underemployed and often receive lower wages than men for similar work. The Nasio Trust is actively addressing these systemic barriers through a dedicated focus on women's economic and psychosocial empowerment to close the gender gap and build a more inclusive and equitable society in Kenya.

Project Results

142

Women supported through income-generating activities

£250

Of income earned by women's groups

100

Litres of soap produced by women's groups



Impact Highlights

80%

Of participating women are now confident in making household financial decisions

69%

Of the women are now paying for their children's school fees using their own income

49%

Of women have started their own small business

EMPOWERING WOMEN THROUGH SMALL BUSINESS & MICROFINANCE

Following the success of our bar soap production enterprise, two women's groups with 25 members, the Neema Women's Group and Abasomi group, are now undertaking liquid soap production.

Both groups have been trained in liquid soap making, utilizing locally available materials to produce high-quality soap. The soap is sold within the local community, offering an affordable cleaning solution while promoting hygiene. The income generated from sales is reinvested into the women's group activities, with a portion going directly into table banking savings. Four table banks have a cumulative sum of KES 45,000/GBP 260 in their kitty.

Along with this modest start in creating a table banking fund, the women have gained skills that can transform their lives. The soap-making skills have proven to be highly beneficial to the women involved. They have not only gained practical knowledge and hands-on experience but have also developed greater confidence in managing small-scale enterprises. The initiative has enhanced their financial independence and provided them with a consistent source of income. As a result, the women are better able to support their families and actively participate in community development.

YOUNG MOTHERS CLUB

The Young Mothers Club is a freeing space where young mothers below the age of 24 come together to receive training on child health and nutrition, Sexual and Reproductive Healthcare as well as income-generating activities such as table banking. All members are first time mothers with little to no knowledge of childcare. For several participating women, this is the only safe

space they have to discuss their issues and share their worries. The Club has had a positive impact on the mothers' psychosocial wellbeing and they are now empowered to make decisions for their own families. Two of the mothers have rejoined school after giving birth, having gained confidence in their own abilities through the Young Mothers Club.

SUCCESS STORY ELIZABETH OPUKA

95% of women identified as being multi-dimensionally poor in Kenya live in rural areas. Female rural poverty is affected by poor education attainment. Empowering women who are vulnerable across multiple social development indicators including economic stability, literacy and access to healthcare is a key objective of Nasio's Women's Empowerment projects.

Elizabeth Opuka, a 48-year-old resident of Ibinda Village, is a mother of four and embodies this key objective. She is an active member of the Musanda Smearing Group, a group that engages in a range of activities aimed at improving the livelihoods of its members. These activities include table banking (microfinance group with a rotational fund), soap making, and a special project focused on smearing houses to eradicate the problem of jiggers in the community.

One of the most significant impacts on Elizabeth's life has been the training she received in soap making. The Musanda group provided her with the knowledge and skills to make both liquid and bar soap. Elizabeth shared that she now finds it relatively easy to produce liquid soap, which she uses for her family's personal needs, eliminating the need to buy powder soap.

Profits generated from the sale of the soap made as a group are pooled into a communal savings fund. At the end of each

year, the savings are divided equally among the members, which has given Elizabeth the means to start a small grocery business. She now sells a variety of essentials, including small fish (Omena), tomatoes, and onions, contributing to her family's income and enhancing her economic independence.

In addition to soap making, Elizabeth participates in table banking, a community savings and lending scheme where members contribute to a shared fund and take out loans. These loans range from a minimum of 200 to a maximum of 1,000 Kenyan Shillings.

Looking ahead, Elizabeth is optimistic about her future and the future of her family. She is confident that with continued support from the Musanda Smearing Group and her ongoing business ventures, she will be able to further improve her household's financial stability and well-being. Through her journey, Elizabeth is an example of how community-based programmes can have a profound impact on individuals and families.



SUCCESS STORY

BRENDA ATIENO

Youth unemployment in Kenya is nearly as high as 75%, with rural women being disproportionately impacted. Layers of vulnerability including illiteracy, lack of access to land and capital resources, and early marriages have made rural women susceptible to high levels of poverty. Young women like Brenda need more opportunities to maximise their potential and improve their life chances.

Brenda Atieno is a 21-year-old woman residing in Bukaya. She is married and lives in a household of three members, including her husband and child. As a young mother and wife, Brenda plays a central role in the daily care and well-being of her family.

Before joining table banking, Brenda Atieno was unemployed and fully dependent on her husband, who earned a modest income through a motorbike taxi (boda boda) business. This financial dependency made it difficult for her to contribute to the household's basic needs or make any decisions about the family's financial matters. The lack of a personal income created emotional stress, a feeling of helplessness, and limited her ability to support her child, especially during emergencies.

Brenda's transformation began when she joined the Kitchen Porridge Programme, a community initiative supporting young children with nutrition. As the group anticipated the eventual phase-out of this programme, they sought a sustainable way to remain empowered.

As an active member of Neema Women's Group, Brenda contributes KSh.50 during each meeting. Her first financial engagement with the group was taking out a KSh.500 loan, with a repayment of KSh.550 (inclusive of a KSh.50 interest). She used this loan to take her child to the hospital since she had not yet registered for the new Social Health Authority medical cover at the time. This initial loan, though small, provided immediate relief during a health emergency, a clear illustration of how table banking can offer a lifeline in critical moments.

Although Brenda has not yet ventured into a business, her interaction with table banking has laid the groundwork for her future entrepreneurial efforts. The immediate support she received for her child's healthcare planted the seed of confidence that she can access funds when

needed. This assurance is already shaping her vision of starting a small business of selling household items, an initiative she hopes to fund with future loans from the group.



PROJECT FOCUS

AGRICULTURE & FOOD SECURITY

Agricultural productivity in Kenya has declined by over 30% since the 1990s, largely due to the growing impacts of climate change¹.

With a rapidly increasing population, pressure on land has intensified, further threatening national food security. Maize, the country's staple crop, is particularly vulnerable, and declining yields have

underscored the urgent need to diversify both crop production and household nutrition.

To address these challenges, regenerative and climate-smart agricultural practices are proving essential in building resilience among smallholder farmers. The Nasio Trust's agricultural initiatives operate at the critical intersection of climate adaptation, economic empowerment, and innovation.

Project Results

1,750

Small-scale farmers supported

62KG

Of Spirulina produced

2,600

Litres of milk produced through our in-house dairy

KES 55,000

Earned by farmers through goat rearing

Impact Highlights

74%

Of farmers supported are women

49%

Increase in average yields amongst all farmers

100%

Spirulina farmers independently producing their own

COMMUNITY

AGRICULTURE PROGRAMME

We thank **The World We Want and Mohammad Bin Sultan Charitable Foundation** for their support of the Community Agriculture project which supports 1,750 small-scale farmers in Kakamega County.

Farmers receive farming inputs including maize seeds, vegetable seeds and fertiliser for 0.25 acres of land. The Nasio Agriculture Team closely monitors every farmer and their practices to ensure that they do not have crop loss.

Farmers are trained in agricultural practices such as intercropping, crop rotation, and mulching to help maximise their yields. They also receive post-harvest training to minimise loss of harvest to pests or poor storage. Farmers have successfully increased their yields

enabling them to sell their produce in exchange for other basic items as well as school fees for their children, creating a positive ripple effect.

In addition to direct support to farmers, Nasio is also developing other skills amongst the agrarian community such as the use of seed banks, composting and introduction to new techniques in regenerative agriculture. Since agriculture is the mainstay of the local economy, Nasio's support is vital for strengthening local agricultural economies.



¹www.independent.co.uk/voices/campaigns/giantsclub/kenya/climate-change-reduces-agricultural-africa-b2047956.html

ORGANIC SPIRULINA AS ANIMAL FEED

In partnership with Wageningen University and Laikipia University, we have trialled the production of organic Spirulina for use as a sustainable, high-protein animal feed.

Spirulina, a protein-rich blue-green algae, is widely regarded as a superfood and has been central to The Nasio Trust's nutrition efforts since 2016. Cultivated in our own ponds, dried, and added to meals through our Porridge Kitchen and school feeding programmes, it has significantly improved the health and strength of the children we support.

The high cost of commercial animal feed reduces the profit margins for livestock farmers, thereby dissuading them from keeping animals like chickens, goats and cows. By producing Spirulina organically, using animal feed and substituting commercial feed with this cheaper feed, we aim to encourage farmers to take-on animal husbandry and induce the local

community to increase their intake of protein in the form of cheap meat. Two farmers have successfully begun using Spirulina as animal feed. This innovation will reduce farming costs, improve household diets, and support food security by enabling small-scale farmers to rear livestock affordably. By promoting circular, resource-efficient farming, the initiative addresses both malnutrition and rural poverty with long-term impact.

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video about this...**



youtube.com/watch?v=YWYgJlCeXc



LIVESTOCK DAIRY & GOAT PROJECT

With the support of the Mohammad Bin Sultan Charitable Foundation, we are implementing a goat rearing programme to supplement farmer incomes.

Fifteen goats were distributed to farmers in 2024, with 62 goats in circulation since the project's launch in 2021. KES 55,000/GBP 288 was earned by farmers from the sale of baby goats and KES 15,000/GBP 87 was earned from the sale of milk. All farmers also had enough milk for household consumption.

We are empowering farmers by diversifying their income streams and helping them integrate crop production with livestock rearing. While cows and chickens are the preferred animals for

husbandry, goat milk is gradually gaining popularity helping farmers earn higher incomes. Goat manure can also be used as fertiliser hence supporting a circular economy.

We are implementing a similar integrated model at Nasio as well. Our dairy, which is now home to 5 cows, produced an impressive 2,600 litres of milk over the course of the year. The milk was used in our school feeding programme while the rest was sold to generate an income for the charity.



VULNERABILITY IN RURAL LIVELIHOODS

The Nasio Trust partnered with Evidence for Development (EfD), a UK based research institute and think-tank to conduct a livelihoods survey in our community.

Using the Individual Household Methodology (IHM), a method pioneered by EfD, clear links between food insecurity and household income were established.

Over 60 households in Buchirinya village, a typical village in the sub-county, were interviewed on their household assets and sources of income. The survey revealed that more than half the households earned less than \$1 a day, much below the Kenyan poverty line, indicating the continued need for Nasio's community projects. 16% of the households have

insufficient income to meet their food needs while a further 5% were considered below the locally prevailing 'standard of living'.

The survey also highlighted a trend of women-headed households with 25% of the households having a woman head. The IHM survey offered an insight into the cross-section of the community in Kakamega County and its present needs. The conclusions from the survey are now helping Nasio design its projects in a way that meet the community's needs.



SUCCESS STORY HAMISI JUMA

Scientific innovation in the agricultural sector that can strengthen food systems while having a positive environmental impact is the need of the hour. Combining community-based implementation with scientific research at the grassroots is essential to uplift an agricultural economy under immense pressure.

Young farmers like Hamisi are spearheading these efforts through active engagement in new techniques and pathways for improved food production.

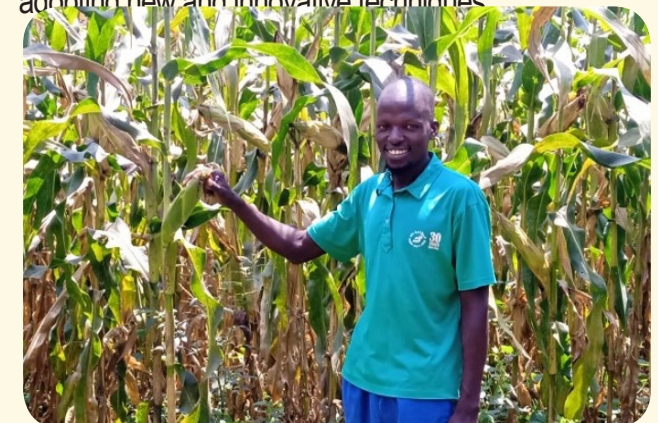
Hamisi Juma, a 33-year-old farmer from Buchirinya village, is a member of the Seed Savers Network Kenya Table Banking Group, which supports local farmers with financial resources to improve their agricultural productivity. Hamisi faced financial challenges in funding his farming projects, limiting his ability to expand.

Through the table banking group, Hamisi was able to borrow 10,000 shillings, which he used to lease ½ an acre of land for maize farming. With access to additional land, Hamisi applied his skills to produce a higher yield, expanding his farming capacity beyond what he could achieve with his limited resources. He then received inputs through our community agriculture

programme to sustainably grow maize for both sale and consumption.

He is at the forefront of innovation as he is an active participant in Nasio's organic Spirulina trials and represented the charity and his community at a Food Security Conference held in Kisumu in November 2024. He is successfully producing organic Spirulina using manure from his livestock in his greenhouse. He has now begin feeding the Spirulina to his goats, completing the circuit of the organic Spirulina's use as animal feed.

Farmers like Hamisi are pioneering both food security and income generation by adopting new and innovative techniques



SUCCESS STORY

TIMOTHY SUMBA MUKADIA

Small landholdings (under 0.5 acres of land) are a common feature of agriculture in Kenya.

Small parcels of land have a negative impact on productivity, profitability and efficiency of farming communities. It also contributes to increased food insecurity and poverty as farmers are unable to meet their household needs.

It is, therefore, imperative to strengthen farming techniques to optimise the plots that farmers do have access to through targeted training and input distribution.

Mr Timothy Sumba is a 70-year old farmer and teacher from Musanda village. He has a large household of 9 people that depend on a 0.5 acre plot of land. Mr Sumba has been farming since he was a child and yields in his family farming have been decreasing in his lifetime. Poor soil quality, lack of agricultural training and inadequate funds for timely purchase of farm inputs have contributed to the low yields.

Mr Sumba first received support through the Community Agriculture project in 2023. He found the training sessions aimed at

improving yields extremely enriching and has implemented his learnings since. He has stayed on in the project due to his and his family's vulnerability.

He harvested 9 bags of maize (810 kgs), an increase of 80% from 2023's harvest. Of the 9 bags, Mr Sumba and his family have only consumed 2 bags so far, with 2 bags used to pay for his children's school fees and the rest stored for future consumption. He has established three compost pits for his own use and is an active member of the Seed Bank Network Kenya. Since his participation in the Community Agriculture programme, he has noticed a shift in his attitude towards learning more about agricultural techniques and is keen to keep increasing his yields by building his knowledge and skills base.



PROJECT FOCUS

HEALTHCARE

Kenya continues to face significant public health challenges, including high rates of malnutrition, HIV/AIDS, Hepatitis B, and endemic tropical diseases such as malaria, typhoid, and cholera.

Access to healthcare remains limited, particularly for vulnerable populations in rural areas where many households cannot afford the cost of transport to medical facilities. While government-subsidised health insurance has seen uptake in urban areas, coverage in rural communities remains critically low.

Project Results

15,889

Patients treated

30

Malnourished children supported through Porridge Kitchen

300

People treated for Jiggers

700

People tested for Hepatitis B Virus

The Nasio Trust addresses these challenges by delivering high-quality, community-based healthcare through our GMK Medical Centre and targeted medical outreach camps. Our approach ensures care is accessible to those who need it most. We work in close collaboration with the Ministry of Health and national agencies such as the National AIDS and STI Control Programme, strengthening our impact through strategic partnerships.

Impact Highlights

13

Children graduated from Porridge Kitchen with healthy weight

99%

Infant delivery success rate

85%

Of supported children and their families are enrolled into the Social Health Insurance Fund (SHIF)

GMK

MEDICAL CENTRE

The GMK Medical Centre treated 15,889 patients throughout 2024. The number of patients treated at the GMK Medical Centre in 2024 was lower than in 2023. This decline is primarily attributed to changes in Kenya's national health insurance system.

The introduction of the Social Healthcare Authority (SHA) in 2023 required beneficiaries to transfer their accounts from the National Health Insurance Fund (NHIF) to the new SHA scheme. However, delays in these transitions meant that many patients were temporarily unable to access free healthcare services at our facility.

The centre offers a holistic array of services to an underserved population in rural Kenya. With the next medical facility being 20-kilometers away, GMK is a key node in the local healthcare infrastructure. This includes not only in and out-patient services but also medical outreach/testing

campaigns, awareness campaigns, counselling sessions on HIV testing adherence and mental health, and maternal health services that cover family planning and nutrition delivery to infants.

Additionally, 2,938 immunisations were provided as part of the post-natal roster of vaccinations while 341 healthy babies were delivered. The medical centre's strong relationships with other local healthcare providers, Ministry of Health officials and Community Health Volunteers ensures that those in need of urgent care receive it efficiently.



HEPATITIS B TESTING PILOT

Hepatitis B is a chronic liver disease that can cause severe liver damage when left untreated.

Kenya has a Hepatitis B prevalence rate of 7.8%. Despite the high rate of incidence, routine and accessible testing is not available to the community at-large.

Under the guidance of Dr Katie Jeffery and Dr Louise Downs from the Oxford University Hospitals, we launched the first free Hepatitis B testing service in Kakamega County. Since the launch of the programme in July 2024, we have tested 700 people. Two people tested positive at the screening and received treatment. We have successfully partnered with NASCOP (the National AIDS and STIs Control Programme) – a government agency—to access free testing kits.

We are focusing on detecting Hepatitis B incidence in the community to spread awareness about the illness. This aligns with our aim to increase detection of disease burden. As Hepatitis B is transmitted along similar channels as HIV, testing for Hepatitis B offers our medical team a destigmatised entry point to spread awareness about both Hepatitis B and HIV prevention.



THE PORRIDGE KITCHEN PROGRAMME

Our goal is to combat malnutrition by identifying malnourished children and provide them with a warm, nutrient-rich bowl of porridge, while simultaneously supporting their mothers with the tools and resources they need to become self-sufficient. The Porridge Kitchen Programme emphasises health, community, and sustainability.

The porridge that is served to the children is enriched with nutrients and Spirulina made on the Nasio Spirulina farm. Children receive porridge weekly, where our nutrition team conducts weigh-ins to track their progress.

Flour is distributed at these sessions for the mothers to take home so that the child is assured of meals throughout the week. Sessions rotate between different homes, where mothers share gardening tips and contribute to the project, reinforcing a sense of community and mutual support.

The children in our programme have experienced measurable health improvements, including increased weight and energy levels, as a result of regular nutritious meals. The programme also provides health treatment for other health related issues such as HIV or TB.

Out of 24 children assessed, 10 have reached normal weight, 6 are mildly underweight, 6 are moderately underweight and 2 are severely

underweight due to other comorbidities. Those who are still considered underweight will remain in the programme for continual monitoring. Fifteen children and their mothers continue to be served by the porridge kitchen, with new rolling enrolments based on our community assessment. 177 home visits have been conducted by the Nasio team focusing on health, hygiene and kitchen garden maintenance.

Since the launch of the Porridge Kitchen programme, the number of cases of poor nutrition dealt with at the GMK Medical Centre have more than tripled belying a strong referral system and community outreach mechanism enabling Nasio to identify cases swiftly. Additionally, the cases within Musanda Ward, which is our key catchment area have reduced drastically between 2023 and 2024 due to preventative measures our Community Outreach Team has taken including training expectant and new mothers on child nutrition and hygiene.

THE PORRIDGE KITCHEN MALNUTRITION CASES

	GMK Medical Centre		Musanda Ward	
	2023	2024	2023	2024
Severe Malnutrition	10	14	34	21
Moderate Malnutrition	13	76	84	32
Total	23	90	118	53



SUCCESS STORY

KC'S STORY

According to UNICEF, 11% of children in Kenya are underweight while 4% are wasted and suffering from stunting. Food insecurity due to dropping agricultural yields due to drought and extreme climactic events is affecting children and their health outcomes.

Poor nutritional knowledge amongst mothers and high rates of poverty that push new mothers to emigrate in search of work intensify the issue. In this context, the Nasio Trust's Porridge Kitchen Programme is a lifeline for children like KC.

KC, a 4-year-old, lives with her mother, Caroline, and siblings. She was exclusively breastfed for the first six months and received vaccinations until nine months. However, after her grandmother, who had been caring for her whilst her mother worked, passed away, follow-up care was neglected. KC's father is a farmer but provides minimal financial support.

KC was identified by Community Health Promoters as severely malnourished, showing symptoms such as weakness, weight loss, a swollen abdomen, and a persistent cough. She was diagnosed with Severe Acute Malnutrition (SAM) and started on Ready to Use Therapeutic Food (RUTF) and Spirulina supplements. Caroline was educated on nutrition and follow-up care, and KC joined the Porridge Kitchen Programme for additional support.

When KC's condition did not improve, further tests revealed she was HIV positive. Her mother confirmed she had stopped her Antiretroviral (ARV) treatment in the previous year. As a result, both KC and Caroline were re-enrolled on a new ARV regimen. Yet KC's slow recovery was also linked to other health issues, and she was tested for tuberculosis. After a year of consistent care, including nutritional support and HIV treatment, KC's health improved significantly. Caroline received training on how to successfully cultivate a kitchen garden this has improved the family's food security.

KC's recovery was made possible by ongoing healthcare support, including nutritional care and HIV management. Though healthy now, continued monitoring and treatment adherence are essential.

SUCCESS STORY

EVERLINE AMUKOYA

Gender inequality is exacerbating the nutritional crisis faced by millions of young mothers across the globe.

According to UNICEF, 5.9 million teenage and young breastfeeding mothers are suffering from acute malnutrition.

Poor maternal and child nutrition has a lasting impact on both the mother and the child. Nasio's Porridge Kitchen serves as a lifeline to both children and their mothers suffering from poor nutrition and gives young mothers essential psychosocial support to meet their own needs as well as those of their children.

Everline Amukoya, a 20-year-old mother of three, lives in the Buchirinya area with her children, aged 9, 5, and 2. Her household consists of five members, and she works as both a casual labourer and a farmer. As a member of the Young Mothers group, Everline has gained valuable support and skills that have greatly impacted her life. Everline grows vegetables on her farm to provide for her family, ensuring that her children have nutritious food. Her son, Musa, who is 5 years old, has delayed developmental milestones, but Everline's involvement in the Porridge Kitchen programme has provided her with the resources and support to care for him, ensuring his basic needs are met. The education on hygiene provided by the group has been transformative for Everline, enabling her to maintain better hygiene at home. She now practices these habits consistently, which has improved her interactions with the broader community. The weekly contribution

initiative, Bamba Jikoni, started by porridge Kitchen mothers where members contribute either food items or money, has also been a great help. Thanks to this initiative, Everline never lacks food for her family, providing her with much-needed stability.

The programme has also motivated Everline to work harder to earn an income. She has learned how to make liquid soap, and she hopes to turn this skill into a small business in the future. Her involvement with the mothers in the porridge Kitchen programme has sharpened her social and interaction skills, helping her build lasting friendships. Before joining the group, Everline often felt isolated, especially given the challenges of caring for her son, but the support from fellow women and her husband has been invaluable.

In addition to farming, Everline sells vegetables, using the income to buy essential items for her children and support her elder daughter with school supplies. Through her hard work, the support of her community, and the skills gained from the porridge Kitchen group, Everline has been able to improve her family's living conditions and take control of her future.

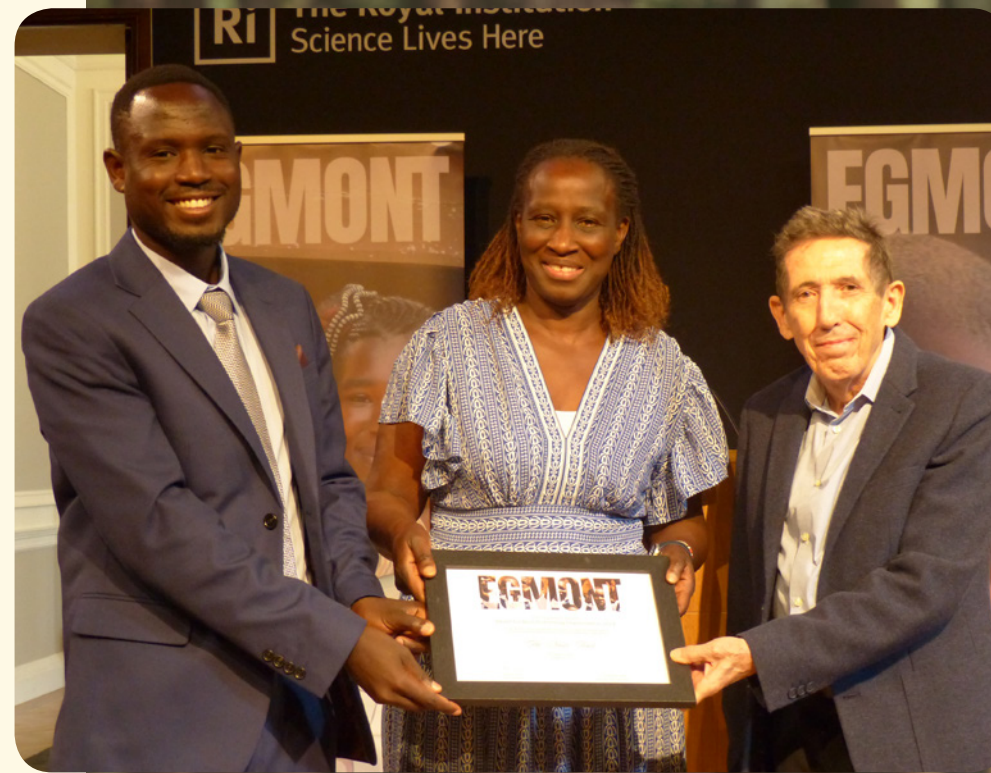


2024 HIGHLIGHTS

‘Best Performing Organisation’ Award

We are proud to be the recipients of the Egmont Trust’s Best Performing Organisation award. The Egmont Trust, is a long-standing key funder of the Nasio Trust’s Peer Education Programme and we are grateful for the recognition of our impact and reach. Through the programme, we have sensitised over 12,000 youth on Sexual and Reproductive Healthcare and HIV, bringing

much needed health access to a vulnerable population. At the awards ceremony, our founder Nancy Hunt and Rajab Kweyu, a former beneficiary who is now a clinical officer, delivered powerful speeches. They also raised awareness of the urgent threat posed by the USAID Funding Freeze and UK Funding Cuts. We thank the Egmont Trust for its continued support of our vision.



Building Inter-Continental Educational Partnerships with Schools from USA and UK

One of our education and child sponsorship programme’s core tenets is to empower vulnerable children and youth through mentorship. Our new partnership with Emerging Leaders – an organisation that works with vulnerable youth in New York, USA, to provide them with career guidance and opportunities for learning within and outside the school environment—has led to the development of the Global Youth Education Programme.

Under the first iteration of the programme, students from 9 schools participated in preparing presentations in groups on burning social issues such as climate change and mental health. Three schools each from Kenya, the UK and USA participated in the programme to provide an exciting platform for cultural exchange and learning. Students from Nasio’s Exceptional Students Programme were able to join and engage with their peers from other parts of the world.



Launch of Cosmic Cats: Anthology of Stories by Mumias Children in Kenya and the UK

On 6th March 2024, The Nasio Trust proudly launched Cosmic Cats, a children’s book created as part of a unique library fundraising initiative. Developed in collaboration with fundraisers from Kennington and St Swithun’s School, the book features imaginative cat-themed stories penned by students from St Swithun’s in the UK and Township School in Kenya. Beautifully illustrated by renowned

artist Korky Paul and conceptualised with the support of author Sylvia Vetta, Cosmic Cats is more than just a book but it is a vibrant celebration of cross-cultural connection and the shared belief that every child deserves access to books and learning spaces. Proceeds from the book support the construction of the first community library in Mumias West, fostering a love of reading in children across continents.

UPCOMING PROJECTS

Expansion of the GMK Medical Centre in Partnership with the Mohammed Bin Sultan Charitable Trust

Since opening its doors in 2016, the GMK Medical Centre in Musanda has become a vital lifeline for over 110,000 people in Mumias West, Kakamega County.

As the first stop for healthcare in a deeply underserved rural area, GMK is doing all it can but its current resources are stretched thin. With just 14 inpatient beds, the centre runs at a 90% occupancy rate and cares for an average of 340 to 450 patients each week. The nearest Level 4 (medical facilities providing surgical and specialised diagnostic services such as CT scans) hospital is 20 kilometres away too far for many to reach in an emergency.

As health needs grow and new challenges emerge, it's clear that GMK must grow too. That's why we are working with the Mohammed Bin Sultan Charitable Trust to build an extension to the medical centre, equipped with state-of-the-art equipment and facilities. Through this expansion, we will be promoted to a Level 4 medical centre.

This expansion, and the completion of a new road means that the new facility will be accessible to the wider communities in Mumias West ensuring more families receive the care they need, when and where they need it most.

First Community Library in Musanda

Our long and fruitful partnership with the Kennington Village community and broader network of supporters has enabled Nasio to begin construction of the first community library in Musanda village.

A library and resource centre is crucial to the local community, where most children rely on public schools with limited resources. Our

library will not only have books to borrow and read, but will also house computers for those wishing to surf the internet safely as well as a community space for people to come together and we aim to foster a culture of reading, learning and community gathering in Musanda and the Mumias West region so that people are better informed and knowledgeable about the world around them.

Twinning: Musanda and Kennington (Oxfordshire, UK) villages to be twinned

Musanda village, home to Nasio's headquarters, is set to be twinned with the village of Kennington in Oxfordshire, UK making Kennington the first village in the county of Oxfordshire to twin

with a village in the African continent. The collaboration will open doors to cross-cultural community engagement through a variety of activities including mutual visits, church services and writing to pen pals.

Women's Empowerment Through Income Generating Activities

The conclusion of a successful Big Give Christmas Campaign in 2024 will allow Nasio to expand its Women's Empowerment Programme and reach 200 women across different walks of life including young mothers, widows, students and volunteers.

By providing essential training in agribusiness, financial literacy and other hard skills such as sewing, crocheting and farming women can become financially independent and better informed to make economic decisions for themselves and their families.



STRATEGIC OVERVIEW

ONGOING & UPCOMING PROJECTS

Food Security and Sustainable Livelihoods

The projects prioritise sustainable agriculture (e.g., regenerative farming and Spirulina cultivation) to address food security, climate change, and nutrition. Women's entrepreneurship programmes further support income generation and local economic growth.

Expanding Healthcare Services

Healthcare efforts centre on expanding services, such as Hepatitis B testing and medical centre growth, while also encouraging fundraising through initiatives like medical electives and food security programmes (e.g. Porridge Kitchen).

Youth Empowerment

Initiatives like virtual peer education, leadership exchanges, and sports programmes aim to empower youth through volunteering, education, and leadership development, with a special focus on engaging disadvantaged young people.

Education

Educational programmes focus on teacher training, student scholarships, and infrastructure development. Key initiatives include competency-based curriculum training, exceptional student sponsorship, and community library construction to promote literacy and learning.

Communication with Donors

Transparency is ensured through regular updates via annual reports and newsletters, keeping stakeholders informed and engaged with the progress and impact of ongoing projects.



SMART GOALS 2025 - 2027

40%

Expansion of our GMK Medical Centre.

20%

Reduction in child malnutrition in Mumias West.

>30%

Boost to agricultural incomes amongst small holder farmers.

20%

Increase in youth programme outreach. 75% of the youths we sensitise report improved life skills, confidence and positive health behaviours.

100%

Employment after university-level or tertiary education for supported children.



THANKS & ACKNOWLEDGEMENTS

We would like to thank our partners and funders for helping us change lives for good.

The World We Want

We thank TWWWW for their support of our sustainable agriculture and exceptional student programme projects

Egmont Trust

We thank the Egmont Trust for funding the Peer Education Programme

Mohammad Bin Sultan Charitable Foundation

We thank the Mohammad Bin Sultan Charitable Foundation Foods for supporting our sustainable agriculture programme with a particular emphasis on the Muslim community

Mercury Phoenix Trust

We thank MPT for their support of the Peer Education Programme

Fyrish Foundation

We thank the foundation for its support of the Young Farmers Club

Plewa Family Foundation

We thank the Plewa Foundation for their generous support of the Exceptional Students Programme

Daymark Foundation

We thank the Daymark Foundation for sponsoring a new borehole and water kiosk at the GMK Medical Centre

Kennington, Oxfordshire community

We thank the village of Kennington for fundraising for our library construction project

Research Partners

The Walker Institute (University of Reading)
Evidence For Development
York University, Canada

Other Partners

Yazihghi Travel Intercambios, Brazil
Pueri Domos School, Brazil
University of Oxford
University of Birmingham
Youth Challenge Oxfordshire
Earthwise Girls



INCOME & EXPENDITURE

YEAR ENDING	31/12/2024
Income	
Donations	£124,780
Fund raising	£76,015
Grants	£227,246
Gift Aid Relief	£21,940
Bank Interest Received	£2,776
Income (rounded)	£452,757
Expenditure	
Project Costs	£308,153
Fundraising expenses	£69,295
Governance	£2,478
Admin & Promotion	£23,733
Finance Charges	£2,691
Depreciation	£16,903
Office Costs	£36,168
Expenditure (rounded)	£459,421
SURPLUS/DEFICIT	(£6,664)
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.	



BALANCE SHEET

ASSETS	31/12/2024
Fixed Assets	
Fixed Asset Total	£20,222
Current Assets	
Stock	£651
Debtors	£4,511
Cash at Bank	£163,429
Current Assets Total	£168,591
Current Liabilities	
Creditors	£28,032
Taxation	£2,243
Current Liabilities Total	£30,275
GRAND TOTAL	£158,538

ACCUMULATED FUNDS	
At 1st January 2024	£72,152
Income & Expenditure Account	(£6,664)
Restricted Funds	£93,050
GRAND TOTAL	£158,538

Signed on behalf of
the charity's trustees
Jonathan Hunt
Treasurer



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