



2022

Annual Report



We are a grassroots charity that empowers communities in Kakamega County, Kenya to break the cycle of poverty and thrive, through three key strands - Education, Healthcare and Sustainable Livelihoods

www.thenasiotrust.org

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Welcome from our UK Chair

I am proud to present The Nasio Trust's Annual Report for 2022 which provides an overview of our accomplishments over the past year.

Our mission is to empower communities to break the cycle of poverty in the Mumias West area of western Kenya. In the past year, we have made significant progress towards achieving this mission through a holistic approach based on three key strands - Education, Healthcare and Sustainable Livelihoods.

In the past year we have helped over 28,000 people in need and have raised nearly £430,000 in donations.

Education is the key to getting out of poverty, but if a child is unwell or malnourished, they cannot develop to meet their full potential. That's why we adopt a holistic approach supporting a child's education with good quality, affordable healthcare through our GMK Medical Centre, which treated 19,000 patients last year, together with a range of Livelihood programmes to provide food security and support in skilling and equipping community members in setting up and running small businesses. Building a business provides a sustainable route to a better life - putting food on the table and providing money to pay for children's education and giving them hope for the future.

In our aim to prevent the next generation from being trapped in poverty through bad life choices, our highly effective Peer Education programme, which in 2022 reached over 3,000 young people, covers Sexual Reproductive Health, prevention of HIV and avoidance of teenage pregnancies.

We recognise that despite the disadvantages of growing up in poverty, some children score highly in their primary school exams and have the potential to go far. That's why we have developed our Exceptional Student Programme to make sure these children have access to a good secondary school for Grade A students that can develop them to meet their full potential.

This report gives insight into the many areas in which we have been able to positively impact this community living in rural poverty. We always welcome our supporters and volunteers to visit our projects to see first-hand what we do and to meet the people who have been helped through our work.

A big thank you to all our loyal supporters, individual supporters, and charitable foundations, without who we could not deliver on our strap-line "Changing Lives for Good".

I would also like to thank all our dedicated trustees and staff, both in the UK and Kenya, for their hard work and to Nancy our CEO whose passion and leadership is a constant inspiration to us all in helping transform lives in the communities in western Kenya.

We are excited to continue our work in the coming year. We have ambitious plans to expand our programmes and services, and we are confident that we can achieve even greater things with your support.

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



The Nasio Trust Story

The Nasio Trust is a UK registered charity and Kenyan NGO. We support orphaned and vulnerable children, and empower communities in Kakamega County, Kenya to break the cycle of poverty and thrive. Our focus is on 3 key priorities - Education, Healthcare, and Sustainable Livelihoods. As a grassroots charity we work in the heart of the community to identify and meet their needs.

Studies show that Children who grow up in orphanages are likely to experience significant social, physical, and cognitive harm. The solution is finding creative ways for every orphaned child to grow up in a home, preferably that of their remaining immediate or extended family.

Not only does this approach mitigate the harm caused by institutionalised care, it also costs a fraction (estimates are as low as 10%) of an institutional placement. The Nasio model works by providing services for these children while they are living with a loving family, in ways that empower both the child and their guardians.

We empower our communities and to reduce dependency, we implement long-term solutions designed to address various needs. For individuals who missed out on education, we offer adult education programs to ensure they have access to knowledge and skills. Through the National Hospital Insurance Fund, we provide free healthcare at our medical centre, promoting the well-being of community members.

To achieve sustainable livelihoods, we run programmes that support agriculture, offering quality seeds, fertilisers, training, and ongoing assistance. Additionally, our dedicated guardians, who take care of the children we support, actively volunteer at our projects, including farms, contributing one day a week. This collaboration enables us to be self-sufficient in the food the children consume at our centres, ensuring food security and reducing food costs.

Guardians also receive training in income-generating projects, enabling them to produce surplus agricultural goods, which they can sell in the markets during opportune times, leading to financial independence. By operating as a united community of families (guardians), we foster a sense of belonging, commitment to our organisation's mission, and ownership in our initiatives.

Over the years, we have witnessed remarkable progress as families leverage their newfound skills and financial support to establish table banking loans and repayment schemes, initiate

A grassroots charity that empowers communities in Kakamega County, Kenya to break the cycle of poverty and thrive through three key strands - Education Healthcare & Sustainable Livelihoods.



The Nasio Model

small businesses, and even sponsor the education of other children not enrolled in our programmes. Many of these families now run successful enterprises and thrive in their endeavours.



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

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

- 1.) No poverty
- 2.) Zero hunger
- 3.) Good health and well-being
- 4.) Quality education
- 10.) Reduced inequalities
- 11.) Sustainable cities and communities
- 13.) Climate action

All our projects use an integrated approach to break the cycle of poverty through education, healthcare, and sustainable livelihoods.

¹ <https://nairobi.aics.gov.it/wp-content/uploads/2019/01/Kenya-Vision-2030.pdf>

² <https://nsdcc.go.ke/wp-content/uploads/2018/04/Kakamega.pdf>

Regional Context:

The Nasio Trust is primarily based in Mumias West Sub-County of Kakamega County in western Kenya. The poverty headcount rate (percentage of people living below the poverty line) in the county is at 33% while the HIV prevalence rate is 4%¹. The charity has been working tirelessly since 2001 to empower communities in Mumias West to break the cycle of poverty. The Nasio Trust's objectives are also aligned with Kenya's Vision 2030² that aims to invest in the people of Kenya through investment in the education, healthcare, and livelihoods sector.

Thematic 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 intersecting thematic areas:

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

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

Sustainable Livelihoods: To aid the child and the people around them to have a better material quality of life, we promote livelihood opportunities that provide sustainable incomes.



2022 In Numbers!

331

Vulnerable children supported through education and healthcare

600

Farmers supported through our farming programme

366

Peer educators trained in Sexual and Reproductive Health

2,600

KGs of maize donated as part of the Christmas Appeal

19,166

Patients treated at our medical centre

533

Children vaccinated against malaria

62

Laying hens donated to provide food security and income

129

Kitchen gardens were established in households as a source of vegetables

6,720

Litres of milk produced by our in-house dairy for school meals

872

Trees planted



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 recent rise in HIV cases for the first time in a decade, derailing its excellent track record in reducing positivity rates to achieve total HIV/AIDS eradication by 2030. The country is also home to a large youth demographic, with 80% of the population aged 35 or below. It also remains primarily agrarian, with 75% of the rural population involved in agricultural activities.

7.5M

Small-scale farmers

34K

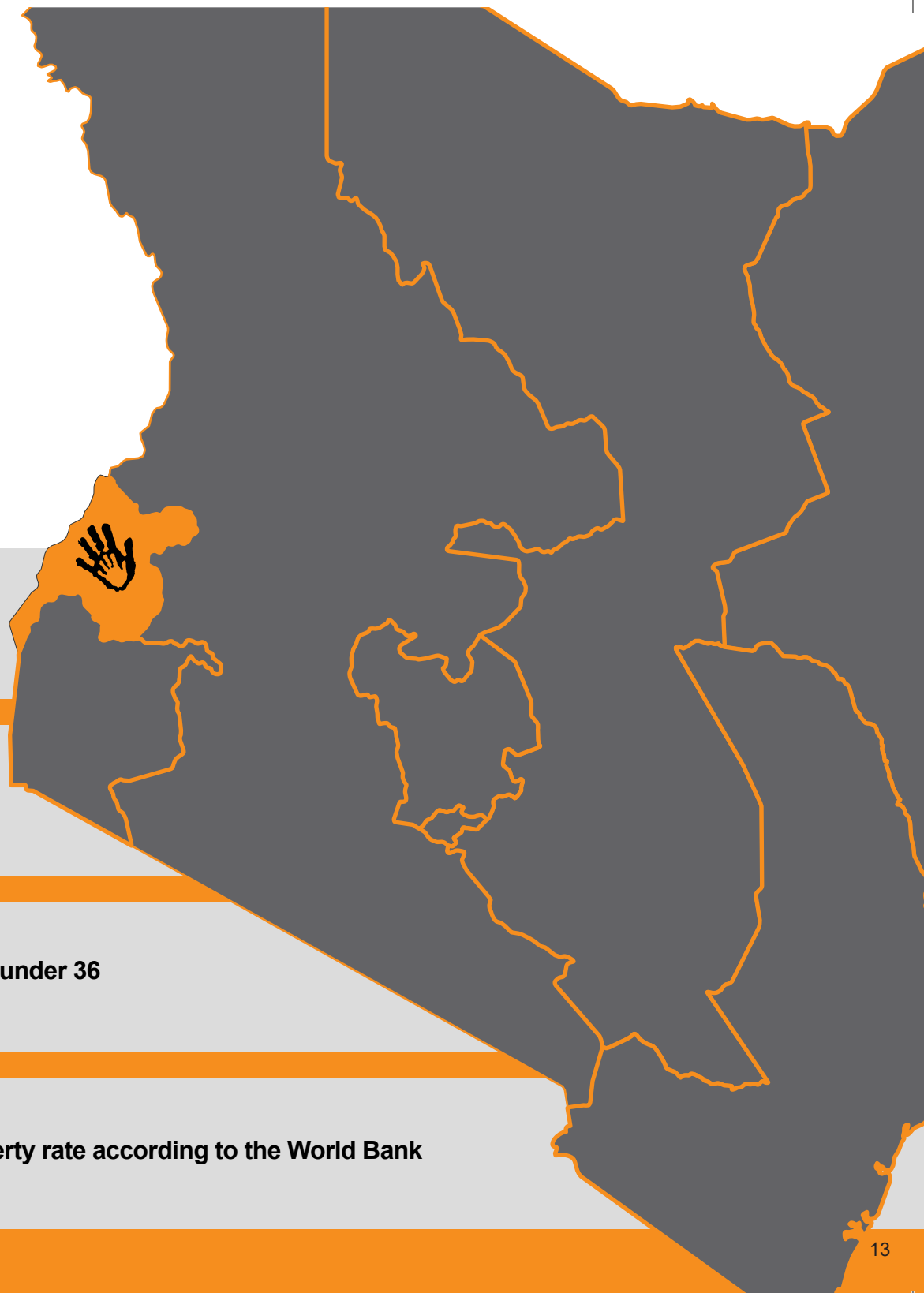
New HIV cases in 2022

80%

Of the population are under 36

33.4%

Poverty rate according to the World Bank



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.

£8

Maize seeds

Provide seeds to grow food for a family.



£10

Laying hen

Provide eggs and meat for a family.



£75

Milking Goat

Provide milk and meat for a family.



£90

Bunk beds

Supply beds for a family.



£15

Girls/Boys teen pack

Underwear and sanitary items.



£20

Food for 2 weeks

Feed a family in need for two weeks.



£270

Milking cow

Provide milk for a family.



£680

Build a family house

Build a home for a family in need.



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

See them all at www.thenasiotrust.org/gifts

Child Sponsorship Programme

The focal point of The Nasio Trust's work over the past twenty-two years is the child, particularly vulnerable and orphaned children. Through our Child Sponsorship Programme, beneficiaries receive free education, meals, and healthcare cover.

Additionally, they also receive continuous psycho-social support from our social work team. In 2022, the Social Work Team conducted 521 home visits to help identify issues the children and their families are facing.



Early Childhood Development Centres

The Nasio Trust runs two of its own Early Childhood Development Centres, or ECDs, in Mumias West Sub-County – Noah's Ark and St Irene's. The ECD centres are embedded within the community so any child, and not just Nasio beneficiaries, can enrol into the centres.

Students at the ECDs are provided with free meals every day. Students supported by Nasio from nearby schools also enjoy lunches at our ECDs. We supported 45 students through our ECDs in 2022, with 21 students at St Irene's and 24 at Noah's Ark.



University

Amongst our beneficiaries, 15 were enrolled in a range of professional courses in university in 2022. They are pursuing degrees in Social Work, Health Records Keeping at leading

universities across Kenya including the Kisumu National Polytechnic, Masinde Muliro University of Science and Technology, and Kenya Medical Training College.

Mentorship

A key objective of the charity is to build capacity within the community, particularly young people who make up the largest demographic group within our implementation region. As a result, Exceptional Student Programme scholars

are linked with a mentor from within the Nasio team to guide them through settling into their new environments. Mentors also help beneficiaries find clarity in their future aspirations later in their secondary education.

"The mentorship programme has enabled beneficiaries to find direction and hone their interests as they progress through school. There has been an improvement in discipline and students have had positive behavioural changes. The mentorship programme has enabled beneficiaries to gain leadership and life skills, while also preparing them to be role models for the future."

Mentoring is a great learning experience for me as well since many beneficiaries don't open up easily but gradually their communication skills improve and we have mutually beneficial mentorship sessions."

Japheth Musindalo, Head of Department for Education and Mentor



Peer Education Programme

The Peer Education Programme is The Nasio Trust's flagship programme that trains young people in Sexual and Reproductive Healthcare (SRH). We have trained 366 peer educators so far, who have set-up health clubs in 10 partner schools. A health club is also routinely run in each partner school, independently of Nasio training.

The programme focuses on helping young people understand the changes in their bodies, bodily autonomy, how STIs can be transmitted, and negotiating safe sex. As a result of the intervention, we have managed to bring down teenage pregnancy by 60% in partner schools. There has also been an uptake of HIV Therapy sessions provided at our medical centre. Over 3,000 people across Mumias West Sub-County have been cumulatively impacted by the project.

Riziki Hamisi, a young 19-year old peer mentor, was spotlighted by The Egmont

Trust at its annual partners' conference through a documentary on her life. Riziki is an exceptional role model for young people in Mumias West and is a confident person who does not shy away from talking candidly with people such as boda boda drivers, who are mostly male, about safe sex.

Scan the code to watch Riziki's video...



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



Case Study James Otieno (Aged 22)

James Otieno is a 22-year old from Uganda in Mumias West. He discovered his HIV positive status 15 years ago when he finally asked his grandmother about the medication he was regularly taking.

Due to the stigma and misinformation surrounding the transmission of HIV, his uncles and cousins started segregating his utensils and beddings. The discrimination caused James to

stop his medications and was affected adversely.

According to James, his life changed for the better when he joined the support group for young people living with HIV, initiated by the Peer Education Programme. He was trained in the importance of treatment adherence and began to take his medication again. James is now a peer mentor and leads our HIV support group sessions.



Primary & Secondary School Education

Students continue to be supported through their educational journeys after they graduate from the ECDs. 187 of our sponsored children were in primary education in 2022 and they were provided with school essentials such as uniforms, stationary materials, specialised items like sports shoes.

The completion (of school education) rates in Kakamega County are lower than the national average, with school dropout rates being as high

as 25% . While primary education in Kenya is free, secondary schooling incurs a fee and most students are likely to drop-out during this transition.

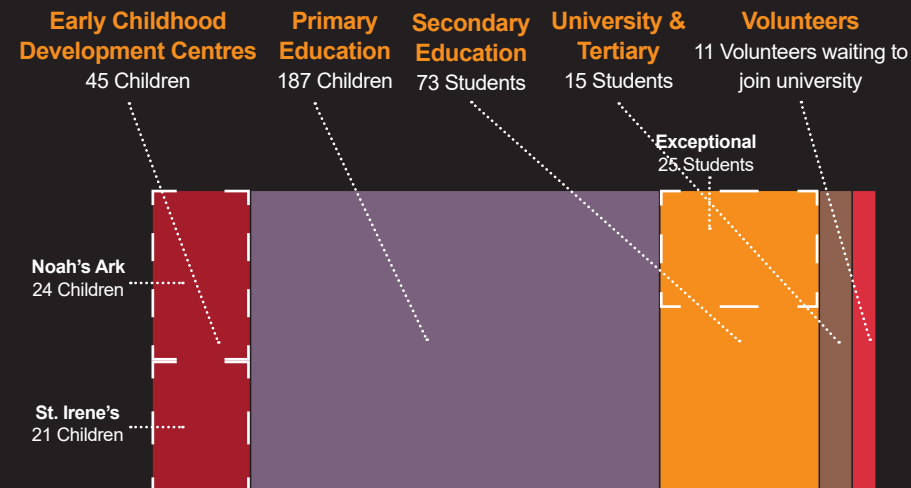
The Nasio Trust sponsors the education of all supported beneficiaries who score 50% in their primary school examinations. 73 beneficiaries' secondary school fees and social support were sponsored by Nasio in 2022.

The Exceptional Student Programme

Students from within the community who have scored over 350 (out of 500) marks in their Kenya Certificate for Primary Education (KCPE) and have demonstrated consistent academic potential despite their disadvantaged circumstances are supported through the Exceptional Student Programme. These scholars are sponsored to study at highly-rated boarding schools and given an allowance.

The scholars have consistently good academic credentials and their good behaviour is attested through statements from their teachers, and community and religious leaders. The Nasio Trust, in partnership with SAFE Samburu, supports 25 such students.

Supporting 331 Children & Young People



More info...

www.sponsorachildinneed.com

Case Study *Linda Masakhwe*

Linda is an Exceptional Student Programme scholar and is one of our 'Grade A' students who consistently excels in academics. She is the eldest of two siblings and lives with her single mother who works as a tailor.

She took a while to settle down in her new environment at Tigoi Girls High School and felt that the academic pressure on her, as she transitioned from primary to secondary school, had changed drastically. But she rose to the challenge and scored a higher grade in her first year of secondary school than her KCPE examinations. The Nasio Trust helped her, and other students like her, through an annual academic clinic that provides mentorship by the Board of Trustees. During the holidays, volunteer teachers provide tuition classes to students struggling with certain subjects. The pairing up of each beneficiary with a member of staff provides constant support as well.

She also found it challenging to make friends in a new environment. Linda recalls feeling intimidated by her seniors in school. However, she has been able to develop confidence and devise techniques for social interaction. The Social Work Team makes routine visits to beneficiaries' schools and



homes to identify issues that students are struggling, and closely monitored Linda's situation.

The reinforcement of support positively impacts students' mental wellbeing and self-confidence. The Nasio team have also recalled Linda's increased self-esteem as a result; they noted she is able to effectively challenge her peers when needed and peacefully co-exist, whilst focusing on her education.

In her final term of 2022, she scored an A- and continues to perform well.



Adult Education Classes

Education is an avenue of growth not only for young people but also for their parents and the adults in the community.

In order to create a community that understands the value of education, our Adult Education Classes currently train 9 students in literacy and numeracy, so that they may sign their own documents and continue supporting the next generation. Classes are held at The Nasio Trust's guesthouse.

Members of literacy and numeracy classes are guardians of young beneficiaries from the village of Musanda.

Those living further away are unable to spare the money to travel for the classes, hence to meet their

needs, a news schedule of classes for 20 adult students will be launched in 2023 at a more central location.

Thanks to the Eleanor Rathbone Charitable Trust

Eleanor
Rathbone
Charitable
Trust



Health

George Mudenyio Kadima Medical Centre

The GMK Medical Centre is a self-contained medical centre that serves a large rural catchment area.

The nearest government-run medical facility is 8 km away but is also often without drugs or doctors. The GMK Medical Centre offers in-patient, out-patient, HIV testing, Maternal and Child Healthcare, and consultation services. In 2022, the medical centre treated over 19,000 patients, delivered 502 babies, and immunised 2,820 infants. With just 30 staff, the medical centre has become a leading facility in the region, treating rural ailments resulting from poor

sanitation. The medical centre treated 335 cases of water borne diseases, including gastroenteritis and amoebiasis.

The Nasio Trust also provides its young beneficiaries with medical cover through the National Hospital Insurance Fund (NHIF) – a government-funded medical insurance scheme. This allows 331 supported children to access the medical centre's facilities for free. Additionally, we also provide medical cover for 150 subsistence farmers. The staff at the medical centre and the social work team helped enrol over 2,000 citizens into the NHIF.

Water Sanitation and Hygiene (WASH) Activities

As part of our WASH objectives, we constructed four pit-latrines for those most in need and have tippy taps (hands-free ways of washing) installed in our ECDs.

All girls in need are provided with teen packs (that include basic hygiene items such as soap, toothpaste, and razors) and reusable sanitary pads to improve their menstrual health. Boys are also provided with teen packs to help them transition into adolescence with more ease.



Spirulina Production

Our state-of-the-art Spirulina production unit is an important nutritional and income source for Nasio and its beneficiaries.

Spirulina, a blue-green algae, is a superfood that is 70% protein. At Nasio's projects, we use spirulina as a nutritional supplement in all meals served to students at the ECDs throughout the year. Sales from Spirulina helps the charity ensure the

sustainability of its own projects.

Sixty-five children under the age of 12 were administered spirulina at the GMK Medical Centre in 2022, with 11 of the children being severely malnourished.

Through the spirulina supplements, their BMI improved to healthy levels.



Support Us...

www.thenasiotrust.org/health

More info...

www.thenasiotrust.org/projectsbee-keeping



Bee-Keeping & Fishponds

As part of an integrated agricultural approach, the charity maintains its own beehives and fish ponds to generate income – and to eventually scale it to the community.

Training in apiary and fish pond maintenance is a component of our Peer Education Programme to generate sources of income for young people so that they refrain from engaging in risky sexual behaviour. One of the fish ponds was constructed by those in the Peer Education Programme as part of project activities stocked with around 4,000 Tilapia fish in the ponds.

Tilapia fish were chosen since they are part of the local diet and have an existing market. It is also a way of promoting protein intake amongst those who cannot afford to purchase costlier meat.

Twenty young people were also trained in bee-keeping – the group included young people living with HIV, peer educators and other beneficiaries. Proceeds from 14 “Langstroth hives” and 2 fish ponds are fed back into the charity to ensure a steady income stream. The beehives are harvested 4 times a year to maintain hive health. Bee-keeping in Western Kenya is able to produce higher quality honey due to the presence of several varieties of indigenous flowers.

Bee-keeping has initial start-up costs but no further expenditure making its uptake within the community easier. We are proud of our bee keeping project and its contribution to protecting bee colonies and improving pollination.

Women’s Rehabilitation Project

The Women’s Rehabilitation Project is a livelihoods project aimed at economically empowering vulnerable women so that they may have a stable source of income to fall back on.

Over a period of four months, 68 women in 3 women’s groups produced liquid soap generating income from their sales. A percentage of the income earned was injected back into the project to make it sustainable and an ongoing

enterprise. The project will be expanded in 2023 to include another 20 vulnerable women from within the local area.

Small enterprises such as these are key for increasing (and diversifying) household incomes and to generate soft skills in leadership, communication as well as financial literacy amongst groups who have been structurally excluded from it.

Volunteering

Young people who’ve been through our child sponsorship programme and are now pursuing professional courses or waiting to qualify for tertiary education, volunteer at our projects to build their skills.

Eleven beneficiaries volunteered with us in

2022. Some volunteers were attached with the Agriculture Department and work on our demonstration farms, while others were working in the kitchens at our ECD centres as assistants.

This enables them to receive professional training and earn a stipend.



The Sustainable Agriculture Project

The Nasio Trust's Sustainable Agriculture project supported 600 small-scale farmers through distribution of farm inputs such as seeds and fertilisers as well as through training in agricultural techniques such as intercropping, trench-construction, and irrigation techniques.

The 600 farmers were split across two projects – one conducted in collaboration with the One Acre Fund (an organisation that provides agricultural loans in Sub-Saharan Africa) and one that supports farmers from the Islamic faith. In return for support with farm inputs and training as well as to fulfil the obligation of *Zakat* (the requirement for Muslims to donate of part of one's wealth to charity), the 100 Muslim farmers donated excess yields to families within the community – 122 KGs of maize were distributed amongst 214 such families. A selected group amongst the Muslim farmers were also provided with 7 goats as supplementary source of income. Within one year, the goats multiplied to 35. The new goats were distributed to another group of 25 farmers to keep the cycle going.

The project also incorporated training on climate and food system resilience and has helped link farmers with Seed Savers, an organisation that allows farmers exchange seeds and create a seed bank. Through our agricultural interventions, 38% of the supported farmers increased their yields. With an average household size of 6, over 3,600 people directly benefited from the project through improved food security and access to nutrition. Improved food

security is directly linked to school attendance, with students from food secure households being 57% less likely to be absent from school.

Case Study Janet Adera

Janet Adera is a 28-year old mother of 3. She was part of the One Acre Fund (OAF) agricultural project in 2022 and was provided with a loan to purchase farm inputs for her ¼ acre plot of farm land.

She also participated in training modules as a programme beneficiary and was trained in intercropping and crop rotation by The Nasio Trust. The Nasio Trust helped dispel the local misconception about conditions of loan repayment under the OAF scheme – enabling Janet to enrol as a farmer without apprehension. Janet received a loan of 7,370 Ksh, which she repaid in full through her extremely successful maize harvest of 360 KGs. This was an exponential improvement on her previous yield of just 40 KGs.



Young Farmers // The Environment

YOUNG FARMERS CLUB

The Young Farmers Club (YFC) trains young people in agricultural techniques by encouraging them to learn important livelihood skills as well as educate them in climate change and its impact.

Through the YFC, 128 young people were trained in farming, kitchen gardening, tree nursery-management, fish pond-management, and bee-keeping. YFCs were set-up in 10 partner schools and each school has its own kitchen garden where vegetable seeds for cowpeas, kale, slender leaf, and black nightshade were distributed at the partner schools. The introduction of these foods has diversified the nutritional value of students' diets and has helped boost the intake of protein, vitamins A, B, and C. The Young Farmers Clubs currently have 516 members, with a majority being girls.

CASE STUDY: ALEXANDER ACHAYO

Alexander Achayo, aged 15 years, is currently in Grade 7 at the Milimani Junior Secondary School. He was trained as a young farmer in December 2020 and then became a club member. He was inspired to become an agricultural engineer on joining the club.

He established the Young Farmers Club in his

school through support from his head teacher, who was persuaded to allocate space for vegetable farming within the school premises. Alexander has also started a kitchen garden at home, which his family uses as a source of additional nutrition. They also sell the surplus at the local market.



OUR COMMITMENT TO THE ENVIRONMENT

The Nasio Trust is cognizant of the environment around it and the adverse impact of climate change. We are working towards reducing our carbon footprint and our projects have already begun meeting this goal.

For instance, apart from being a superfood, Spirulina is also carbon negative. According to research conducted in collaboration with the Wageningen University, emissions of carbon dioxide per kilogram of protein in spirulina is -1.15. This helps offset the use of water during spirulina production. We are continually aiming to make the production process as sustainable as possible and use waste water as feed for farm animals.

Our tree nurseries are also helping us sequester carbon at a large scale. Each fully grown tree sequesters 1 kg of carbon every day. Donations of tree saplings provide the community with years of cleaner air and better soil quality. The tree nursery usually contains around 600 tree saplings, at any one time, of grevillea, pine, and papaya – indigenous trees that provide the local community with organic manure, wood for fuel, and fruit. Guardians of beneficiaries received donations of 200 seedlings.

Find Out More at www.thenasiotrust.org

Highlights & Events



Nancy Receives an Honorary Doctorate

Nancy Hunt, CEO and Founder of The Nasio Trust, was awarded an honorary doctorate by the University of Reading in recognition of her work in Kenya and the UK. She was awarded a 'Doctor of Letters' and the University recognised Nancy and Nasio's impact on the local community.

£4,000 Raised at Our Charity Golf Day

Our charity golf day held on 30th September raised over £4,000 towards the expansion of the GMK Medical Centre to provide broader healthcare services to the community. 48 supporters participated in the event to make it a success.

Nasio Awarded Gold Standard Internship Host

The Nasio Trust was granted a Gold Standard Internship Host status by the University of Oxford for the fifth year in a row. We welcomed 4 interns from the university who worked on a range of projects including reportage on the efficiency of our projects, need for mental health interventions within the community, and strengthening partnership with corporates.

Successful Volunteering Trips

42 student volunteers contributed to Nasio's projects in Kenya. Several student groups from Youth Challenge, Oxfordshire helped build houses, lead jiggers campaigns, and participate in community activities.

Volunteer With Us

Volunteer with us at our projects in rural Kenya to give back to the community through a house-build or a jiggers campaign to eradicate the parasite from schools. Your effort will help improve the quality of life of countless people and motivate several others to join the cause.

Medical volunteering provides an additional avenue for volunteers to donate their expertise in the medical field to the charity. Attachment with our medical centre offers a close peek into rural health.



Volunteer with us at www.volunteerforcharity.org



The World We Want

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



The Egmont Trust

We thank the Egmont Trust for funding the Peer Education Programme.

Kennington, Oxfordshire Community

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

Global Foods

We thank Global Foods for supporting our sustainable agriculture programme with a particular emphasis on the Muslim community.

Daymark Foundation

We thank the Daymark Foundation for sponsoring a new borehole at the GMK Medical Centre.



Sankalpa

We thank Sankalpa for helping us run our Young Farmers Club project.



Plewa Family Foundation

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



Dorchester Abbey

And congregation for promoting and supporting the Nasio Trust's objectives and for hosting our 20th anniversary celebrations.

Change Through Other Valued Partnerships



We'd also like to thank...

University of Oxford, University of Birmingham, Youth Challenge Oxfordshire & Earthwise Girls



Plans for 2023

Strategic realignment to develop climate resilience

The charity recognises the impact climate change has had on the community we work in. Unpredictable rainfall continues to devastate small-scale farmers who do not have an economic cushion. While we continue to train the community in climate change and organic farming, we hope to refocus our agricultural programmes to be regenerative.

Taking the Library Project forward

We hope to break ground on the foundations of the first public library in Mumias due to the generous support of the Kennington community in Oxfordshire to ensure that everyone in Mumias can access a free, public library. We also envision the library to be a safe community space. We have reached our fundraising target to build the library's shell and are continuing our fundraising efforts to furnish the library.

Establishing a Porridge Kitchen

We will be initiating a porridge kitchen from our ECDs to help malnourished children and their mothers' access meals for free.

Establishing a Porridge Kitchen

In the coming year, we will continue raising funds for the expansion of the GMK Medical Centre so that it can cater to the growing healthcare needs of the people. We hope to launch new wards and purchase x-ray as well as ultrasound machines. Find our fundraising appeal here -> thenasiotrust.org/medical-centre

Hosting students through the Turing Scheme

The Nasio Trust is aiming to expand its volunteering and school outreach through the UK government's Turing Scheme, which allows students at UK schools and universities to learn through work experience abroad and receive funding. Learn more about our school volunteering projects.

Borehole construction for 24/7 access to water

We plan on constructing a borehole at the GMK Medical Centre to provide running water at no cost to the facility as well as to the Nasio guest-house – reducing our dependence on the local water supply.



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

Foster Community Ownership and Participation: To ensure that our projects are led and informed by the community we work in so that their lifespan may extend beyond The Nasio Trust's direct involvement.

We aim to achieve this by identifying community leaders who will anchor and mobilise people together as well as by involving the community more closely in project ideation, implementation, and decision-making.

Climate-ready communities: To make the people we work with ready to meet the challenge of climate change and to adopt behaviours that safeguard against it.



We have incorporated organic farming techniques into our agricultural programme and will be weaning our supported farmers off of chemical fertilisers completely by the next two sowing seasons. Additionally, our new focus will be on regenerative agriculture to improve the fertility of the soil through the introduction of agroforestry, better composting techniques, and minimum tillage techniques.

Prioritising social and behavioural changes: To empower the community to overcome the barriers to the uptake of new knowledge and to convert it into local action.

Our thrust will be focused on the sensitisation of a diverse cross-section of the community. We will particularly enact this in the case of the Peer Education Programme to sensitise the whole community regarding safe sex. **Becoming economically self-sustained:** To work towards making the charity's income-generating projects self-contained and profit-making so that it has a consistent source of funds.

We are working towards widening the markets we sell our products like honey and spirulina in, while finding innovative ways of reducing our production costs.

Income & Expenditure

Year Ending 31/12/2022

YEAR ENDING	31/12/2022
Income	
Donations	£100,139
Fund raising	£52,928
Transfers	£256,501
Gift Aid Relief	£20,370
Income (rounded)	£429,938
Expenditure	
Charitable Expenditure	£307,176
Fundraising	£48,956
Governance	£2,256
Admin & Promotion	£24,621
Bank Charges	£1,737
Depreciation	£16,535
Office Costs	£24,799
Expenditure (rounded)	£426,080
SURPLUS/DEFICIT	£3,858
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

Year Ending 31/12/2022

ASSETS	31/12/2022
Fixed Assets	
Fixed Asset Total	£38,451
Current Assets	
Stock	£1,273
Debtors	£6,864
Cash at Bank	£117,072
Current Assets Total	£125,209
Current Liabilities	
Creditors	£26,116
Taxation	£2,524
Current Liabilities Total	£28,640
GRAND TOTAL	£135,020

ACCUMULATED FUNDS	
At 1st January 2022	£44,836
Income & Expenditure Account	£3,858
Restricted Funds	£86,326
GRAND TOTAL	£135,020

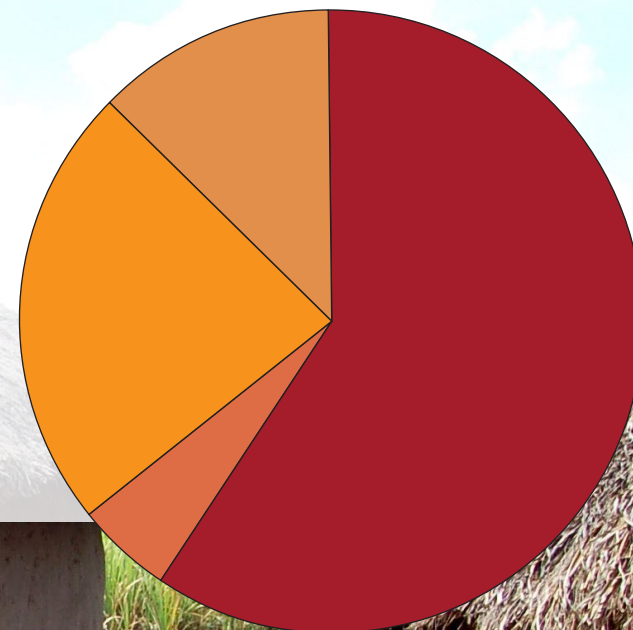
Signed on behalf of
the charity's trustees
Jonathan Hunt,
Chairperson



In 2022
We raised over
£429K

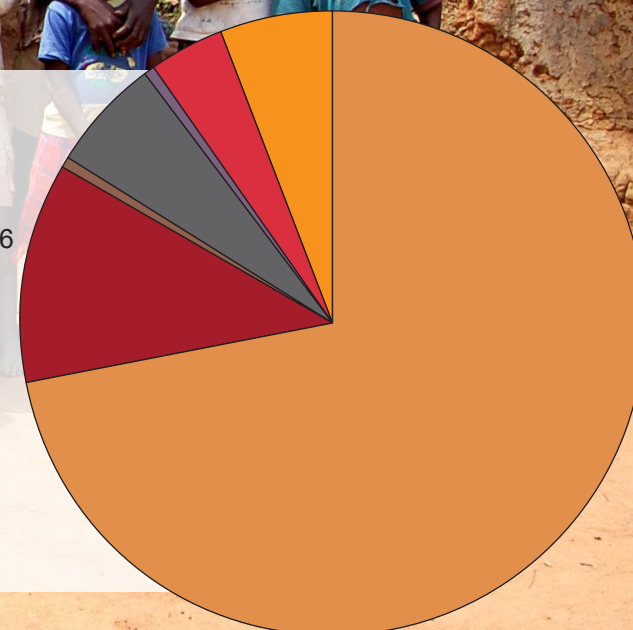
2022 Total Income
£429,938

- Fundraising £52,928
- Donations £100,139
- Gift Aid £20,370
- Transfers £256,501



2022 Total Expenditure
£426,080

- Charitable Expenditure £307,176
- Fund Raising £48,956
- Office Costs £24,799
- Admin & Promo £24,621
- Depreciation £16,535
- Governance/Monitoring £2,256
- Bank Charges £1,737



In Loving Memory...

Obanda Osore

Mrs Melsa Obanda Osore passed away on 26th November, 2022. 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

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.



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

www.thenasiotrust.org
info@thenasiotrust.org
+44 (0) 1235 611200

15 The Chambers
Vineyard, Abingdon
OX14 3FE

UK Reg Charity No. 1104542

The Nasio Trust

UK Registered Charity No 1104542

Report and Accounts

Year Ended 31st December 2022

The Nasio Trust

Report and Accounts for the year ended 31st December 2022

Contents

Page	1	Objects, Trustees and advisors
	2	Trustees report and review of the year
	3	Independent Examiners report
	4	Income and Expenditure
	5	Balance Sheet
	6	Accounting policies
	7-8	Notes to the Accounts

The Nasio Trust

Report and Accounts for the year ended 31st December 2022

- 1) The Nasio Trust is a UK based charity registered with the UK Charity Commission under registration No 1104542
- 2) The registered address of the Nasio Trust is Victoria House, 15 The Chambers, Vineyard, Abingdon
Oxfordshire OX14 3FE
- 3) The Nasio Trust was constituted in 2004. It operates in Kenya and the United Kingdom. The objectives of the Nasio Trust are
 - a) The relief of poverty, unemployment, sickness and distress, particularly for children who suffer from HIV or who have been orphaned as a result of it
 - b) The advancement of education, training and employment opportunities
 - c) To provide a range of facilities for the medical care, education, training, employment, recreation, leisure and social welfare of those who have the need of any or all of these facilities by reason of hardship, infirmity, disability or social circumstances
- 4) The names of the Trustees who have served during the period are:

Mr Jonathan Hunt	
Mrs Lilian Onoriode	
Mr Neil Passingham	
Mr Graham Hall	Retired 15 September 2022
Mr Keith Budgen CBE	
Mrs Susan Russell	
Mrs Erica Carotenuto	
Mr Gareth Bown	
Mr Dominic Flitcroft	
Miss Amber Vetta	Appointed 30 March 2022
Mr Thomas Nhachi	Appointed 19 October 2022
- 5) The Nasio Trust's Director is Mrs Nancy Hunt
- 6) The Nasio Trust's Independent Examiner is Mr Robert Holcombe FCA
- 7) The Nasio Trust's bankers are Lloyds, Ock Street, Abingdon

The NASIO Trust

Year ended 31st December 2022

Trustees Report

Review of Activities:

We have had another successful year of delivering in our key objectives of education, healthcare, and sustainable livelihoods as follows:

Education and Psychosocial Support

331 orphaned and vulnerable children supported through provision of education and basic needs
25 students provided with a scholarship to join highly-rated national boarding schools through the 'Exceptional Students Programme'
521 home visits and 110 school visits conducted as safeguarding measures for vulnerable children supported by us
262 young beneficiaries fed as part of the school feeding programme
6,720 litres of milk produced at in-house dairy used for Nasio's feeding programme for supported children
9 adult learners taught through adult literacy and numeracy classes
18 beds and 22 mattresses were donated to children so that they no longer have to sleep on the floor
3 houses built for children living in dilapidated and unsafe housing

Healthcare

19,166 patients treated at our Medical Centre
366 young people aged 12-24 trained in Sexual and Reproductive Health, HIV awareness and treatment, and gender-based violence through the 'Peer Education Programme'
502 infants delivered safely
2,820 babies fully immunised
533 children under 5 vaccinated against malaria
2,075 people enrolled into the Kenyan National Hospital Insurance Fund to receive free access to healthcare
75 children under the age of 12 were treated for malnutrition
52.8 kgs of spirulina (a blue-green algae with 70% protein content) produced as a nutritional supplement
2,600 kgs of maize were donated within the local rural community to improve food security and nutrition
200 reusable sanitary towels donated to secondary school students
37 pairs of shoes donated to supported children to prevent jiggers and infection
35 mosquito nets were donated to prevent malaria
4 pit latrines constructed for households living without sanitation

Sustainable Livelihoods

600 small-scale farmers supported with provision of farm inputs and training in organic farming, trenching, and maintenance of seed banks
672 trees and seedlings planted, with a further 200 given as donations to the local community
128 young people aged 12-24 trained in agricultural practices through 'Young Farmers Clubs'
129 kitchen gardens planted for food security and additional income
62 laying hens donated to Nasio beneficiaries as a source of income
4,000 tilapia fish reared and managed at 2 Nasio-run fish ponds for sale and injection of income back into the charity
12 goats donated to Nasio beneficiaries
80 litres of liquid soap produced by 68 women trained in soap-making to create sustainable enterprises

Volunteering and Fundraising

70 volunteers contributed to our projects in Kenya
11 interns from the Universities of Oxford, Cambridge, and Birmingham worked on Nasio's projects
6 climbers successfully summited Mt Kilimanjaro to raise funds for Nasio
3 fundraisers hosted by Oxford Marathon runners to raise funds for Nasio

Financial Review

The policy of the board of trustees is to establish reserves to meet the goals of the Nasio Trust. Restricted funds are generated when a donor stipulates how a donation may be spent. In many cases there may be a link between when such funds are received and when they are spent. In many cases, we undertake specific fundraising activities to fund occasional capital projects such as investing in new infrastructure. We also from time to time receive specific grants and donations for specific projects or expenses. The charity's activities are carried out in both the UK and overseas. It is the charity's policy to segregate those funds when they are donated or granted for a specific purpose. Unrestricted funds are generated when the donor does not stipulate how the income should be spent. Within our operating needs, the charity's policy is to ensure such funds are spent as soon as possible while guaranteeing that these resources are used effectively. From time to time, the trustees will set aside money for specific purposes. Our operational reserve of £30,000 is held to protect both our overseas and UK work, to cover any temporary shortfall of income, any unforeseen rise in spending requirements or any other financial contingency in order to ensure that the charity can continue to operate at any time. The level of these reserves is based on the trustees' assessment of the likelihood of such financial contingencies and the impact they might have.

The Nasio Trust

Report and Accounts for the year ended 31st December 2022

Independent examiner's report to the Trustees of The Nasio Trust

I report to the Trustees on my examination of the accounts of the Nasio Trust for the year ended 31 December 2022, which are set out on pages 4 to 8

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed. The charity is preparing accrued accounts and I am qualified to undertake the examination by being a qualified member of The Institute of Chartered Accountants in England and Wales

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act 2011
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act
- to state whether particular matters have come to my attention

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission and is in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the next statement.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 130 of the 2011 Act and section 44(1)(a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act and section 44 (1) (b) of the 2005 Act and Regulation 8 of the 2006 Accounts Regulations
- have not been met or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached



R J Holcombe FCA Member of the Institute of Chartered Accountants in England and Wales
Apple Tree Cottage,, Church Street, Appleford, Oxon OX14 4PA

Date:

30/10/2023

The NASIO Trust

Year ended 31st December 2022

Income & Expenditure Account

	Year ending 31/12/22		Year ending 31/12/21	
	£	£	£	£
<u>INCOME:</u>				
Donations	100,139		150,810	
Fund Raising	52,928		57,226	
Transfers from Restricted Donations	256,501		98,879	
Gift Aid Relief	20,370		28,722	
		<u>429,938</u>		<u>335,637</u>
<u>EXPENDITURE:</u>				
Charitable Expenditure	307,176		238,557	
Fund Raising	48,956		61,523	
Governance & Monitoring	2,256		1,696	
Administration & Promotional Costs	24,621		18,350	
Bank Charges	1,737		1,189	
Depreciation	16,535		16,042	
Office Costs	24,799		21,973	
		<u>426,080</u>		<u>359,330</u>
(DEFICIT)/SURPLUS FOR YEAR		<u><u>3,858</u></u>		<u><u>(23,693)</u></u>

The NASIO Trust

Year ended 31st December 2022

Balance Sheet

<u>ASSETS</u>	Note	31/12/22		31/12/21	
		£	£	£	£
Fixed Assets	4		38,451		46,562
Current Assets					
Stock		1,273		2,619	
Debtors	5	6,864		8,979	
Cash at UK Bank		<u>117,072</u>		<u>250,456</u>	
			125,209		262,054
Current Liabilities					
Creditors	6	26,116		35,218	
Taxation	7	<u>2,524</u>		<u>3,271</u>	
			28,640		38,489
			<u>135,020</u>		<u>270,127</u>
<u>ACCUMULATED FUNDS</u>					
As at 1st January 2021					68,529
As at 1st January 2022			44,836		
Income & Expenditure Account			3,858		(23,693)
			<u>48,694</u>		<u>44,836</u>
Restricted Funds	8		86,326		225,291
			<u>135,020</u>		<u>270,127</u>



Signed on behalf of the charity's trustees

Jonathan Hunt

Date: 28/10/2023

The NASIO Trust
Year Ended 31st December 2022

Note 1

Accounting Policies

1 Basis of preparation

The accounts have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and the Republic of Ireland (FRS 102), effective 1 January 2015.

2 Public benefit entity

The Nasio Trust meets the definition of a public benefit entity under FRS 102

3 Going concern basis

The trustees consider that there are no material uncertainties about the Nasio Trust's ability to continue as a going concern.

4 Income

Income is recognised when the charity has entitlement to the funds and any performance conditions have been met. Income received in advance of the provision of a specific service or initiative is only recognised after the performance of the service or the carrying out of the initiative.

5 Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party. Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred. The Nasio Trust is not registered for VAT.

6 Fixed assets

Depreciation is charged at rates calculated to write down the cost of each asset to its estimated residual value evenly over its expected life. The depreciation rates used are:

Equipment and computers	Over 4 years
Web site	Over 3 years
Medical centre	Over 10 years

The NASIO Trust
Year Ended 31st December 2022

Notes to the Financial Statements (Continued)

Note

2 Salary costs

Staff salaries consist of:

	31/12/22	31/12/21
	£	£
Salaries	83,954	84,677
Social Security costs	1,446	1,503
Pension costs	750	1,123
	<u>86,150</u>	<u>87,303</u>

No staff member earned more than £60,000

No Trustee was remunerated or claimed expenses during the year

3 Headcount

	31/12/22	31/12/21
Average staff employed	<u>4</u>	<u>4</u>

4 Fixed Assets

	Equipment & Computers £	Web Site £	Medical Centre £	Total £
Cost as at 01/01/22	15,589	47,607	86,908	150,104
Additions	624	7,800	-	8,424
Cost as at 31/12/22	<u>16,213</u>	<u>55,407</u>	<u>86,908</u>	<u>158,528</u>
Depreciation as at 01/01/22	14,549	36,848	52,145	103,542
Charged in year	587	7,249	8,699	16,535
Depreciation as at 31/12/22	<u>15,136</u>	<u>44,097</u>	<u>60,844</u>	<u>120,077</u>
Net book value as at 01/01/22	<u>1,040</u>	<u>10,759</u>	<u>34,763</u>	<u>46,562</u>
Net book value as at 31/12/22	<u>1,077</u>	<u>11,310</u>	<u>26,064</u>	<u>38,451</u>

The NASIO Trust

Year Ended 31st December 2022

Notes to the Financial Statements (Continued)

Note

5 Debtors

	31/12/22	31/12/21
	£	£
Gift Aid Claims	1,868	3,988
Prepayments	4,996	4,991
	<u>6,864</u>	<u>8,979</u>

6 Creditors

	31/12/22	31/12/21
	£	£
Creditors	3,200	2,564
Accruals	22,916	32,655
	<u>26,116</u>	<u>35,218</u>

7 Taxation creditor

	31/12/22	31/12/21
	£	£
PAYE and National Insurance	<u>2,524</u>	<u>3,271</u>

8 Restricted donations

	31/12/22	31/12/21
	£	£
Brought forward	225,291	146,599
Received in the year	124,497	153,428
Spent in the year	(263,462)	(74,736)
Carried forward	<u>86,326</u>	<u>225,291</u>

The Nasio Trust

Report and Accounts for the year ended 31st December 2022

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(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached



R J Holcombe FCA Member of the Institute of Chartered Accountants in England and Wales
Apple Tree Cottage,, Church Street, Appleford, Oxon OX14 4PA

Date:

30/10/2023