

### A letter from the Trustees:

Dear All,

In this issue, we have some student news and an update on the AGM (see below) as we begin a new year for the charity.

Thanks to some prompt responses to my request we received enough proxy votes to ensure that the meeting was quorate—however we were only 4 around the table. This made for a short and very efficient meeting.

Karen, Keith, Hazel and Jane again stood as trustees and were duly elected. Mary has moved to pastures new in the Manchester area so stepped down. We all thanked her for her contributions and wished her well in her new home.

Officers will be elected at our next general meeting in July, I expect that roles will remain the same. If any of you would like to come along to that meeting (it's in my garden in Whitchurch) please let me know and I'll be happy to supply extra biscuits (and maybe cake).

Wishing you all a lovely summer,

Karen

Acting (for now) Chairman

### Shop online and raise money for ZEST FOR LIFE

**Give as you Live Online** is the free and easy way to **raise money** for ZEST FOR LIFE when you **shop online** with 6,000+ stores.

From holidays and travel, to clothing and gifts, you can raise hundreds of pounds from your everyday shopping, all **at no extra cost to you**.

Simply [join for free](#) and start shopping to make a difference for ZEST FOR LIFE!

## Student Spotlight

### A message from Felix:



I'm here to inform you that we're done with this semester examinations until September when we'll be resuming for another semester. I really appreciate everyone at Zest for Life for the support they have given me since my first year up to my 4th year of study.

I am currently undertaking my teaching practice at Senator Otieno Kajwang High School where Mr. Osano is the Head Teacher. This photo shows me with my colleague teachers in the staffroom.

Seth Osano tells us that Felix joined them for teaching practice this term. The school has a total of ten student teachers—five are graduates of Tom Mboya University where Felix is a student. Felix is enjoying his practice alongside two other students previously taught by Seth in high school.

Note: Felix sat his KCSE exams at Miriu Mixed Secondary but did not achieve the required grades. He subsequently joined Senator Otieno Kajwang High School to resit the examinations under the guidance of Mr Osano and at the second attempt achieved the grade needed to apply to university.

**Steve Bico** has managed to get an Internship with the Teachers Service Commission Kenya in a Junior school for a period of 12 months starting 5th January 2026 to 31st December 2026. Steve graduated with a BEd Maths & Science in 2026. He has done well to achieve an internship so quickly. Some of our other graduate teachers have had to wait 2 years to be offered internships during which time they have been employed locally by schools on much lower salaries.

Note: A full time salary for an intern is KSHS 20,000 (around £118 per month)



## What we do.....

Through the **further and higher education bursary programme** Zest for Life offers students financial **support for diplomas and first (bachelors) degrees**.

Some students go directly into employment, some progress to further study and a small number are required to undertake additional training or work experience to validate their qualification. When we receive requests for further financial assistance to access necessary work experience or professional qualifications we take each case on its merit.

One such case is Moses Fanado; his recent message demonstrates why we sometimes consider going the extra mile:



Fanado writes:

*I would like to sincerely thank the Zest for Life family for the overwhelming support you have given me throughout my educational journey.*

*Your generosity has played a significant role in shaping my future and I am deeply grateful.*

*I joined nursing school in 2021 and graduated in 2025. I also sat for my Nursing Council of Kenya (NCK) licensure examination on 15th May 2025 of which I expect the release of the results around mid of June 2026. These achievements would not have been possible without your support.*

To enter the nursing profession in Kenya graduates are required to undertake a mandatory one-year internship in a Level 5 or Level 6 hospital (posted by the government) before being issued with a practicing license by the NCK. Although there is a stipend that accompanies the internship, this is not paid until month three. Therefore, in order to take up the internship, Fanado has to find funds for the basic requirements needed to begin the internship. He is currently still unemployed, cannot practice without a license and despite taking on odd jobs in his home village has not earned enough to pay for transport, accommodation and the equipment he needs (lab coats, scrubs, uniform, stethoscope etc) His family is unable to provide the level of support required. He sent us this request:

*With the internship placement deadline set for 1st July 2026, I humbly appeal to Zest for Life for assistance in helping me take this final step toward becoming a fully licensed nurse. It has been a long journey, and I am truly grateful for how far your support has brought me. Thank you for considering my request and for the life-changing impact you have had on my education and future.*

We have agreed to help with the initial costs as a one off payment to enable him to complete this final step to becoming a nurse.

## Pinboard



### **Benefact Group: Movement for Good**

#### **Draw 2 is open from 7-11 September**

Nominate us to enter a draw

for a **£1,000 cash prize**—it's really easy to do!

1. Click on [this link](#) or go to

<https://movementforgood.com/draws/1000?cmp=1>

2. Enter Zest for Life and Number 1126679

***That's it and thank you!***



Our World Book Day 2026 coffee morning hosted by Karen's Dance Buddies **raised £250** to buy **new books for Innis Education Centre Library**.

Thanks to everyone involved in a lively morning event!

Could you organise a similar event for us? Please get in touch if so!

