



**Luna Children's  
Charity**

**Annual Report &  
Accounts**

**For the year ended  
March 2012**

## Contents

	<u>Page</u>
1. Reference and administration details	3
2. Structure, governance and management	4
3. Objectives and activities	5
4. Achievements and performance	6
5. Financial review	9
6. Accounts for the year ended March 2012	10
Annex 1 - Poster	11



## **1. Reference and administration details**

### **Charity Name**

Luna Children's Charity, known as 'Luna'

### **Charity Number**

Registered Charity in England & Wales, Number 1127169

### **Website**

Lunachildren.org.uk

### **Principal address**

184 Medstead Road  
Beech  
Alton  
Hampshire  
GU34 4AJ

### **Charity Trustees**

Stella Charman MA, MSc, DipHSM	Chair of Trustees
Jenny Dewar BA, MSc, PGCE, RSA Dip TEFL	International Adviser
vacant	Treasurer
Carly Raby BA, MEd. Dip. Psychotherapy, MHGI	Clinical Director
Philip Sarell BSc, FRICS	Website Coordinator

### **Advisors**

Helen Beckerson	Fundraising
Tracy Caveney, Bursar, Pennthorpe School, Rudgwick	Finance

### **Volunteer Trainers**

Georgina Hughes  
Monica Blotevogel  
Claire-Louise Leyland  
Sam Raby  
Miriam Usiskin  
Robin Bennett

## **2. Structure, governance and management**

Luna Children's Charity is an unincorporated child-centred voluntary organisation, established as a Charity with a Governing Document signed in December 2008. It is managed by its Trustees who meet quarterly, and run with the support of advisory officers, all of whom work on a voluntary basis.

During 2011-12 two Trustees, Tim Gage (Treasurer) and Mary Stuart-Miller (PR and Media) resigned for personal reasons and so Luna is now actively seeking replacements who can contribute their skills in these areas. In September 2012 it is also intended to recruit two Junior Trustees from among the Year 7 pupils at Pennthorpe School, Rudgwick, West Sussex, who have adopted Luna as their special charity. Pennthorpe School has continued to offer its wonderful facilities for our annual CATT Level 3 training courses, as well as two Trustee meetings per annum. As last year, the other two Trustee meetings of the year were held in London, thanks to the generosity of the Foresight Partnership.

### **3. Objectives and activities**

Luna exists to advance the rights, education and health of children and young people affected by conflict and trauma. Formally, its objectives are:

- i) The advancement of education and the preservation and protection of good health of children and young people affected by conflict and/or trauma
- ii) To advance the education of the public in children and young people's rights in part, but not exclusively, under the UN Convention of the Rights of the Child

Luna's primary focus continues to be the provision of training in an innovative treatment for post-traumatic stress disorder (PTSD) in children, to professional and front-line staff working with children in countries where this is not available or affordable. Children's Accelerated Trauma Therapy (CATT) helps children who are suffering the psychological consequences of war, conflict or natural disaster to overcome their experiences and rebuild their lives. CATT was developed and has been licensed by Carly Raby, who is the founder of Luna, a Trustee until September 2012 and now Clinical Director. She trains therapists to use CATT in their own practice (Level 2). Luna trains (CATT Level 3) and sends volunteer therapists to teach the technique to local people. See Luna's website (<http://www.lunachildren.org.uk>) for further details of the types of training offered. For the first time in July 2012, Luna invited four overseas practitioners, who had previously been trained to Level 2, to join the Level 3 training in the UK.

Luna works in partnership with respected local organizations (Training Partners) which identify participants and provide facilities for training courses and subsequent follow up activity. Sustainability is a key criterion in our process of selecting the organisations and places where we work. As a responsible charity, Luna is aware of the need to ensure that the work continues after our programmes have finished. In addition to the collection of data for research purposes, Luna makes an agreement with each Training Partner for ongoing support to sustain its work on behalf of children. For example, in 2011-12 Luna has worked in collaboration with East London NHS Foundation Trust, so that CATT training has been embedded within a wider DiFID-funded programme of child and adolescent mental health training in Uganda.

The Trustees confirm that they have complied with their duty under section 4(6) of the Charities Act 2006 to have regard to the Charity Commission's guidance on public benefit and that the public benefit requirement has informed the activities of the Charity in the year to March 31st 2012.

## 4. Achievements and performance

### 4.1 Uganda

In 2011 Luna signed a formal Partnership Agreement with East London NHS Foundation Trust (ELFT). This was for the purpose of providing support and training to staff working with children suffering PTSD in the children's ward at Butabika Hospital, Kampala, which is the only national referral hospital for mental health in the country. The Agreement also covers other local hospitals and voluntary agencies such as 'Children for Tomorrow' in Uganda. ELFT has a well-established relationship with Butabika Hospital via the NHS International Health Linking Funding Scheme. Dr Godfrey Zari Rukundo, who received Level 2 training in London in 2011, organised the first joint Level 2 CATT training course in Uganda in February 2012, led by trainers Robin Bennett (ELFT) and Miriam Usiskin (Luna). Stella Charman attended as Trustee and Carly Raby also visited to review the training and discuss possible research arrangements. Participants attended from all parts of Uganda. The course was delivered within budget, at a cost of £3,500. A total of 21 Level 2 certificates were awarded. Those using the technique subsequently reported good results and five participants submitted a proposal for follow up activity which later formed part of a (sadly unsuccessful) Comic Relief bid. Dr Rukundo and one of the February participants, Jamesroger Nsereko, accepted an invitation to attend level 3 training in the UK in July 2012.



**Level 2 participants and trainers at Butabika Hospital, February 2012**

## 4.2 South Africa

In 2011 Luna also entered into a partnership with Lefika Art Therapy Centre in Johannesburg. Lefika is Africa's first Art Therapy Centre, born in 1993 out of a critical need to respond to the effects of trauma from political violence in the final years of Apartheid in South Africa. Today Lefika works to better the lives of those individuals, families and communities affected by abuse, crime, poverty, xenophobia and HIV AIDS. This work predominantly takes place within Johannesburg's townships and inner city where the levels of these problems are amongst the very highest in the world. It is the only organization in South Africa which trains local people in Community Art Counselling skills. In February/March 2012 Luna ran a very successful training week there which resulted in 27 people receiving Level 2 certificates. The cost was £4,373. The training was led by Luna trainers Claire-Louise Leyland and Sam Raby, with Philip Sarell as Trustee, and Francesca Simms in a supporting role. CATT is now being well used and there is demand for a Level 3 course in the future. South Africa is also a good location for an ongoing research project which is currently being explored.



**Training at Lefika La Phodiso, March 2012**

#### **4.3 Sabaoon Pakistan**

In 2011-12 Luna has entered into a Partnership Agreement with Sabaoon, a unique school which provides psycho-social and religious intervention and academic opportunities to young vulnerable boys who have been recruited or coerced into militancy in Pakistan. It also provides a community intervention programme with women and children in conjunction with the NGO S.W.A.a.T (Social Welfare Academic and Training). Sabaoon is financed by Hum Pakinstani Foundation (HPF) and I-Care Foundation with the support of UNICEF. However, Luna has been advised that it is too dangerous to send volunteer trainers to Pakistan. Therefore in the summer of 2011 Luna funded the training of two members of Sabaoon staff by Carly Raby in the UK. In the coming year, these two will return for further training and another two will be trained in the autumn.

#### **4.4 Level 3 training**

In July 2011 Luna ran a course for therapists already trained to Level 2 and using CATT in their work with children in the UK and Western Europe. This Level 3 training prepared them to teach the technique to people overseas. The course had a particular focus on the forthcoming trips to Uganda and South Africa. Trustee and Clinical Director Carly Raby led the course and trained four therapists and one Trustee, Philip Sarell, whose role was to manage the funds, facilitate the practical arrangements and provide back up for the therapists in South Africa. Facilities for the July Level 3 training were as usual provided free of charge by Pennthorpe School, with input from the Lokahi Foundation and Learning for Change offered without fees. Thanks to this wonderful generosity, we were once again able to use course fees to supplement funds available for the visits to Uganda and South Africa.

#### **4.5 Evaluation & research**

Luna recognises the need to demonstrate the effectiveness and outcomes of its work and has begun the process of developing and implementing a monitoring and evaluation strategy in order to do so. In particular, we have been actively seeking support and resources for a randomised controlled trial of CATT. In the summer of 2011 Carly Raby and volunteer Monica Blotevogel gave a presentation at an international trauma Conference in Vienna. Luna is now a member of both the European and International Societies for Traumatic Stress Studies (ESTSS/ISTSS). All CRIES-8 scales returned to us to date have demonstrated significant reduction in symptoms of PTSD in children following trauma. Carly Raby has also published a case study with Professor David Edwards, funded by Rhodes University, demonstrating the use of CATT with a complex case of PTSD in the UK. Further details of recent publications about the use of CATT may be found on the website:

<http://www.lunachildren.org.uk/Research.html>

Luna's work context provides us with a number of challenges: research on post-traumatic stress reactions in children has been less extensively studied than in adults, appropriate instruments for accurately measuring these reactions in very young children are undeveloped, and Luna's work takes place in a cross-cultural context. Luna has therefore been developing a mixed-method and multi-perspective approach to its evaluation and research activities. This mixed-method approach consists of both quantitative and qualitative research strategies that capture both process and outcomes of the CATT model and Luna's activities. Luna is also interested in capturing the range of views and experiences of all those who come into contact with CATT and Luna. This includes both Luna and Training Partner volunteers, the children and young people treated, as well as other relevant local staff. In this respect Luna's strategy tries to respond to wider calls in psychological services research for both evidence-based practice and practice-based evidence.

## **5. Financial review**

Luna is as yet a small charity without paid staff or office facilities. Our activity and costs are carefully tailored to the amount of time our volunteers are able to give, and the income we are able to attract. We deliberately keep our overheads as low as possible – a small amount for printing and to support the website – so that the majority of our income can be dedicated to our overseas activity. In 2011-12 Luna has been funded by private donations, and in particular the generosity of Aspect Capital Ltd, a UK hedge fund, plus fundraising by the Year 7 pupils at Pennthorpe School, who supported Luna as their special charity. Luna has also received support from the Health Foundation and generated some income from course fees (see 4.4). Luna wishes to wholeheartedly thank all those who have offered their support, in kind as well as cash, over the past year.

Luna is enormously grateful for the support and conscientious work of the Bursar of Pennthorpe School, who handles our financial affairs and manages the Santander business account. Luna has now opened a BT MyDonate account to replace the Just Giving account which proved too costly in 2011-12 in relation to the number of donations received via this source.

In 2012-13 Luna is planning to focus more intensively on fundraising and making grant applications to support our overseas work, and if possible to recruit an intern or paid member of staff with office premises. This may mean we have to restrain our clinical and training activity in the forthcoming year until we are sure we have the necessary resources to sustain it.

## 6. Accounts for the year ended March 2012

### Statement of Financial Activities 2nd April 2011 to 1st April 2012

<b>Incoming Resources</b>	
Donations	12561.77
Course fees	1800.00
Just Giving	201.39
Interest Received	4.61
Gift Aid	76.13
Easy Fundraising	23.60
	<b>14667.50</b>
<b>Resources Expended</b>	
Vienna	189.90
Johannesburg	3991.23
Kampala	3205.46
Insurance	275.00
Training Costs	659.40
Just Giving Subs	216.00
Printing Costs	189.60
Rwanda Donation	50.00
Money Transfer Charges	70.00
	<b>8846.59</b>
<b>Surplus/Deficit</b>	<b>5820.91</b>

### Balance Sheet As at 1st April 2012

<b>Current Assets</b>		
Debtors	Note 1	411.77
Cash at Bank		6305.14
Cash In Hand	Note 2	627.68
<b>Current Assets</b>		<b>7,344.59</b>
<b>Current Liabilities</b>		<b>0.00</b>
<b>Net Current Assets</b>		<b>7,344.59</b>
<b>Represented By:</b>		
Brought Forward at 2nd April 2011		1,523.68
Surplus to 1st April 2012		5,820.91
		<b>7,344.59</b>

#### NOTES

<b>Note 1</b>	Pennthorpe donation	411.77
<b>Note 2</b>	US Dollars \$966	627.68