



**Luna Children's
Charity**

**Annual Report &
Accounts**

**For the year ended
March 2013**

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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
Philip Sarell BSc, FRICS	Website Coordinator

Junior Trustees

Roo Slater, Oliver Martin, Ralph Robson	Year 7 pupils, Pennthorpe School
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Advisors

Carly Raby BA, MEd. Dip. Psychotherapy, MHGI	Clinical Director
Helen Beckerson	Fundraiser
Tracy Caveney	Finance Officer

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 2012-13 one Trustee, Carly Raby, resigned to become our Clinical Director and we continue to look for a Treasurer and other Trustees with relevant skills and time availability. However, in September 2012 Luna recruited three Junior Trustees (Roo Slater, Oliver Martin and Ralph Robson) 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 for two Trustee meetings per annum. As in previous years, the other two Trustee meetings of the year were held in London, thanks to the generosity of the Foresight Partnership.

In September 2012 we held an Awayday to develop our strategic thinking about the future. It was attended by all Trustees and advisors plus therapists Robin Bennett & Miriam Usiskin. At this event we developed a vision for where we wanted Luna to be in 5 years' time, with a core of paid staff and a model of training that was no longer reliant on Trustee support. We envisaged more training taking place in the UK, and a more diverse range of partnerships in around 12 countries. In order to get there, it was agreed that in 2012/13 our main task would be to consolidate progress and focus on fundraising and publicity, recruit an intern and refine our Level 2 & 3 training programmes. We did not anticipate taking on further projects or new partnerships.



Trustee meeting at Pennthorpe School 15th March 2013

Clockwise from front: Helen Beckerson, Ralph Robson, Roo Slater, Carly Raby, Jenny Dewar, Rhiannon Jones (Year 7 tutor), Stella Charman, Philip Sarell

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, was a Trustee until September 2012 and is 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 and it is intended to do so once again in 2013.

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. Luna continues to work in collaboration with East London NHS Foundation Trust, providing CATT training in the context of a wider DFID-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 2013.

4. Achievements and performance

4.1 Uganda

Since our first training course at Butabika Mental Health Hospital, Kampala, in February 2012, CATT has been effectively used by practitioners across the country and some have published case studies¹. The need here is to help children who are refugees or asylum seekers, or who have been kidnap victims or child soldiers during the period in which the Lord's Resistance Army threatened the north of Uganda. In 2012-3 Luna renewed its formal Partnership Agreement with East London NHS Foundation Trust (ELFT). In September 2013 another Level 2 CATT training course will take place, this time as part of a two-year CAMHS mental health training programme funded through the Tropical Health Education Trust (THET) on behalf of DFID and the NHS. Over the past year we have been preparing for this training by fundraising and supporting ELFT in planning and setting up this ambitious programme to establish children's mental health expertise in Uganda. Both Stella Charman and Carly Raby have supported the wider CAMHS programme by volunteering as trainers for ELFT. Following her visit in January 2013, Carly and her fellow-trainer identified and raised a number of concerns about the observance of children's rights on the Butabika Hospital children's ward, staffing arrangements and living conditions of the children. This led to a proposal towards the end of the year to establish Luna's first children's rights project, the 'Friends of Butabika Children's Ward', to be co-ordinated by the newly-recruited intern. It is expected that this project will come to fruition in 2013-14, and will be reported on in full next year.

In July 2012 Dr Godfrey Zari Rukundo, a child and adolescent psychiatrist at Mbarara Regional Referral Hospital attended CATT level 3 training at Pennthorpe School in July 2012.



Stella and Godfrey with his Level 3 certificate

¹ African Journal of Traumatic Stress; V3, No.1, June 2013 Does This Child Have Nodding Syndrome? A Complex Case Of Head Nodding In Uganda & the Application of CATT in the Treatment of Nodding Syndrome. Kate Stein and Joyce Nalugya

Year 7 pupils at Pennthorpe School have selected Ugandan therapists as the beneficiaries of the funds they have raised this year. So we have invited psychologist James Roger Nseroko from Butabika Hospital, and psychiatrist Dr James Okello from Children for Tomorrow in Gulu, to attend the Level 3 course at Pennthorpe in July 2013.

4.2 South Africa

Luna's Training Partner in South Africa is Lefika La Phodiso, which is Africa's first Art Therapy Centre, established in 1993 in response 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. Following Level 2 training in March 2012, Lefika Art Therapy Centre's Director Hayley Berman attended CATT level 3 training at Pennthorpe School in July 2012. She reports that CATT is being well used by people who attended the original course in Johannesburg, and her colleague Luke Lamprecht will be sponsored by Luna to attend the next level 3 course in July 2013.



Stella presents Hayley with her level 3 certificate

4.3 Sabaoon Pakistan

Sabaoon is 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 and is financed by Hum Pakinstani Foundation (HPF) and I-Care Foundation with the support of UNICEF. It also has the support of the British High Commission in Islamabad. This year two more of its therapists were sponsored by Luna to receive Level 2 training in London, and the two trained last year returned in July 2012 to receive case supervision and further training with other Level 3 participants. Luna has been very impressed by the professionalism and dedication of Sabaoon's therapists who are using CATT very effectively, and work at considerable personal risk in the Swat Valley.

4.4 Level 3 training

In July 2012 Luna ran a course for therapists already trained to Level 2 and using CATT in their work with children anywhere in the world. This Level 3 training prepares them to teach the technique to others in their organisation or as a volunteer for Luna overseas. This year the course had a particular focus on applying CATT in Uganda, South Africa and Pakistan. Trustee and Clinical Director Carly Raby led the course, with valuable input from the Lokahi foundation and Learning for Change, past trainers and Trustees. Five therapists were trained. Facilities for the July Level 3 training were as usual provided free of charge by Pennthorpe School, without which the course would not be possible.



Level 3 course participants at Pennthorpe School July 2012:
LtoR from back – Stella Charman, Philip Sarell, Carly Raby, Hayley Berman, Marie Walker-John, Godfrey Zari Rukundo, Robin Bennett, Sabaoon therapist 1, Miriam Usiskin, Sabaoon therapist 2

4.5 Evaluation & research

Luna continues to recognise 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. We have been actively seeking opportunities for a randomised controlled trial of CATT, and continue to look at ways of funding and completing this. In the meantime, a case study has been published and the design for a case series is being established.

In the year up to March 2013, the addition of new publications about the use of CATT has continued on the website: <http://www.lunachildren.org.uk/Research.html>
A number of new publications will be added in the coming year.

Luna's work context provides us with a number of challenges: including the fact that Luna's work takes place in a cross-cultural context. In accordance with this, and with Luna's mixed-method and multi perspective approach to its evaluation and research activities, a qualitative piece of research will be undertaken over the summer 2013. This research will consider the cross-cultural aspects and implications of using CATT in different cultural settings. It will capture the experiences of Level 3 trained therapists who have used CATT in their practice in various locations. It will also address the cultural issues of running a training course in an unfamiliar country and setting. This should provide us with rich recommendations for continuing to deliver internationally and feedback from previous operational work.

The summer of 2013 will also see the coordination of a treatment manual for CATT which will include research into post traumatic stress reactions in children, and will outline each stage of the protocol. This will be a collaborative effort which will hopefully result in publication by the end of the year. Thereafter, the manual will be available for Luna trainers and partnership projects.

This mixed-method approach also consists of quantitative research strategies that capture both process and outcomes of the CATT model and Luna's activities. Luna is 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.

4.6 Fundraising

Following the September Awayday, Stella Charman and Helen Beckerson met to develop a fundraising plan with a target of £25k for the coming year. Helen began the process of shortlisting grant-giving foundations, and this was continued by the newly-recruited intern, Sian Bolton, who has subsequently made a number of further applications. A total of £7k in grants was received by the end of March 2013, from Belgrave Capital Management and the Health Foundation. It was disappointing that Aspect Capital were unable to support us once again in 2012/13, but asked to be kept informed and expressed a wish to do so again in the

future. In addition, the Junior Trustees from Pennthorpe School arranged and ran a movie night which raised £610.90. When funds from other activities such as the Christmas Carol Service collection were added, Year 7 pupils raised the magnificent total of £1247.58, which they decided should be used to sponsor a Level 3 trainee from Uganda in July 2013.

In September 2012 a BTMyDonate account was created to replace Justgiving, as this carried no subscription costs. Helen drafted a supporters' letter which was sent to 140 e-mail addresses on the supporters database, together with last year's Annual Report, at the end of November. This, together with some personal initiatives on the part of Trustees, brought Luna over £1,000 via BTMyDonate and in personal cheques over the Christmas period.

When Giftaid and other small sums, eg interest payments and Easyfundraising income, were added to the above figures, Luna raised a total of £9,624.02 in the year to March 2013. This is still well short of the target set following the Awayday, but represents only 6 months' active fundraising work, which took place prior to the recruitment of the interns. They did not take up post until May 2013, after the period presented in this Report, and it is expected that the added capacity they provide to Luna's fundraising resources will bring improved results in 2013/14.

4.7 Website

During the year to March 2013, the website has developed as the main vehicle for communication with Luna's supporters, volunteers and training partners past and present. Thanks to the efforts of Trustee Philip Sarell, it has been reformatted so that works well on mobile phones as well as full computer screens. It is now possible to download reports, application forms and other reference material via the website, donate via our BTMyDonate account, and it also includes the answers to a number of 'frequently asked questions' by people interested in Luna training, users of CATT and those interested in research.

2012-13 saw 1780 hits against 1200 for the previous year. The vast majority (83%) of these originated in the UK, but other countries represented included the US, Germany, Australia, Canada, Brazil, Italy, Pakistan and Spain. In 2013-14 we plan to further develop the website to present our separate projects more effectively, and to give it a more 'personal' feel with individual success stories. We also hope to establish a Facebook page.

4.8 Intern

For the first time, Luna recruited an intern for six weeks in June and July 2013. Neurosciences graduate Hugo Pedder effectively piloted this role within Luna, enabling us to make robust plans to recruit to longer-term roles in 2013/14. His responsibilities included establishing the supporters' database, planning and administering the Level 3 training course and preparing a poster for display at THET's global health conference in September. Hugo has now taken up a trauma-related research post in Sweden.

5. Financial review

The year has been a very busy one for Luna, and a slightly disappointing one from a purely financial perspective, as our income level has dropped by £5k on last year, despite our intention to concentrate on fundraising. One reason for this is that without paid staff, we are constrained by the time and energy available between our trustees and volunteers. However, the most significant reason is that once again, the needs of the children we care about and are working for have presented themselves in a way that we have been unable to ignore, diverting us from the administrative task of approaching funders and writing bids. In addition to the 'Friends' project which emerged towards the end of the year, we have been approached by a Syrian psychologist, Masa al Kurdi, to train psychologists treating Syrian children in refugee camps in Turkey and Jordan. So we have been exploring ways in which Luna can appropriately and safely respond to this request and have major plans for 2013-14. We now have increased fundraising, general administrative and research capacity following the recruitment of three committed young interns who started working for Luna in May 2013. So we are optimistic that we will increase our income in the coming year, and be able to manage a wider range of activities. We need to grow so that we can appeal to a wider range of charitable foundations which prefer to fund larger organisations.

Nevertheless, at the end of March 2013 Luna had sufficient funds in hand to finance all activities planned in the 2013 calendar year, with the exception of the new Syria project. Luna's commitments were budgeted as follows: intern expenses (£2k), Level 2 training in Uganda (£6k), 3 sponsored places on level 3 training (£3,750). It is Luna's policy not to commit to expenditure on any project until the source of funds is secure, and this prudent approach will continue in 2013-14.

We remain indebted to our growing band of individual supporters, and to the organisations which have given Luna substantial grants this year (Health Foundation, Belgrave Capital Management), and to the Foresight Partnership for meeting facilities in London. Also to the staff and pupils of Pennthorpe School, for their wonderful fundraising, provision of facilities and for the staunch support of Bursar Tracy Caveney who looks after our finances so capably.

THANKYOU!

6. Accounts for the year ended March 2013

Year End Statement of Financial Activities 2nd April 2012 to 1st April 2013

Incoming Resources

Donations	Pennthorpe	1247.58	
	Belgrave	4000.00	
	Health		
	Foundation	3000.00	
	Ward	500.00	
	Other	60.00	8807.58
Just Giving			24.30
Interest Received			6.62
My Donate			519.35
Easy Fundraising			16.17
Gift Aid			250.00
			9624.02

Resources Expended

Uganda - training February 2012		255.00	
S Africa - training Feb/March 2012		890.99	
flight for Godfrey Rukundo		1088.59	
flight for Hayley Berman		768.65	
BAAT training for Sabaoon staff		500.00	
Just Giving Subs		90.00	
Intern Costs - Hugo Pedder		376.45	
Misc Expenses		8.38	(Domain)
THET Conf Expenses		292.00	
			4270.06

Surplus/Deficit **5353.96**

Balance Sheet Year Ending 1st April 2013

Current Assets

Debtors		0.00	
Cash at Bank		12070.87	
Cash In Hand	<i>Note 1</i>	627.68	
Current Assets			12,698.55

Current Liabilities

Current Liabilities **0.00**
Net Current Assets **12,698.55**

Represented By:

Brought Forward at 2nd April 2012		7,344.59	
Surplus to 7th March 2013		5,353.96	
			12,698.55

NOTES

Note 1 *US Dollars \$966* 627.68