



# **Luna Children's Charity**

## **Annual Report & Accounts**

**For the year ended  
March 2014**



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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 (Chair)

Jenny Dewar

Philip Sarell

Martine Petetin

Brenda Graham

Lucy Ferguson (from 7.6.14)

### **Advisory Officers**

Carly Raby

Helen Beckerson

Tracy Caveney

### **Interns**

Siân Bolton

Jenny Weston

Nicole Asghar

### **Volunteer Trainers**

Claire-Louise Leyland

Robin Bennett

Marie Walker-John

James Nsereko



## **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 and interns, all of whom worked on a voluntary basis during the 2013/14 financial year.

In February 2014 we appointed two new Trustees. Martine Petetin has experience as Trustee of the single parent family charity Gingerbread, as well as a background as a corporate lawyer. Brenda Graham is a children's social worker by profession who developed her career as a trainer of health and social care practitioners. We also lined up media and communications expert Lucy Ferguson to join us as a Trustee in the summer of 2014.

During the year our operational capacity was greatly enhanced by the recruitment of three unpaid interns via Sussex University in May 2013. Jenny Weston supported Carly Raby with her research into CATT (see section 4.6), Sian Bolton undertook wider responsibilities for charity administration and fundraising, and Nicole Asghar focused on developing the Syria project (see section 4.3).

Helen Beckerson, who has advised Luna of fundraising in a voluntary capacity since its foundation in 2008, sadly stood down at the end of the year. Luna Children's Charity would like to extend our deepest thanks to Helen for all her hard work and commitment to Luna from its earliest beginnings.

It is also unfortunate that we have been unable to recruit to the vacancy for a Trustee Treasurer, but Pennthorpe School Bursar, Tracy Caveney, has continued to provide her invaluable services a bookkeeper for which we are extremely grateful.

As in previous years, two Trustee meetings of the year were held in London, thanks to the generosity of the Foresight Partnership and two courtesy of Pennthorpe School, Rudgwick, West Sussex.



### **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 preservation 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 in the provision of training in an innovative treatment for post-traumatic stress disorder (PTSD) in children, to professional 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. Carly was a Trustee until September 2012 and then Clinical Director until March 2014 when she announced she would be stepping down her involvement with Luna. Currently she trains therapists in the UK to use CATT in their own professional practice (Level 2). Luna trains those already using CATT to Level 3 'trainer' standard, who wish to volunteer their time to teach the technique to others. Level 3 courses include both UK-trained practitioners and others trained overseas who receive Luna sponsorship. See Luna's website (<http://www.lunachildren.org.uk>) for further details of the types of training offered.

Luna works in partnership with respected local organisations (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.

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 31<sup>st</sup> 2014.

#### **4. Achievements and performance**

##### **4.1 Uganda**

In 2013/4 Luna has continued to work in collaboration with East London NHS Foundation Trust (ELFT) to provide CATT training in the context of a wider DFID-funded programme of child and adolescent mental health training in Uganda. The Year 7 pupils of Pennthorpe School voted to support Uganda from their fundraising efforts, so in July 2013 Ugandan clinical psychologist James Nsereko was sponsored to attend level 3 training and he became an accredited CATT trainer.



**Junior Trustees Roo Slater and Ralph Robson with James Nsereko at Pennthorpe School  
(photograph and report courtesy of Jordan Caveney published in W Sussex County Times)**

In September 2014, James Nsereko and child psychotherapist Marie Walker-John, with the support of Chair of Trustees Stella Charman, taught CATT Level 2 at Butabika Hospital, Kampala to a total of 30 trainees. Of these, 24 trainees were Government-employed mental health workers from all over Uganda, who were part of ELFT's CAMHS certificate programme. Some of the CAMHS certificate trainees had already done Level 2 the previous year but had been asked to re-attend to contribute cases and refresh their skills. Another 6 were the staff of local community and religious organisations working with traumatised children, invited to attend by Luna. These other organisations were the Bishop Asili Counselling Centre (Lira), Providence Children's Home (Nkokonjeru) Children for Tomorrow

(Gulu), USAid (Kampala) and the Pader Orphans Caring Project (Kitgum). A total of 23 new Level 2 certificates were awarded at a total cost of £250 per person trained.



**James Nsereko and Marie Walker-John (left) teach CATT Level 2 at Butabika Hospital**

Throughout the year Stella Charman and intern Siân Bolton have attended regular meetings of the main Butabika Link Committee, as well as the CAMHS workstream and project meetings. This has maintained Luna's relationship with ELFT and supported planning for the Level 3 course planned for September 2014. This will be the first Level 3 training to take place outside the UK.

#### **4.2 Tanzania**

In 2013/14 Luna's Trustees took the decision to begin work in fourth African country. Tanzania is the first country in Africa to undertake a National Study on Violence against Children- for the first time measuring all forms of violence (sexual, physical and emotional) amongst girls and boys. This study revealed that sexual, physical and emotional violence are common for children growing up in Tanzania, and the perpetrators of this violence are often near and known to the children. It highlights in particular the vulnerability of girls to sexual violence and the negative health consequences of these experiences in



their childhoods and beyond (Unicef, 2011). Domestic abuse and corporal punishment is one of the reasons many children flee their homes to live on the streets, where they are incredibly vulnerable to further trauma. Various projects have been set up for children across Tanzania but mental health services are lacking. Those working closely with young people in orphanages, drop in centres, schools and on the street have little to no knowledge of how to treat those suffering from PTSD caused by violence and trauma, and the children who would benefit hugely from such treatment have little or no access to the limited number of mental health facilities available.

In September 2013 Luna Intern, Siân Bolton, visited Arusha Tanzania with the aim of identifying whether a Level 2 CATT training course could feasibly take place there in 2014. She is very familiar with the city and has spent time working with and on behalf of vulnerable children in Arusha and the surrounding regions of Kilimanjaro and Lake Manyara. Whilst there, her aim was to find a training partner that could host the 5 day training course and invite children's workers from Arusha and the surrounding areas to attend.

Siân met with the Director of the Arusha Mental Health Trust, who invited her to give a presentation to the Mental Health team working there. The Arusha Mental Health Trust was founded in 1996 on the streets of Arusha and grew out of a great need to offer basic mental health care to this growing population. At that time there were no active mental health services available. Dr. Sheila Devane (the founder) works under the auspices and with the agreement of the Medical Missionaries of Mary (MMM). Whilst they remain connected by friendship, tradition and gratitude to MMM and are mutually supportive, the programme became a Company Limited by Guarantee in Tanzania in 2004 and a Registered Trust in 2006 and is now legally autonomous.

The Luna presentation was very well received and the Director was keen to host the trauma-training course in 2014. The facilities on offer suited well and the Trust believed there were many children's workers from the surrounding areas that would benefit from this kind of training. Thus, following her visit Siân continues to communicate often with AMHT to organise a Level 2 CATT course that will be held in Arusha in May/June 2014.



#### 4.3 Syria

At the beginning of the year Luna's assistance was requested by research psychologist Masa Al-Kurdi of the Syrian Association for Mental Health, on behalf of Syrian children who had escaped the war but were suffering from the acute symptoms of post-traumatic stress disorder (PTSD). She asked Luna to train psychiatrists and psychologists working in refugee camps in a variety of locations across the Middle East.

In response to this request, we established a project team lead by Carly Raby and supported by intern Nicole Asghar. Luna launched an appeal for the £16,500, which we estimated was the sum needed to run the course and fund participants to attend. In order to contain costs we found volunteer translators and interpreters. The city of Gaziantep in Turkey was identified as a suitable location for the training as it has good road and air links, and is 60 kilometres from the Syrian border, contains many refugees and supports a number of refugee camps. In February 2014 Luna Trustee Philip Sarell undertook a reconnaissance trip, found a suitable hotel with training facilities and negotiated a contract on Luna's behalf.

Clinical psychologist Robin Bennett and child psychotherapist Clare-Louise Leyland volunteered to act as trainers with the support of Stella Charman and volunteer interpreter Charlie Cooper. Masa Al-Kurdi and Carly Raby selected 12 well-qualified psychologists and psychiatrists working in Jordan, Saudi Arabia, Lebanon and Turkey.

In addition to improving the psychological wellbeing of children and young people who had escaped the conflict in Syria, Luna's aim was to offer support and assistance to those working with them in order to avoid psychological burn out, and to begin to develop an understanding of the delivery of CATT in Islamic settings. The course took place in April 2014, was extremely well received, and has led to much follow-up activity. This will be described in more detail in next year's Annual Report.



(Left) Trainer Robin Bennett (right) with interpreter Charlie Cooper (at the back) with Syrian mental health professionals demonstrating our child centred approach.

#### 4.4 Level 3 CATT training

In July 2013 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 and South Africa. James Nsereko, Clinical Psychologist from Kampala, Uganda was sponsored to attend by our Junior Trustees from Pennthorpe School, who raised money through fundraising events (see section 4.1). Luna also sponsored a Luke Lamprecht, a child protection and development consultant from Johannesburg, South Africa to attend. Clinical Director Carly Raby led the course, with valuable input from the Lokahi Foundation, past trainers and Trustees. 7 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.



*(Left) Group shot with this year's Level 3 trainees, our Junior Trustees and the Lokahi Foundation*

#### 4.5 The Friends of Butabika Children's Ward

In June 2013 the 'Friends of Butabika Children's Ward' project was set up by Luna in response to concerns raised over a number of years by members of the East London Butabika Link about the care and treatment of child patients at Butabika National Referral Hospital, Kampala, Uganda. Although there have been many improvements since the Link began work there in 2004, Luna remained worried by ongoing descriptions of contraventions of the UN Convention on the Rights of People with Disabilities. These included recent observations during training visits by mental health professionals involved with Luna and East London NHS Foundation Trust on the children's ward at Butabika Hospital. This ward is the national training centre for child mental health, as well as the main clinical site for the child and adolescent mental health-training programme managed by the Butabika Link and funded by a grant administered by the Tropical Health Education Trust (THET).

The 'Friends of Butabika Children's Ward' was established as a children's rights project, due to one of our charitable objects being: '*the advancement of education of the public in children and young people's rights in part, but not exclusively, under the United Nations Convention on the Rights of the Child*'. It aims to support the ongoing efforts of Ugandan professionals to promote changes in cultural attitudes and provide high quality care and treatment in the context of severe material limitations and very low staffing levels.

The project received the support of Dr. David Basangwa, Director of Butabika Hospital; Dr. Alyson Hall, CAMHS Programme Project Director; Cerdic Hall, Chair of the Butabika Link Committee; Cecilia Dricuru, Children's Ward Manager and the London-based Ugandan Diaspora Groups.

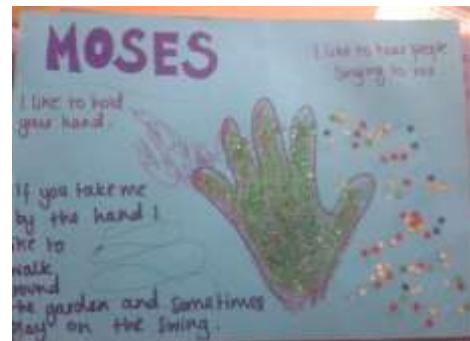
The objectives of the Friends are:

- To find ways to improve, promote and monitor observance of the rights of children who are patients on the children's ward of Butabika Hospital
- To improve the relationships and living conditions of children who are patients on the children's ward of Butabika Hospital
- To raise and provide funds which will further the achievement of a) and b)

Support for Luna's initiative to set up a group of Friends to provide practical help to the children and staff on the ward was given by the Chair of the Link, and formally approved by Luna Trustees in June 2013. An inaugural meeting of those interested in joining the Friends group took place on Thursday 29th August. A total of 16 people have subsequently committed themselves to becoming 'Friends', and we are always continuing to recruit.

In September 2013 Luna Intern and the Friends Project Co-ordinator, Siân Bolton, travelled to Butabika Hospital with the Luna/ELFT team (Marie Walker-John and Stella Charman) who were running CATT Level 2 training as module 5 of the Link's CAMHS training programme. Siân volunteered on the Children's Ward from the 6<sup>th</sup> to the 18<sup>th</sup> September with the following objectives:

- To spend time with the children and talk with the staff about the Friends Project in order to assess how best to deliver the project objectives
- To create personalised nameplates with each child in order to 'humanise' them and give some individuality to their beds. In turn time spent with the children allowed a basic needs assessment to take place.





**Siân Bolton, Friends Project Co-ordinator and Cecilia Dricuru, Children's Ward Manager**



**Children working on their nameplates**

As well as spending time on the Children's Ward Siân had a meeting with David Kyaligonza, Assistant Commissioner Nursing Services; and Moses Mulimira, Chair of the Ugandan Diaspora Health Foundation in order to introduce herself and Luna's project on the Children's Ward. This was received positively and David Kyaligonza suggested they visit the ward together.

On return to the UK, Siân produced a report for the Trustees of Luna Children's Charity and the Butabika Link, which conveyed her experience on the ward and clearly stated the role, responsibilities and next steps for the Friends Project. The report was considered by members of the Butabika Link on the 21<sup>st</sup> November, and Luna Trustees on the 10<sup>th</sup> December. It was also circulated to the Friends group.

The Friends Project was awarded a grant of £1000 by Chartwell Industries Ltd and the group voted that some of these funds should be spent on supporting a local volunteer to spend 3 days a week with the children, running activities that would engage them both educationally and therapeutically. Further fundraising events are set to take place in the forthcoming year.

#### **4.6 Evaluation & research**

In May 2013, Luna recruited Jenny Weston who was studying for an MA in Social Development at the University of Sussex, as a research Intern. During her time with Luna she worked closely with, and was supported by, Clinical Director Carly Raby. Her MA dissertation was based around a work placement with Luna in which she undertook primary research consisting of interviews with therapists trained in CATT and observations on a CATT



training course. The objective was to gain an understanding of the cross cultural complexities of using a Western form of therapy in the context of developing countries with differing traditional ideas.

Jenny's research paper was entitled 'CATT: How does a child centred trauma therapy technique translate in a cross-cultural context. Reflections for Luna Children's Charity.' Her analysis showed the effective and adaptable nature of CATT, which has been robust enough to provide successful outcomes for children experiencing PTSD in a variety of developing cultural contexts over the last five years. Recommendations were made to inform future training courses: the use of more culturally specific training material, the use of a short video of testimonials from different areas and a deeper understanding of culturally specific views on childhood. The research also led to modifications to the CATT protocol as it is taught overseas.

Jenny produced a high quality, objective and rigorous piece of work that will help to shape the ongoing training we offer to the international community - a great example of evidence shaping clinical practice. Luna Children's Charity would like to extend our deepest thanks to Jenny for all her hard work and commitment. The full research paper can be found on our website at <http://www.lunachildren.org.uk/research.html>

Luna continues to evaluate and act on feedback obtained from all its courses, with the aim of improving the quality of training and adapt it more effectively to the needs of trainees and the practical and cultural context in which they are delivering CATT.

#### **4.7 Fundraising**

Building on the work of Helen Beckerson in 2012/2013, our intern Siân Bolton has continued to research and write bids to grant-giving trusts and foundations this year. Due to the voluntary nature of her role Siân was not able to spend the required time needed to secure sustainable funding for Luna, but her efforts have meant that our fundraising strategy is continually developing. A successful appeal for funds to support our Syrian Refugee Children Appeal was launched in the autumn of 2013 and we are extremely grateful for all our supporters who donated their time, energy and resources to help us reach our fundraising target. In particular, our newfound Facebook presence has proved an effective way of communicating appeals such as this and our MyDonate page has seen an increase in donations as a consequence. In total our online donation revenue has seen a total of £3095.77 this year, which when coupled with income from other activities, such as our 'Friends of Butabika Children Summer Fundraiser' in partnership with the East London NHS Foundation Trust, has raised a magnificent total of £6,639.42.

This year we have once again been supported by the Health Foundation and have established a new relationship with the Joan Ainslie Trust, who have generously supported us with a grant of £10,000 and have promised on-going support to Luna on an annual basis. Chartwell Industries Ltd also provided us with a £1,000 grant in response to our request to launch a project for the Friends of Butabika Children's Hospital.



Fundraising continues to be a key priority for our intern Siân Bolton and we hope to support her learning and development in this role during the forth-coming year.

#### Funding Sources (%) year ended March 2014

Funding Source	Amount Raised	%
Charitable Trusts/Foundations	£15,000	66.2%
Private companies	£1,000	4.4%
Earning from activities	£2,602	11.5%
Individual donations	£3095.77	13.7%
Other	£941.65	4.2%
<b>TOTAL</b>	<b>£22639.42</b>	<b>100%</b>

#### **4.8 Website and Communications**

During the year to March 2014, the website had remained one of the main vehicles for communication with Luna supporters, volunteers and training partners past and present. Thanks to the efforts of Trustee Philip Sarell, content has been updated where necessary and downloadable reference material maintained. Alongside this, Luna intern Siân Bolton, established a Facebook page in order to communicate and interact with a younger audience in an accessible way on a day-to-day basis. Our Facebook page has allowed us to promote the charity, get people interested in fundraising and keep supporters up to date on our projects, with trainers and trainees uploading photographs and comments from their phones during our overseas training courses. The page is monitored daily by intern, Siân Bolton and a trusted volunteer.

The Facebook page has meant that our reach has expanded from those interested in training courses, users of CATT, those interested in research and some regular supporters of ours, to a much larger pool of the general public. Later in 2014 it is our aim to redesign and re-launch the website with a new look and logo. This is work in progress and we are currently consulting on the design (see below) and preparing new content.



**New look website**



## **5 Financial review**

The year has been an exceptionally busy one and we are proud that we have achieved all that we set out to do at the beginning of the year. For the first time we launched a successful appeal for funds for a specific project (Syrian refugee children), and are grateful for all our supporters who donated their time, energy and resources to this end. In particular, we have once again been supported by the Health Foundation and for the first time by the Joan Ainslie Trust, which has promised ongoing support for Luna. Chartwell Industries Ltd also responded with enthusiasm to our request for a start-up grant for the Friends of Butabika Children's Hospital.

At the end of March 2014 Luna had sufficient funds in hand to finance all activities planned for 2014. Nevertheless, we are all too aware that we have to maintain and strengthen our fundraising activities if we are to continue to grow and meet the ongoing demands being generated by our successful training projects. Fundraising is a key priority of our intern Siân Bolton whose work on behalf of Luna has been invaluable. We hope she will be able to continue working with us in 2014/15. It continues to be Luna's policy not to commit to expenditure on any project until we know we have sufficient funds in hand, and we are assisted by the fact that we carry minimal overheads (insurances are the only core cost).

We are overwhelmingly grateful to our Trustees and unpaid advisory officers (who work much harder than is normally expected for those in these kind of roles). Also we could not function without the volunteer trainers who give up their holiday time to travel abroad and work so hard for Luna running the courses. Finally, there is our growing band of supporters who raise funds on Luna's behalf. Many of you are CATT practitioners in the UK who are well aware of the power and effectiveness of the technique and are well placed to recognise how much it is needed across the world.

**THANK YOU TO EVERYONE!**



## **6 Accounts for the year ended March 2014**

### **Income and Expenditure Statement For the Year to 30th June 2014**

	<b>2014</b>	<b>2013</b>
Incoming Resources		
Restricted Funds	<b>12052</b>	0
Unrestricted Funds	<b>5860</b>	8808
Other income	<b>4727</b>	816
Total	<b>22639</b>	9624
Resources Expended		
Charitable activities	<b>13175</b>	3503
Administration	<b>2886</b>	767
Total	<b>16061</b>	4270
Net Surplus/(Deficit)	<b>6578</b>	<b>5354</b>

### **Balance Sheet As at 30th June 2014**

Fixed Assets	<b>0</b>	0
Current Assets	<b>19,277</b>	12,699
Current Liabilities	<b>0</b>	0
Net Assets	<b>19,277</b>	<b>12,699</b>
Restricted Reserves	<b>12,052</b>	0
Unrestricted Reserves	<b>7,225</b>	12,699
Net Funding	<b>19,277</b>	<b>12,699</b>