



Luna Children's Charity

Annual Report & Accounts

**For the year ended
March 2017**

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Who we are and What we do

Luna Children's Charity is a child-centred organisation that trains and supports local people working with children and young people traumatised by conflict, violence and disaster.

Skilled and experienced volunteer child mental health and education practitioners are trained in the UK and overseas to lead our work. They train local mental health professionals and others working closely with child victims of trauma, together with their families and communities, to relieve the symptoms of post-traumatic stress disorder (PTSD) and tackle the wider mental health consequences of violence and conflict. We also support individuals who work in areas where children have suffered, or continue to suffer widespread trauma, and provide additional support where necessary through our 'special projects'.

We use a child-centred therapeutic protocol, Children's Accelerated Trauma Technique (CATT), created and licensed to Luna by Carlotta Raby¹. This empowers local communities with a new and effective approach to the individual treatment of psychological trauma in children suffering from some of the worst effects of violence.

Luna's model not only enables local people to use CATT, but provides those who have gained a high level of experience with the skills to train others. This generates growth in the skills and knowledge needed to manage and treat trauma, and ensures the sustainability of our work. Because CATT may be used by people who are not mental health practitioners, Luna's model is able to address the suffering of children in parts of the world where mental health services are non-existent or under-resourced.



Our trustees making 'dove hands' in support of Syrian colleagues

¹ Carlotta Raby is a psychotherapist, psychologist and PTSD specialist, who created CATT in 2005. She is Director of Trauma Psychology UK,



1. Reference and administration details

Charity Name and details

Luna Children's Charity, known as 'Luna'.

Registered Charity in England & Wales, **Number 1127169**

Registered address: 184 Medstead Road, Beech, Alton, Hampshire GU34 4AJ

website: www.lunachildren.org.uk

facebook: <https://www.facebook.com/Lunachildrenscharity>

twitter: <https://twitter.com/LunaChildren>

Charity Trustees

Stella Charman (Chair)

Jenny Dewar

Anne Feeney

Brenda Graham (also Project Manager for Bishop Asili Counselling Centre)

Martyn Legg (Treasurer)

Philip Sarell

Officers

Tracy Caveney - Finance Officer

Dr Dom Plant - Clinical Operations Manager

Maya Skaarbrevik - Operations Manager, 13.6.16-9.9.16 and thereafter Facebook
Co-ordinator

Specialist volunteers this year

Sapphire Allard - researcher

Alex Bates – researcher

Eve Edmunds – Facebook Co-ordinator to 13.6.16

Lama Hama - Arabic translator

Glenn Adams – IT specialist

Volunteer Trainers used this year

Pippa Gray - therapeutic play follow-up course at Butabika Hospital Kampala November 2016

Uganda Trainers active this year

Gerald Wakweyika

Candia Umar



2. 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 officers, specialist volunteers and interns. Trustees take it in turns to host meetings in South London, Surrey and Hampshire.

At the end of this year Martine Petetin resigned as a Trustee. She has contributed massively to Luna over the past two years. In particular, her legal and governance experience, common sense and general wisdom will be much missed. However, we gained commercial expertise and an injection of enthusiasm from new Trustee Anne Feeney, who was appointed in June 2016.

Tracy Caveney has continued to give her time to Luna as our finance officer, and Dom Plant has now fully developed the role of Clinical Operations Manager for us. He provides clinical support to Luna's trained CATT practitioners and trainers, and is implementing quality assurance and follow-up mechanisms for our training. A key task is to ensure our compliance with the CATT training licence with Trauma Psychology UK, which was signed on 1st January 2017. Also for the forthcoming year we have enlisted the services of a local Operations Manager, Elias Byaruhanga, to oversee operations in Uganda. An evaluation of the outcome of his work will be available for next year's Annual Report.

This year Luna also benefitted, for the second time, from Sussex University's First Generation Graduate Scheme. This funded second-year student Maya Skaarbrevik over a 12-week period in the summer as our Operations Manager. Maya brought a fresh approach and many new ideas to our work this year, and she continues to assist with our Facebook page.

As the remainder of this Report will demonstrate, good governance and risk management has loomed large for Luna this year, and we have worked hard to ensure that all our activities proceed safely and responsibly. This applies not only to our clinical operations, requiring travel to insecure areas of the world, but also to the task of ensuring that we fully comply with the requirements of the 2016 Charities Act. To this end we have nearly completed the process of becoming a Charitable Incorporated Organisation (CIO) and attended a number of valuable and informative events, including one run in January 2017 by the Charity Commission for newly formed charities working in high risk areas internationally. We are now confident that we are a conscientiously managed organisation that cares for both its volunteers and beneficiaries alike, and uses wisely the resources entrusted to us by our valued donors.



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

As in previous years the main focus of Luna's activity is the provision of Children's Accelerated Trauma Technique (CATT) training to professional front-line staff working with children in countries where children suffer the psychological consequences of war, conflict and exploitation. On 1st January 2017 we signed an intellectual property Licence Agreement with Trauma Psychology UK, which grants us exclusive rights to train people in the use of CATT for humanitarian purposes on a not-for-profit basis. Key areas for the delivery of CATT training continue to be Uganda (4.1) and the Middle East (4.2). However, this year we have begun the development of more general child-focussed mental health training, which falls outside the terms of the CATT licence, and continue to provide ongoing support for our special projects (4.3-4.5).

In November 2016 we undertook a follow-up visit to Uganda and in December, two Ugandan Luna trainers delivered another CATT Level 2 course as part of the East London/Butabika Link's wider CAMHS training programme. Following this course, at the end of March 2017 there were 64 CATT practitioners in Uganda, although the number of trainers has dropped from 10 to 9, since Sister Bridget Kokiambo has relocated to Tanzania. Information about the effectiveness of our work in Uganda is included in section 4.1.

However, Luna's work in the Middle East has progressed less well. A reconnaissance trip to plan for training in Gaziantep, Turkey, in early 2017 had to be cancelled at the last minute because our insurers (covering employer liability and Trustee indemnity risks) decided that the security situation was too volatile to allow us to proceed (see 4.2). However, we are currently looking at alternative stable, insurance-approved venues in which to deliver training in 2017/18.

This year we have spent much time and energy on ensuring that we are compliant with the terms of the CATT training licence and in restructuring the charity as a CIO. In consequence our operational activity in 2016-17 is lower than in previous years, but we now feel better equipped to safely increase the pace, diversify and 'up our game' next year.

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 2015.



4. Achievements and performance

4.1 Uganda

Trustees Stella Charman and Brenda Graham, together with play therapist Pippa Gray, visited Uganda 13th-25th November 2016 in order to undertake a variety of tasks for different projects (Bishop Asili Counselling Centre, Friends of Butabika Children's Ward and St Nicholas' School). The latter are reported on fully in sections 4.3-4.5. With respect to Luna's mainstream CATT training programme, Stella visited the Mbarara mental health team and developed plans with Dr Godfrey Rukundo and Elis Byaruhanga for the west of Uganda. She also held a meeting with representatives of a community based organisation working in Kasese. These plans will come to fruition and be reported on in 2017-18. The overall trip cost Luna just over £2,000.

4.2 Middle East

As reported in section 3, this year has been a disappointing one for our work in the Middle East. It is Luna's policy not to send volunteers overseas without full insurance, and we had only 2 days' notice prior to departure from CaSE insurance of their refusal to provide employer liability and Trustee indemnity cover. This was despite our sending them a full risk assessment two weeks in advance. CaSE judged the security situation to be too volatile, despite the fact that the Foreign & Commonwealth Office was still permitting essential travel and our own risk assessment suggested that Istanbul (for which they were willing to provide cover) presented a greater risk. As a consequence, we lost £568 in unrecoverable flight costs, since our travel insurers took a different view of the risks. However, we are currently looking at alternative stable, insurance-approved venues in which to deliver training in 2017/18, and we have kept in touch with current and potential training partners.

4.3 The Friends of Butabika Children's Ward

This year the Friends' Project has continued, but without the benefit of a dedicated Project Manager. In November 2016, Stella Charman, Brenda Graham and Pippa Gray visited Butabika Hospital and made a 'formal' visit to the ward, following a meeting with Director of Nursing David Kyaligonza. Thereafter, Stella met with Reverend Dismas, Brenda met with social worker Mauricia Kamuhiirwa, and Pippa and Stella ran a follow-up play training day in the Recovery Centre on Saturday 19th November.

The outcome of the visit was a much more positive report back to the Friends and the CAMHS Workstream of the Link about the situation of the 25 children who were inpatients at the time, and new ward management arrangements. The team was especially delighted to receive glowing feedback about the performance of Dismas Lwagula (known as DJ), the regular volunteer on the ward who is funded by the Friends on an ongoing basis. The approach of the new nurse management team had improved morale, and was enabling better collaboration with supporters of the ward, and the volunteers like DJ, who are helping to make up for poor staffing levels.



Some of the participants on the play follow-up day, with Reverend Dismas, DJ and Stella

Nevertheless, the Luna team remain particularly concerned about a number of issues which Luna will continue to monitor and raise with the CAMHS Workstream, and the East London/Butabika Link as a whole. Our concerns include:

- The continued inability of Butabika Hospital's senior management to implement the child protection protocol
- Poor level of training among some staff
- Slowing down of resettlement activity
- The ongoing paucity of essential supplies, material resources and food

Following the visit, Luna made a full report to the CAMHS Workstream that recommended that it continues to pursue and monitor child protection, safeguarding and resettlement as key priorities at Butabika Hospital, plus training for non-clinical staff.

4.4 Bishop Asili Counselling Centre

In partnership with Red House pupils from Mill Chase School Bordon, Luna has continued to support Bishop Asili Counselling Centre and its Director Sister Florence Achulo. Sister Florence and her small team provide support for women and girls who are recovering from exploitation and abuse. They face rejection and isolation in their community. In this part of Northern Uganda, communities were terrorised for nearly twenty years by rebel leader Joseph Kony and the Lord's Resistance Army. UNICEF has estimated that at least 25,000 children were abducted by the LRA and forced into combat, marriage and slavery. These children have now returned as young people to their ravaged communities. They may still be severely traumatised, and many have HIV, and children born to them during their abduction. The Centre provides practical and psychological support to women and their children. It's a caring, vibrant place. Some women go on to work as volunteers for the centre and support others. There is a constant and growing need for the work of the Centre.

We are very proud that over the course of the year, Red House pupils have raised £556, with an additional £125 raised from a tombola at Beech Village Hall. Luna Trustee Brenda

Graham took over as Project Manager in September, and visited the Centre in November 2016 with donations given by Mill Chase School, including enough cash to buy a motorbike, which Sister Florence has needed for many years. The motorbike has enabled the Centre to reach families in far villages on poor roads much more easily than has been possible by bicycle, and to transport children to hospital in an emergency.



4.5 St Nicholas' School, Kalerwe

St Nicholas' School, Kalerwe, Kampala, was approved as a Special Project by Luna's Trustees in June 2016, with play therapist and Education specialist Pippa Gray as Project Manager. A MyDonate page was created, fundraising took place during the Summer and Autumn of 2016, and preparation began for a visit between 13th and 26th November. This had the following specific objectives for St Nicholas' School:

- to provide training for parents/staff in St Nicholas' school/the Kalerwe community, in child development, attachment and developmental trauma
- to set up a practical skills workshop and fund training for local residents to make reusable sanitary pads and nappies, jewellery, bags, items of clothing etc. with a view to setting up small businesses
- To undertake a scoping study of local needs, as well as existing resources, agencies, facilities etc to inform potential future work (in the event this did not happen)



Preparing for the training:
Pippa with Iryne (Mirica's daughter), Mirica (Headteacher) and Brenda

Pippa bought 10 sewing machines, and the materials needed to enable 5 days of training to take place, which resulted in 30 women learning how to make reusable sanitary towels, bags and jewellery/accessories using beads and recycled paper. Evelyn Achieng, who runs her own workshop/co-operative in Kampala, taught people how to make jewellery and other items. She is very committed to offering ongoing training and to work closely with Mirica, then Head of St Nicholas' school, to develop the business/marketing side of the workshop. The training was received with much enthusiasm by all who attended.



Mirica and Evelyn - two of the most amazing women you might hope to meet

Pippa herself delivered a session to staff at St Nicholas' school, a session to a whole school assembly, an orientation session for workshop attendees, and five 2 hour seminars to a small group of trainees on:-

- brain structure, function and stages of development;
- children's needs and positive parenting
- risk and resilience and protective factors in relation to the child/family/community
- anxiety and the fight/flight response - dealing with stress and how to release "feel good" chemicals
- attachment /developmental trauma and the 5 dimension secure base model

Unfortunately, soon after the visit Mirica had to step down from her role as Head of St Nicholas' School, and following discussions with the Trustees Pippa decided to bring the project to a close, but to follow up her relationships on an informal basis. So this will not continue as a Luna Special Project into next year. However, it has provided us with some important learning about teaching in community-based settings and the training needs of people working with children in very deprived areas. Luna hopes to build on this experience in the future.

4.6 Quality assurance & research

Over the course of the year, Clinical Operations Manager Dominic Plant has been preparing for implementation of the quality schedules of the licence, which require us to improve our training systems and procedures. Work has continued on a new confidential practitioner section of the website, which had 25 registered practitioners at the end of March 2017.

Although responsibility for research into the effectiveness of CATT rests with Trauma Psychology UK, Luna must nonetheless ensure that the way we teach and support



practitioners is evaluated and leads to the best possible outcomes. Last year we enlisted the services of volunteer researchers Sapphire Allard and Alex Bates to undertake a social impact assessment (SIA) of our work in Uganda between 2011 and 2015. The assessment involved an online questionnaire completed by 15 of the (then) 45 CATT practitioners trained by Luna during this four-year period, plus 7 face-to-face interviews.

Luna's model of training practitioners to train others has the aim of creating a sustainable and ultimately self-sufficient system of service provision, without the need for further 'outside' support. In commissioning this assessment, Luna wished to explore how far this aim had been achieved in Uganda. Has CATT training equipped practitioners with the skills and knowledge needed to identify PTSD in children, treat children appropriately, and explain the symptoms and experience of trauma to children and their families in ways that change their behaviour and attitudes? The assessment was based on what practitioners think and had observed about the impact of their training. It provided Luna with an indication of the scope and nature of further activity and research that may be required to reach more robust conclusions about impact.

The report was approved by Trustees in December 2016 and a full account of the analysis of findings and recommendations may be read in the main report which is downloadable from Luna's website: www.lunachildren.org.uk. However, some key features are included in this section.

Key findings of the SIA were that Luna's training had helped people to work in a more child-centred way, with a better understanding of the difference between working with children and working with adults, whilst respecting their equal rights. This was something that some, but not all, participants had learnt about in previous trainings, and none had learned how to apply these principles in a practical manner that was child-focussed. All said the training gave them new and helpful methods of explaining PTSD to children, and the majority said they had used these methods effectively with children. Analysis of the interviews highlighted the extent of the trauma in many of the places where CATT practitioners work, and how the psycho-education skills learnt during the course had been used to help the families, which in turn helped the child. 13 out of 15 questionnaire respondents said that they were 'definitely' able to observe and measure positive changes in the children as a result of their CATT treatment. All of these changes impacted not only on the child's mental and physical wellbeing in their day to day lives but also on their futures: being able to go back to school gives them a better chance of financial stability later in life, and the ability to talk about their experiences will improve their coping mechanisms in dealing with future problems. These improvements also had a positive impact on their parents and families.

Overall, the assessment provided Luna with evidence that CATT is being used effectively in Uganda to treat children with PTSD, that it has changed attitudes and practice, and is highly valued as an intervention that works. Specific recommendations for Luna fell into three broad categories: changes needed to content of training, how Luna might broaden its work in Uganda, and where Luna should undertake further research. We are now incorporating these recommendations into our updated programme of training.



In future years we hope to commission a similar assessment of the impact of our training in the Middle East.

4.7 Fundraising

The new Charities Act requires charities to make a statement about fundraising policy in their Annual Reports. Luna does not send any unsolicited e-mails to those who have expressed an interest in Luna's work, but asks them to follow us on facebook and twitter instead, for news of projects and fundraising initiatives. Regular donors whom we know well are sent our Annual Report, but not contacted directly in any other way unless they request involvement. We focus on making formal bids to Trusts, Foundations and corporate bodies, and encourage individuals or organisations who know about our work to fundraise on our behalf. We offer groups and organisations educational activities/presentations in return for fundraising initiatives and support. At present we do not have the manpower, skills or resources to run large fundraising events and have not used a professional fundraiser over the past year. However, we know that this is an area in which we must invest more time and energy in the future.

As ever, Luna is enormously grateful to all who have continued to support us and have made donations in the 16-17 financial year, as follows:

Unrestricted donations from corporate sponsors, charitable and grant-giving foundations:

- Joan Ainslie Trust £5,000
- Chartwell Industries Ltd/Cripps Foundation £1,000

Schools & Universities:

- Red House, Mill Chase School £556 for Bishop Asili Counselling Centre
- University of Sussex £3,300 to fund Maya Skaarbrevik's internship

Fundraising by individual donors:

- Pippa Gray £1,000 for St Nicholas' School, Kalerwe, Kampala
- Laura Roughan £670 from running London Marathon
- Dr TN Appleyard monthly standing order (unrestricted)
- Friends of Butabika Children's Ward £1,037 for volunteer worker Dismas Lwagula
- Beech Village Christmas Fair £125 for Bishop Asili Counselling Centre
- Miscellaneous other donations from supporters and Trustees

Luna's funding sources (%) year ended March17

<u>Funding source</u>	<u>amount</u>	<u>%</u>
Charitable Trusts/Foundations	5000	36%
Corporate donors	1000	7%
Schools & universities	3856	28%
Individual donations	4080	29%
Earning from activities/interest	20	0%
<u>TOTAL</u>	<u>13956</u>	<u>100%</u>



4.8 Website and Communications

Thanks to the hard work of web designer David Woodroofe working with Dom Plant and Maya Skaarbrevik, the practitioner section of the website went live this year and now has a number of registered users (see also section 4.6). It provides an important resource for our CATT practitioners and enables Luna to receive and respond confidentially to their questions and concerns. Maya also took over managing the Facebook page from Eve Edmunds in June 2015, and continues to do so even though her internship ended in September. Thankyou, Maya! Thanks also to Glenn Adams who has provided his specialist IT skills on a voluntary basis to help us maintain the website in its expanded form. It is still hosted by Memset, but no longer without charge. Stella continues to tweet on Luna's behalf.

4.9 Safeguarding

Luna takes child protection and safeguarding very seriously, and we ensure that all our volunteers and partners are aware of the need to keep children safe and follow high standards of professional practice, wherever they work. Our safeguarding policy is downloadable from the website, and Brenda Graham is our Safeguarding Officer.

Luna's main area of concern continues to be the children's ward at Butabika Hospital (see section 4.3). During our visit in November 2016 we again followed up on issues identified earlier in the year, about security on the ward, the investigation of deaths and untoward incidents, staff training and the care of children when they are physically ill or injured. To the best of our knowledge, the child protection protocol is still not being implemented, and no Committee or working group has been set up as promised by the hospital management. We have raised these issues once again and wrote a full report for the Link, with a full briefing for the most recent East London Foundation Trust volunteer resident at Butabika Hospital. We continue to monitor and work towards improvement by raising awareness of the situation. On a more positive note, Becky Akello reported during our visit that the children no longer have access to violent films/TV shows.

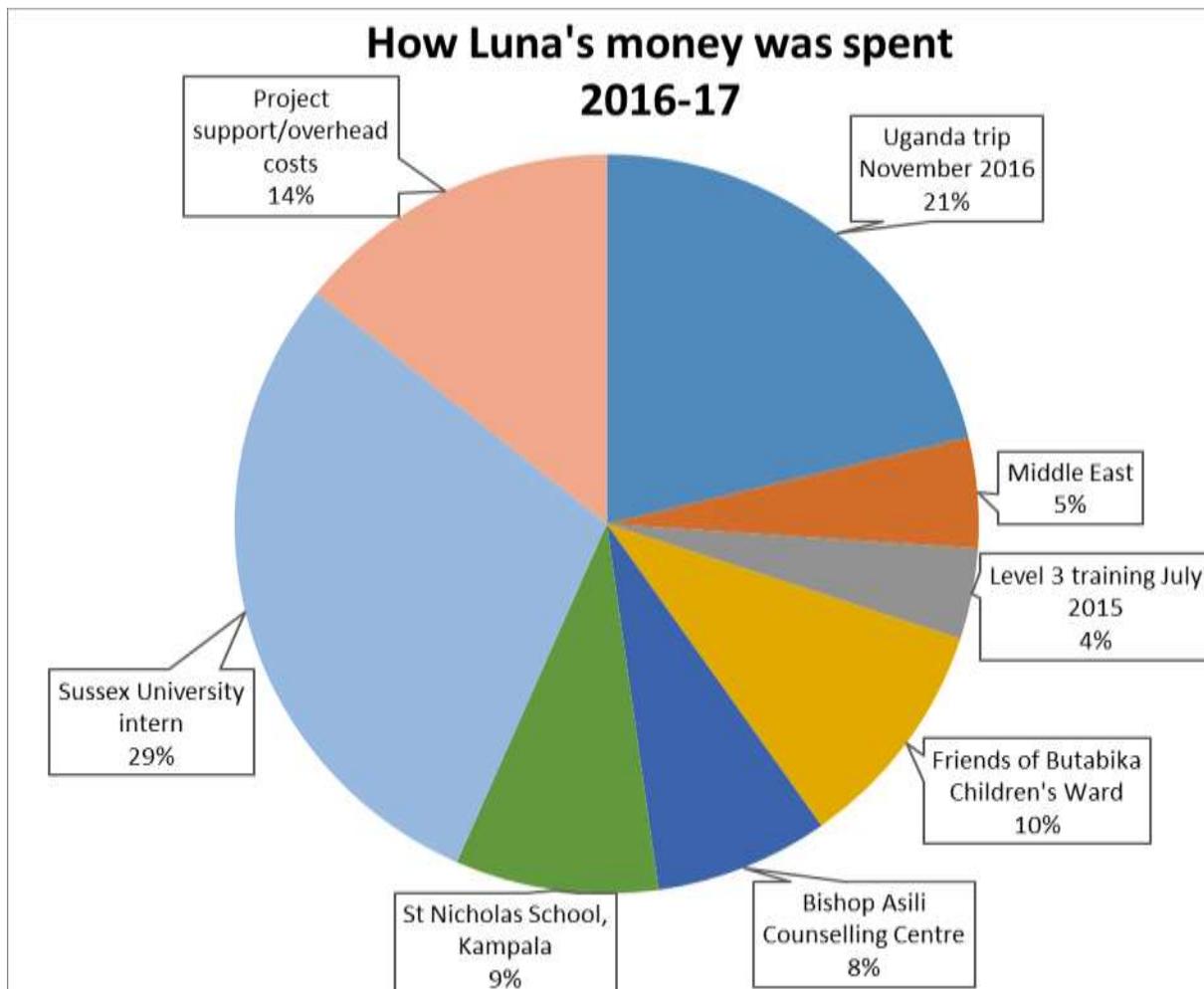
A second area of concern this year has been the use of CATT in Rhino refugee camp by recently-trained practitioners as part of the Link's CAMHS training programme. Rhino is in the north west of Uganda and home to nearly 5,000 refugees, mainly from the Congo. Again, we have liaised with the Link to ensure that sufficient resources were provided to ensure that all steps of the protocol were applied, and that there has been adequate follow-up of all the children treated.



5 Financial review

As section 3 explains, this has been a quieter year for Luna in terms of operational activity, although we have maintained our income at a similar level to last year. So we ended the year with a small surplus, and sufficient in the bank to plan one or more training trips in the coming year. However, we have not undertaken any significant fundraising initiatives, nor yet succeeded in our aim of raising Luna's income and profile to the next level, so that we break through the 'glass ceiling' in terms of charity development. Luna's key priority for 2017-18 is therefore to pursue ways of ensuring the longer-term sustainability of our work, whilst ensuring that we do not plan for any activity that we cannot fund.

The pie chart below shows how our funds were spent during the year.



THANK YOU TO EVERYONE!



6 Accounts for the year ended March 2017

Statements of Financial Activities - year ended 31st March 2017

Income and Expenditure Statement Year Ended 31st March 2017

	£ 2017	£ 2016
<u>Incoming Resources</u>		
Voluntary donations - Unrestricted funds	7,248	5,683
Restricted funds	6,688	6,791
Total Donations	13,936	12,474
Other incoming resources	20	59
Total Incoming Resources	13,956	12,533
 <u>Resources Expended</u>		
Raising Funds	0	0
Total expenditure on raising funds	0	0
Programme activities - Unrestricted funds	3,400	13,800
Restricted funds	6,309	6,672
Project support & development	1,613	2,138
Total expenditure on charitable activities	11,322	22,610
Total Expenditure	11,322	22,610
 Net Income/(Expenditure) For The Year	 2,634	 (10,077)



Balance Sheet
As at 31st March 2017

	£ 2017	£ 2016
Fixed Assets	-	-
<u>Current Assets</u>		
Cash at bank and in hand	10,423	8,297
<u>Current Liabilities</u>	(391)	(900)
Net Current Assets	10,032	7,397
Net Assets	10,032	7,397
<u>Funds</u>		
Restricted Funds	603	223
Unrestricted Funds	9,429	7,174
Total Funds	10,032	7,397