

THIRD HOPE

England & Wales · Charity number 1133419

Details

Status Registered

Legal form Trust

Registered 2009-12-31

Register [View on the Charity Commission register](#)

Contact

Address 16 The Leas
Bushey
WD23 2DZ

Phone 01923 819767

Email fiona@thirdhope.org

Website www.thirdhope.org

Activities

Objects: 1 TO RELIEVE POVERTY AND OPPRESSION OF CHILDREN IN NORTHERN UGANDA WHO HAVE BEEN TAKEN AS CHILD-SOLDIERS BY PROVIDING TWO REHABILITATION CENTRES NEAR GILLU (FOR WHEN THEY ARE RELEASED), EMPLOYING LOCAL TEACHERS AND EXPERTS TO TRAIN THESE YOUNG PEOPLE IN VOCATIONAL SKILLS.2 TO ADVANCE EDUCATION IN NORTHERN UGANDA BY TRAINING THE EX-CHILD SOLDIERS IN VOCATIONAL SKILLS, ALONGSIDE LITERACY AND LIFE-COACHING AND BY STARTING A PRIMARY AND SECONDARY SCHOOL. TO INSTALL A TRAUMA-COUNSELLING TEAM TO ENABLE STUDENTS TO DEAL WITH DEBILITATING TRAUMAS AS THEY ARISE.3 TO BE BENEFICIAL TO THE COMMUNITY BY USING INDIGENOUS EXPRESSIONS OF ART, THEATRE, DANCE AND MUSIC WITHIN THE CENTRES AS A CELEBRATION AND AFFIRMATION OF THE LOCAL CULTURE, TO PROMOTE A PRIDE IN THEIR RICH CULTURAL ROOTS. WE INTEND TO USE ALTERNATIVE METHODS OF ENERGY AS A WAY OF MODERN MORE COST-EFFECTIVE WAYS OF GENERATING POWER.

Activities: Third Hope has been established to respond to the injustice of child soldiers and the use of children in warfare. Our aim is to build and resource rehabilitation centres for these children, beginning in Northern Uganda where the situation is most acute and to raise awareness of this issue through advocacy.

Classification

- **How:** Provides Other Finance, Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Prevention Or Relief Of Poverty, Overseas Aid/famine Relief, Arts/culture/heritage/science, Amateur Sport, Environment/conservation/heritage, Economic/community Development/employment
- **Who:** Children/young People

Geography

- **Area of benefit:** NORTHERN UGANDA
- Uganda

Finances

| Period end | Income | Expenditure | Assets | Employees |
|------------|----------|-------------|--------|-----------|
| 2025-01-31 | £115,880 | £93,835 | - | - |
| 2024-01-31 | £76,520 | £105,273 | - | - |
| 2023-01-31 | £109,306 | £84,085 | - | - |
| 2022-01-31 | £65,912 | £69,969 | - | - |
| 2021-01-31 | £41,616 | £58,136 | - | - |

Trustees

| Name | Role | Appointed |
|------------------------|------|------------|
| Barry Horner | | 2020-10-08 |
| David Salmon | | 2015-07-14 |
| Keren Pollock | | 2023-10-06 |
| Ntombizifikile Mkoyana | | 2021-02-02 |
| Peter Iles | | 2015-09-25 |
| Rose-Mary Salmon | | 2015-07-14 |
| Zachary Horner | | 2023-10-06 |

THIRD HOPE

England & Wales - Charity number 1133419

Accounts

ANNUAL REPORT

2024/2025



**THIRD
HOPE**

For the long term rehabilitation of
Northern Uganda's ex-child soldiers

“The deeper the roots the stronger the tree.”

Back in 2009, when we first bought the 23 acres of land in rural Northern Uganda, we knew that one day it was destined to be a Model Farm. However, at the time it was nothing more than open bush – typical of so much of rural East Africa.



The land as it was when first purchased in 2009

Very early on, during the construction of our first buildings, we were facing a challenge from strong winds. There were a few native trees dotted among the tall grasses, but there was nothing to stop the powerful gusts of wind that periodically, during the rainy season, would rush up through the valley, causing significant damage to our new grass roofs. So it was agreed – a wind-break of pine trees had to be planted.



For several years the tender saplings showed little sign of growth

The ground was hard and sun-baked and the small saplings struggled amidst the tall grasses and termite mounds. For the first few years, they simply refused to grow. They seemed to be stuck in a sort of limbo. Our farm team kept a careful eye on them and did what they could to keep them from being trampled by the local goats and

cattle which, during the dry season, were left to wander where they will – a destructive practice which is still too prevalent even today.

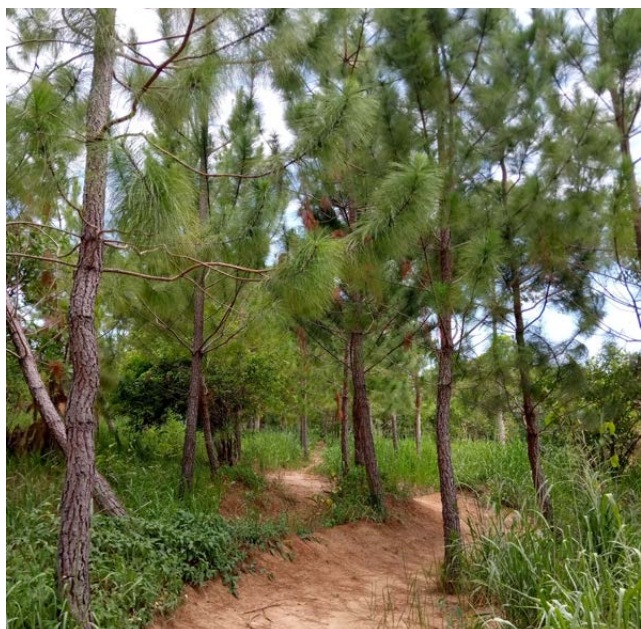
Year after year we cared for them, yet even after four years many of them were still only knee high. One day, we received a visit from a local agriculturalist who knew the region well so we took her to see our struggling saplings. Her response was an encouragement to us on many levels. She told us “When you plant trees in a hostile environment like this, they always take a long time to get started – not because they are doing nothing, but because what they are doing you cannot see. They may not grow up, but their roots are pushing deep down into the hard ground. Have patience and do not fear, the deeper the roots the stronger the tree.”

Her words rang true for us not just for our trees but also for our Trainees. When we started this work with ex-child soldiers, we knew we were sowing seeds in a hostile environment. These young men and women, who had been through so much suffering at the hands of the rebel armies, had now returned to the hardships of a life still burdened by poverty and disease. They were suspicious of outsiders, ostracised by their own communities, haunted by horrific memories and struggling to find work without the education they had been so cruelly denied.

So, as we looked down at these small, struggling saplings at our feet, we learned to look beyond what we could see, to the invisible work that was surely going on beneath the surface of both soil and skin.

But we were not the only ones who had to learn the secret of patient endurance. You, our tireless supporters and generous donors have also come with us on this long and turbulent journey. Through failed harvests, set backs, fires, disease, suffering and loss, you have continued your faithful support and encouragement, for which we are forever grateful.

Our monitoring team recently visited the homesteads of the 2019 trainees, who have been with us now for six years. Their words testify to the deepening roots of better health, improved incomes, emotional resilience and community support which are all helping them to grow, strengthen and bear fruit.



By 2021 the trees were beginning to become established

Harafat Ricki

“Many people now come to my farm to learn, I give them some seedlings to take and plant at their own farms.

My children are eating fruits from my own farm and trees are providing good shade for us.

I am now able to make compost out of cow dung, grasses, wood, and leaves of the trees which is helping my crops and trees so much.

Emotionally, I feel totally changed because I used to think only of killing when I was annoyed but since I joined the program at Third Hope, I have changed and people no longer fear me. I am also glad to say I am living with my wife; women used to fear me a lot but now we are okay. Once a month we meet together with other groups in the program and this makes us laugh, share and have fun together.”

Okello Geoffrey

“The program has helped in so many ways; it has taught me new ways of farming like mulching, planting more trees like fruit trees and different crops on my farm.

I also got to know other medicinal trees like Moringa and Neem which are now helping me and my family a lot.

I now plant my crops early on the onset of rain and I don't plant just a single crop but a variety and I am now getting good harvests from my farm.

Emotionally, I used to be very rude and cruel but nowadays I am more humble and can relate well with other people.”

Oroma Margret

“This program helps me a lot because I am now selling some of the fruits from the trees I have planted, like tangerines, guavas, avocados and mangos, which is helping me to pay my children's school fees.

Also the health of my children has greatly improved because I can feed them nutritious food and they are dressed well.

I am now saving some money in a community saving group and my plan is to build a permanent house out of my savings. Emotionally, I have dealt with my anxiety and I no longer worry a lot. I love prayers and it is the best thing in my life nowadays.”



Oroma next to one of her avocado trees

Okello Charles

“I have learned so many things during the course and now I know how to space my crops in the garden. I have learned other farming techniques like mulching, which I am also teaching to my family members and they are learning the importance of planting trees.

We are now adding moringa powder to our meals and also eating a balanced diet from what I am getting from my farm. Nowadays I don't spend a lot of money on buying drugs because we rarely get sick. I am now calm and stable, not thinking a lot about life as I used to think. I am also learning how to pray and this is helping me not to have nightmares.”

Akumu Jackline

“The course has changed my life because I planted many fruit trees like the 'iodine' tree, neem, lemon, tamarind and many others. Our health has also improved because we rarely get sick nowadays. The program also helped me a lot, I used to hold anger but now I can forgive.

We have formed a group where, when any one of us is having a problem, we all contribute and support.”



The trees now provide welcome shade as well as wind protection.

2024/25: A year in brief



25 ex-child soldiers enrol onto the Regenerative Agriculture Course

A FRESH INTAKE of 25 young men and women started the course in November 2024 and were enthusiastic learners, quickly forming strong connections as a group. After the classroom sessions they were given the opportunity to put the regenerative techniques they had learned into practice on the Model Farm. This helps cement ideas which can easily get forgotten – particularly as many of the ideas they are learning are new to them.

Throughout Uganda post-war development is impacting life. As people return to the area and families grow, the pressure on land is becoming increasingly intense leading to a profound need to learn how to grow more food on smaller plots. By teaching these skills to ex-child soldiers their status is raised. Neighbours see their bountiful farms and seek their advice, and the ex-child soldiers become the teachers.



The team and trainees welcome visitors from the UK

THIS SUMMER the Third Hope Team in Uganda joyfully welcomed the Glazer family. Their son, Zak, had been fundraising for Third Hope through his school, Haberdashers'. So when they travelled to Uganda, they arranged a visit to the farm. This was an opportunity for the team and the trainees to express their thanks to those who raise funds for Third Hope and to celebrate with gratitude the work that goes on at the farm. Upon his return to Haberdashers' for the new term, Zak shared his experience with his fellow pupils who responded with even more generous compassion and raised more money, this time over £40,000 for Third Hope! The photo on the cover is our response to this wonderful fundraising effort from the school.





Major repairs to the Learning Circle roof: necessary renovations and an opportunity for training

A MAJOR PROJECT that was undertaken this year was the rebuilding of the roof of our Learning Circle, the building where all the teaching and training takes place.

We made a decision, from the outset, that we would only build using traditional methods and materials. This is not only because a grass roof creates a wonderful cool environment for learning in, but also because their maintenance can become an excellent training opportunity for the ex-child soldiers.

As you can see from the photos, this construction project was a communal effort as the whole team and trainees participated in the renovation. Everything is done by hand: the wood is stripped of its bark, the ropes are made from twisted bark or reeds and the result is beautiful both to look at and to work in. The trainees are all so proud of their achievement and have learned valuable, and marketable skills.





Most training sessions involve drama as part of the teaching, which helps those with low levels of literacy.



As the trees grow, the Model Farm is becoming a cool and welcoming environment – a beautiful place to wander, ponder and think.

Structure, Governance and Management

Third Hope UK is a Charitable Trust governed by a trust deed. As such it is regulated by the laws affecting charitable trusts in the UK. A body of trustees governs Third Hope. There must be a minimum of three trustees serving at any time. New trustees may be suggested by any trustee and are appointed by consensus of all the current trustees.

Decisions are made at trustees' meetings, with sub committees managing issues of specialist interest. The trustees are responsible for fund-raising and for supporting the team in Uganda, as well as ensuring that income is used to further the objectives of Third Hope Africa, as outlined in its Governing Document.

Third Hope Africa is an International NGO, registered in Uganda, which is responsible for the day-to-day running of the project in Uganda and the delivery of the programme to the trainees. It is funded exclusively by Third Hope UK and audited by the Ugandan authorities. Two UK trustees sit on the board of Third Hope Africa.

Third Hope UK is Managed by the Following Trustees:

Rose-Mary Salmon (since Autumn 2010)
David Salmon, Chair (since Autumn 2010)
Peter Iles (since Autumn 2015)
Barry Horner (since October 2020)
Ntombizifikile Mkoyana (since December 2020)
Zac Horner (since 2023)
Keren Pollock (since 2023)

UK Administrator: Fiona Penny

Public Benefit Statement

Third Hope has read the Charity Commission guidance on public benefit and is satisfied that the activities outlined above clearly demonstrate that the charity is providing a benefit to the public.

Financial Review

We have no deficit on our funds at the end of the year. Our funds carried forward are **£33,681.14** of which **£1,034.28** are unrestricted funds.

Reserves Policy

Third Hope holds in reserve enough to cover staff allowances for three months and for any expenditure to which we have committed.

www.thirdhope.org

UK Office: 16 The Leas, North Bushey, Herts WD23 2DZ

Contact: fiona@thirdhope.org

Third Hope, registered charity no. 1133419

Third Hope Africa, International NGO, no. FORR8830311NB

**THIRD
HOPE
AFRICA**

Third Hope Accounts

February 2024 – January 2025



Summative

| | Unrestricted | Restricted | Total |
|--------------------------------------|--------------|------------|-------------|
| Funds brought forward from 2023-2024 | £ 10,601.02 | £ 1,034.28 | £11,635.30 |
| Total Income | £103,380.38 | £12,500.00 | £115,880.38 |
| Total Expenditure | £81,334.54 | £12,500.00 | £93,834.54 |
| Funds carried forward to 2025-2026 | £32,646.86 | £1,034.28 | £33,681.14 |

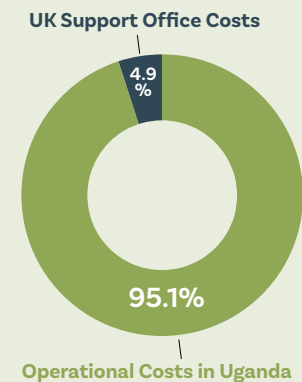
Income

| Source of funds | Unrestricted | Restricted | Total |
|-----------------|--------------------|-------------------|--------------------|
| Donations | £62,036.30 | – | £62,036.30 |
| Fundraising | £41,344.08 | – | £41,344.08 |
| Grants | – | £12,500.00 | £12,500.00 |
| Total | £103,380.38 | £12,500.00 | £115,880.38 |

Expenditure

| Use of funds | Unrestricted | Restricted | Total |
|----------------------------------|-------------------|-------------------|-------------------|
| Operational Costs in Uganda | £76,759.34 | £12,500.00 | £89,259.34 |
| UK Support Office Administration | £4,575.20 | – | £4,575.20 |
| Total | £81,334.54 | £12,500.00 | £93,834.54 |

Percentage Breakdown of Expenditure in Uganda over Expenditure in the UK



Assets: Third Hope UK is solely a fundraising arm of the work and holds no assets. Third Hope Africa, the sister organisation in Uganda, holds assets to the value of £40,209.78

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ANNUAL REPORT

2023/2024



For the long term rehabilitation of ex-child soldiers

The long-term challenges of Hidden Hunger & Hidden Trauma

We have been delivering our Regenerative Agriculture Course to ex-child soldiers in Northern Uganda for several years now. In the course, we emphasise the importance of nutrition. Uganda is a green and fertile land. For hundreds of years, rural Ugandans enjoyed a relatively well-balanced diet, with access to a wide variety of native fruits, nutritious staples and easy-to-grow leafy greens. However, with the introduction of maize (under the British Protectorate), and, more recently, the World Food Programme's introduction of cooking oil and refined sugar to the IDP camps during the civil war, the modern Ugandan diet is now decidedly unhealthy. Thus health issues like diabetes and obesity are fast becoming a serious problem, particularly in the cities. But even in the rural areas, poverty, lack of education and a breakdown in family structures have resulted in wide-scale ignorance of what constitutes a well balanced, healthy diet.

A key issue we highlight in our course is 'hidden hunger'. Hidden hunger is where people have enough to eat each day, so they no longer 'feel' hungry, however because of a lack of essential vitamins and minerals, their underlying health remains dangerously compromised. People are still 'starved' of many of the nutrients they need; immune systems remain weak; energy levels are low, and many find themselves unable to fight off the viruses and diseases that still wreak havoc in the community.

We are encouraged to report that the ex-child soldiers who regularly visit our project are beginning to report real improvements in health as a result of better nutrition. The team have moved from maize to millet as their main staple, vitamin-A-rich vams and sweet potatoes in place of white rice, and leafy greens and fruit are now encouraged with every meal. The fish pond is also producing a supply of fresh tilapia and the chickens provide a regular supply of eggs.

The Model Farm also has a growing number of thriving Moringa trees and the food stores are stocked with a continuous supply of moringa powder, which is added to every meal served on the Farm.

The effects of these significant changes to diet are beginning to reveal themselves. There has already been a noticeable decrease in stomach ulcers and a greater resilience to illnesses in general. Some are reporting that by reducing the intake of refined sugar there is a noticeable improvement in oral hygiene.

These changes, as with many of the initiatives that are provided for the ex-child soldiers, require time. They are not, and cannot be, quick fixes. Patterns of bad eating take time to change. Education alone only goes so far. Something we learn in the classroom is often forgotten by the time we reach home. It is only by repeated re-enforcement and consistent demonstration that patterns and habits begin to change. Then, as the benefits begin to be





The Model Farm, planted with Moringa and Papaya trees, two of the most nutrient-rich trees in the world, with significant medicinal properties.

felt, the transformative potential of good nutrition can begin to be understood.

The same is true for trauma as is true for hunger. The ex-child soldiers suffered extreme trauma when they were abducted by rebel soldiers and forced to become fighters. They all saw and experienced horrific things, leaving deep scars in their souls as well as on their bodies.

After escaping, or being freed, they returned to normal life but the scars did not go away. Over half of those we work with received no support on their return. And those who were given support felt that the trauma counselling they received only scratched the surface of their experiences.

They were thrust back into an already struggling, post-war society. To survive, many of their traumatic memories were pushed down and suppressed. People moved on. The wider community were tired of war and keen to put the dark days behind them. The ex-child soldiers were often regarded as an uncomfortable reminder of things most would rather forget, so it is no surprise that they buried their painful memories.

However, a trauma hidden is not a trauma healed. Just as with hidden hunger, where a person can feel they have enough food, while the body is still dangerously weakened by a lack of nutrients, so it is with hidden trauma. The ex-child soldiers can 'feel' their experiences are all behind them, but beneath the surface, the old traumas are still there, weakening their emotional resilience and mental

health and ready to rush up to the surface, often with destructive results, when the pressure gets too much.

The solution to 'hidden hunger' is a slow, consistent, intentional change in diet. In the same way, we have discovered that the solution to hidden trauma is a slow, consistent and intentional transformation in how we think and act. Learning to trust, to forgive, to take responsibility; to discover patience, kindness, generosity, gentleness, faithfulness – these are the long-term nutrients of the soul which, over time, can lead to a deep and resilient wellbeing.

Each year we continue to work with the trainees who have been through our regenerative agriculture programme. Each year we see the benefit that repeated support in trauma counselling has on their lives. These are not quick solutions but they are leading to health of body, mind and spirit.



Ex-child soldiers attending a workshop on forgiveness at the Peace Centre

2023/24: A year in the life of Third Hope



The Peace Centre Exhibition nears completion

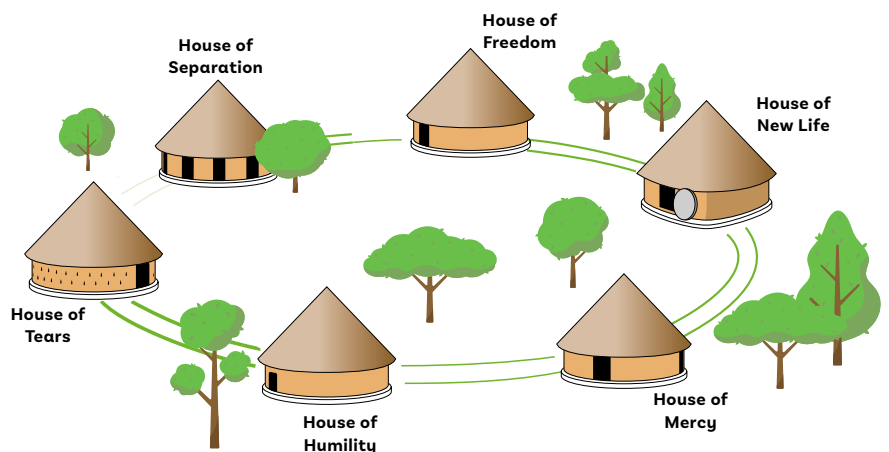
We started this financial year with funding in hand from two generous donors, given specifically for the Peace Centre. The Peace Centre is a 10-acre plot of land, situated about a mile down the valley from the Model Farm, and is a space dedicated to promoting peace and reconciliation for ex-child soldiers and the wider community.

Third Hope acquired the land a number of years ago and we have cleared it and planted hundreds of native, medicinal and fruit trees. We are now close to completing the construction of the exhibition itself. This exhibition area is set in beautiful gardens which aid the process of reflection and reconciliation.

The main exhibition is comprised of six huts, each

focusing on a different issue relating to the aftermath of war, each helping visitors address the roots of war in their own hearts.

The area is beginning to acquire the feel of a welcoming Ugandan homestead and we look forward to receiving visitors in greater numbers once it is completed.





Sharing trees with our neighbours

On both sites we have boreholes which provide water, not only for the project, but for our neighbours as well.

We have also begun distributing tree saplings to our immediate neighbours, freely sharing with them all we have learned of the many benefits of growing trees. We hope this will help towards the further reforestation of the region.



The team distributing tree saplings to our neighbours



This bean crop was planted on soil covered with mulch.



Same seed, same soil, but planted without mulch!

Watson, our Farm Manager, demonstrating the impact that mulching made on our bean crop.

Demonstrating the impact of mulch

Although the benefits of mulching are taught every year in our Regenerative Agriculture Course, it takes time for habits to change. Sometimes it takes real-life experience to drive the message home.

During the rainy season, the trainees assisted in experiments on the Model Farm. In one of these we reused old roof-thatch as a thick mulch layer on the bare soil where we had planted beans. The mulch suppressed weeds and retained moisture in the soil, protecting it from the fierce heat of the sun. This also allowed soil-life to flourish and the effect on the crops was astonishing (as seen above). This experiment was more effective than any amount of words. Many of the trainees (and team members) are now fired up to try out this simple technique for themselves.

Trainee Testimony from our Red Hand Day Celebration

Each year on February 12th we join with the international community in marking 'Red Hand Day'. This day is set aside to remember all child soldiers and to seek an end to the use of children in war.

Before I came to Third Hope, I would never sleep inside my house. I had so much fear and bitterness that kept me away from people - even my wife. I trusted no one. But now I have slowly started loving and trusting people, I now also tolerate much disturbance from others. But most of all, I now sleep soundly inside my house and my wife is very happy with me. I know this is because the hand of the Lord touched me at Third Hope Africa. I have also bought land from savings of the money I got while working at Third Hope. I pray everyone of us benefits from Third Hope courses, like Sustainable Agriculture, Trauma Counseling, and also prayers. [ANUNGA CHARLES]





A bumper harvest of tangerines and bananas this year underscores the long-term efficacy of perennial agriculture.



Abundant harvests of mangoes and avocados, from the Peace Centre orchards, further demonstrate the benefit of trees to the trainees.

Front Cover Photo: The trainees proudly display the fruit of their labours in the carpentry workshops, where they learn to make tables and shelving units.

Structure, Governance and Management

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Third Hope Accounts

February 2023 – January 2024

Summative

| | Unrestricted | Restricted | Total |
|--------------------------------------|--------------|------------|-------------|
| Funds brought forward from 2022-2023 | £17,584.56 | £22,803.15 | £40,387.71 |
| Total Income | £76,520.22 | – | £76,520.22 |
| Total Expenditure | £83,503.76 | £21,768.87 | £105,272.63 |
| Funds carried forward to 2024-2025 | £10,601.02 | £1,034.28 | £11,635.30 |

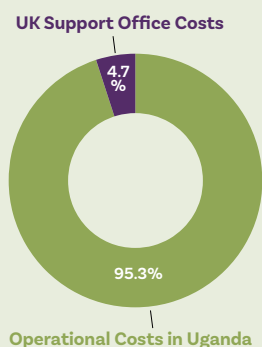
Income

| Source of funds | Unrestricted | Restricted | Total |
|-----------------|-------------------|------------|-------------------|
| Donations | £49,722.32 | – | £49,722.32 |
| Fundraising | £24,297.90 | – | £24,297.90 |
| Grants | £2,500.00 | – | £2,500.00 |
| Total | £76,520.22 | – | £76,520.22 |

Expenditure

| Use of funds | Unrestricted | Restricted | Total |
|----------------------------------|-------------------|-------------------|--------------------|
| Operational Costs in Uganda | £78,552.16 | £21,768.87 | £100,321.03 |
| UK Support Office Administration | £4,951.60 | – | £4,951.60 |
| Total | £83,503.76 | £21,768.87 | £105,272.63 |

Breakdown of Expenditure



| | Unrestricted | Restricted | Total |
|--|-------------------|-------------------|--------------------|
| Operational Costs in Uganda | | | |
| Regenerative Agriculture Training | £60,593.43 | £3,000.00 | £63,593.43 |
| Peace Centre Development | £7,924.98 | £18,768.87 | £26,693.85 |
| Maintenance of Model Farm | £3,807.94 | – | £3,807.94 |
| Monitoring and Evaluation | £6,225.81 | – | £6,225.81 |
| Total Operational Costs in Uganda | £78,552.16 | £21,768.87 | £100,321.03 |
| UK Support Office Costs | | | |
| Support Office Administration | £2,135.60 | – | £2,135.60 |
| Grant Applications and Fundraising | £2,451.00 | – | £2,451.00 |
| Monitoring and Evaluation | £365.00 | – | £365.00 |
| Total UK Support Office Costs | £4,951.60 | – | £4,951.60 |
| Total Expenditure | £83,503.76 | £21,768.87 | £105,272.63 |

Assets: Third Hope UK is solely a fundraising arm of the work and holds no assets. Third Hope Africa, the sister organisation in Uganda, holds assets to the value of £38,538.67



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Independent Examiner's Report to the Trustees of Third Hope UK for the Year Ended 31 January 2024

I report to the trustees on my examination of the accounts of the Third Hope UK Trust for the year ended 31st January 2024.

Respective responsibilities of trustees and examiner

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act,
- to follow all the applicable procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the 2011 Act), and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from the Trustees concerning any such matters.

The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- the accounting records of the trust were not kept in accordance with section 130 of the 2011 Act; or
- the accounts do not accord with those accounting records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed: 

Date: 25/10/2024

Name: Gavin Francis

Address: 71, Kingsfield Road, Watford WD19 4TP

THIRD HOPE

England & Wales - Charity number 1133419

Accounts



ANNUAL ²⁰²²/₂₀₂₃ REPORT



For the long term rehabilitation of Northern Uganda's ex-child soldiers

The untapped power of Forgiveness

The world is so full of suffering. Even the smallest act of violence or selfishness leaves somebody with a wounded heart. When we hold on to these wounds, we allow them to fester. The pain of these festering wounds can cause us, in turn, to commit new hurtful acts, leading to more pain, more broken relationships and more suffering. Only forgiveness can break this cycle.

In our years of work focused on the long-term rehabilitation of ex-child soldiers, the granting and receiving of forgiveness has been shown to be a key to freedom from the past. And yet, forgiveness is also a key to their future. Many people are still trapped in destructive cycles that tear apart the fabric of their lives – breaking up families, ending friendships and destabilising communities.

Due to this we recently embedded this process of forgiveness into an easy-to-understand Ceremony of Forgiveness. So that this Ceremony will work for a rural community, we sought to find symbolism that could be quickly grasped by anyone seeking to

enter into this simple but emotionally demanding process. One symbol involves the placing of hand prints on a sheet of paper. This is then carefully folded by the wounded party (to show the covering of the offence) and then nailed to a wooden cross. Another involves both parties eating from the leaf of the papaya tree. The leaf is very bitter to the taste but, once swallowed, has a deeply healing effect on the body (including being a natural defence against malaria).



*'To grant forgiveness;
it is the true liberty
of the human spirit,
it is our brave rebellion against
the downward pull of
hatred and fear,
it is the one heroic act in this
present darkness
that can spark to flame
the divine light of hope.'*

ANONYMOUS

Symbols like these help to embody some of the powerful elements involved in the granting and receiving of forgiveness. This Ceremony will form an integral part of the work carried out at the Peace Centre, once the construction has been completed.

May we all recommit ourselves to the discipline of forgiveness. As we bring to mind people in our own lives towards whom we still hold resentments, may we find the courage to release them and experience for ourselves the transforming power of forgiveness. It is a bitter pill, but it brings healing we could never experience without it.



(Above and below) Trainees work together to deliver the 'Trees for Transformation' course to an attentive and appreciative group of local farmers.

First 'Trees for Transformation' Course is a Great Success

We have been training ex-child soldiers in regenerative agriculture for many years and we rejoice to see the positive impact this has made on their diet, health and income.

Throughout this time, the rest of the local community have repeatedly asked if they could also benefit from this teaching. It has always been part of our vision that our trainees become known to their own communities as agents of hope and restoration. This helps to redress the fact that during the war, they were known for bringing suffering and fear. To accomplish this, it had always been our hope that we could establish a teaching course where our trainees became the trainers.

Through a grant from the Southall Trust, and a donation from Worthstone, we were able to launch a pilot course to the local community, specifically focused on trees, called *Trees for Transformation*. We tentatively invited any of the 14 first-intake

trainees to volunteer to join the teaching team for the course. Knowing how intimidated many of them are by the idea of standing up in front of a group, we were not sure how many would come forward. Therefore we were delighted when every single one of them volunteered!





“To show the impact of this course in my life, I will first start in my own garden. I will ensure to plant many trees around my home, then people will admire and start to question how I got this far...then I will teach them how to do the same in their own homes!”

Okello Joseph, Course Attendee



“This course must be expanded to cover the whole of Northern Uganda. Everyone needs to know the importance of trees. Nobody would cut or burn down trees if they knew how useful they are to humans. I thank God for the opportunity to be part of the course”.

Aculu, Course Attendee

Spreading the Hopeful Message of Trees

The 22 community members who joined the course were equally excited about what they were learning. This was a huge encouragement to the ex-child soldiers, who were decidedly nervous of standing up as trainers in front of so many people.

Although feedback from this course (documented by our Monitoring and Evaluation team) came in after the end of the year, we have included it here to show the impact that the Trees for Transformation course had on those who attended.

We were able to produce a bespoke training manual for the eight-session training course, translated into the local Acholi language. In addition to the highly illustrated training manual, the course includes short educational dramas.

The ex-child soldiers felt moved and honoured to be received as teachers in their community,

strengthening their confidence and self-esteem.

At the end of the course, each attendee was given a range of tree saplings, from valuable fruit and medicinal trees to endangered local varieties. In a region where tree loss has become a serious concern, this course is able to play a significant role in raising awareness and changing behaviour. Attendees were also furnished with useful tools to help in the care of vulnerable young saplings.

We were so proud of our trainees (the ex-child soldiers) who had stepped up to be trainers, for the courage and commitment they brought to the teaching. Many in the region are now excited for more of the same!



“Nobody does this kind of course anywhere, I am happy to be chosen among the few lucky people. I will definitely tell other people to do this course when next it is being conducted.”

Ayoo Molly, Course Attendee



“When you have knowledge, you work with excellence, before the course, we planted trees in ignorance all packed together but now after the course, my trees will be in order and well catered for.”

Odong Francis, Course Attendee



The construction of the new Meeting House, where up to 150 visitors will be able to meet and dialogue with our trainees about peace and reconciliation.

Work begins on the Peace Centre

Significant donations totalling over £24,000 meant that we could begin to turn the Peace Centre vision into reality. We were excited to see work beginning on the House of Meeting in January. This building (see above) will become the meeting area at the Peace Centre, a covered space for well over 100 people to gather together for discussion and reflection.

From the beginning of the project, we have sourced all our building materials from the local area. This has been possible because we are building using traditional methods and materials. This ensures that the money stays within the local rural economy, further benefiting local schools, shops and businesses and as a result. This means that every pound donated to Third Hope continues to benefit the region long after it leaves our hands.

We are thrilled to see the 'House of Meeting' taking shape and look to the future when the centre can welcome visitors to explore, grieve, forgive, heal and share in the work of building a hopeful future.

The construction of the path across swampy land leading to the Peace Centre can be seen on the front page of this report. It wonderfully represents the path the ex-child soldiers need to walk, towards forgiveness and healing from their traumatic past.

Fundraising

We are so grateful to our fantastic fundraising partners who took on all sorts of challenges in 22/23. After covid had made so many fundraising initiatives challenging or impossible it was amazing to see the passion and commitment of individuals and groups in raising money for Third Hope.

Many of the fundraising efforts were physical challenges. We were able to finish our 'Let's Get to Gulu' challenge, totalling a massive 6,000 miles walked, run, cycled and rowed in order to virtually travel the distance to Gulu. This commitment to travelling these miles have not only raised funds for the work but has formed a point of connection between the UK and Uganda. The team in Uganda have followed the progress closely and have been deeply encouraged and strengthened by the enthusiasm and generosity.

To highlight just a few of the outstanding fundraising contributions:

Paradigm Norton's team got active, in the middle of the Covid lockdown, and together clocked up over 1,000 miles between them!

Tom and his team from Habs Boys' School undertook an epic cycle ride from Land's End to John O'Groats. This adventure helped us cover nearly half the miles needed! Their extraordinary achievement was a huge encouragement to us.

Tom also initiated a swim-a-thon undertaken by the boys from Habs Lower School. It was great to see so many young people engage with this challenge.

And finally, Paul, Catherine and the Tandem Financial team finished with their rowing half-marathon.

A huge thank you to you all.



The team celebrate the completion of the 'Let's Get to Gulu' campaign.



We are also building composting toilet blocks at the Peace Centre in order to showcase its many benefits to the wider community.



The fruit trees that were planted a number of years ago are starting to grow and create a calm and beautiful environment to contribute to the experience of visitors to the Peace Centre.

Structure, Governance and Management

Third Hope UK is a Charitable Trust governed by a trust deed. As such it is regulated by the laws affecting charitable trusts in the UK. A body of trustees governs Third Hope. There must be a minimum of three trustees serving at any time. New trustees may be suggested by any trustee and are appointed by consensus of all the current trustees.

Decisions are made at trustees' meetings, with sub committees managing issues of specialist interest. The trustees are responsible for fund-raising and for supporting the team in Uganda, as well as ensuring that income is used to further the objectives of Third Hope Africa, as outlined in its Governing Document.

Third Hope Africa is an International NGO, registered in Uganda, which is responsible for the day-to-day running of the project in Uganda and the delivery of the programme to the trainees. It is funded by Third Hope UK and audited by the Ugandan authorities. Two UK trustees sit on the board of Third Hope Africa.

Third Hope UK is Managed by the Following Trustees:

Rose-Mary Salmon (Chair since Autumn 2015)

David Salmon (since Autumn 2015)

Peter Iles (since Autumn 2015)

Barry Horner (since October 2020)

Ntombizifikile Mkoyana (since December 2020)

UK Administrator: Fiona Penny

Public Benefit Statement

Third Hope has read the Charity Commission guidance on public benefit and is satisfied that the activities outlined above clearly demonstrate that the charity is providing a benefit to the public.

Financial Review

We have no deficit on our funds at the end of the year. Our funds carried forward are £40,387.71 of which £17,584.56 are unrestricted funds.

Reserves Policy

Third Hope holds in reserve enough to cover staff allowances for three months and for any expenditure to which we have committed.

www.thirdhope.org

UK Office: 16 The Leas, North Bushey, Herts WD23 2DZ

Contact: fiona@thirdhope.org

Third Hope, registered charity no. 1133419

Third Hope Africa, International NGO, no. FORR8830311NB

**THIRD
HOPE
AFRICA**

Third Hope Accounts

February 2022 – January 2023

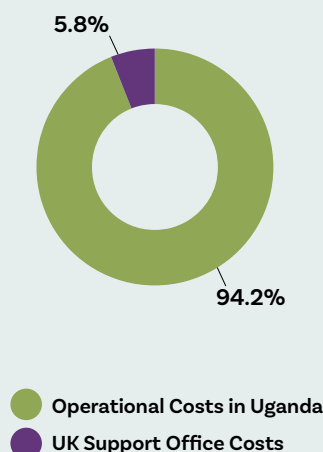
Income

| | |
|--------------------|--------------------|
| Donations | £46,872.01 |
| Fundraising | £35,643.98 |
| Grants | £26,790.00 |
| Grand Total | £109,305.99 |

Expenditure

| | |
|----------------------------------|-------------------|
| Operational Costs in Uganda | £79,193.09 |
| UK Support Office Administration | £4,892.11 |
| Grand Total | £84,085.20 |

Breakdown of Expenditure



Operational Costs in Uganda

| | | |
|--|-------------------|--------------|
| Training and Support Staff | £26,095.84 | 31.0% |
| Monitoring and Evaluation | £4,266.37 | 5.1% |
| Regenerative Agriculture Research and Training | £18,187.40 | 21.6% |
| Vocational Training | £10,432.61 | 12.4% |
| Maintenance and Upkeep of Model Farm | £4,266.37 | 5.1% |
| Welfare | £6,786.58 | 8.1% |
| Peace Centre Development and Construction | £5,021.13 | 6.0% |
| Compassion, Health & Education Fund | £4,136.79 | 4.9% |
| Total Operational Costs in Uganda | £79,193.09 | 94.2% |

UK Support Office Costs

| | | |
|--------------------------------------|------------------|-------------|
| Support Office Administration | £2,392.95 | 2.9% |
| Grant Applications and Fundraising | £1,713.35 | 2.0% |
| Monitoring and Evaluation | £785.81 | 0.9% |
| Total UK Support Office Costs | £4,892.11 | 5.8% |

| | | |
|--------------------------|-------------------|-------------|
| Total Expenditure | £84,085.20 | 100% |
|--------------------------|-------------------|-------------|

Summative

| | |
|--|-------------------|
| Balance Carried Forward from 21/22 Accounts | £15,166.92 |
| Total Income | £109,305.99 |
| Total Expenditure | £84,085.20 |
| Balance Carried Forward to 23/24 Accounts | £40,387.71 |

Restricted and Unrestricted Funds: Of the balance carried forward, £22,803.15 are Restricted Funds and £17,584.56 are Unrestricted Funds.

Assets: Third Hope UK is solely a fundraising arm of the work and holds no assets. Third Hope Africa, the operational arm of the organisation in Uganda, holds assets to the value of £36,879.78



www.thirdhope.org

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Third Hope Africa, International NGO, no.
FORR8830311NB

Independent Examiner's Report to the Trustees of Third Hope UK for the Year Ended 31 January 2023

I report to the trustees on my examination of the accounts of the Third Hope UK Trust for the year ended 31st January 2023.

Respective responsibilities of trustees and examiner

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act,
- to follow all the applicable procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the 2011 Act), and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from the Trustees concerning any such matters.

The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- the accounting records of the trust were not kept in accordance with section 130 of the 2011 Act; or
- the accounts do not accord with those accounting records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:



Date:

6 September 2023

Name:

Mrs Tracy Clamp FCCA

Address:

East End Cottage, Norton's Wood Lane, Clevedon, North Somerset, BS21 7AF

THIRD HOPE

England & Wales - Charity number 1133419

Accounts



ANNUAL $\frac{2021}{2022}$ REPORT



For the long term rehabilitation of Northern Uganda's ex-child soldiers

'Today we are encouraged to take the waiting out of wanting, cut to the chase and get what we want right away, as though there is nothing worth waiting for...'

ARCHBISHOP JOHN SENTAMU

EMBRACING THE UNAVOIDABLE NECESSITY OF

TIME

Despite the well-worn adage 'time heals', it is not time that does the healing any more than it is a measuring tape that causes a tree to grow. Healing is growth, and growth is intrinsic to life. Healing is written into the fabric of nature - healing in the external world as well as healing in our interior world. However, the healing of wounds, like the growing of trees, takes time.

Every mother knows that when her child falls and cuts their knee, all she can do is clean out the dirt, bring together the broken skin and protect the wound from further damage. Though she does all this in motherly love, she knows there is nothing more she can do. From here on she must trust to the healing power that is intrinsic to the tender body of her child. And that takes time. For that she has to wait.

The suffering that ex-child soldiers have experienced has ruptured their inner world and their souls are deeply wounded. However, the healing power that is intrinsic to their God-given nature

is doing deep and unseen work and we must give it time and attention to be allowed to take effect.

We know that healing the unimaginable suffering of ex-child soldiers is not in the hands of the 'experts', nor is it in the hands of the ex-child soldiers themselves. It is in the hands of God.

After several years of growth, where we have seen

year-on-year increase in the number of ex-child soldiers under our care, we are now entering a time of consolidation and deepening of the work.

We continue to clean out any dirt that may have got into the wound. We continue to hold the suffering and the hope together. We continue to supply the clean bandages of community, activity and security. And while we do all this, we wait. And as we wait, we continue to trust in the healing power that, from the beginning, was breathed into the core of creation, awaiting release.

And that is something well worth waiting for.





Our trainees help to lead visitors through the tranquil gardens we are developing at The Peace Centre.

Going Deeper to Go Wider

This year, our focus has shifted from bringing in more ex-child soldiers to our programme, to widening the scope of the programme itself.

Alongside the continued activities of natural farming, trauma counselling and vocational training, we sense that our focus must now widen to include their relationship with the broader community. This shift in focus is expressed through two new initiatives which we are developing: **Trees for Transformation** and **The Peace Centre**.

Trees for Transformation is an initiative to enable our trainees to take the transformative tree-growing techniques they have learned on the Model Farm and pass them on to their neighbours in the local community. This is not an easy step for them. Much work is underway in producing the course materials and developing the support networks necessary for the trainees in this challenging new role. However, we believe the fruit of this will be well worth the work. The ex-child soldiers will be empowered through the emerging of a new relationship between them and the local community and the environment will benefit from the increase in trees!

Trees for Transformation focuses primarily on the healing of the environment. The Peace Centre, however, will focus on the healing

of emotional wounds. The pain of ex-child soldiers cannot heal in a vacuum. The wounds of war exist, not only in their lives, but in the lives of the whole community of Northern Uganda. Despite nearly a decade free from violence, the people are still weighed down under the effects of the civil war.

Although much laudable work has already been carried out in the region, there are still deep invisible forces at work that continue to hinder lasting change. These are the hidden forces of unforgiveness, distrust and hatred which weave a toxic web of unresolved tensions, unexamined attitudes and unanswered questions.

It is for the purpose of addressing these hidden wounds that we are developing The Peace Centre. This will be a place where people can spend time contemplating the roots of war in their own hearts and lives. It is a place for private reflection and open dialogue. A place for remembering the past and re-imagining the future.

It is our vision that The Peace Centre will become a place where the ex-child soldiers can work together with the local community to begin to make sense of the suffering they have experienced. Then, through forgiveness and reconciliation, they will be strengthened to form a more open and hopeful future for everyone.



A brief update for the year



The Growing Realisation of the Transformative Potential of Fruit

Agricultural traditions take many seasons to change. Farmers need to see results before they change long-held practices. The ex-child soldiers training with us are experiencing first-hand the transformative effect that trees can have through the thousands of trees that are growing strong on the Model Farm. Year-on-year the farm grows greener, lusher and cooler. It grows increasingly resilient to the heavy rains and the baking sun. This year was also a year of exponential fruitfulness. There are mangoes, jackfruits, avocados, oranges, lemons, bananas, cocoa beans and guavas in abundance. And the huge benefits these provide are finally beginning to sink in. Benefits, not only for income, but for family nutrition, health and general well-being.

The trainees are growing increasingly excited about the significance of planting and nurturing trees.

Fish: A Valuable Source of Income, An Invaluable Source of Nutrients

Small-scale fish farming can be a valuable addition to the rural Ugandan farm. The Third Hope Fish Pond, which we dug last year, has produced its first harvest of tasty tilapia, which have gone down very well with the trainees! Our teaching on nutrition has highlighted to the trainees how fresh fish can offer nutrients that are hard to find in their traditional diet. Fresh fish are a rich source of protein, essential fatty acids, B12, iodine, potassium and magnesium.



Digging the Fishpond cost nothing more than sweat!



Vocational Training Continues to Provide Confidence and Hope

Throughout 2021, the Vocational Workshops continued to be a popular part of the weekly programme. Skills that are learned and honed in the workshops can be applied to home-life as well as work-life.

The natural buildings, that comprise the buildings of the Model Farm, are beautiful to look at and to dwell in. However, they do require more maintenance than less sustainable methods of building. We see this as a good thing at Third Hope because all maintenance is done by the ex-child soldiers themselves, under the guidance of our construction team. This gives them valuable experience in many aspects of natural building that can be immediately applied to the renovation and upkeep of their own homes and compounds. We also encourage innovation in the techniques and practices of natural building, which are beginning to be applied to the trainees' own compounds.

Continuing to Regreen the Landscape – One Seedling at a Time

Throughout this year, the drive to plant more and more trees continues. The Third Hope Nursery, on the Model Farm, nurtures thousands of small saplings – all individually potted up – which are then distributed to the trainees during the key planting seasons.

Planting trees, by definition, requires a long-term vision for the region and it helps to underline one of our key teaching points: The longer your vision – the wiser your actions.



Seedlings from Third Hope's Nursery are distributed to ex-child soldiers for their own farms.

Ongoing Training and Support

Around 70 ex-child soldiers have participated in the Regenerative Agriculture Course and the vocational training since 2017, their skills and experience significantly impacting and benefiting their families and the wider communities through training others in formal and informal settings. All of these trainees continue on to the graduate training to gain valuable further experience in both working and managing the farm and receive ongoing trauma counselling.

A vision for lasting peace



Forming the 'Tear-drops of Light' in the House of Tears

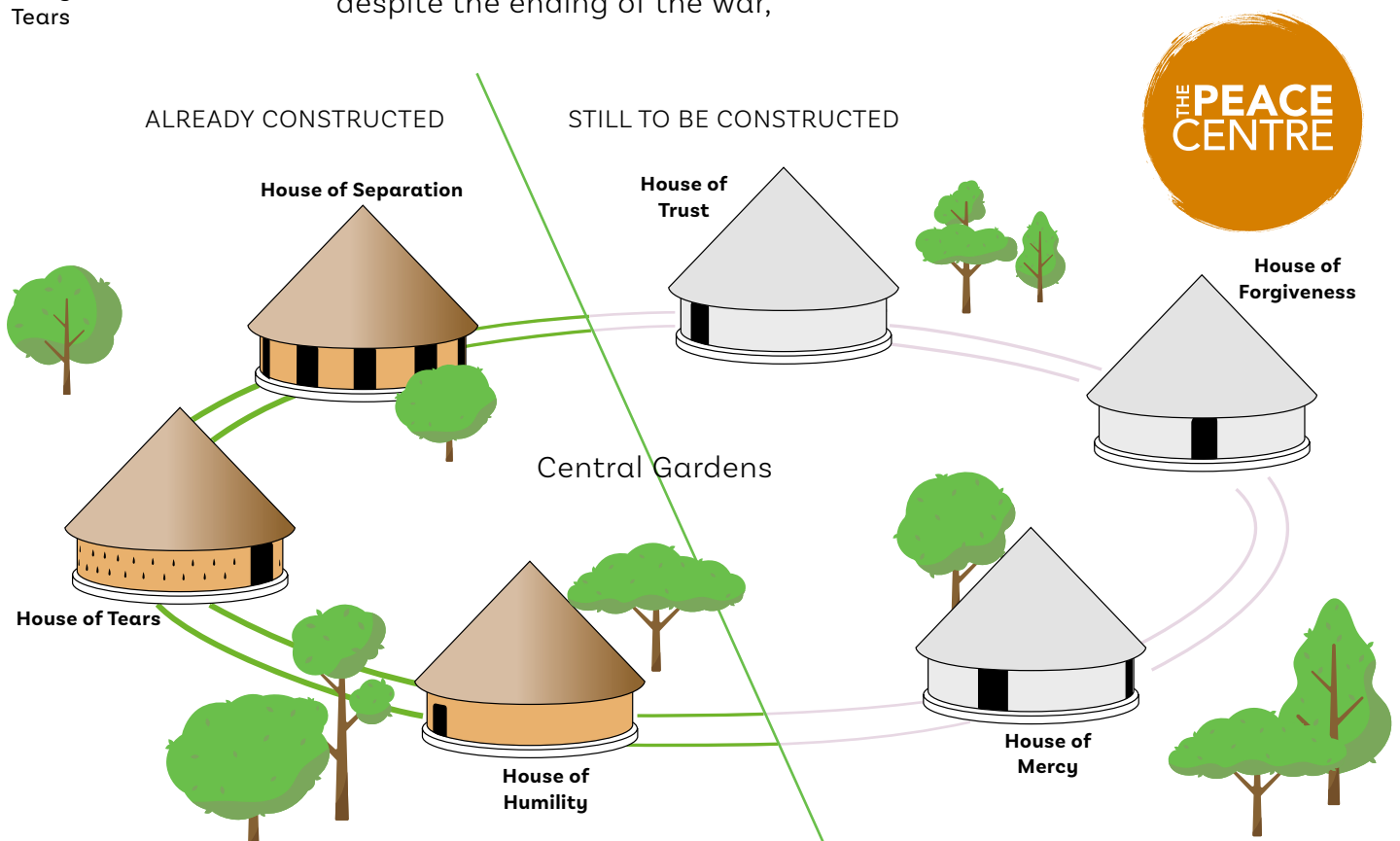
A ten acre plot of land, about 20 minutes walk from the 27 acre Model Farm, was secured by Third Hope in 2013 and, from the beginning, a vision for a Peace Centre was born. The spark for this idea came from the then National Director of Third Hope, the late Mark Avola. Mark was one of the foremost professionals working with ex-child soldiers in Northern Uganda. Having run World Vision's reception centre when the ex-child soldiers first came back, he wrote passionately about the need for longer-term care. It was his insights that helped form our original model of care when we began Third Hope.

Mark also saw into the future, and would often speak and write about the buried scars that, despite the ending of the war,

lay under the surface ready to re-emerge at the first signs of unrest.

These buried wounds are what we believe The Peace Centre will help the community to deal with. It will provide an interactive exhibition, consisting of a ring of rural huts that each reflect a different aspect of war. These huts will offer visitors a place where they can give their full attention to the roots of war in their own lives. Here there is no 'us and them', for we all must actively address the forces within us that cause conflict if we are to pursue lasting peace.

This exhibition will take visitors on a journey of reflection leading to a quiet garden, a place for dialogue and forgiveness.





Ex-child soldiers in The Peace Centre gardens contemplate the choice between revenge and forgiveness.

Structure, Governance and Management

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Public Benefit Statement

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Financial Review

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Reserves Policy

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**THIRD
HOPE
AFRICA**

Third Hope Accounts

February 2021 – January 2022

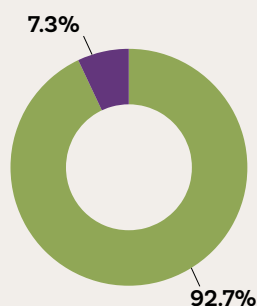
Income

| | |
|--------------------|-------------------|
| Donations | £41,160.26 |
| Fundraising | £14,552.02 |
| Grants | £10,200.00 |
| Grand Total | £65,912.28 |

Expenditure

| | |
|---------------------------------------|-------------------|
| Operational Costs in Uganda | £64,895.55 |
| UK Support Office Administration | £2,530.96 |
| Grant Applications and Administration | £1,701.07 |
| UK Monitoring and Evaluation | £842.00 |
| Grand Total | £69,969.58 |

Breakdown of Expenditure



● Operational Costs in Uganda
● UK Support Office Costs

Operational Costs in Uganda

REGENERATIVE AGRICULTURE TRAINING

| | | |
|-----------------------------------|------------|-------|
| Trainers and Support Staff | £15,908.14 | 22.8% |
| Upkeep of Model Farm | £11,347.06 | 16.3% |
| Carpentry and Tailoring Workshops | £2,830.12 | 4.1% |
| Welfare | £2,992.10 | 4.2% |
| Maintenance of Buildings | £3,929.01 | 5.6% |
| Monitoring & Evaluation | £2,672.00 | 3.9% |

ONGOING SUPPORT PROGRAMME

| | | |
|--------------------------------------|-----------|-------|
| Practical Training on the Model Farm | £9,575.41 | 13.8% |
| Administrative Costs (Staff + Fees) | £8,176.41 | 11.7% |
| Maintenance of Buildings | £2,619.34 | 3.8% |
| Welfare | £1,994.73 | 2.6% |
| Compassion, Health & Education Fund | £2,537.84 | 3.5% |

OTHER OPERATIONAL COSTS

| | | |
|--------------------------|---------|------|
| Peace Centre Development | £313.39 | 0.4% |
|--------------------------|---------|------|

Total Operational Costs in Uganda £64,895.55 92.7%

UK Support Office Costs

| | | |
|---------------------------------------|-----------|------|
| UK Support Office Administration | £2,530.96 | 3.6% |
| Grant Applications and Administration | £1,701.07 | 2.5% |
| UK Monitoring and Evaluation | £842.00 | 1.2% |

Total UK Support Office Costs £5,074.03 7.3%

Total Expenditure £69,969.58 100%

Summative

| | |
|--|-------------------|
| Balance Carried Forward from 20/21 Accounts | £19,224.22 |
| Total Income | £65,912.28 |
| Total Expenditure | £69,969.58 |
| Balance Carried Forward to 22/23 Accounts | £15,166.92 |

Restricted and Unrestricted Funds: Of the balance carried forward, £972.74 are Restricted Funds and £14,194.18 are Unrestricted Funds.

Assets: Third Hope UK is solely a fundraising arm of the work and holds no assets. Third Hope Africa, the operational arm of the organisation in Uganda, holds assets to the value of £35,270.67.



www.thirdhope.org

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Independent Examiner's Report to the Trustees of Third Hope UK for the Year Ended 31 January 2022

I report to the trustees on my examination of the accounts of the Third Hope UK Trust for the year ended 31st January 2022.

Respective responsibilities of trustees and examiner

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act,
- to follow all the applicable procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the 2011 Act), and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

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Independent examiner's statement

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- the accounting records of the trust were not kept in accordance with section 130 of the 2011 Act; or
- the accounts do not accord with those accounting records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:



Date: 3 October 2022

Name:

Mrs Tracy Clamp FCCA

Address:

East End Cottage, Norton's Wood Lane, Clevedon, North Somerset. BS21 7AF

THIRD HOPE

England & Wales - Charity number 1133419

Accounts



ANNUAL ²⁰²⁰/₂₀₂₁ REPORT



For the long term rehabilitation of Northern Uganda's ex-child soldiers



The trainees are growing increasingly excited about the benefits of planting trees, which are good for food, for health, for income and for the environment.



The Seeds of Development Spread Beyond the Model Farm

“Start by doing what’s necessary; then do what’s possible; and suddenly you are doing the impossible.”

ST FRANCIS OF ASSISI

Actions speak louder than words, and we have begun to see encouraging signs of the truth of this in 2020 to 2021. This year we began to shift our focus from the classroom to the field. There is a local custom, known as ‘Kalulu’ through which neighbours gather together on one farm to give practical assistance with difficult tasks (there are no machines here!). The same group then visits the other farms until all have received help. It is a powerful and enlightened practice of community support.

In the true spirit of Kalulu, we sent out small groups to the farms of each of our third year trainees. The groups, supported by members of our team, help to dig water-harvesting ditches, plant trees and carry out other practices they have been learning on the Regenerative Agriculture Course. The feedback from these visits has been deeply encouraging.

Many of the trainees, it turns out, have caught the vision for tree-planting and on their farms new copses of fruit trees are growing healthy and strong. Compost is being created, mulch is being applied to degraded soil and grey water is being recycled. These are signs of true development. It is when people begin to see the real benefits for their real needs that behaviours change and hope begins to take root in the region.

At the same time, the dawning reality of Covid-19 has added a new layer of uncertainty to lives already dealing with so much suffering. Yet through all of these challenges, the healthy young trees, growing on the farms and compounds of our trainees, point towards a more resilient and fruitful future.



Evelyn, our project manager, teaching the Sustainable Agriculture Course to the 2020 intake of trainees.

“The great aim of education is not knowledge but action.”

HERBERT SPENCER

A message from Evelyn

We are thankful that agricultural work has been deemed a ‘essential activity’ by the Ugandan Government, so we have been able to keep much of the work going on the Model Farm throughout the pandemic.

Third Hope Project Manager, Akoli Evelyn, sends greetings from the team in Gulu.

We are grateful for this time to communicate and to thank each one of you for the support you have given to Third Hope Africa to enable the work here.

We would like you to know that your efforts have immensely impacted the lives of ex-child soldiers. Through the course on Forgiveness and Reconciliation, we have learnt how to forgive others, to understand our hurts, to tell our story and live a life of hope, as well as encourage others to open up about their hurts. Through vocational workshops, we have learnt carpentry and tailoring skills, which we are now ably using to build pieces of furniture and sew clothes.

Then there is the Regenerative Agricultural Course, where we are learning so many good things about sustainable farming like: to dig swales (our water collection ditches), rotational farming, composting and mulching soil, good crops and trees to plant for nutrition.

These skills will stay with us forever and remind us of a group of people who thought of a people they had never seen but chose to help us walk through our troubles to a place of hope - Third Hope.

Indeed, we have seen immeasurable improvement in the general well-being of the trainees and the communities from which they come. Lives have been touched in ways that eyes cannot see or minds imagine.

We thank God for the heart that he has given you to think about us and for your giving treasure and time to support this work of restoration and rehabilitation.

Wapwoyo matek

[We thank you so much].

Akoli Evelyn

(On behalf of trainees and team)



Despite the Covid lockdown, trees still grow. Hundreds of trees on the Model Farm are entering their fifth year and fruit is in abundance.



This was the Year that the Model Farm Burst into Fruit

The Model Farm continues to be a place of beauty and sanctuary where we are able to continue trialling and refining the sustainable farming practices we teach on the Regenerative Agriculture Course. As we shared in the last annual report, through our experimentation with mulching and composting, the ex-child soldiers experienced a significant increase in the yield of crops such as ground-nuts and maize. There was genuine amazement at the results and it has increased the trainees' confidence in what they are learning and strengthened their determination to make a positive difference on their own land.

“Patience is bitter, but its fruit is sweet.”

JEAN-JACQUES
ROUSSEAU

Having dug well over a kilometre of rainwater-harvesting ditches, known as 'swales', on the Model Farm, we are now beginning to see a real impact on productivity as a result of this simple farming technique. Trees have grown well, even through the dry season, and fruit is in abundance. Although the effect of swales is undeniable, it has taken until this year for the ex-child soldiers to begin to dig their own. Creating swales is hard work, and no over-stretched farmer is going to take on the back-breaking task of digging them until he or she is fully convinced of their efficacy!

Our naturally constructed buildings continue to offer beautifully cool teaching spaces, despite the burning African sun, and this year we have been able to completely re-roof the Learning Circle where all the agricultural teaching, the trauma counselling course and the vocational workshops take place.

In November 2020 we welcomed 16 new ex-child soldiers for the 20/21 Training Course which was received with great interest and energy. We also continue to support all our graduates in their vocational training and are seeing their progress and increased self-confidence as they practise these skills.

You can read more here:

<https://thirdhope.org/partners-in-hope/>



Many thanks to all who joined our **'Let's Get to Gulu'** campaign where, during lockdown, supporters took to their bicycles or put on their walking boots to help us cover the 6000 miles to Gulu. We are already over half way so will be picking up the challenge again as we are determined to get all the way there!

Fund Raising that Focuses on Tenacity and Trees!

“By perseverance the snail reached the ark.”

CHARLES SPURGEON

This year we have focused our attention on two new fund-raising efforts in response to the realities that are emerging on the ground in Uganda.

The first, **'Partners in Hope'**, is born out of an increased realisation of the long-term nature of the work. We have always known this in theory, but we are now seeing in reality just how important it is that we think in terms of years and decades, not weeks and months.

We are therefore hoping to widen our support base of monthly givers in order to provide valuable stability and security to the whole team as we plan for the future. With this in mind, we have developed a new facility on the website to enable supporters to set up monthly giving.

Our second fund-raising effort is **'Trees for Transformation'**. This has been inspired by the enthusiasm with which the trainees have taken to planting new saplings on their own land. This has led to neighbouring farmers coming to them for advice. The region has become dangerously denuded of trees so this represents an enormous opportunity. The trainees make the best teachers and through them the hopeful message of the benefits of trees can spread quickly and efficiently.

We want to encourage this as much as we can, as these are the first signs of a true transformation in how the ex-child soldiers are seen in the community. Where they were once regarded as a danger, they are now being seen as agents of hope and change. *Trees for Transformation* aims to enable partners to help us empower the trainees to become trainers in the community.

Maintaining our Local Focus Means Achieving a Greater Impact



The United Nations' Sustainable Development Goals (SDGs), adopted by all United Nations Member States in 2015, have provided an effective and clear way to understand the process of development in its many and varied facets. We are encouraged that, three years into our active training programme, we are already making a tangible contribution to every one of the SDGs.

Here are just a few of the ways that Third Hope is helping contribute to the long-term rehabilitation of ex-child soldiers and, through them, to bring lasting improvements to the wider community.

| | | | |
|---|---|---|---|
| <p>1 NO POVERTY</p> | <p>Empowering women with vocational skills</p> <p>Teaching about the importance of small-scale rural businesses</p> | <p>9 INDUSTRY, INNOVATION AND INFRASTRUCTURE</p> | <p>Encouraging ex-child soldiers to set up community training groups</p> <p>Providing low tech affordable solutions</p> |
| <p>2 ZERO HUNGER</p> | <p>Improving rural food security by teaching sustainable farming</p> <p>Encouraging the use of resilient indigenous crops</p> | <p>10 REDUCED INEQUALITIES</p> | <p>Working exclusively with the poorest sector of society</p> <p>Building confidence and self worth in ex-child soldiers</p> |
| <p>3 GOOD HEALTH AND WELL-BEING</p> | <p>Training on nutrition, especially to women with children</p> <p>Teaching disease prevention and reproductive health</p> | <p>11 SUSTAINABLE CITIES AND COMMUNITIES</p> | <p>Encouraging the use of natural building materials</p> <p>Adopting traditional Acholi modes of consensual leadership</p> |
| <p>4 QUALITY EDUCATION</p> | <p>Deliver vocational training to improve skills and livelihoods</p> <p>Providing literacy and life-skills training</p> | <p>12 RESPONSIBLE CONSUMPTION AND PRODUCTION</p> | <p>Teaching on the environmental impact of plastics</p> <p>Encouraging the use of low impact materials on site</p> |
| <p>5 GENDER EQUALITY</p> | <p>Training women alongside men with equal access to learning</p> <p>Employing women in management positions</p> | <p>13 CLIMATE ACTION</p> | <p>Pioneering an extensive rural tree-planting programme</p> <p>Delivering training on how climate change affects the poor</p> |
| <p>6 CLEAN WATER AND SANITATION</p> | <p>Providing clean drinking water for several local villages</p> <p>Training and demonstrating the safe use of composting toilets</p> | <p>14 LIFE BELOW WATER</p> | <p>Uganda is land-locked, so little can be done for the oceans, although we do teach and model inland fish farming.</p> |
| <p>7 AFFORDABLE AND CLEAN ENERGY</p> | <p>The whole project is off-grid and powered by solar energy</p> <p>Modelling water harvesting and widespread use of bicycles</p> | <p>15 LIFE ON LAND</p> | <p>Offering training on the value of trees to the environment</p> <p>Giving practical training on the care and propagation of trees</p> |
| <p>8 DECENT WORK AND ECONOMIC GROWTH</p> | <p>Encouraging diversification of skills to expand income sources</p> <p>Advocating actively for the end of the injustice of child soldiers</p> | <p>16 PEACE, JUSTICE AND STRONG INSTITUTIONS</p> | <p>Our Peace Centre provides a forum for community dialogue</p> <p>It also encourages analysis of the roots of war in each of us.</p> |



Ex-child soldiers, who were once stigmatised and ostracised by the local community are beginning to be seen as agents of hope and change.

A Changing of the Guard

2020 saw changes to the trusteeship in the UK with two trustees stepping back and two new trustees coming forward to join us. With great gratitude for the gift of their time and talents, we bade farewell to Antonia Honeywell and Charlotte Hughes. Their legacy of creativity and compassion will be felt for many years to come.

At the same time, we are delighted to welcome Ntombizifikile Mkoyana (Fikile) and Barry Horner to the Board of Trustees. Both bring valuable experience and invaluable friendship to the board and we are already gaining strength and encouragement from their compassion, wisdom and energy.

Structure, Governance and Management

Third Hope UK is a Charitable Trust governed by a trust deed. As such it is regulated by the laws affecting charitable trusts in the UK. A body of trustees governs Third Hope. There must be a minimum of three trustees serving at any time. New trustees may be suggested by any trustee and are appointed by consensus of all the current trustees.

Decisions are made at trustees' meetings, with sub committees managing issues of specialist interest. The trustees are responsible for fund-raising and for supporting the team in Uganda, as well as ensuring that income is used to further the objectives of Third Hope Africa, as outlined in its Governing Document.

Third Hope Africa is an International NGO, registered in Uganda, which is responsible for the day-to-day running of the project in Uganda and the delivery of the programme to the trainees. It is funded by Third Hope UK and audited by the Ugandan authorities. Two UK trustees sit on the board of Third Hope Africa.

The Charity is Managed by the Following Trustees:

Peter Iles (since Autumn 2015)
Rose-Mary Salmon (Chair since Autumn 2015)
David Salmon (since Autumn 2015)
Barry Horner (since October 2020)
Ntombizifikile Mkoyana (since December 2020)

Public Benefit Statement

Third Hope has read the Charity Commission guidance on public benefit and is satisfied that the activities outlined above clearly demonstrate that the charity is providing a benefit to the public.

Financial Review

We have no deficit on our funds at the end of the year. Our funds carried forward are £19,244.22 of which £13,208.25 are unrestricted funds.

Reserves Policy

Third Hope holds in reserve enough to cover staff allowances for three months and for any expenditure to which we have committed.



www.thirdhope.org

UK Office: 16 The Leas, North Bushey, Herts WD23 2DZ

Contact: fiona@thirdhope.org

Third Hope, registered charity no. 1133419

Third Hope Africa, International NGO, no. FORR8830311NB

THIRD HOPE ACCOUNTS

February 2020 – January 2021

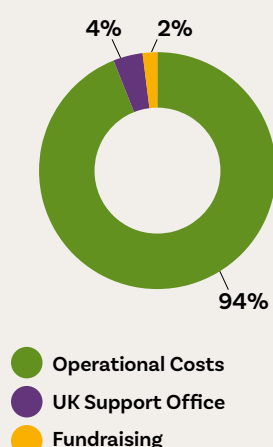
Income

| | |
|--------------------|-------------------|
| Donations | £32,174.51 |
| Fundraising | £5,442.25 |
| Grants | £4,000.00 |
| Grand Total | £41,616.76 |

Expenditure

| | |
|--|-------------------|
| Operational Costs in Uganda | £54,549.41 |
| UK Support Office: Salaries and Office Costs | £2,391.50 |
| Fundraising Costs | £1,195.75 |
| Grand Total | £58,136.66 |

Breakdown of Expenditure



Regenerative Agricultural Course and Ongoing Training

(of 66 Ex-child Soldiers)

| | | |
|--------------------------------|-------------------|-------------|
| Agricultural Training | £7,658.37 | 13% |
| Vocational Workshops | £4,351.57 | 7.5% |
| Trauma Counselling | £1,466.25 | 2.5% |
| Trainees' Work Experience | £9,840.28 | 17% |
| Tools, Saplings & Seeds | £2,265.36 | 4% |
| Welfare: Food and Hygiene | £3,180.07 | 5.5% |
| Literacy Classes | £304.00 | 0.5% |
| Beneficiaries Support Fund | £1,636.39 | 3% |
| Maintenance of Training Rooms | £4,003.72 | 7% |
| Renewable Energies | £820.79 | 1.5% |
| Staffing | £16,561.48 | 28.5% |
| Monitoring & Evaluation | £2,461.12 | 4% |
| Total Operational Costs | £54,549.41 | 94% |
| UK Support Office | £2,391.50 | 4% |
| Fundraising | £1,195.75 | 2% |
| Total Expenditure | £58,136.66 | 100% |

Summative

| | |
|--|-------------------|
| Balance Carried Forward from 19/20 Accounts | £35,744.12 |
| Total Income | £41,616.76 |
| Total Expenditure | £58,136.66 |
| Balance Carried Forward to 21/22 Accounts | £19,224.22 |

Restricted and Unrestricted Funds:

Of the balance carried forward, £6,015.97 are Restricted Funds and £13,208.25 are Unrestricted Funds.

Assets:

Third Hope UK is solely a fundraising arm of the work and holds no assets. Third Hope Africa, the operational arm of the organisation in Uganda, holds assets to the value of £30,190.



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FORR8830311NB

Independent Examiner's Report to the Trustees of Third Hope For The Year Ended 31 January 2021

I report to the trustees on my examination of the accounts of the Third Hope UK Trust for the year ended 31st January 2021.

Respective responsibilities of trustees and examiner

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act,
- to follow all the applicable procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the 2011 Act), and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from the Trustees concerning any such matters.

The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- the accounting records of the trust were not kept in accordance with section 130 of the 2011 Act; or
- the accounts do not accord with those accounting records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:

A handwritten signature in black ink, appearing to read 'Tracy Clamp'.

Date: 9 September 2021

Name: Mrs Tracy Clamp FCCA