



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

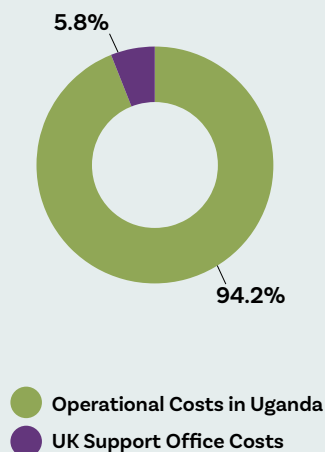
Income

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%
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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



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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:

M. Tracy Clap

Date:

6 September 2023

Name:

Mrs Tracy Clap FCCA

Address:

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