



# 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

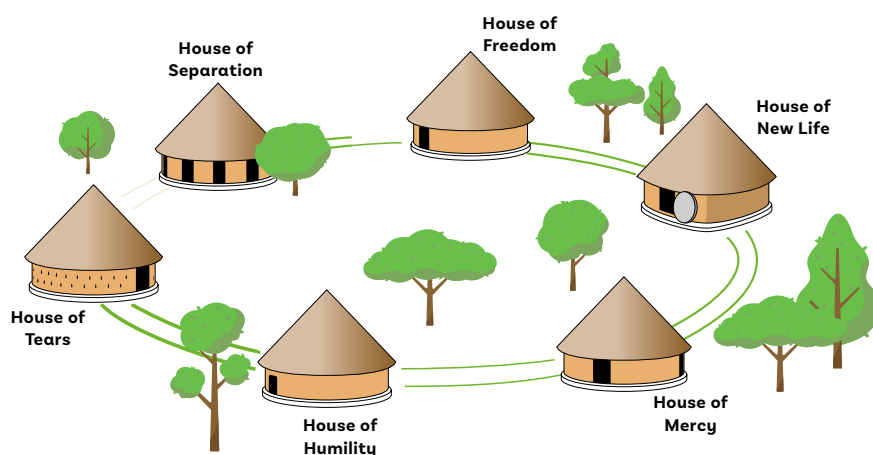
We started this financial year with funding in hand from two generous donors, given specifically for the Peace Centre. The Peace Centre is a 10-acre plot of land, situated about a mile down the valley from the Model Farm, and is a space dedicated to promoting peace and reconciliation for ex-child soldiers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

**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, (since Autumn 2010) – Chair  
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 £11,635.30 of which £1,034.28 are Restricted 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](http://www.thirdhope.org)**

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

**Contact:** [fiona@thirdhope.org](mailto:fiona@thirdhope.org)

Third Hope, registered charity no. 1133419

Third Hope Africa, International NGO, no. FORR8830311NB

**THIRD  
HOPE  
AFRICA**

# 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

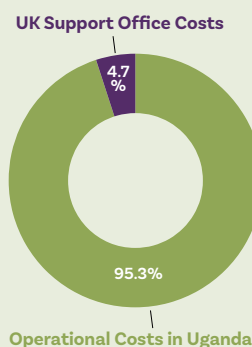
## Income

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
<b>Total</b>	<b>£76,520.22</b>	<b>–</b>	<b>£76,520.22</b>

## 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
<b>Total</b>	<b>£83,503.76</b>	<b>£21,768.87</b>	<b>£105,272.63</b>

### Breakdown of Expenditure



	Unrestricted	Restricted	Total
<b>Operational Costs in Uganda</b>			
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
<b>Total Operational Costs in Uganda</b>	<b>£78,552.16</b>	<b>£21,768.87</b>	<b>£100,321.03</b>
<b>UK Support Office Costs</b>			
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
<b>Total UK Support Office Costs</b>	<b>£4,951.60</b>	<b>–</b>	<b>£4,951.60</b>
<b>Total Expenditure</b>	<b>£83,503.76</b>	<b>£21,768.87</b>	<b>£105,272.63</b>

**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