

# HEAR THEIR ROAR

England & Wales · Charity number 1188513

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2020-03-12

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

## Contact

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**Address** 11 Lewis Close  
Aylesbury  
Buckinghamshire  
HP19 9AW

**Phone** 07708779474

**Email** [megan@heartheirroar.org](mailto:megan@heartheirroar.org)

**Website** [www.heartheirroar.org](http://www.heartheirroar.org)

## Activities

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**Objects:** TO PRESERVE AND PROTECT THE PHYSICAL AND MENTAL HEALTH OF CHILDREN AND YOUNG PEOPLE WHO HAVE BEEN SUBJECT TO ABUSE RESIDENT IN SIERRA LEONE, BY THE PROVISION OF SUPPORT AND TRAINING TO THE CHILDREN AND YOUNG PEOPLE, THE PARENTS, CARERS, TEACHERS AND COMMUNITY MEMBERS WHO HAVE RESPONSIBILITY FOR THE CHILDREN AND YOUNG PEOPLE.

**Activities:** We want to develop meaningful connections between children and young people and the societal structures that they live within; re-connection built on mutuality of respect, active listening and inclusion.

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Prevention Or Relief Of Poverty, Human Rights/religious Or Racial Harmony/equality Or Diversity
- **Who:** Children/young People

## Geography

- Kenya
- Sierra Leone

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£24,393	£14,854	-	-
2024-03-31	£8,988	£7,798	-	-
2023-03-31	£11,552	£8,758	-	-
2022-03-31	£1,973	£693	-	-
2021-03-31	£9,395	£863	-	-

## Trustees

Name	Role	Appointed
<b>Matthew Longmate</b>	Chair	2020-03-12
Claire Simpson		2024-09-01
Emma McCormick		2024-09-01
MEGAN TANNER		2020-03-13
Samuel Haughton		2024-09-01
Sue Longmate		2020-03-13

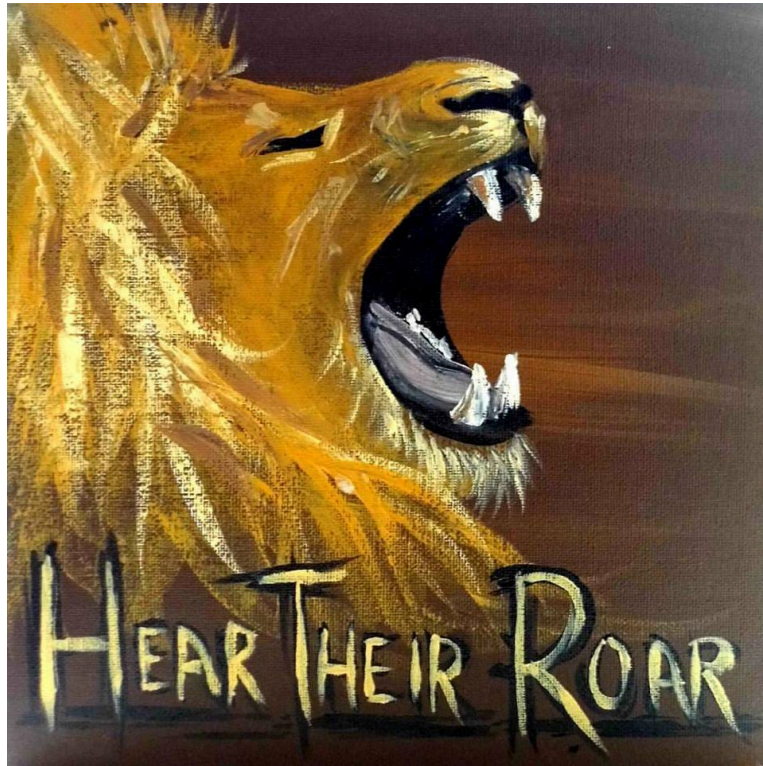
**HEAR THEIR ROAR**

England & Wales - Charity number 1188513

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# Accounts

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## **Hear Their Roar**

### **Trustees' Annual Report**

**Related period:** 01/04/24-31/03/25

**Charity registration number:** 1188513

#### **Trustees:**

Matthew Longmate	Chair
Rebecca Tanner	Trustee
Sue Longmate	Trustee

**Bankers:** Metro Bank, 45 Market Square, Aylesbury, Buckinghamshire, HP20 2SP

## Purpose and Aims

To preserve and protect the physical and mental health of children and young people who have been subject to abuse resident in Africa, by the provision of support and training to the children and young people, the parents, carers, teachers and community members who have responsibility for the children and young people.

### Main activities in relation to those purposes for the public benefit

1. Saturday kids' clubs.
2. School holiday kids' clubs.
3. School term homework clubs.
4. Teen mum training sessions.

### Statement on Charity Commission on public benefit

The trustees have had regard to the Charity Commission's guidance on public benefit.

### Summary of the main achievements of the charity

April 2024 – end of March 2025 we facilitated:

50 Saturday clubs for 3 to 16-year-olds.  
36 school holiday weekday clubs for 3 to 16-year-olds.  
46 term time, after school, homework clubs.  
50 teen mum training days.

Parents and teachers in the community have said that they can see a difference in the educational achievement of children who attend our clubs and a growth in the children's mental and emotional health.

Adults in the community have noted that the children are less involved in unhelpful activities when not occupied.

Teen mums have said that the stigma they face has started to diminish within the community.

This has been our first full financial year in Waithaka, and over the year period we have had 187 children come to clubs and 43 teen mums come to training sessions.

### Activities and achievements in more detail

#### **1. Saturday Kids' clubs and School holiday Kids' clubs.**

This has been our first full financial year in Waithaka. We started at Waithaka Hall, however, due to others booking the hall, we were limited to only 5 hours on a Saturday. There was nowhere to store any resources or to cook a meal for our children. We had all of the children, of all ages, together, which created a lot of noise for the younger ones. The rent was high.

So, in September we found a building we could rent for much less which would be available solely for our use. We then split the children into 2 groups - 3 to 8-year-olds and 9 to 16-

year-olds. The younger group comes from 9am-2pm; the older group comes from 2pm to 6pm.

We are now able to store everything we need and provide a fun, varied and enjoyable timetable for our children. Megan created the timetable - see below - and taught the volunteer facilitators how to execute it. The box on the right shows the benefit the children gain from the activities.

Once settled into our rented building we could also facilitate after school homework clubs. Children come from 4pm to 6pm 3 days a week to do their homework. Schools have said they have seen positive results in school from this project.

We were able to use part of our building to make a 'kitchen' so we can cook rice and beans and hot chocolate, making sure each child gets at least 1 hot meal that day. This is something parents have been very thankful for in their feedback sheets.

LESSON	EXAMPLES OF ACTIVITES	BENEFIT TO CHILD
Welcome 15mins	sing and dance and prayers	
outdoor free play 45 mins	balls, hula hoops, frisbee, skipping ropes etc	Conflict resolution, self-confidence, tenacity, resilience, physical ability, gross motor skills, coordination, balance, strength
indoor play 30 mins	dollies, cars, blocks, shops, houses, hand puppets, board games, Lego,	Conflict resolution, team player, confidence, physical ability, gross motor skills
outdoor facilitator led 45 mins	team games, throw hoops, bean bag throw, relay races, tag games, egg and spoon, twister, parachute etc	Team player, conflict resolution, gross motor skills, physical ability, resilience, perseverance, respect for others, agility, muscle strength
PSHE using a story 20mins	Kids story books with themed lessons	Character, integrity, morals, ethics, values
Mental 20 mins	Jigsaw, card games or puzzle - younger crossword, sudoku, code numbers, word search etc - older	Problem solving, logical reasoning, development of cognitive skills memory, patience, confidence, mental speed and efficient thought processes
Creative 30 mins	painting, cutting, gluing, decorating, making, arts and crafts etc	Fine motor skills, imagination, innovation, creativity, problem- solving, communication.
Older group chat 20 mins	Older only space to talk through subjects like relationships, sex, drugs, gangs, consent, conflict resolution, boundaries, character, integrity, growth mindset etc	Character, integrity, morals, ethics, values
Younger group chat 20 mins	Younger only space to talk about hygiene, friendships, team player, conflict resolution, character, boundaries etc	Character, integrity, morals, ethics, values

colouring in 20 mins	colour in a picture	Fine motor skills, prewriting skills for younger
Food 20 mins	rice and beans, mandazi, and hot chocolate	Many of our families need help feeding their children; by providing this meal we know every child we serve is getting at least one hot and nutritious meal that day.
story time 20 mins	Kiswahili story then go home	Children who read 1. Are more likely to overcome disadvantages caused by inequalities 2. Are more likely to be happier, healthier and experience better mental wellbeing and self-esteem 3. Are more likely to do better at school and make more progress across the curriculum 4. Are more likely to develop empathy and creativity

## 2. Teen mum and young adult training sessions.

This year was focused around emotional and mental health and characteristics that are needed in the workplace: integrity, honesty, trustworthiness, how to be a team player, conflict resolution, etc.

For emotional and mental health, we used Dr Marc Brackett's RULER method – (recognise, understand, label, express and regulate) and learnt how to use this for every emotion that feels difficult or hard. We become more nuanced in our emotions and understand what we individually need to regulate emotions and heal from trauma.

For personal character, we worked through Brene Brown's BRAVING (boundaries, reliability, accountability, vault, integrity, non-judgement and generosity) and this is the standard for everyone in Hear Their Roar. We also worked through Hear Their Roar's values which work alongside the BRAVING acronym.

For healing from trauma, we talked openly about adverse life experiences and created a community where the young adults could talk and listen, be there for each other, hold space when things felt hard and support each other emotionally.

In their feedback many said how when they started coming, they had 'no hope' but during this year 15 of them have found the inspiration to take a 'no interest micro loan' and start a little business selling nappies, making soap, etc. One girl found the courage to go back to school. A couple of others found the inspiration to apply to do training courses in plumbing and one in cooking. Many of the teen mums have come to be volunteer facilitators at the kids' clubs.

## 3. Homework club.

Since moving into the building in September 2024 we were able to also provide 2 hours on a Tuesday, Wednesday and Thursday for children to come after school and do their homework with the help of volunteer facilitators. Teachers and parents in their feedback sheets have all said how the children who attend this club have improved in confidence and educational grades.

## Feedback.


We send out regular feedback sheets to our parents and young adults. Here are a couple of responses.

### Hope Worldwide Kenya:

You are doing a phenomenal job enhancing the development of the children and transforming their families and communities. You have a great heart and are quite inspirational.

### Parents:


What do your children think of kid's club or homework club?



It's an amazing network coz our kids are shaped in an excellent way.  
They learn things that they don't know.  
Everyday is a great adventure to our kids.

Teachers are making sure the kids have understood it very well.

Anything else you would like to tell me.



Yes that Almighty God bless this organization immensely ~~that~~ may you never lack Hospitality that you offer to our kids in Jesus name. We as Waiyawa residents are so grateful for this organization.


child or for you?

The benefits of kids club to my kid is:

- It help in discipline.
- learning more things
- Communicating
- uplifting the self esteem and confidence.
- socializing with different people.
- Improving the studies of kid

Anything else you would like to tell me.

As a Parent I really appreciate your effort toward our kids. God bless you.




*[Signature]*

What do your children think of kid's club or homework club?


He loves the club. Also he likes the teachers alot.

He always want to read out on time when he comes from school.



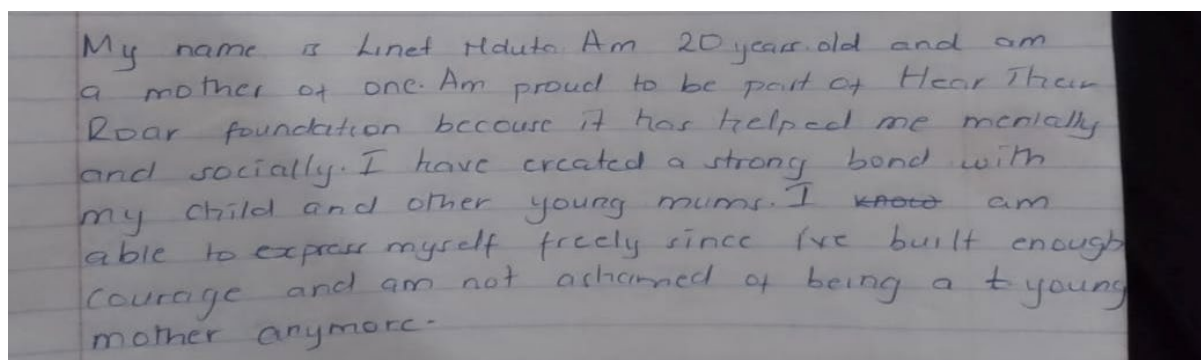
What do you see as the benefit of kid's club or homework club, for your child or for you?

It has been helpful to my kids. Especially their homework and also on exams. I have seen a great change academically. Also how to express themselves has changed.



Teen Mums:

My name is Phillomena Klangui. Am 29yrs And am a mom to One daughter known as Shannon. Am happy to be part of Hear Their Roar because it<sup>has</sup> made me to learn more with the rest young mothers. It Encourage me to believe that to get a child is not the end of the life. It motivates me in many things eg like<sup>to</sup> believe in myself



## Financial Review

The financial position is as per the statement below

	Unrestricted Funds	Restricted Funds	Endowment Funds	Total Funds	Last Year
<b>A1 Receipts</b>					
Donations	£ 24,393	£ -	£ -	£ 24,393	£ 8,988
<b>Sub total</b>	<b>£ 24,393</b>	<b>£ -</b>	<b>£ -</b>	<b>£ 24,393</b>	<b>£ 8,988</b>
<b>A2 Assets and investment sales</b>					
n/a	£ -	£ -	£ -	£ -	-
<b>Sub total</b>	<b>£ -</b>	<b>£ -</b>	<b>£ -</b>	<b>£ -</b>	<b>-</b>
<b>Total Receipts</b>	<b>£ 24,393</b>	<b>£ -</b>	<b>£ -</b>	<b>£ 24,393</b>	<b>£ 8,988</b>
<b>A3 Payments</b>					
Childrens Core Services Costs	£ 9,726	£ -	£ -	£ -	£ 7,798
Flights and Accommodation	£ 5,128	£ -	£ -	£ -	-
Administrative Costs		£ -	£ -	£ -	-
<b>Sub total</b>	<b>£ 14,854</b>	<b>£ -</b>	<b>£ -</b>	<b>£ -</b>	<b>£ 7,798</b>
<b>A4 Assets and investment purchases</b>					
	£ -	£ -	£ -	£ -	-
<b>sub total</b>	<b>£ -</b>	<b>£ -</b>	<b>£ -</b>	<b>£ -</b>	<b>-</b>
<b>Total payments</b>	<b>£ 14,854</b>	<b>£ -</b>	<b>£ -</b>	<b>£ -</b>	<b>£ 7,798</b>
<b>Net of receipts</b>	<b>£ 9,539</b>				<b>£ 1,190</b>
A5 Transfers between funds	£ -				£ -
A6 Cash funds last year end	£ 13,796				£ 12,606
<b>Cash fund this year end</b>	<b>£ 23,335</b>				<b>£ 13,796</b>
B1 Cash funds	£ 23,335				£ 13,796
B2 Other monetary assets	£ -				£ -
B3 Investment assets	£ -				£ -
B4 Assets retained for the chairites own use	£ -				£ -
B5 Liabilities	£ -				£ -

## Confirmation of the charity's position as a going concern

There are no uncertainties about the charity's ability to continue as a going concern.

## Principal sources of funds

The principal funding sources of the charity in the reporting period are from regular and ad hoc donors.

## A description of the principal risks facing the charity

We do not have any principal risks or uncertainties facing the charity and its subsidiary undertakings, as identified by the charity trustees. Nor do we have any factors that are likely to affect the financial performance or position going forward.

## Structure, Governance and Management

Hear Their Roar is a Charitable Incorporated Organisation registered with the Charities Commission on the 12<sup>th</sup> March 2020.

There is a minimum requirement for 3 trustees and a maximum allowable number of 10 trustees.

Every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

## Reference and Administrative details

Charity name	Hear Their Roar
Other name the charity uses	None
Registered charity number	1188513
Charity's principal address	11 Lewis Close, Aylesbury, Bucks. HP19 9AW

## Declarations

The trustees declare that they have approved the trustees' report above. Signed for and on behalf of the Trustees:

### Signature



### Full Name

Matthew Longmate

### Position

Chair

### Date

26/01/2026

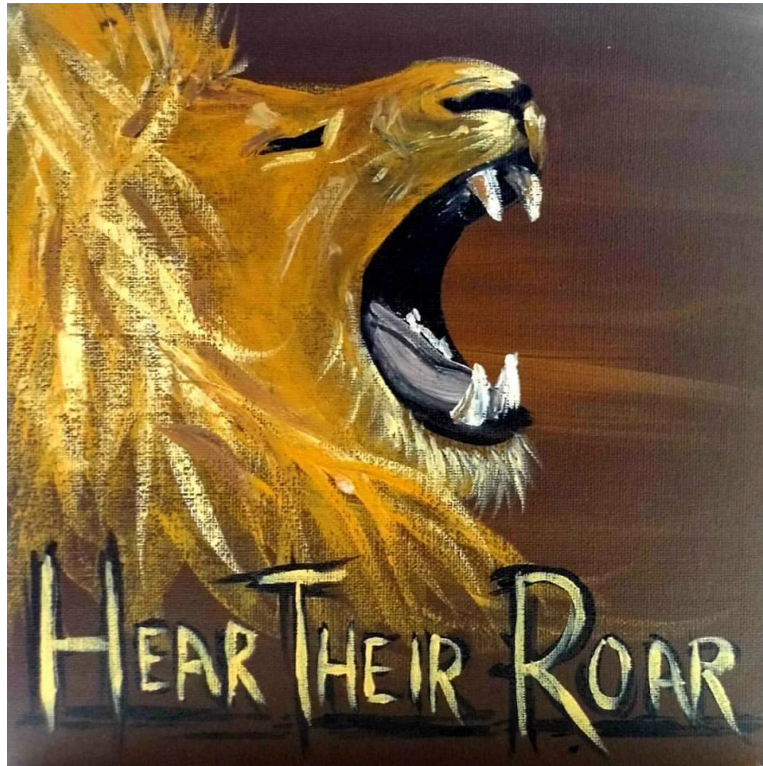
**HEAR THEIR ROAR**

England & Wales - Charity number 1188513

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# Accounts

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## **Hear Their Roar**

### **Trustees' Annual Report**

**Related period:** 12/03/2023 to 11/03/2024

**Charity registration number:** 1188513

#### **Trustees:**

Matthew Longmate	Chair
Rebecca Tanner	Trustee
Sue Longmate	Trustee

**Bankers:** Metro Bank, 45 Market Square, Aylesbury, Buckinghamshire, HP20 2SP

## Purpose and Aims

To preserve and protect the physical and mental health of children and young people who have been subject to abuse resident in Africa, by the provision of support and training to the children and young people, the parents, carers, teachers and community members who have responsibility for the children and young people.

## Our Work Supporting Children and Young People

There is a demonstrable parity between the needs of children and young people within social care and education systems whether in the UK or Africa; unfortunately, there is also demonstrable evidence that the same gaps exist in terms of the strong connections between those receiving these services and those providing them. Connections are the key to success of any form of meaningful intervention in a young person's life.

Through many years of involvement in the education, health and social care systems in the UK we have developed a broad understanding of symptoms that arise from the challenges that exist between those with the potential to make positive changes in a child's life and those children who are systematically failed; those ultimately left to drift to the fringes of society.

The key recurrent theme we see is a lack of meaningful connection – a theme that is core to our vision:

***“We want to develop meaningful connections between children and young people and the societal structures that they live within; reconnection built on mutuality of respect, active listening and inclusion”***

## Our Core Objectives

To help meet this vision we have set out a series of objectives to help steer and guide



To develop the capacity and skills of members of disadvantaged communities



To support peer charities and organisations in the advancement of mental, physical and moral capabilities for children and young people



To promote the rights set out in the UNCRC in communities with whom we work

There is a real and avoidable deficit in the support of children and young people in Africa despite growing inward aid and investment in the third sector.

Much resource is focussed towards management of symptoms of social deprivation whilst the next generation are not adequately being engaged with to realise substantive, long-term transformation in patterns and behaviours that underlie their situation.

## **How We Do This**

We have focussed on three key programmes where we feel our experiences and capabilities can be leveraged to create the greatest impact in the communities with whom we work. These support the promotion of the UNCRC Article 19 which is our focus.

### **1. Supporting: Emotional Wellbeing in Disadvantaged Communities**

Through our projects in this area it has been clear there is a breakdown of relationships and communication between children and young people and their communities leading to a deficit in emotional connections which is being played out in abusive expression.

Through this programme we undertake sessions with all sections of the community to help transform their view of communication and relationships.

We find our support is heard and understood and, with the communities underlying desire for change, we are able to make relationships grow. This demonstrably leads to less abusive consequences, be that corporal punishment or the neglect which stems from giving in to circumstance.

### **2. Engaging: Children and Young People with Social Care Needs**

Children and young people have unexpressed thoughts and feelings which play out in challenging behaviours. They are living with adults who are not able to correctly parent or look after them. This is damaging and, in many cases, abusive.

We connect with children and young people in the first instance by using play, the underlying principle of UNCRC article 31, then moving into workshops focusing on understanding their emotions and ability to communicate. This becomes much more powerful in combination with work in the area of emotional wellbeing of the community as it feeds on the improvement in relationship and communication with the adults.

Children and young people who have been through our projects feel better equipped emotionally to understand and cope with the challenges of life.

### **3. Empowering: Non-Violent Resistance and Tools to Support Change**

Corporal punishment, escalatory relationships and communication, lack of human connection between adults and children and young people can be abusive and damaging but is normalised within the community.

We advocate the use of NVR as it empowers adults to take control of an escalating situation in a way that is not harmful to the child. It reduces escalation, it strengthens relationships, builds communication and has practical tools to manage children and young people's challenging behaviour. As NVR becomes an effective and embedded cultural norm abusive and disconnected relationship diminishes as a result. This impact is seen as a reduction in harm to children and young people and improvement in emotional wellbeing for all in the society.

## **Delivering Public Benefit**

We have focussed on the three key programmes described above where we feel our experiences and capabilities can be leveraged to create the greatest benefit for those receiving our services.

Our objects limit the services we provide to those individuals in Africa who are children and young people themselves or are in a position to impact the lives of children and young people in that area.

We spend time with large groups in schools and the local communities providing training, education, support and advice with an aim to embedding a new, more sympathetic, approach to the care of children within communities where traditional familial and community support is lacking.

Our principal source of funding is from charitable donation from the public and corporate donors. Our volunteers also are required to raise funds to support their travel and lodgings costs which form the predominance of the costs associated with our projects in Africa.

Our reserves are maintained in order to support cashflow over the course of the year so that we are able to provide our services and projects as the need arises without a delay for a significant donation drive prior to being able to agree to support a client.

## **Achievements and Performance**

In October 2023 we were able to travel to Nairobi, Kenya and look to see if we could provide support in Dagoretti.

January to March 2024 – We returned to Nairobi and ran projects for teen mums and children. These went so well we partnered with Empowered Hearts so this work could continue.

Teen Mums. We have 25 on the books and facilitate weekly sessions for them.

Kids Club. We have 150 children registered in the clubs. Some of our teen mums are helping to run this club. We focus on play and emotional health and education.

These club at held at Waithaka social hall.

## **Financial Review**

See next page

	Unrestricted Funds	Restricted Funds	Endowment Funds	Total Funds	Last Year
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Donations	£ 8,988	£ -	£ -	£ -	£ 11,552
<b>Sub total</b>	<b>£ 8,988</b>	<b>£ -</b>	<b>£ -</b>	<b>£ -</b>	<b>£ 11,552</b>
<b>A2 Assets and investment sales</b>					
<b>Sub total</b>	<b>£ -</b>	<b>£ -</b>	<b>£ -</b>	<b>£ -</b>	<b>£ -</b>
<b>Total Receipts</b>	<b>£ 8,988</b>	<b>£ -</b>	<b>£ -</b>	<b>£ -</b>	<b>£ 11,552</b>
<b>A3 Payments</b>					
Fees	£ 7,798	£ -	£ -	£ -	£ 8,214
Equipment	-	£ -	£ -	£ -	£ 358
Office Costs	-	£ -	£ -	£ -	£ 186
<b>Sub total</b>	<b>£ 7,798</b>	<b>£ -</b>	<b>£ -</b>	<b>£ -</b>	<b>£ 8,758</b>
<b>A4 Assets and investment purchases</b>					
<b>sub total</b>	<b>£ -</b>	<b>£ -</b>	<b>£ -</b>	<b>£ -</b>	<b>£ -</b>
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## Declarations

The trustees declare that they have approved the trustees' report above. Signed for and on behalf of the Trustees:

**Signature**

A handwritten signature in black ink that reads "Matthew Longmate". The signature is written in a cursive style and is slightly slanted to the right.

**Full Name**

Matthew Longmate

**Position**

Chair

**Date**

27/12/2024

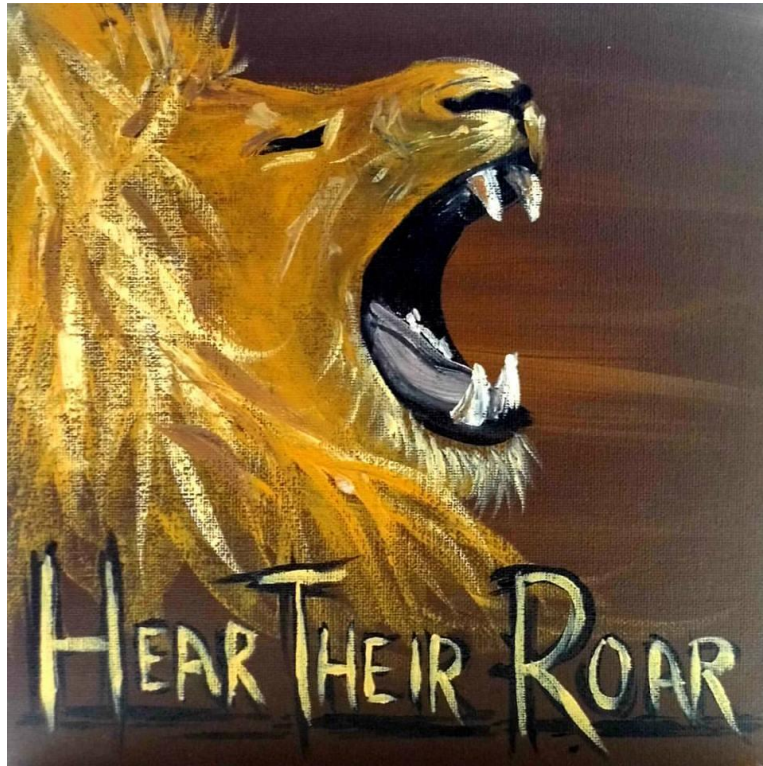
**HEAR THEIR ROAR**

England & Wales - Charity number 1188513

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# Accounts

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## **Hear Their Roar**

### **Trustees' Annual Report**

**Related period:** 01/4/2022 to 31/03/2023

**Charity registration number:** 1188513

#### **Trustees:**

Matthew Longmate	Chair
Rebecca Tanner	Trustee
Sue Longmate	Trustee

**Bankers:** Metro Bank, 45 Market Square, Aylesbury, Buckinghamshire, HP20 2SP

## Purpose and Aims

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## Our Work Supporting Children and Young People

There is a demonstrable parity between the needs of children and young people within social care and education systems whether in the UK or Africa; unfortunately, there is also demonstrable evidence that the same gaps exist in terms of the strong connections between those receiving these services and those providing them. Connections are the key to success of any form of meaningful intervention in a young person's life.

Through many years of involvement in the education, health and social care systems in the UK we have developed a broad understanding of symptoms that arise from the challenges that exist between those with the potential to make positive changes in a child's life and those children who are systematically failed; those ultimately left to drift to the fringes of society.

The key recurrent theme we see is a lack of meaningful connection – a theme that is core to our vision:

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## **How We Do This**

We have focussed on three key programmes where we feel our experiences and capabilities can be leveraged to create the greatest impact in the communities with whom we work. These support the promotion of the UNCRC Article 19 which is our focus.

### **1. Supporting: Emotional Wellbeing in Disadvantaged Communities**

Through our projects in this area it has been clear there is a breakdown of relationships and communication between children and young people and their communities leading to a deficit in emotional connections which is being played out in abusive expression.

Through this programme we undertake sessions with all sections of the community to help transform their view of communication and relationships.

We find our support is heard and understood and, with the communities underlying desire for change, we are able to make relationships grow. This demonstrably leads to less abusive consequences, be that corporal punishment or the neglect which stems from giving in to circumstance.

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We connect with children and young people in the first instance by using play, the underlying principle of UNCRC article 31, then moving into workshops focusing on understanding their emotions and ability to communicate. This becomes much more powerful in combination with work in the area of emotional wellbeing of the community as it feeds on the improvement in relationship and communication with the adults.

Children and young people who have been through our projects feel better equipped emotionally to understand and cope with the challenges of life.

### **3. Empowering: Non-Violent Resistance and Tools to Support Change**

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Our principal source of funding is from charitable donation from the public and corporate donors. Our volunteers also are required to raise funds to support their travel and lodgings costs which form the predominance of the costs associated with our projects in Sierra Leone.

Our reserves are maintained in order to support cashflow over the course of the year so that we are able to provide our services and projects as the need arises without a delay for a significant donation drive prior to being able to agree to support a client.

## Achievements and Performance

In October 2022 we were able to travel to Kenema, Sierra Leone and facilitate a project in local schools.

### **We visited:**

7 different schools and worked with 1200 children aged 5 to 17 years old.

### **We worked on Emotional Intelligence with the children.**

The emotions the children found hardest to understand, express, and regulate were frustration, sadness, worry and fear. These were the 4 emotions we focused on.

We used the RULER technique:

- Recognizing – what we are feeling.
- Understand – why we feel it.
- Label - being able to label and correctly name what we are feeling.
- Express – how to express our feelings in helpful ways.
- Regulate – how to shift our feeling to calm when needed.

One teacher in a rural school said to the children “you need to remember this, it is very important” and he took photographs of the board. Teacher then reiterated what we had taught and said to the children “it’s ok to feel these feelings. If you’re worried, angry, scared, sad. You need to show it in a safe way”.

Head teacher of Community Initiative Academy: “We invest in human being. Human being more important than structures. We need help here.” “Investing in human capital preaches the Government vision, what you’re doing is very timely”. “You are complementing our vision, our work. Let it be continued.”

## Financial Review

	Unrestricted Funds		Restricted Funds		Endowment Funds		Total Funds		Last Year	
<b>A1 Receipts</b>										
Donations	£	11,552	£	-	£	-	£	-	£	1,973
<b>Sub total</b>	<b>£</b>	<b>11,552</b>	<b>£</b>	<b>-</b>	<b>£</b>	<b>-</b>	<b>£</b>	<b>-</b>	<b>£</b>	<b>1,973</b>
<b>A2 Assets and investment sales</b>										
<b>Sub total</b>	<b>£</b>	<b>-</b>	<b>£</b>	<b>-</b>	<b>£</b>	<b>-</b>	<b>£</b>	<b>-</b>	<b>£</b>	<b>-</b>
<b>Total Receipts</b>	<b>£</b>	<b>11,552</b>	<b>£</b>	<b>-</b>	<b>£</b>	<b>-</b>	<b>£</b>	<b>-</b>	<b>£</b>	<b>1,973</b>
<b>A3 Payments</b>										
Fees	£	8,214	£	-	£	-	£	-	£	597
Equipment	£	358	£	-	£	-	£	-	£	-
Office Costs	£	186	£	-	£	-	£	-	£	96
<b>Sub total</b>	<b>£</b>	<b>8,758</b>	<b>£</b>	<b>-</b>	<b>£</b>	<b>-</b>	<b>£</b>	<b>-</b>	<b>£</b>	<b>693</b>
<b>A4 Assets and investment purchases</b>										
<b>sub total</b>	<b>£</b>	<b>-</b>	<b>£</b>	<b>-</b>	<b>£</b>	<b>-</b>	<b>£</b>	<b>-</b>	<b>£</b>	<b>-</b>
<b>Total payments</b>	<b>£</b>	<b>8,758</b>	<b>£</b>	<b>-</b>	<b>£</b>	<b>-</b>	<b>£</b>	<b>-</b>	<b>£</b>	<b>693</b>
<b>Net of receipts</b>	<b>£</b>	<b>2,794</b>							<b>£</b>	<b>1,280</b>
A5 Transfers between funds	£	-							£	-
A6 Cash funds last year end	£	9,812							£	8,532
<b>Cash fund this year end</b>	<b>£</b>	<b>12,606</b>							<b>£</b>	<b>9,812</b>
B1 Cash funds	£	12,606							£	9,812
B2 Other monetary assets	£	-							£	-
B3 Investment assets	£	-							£	-
B4 Assets retained for the chairites own use	£	-							£	-
B5 Liabilities	£	-							£	-

## Structure, Governance and Management

Hear Their Roar is a Charitable Incorporated Organisation registered with the Charities Commission on the 12<sup>th</sup> March 2020.

There is a minimum requirement for 3 trustees and a maximum allowable number of 10 trustees.

Every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

## Declarations

The trustees declare that they have approved the trustees' report above. Signed for and on behalf of the Trustees:

**Signature**

A handwritten signature in black ink that reads "Matthew Longmate". The signature is written in a cursive style and is positioned above the printed name.

**Full Name**

Matthew Longmate

**Position**

Chair

**Date**

27/12/2023

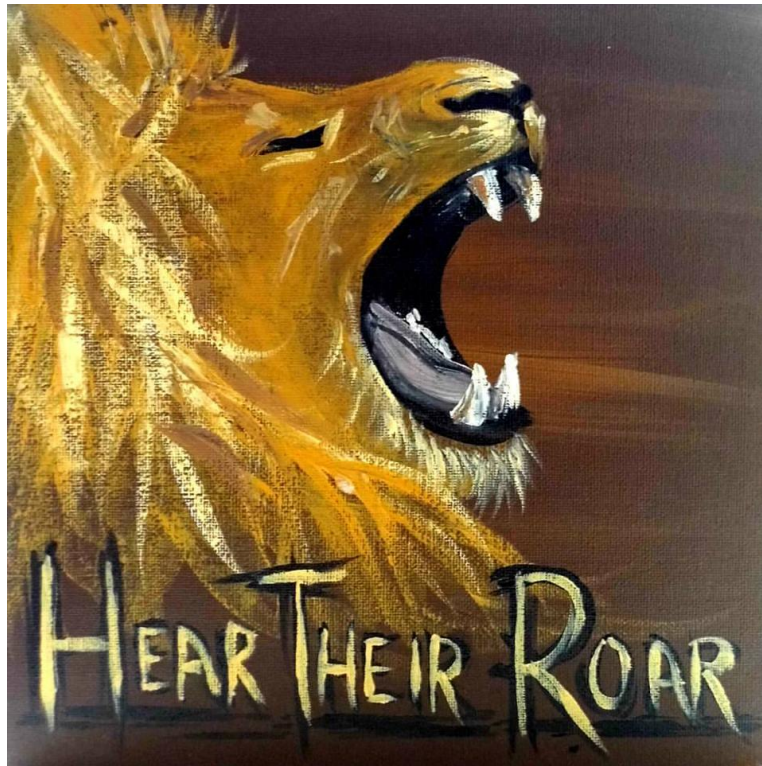
**HEAR THEIR ROAR**

England & Wales - Charity number 1188513

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# Accounts

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## **Hear Their Roar**

### **Trustees' Annual Report**

**Related period:** 01/04/2021 to 31/03/2022

**Charity registration number:** 1188513

#### **Trustees:**

Matthew Longmate	Chair
Rebecca Tanner	Trustee
Sue Longmate	Trustee

**Bankers:** Metro Bank, 45 Market Square, Aylesbury, Buckinghamshire, HP20 2SP

## Purpose and Aims

To preserve and protect the physical and mental health of children and young people who have been subject to abuse resident in Sierra Leone, by the provision of support and training to the children and young people, the parents, carers, teachers and community members who have responsibility for the children and young people.

## Our Work Supporting Children and Young People

There is a demonstrable parity between the needs of children and young people within social care and education systems whether in the UK or Africa; unfortunately, there is also demonstrable evidence that the same gaps exist in terms of the strong connections between those receiving these services and those providing them. Connections are the key to success of any form of meaningful intervention in a young person's life.

Through many years of involvement in the education, health and social care systems in the UK we have developed a broad understanding of symptoms that arise from the challenges that exist between those with the potential to make positive changes in a child's life and those children who are systematically failed; those ultimately left to drift to the fringes of society.

The key recurrent theme we see is a lack of meaningful connection - a theme that is core to our vision:

***“We want to develop meaningful connections between children and young people and the societal structures that they live within; reconnection built on mutuality of respect, active listening and inclusion”***

## Our Core Objectives

To help meet this vision we have set out a series of objectives to help steer and guide



To develop the capacity and skills of members of disadvantaged communities



To support peer charities and organisations in the advancement of mental, physical and moral capabilities for children and young people



To promote the rights set out in the UNCRC in communities with whom we work

There is a real and avoidable deficit in the support of children and young people in Africa despite growing inward aid and investment in the third sector.

Much resource is focussed towards management of symptoms of social deprivation whilst the next generation are not adequately being engaged with to realise substantive, long-term transformation in patterns and behaviours that underlie their situation.

## **How We Do This**

We have focussed on three key programmes where we feel our experiences and capabilities can be leveraged to create the greatest impact in the communities with whom we work. These support the promotion of the UNCRC Article 19 which is our focus.

### **1. Supporting: Emotional Wellbeing in Disadvantaged Communities**

Through our projects in this area it has been clear there is a breakdown of relationships and communication between children and young people and their communities leading to a deficit in emotional connections which is being played out in abusive expression.

Through this programme we undertake sessions with all sections of the community to help transform their view of communication and relationships.

We find our support is heard and understood and, with the communities underlying desire for change, we are able to make relationships grow. This demonstrably leads to less abusive consequences, be that corporal punishment or the neglect which stems from giving in to circumstance.

### **2. Engaging: Children and Young People with Social Care Needs**

Children and young people have unexpressed thoughts and feelings which play out in challenging behaviours. They are living with adults who are not able to correctly parent or look after them. This is damaging and, in many cases, abusive.

We connect with children and young people in the first instance by using play, the underlying principle of UNCRC article 31, then moving into workshops focusing on understanding their emotions and ability to communicate. This becomes much more powerful in combination with work in the area of emotional wellbeing of the community as it feeds on the improvement in relationship and communication with the adults.

Children and young people who have been through our projects feel better equipped emotionally to understand and cope with the challenges of life.

### **3. Empowering: Non-Violent Resistance and Tools to Support Change**

Corporal punishment, escalatory relationships and communication, lack of human connection between adults and children and young people can be abusive and damaging but is normalised within the community.

We advocate the use of NVR as it empowers adults to take control of an escalating situation in a way that is not harmful to the child. It reduces escalation, it strengthens relationships, builds communication and has practical tools to manage children and young people's challenging behaviour. As NVR becomes an effective and embedded cultural norm abusive and disconnected relationship diminishes as a result. This impact is seen as a reduction in harm to children and young people and improvement in emotional wellbeing for all in the society.

### **Delivering Public Benefit**

We have focussed on the three key programmes described above where we feel our experiences and capabilities can be leveraged to create the greatest benefit for those receiving our services.

Our objects limit the services we provide to those individuals in Sierra Leone who are children and young people themselves or are in a position to impact the lives of children and young people in that area.

We spend time with large groups in schools and the local communities providing training, education, support and advice with an aim to embedding a new, more sympathetic, approach to the care of children within communities where traditional familial and community support is lacking.

Our principal source of funding is from charitable donation from the public and corporate donors. Our volunteers also are required to raise funds to support their travel and lodgings costs which form the predominance of the costs associated with our projects in Sierra Leone.

Our reserves are maintained in order to support cashflow over the course of the year so that we are able to provide our services and projects as the need arises without a delay for a significant donation drive prior to being able to agree to support a client.

### **Achievements and Performance**

2019 was a successful year for the delivery of projects in Sierra Leone by Hear Their Roar, a summary of which are provided below.

#### **Emotional Wellbeing in Disadvantaged Communities**

2019 - Street Child; 18 social workers at Street Child Kenema office

2019 - Street Child; 20 teachers at St John's Secondary School

2019 - Street Child; 25 teachers at Ansurul Islamic Secondary School

2019 - Street Child; 30 teachers at Ahmadiyya Islamic Secondary School

2019 - Street Child; 9 foster carers at the carer support group

## **Children and Young People with Social Care Needs**

2019 - Street Child; 40 teenage mothers at the teens support group

2019 - Street Child; 250 teenagers at St John's Secondary School

2019 - Street Child; 500 children and teens in various workshops

2021 with the impact of the COVID-19 pandemic, has meant that we have not been able to travel to Sierra Leone and as such we have not had the opportunity to undertake any projects.

We have tried as best we can to maintain good lines of communications with those we have trained and supported in the past by phone and through social media.

During 2021 UK lockdowns Hear Their Roar facilitated:

- Facebook Live videos for children, teaching singing, dancing
- Facebook Live videos teaching Emotional Intelligence (recognizing, understanding, labelling, expressing, and regulating) anger, frustration, sadness, worry, fear, shame and guilt.
- Facebook live videos for adults covering topics relevant to coping with life during the pandemic.
- These videos were watched by our communities in Sierra Leone as well as in the UK.
- We set up a WhatsApp group and a Facebook group specifically for adults we have worked with in Sierra Leone so we can continue communication over the covid-19 period.

It has been incredibly sad over the course of the year to hear about the tragic impact of the pandemic in the communities we have spent so much time with and even more so when we have heard about the loss of individuals we have worked alongside.

In 2022 we are looking to be able to recommence our projects and visits.

## **Financial Review**

	Unrestricted Funds	Restricted Funds	Endowment Funds	Total Funds	Last Year
<b>A1 Receipts</b>					
Donations	£ 1,973	£ -	£ -	£ -	£ 9,395
<b>Subtotal</b>	<b>£ 1,973</b>	<b>£ -</b>	<b>£ -</b>	<b>£ -</b>	<b>£ 9,395</b>
<b>A2 Assets and investment sales</b>					
<b>Subtotal</b>	<b>£ -</b>	<b>£ -</b>	<b>£ -</b>	<b>£ -</b>	<b>£ -</b>
<b>Total Receipts</b>	<b>£ 1,973</b>	<b>£ -</b>	<b>£ -</b>	<b>£ -</b>	<b>£ 9,395</b>
<b>A3 Payments</b>					
Fees	£ 597	£ -	£ -	£ -	£ 220
Equipment	£ -	£ -	£ -	£ -	£ 284
Office Costs	£ 96	£ -	£ -	£ -	£ 359
<b>Subtotal</b>	<b>£ 693</b>	<b>£ -</b>	<b>£ -</b>	<b>£ -</b>	<b>£ 863</b>
<b>A4 Assets and investment purchases</b>					
<b>subtotal</b>	<b>£ -</b>	<b>£ -</b>	<b>£ -</b>	<b>£ -</b>	<b>£ -</b>
<b>Total payments</b>	<b>£ 693</b>	<b>£ -</b>	<b>£ -</b>	<b>£ -</b>	<b>£ 863</b>
<b>Net of receipts</b>	<b>£ 1,280</b>				<b>£ 8,532</b>
A5 Transfers between funds	£ -				£ -
A6 Cash funds last year end	£ 8,532				£ -
<b>Cash fund this year end</b>	<b>£ 9,812</b>				<b>£ 8,532</b>
B1 Cash funds	£ 9,812				£ 8,532
B2 Other monetary assets	£ -				£ -
B3 Investment assets	£ -				£ -
B4 Assets retained for the chairites own use	£ -				£ -
B5 Liabilities	£ -				£ -

## Structure, Governance and Management

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**Full Name**

Matthew Longmate

**Position**

Chair

**Date**

27/01/2023

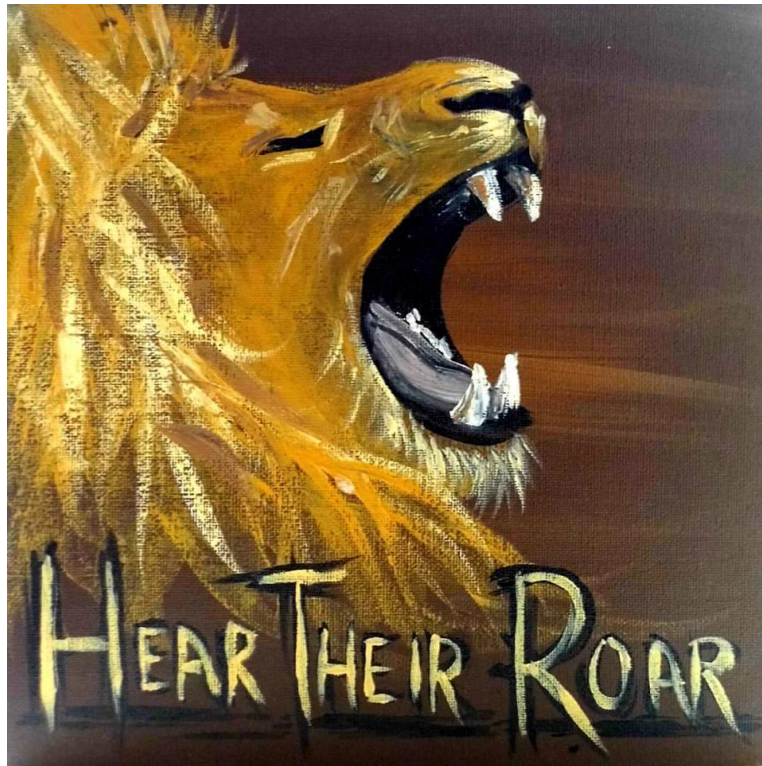
**HEAR THEIR ROAR**

England & Wales - Charity number 1188513

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# Accounts

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## **Hear Their Roar**

### **Trustees' Annual Report**

**Related period:** 12/03/2020 to 31/03/2021

**Charity registration number:** 1188513

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Rebecca Tanner	Trustee
Sue Longmate	Trustee

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We have tried as best we can to maintain good lines of communications with those we have trained and supported in the past by phone and through social media.

During the 2021 UK lockdowns Hear Their Roar facilitated:

- 16 Facebook Live videos for children, teaching singing, dancing
- 27 Facebook Live videos teaching Emotional Intelligence (recognising, understanding, labelling, expressing, and regulating) anger, frustration, sadness, worry, fear, shame and guilt.
- 8 Facebook live videos for adults covering topics relevant to coping with life during the pandemic.
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In 2022 we are looking to be able to recommence our projects and visits.

# Financial Review

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Donations	9,395	-	-	9,395	-
<b>Sub total</b> (Gross income for AR)	9,395	-	-	9,395	-
<b>A2 Asset and investment sales</b>					
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	9,395	-	-	9,395	-
<b>A3 Payments</b>					
Fees	220	-	-	220	-
Office Equipment	284	-	-	284	-
Office Costs	359	-	-	359	-
<b>Sub total</b>	863	-	-	863	-
<b>A4 Asset and investment purchases</b>					
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	863	-	-	863	-
<b>Net of receipts/(payments)</b>	8,532	-	-	8,532	-
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	-	-	-	-	-
<b>Cash funds this year end</b>	8,532	-	-	8,532	-

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Metro Bank	8,532	-	-
	<b>Total cash funds</b>	8,532	-	-
<b>B2 Other monetary assets</b>	Details	-	-	-
<b>B3 Investment assets</b>	Details	Fund to which asset belongs 0	Cost (optional) -	Current value (optional) -
<b>B4 Assets retained for the charity's own use</b>	Details	Fund to which asset belongs 0	Cost (optional) -	Current value (optional) -
<b>B5 Liabilities</b>	Details	Fund to which liability relates	Amount due (optional) -	When due (optional) -

## Structure, Governance and Management

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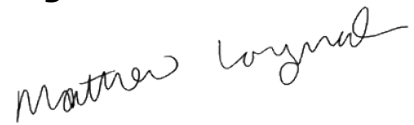
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## Declarations

The trustees declare that they have approved the trustees' report above. Signed for and on behalf of the Trustees:

### Signature

A handwritten signature in black ink that reads "Matthew Longmate". The signature is written in a cursive style and is positioned above the printed name.

### Full Name

Matthew Longmate

### Position

Chair

### Date

27/12/2021