



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

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

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	
A1 Receipts										
Donations	£	11,552	£	-	£	-	£	-	£	1,973
Sub total	£	11,552	£	-	£	-	£	-	£	1,973
A2 Assets and investment sales										
Sub total	£	-	£	-	£	-	£	-	£	-
Total Receipts	£	11,552	£	-	£	-	£	-	£	1,973
A3 Payments										
Fees	£	8,214	£	-	£	-	£	-	£	597
Equipment	£	358	£	-	£	-	£	-	£	-
Office Costs	£	186	£	-	£	-	£	-	£	96
Sub total	£	8,758	£	-	£	-	£	-	£	693
A4 Assets and investment purchases										
	£	-	£	-	£	-	£	-	£	-
sub total	£	-	£	-	£	-	£	-	£	-
Total payments	£	8,758	£	-	£	-	£	-	£	693
Net of receipts	£	2,794							£	1,280
A5 Trabsfers between funds	£	-							£	-
A6 Cash funds last year end	£	9,812							£	8,532
Cash fund this year end	£	12,606							£	9,812
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 12th 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, appearing to read 'Matthew Longmate', written in a cursive style.

Full Name

Matthew Longmate

Position

Chair

Date

27/12/2023