

## **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 ACTIVITIES	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 kiddos Jesus name.  
We as Waltham residents are so grateful for this organization.




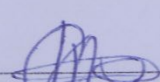
child or for you?

The benefit 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.



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.

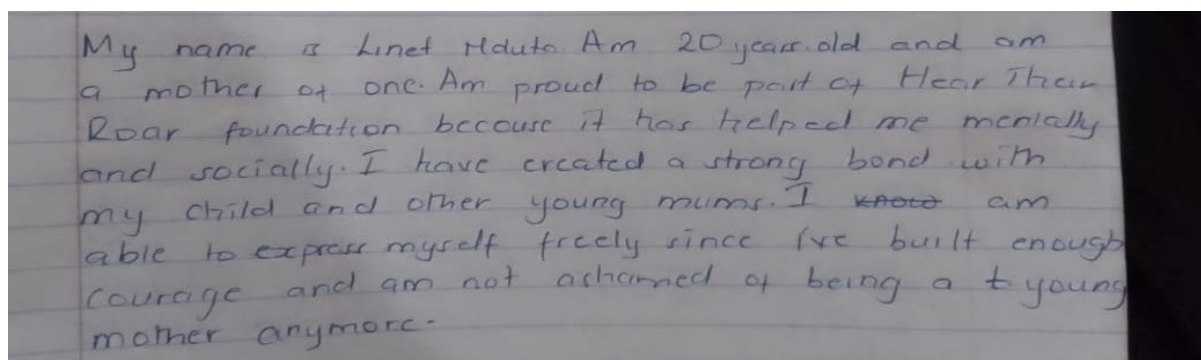
What do you see as the benefit of kid's club or homework club, for your child or for you?

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 Klangu. Am 20yrs 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	
A1 Receipts										
Donations	£	24,393	£	-	£	-	£	24,393	£	8,988
<b>Sub total</b>	<b>£</b>	<b>24,393</b>	<b>£</b>	<b>-</b>	<b>£</b>	<b>-</b>	<b>£</b>	<b>24,393</b>	<b>£</b>	<b>8,988</b>
A2 Assets and investment sales										
n/a	£	-	£	-	£	-	£	-		
<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>24,393</b>	<b>£</b>	<b>-</b>	<b>£</b>	<b>-</b>	<b>£</b>	<b>24,393</b>	<b>£</b>	<b>8,988</b>
A3 Payments										
Childrens Core Services Costs	£	9,726	£	-	£	-	£	-	£	7,798
Flights and Accommodation	£	5,128	£	-	£	-	£	-		-
Administrative Costs			£	-	£	-	£	-		-
<b>Sub total</b>	<b>£</b>	<b>14,854</b>	<b>£</b>	<b>-</b>	<b>£</b>	<b>-</b>	<b>£</b>	<b>-</b>	<b>£</b>	<b>7,798</b>
A4 Assets and investment purchases										
	£	-	£	-	£	-	£	-	£	-
<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>14,854</b>	<b>£</b>	<b>-</b>	<b>£</b>	<b>-</b>	<b>£</b>	<b>-</b>	<b>£</b>	<b>7,798</b>
<b>Net of receipts</b>	<b>£</b>	<b>9,539</b>							<b>£</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>£</b>	<b>23,335</b>							<b>£</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