



Action for Child Trauma International

(formerly known as Luna Children's Charity)



Annual Report & Accounts

For the year ended March 2019



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What we do and why



Millions of children have lives shattered by conflict, violence and natural disasters. Many will go on to develop psychological trauma, forced to re-live the worst moments of their lives again and again and again. It makes a normal life impossible, and there is only very limited specialist help for the majority of them. Without help, today's damaged children may become tomorrow's damaged adults, creating fragile families and communities trapped into a cycle of suffering.

Action for Child Trauma (ACT) International provides communities with the tools and training needed to treat children suffering from the symptoms of psychological trauma. We focus on local people and NGO staff, giving them the skills to provide child-led, culturally appropriate but evidence-based treatment, and to train others to do so. Our programmes change children's lives, giving them and their families a fresh start for a brighter future. Over the past ten years since our foundation as Luna Children's Charity, we have transformed the lives of thousands of children in 13 countries across the world. Many of them have been refugees fleeing conflict and disaster. Others may have been former child soldiers, victims of genocide, war, abuse, accidents and disasters.

Our projects focus on trauma training and we specialise in teaching 'Children's Accelerated Trauma Technique' (CATT). Through our 'special projects' we also train and support people working to develop trauma-based services in isolated or challenging places. Most of the people we work with have limited resources and are in communities coping with the consequences of war and violence. Our cascade model, training local people to help children in their communities, means our work is cost effective and sustainable.

We can't change what has happened to these children, but we can - and do - change what happens next. By healing young minds, we give them another chance at a normal life.



1. Reference and administration details

Charity Name and details

Luna Children's Charity, now known as Action for Child Trauma International.

Registered Charity in England & Wales, **Number 1272010**

Registered address: 184 Medstead Road, Beech, Alton, Hampshire GU34 4AJ

website: www.actinternational.org.uk

facebook: www.facebook.com/ActionChildTraumaInternational

twitter: https://twitter.com/LunaChildren

Charity Trustees

Victoria Burch (Clinical Trustee)
Stella Charman (Chair)
Jenny Dewar
Yara Fardous (from 18.3.19)
Anne Feeney
Brenda Graham (Safeguarding Lead)
Martyn Legg (Treasurer)

Officers

Philip Sarell

Shellee Burroughs - Clinical Operations Manager & trainer Elias Byaruhanga - Uganda Operations Manager & trainer

Specialist volunteers this year

Paul Brown – Intern, June-August Peter Burroughs – Webmaster

Penny Jeffcoat - Fundraiser Anna Jeffcoat - Fundraiser

Esther Mulders – Project Manager and volunteer at Bishop Asili Counselling Centre

Lucy Rolington - Facebook Co-ordinator

Plus 'Communications and rebranding' team:

Ollie Burch – Lead PR/Communications consultant

Nicholas May – Creative/design consultant

Hector Riley – Website development

UK-based trainers active this year

Maria Chambers Anna Kalin

Uganda-based trainers active this year

Sister Florence Achulo James Nsereko Candia Umar Gerald Wakweyika

Jordan-based trainers active this year

Dr Ghalia Al Asha Manar Hasan



2. Governance and management

2018-19 has been an important year. We began it as Luna Children's Charity, but by the end (March 2019) we were transformed into the newly-fledged Action for Child Trauma (ACT) International, with a new image and website, ready for real growth in our 10th anniversary year, 2019-20. As you can imagine this has involved a great deal of work, not just for those of us who have been with Luna from its early years, but also for our brand new Trustees (Toria Burch and Yara Fardous) and especially the energetic young team of communications, design and IT consultants led by Ollie Burch who gave freely their considerable time and energy to give us a truly up-to-date and professional new 'look'. Also supporting us to achieve our ambition to 'upgrade' as a charity has been Penny Jeffcoat. She persuaded and funded corporate specialist consultant Jonathan Andrews of Remarkable Partnerships, to work with us to find a corporate sponsor. This programme is now fully under way and we look forward to reporting a positive outcome in next year's Annual Report.

Significantly, 2018-19 has also been our best ever year for fundraising and activity. This year has consolidated our work in Uganda, given us our first two Arabic-speaking trainers for work across the Middle East, laid the foundations for exciting new project in Gaza and seen our first UK-based CATT training course for under-resourced individuals and agencies working with refugees in Bristol. As a result of this diversification in activity, our finances have become more complex, but we have been enthusiastically supported by our stalwart Treasurer Martyn Legg.

It is also important to make comment on the high value we place on working in partnership with other charities and NGOs. As such a small charity, we are always mindful that we can maximise our impact most effectively by working collaboratively with other like-minded organisations. This year we are grateful to have had invaluable support and shared enthusiasm for our child trauma work from CRESS (Christian Relief & Education in South Sudan), Firefly International, IMET2000 (International Medical Education Trust), the Carter Centre and the Children and War Foundation.

This year we have also made sure that ACT International, despite its small size, has an exemplary set of policies and procedures to support us to ensure equality, diversity, high standards of conduct and safeguarding in all our training and broader interactions, everywhere in the world. We are grateful for the help of our volunteer intern Paul Brown, the latest in a line of committed Sussex University students, in tackling this task. We are also fortunate to have Trustee Brenda Graham, whose expertise in and oversight of safeguarding practice is invaluable, and Elias Byaruhanga who has begun to provide safeguarding training to organisations who request it in Uganda. Frequently we have found ourselves giving advice on good practice to other small charities, and firmly believe in the importance of clear accountability and responsiveness to our donors, demonstrated not only by how we use their/your money, but also live up to our expressed, shared values.

ACT International wishes to thank all its Trustees, officers, specialist volunteers and trainers who offer their time and energy freely in pursuit of our shared aim of relieving distress in children who have experienced trauma in their lives. We can't change what has happened to these children, but we can – and do - change what happens next.



3. Objectives and activities

ACT International exists to advance the rights, education and health of children and young people affected by conflict and trauma. Formally, its objectives are:

- i) The advancement of education and preservation of good health of children and young people affected by conflict and/or trauma
- ii) To advance the education of the public in children and young people's rights in part, but not exclusively, under the UN Convention of the Rights of the Child

ACT International continues to specialise in the provision of Children's Accelerated Trauma Technique (CATT) training to professional front-line staff working with children in countries where children suffer the psychological consequences of war, conflict and exploitation. Key areas for the delivery of CATT training are still Uganda (4.1) and the Middle East (4.2), with the addition of Gaza (4.2.2). Unfortunately, it has not proved possible to return to Liberia this year, where the CATT practitioners we taught last year have faced many challenges in their practice. We say a little more about this in section 4.3. As already mentioned, this is the first year we have run training in the UK and we hope this will become a regular annual feature of our work (section 4.4). We also continue to provide ongoing support for our two long-standing special projects (4.5-4.6), which have benefitted this year from the additional staffing resources we have been able to fund or organise on their behalf. In addition, we have just begun a new special project which should bring benefit to the Gambia in the near future (4.7).

This year we were determined to re-start CATT training in the Middle East and overcome the problem created by our insurers (for employer liability and Trustee indemnity risks) who in 2016-17 decided that the security situation was too volatile to allow us to proceed with training plans for Turkey. In addition to training in Amman, Jordan in April 2018 we returned to Gaziantep, Turkey in April 2019, which will be reported on in next year's Annual Report. We have also laid the foundations for remote training and supervision of practitioners who cannot travel across closed borders. Towards the end of the year, we have also been able to plant the seeds of further work in Ghana and Armenia which should come to fruition in 2019-20.

Children's rights and child-centred practice remain at the heart of our training, and this came to the fore in Uganda in January when a wider child protection workshop featured for the first time as an adjunct to the training of staff in South Sudanese refugee settlements. Both Elias Byaruhanga and Sister Florence Achulo are now powerful local champions against harmful physical punishment in domestic and institutional settings in Uganda.

The Trustees confirm that they have complied with their duty, under section 4(6) of the Charities Act 2006 to have regard to the Charity Commission's guidance on public benefit and that the public benefit requirement has informed the activities of the Charity in the year to March 31st 2015.



4. Achievements and performance

4.1 CATT training: Uganda

4.1.1 Butabika Hospital, Kampala, in partnership with Mbarara University's child mental health (CAMHS) training programme

In May 2018 nine CATT practitioner certificates were awarded to trainees on the CAMHS Diploma programme run at Butabika Hospital by Mbarara University. This course is run annually, and the Director is Dr Godfrey Rukundo, Head of the Department of Psychiatry, who is a great proponent of the use of CATT since we trained him to use it in 2012. CATT training now forms part of the trauma module, and is delivered by ACT-trained trainers Elias Byaruhanga (far right below), Gerald Wakweyika and James Nsereko (at the far left of the photo).



4.1.2 Arua, in partnership with CRESS (Christian Relief & Education in South Sudan)

The area around Arua in northern Uganda is host to more than a million refugees from South Sudan. This year we teamed up with CRESS, a Hampshire-based UK registered charity, to provide CATT training for workers in the settlements run by two church dioceses, who are themselves South Sudanese refugees, plus local Ugandan professionals who are supporting them. The project was led by our CATT trainer Candia Umar who works as the principal psychiatric clinical officer in the Arua mental health team. He developed an excellent relationship with Edward Mika, Health Coordinator for CRESS Uganda. Elias Byaruhanga joined Umar as the second CATT trainer, to deliver the course in January 2019 with Edward managing all the financial arrangements. A total of 19 certificates were awarded, at a cost of £290 per practitioner, but this sum included provision for two follow-up supervision visits and ongoing mentoring. Everyone was delighted by the success of the training, which was greatly appreciated by all who experienced its impact. It included a workshop to address the use of



physical punishment within the South Sudanese community (see section 2 and 4.1.2). The cost of the project was jointly shared between CRESS (70%) and ACT International (30%), and we are very grateful to CRESS CEO Caroline Lamb, mental health advisor Fiona Sheldon, and the Trustees of CRESS who made this happen so effectively.



CATT practice

19 new CATT practitioners in Arua

4.2 CATT training: Middle East

4.2.1 Amman, Jordan

In April 2018 we returned once more to Jordan, thanks to the efforts of Manar Hasan, CATT practitioner and Training Officer for Mercy Corps in Amman. She recruited a highly educated, professional group of trainees and organised the course for us, preceded by two days of trainer training for herself and Dr Ghalia Al Asha. As a result, we gained two Jordan-based, Arabic-speaking CATT trainers in addition to 20 new CATT practitioners based in Amman, at a cost of £241 per certificate awarded. Feedback from the trainees was excellent. The training team of Maria Chambers and Anna Kalin were supported by Clinical Operations Manager Shellee Burroughs, and new Trustee Toria Burch. Yara Fardous, who also became a Trustee later in the year, worked as our Arabic interpreter also gained a CATT practitioner certificate. The new practitioners have created a WhatsApp group, and are being supported in their practice by Ghalia and Manar.





ACT International's training team in Amman left to right: Maria, Manar, Anna, Ghalia, Shellee, Toria



Yara

Successful trainees with their certificates

4.2.2 Palestine (Gaza)

For several years we have been in touch with two Palestinians: psychologist Haitham Shamia and social worker Mohammed El Sharef, since they applied to attend our course in Turkey in 2014 and Jordan in 2016, but were prevented from leaving Gaza. In the summer of 2018, we successfully supported them to obtain UK visas to attend CATT training in Bristol in November. We launched a successful crowdfunding campaign to fund their trip, but in the end, only Mohammed was able to leave. However, he enjoyed three weeks with us learning CATT, getting to know London (including speaking on BBC Arabic TV) and improving his English. He was hosted by a team of very generous people, too many to list here but to whom we are very grateful! Since returning to Gaza in January he has begun to use his new skills and we have been working with Firefly International and IMET2000 to set up and fund a pilot child



trauma service in Gaza City, staffed by Mohammed and Haitham. This has now opened and will be reported on in full next year.



Boys in Gaza with Mohammed and Haitham, outside the ruins of their homes



Mohammed at the BBC

Mohammed and Haitham talking about psychosocial support for children in Gaza

4.3 CATT training: Liberia

In February 2018 we delivered our first CATT training course in Liberia, in partnership with the Carter Centre, and this was described in last year's Annual Report. The following May, the Carter Centre sent Caroline Saye, their Senior Mental health Clinician to Kampala to join the child trauma module and learn CATT (se 4.1.1). Then in July, James Nsereko returned to Liberia to provide follow-up and supervision to the CATT practitioners there. Six of them have been identified for future trainer training, but they have experienced a number of difficulties in completing and writing up their cases, so no further courses took place this year as planned. However, we remain in contact with them and the Carter Centre, and are hopeful that we will be able to resume work in Liberia in 2019-20.



4.4 CATT training: UK

In response to a request from Anna Kalin, one of our most experienced CATT practitioners and trainers, we delivered our first UK-based CATT training course in Bristol in November 2018. This was aimed primarily at individuals and small local NGOs who are working with the large number of refugees in the City, but lack resources for trauma training. 12 appropriately-qualified trainees were accepted on the 3-day course, contributing towards the cost of food and facilities at the St Werburgh's Community Centre. Trainees in addition to Mohammed El Sharef (see 4.2.2) included Fiona Sheldon from CRESS (4.1.2), Esther Mulders (see 4.6), ACT Trustee Anne Feeney and five therapists linked to the Naos intercultural therapy centre in Bristol. We also trained Tamara Curtis who works for Love146, an international human rights organization working to end child trafficking, who has subsequently volunteered to help us as joint Project Manager for Gaza. The group also included two retired psychologists volunteering their time for local services. The evaluation was very positive and we are delighted that ACT has been able to enhance the skills of so many people working with this vulnerable group in Bristol. Our Trustees are keen to deliver one UK-based training course each year, and are hoping that the next one will take place in Hampshire in early 2020.

4.5 Special project: The Friends of Butabika Children's Ward

The Friends' Project continues, funding the activity of Dismas Lwagula (known as DJ) on the children's ward, and in 2018-19 we sent £1,025 for this purpose. We made no formal visits to the ward within this year but received regular reports from Rev Dismas of St Luke's Chapel, which is formally our 'partner' for this work. Trustee Brenda Graham went in April 2019 and found him well and continuing to work effectively. We still lack a Project Manager, so has not been possible to develop our activity further, but have ongoing discussions about the future of this project.



'DJ' with children on the ward at Butabika Hospital

4.6 Special project: Bishop Asili Counselling and Rehabilitation Centre

Sister Florence Achulo continues to lead the work of the Centre in Lira, northern Uganda, and to use CATT very effectively there and at Kisubi University. She also supports the many practitioners whom she has trained in Uganda. In March she wrote to us:

'We were working in a secondary school, delivering counselling. Many of these children had terrible experiences during the war, and experienced complex trauma and guilt as a result. We tried all forms of counselling and failed - until we used CATT. It was very successful, and I felt



empowered. Thank you for the CATT training; it works wonders and it really can bring the hope of life to a young person suffering from PTSD.'



Sister Florence

Esther Mulders took over as Project Manager early in the year, and in June and July 2018 spent seven weeks at the Centre as a volunteer therapist with the women and children cared for there. She also undertook research for her MA in the Anthropology of Development and Social transformation at the University of Sussex. Her subject was the mental wellbeing of women who became mothers during the time when the Lord's resistance Army was active and terrorizing this part of Uganda. It makes for moving and powerful reading.



Esther at Heathrow, June 2018

Sister Florence and her team were delighted by Esther's contribution to the life of the Centre, and she has continued to support them since by raising funds to enable the women to support themselves and their families more effectively. She was assisted by Grace Felton, who undertook a National Citizenship Service fundraising project that raised £182, so a total of £425 has been sent to Sister Florence for the work of the Bishop Asili Counselling Centre in 2018-19.

4.7 Special project: The Gambia

In early 2019 we were contacted by Alhagie Camara, a school counsellor and psychotherapist in Southampton, who had plans to return to his native Gambia to help with reconstruction of the country under its new President. His aim is to develop mental health services there which focus on helping the people recover from the trauma of the past 25 year of brutal



dictatorship. ACT supported him to launch a crowdfunding appeal to fund a research trip to Uganda, to learn about how best to deliver mental health services in an African setting. He was also taught to use CATT by Trauma Psychology UK in London, and is now in the Gambia beginning his valuable project. We expect to work with Alhagie again in the near future, and to plan some training with him in Banjul.



Alhagie (centre) with Elias Byaruhanga and Brenda Graham meeting in Kampala

4.8 Fundraising

This has been our best-ever year in terms of fundraising. We have retained the support of some key regular donors, with income boosted by a magnificent contribution from the United Church Winchester. In addition, a combination of crowd-funding initiatives by individual supporters and some successful, targeted bids have enabled us to fund everything we wanted to achieve this year. In February we engaged the services of Jonathan Andrews of Remarkable Partnerships to take us through a process designed to secure a corporate partner to lift us to the next level of charitable development (see section 4.12) in our 10th Anniversary year. We are optimistic for a breakthrough in our fundraising capacity, to enable us to match the growth in demand for our training and support.

As ever, Luna is enormously grateful to all who have continued to support us and have made donations in the 18-19 financial year, as follows:

Donations from corporate sponsors, charitable and grant-giving foundations:

- £5,000 from Joan Ainslie Trust (banked in 19-20)
- £1,000 from Chartwell Industries Ltd/Cripps Foundation
- £1,000 from Edith M Ellis Charitable Trust for Middle East

Schools, Youth Groups, Colleges & Universities:

• £182 from National Citizen Service's summer youth programme (Grace Felton)

Churches, clubs and societies:

£8,000 from United Church Winchester for Middle East training



'Crowdfunding' campaigns via BT MyDonate:

- £1,524 for Mohammed El Sharef & Haitham Shamia's visit to UK & training
- £1,775 for training in Jordan (Penny and Anna Jeffcoat)
- £180 for Alhagie Camara's research trip to Uganda
- £240 for Bishop Asili Counselling Centre (Esther Mulders)

Individual donors:

- £1,120 from 3 'friends' of Butabika Children's Ward
- £2,300 from an anonymous donor via CAF
- £3,038 miscellaneous other donations from supporters and Trustees

Funding sources (%) year ended March 2019					
Funding source	<u>amount</u>	<u>%</u>			
Charitable Trusts/Foundations	1,000	5%			
Corporate donors	1,000	5%			
Schools, youth groups, colleges & universities	182	1%			
Churches, clubs & societies	8,000	37%			
Crowdfunding campaigns	3,719	17%			
Individual donations	6,458	30%			
Earning from activities/interest	1,046	5%			
TOTAL	21,405	100%			

4.9 Website and Communications

This was the last year of our 'old' website (in fact, the third over the course of the last 10 years – keeping pace with technology is a challenge!). The Trustees agreed it should be updated to support our new name and image, so our 'Communications and rebranding' team of Ollie Burch, Nicholas May and Hector Riley, working closely with trustee Toria Burch, gave a significant amount of their 'spare' time this year to designing and launching the new website in April 2019. Everyone agrees it looks really professional and provides an excellent platform from which to launch out 10th Anniversary year developmental 'push' (see section 4.12).

In January we did a 'soft' launch of our new name and image, so Lucy Rolington created a new Facebook page for us, and our Twitter page was updated to reflect our new 'look'. These are now working well, and together with our BT MyDonate page have enabled us to use crowdfunding methods to generate support for our projects.

4.10 Quality assurance & research

Many of the childcare and mental health professionals whom we train to treat traumatised children are quite young, and often work in remote areas where they may be miles from professional support. This is particularly true in Africa. At the end of our training courses we always discuss and implement appropriate measures to support the new practitioners. In



Uganda the new practitioners are visited at least twice after they have qualified. At the end of our CATT course in Amman in May 2019, follow-up took the form of a WhatsApp group. This provides a quick and simple way for new CATT therapists to keep in touch with colleagues and their UK and local trainers and supervisors, in addition to the online Forum available via the website. The group helps promote good practice, maintain standards, and enables therapists to support each other. Early feedback from the WhatsApp group in Amman indicates that the practitioners welcome this and that it is used and appreciated. Forming a WhatsApp group for newly-qualified trainees will now be standard practice after our courses.

The audit of CATT treatment carried out in Uganda confirmed how very effective CATT is in removing symptoms of trauma from children and young people with PTSD. We have now started to plan similar research into use and effectiveness of CATT in the Middle East. Data collection forms are being drafted in coordination with Dr Carlotta Raby, creator of CATT, and Dr Dominic Plant, who was previously Clinical Operations Manager for Luna and is a Director, with Dr Raby, of Trauma Psychology UK. The forms will be translated into Arabic and sent out and collected by our principle co-trainers in the Middle East to CATT therapists in Turkey and Jordan. The aim is to provide additional evidence into the effectiveness of CATT with a refugee population for publication as a research paper, and to see if any aspects of the protocol or of our training would benefit from being changed or up-dated.

4.11 Safeguarding

Our Safeguarding Policy has been kept continuously under review, with concerns reported to Safeguarding Officer (Trustee Brenda Graham). This year highlighted the need to ensure that fundraising talks do not contain the kind of graphic details or images that may trigger anxiety among vulnerable listeners. In September 2018 we approved our Safeguarding Adults policy and updated our Code of Conduct – to reinforce and embed our commitment to the safety of beneficiaries and also that of our volunteers.

When developing a partnership agreement, we always ask about local safeguarding issues and practice, and adjust our training to meet local needs (see 4.1.2). In Uganda, Elias Byaruhanga's expertise has been noticed, and with our support in March, he ran a very effective child protection training day for 42 staff of the Equatorial College School, Kamwenge. Elias will gladly run other similar training courses for schools and child care institutions on request.



Staff of the Equatorial College School who were taught about child protection from Elias (front centre, in blue shirt)



In 2019-20 we will make further visits to Butabika Hospital's children's ward, where we know children are at risk, and where regular visits and monitoring really help to maintain the vigilance of staff and the hospital authorities, and to support the work of Rev Dismas and St Luke's Chapel in this regard.

4.12 Charity development and branding

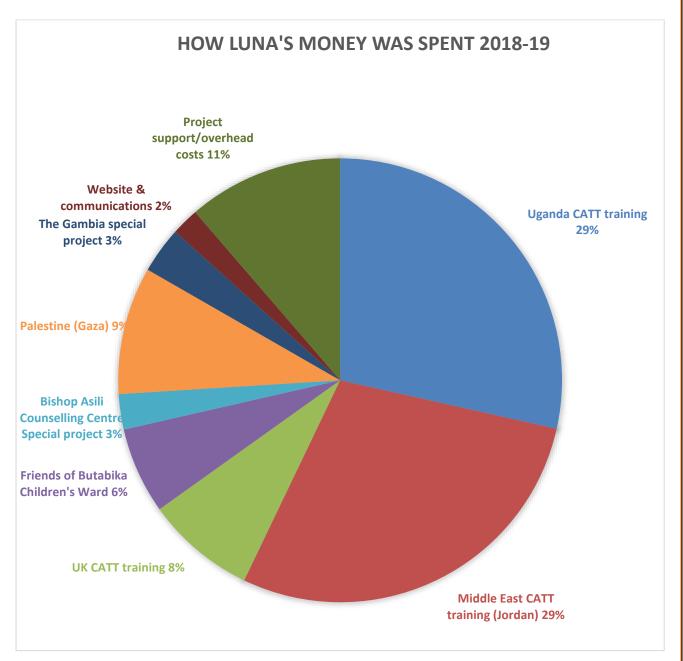
This has been a year of growth and change – or at least, planning for it! Mindful of the fact that the 10th birthday of Luna Children's Charity was approaching, the decision was made to generate a 'big push' for growth and sustainability for our charitable activity over the next 10 years. The first step was to undertake a re-branding exercise and change the name to one that provides a more explicit description of what we do, and is more readily marketed to funders and the international community. We were exceptionally fortunate to be offered specialist advice and leadership for this exercise from Ollie Burch, PR/Communications consultant for Radley Yeldar who with a team of professional colleagues and friends, have given up their free time to work with us on this project over the course of the whole year. We are exceptionally grateful to them, and delighted with the outcome of this exercise which can be seen by anyone visiting the new website (section 4.9) or reading this report. Overlapping this activity, has been our relationship with Jonathan Andrews of Remarkable Partnerships, funded by a targeted grant from a very generous donor. The aim of this second project is to facilitate the development of one or more corporate partnership(s) with a private company or companies, that will enable us to grow exponentially over the next ten years. We aim to launch a campaign of change from a small charity with no paid staff, to one with the infrastructure required to secure a long-term future for our work. This is why we expect next year, 2019-20, to be the BIG ONE!



5 Financial review

This year we have increased our level of income, and also increased the range and scope of operational activity, both overseas and in the UK. This has entailed some additional overhead costs, with an increase in our insurance bills. However, we nonetheless ended the year having made a comfortable £5,000 surplus of income over expenditure, net assets of £12,740, and robust fundraising plans for all our activity in 2019-20.

The pie chart below shows how our funds were spent during the year.



THANK YOU TO EVERYONE!



Accounts for the year ended March 2019

Income and Expenditure Statement Year Ended 31st March 2019

		£	£
		2019	2018
Incoming Resources Voluntary donations			
-	Unrestricted funds	6,628	10,770
	Restricted funds	14,754	4,157
Total Donations		21,382	14,927
Other incoming resou	22	7	
Total Incoming Reso	21,404	14,934	
Resources Expended			
Programme activities	Unrestricted funds	5,011	3,562
	Restricted funds	7,795	12,170
Project support & dev	3,476	1,616	
Total costs of charital activity	16,282	17,348	
Convicy		10,202	11,540
Net Surplus/(Deficit)	Resources		
For the Year	5,122	(2,414)	



Balance Sheet As at 31st March 2019

	£	£	
	2019	2018	
Fixed Assets	-		-
<u>Current Assets</u>			
Cash at bank and in hand	12,740	7,618	
<u>Current Liabilities</u>	0		0
Net Current Assets	12,740	7,618	
Net Assets	12,740	7,618	<u> </u>
<u>Funds</u>			
Restricted Funds	8,157	1,198	
Unrestricted Funds	4,583	6,420	
Total Funds	12,740	7,618	