Children and War UK

Annual Report 2025



Helping children who are traumatised by wars, disasters and other catastrophic events

Registered charity number: 1194478 (England and Wales). Registered address: Children and War UK, 15 Katherine Court, 70 Honor Oak Road, London SE23 3RS.

Trustees' Annual Report for the period 1 January 2025 to 31 December 2025

Objectives and activities

The objectives of this Charity, as set out in our CIO Constitution, are:

1. To advance education in ameliorating the adverse psychological effects in children and their families and carers who have been exposed to traumatic events such as wars and disasters including (but without limitation) through the provision of training and the development of evidence-based interventions that may help such children and their families and carers; and

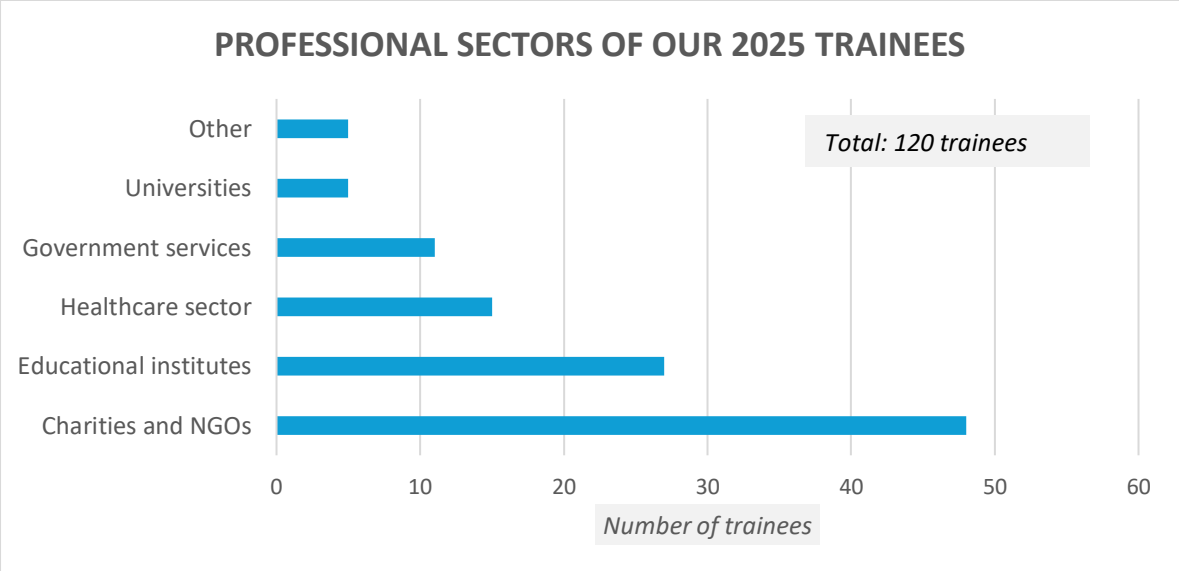
2. To promote research for the public benefit concerning the short and long term effects and consequences of war, warlike situations and disasters on children and their families and to publicly disseminate the useful results of such research, including (but not limited to) by working with and supporting such of the activities of the Children and War Foundation (Stiftelsen Barn og Krig, incorporated in Norway with Company Register Number 882 577 252) as are exclusively charitable according to the laws of England and Wales, and by such other charitable means as the Board of Trustees think fit.

The Trustees have regard to the guidance issued by the Charity Commission on public benefit and are aware of the need to pursue its explicit objectives through focusing on our main activities. Our public benefit was in line with our objectives this year.

Summary of main activities in 2025

Training

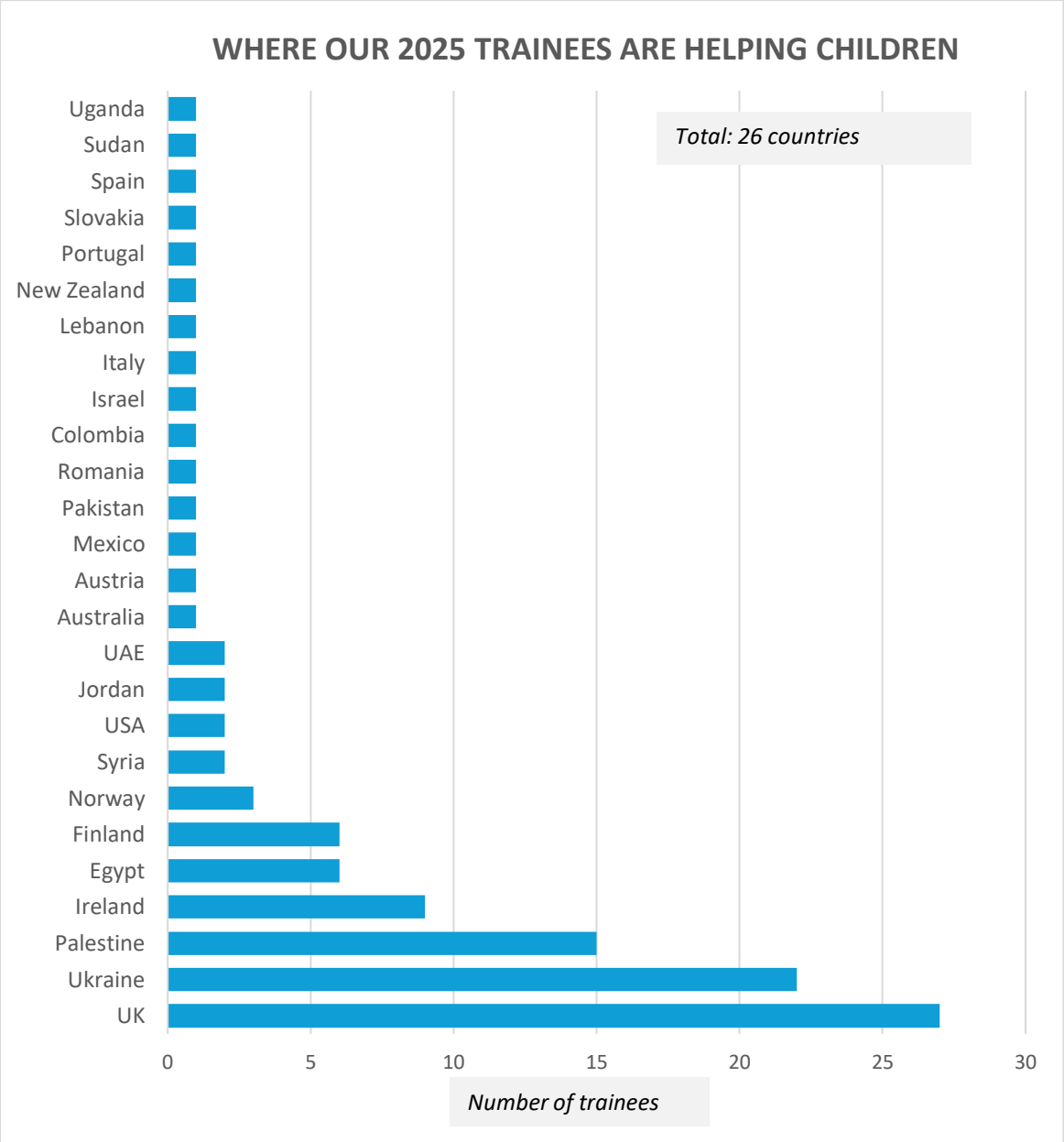
In 2025 our main charitable activity was holding nine training courses which we provided to support children traumatised by a range of catastrophic events in Palestine, Israel, Ukraine, the UK and elsewhere. Our courses trained a total of 120 professionals and other appropriate adults working in 26 countries. Their professional roles ranged from clinical psychologists to social workers, therapists, nurses, doctors, pharmacists, teachers, critical incident leaders, aid workers, scout leaders, lawyers, students and lecturers.



Teaching Recovery Techniques (TRT) is internationally recognised to help children overcome the psychological shock of wars, disasters and other catastrophic events. It is evidence-based, quick to learn and applicable by specialists and appropriate non-specialists. This makes it easily scaleable in the aftermath of wars, mass casualty events and other catastrophes.

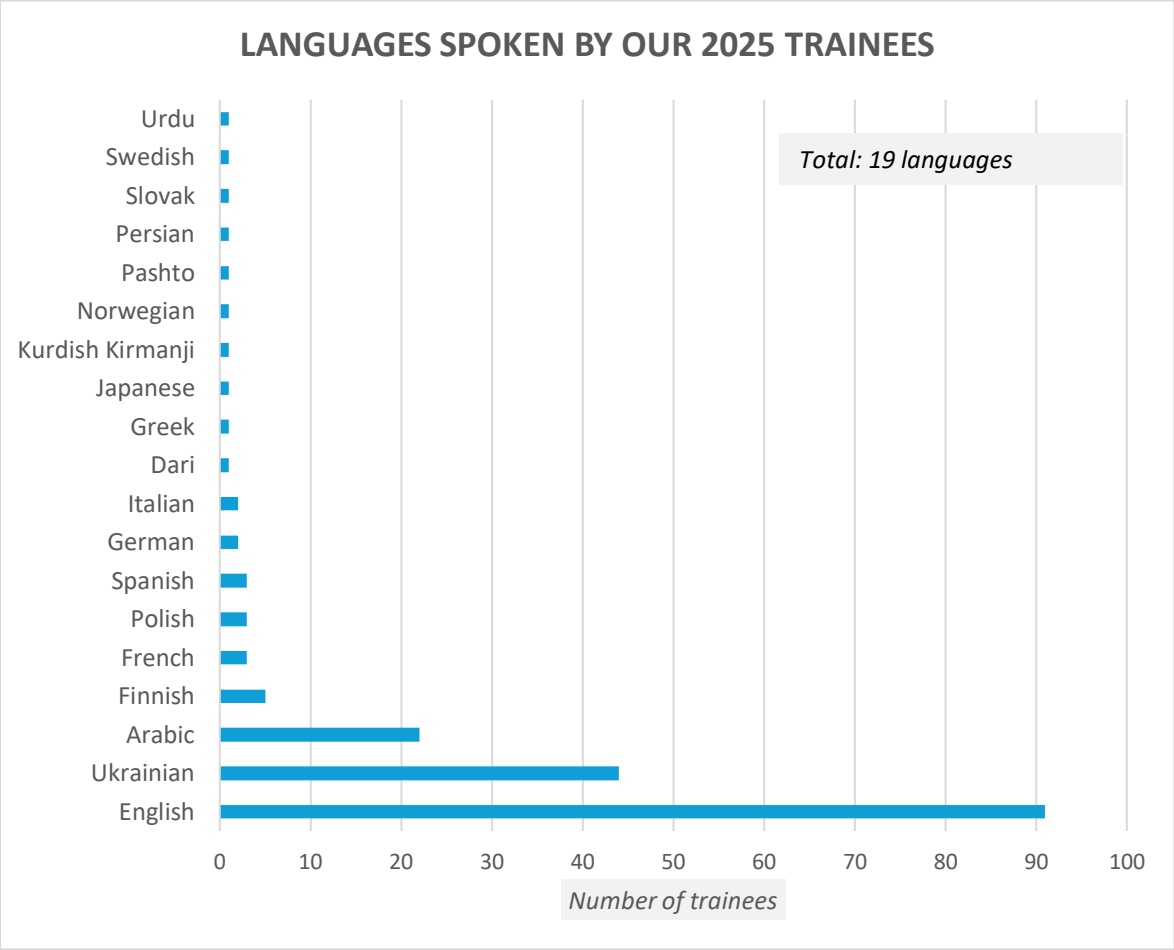
The impact of TRT was documented in a powerful film released in March, which showed how it had helped children at St Mary's Ukrainian School in London. Made by the school, this film explains the process of TRT and includes interviews with mothers and TRT specialists, including our Ukrainian training lead Kateryna Yavna. It can be watched on our website.

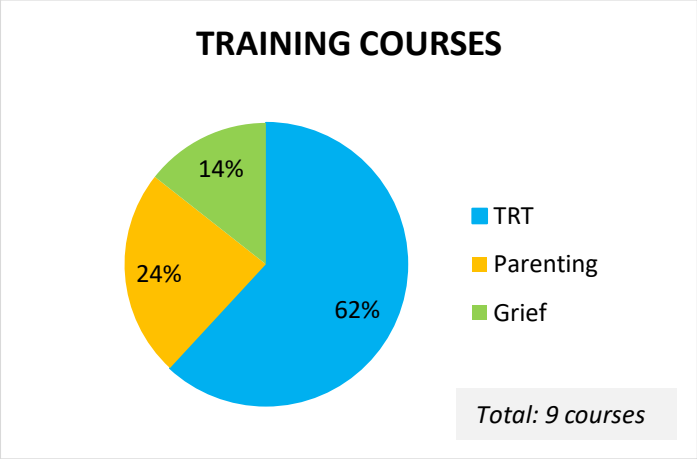
As part of our longstanding programme for Ukrainian children, in March and June we held special TRT courses in the Ukrainian language, which were attended by 40 people. We have been supporting Ukrainian children since the first Russian invasion in 2014, and stepped up our assistance after the second invasion in 2022. Since then, TRT has been cascaded down by our trainees and partner organisations to thousands of traumatised children living in Ukraine or in exile.



To make TRT more accessible, in September we published the core training manuals for free download from our website. In the remaining four months of the year, 71 people downloaded them, who were helping children in nine countries including Israel, Ukraine, the USA and UK.

We would like to thank our team of expert trainers for their tireless and compassionate efforts to bring hope to traumatised children throughout the world. In 2025, our trainers were: Jai Adhyaru, Rachel Calam, Aala El-Khani, Dennis Ougrin, Laura Timms and Kateryna Yavna.





In 2025 we offered three types of course: our core TRT training, grief training for those working with traumatically bereaved children, and an add-on course for those supporting the parents of trauma-affected children.

Research

Our work in this area has largely been on hold while we seek funders and partner organisations to work with. We remain keen to monitor the effectiveness of TRT and to develop adaptations of it for differing circumstances.

An updated version of our core training manual was produced during the year by our sister organisation the Children and War Foundation in Norway, with input from us, and this will be trialled in 2026.

In February one of our regular trainers, Professor Dennis Ougrin, talked to the podcast *Nip In The Bud* about his experience of working with children affected by war, exile or PTSD and the beneficial effects of TRT. Professor Ougrin also co-authored a research paper published in the journal NPJ Mental Health Research in May, which assessed a digital tool for Ukrainian children to learn self-calming techniques based on TRT.

Organisational development

In 2025 we focused on increasing our programme of online training sessions, with courses run throughout the year and an internal Trainer's Forum to bring in new people and expertise. By the end of the year, we had established a stable of six regular trainers and taken on a Training Consultant drawn from the NHS, as a pilot for future leadership of this vital function.

We also streamlined our management structure to make it more agile and effective. The number of committees was reduced and a new role of Charity Manager was established to co-ordinate our various activities. Meanwhile we continued to work with a part-time Communications Officer to help grow our audience and reach.

Alongside these changes, four trustees left for various personal reasons, and we recruited one new trustee. We are actively seeking a new research lead, who will become a key trustee for the organisation as we develop new research projects and generate partnerships and funding for them. Interested individuals are encouraged to contact us about the possibilities in this area.

During the year we continued to liaise with the Children and War Foundation in Norway, from which our charity evolved. We also developed our internal policies and systems for good governance, in line with Charity Commission guidelines for best practice.

Fundraising

In 2025 we continued to rely on donations from the public to fund our activities, and our fundraising committee worked hard to organise a busy programme of sponsored runs, rides, talks and concerts. Details of these are shown below.

We thank all our donors and supporters who have worked so hard to raise funds for us this year. We are also very grateful to our anonymous supporters and donors, and those who have given legacies. We also gratefully acknowledge the tireless work of our trustees Helen Likierman and Julian Hale, who have continued to lead our fundraising so effectively.

Financial Review

In 2025 we continued to provide training in humanitarian situations pro bono and to offer a grant system for individuals who require training but cannot afford it.

We would like to express our gratitude to all those who have supported our work throughout the year, and especially to the unpaid committee members who have progressed our fundraising, training activities and research so effectively. We could not do this without them.

We thank our Charity Champions who raised funds for us at these events:

- Song recital: £2515.00 (plus Gift Aid £616.25) was raised by musicians Dr James Dooley and Krzysztof Moskalewicz in May.
- Schubert and Mozart concert: £3445.00 (plus Gift Aid £786.25) was raised by musicians Rafael Todes, Simon Philips and Jenny Janse in July.
- Ride Reigate cycle challenge: £2,635 (plus Gift Aid £626) was raised by Dr Seán Maskey and Philip Johnston in July.
- Community collection: £2,357 was raised by South London Liberal Synagogue and donated in December.
- Talk on Ukrainian children: £2,450.00 (plus Gift Aid £526.25) was raised by psychoanalyst Catherine Cox in December.

Two large grants were received from a grantmaking trust that wishes to remain anonymous. We are extremely appreciative of this generosity.

We are very grateful to the following donors for their generosity: Richard Atkin, Ian Bartle, Chris Burton, Finlo Costain, Patrick Gottelier, Felicity Guinness, Simon Hambling, Alex Hannaby, Alison Heywood, Katy Horner, Lynette Hughes, Sara Imarisio, Michael Kellett, Tim and Maja Lambert, Michael Lewis, Babette Lichtenstein, David Livesey, Seán Maskey, Judith Middleton, Simon Murch, Jean Richard, Samantha Rigby-Coghlan, Jo Rowson, Charles Smith, Joel Storer, Maja Turcan, Stephen Willis, Fallon Young, Jane Young and Claire Yule.

We also thank our accountant Graham Moss, who has been most helpful with our finances.

Principal risks facing the Charity

Our major risks continue to be limited resources both financial and personnel. We remain dependent on donations and fundraising to enable our work. We are also heavily reliant on dedicated trustees, volunteers and highly valued but limited paid support to carry out the functions of the Charity. We continue to address fundraising so that we can further our aim of becoming a well-resourced organisation able to carry out and expand our training, to foster research and develop in new areas.

Structure, governance and management

Our governing document is a Constitution. We are a CIO Foundation.

Trustees

Three of the current trustees were founder trustees of the Charity. Four trustees left by the end of December 2025 and one new trustee was recruited in March, with a further trustee to start in January 2026.

We have a procedure for appointing new trustees. New trustees are appointed by the Board of existing trustees. Potential trustees are sought by recommendation and/or advertisement, and in line with their interest in our work and the need to diversify the Board. We have a job description and candidate/s are interviewed by a panel of trustees who make recommendations to the Board. New trustees sign an agreement outlining the terms and conditions of their appointment to the Board. New trustees have an induction meeting with the Chair and other Board members, followed by further meetings as appropriate. All trustees are expected to read the Charity Commission information for trustees on the website and to attend any relevant training.

Organisational structure

As a small, young Charity, with limited paid support, we are developing a structure to separate the tasks of the Board of Trustees from the other work of the Charity. We are aware of the importance of managing conflicts of interest, as most of the trustees continued to be involved in most of the work of the Charity this year, together with a few volunteer committee members and some sessional trainers. We have a Conflicts of Interest Policy in place.

The current organisational structure is a Board of Trustees and one committee on Fundraising & Communications. The committee is chaired by a trustee and has 3-4 additional members (trustees or volunteers). Our work is supported by two part-time personnel: a Charity Manager and a Communications Officer.

We are working to increase the non-trustee membership of committees. In December, we established a Trainers' Forum to replace the Training Committee. This is led by the Charity Manager and Professional Lead to provide a mutually supportive forum for trainers and to pursue new developments in training.

Before becoming an independent legal Charity in the UK on 17 May 2021, we were a UK supporters group as part of the Norwegian registered Children and War Foundation (organisation number 882 577 252). While we are now independent, our aims and activities are similar, so we continue to co-ordinate our activities and collaborate as appropriate. We have a Cooperation Agreement ratified on 24 September 2021, formalising this relationship.

Some trustees are professionally involved with other organisations concerned with similar aims of meeting the needs of children and young people coping with psychological effects of traumatic experience.

Reference and administrative details

Registration

Charity name: Children and War (UK). Other names the Charity uses: Children and War UK, CAW UK.

Registered charity number: 1194478 (England and Wales).

Charity's registered address: 15 Katherine Court, 70 Honor Oak Road, London SE23 3RS.

Trustees

Trustee name	*Office (if any)*	*Dates acted if not for whole year*	*Name of person (or body) entitled to appoint trustee (if any)*
Maria M Callias	Chair		Founder
Catherine Copping		From 18 March 2025	Board of Trustees
Julian A S Hale	Treasurer (until 17 March 2026)		Founder
Lorie A Halliday	Secretary		Board of Trustees
Alexandra R Hannaby		Until 31 July 2025	Board of Trustees
Joanne S Lehmann		Until 1 July 2025	Board of Trustees
Helen E G Likierman			Founder
Pamela O'Leary	Treasurer (from 18 March 2026)	From 20 January 2026	Board of Trustees
Steven Regel			Board of Trustees
Mark S Roe		Until 31 August 2025	Board of Trustees
John A Smith			Board of Trustees
Sarah C Trevathan		Until 8 August 2025	Board of Trustees

Trustees are appointed for a three-year term and may be reappointed at the end of their term. The process for appointing new trustees in 2025 was by advertisement, interview and ratification by the Board of Trustees.

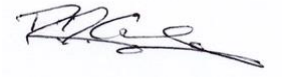
Advisers

- Legal: Farrer & Co (Elizabeth Jones), 66 Lincoln's Inn Fields, London WC2A 3LH.
- Financial: Graham Moss, 172 Turney Road, SE21 7JL.
- Bank: Lloyds Bank, 25 Gresham Street, London, EC2V 7HN.

Declarations

The trustees declare that they have approved the Trustees' Report above.

Signed on behalf of the Charity's trustees.

Signature(s): 

Date: 2 August 2026

Full name(s): Maria Metaxia Callias

Position: Chair

Summary financial statement

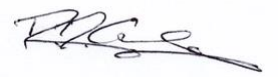
CHILDREN AND WAR (UK) Charity registration number: 1194478

SUMMARY FINANCIAL STATEMENT in CC16a format

A. RECEIPTS AND PAYMENTS ACCOUNTS

FROM 1-Jan-25 TO 31-Dec-25	Unrestricted Funds	Restricted Funds	Total Funds	2024
	£	£	£	£
A.1 RECEIPTS				
Donations	47,661		47,661	38,760
Project Receipts	-		-	-
Training Receipts	1,500		1,500	2,900
Interest Income	1,097		1,097	1,263
GROSS INCOME	**50,258**	-	**50,258**	**42,923**
A.2 ASSET AND INVESTMENT SALES	-		-	-
TOTAL RECEIPTS	50,258	-	50,258	42,923
A.3 PAYMENTS				
Training costs	(15,021)		(15,021)	(11,320)
Project costs	(4,996)		(4,996)	(270)
Professional fees and related costs	-		-	-
General expenses	(3,430)		(3,430)	(4,504)
Recruitment costs	-		-	-
Fundraising costs	(22,987)		(22,987)	(18,280)
Processing fees and bank charges	(772)		(772)	(24)
TOTAL PAYMENTS	**(47,205)**	-	**(47,205)**	**(34,398)**
A.4 ASSET AND INVESTMENT PURCHASES	-		-	-
TOTAL PAYMENTS	47,205)	-	(47,205)	(34,398)
NET RECEIPTS	**3,053**	-	**3,053**	**8,525**
A.5 TRANSFERS BETWEEN FUNDS	-		-	15,000
A.6 ASSET PURCHASES AND LIABILITY REPAYMENTS	-	-	-	
CASH FUNDS AT YEAR END	**75,871**	-	**75,871**	**72,818**
STATEMENT OF ASSETS AND LIABILITIES				
B.1 CASH FUNDS	75,871	-	75,871	72,818
B.2 OTHER MONETARY ASSETS	-	-	-	-
B.3 INVESTMENT ASSETS	-	-	-	-
B.4 ASSETS RETAINED FOR CHARITY'S OWN USE	-	-	-	-
B.5 LIABILITIES	-	-	-	-

Signed by one trustee on behalf of all trustees

Signature(s):  Date: 2 August 2026

CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A Independent Examiner's Report

Report to the trustees

Charity Name
CHILDREN AND WAR (UK)

On accounts for the year ended	**31 DECEMBER 2025**	**Charity no (if any)**	**1194478**

Set out on pages **ATTACHED, FORMAT CC16a**
(remember to include the page numbers of additional sheets)

Responsibilities and basis of report

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31 / 12 / 2025** DD / MM / YYYY.

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which give me cause to believe that, in any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:	Graham Moss	**Date:**	10 August 2026

Name: **GRAHAM MOSS**

Relevant professional qualification(s) or body	**FCA, Institute of Chartered Accountants in England and Wales**

Address:	**172 Turney Road**
	London SE21 7JL
	England

Section B Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.	There are no matters of concern