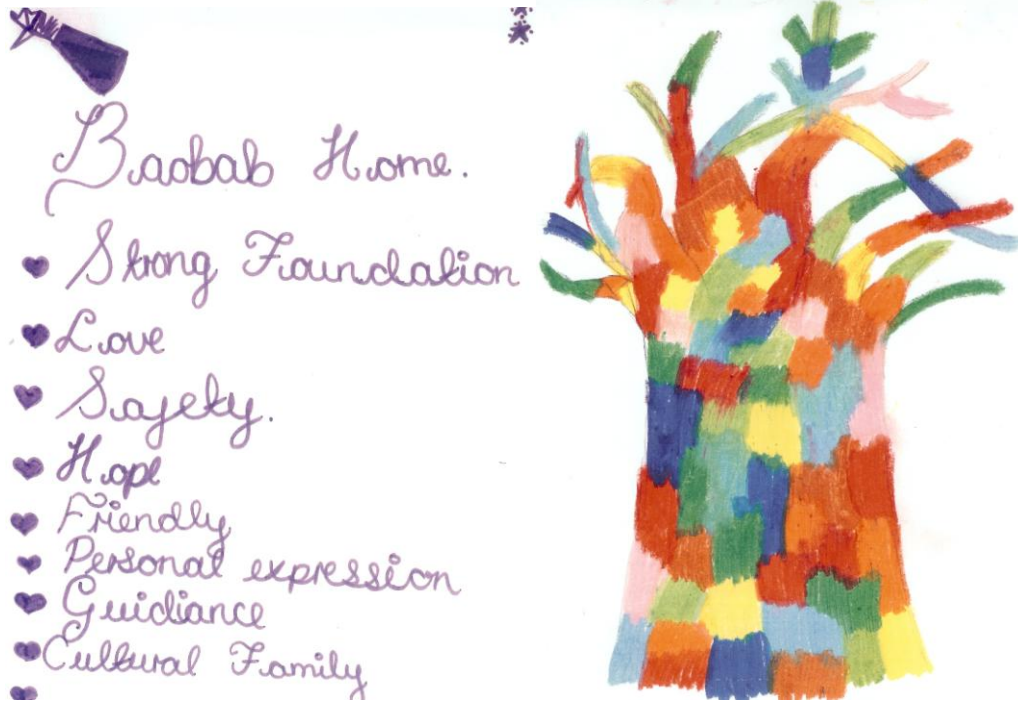


Baobab Centre for



Young Survivors in Exile

Surviving Violence, Creating Hope, Rebuilding Lives



**Baobab Centre for Young Survivors in Exile
(A Company Limited by Guarantee)**

Company Registration No: 6816297

Charity Registration No: 1135407

**Annual Report and Financial Statements
2010/11**

Year Ending 31st March 2011

**Trustees' Report
For the Year Ended 31 March 2011**

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**BAOBAB CENTRE FOR YOUNG SURVIVORS IN EXILE
(A COMPANY LIMITED BY GUARANTEE)**

**Report of the Directors
For the Year Ended 31 March 2011**

Legal and Administrative Information

COMPANY REGISTRATION NUMBER	6816297
CHARITY NUMBER	1135407 (registered 8 th April 2010)
START OF THE FINANCIAL YEAR	1 st April 2010
END OF THE FINANCIAL YEAR	31 st March 2011
DIRECTORS AT 31ST MARCH 2011	Claire Helman - Chair Sandra Hatfield Sue Lukes (resigned 30 th April 2011) Gill Martin (appointed July 8, 2011) Melanie McFadyean (appointed July 8, 2011) Carole Mosco (resigned 14 th September 2011) Tricia Pank Claudia Phillips James Welsh (appointed July 8, 2011)
COMPANY SECRETARY	Sheila Melzak
REGISTERED ADDRESS	6 Manor Gardens LONDON N7 6LA
WEBSITE	www.baobabsurvivors.org
DATE OF INCORPORATION	11 February 2009
GOVERNING DOCUMENT	Memorandum and Articles of Association incorporated 11 February 2009 as amended by special resolution 24 February 2010.
BANKERS	Co-operative Bank 1 Islington High Street LONDON N1 9TR
ACCOUNTANT	D. Mace 42 Coniston Rd LANCASTER LA1 3NJ
INDEPENDENT EXAMINER	P B Robinson MAAT FCIE Independent Examiners Ltd Sovereign Centre Yapton Lane Walberton West Sussex BN18 0AS

**BAOBAB CENTRE FOR YOUNG SURVIVORS IN EXILE
(A COMPANY LIMITED BY GUARANTEE)**

**Report of the Directors
For the Year Ended 31 March 2011**

Objects

1. The relief of children and young people who have suffered violence and are asylum seekers and refugees in Europe, in particular by the provision of psychotherapy, counselling and support.
2. To advance education in the circumstances of children and young people who have suffered violence in their home countries and who are asylum seekers and refugees in Europe, in particular by undertaking research and publishing the useful results thereof.

Public Benefit

The Trustees confirm that, in engaging in the activities described above, they have complied with the duty in section 4 of the Charities Act 2006 to have due regard to the Charity Commission's general guidance on public benefit, 'charities and public benefit'.

Objects and Activities

Fuller information about our work can be found in our **Annual Report** available on application.

Our areas of work include:

- Individual psychotherapeutic work
- Group Work
- Arts Based work
- Increasing Access to Support and Services
- Reports and General Support
- Research
- Teaching and Training
- Therapeutic Retreats and Community Life

The Baobab Centre acknowledges with appreciation the financial support during the year of:

- Trust for London
- The Funding Network
- The Helen Tetlow Memorial Fund
- The Frank Buttle Trust
- Inchrye
- UIA Charitable Foundation
- Various anonymous regular and one-off donors
- Funds for destitution from Catalyst, Vicars Fund St Martin's, Newby Trust, Schwab Westheimer Trust, Care Leavers Foundation, London Churches Refugee Fund

Financial Review

The Directors report and excess of income over expenditure of £13,337 which has come from funds held at the start of the year.

Reserves

The Company is a relatively young organisation and as such has not yet been in a position to set aside reserves. However it is working towards this, and aims to build up a small reserve in future in order to hold funds for unexpected expenses and to act as a cushion for cashflow purposes. In the meantime finances are managed carefully and a Finance Committee has been set up to oversee this.

The accounts show reserves of £14,322 of which £1,614 are restricted funds and £12,708 are unrestricted. The restricted funds relate to unspent money from grants where the grant provider has specified what the money must be spent on.

Risk Management

The Directors have reviewed the risks to which the charity is exposed and have ensured appropriate controls are in place to provide reasonable assurance against fraud and error.

Report of the Board of Trustees For the Year Ended 31 March 2011

This is the second Trustees' Annual Report of the Baobab Centre for Survivors in Exile (Baobab Centre). The Baobab Centre was founded in February 2009 to provide access to psychotherapeutic help and protection for young survivors of war and organised violence, in a form which we found was unavailable elsewhere. The Baobab Centre also assists our clients to find ways of participating in British society. A full statement of the Baobab Centre aims, methods and activities can be found on our website at www.baobabsurvivors.org.

Surviving Violence, Creating Hope, Rebuilding Lives

The challenge: The exploitation, abuse and neglect of children and adolescents during times of violent social conflict and the long term implications of these experiences on psychological development and mental health.

Our mission: Is to offer a child and adolescent-centred approach to attend to the developmental and mental health difficulties of children, adolescents and young adults who have had personal experiences of organised violence; and who have suffered further instances of abuse, exploitation, neglect and challenges to their credibility on their journey into exile and in the UK.

We work from the assumption that our clients' developmental journeys have been arrested since their traumatic experiences of violence, separation and loss. We work with them towards their further development, by acknowledging the depth of their traumas, and by providing a stable environment in which painful memories and experiences can begin to be reflected upon and new relationships can be built. The support we offer is over the long-term, as rebuilding a shattered life can take many years.

Our hope: Is to help our young clients develop resilience and strategies for coping that will enable them to deal with both ordinary and extraordinary problems, and the vicissitudes of life in a new country. Our hope is that each member of the Baobab Community will come to participate in life in the wider society and come to feel free to be themselves and follow their own wishes and dreams.



“This is how I remember my country Afghanistan. It was beautiful before the war destroyed our homes and children were recruited by different armies for and against the government.”

Afghani adolescent aged 16

The Vision and Purpose of the Baobab Centre for Young Survivors in Exile

The Baobab Centre for Young Survivors in Exile was established formally as a company limited by guarantee in February 2009 and as a charity in April 2010.

Central to our aim in helping troubled young survivors of organised violence is our on-going practice of exploring new ideas and new forms of psychotherapy with the aim of finding fitting and appropriate ways to enable young asylum seekers and refugees to work through their specific difficulties and move forward in their development.

We offer access to practical support through the asylum system including the preparation of legal reports which explore the mental, physical and psychosomatic consequences of violence, loss and change from a child and adolescent-centred and developmental perspective. We work very closely with asylum and migration specialist solicitors in this work and these are the professionals who request reports.

We offer support in dealing with the bureaucracies of benefits, housing, education, health and social care and in accessing help from these external agencies. This may sometimes involve seeking legal advice and support from welfare and community care solicitors and those involved in civil actions.

In order to address the particular and profound difficulties of the young people who attend the Baobab Centre our model involves six aspects which are carried out through individual and group relationships:

The six aspects are:

1: Containment and holding

These psychoanalytic terms refer to process in which painful and chaotic experiences are made palatable through deeply attentive relationships in a safe and stable environment. All the young clients of the Baobab Centre have had their sense of trust in the world, and in particular of adults in authority, broken. Our first task is to provide a secure base for each young person where they can feel safe enough to be themselves and function at the level that they feel most comfortable, rather than having to pretend to be older, more capable or more balanced than they feel. Containment and holding are hugely important in giving young people a sense of belonging, enabling them to make more secure attachments and developing a space for reflection in order to eventually build confidence in themselves and the ability to communicate their thoughts and feelings.

At the Baobab Centre we build up a sense of containment, holding, safety and belonging through relationships between the young people themselves, and between the young people and their key workers, individual psychotherapists and group workers.

2: Supporting the ego, building the ego, strengthening the ego.

The ego represents the centre of self and identity as well as the key functions of thinking, regulating feelings and emotional states, concentration, attention, remembering, understanding and reflecting.

We aim to build and strengthen the functions of the ego and in particular the capacity of each young person to observe and understand their own vulnerabilities and resilience, enabling them to both care for themselves and to recognize when they need the help and support of others. Parents have a role to reflect back to their children values and beliefs, morality and ethics. Children without parents need adults to take on this reflective function for a while until they feel a developing sense of strength and solidity in themselves.

All have experienced extreme violence during the years of their childhood and early to middle adolescence when their personalities were not fully formed and their capacities to think, to concentrate, to integrate their experiences, to manage their feelings and their anxieties, and to establish a clear personal morality were undeveloped. For many they experienced their egos as having been fragmented and shattered during a series of experiences of violence, loss and disruption where the continuity and stability of their lives were shattered. Our aim is to support the ego development and strengthening through

Careful listening, observation, support and attention which enables each young person to reduce feelings of helplessness and the sense of being out of control and confused, and helps to raise and sustain their self-esteem and self-confidence.

Quote from a young man, a former unaccompanied minor from Sierra Leone who was violently and forcibly recruited into a rebel army at the age of twelve.

“Without my individual psychotherapy and the staff and members of the Baobab community I would not have survived in England. When I arrived I was having intrusive thoughts and flashbacks about the events I experienced during the war in my home country, Sierra Leone. I was too young to be without my parents. I felt that I could not be a person and be part of the community without my parents. I often thought that the only solution was suicide.

Now I am studying health and social care at college and I want to become a social worker. I had to rebuild myself bit by bit. Over the past seven years I have slowly stopped taking the strong medicine that I took every day to stop me having bad dreams and flashbacks and to help me sleep. I have asylum in the UK and a partner and a child.

I still come to Baobab each week for a weekly psychotherapy group and for individual psychotherapy sessions. In the group I still worry that if I share my worst experiences, the ones that upset me the most, I will remind the others about their most difficult experiences and they will not be able to manage these. I talk about my experiences with my psychotherapist. I worry that if I share my experiences with people outside Baobab they will use this knowledge against me if we were ever in conflict. I am working on these worries at Baobab.”

3: Psychotherapeutic work

Psychotherapeutic work involves processing conflicts, muddles, worries and extreme feelings in relationship with psychotherapists and group facilitators and through the psychotherapeutic process of individual psychotherapy, group psychotherapy and community meetings. All of the young participants in the Baobab Community have been exposed to very extreme experiences where they felt that they were likely to be killed or forced to participate in actions that were against their wishes, beliefs and morality e.g. being child soldiers or sexual slaves. One consequence of these extreme experiences is extreme feelings of terror, rage, grief, shame and guilt. The experiences of helplessness during the developmental years have a profound and long-term impact on future development and especially on the development of self-confidence and the possibilities of relating to others. One consequence of this is serious difficulties in addressing ordinary problems in present life as day-to-day problems trigger anxieties related to the extreme fear and helplessness of the original trauma.

4: Working to develop imagination and creativity, lost after cumulative traumatic experiences

At the Baobab Centre we have found that the forms of psychotherapy used routinely in therapeutic work with children are very helpful in working with adolescent and young adult asylum seekers and refugees who in many ways are stuck in their development at the phase they were in at the time they experienced overwhelming trauma and loss. We see that young people who have experienced massive psychic trauma rooted in their experiences of violence and loss become stuck in the progress of their development and function at a much more immature level than their chronological age.

Progressive development is facilitated by working both in displacement and non-verbally, through art, music and movement and through the exploration and dramatization of stories. The difference between working in displacement and working directly is that very difficult conscious, pre-conscious and unconscious themes such as those related to abandonment and annihilation anxieties, helplessness,

passivity and other consequences and costs of survival can be explored in a way that they cannot be accessed in direct work. We have been working over the past several years with our Consultant in Story Therapy, Shai Schwartz who works intensively with the Baobab participants and the staff twice a year. We are planning to prepare a book to share our experiences of the effectiveness of this work with others in our field.

5: Building and maintaining resilience and self-esteem

All our psychotherapeutic and therapeutic work is connected with a theoretical framework focusing on the building of resilience and not simply on focusing on vulnerabilities and symptoms. Often after cumulative and sequential experiences of trauma previously held resiliencies are lost. We work with some young people who are able to sustain a memory of the benefits of family and community life before the darker aspects of community activity and violent conflict emerged. Some young people can imagine and wish to return to their home country when conflicts subside; others are full of fear and cynicism and believe that the more positive aspects of community life are too fragile to sustain.

We aim to explore and to restore previously held resiliencies that may have been suspended because young people are so struck by the differences of life in exile that they feel that their familiar ways of solving difficulties could not work in exile. We also aim to enable the development of new resiliencies and flexibility in relation to solving problems. Especially in group work, both present and past difficulties are explored and solutions are devised during the dialogue between group members. Future concerns can be explored in the same way. Group members and facilitators mirror and reflect back their thoughts and feelings about practical, moral and ethical problems and provide possible internal and external solutions and in this process young people, over time, increase their confidence and their vocabularies to address and solve difficulties.

6: Understanding the context

We believe that understanding the context of the lives of that the young people come from is essential -- the context of their life in exile and making sufficient time available to explore the meaning of these contexts for each individual Baobab participant.

In our work at the Baobab Centre it is a key task for each psychotherapist and group facilitator to try to understand the social, political, cultural and psychological context that surrounded each young person in their country of origin, to enable the young people to make the transition from their home communities to the communities of exile. We hope at the same time that the Baobab participants will come to recall the positive aspects of their home country and be able to develop new identities in exile where they are able to value aspects of their home communities and the communities of exile and at the same time develop some capacity for critical thinking without idealisation or denigration.

A Case Study

Ali arrived in the UK as a young adolescent. He came from Afghanistan where his father was killed after complaining to the government about the forced recruitment of young boys to military groups. In the UK he was unable to tell the immigration officers that he could not stop thinking about his father or about the agents who sexually abused him on the journey to the UK. His asylum was refused and he was told that he had applied for asylum in another country.

While preparing for his appeal, he was unable to tell his social worker and lawyer much of his story and they referred him to the Baobab Centre, in the hope that we could prepare a report on his behalf. Over several meetings with a sensitive interpreter from his own country who spoke in his dialect, he was able to share his whole story with the assessor, and wrote some poems about his experiences.

He won his appeal and can stay in the UK and has decided to attend the Baobab Centre regularly for psychotherapy. He would like to come to a group in a few months, once he feels a little better.

He now feels safer and attends school, but is very sad not to be living with his family. He faces the task of processing his many losses over time.

The Therapeutic Process 1: The Development of Trust

During the course of the therapeutic process, young people move between individual and group psychotherapies, and practice moving from dependence to independence, from the Baobab Community to the wider community to be able to participate fully in the community of exile.

The Therapeutic Process 2: When Words Fail

Slowly, over time, children and adolescents become able to describe their situation including their strengths and their vulnerabilities in a realistic way i.e. as helpless perpetrators, victims, collaborators and bystanders, and as rescuers, helpers, and survivors. They struggle to find words for unspeakable experiences, extreme emotions and anxieties related to annihilation and abandonment, loss and bereavement, violence and abuse as well as the contexts of these experiences.

The Therapeutic Process 3: Verbal and Non Verbal Communication

Young people are often unable initially to find words to describe their real memories, thoughts and feelings. Over time, in developing individual and group relationships of trust, they become able to face their own experiences, vulnerabilities and strengths, and eventually to share these with others.

We offer a variety of verbal and non-verbal therapies, in order to address the needs of different individuals.

Innovations during this year

New funding

During this year we have been able to develop our work as a result of the work of our volunteer fundraiser Jill Pack who has systematically applied to various trusts on behalf of the Baobab Community and who has secured the support of many individuals. Her persistence has secured funds from two important trusts that have enabled us to pay our original core staff at part time rates and to recruit a Senior Administrator/Office Manager and a Senior Caseworker.

During the period April 2010 to April 2011 we appreciate very much the awards to the Baobab Community from Trust for London, the LankellyChase Foundation, the Inchrye Trust the Irene Bruegel Memorial Fund, the Helen Tetlow Memorial Fund, the London Catalyst small grants fund, Skin and Skunk Anansi, Camila Batmanghelidjh, Kids Company and various anonymous donors.

New premises

Jill Pack was also able to persistently search for and eventually find rooms for the Baobab Community at the Manor Gardens Trust and we are all very appreciative that we now have an adequate physical home and base where we can carry out our work. All the participants in the Baobab Community feel more settled and grounded now that we have a physical home. Many show their feelings by caring for the building and its security and safety issues.

Jill Pack is now working systematically to secure funds for our work and payment for the work of the core staff that are currently part paid and the ever essential core funding to cover our rent and running costs. We eventually would like to find a house with a garden as a more permanent base for our activities.

Establishing therapeutic community meetings

This year we have begun to hold our therapeutic community meeting which takes place monthly and to which all participants in our community are invited. The community meeting is facilitated by our Consultant in Group and Family Psychotherapy, Dick Blackwell. The meeting provides another place within the

community where young people who have experienced abuses of power and periods of violence and helplessness can come to experience and negotiate different kinds of relationships with authority, perceived authority and with their peers and the staff. The hope is that each can come to find their own voice and face the difficulties related to loss and violence that they share with others.

Expanding our core staff team

In 2011/12 we will be able to advertise for two new staff members following successful applications to Trust for London for the post of Administrator and Office Manager and to the LlanckellyChase Foundation for the post of Senior Caseworker. Each will fill a much needed role: the former ensuring that our administration is in order and developing our office systems, and the latter beginning to assist our 65 young people in dealing with difficulties with accessing education, health care and social support and with dealing with the providers of benefits and housing. The Senior Caseworker will also be developing our destitution and education funds.

New volunteers

During this year our clinical team has developed into a small and solid group of core paid staff and volunteers. We have four clinical volunteers who attend on a weekly basis and carry out individual psychotherapeutic work.

In the next year are planning to recruit one or two more child and adolescent psychotherapists interested in psychotherapeutic work with this population and interested and able to prepare legal reports.

We have recently begun a series of regular clinical discussion meetings where the team discuss papers and review the clinical work and listen to invited guest speakers. The reviews of all the participants in the community are undertaken in order to pool our multidisciplinary knowledge and so that all staff in the community become familiar with the concerns and issues of each young participant. All clinical staff have the opportunity of attending individual and small group clinical supervision.

"I have been coming to Baobab for help with many things – I could write a book about it!

The things that make me come to Baobab are

- Treatment for what I passed through in Uganda and in the UK
- Advice for what to do when you are in hard times, like thinking of your past during the night
- Meeting other people from the country that I came from
- To know that it's not the end of my life and having the hope to win
- Talk about the things that you have heard from other members of the Baobab groups.
- To get to know that you are not the only one with problems with day-to-day life in the UK
- Getting support with other things, like college and school work

Thanks!"

Young man from Uganda who our staff have supported over many years.

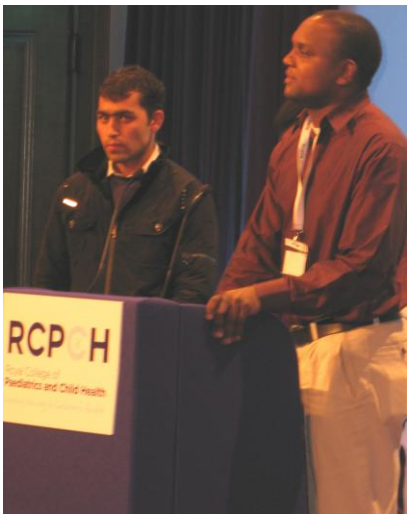
The Role of Our Participants

It is the intention of the Baobab Centre to find ways in which all of the participants in our community can contribute to community life by taking responsibilities in various areas of our work. At the present time all young people are invited to our monthly community meetings where they are encouraged to speak and raise whatever they wish in the presence of their peers and the staff.

Young people take on other different roles which include:

- Attending the Trustees meetings and contributing to the discussions.
- Becoming mentors to support newly arrived, and often lonely and troubled young people, accompanying them to appointments, visiting them in their homes, helping with studies.
- Cooking for community and group meetings.
- Organising ways to help with individual fund raising e.g. sponsored runs or walks, setting up a music group or a choir and making a CD.
- Being involved in training sessions.

We are exploring ways in which young people who want to might be able to participate in training in mentoring, which we hope might be part of a module on psychosocial and human rights work with young people. Participants would gain a formal qualification as well as the confidence of such training, enabling the possibility to become mentors to newly arrived young asylum seekers.



Two members of the Baobab community addressing a conference of the Royal College of Paediatrics and Child Health



Two members of the Baobab community at a Baobab Centre exhibition and event in early 2011

Support work

We also attend to the asylum and support needs of each member of our community. Young people are supported through what are for them anxiety provoking aspects of the asylum system. Often their credibility is challenged by the UK Border Agency (UKBA) and we provide clinical reports documenting both physical injuries and symptoms correlated with abuse as well as the several psychological difficulties linked with repeated experiences of violence and humiliation and having to deal with a great deal of change and loss without being able to make sense of these experiences. We try to document abuses in the home country, abuses on the journey into exile and abuses in the UK while waiting to hear about the results of asylum claims. We keep in mind at all times the fact that young people, both for emotional and for linguistic reasons, are often unable to clearly articulate their account of human rights abuses and persecution. Many do not understand the reasons for their abuse and cannot contextualise their experiences. The UK Border Agency staff tend to ask them certain questions related to illegal entry and most feel unable in this context to share the detail of their true narrative.

Young people need a great deal of support through this process and in addition careful explanation of the asylum seeking process which some find bewildering.

The bureaucracies of the benefits system, the housing system, social services, education and the National Health Service are also difficult to understand for most of the young participants in the Baobab Community and they need help in identifying appropriate officials with whom to discuss their concerns as well as in negotiating with these officials. Most young people will have no experience of complex bureaucracies and little experience of negotiating with adults in authority positions.

The young people who attend the Baobab Centre have as a group had very diverse experiences of social services care depending on the area in which they were placed when they arrived in the UK. The current benefit and housing situation is such that they are often mistakenly sent huge bills which they cannot pay and which throw them into a huge panic. Up until recently the clinical staff have been assisting the young people in these practical matters doing this work alongside their therapeutic work. All have had to negotiate with bureaucracies spending hours on the telephone trying to identify the right person to speak

with and enlisting the help of lawyers. In 2010/11 the LankellyChase Foundation agreed to fund a part-time post so that the Baobab Centre could appoint a Senior Caseworker.

Clinical work

The numbers of young people currently in treatment at the Baobab Centre include:

Individual Psychotherapy Work: 26

Group Work: 30

Watching Brief : 25

(These are young people who do not attend regularly but who we keep in touch with and who are working or busy with child care or studies. These young people want and need to keep in touch.)

Participation in Holiday Projects: 30 per project in total

New assessments carried out since April 2010-March 2011: 22

Number taken on for preparation of legal reports:19

Number taken on for Long Term Treatment: 20 (including 2 mothers and 1 partner)

What one of our young clients hoped to change:

"I used to think about my mother all the time. I don't know if she is alive or dead. Before I was kidnapped in Nigeria, she was very sick. I just decided though I need help in thinking less about her and going from thinking about her 100% of the time to thinking about her 50% of the time.

"I need help in eating. Sometimes I have no appetite. I cook good – but I cannot eat the food.

"I am scared of many things, for example if a door bangs in my home I feel very scared. I am scared of the junkie who lives in my home. I know I am scared because of what happened before and that I couldn't stop it happening – I was helpless."

Intensive work during holiday projects and therapeutic retreats

Each Easter and summer we undertake a series of activities, projects and each project has a theme such as at Easter 2010:

Feeling: Helpless, Insignificant and Surrounded by Injustices

Finding: Hope, Assertiveness and Ways to Survive and Live

Others include: Summer Project 2010: **Thinking about Safe and Unsafe Places in London**

The Summer Project 2011 will be based on the theme: **Feelings: Acknowledging, Working Through and Communicating Feelings**



The Fortnightly Children's Group during the 2010 Summer Project in London

We have the opportunity during the projects to work intensively on themes that are central to our work at that time. During the summer we have for the past few years run the project with a residential period of five or six days in the countryside followed by a week of activities in London. We use direct and indirect ways of working, mostly arts-based and involving storytelling, making art and music and writing. There is also time to relax together. We have found that this combination of intensive therapeutic work and relaxation encourages the development of the capacity to reflect and to develop a sense of agency and the ability to address difficulties creatively.

During the holiday projects we run a large proportion of our activities in the open air and certainly in premises away from our offices. Our aim is to create spaces for reflection and insight as well as for relaxation and fun. This year the evaluations of the young people were all positive and constructive.

They all appreciated the group work that explored a variety of themes including feelings related to abuses of power, unequal and conflicted relationships, and male female conflicts through stories and dramatization as well as direct discussion. They all loved preparing meals and eating together and the opportunity to play and relax together. Several made suggestions about how we should organise the days in future therapeutic retreats and all asked if we could start our days in the late morning in order that all might sleep long enough. Given that all of our participants live alone, and are often very lonely and given that all suffer serious sleep disorders this was a serious and important issue. All young people reflected on the pleasure of being together with others who share their experiences, and being able to have time to talk and be and to cook together.

During the period covered by this report we have prepared nineteen reports for the asylum jurisdiction. The preparation of clinical reports is a significant aspect of our work. Thirteen of these have been for new referrals and a further seven were for young people who have been participants in our community for many years and whose cases were not resolved until this year. Of these seven cases, six now have refugee status and of the new referred cases one has been given status. The rest remain to be determined.

"I had a lot of questions, I needed answers, I wanted someone to fill the spaces in the puzzle. Someone to help me find myself, to give me back the years I missed. To understand – why me? To ease the pain, the constant heartache, the longing.

"Yes, the individual psychotherapy is very useful, because it's when you open old wounds. It's painful... No-one judges you, because it's you and the psychotherapist and you learn to trust her and to know that she's on your side and together we embark on a journey of explanations. And through these explanations I am able to understand why certain things happened to me.

"Now I can be me and I can say to myself that I cannot be identified with the things that happened to me. Now I am an individual who wants to succeed and become a teacher.

"The community meetings are a bit different. It's a way of getting together and discuss about our backgrounds in general. It's so amazing because we have different backgrounds but we don't feel different at all.

"We understand that we are one family at Baobab, and when we all cook our favourite food, it is a way of uniting us.

"And when we play the drums everyone feels the music, even if they may not understand what the songs mean, it doesn't make any difference at all. At Baobab we are one.

"At the community meeting is when you will have a chance to meet everyone, to congratulate each other's successes, new babies, birthdays, etc.

"The help I get from Baobab is immense. I cannot ask for more. The staff have given me more than I deserve. I will always be grateful for their help.

"The love at Baobab is indescribable."

Quote from seventeen year old African girl who has attended Baobab for 18 months

The seriousness with which reports are taken by the asylum representatives (i.e. advocates and lawyers) cannot be questioned. The adjudicators vary in their understanding of and sympathy with medical and especially psychological evidence.

Baobab Centre reports set out the relationships between experiences of human rights abuses and developmental and mental health consequences. Our reports come from a developmental perspective. They are based on assumptions about the fragility of the personality during the developmental years reflecting the fact that persecution, abuse and loss of parents and family have a profoundly disruptive and disintegrating impact on the personality and on subsequent development. The immaturity of each young person's capacity to think and to concentrate and understand results reflects the strong impact of violence and loss. Young people need parents, substitute carers and extended family and without these necessary supports are at risk of breaking down. Survival is at some cost. Not only are our reports accurate and careful reflections of each individual's mental health and ill health, they are written from the perspective of the child and enable some answers to challenges to credibility voiced by some immigration officers and some Home Office presenting officers and some judges.

Over the past year we have been asked to prepare reports on seven Afghani young men who arrived in the UK as minors. Each of these young people, during long and careful assessment sessions carried out by specialists in child mental health, were able to recall and speak about memories of abuse and

persecution especially in their home country and on their journeys into exile that they had not been able to speak about before. This reflected not only the pain of their suffering but also that they felt the helplessness and humiliation of their abuse to be shameful. All these young people came from different social and ethnic contexts and from different parts of Afghanistan. Several asylum representatives have commented that these facts had not emerged before during interviews. Many aspects of the young people's narratives have been corroborated by information from human rights organizations such as Human Rights Watch, Amnesty International and also the US State Department Human Rights reports.

As a result of the preparation of these reports we plan to design and carry out some research on the abuse of children and adolescents in times of social conflict and the consequences of these abuses for long term development.

Teaching others: users and clinicians in partnership

We have been asked to present our holistic and integrated model of work at several conferences during this year as well as being invited to offer teaching sessions. We try as often as possible to include a young person as part of our teaching team so that they can share both their life experience and their experiences of our approach.

This year we have made presentations at:

- The Welt der Kinder conference in Bregenz, Austria
- Royal College of Paediatrics and Child Health Conference
- Improving Well Being in Black and Minority Ethnic Communities Sussex Feb 2010

Evaluation, monitoring and research into specific human rights abuses

Monitoring and Evaluation

At the time of preparing this report the Baobab Centre is in the process of designing systems which will make the monitoring and evaluation task easier and create an evidence base of the regularity of the young people's attendance, the problems, difficulties and symptoms they suffer and what they find helpful in alleviating their pain and suffering. Most young people who attend the Baobab Centre suffer serious difficulties in sleeping and in addition often experience the classic complex post-traumatic stress symptoms of hyper-vigilance, intrusive thoughts, flashbacks and inhibitions in their functioning. All suffer difficulties in relation to themselves and in their relationships with others. All suffer difficulties in relation to loss and mourning. All young people are asked by their individual and group psychotherapists regularly about what they hope to gain from their psychotherapy over the next period of time (usually six months to a year). All young people contribute a comment to their six monthly review of their psychotherapy.

Research

Over the past year we have been asked to prepare reports to support the asylum claims of several young people who are not based in London (in total 8 young people) as well as some who live in London. Some of these young people do not need and some do not want treatment or support but simply help with their asylum claim. The majority of the young people referred for assessment reports by solicitors have been from Afghanistan and arrived in the UK as young adolescents. These young people in common with the young people who are members of our community have each had difficult experiences in their home countries, on their journeys into exile and in exile in the UK.

We are planning and trying to raise funds for some research which explores the particular ways in which the needs of children and adolescents become low priority during times of civil conflict and lead to parents and extended family sending children and young adolescents on long journeys into exile. In this process the families are in a complex conflict being terrified that their children will be forcibly recruited by the

Taliban or by the government forces or killed in their communities either as child soldiers or as collateral damage in the violent conflicts between soldiers from various groups. The children are terrified of leaving parental care and travelling to unknown destinations. Agents (people traffickers) are paid money to care for beloved children who are often physically and sexually abused and neglected on the prolonged and difficult journeys.

We believe that there is an absence of child focused asylum information in the UK. It is our intention to prepare two small booklets for clinicians and lawyers about the experiences and needs of young asylum seekers. We plan to carry out qualitative research interviewing young people who arrived in the UK between the ages of fourteen and sixteen and collecting their responses to a few key questions. We plan to analyse the themes in the narratives and on the basis of the similarities and differences between the themes carry out further quantitative analysis. We plan that the narratives will be read and analysed both by our researchers and also subject to independent review by external specialists, both lawyers and clinicians.

Volunteer staff, trustees and paid core staff list

The Baobab Centre is committed to working with volunteer clinicians and administrative staff including volunteer fundraisers. We are very appreciative of the considerable volunteer resources that we have built up over the years. We are especially appreciative of Jill Pack who has worked consistently as a volunteer, who has helped us to set up our base at Manor Gardens and who now gives us two days a week working on fundraising.

We currently have on our staff team:

Clinical Volunteers

Saima Ahsan - Physician and trainee paediatrician
Marion Baraitser - Writer in Residence
Irene Bard - Family therapist
Jane Ellwood - Senior child and adolescent psychotherapist
Claire Manson - Senior art therapist

Experienced Administrative Volunteers

Helena Michaelson – Monitoring and evaluation & teaching English and maths
Jill Pack – Fundraising
Denise Wilkinson - Recruitment, support and management of volunteers

Core Staff, Paid Staff, Sessional Staff

Jodie Bourke - Senior Caseworker
Dick Blackwell - Consultant in Group and family Psychotherapy, Supervisor of group and family work
Stephanie D'Orey - Group worker, key worker and linguistic interpreter
Annie Ellison - Group worker and couple counsellor
Bitenge Longin Makuka - Group worker, key worker and bi-cultural worker
Sheila Melzak - Consultant Child and Adolescent Psychotherapist, Clinical Director
Shai Schwartz- Consultant in Story Therapy with Groups
Amy Wilson- Administrator and Office Manager

Trustees

Sandra Hatfield - Consultant child and adolescent psychotherapist
Claire Helman (chair) - Director of large mental health charity
Gill Martin - Psychotherapist and Community Worker
Melanie McFadyean - Journalist and writer
Carole Mosco - Former lawyer
Tricia Pank - Former tutor in nursing and member of various ethics committees
Claudia Phillips - Social worker

Jim Welsh - Amnesty specialist in health and human rights

Patrons

Heaven Crawley – Professor of Migration studies, University of Swansea

Lothar Krappman - Educationalist and member of the Committee of the Rights of the Child

Brian Keenan - Writer

Anne Michaels - Novelist and poet

Judah Passow - Photojournalist

Phillipe Sands - Professor of International Law, UCL

Alexandra Senfft - International journalist and writer

Skin - Musician

Working together with other agencies

Over the past few years we have systematically worked on building relationships with other agencies both in terms of training, referrals for assessment and treatment and partnership work in relation to advocacy issues. We receive referrals for assessment and treatment and for preparation of reports from many different agencies both statutory and voluntary including solicitors and barristers firms, social services departments, health authorities; also: Helen Bamber Foundation, Children's Society, the Centre for Psychotherapy and Human Rights. Among others we have had discussions during this year with representatives of Kids Company, the Refugee Therapy Centre, Haringey CAMHS, Bexley CAMHS, Oxleas NHS Foundation Trust.

We have also had discussions with individual staff in three academic and training institutions; Birkbeck College, the British Association of Psychotherapy Child Training and City University Department of Child Psychology. The consequence of these discussions has been that we are planning the research discussed above and in addition working with a researcher from City University who is a PhD student interested in inter-generational transmission of trauma in refugee and asylum seeking families. We have also agreed that two doctoral students from the BAP child training programme will carry out their doctoral research at the Baobab Centre.

Funding

We were shortlisted to apply for funding from the The Funding Network in July 2010 and Sheila Melzak and one of the young people from the Baobab community gave a presentation to the Network which raised funding for the 2010 Summer Project.

During the year the Baobab Centre was successful in raising funds from Trust for London towards our core funding and from the LankellyChase Foundation to employ a Senior Caseworker; commencement of drawdown of these funds from LankellyChase will commence in 2011/12 following appointment of the Caseworker.

The number of regular donors to the Baobab Centre increased in 2010/11; this is an area of fundraising that we plan to develop in the future as an important potential source of unrestricted funding. Fundraising work with small trusts also commenced. During the year Inchrye and the UIA Charitable Fund provided valuable sources of funding.

**BAOBAB CENTRE FOR YOUNG SURVIVORS IN EXILE
(A COMPANY LIMITED BY GUARANTEE)**

**REPORT OF THE DIRECTORS
FOR THE YEAR ENDED 31 MARCH 2011**

Statement of Director's Responsibilities:

Company law requires the directors to prepare financial statements for each financial year which gives a true and fair view of the state of affairs of the company and of the profit or loss of the company during that period. In preparing those financial statements the directors are required to:

- (i) select suitable accounting policies and then apply them consistently,
- (ii) make judgements and estimates that are reasonable and prudent,
- (iii) prepare financial statements on a going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities. In preparing this report the directors have taken advantage of special provisions of the Companies Act 2006 relating to small companies.

We approve the attached statement of financial activities and balance sheet for the year ended 31st March 2011, and confirm that we have made available all information necessary for its preparation.

11th December 2011

Approved by the Directors on and

Signed on their behalf by Director *Claire Helman*, Claire Helman

**BAOBAB CENTRE FOR YOUNG SURVIVORS IN EXILE
(A COMPANY LIMITED BY GUARANTEE)**

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2011**

Incorporating income and expenditure account

	Notes	Unrestricted Funds £	Restricted Funds £	TOTAL 2011/10 £	TOTAL 2010/09 £
INCOMING RESOURCES					
Incoming Resources from Generated Funds					
Voluntary Income					
Donations		21,632	0	21,632	11,046
Gift Aid Tax Recoverable		1,426	0	1,426	1,786
Grants		2,500	14,694	17,194	2,500
Legacies		10,000	0	10,000	0
Activities for Generating Funds					
Donations from Merchandise Sales		0	0	0	6,050
Investment Income		19	0	19	0
TOTAL INCOMING RESOURCES		35,577	14,694	50,271	21,382
RESOURCES EXPENDED					
Costs of Generating Funds	3a	403	0	403	0
Charitable Activities	3b	23,034	13,080	36,114	20,141
Governance Costs	3c	417	0	417	256
TOTAL RESOURCES EXPENDED		23,854	13,080	36,934	20,397
NET INCOMING/ (OUTGOING) RESOURCES		11,723	1,614	13,337	985
Total Funds Brought Forward		985	0	985	0
TOTAL FUNDS CARRIED FORWARD		12,708	1,614	14,322	985

Movements on all reserves and all recognised gains and losses are shown above. All of the organisation's operations are classed as continuing.

The notes on pages 7 to 11 form part of these financial statements.

**BAOBAB CENTRE FOR YOUNG SURVIVORS IN EXILE
(A COMPANY LIMITED BY GUARANTEE)**

**BALANCE SHEET
AS AT 31 MARCH 2011**

	Note	Unrestricted Funds £	Restricted Funds £	Total 31-Mar 2011 £	Total 31-Mar 2010 £
Fixed Assets					
Tangible assets	1	0	0	0	0
Current Assets					
Debtors and Prepayments	5	6,567	0	6,567	1,927
Cash at bank and in hand		11,227	8,739	19,966	767
Total Current Assets		17,794	8,739	26,533	2,694
Creditors: amounts falling due within one year	6	5,086	7,125	12,211	1,709
NET CURRENT ASSETS		12,708	1,614	14,322	985
TOTAL ASSETS less current liabilities		12,708	1,614	14,322	985
NET ASSETS		12,708	1,614	14,322	985
Funds of the Charity					
General Funds		12,708	0	12,708	985
Designated Funds		0	0	0	0
Restricted Funds	4	0	1,614	1,614	0
Total Funds		12,708	1,614	14,322	985

For the year ending 31st March 2011 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' Responsibilities

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476, of the Companies Act 2006.
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

11th December 2011

Approved by the Directors on and

Signed on their behalf by Claire Helman, Claire Helman, Chair of Directors

**BAOBAB CENTRE FOR YOUNG SURVIVORS IN EXILE
(A COMPANY LIMITED BY GUARANTEE)**

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2011**

1. ACCOUNTING POLICIES

Incoming Resources

Recognition of Incoming Resources

These are included in the Statement of Financial Activities (SOFA) when:

- the charity becomes entitled to the resources;
- the Directors are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability

Incoming Resources with related expenditure

Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resource and related expenditure are reported gross in the SOFA.

Grants and Donations

Grants and Donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

Tax reclaims on Donations and Gifts

Incoming resources from tax reclaims are included in the SOFA in the same financial period as the gift to which they relate.

Contractual Income and Performance Related Grants

This is only included in the SOFA once the related goods or services has been delivered.

Gifts in Kind

Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised. Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity. Gifts in kin

Donated Services and Facilities

These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity

Volunteer Help

The value of any voluntary help received is not included in the accounts but is described in the Directors' annual report.

Investment Income

This is included in the accounts when receivable.

Investment gains and losses

This included any gain or loss on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

**BAOBAB CENTRE FOR YOUNG SURVIVORS IN EXILE
(A COMPANY LIMITED BY GUARANTEE)**

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2011**

Expenditure and liabilities

Liability recognition

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

Governance Costs

Include costs of the preparation and examination of statutory accounts, the costs of the Directors' meetings and cost of any legal advice to Directors on governance or constitutional matters.

Grants with performance conditions

Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SOFA once the recipient of the grant has provided the specified service or output.

Changes in Accounting policies and previous accounts

There has been no change to the accounting policies (variation rules and methods of accounting) since last year, and no changes to the previous accounts.

Grants payable without performance conditions

These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to a grant which remain in control of the charity.

Support Costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of the resources, eg allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by t

Assets

Tangible fixed assets for use by the charity:

These are capitalised if they can be used for more than one year, and cost at least £1,000. They are valued at cost or, if gifted, at the value to the charity on receipt. The Company has no individual assets costing more than £1,000.

Investments

Investments quoted on a recognised stock exchange are valued at market value at the year end. Other investment assets are included at Directors' best estimate of market value.

Basis of preparation:

The financial statements have been prepared on the historical cost basis of accounting in accordance with the Charities Act 1993 and in accordance with applicable accounting standards. In preparing the financial statements the charity follows best practice

**BAOBAB CENTRE FOR YOUNG SURVIVORS IN EXILE
(A COMPANY LIMITED BY GUARANTEE)**

**NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31 MARCH 2011**

2. GRANTS RECEIVABLE

	Unrestricted Funds £	Restricted Funds £	TOTAL 2011/10 £	TOTAL 2010/09 £
London Catalyst	1,500	750	2,250	0
Funding Network		7,694	7,694	0
Helen Tetlow Memorial Fund		3,500	3,500	1,500
Inchrye Trust		1,000	1,000	0
UIA Charitable Foundation	1,000		1,000	0
Care Leavers Foundation		360	360	0
Frank Buttle Trust		200	200	0
Heinz Anna and Carol Kroch		150	150	0
London Churches Refugee Fund		250	250	0
Newby Trust		140	140	0
Schwab Westheimer Trust		450	450	0
Tricia Landau Memorial Fund		0	0	1,000
Vicars Fund St Martins		200	200	0
	2,500	14,694	17,194	2,500

3. RESOURCES EXPENDED

**a) Costs of Generating
Voluntary Income**

403	0	403	0
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b) Charitable Activities

Fees to Sessional Workers and Interpreters	10,253		10,253	9,947
Supervision Fees	2,506		2,506	1,365
Narrative Therapy and Group Work	2,475	2,549	5,024	3,269
Summer and Winter Holiday Projects	930	5,145	6,075	1,773
Beneficiary Expenses	1,172	2,295	3,467	1,821
Hardship Payments	1,565	3,091	4,656	1,966
Premises Costs	4,133		4,133	0
	23,034	13,080	36,114	20,141

c) Governance Costs

Board Costs				
Independent Examination	57		57	256
	360		360	0
	417	0	417	256

**BAOBAB CENTRE FOR YOUNG SURVIVORS IN EXILE
(A COMPANY LIMITED BY GUARANTEE)**

**NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31 MARCH 2011**

4. RESTRICTED FUNDS

	Balance 01-Apr-10 £	Income £	Expend- ture £	Balance ##### £
Care Leavers Foundation	0	360	360	0
London Catalyst	0	750	750	0
Frank Buttle Trust	0	200	200	0
Funding Network	0	7,694	7,694	0
Heinz Anna and Carol Kroch	0	150	150	0
Helen Tetlow Memorial Fund	0	3,500	2,295	1,205
Inchrye Trust	0	1,000	591	409
London Churches Refugee Fund	0	250	250	0
Newby Trust	0	140	140	0
Schwab Westheimer Trust	0	450	450	0
Vicars Fund St Martins	0	200	200	0
	0	14,694	13,080	1,614

The restricted funds are wholly represented by cash reserves of the charity

5. DEBTORS AND PREPAYMENTS

	Unrestricted Fund £	Restricted Fund £	Total 31-Mar 2011 £	Total 31-Mar 2010 £
Tax Recoverable	3,275	0	3,275	1,786
Debtors and Prepayments	3,212	0	3,212	141
Loans	80	0	80	0
	6,567	0	6,567	1,927

**6. CREDITORS AND DEFERRED INCOME:
AMOUNTS FALLING DUE WITHIN ONE YEAR**

	Unrestricted Fund £	Restricted Fund £	Total 31-Mar 2011 £	Total 31-Mar 2010 £
Deferred Income (Trust for London)	500	7,125	7,625	0
Creditors	4,128	0	4,128	1,485
Other	98	0	98	0
Accruals	0	0	0	224
Independent Examiners Fees	360	0	360	0
	5,086	7,125	12,211	1,709

**BAOBAB CENTRE FOR YOUNG SURVIVORS IN EXILE
(A COMPANY LIMITED BY GUARANTEE)**

**NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31 MARCH 2011**

7. COMPANY STATUS

The Company is limited by guarantee and therefore has no share capital. The member's liability under the guarantee is restricted to a maximum of £10.

8. DIRECTORS AND OTHER RELATED PARTIES

No payments were made to directors or any persons connected with them during this financial period. No material transaction took place between the organisation and a trustee or any person connected with them. Donations of £16,760 were received in total f

9. CONTINGENT LIABILITIES

The Company had no material contingent liabilities at 31 March 2011 (none-2010).

10. STAFF COSTS, GIFTS IN KIND AND VOLUNTEERS

The Company has no paid employees (none - 2010). During the year the Company benefited from unpaid work performed by volunteers.

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

Report to the directors of Baobab Centre for Young Survivors in Exile on the accounts for the year ended 31st March 2011 set out on pages 5 to 11.

Respective responsibilities of trustees and examiner

The companies directors are responsible for the preparation of the accounts. The directors consider that an audit is not required for this year (under section 43(2) of the Charities Act 1993 (the Act), as amended by s.28 of the Charities Act 2006) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for an independent examination, It is my responsibility to:

- examine the accounts (under section 43 of the Act, as amended),
- to follow the procedures laid down in the General Directions given by the Charity Commission (under section 43(7)(b) of the Act, as amended), and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the organisation and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that in, any material respect, the directors have not met the requirements to ensure that:

- proper accounting records are kept (in accordance with section 41 of the Act); and
- accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Act; or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

P B Robinson MAAT FCIE
Independent Examiners Ltd
Sovereign Centre
Poplars
Yapton Lane
Walberton, West Sussex
BN18 0AS.



Date: 14th December 2011