




ANNUAL REVIEW 2021 - 2022

ALTERNATIVES TO
VIOLENCE PROJECT
BRITAIN





ABOUT AVP BRITAIN

Quakers were instrumental in establishing AVP at its outset in a New York prison in 1975 as well as in bringing AVP to Britain in 1989. A registered national charity, AVP Britain is committed to working towards a resilient and non-violent society. AVP workshops are held across England, Scotland, and Wales.

While AVPB is now an independent and non-aligned organisation, the early Quaker influence is still reflected in our values and in our workshops, as well as in our organisational practices. Our values encourage us to:

- Honour the right to choose;
- Accept that we make mistakes;
- Take responsibility for our actions;
- Value the contribution everyone can make;
- Be bold, honest, trusting and creative;
- Recognise the potential of conflict, when handled well, to deepen understanding, create opportunities for cooperation and challenge injustice.

Much more than anger management courses, AVP recognises that a holistic approach is needed to address violence in our societies. Our courses therefore aim to teach participants the necessary skills to handle conflict non-violently and to build better, healthier, and more resilient relationships. We do this through interactive workshops which combine experiential learning and self-awareness exercises with more practical skill development in conflict management.

Our Courses

To maximize accessibility our 'Facing Up to Conflict' courses, at Level 1 (introductory) and Level 2, are now offered in three main formats:

- **In-person:** a 16-hour intensive group workshop delivered over a two/three-day weekend (or to suit specific groups e.g. as five or six 3-hour sessions over 3-6 weeks)
- **On-line:** a 16-hour remote workshop run with a group of participants over 5 or 6 weekly sessions
- **Distance Learning:** a 6-week individual course which can be received by (e)mail
- In addition, 'Tackling Conflict' offers professionals an insight into the AVP approach and ideas as a self-paced distance learning programme delivered online

The flexible delivery patterns developed in response to the pandemic have been incorporated into our regular way of working and this year we have also worked on providing more support for those who need it. In particular, in the distance learning programme we developed one to one support via zoom for people with extra learning challenges as well as a high accessibility version of the course materials, to make it more user friendly for anyone with difficulties in reading or writing.

ABOUT AVP BRITAIN

Our Approach

Through a range of exercises, discussions, games, and role-playing, participants learn to create and maintain an environment where five core conditions for non-violence can exist:

- Improved self-awareness, leading to increased self-esteem;
- Enhanced communication skills, including listening skills and assertiveness;
- Greater cooperation, readiness and willingness to trust others;
- Stronger sense of one's own values;
- Enhanced conflict-resolution and problem-solving skills to address tense situations peacefully when they arise.

Participants explore who they are as people and learn how to transform negative and harmful thought and action patterns into positive ones. By tapping into their inner strengths, we empower participants to play an active and decisive role in how they perceive life and other people, and in turn how others perceive them.

Our Beneficiaries

We aim to ensure that anyone can access, and benefit from, AVP workshops or distance learning materials. We believe that the experience of violence or abuse undermines self-respect and self-esteem, which in turn puts people at a significant disadvantage in their dealings with others in society. Apart from interactions with one's immediate social circle (family, friends, and neighbours), this also includes interactions with potential employers and official agencies such as health, housing, benefits, and education, thus perpetuating feelings of frustration, isolation, and/or hopelessness.

AVP beneficiaries are therefore people of all ages and genders, of varied cultural and linguistic backgrounds, and from across the class spectrum. They include survivors of domestic violence, prisoners on short and long sentences, people experiencing homelessness who are seeking help to deal with the hardships they face in rebuilding their lives and professionals in the care industry who might face conflict in their day-to-day jobs.

THE NEED FOR AVP BRITAIN

Across the UK the number of police recorded violence against the person offences in 2021-2022 have increased year on year; in England and Wales from 1.8m cases to 2.1 m and in Scotland non-sexual crimes of violence increased from 113 to 127 crimes per 10,000 population.

Much more to do...

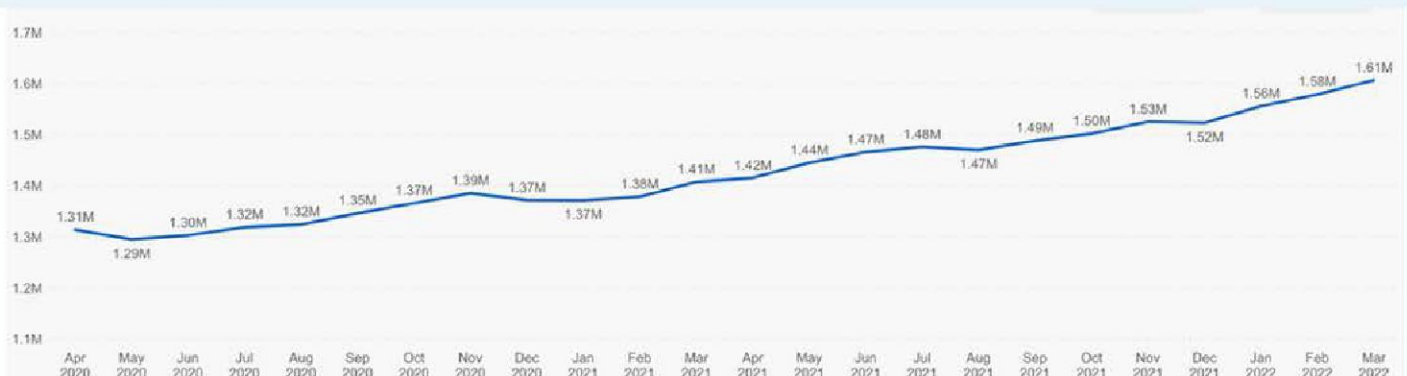
England and Wales:

- Violence with injury increased by 22% (to 566,603 offences) in the year ending March 2022 compared with the previous year. This was also 5% higher than levels recorded in the pre-coronavirus year ending March 2020 (540,699 offences).
- The police recorded 909,504 offences (excluding fraud) flagged as domestic abuse-related in the year ending March 2022. This represents an 8% increase from 845,734 offences in the previous year and a 12% increase from 798,607 offences in the year ending March 2020. This included 722,723 violence against the person offences flagged as domestic abuse-related, a 7% increase compared with the year ending March 2021.

Scotland:

- Of the 58,306 crimes recorded in 2021-22, 7,858 (13%) related to Common assault of emergency workers.
- Crimes recorded under the Domestic Abuse (Scotland) Act 2018 accounted for 3% of Non-sexual crimes of violence. There were 1,760 crimes recorded under the Domestic Abuse (Scotland) Act 2018 in 2021-22, the third year this legislation has been in place. This was a 7% increase compared to 2020-21 (from 1,641 to 1,760).
- Of those crimes, 92% (or 1,627) involved a female victim and 8% (or 133) had a male victim. These proportions are similar to those in the previous year, at 94% and 6%, respectively.

Number of people in contact with Mental Health Services keeps increasing:



THE NEED FOR AVP BRITAIN

These trends highlight that our current support systems in the UK are just not working well enough. People suffering from a lifetime of abuse and conflict are falling through the proverbial cracks, and scarce access to mental health support makes it nearly impossible for people to seek alternatives to their current lifestyles. Using punishment as a treatment for symptoms of chronic societal problems, instead of treating the underlying conditions supporting them, is evidently not effective, efficient, or sustainable. In fact, the evidence is clear: **early intervention in conflict saves money, time, and promotes better wellbeing** (Saundry & Urwin, 2021).

The Cost of Inaction

Conflict is all around us. According to an independent study published in 2021, the cost of workplace conflict to UK organisations alone amounted to a staggering £28.5 billion (Saundry & Urwin, 2021). The research further reports that nearly 10 million people experienced conflict at work, with over 50% of them citing stress, anxiety, and depression as a result of conflict. These emotions were not felt passively: close to 900,000 individuals took time off work to recover, a further 500,000 resigned, and over 300,000 were dismissed (Ibid.).

These costs are only part of the picture. In 2018/2019, violent incidents had cost the capital city over £3 billion in response costs and loss of economic output (Mayor of London, 2020). In Wales, another report outlines that violence costs the Welsh healthcare system over £46.6 million per year (Parry, 2020). In fact, a panoply of reports detail the myriad of costs associated to crime including anticipatory, defensive and insurance costs; costs as a consequence of crime (health and victim services, loss of output, stolen and damaged property); and response costs (police and judiciary) (see Heeks et al., 2018 as an example).



I truly believe that the course was the first step on my road to a life without using violence.

Feedback from prisoner, HMP Isle of Wight



OUR WORKSHOPS & COURSES IN 2021-2022

Our Impact in 2021-2022

We have reached more than 1,000 people through our activities this year, helping them to better deal with the conflicts in their lives. People who needed our support came from different parts of society - from schools to prisons.

Online Workshops:

Nationally, our volunteers ran 11 online workshops involving 124 Level 1 participants and 27 Level 2 participants.

AVP Wales, as part of a schools project in partnership with WCIA (the Welsh Centre for International Affairs) also ran 7 one and a half hour INSET sessions for school staff. These were all held online and more than 30 staff attended in parallel with working through the 'Tackling Conflict' course in their own time.

Face to face Workshops:

With care, and extra precautions, we resumed face to face workshops during the year, running just two at Level 1, both in London, which were attended by 25 participants .

For the first time, AVP Wales (with WCIA) held face to face workshops in schools as part of the pilot project mentioned above. The project involved both Primary and Secondary schools and was very much welcomed by the participating schools. Five workshops were delivered, involving more than 100 pupils and 7 members of staff from six schools. As a result of the pilot project, one primary school in Wrexham has since planned and run their own weekly sessions based on the training we provided and the manual we have shared with teachers.

The schools pilot project, which was designed to fit within the curriculum in Wales, was funded by two grants: one from the Southall Trust for £3k (applied for by WCIA) and one from the Edith M Ellis Foundation (applied for by Jane Harris on behalf of AVP Britain - £5k). We thank these generous funders who made this exciting new development possible.



Brilliant activity for critical thinking and identifying leadership in pupils.

Feedback from a Teacher



OUR WORKSHOPS & COURSES IN 2021-2022

Our Impact in 2021-2022

Distance Learning Courses:

We enrolled 766 participants on Stage 1 in 2021-22, compared with 644 in the previous year, and attribute the increase to the easing of Covid lockdown restrictions in prisons over the period, and more cooperation with prison staff. 62% of participants completed the course, in line with previous years.

In summer 2021, we finally obtained funds to launch Stage 2 of the programme. This is a significant step forward, as it provides continuity for those who have completed Stage 1, and creates a programme which effectively lasts 16 or more weeks, allowing time for distribution of coursework assessments and certificates of completion. The course was designed by David Gee, who co-produced Stage 1, and includes new themes, such as 'taking responsibility' and 'the wider world'. The two most important differences in Stage 2 are that it's more challenging for participants, and it deals with more emotionally demanding conflict situations. It also includes a journal, which enables participants to reflect, in a structured way, on the 'homework' they are invited to complete on a weekly basis.

An innovation was the introduction of a small fee for prisoners enrolling on the course, to reflect the additional workload generated, and to generate a new income stream in order to reduce our reliance on funding from charitable trusts. However, we don't expect prisoners to pay for the course themselves, and to date all enrolments have been funded by the prison authorities. Unfortunately, HMPPS resources are, as ever, limited, which restricts the number of successful applicants. 28 participants enrolled on Stage 2, of whom 64% completed.

By the end of 2021, design of a more accessible version of the course, for people with reading difficulties and mild learning difficulties, was completed. At the time of writing, we are running a pilot prior to producing a finished version. We are indebted to Sarah Lane, Melanie Jameson, Anthony Limerick and James Seymour, the volunteers who created the programme.

In September our Facing up to Conflict distance learning course was validated by HMPPS Midlands Psychology Services and has been approved for use in all Midlands prisons.



While a lot of offender behaviour courses are run of the mill and impractical, the AVP was the largest breakthrough moment into my psyche that I ever can recall. It challenged certain modes of thought that I'd become all too used to.

Feedback from Prisoner



CHAIR'S REPORT

First of all we would like to acknowledge the hard work and commitment of our volunteers and staff to keep AVPB alive despite the disruption which COVID-19 brought to the charity sector. According to Charity Commission research, nearly all charities (91%) in England and Wales have experienced some negative impact from Covid-19. The consequences have been wide-ranging and often severe, spanning service delivery, financial and staffing issues, as well as frustration and uncertainty.

We have managed to continue our work and have reached more people than we did last year. This was due to us being passionate about our cause but also, importantly, we were among 45% of charities which adapted their services in the lights of restrictions and among 49% of charities which made better use of digital technology.

On 6th November AVPB held a National Gathering of a kind, online – our 'Big Conversation', discussing the future of AVPB including its structure and staffing. 28 of our members took part in the discussions contributing to the day and enabling us to clarify our way forward for the next period.

We have agreed that we see a continuing need for AVP Britain and the learning opportunities we offer. We have acknowledged that some sections of AVPB are doing well in spite of all the recent challenges, but we are struggling to carry on as an organisation in the current shape of separate regional structures, very limited paid staff and insufficient support leading to burnout of our volunteer base. We need to reinvent ourselves to become more sustainable.

As a result of this Big Conversation we are more focused to organise ourselves nationally around the types of interventions we are delivering and we have hired a National Volunteer Manager.

A Big Thank You.....

...to all our volunteers for their generosity and dedication to AVP, without whom we couldn't operate. From committing to our work despite a challenging external environment, to embracing new technologies to ensure the continued delivery of our work - our volunteers have shown the same courage, resilience, and enthusiasm which we aim to inspire in our workshop participants.

We also thank all our donors, big and small, for trusting us with the resources needed to do our life-changing work.

CHAIR'S REPORT

The Post-COVID world is increasing digital

The number of adults in the UK unable to access the internet fell steadily in the years leading up to the pandemic, and that the pandemic has made people more reliant on internet access than ever before: the latest figures indicate that the number of households who do not have access to the internet at home currently stands at 6%.

But while the Covid-19 pandemic enabled some adults to gain new digital skills and enjoy the benefits of being online, for others the digital divide has become more entrenched as an increasing number of everyday activities and services have moved online. 10% of people in UK don't have access or do not use internet, including some of the most financially vulnerable.

So while we are adapting ourselves to the digital age, it is equally important that we offer services to people without internet access, like the Easy Access distance learning correspondence course which has been designed this year.



CHAIR'S REPORT

Staffing

AVPB still operates with a very small team of paid staff, but we have seen some more changes, including expansion, this year. In our Distance Learning Programme, Robert Ordman continues as our Distance Learning Coordinator and in London and the Southeast region Karen Virtue continues as Regional Coordinator, while Elaine Bright continues as our Finance Officer. A big thank you to these loyal members of staff who have supported our volunteer base and kept AVPB working.

In Wales, following a successful funding bid, Rachel Pick joined us in May 2021 as Wales Development Officer, with a remit to develop AVPB Wales in partnership with other organisations. In the Distance Learning Programme we also took on Justina Karpalaviciute in March 2022, as programme administrator. Both Rachel and Justina have made a big difference already in their areas of work. Thank you! All our staff are part time.

Nationally, following Keely Mouland's departure at the end of March 2021, we recruited twice to the National Coordinator role without finding the right person, before re-shaping the role as 'National Volunteering Coordinator'. We say it so often - volunteers are critical to our organisation and this new role will allow us both to support our volunteers better and to coordinate their work more effectively. The role was not yet filled as the year came to an end (i.e. by the end of March 2022), but at the time of writing we have Asia Welloch in post, who is already making a big difference in the task of reorganising our national team of volunteers following the pandemic.

Strengths and Challenges - Our Trustees

We strengthened the Trustee team once again during this year – and yet still experienced some of the continuing challenge of burnout and change. On the basis of our skills audit to identify needs, we co-opted four very capable new trustees; first, in June 2021, Catherine Potvin, Daniel Rann and Robin Marshall, then in January 2022, Tarrill Baker, from within AVPB, who stepped in as Treasurer.

However, during the year we lost Jennifer Hawkswood and Harry Albright and then, at the 2021 AGM, (actually held in January 2022), we lost Stephen Charman, our Co-Chair, and later, in March, also Daniel Rann. All four stood down as a result of pressures on their time from other commitments. A big vote of thanks to all trustees, those retiring and those staying, for their commitment in helping to steer the organisation through another challenging year.

CHAIR'S REPORT

Housekeeping

Other things (small but important for us to operate) which happened within this year:

- we have re-invigorated our social media accounts, focusing on Facebook and LinkedIn and providing regular updates to all our followers;
- we have created AVPB email addresses to all our volunteers and staff to be GDPR compliant;
- we have set up regular news from trustees via emails (if you not on our distribution list but would like to be, please do let us know!);
- we ran our National Gathering via Zoom, which made it easier for people to attend and we had a great turnout;
- number of policies have been reviewed and where necessary, updated, including Social media strategy, Health and Safety policy, Complaints policy, Employee Disciplinary policy, IT policy, Expenses policy, Grievance policy;
- we have registered to AmazonSmile (UK), Amazon's charity pot ;
- we have updated our volunteer database and at the time of writing this report we have 76 active volunteers (we thank them all from the bottom of our hearts!).



AVPB CHAIR'S REPORT

Looking Ahead

Looking ahead, and seeking to better support our volunteers who deliver the programme, AVPB is proposing a restructure to move from being run by geographical regions towards being run via three delivery work streams.

This is a positive move building on the success of the distance learning model and recognising many of the regions are no longer effective, meaning that large areas of the country are unable to access our in-person workshops.

The three work streams will be distance learning, online workshops, and face-to-face workshops. Each will be lead by a paid staff member to give consistent, dedicated time to build AVP Britain back after the devastating effects of the pandemic.

Each WorkStream lead will work with local volunteers where they are in place, and the three WorkStream leaders will work collectively as a team, supported by the National Volunteering Manager. AVP staff members Robert, Rachel and Karen will be the initial WorkStream leads to give continuity and experience. They will cover fundraising and growth planning for their WorkStream as well administration to deliver the programme - distance learning, face-to-face workshops, or online workshops. Volunteer involvement at an operational and organisational level will support the WorkStream leads through new programme working groups e.g. for prison workshops, online workshops and for specific geographical areas where this seems useful.

This proposed restructure builds on the suggestion by AVP Wales at the last AGM and offers an opportunity to apply the success of the distance learning programme at a time when AVPB needs a significant relaunch to ensure its future viability.

GOVERNANCE

2021-2022 Board

Co-Chair: Marie Walsh

Co-Chair: Stephen Charman (stepped down in Jan '22)

Secretary: Harry Albright (stepped down in Oct '21)

Treasurer / later Secretary: Colin Mallinson

Treasurer: Tarrill Baker

Trustee: Jennifer Hawkswood (stepped down in Nov '21)

Trustee: Alexandra (Sasha) Dzhuras-Dotta

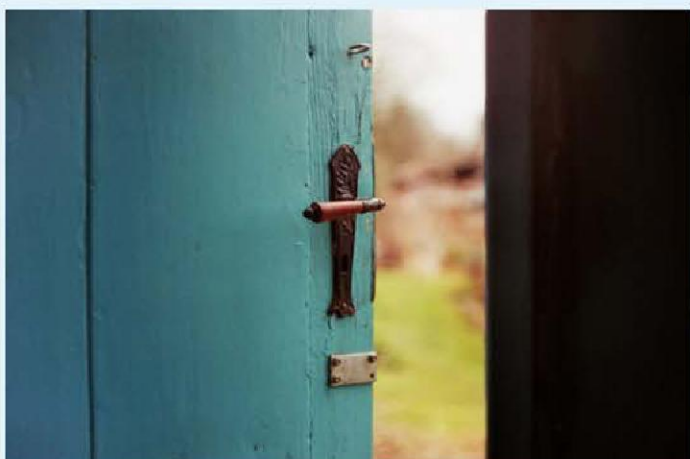
Trustee: Catherine Potvin

Trustee: Daniel Rann (stepped down in March '22)

Trustee: Robin Marshall

The Alternatives to Violence Project, Britain is a registered charity and a company limited by guarantee and is also registered in Scotland as charity. Company Members meet in an Annual General Meeting and elect between six and ten Trustees who hold responsibility for all governance matters. Trustees serve for a three year term, and each year up to a third of trustees stand down or may stand for re-election, subject to a maximum term of six years.

We are a volunteer-led organisation, with our distance learning programme and online workshops being delivered from London and the programme of face-to-face workshops still organised locally. Two of the regions (Wales and London & the South East of England) currently have a paid part time coordinator/development worker. Over time we aim to move away from organising regionally, towards having each delivery format (i.e. online workshops, in-person workshops and distance learning) organised nationally, with paid staff supporting local hubs of volunteers.



OUR PATRONS

- **Baroness Vivien Stern**,
Crossbench Peer, House of Lords
- **Tim Newell**, Former Governor of Grendon and Spring Hill prisons, restorative justice practitioner, consultant and author

FINANCIAL REPORT 2021-2022

The second financial year under the COVID pandemic was in many ways harder for both the organisation and the community more broadly. Most of the regions were unable to re-commence activities and operationally momentum was lost as lock down restrictions continued. This was particularly noticeable for us financially where income dropped substantially as funders and donors were experiencing unprecedented demand from more charities to tackle the crisis.

Year on year we suffered a 13% drop in reserves to £84,338 (with last year's figures in brackets ... £96,515) driven by a 33% decline in Income to £73,142 (£109,818). Most of our income is derived from grants where we saw a 44% reduction to £44,515 (£79,101). Our other main income sources saw a small 7% rise in donations to £15,195 (£14,141) and a larger 25% increase in workshop fees at £9,749 (£7,766). For this, we'd like to thank the facilitators who showed creativity and adaptability in generating an online course, holding 7 courses through the year. Expenses were broadly comparable, down 6% to £85,319 (£90,933). This reduction was primarily attributable to fundraising/publicity costs dropping 93% to £519 (£7,158)

Our focus for the year ahead will be on re-building the services under 3 national delivery workstreams (distance learning, online workshops and face to face workshops) and raising sufficient income (particularly grants) to cover these workstreams' running costs (including the 3 part-time members of staff that lead each of these streams). For the other part-time staff role (Volunteer Manager), whilst we have funding to cover this year, we'll also need to fundraise to continue this role into next year.

We owe a huge debt of thanks to our key funders, this year the Hilden Charitable Trust, Garfield Weston and the Foyle Foundation. Thanks also to the regions who have supported the funding of the National Coordinator post during this year. As ever, we also gratefully acknowledge the many, many generous donations by individuals, Meetings of Friends and other groups, who continue to support our work, some of them on a regular monthly basis. Thank you!

We would like to thank our finance officer Elaine Bright who managed our books during the year. Thanks are also due to Peter Davies for his work in examining the AVPB annual accounts.

Reserves

It is our policy to hold at least six months' operating costs in reserves to mitigate fluctuations in income. Trustees review this annually when they set the budget to ensure that the level of reserves held is appropriate and adequate.

Our key funders (over £5k) in 2021-2022 included:

Foyle Foundation £5,400
 Flapjack £5,000
 Garfield Weston £5,000
 Hilden Charitable Trust £5,000

...Thank you!

REFERENCES

<https://www.ons.gov.uk/releases/crimeinenglandandwalesyearendingmarch2022>

<https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-services-monthly-statistics/performance-june-provisional-july-2022>

<https://www.gov.uk/government/publications/charity-commission-covid-19-survey-2021/covid-19-survey-2021>

ALTERNATIVES TO VIOLENCE PROJECT, BRITAIN

Charities Commission Registered No 1085709

Scotland: SCO39287

Company limited by guarantee no 4127409

Registered Office: Brick Yard, 28 Charles Square, London N1 6HT

Trustees:

Marie Walsh Chair
Tarrill Baker Treasurer
Alexandra Dzhuras-Dotta
Catherine Potvin
Robin Marshall
Daniel Rann
Colin Mallinson

Patrons: Baroness Vivien Stern
Tim Newell

REPORT AND ACCOUNTS

FOR THE YEAR ENDED

31st March 2022

ALTERNATIVES TO VIOLENCE PROJECT, BRITAIN

BALANCE SHEET AS AT 31 MARCH 2022

	Note	31/03/2022	31/03/2021
		£	£
Restricted Funds	7	51,853	44,119
Unrestricted Funds		31,226	52,397
		<u>83,079</u>	<u>96,516</u>
CURRENT ASSETS			
Bank Balances	6	93,059	98,335
Cash		-	-
Debtors		1,505	-
Creditors	5	<u>(11,485)</u>	<u>(1,819)</u>
Net Current Assets		<u>83,079</u>	<u>96,516</u>
Current Liabilities	5		
		<u>83,079</u>	<u>96,516</u>

For the year ending 31/03/2022 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476.

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.'

Chair



Date

7/11/2022

Independent Examiner

I report on the accounts of the company for the year ended 31 March 2022

Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 477 of the Companies 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 independent examination, it is my responsibility to:

examine the accounts under section 477 of the 2006 Act;

to follow the procedures laid down in the general Directions given by the Charity Commission and

to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity 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 you as 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

I have completed my examination.

I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect.

(1) to keep accounting records ;
to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities

have not been met; or

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

Signed:



Name: Peter Davies

November 2022

Relevant professional qualification or body FCA

Address: Can Y Mor, 92 Main Road, Ogmore By Sea, Vale of Glamorgan. CF32 0PW

Date:

ALTERNATIVES TO VIOLENCE PROJECT, BRITAIN

STATEMENT OF FINANCIAL ACTIVITIES For the period 1/4/2021 to 31/3/2022

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £	2021 £
Incoming Resources					
Grants		10,700	33,815	44,515	79,101
Donations		8,403	5,400	13,803	14,141
Workshop/Event Receipts		9,749	-	9,749	7,766
Other Income		305	3,378	3,683	7,967
Total Incoming Resources		<u>29,157</u>	<u>42,593</u>	<u>71,750</u>	<u>108,975</u>
Resources Expended					
Direct Charitable Expenditure	2	45,150	34,434	79,584	78,581
Fundraising & Publicity	3	180	303	483	7,158
Governance	4	5,119	-	5,119	5,193
Total Resources Expended		<u>50,449</u>	<u>34,737</u>	<u>85,186</u>	<u>90,932</u>
Net Resources before Fund Transfers		(21,292)	7,856	(13,436)	18,043
Transfers between Regions					843
Net Movement in Funds		(21,292)	7,856	(13,436)	18,886
Balances brought forward at 1 April 2021		52,518	43,997	96,515	77,630
Balances carried forward at 31 March 2022		<u>31,226</u>	<u>51,853</u>	<u>83,079</u>	<u>96,516</u>

ALTERNATIVES TO VIOLENCE PROJECT, BRITAIN LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDING 31 MARCH 2022

1. ACCOUNTING POLICIES

1.1 General Information and basis of accounting

Alternative to Violence Project Britain Limited is a registered charity (no. 1085709) and a private company (no. 04127409) limited by guarantee, registered in England and Wales. Each member is liable to contribute an amount not exceeding £10 in the event of the charitable company being wound up. The registered office is given in the reference and administrative details on Page 1.

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable to the UK and Republic of Ireland (FRS 102) issued in October 2019 the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) the Charities Act 2011, The Companies Act 2006 and UK Generally Accepted Accounting Practice

The financial statements are prepared on a going concern basis and under the historical cost convention.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

1.2 Income recognition

Items of income are recognised in the financial statements when all of the following criteria are met:

The Charity has entitlement to the funds;
any performance conditions have been met or are fully within the control of the charity;
there is sufficient certainty that receipt of the income is considered probable; and
the amount can be measured reliably.

1.3 Expenditure recognition

Expenditure is recognised once there is a legal or constructive obligation to make payment to a third party, it is probable that settlement will be required and the amount can be measured reliably

Expenditure includes those costs of a direct nature which can be allocated to a specific activity. It also includes indirect costs, including governance costs that do not relate to a specific activity but are necessary to support those activities. Support costs are apportioned to each activity on the basis of staff time.

1.4 Fund accounting

Unrestricted general funds are freely available for use in furtherance of the objects of the charity and which have not been designated for particular purposes.

Designated funds are unrestricted funds set aside by the trustees for particular purposes.

Restricted funds are those funds which can only be used in accordance with the wishes of the donor or which have been raised for a specific purpose.

1.5 Pensions

The charity operates a defined contribution pension scheme. Contributions payable under the scheme are charged to the Statement of Financial Activities in the year to which they relate.

1.6 Taxation

As Alternatives to Violence Project Britain is a registered charity, the results of its normal activities are not liable to income tax or corporation tax

2. DIRECT CHARITABLE EXPENDITURE

	Unrestricted Funds	Restricted Funds	Total 2022
	£	£	£
Staff Costs/FUTC Admin	21,066	34,434	55,500
Workshop Costs	1,136		1,136
Annual Gathering			0
Office Rent & Services	13,061		13,061
Telephone, Postage & IT	4,738		4,738
Consultancy/OSCR Accreditation	35		35
Facilitator Training	216		216
Marketing	10		10
Travel	150		150
Printing & Stationery	2,131		2,131
Trustees	2,607		2,607
	<u>45,150</u>	<u>34,434</u>	<u>79,584</u>

3. FUNDRAISING

Fundraising	180	303	483
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4. GOVERNANCE

Bookkeeping	4,506		4,506
Insurance	600		600
Other	13		13
	<u>5,119</u>	<u>0</u>	<u>5,119</u>

TOTALS

<u>50,449</u>	<u>34,737</u>	<u>85,186</u>
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5

Debtors/Prepayments

Creditors/Accruals

Social Security Costs and Taxation	1,505	11,485
	<u>1,505</u>	<u>11,485</u>

6. BANK BALANCES

Petty Cash

Central	67,498	0
North East/East Midlands (NEEM)	0	
London & South East	7,269	
Scotland	0	
North West	0	
Midlands/Wales	15,066	
South West	3,226	
	<u>93,059</u>	<u>0</u>

7. GRANTS RECEIVED (over £5K)

Hilden Charitable Trust	5,000
Garfield Weston	5,000
Foyle Foundation	5,400
Flapjack	5,000
	<u>20,400</u>

8. TRUSTEES

Trustees receive no remuneration for their services.

They are reimbursed (upon claim) for expenses of travel to meetings and workshops.

ALTERNATIVES TO VIOLENCE PROJECT, BRITAIN
Regional Results 2021- 2022

	London/SE Unrestricted	Mid/Wales		York Unrestricted	Regions		TOTAL	Central Unrestricted	Central Restricted	TOTAL	
		Unrestricted	Restricted		Unrestricted	Restricted				Unrestricted	Restricted
Incoming Resources											
Grants	9,000				9,000		9,000	1,700	33,815	10,700	33,815
Donations	1,689			850	3,181		3,181	5,222	5,400	8,403	5,400
Workshop/Event Receipts	9,349	642			9,749		9,749			9,749	0
Other Income		73	1		74		74	231	3,378	305	3,378
Total Incoming Resources	20,038	73	1,043	0	22,004	0	22,004	7,153	42,593	29,157	42,593
Resources Expended											
Direct Charitable Expenditure	13,124	0	9,979		23,103		23,103	22,047	34,434	45,150	34,434
Fundraising & Publicity					0		0	180	303	180	303
Governance					0		0	5,119		5,119	0
Total Resources Expended	13,124	0	9,979	0	23,103	0	23,103	27,346	34,737	50,449	34,737
Net Resources before Transfer	6,914	73	-8,936	0	(1,099)		(1,099)	(20,193)	7,857	(21,292)	7,856
Contributions to other regions	4,975	7,188			12,163		12,163	12,163	0	0	0
Net Movement in Funds	1,939	(7,115)	(8,936)	-	(13,262)		(13,262)	(8,030)	7,857	(21,292)	7,856
Transfers between Funds											
Balances brought forward at 1 April 2021	5,330	7,115	16,732	175	32,403	175	32,578	20,114	43,822	52,518	43,997
Balances carried forward at 31 March 2022	7,269	0	7,796	175	19,141	175	19,316	12,084	51,679	31,226	51,853

ALTERNATIVES TO VIOLENCE PROJECT, BRITAIN

Charities Commission Registered No 1085709

Scotland: SCO39287

Company limited by guarantee no 4127409

Registered Office: Brick Yard, 28 Charles Square, London N1 6HT

Trustees:

Marie Walsh Chair
Tarrill Baker Treasurer
Alexandra Dzhuras-Dotta
Catherine Potvin
Robin Marshall
Daniel Rann
Colin Mallinson

Patrons: Baroness Vivien Stern
Tim Newell

REPORT AND ACCOUNTS

FOR THE YEAR ENDED

31st March 2022

ALTERNATIVES TO VIOLENCE PROJECT, BRITAIN

BALANCE SHEET AS AT 31 MARCH 2022

	Note	31/03/2022	31/03/2021
		£	£
Restricted Funds	7	51,853	44,119
Unrestricted Funds		31,226	52,397
		<u>83,079</u>	<u>96,516</u>
CURRENT ASSETS			
Bank Balances	6	93,059	98,335
Cash		-	-
Debtors		1,505	-
Creditors	5	<u>(11,485)</u>	<u>(1,819)</u>
Net Current Assets		<u>83,079</u>	<u>96,516</u>
Current Liabilities	5		
		<u>83,079</u>	<u>96,516</u>

For the year ending 31/03/2022 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476.

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.'

Chair



Date

7/11/2022

Independent Examiner

I report on the accounts of the company for the year ended 31 March 2022

Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 477 of the Companies 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 independent examination, it is my responsibility to:

examine the accounts under section 477 of the 2006 Act;

to follow the procedures laid down in the general Directions given by the Charity Commission and

to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity 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 you as 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

I have completed my examination.

I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect.

(1) to keep accounting records ;
to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities

have not been met; or

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

Signed:



Name: Peter Davies

November 2022

Relevant professional qualification or body FCA

Address: Can Y Mor, 92 Main Road, Ogmore By Sea, Vale of Glamorgan. CF32 0PW

Date:

ALTERNATIVES TO VIOLENCE PROJECT, BRITAIN

STATEMENT OF FINANCIAL ACTIVITIES For the period 1/4/2021 to 31/3/2022

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £	2021 £
Incoming Resources					
Grants		10,700	33,815	44,515	79,101
Donations		8,403	5,400	13,803	14,141
Workshop/Event Receipts		9,749	-	9,749	7,766
Other Income		305	3,378	3,683	7,967
Total Incoming Resources		<u>29,157</u>	<u>42,593</u>	<u>71,750</u>	<u>108,975</u>
Resources Expended					
Direct Charitable Expenditure	2	45,150	34,434	79,584	78,581
Fundraising & Publicity	3	180	303	483	7,158
Governance	4	5,119	-	5,119	5,193
Total Resources Expended		<u>50,449</u>	<u>34,737</u>	<u>85,186</u>	<u>90,932</u>
Net Resources before Fund Transfers		(21,292)	7,856	(13,436)	18,043
Transfers between Regions					843
Net Movement in Funds		(21,292)	7,856	(13,436)	18,886
Balances brought forward at 1 April 2021		52,518	43,997	96,515	77,630
Balances carried forward at 31 March 2022		<u>31,226</u>	<u>51,853</u>	<u>83,079</u>	<u>96,516</u>

ALTERNATIVES TO VIOLENCE PROJECT, BRITAIN LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDING 31 MARCH 2022

1. ACCOUNTING POLICIES

1.1 General Information and basis of accounting

Alternative to Violence Project Britain Limited is a registered charity (no. 1085709) and a private company (no. 04127409) limited by guarantee, registered in England and Wales. Each member is liable to contribute an amount not exceeding £10 in the event of the charitable company being wound up. The registered office is given in the reference and administrative details on Page 1.

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable to the UK and Republic of Ireland (FRS 102) issued in October 2019 the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) the Charities Act 2011, The Companies Act 2006 and UK Generally Accepted Accounting Practice

The financial statements are prepared on a going concern basis and under the historical cost convention.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

1.2 Income recognition

Items of income are recognised in the financial statements when all of the following criteria are met:

The Charity has entitlement to the funds;
any performance conditions have been met or are fully within the control of the charity;
there is sufficient certainty that receipt of the income is considered probable; and
the amount can be measured reliably.

1.3 Expenditure recognition

Expenditure is recognised once there is a legal or constructive obligation to make payment to a third party, it is probable that settlement will be required and the amount can be measured reliably

Expenditure includes those costs of a direct nature which can be allocated to a specific activity. It also includes indirect costs, including governance costs that do not relate to a specific activity but are necessary to support those activities. Support costs are apportioned to each activity on the basis of staff time.

1.4 Fund accounting

Unrestricted general funds are freely available for use in furtherance of the objects of the charity and which have not been designated for particular purposes.

Designated funds are unrestricted funds set aside by the trustees for particular purposes.

Restricted funds are those funds which can only be used in accordance with the wishes of the donor or which have been raised for a specific purpose.

1.5 Pensions

The charity operates a defined contribution pension scheme. Contributions payable under the scheme are charged to the Statement of Financial Activities in the year to which they relate.

1.6 Taxation

As Alternatives to Violence Project Britain is a registered charity, the results of its normal activities are not liable to income tax or corporation tax

2. DIRECT CHARITABLE EXPENDITURE

	Unrestricted Funds	Restricted Funds	Total 2022
	£	£	£
Staff Costs/FUTC Admin	21,066	34,434	55,500
Workshop Costs	1,136		1,136
Annual Gathering			0
Office Rent & Services	13,061		13,061
Telephone, Postage & IT	4,738		4,738
Consultancy/OSCR Accreditation	35		35
Facilitator Training	216		216
Marketing	10		10
Travel	150		150
Printing & Stationery	2,131		2,131
Trustees	2,607		2,607
	<u>45,150</u>	<u>34,434</u>	<u>79,584</u>

3. FUNDRAISING

Fundraising	180	303	483
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4. GOVERNANCE

Bookkeeping	4,506		4,506
Insurance	600		600
Other	13		13
	<u>5,119</u>	<u>0</u>	<u>5,119</u>

TOTALS

<u>50,449</u>	<u>34,737</u>	<u>85,186</u>
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5

Debtors/Prepayments

Creditors/Accruals

Social Security Costs and Taxation	1,505	11,485
	<u>1,505</u>	<u>11,485</u>

6. BANK BALANCES

Petty Cash

Central	67,498	0
North East/East Midlands (NEEM)	0	
London & South East	7,269	
Scotland	0	
North West	0	
Midlands/Wales	15,066	
South West	3,226	
	<u>93,059</u>	<u>0</u>

7. GRANTS RECEIVED (over £5K)

Hilden Charitable Trust	5,000
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Foyle Foundation	5,400
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	<u>20,400</u>

8. TRUSTEES

Trustees receive no remuneration for their services.

They are reimbursed (upon claim) for expenses of travel to meetings and workshops.

ALTERNATIVES TO VIOLENCE PROJECT, BRITAIN
Regional Results 2021-2022

	London/SE Unrestricted	Mid/Wales		York Unrestricted	Regions		TOTAL	Central Unrestricted	Central Restricted	TOTAL	
		Unrestricted	Restricted		Unrestricted	Restricted				Unrestricted	Restricted
Incoming Resources											
Grants	9,000				9,000		9,000	1,700	33,815	10,700	33,815
Donations	1,689			850	3,181		3,181	5,222	5,400	8,403	5,400
Workshop/Event Receipts	9,349	642			9,749		9,749			9,749	0
Other Income		73	1		74		74	231	3,378	305	3,378
Total Incoming Resources	20,038	73	1,043	0	22,004	0	22,004	7,153	42,593	29,157	42,593
Resources Expended											
Direct Charitable Expenditure	13,124	0	9,979		23,103		23,103	22,047	34,434	45,150	34,434
Fundraising & Publicity					0		0	180	303	180	303
Governance					0		0	5,119		5,119	0
Total Resources Expended	13,124	0	9,979	0	23,103	0	23,103	27,346	34,737	50,449	34,737
Net Resources before Transfer	6,914	73	-8,936	0	(1,099)		(1,099)	(20,193)	7,857	(21,292)	7,856
Contributions to other regions	4,975	7,188			12,163		12,163	12,163	0	0	0
Net Movement in Funds	1,939	(7,115)	(8,936)	-	(13,262)		(13,262)	(8,030)	7,857	(21,292)	7,856
Transfers between Funds											
Balances brought forward at 1 April 2021	5,330	7,115	16,732	175	32,403	175	32,578	20,114	43,822	52,518	43,997
Balances carried forward at 31 March 2022	7,269	0	7,796	175	19,141	175	19,316	12,084	51,679	31,226	51,853