




# ANNUAL REVIEW 2023 - 2024

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

Our volunteers run 'Facing Up to Conflict' courses which are delivered in prisons and communities at a low or no cost to the participants.

To maximise accessibility, our courses, at Level 1 (introductory) and Level 2, are now offered in four 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
- 'Tackling Conflict' offers a self-directed distance learning programme online (two separate courses, equivalent to a Level 1 and a Level 2 course). Course work is supported by forums, webinars and facilitator support. Each course requires between 25 and 30 hours of work.

# 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

## Much more to do...

### England and Wales:

- Overall, the police recorded 2 million offences of violence against the person in the year ending December 2023, a 3% decrease compared with the year ending December 2022 (2.1 million offences).

### Scotland:

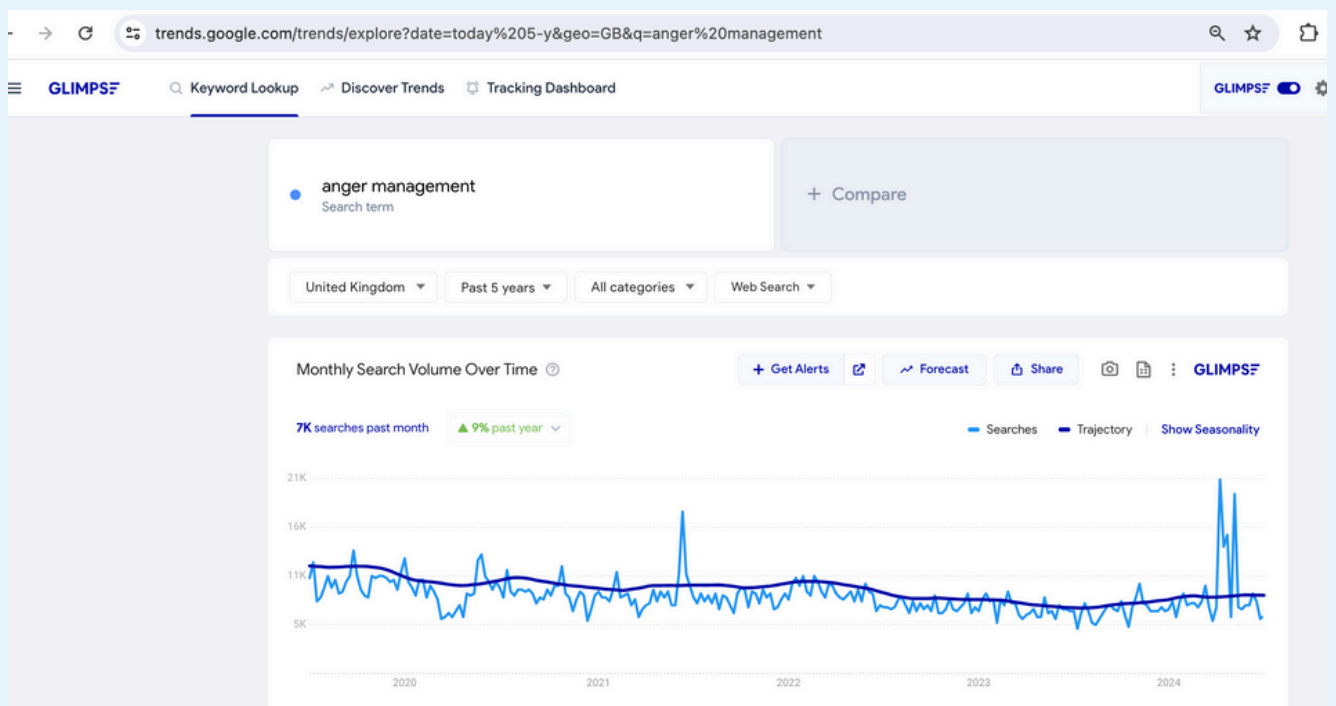
- Non-sexual crimes of violence accounted for almost a quarter (or 24%) of all crimes recorded in Scotland in 2023-24. Between 2022-23 and 2023-24, the number of Non-sexual crimes of violence recorded by the police in Scotland increased by 4%, from 68,870 to 71,463.

Half of all teenagers witnessed or were victims of violence in England and Wales last year, according to a landmark report by government advisers into what drives knife crime, bullying and gang rivalries.

1 in 4 women in England and Wales will experience domestic abuse in her lifetime. Yet it is estimated that less than 24% of domestic abuse crime is reported to the police.

### Number of people looking for anger management classes remains high.

About seven thousand people in UK every month are researching anger management online with anger management classes being one of main areas of interest.



# 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 can now understand strong emotions a lot more! I can understand views and opinions of others more. I can resolve conflict without violence with a better understanding!**

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 followed by the cost of living crisis.

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 continue to make use of the digital means to deliver our interventions which we have developed during lockdowns making the course more affordable and accessible. We also acknowledge that not everyone has access to a computer or internet and we keep promoting our correspondence course (distance learning) outside of prisons.

The longest lasting COVID impact on our organisation was that we could not recruit and train new volunteers to facilitate workshops. We have overcome this challenge in 2023-2024 and have trained 5 new workshop facilitators and 14 new assessors for our distance learning programme. This is an important development which will ensure that we can carry out our work in the future.

## 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.

# OUR WORKSHOPS & COURSES IN 2023-2024

## Our Impact in 2023-2024

We have reached 1,389 people through our activities this year (which is almost 40% more than the last year) helping them to better deal with the conflicts in their lives. People who needed our support came from different parts of society - from members of communities to prisoners.

### Workshops:

We continue to offer online workshop which we have developed as a response to COVID lockdown. Online format provides easier access for participants who live far from locations where we can currently deliver face to face workshops and is cost effective for both participants and the charity as no travel costs are involved.

Nationally, our volunteers have delivered 14 workshops (online, hybrid and face to face) involving 182 participants.

### Distance Learning Programme:

Facing Up to Conflict distance learning achieved record levels of enrolments for the second year running, up to 1207 from 879 the previous year – an increase of more than 35%. Completions reached 737, more than 20% higher year on year. These figures are a reflection of both the efforts of our staff, as well as lack of alternative courses available to prisoners. This makes it important for us to keep continuing with our programme and broadening its reach. We are now working in 66 prisons across UK (from 44 prisons in 2022-2023).

The programme was managed by three part-time staff and supported by our dedicated volunteer team, including coursework assessors, project leaders and office administrators. It was particularly satisfying to be able to recruit from the local community through the Hackney volunteer centre, and provide experience and training to young people starting out on their careers.



This course has shown me an awful lot and I can honestly say that my outlook in daily life has massively changed, I will certainly be sad to see this come to an end, I've looked forward to every single session,

Feedback from a Participant



# CHAIR'S REPORT

## Staffing

AVPB still operates with a very small team of paid staff. All our staff is part time.

Robert Ordman continued to successfully run our Distance Learning programme, supported by 2 part time staff (an equivalent of a full FTE).

To balance our costs vs our income we sadly had to let go of our National Volunteer Manager and Wales Development Officer.

A big thank you to these loyal members of staff who have supported our volunteer base and kept AVPB working.

## Strengths and Challenges - Our Trustees

There were changes on the board.

Arthur Charlton, Richard Tussell, Michael Dellapina, Kim Bevan and Ade Lawal have been ratified as new Trustees at the AGM. Later in the year, Kate Eves, OBE and Louise Gu have joined the board bringing years of expertise in criminal justice and finance areas.

Richard Tussell, Kim Bevan, Tarrill Baker and Marie Walsh stepped down. We would like to especially thank Marie for her long service on the board.

We remain committed to ensuring that we have an effective board which has a good mix of professional skills in important areas like finance / fundraising, strategy, safeguarding, HR etc (often coming from outside of AVPB volunteers' pool) as well as deep hands on knowledge of AVPB programmes.

## Housekeeping

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

- We have recruited a highly skilled marketing volunteer, Andrew Griffiths who has done a fantastic job in creating a successful paid search campaign which delivered a growing interest and participation in AVPB workshops.
- We have developed a robust financial forecast based on detailed understanding of our costs and ability to attract paying workshop participants across all our activities which became our financial plan for 2024-2025.
- Number of policies have been reviewed and where necessary, updated, including privacy policy.
- Building on success of the strategic plan for Distance Learning programme created last year we used it as a template to create our overall strategic plan in 2023-2024.



# CHAIR'S REPORT

We held our AGM and annual gathering on the 23rd of September as an online meeting.

In addition to the annual report we have focused on the financial situation which remains AVPB main challenge. Revenue had increased but was outstripped by expenses, and reserves had declined. We have discussed various financial modelling scenarios of our activities : face to face workshop, hybrid workshops and digital workshops. The financial pressure leads us to favouring digital workshops as they have the lowest cost structure for AVPB as well as low cost / high accessibility for the participants.

This year has proven the viability of such approach and allowed us to control our costs better and to stabilise our financial position.

Trustees have presented the future ambition of AVPB: to double the reach and offer AVP programmes to 2k people per year.

To support that ambition the strategic plan had been updated and presented at AGM. It included five pillars:

1. healthy and growing number of volunteers
2. sustainable funding / cost structure
3. sustainable organisation structure
4. effective programmes
5. increased awareness and appeal of AVP

The decisions taken in AGM:

- Members accepted the annual review and finance report
- Arthur Charlton, Richard Tussell, Michael Dellapina, Kim Bevan and Ade Lawal have been ratified as new Trustees.

# CHAIR'S REPORT



## Looking Ahead

Looking ahead, we have an ambition to double our reach and to offer to 2,000 people per year one of our programmes.

This year we have demonstrated that we are able to do so, reaching almost 1,400 people from 1,000 in the previous year by focusing on 5 key pillars of our work:

1. **Our volunteers:** double our volunteer base, strengthen our volunteering programme by
  - increasing the pool of volunteers by expanding existing roles and identifying new roles
  - Re-engaging our existing volunteers, retaining the knowledge and expertise of long-standing facilitators, utilising the body of expertise within the organisation
  - (Re)establishing ways of support so as to create sustainability of the volunteering programme.
2. **Funding:** double our funding by 2025-2026
3. **Organisational structure:** create a sustainable paid staff structure to set ourselves for growth.
4. **Effective programmes** - establish a system of measurement and improvement of effectiveness and efficiency of our programmes.
5. **Appeal:** increase awareness and appeal of AVPB to all important target audiences: potential participants, volunteers, partners, funders.

Our **FOUNDATION** is an engaged and energised team, volunteers and paid staff working as one.

# GOVERNANCE

## 2023-2024 Board

**Chair:** Alexandra (Sasha) Dzhuras-Dotta

**Secretary:** Ade Lawal

**Treasurer:** Tarrill Baker (until November 2023)

**Treasurer:** Louise Gu (from November 2023)

**Trustee:** Marie Walsh (stepped down in November 2023)

**Trustee:** Arthur Charlton

**Trustee:** Richard Tassell (stepped down in November 2023)

**Trustee:** Richard Fillingham (until May 2023)

**Trustee:** Michael Dellapina

**Trustee:** Kim Bevan (stepped down in November 2023)

**Trustee:** Kate Eves



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. 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 2022-2023

This year, revenue was slightly down comparative to the previous year, reduced by 4.1% to £105,807. However, during the period, expenses more than offset the decrease in revenue as it declined by 16.9% which resulted in annual net profit of £12,396. This in turn increased our reserves to £92,622, up by 13.9% YoY (2022-23: £81,026).

Consistent with prior year, the main portion of the income (85%) is derived from grants £83,726 (2022-23: £69,685) and donations £6,106 (2022-23: £23,015). Out of the total grants, FUTC Distance Learning Grants consisted of £73,726, increased by 71% compared to the budget of £43,000 for this year. Our other material income, online/hybrid workshop events (11% of total revenue), reduced by 6.2% YoY to £11,122 (2022-23: £11,854).

Expenses were primarily driven by staff costs which reduced significantly by 25.1% YoY to £64,777 (2022-23: £86,522) as staffing structure is more streamlined supported partially by the elimination of two part-time roles. To minimise costs and overheads where possible, face to face workshops outside of London (where we have cost effective solution for the workshops' venue) are no longer being delivered (unless the funds are secured to fully fund workshops in advance).

Our reserves have increased this year as a result of cost efficiencies mainly within staffing. Nonetheless, income streams continues to be challenging without donations specifically for the delivery of online/hybrid workshops as well as for the resumption of face to face workshops. The priority therefore for the year ahead is to target more fund-raising and to increase online/hybrid workshop activity.

We owe a huge debt of thanks to our key funders, this year Flapjack and Schroeders. Thanks also to the regions. 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 Andy Hopkins 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 2022-2023 included:

Flapjack £5,000  
Schrodgers £5,000

***...Thank you!***

# REFERENCES

<https://www.ons.gov.uk/peoplepopulationandcommunity/crimeandjustice/bulletins/crimeinenglandandwales/yearendingdecember2023>

<https://www.theguardian.com/uk-news/2023/nov/11/teenager-victims-violence-knife-crime-gangs>

<https://refuge.org.uk/what-is-domestic-abuse/the-facts/>

<https://www.gov.scot/publications/recorded-crime-scotland-2023-24>

# **ALTERNATIVES TO VIOLENCE PROJECT, BRITAIN**

**Charities Commission Registered No 1085709  
Scotland: SCO39287**

**Company limited by guarantee no 4127409**

**Registered Office: The Grayston Centre, 28 Charles Square, London N1 6HT**

## **Trustees:**

**Alexandra Dzhuras-Dotta - Chair**

**Tarrill Baker Treasurer**

**Arthur Charlton  
Richard Tassell  
Richard Fillingham  
Marie Walsh**

**Patrons: Baroness Vivien Stern  
Tim Newell**

**REPORT AND ACCOUNTS**

**FOR THE YEAR ENDED**

**31st March 2024**

## ALTERNATIVES TO VIOLENCE PROJECT, BRITAIN

### STATEMENT OF FINANCIAL ACTIVITIES For the period 1/4/2023 to 31/3/2024

|  | Note | Unrestricted<br>Funds<br>£ | Restricted<br>Funds<br>£ | Total Funds<br>2024<br>£ | 2023<br>£      |
|--|------|----------------------------|--------------------------|--------------------------|----------------|
| <b>Incoming Resources</b>                        |      |                            |                          |                          |                |
| Grants   |      | 10,000                     | 73,726                   | 83,726                   | 69,685         |
| Donations  |      | 6,106                      |                          | 6,106                    | 23,015         |
| Workshop/Event Receipts                          |      | 11,122                     |                          | 11,122                   | 11,854         |
| Other Income                                     |      | 4,853                      |                          | 4,853                    | 5,827          |
| <b>Total Incoming Resources</b>                  |      | <u>32,081</u>              | <u>73,726</u>            | <u>105,807</u>           | <u>110,381</u> |
| <b>Resources Expended</b>                        |      |                            |                          |                          |                |
| Direct Charitable Expenditure                    | 2    | 52,778                     | 35,859                   | 88,637                   | 107,514        |
| Fundraising & Publicity                          | 3    | 396                        |                          | 396                      | 216            |
| Governance                                       | 4    | 4,378                      |                          | 4,378                    | 4,704          |
|  |      |                            |                          |                          | 0              |
| <b>Total Resources Expended</b>                  |      | <u>57,552</u>              | <u>35,859</u>            | <u>93,411</u>            | <u>112,434</u> |
| <b>Net Resources before Fund Transfers</b>       |      | (25,471)                   | 37,867                   | 12,396                   | (2,053)        |
| <b>Net Movement in Funds</b>                     |      | (25,471)                   | 37,867                   | 12,396                   | (2,053)        |
| Balances brought forward at 1 April 2023         |      | 32,321                     | 48,705                   | 81,026                   | 81,026         |
| <b>Balances carried forward at 31 March 2023</b> |      | <u>6,850</u>               | <u>86,572</u>            | <u>93,422</u>            | <u>81,026</u>  |

**ALTERNATIVES TO VIOLENCE PROJECT, BRITAIN**

**BALANCE SHEET AS AT 31 MARCH 2023**

|                            | Note | 31/03/2024<br>£ | 31/03/2023<br>£ |
|----------------------------|------|-----------------|-----------------|
| <b>Restricted Funds</b>    | 7    | 6,850           | 57,655          |
| <b>Unrestricted Funds</b>  |      | 86,572          | 23,371          |
|                            |      | <u>93,422</u>   | <u>81,026</u>   |
| <b>CURRENT ASSETS</b>      |      |                 |                 |
| <b>Bank Balances</b>       | 6    | 93,422          | 81,076          |
| <b>Cash</b>                |      |                 |                 |
| <b>Debtors</b>             |      |                 | 1,033           |
| <b>Creditors</b>           | 5    |                 | (1,083)         |
| <b>Net Current Assets</b>  |      | <u>93,422</u>   | <u>81,026</u>   |
| <b>Current Liabilities</b> | 5    |                 |                 |
|                            |      | <u>93,422</u>   | <u>81,026</u>   |

For the year ending 31/03/2023 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.

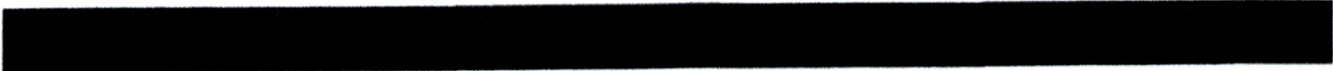
The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

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

Chair  Alexandra Dzhuras-Dotta  
Date 06/11/2024



**Independent examiner's report on the  
accounts**



**Report to the trustees**

AVP

**On accounts for the year ended**

|                             |                            |         |
|-----------------------------|----------------------------|---------|
| 31 <sup>st</sup> March 2024 | <b>Charity no (if any)</b> | 1085709 |
|-----------------------------|----------------------------|---------|

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2024

**Responsibilities and basis of report**

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

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

**Independent examiner's statement**

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

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

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

**Signed:**

*Andrew David Hopkins*

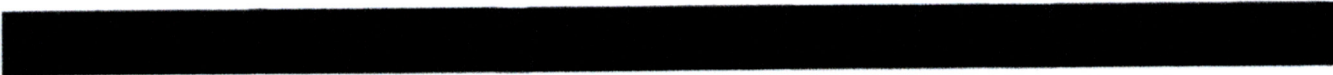
**Date:** 29/10/2024

**Name:**

Andrew David Hopkins

**Relevant professional qualification(s) or body (if any):**

|                 |                 |
|-----------------|-----------------|
| <b>Address:</b> | 27 Hawker Close |
|                 | Birmingham      |
|                 | B31 2GU         |



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

**Give here brief details of any items that the examiner wishes to disclose.**

# ALTERNATIVES TO VIOLENCE PROJECT, BRITAIN LIMITED

(A company limited by guarantee)

## NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDING 31 MARCH 2024

### 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 funds set aside by the trustees for particular purposes. For fund accounting they are reflected under restricted

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<br>Funds | Restricted<br>Funds | Total<br>2024 |
|--------------------------------|-----------------------|---------------------|---------------|
|                                | £                     | £                   | £             |
| Staff Costs/FUTC Admin         | 28,918                | 35,859              | 64,777        |
| Workshop Costs                 | 3,251                 |                     | 3,251         |
| Annual Gathering               |                       |                     | 0             |
| Office Rent & Services         | 13,089                |                     | 13,089        |
| Telephone, Postage & IT        | 5,494                 |                     | 5,494         |
| Consultancy/OSCR Accreditation | 152                   |                     | 152           |
| Facilitator Training           |                       |                     | 0             |
| Marketing                      |                       |                     | 0             |
| Travel                         |                       |                     | 0             |
| Printing & Stationery          | 1,911                 |                     | 1,911         |
| Trustees                       |                       |                     |               |
|                                | <u>52,814</u>         | <u>35,859</u>       | <u>88,673</u> |

## 3. FUNDRAISING

|             |     |  |     |
|-------------|-----|--|-----|
| Fundraising | 396 |  | 396 |
|-------------|-----|--|-----|

## 4. GOVERNANCE

|             |              |          |              |
|-------------|--------------|----------|--------------|
| Bookkeeping | 3,520        |          | 3,520        |
| Insurance   | 548          |          | 548          |
| Other       | 273          |          | 273          |
|             | <u>4,341</u> | <u>0</u> | <u>4,341</u> |

## TOTALS

|  |               |               |               |
|--|---------------|---------------|---------------|
|  | <u>57,551</u> | <u>35,859</u> | <u>93,410</u> |
|--|---------------|---------------|---------------|

5

## Debtors/Prepayments

## Creditors/Accruals

0

0

## 6. BANK BALANCES

|                                 |               |          |
|---------------------------------|---------------|----------|
| Central                         | 92,622        | 0        |
| North East/East Midlands (NEEM) | 0             |          |
| London & South East             | 0             |          |
| Scotland                        | 0             |          |
| North West                      | 0             |          |
| Midlands/Wales                  | 800           |          |
| South West                      | 0             |          |
|                                 | <u>93,422</u> | <u>0</u> |

## Petty Cash

## 7. GRANTS RECEIVED (over £5K)

|                       |               |
|-----------------------|---------------|
| Schroders Giving      | 5,000         |
| Flapjack              | 11,846        |
| Allen Lane Foundation | 8,100         |
| Garfield Weston       | 10,000        |
| Hillicote Trust       | 5,000         |
|                       | <u>39,946</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 2023- 2024

|  | Scotland          |                 | Mid/Wales        |            | Central          |                   | TOTAL            |                 | TOTAL          |                |
|--|-------------------|-----------------|------------------|------------|------------------|-------------------|------------------|-----------------|----------------|----------------|
|  | Unrestricted      | Restricted      | Unrestricted     | Restricted | Unrestricted     | Restricted        | Unrestricted     | Restricted      | Unrestricted   | Restricted     |
| <b>Incoming Resources</b>                        |                   |                 |                  |            |                  |                   |                  |                 |                |                |
| Grants   | 5,000             |                 |                  |            | 5,000            | 73,726            |                  |                 | 10,000         | 73,726         |
| Donations  | 200               | 1,923           |                  |            | 2,123            | 3,983             |                  |                 | 6,106          | 6,106          |
| Workshop/Event Receipts                          | 11,122            |                 |                  |            | 11,122           |                   |                  |                 | 11,122         | 11,122         |
| Other Income                                     | 100               |                 |                  |            | 100              | 4,753             |                  |                 | 4,853          | 4,853          |
| <b>Total Incoming Resources</b>                  | <b>16,422</b>     | <b>1,923</b>    | <b>-</b>         | <b>-</b>   | <b>18,345</b>    | <b>13,736</b>     | <b>73,726</b>    | <b>32,081</b>   | <b>105,807</b> | <b>105,807</b> |
| <b>Resources Expended</b>                        |                   |                 |                  |            |                  |                   |                  |                 |                |                |
| Direct Charitable Expenditure                    | 20,585            |                 |                  |            | 20,585           | 35,859            |                  |                 | 52,778         | 35,859         |
| Fundraising & Publicity Governance               |                   |                 |                  |            | 396.00           | 4,378             |                  |                 | 396.00         | 4,378          |
| <b>Total Resources Expended</b>                  | <b>20,585</b>     | <b>-</b>        | <b>-</b>         | <b>-</b>   | <b>20,585</b>    | <b>36,967</b>     | <b>35,859</b>    | <b>57,552</b>   | <b>12,396</b>  | <b>12,396</b>  |
| <b>Net Resources before Transfer</b>             | <b>(4,163)</b>    | <b>1,923</b>    | <b>-</b>         | <b>-</b>   | <b>(2,240)</b>   | <b>(23,231)</b>   | <b>37,867</b>    | <b>(25,471)</b> | <b>81,026</b>  | <b>81,026</b>  |
| <b>Transfers between Funds</b>                   |                   |                 |                  |            |                  |                   |                  |                 |                |                |
| Balances brought forward at 1 April 2023         | 1,606             | 4,776           | 10,800           |            | 17,182           | 15,139            | 48,705.00        | 32,321.00       | 48,705.00      | 48,705.00      |
| <b>Balances carried forward at 31 March 2024</b> | <b>(4,163.04)</b> | <b>6,698.70</b> | <b>10,800.00</b> | <b>-</b>   | <b>13,335.66</b> | <b>(8,092.48)</b> | <b>86,572.00</b> | <b>6,849.96</b> | <b>93,422</b>  | <b>93,422</b>  |

# **ALTERNATIVES TO VIOLENCE PROJECT, BRITAIN**

**Charities Commission Registered No 1085709**

**Scotland: SCO39287**

**Company limited by guarantee no 4127409**

**Registered Office: The Grayston Centre, 28 Charles Square, London N1 6HT**

## **Trustees:**

**Alexandra Dzhuras-Dotta - Chair**

**Tarrill Baker Treasurer**

**Arthur Charlton  
Richard Tassell  
Richard Fillingham  
Marie Walsh**

**Patrons: Baroness Vivien Stern  
Tim Newell**

**REPORT AND ACCOUNTS**

**FOR THE YEAR ENDED**

**31st March 2024**

## ALTERNATIVES TO VIOLENCE PROJECT, BRITAIN

### STATEMENT OF FINANCIAL ACTIVITIES For the period 1/4/2023 to 31/3/2024

|  | Note | Unrestricted<br>Funds<br>£ | Restricted<br>Funds<br>£ | Total Funds<br>2024<br>£ | 2023<br>£      |
|--|------|----------------------------|--------------------------|--------------------------|----------------|
| <b>Incoming Resources</b>                        |      |                            |                          |                          |                |
| Grants   |      | 10,000                     | 73,726                   | 83,726                   | 69,685         |
| Donations  |      | 6,106                      |                          | 6,106                    | 23,015         |
| Workshop/Event Receipts                          |      | 11,122                     |                          | 11,122                   | 11,854         |
| Other Income                                     |      | 4,853                      |                          | 4,853                    | 5,827          |
| <b>Total Incoming Resources</b>                  |      | <u>32,081</u>              | <u>73,726</u>            | <u>105,807</u>           | <u>110,381</u> |
| <b>Resources Expended</b>                        |      |                            |                          |                          |                |
| Direct Charitable Expenditure                    | 2    | 52,778                     | 35,859                   | 88,637                   | 107,514        |
| Fundraising & Publicity                          | 3    | 396                        |                          | 396                      | 216            |
| Governance                                       | 4    | 4,378                      |                          | 4,378                    | 4,704          |
|  |      |                            |                          |                          | 0              |
| <b>Total Resources Expended</b>                  |      | <u>57,552</u>              | <u>35,859</u>            | <u>93,411</u>            | <u>112,434</u> |
| <b>Net Resources before Fund Transfers</b>       |      | (25,471)                   | 37,867                   | 12,396                   | (2,053)        |
| <b>Net Movement in Funds</b>                     |      | (25,471)                   | 37,867                   | 12,396                   | (2,053)        |
| Balances brought forward at 1 April 2023         |      | 32,321                     | 48,705                   | 81,026                   | 81,026         |
| <b>Balances carried forward at 31 March 2023</b> |      | <u>6,850</u>               | <u>86,572</u>            | <u>93,422</u>            | <u>81,026</u>  |

**ALTERNATIVES TO VIOLENCE PROJECT, BRITAIN**

**BALANCE SHEET AS AT 31 MARCH 2023**

|                            | Note | 31/03/2024<br>£ | 31/03/2023<br>£ |
|----------------------------|------|-----------------|-----------------|
| <b>Restricted Funds</b>    | 7    | 6,850           | 57,655          |
| <b>Unrestricted Funds</b>  |      | 86,572          | 23,371          |
|                            |      | <u>93,422</u>   | <u>81,026</u>   |
| <b>CURRENT ASSETS</b>      |      |                 |                 |
| <b>Bank Balances</b>       | 6    | 93,422          | 81,076          |
| <b>Cash</b>                |      |                 |                 |
| <b>Debtors</b>             |      |                 | 1,033           |
| <b>Creditors</b>           | 5    |                 | (1,083)         |
| <b>Net Current Assets</b>  |      | <u>93,422</u>   | <u>81,026</u>   |
| <b>Current Liabilities</b> | 5    |                 |                 |
|                            |      | <u>93,422</u>   | <u>81,026</u>   |

For the year ending 31/03/2023 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.

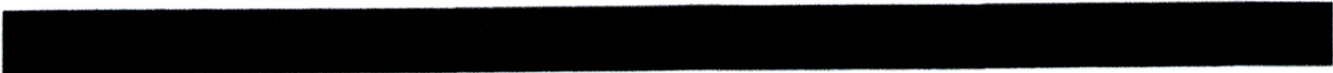
The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

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

Chair  Alexandra Dzhuras-Dotta  
Date 06/11/2024



**Independent examiner's report on the  
accounts**



**Report to the trustees**

AVP

**On accounts for the year ended**

|                             |                            |         |
|-----------------------------|----------------------------|---------|
| 31 <sup>st</sup> March 2024 | <b>Charity no (if any)</b> | 1085709 |
|-----------------------------|----------------------------|---------|

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2024

**Responsibilities and basis of report**

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

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

**Independent examiner's statement**

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

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

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

**Signed:**

*Andrew David Hopkins*

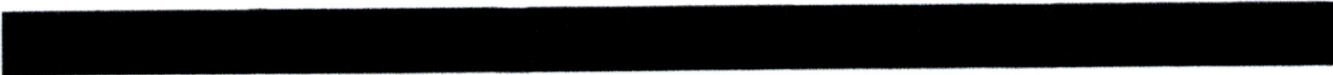
**Date:** 29/10/2024

**Name:**

Andrew David Hopkins

**Relevant professional qualification(s) or body (if any):**

|                 |                 |
|-----------------|-----------------|
| <b>Address:</b> | 27 Hawker Close |
|                 | Birmingham      |
|                 | B31 2GU         |



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

**Give here brief details of any items that the examiner wishes to disclose.**

**ALTERNATIVES TO VIOLENCE PROJECT, BRITAIN LIMITED**  
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS**

FOR THE YEAR ENDING 31 MARCH 2024

**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 funds set aside by the trustees for particular purposes. For fund accounting they are reflected under restricted

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<br>Funds | Restricted<br>Funds | Total<br>2024 |
|--------------------------------|-----------------------|---------------------|---------------|
|                                | £                     | £                   | £             |
| Staff Costs/FUTC Admin         | 28,918                | 35,859              | 64,777        |
| Workshop Costs                 | 3,251                 |                     | 3,251         |
| Annual Gathering               |                       |                     | 0             |
| Office Rent & Services         | 13,089                |                     | 13,089        |
| Telephone, Postage & IT        | 5,494                 |                     | 5,494         |
| Consultancy/OSCR Accreditation | 152                   |                     | 152           |
| Facilitator Training           |                       |                     | 0             |
| Marketing                      |                       |                     | 0             |
| Travel                         |                       |                     | 0             |
| Printing & Stationery          | 1,911                 |                     | 1,911         |
| Trustees                       |                       |                     |               |
|                                | <u>52,814</u>         | <u>35,859</u>       | <u>88,673</u> |

## 3. FUNDRAISING

|             |     |  |     |
|-------------|-----|--|-----|
| Fundraising | 396 |  | 396 |
|-------------|-----|--|-----|

## 4. GOVERNANCE

|             |              |          |              |
|-------------|--------------|----------|--------------|
| Bookkeeping | 3,520        |          | 3,520        |
| Insurance   | 548          |          | 548          |
| Other       | 273          |          | 273          |
|             | <u>4,341</u> | <u>0</u> | <u>4,341</u> |

## TOTALS

|  |               |               |               |
|--|---------------|---------------|---------------|
|  | <u>57,551</u> | <u>35,859</u> | <u>93,410</u> |
|--|---------------|---------------|---------------|

5

## Debtors/Prepayments

## Creditors/Accruals

|          |          |
|----------|----------|
| <u>0</u> | <u>0</u> |
|----------|----------|

## 6. BANK BALANCES

|                                 |               |          |
|---------------------------------|---------------|----------|
| Central                         | 92,622        | 0        |
| North East/East Midlands (NEEM) | 0             |          |
| London & South East             | 0             |          |
| Scotland                        | 0             |          |
| North West                      | 0             |          |
| Midlands/Wales                  | 800           |          |
| South West                      | 0             |          |
|                                 | <u>93,422</u> | <u>0</u> |

## Petty Cash

## 7. GRANTS RECEIVED (over £5K)

|                       |               |
|-----------------------|---------------|
| Schroders Giving      | 5,000         |
| Flapjack              | 11,846        |
| Allen Lane Foundation | 8,100         |
| Garfield Weston       | 10,000        |
| Hillicote Trust       | 5,000         |
|                       | <u>39,946</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 2023- 2024

|  | Scotland          |                 | Mid/Wales        |            | Central          |                   | TOTAL            |                 | TOTAL           |               |
|--|-------------------|-----------------|------------------|------------|------------------|-------------------|------------------|-----------------|-----------------|---------------|
|  | Unrestricted      | Restricted      | Unrestricted     | Restricted | Unrestricted     | Restricted        | Unrestricted     | Restricted      | Unrestricted    | Restricted    |
| <b>Incoming Resources</b>                        |                   |                 |                  |            |                  |                   |                  |                 |                 |               |
| Grants   | 5,000             |                 |                  |            | 5,000            | 73,726            |                  |                 | 10,000          | 73,726        |
| Donations  | 200               | 1,923           |                  |            | 2,123            | 3,983             |                  |                 | 6,106           | 6,106         |
| Workshop/Event Receipts                          | 11,122            |                 |                  |            | 11,122           |                   |                  |                 | 11,122          | 11,122        |
| Other Income                                     | 100               |                 |                  |            | 100              | 4,753             |                  |                 | 4,853           | 4,853         |
| <b>Total Incoming Resources</b>                  | <b>16,422</b>     | <b>1,923</b>    | <b>-</b>         | <b>-</b>   | <b>18,345</b>    | <b>13,736</b>     | <b>73,726</b>    | <b>32,081</b>   | <b>32,081</b>   | <b>73,726</b> |
| <b>Resources Expended</b>                        |                   |                 |                  |            |                  |                   |                  |                 |                 |               |
| Direct Charitable Expenditure                    | 20,585            |                 |                  |            | 20,585           | 32,193            | 35,859           | 52,778          | 396.00          | 35,859        |
| Fundraising & Publicity Governance               |                   |                 |                  |            |                  | 396.00            | 4,378            | 4,378           |                 | 396           |
|  |                   |                 |                  |            |                  | 4,378             |                  |                 |                 | 4,378         |
| <b>Total Resources Expended</b>                  | <b>20,585</b>     | <b>-</b>        | <b>-</b>         | <b>-</b>   | <b>20,585</b>    | <b>36,967</b>     | <b>35,859</b>    | <b>57,552</b>   | <b>(25,471)</b> | <b>37,867</b> |
| <b>Net Resources before Transfer</b>             | <b>(4,163)</b>    | <b>1,923</b>    | <b>-</b>         | <b>-</b>   | <b>(2,240)</b>   | <b>(23,231)</b>   | <b>37,867</b>    | <b>(25,471)</b> | <b>(25,471)</b> | <b>12,396</b> |
| <b>Transfers between Funds</b>                   |                   |                 |                  |            |                  |                   |                  |                 |                 |               |
| Balances brought forward at 1 April 2023         | 1,606             | 4,776           | 10,800           |            | 17,182           | 15,139            | 48,705.00        | 32,321.00       |                 | 81,026        |
| <b>Balances carried forward at 31 March 2024</b> | <b>(4,163.04)</b> | <b>6,698.70</b> | <b>10,800.00</b> | <b>-</b>   | <b>13,335.66</b> | <b>(8,092.48)</b> | <b>86,572.00</b> | <b>6,849.96</b> | <b>6,849.96</b> | <b>93,422</b> |