



ANNUAL REVIEW 2022 - 2023

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:

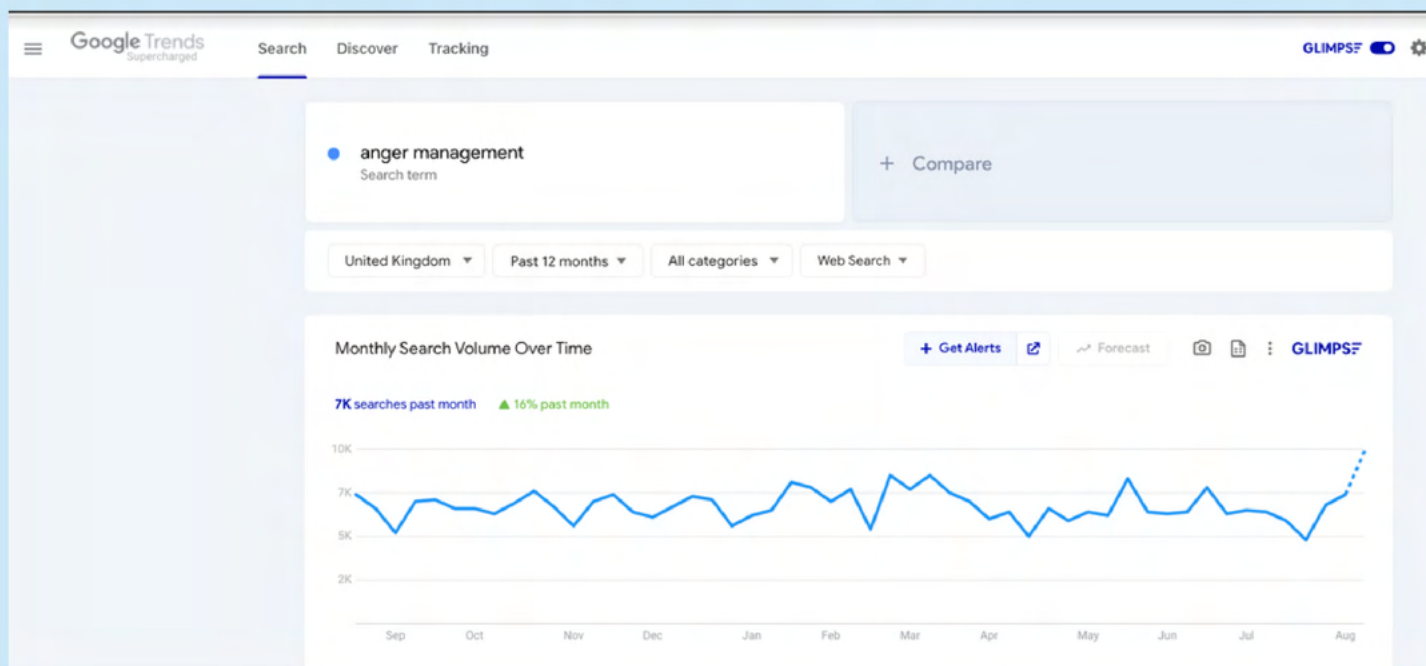
- Overall, the police recorded 2.1 million offences of violence against the person in the year ending March 2023. This was a 20% rise compared with the pre-coronavirus pandemic year ending March 2020 (1.8 million offences) and a slight increase (1%) compared with the year ending March 2022. Violence with injury was 6% higher (573,791 offences) than levels recorded in the year ending March 2020 (540,870 offences). In addition, violence without injury increased by 14% to 828,673 offences compared with the year ending March 2020 (728,265 offences).

Scotland:

- Though crimes of violence are decreasing, they do so slowly and still a very significant number of people are affected.
- Non-sexual crimes of violence decreased by 1%, from 69,286 to 68,870. Common assault (also down 1%) makes up the clear majority (84%) of all non-sexual crimes of violence recorded in 2022-23.
- Sexual crimes decreased by 3%, from 15,049 to 14,602. These crimes are now at the second highest level seen since 1971, the first year for which comparable groups are available.

Number of people looking for anger management classes remains high.

About 7 thousand people in UK every month are researching anger management topic 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 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 2022-2023

Our Impact in 2022-2023

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 charity workers 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 ran 9 online workshops involving 77 participants.

We have restarted face to face and hybrid workshops and this year there were 106 participants involved.

One of our projects was with Dyfodol. Dyfodol are experienced substance misuse specialists who work in every setting in the justice system in Wales, working at police custody suites, courts, community hubs and prisons.

A series of 6 workshops were facilitated between October and November 2022. There were 6 participants + one member of staff.

This was not an easy group, partly because of participants' chaotic life-style. There was need for a lot of listening and flexibility. However, outcomes were positive and one member of the group went on to complete Level 1 and Level 2 'Tackling Conflict' workshops online. We hope that she will be able to become a facilitator in the near future.



I've learnt more about skills and know how to communicate in conflict situations.

Feedback from a Participant



OUR WORKSHOPS & COURSES IN 2022-2023

Distance Learning Courses:

The Facing Up to Conflict distance learning course (FUTCDL) achieved record levels of enrolments - 877 up from 790 in the previous year - and completions - 560 up from 440. This includes an increase in Stage 2 enrolments from 26 to 49.

Such strong results have been achieved thanks to our increasing collaboration with prison staff with regards to participant recruitment, coursework distribution and liaison with individual prisoners. Other relevant factors include greater freedom of movement for prisoners to enrol post-lockdown (which was generally eased later in prisons than in the general population), enabling them to submit applications more easily, and also generate awareness of the course within prison communities.

In response to original research we undertook in women's prisons, in collaboration with AVP Ireland, we have started development of a version of FUTCDL specifically for women, both within prison and in the wider community. As far as we know this will be the first programme of its type available within Britain.

We are also making progress on an FUTCDL prison discussion groups programme, to give course participants the opportunity to reinforce their learning over an extended period, and practise their skills in a supportive environment.

As ever, none of the above could have been achieved without the hard work and dedication of our volunteer team, including office volunteers, placement students, programme leads and coursework assessors. We estimate that between them they contributed a total of approximately 2250 volunteer hours during the year.



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



OUR WORKSHOPS & COURSES IN 2022-2023

AVP in Schools Pilot Project/ evaluation of impact:

The 'Facing up to Conflict' pilot in schools in Wales took place between November 2021 and December 2022. This was a partnership project between AVP Britain and the Welsh Centre for International Affairs (WCIA) and funded by the Edith M Ellis Foundation and the Southall Trust.

All the participating schools were already Peace Schools, but it was felt that the development of inter-personal skills was a missing element, and the main aim of the project was to support children and young people in developing these, linked to the Health and Wellbeing area of the Welsh curriculum.

7 schools were recruited – 4 primary and 3 secondary – and 2 staff from each school completed at least level 1 of the online 'Tackling Conflict' course, with 6 supporting online webinars. The last of these dealt with practical issues such as when and how to run sessions, links to the curriculum and progression. Participating staff also had access to an adapted AVP Manual for schools, available bilingually. Delivery of the workshops varied according to setting: some schools felt confident to run sessions themselves, whilst others had supporting input from AVP facilitators.

Evaluation took place in the autumn term, 2022.

Over the life of the project 14 staff members participated in training and project delivery and an estimated 128 children and young people took part in workshops. All respondents felt that the project's resources and activities were accessible to all and that the pilot addressed critical areas of the Welsh curriculum – i.e. positive peer-to-peer relationships, health and wellbeing and local and global citizenship. Between the baseline and final activities with pupils, some indicators had raised considerably. 'I feel good about myself (have good self-esteem)' went up by 6.5%; 'I am good at listening to others' by 9.67%; and 'I know how I react in conflict situation' by 7 %.

The hope now is to run a longer-term follow-up pilot, emphasising the 'train the trainers' element and aiming to capture longer term changes in behaviours and ethos. Further funding is being sought for this. Some participants also felt that schools would be willing to pay for input.



Thank you for your fantastic input and knowledge. Your visits were great and very much appreciated.

Feedback from Member of Staff





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.

We held our AGM and annual gathering on the 5th of November as an online meeting, and have covered variety of topic in addition to the annual report: school pilot by Wales, a new Distance Learning programme for people with reading difficulties, online workshops leading to international collaboration across AVP, tackling conflict - opportunity for growth. We had a guest speaker from Ireland and from Scotland.

The decisions taken in AGM:

- Members accepted the annual review and finance report
- Suggestions for alternative Independent Examiner was requested
- Content of each workshop to be reviewed
- Volunteers requested to contact participants for impact assessment 6m after completing a course
- Alexandra Dzhuras-Dotta was re-elected as a Trustee, Arthur Charlton and Richard Tassel elected as Trustees, more Trustee applications requested
- Members supported the motion to apply to the Charity Commission for reducing number of Trustees and reducing number of Trustees involved in AVP work

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

Re-building Post-COVID

While we have restarted our face to face activities, we are still struggling to fully recover from the COVID social restriction as for a long while we were not able to run our face to face workshops which are main source of our future workshop facilitators.

We have focused on creating a board with diverse skills who can carry AVPB forward and oversee the re-building of the charity leading it to growth in the coming years.

We have found that our strategic plan which was put together before COVID needed a serious revision and we will be presenting a new strategic plan on our National Gathering in 2023.

Despite all the challenges, we are hugely grateful for our volunteers who keep supporting AVPB continuously. 66 volunteers gave us approximately 59 hours a week, which according to Office of National Statistics amounts to annual value of over £44,200 pounds.

The core of our volunteer base are our workshop facilitators and distance learning assessors who are the backbone of our programmes, AVPB would not have existed without them:

- Facilitators including lead facilitators – 25
- Facilitators in training (mentees)-10
- Distance learning – 26
- Marketing, social media, publicity- 3
- Admin and other – 1
- Trustees -7 (including Company Secretary)



What motivates me? A desire to do whatever I can to help create a less violent world, and a strong belief in the need for more men to be involved in this kind of work.



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.

Our National Support Officer, Asia Wieloch, joined us as an employee in January 2023. Asia was instrumental in creating better visibility of the contribution which our volunteers give to AVBP and our society.

All our staff are part time.

Strengths and Challenges - Our Trustees

There were changes on the board, with Catherine Potvin, Robin Marshall and Colin Mallinson stepping down. Richard Tassell came in to replace Catherine, bringing skills in digital area and risk management. Arthur Charlton, who has been AVPB member for many years, has also joined the board, bringing his expertise as a lead facilitator and deep understanding of AVPB programmes.

The Chair moved from Marie Walsh who preferred to focus on the quality of our programmes, together with Arthur Charlton to Alexandra Dzhuras-Dotta.

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.

CHAIR'S REPORT

Housekeeping

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

- We have updated our website
- We have analysed the cost structure of all our offers as the first step to cost/benefit understanding of our interventions
- Number of policies have been reviewed and where necessary, updated, including financial policy, equality and diversity policy, trustee guidance policy, pass-through policy
- We have created a strategic plan for Distance Learning programme which became a template to review our overall strategic plan in 2023-2024
- We have undertaken a cost analysis of our programmes and in the year 2022-2023 we estimate cost per person which for example for a distance learning course came at £52.



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.

We believe to be able to do so, we need to focus 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

2022-2023 Board

Chair: Marie Walsh (till Nov 2023, later Trustee)

Secretary: Colin Mallinson (stepped down in Feb 2023)

Treasurer: Tarrill Baker

Trustee: Robin Marshall (stepped down in Dec 2022)

Trustee: Alexandra (Sasha) Dzhuras-Dotta, Chair as of Nov 2022

Trustee: Catherine Potvin (stepped down in Jan 2023)

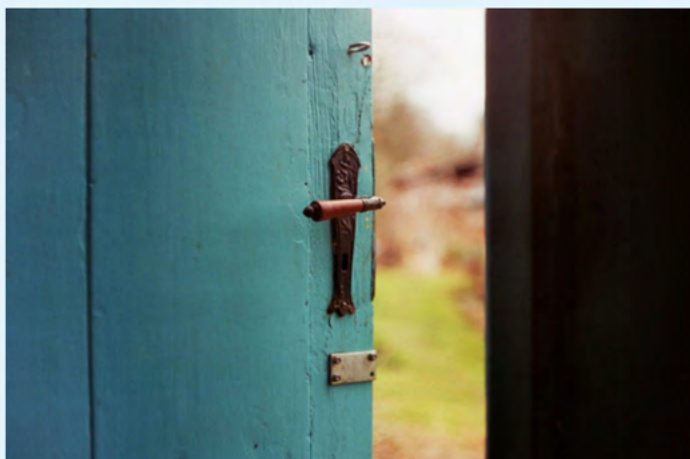
Trustee: Arthur Charlton (joined in Jan 2023)

Trustee: Richard Tassell (joined in Nov 2022)

Trustee: Richard Fillingham (contributed from Feb till May 2023)

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 2022-2023

This year, we saw a significant increase in our revenue up 54% (from last year) to £110,381, however as this was slightly outstripped by expenses at £112,434 (32% YoY increase), our reserves have dropped to £81,026 (with last year's figures in brackets ... £83,079).

It's reassuring to see core operations returning to normal, with the workstreams nationally delivering workshops and courses. The main portion of our income though (84%) is generated from grants £69,685 (£44,515) and donations £23,015 (£13,803), which are still significantly below pre COVID levels. Our other material income source, workshop fees increased 22% to £11,854 (£9,749).

Expenses were primarily driven by staff costs which increased by 56% to £86,522 (£55,500) by virtue of the National Volunteer Manager being in role all year and the introduction of a delivery lead for face to face workshops. Course related costs, hit by inflation, effectively doubled from £5,874 to £11,723. To minimise costs and overheads where possible, we have further consolidated our regions and thank them for their support in that process.

This combination of reduced income in a high cost environment is making it very challenging to increase our reserves. As such, our priority for the year ahead will be on targeted fund-raising to cover the cost of 4 part-time staff, the National Volunteer Manager and the Delivery Lead for each workstream (80% of our expenditure) and overheads.

We owe a huge debt of thanks to our key funders, this year LOTTO, Flapjack, Sir James Reckitt and the Hillcote Trust. 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:

LOTTO £9,129
Flapjack £7,880
Sir James Reckitt £5,000
Hillcote Trust £5,000
Schroders £5,000

...Thank you!

REFERENCES

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

<https://www.gov.scot/news/recorded-crime-in-scotland-2022-23/>

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 2023



Section A

Independent Examiner's Report

Report to the trustees

Charity Name

AVP

On accounts for the year
ended

31st March 2023

Charity no (if any)

1085709

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2023

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:

Andy Hopkins

Date: 5/9/2023

Name:

Andrew David Hopkins

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

Address:

27 Hawker Close

Birmingham

B31 2GU

ALTERNATIVES TO VIOLENCE PROJECT, BRITAIN

BALANCE SHEET AS AT 31 MARCH 2023

	Note	31/03/2023 £	31/03/2022 £
Restricted Funds	7	57,655	51,853
Unrestricted Funds		23,371	31,226
		<u>81,026</u>	<u>83,079</u>
CURRENT ASSETS			
Bank Balances	6	81,076	93,059
Cash		-	-
Debtors		1,033	1,505
Creditors	5	(1,083)	(11,485)
Net Current Assets		<u>81,026</u>	<u>83,079</u>
Current Liabilities	5		
		<u>81,026</u>	<u>83,079</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 August 24, 2023

Independent Examiner

I report on the accounts of the company for the year ended 31 March 2023

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.

ALTERNATIVES TO VIOLENCE PROJECT, BRITAIN

STATEMENT OF FINANCIAL ACTIVITIES

For the period 1/4/2022 to 31/3/2023

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	2022 £
Incoming Resources					
Grants		16,700	52,985	69,685	44,515
Donations		10,135	12,880	23,015	13,803
Workshop/Event Receipts		11,854		11,854	9,749
Other Income		1,129	4,698	5,827	3,683
Total Incoming Resources		<u>39,818</u>	<u>70,563</u>	<u>110,381</u>	<u>71,750</u>
Resources Expended					
Direct Charitable Expenditure	2	42,753	64,761	107,514	79,584
Fundraising & Publicity	3	216		216	483
Governance	4	4,704		4,704	5,119
					0
Total Resources Expended		<u>47,673</u>	<u>64,761</u>	<u>112,434</u>	<u>85,186</u>
Net Resources before Fund Transfers		(7,855)	5,802	(2,053)	(13,436)
Net Movement in Funds		(7,855)	5,802	(2,053)	(13,436)
Balances brought forward at 1 April 2022		31,226	51,853	83,079	96,515
Balances carried forward at 31 March 2023		<u>23,371</u>	<u>57,655</u>	<u>81,026</u>	<u>83,079</u>

ALTERNATIVES TO VIOLENCE PROJECT, BRITAIN LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDING 31 MARCH 2023

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 Funds £	Restricted Funds £	Total 2023 £
Staff Costs/FUTC Admin	21,761	64,761	86,522
Workshop Costs	3,092		3,092
Annual Gathering			0
Office Rent & Services	7,861		7,861
Telephone, Postage & IT	8,631		8,631
Consultancy/OSCR Accreditation			0
Facilitator Training	513		513
Marketing			0
Travel			0
Printing & Stationery	286		286
Trustees	608		608
	<u>42,752</u>	<u>64,761</u>	<u>107,513</u>

3. FUNDRAISING

Fundraising	216	216
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4. GOVERNANCE

Bookkeeping	4,096	4,096
Insurance	608	608
Other		0
	<u>4,704</u>	<u>0</u>
		<u>4,704</u>

TOTALS

<u>47,672</u>	<u>64,761</u>	<u>112,433</u>
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Debtors/Prepayments

Creditors/Accruals

London SE Salary	1,033	
Wales Development Officer		1,083
	<u>1,033</u>	<u>1,083</u>

6. BANK BALANCES

Petty Cash

Central	70,730	0
North East/East Midlands (NEEM)	0	
London & South East	0	
Scotland	0	
North West	0	
Midlands/Wales	10,296	
South West	0	
	<u>81,026</u>	<u>0</u>

7. GRANTS RECEIVED (over £5K)

LOTTO	9,129
Flapjack	7,880
Sir James Redditt	5,000
Hillcote Trust	5,000
Shroders	5,000
	<u>32,009</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

Regions
ALTERNATIVES TO VIOLENCE PROJECT , BRITAIN
Regional Results 2022- 2023

	London/SE Unrestricted	Mid/Wales Unrestricted	SW Unrestricted	York Unrestricted	TOTAL Unrestricted	Central Unrestricted	Central Restricted	TOTAL Unrestricted	TOTAL Restricted	
Incoming Resources										
Grants	4,000	7,700			11,700	5,000	52,985	16,700	52,985	69,685
Donations	1,538	386			1,924	8,211	12,880	10,135	12,880	23,015
Workshop/Event Receipts	9,764	2,090			11,854			11,854	-	11,854
Other Income					-	1,129	4,698	1,129	4,698	5,827
Total Incoming Resources	15,302	10,176			25,478	14,340	70,563	39,818	70,563	110,381
Resources Expended										
Direct Charitable Expenditure	17,679	7,851	195		25,725	21,340	64,761	47,065	64,761	111,826
Fundraising & Publicity Governance					-	608		608		608
Total Resources Expended	17,679	7,851	195		25,725	21,948	64,761	47,673	64,761	
Net Resources before Transfer	(2,377)	2,325	(195)	850	603	(7,608)	5,802	(7,855)	5,802	-2,053
Contributions to other regions										
Net Movement in Funds	3,285	-	3,032	850	7,167	7,167				
Transfers between Funds	(5,662)	2,325	(3,227)	(850)	(7,414)	(441)	9,738	(7,855)	5,802	-2,053
Balances brought forward at 1 April 2022						-				
Balances carried forward at 31 March 2023	7,269.00	7,971.00	3,226.00	850.00	19,316.00	12,084.00	51,679.00	31,226.00	51,853.00	83,079
	1,607	10,296	0	0	12,966	11,643	61,417	23,371	57,655	81,026