



# Alternatives to Violence Project



## Annual Review 2017 – 18

Registered charity no. 1085709

Registered office: Grayston Centre, 28 Charles Square, London N1 6HT

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## Statements from our Patrons

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I have been the Patron of the Alternatives to Violence Project (AVP) since 2009.

Nine years later I continue to be an enthusiastic supporter of its work. Since 2009 the world seems to have become both more violent and more tolerant of violence. In these circumstances the work done by AVP has even more importance and I warmly welcome the activities described in this Annual Report.

It is particularly good to see that AVP is working so actively in prisons. Prisons in Scotland are hosting workshops and interventions for prisoners in England are also being provided through our correspondence course, *Facing up to Conflict*. In his recent report on prisons in England and Wales the Chief Inspector of Prisons, Peter Clarke, noted that "there have been startling increases in all types of violence. "In such an environment the work the AVP can do, in helping prisoners to think about other pathways than violence, is very valuable. It is valuable inside the prison and it is valuable when the prisoners are released to their families and communities.

I commend all those who work with AVP for what they doing, I admire the work AVP does in many parts of the country and I hope this report will be widely read.

A handwritten signature in black ink, appearing to read 'Vivien Stern'.

*Baroness Vivien Stern, Crossbench Peer, House of Lords*

Prison experience is dominated by Fear. Through the deprivations prisoners suffer as a result of the loss of their freedom and the nature of the culture of many prisons, the experience is frightening. In order to survive people have to adapt to the slow trauma of the setting. The way to overcome Fear is by Trust. Developing trust in prison is difficult but there are opportunities and regime elements that are designed to help. Clearly AVP provides a means whereby people can learn about managing fear through developing trust and reinforcing resiliency.



*Timothy C Newell*

*Tim Newell, Former Governor of Grendon and Spring Hill prisons, restorative justice practitioner, consultant and author*

"In the culture I grew up in and was socialised in, it was almost impossible for men to express "hurt". Instead the only way to express hurt was to call it or pretend it was anger. Anger was permitted. We need programmes like AVP to enable men to feel comfortable with feelings of hurt and vulnerability, and to move beyond the need to dress it up as anger."

*Participant on workshop in the North West*

## About Alternatives to Violence Project

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The Alternatives to Violence Project (AVP) was first developed in a prison setting in the US in the 1970s. Over time it has grown and adapted and is now an international movement, with independent branches in countries across the globe, AVP Britain being one of these. AVP Britain is a national charity, committed to working towards a nonviolent society.

AVP aims to support participants to gain the necessary awareness and skills to handle conflict better and build better relationships. We do this through interactive workshops which combine experiential learning and self-awareness with the practical development of skills in conflict management.

Anyone can access AVP workshops, however our priority groups are those we believe benefit most from AVP, being adults whose lives have been affected by violence or abuse. This can include:

- People in the criminal justice system, at risk of offending or ex-offenders;
- People who are affected by domestic abuse, as victims or perpetrators;
- People who are affected by violence or abuse which undermines their mental health;
- Anyone who wishes to improve how they deal with strong feelings and conflict and build better relationships.

Workshops in handling conflict are delivered by teams of well-trained volunteer facilitators. Workshops are mostly delivered over 3 days and are a minimum of 15 hours, but taster sessions and more flexible patterns of delivery are increasingly being developed. Using exercises, discussions, games and role-plays, participants develop five core conditions for handling conflict and building healthier relationships:

- Raised self-esteem with self-awareness
- Improved communication skills, especially listening and assertiveness
- Greater willingness to trust and co-operate with others
- A stronger sense of one's own values
- Enhanced skills for handling conflict in the moment and solving problems in relationships

Research literature shows strong associations between each of these core conditions and healthy, non-violent relationships. In each of these areas, 94% or more of AVP participants report making progress as a result of their workshop.

AVP is more than an anger-management or violence-reduction programme. Our workshops combine self-development, self-awareness and group-building with communication skills and conflict-handling techniques. This all-round approach helps participants both to manage strong feelings and conflicts and to build healthier relationships in the long-term.

Adults are rarely living in isolation. They are part of complex family, work and social networks. The benefits of one person learning to handle conflict and build better relationships are shared among those around them. In this way AVP contributes to a culture of non-violence, leading to safer and healthier families and communities.

## The Need for AVP

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The vision of Alternatives to Violence Project is a nonviolent society. Our mission is to support people to handle conflict constructively and to build better relationships.

Statistics produced in 2017 – 18 show the magnitude of the problem we face in UK society and the need for programmes such as AVP. These statistics illustrate some of the tensions in UK society, so that interventions such as AVP which support people in dealing with conflict constructively are increasingly necessary. Some of these are quoted below:

- The latest police figures for the 12 months to September from 44 forces show that robbery offences are up 29%; sex offences are up 29%; knife crime offences are up 21%, and other violent crime offences are up 20%.<sup>1</sup> Although police methods of reporting and the willingness of victims to come forward need to be taken into account, these statistics suggest an increase in violent crime. There were 37,443 knife crimes and 6,694 gun crime offences recorded in the year to September.
- The Crime Survey for England and Wales released in February 2018 reported that an estimated 7.5% of women (1.2 million) and 4.3% of men (713,000) experienced domestic abuse in the last year.<sup>2</sup>
- According to the British Medical Journal, universities in the UK have reported a fivefold increase in the number of students disclosing mental health conditions since 2007 (from 9675 in 2007-8 to 57 305 in 2017-18) and growing pressures on student mental health services, despite only a modest rise in student numbers.<sup>3</sup>
- In his Annual Report for 2017 – 18, HM Chief Inspector of Prisons for England and Wales reported 'some of the most disturbing prison conditions we have ever seen', including violence, drugs, suicide and self-harm, much of this related to reductions in prison staff.<sup>4</sup>

Although AVP workshops are never a panacea, they can support people in developing the self-awareness, knowledge and skills to help them understand the roots of violence and the way they respond to conflict. Based on this understanding, participants can practise new skills and behaviours which can break the cycle of violence and lead to more positive outcomes.

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<sup>1</sup> Police crime figures, January 2018 : [www.bbc.co.uk/news/uk-42815768](http://www.bbc.co.uk/news/uk-42815768)

<sup>2</sup> Domestic Abuse: findings from the Crime Survey for England and Wales: year ending March 2017 <https://bit.ly/2nXfpTC>

<sup>3</sup> See [www.bmj.com/content/361/bmj.k2608](http://www.bmj.com/content/361/bmj.k2608)

<sup>4</sup> HM Chief Inspector of Prisons for England and Wales: Annual Report 2017 – 18 <https://bit.ly/2KPsItD>

## AVP Britain 2017 - 18

### Successes and Challenges

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During the period of this review (April 2017 – March 2018) an estimated 55 AVP workshops have been run across England, Scotland and Wales, with over 450 participants. Of this number 48 were community workshops and 9 were in prisons (in Scotland and Wales). In addition 5 taster workshops have been run in London and Leeds.

A synopsis is given below of some of the successes and challenges of the work carried out by the 5 active AVP Regions in the UK. Developments in our central work are described below in the Trustees' report.

#### Successes:



"I learnt a lot of things to a deeper level, even though I thought I was quite insightful and wouldn't learn a lot of new stuff, I did! I loved the interaction between the trainers and the attendees and how they were a part of the group. I am looking forward to Level 2."  
*Community participant, Cardiff.*

New **partnerships and venues** have been opened up in several regions. In London and the South East, it was particularly gratifying to work with a small number of the residents of St Mungo's (a homeless charity) over a four-week period and register changes in behaviours, as confirmed by staff. A successful workshop was also run in Highpoint prison.

In Scotland, a new venue was set up for 2018/19 in Cumbernauld, whilst in the North West, the Regional Coordinator has worked with Manchester Quakers to run two central workshops, these being more accessible than some venues in the suburbs.

In South Wales 3 new partnerships were developed under an Awards for All Wales grant – with Swansea Carers, a group for BAME women in Cardiff and Single Parents Wales, a social enterprise which works to support single parents through activities and training. More flexible delivery models were developed to meet the needs of these partner organisations and their client groups, including a course of one-day weekday sessions over 5 weeks, a 2-day weekend course, and a 2.5-day weekend course. 6 new apprentice facilitators were recruited



from these workshops, and – following a Training for Facilitators course – they have received further ongoing training and support to enable them to become fully-fledged facilitators. This model will be evaluated and rolled out further if it is found to be successful.

### Challenges:

Perhaps the largest challenge facing Regions is an over-reliance on a limited number of dedicated volunteers. This threatens the viability and continuity of services when key people retire or move on, as has happened during the year in Leeds. Accessing sufficient facilitators to run workshops can also be a problem, in particular lead facilitators. It can also be problematic attracting enough participants to make workshops viable.

"Appreciated the trust and honesty of all and the willingness to share experiences to help another person resolve their issue / problem." *Workshop participant, Swansea.*



### FUTC:

**Our distance learning programme, Facing Up to Conflict**, continues to bring the AVP approach to prisoners who are unable to attend workshops in person. Of the 504 inmates who enrolled on the course from April 2017 to March 2018, 394 successfully completed, providing a completion rate of 78%, compared with 75% for the previous year.

A half-page article in '*Inside Time*' (the national newspaper for prisoners and detainees) in February 2018 led to a significant increase in applications over the following months.

In the South West the Regional Committee is working to pilot FUTC in the community, as a model for more rural, scattered communities.

The following quote from a participant who completed the course illustrates its impact:

'I found the course very helpful overall, and have taken things from it to use in my day to day life. It has been an eye-opener and made me a better person who now holds back and thinks before I act. I found it all helpful and can't fault it.'

## Trustees' Report 2017 – 2018

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At our National Gathering in autumn 2016, volunteers clearly stated their wish for Trustees to work towards appointing a National Coordinator in order to support activity in the Regions, improve communications and ensure that AVP Britain is sustainable into the future. This request has steered much of our work this year. Looking back on the year, we can confidently say that much has been done to improve AVP Britain's governance and communications and to move towards a better financial position. At the same time, we are aware that the core work of the charity often depends on a few willing volunteers, and that activity can suffer or even cease when key people retire or move on. AVP Britain's financial position remains an urgent and pressing concern, with serious consequences in the next 12 months unless we can establish a sustainable basis on which we can continue to operate. Due to a considerable period without a National Coordinator, Regions have grown more diverse and independent. While this can be a strength, it can also mean that vital learning isn't shared, and that quality and consistency suffer.

### Highlights of our work in 2017 – 18:

- Supported by a grant from the Tudor Trust, we appointed a Development Officer in December 2017 to support us in improving our governance and communications and in raising the necessary funds to appoint a National Coordinator. At the time of writing, all AVP Britain's key policies have been revised or rewritten and posted on our national website. Work is also ongoing to raise the necessary core funds for a National Coordinator.
- A Business Plan and Strategy have been drafted.
- The Trustees have set up active sub-committees to work on governance, communications, finance and fundraising and monitoring and evaluation.
- The system of 3-monthly reports has continued and ensured that Trustees have an overview of developments across the organisation. The 3-monthly e-newsletter is also a key mechanism for sharing information, and has been well received.
- We appointed two new Trustees – one with financial and the other with HR experience and expertise.





## Challenges:

The main challenge which AVP Britain faces is the fact that we rely very heavily on a relatively small number of committed volunteers. This can cause real problems when key people retire or move on. During the year activity ceased in one Region, and the work of a second Region was rescued only by a volunteer stepping in. Trustees are aware that – moving forward – we need to look at more sustainable structures and ways of working.

The second main challenge continues to be the financial sustainability of the charity as a whole. Whilst Regions are sometimes successful in raising funds, much of these are for specific projects and therefore ring-fenced. We need to develop a finance and fundraising strategy that will enable us to be cost-effective in the longer-term. Trustees are looking for expertise to enable us to do this.

AVP Britain Trustees are committed to the mission of AVP and to the value of our work. It is questionable, however, how widely AVP is known about, in particular amongst the audiences we aim to attract to our workshops. There is a marketing and publicity job to be done, which will be part of the role of a National Coordinator.

Trustees would like to **thank** all those - facilitators, volunteers, Regional Coordinators and committees - who have worked so hard during the last year to promote, facilitate and support AVP workshops in communities and prisons across Britain. We know from the comments we receive that AVP is potentially life-changing. Many thanks also to all those who have contributed to AVP financially – for instance through standing orders and donations. We also thank our fundraisers who have trusted us to use their resources well.

During 2017 – 18 **the Trustees** were:

- Jane Harries, Chair
- Anne Martin, Vice-chair
- Marie Walsh, Treasurer (from March 2018)
- Joan Neary
- Colin Mallinson
- Matthew Knight (from December 2017)
- Peter Horton (resigned October 2017)
- Alan Saleh (came to end of 2<sup>nd</sup> term of service, October 2017)

## Structure:

Alternatives to Violence Project, Britain is a company limited by guarantee registered in England and Wales, no. 4127409 (registered office The Grayston Centre, 28 Charles Square, London N1 6HT); and registered by the Charity Commission, no. 1085709 and registered in Scotland as charity no. SC039287.

The Governing Documents of AVP Britain are Articles and a Memorandum of Association. Company Members meet in an Annual General Meeting and appoint

the Trustees/Directors. The latter appoint the officers: Chair, Vice-Chair and Treasurer.

Six Regional Management Committees organise the programme locally; all committees report to the Trustees.

The company's annual income exceeds £100,000 and therefore an independent examination of accounts is required.

### **Health and safety report**

No incidents have been reported.

### **Safeguarding**

One incident was reported and dealt with during the year.

*Jane Harries, Chair of Trustees*

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## **Financial Report**

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In 2017 – 2018, charitable expenditure accounted for 95% of our total expenditure. It cost us £116,398 to run the organisation and deliver the programme. Approximately 51% of our income came from grants, 18% from donations and 30% from workshop fees. We are extremely grateful to all those who fundraised for AVP during the year and to all those individuals and organisations who have funded our work. Our particular thanks go to the Flapjack Trust, the Tudor Trust and the Reckitt Trust for their support.

Our lack of a national coordinator has resulted in an increased workload for volunteers and one negative consequence has been less capacity for fundraising. Over the year our overall income was down by almost 20% compared to 2016-2017. The grant funding we secured centrally was up on last year, and donations were also up by 90% but significantly less grant funding was obtained by the regions. Although our expenditure was also reduced, we showed a deficit for the year of approximately £7,600 overall, just under 7% of our total income. This was, of course, covered by our reserves, but is not an outcome that we want to repeat. We need to support the regions better with their fundraising as well as with volunteer recruitment and retention, especially at Regional Committee level.

Like any charity we have the direct costs of running our programme, i.e. the workshops and our distance learning programme, Facing Up to Conflict (FUTC), and we have the indirect costs of running AVP Britain central office and the organisation as a whole. The trustees believe that historically we have

underestimated the true cost of AVP workshops and FUTC and that over the last few years this has resulted in insufficient unrestricted funds to cover our annual running costs putting our national finances under strain.

Calculated as an average across the regions, and including overheads, the full cost of an AVP workshop (community and prisons workshops had broadly similar costs) was approximately £1,615 per workshop last year. The cost per participant in community workshops was therefore £243, while in prisons (due to a relatively larger average group size) this came to £162. Facing Up to Conflict has been delivered at a cost of £80 per participant completing the programme. Wherever possible we plan to adopt a full cost recovery approach to our fundraising next year to stabilise AVP finances and strengthen the organisation.

ALTERNATIVES TO VIOLENCE PROJECT, BRITAIN									
STATEMENT OF FINANCIAL ACTIVITIES									
For the period 1/4/2017 to 31/3/2018									
					Unrestricted	Restricted	Total Funds		
			Note	Funds	Funds		2018	2017	
				£	£		£	£	
<b>Incoming Resources</b>									
Grants				15,750	39,844		55,594	77,430	
Donations				18,569	1,000		19,569	9,619	
Workshop/Event Receipts				32,725			32,725	37,068	
Interest Received				564			564	20	
Other Income				312			312	11,073	
<b>Total Incoming Resources</b>				<b>67,920</b>	<b>40,844</b>		<b>108,764</b>	<b>135,210</b>	
<b>Resources Expended</b>									
Direct Charitable Expenditure	2			76,957	34,061		111,018	127,998	
Fundraising & Publicity	3			871			871	1,966	
Governance	4			4,509			4,509	4,120	
<b>Total Resources Expended</b>				<b>82,337</b>	<b>34,061</b>		<b>116,398</b>	<b>134,084</b>	
<b>Net Resources before Fund Transfers</b>									
				-14,417	6,783		-7,634	1,126	
Prior Year adjustment							0	-1,419	
Transfers between Funds				-500	500		0	0	
<b>Net Movement in Funds</b>				<b>-14,917</b>	<b>7,283</b>		<b>-7,634</b>	<b>-293</b>	
Balances brought forward at 1 April 2016				74,271	20,136		94,407	94,699	
<b>Balances carried forward at 31 March 2017</b>				<b>59,354</b>	<b>27,419</b>		<b>86,773</b>	<b>94,406</b>	



"This course was amazing! The facilitators were spot on with their delivery, flexibility, empathy, understanding, listening, teaching and learning. It gave me such a new focus to move forward and hopefully find my confidence and identity"

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Alternatives to Violence Project  
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London N1 6HT

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W: [www.avpbritain.org.uk](http://www.avpbritain.org.uk)

# **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:**

<b>Jane Harries</b>	<b>Chair</b>
<b>Anne Martin</b>	<b>Deputy Chair</b>
<b>Alan Saleh</b>	<b>Resigned 08/10/2017</b>
<b>Dr Cristina Sargent</b>	<b>Resigned 08/10/2017</b>
<b>Matthew Knight</b>	
<b>Joan Neary</b>	
<b>Colin Mallinson</b>	
<b>Peter Horton</b>	<b>Resigned 08/10/2017</b>
<b>Marie Walsh</b>	<b>Treasurer</b>

**Patrons: Baroness Vivien Stern**

**Sir Tim Newell**

## **REPORT AND ACCOUNTS**

**FOR THE YEAR ENDED**

**31 MARCH 2018**

## ALTERNATIVES TO VIOLENCE PROJECT, BRITAIN

### BALANCE SHEET AS AT 31 MARCH 2018

	Note	31/03/2018 £	31/03/2017 £
Restricted Funds	7	27,419	20,136
Unrestricted Funds		59,354	74,271
		<u>86,773</u>	<u>94,407</u>
<b>CURRENT ASSETS</b>			
Bank Balances	6	86,760	94,099
Cash		13	308
Debtors	5	<u>86,773</u>	<u>94,407</u>
Current Liabilities	5	<u>86,773</u>	<u>94,407</u>

For the year ending 31/03/2018 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 *Jane Harries*  
Jane Harries  
Date *09/09/2018*

#### Independent Examiner

I report on the accounts of the company for the year ended 31 March 2018.

#### Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 477 of the Companies Act 2006, and that an independent examination is needed.

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

examine the accounts under section 477 of the 2006 Act;

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

to state whether particular matters have come to my attention.

#### Basis of independent examiner's report

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

#### Independent examiner's statement

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

(1) which gives me reasonable cause to believe that in any material respect the requirements:

to keep accounting records in accordance with section 386 of the Companies Act 2006; and

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

have not been met; or

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

Signed: Janet M R Lynch

Name: *Janet M R Lynch*

Relevant professional qualification or body: FMAAT

Address: Avenue House, 5 Cotham Road North, Bristol BS6 6BH

Date: *3-10-2018*



## ALTERNATIVES TO VIOLENCE PROJECT, BRITAIN

### STATEMENT OF FINANCIAL ACTIVITIES

For the period 1/4/2017 to 31/3/2018

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2018 £	2017 £
<b>Incoming Resources</b>					
Grants		15,750	39,844	55,594	77,430
Donations		18,569	1,000	19,569	9,619
Workshop/Event Receipts		32,725		32,725	37,068
Interest Received		564		564	20
Other Income		312		312	11,073
<b>Total Incoming Resources</b>		<b>67,920</b>	<b>40,844</b>	<b>108,764</b>	<b>135,210</b>
<b>Resources Expended</b>					
Direct Charitable Expenditure	2	76,957	34,061	111,018	127,998
Fundraising & Publicity	3	871		871	1,966
Governance	4	4,509		4,509	4,120
<b>Total Resources Expended</b>		<b>82,337</b>	<b>34,061</b>	<b>116,398</b>	<b>134,084</b>
<b>Net Resources before Fund Transfers</b>					
		-14,417	6,783	-7,634	1,126
Prior Year adjustment				0	-1,419
Transfers between Funds		-500	500	0	0
<b>Net Movement in Funds</b>		<b>-14,917</b>	<b>7,283</b>	<b>-7,634</b>	<b>-293</b>
Balances brought forward at 1 April 2017		74,271	20,136	94,407	94,699
<b>Balances carried forward at 31 March 2018</b>		<b>59,354</b>	<b>27,419</b>	<b>86,773</b>	<b>94,406</b>

**ALTERNATIVES TO VIOLENCE PROJECT, BRITAIN**  
**NOTES TO THE ACCOUNTS**  
**YEAR ENDED 31 MARCH 2018**

**1. ACCOUNTING POLICIES**

**Basis of Accounting**

The Accounts have been prepared under the Historical Cost Convention and in accordance with Statement of Recommended Practice, Accounting and Reporting by Charities (SORP 2005) and applicable accounting standards  
The Company is not required to submit audited accounts by Part VI of the 1993 Charities Act, as amended by Part II of the 2006 Act.

**Incoming Resources**

Income from grants, donations and fundraising is recognised in the year of receipt, except where the income is associated with an event or expenditure arising in the subsequent year in order to match income with expenditure.  
The income from fund-raising is shown gross with the associated costs included in fund-raising costs.

**Resources Expended**

Expenditure incurred in respect of direct charitable expenditure, fundraising and publicity and the cost of management and administration of the charity is apportioned between unrestricted and restricted funds on the basis of time spent by staff between the funds.

**Value Added Tax**

Value Added Tax is not recoverable by the Charity and is included in the relevant costs in the Statement of Financial Activities.

	<b>Unrestricted Funds</b>	<b>Restricted Funds</b>	<b>Total 2018</b>
	<b>£</b>	<b>£</b>	<b>£</b>
<b>2. DIRECT CHARITABLE EXPENDITURE</b>			
Staff Costs/FUTC Admin	3,642	21,168	24,810
Staff Training	1,028		1,028
Workshop Costs	18,142	8,511	26,653
Annual Gathering	2,092		2,092
Office Rent & Services	12,832		12,832
Telephone, Postage & IT	1,400	1,943	3,343
Consultancy/OSCR Accreditation	12,406	1,475	13,881
Marketing	300		300
Travel	2,226	475	2,701
Printing & Stationery	750	489	1,239
Other	2,496		2,496
	<b>57,314</b>	<b>34,061</b>	<b>91,375</b>
<b>3. FUNDRAISING</b>			
Consultancy & Other Costs	871		871
	<b>871</b>	<b>0</b>	<b>871</b>
<b>4. GOVERNANCE</b>			
Bookkeeping	3,995		3,995
Insurance	469		469
Other	45		45
	<b>4,509</b>	<b>0</b>	<b>4,509</b>
<b>TOTALS</b>	<b>62,694</b>	<b>34,061</b>	<b>96,755</b>

<b>5</b>	<b>Debtors/Prepayments</b>	<b>Creditors/Accruals</b>
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	<b>0</b>	<b>£0</b>
<b>6. BANK BALANCES</b>		<b>Petty Cash</b>
Central	30,624	13
North East/East Midlands (NEEM)	12,977	
London & South East	3,719	
Scotland	10,021	
North West	12,356	
Midlands/Wales	11,718	
South West	5,345	
	<b>86,760</b>	<b>13</b>

**7. GRANTS RECEIVED**

Flapjack Trust	20,000
Tudor Trust	15,000
Reckitt Trust	5,000
Other Grants under £5000.	15,594
	<b>55,594</b>

**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 2017-18**

	NEEM Unrestricted	London/SE Unrestricted	Scotland Unrestricted	Scotland Restricted	NW Unrestricted	Mid/Wales Restricted	Mid/Wales Unrestricted	SW Unrestricted	SW Restricted	Regions TOTAL Unrestricted	Regions TOTAL Restricted		Central Costs Unrestricted	Central Costs Restricted	TOTAL Unrestricted	TOTAL Restricted
Incoming Resources																
Grants		15,500	250	6,000						15,750	6,000	21,750		33,844	15,750	39,844
Donations	684	1,200	1,050		438		7942			11,314	0	11,314	7,255	1,000	18,569	1,000
Workshop/Event Receipts	30	8,077	5,031		15,910		782			29,830	0	29,830	2,895		32,725	0
Interest Received	9				2					11	0	11	553		564	0
Other Income					312					312	0	312			312	0
Total Incoming Resources	723	24,777	6,331	6,000	16,662	0	8,724	0	0	57,217	6,000	63,217	10,703	34,844	67,920	40,844
Resources Expended																
Direct Charitable Expenditure	10,025	27,351	6,123	6,112	15,728	10547	4152	75		63,454	16,659	80,113	13,503	17,402	76,957	34,061
Fundraising & Publicity			252				403			655	0	655	216		871	0
Governance	45		155							200	0	200	4,309		4,509	0
Total Resources Expended	10,070	27,351	6,530	6,112	15,728	10,547	4,555	75	0	64,309	16,659	80,968	18,028	17,402	82,337	34,061
Net Resources before Transfers	-9,347	-2,574	-199	-112	934	-10,547	4,169	-75	0	-7,092	-10,659	-17,751	-7,325	17,442	-14,417	6,783
Contributions from Other Regions							-500			-500	0	-500		500	-500	500
Prior year adjustment										0	0	0			0	0
Net Movement in Funds	-9,347	-2,574	-199	-112	934	-10,547	3,669	-75	0	-7,592	-10,659	-18,251	-7,325	17,942	-14,917	7,283
Transfers between Funds										0	0	0	0		500	0
Balances brought forward at 1 April 2017	22,324	6,293	7,831	2,500	11,422	12,444	6,152	4,420	1,000	58,442	15,944	74,386	15,829	4,192	74,271	20,136
Balances carried forward at 31 March 2018	12,977	3,719	7,632	2,388	12,356	1,897	9,821	4,345	1,000	50,850	5,285	56,135	8,504	22,134	59,354	27,419

**ALTERNATIVES TO VIOLENCE PROJECT, BRITAIN**  
**Regional Results 2017-18**

	NEEM	London/SE	Scotland	Scotland	NW	Mid/Wales	Mid/Wales	SW	Regions	Regions		Central Costs	Central Costs	TOTAL	TOTAL
	Unrestricted	Unrestricted	Unrestricted	Restricted	Unrestricted	Restricted	Unrestricted	Unrestricted	TOTAL	TOTAL		Unrestricted	Restricted	Unrestricted	Restricted
<b>2. DIRECT CHARITABLE EXPENDITURE</b>															
Staff Costs/FUTC Admin	8,904	10,020			719	8,148	3,642		23,285	8,148	31,433		13,020	23,285	21,168
Staff Training					1,028				1,028	0	1,028			1,028	0
Workshop Costs	449	2,399	6,123	6,112	7,875	2,399	450		17,296	8,511	25,807	846		18,142	8,511
Annual Gathering									0	0	0	2,092		2,092	0
Office Rent & Services	376	3,850			2,194		40		6,460	0	6,460	6,372		12,832	0
Telephone, Postage & IT	122				1,072				1,194	0	1,194	206	1,943	1,400	1,943
Consultancy		10,307							10,307	0	10,307	2,099	1,475	12,406	1,475
Facilitator Training									0	0	0			0	0
Marketing									0	0	0	300		300	0
Travel	149	383			808				1,340	0	1,340	886	475	2,226	475
Printing & Stationery	25	98			483				606	0	606	144	489	750	489
Other		294			1,549		20	75	1,938	0	1,938	558		2,496	0
	10,025	27,351	6,123	6,112	15,728	10,547	4,152	75	63,454	16,659	80,113	13,503	17,402	76,957	34,061
<b>3. FUNDRAISING</b>															
Staff Costs															
Other			252				403		655	0	655	216		871	0
Consultancy										0	0			0	0
	0	0	252	0	0	0	403	0	655	0	655	216	0	871	0
<b>4. GOVERNANCE</b>															
Bookkeeping			155						155	0	155	3,840		3,995	0
Insurance									0	0	0	469		469	0
Subscriptions	45								45	0	45			45	0
Other									0	0	0			0	0
	45	0	155	0	0	0	0	0	200	0	200	4,309	0	4,509	0
	10,070	27,351	6,530	6,112	15,728	10,547	4,555	75	64,309	16,659	80,968	18,028	17,402	82,337	34,061

**ALTERNATIVES TO VIOLENCE PROJECT, BRITAIN  
CENTRAL FUNDS**

**BALANCE SHEET AS AT 31 MARCH 2018**

	Note	31/03/2018	31/03/2017
		£	£
<b>Restricted Funds</b>		22134	4,192
<b>Unrestricted Funds</b>		8504	15,829
		<u>30,638</u>	<u>20,021</u>
<b>CURRENT ASSETS</b>			
<b>Bank Balances</b>	6	30,624	19,922
<b>Cash</b>		14	99
<b>Debtors</b>	5		
<b>Current Liabilities</b>	5		
		<u>30,638</u>	<u>20,021</u>

Signed:

*Jane Harries*

Trustee

Date: 09/09/2018

**Independent examiner's statement**

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

(1) which gives me reasonable cause to believe that in any material respect the requirements:

to keep accounting records in accordance with section 386 of the Companies Act 2006; and

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

have not been met; or

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

Signed:

*Janet M R Lynch*

Janet M R Lynch

Name:

Relevant professional qualification or body: FMAAT

Address: Avenue House, 5 Cotham Road North, Bristol BS6 6BH

Date: 3-10-2018