

**ENGAGES,  
EDUCATES  
AND  
EMPOWERS  
COMMUNITIES**



Charity Registration No:  
1158744

Company Registration No:  
08686204 (England and Wales)



## **ANNUAL REPORT AND ACCOUNTS**

**1 April 2018 to 31 March 2019**

**TO  
STOP**

**sexual and  
gender-based  
violence**

# Structure, Governance & Management

## For the period ended 31 March 2019



### Reference & Administrative Information

Charity number	1158744
Company number (England and Wales)	08686204
Founder & President	Debi Steven
Chief Executive Officer	Sarah Robbie

### Principal & Registered Office

11/12 Hallmark Trading Centre  
Fourth Way Wembley  
Middlesex HA9 0LB

### Bankers

Barclays Bank PLC  
8 George Street Richmond  
Greater London TW9 1JU

### Accountants

Artisan Accounts  
11/12 Hallmark Trading Centre  
Fourth Way Wembley  
Middlesex HA9 0LB

Action Breaks Silence is a company limited by guarantee incorporated on 11 September 2013 and registered as a UK charity on 1 October 2014.

The company was established under a Memorandum of Association, which established the objectives and powers of the charitable company, and is governed under those Articles.

### Trustees, Directors and Founder

The process for appointing Action Breaks Silence's Trustees is set out in the Memorandum and Articles of Association. Trustees also act as Company Directors.

The minimum number of Trustees is three, with no maximum.

Trustees are provided with a clear role description outlining their statutory and additional responsibilities. On joining the Board, Trustees are introduced to other Board members and staff. Trustees are encouraged to acquaint themselves with the charity's policies and procedures, its strategic plan and budget as well as Memorandum and Articles of Association.

Trustees are actively encouraged to take up relevant training and development to fulfil their role and responsibilities to the charity.

The Trustees undertake an annual detailed review and assessments of risks, financial and non-financial, to which it is exposed in its current activities. In July 2016, these were developed into a formal Risk Register.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the Charity's [governing document], the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2016).

### Five Trustees (also directors of the company)



G. Wells  
(Chairperson)



A. Woodfield



A. Dowler



C. Horgan



G. Reynisson

### Founder and President



D. Steven

# Introduction from the Chair

Gavin Wells



Wishing to continue the growth seen in the previous year, supported by an increasing awareness across the media for the need to challenge gender-based violence, it was heartening to see the work of Action Breaks Silence (ABS) recognised both at the Charity Film Awards and at the European & UK National Diversity Awards. Despite continued charitable competition to raise funds we invested in the team, extended our reach to a new country and formed several key partnerships in both South Africa and India in support of our aims.

**Increasing our reach and beneficiaries** – by March 2019 ABS had taught over 57,555 girls, young women and boys across Curacao, India, South Africa and the UK. To ensure the continuation of the ABS mission in the absence of ABS staff we also certified over 110 local trainers in Curacao, South Africa and India.

**Continuing the development of our educational workshops** – we started the year in Curacao, training 30 volunteer trainers from Bos de Hubentut in our 4-hour *Empowerment Through Self-Defence* workshop for women and girls. During the visit founder and president, Debi Steven, delivered our workshop to 1,718 girls at local schools. In a second visit in November the trainers were certified in the boys *Empathy* workshop. The girls' workshop was delivered once again to local schools by Debi and the team of trained local volunteers. A further 1,687 girls participated in the *Empowerment Through Self-Defence* workshops and 1,730 boys completed the boys *Hero Empathy* workshops.

Our work in India continued through a partnership with the Red Brigade Trust and Plan India. Two of the UK ABS team visited Lucknow in January 2019 to train over 40 trainers in our *Training the Trainer* programme.

Perhaps the greatest success however was in South Africa where we launched our 12-hour longitudinal *Community Intervention* in August 2018 and saw the much needed appointment of Kgahliso Manenzhe as Programme Manager. The programme will deliver 12-hours of teaching over two years to the same groups of girls and boys across 23 schools, seeking to deliver sustainable change.

With support from the ABS SA Board in June, Debi and the team trained volunteers in Mfuleni/CT and Johannesburg in the *Empowerment* and *Empathy* programmes. August 2018 saw the launch of Phase One of the two year programme at six schools in Soweto and seven schools in Pretoria West. In January 2019 Debi, Kgahliso and two trainers from Johannesburg travelled to Mpumalanga with a new partner, ZA Foundation, to teach 25 trainers the Phase One programme for girls and boys. Alongside this in January 2019, Phase One was delivered to 23 schools in Soweto and Pretoria.

**Recognition of our work** – it has taken seven years since Debi created ABS, to challenge the gender-based violence she knew and saw, for her work to be recognised. The short film showing our work, created by one of our South African Board, Cheryl Uys-Allie, won bronze at the Charity Film Awards in May 2018. Cheryl Uys-Allie along with members of the UK Board were there to mark the occasion.

In August 2018 ABS received a community award for “Charity of the Year for Gender” at the UK National Diversity Awards. In November 2018 Debi was awarded “Inspirational Role Model of the Year” at the European Diversity Awards.

Our focus continues to be on those who we can help, those at risk of gender-based violence, but it is entirely appropriate that the person who started all this, through whose selfless efforts so many have benefited, should receive such recognition.

**Finances** – the competition from charities to raise awareness and funds for their cause remains intense. Despite that we saw a slight increase in donations over the year and used this along with the healthy bank balance with which we started the period to invest not only in our work but also in our team.

**The ABS team** – we started 2018 with a new CEO, Sarah Robbie and were sad to see her leave in May 2019 to take on another role. We are very grateful for all she did for ABS during her tenure and wish her every success.

Kgahliso's impact as our Programme Manager in SA has already been felt, and we are delighted that she chose to join us and that she continues to support our work so wholeheartedly. As our founder, it seemed natural that Debi should take on the role of the CEO in May 2019. With the support of the SA Board, the UK Board and with Kgahliso now firmly in place we do not doubt that she will take ABS to even greater success in the coming year.

There are many injustices in the world, but few so far reaching or damaging as that of gender-based violence. Through the work of Action Breaks Silence 57,555 girls, women and boys now have a chance at becoming active bystanders and stopping this. It has been a privilege to work with Debi, the ABS team and the other Trustees, and if you have taken the time to look at our Annual Report I commend our work to you and hope that you feel able to support us.

Gavin Wells,  
Chair of Trustees

# Aims, Objectives, Activities & Mission Statement



## Aims, Objectives & Activities

The charitable objectives of Action Breaks Silence, as declared in the Articles of Association are:

For the public benefit, furthering the education of women and children in countries across the world where the risk of sexual and gender-based violence is high (with an initial focus on Africa and South Asia) and, in particular, by sustainably engaging communities in the delivery of empowerment through self-defence training, general public awareness and related activities as well as empathy training for boys.

## Mission statement

Action Breaks Silence is a UK registered charity established to create a world where women and girls can live their lives free from fear of sexual or gender-based violence.

We aim to achieve this by offering educational programmes, free of charge, primarily to marginalised communities around the world where problems of sexual and gender-based violence are rife.

We hope to create a self-sustaining body of trainers and partners in order to empower women and girls and educate boys by teaching our programmes in each of the regions in which we work.

**\* Ultimately, we hope to affect societal change in order to create safer communities.**

## Key Activities

Action Breaks Silence offers educational programmes, free of charge, primarily to marginalised communities in India, South Africa, Curacao and the United Kingdom.

The two programmes currently being taught are as follows:

### (1) **Our Empowerment Through Self-Defence Workshops for woman and girls, which seek to:**

- Ensure that all our participants leave our workshops not only feeling empowered but also 'behaving' empowered, with their self-belief and confidence enduringly enhanced
- Educate girls about sexual and gender-based violence and its impact
- Give women and girls a platform to 'break the silence' surrounding abuse/violence against women and girls
- Give participants an insight into the minds of perpetrators and better equip them to recognise risks when they are exposed to such individuals
- Provide all participants with an understanding of physical personal safety techniques and exercises to give participants confidence in their bodies and acceptance of their 'inner warrior'
- Teach them self-love and boundary setting

### (2) **Our Hero Empathy Workshops for boys, which seek to:**

- Break down stereotypes to understand the importance of gender equality and good gender relations
- Build empathetic behaviour and attitudes towards women and girls
- In an engaging way, provide boys with a foundation upon which they can play an enduring role in ending violence towards women and girls
- Encourage boys to care about the well being of people – particularly women and girls – in the community

# Impact & Key Achievements

In the period | April 2018 to 31 March 2019



## Impact

### Initial Impact Studies from the *Empowerment Through Self-Defence Programme* for girls have shown:

- 100% said that they could immediately put into action what they had learnt
- 100% of girls said they felt more confident
- 99.5% of participants felt less scared after our workshop
- 98.6% felt more capable of defending themselves after our workshop

### Evaluation and Impact Studies from the *Empathy Programme* for boys:

In August 2018 Professor of Psychology at Pretoria University, Maretha Visser, started her evaluation of the 12-hour *Action Breaks Silence Boys Empathy Programme*. Preliminary results for Phase One were made available in 2019, with final results due in 2020 after data for Phase Two has been collected and analysed.

Two independent research studies have been conducted to assess the impact of the programme. The most recent of these on our South Africa programme revealed the following:

- 100% said that their views of violence against women have changed
- 100% said the workshop made a significant change to their lives and that they will act differently towards women and girls
- 98.6% responded that they had fun during the workshop and that other boys should get the opportunity to participate in the programme
- 86% of the boys reported that they have been exposed to violence against women and girls

## Key Achievements

Total number of beneficiaries taught since Action Breaks Silence was founded	57,555
Number of women and girls taught	51,334
Number of boys taught	6,221
Number of local trainers empowered in 2018/2019 (SA 20 + India 40 + Curaçao 50)	110
Number of full-time employees (UK)	1
Number of contractors (UK)	10
Number of contractors (SA)	20
Number of trips to India	1
Number of trips to South Africa	2
Number of trips to Curacao	2

# Jenala's Story

## South Africa

### Trainers Story

Jenala was born of royal blood on 14 June 1984 in Malawi, Africa. It is tradition within the community she grew up in for a royal man to have several wives. Jenala's father, who is of royal blood too, married 4 wives, one of which was Jenala's mother. It was unfortunate that her father physically abused her mother by beating her, in the presence of Jenala and her siblings.

After joining Action Breaks Silence and learning about the different types of abuse, Jenala returned home to confront her father about what had happened while they were younger. Her father had not realised that the method of communicating his dissatisfaction to both the children and his wife was a form of abuse. He himself grew up being conditioned that the only way to run one's family and showing discipline was by applying corporal punishment.

Jenala's mother made the difficult decision to separate from Jenala's father after learning that what she has gone through for many years was abuse. She then moved from Malawi to South Africa .

Jenala has worked for Action Breaks Silence since 2015. She is happy that she is making a difference in children's lives around Soweto because she is able to quickly spot when a child is being abused. She particularly loves the Boys Empathy programme because it makes her feel that it will enlighten and give a better future for boys growing up in households that are making abuse a norm as it was in her father's home.

In Malawi a boy aged 15 years old can marry and a girl as young as 13 years can be asked for a hand in marriage. When Jenala's niece, who was 13 years old, was asked for a hand in marriage by a 37 year old man, Jenala stood up for her knowing very well that this was traditionally and culturally acceptable. Jenala's niece now lives with the family, who have relocated to South Africa.



**"This is my story"  
Jenala**



# Updates on Where We Work

## South Africa, UK, India, Curacao



### South Africa



During the period of 1 April 2018 to 31 March 2019, our founder, Debi Steven, designed both the Action Breaks Silence 12-hour Community Intervention to Stop Violence Against Women and Girls and the Action Breaks Silence *Train the Trainer Manual*, with the assistance of our board member, Claire Hogan, assisted our trainers to deliver the intervention.

In August 2018 Action Breaks Silence launched our 12-hour longitudinal community intervention in thirteen primary schools in Soweto and Pretoria West/Atteridgeville. The aim of the intervention was to engage each primary school as a micro-community. In Phase One, girls and boys participate in six one-hour weekly sessions: girls participate in the *Empowerment through Self-Defence* Programme and boys in the *Hero Empathy* Programme. Action Breaks Silence had the help of two UK volunteers during the first part of Phase One. Both had a very positive impact on assisting the trainers during the launch of Phase One.

In February 2019 Action Breaks Silence returned to the same thirteen schools, where the new Year 5 students were introduced to our Phase One programme. Additionally Action Breaks Silence signed up ten new schools, who started Phase One in February 2019. Between April 2018 and March 2019 a total of 2360 girls and 2348 boys completed Phase One at 23 schools. In the next financial year Action Breaks Silence will engage both the teachers and parents in specially designed programmes to give them an active role in reducing gender-based violence in their communities and to reinforce narratives shared with the youth.

At the Afrika Tikkun centre in the Cape Town township of Mfuleni, Action Breaks Silence ran four days of training on the boys and girls 4-hour parachute intervention for their facilitators and other staff.

In all, there were over fifty participants. Furthermore, the AT facilitators will train children in after school clubs.

This was a milestone for Action Breaks Silence as it was the first time that our trainers were assisted in a delivery of a Trainer of Trainer Programme, one of our key visions for the future.

Further Trainer of Trainers workshops took place in Johannesburg for more Afrika Tikkun facilitators in local townships. Unfortunately, due to circumstances outside of our control the partnership with Afrika Tikkun did not develop as well as initially planned, however important lessons have been learnt with regards to future partnerships.

In August 2018 Action Breaks Silence partnered with a UK charity called ZA Foundation/Thembeletu and trained twenty of their volunteers. In January 2019, our founder, SA programme manager and two of our Pretoria trainers travelled to Mpumalanga to deliver further training that allowed the ZA youth to start implementing Phase One of the Action Breaks Silence intervention to orphaned children in their care. This partnership has been positive for both charities and have the potential to expand in the future.

Action Breaks Silence maintained a BB BEE Level One status in South Africa.

### United Kingdom



Action Breaks Silence was nominated as the 'Charity of the Year' for South Hampstead High School in September 2018.

Our founder and CEO attended an event at the London Mayor's Office with an aim to create awareness for the charity as well as engage the youth there and get them involved in hosting a focus group to discuss the changes that need to be made to our Community Intervention for a possible launch in 2020. The youth agreed that the intervention was much needed in a UK context. Further focus groups were help by one of our UK trainers and another by our founder in other parts of London. It was agreed that funding and a corporate partner was needed in order to launch Phase One in between one and five school.

UK Board member Andrew Dowler cycled in Ride London-Surrey to raise funds for Action Breaks Silence.

### AWARDS

In May Action Breaks Silence celebrated a bronze award in the Charity Film Awards in London.

Our founder was announced as one of the 'Top International 100 Trailblazers'.

In September 2018 Action Breaks Silence attended the UK National Diversity Awards and won the community 'Charity of the Year for Gender'.

Our Founder Debi Steven was awarded 'Inspirational Role Model of the Year' at the European Diversity Awards.

# Updates on Where We Work

## South Africa, UK, India, Curacao

### Curacao



Action Breaks Silence was approached by a charity, Bos Di Hudentut at the beginning of 2018. They have a history of 25 years with incredible work tackling child abuse and violence against women. They are based on the island of Curacao but also work on the other Dutch Antilles. It was agreed that Action Breaks Silence could have a strategic influence and positive impact by partnering with this well-established and passionate charity.

The Action Breaks Silence CEO and founder travelled to Curacao to initially run our Train the Trainer Programme to volunteers of Bos Di Hudentut and then teach young women in high school the Empowerment through Self-Defence 4-hour workshops. Action Breaks Silence also attended their annual Gender-Based Violence Conference, which aims to change the narrative on GBV. The conference brought together both young and older women from diverse backgrounds.

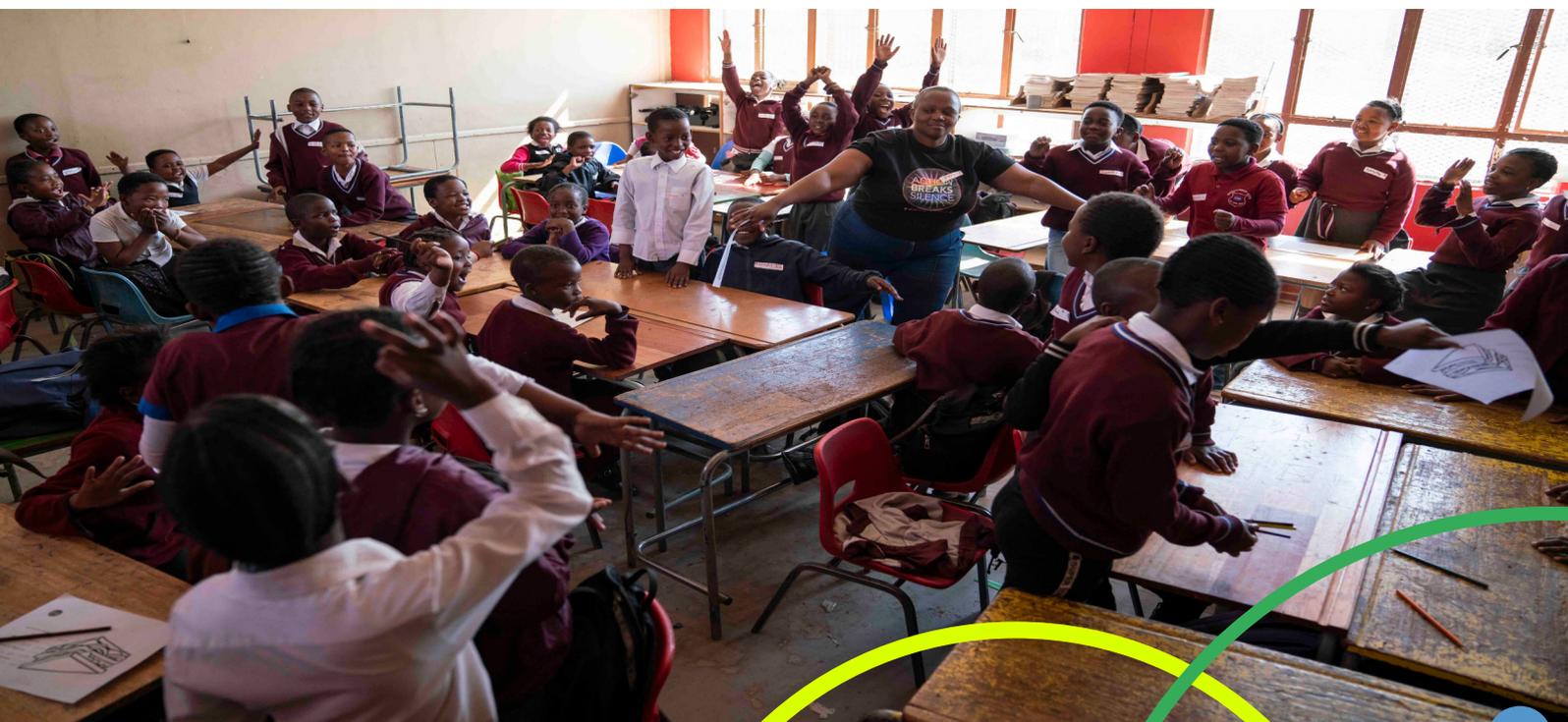
After a very successful programme our founder and a member of our South African team extended the training programme to include Phase One of the 12-hour Community Intervention, which included the first 4-hours of the boys *Hero Empathy* and girls *Empowerment Through Self-Defence*. Again, the feedback was extremely positive and we encouraged them to consider implementing the 6-hour Phase One model on our next trip in April 2019.

### India



We have taught 34,000 beneficiaries in India (33,300 girls and 800 boys).

Since 2016, Action Breaks Silence partnered with the Red Brigade Trust in Lucknow and became their International Trainer. In January 2019, our founder and a UK trainer spent two weeks in Lucknow hosting a Train the Trainer Programme for forty young women and one male. Attending the training from Indore was a representative from a charity called Deeprekha Sanstha. Action Breaks Silence supplied the Red Brigade Trust and Deeprekha Sanstha with the full training kit needed to deliver the Empowerment through Self-Defence Workshops. The teams that have been trained will return to their villages and deliver the workshops to young girls.



# Donors, Sponsors & Staff

## Volunteers, Patrons & Trustees

### Donor and Sponsors

We continued to receive support from the Capital Group, the Economist, Whitefoord Wealth Management and Artisan Accounts.

We were awarded a number of grants during the year, including these from the True & Fair Foundation, Paul's Trust and from the Rotary Club of Stockport.

It was refreshing to be supported as Charity of the Year by South Hampstead High and given a donation from Richmond Academy and B3 Richmond.

A growing number of individuals donated to us during the year, either directly or through sponsored events. A number of our trustee's gave generously.

Action Breaks Silence would like to wholeheartedly thank all those companies, Trusts/Foundation, schools and every single individual, who have funded our work in this way. Without their generous support Action Breaks Silence would NOT have achieved so much during this period and feel so bright about our future.



### Staff

During the period under review, we had only one full-time employee based in London, the Chief Executive, Sarah Robbie. In addition, although only paid a token the Founder & President, Debi Steven, volunteered considerable amounts of time throughout the year, arranging and leading every international trip and also devoting a considerable amount of time to raising awareness of the charity in the UK, South Africa, India and Curacao.



### Volunteers

Two UK volunteers accompanied our founder to South Africa and assisted with the launch of the 12-hour Community Intervention.



### Patron and Trustees

Linda Riley, one of the UK's leading campaigners for equality and American actor Muse Watson continued to be our patrons. The charity thanks them for their contribution.



# Course Content

## Action Breaks Silence Educates



Action Breaks Silence is an educational charity and as such the course content is of vital importance to the charity's message being delivered, understood and retained.

Our course materials are constantly evolving to address the issues that face the communities in which we teach as well as the social change as a whole. During this period, with the assistance of Claire Hogan, a UK Board Member, our Founder designed the Train the Trainers manual and course content for Phase One of the girls 6-hour *Empowerment Through Self-Defence* and the boys *Hero Empathy* Programmes.



Creating a World  
**FREE FROM FEAR**  
of gender-based violence



# Future Plans

## Trainers & Beneficiaries

### Vision & Ambition

In essence, we are an educational charity established with the stated vision to:

**"Create a world where women and girls can live free from the fear of sexual and gender-based violence."**

Our vision is, in one generation, to make communities safer from gender-based violence. By teaching girls to be empowered and boys to feel empathy, our work ensures sustainable changes in attitudes, reconnecting communities through a united wish to care about the well-being and safety of others. We aim to achieve this by looking at primary schools as a micro community and giving everyone within that a role to actively play to stop violence against women and girls.

Our ambition is to ensure that our programmes are taught each year at schools, that sign up to become Action Breaks Silence partners.

We also plan to extend the reach of our programmes by creating long-term, mutually beneficial partnerships with local NGO's, who have a complimentary focus on creating safer communities, empowering women and girls, reducing all form of violence including GBV and educating children.

Our "Trainer of Trainers" model is designed for sustainable growth. Teams of motivated and passionate young instructors and facilitators, themselves from disadvantaged communities, are trained and thereby empowered to become trainers themselves. This enables Action Breaks Silence to dramatically extend its reach.

### Action Breaks Silence: A Sustainable Model of Growth

#### Trainers

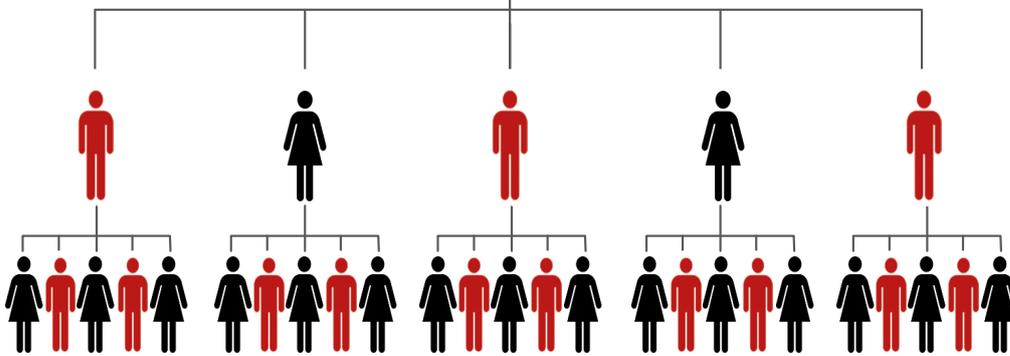
**1**  
trainer

trains  
**5**  
people

=

**25**  
new trainers

...and so on...



#### Beneficiaries

**1** trainer  
has taught  
**40,000**  
beneficiaries  
to date

**5** trainers  
should reach  
**200,000**  
beneficiaries

**25** trainers  
should reach  
**1,000,000**  
beneficiaries

# Financial Report

## For the period ended 31 March 2019



The trustees present their report and financial statements for the year ended 31 March 2019.

The Financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the Charity's (governing document), the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2016).

### Objective & Activities

The charitable objectives of Action Breaks Silence, as declared in the Articles of Association are:

For the public benefit, furthering the education of women and children in countries across the world where the risk of sexual and gender-based violence is high (with an initial focus on Africa and South Asia) and, in particular, by sustainably engaging communities in the delivery of empowerment through self-defence training, general public awareness and related activities as well as empathy training for boys.

The Trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

### Achievements & Performance Financial Review

The Trustees have assessed the major risks to which the Charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

### Structure, Governance & Management

The Trustees, who are also the directors for the purpose of company law, and who served during the year were:

- Andrew Louis John Woodfield
- Gavin Wells
- Andrew David Lindsay Dowler
- Gudjon Karl Reynisson
- Claire Marie Horgan

The Trustees report was approved by the Board of Trustees.

Gavin Wells  
Trustee

Dated: 24 July 2019

# Independent Examiners Report

## to the Trustees of Action Breaks Silence Ltd



I report on the financial statements of the Charity for the year ended 31 March 2019, which are set out on the preceding pages.

### Respective responsibilities of Trustees and examiner

The Charity's Trustees, who are also the directors of Action Breaks Silence Ltd for the purposes of company law, are responsible for the preparation of the financial statements. The Trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) 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:

(i) examine the financial statements under section 145 of the 2011 Act;

(ii) to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and

(iii) 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 financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements, 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 financial statements present a 'true and fair view' and the report is limited to those matters set out in the next statement.

### Independent examiner's statement

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

(a)

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

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

(ii) to prepare financial statements 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

(b)

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

Affinity Associates Limited

11/12 Hallmark Trading Centre

Fourth Way

Wembley

Middlesex HA9 0LB

Dated: 24 July 2019

# Statement of Financial Activities

## Including Income & Expenditure Account



	Notes	2019 £	2018 £
Donations and legacies	2	86,511	71,511
Charitable activities	3	10,321	23,000
<b>Total income</b>		<b>96,832</b>	<b>94,511</b>
<b>Expenditure on:</b>			
Charitable Activities	4	74,205	43,502
Administration	5	58,638	47,451
<b>Total resources expended</b>		<b>132,843</b>	<b>90,963</b>
<b>Net (expenditure)/income for the year/Net (outgoing)/incoming resources</b>		<b>(36,011)</b>	<b>3,558</b>
Other recognised gains and losses			
Other gains or losses	6	<b>(2,625)</b>	<b>(81)</b>
<b>Net movement in funds</b>		<b>(38,636)</b>	<b>3,477</b>
Fund balances at 1 April 2018		70,730	66,719
<b>Fund balances at 31 March 2019</b>		<b>32,094</b>	<b>70,196</b>

*The statement of financial activities includes all gains and losses recognised in the year.*

*All income and expenditure derive from continuing activities.*

### BALANCE SHEET

*AS AT 31 MARCH 2019*

	Notes	2019 £	2018 £
<b>Fixed Assets</b>			
Tangible Assets	7	1,381	1,485
<b>Current Assets</b>			
Cash at bank and in hand		33,470	70,807
Creditors: amounts falling due within one year	9	(2,757)	(2,096)
Net Current Assets		30,713	68,711
<b>Total Assets less Current Liabilities</b>		<b>32,094</b>	<b>70,196</b>
Income Funds		32,094	70,196
<b>Unrestricted Funds</b>		<b>32,094</b>	<b>70,196</b>

The financial statements were approved by the Trustees on 13 July 2019.

**G Wells**  
Trustee

## 1 Accounting policies

### Charity information

Action Breaks Silence Ltd is a charity founded for the public benefit, furthering the education of women and children in countries across the world where the risk of sexual and gender-based violence is high (with an initial focus on Africa and South Asia) and, in particular, by sustainably engaging communities in the delivery of personal safety and self-defence training, female empowerment, survivor support services, general public awareness and related activities.

### 1.1 Accounting convention

The financial statements have been prepared in accordance with the Charity's [governing document], the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2016). The Charity is a Public Benefit Entity as defined by FRS 102.

The Charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the Charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value. The principal accounting policies adopted are set out below.

### 1.2 Going concern

At the time of approving the financial statements, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

### 1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the Charity.

### 1.4 Incoming resources

Income is recognised when the Charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the Charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

...Continued on page 15...

Legacies are recognised on receipt or otherwise if the Charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

Turnover is measured at the fair value of the consideration received or receivable and represents amounts receivable for goods and services provided in the normal course of business, net of discounts, VAT and other sales related taxes.

### 1.5 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Fixtures, fittings & equipment	25% on Straight line method
Computers	25% on Straight line method

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/(expenditure) for the year.

Intangible assets with indefinite useful lives and intangible assets not yet available for use are tested for impairment annually, and whenever there is an indication that the asset may be impaired.

#### ***Basic financial assets***

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

#### ***Basic financial liabilities***

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

#### ***Derecognition of financial liabilities***

Financial liabilities are derecognised when the Charity's contractual obligations expire or are discharged or canceled.

# Notes to the Financial Statements

Continued on from page 15



	2019	2018
<b>INCOME</b>		
<b>2</b>	<b>Donations &amp; Legacies</b>	
	Donations and gifts	80,001
	Other	6,510
		70,991
		520
<b>3</b>	<b>Charitable Activities</b>	
	Performance-related grants	10,321
		23,000
<b>EXPENDITURE</b>		
<b>4</b>	<b>Charitable Activities</b>	
	Local Instructors' Fees	34,688
	Travelling Costs	21,969
	Other	17,548
		74,205
		14,522
		16,331
		12,648
		43,502
<b>5</b>	<b>Administration and Fund Raising</b>	
	Wages and salaries	40,000
	Other Staff Costs	870
	Sub-contractors	9,378
	Travelling Expenses	-
	IT cost and consumables	922
	Telephone & internet	1,541
	Printing & Stationery	388
	Legal and professional fees	2,227
	Advertising & Marketing	1,742
	Subscriptions	216
	Bank Charges	454
	General expenses	274
	Depreciation	626
		58,638
		19,715
		556
		20,130
		764
		900
		1,427
		270
		2,290
		218
		216
		259
		211
		495
		47,451
<b>5.1</b>	<b>Trustees</b>	
	None of the Trustees received any remuneration from the Charity during the year	
<b>5.2</b>	<b>Employees</b>	
	Number of employees	
	The average monthly number of employees during the year was	
	1	1
	Employment Cost	
	Wages & Salaries	40,000
	Employer's NI	816
		40,816
		18,617
		1,639
		20,256

# Notes to the Financial Statements

## Continued on from page 16



		2019	2018
6	<b>Other gains or losses</b>		
	Foreign exchange losses	2,625	81
7	<b>Tangible Fixed Assets</b>		
		Computers	Total
		Fixtures, fittings & equipment	
		£	£
	<b>Costs</b>		
	At 1 April 2018	803	1,178
	Additions	153	369
	At 31 March 2019	956	1,547
	<b>Depreciation and impairments</b>		
	At 1 April 2018	201	295
	Depreciation charged in the year	239	387
	At 31 March 2019	440	682
	<b>Carrying Amounts</b>		
	At 31 March 2018	602	883
	At 31 March 2019	516	865
8	<b>Loans and overdrafts</b>		
	Cash (South Africa)	70	-
9	<b>Creditors: amounts falling due within one year</b>		
	Other taxation and social security	(615)	162
	Other creditors	1,802	434
	Accruals and deferred income	<u>1,500</u>	<u>1,500</u>
		2,757	2,096
10	<b>Analysis of net assets between funds</b>		
	Fund balances at 31 March 2019 are represented by:		
	Tangible Assets	1,381	1,485
	Current Assets/(Liabilities)	30,713	68,711
		32,094	70,196
11	<b>Related party transactions</b>		
	<i>There were no disclosable related party transactions during the year (2018 - none)</i>		



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