



EDUCATING,
ENGAGING AND
EMPOWERING
communities to end
VIOLENCE
AGAINST WOMEN
AND GIRLS.



ANNUAL REPORT AND ACCOUNTS

1 April 2021 to 31 March 2022

Charity Registration No: 1158744

Company Registration No:
08686204 (England and Wales)

Submitted by:
Debra Steven,
CEO

Structure, Governance and Management

Year to 31st March 2022



Report of the Directors

For the period ended 31 March 2022

The Trustees present their report and accounts for the Period commencing 1 April 2021 and ending 31 March 2022.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's governing document, the Companies Act 2006 and the Statement of Recommended Practice, "Accounting and Reporting by Charities", issued in March 2005..

Reference and administrative information

Charity number	1158744
Company number (England and Wales)	08686204
Founder & CEO	Debra Sheilagh Steven

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

CEO (Founder)

Debra
Sheilagh
Steven



Trustees, who served during the year, who were also directors of the company were:

Gifty Enright
Chairperson
Appointed 1 Dec. 2020



Andreena
Leeanne
Appointed 17 Feb. 2021



Renee Campbell
Appointed 12 May 2020



Penelope Anne
Middleton
Appointed 8 May 2019



Catherine
Maeve Kelly
Golding
Appointed 8 May 2019



Lana
Wrightman
Appointed 8 May 2019



Resigned:

Vince Whiteforord (Resigned 21 October 2021)
Jean Lalage Teresa (Resigned 23 October 2021)
Samir Patel (Resigned 25 October 2021)

Introduction from the Chair Gifty Enright

Year to 31st March 2022



According to the 'Sexual violence and sexual harassment between children in schools and colleges' report issued by the Department for Education in September 2021, 67% of girls and young women aged 13-18 have experienced sexual harassment at school from another student, and that 29% first experience sexual harassment when they were just 11-13 years old.

Some sections of our society experience multiple forms of disadvantage, abuse and discrimination, which includes women and girls from black and minoritized communities. These communities are particularly badly hit due to economic challenges caused by the cost-of-living crisis. This added to increased stress within households and triggered increased cases of all forms of violence against women. The Metropolitan Police Services reported a 26% increase in domestic abuse cases in the last five years.

Many of the women and girls we deliver our programmes to are survivors and we also deliver to young boys who have witnessed domestic violence and/or other forms of VAWG.

Schools have a statutory duty to safeguard and promote the welfare of the children at their school and should consider taking positive action to support girls as the evidence shows they are being disproportionately subjected to sexual violence and/or sexual harassment.

The government has suggested that schools can play an important role in prevention education. The government encourages schools to work with specialist providers like Action Breaks Silence who bring a different perspective and expert knowledge when addressing the high levels of violence that girls are subjected to at school, at home, on our streets and online.

The year to 31st March 2022 was one of resilience and growth for Action Breaks Silence led by our Founder and CEO, Debi Steven. Income significantly grew from £130.5K to just over £251K during this period.

In the year ending the 31st March 2022, the Charity secured

- £19,983K from the London Community Foundation, part of the MOPAC'S/London Mayor's Grassroots Fund to end VAWG. This was part of a larger pot of money received to deliver the Action Breaks Silence Community Intervention in Lambeth and Hounslow

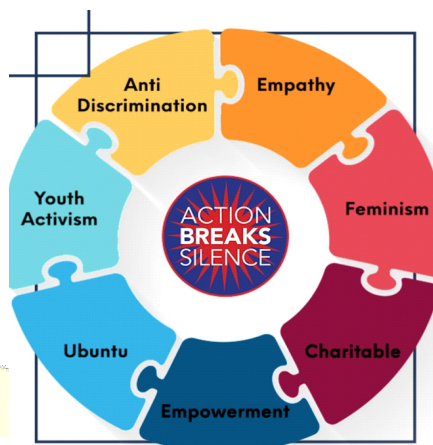
Corporate Sponsors:

- £59,975 from the British Standard Institute to film our Empowerment through Self-Defence Workshop which was launched on the 8th March 2022 as part of their International Women's Day strategy
- £51,595 from Tropic Skincare was donated to design & develop an eLearning platform for the Action Breaks Silence Youth Ambassador Programme. This programme aims to 'Unite young people as active bystanders to address violence against women and girls in youth relationships'.
- £26,612 Capital Group donated as part of their match funding scheme.

The Charity worked extensively in Lambeth delivering the Primary School Programme to end violence against woman and girls to five primary schools, their teachers and parents/caregivers as well as delivering a number of 'free of charge' and fundraising 'Empowerment through Self-Defence' Workshops and 'Understandings Toxic Masculinity' Workshops to secondary schools across London.

Action Breaks Silence can only function through the massive contribution of its trainers and other volunteer helpers. On behalf of the Board, I wish to thank them all for making the World a safer place for women and girls.

Gifty Enright (Chairperson)



Executive Summary

Our Vision, Our Mission, Our Values



Action Breaks Silence is a by and for women led front line prevention educational charity, whose aim is to create a world in which women and girls can live their lives free from male violence and the threat of such violence.

A multi-pronged approach is adopted and actioned through the delivery of the Action Breaks Silence Community Intervention to end VAWG.

This intervention is delivered in school settings and aims to tackle sexual harassment and sexual violence with targeted strategies to address issues such as gender inequality and toxic masculinity which underpin these harmful behaviours.

The design and delivery of the intervention has a feminist approach, guided by the Social Norms and Active Bystander Theories and follows a “Whole Schools Approach” (developed by [AVA](#)).

Each of the Action Breaks Silence programmes is designed to be implemented over time with each programme building on the previous one, thus ensuring sustainable growth and long-term systemic change.

Programme delivery is focused in disadvantaged communities in London. These communities face a multitude of challenges, including economic, as well as high levels of VAWG. Many of the women and girls the charity engages and supports are survivors of male violence.

Our Vision

Our vision is to create a world in which women and girls can live their lives free from male violence and the threat of such violence.

The term ‘violence against women and girls’ refers to the acts of violence or abuse that disproportionately affect women and girls. Crimes and behaviour covered by this term include rape, sexual offences, domestic abuse, stalking, sexual harassment and ‘honour’ killings, as well as many others.

Our Mission

Our mission is to create safer communities and to support long-term, systemic change. This is achieved by tackling the root causes of VAWG with a focus on often unheard youth from communities experiencing structural inequality and high levels of VAWG. Youth voices of those most affected by male violence are at the heart of programme design, implementation and delivery.

Our Values

Our core values of feminism, anti-discrimination, empathy, youth activism, inclusion and empowerment.

These values guide and inform the culture of the organisation and the design and delivery of our programmes.



Statistics

Action Breaks Silence has adopted the definition from the *United Nations Declaration (1993) on the Elimination of Violence Against Women*, in which Article 1 defines "violence against women and girls" (VAWG) as:
"Any act of gender-based violence that results in, or is likely to result in, physical sexual or psychological harm or suffering to women, including threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public or private life."

- 25% of women are affected by domestic violence in their lifetime and one on five women in the UK will experience sexual assault during her lifetime. ¹
- A recent report by UN Women UK found that 97% of women aged 18 to 24 years have been sexually harassed.
- Police recorded crime data (England and Wales) indicated that 51.9% of female victims of sexual offences were aged between 5 to 19 years.
- NSPCC's How Safe are our Children Report found that girls are particularly vulnerable to sexual abuse, accounting for around 90% of victims of recorded rape offences against 13–15-year-old.
- Girlguiding's Girls 2021 Survey found that 67% of girls and young women aged 13 to 18 years surveyed have experienced sexual harassment at school from another student.

¹ Metropolitan Police Services VAWG Action Plan 2022.



1. The Train-the-Trainer Programme
Designed for sustainable growth, the Train-the-Trainer programme forms an integral part of the Community Intervention. Under or unemployed young people are upskilled to deliver the Action Breaks Silence VAWG prevention programmes in the communities in which they live.

The programme seeks to not only offer the benefit of consistent employment but to build self-esteem and self-competence and to engage young people to drive social change. Our trainers become contributors, role-models, mentors and active bystanders to end VAWG in their own communities.

2. Feminist Empowerment through Self-Defence Workshops

These workshops use physical self-defence as an empowerment tool to equip participants with practical and physical knowledge and skills, encouraging them to own their own space and bodies as well as use their voices with confidence.

These workshops are designed to include both youth and parents/caregivers, thereby actively involving parents and caregivers in “updating” the safety strategies they discuss with their families. Additionally using youth trainers provides an opportunity for peer-to-adult mentorship as upskilled youth trainers deliver an inspirational youth led parent/caregivers talk on their experiences in youth relationships.

3. Understanding Toxic Masculinity Workshops

These workshops are designed to provide men and boys with a safe space to unpack toxic masculinity and the effects it has on them. In order for VAWG (including school related violence against girls) and the social norms that support it to be tackled effectively, men and boys need to be educated and engaged as allies and active bystanders to end VAWG.

Action Breaks Silence recognises the pressure men and boys are under to conform to gender norms and the impact this has on their mental health and wellbeing.

4. The 16-hour Primary School Programme to end VAWG
This is a 16-hour programme, delivered over two academic years. Phase One consists of 8 x 1-hour weekly sessions for Year 5 students. Girls participate in the Empowerment Through Self-Defence and Active Bystander programme and the boys in the Hero Empathy and Active Bystander programme.

One year later in Year 6, the same boys and girls come together as one group and participate in Phase Two, again 8 x 1-hour weekly sessions. Phase 2 focuses on recognising abusive behaviours and sexual harassment and on further learning on how to become an Active Bystander at school and within their communities.

Note that session one and session eight of each Phase are M & E sessions ensuring that **young people continue to inform, consulted, involved and empowered throughout programme design and delivery.**



Programmes continued



5. The Youth Ambassador Programme

This programme is designed, led and delivered by youth, with the aim of taking social action and leading the Youth Movement towards women and girls being free from all forms of VAWG.

The primary roles of Youth Ambassadors at Secondary School level are to act as mentors for younger students, to offer safe and trusted sounding-boards in a supportive manner, to raise awareness of what happens surrounding VAWG in youth relationships and to encourage youth and their peer groups to activism as well as supporting Action Breaks Silence through fundraising events. The programme is embedded in the young people's lives, encouraging active and passionate advocacy.

The youth voice further adds significant value in ensuring that programmes are kept current and youth relevant.

Why are we focusing on primary and secondary schools?

Violence Against Women and Girls including school related violence against girls is a human rights violation that impacts and manifests in sexual, physical and psychological violence, and is underpinned by inequality, social norms and; toxic masculinity. Girls are raped, sexually assaulted and sexually harassed at school, put under emotional pressure; and denied the equals rights to learn in a dignified environment. Teachers are often under skilled and unprepared to help.

The Department of Education published advice for schools in September 21 after evidence highlighted the sheer scale of the suffering girls experienced at school. It was suggested for school staff to have an external specialist provider who should work alongside the school to address VAWG in school settings. Students need to be empowered and educated to become active bystanders to stop male violence against female students.

Ofsted's review supports this, finding sexual harassment and sexual violence was endemic and has a horrific impact on the lives of young girls. Girls are particularly vulnerable, with 90% of the victims of recorded rape offences are 13-15 years old in England. It is reported that 67% of girls have experienced sexual harassment at school, 29% of girls experience sexual harassment between 11-13.



Government advised schools and colleges to include evidence-based prevention programmes (like that of Action Breaks Silence) through the school curriculum to tackle issues such as

- Healthy and respectful relationships
- What respectful behaviour looks like
- Consent
- Stereotyping, equality
- Body confidence and self-esteem
- Prejudiced behaviour
- Sexual violence and sexual harassment is always wrong; and
- Addressing cultures of sexual harassment

Our Team



Our Board is made up of a diverse group of passionate women, including a young person sourced through Youth London who is an experienced youth and inclusion advocate. Information on Board members can be found on our website

Patron

The Heather Small continued as a Patron of Action Breaks Silence and featured with a few of our Youth Ambassadors on ITV News.

Debi Steven, CEO and Founder of Action Breaks Silence UK

Having herself survived child sexual abuse and driven by her belief that all women and girls should be empowered and live their lives free of the fear of sexual violence, Debi has served communities in the UK, South Africa, South America and India for nearly thirty years, focusing on creating a world where women and girls can live their lives free from male violence and the threat of such violence by empowering women and girls; educating and engaging young boys to feel empathy and become active bystanders to end VAWAG. Debi is rated as one of the top Empowerment and Empathy influencers in the world and firmly believes that young boys and men need to be included when looking for solutions to end VAWG.

In July 2013, Debi founded Action Breaks Silence UK, an educational charity, established to create a world where women and girls can live their lives free from male violence and the threat of such violence.

In 2016, she founded Action Breaks Silence South Africa she works with the South African Board and a South African Programme Manager to ensure that thousands of young people in economically challenged communities are offered an opportunity to participate in the programmes free of charge.

Debi has also worked extensively in India and in 2022 co-founded Action Breaks Silence India. The three charities have independent Boards and all deliver the Action Breaks Silence Community Intervention to end VAWG with a focus on black and minoritized women and girls and in communities that face a multitude of challenges including economic challenges.

In September 2019 Debi completed her master's degree in Women and Child Abuse through CWASU under the acclaimed feminist and activist, Prof Liz Kelly.

Debi and Action Breaks Silence have been guests on BBC News, ITV, BBC Radio and many other media outlets and Debi is a guest lecturer at University of East London.

Lambeth Trainers

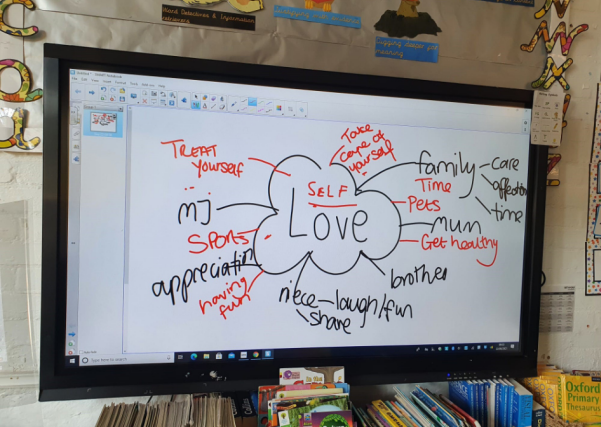
Action Breaks Silence upskills young people and women with lived experience to deliver the Action Breaks Silence Community Intervention to end VAWG. Our team is driven to create social change, be mentors and become active bystanders to end VAWG.

Over 75% of our beneficiaries are young people from communities with economic challenges. Meet our incredible team.

Volunteers

We have a small group of young people from secondary schools across London that volunteer to provide our social media content.

A student from Harris Academy Sutton volunteers as a researcher for social media as part of her Duke of Edinburgh Award and ensuring youth voice is heard across our social media platforms. Her help has increased followers on social media and increase public awareness of the charity.



Highlights from 2021/2022



The Action Breaks Silence Foundation India was formally registered as an NPO in Lucknow, India. They are Governed by their own Board of Trustees and will deliver in their first year the Action Breaks Silence Empowerment through Self-Defence Workshops. They are self-funded but curriculum delivery overseen by the UK Charity to ensure good practice.

Between November 2021 and February 2022 over 600 students from South Hampstead High participated in Empowerment through Self-Defence Workshop, this was generously funded by the school.

Additionally, a further 1,323 secondary school students participated in either the Empowerment through Self-Defence or Understanding Toxic Masculinity Workshops Surbiton High, Sir William Perkins, Queensgate, St Albans, Ashford High, Guilford High, Morehouse School, Tormead High, St Thomas's, Harrodian, Lady Eleanor Hollis, Bradfield College, Kings College. Money raised from these charged is unrestricted funds used for charitable activities.

The LCF/MOPAC VAWG Grassroot Fund has provided many new opportunities to work alongside other organisations and agencies in the VAWG space. We have secured partnerships with five primary schools and one secondary school in the summer and autumn term and will increase these numbers as we move in 2022. We have started to build a relationship with the VAWG Team at the Lambeth Council and have attended a number of their meeting. We are talking to other NGO's about future partnership opportunities in our primary schools. We have worked with the Stockwell Community Trust who has kindly share training space at a discounted rate with us, they introduced us to a dynamic group of young Stockwell guys that assist is some of our recruitment. We really do look forward to nurturing these relationships moving forward as well as developing new one.

Lilian Bayliss Secondary School in Lambeth was used to pilot the final curriculum of the Youth Ambassador Programme (YAP). Eight Year 9 students delivered activities addressing gender inequality, identifying types of abuse and toxic masculinity to Year 7 students, **ensuring that young people continue to inform, consulted, involved and empowered throughout programme design and delivery.**

Four of these young students went on to become trainers for the Primary School Programme to end VAWG, they were inspirational mentors to Year 5 students at Henry Fawcett Primary School.

Having finalised the YAP curriculum Walkgrove Ltd was selected as the provider to develop the eLearning platform for the Programme.

In the previous year youth reviewed the curriculum of the Primary School Programme Manuals. Empowerment through Self-Defence and Hero Empathy Programmes Curriculum Manuals were reviewed in preparation of the April 2021 delivery. In the summer and autumn 2021 term 23 trainers were recruited, upskilled and delivered the programme to 178 primary school youth, we expected higher numbers but delivery was impacted by Covid restrictions. By the end of March 2022, 1687 beneficiaries participated in the Action Breaks Silence Community Intervention to end VAWG.

Fundraising workshops were delivered to Kew Botanical Gardens, The Globe, British Standard Institute, 246 adults participated in the Empowerment through Self-Defence Workshops.

A total of 3,788 students and 245 corporate participants which bring a total of 4,034 for year ending the 31st March 2022.

Action Breaks Silence delivers workshops to raise funds at private schools across London, as part of the delivery options for GAP YEARS students are discussed, this year a student from Sir William Perkins Schools volunteered to assist Action Breaks Silence South Africa (a separate South African NGO) during her GAP YEAR. Two other students from SWP were trained to deliver the Primary School Programme and the fundraising workshops (Empowerment through Self-Defence Workshop and the Understanding Toxic Masculinity Workshop). The charity plans to enhance youth volunteers over the next year.



Train the Trainer:

Trainers spoke of an increased self-esteem, confidence and knowledge on how VAWG impacts youth relationships. Trainers from Lambeth were surprised when they worked alongside our existing trainers to teach across London's public schools/corporates and witness similar lived experiences of VAWG from women/girls regardless of their socio-economic status. Often experiences shared where the perpetrators were well educated white men/boys. This feeds into academic research released in 2021 highlighting horrific experience of VAWG at some of the top Public Schools in the UK. All trainers felt the lessons learnt in programme delivery help in their personal relationships.

Primary School Programme to end VAWG:

Student's feedback showed they had increased knowledge on VAWG, 'Action Breaks Silence is an amazing programme to help kids learn about VAWG'. The girls felt more confident after learning self-defence, 'Self-Defence taught me how to be a warrior and protect myself'. All students question understood the importance of gender equality, 'I used to think that girls were weak just because of their gender, NO MORE!'.

A teacher commented 'Overall, it's an amazing program. The children learnt so much, especially the boys as they did not know about VAWG. The girls programme increased confidence, especially for those who never speak in class, they really were vocal.'

Girls Empowerment through Self-Defence | Boys Understanding Toxic Masculinity Workshops:

Students and teachers felt an improved sense of empowerment and self-esteem after completing these workshops, they felt motivated to address sexual harassment. Most schools signed to partner the Charity to deliver the YAP to engaging Y9-Y10 students.

Youth Ambassador Programme to end GBV Youth Relationships (YAP):

The YAs were educated about VAWG and upskilled as mentors. Girl: "Action Breaks Silence helped me understand the struggles other girls" and a boy said "Helps students set a good example to younger people in school".

Male student, Year 5, Allen Edward's School

"You can control yourself; you can choose to act differently and you can also change."

"Being a man means you can be yourself; you don't need to care about what other people think of you."

Female student, Year 5, Allen Edward's School

"I like that the boys are learning how to be kind and see us as equals. I feel excited that they will start treating us better."

"I've learnt to be more confident and I will never give up. I will be more caring to myself and to others. I've been practicing all my self-defence moves and I feel like an empowered person."

Teacher, Year 5, Henry Fawcett's School

"This is the first time I've seen a programme like this and I think it is honestly brilliant. And as an adult for the past 6 weeks, I've been sitting in these sessions reflecting and learning with the children."

Teacher, Year 5, Allen Edward's School

"I think the programme was great. What I really enjoyed seeing was the impact on the children outside of the sessions after you left. The children are having conversations outside of the classroom, they were so empowered and in the playground the conversation was continued. You could immediately see the impact."

"As women we're told to be polite but sometimes being polite can cost you your life, so, it's good they are being taught that you don't always have to be nice and they have a right to think about is this safe and do I feel safe in this situation."

Additionally, the following students and teachers, when interviewed about the impact of the programme in their Schools, made the following statements...



Our 21-year-old trainer

Aishath

I am deeply passionate about working with and shaping the next generation, I have had experience with working in schools and in youth clubs in Lambeth. However, due to COVID-19, I found myself working in Marks and Spencer's just trying to get by. Action Breaks Silence is a lifeline.

As children in Lambeth, we encounter so many battles in our lives, at home, on the street, and internal battles with our-selves. Youth in Lambeth go through life with their guard up and don't know how to be their true authentic selves, they fear standing out of the crowd and being unique. I've loved watching the children's guards drop and seeing them recognise our sessions as a safe space while also feeling like they're part of the solution to ending VAWG; an issue that so many of them have seen or experienced. I feel like young people in areas like Lambeth are so often left behind, and it has been amazing seeing Action Breaks Silence becoming a lifeline to the community. As a trainer, I've learnt that many youths sadly do not recognise their experiences as VAWG, but rather as a normal part of life and relationships, which shows how normalised VAWG is.

I have seen so much growth, one particular student was removed from school for violence. The thing is, growing up he witnessed his father and brothers beating his mother to the point of hospitalisation. Violence was normal to him, he just needed someone to care about him and mentor him. Throughout our sessions, I saw him questioning his reality and start to understand his experiences. This is why charities such as Action Breaks Silence are so necessary in our community, it allows our community to tackle issues that happen frequently but are never spoken about.

Action Breaks Silence was also nominated as one of the Charities to be supported by the London Mayor's MOPAC fund helping VAWG Grassroots Charities to address VAWG in communities with economic challenges. This funding will be used throughout the Borough of Lambeth and ensure that all students are able to participate FREE OF CHARGE in both the Primary School and Secondary Schools Programmes. By the end of March 2021, we had signed contracts with Allen Edwards, Henry Fawcett, St Marks and Vauxhall Primary Schools.

Looking to the Future



Our Vision

Our vision is to make communities safer from male violence against women and to create a world where women and girls can live their lives free from the fear of gender-based violence and the threat of such violence.

The future certainly looks bright for Action Breaks Silence, the foundation work generously funded through the London Mayor's Grassroots Fund to end VAWG will continue into its second and final year, with the charity expanding into Hounslow Primary Schools.

The money kindly donated by Tropic Skincare will be used to build an eLearning platform to deliver the learning of the Action Breaks Silence Youth Ambassador Programme to Year 9 secondary school students in order to upskill them to mentor Year 7 students, this programme's aim is to 'unite young people to become active bystanders to end VAWG in youth relationships'. **Once the platform is built, a small group of selected schools will pilot the programme, ensuring that young people continue to inform, consult, involve and empower throughout programme design and delivery.**

Access to the eLearning platform will be through our website, so this year will also focus on updating our website, this too is funded through Tropic Skincare.

We dream to raise funds to develop a similar eLearning Platform for the Action Breaks Silence Train the Trainer Programme, this would revolutionise young people's access to learning.

Action Breaks Silence UK will host the 1st Train the Trainer Programme in Lucknow, India. Two youth from the UK will join the CEO hosting the delivery. Once the UK team leave India the local trainers will be upskilled and deliver this programme to hundreds of local women and girls.

We are also developing partnerships with like-minded charities to offer volunteer roles to young people seeking asylum or who have refugee status.

Financial Report

For the Year ended 31st March 2022

The Trustees present their report and financial statements for the year ended 31 March 2022.

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)

Objectives and activities

The charity's Charity objects are women's self-defence. The policies and the activity have been in furtherance of these objects and there has been no change in these during the year.

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

Achievements and 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 and management

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

- Ms Gifty Enright - Chairperson
- Ms Catherine Maeve Golding
- Mrs Lana Shay Wrightman
- Ms Renee Pariece Campbell
- Ms Penny Anne Middleton
- Ms Andreena Leeanne
- Mr Samir Patel (resigned 25 October 2021)
- Mr Russell Vincent Whitefoord (resigned 21 October 2021)
- Ms Jean Lalage Teresa Dumas (resigned 23 October 2021)

The Trustees report was approved by the Board of Trustees.

Catherine Golding

Ms C M Golding

Trustee

Dated: 18 January 2023

Independent Examiner's Report to the Trustees of Action Breaks Silence Ltd



I report on the financial statements of the Charity for the year ended 31 March 2022, 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

Statement of Financial Activities including Income and Expenditure

For the Year ended 31st March 2022

	Notes	2022 £	2021 £
Individual Donors	2	20,337	31,445
Trusts & Grants	3	19,983	72,833
Fundraising	4	67,679	21,857
Corporate Sponsors	5	138,182	1,716
Fundraising	6	5,094	2,964
Other			
Total income		251,275	130,689
Expenditure on:			
Charitable Activities	7	103,567	40,886
Administration	8	86,150	52,610
Total resources expended		189,717	93,575
Net (expenditure)/income for the year/Net (outgoing)/incoming resources		61,558	37,194
Other recognised gains and losses			
Other gains or losses	9	564	588
Net movement in funds		62,122	37,782
Fund balances at 1 April 2021		81,027	43,324
Fund balances at 31 March 2022		143,149	81,002

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 2021

	Notes	2022 £	2021 £
Fixed Assets			
Tangible Assets	10	-	131
Current Assets			
Cash at bank and in hand		147,110	95,361
Creditors: amounts falling due within one year	11	(3,961)	(14,465)
Net Current Assets		143,149	80,897
Total Assets less Current Liabilities		143,149	81,027
 Income Funds	12	 143,149	 81,027
Restricted Funds		77,678	61,044
Unrestricted Funds		65,471	19,983

The financial statements were approved by the Trustees on 2nd December 2022

Ms C M Golding
Trustee

Notes to the Financial Statements

For the Year ended 31st March 2022

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.

Notes to the Financial Statements

Continued

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 cancelled.

Notes to the Financial Statements

Continued

		2022	2021
INCOME			
2	Individuals		
	Major Donors	-	5,200
	Monthly Direct Debits	2,900	3,420
	Karate Donations	-	2,083
	Just Giving/ CAF	<u>17,437</u>	<u>20,472</u>
	Total Individuals	20,337	31,445
3	Trusts & Grants		
	London Community Trust - #iwill	-	10,000
	London Community Trust – City Bridge	-	10,000
	London Community Trust – MOPAC	19,983	19,983
	Forrester Trust	-	25,000
	Charity Partners	-	7,850
	Total Trusts	19,983	72,833
4	Corporate Sponsors		
	British Standards Institute	59,975	20,857
	Tropic Skincare	51,595	
	Capital Group	26,612	
	Other		-
	Total Corporate Sponsors	138,182	20,857
5	Fundraising		
	Fundraising Workshops – Schools	67,679	1,716
	Fundraising Events	--	-
	Total Fundraising	67,679	1,716
6	Other Revenues		
	Total Other Revenues	5,094	2,963

EXPENDITURE

7	Charitable Activities		
	Legal and professional fees	12,070	
	Project staff cost	4,872	
	Local Instructors' Fees	21,302	2,283
	Travelling Costs	1,682	(460)
	Advertising	588	
	Other	4,436	4,199
	Donation to ABS South Africa	<u>58,617</u>	<u>34,863</u>
		103,567	40,885
8	Administration and Fund Raising		
	Staff payroll cost	65,096	18,483
	Other Staff Costs	1,027	385
	Sub-contractors	2,866	2,750

Notes to the Financial Statements

Continued

Travelling Expenses	102	-
IT cost and consumables	3,299	1,946
Telephone & internet	602	529
Printing & Stationery	577	304
Legal and professional fees	5,503	12,870
Advertising & Marketing	1,838	4,952
Subscriptions	418	216
Bank Charges	164	202
General expenses	173	3,210
Home Office cost	1,460	3,700
Workshop expenses	2,895	191
Depreciation	<u>130</u>	<u>626</u>
	86,150	52,610

8.1 Trustees

None of the Trustees received any remuneration from the Charity during the year

8.2 Employees

Number of employees

Full-time	3	2
Part-time	12	12
Volunteers	8	8

Employment Cost

Wages & Salaries	62,844	18,483
Employer's NI	513	-
Other Staff Costs	2,044	

9 Other gains or losses

Foreign exchange (gains)/losses	(564)	588
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Notes to the Financial Statements

Continued

10 Tangible Fixed Assets

	Fixtures, fittings & equipment £	Computers £	Total £
Costs			
At 1 April 2021	956	1,547	2,503
At 31 March 2022	956	1,547	2,503
Depreciation and impairments			
At 1 April 2021	918	1,455	2,373
Depreciation charged in the year	38	92	130
At 31 March 2022	956	1,547	2,503
Carrying Amounts			
At 31 March 2022	0	0	0
At 31 March 2021	38	92	130
		2022	2021

11 Creditors: amounts falling due within one year

Cash	-	-
Other taxation and social security	-	(1,586)
Other creditors	1,586	9,386
Accruals and deferred income	2,375	6,690
	<u>3,961</u>	<u>14,490</u>

12 Analysis of net assets between funds

Fund balances at 31 March 2021 are represented by:

Tangible Assets	-	130
Current Assets/(Liabilities)	143,149	80,897
	<u>143,149</u>	<u>81,027</u>

13 Related party transactions

There were no disclosable related party transactions during the year (2021 - none)



ENGAGE, EDUCATE & EMPOWER
communities to end
VIOLENCE AGAINST WOMEN AND GIRLS

Thank You

to our Action Breaks Silence team,
donors and volunteers!

