

ANNUAL REPORT AND ACCOUNTS

For Action Breaks Silence

1 April 2023 to 31 March 2024

Charity Registration No: 1158744

Company Registration No: 08686204 (England and Wales)



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



Annual Report and Accounts

For Action Breaks Silence

1 April 2023 to 31 March 2024

Report of the Trustees & Directors

Structure, Governance and Management

The Trustees present their report and accounts for the Period commencing 1 April 2023 and ending 31 March 2024.

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: 08686204 (England & Wales)

Founder: Debra Steven

Chief Executive Officer: Debra Steven

Principal and Registered Office:

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

Bank: Barclays Bank PLC, 8 George Street, Richmond, TW9 0LB

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

Trustees and Directors

Hannah Jane Parry Chairperson Appointed June 2023		Connie Mitchell-Innes Appointed Jan. 2024	
Renee Campbell Appointed May 2020		Penelope Anne Middleton Appointed May 2019	
Gifty Enright Chairperson Resigned Sept. 2023		Andreena Leeanne Resigned Mar. 2024	
George Bennet Resigned Apr. 2024		Lana Wrightman Resigned Oct. 2023	

CEO & Founder



Debra Steven

Chair's Introduction

It has been another incredibly busy year for Action Breaks Silence furthering our aim to end all violence against women and girls (VAWG) through educating, engaging and empowering communities.

Our Impact: Empowering Communities

This year we have delivered our programmes to nearly 4,000 children and young adults primarily targeting disadvantaged communities in **Hounslow, Lambeth, Westminster** and parts of London where the need for VAWG prevention is most acute. We have also trained, mentored and worked with many young adults within our communities to become and continue as Action Breaks Silence trainers in schools. It takes a village to raise a child. It also takes that village to keep them and their families safe. Our whole school and community-based approach is designed to do precisely this.

As you will see later in this report, everywhere we go we receive the most incredible feedback from our young participants, their teachers, and our trainers. We see girls realising they have so much power to set their own boundaries and make their own decisions - whatever their age. We see all genders, including boys and young men empathetic and energised to ensure that their behaviours and those around them are respectful and caring. We see our trainers mature and become confident to go into a classroom and their wider communities as activists wanting to reverse the rise in VAWG and gaining important life and job skills in the process. We hear from beneficiaries all around who have developed an understanding of the complex issues surrounding VAWG and who want to do something about it.

Why do we do this? The statistics on VAWG remain stubbornly shocking. According to *Femicide Census*, **one woman is killed by a man every three days in the UK**. In addition to these devastating losses, the research data continues to reveal a broader crisis:

- **41% of girls aged 14–17 in the UK** have experienced sexual violence in relationships (*Plan International UK, 2023*).
- **71% of girls aged 11–21** reported encountering harmful online content in the past year (*Girlguiding Attitudes Survey, 2023*).
- **Nearly one-third of girls** do not feel safe from sexual harassment in schools (*End Violence Against Women Coalition, 2023*).

The numbers are in the context of another year of depressing headlines: new celebrities accused of sexual abuse, a continuing tsunami of abuse, normalisation of violence and amplification of misogynistic and discriminatory views online and new and worrying developments in A.I. and the proliferation of images produced by it accessible by children and adults alike.

There is undoubtedly an urgent need for action. Evidence shows that schools based healthy relationships workshops and programmes which seek to prevent VAWG through positive role modelling and activism are amongst the most successful and cost-effective ways to effect change. In other words, we have the tools.

The Board & Strengthening our Foundations

At a Board level, in October I took over as chair from Ms Gifty Enright. We are all grateful for Gifty's strong leadership and for the advances the charity made in her near three years as chair. Both I and the rest of the board are energised and excited to help Acton Breaks Silence make a positive impact to more children and communities over the next year and beyond.

This year a number of board members have attended courses to refresh and supplement our skills as trustees, we have reviewed and revised governance documents and processes and set out a renewed and refreshed reserves policy and risk register. We ended the year with an enthusiastic and productive strategy away day where a framework for the next three years was agreed.

We also took a significant step toward strengthening the strategic direction of Action Breaks Silence by establishing an **Advisory Board**. Composed of safeguarding experts, education professionals, risk assessment specialists, and community leaders, the Advisory Board will work closely with our Board of Trustees and CEO to develop our three-year strategy. Their role is pivotal in ensuring that our programmes remain impactful, inclusive, and aligned with best practices. This collaboration will enable us to better respond to emerging needs and sustain our mission in the years to come. We are grateful to them for their time and expertise.

Looking Ahead: Our Hopes for Next Year

As we reflect on our accomplishments, we are also looking forward with a renewed sense of purpose and ambition. A key focus for the coming year is to set in stone our strategy including in particular, the digitisation of our *Train-the-Trainer Programme (TTTP)*. This initiative will allow us to create a scalable, high-quality digital platform, enabling us to train more individuals to deliver our programmes consistently and effectively. Digitisation will also help us expand our reach, particularly in underserved areas, and improve accessibility for trainers.

Another exciting development is the integration of **sixth-form students** into our trainer pool as part of their curriculum work experience. This initiative will not only broaden our delivery capacity but also provide young people with valuable life skills, including leadership, public speaking, and empathy. These young trainers will serve as relatable role models for younger students, fostering a ripple effect of empowerment and education.

Thank You

The achievements of Action Breaks Silence this year would not have been possible without the generous support of our amazing volunteers and generous donors. This year we have reaffirmed old friendships and made new ones too. We extend our heartfelt thanks to:

- **AWBS**
- **Home Office VAWG Fund**
- **Hounslow Thriving Community Fund**
- **Impact 100 London**
- **Richmond Local Area Fund**
- **Richmond Serious Violence Fund**
- **Shepperton Rotary**
- **The Big Give**
- **Tropic Skin Care**

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Our Vision - Our Purpose - Our Values

Our Vision

Our vision is to create a world free from violence against women and girls (VAWG).

Our Purpose

To end violence against women and girls by educating, engaging and empowering communities.

We tackle sexism and misogyny and the other root causes of violence against women and girls.

We work within communities that face a multitude of challenges to teach empowerment through connection to core values, understanding boundaries and recognising societal pressure as well as promoting healthy relationships, positive masculinity and inner strength.

We provide structured training for young people and survivors to provide them with the skills and knowledge to deliver our programmes, and to mentor younger students. This equips the trainees with both technical and interpersonal skills and practical experience to build confidence, resilience and improved employability.

Our Values

We are guided by our values in all that we do. They define our culture and the way we behave and encompass the kind of organisation we always aspire to be.



Programmes & Workshops

The Action Breaks Silence Community Intervention to end VAWG

Action Breaks Silence delivers a comprehensive community intervention aimed at ending male violence against women and girls through education, empowerment, and prevention. Our intervention comprises a series of targeted programmes/workshops designed to equip individuals and communities with the skills, knowledge, and confidence to challenge harmful gender norms, recognise abusive behaviours, and create safer and equitable communities.

1. Train-the-Trainer Programme (TTT)

The Train-the-Trainer Programme upskills individuals, particularly from disadvantaged communities, to deliver our VAWG prevention programmes and workshops.

During their training participants complete six core modules, covering an Introduction to Action Breaks Silence; Safeguarding; Equality, Diversity, and Inclusion (EDI), Communication & Active Listening; Monitoring and Evaluation and Roles and Responsibilities. They also undertake additional training through London Youth. Trainers gain both technical and interpersonal skills, including public speaking, leadership, time management and empathy.

Outcomes:

- Increased employability and transferable skills for trainers.
- Enhanced confidence, resilience and leadership abilities.
- Creation of relatable role models to deliver programmes and or workshops in schools and the wider communities.



2. The Empowerment, Empathy & Active Bystander Primary Schools Programme to end VAWG (PSP)

This two-year 16-hour programme is delivered in an age-appropriate way to Year 5 and Year 6 students (9-11 years old). In Year 5, students learn the concepts of self-love, gender equity, empathy, and boundary-setting while gaining tools to recognise harmful behaviour and stand up for themselves. In Year 6, students focus on recognising types of sexual harassment, understanding consent, and becoming active bystanders to disrupt harmful behaviour.

Outcomes:

- Increased knowledge of healthy relationships, consent and boundaries.
- Improved confidence, empowerment and resilience.
- Reduced tolerance for harmful gender norms and behaviours and promoting a more equitable community.

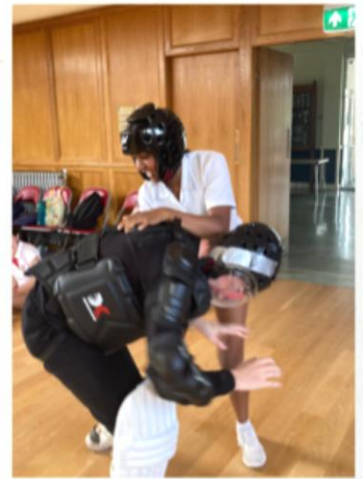


3. The Empowerment through Self-Defence Workshop (ESDW)

These workshops use a feminist framework to teach physical and emotional self-defence techniques. Participants from 11 years + learn how to connect with their core values, set boundaries, and identify types of abuse. The workshops are designed to empower women and girls by building confidence and resilience.

Outcomes:

- Increased confidence, resilience and awareness of personal safety.
- Enhanced ability to set and maintain boundaries both physical and emotional
- Owning their inner warriors and the power of speaking up.
- Recognising types of abuse



4. The Undefining Masculinity Workshop (UMW)

This programme provides all students including boys and young men with a safe space to unpack unhealthy societal pressures around masculinity. Through discussions and activities, participants explore gender stereotypes, recognise harmful behaviours, and learn to build equitable, healthy relationships.

Outcomes:

- Reduced tolerance for harmful gender norms.
- Increased understanding of positive, healthy masculinity.
- Improved interpersonal relationships and emotional intelligence.



Reach, Outcomes & Impact



Through these programmes, Action Breaks Silence reached a total of 3,804 beneficiaries this year, delivering workshops free of charge to 2,692 participants in underserved communities. These initiatives have equipped individuals with tools for self-empowerment and instilled a deeper understanding of gender equity, fostering a ripple effect of positive change across communities.

By addressing the root causes of VAWG and creating safe spaces for learning and discussion, our community intervention is a vital step toward building a world free from violence against women and girls.

In the past year, Action Breaks Silence delivered impactful interventions across London:

1. Train the Trainer Programme

- This programme upskilled 34 individuals, primarily under/unemployed individuals and sixth-form students, to deliver our programme and/or workshops.

Beneficiary Feedback:

- "Working with Action Breaks Silence has prepared me for university and my career. I've gained communication and leadership skills that I can use for life."
Trainer

2. Empowerment, Empathy & Active Bystander Programme to end VAWG

Thanks to our supporters and funders, all schools and students were engaged free of charge:

- Lambeth: 71 girls, 84 boys
- Hammersmith: 23 girls, 29 boys
- Hounslow: 71 girls, 79 boys

Beneficiary Feedback:

- "In the beginning, we were nervous, but as we gained confidence, it got better, and we felt proud to do this!" – Year 6 Participant
- "My students learned teamwork, independence, and the importance of empathy. These are skills they'll use for the rest of their lives." – Teacher

3. Empowerment through Self-Defence Workshops:

- Beneficiaries: 2,278 women and girls' participants, with 1,625 students of these from communities facing significant challenges. These participated at no cost.

Beneficiary Feedback:

- "This workshop made me feel strong and capable. I know how to protect myself, and I feel empowered to stand up for what's right." – Workshop Participant
- "It's amazing to see the transformation in students. They leave with confidence and a sense of control over their own safety." – Trainer

4. Undefining Masculinity Workshops:

- Provided the workshop free of charge to 710 students (592 boys and 118 girls) Additional 259 students attended paid workshops.

Beneficiary Feedback:

- "This workshop taught me that being strong doesn't mean being aggressive. I feel like I understand myself better now." – Male Participant
- "It's refreshing to have a space to talk about these issues without judgment. I've learned so much about what it means to be a good man." – Workshop Attendee

5. Youth Ambassador Programme:

- Designed and led by young people, this programme upskilled 38 Year 9 pupils to act as mentors, fostering confidence and life skills such as public speaking, teamwork, and time management.

Beneficiary Feedback:

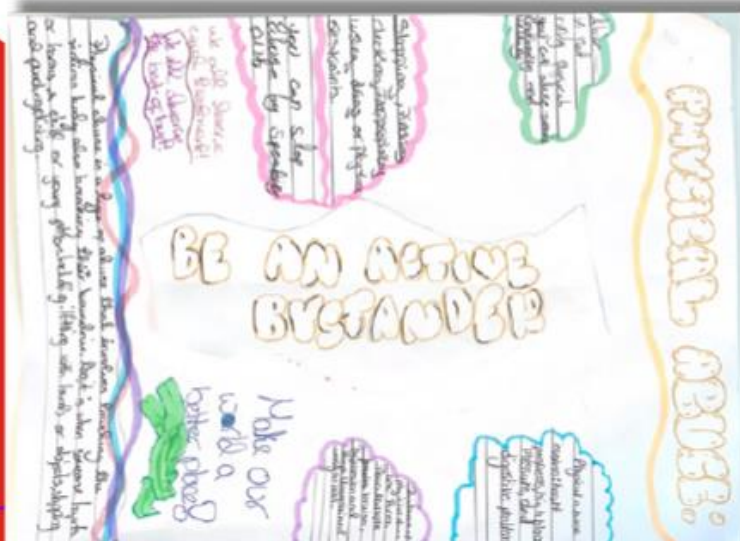
- "It feels great to have a voice and to know that I'm helping younger students feel safe and confident." – Youth Ambassador
- "The self-love session really opened my eyes to the importance of valuing myself and others. This has been an incredible experience." – Student Participant.



**Summer 2023
Primary School Programme
Phase 2**

**"Positive trainers
who try to create
interactive scenarios"**

- Henry Fawcett Year 5 Teacher



"Learning how to be assertive was great because I can now make sure I keep my boundaries."

"Boundaries are important because what if someone does not like something, like what you're doing, it's good that they can say no or stop."

"I feel like now I know how to say no to my friends and put my foot down when I don't want to do something."





from Beneficiaries

Trainer Case Study: *Linda*

Linda, a workshop trainer, shared how her experience with Action Breaks Silence has profoundly shaped her personal and professional journey:

"Working with Action Breaks Silence has provided me with invaluable communication, leadership, and problem-solving skills, which were instrumental in securing five university offers, including Oxford and UCL. I've grown in empathy and confidence through teaching and engaging with students from diverse backgrounds, preparing me for a future dedicated to social justice and empowerment."



Feedback from
teacher, Lucy:

"They have learned confidence, teamwork, public speaking, independence, life skills, and time management."

"In the beginning of the self-love session, we were nervous, but as we gained confidence, it got better."

🌈 Shrewsbury Academy is making waves in promoting Equality, Diversity, Inclusion, and Belonging (EDIB)! As proud pioneers, we've been chosen to pilot "Action Breaks Silence," an educational charity dedicated to creating a world free from violence against women and girls. Our amazing Year 8 Ambassadors, fully trained, have been leading workshops to raise awareness on this crucial issue among their peers. We've kicked off with a powerful self-love workshop, and there's more to come in 2024! Stay tuned for a self-defence workshop and positive masculinity sessions. Lauren from the charity visited us at the end of last term and thanked us for our hard work so far! Did we mention? We're the only school outside of London involved in this initiative! #ProudtobeSA 🤝💙

Action Breaks Silence | #MakingADifference #EDIB
#School #SecondarySchool #Shrewsbury
#Shropshire #ShropshireSchool #Education
#Learning

"It's great to feel like all of us have a voice and that everyone feels they have an important part to play."



★★★★★
Youth Ambassador Programme
Feedback Shrewsbury Academy

Key Achievements and Partnerships

In the financial year 2023–2024, we reached **3,804 beneficiaries**, with **2,692 receiving our services free of charge**, thanks to the generosity of our donors. The 1,112 students that paid for workshops help raise much needed unrestricted funds.

Acknowledgements

We extend our gratitude to the following funders and supporters for making our work possible:

- Hounslow Thriving Community Fund
- Home Office VAWG Fund
- Richmond Serious Violence Fund
- Peabody Young Peoples Fund
- Richmond Local Area Fund
- The Big Give
- Tropic Skin Care
- AWBS
- Shepperton Rotary
- Impact100 London

This year, we also partnered with the following independent schools and corporates. The workshops and talks delivered here helped raised unrestricted funds:

- Ewell Castle School
- Lady Eleanor Hollis
- Surbiton High
- Godolphin and Latymer
- Kew Botanical Gardens
- The Globe
- Debevoise & Plimpton LLP

Strategic Developments

Advisory Board

A significant milestone this year was the establishment of an **Advisory Board**. Comprising safeguarding experts, educators, and risk assessment specialists, the Advisory Board will collaborate with our CEO and Trustees over 2024 to:

1. To create a three-year strategic plan (April 2024–March 2027).
2. To digitise our Train the Trainer Programme, this will be instrumental in the charity engaging, educating and empowering a new cohort of Sixth Forms Students as volunteers to deliver the Empowerment, Empathy & Active Bystander Primary School Programme to end VAWG.

Their guidance ensures our programmes and/or workshops remain impactful, scalable, and aligned with the needs of our beneficiaries.

VAWG in the UK

The Context of our Work

The urgency of our mission is underscored by alarming statistics:

- **One woman is killed by a man every three days in the UK** (*Femicide Census, 2023*).
- **41% of girls aged 14–17** have experienced sexual violence in relationships (*Plan International UK, 2023*).
- **71% of girls aged 11–21** reported encountering harmful online content (*Girlguiding Attitudes Survey, 2023*).
- **Nearly one-third of girls** do not feel safe from sexual harassment in schools (*EVAW Coalition, 2023*).

These statistics highlight the scale of the crisis and the critical need for preventative education to address the root causes of VAWG.

Looking Ahead

Goals for 2024-2025

Our vision for the coming year is ambitious yet achievable. Key priorities include:

1. Digitisation of the Train-the-Trainer Programme (TTT):

- Creating a scalable, high-quality digital platform to upskill more trainers and expand our reach.
- This will enable sixth-form students to participate as trainers, gaining valuable work experience and fostering peer-led education.

2. Expanding Partnerships:

- Deepening relationships with schools and communities to broaden our reach.

3. Strengthening Sustainability:

- Increasing our pool of trained volunteers and trainers.

4. Monitoring & Evaluation

- Adapt and update our Theory of Change with the learning over the last 10 years

Conclusion

In September 2023, Action Breaks Silence proudly celebrated its 10th anniversary, marking a decade of dedication to empowering communities and preventing violence against women and girls (VAWG). Over the past ten years, the charity has grown from a grassroots initiative to an internationally recognised organisation, delivering impactful programmes across London. The UK charity works alongside our sister charities in South Africa, and India.

This milestone for the UK Charity reflects the collective efforts of our team, partners, and supporters, whose commitment has enabled us to educate, engage, and empower thousands of beneficiaries predominately from communities that a multitude of challenges. As we look to the future, we remain steadfast in our vision of creating a world free from violence against women and girls.

This year has been transformative for Action Breaks Silence. We have not only delivered impactful programmes and or workshops but also laid the groundwork for a sustainable future through strategic planning and partnerships. None of this would have been possible without the unwavering support of our donors, partners, and dedicated team.

As we move forward, our commitment to creating a world free from VAWG remains steadfast. Together, we are building safer, more equitable communities for women and girls.

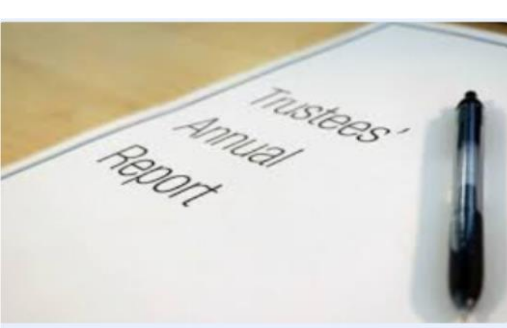
References

- Femicide Census (2023). *Annual Report on UK Femicide*. [Femicide Census](#)
- Plan International UK (2023). *The State of Girls' Rights in the UK*. [Plan International UK](#)
- Girlguiding UK (2023). *Girls' Attitudes Survey 2023*. [Girlguiding UK](#)
- End Violence Against Women Coalition (2023). *Sexual Harassment in Schools: Policy Review*. [EVAW Coalition](#)

Financial Overview

As with any charity a key focus this year has been on securing funding to sustain and expand our impact.

In this financial year, we successfully raised funds from a number of generous donors, which enabled the delivery of our programmes and/or workshops free of charge to over 70% of our beneficiaries.



Trustees Report

Including Directors' report for the year ended 31 March 2024

The Trustees present their annual report and financial statements for the year ended 31 March 2024.

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 Memorandum and Articles of Association, 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)

Our Vision

Our vision is to create a world free from violence against women and girls.

Our Purpose

To end violence against women and girls by educating, engaging and empowering communities. We tackle sexism and misogyny and the root causes of violence against women and girls.

Our programmes teach empowerment through connection to core values, understanding boundaries and recognising societal pressure as well as promoting healthy relationships, positive masculinity and inner strength.

We upskill young adults and students from the communities we work within to deliver training and mentorship.

Our Values

We are guided by our values in all that we do. They define our culture and the way we behave and encompass the kind of organisation we always aspire to be.

Risk Assessment

The Charity's Risk Management approach is based on the Charity Commissions guidance (CC26). The responsibilities for the management of risk are our Board of Trustees who work closely with a volunteer risk expert and CEO. Charity Trustees review & assess the risks face by the charity annually.

The CEO and a Risk Assessment expert has developed a Risk Assessment Register for the overall charity and second Risk Assessment Register for programme delivery, both reviewed annually. 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 Memorandum and Articles of Association, 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 object is to engage, educate and empower communities to stop violence against women and girls. All activity has been in furtherance of this objective and this has not changed during the year.

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

Achievements and performance Financial review

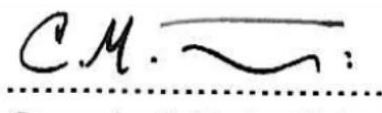
The Trustees have assessed the major risks to which the Charity is exposed and are satisfied that systems are in place to mitigate exposure to the major risks.

Structure, governance and management

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

- Hannah Parry - Chairperson (Appointed 6 June 2023)
- Penny A Middleton
- Renee P Campbell
- Gifty Enright (Resigned 30 September 2023)
- Lana S Wrightman (Resigned 11 October 2023)
- Andreena Leeanne (Resigned 31 March 2024)
- George Bennett (Resigned 22 April 2024)
- Connie Mitchell-Innes (Appointed 29 January 2024)

The Trustees report was approved by the Board of Trustees.



Connie Mitchell-Innes

Trustee

Dates: 6 November 2024



Independent Examiner's Report

To the trustees of Action Breaks Silence

I report on the financial statements of the Charity for the year ended 31 March 2024, which are set out on the following 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.

A handwritten signature in black ink, appearing to read 'Mukund Amin', is written over a horizontal line. The signature is stylized with a large 'M' and a long horizontal stroke.

Mr Mukund Amin
Affinity Associates Limited

6th November 2024

11/12 Hallmark Trading Centre

Fourth Way

Wembley

Middlesex HA9 0LB

Statement of Financial Activities

incl. INCOME & EXPENDITURE
FOR THE YEAR ENDED 31 MARCH 2024

		2024 £	2023 £
	<i>Notes</i>		
Individual Donors	2	36,805	37,565
Trusts & Grants	3	83,547	46,557
Fundraising	4	35,825	53,978
Corporate Sponsors	5	44,821	35,118
Other	6	70	-
Total income		201,068	173,218
<i>Expenditure on:</i>			
Charitable Activities	7	75,998	135,533
Administration	8	118,018	131,325
Total resources expended		194,016	266,858
Net income/(expenditure) for the year/Net incoming/(outgoing) resources		7,052	(93,640)
Other recognised gains and losses			
Other gains or losses		2	(1,320)
Net movement in funds		7,054	(94,960)
Fund balances at 1 April 2022		48,187	143,147
Fund balances at 31 March 2023		55,241	48,187

BALANCE SHEET

AS AT 31 MARCH 2024

		2024 £	2023 £
	<i>Notes</i>		
<i>Fixed Assets</i>			
Tangible Assets	9	130	189
<i>Current Assets</i>			
Cash at bank and other current assets		65,387	55,454
Creditors: amounts falling due within one year	10	(10,275)	(7,456)
Net Current Assets		55,112	47,998
Total Assets less Current Liabilities		55,242	48,187
Income Funds	11	55,242	48,187
Restricted Funds		19,722	9,855
Unrestricted Funds		35,520	32,182

The financial statements were approved by the Trustees on 6th November 2024.

C.M. Innes

Connie Mitchell-Innes, Trustee



Notes to the Financial Statements

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

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.

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.

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.

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.

		2024	2023
INCOME			
2	Individuals		
	Major Donors		
	Monthly Direct Debits	5,000	11,585
	Just Giving/ CAF	7,610	2,385
	Other	20,164	14,113
	Gift Aid	2,734	4,352
		1,297	5,130
	Total Individuals	36,805	37,565
3	Trusts & Grants		
	London Community Foundation – City Bridge	-	3,000
	MOPAC VAWG	5,000	38,953
	Home Office VAWG Fund	31,775	9,998
	Hounslow Thriving Community Fund	27,705	-
	Richmond Area Fund	7,500	-
	The Big Give	11,567	-
	Other	-	(5,394)
	Total Trusts	83,547	46,557
4	Fundraising		
	Fundraising Workshops	35,825	53,978
	Total Fundraising	35,825	53,978
5	Corporate Sponsors		
	Tropic Skincare	44,558	-
	Capital Group	-	26,376
	Other	263	8,742
	Total Corporate Sponsors	44,821	35,118
6	Other Revenues	70	
	Total Other Revenues	70	-

EXPENDITURE

7	Charitable Activities		
	Beneficiary/ Trainees wages and fees	28,552	41,062
	Travelling Costs	4,965	12,533
	Other	42,481	43,606
	Donation to ABS South Africa	-	38,332
		75,998	135,533
8	Administration and Fund Raising		
	Staff payroll cost	101,010	101,825
	Other Staff Costs	424	337
	Sub-contractors	980	2,061
	Home Office Cost	8,470	9,240
	Printing & Stationery	1,047	684
	Telephone & internet	277	268

	2024	2023
Accountancy	625	150
Travel	907	747
Advertising & Marketing	275	2,699
Subscriptions	-	562
Bank Charges	-	90
IT Expenses & Consumables	3,792	4,283
Legal and Professional Fees	-	7,024
General Expenses	151	1,305
Depreciation	60	50
	118,018	131,325

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	18	12
Volunteers	18	8
Board (7 women, 1 man)	8	
Advisory Board (9 women, 2 men)	11	

Employment Cost

Wages & Salaries	93,651	94,022
Employer's NI	4,539	4,119
Other Staff Costs	2,820	3,684

9 Tangible Fixed Assets

	Fixtures, fittings & equipment £	Computers £	Total £
Costs			
At 1 April 2023	956	1,787	2,743
Additions			
At 31 March 2024	956	1,787	2,743
Depreciation and impairments			
At 1 April 2023	956	1,597	2,553
Depreciation charged in the year	-	60	60
At 31 March 2024	956	1,657	2,613
Carrying Amounts			
At 31 March 2024	0	130	130
At 31 March 2023	0	189	189

10 Creditors: amounts falling due within one year

Other taxation and social security	2,061	2,398
Other creditors	8,214	4,183
Accruals and deferred income	-	875
	10,275	7,456

11 Analysis of net assets between funds

Fund balances at 31 March 2021 are represented by:

Tangible Assets	130	189
Current Assets/(Liabilities)	55,111	47,998
	55,241	48,187

12 Related party transactions

There were no disclosable related party transactions during the year (2023 - none)



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