

# HUMAN VALUES



**International Association  
for Human Values**

**Annual Report and Review  
UK Branch  
2013-14**

**Registered Charity Number 1103261  
[www.iahv.org.uk](http://www.iahv.org.uk)**

**Promoting Human Values  
Across the World**

**2014 marks the Centenary of  
the start of WW1.**

**100 years on, there is still  
armed conflict in too many  
parts of the World causing  
unending streams of  
refugees, sadness and loss.**

**There is much to do and we  
can all play our part. We  
hope you will join us in  
working for peace.**

**Peacebuilding and the World  
Peace Meditation are an  
important part of IAHV's  
mission to promote human  
values.**



# About the International Association for Human Values

## Call for Relief Action:

### Typhoon Haiyan: Philippines 10,000 DEAD 11 MILLION AFFECTED



#### YOUR CONTRIBUTION CAN HELP REBUILD LIVES

IAHV's trained teachers and volunteers in Philippines are conducting trauma relief programs for evacuees.

#### PLEASE DONATE GENEROUSLY

TEXT: PHIL09 £5  
TO 70070

(100% DONATION GOES TO RELIEF, NO DEDUCTIONS FROM ANY SERVICE PROVIDER)



[WWW.JUSTGIVING.COM/PHIL-TYPHOON](http://WWW.JUSTGIVING.COM/PHIL-TYPHOON)

For more information or Partnerships:

UK & EUROPE: [relief@iahv.org.uk](mailto:relief@iahv.org.uk)  
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INTERNATIONAL ASSOCIATION FOR HUMAN VALUES Registered Charity No. 1103261



*Disaster Relief is a key part of our work. Typhoon Haiyan is just one of many Disasters that IAHV UK and our donors have generously supported. Our donors raised £3,946 to help survivors*

## Who We Are

The International Association for Human Values (IAHV) is a worldwide organisation with a mission to foster globally the values that unite us as a human community.

Through our projects, we apply practical, human values based approaches to help those in need, both at home and in developing countries. All our projects aim to provide solutions that are sustainable within local communities, and provide opportunities for people to take part in voluntary service. We focus in particular upon:

- Stress management and trauma relief
- Providing education for children who would otherwise not get an education at all
- Disaster Relief
- Rehabilitation of prisoners
- Empowering young people to become leaders & agents of change to improve their community
- Reducing poverty and improving health
- Promoting human values among all

## Our Worldwide Organisation

Our International organisation has centres in over 20 countries, with projects in over 50 countries and volunteers in over 100 countries. For further details see [www.iahv.org.uk](http://www.iahv.org.uk). In most of these countries, IAHV is established as a charitable organization with local volunteers, and operating under local charity regulations.

## Our UK Organisation

IAHV's UK Branch has been a UK registered charity since 2004, registration number 1103261. This Annual Report provides detailed information about our work. Annual Reports for previous years, if required, are available on our website [www.iahv.org.uk](http://www.iahv.org.uk)

## The Need for Action

Stresses within our human communities are severe. Single-minded focus on unsustainable material wealth is putting pressure not just on the environment but on social structures. Meanwhile huge poverty and inequality are still with us:

- 57 million children are not in primary school
- 1.2bn people live in extreme poverty of less than US\$1.25 per day.
- 1 in 8 people (875m) go to bed hungry each night
- 25,000 children die daily from easily preventable and treatable diseases
- Stress, depression and substance dependence are rising, leading to breakdowns in relationships and social structures
- Continued emission of greenhouse gases will increase the likelihood of severe, pervasive and irreversible impacts for people and ecosystems

Technological and economic growth has not been matched at a humanitarian level. Self-interest and materialism tend to predominate, while the human values which apply across all mankind are disregarded. It is time to change this.



# About the International Association for Human Values



*Volunteers at the IAHV UK Annual Volunteers Meeting in London, January 2014*

## What are Human Values?

**They are those positive values that are shared in common by most religions, cultures and civilisations worldwide. They include: Respect, Tolerance, Peace, Caring for Others and the Planet, Generosity, Service, Sharing, Mental and Physical Well-being and Love.**

## How We Operate

### Our Human Values Based Approach

We adopt a unique human values based approach to address the problems arising from imbalances arising from the unsustainable economic, social and ecological trends in the World today. Human values are those attributes and qualities that are at the very heart of humanity, representing the highest expression of the human spirit.

Our aim is to advance human values in the lives of people in societies in the UK and across the World. Whether directed to the traumatised or the deprived, to children, youths or adults, our projects seek to foster human values, with a spirit of cooperation, generosity and sharing, honesty and integrity, peace, contentment, and caring for the planet.

We operate at all levels through voluntary service, without any significant assets. As a result we have a very low cost structure.

### Empowering Individuals and Communities

Important to all IAHV projects is the investment we make to empower individuals and communities. Personal and community development are a key parts of our work. This element of IAHV's approach, based on fostering human values, has been demonstrated time and again to strengthen and bond community spirit.

### Founded to Foster Human Values

IAHV was founded in Geneva in 1997 by Sri Sri Ravi Shankar, the Dalai Lama and other world visionaries to foster globally, a deeper understanding of the values that unite us as a human community.

IAHV is an international volunteer based NGO in special consultative status with the Economic and Social Council (ECOSOC) of the United Nations.



*London 10k Fun Run in July each year is our main fundraising event*

## What We Do

### Reducing Stress & Building Communities

The aim of all our work is firstly to reduce stress and strengthen the individuals, then to inspire a sense of greater responsibility within communities.

### Reducing Poverty by Sustainable Community Development

Targeting the poor and disadvantaged in developing countries, we use our unique human values based approach to empower individuals and groups to reduce poverty and improve health.

### Developing Youth Leaders

Aimed at improving both the lives of youths and their communities, these projects empower young people to become leaders in the development process and agents of change within their communities. IAHV UK has supported youth leadership projects in South Africa, Haiti, Ivory Coast, Pakistan, Palestine and Tanzania.

### Educating Children

We target children in developing countries who would not otherwise receive any education. We provide human values based education in India,

### Disaster Relief

Natural disasters frequently leave whole communities with nothing. IAHV supports disaster relief, post-disaster trauma relief and rehabilitation, e.g. after the 2004 Tsunami, the 2010 Haiti Earthquake, the 2013 Floods in the Himalayan foothills in Uttarakhand, India, and the Philippines Typhoon.

### Environment – Tree Planting

Global warming threatens us all, but the poor in developing countries are likely to be hit particularly hard. We are looking to increase our support for tree planting as a way to combat global warming.

### Our Partners

Projects are largely undertaken by means of grants to our Implementation Partners who are responsible for operational delivery. Increasingly, we aim to run our own projects.

### Our Projects Promote Human Values

Our vision is that for the World to change, the change has to take place first at the individual level. Our approach is through empowerment, focusing on community grass roots and personal development. This brings sustainable benefits to individuals and their communities.

### Opportunities to Contribute to Society

We encourage all to give their time, energy and skills to help others in need. We emphasise not only the benefits of voluntary service to help others, but recognise also the benefits through fulfilment and joy to the volunteer.

### Please help us to help others

With more volunteers and resources, we can help more people. Please email Sue Hindle at [sue.hindle@iahv.org.uk](mailto:sue.hindle@iahv.org.uk). We have volunteer roles for all skills, from straightforward tasks through to complex management roles.



This is the 10<sup>th</sup> Annual Report of the International Association for Human Values, UK Registered Charity No. 1103261 for the year 2013-14 ending 5<sup>th</sup> April 2014.

This report summarises the efforts and progress of our UK organisation, and places them in their national and global context.

Please help us to continue to move forward our ambitious projects, to expand our organisation and to raise awareness of IAHV and the essential role of Human Values in Society.

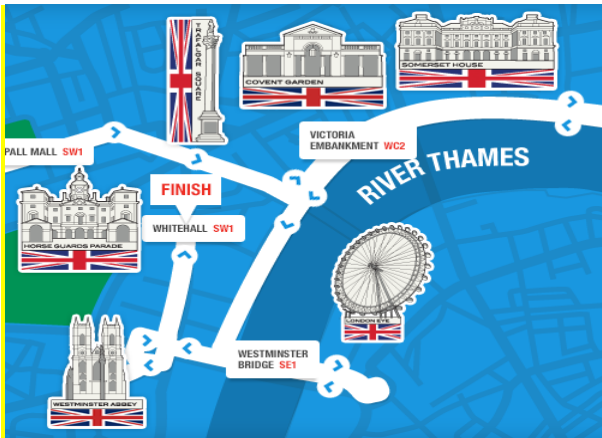
Please email this Report to your friends and contacts

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Route of the London 10k Fun Run. This is our largest fundraising event and the July 2013 Fun Run was one of our most successful, raising £24,000 net of costs.

- Net Income £101,282 - an increase of 70% on last year, and the first time net income has been over £100,000!**  
A big THANK YOU to all of our many individual donors, and fundraisers. As always, the largest part of our fundraising was the 10k London Fun Run. Our thanks go to the donors, runners and the Organising Team. The 108 runners who took part in the July 2013 Annual 10k London Fun Run raised £26,675 before costs, plus there was a further generous £2,000 of sponsorship from Ekavat Solutions and from Matta's International Foods.
- £32,000 to educate children.** Despite the economic progress of India, there remain large numbers of children who would not get an education without our support. We continued our long-term support to provide school education for rural, slum and tribal children in India, who would not otherwise receive an education. This Gift a Smile programme supports over 200 schools which educate 24,000 pupils.
- Prison SMART**  
Prisons are one of the most stressful places on earth. During 2013-14, IAHV UK delivered a paid programme of 7 Prison SMART courses at Thameside Prison, which were extremely well received both by inmates and staff.
- Peacebuilding.**  
IAHV launched the first development stage of its innovative Peacebuilding programme.
- 68% reduction in Anxiety and Depression by Manage Your Mind**  
Free weekly workshops have been provided by IAHV since January 2013 in Medway, Kent to support those affected by Stress, Anxiety and Depression. Over 500 people have now attended the course. Depression and Anxiety have dropped by an impressive 68%.
- World Peace Meditation**  
During early 2014, IAHV took the lead in developing a mobile app for a world peace meditation on World Peace Day 21, Sept 2014.

*By providing opportunities for voluntary, unpaid service, IAHV can make every £1 go much further than larger organisations which pay salaries and run premises. We don't pay street fund-raisers. Through the generosity of donors who cover what little expenses we do have, we guaranteed that 100% of donations to a specific project goes directly to that project to help those in need.*

*If you use GiftAid, we can increase the value of your gift by about 25p for every pound you give. To donate please go to <http://www.iahv.org.uk>*

*Please give us your feedback and register to receive updates using our website [www.iahv.org.uk](http://www.iahv.org.uk).*



## IAHV UK Trustee's Report 2013-14

Report by Sue Hindle, Trustee and Head of IAHV UK



2014 marked the 10<sup>th</sup> anniversary of IAHV in the UK and I am pleased to report that we had a really excellent year. Highlights included:

- Net income for the first time was over £100,000
- At long last we are delivering a paid Prison SMART programme in the UK
- As part of 2014 marking the Centenary of WW1, we prepared and launched a World Peace Meditation on 21 September 2014 utilising mobile app technology put together by our team.
- Manage Your Mind, our community mental health project in Kent is developing well and becoming well recognised within its community – and has achieved an outstanding 68% reduction in Anxiety and Depression.

IAHV has continued to build well on the local projects here in the UK, especially with good progress in the community MYM (Manage Your Mind) project for Mental Health in Medway, and the Prison SMART programme for the rehabilitation of offenders within prisons. It is so gratifying that at last after all the work that has been put in, the wider community is now seeing and acknowledging the benefits and effectiveness of the approach that we promote, and is giving the appropriate recognition and support. There is still a long way to go but at last we feel that progress is being made.

### Manage Your Mind

The initiative of Dr, Farnaaz Sharief to launch a social initiative in Medway to promote mental health has gone from strength to strength. It has twice received funding from Medway council and been given the "Pride of Medway" award. Recognition of its contribution and worth is increasing amongst fellow professionals in the area, referrals are increasing as are the numbers of participants . .

### Prison SMART Rehabilitation Programme

The progress of the Prison SMART programme this year has also been very satisfying. The prison has come to recognise the value of the programme. The offenders have given 'rave reviews' and the numbers attending and the level of engagement have improved.

After years of struggle to get this programme tried, tested and accepted here in the UK this is very good news. We would like now to roll this programme out to other prisons.

As ever a key element of our initiatives is the thorough evaluation of their impact and outcomes to validate the worth of our approach. This can now really be seen to be bearing fruit with over 60%

improvement in controlling anger, and 75% feeling more relaxed.

### Launch of our Peacebuilding Programme

In March 2013 we were very pleased to launch this programme with its fundamentally important, radical new approach to Peacebuilding. Peace is a core value of IAHV, and was a main focus for us generally across this year. Our Peacebuilding programme offers a different approach to other providers through addressing the deeper personal needs of the individuals targeted, to enhance the possibility of successful outcomes.

2013-14 saw excellent progress in terms of gaining recognition from key individuals and organisations in the Peacebuilding field. The majority of the funding was provided by one private benefactor, for which we are most grateful.

### World Peace Meditation

To mark the centenary of World War1, and following discussions with Sri Sri Ravi Shankar IAHV UK team members developed a plan to use a mobile app to launch a very special meditation for 2014, to be linked with the Peacebuilding project. 21 September 2014 was selected for the event as the ideal date for the meditation event, being the annual UN International Day of Peace

### Why a Mobile App?

Mobile apps are widely used for meditation and 'wellness' practices, and are an ideal way of reaching out to large numbers of people Worldwide.

For those unfamiliar with this technology, they are a facility offered on Smartphones, and are a revolutionary tool for information and communication that has swept the world. Already around 75% of people in the UK have a



Smartphone, and recent research has shown that people look at their phone over 200 times a day for a total of over 3 hours! While one may not entirely agree with this, a mobile app is currently an excellent way of gaining the attention and engagement of this Smartphone wielding majority.

### Team Effort

With the invaluable support of the project's sponsor Baytree Labs the design, development and launch of the World Peace Meditation mobile app was truly a team effort. Over 25 volunteers in the UK were involved in the website, social media and marketing efforts. Great care went into developing a 40 step daily path to peace programme. Many powerful and supportive international partners also joined the initiative

### Download the app

If you haven't already done so, you can still download the app for 69p. The meditation and all the functionality are still available. See the website <http://www.worldpeacemeditation.org/>

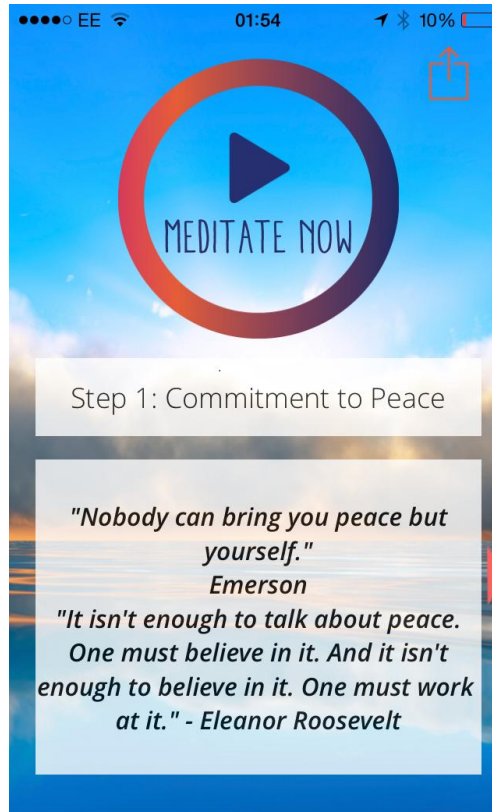
It is planned to develop this initiative and make it an annual event.

### Next Steps

One of IAHV UK's most generous donors has a particular interest in technology, and is keen to support other initiatives for IAHV using mobile app technology. If you have an interest in this area, whether as a donor, a technologist or a volunteer, then please email us.

If you are not into technology, please rest assured that the main focus of our work will continue as now with the direct support to those in need.

As with all our projects, our initiatives with modern technology will be rigorously evaluated and will move forward only when we are satisfied there is a good business case to employ this for a positive impact.



Screen 1 of Step 1 of the 40 Steps of the Path to Peace on the World Peace Meditation mobile app

Each of the Steps on the Path to Peace has 2 screens. Screen 1: Heading and relevant quotes. Screen 2: Expansion of the point and an action.



Screen 2 of Step 1 of the 40 Steps of the Path to Peace – Discussion and Action Points



## Gift-a-Smile

Our engagement with international programmes has continued steadily, particularly with the schools' Gift a Smile project in India, which, as always, was well supported. £32,000 was sent for the schools this year.

## 10k Fun Run July 2013

The highlight of our year's fundraising efforts, the annual fundraiser, the British 10K Sponsored Run in July 2013 was again a major success and 108 runners raised £24,000 net of costs.

Donations totalled £26,675 plus a further £2,000 in sponsorship. Costs were around £4,500, making the net total raised around £24,000. Runners chose to run for a wide range of causes, the major beneficiaries were £12,385 for Disaster Relief, £5,500 for Gift-a-Smile, and around £1,700 each for Manage Your Mind, Prison SMART and Peacebuilding.

It was as ever a great day out which brought together so many of all ages and backgrounds from all around the country to stretch themselves and have fun in the infectious enthusiastic atmosphere of the crowds of participants and supporters in central London.

Thanks for this excellent fundraising go to the donors and the runners and especially to the organizers of the July 2013 Fun Run.

The 108 places were fully subscribed and the overhead costs were sponsored by outside commercial donations of Ekavat and Matta International foods.

Well done to our fundraisers!



*A big welcome for the Disaster Relief effort IAHV UK supported in the Philippines*

## Public Support for Smaller Volunteer Run Charities like IAHV UK

As a volunteer myself, and being part of a team of volunteers running a results focused, smaller charity, it was a pleasure to read the NPC Report "Matter of Trust: What the Public Thinks of Charities and how it affects Trust" dated October 2014.

Small Charities run by Volunteers are Best!  
In summary, this report shows that:

- 66% of people prefer to donate to charities run by volunteers rather than professionals;
- 70% said they favoured charities that delivered services
- 73% preferred charities that received most of their money from the public.

## Opportunities for Volunteers

Special thanks are due to all these people who have really helped to move IAHV UK forward so significantly.

Creating opportunities for volunteers to contribute to society and others, for all to benefit in the process, is a key element of IAHV's approach, and as a result of the successes of our projects we now have more opportunities than ever before!  
So, we would welcome you to join us.

We can achieve as much as the voluntary contributions in time or money make possible. If you would like to contribute your skills to help with various organisational tasks or one of the projects in this report, do please give us or call on 01342 822927 or email myself on [sue.hindle@iahv.org.uk](mailto:sue.hindle@iahv.org.uk) Or Gordon Herral at [gordon.herrald@iahv.org.uk](mailto:gordon.herrald@iahv.org.uk).

As always our grateful thanks for the sterling efforts of the IAHV UK core management group, Charles Appleby, Raj Ramadurai and Shailen Mittal, who with myself and my fellow trustee Gordon Herral deal with the day to day management of the charity. Without their constant support, enthusiasm and time, in supporting the trustees it would not be possible to keep up with and manage the enthusiasm of the volunteers and achieve what we do.

With my warmest regards,

**Sue Hindle**  
Trustee IAHV



# Our Charitable Purposes, Aims and Objectives

***We must concentrate not merely on the negative expulsion of war but the positive affirmation of peace.”***

***Martin Luther King***

## Charitable Purposes

The charitable purposes of IAHV UK as set out in our Trust Deeds are:

- The relief of poverty and sickness and the advancement of education, spiritual fulfilment, and practical development of communities worldwide without being exclusive to any race or creed, either by direct aid or partners including branches of the International Association for Human Values in other countries.
- Providing Help for victims of natural and civil disasters
- For the promotion of Human Values across society through informational and experiential approaches, including but not exclusively, public talks, articles, service activities, fundraising for deserving humanitarian causes and the conduct of workshops
- The advancement of Human Rights, conflict resolution or reconciliation or the promotion of religious or racial harmony or equality or diversity.
- The advancement of citizenship or community development.
- The advancement of education.
- The advancement of health and the saving of lives.
- The prevention and relief of poverty.
- Help for alcohol and drug abuse projects
- Any other specifically Charitable objectives as appropriate



*World Peace Meditation has its own dedicated website [www.worldpeacemeditation.org](http://www.worldpeacemeditation.org)*



# Our Charitable Purposes, Aims and Objectives

## Main Objectives of IAHV UK, Achievements in 2013-14 and Plans for 2014-2015

### 1) Growing our Organisation.

We have a core organisation of committed volunteers. We could achieve so much more with more volunteers. Organisationally key strategies for the year are:

- Developing the existing branch structure
- Recruiting more volunteers
- Filling key roles on our Management Team
- Improving website and database

### 2) Fundraising.

In 2013-14 we raised an extremely satisfactory net total of £101,282 by:

- Direct fundraising
- British10k London Run which raised £26,675 before costs

### 3) Maximising our impact

Given our current relatively small size and resources, we seek to maximise our impact, e.g. by pump-priming of pilot schemes; making appropriate use of technology solutions; working with partner organisations and engaging with their special skills, and using early project successes as a platform to seek more funding and resources.

### 4) Projects that promote human values.

Overseas projects are mainly supported through grants to Implementation Partners who undertake operational delivery. Increasingly, IAHV wishes to undertake projects ourselves, using our own volunteers. We are keen to recruit additional volunteers with relevant skills for our projects.

**5) The advancement of Human Rights, conflict resolution or reconciliation or the promotion of religious or racial harmony or equality in diversity.** The values represented by these goals are core to the work that IAHV does. The work is very multiracial at all levels with our core body of volunteers coming from all over the world. The Peacebuilding project developed across 2013/14 is our latest approach to this work.

### 6) The advancement of Education

We continued to raise money through the Gift a Smile Project (previously called Euro-A-Day) to provide children's education in rural India.

### 7) Community Development

Our Youth Leadership projects have supported the practical development of communities, by promoting health, and the relief of poverty and sickness

### 8) Disadvantaged Society

For the disadvantaged, we offer courses to reduce and overcome stress, and to empower individuals in their own lives.

- We provide stress-reduction courses for those in Prison, including paid courses for inmates at Thameside prison. We are keen to expand this work to other prisons in the UK.
- Since January 2013, IAHV has been providing free weekly workshops in Medway, Kent to support those affected by Stress, Anxiety and Depression. For those who completed the entire workshop, evaluation demonstrated that levels of Depression and Anxiety reduced by an impressive 68%.

### 9) Help for Victims of disasters.

IAHV UK raised funds to help in the aftermath of the 2004 Tsunami and hurricane Katrina. Our project for the Kashmir Orphanage and School arose out of the 2005 Earthquake in Kashmir. For the victims of the 2010 Earthquake we raised £10,000 in 2010 and a further £9,000 in 2011-12. In 2010-11 we raised £7,000 for victims of the Pakistan floods. In 2013 we raised £32,000 for the victims of the Uttarakhand Floods in Northern India, and £3,946 for the victims of the Typhoon in the Philippines.

Our strategy is to be able to respond to situations as they arise.

### In Conclusion

The Human Values of tolerance, compassion, caring, respect, sharing and generosity are the essential building blocks which make the solid foundation upon which all charitable purposes and volunteering are based. Without them, projects for social development and integration, religious understanding, peacebuilding and the advancement of Human Rights cannot function. Where people have a strong awareness of these values, volunteering and social projects flourish spontaneously.

So many of the problems facing the World today arise from the widespread breakdown of Human Values. A solution to those problems lies in the restoration of those Values. This is the challenge that IAHV seeks to address through our projects.



*Excellent results and local feedback led to Manage Your Mind winning the Pride in Medway Award in the Community Service category – seen here with Project Leader Dr Farnaaz Sharief.*

## IAHV (UK) Project Overview 2013-14

As part of meeting our charitable objectives, we support projects in the UK and overseas. We focus particularly on those who are disadvantaged – eg supporting the education of children who would not otherwise receive an education. The reduction of stress and the promotion of human values are key aspects of all our charitable projects.

We currently support around 10 major projects. Summaries of the following projects are included in this report:

- **Manage Your Mind Stress Reduction in Kent**
- **Prison SMART**
- **Uganda Handicrafts and Agriculture**
- **World Peace Meditation**

### **New volunteers of all skills are welcome.**

If you would like to help, please contact the appropriate Project Coordinator or [sue.hindle@iahv.org.uk](mailto:sue.hindle@iahv.org.uk)

### **Projects Delivered both direct and indirect**

Most of our projects are achieved by means of grants from our organisation to other organisations who undertake operational delivery. These are often other branches of the IAHV organisation, as in the case of the project for the Uttarakhand Floods Disaster Relief.

## Voluntary Service to Society

Fundamental to IAHV's approach to all our projects is the promotion of service to society. IAHV provides opportunities for all, through volunteer work, to help others and contribute something of value to society and the World.

***“Life's most persistent and urgent question is: 'What are you doing for others?'”***

**Martin Luther King**

Many people simply are unaware of the range of enjoyable possibilities within volunteering to make a real difference. We are keen to promote both our projects and our volunteers opportunities as examples of what can be achieved.

People who have experienced the programmes that are at the heart of our work are inspired to give freely of their time, energy and skills. This has created a major force of hundreds of thousands of volunteers worldwide across many organisations applying human values in a practical way, reaching millions across many countries.



## Manage Your Mind achieves 68% reduction in Anxiety and Depression in just 8 weeks

Approximately 1 in four adults across the UK suffer from mental health disorders – and of these the large majority have mild disorders requiring low intensity therapy or community-based support.

The **Manage Your Mind** Workshop being offered by The International Association for Human Values (IAHV) in Kent and Medway is a community-based service designed for adults suffering from mild to moderate Stress, Anxiety and Depression. The hour long group-based sessions were started by local GP, Dr Farnaaz Sharief who set these up to support mental health services in the community and provide a means by which people could learn practical, effective ways of managing their stress.



*MYM Volunteers on duty at Quiz Night 2014 – which also raised nearly £1,000*

Our main objective is to relieve symptoms by teaching affected individuals practical skills they can use on a daily basis and reinforce at weekly follow up sessions. The entire programme consists of four structured weekly workshops, followed by a weekend intensive workshop. At each workshop, people are taught breathing and meditation techniques for physical and mental relaxation, combined with simple information that provides the skills required to handle the common emotional and psychological responses to challenging situations.

Participants are assessed using nationally validated questionnaires specific to Depression (PHQ-9) and Anxiety (GAD-7) that monitor their response to therapy. A recent analysis of collected data indicates that after completing of the entire programme – participants show a 68% reduction in levels of Anxiety and Depression.

The entire professional service works closely with local GP's, other community based organisations and is managed by Dr Sharief and her team of 7 volunteers - all of whom have completed the workshop and benefitted from the techniques.

Since January 2013 Manage Your Mind has received an average of 7 new referrals per week, 30% of which are from GP's or other health related community based organisations – and 40% are through word of mouth. The service benefits approximately 35 people per weekly session – with the majority attending two or more sessions.

The success of the workshop locally has resulted in Manage Your Mind receiving The Pride of Medway Award in the community service category.

The Medway Council Adult Social Care Department also recognize the support being provided for the community and have agreed to partly fund and officially endorse the service.

Feedback from local GP's has been excellent: *"I think this is a great service that you are providing and so I do encourage a lot of patients to attend. All of my patients that have attended have given a very positive feedback ... they feel more in control of their symptoms and are able to self manage their condition."*

Manage Your Mind also works closely with local healthcare providers, such as The Kent Counselling Association who signpost approximately 20% of their clients to the service and felt Manage Your Mind "was brilliant, in terms of the techniques and the ease of access."

Our aim is to continue providing this service into 2014 and we hope that our collaboration with local authorities, healthcare professionals, organisations and individuals within the community will continue making a positive lasting difference.

### Further Information

[http://www.youtube.com/watch?v=su8\\_QRHvEk](http://www.youtube.com/watch?v=su8_QRHvEk)  
<http://www.manageyourmind.org.uk/>  
[www.facebook.com/manageyourminduk?fref=ts](http://www.facebook.com/manageyourminduk?fref=ts)



## Prison SMART success at HMP Thameside

### Prison SMART takes off in 2013-4

More than 250,000 prison inmates and staff in 50+ countries have benefited from Prison SMART (Stress Management And Rehabilitation Training) since it first started in 1992 in the US.

Prisons are some of the most stressful places on earth. A key aim within prisons is supposed to be rehabilitation, so that people come out fit to participate in society. In practice, in most countries, it is a revolving door, where once offenders have been to prison, there is a high probability that they will end up back inside. With Prison SMART, the aim is to make a real difference. In an increasing number of cases, Prison SMART is effective and inmates are genuinely empowered to change and engage with society without reoffending.



Prison SMART is achieving outstanding results

### The Prison SMART Programme

Prison SMART is a unique rehabilitation programme for prisoners. By effectively transforming the mindsets, attitudes and behaviours of prisoners, Prison SMART aims to break the cycle of violence in our societies at the root. Through advanced breathing techniques, physical exercise, knowledge and skills training, prisoners become more aware of themselves, are able to let go of negative emotions, accumulated stress and destructive behaviour, and are empowered to take responsibility for their lives.

### Prison SMART at HMP Thameside

Since March 2013, IAHV UK has run a Prison SMART programme at Thameside Prison under the direction of Dr Katrien Hertog, who is also the head of Prison SMART for Europe.

Following a pilot of 7 courses in 2013, in partnership with Turning Point, IAHV won a contract for £28,000 to provide a further 7 courses in 2014.

Following the Pilot, some courses were targeted at the most difficult "cases", including those suffering extreme anger, self-harm, suicidal tendencies, personality disorders and involvement with gangs.

### Results from 57 participants on 5 courses

- Feeling relaxed: 75% improvement
- Feeling less irritated: - 66% improvement
- Feeling contented: 86% improvement
- Temper control: 73% improvement
- Restlessness: - 64% improvement
- Abstinence from drugs / alcohol: 69% improvement
- Coping ability: 88% improvement

### Feedback from participants:

- ✓ *"I liked it very much. It helped me see things I got to deal with now. I realized and thought a lot about how my behaviour is hurting others around me."*
- ✓ *"I do this every morning and find that I am more relaxed and seem most of the time to have a better attitude towards people which makes my day easier. I have learned how to look at things differently. It has given me something positive and good to concentrate on, something I can do to help myself wherever I am."*
- ✓ *"The course is invaluable. I got so much from this course that words cannot do it justice."*
- ✓ *"Yes, it will definitely help me with my drug taking issues. I really don't feel any urge to take any kind of drug."*

### Feedback from Turning Point staff

- ✓ *"It would be greatly beneficial to all staff members, including management, to participate ....In the long-term it will help reduce offending behaviour and substance misuse."*
- ✓ *"I was quite skeptical. But I do feel a shift, a sense of calm .....This makes dealing with the stress of the job a lot easier, helps you to compartmentalize that stress and not take it home with you."*
- ✓ *"I believe that this course would genuinely be brilliant to use across the justice system."*

### Next Steps

Based on the success at Thameside Prison we plan to build on this further in 2015.



## Uganda Handicrafts and Agriculture Project

In July 2013 IAHV UK approved the Uganda project proposal submitted by Empowered Voices' founders Kaley Sweeney and Lene Martinsen and committed funding of \$7,050. These funds were focused mainly on the handicraft business and some funds were used for leadership training by Julie Matovu, Kaley and Lene.



*Lene Martinsen and Kaley Sweeney with women who make the handicrafts in the Uganda Villages*

### THE NEED

This project spans 5 villages in the Mubende District: Kyakasengula, Namuganga, Kyakatebe A, Kyakatebe B, and Kiwumulo. The vast majority of these communities' residents depend on subsistence farming as the primary source of household income but they have been unable to yield sufficient profits from the sale of their crops and often barely have enough to feed their families. With a major lack of infrastructure or

access to health care, markets and resources to prosper, villagers faced many hardships.

Women commonly care for upwards of six children, on top of spending long days farming, traveling extensive distances to fetch stagnant water, and tending to laborious household responsibilities. There is also a high level of health challenges – including HIV/AIDs, TB, malaria, pregnancy complications, parasites and infections. The gender inequity is strongly prevalent which makes the lives of women extra tough.

### OUTPUTS

Currently 176 women benefit from this project: handicraft business (56 members), growing of beans with associated sustainable agriculture training (70 women), VSLA (Village Savings and Loans Association) training and establishment (32 members), and leadership development (focusing on 15 of the women).

### OUTCOMES:

#### Handicraft

Designs have been developed all through this period. Two big shipments of baskets and jewellery (necklaces, bracelets, earrings) have been received. Total sales in 2013-2014 were \$2,242, mainly through bazaars, private events and friends and family.

An online Etsy shop was launched in late 2013: [http://www.etsy.com/shop/EmpoweredVoices?ref=search\\_shop\\_redirect](http://www.etsy.com/shop/EmpoweredVoices?ref=search_shop_redirect)

Some of the sales revenue has been transferred to the women as salary and they have purchased household items to make their daily activities easier.

#### Local organization and leadership development

After the involvement in the villages started, a core group of women began taking on initiatives of their own. They have registered the entire group with the local authorities under the name Empowered Voices Kyakasengula Women's Group.

The women created organic vegetable gardens. They have begun selling the produce and ultimately plan to embark on a group marketing scheme along the roadside between the villages.

The women now have an office space to thoroughly manage their projects across the villages and meet and coordinate when necessary, largely funded by IAHV UK

#### Village Savings and Loan Association

The VSLA works to encourage savings across group members to grow communal savings for both individual gain and to create the increasing ability to lend from the group fund.

#### Demographic, health and agriculture survey

In February 2014 the Mubende, team conducted a survey on behalf of Empowered Voices. A standard questionnaire concerning reproductive health, disease, household data, water sources, kitchen status, and farming produce and yield was used. The data is being processed and analyzed. Results will be available late summer 2014.

#### Bean project and sustainable agriculture

2013 season: 40 beneficiaries were given 20 kg of beans as seeds. Average outcome: 276 kg.  
2014 season: 57 new beneficiaries were given 20 kg of seed beans, and 13 more were given 10 kg.



## Coordinated World Peace Meditation through mobile app led by IAHV UK



*Selfies were big in 2014 – and this one for the World Peace Meditation is next to the tallest building in the UK, the Shard at London Bridge*

### World Peace Meditation

#### 2014 The Centenary of start of WorldWar1

IAHV sought to mark this centenary with a global initiative for Peace. In early 2014, following discussions with Sri Sri Ravi Shankar, the founder of the organisation, IAHV UK team members proposed the use of a mobile app to facilitate a very special Peace meditation. We particularly wanted to link this initiative to the IAHV UK Peacebuilding project launched in March 2013.

#### 21 September is UN World Peace Day

21 September is UN International Day of Peace. Given this takes place every year, we felt this would be the ideal day for a World Peace Meditation.

#### Why a Mobile App

As an International organisation, IAHV has always sought to use technology to maximise our impact and reduce cost. (Hence the design of this report specifically to be read on screen without requiring to be printed.)

Mobile apps are widely used for purposes of enhancing wellness and meditation, and are an ideal way of reaching out to a large number of people across the World.

Smartphones are a technological revolution sweeping the world. Already around 75% of people in the UK feel the need to have one. Recent research has shown that people look at their phone over 200 times a day and for a total of over 3 hours! While one may not entirely agree this is a good thing, a mobile app is currently an excellent way of gaining the attention of this Smartphone using majority.

### Mobile app agreed for Peace Meditation

Thus, it was decided to proceed with a World Peace Meditation focussed on 21 September 2014 using mobile app technology. The project was a joint effort by IAHV UK in conjunction with the Art of Living Foundation. Baytree Labs generously developed the app, thus not exposing the charity to financial risk. Also the Marketing Agency Here&Now 365 generously agreed to undertake branding and marketing on a pro bono basis.

#### Team Effort

Design, development and launch of the World Peace Meditation mobile app was truly a team effort. Over 25 volunteers in the UK were involved in the website, social media and marketing efforts, and in developing a 40 step path to peace.

#### Download the app

The app can still be downloaded for 69p. The meditation and all the functionality are still available at the time of the launch of this report. See the website

<http://www.worldpeacemeditation.org/>

#### Next Steps

One of IAHV UK's largest donors has a particular interest in technology, and is keen to support other initiatives for IAHV based on mobile apps. If you have an interest in this area, whether as a donor, a technologist or as a volunteer, then please email us.

If you are not into Smartphones and mobile apps, please rest assured that we will continue as now with the direct support we provide to those in need.

As with all our projects, our work with mobile apps will be rigorously evaluated and we will move forward only when satisfied of the business case and that the project will have a positive impact.



### Inner Peace by Sri Sri Ravi Shankar, the principal founder and head of IAHV worldwide



*Sri Sri Ravi Shankar with the Secretary-General of the United Nations Ban Ki-moon in March 2012*

#### **Sri Sri Ravi Shankar's Talk on Inner Peace for the 2014 WW1 Centenary:**

Time and again our world has seen many conflicts, wars. And peace is often seen as an interval between two conflicts.

Peace is not just the absence of conflict, absence of bloodshed. It is a positive state that we all nurture within us.

It's the inner peace that can bring peace in the family; that can bring peace in society, and ultimately in the world.

When we are tense and stressed, we lack energy, our perception gets blurred our expression suffers a great deal. And so our communication breaks down.

And war or conflict begins when communication breaks down. So to restore the communication, to create peace between communities, between nations, between people, we need to look within. Meditation is that technique that puts us in touch with ourselves. Meditation is that inward journey to find peace.

Once you find peace within yourself you are able to share it with your surroundings, share it with your family, with your friends, with society. And peaceful people make peaceful nations.

World peace will remain a far-fetched reality in a society where there is hatred, mistrust, domestic violence, depression; where there is not proper communication, where human values are taking a back seat. The cause of lack of human values is stress and mistrust in oneself and in one's surroundings.

Meditation is that inward journey to find peace within oneself. It is from inner peace that one finds life becomes better, our communication improves. When communications are better conflict reduces. War is the result of breakdown of communication between people. Greed, jealousy, dominance are all the ingredients of war.

The one solution that can take care of peace is the inward journey. Outer peace cannot be achieved if our inside is not peaceful. World peace begins with the inner peace of the individual. When we turn our senses inwards and look to the source of thought, the source of our emotions, we get into a state called meditation. And meditation relieves us from stress, energises us and improves our communication.



## Peace Quotations

The Peace App contains a collection of quotations exploring the nature of Peace. There is much wisdom in them. Take a look and remind yourself of your favourites. Look carefully too at some of those that are less comfortable and more difficult to action.



*Nobody can bring you peace but yourself.*

**Emerson**

*It isn't enough to talk about peace. One must believe in it. And it isn't enough to believe in it. One must work at it."*

**Eleanor Roosevelt**

*The world will be at war as long as the mind is at war with itself. If we can't find peace within ourselves, where is the hope for peace in the world?*

**Byron Katie**

*There is no hurry anywhere else except in your mind. If you really want to be in a state of peace and joy, you will have to unlearn your old habit for achieving things quickly, fast.*

**Ritu Ghatourev**

*"Peace is present right here and now, in ourselves and in everything we do and see. Every breath we take, every step we take, can be filled with peace, joy, and serenity. The question is whether or not we are in touch with it. We need only to be awake, alive in the present moment."*

**Thích Nhất Hạnh,**

*"Peace is the result of retraining your mind to process life as it is, rather than as you think it should be"*

**Wayne W Dyer**

*If you allow someone to be who they are and they allow you to be who you are, then that's Love. Anything else is torture.*

**Ritu Ghatourey**

*'Do to others as you would have them do to you'*

**Luke 6:31**

*"Listening is our access to understanding. Conscious listening always creates understanding. Only without conscious listening can war and conflict happen"*

**Julian Treasure**

*The more you praise and celebrate in your life, the more there is in life to celebrate.*

**Oprah Winfrey**

*Agreement to disagree generally occurs when all sides recognise that further conflict would be unnecessary, ineffective or otherwise undesirable. They may also remain on amicable terms while continuing to disagree about the unresolved issues"*

**Wikipedia**

*"Don't see intention behind someone else's mistakes"*

**HH Sri Sri Ravi Shankar**

*"There is another tendency of the mind -- it clings onto the negative. If 10 positive events are followed by one negative event, the mind will cling to the negative. It will simply forget the 10 positive events"*

**HH Sri Sri Ravi Shankar**

*"An eye for an eye would make the world would be blind"*

**Mahatma Gandhi**

*Forgive others, not because they deserve forgiveness, but because you deserve peace.*

**Unknown**

*"There is no way to peace, peace is the way"*

**Mahatma Gandhi**

*Bitterness and resentment only hurt one person, and it's not the person we're resenting - it's us.*

**Alana Stewart**

*"Unless someone like you cares a whole awful lot. Nothing is going to get better. Its not".*

**Dr Seuss**

*First keep peace with yourself, then you can also bring peace to others.*

**Thomas a Kempis**



## 4 (or 5) Ways to Happiness – by Sri Sri Ravi Shankar

Sri Sri Ravi Shankar is the principal founder and head of IAHV worldwide. The following are extracts from an article appeared in the Huffington Post in December 2013.



*HH Sri Sri Ravi Shankar the principal Founder and head of IAHV worldwide*

Very often, people ask me how I see the future. And I say that the future is for them to build however they want it. The unwise regret the past, think the future is destiny and are miserable in present. The wise see their past as destiny, the future as free will and are happy in the present.

However significant the events of the past year were at the time, looking back, you cannot see them all as anything but a dream. Reflecting on these events, what stands out is the impermanent nature of all things. Events are like stones and pebbles in the great river of time which keeps flowing unabated. In life, things are to be learnt and forgotten -- learnt so that you do not repeat the same mistakes and forgotten so that they do not leave you traumatized. Here are four ways to a happier 2014:

### **Make Meditation a Part of Life**

Modern life's demands lead to stress and restlessness, which can be released through a few minutes of meditation. Meditation gives you deep rest. The deeper you are able to rest, the more dynamic you will be in activity. It is the best tool to wipe your mind clean of all past impressions that weigh you down.

Often, we get pulled in different directions and are unable to devote time to ourselves. We do not take out the time to think and reflect. This can leave us dull and tired. A few quiet moments everyday are the source of creativity. Silence heals and rejuvenates and gives you depth and stability. Sometime during the day, sit for a few minutes; get into the cave of your heart, eyes closed, and keep the world away.

### **Serve**

Make a commitment to make this world a better place to live. Do some acts of kindness without expecting anything in return. Service alone can bring contentment in life. It creates a sense of connectedness.

### **Feel Grateful**

Our love, faith, and belief should be deep-rooted, and then everything else moves on its own. The feeling that "I am blessed" can help you overcome any failure. Once you realize that you are blessed, then all the complaints and grumbling disappear, all the insecurities disappear and you become grateful, contented and peaceful.

### **Spend time with Nature**

If you are not amazed by the magnificence of this creation -- your eyes are not yet opened. Tell me, what in this creation is not a mystery? Birth is a mystery; death is a mystery. If both birth and death are mysteries, then life is certainly a greater mystery.

Just like we live in the outer world of events and circumstances, we also live in the inner world of emotions and feelings, which we are not always aware of. The distance between the outer and the inner worlds is just the blink of an eye. Yoga is the skill of keeping attention on the inner world while acting in the outer. When you are lost in the outside world, there is disharmony in the inner world and life is like a war. When you are established in the inner world, there is clarity in the outer world and life becomes a game.



## Human Values in Society

Here we look at a few key events in 2012-13 from the perspective of Human Values.

## Happiness – is not having more stuff

“Having more stuff does not make you happy.”

Diana Carney – the English born wife of Mark Carney, the new Governor of the Bank of England.

## NPC research shows small charities run by volunteers are best!

Our supporters know this already, but now it's official. Research by New Philanthropy Capital (NPC) in 2014 shows that small Charities run by Volunteers are Best!

As a small charity run by volunteers, it was a pleasure for us at IAHV UK to read the latest Research by New Philanthropy Capital which shows that:

- 66% of people prefer to donate to charities run by volunteers rather than professionals;
- 70% said they favoured charities that delivered services
- 73% preferred charities that received most of their money from the public

## What the public thinks of charities and how it affects trust

The charity sector is not alone in facing questions from the public. When it comes to openness, charities should not get a free pass, benefitting as they do from taxpayers' time and money and from public funding and tax concessions.

How does the public think about charities? What drives trust, or the lack of it? How do factors, such as whether someone donates to or volunteers for a charity, their affect trust and confidence?

Key findings by NPC in their publication a Matter of trust include:

- More than **1 in 3 people have doubts** about charities, however **the most common score is 7/10**
- **There is no one mental image** of charities: the vast majority of people (67%) think mostly about large organisations when they think of charities (vs 25% who think of small organisations)
- People are **less trusting if they mostly see charities as international (27%)** versus those who see charities as being national or local organisations (21%). The most mistrusting people are those who think charities get their funding from Government and business (55% give charities a low trust rating) and those who think they are political (47%)
- There is no one public view of charities: based on the data we have segmented the population into **informed enthusiasts (35% of the**

population), **uninformed enthusiasts (26%), uninformed detractors (20%) and informed detractors (15%)**

- **The more people know charities, the more they tend to trust them:** 69% of people who say they know 'a great deal' or 'a fair amount' about charities have high or medium trust in them
- A substantial chunk of the public, **20%, say they know little or nothing about charities and have little trust in them.**



## Chade-Meng Tan of Google on Mindfulness and World Peace



*Chade-Meng Tan of Google talking about mindfulness and World Peace at the Action for Happiness event in London on 24 April 2014*

Chade-Meng Tan (Meng) gave a talk about mindfulness and meditation in London on 24 April 2014, organised by Action for Happiness and attended by around 650 people. Meng was one of the original Software Engineers at Google. He still works for Google, but since 2007 he has focused on Mindfulness and Wellbeing.

### How can Mindfulness help you?

Meng used the analogy of exercise. Exercise gives strength. Strength gives health and fitness. This gives more energy. This means that you are better at work, so you have more success at work.

In the same way, Mindfulness strengthens the mind. This gives you mastery over attention. This allows you to calm the mind on demand. For example, in a panic, people will look to the person with the calm mind to lead them.

### Self knowledge and self mastery

Through Mindfulness you can see emotions arising. You can develop skills to see emotion arising. This enables you to undertake an accurate self assessment. This leads you to understand what makes you happy. This enables you to understand who you are. This gives you self confidence.

We experience emotion existentially: I am happy or I am sad. As your perception sharpens you move from "I am angry" to: "I am experiencing anger" Meng said this is an opportunity for Big Sky Mind thinking:

- 1) You go from: my thoughts are not me - to I am not my thoughts
- 2) From: my feelings are not me - to I am not my feelings
- 3) From: my emotions are not me - to I am not my emotions.
- 4) Sharpen your perceptions even more and you feel emotions physically.

How to develop habits? Just do something often.

### World Peace in Meng's Lifetime

Back in 2003, Meng said he wanted to create the conditions for world peace in his lifetime. For corporations he said he realised it is all about aligning peace, joy and compassion with achieving success and profits. Instead of starting with peace, joy and compassion, Meng said he realised it was necessary to start with the emphasis on success and profits. Say it is all about success and profits, but actually – which is the way to get there – it is all about developing peace, joy and happiness!

### Critical Mass to Follow Mindfulness in 1 or 2 generations

The analogy Meng used was physical fitness. Before the 1920's, the only people with an interest

in physical fitness were the military and athletes. The change started in 1927 when people at Harvard set out to show that exercise was good. They undertook a Harvard fatigue study, which showed that the fit body is different from the unfit body and that it is possible to go from unfit to fit!

The key to change is all about having a critical mass of people. Once around 10% of people do exercise and they become more fit so everyone wants to become fit. Within just one generation, Meng expects there will be enough people who have become successful because of Mindfulness. So this will lead to a big shift. People will start to realise meditation is better than physical exercise!

### What to do when you feel down?

- 1- Attention. Use your ability to calm the mind on demand. You will feel 50% better already!
- 2- Deal with the emotions in your body. See the effect on emotions of failure and success within your body.
- 3- We pay more attention to negative than to positive experiences. The impact of negative experiences is about three times greater than positive. So, for one bad thing you need to find 3 good things! This is more than just positive thinking: You need to go through the three step cycle of 1) attention, 2) effect and 3) cognitive step.

Everyone can help themselves: first is right understanding, secondly by mindfulness practice. For example, take a deep breath whenever you start up your computer, and take deep breaths whenever you are stressed. More information about Meng and Mindfulness is at [www.siyli.org](http://www.siyli.org)

**NB. Mindfulness, although not termed that, has always been a key element in the programmes run by IAHV UK.**



## IPCC Report 2014

The IPCC Climate Change 2014 Synthesis Report was direct and hard-hitting, but seemed to get less media coverage than it deserved. The implications of Climate Change present huge challenges to human values, as “Risks ..... are generally greater for disadvantaged people and communities.” Here therefore are key sections of the Report’s Headline statements from <https://ipcc.ch/>

### Observed Changes and their Causes

Human influence on the climate system is clear, and recent anthropogenic emissions of greenhouse gases are the highest in history. Recent climate changes have had widespread impacts on human and natural systems.

Warming of the climate system is unequivocal, and since the 1950s, many of the observed changes are unprecedented over decades to millennia. The atmosphere and ocean have warmed, the amounts of snow and ice have diminished, and sea level has risen

### Future Climate Changes, Risks & Impacts:

Continued emission of greenhouse gases will cause further warming and long-lasting changes in all components of the climate system, increasing the likelihood of severe, pervasive and irreversible impacts for people and ecosystems. Limiting climate change would require substantial and sustained reductions in greenhouse gas emissions which, together with adaptation, can limit climate change risks .....

Surface temperature is projected to rise over the 21st century under all assessed emission scenarios. It is very likely that heat waves will occur more often and last longer, and that extreme

precipitation events will become more intense and frequent in many regions. The ocean will continue to warm and acidify, and global mean sea level to rise.

Climate change will amplify existing risks and create new risks for natural and human systems. Risks are unevenly distributed and are generally greater for disadvantaged people and communities in countries at all levels of development.

Many aspects of climate change and associated impacts will continue for centuries, even if anthropogenic emissions of greenhouse gases are stopped. The risks of abrupt or irreversible changes increase as the magnitude of the warming increases.

### Future Pathways for Adaptation, Mitigation and Sustainable Development:

Adaptation and mitigation are complementary strategies for reducing and managing the risks of climate change. Substantial emissions reductions over the next few decades can reduce climate risks in the 21st century and beyond, increase prospects for effective adaptation, reduce the costs and challenges of mitigation in the longer term, and contribute to climate-resilient pathways for sustainable development.

Without additional mitigation efforts beyond those in place today, and even with adaptation, warming by the end of the 21st century will lead to high to very high risk of severe, widespread, and irreversible impacts globally (high confidence) .....

There are multiple mitigation pathways that are likely to limit warming to below 2°C relative to pre-industrial levels. These pathways would require substantial emissions reductions over the next few

decades and near zero emissions of carbon dioxide and other long-lived greenhouse gases by the end of the century. Implementing such reductions poses substantial technological, economic, social, and institutional challenges, which increase with delays in additional mitigation and if key technologies are not available.

### Adaptation and Mitigation:

Many adaptation and mitigation options can help address climate change, but no single option is sufficient by itself. Effective implementation depends on policies and cooperation at all scales, and can be enhanced through integrated responses that link adaptation and mitigation with other societal objectives .....

Mitigation options are available in every major sector. Mitigation can be more cost-effective if using an integrated approach that combines measures to reduce energy use and the greenhouse gas intensity of end-use sectors, decarbonize energy supply, reduce net emissions and enhance carbon sinks in land-based sectors.

Effective adaptation and mitigation responses will depend on policies and measures across multiple scales: international, regional, national and sub-national. Policies across all scales supporting technology development, diffusion and transfer, as well as finance for responses to climate change, can complement and enhance the effectiveness of policies that directly promote adaptation and mitigation.

Climate change is a threat to sustainable development. Nonetheless, there are many opportunities to link mitigation, adaptation and the pursuit of other societal objectives through integrated responses (high confidence).



## International Association for Human Values Registered Charity Number 1103261

### Registered Address:

Pear Tree House, Upper Hartfield, East Sussex  
TN7 4DX

### Bankers

NatWest Bank, Northwood Branch.

### Overview Income

Net Income for the year after the cost of generating funds was £101,282 - which is an increase of 70% on last year - and the first time that net income has been over £100,000!

We are extremely grateful to all those who have supported us. Please continue to support us for our work in 2014-15.

Particular thanks go to the organising team and runners who took part in the British 10k London fun run and made this such a fantastic success. This is our largest fundraising event and takes place every July. This year we entered 126 sponsored runners.

If you would like to participate next year, please contact Raj Ramadurai at [rrn\\_raja@yahoo.com](mailto:rrn_raja@yahoo.com).

### Charitable Expenditure

Expenditure on charitable activities during 2013-14 excluding management and administration was £82,392. Details of both income and expenditure are in the Financial Statements on the next 2 pages.

Details of what has been achieved and the activities undertaken during the year are given in earlier sections of this Report.

IAHV aims to maximise charitable expenditure. The aim is to raise the maximum funds possible from gifts, donations and grants, and to invest this in suitable projects. However at any point we need to hold a provision in reserve to cover known outgoings, such as professional and auditing fees. We are also keen to have available reserves to enable an effective response in the event of some crisis, in the UK or elsewhere, requiring support.

As in previous years, during 2013-14, because of delays on the part of intended recipients in providing the required information, we are obliged to retain significant funds we had hoped to pass across. We intend to apply these to charitable purposes in line with our mission statement during 2014-15.

Many of our donations are restricted for use for specific purposes. At 6 April 2014, the total of unrestricted and unallocated funds available is £137,107.

### Head of IAHV (UK)

The Head of IAHV (UK) is Sue Hindle

### Trustees

The trustees of IAHV (UK) are:

Sue Hindle  
Jenny Pruess  
Radhe Chellaram  
Gordon Herrald  
Madhu Rao

### Gifts and Donation Income

IAHV is happy to accept donations for specific purposes, such as Gift a Smile. Unless donors express a specific preference, we prefer donation to be unrestricted, as this gives us maximum flexibility to use funds in response to specific needs.

### IAHV Cost-effectiveness Maximises the Impact from Donations

Through IAHV's philosophy of providing opportunities for voluntary, unpaid service to society, IAHV can make every £1 donated go so much further than larger organisations that pay for premises and pay salaries to staff members. Through the generosity of donors who cover what little expense we do have, we can guarantee that 100% of project specific donations go directly to those projects to help those in need.

From March 2013, IAHV UK commissioned Dr Katrien Hertog to work on delivering the Peacebuilding and Prison SMART projects.

In addition, where donors use Gift Aid, we can increase the value of donations by 25p for every pound given, through reclaiming tax back from the Government.



The statements on this and the following page are an extract from the 2013-14 Audited Accounts

Statement of Income and Expenditure IAHV (UK) for year ended 5th April 2014		Apr 6, 2013- Apr 5, 2014	Apr 6, 2012- Apr 5, 2013	Apr 6, 2011- Apr 5, 2012
<b>Income</b>				
<b>Gifts and Donations Income</b>				
	Gift a Smile	£19,114	£21,855	£10,597
	Assam Relief		£1,955	
	Srilanka Refugee Project		£120	£89
	Prison SMART (Slipper Campaign)	£7,324	£333	
	Peacebuilding	£13,614		£51
	Library Project	£120		
	Iran		£336	£1,216
	Palestine		£99	£14
	Miscellaneous (inc infrastructure)	£19,035	£28,459	£16,907
	Haiti		£5,205	£3,152
	Disaster relief	£35,517	£3,072	£995
	Care for Children			£2,783
	TLEX	£6,455		
	Manage Your Mind	£6,612	£290	
	Croydon Youth Project	£689	£2,179	
	Interest	£21	£20	£20
<b>Total Income</b>		<b>£108,501</b>	<b>£63,923</b>	<b>£35,824</b>
<b>Less Cost of Generating Funds - 10k Run</b>		<b>-£7,198</b>	<b>-£5,438</b>	<b>-£2,175</b>
<b>Net Incoming Resources available for charitable purposes</b>		<b>£101,303</b>	<b>£58,485</b>	<b>£33,649</b>



Statement of Income and Expenditure IAHV (UK) for year ended 5th April 2014		Apr 6, 2013- Apr 5, 2014	Apr 6, 2012- Apr 5, 2013	Apr 6, 2011- Apr 5, 2012
<b>Charitable Expenditure</b>				
<b>Grants Paid</b>				
	Gift A Smile	£32,057	£21,022	£12,820
	Assam Relief		£1,733	
	Srilanka Refugee Project			
	Disaster Relief	£23,035		
	Prison SMART	£5,117	£27	
	Yes	£900		
	Haiti		£6,042	£9,040
	Pakistan relief			£6,020
	Peacebuilding	£13,815		
	Africa	£4,008		
	Manage Your Mind	£3,460	£411	
	<b>Total Grants Paid</b>		<b>£29,235</b>	<b>£27,880</b>
	Management and Administration		£2,118	£3,408
	<b>Total Management and Administration</b>	<b>£1,600</b>	<b>£2,118</b>	<b>£3,408</b>
	<b>Total Charitable Expenditure</b>	<b>£83,992</b>	<b>£31,353</b>	<b>£31,288</b>
	<b>Net Movement in Funds</b>	<b>£17,311</b>	<b>£27,132</b>	<b>£2,361</b>
	<b>Total Funds brought forward from previous year</b>	<b>£132,395</b>	<b>£105,263</b>	<b>£102,902</b>
	<b>Total available funds carried forward for future Charitable Expenditure</b>	<b>£149,707</b>	<b>£132,395</b>	<b>£105,263</b>



## IAHV UK Contact Points

Sue Hindle  
Trustee, IAHV  
+44 (0)1342 822927  
Email: [sue.hindle@iahv.org.uk](mailto:sue.hindle@iahv.org.uk)  
[www.iahv.org.uk](http://www.iahv.org.uk)

### IAHV Regional Branches

As part of raising awareness of human values, IAHV UK is supporting the setting up and development of IAHV Regional Branches to meet the need for volunteers in their local area.

#### IAHV North London Branch

Please contact Ameet Aggarwal at  
[Ameetaggarwal108@gmail.com](mailto:Ameetaggarwal108@gmail.com)

#### IAHV London South

Please contact Kalpa Jhalla at  
[Kalpa108@yahoo.com](mailto:Kalpa108@yahoo.com)

#### IAHV East London

Please contact Shailen Mittal  
[shailen.mittal@iahv.org.uk](mailto:shailen.mittal@iahv.org.uk)

#### IAHV in Kent

Please contact Farnaaz Sharief at  
[farnaaz.sharief@iahv.org.uk](mailto:farnaaz.sharief@iahv.org.uk)

#### IAHV in Doncaster and Leeds

Doncaster and Leeds have an active group of volunteers. Contact Ravi Karwa at  
[ravi\\_karwa@hotmail.com](mailto:ravi_karwa@hotmail.com)

#### IAHV Midlands

Please contact Raj Fulchand at  
[Raj\\_fulchand@artofliving.org.uk](mailto:Raj_fulchand@artofliving.org.uk)

#### IAHV Edinburgh, Scotland

Please contact Gauri Priya at  
[Gauri\\_priya@yahoo.com](mailto:Gauri_priya@yahoo.com)

#### IAHV Aberdeen, Scotland

Please contact Monisha Karmakar at  
[monisha.karmakar@gmail.com](mailto:monisha.karmakar@gmail.com)

#### IAHV Guernsey Branch

Contact Julie Madeley at  
[julie.madeley@cwgsy.net](mailto:julie.madeley@cwgsy.net)

#### IAHV Website

IAHV UK Website: [www.iahv.org.uk](http://www.iahv.org.uk)

This aims to provide latest available information about IAHV and our project work. This also links to the IAHV international site, [www.iahv.org](http://www.iahv.org),

You can receive updates and information from IAHV by email, please register with our website.

#### IAHV UK Newsletter Updates

Thanks to the enthusiasm of new volunteers, we started an IAHV UK Newsletter in early 2012. You can register to receive this on our website:  
[http://www.iahv.org.uk/index.php?option=com\\_comprofiler&task=registers](http://www.iahv.org.uk/index.php?option=com_comprofiler&task=registers)

#### Your Inputs to the Website

Website Coordinator is Gordon Herral. If you have any updates, please contact Gordon on  
[gordon.herral@iahv.org.uk](mailto:gordon.herral@iahv.org.uk)



## IAHV International Contact Points

The International Association for Human Values (IAHV) is a worldwide organisation operating in over 20 countries. Contact points for some of the IAHV International organisations are set out below.

### International

IAHV Geneva  
Contact: Werner Peter Luedemann  
Tel: +41 -22 - 738 28 88 [geneva@iahv.org](mailto:geneva@iahv.org)

### Countries

#### Australia

International Association for Human Values (IAHV)  
Contact: Lavinia Scott-Sellars  
[iahvaustralia@iinet.net.au](mailto:iahvaustralia@iinet.net.au)

#### Canada

International Association for Human Values  
Canada (IAHVC) Contact: Susannah Rowley  
(877) 414-7355 #703 toll free- Canada/USA  
Website: <http://dmspropertyottawa.wix.com/iahv#!>

#### Denmark

International Association for Human Values (IAHV)  
Contact Pia Maria Soerensen  
[pia.soerensen@c.dk](mailto:pia.soerensen@c.dk)

#### Dominica Republic

International Association for Human Values (IAHV)  
Contact: Laura Lucia [laura@iahv.do](mailto:laura@iahv.do)

#### Dubai – UAE

International Association for Human Values (IAHV)  
Contact: Vanya Vora [vanya.vora@iahv.org](mailto:vanya.vora@iahv.org)

#### France - AIHV

Association Internationale pour les Valeurs  
Humaine (AIHV-France).  
Contact: Phillippe Gaudrat [philippe.gaudrat@iahv.fr](mailto:philippe.gaudrat@iahv.fr)

#### Germany

International Association for Human Values (IAHV)  
[germany@iahv.org](mailto:germany@iahv.org)

#### India

International Association for Human Values (IAHV)  
Contact: Sangita Gujrati [iahv.blr@gmail.com](mailto:iahv.blr@gmail.com)

#### Italy

International Association for Human Values (IAHV)  
Contact: Beatrice Iulini [info@iahv-italia.org](mailto:info@iahv-italia.org)

#### Jordan

International Association for Human Values (IAHV)  
Contact: Iman Mutlaq [Iman@sigmaltd.org](mailto:Iman@sigmaltd.org)

#### Kenya

International Association for Human Values (IAHV)  
Contact: Monika Fauth Tel: +254.721.27 55 38  
[info@artofliving.co.ke](mailto:info@artofliving.co.ke)

#### Malaysia

IAHV Malaysia  
President: Mme. Lau Song Nghoh  
Email: [malaysiaiahv@gmail.com](mailto:malaysiaiahv@gmail.com)

#### Mexico

Association por los valores humanos I.A.H.V.  
Contact: Martine Cotinat [martine@iahv.org](mailto:martine@iahv.org)

#### Morocco

International Association for Human Values (IAHV)  
Contact: Brahim Slaoui [islaoui@mafoder.co.ma](mailto:islaoui@mafoder.co.ma)

#### The Netherlands

International Association for Human Values (IAHV)  
Contact; Ewald Poeran [e.k.poeran@iahv.nl](mailto:e.k.poeran@iahv.nl)  
Website: [www.iahv.nl](http://www.iahv.nl)

#### Norway

International Association for Human Values (IAHV)  
Contact: Hugo Limkjær [hugo.limkjaer@iahv.no](mailto:hugo.limkjaer@iahv.no)  
Website: [www.iahv.no](http://www.iahv.no)

#### Russia

International Association for Human Values (IAHV)  
Contact: Elena Senchenko  
[senchenko.elena@list.ru](mailto:senchenko.elena@list.ru)

#### Slovenia

International Association for Human Values (IAHV)  
Contact: Andrej Trampuz  
[andrej.trampuz@siol.net](mailto:andrej.trampuz@siol.net)

#### South Africa

International Association for Human Values (IAHV)  
Contact: Yvonne Kgame [kgamey@sabc.co.za](mailto:kgamey@sabc.co.za)

#### Thailand

International Association for Human Values (IAHV)  
Contact: Nukul Saelee [thailandiahv@gmail.com](mailto:thailandiahv@gmail.com)

#### UK

International Association for Human Values (IAHV)  
Contact: Sue Hindle Tel : +44 (0)1342 822927  
[sue.hindle@iahv.org.uk](mailto:sue.hindle@iahv.org.uk)  
Website: [www.iahv.org.uk](http://www.iahv.org.uk)

#### USA

International Association for Human Values (IAHV)  
Contact: Filiz Odabas-Geldiy [usa@iahv.org](mailto:usa@iahv.org)  
Website: [www.iahv.org/ca-en](http://www.iahv.org/ca-en)