

HUMAN VALUES



**International Association
for Human Values**

**Annual Report and Review
UK Branch
2014-15**

**Registered Charity Number 1103261
www.iahv.org.uk**

**Cultivating Humanity
Transforming Lives**

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Transforming Lives**

Today there are over 60 million refugees across the world, mainly as a result of conflict. In 2014/15 we focused on our work in Peacebuilding, to play a part in bringing peace to this very troubled world.

In 2015, we successfully proved our unique approach to Peacebuilding to local organisations in Lebanon, and participated in scoping workshops in Erbil, Iraq.

We are currently seeking opportunities to expand our work in Peacebuilding



About the International Association for Human Values



After the Earthquake, Children in Nepal. Generous donors to the IAHV UK Fundraising campaign contributed over £20,000 towards trauma relief and the rebuilding of Nepal.

Who We Are

Our mission is to transform lives by cultivating the human values that unite us as a community.

We transform lives of individuals affected by disasters, conflict, trauma and stress, and children not in education.

Awakening the innate values of friendliness, understanding and compassion, we enable people to achieve peace within themselves and with those around them.

Using proven methods, we empower individuals and communities to transform, focusing in particular on:

- Stress management and trauma relief
- Providing education for children who would otherwise not get an education at all
- Disaster Relief
- Peacebuilding for victims of conflict
- Rehabilitation of prisoners
- Empowering young people to become leaders & agents of change to improve their community
- Reducing poverty and improving health, especially mental 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. In most of these countries, IAHV is established as a charitable organisation 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, are available on our website 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 abound:

- 57 million children of primary age worldwide are not in school
- 10% of the world is living in extreme poverty with income of less than \$1.90 per day.
- Stress, depression and substance dependence are rising, leading to breakdowns in relationships and social structures
- 44% of the UK population suffers from stress,, 12% for over 1 year (BUPA study 2013)
- 30% of UK GP Appointments concern stress
- With over 60 million refugees forced to flee their homes, according to the UN, the world is facing the worst refugee crisis in modern times.

Technological and economic growth has not been matched at a humanitarian level. Self-interest and materialism tend to predominate, while the human values essential for 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 2015

What are Human Values?

Human Values are those fundamental 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

Values for living in our busy World

How often do we consider our values? Our values guide our actions and define how others see us, but do we really live healthy values? Are your values supporting and enhancing your life and relationships? Explore with us the role of human values in life for uplifting yourself and those around you.

Living Human Values

Caring for others, friendliness to strangers, generosity and peace are amongst the many human values which we all seek in those around us and which distinguish a civilised society. With the pressures of time, stress, tiredness, competition and self-interest, we all lapse in our expression of these. We are aware regularly of times, where we have fallen short of how we would want to treat others, or be treated.

IAHV's aim is to increase awareness of this and raise our expression of human values, to enable more of us live these ideals spontaneously in our day-to-day lives and interactions with others.

Our Human Values Based Approach

Human Values are not abstract ideals to aspire to, but are at the core of our essential nature as human beings. They are evident when we are unstressed, our energy is strong and life is in balance. Our values and capacities flourish in these conditions. Dysfunction and disturbance arising from negative emotion and anxiety can be greatly reduced and managed if we wish.

IAHV runs programmes with a very practical and proven approach which uplifts Human Values in

individuals and communities using integrative tools and breathing based techniques. These not only reduce stress-induced symptoms, but also increase resilience, foster critical thinking, empowerment and capacity to cope with powerful negative emotions, anxiety and conflict.

Empowering Individuals and Communities

This practical and values based approach transforms 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 foster human values, producing a spirit of cooperation, generosity and sharing, honesty and integrity, peace, contentment, and caring for the planet, time and again strengthening individual and community spirit

We are a Volunteer Managed Organisation

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

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.

Please support us

Through supporting IAHV, you can play a part in cultivating humanity and transforming lives of those affected by disasters, conflict, trauma and stress, child poverty, and children who are not in school.



Trauma Relief in Nepal. Our Ground team worked closely with the Nepalese authorities and military – and are here conducting a Trauma Relief session for the Nepalese Military.

What We Do

Cultivating Humanity, Transforming Lives

We transform lives by raising the human values that unite us as a community, through our proven integrated, holistic approach.

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. “Educating children —particularly girls — has the greatest impact on eliminating poverty.”

World Bank September 2010

Peacebuilding

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.

Disaster Relief

Natural disasters frequently leave whole communities with nothing. IAHV supports disaster relief and 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 2015 Nepal Earthquake.

Our Partners

Some projects are undertaken by means of grants from us to Implementation Partners who are responsible for operational delivery. The worldwide Art of Living Foundation having a presence in over 150 countries is an important source of volunteers.

Raising Human Values

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.

Volunteering benefits self and 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.

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. We have volunteer roles for all skills, from straightforward tasks through to complex management and fundraising roles.



This is the 11th Annual Report of the International Association for Human Values, UK Registered Charity No. 1103261 for the year 2014-15 ending 5th April 2015.

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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Trustee, IAHV

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www.iahv.org.uk

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Achievements in 2014-15



The London 10k Fun Run 2014. This is IAHV UK's largest fundraising event and the July 2014 Fun Run was one of our most successful, raising £25,000



A group of IAHV runners ready for the 'off'.

- **Net Income 2014/2015 of £106,273**
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 2014 Annual 10k London Fun Run raised over £25,000 before costs, plus there was further generous sponsorship of £1,000 from Ekavat Solutions and £1,500 from Matta's International Foods.
- **£22,030 to educate children.**
Despite the economic progress of India, there are 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. This Gift a Smile programme supports over 400 schools which educate over 43,000 pupils for around £100 each per year.
- **Prison SMART**
Prisons are amongst the most stressful places on earth. Since 2013-14, IAHV UK delivered a paid programme of Prison SMART courses at Thameside Prison, which have been extremely well received both by inmates and staff.
- **Breathe SMART**
Some good progress was made with this complementary programme to PrisonSMART supporting offenders and those on the fringes of society, within the community.
- **Peacebuilding.**
Led by Dr Katrien Hertog, our Peacebuilding team completed its first phase of development and training and conducted a successful pilot project in Lebanon to prevent and transform extremism. It also participated in a scoping project in Iraq, both projects in partnership with other organisations. **This team also raised over £28,000 in 2014/15 to fund this work**
- **75% + reduction in Anxiety and Depression through the Manage Your Mind Programme**
Free weekly workshops have been provided by IAHV since January 2013 in Medway, Kent to support those affected by Stress, Anxiety and Depression. For people who completed the Manage Your Mind programme (8 weekly sessions and a weekend workshop):
 - Levels of Anxiety were significantly reduced by 80% ($p < 0.001$)
 - Levels of Depression were significantly reduced by 75% ($P < 0.001$).
- **Sri Lanka Children's Home**
A project we started previously with a grant to replace roofs on the Batticoloa Children's Homes, was finally completed and the roofs satisfactorily constructed. A donation was also made for running costs of the homes.
- **Plan for New Website and New Messaging**
If you would like to help us with this project and grow our organisation, please email gordon.herrald@iahv.org.uk



IAHV UK Trustee's Report 2014-15

Report by Sue Hindle, Trustee and Head of IAHV UK



I am pleased to report that we had an excellent year. Highlights included:

- Net income at £106,273 was over £100,000 for the second year running
- For the second year we continued to deliver paid Prison SMART courses in the UK
- Manage Your Mind, our community mental health project in Kent has produced excellent results which in 2015 were validated by the University of Kent. This has shown that people who completed the Manage Your Mind programme (8 weekly sessions and a weekend workshop):
 - Levels of Anxiety were significantly reduced by 80% ($p < 0.001$)
 - Levels of Depression were significantly reduced by 75% ($P < 0.001$).

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 our approach 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 – Reducing Stress, Transforming Lives

The initiative of Dr Farnaaz Sharief to launch a social initiative in Medway to promote mental health has again made very good progress.

We contracted with the University of Kent to analyse the results for the last 2.5 years, and they confirmed the excellent results. This has shown that for people who completed the Manage Your Mind programme (8 weekly sessions and a weekend workshop):

- Levels of Anxiety were significantly reduced by 80% ($p < 0.001$)
- Levels of Depression were significantly reduced by 75% ($P < 0.001$).

Thanks to the generosity of a donor with a particular interest in technology, we were also able to give the go-ahead to develop a WebApp to support the Home Practice of those who have completed the Manage Your Mind course. This is expected to be available in early 2016. The aim is to strengthen people's everyday practice and enable them to integrate the positive learnings more effectively into

their everyday lives, for sustainable long term benefit.

The plan is that over time this app will become self-funding by making a small charge for users. Manage Your Mind will continue to be available free to all to attend.

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, although as ever there are the usual operational ups and downs caused by the demanding and changeable logistic environment. However the offenders continue to give 'rave reviews' and the numbers attending and the level of engagement have improved.

A key element of our initiatives is the thorough evaluation of their impact and outcomes to validate the effectiveness 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.

We also made good progress across 2015 in the development of the Breathe SMART programme for offenders within the community, and others on the fringes of society. It was very satisfying when graduates of the programme in prison, sought out and attended the community programme in Hackney.

Peacebuilding Pilot Project in Lebanon

Just 2 years after the launch in March 2013 of our innovative Peacebuilding project, we were very pleased that the Peacebuilding team undertook a successful pilot project in Lebanon in May 2015 to prevent and transform extremism.



Trustee's Report

Our team also participated in a scoping project in Iraq at the invitation of renowned International peacebuilder Kai Jacobsen.

In Dec 2014 an important milestone was passed in the development of the programme with a well attended International training programmed for prospective volunteers and teachers.

Peace is a core value of IAHV. Our Peacebuilding programme offers a different approach to other providers. It provides a 'missing link' addressing the deeper personal needs of the individuals targeted, to enhance the possibility of successful outcomes.

World Peace Meditation

Following the success in September 2014 of our World Peace Meditation Mobile App, in 2015 we partnered with Unify for peace events on 21 September 2015.

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. £ 22,030 was sent for the schools this year.

10k Fun Run July 2014

The highlight of our year's fundraising efforts, the annual fundraiser, the British 10K Sponsored Run in July 2014 was again a major success and 108 runners raised £25,000 net of costs.

Runners chose to run for a wide range of causes, the major beneficiaries were £7825 for Disaster Relief, £3773 for Gift-a-Smile, and £5198 for 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 huge crowds of participants and supporters in central London.

Thanks for this excellent fundraising effort go to the donors and the runners and especially to the organisers of the July 2014 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 all involved!

Over £20,000 raised for Nepal



Trauma Relief for victims of the Nepal Earthquake

The Nepal earthquake in April 2015 and the terrible destruction it caused touched the hearts of millions across the World. IAHV UK took a lead alongside IAHV USA in fundraising for our team out there. Thanks to the ubiquitous use of social media we were able to keep in close touch with those on the

ground who kept us up to date, involved and sent many excellent photos directly of the work being done.. We managed to raise over £20,000 for the earthquake victims thanks to the generosity of our UK supporters.

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 Or Gordon Herral at 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



Charitable Purposes

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

‘For in the final analysis, our most basic common link, is that we all inhabit this small planet, we all breathe the same air, we all cherish our children's futures, and we are all mortal.’

John F. Kennedy (1917 - 1963), Speech at The American University, Washington, D.C., June 10, 1963



Fundraising campaign poster for victims of the Nepal Earthquake

- 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

Cost efficiency of IAHV UK

By providing opportunities for voluntary, unpaid service, IAHV makes every £1 go much further than larger organisations with premises, and wages to pay to staff and street fund-raisers. Through the generosity of donors who cover what little expenses we do have, we guarantee that 100% of donations to a specific project goes directly to that project.

Please use GiftAid, to increase the value of your gift by 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.



Our Charitable Purposes, Aims and Objectives

Main Objectives of IAHV UK, Achievements in 2014-15 and Plans for 2015-2016

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 2014-15 we raised an extremely satisfactory net total of £106,273 by:

- Direct fundraising
- British10k London Run which raised £25,000 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 is a powerful 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 especially in rural, tribal and slum areas of 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 generated £ 29,209 in income in 2014-15 to cover the costs of this. We are keen to expand this work to other prisons in the UK. The BreatheSMART community offender programme also addresses this.
- 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 Manage Your Mind reduces Anxiety by 80% and 75% reduction in Depression. We received grant funding of £5,500 from Medway Council.

9) Help for Victims of disasters.

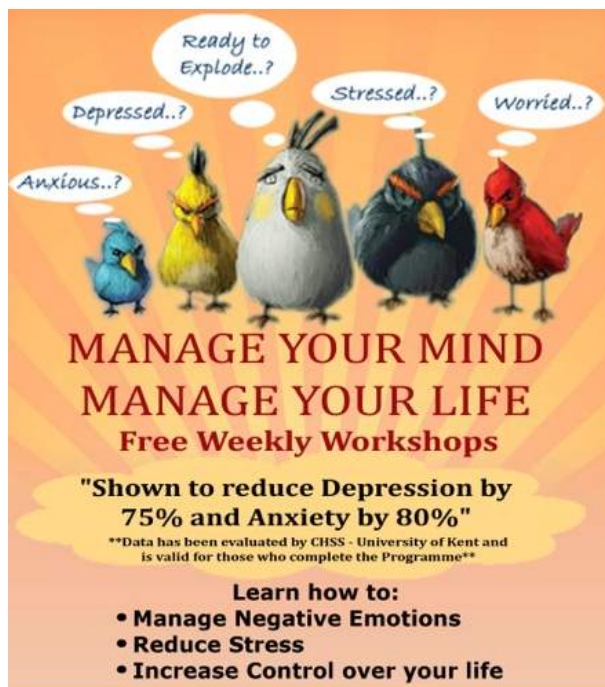
IAHV UK raised funds to help in the aftermath of the 2004 Tsunami and hurricane Katrina. Our project for the Kashmir Orphanage and School arose out of the 2005 Earthquake in Kashmir. For the victims of the 2010 Earthquake we raised £10,000 in 2010 and a further £9,000 in 2011-12. In 2010-11 we raised £7,000 for victims of the Pakistan floods. In 2013 we raised £32,000 for the victims of the Uttarakhand Floods in Northern India. In 2014 we supported the victims of the Balkan flooding and in 2015 we raised over £20,000 for victims of the earthquake in Nepal.

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 experience of and engagement with 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 its projects.



Excellent results achieved by the Manage Your Mind Project were validated by University of Kent

IAHV (UK) Project Overview 2014-15

As part of meeting our charitable objectives, we support projects in the UK and overseas. Our main focus is on those who are disadvantaged – eg supporting the education of children who would not otherwise go to school. 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. For latest updates on all our projects see www.iahv.org.uk

- **Peacebuilding**
- **Manage Your Mind Stress Reduction in Kent**
- **Prison SMART**
- **Uganda Handicrafts and Agriculture**
- **Gift a Smile**
- **Read Library Project**
- **Sri Lanka Children's Home**

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

Projects Delivered both direct and indirect

Many of our projects are achieved by means of grants to other organisations who undertake operational delivery. These are often other branches of the IAHV organisation, as in the case of Disaster Relief effort following the Nepal Earthquake in 2015 and the Uttarakhand Floods.

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.

The thing that lies at the foundation of positive change, the way I see it, is service to a fellow human being.

Lech Walesa

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.



Successful Pilot of our Peacebuilding in Lebanon



Lebanon in May 2015 still pockmarked with bullet holes from the war



Special Mission – our Peacebuilding Team arriving in Lebanon.

Led by Dr Katrien Hertog, the IAHV Peacebuilding project was set up in April 2013 to transform the hearts, minds, attitudes and behaviours of people engaged in or affected by conflict and violence in the world today.

Objectives of IAHV Peacebuilding 2013-2015:

- To develop organisational capacity (staff, partners, skills training, materials, funding)
- To implement training programmes in conflict zones and for peacebuilding organisations
- To increase understanding and appreciation among decision-makers, donors, scholars and practitioners about IAHV Peacebuilding

Training 25 Peacebuilders

IA key milestone was the first of its kind “IAHV Professional Peacebuilding Skills Training which took place in December 2014 in Bad Antogast, Germany, with 25 committed IAHV volunteers from across the world. This training was led by IAHV Peacebuilding Global Adviser Kai Brand Jacobsen, a leading pioneer and practitioner in the field of peacebuilding. In addition, IAHV Peacebuilding can also rely on the moral support of peacebuilding icon, scholar, practitioner and IAHV global adviser John Paul Lederach.

Engagements in Lebanon and Iraq

Engagements in Lebanon and Iraq in 2015 have shown that there is a huge need, broad receptiveness, immense benefit and urgent demand for IAHV Peacebuilding programs on the ground in conflict and war zones.



Peacebuilding Workshop participants Lebanon in May 2015

Successful Scoping Project in Lebanon

Starting in February 2015, a comprehensive 5 month scoping project was undertaken to identify the peacebuilding needs and opportunities in Lebanon. Participants targeted included Iraqi and Syrian refugee youth, vulnerable Lebanese youth in conflict areas, and peace and social workers.

The results were excellent. Participants reported immense benefit for their personal lives, professional performance and conflict context. Many called for the integration of our programmes in working and conflict contexts and in Lebanon and Syria as a whole. Five months of engagement on the ground in Lebanon have also resulted in gaining a wide network of contacts.

For further information see www.iahv.org.uk



IAHV Peacebuilding in Erbil – Kurdistan/Iraq

IAHV Peacebuilding was invited by the Department of Peace Operations (DPO) in Iraq to assist for 2 weeks in Erbil/Dohuk from June 10th to 21st 2015 with 3 different missions:

- To provide support to a group of youths in training, with rehabilitation techniques as most of them still suffer from trauma, fear, and anger.
- Scoping visits to meet key local, national and international organisations and UN agencies involved in peacebuilding missions in the region.
- To participate in the first ever Multi-Stakeholder meeting in Erbil, gathering the lead peacebuilding actors in the field to evaluate gaps and synergies.

Background

The visit was part of the Iraq Peacebuilding Country Programme and was implemented in partnership and cooperation with the Iraqi organisation Al Mesalla and Un Ponte Per - an Italian organisation with more than two decades experience working in peacebuilding and nonviolence in Iraq. Their programme focuses on training, empowerment of and support to Iraqi peace workers and peace teams from across all of Iraq's ethnic / national and religious communities - beginning first in the KRG /Kurdistan/ Northern Iraq and then growing across the country.

IAHV Peacebuilding was involved with DPO in this programme since its launch February/March 2015.

Nina Noorali from Belgium attended on behalf of IAHV Peacebuilding and presented two trainings in Erbil and Dohuk, which comprised:

- Trauma counselling and recovery and healing for people and communities affected by the war / violence
- Mediation and conflict transformation/peacebuilding interventions to address specific conflicts
- Strengthening and empowerment/mobilisation of local communities and civil society capacities for peacebuilding in KRG/northern Iraq and across Iraq more broadly

June 11th - 15th Erbil

A group of 22 young people came together from Dohuk and Erbil, including 2 Lebanese peace volunteers and 2 Syrian refugees to deepen their peacebuilding skills.

IAHV PB's role during the training was to provide self care and healing practices to the group at the start and end of every daily session. Some feedback after 5-10min of breathing exercise:

"I had so much tension in my shoulders and I feel that it has all vanished" - Shayma, IDP

"I wish to transmit these techniques to others who suffer so much" - Lekar, Pax volunteer

Outcome :

The main outcome was that the Citizens' Peace Movement will now be working to form 'Peace Circles' offering peace education, trauma healing in camps, dialogue facilitation, campaigning, social media for peace, etc....

Activity 2: Scoping visits

June 16th-18th Erbil & Dohuk
The purpose of the meeting was to understand their involvement as well as explaining DPO's and IAHV PB's role in the peacebuilding field.

During the meeting, the main focus of discussion was the lack of joint efforts between actors to achieve a bigger impact towards peace with a view to getting their buy-in and full participation in the Multi-Stakeholder meeting to promote synergies and more effective joint collaboration.

Most of the actors met emphasized the high need for effective Trauma Healing, validating the IAHV PB role and purposes. There was also a strong interest in providing self care strategies and healing to aid workers who are close to burn out.

June 20th-21st Erbil

This two day meeting gathered some 25 organisations around the table including UNICEF and UNDP to discuss genuine needs and gaps in the peacebuilding field as well as goals and recommendations moving forward. Group activities included Social Cohesion and Reintegration and return of IDPs (Internally Displaced Persons).

Further Information

For further information see www.iahv.org.uk



Balkans Flood Relief: Support for local volunteer initiatives in Serbia & Bosnia



The flooding left huge numbers homeless with nothing, resulting in considerable stress & distress



Trauma relief programmes were run throughout the community for all ages.

In May 2014, the Balkans suffered the heaviest rainfall in over 120 years with Serbia and Bosnia suffering the worst damage. At least 62 people had died as a result of the flooding, and hundreds of thousands were forced from their homes. The town of Obrenovac in Serbia was the worst affected with an estimated 90% of the town flooded. The entire city of more than 30,000 was evacuated. Homes were destroyed and livelihoods lost.

In response to this crisis IAHV launched an appeal and supported local volunteers working on the ground from our partner organisation, the Art of Living, to conduct a humanitarian initiative providing trauma relief workshops, material support and aid. £3000 was provided by IAHV UK for this from an appeal and with matched funding.

The team in Serbia found a community in a serious state. Huge numbers had lost everything and were living in shelters with no medical or psychological support and everything was in short supply.

Each weekend volunteers travelled into the area from Belgrade and elsewhere to bring in supplies, run trauma relief initiatives, help with the clean up of homes, and give general care and support to a community in dire need.

The initiatives were provided across all strata of society, children, adults and the elderly. Programmes were taken to the sick and disabled in their temporary accommodation, as well as being given in hotels, refuges, public spaces and outdoors. Essential goods were supplied following appeals such as soap and cosmetics, children's clothing, a wheelchair, bedding, furniture, food, toys and much more.

Practical help was also given as volunteers with practical skills were found to do work on some properties to make them habitable and enable families to return

Local radio, TV and media generally covered the work being done by the volunteers, resulting in a flood of donations of material goods, money, and accommodation. Belgrade city council provided a truck and driver to bring these to Obrenovac.

An essential part of the initiative was the involvement of the community itself in the work, to assist with support of the workshops. This greatly enhanced the range of cover and engagement. Also local people were taken on as volunteers to continue with the conduct of sessions providing the stress reducing, relaxation sessions, after the departure of the outside volunteers.

The team returned to give ongoing support to the continuation of local initiatives in January and February 2015 and received a very warm reception

A similar programme was carried out by the local Bosnian group for their communities devastated by the flooding. They collected funds and material donations from around the region and IAHV UK donated £3000 also from direct donations and matched funding.

After much careful consideration and research they opted to invest this into rehousing 2 families in time for winter, by supplying materials and labour to do essential repairs to their properties badly damaged by flooding and landslides.



Manage Your Mind achieves 80% reduction in Anxiety and 75% reduction in Depression

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.



The Project supported our wonderful volunteers to attend an Advanced Training Course in August 2014 – shown here on the course with Trustees Sue Hindle and Gordon Herrald



Manage Your Mind participants and Volunteers

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 8 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.

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 for Depression (PHQ-9) and Anxiety (GAD-7) to monitor their response to therapy.

The professional service works closely with local GP's, and other community based organisations such as KCA who signpost 20% of their clients to the service. The service is managed by Dr Sharief and her team of 8 volunteers - all of whom have completed and benefitted from the workshops.

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

In September 2015, the Manage Your Mind Programme was externally evaluated by the Centre for Health Services Studies (CHSS) at The University of Kent. They evaluated measures for people who participated in one or more Manage Your Mind weekly sessions (584 people) and people who completed the Manage your Mind programme (102 people).

For people who completed the Manage Your Mind programme (8 weekly sessions and a weekend workshop):

- Levels of Anxiety were significantly reduced by 80% ($p < 0.001$)
- Levels of Depression were significantly reduced by 75% ($P < 0.001$).

The success of the workshop locally resulted in Dr Sharief receiving The Pride of Medway Award in the community service category in 2014.

The programme has been recognised, endorsed and is partly funded by The Adult Social Care Directorate of The Medway Council and The Medway Adult Community Learning 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."

Further Information

For latest updates see www.iahv.org.uk
[/www.youtube.com/watch?v=su8_QRHivEk](https://www.youtube.com/watch?v=su8_QRHivEk)
www.manageyourmind.org.uk/
www.facebook.com/manageyourminduk?fref=ts



Nepal Earthquake Disaster Relief



Trauma Relief Session for young children

Can you help us? Please Donate now:
<https://www.justgiving.com/ReliefNepal/>

The world was in shock at the scale of devastation of homes, infrastructure and loss of irreplaceable historic buildings resulting from the Nepal earthquake on 25 April 2015.

In the first few days, IAHV worked with over 8,000 local volunteers from the Art of Living in Nepal. This local team worked closely with the Nepal Government to deliver both immediate material aid and our unique trauma relief.

Ongoing Need is help with rebuilding

Over 500,000 homes were totally destroyed and over 250,000 were partially destroyed. Even now, many months on from the earthquake, there is still a huge need for rebuilding. A key focus of the IAHV rebuilding plan is to build 13 earthquake proof community centres and 300 temporary shelters.

The Disaster Relief Operation

The local volunteers worked in 13 of the 20 districts affected by the earthquake, including many remote villages.

Because of the aftershocks – over 100 of magnitude 4 or over – many of those who had homes are too scared to sleep there.

Within just one month of the earthquake, our Ground Team had obtained and distributed food including rice, dhal, cooking oil and food packets, and purchased medicines. They purchased and distributed 4,000 to 5,000 blankets.

Particularly important was the need to provide shelter. The volunteers distributed 7,000 to 8,000 tents, each with space for 10 people. They were also able to shelter around 500 people in local Art of Living run Community Centres.



Housing ruined by the Earthquake

Further Information

A short 5 minute video was put together around 30 days after the first main earthquake on 25 April 2015: <https://vimeo.com/131392861> including

- Districts and Villages covered; Volunteers engaged
- Tents and Food distributed
- Reaching out to survivors with Trauma Relief workshops
- Mid-term Relief plan going forward

For latest updates see www.iahv.org.uk



Prison SMART success at HMP Thameside

Prison SMART takes off in 2014 -15

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 return back there. 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.

The programme has now completed 2 years within Thameside Prison with a contract for 10 courses across 2015.

The courses have been 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 participateIn 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 calmThis 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.

Further Information

For latest updates see www.iahv.org.uk

And www.prisonSMART.eu/

For Video see www.prisonSMART.eu/



Women's Empowerment Project in Uganda

The project is catalysing the social and economic empowerment of 176 women in 5 rural villages.

Discrimination against women is a prominent characteristic of Uganda's social structure and remains one of the greatest inhibitors to Uganda's prosperity. Through production of handicrafts, and Village Savings and loans and Leadership Workshops, and training in various skills this project is enabling women to get their families above the breadline.

Run by Empowered Voices based in Massachusetts, USA, IAHV UK provided an initial \$7,050 of seed funding in 2013, and a further \$4,355 in 2014 to pay for a project office/community centre.

The project has evolved and grown over 2014 with a particular focus on leadership training so that the group can become self-sustaining.



The Womens group

Can you help? There is a particular need for people willing and able to sell the handicrafts in major cities European Cities such as London. Please contact us if you can help.

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.

Women commonly care for upwards of six children, on top of spending long days farming, travelling 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:

Handicrafts including baskets and jewellery (necklaces, bracelets, earrings) have been produced and sold in New York, Oslo and London, mainly through bazaars, and private events. .

An online Etsy shop was launched in late 2013: http://www.etsy.com/shop/EmpoweredVoices?ref=search_shop_redirect

The women are earning a salary from the handicrafts, and have purchased household items to make their daily activities easier.



Items made by the Uganda Women's group

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

The group now has an office space to efficiently manage the projects across the villages and meet and coordinate, 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.

FURTHER INFORMATION

www.iahv.org.uk

<http://www.empowered-voices.org>



Just imagine life if you couldn't read? Gift a Smile



Gift A Smile provides education in rural areas where there are no Schools



Children at a Gift A Smile supported School

Just imagine life if you couldn't read? Well, many children in India still don't go to school and cannot read. We support education for children who otherwise would not receive any education.

By providing transport to and from school, a uniform, a meal and proper school facilities, including health – all free - our schools overcome the reasons that discourage children from attending.

The **Gift a Smile** programme supports over 422 schools in 22 districts across India, providing free, holistic education for over 43,000 pupils from slum, tribal and rural areas. When we educate children, we empower communities.

Often people from remote, rural areas cannot read or write, as their families were unable to afford to send them to school, or there were no schools within walking distance.

Many of these children are the "first-generation" in their families ever to go to school. The alternative is often child labour, to provide some extra income to support the poor family.

"Education is this civilization's greatest leveller. It has the power to empower the weakest of the weak, bring peace to the world and alleviate poverty. It is often seen as the only lit path in the pursuit of happiness" **Sri Sri Ravi Shankar, the founder of IAHV**

"Educating children —particularly girls — has the greatest impact on eliminating poverty."
World Bank September 2010

"Schooling is particularly important for girls: "Without an education girls will continue to be at greater risk of disease, forced marriage, early childbirth – and so the cycle of poverty continues. "
Anthony Lake, UNICEF Executive Director (quoted in DFID Paper)

The **Gift A Smile** programme is an initiative undertaken by IAHV (The International Association for Human Values) in association with the Art of Living Foundation (AOLF). Since 2004, IAHV UK has raised over £150,000 for Gift a Smile.

During 2014-15, our generous UK donors enabled IAHV UK to send a further £22,030 to support this incredibly worthwhile programme.

Volunteers Needed

We always need volunteer fundraisers. If you would like to help, please email us at info@iahv.org.uk

Further Information

For latest updates see www.iahv.org.uk



IAHV supports Children's Homes in Sri Lanka



Residents at Batticolloa children's homes at their schoolwork.



New roofs were paid for by IAHV UK

In the last year IAHV UK has been progressing with its supportive relationship, with 2 Children's homes in Sri Lanka, run by the Art of Living Foundation (AOLF). These are homes adopted in 2008 and 2009 for around 38 girls near Batticolloa, in the East of the island and for around 24 boys at Wellawaya in the south.

These homes were taken on by AOLF in the aftermath of the very destructive civil war, which wrecked havoc in the lives and stability of the island, with huge numbers killed and dispossessed.

They provide proper shelter, food, clothing and care for the needs of these children, referred by the local Social Services. They vary in age from around 8 years to 18 years and are drawn from troubled backgrounds in the regions. Many have no parents. The children are provided with all the care of supportive homes, which seek to give security and the right environment to enable them to flourish and build good futures for themselves.

Many of the children have proved to be artistic and are keen to develop these aptitudes with the support of the homes, and many want to become doctors, lawyers and suchlike. Without good support in the homes such aspirations would be impossible.

One of the important needs of the homes has been the maintenance of the accommodation. As the buildings were not all in the best condition when the homes were taken over, essential repairs became urgently needed especially to the roofs in Batticolloa, which were leaking badly. IAHV released funds (£13,000) held for this purpose and 3 more dormitory roofs were replaced in Batticolloa, to add to the two previously provided by IAHV UK.

IAHV UK also raised and donated funds to help meet the operational costs of running the two homes, sending £8,553 in May 15. Of this £2,500 was matched funding contributed by IAHV itself to supplement specific donations.

It is intended to build on this relationship in the future and to provide a strong professional basis for an international fundraising appeal to secure the longer term financial security of the homes, so that their activities can be expanded and further improved for the benefit of the children.



Sri Sri Ravi Shankar Peacebuilding - Colombia



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



FARC Leader Ivan Marquez at a press conference in July 15 with Sri Sri in Cuba where FARC agreed to adopt Gandhian principle of Nonviolence

Sri Sri Ravi Shankar, the founder of IAHV, is actively engaged in brokering peace around the world, with his message promoting non-violence and dialogue. In the past he played a proactive part in negotiations to bring peace to Sri Lanka, and visited Iraq at the height of their difficulties. During the Summer of 2015 he was central in the promotion of peace in Colombia.

The armed conflict between the Colombian government and FARC, a left-wing guerrilla movement has been going on since 1964, and claimed more than 220,000 lives and displaced over 7 million people. FARC was designated a terrorist organisation by the UN and USA.

Sri Sri's Summer tour of peace talks involved a visit in June 15 to Bogota where he met with the President of Colombia, Juan Manuel Santos, in an endeavour to promote a peaceful resolution of the conflict. This was followed in July with a 3 day visit to Cuba where he met the Farc leader Ivan Marquez. These talks culminated in a press conference where **FARC agreed to adopt the Gandhian principle of Non-violence, and called a ceasefire.**

Sri Sri's philosophy is that although terrorists engage in violent acts on the outside, inside every culprit, there is a victim crying for help. When the victim is healed, the culprit disappears. He told FARC that he understood their plight but **that non-violence was the only way towards social justice.** They were impressed and influenced by his approach and quickly adopted the Gandhian way, declaring a unilateral ceasefire. The government reciprocated with a ceasefire a few days later.

Nirj Deva MEP, Vice Chairman of the European Parliament's Development Committee stated:

"The time for change and adoption of non-violence in Colombia is now. The international community must recognise Sri Sri Ravi Shankar for his abilities to bring peace to the most violent regions of the world and we must use him as a tool for the promotion of peace and social justice in the plight to end violence and conflict globally."

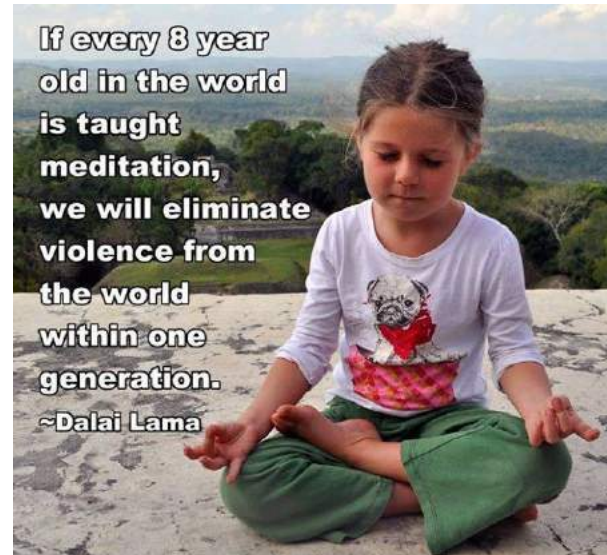
Sri Sri is especially vocal in challenging religious fanaticism, which leads to terrorism, conflict and war. His view is that "To prevent the spread of this fanatical mindset, religious leaders can play a big role in imparting a multi-religious education and an education in peace. There is a need to bring a shift from the idea of "sole ownership of heaven" to an ideology of "many paths to One Goal".

Honouring diversity as an essential characteristic of our planet, can help us move from merely being tolerant of our differences to celebrating them.



Human Values in Society

Here we look at a few key events in 2014-15 from the perspective of Human Values.



World Bank says there is Less World Poverty

There is some good news from the World Bank who released some excellent news that World Poverty is lessening.

For the first time, less than 10% of the world's population will be living in extreme poverty this year. Furthermore, the bank was using a new income figure of \$1.90 per day to define extreme poverty, up from \$1.25.

However, it said the "growing concentration of global poverty in sub-Saharan Africa is of great concern".

Attenborough Observations on the Obama Species at the White House

Sir David Attenborough (age 89) talked candidly about how he was invited by President Barack Obama to Washington DC in May 2015 where they talked for 30 minutes about Climate Change and conservation.

Contrary to generally negative sentiment about Obama and the environment, it was reported that David Attenborough said Obama is on the side of the natural world and very much in favour of dealing with the Climate Change.

Speculation now is about what the President might actually do about the environment and Climate Change.

Global Apollo Programme plan to spend 0.02% of GDP to achieve scientific breakthrough on Climate Change

Speaking at the launch of the Global Apollo Programme, Sir David endorsed their proposals for tackling Climate Change by a research programme aimed at reducing the cost of green energy. Drawn up by business leaders including the former Cabinet Secretary Sir Gus O'Donnell, and the former head of BP Lord John Browne. The Global Apollo Programme launched in June 2015 at the Royal Society London, calls on governments across the World to commit a percentage of GDP, 0.02% to research and development aimed at achieving scientific breakthroughs in Climate Change in a similar to which the Apollo space programme was funded, which successfully landed man on the moon.

Further information see <http://www.wired.co.uk/news/archive/2015-06/02/global-apollo-programme>



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 £106,273 - which is a 5% increase on last year - and the second time our 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 2015-16.

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. In 2015 we entered 126 sponsored runners.

If you would like to participate in 2016, please contact Raj Ramadurai at rn_raja@yahoo.com.

Charitable Expenditure

Expenditure on charitable activities during 2014-15 excluding management and administration was £94,188. Details of 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 2014-15, because of delays on the part of intended recipients in providing the required information, we have been 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 2015-16.

Many of our donations are restricted for use for specific purposes. During 2014-15, we allocated £25,000 to a Project Reserve. At 6 April 2015, the total of unrestricted and restricted funds that are unallocated and carried forward is £161,791.

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 2014-15 Un-Audited Accounts

Statement of Income and Expenditure IAHV (UK) for year ended 5th April 2015		Apr 6, 2014- Apr 5, 2015	Apr 6, 2013- Apr 5, 2014	Apr 6, 2012- Apr 5, 2013
Income				
Gifts and Donations Income				
	Gift a Smile	£23,789	£19,114	£21,855
	Assam Relief			£1,955
	Srilanka Refugee Project	£881		£120
	Prison SMART	£29,209	£7,324	£333
	Breathe SMART	£1,312		
	Peacebuilding	£28,084	£13,614	
	Library Project	£1,146	£120	
	Iran			£336
	Palestine			£99
	Miscellaneous (net of transfers to restricted)	£15,326	£19,035	£28,459
	Haiti			£5,205
	Disaster relief	£3,848	£35,517	£3,072
	World Peace Meditation	£1,046		
	TLEX		£6,455	
	Manage Your Mind	£8,459	£6,612	£290
	Croydon Youth Project	£0	£689	£2,179
	Interest	£20	£21	£20
Total Income		£113,120	£108,501	£63,923
Less Cost of Generating Funds - 10k Run & Net incoming Resources available for charitable purposes		-£6,847	-£7,198	-£5,438
		£106,273	£101,303	£58,485



Statement of Income and Expenditure IAHV (UK) for year ended 5th April 2015		Apr 6, 2014- Apr 5, 2015	Apr 6, 2013- Apr 5, 2014	Apr 6, 2012- Apr 5, 2013
Charitable Expenditure				
Grants Paid				
	Gift A Smile	£22,030	£32,057	£21,022
	Assam Relief			£1,733
	Disaster Relief	£18,000	£23,035	
	Prison SMART	£20,626	£5,117	£27
	Breathe SMART	£3,855		
	Yes		£900	
	Haiti			£6,042
	Library Project	£1,725		
	Peacebuilding	£14,604	£13,815	
	Africa	£5,303	£4,008	
	Manage Your Mind	£5,066	£3,460	£411
	Total Grants Paid			£29,235
	Management and Administration			£2,118
	Total Management and Administration	£2,979	£1,600	£2,118
	Total Charitable Expenditure	£94,188	£83,992	£31,353
	Net Movement in Funds	£12,084	£17,311	£27,132
	Total Funds brought forward from previous year	£149,707	£132,395	£105,262
	Total available funds carried forward for future Charitable Expenditure	£161,791	£149,707	£132,395



IAHV UK Contact Points

Sue Hindle
Trustee, IAHV
+44 (0)1342 822927
Email: sue.hindle@iahv.org.uk
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

IAHV London South

Please contact Kalpa Jhalla at
Kalpa108@yahoo.com

IAHV East London

Please contact Shailen Mittal
shailen.mittal@iahv.org.uk

IAHV in Kent

Please contact Farnaaz Sharief at
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

IAHV Midlands

Please contact Raj Fulchand at
Raj_fulchand@artofliving.org.uk

IAHV Edinburgh, Scotland

Please contact Gauri Priya at
Gauri_priya@yahoo.com

IAHV Aberdeen, Scotland

Please contact Monisha Karmakar at
monisha.karmakar@gmail.com

IAHV Guernsey Branch

Contact Julie Madeley at
julie.madeley@cwgsy.net

IAHV Website

IAHV UK Website: 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,

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

Your Inputs to the Website

Website Coordinator is Gordon Herral. If you have any updates, please contact Gordon on
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

Main office

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Americas

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Laura@iahv.org
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Italy
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Beatrice Iulini info@iahv-italia.org

Luxembourg
International Association for Human Values
Ariane Iranpour Info.luxembourg@iahv.org

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