



Alcohol Research UK

Report and financial statements

Year ended 31 March 2019



Alcohol Change UK is the operating name of Alcohol Research UK, Company no. 07462605, Charity no. 1140287

Alcohol Research UK operating as Alcohol Change UK

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Alcohol Research UK operating as Alcohol Change UK

Administrative details

Year ended 31 March 2019

We are Alcohol Change UK.

Our vision is a world free from serious alcohol harm. We work to significantly reduce serious alcohol harm across the UK. Alcohol harm is a major and complex issue, but it is not inevitable. Change is possible, and urgently needed.

Alcohol Change UK is the operating name of Alcohol Research UK.

Company no. 07462605 (England and Wales)

Charity no. 1140287 (England and Wales)

Registered office and operational address: 27 Swinton Street, London, WC1X 9NW

Trustees and sub-committee chairs from 1 April 2018 to present:

<i>Prof Alan Maryori-Davis</i>	<i>Chair</i>	<i>to 18 Mar 2019</i>
Prof John Underwood	Chair from 18 Mar 2019, Chair of IID to 18 Mar 2019	
<i>Annette Fleming</i>	<i>Vice-Chair & Chair of NC</i>	<i>to 18 Mar 2019</i>
Helen Boaden	Vice-Chair & Chair of NC from 18 Mar 2019	
Valerie Jolliffe	Treasurer, Chair of FGP	
<i>Prof Sally Dibb</i>	<i>Chair of RP</i>	<i>to 18 Mar 2019</i>
Prof Derek Heim	Chair of RP from 18 Mar 2019	
Gareth Harkin	Chair of IID from 18 Mar 2019	
Dr Emily Finch		
<i>Dr Sarah Galvani</i>		<i>to 29 Aug 2018</i>
Peter Holland		
--		
Jane Appleton		from 18 Mar 2019
Mike Bellamy		from 18 Mar 2019
Dr Will Haydock		from 18 Mar 2019
Catherine Max		from 18 Mar 2019
Prof Tony Moss		from 18 Mar 2019
Dr Emmert Roberts		from 18 Mar 2019
Prof Isabelle Szmigin		from 18 Mar 2019

FGP: Finance and General Purposes sub-committee; RP: Research and Policy sub-committee;

IID: Impact and Income Development sub-committee; N: Nominations sub-committee.

Trustees in *italics* are no longer members of the board, having completed their terms. Short biographies of our trustees are available online.

Senior Staff from 1 April 2018 to present:

Dr Richard Piper	Chief Executive Officer	
Lucy Holmes	Director of Research and Policy	from 2 Sep 2019
Azra Karaselimovic	Director of Finance and Operations	
Andrew Misell	Director, Wales Office	

Alcohol Research UK operating as Alcohol Change UK

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Year ended 31 March 2019

<i>Dr James Nicholls</i>	<i>Director of Research and Policy Development</i>	<i>to 2 Jan 2019</i>
<i>Andrea Tilouche</i>	<i>Director of Grants and Programmes</i>	<i>to 16 Apr 2019</i>

Auditor Sayer Vincent LLP, Invicta House, 108-114 Golden Lane, London, EC1Y 0TL

Bankers CAF Bank Ltd King's Hill, West Malling, Kent, ME19 4TA

Investment managers Investec Wealth and Investment Limited, 2 Gresham Street, London, EC2V 7QN

Solicitors Bates Wells & Braithwaite London LLP 2-6 Cannon Street, London, EC4M 6YH
William Sturges LLP, Burwood House, 4-16 Caxton Street, London, SW1H 0QY

Digital partners	Smartdesc (IT provision)	www.smartdesc.co.uk	to Aug 2019
	Cheeky Munkey (IT provision)	https://cheekymunkey.co.uk/	from Aug 2019
	Electric Putty (web developer)	www.electricputty.co.uk	
	Rareloop (app developer)	www.rareloop.com	

Memberships Alcohol and Families Alliance (founding members)
Alcohol Health Alliance (founding members)
Association of Medical Research Charities
CharityComms
Eurocare (the European Alcohol Policy Alliance)
Institute of Fundraising
National Council for Voluntary Organisations

Registered with the Fundraising Regulator.

Welcome from Prof John Underwood, Chair of the Board

It is my great privilege to chair the Board of Alcohol Change UK, supporting the charity to end serious alcohol harm. As a society we still have not woken up to the scale and depth of this harm – and the fact that it is not inevitable. All those involved with the charity are deeply committed to creating five big changes that, together, will change and save lives:



- Improved knowledge
- Improved drinking behaviours
- More and better support and treatment
- Better policies and regulation
- Shifted cultural norms

I encourage you to read what we mean by these, over the page.

To allow us to deliver these ambitions, we will increase the charity's resources, reaching a break-even position by 2024; and after that growing – so that we can end alcohol harm faster. We have taken the decision to invest in fundraising, particularly individual giving. We know that hundreds of thousands, if not millions, of people in the UK have been affected by alcohol harm, from mental and physical health problems to financial struggles or losing loved ones. They want that to change. They deserve a charity that can harness their desire to end the serious harm caused by alcohol. We will be that charity.

The year 2018-19 was transformational for Alcohol Change UK. In September 2018 the Board of Trustees agreed a major new five-year strategy. Soon after, in November 2018, we announced our new name and launched our new strategy, brand and website. In March 2019 we welcomed seven new members to the Board of Trustees and said goodbye to four greatly valued, long-serving trustees.

As I write this, in September 2019, I look around and see a strong Board and staff team. Our clear forward plans have motivated us all, releasing in particular the huge talents and energy of our staff team, who are working with dedication and creativity to turn our ambitions into reality. It's early days, and the social change that needs to happen will inevitably take time, but I am delighted that this report shows that we are already making a positive impact.

Thank you to everyone who has supported us and worked with us over the past year. In particular, my heartfelt thanks go to those who stood down during the year: Alan Maryon-Davis, Sally Dibb, Annette Fleming and Sarah Galvani, who between them gave over 30 years' service to Alcohol Change UK and its predecessor organisations as trustees; James Nicholls, who brought great knowledge and insight to the team; and Andrea Tilouche, who led our research grants programme for 19 years, overseeing the funding of over 900 research projects.

With strong foundations laid in 2018-19 we now look to the future: a future in which no one feels they must drink; where the issues which lead to alcohol harm – like poverty, mental health problems, homelessness – are addressed; and where those of us who drink too much, and our loved ones, have access to high-quality support whenever we need it, without shame or stigma.

I hope this report inspires you to support us to make change happen.

Professor John Underwood, Chair of Trustees, Alcohol Change UK

Trustees' statement

As the trustees of Alcohol Research UK, operating as Alcohol Change UK, we are delighted to present our report and financial statements for the year ended 31 March 2019. We can confirm that the financial statements comply with the Charity Statement of Recommended Practice (SORP) and with FRS102.

Alcohol Change UK is the operating name of Alcohol Research UK, which is constituted as a company limited by guarantee and not having a share capital. It is registered as a company in England and Wales number 07462605 and its principal governing documents is its Articles of Association. The charity is registered with the Charity Commission number 1140287. It incorporates the assets of Alcohol Concern which had the Charity Commission number 291705, with which it merged on 31 March 2017, and which was removed from the Charity Commission register on 23 January 2018.

Objects, vision, strategic aims and values

The charity's objects are "The reduction of alcohol-related harm to individuals, families and communities."

We work for a society that is free from the serious harm caused by alcohol.

We are not anti-alcohol; we are for alcohol change. We are for a future in which people drink as a conscious choice, not a default; where the issues which lead to alcohol problems – like poverty, mental health issues, homelessness – are addressed; where those of us who drink too much, and our loved ones, have access to high-quality support whenever we need it, without shame or stigma.

The problem is complex, so the solutions aren't simple. But we're ambitious. Driven by our belief that every person deserves to live a life free from alcohol harm, we work towards five key changes:

- **Improved knowledge.** The more we know about alcohol harm, the easier it is to reduce it. We want alcohol-related policy and practice to be developed on the basis of robust evidence; new ideas about alcohol harm reduction to be created, tested and shared; and the voices and perspectives of those affected by alcohol harm to be heard.
- **Better policy and regulation.** The right changes to laws and regulation can make a difference to millions of real lives. We want to see policies that prioritise the reduction of all forms of alcohol harm.
- **Shifted cultural norms.** We want to see more informed and balanced drinking cultures across the UK, with alcohol playing a less central role, and the choice not to drink to be treated as normal.
- **Improved drinking behaviours.** We want those who are not yet considered dependent but who are drinking at harmful or hazardous levels to gain the motivation, confidence and ability to control their drinking, before they need specialist support.
- **More and better support and treatment.** We help to build a vibrant and diverse treatment sector that is effective, inclusive, sustainably funded, well commissioned and coordinated, and easy for all people with drinking problems and their families to navigate.

We are:

Truthful. We seek and tell the truth.

Compassionate. We care deeply about everyone seriously harmed by alcohol, whoever they are.

Ambitious for change. We are optimistic and determined.

Alcohol Research UK operating as Alcohol Change UK

Trustees' annual report

Year ended 31 March 2019

Structure, governance and management

Alcohol Change UK is overseen by a Board of Trustees, who are also directors of the charitable company and its members. They are responsible for agreeing the strategic direction of the charity and for maintaining proper governance. The Board normally meets four times a year.

The Board is supported by four sub-committees which enable greater scrutiny of specific functions and support and challenge the staff working in these areas. The **Finance and General Purposes** sub-committee oversees finances, HR, facilities and compliance; the **Research and Policy** sub-committee oversees our research and policy activity; the **Impact and Income Development** sub-committee oversees fundraising, communications and those charitable programmes that also generate income, such as Consultancy and Training and Dry January. Finally, the **Nominations** sub-committee oversees the recruitment of new trustees, the appointment of existing trustees to offices and the appointment of the Chief Executive Officer. The first three committees meet three to four times a year. The Nominations committee meets as required.

Additionally, there is a **Grants Advisory Panel (GAP)** that advises the Board of Trustees on applications for larger research grants (over £7,500). The GAP contains experts in the alcohol field who are not trustees. It ensures that the Board is advised by academic expertise as to the quality of research applications. The GAP makes recommendations for funding to the Research and Policy sub-committee, which in turn makes recommendations to the full Board.

Our (EBE) **Experts by Experience Panel** consists of six people who have been negatively affected by alcohol in their life, either having experienced alcohol dependency themselves or being a family member of someone with an alcohol problem. This group provides meaningful insight to help guide many elements of our work, including our strategic direction, new developments (such as our website) and our research grants.

All committees and panels operate according to approved terms of reference.

Responsibility for the day-to-day management of the charity is delegated to the Chief Executive Officer (CEO), who reports to the Board. The CEO leads an Executive Team comprising three Directors.

Membership of the Board

The trustees who served during the year are listed on page 1 of this Annual Report. Trustees can initially serve for a period of three years and can be reappointed for a second three-year term. Thereafter, the Articles of Association allow a trustee's tenure to be extended for an additional period where there is a demonstrable organisational need, but we do not generally extend any trustees' term beyond a total of nine years.

The Board (through the Nominations Committee) analyses its collective skills and perspectives in order to identify gaps to be filled. Trustee vacancies are openly advertised. Applicants are invited to submit a CV and cover letter describing how they would contribute to filling the identified gaps. The shortlist is then interviewed by a panel of trustees, which makes a recommendation to the full Board. Prospective trustees are invited to attend one Board meeting as observers before confirming that they wish to become a trustee.

Trustees' job descriptions require them to undertake training at least once a year and to take part in an individual annual review, overseen by the Chair. Specific job descriptions exist for the roles of trustees, chair, vice-chair and treasurer. New trustees follow an induction process, receive an induction pack, meet the CEO and team members, and may be assigned to a sub-committee. A governance review is undertaken every few years to ensure the Board as a whole is operating effectively.

Trustees are unpaid but may be reimbursed for reasonable expenses, such as travel. The Board makes use of independent financial and legal advice to ensure that it is well-informed in managing our affairs. Details of our professional advisors are provided on page 2.

Networks

Alcohol Change UK is entirely independent and is not owned by, or a branch of, a larger organisation. Our policy is that we only join membership organisations where we are confident that doing so will support our mission and values. During the financial year, we were members of the Association of Medical Research Charities, NCVO, the Institute of Fundraising, Eurocare (the European Alcohol Policy Alliance), the Alcohol and Families Alliance, CharityComms, and the Alcohol Health Alliance.

Public benefit

We refer to the Charity Commission's guidance on public benefit when reviewing the charity's aims, in planning future activities and in making grants.

Alcohol Change UK exists to benefit the public by undertaking charitable activities which help to reduce alcohol harm for people across the UK. This covers many millions of children and adults in the UK. We also benefit broader society, for example by campaigning to implement policies which reduce the societal costs of alcohol harm, which are estimated to exceed £7bn in the UK each year. Our charitable activity is diverse, reaching a broad public audience, not least the Dry January campaign and our engaging and accessible public-facing website.

One of our charitable activities is the provision of charitable grants to other institutions and individuals for the purposes of alcohol research. Before any grant is made, the charity carefully and thoroughly assesses the potential public benefit of the proposed activities. We also subsequently evaluate the impact of the completed grant and we insist that the research findings are publicly accessible by being posted on our website. We also require that research published in academic journals is made, as far as possible, publicly available through the open access scheme. Any benefit, whether financial or to their career or reputation, received by researchers, research institutions and healthcare bodies through the charity's activities is purely co-incidental to the objects of our work.

Trustee, panel member and staff interests

A copy of our policy on conflicts of interest and the associated register of interests of Trustees, panel members and staff are available on request. The register of interests is updated at each full Board meeting. Details of related party transactions in 2018-19 are disclosed in note 12 to the financial statements.

Grant-making policies

Our grant-making policies are set out in our Research Strategy, which is available to view on our website. New priorities, programmes and opportunities to apply for funding are posted on our website and advertised via our e-newsletter, social media and partner organisations.

The decision-making process varies from programme to programme but essentially involves an initial assessment by staff and a sub-group of the GAP, then peer review, then consideration by the GAP and the Experts by Experience panel, then consideration by the Research and Policy sub-committee which makes a formal recommendation to fund to the full Board. The full Board decides whether or not to make the grant.

All completed projects are required to produce a final report (in the case of research projects this will be a full academic report) and an Executive Summary. Copies of final reports and Executive Summaries are available on our website. The Association of Medical Research Charities has certified us as providing "best practice in medical and health research peer review".

Risk management

In 2018-19 the charity approved a new risk management policy and created a new risk register containing strategic, executive and operational-level risks. In general, the charity positively embraces certain risks, as the cost of achieving social change, while seeking to minimise those that can and should be minimised. The full Board reviews the register as a whole at least annually and oversees all strategic-level risks. Some strategic risks are assigned to sub-committees, which scrutinise their management in more detail and report to the full board. Executive-level risks are managed by the CEO, in liaison with the Executive Team. Oversight of operational risks is embedded into all staff roles, objectives and day-to-day decision-making processes.

In May to September 2019, recognising that our new strategy exposes us to new risks, we undertook a 'zero-base' assessment of risk i.e. from a blank sheet. We identified our four most significant risks as:

Risk area	Risk	Mitigation Actions
People	Loss of key staff	Pay and grading review, staff survey
Financial	Our investments do not deliver the expected returns	Retain highly diversified investment approach, invest in fundraising
Fundraising	Our fundraising income falls short of expectations	Invest in six different fundraising approaches, employ highly experienced staff
Communications	Our brand is not widely known by potential donors	Significantly grow our presence in traditional and social media

All risks are subject to thorough risk management, with detailed actions for mitigation and where appropriate risk reduction. Naturally, we also have risk management plans for a host of additional risks.

Achievements and performance 2018-19

Our achievements in the year can be grouped under two categories: alcohol change and strategy development.

- Alcohol is a factor in the deaths of **three people every hour**
- **1.2 million people** were admitted to hospital because of alcohol last year
- Alcohol costs the NHS **£3.5 billion** every year
- Around **200,000 children** in England live with an alcohol-dependent parent or carer
- Hospital admissions due to alcoholic liver disease in England have increased by 43% in the last 10 years
- In England there are an estimated 589,000 dependent drinkers and less than 20% of these are receiving treatment
- Alcohol also has a wider impact on society, where each year lost productivity due to alcohol use leads to an estimated 167,000 working years lost

Alcohol change

Below we set out our achievements and performance in working to reduce serious alcohol harm. This section is set out under our five main impact areas.

Improved knowledge

During 2018-19 we paused our research funding programme while our new strategy was being developed. To help us to determine our future research priorities, we undertook research innovation workshops on subjects across the field of alcohol harm reduction, and commissioned rapid evidence reviews into six important areas which we believe to be under-researched. In addition, we developed our new website to better communicate the evidence around alcohol harm to researchers, policy-makers and the general public.

Rapid evidence reviews

We commissioned six rapid evidence reviews to help guide future research into alcohol harm:

- The role of alcohol in intimate partner relationships
- The impact of alcohol on the human brain
- Alcohol interventions and criminal justice systems
- The relationship between alcohol and mental health problems
- Drinking problems and interventions in black and minority ethnic communities
- Digital interventions to reduce alcohol-related harm

The reviews have thrown up some fascinating insights which will help to inform our work going forward and hopefully that of other researchers and funding organisations. You can read the reviews on our website.

Research innovation workshops

We held four research innovation workshops – on alcohol policy, alcohol culture, individual drinking, and treatment and support – in which over 80 experts from academia, government and civil society organisations came together to identify and prioritise the most important research gaps in these four areas. We are very grateful to all those who shared with us their expertise and insight at these creative, energetic workshops.

Together, the four research innovation workshops and six rapid evidence reviews will feed into our new research strategy, due to be published in early 2020, which will confirm our future research themes and programmes.

Reports and projects

During the year we published nine reports on research that we have previously funded:

May 2018	Know Your Limits: Labelling Interventions to Reduce Alcohol Consumption	School of Experimental Psychology and the MRC Integrative Epidemiology Unit at the University of Bristol
July 2018	Follow-up Evaluation Communities Together Project: Fishguard and Goodwick	Alcohol Change UK
July 2018	All night long: Social media marketing to young people by alcohol brands and venues	Department of Psychology, University of Bath; Birmingham Business School, University of Birmingham
July 2018	The treatment of alcohol dependence by total abstinence: The experience of residents at Studio House	Studio House, Nottingham
August 2018	Investigating the Potential Impact of Changing Alcohol Product Labels	Addictions Research Group, University of South Wales
August 2018	Alcohol outlet density and alcohol-related hospital admissions in England: a geographical analysis	Department of Geography & Planning, University of Liverpool; Public Health GIS Unit and Sheffield Alcohol Research Group, University of Sheffield
October 2018	Development of the Brief Addiction Therapist Scale (BATS)	Leeds Addiction Unit and Leeds Institute of Health Sciences
October 2018	Nowcasting of Population Alcohol-Related Harms Using Novel Bayesian Timeseries Methods and Synthetic Controls	Population Health Sciences, Bristol Medical School
November 2018	Liver Disease Risk Factors in Patients Treated for Alcohol and Drug Dependence	National Addiction Centre, King's College London Institute of Psychiatry, Psychology, and Neuroscience

We also continued to fund Alcohol Policy UK and Drug and Alcohol Findings, as well supporting our ongoing research and innovation grants, small grants scheme and our co-funded PhD studentships. In addition to this, we supervise a PhD student at the University of Liverpool.

Better policies and regulation

Despite the challenging political context, this year has seen some progress towards alcohol harm reduction, particularly in the devolved nations. Together with partner organisations, and especially through the Alcohol Health Alliance and Alcohol and Families Alliance, we played our part in contributing to some key policy developments in 2018-19:

- The implementation of minimum unit pricing (MUP) in Scotland
- The passing of the legislation to introduce MUP in Wales
- The announcement of a small fund to support children with alcohol dependent parents
- Movement towards requiring alcohol labels to carry the Chief Medical Officer's current guidance on low-risk drinking
- Reference to alcohol care teams in the NHS Long-Term Plan.

Nevertheless, there remains a long way to go, in particular around ensuring that Westminster keeps pace with the devolved governments and that alcohol harm is as high on the agenda as it deserves to be.

The Alcohol Strategy

Understanding of the nature, scale and causes of alcohol harm appears to remain low among the broader population and this is often reflected in the attitudes of policy-makers and many within government. Despite committing to publishing a nationwide Alcohol Strategy in mid-2018, the Government pulled back from this and such a strategy was not forthcoming. This was a lost opportunity to generate comprehensive action across government on this major, cross-cutting social issue.

Minimum Unit Pricing

Minimum unit pricing (MUP) is a policy which sets a floor price below which a unit of alcohol cannot be sold. This has the effect of lifting the price of the strongest, cheapest drinks, while leaving pub prices unaffected. These drinks are drunk almost exclusively by harmful and dependent drinkers, so MUP reduces the amount of alcohol consumed by the people most at risk of harm, improving their health and saving lives.

MUP was introduced in Scotland on 1 May 2018 and will shortly be introduced in Wales. Early data from Scotland suggests that MUP is indeed working to reduce harm. However, Westminster has not followed suit, nor has it committed to introducing the measure in England, even if the evaluation in Scotland shows MUP to be effective. We, together with our partners at the AHA, continue to work to encourage Westminster politicians to implement MUP UK-wide.

Alcohol Care Teams

Alcohol Care Teams (ACTs) provide an essential resource in hospitals, helping to detox patients where necessary, advising them on safer drinking, and referring them to community treatment. We have welcomed the Government's commitment to supporting the introduction of alcohol care teams, although no specific resource has been committed for this. We continue to work with policy-makers and partners to ensure that this commitment reaches its potential. We welcomed the Labour Party's commitment to funding ACTs in every hospital.

Alcohol labelling

As it stands, there is more information on a carton of orange juice than a bottle of vodka. There is no requirement to list ingredients, nutritional information (including calories), number of units or health warnings on alcohol packaging.

Alcohol labelling is self-regulated by the alcohol industry, via the industry-funded Portman Group. During the year, the Portman Group consulted on changes to its Code, which intends to set out what good alcohol labelling should look like, and we contributed to this through both a written submission and attendance at a roundtable event on 28 June 2018. We also published *Fit for Purpose? An analysis of the role of the Portman Group in alcohol industry self-regulation*, a significant analysis of the operation of the Portman Group's panel, based on a review of its cases and its processes over the past few years.

There are some signs of progress. In January 2019, then Public Health Minister Steve Brine MP announced that the government expected to see the updated Chief Medical Officers' low risk drinking guidance on alcohol labels by 1 September 2019, and that he would be "watching them like a hawk". He implied that if self-regulation was failing, a mandatory approach might need to be explored. We continue to push for better labelling on products, holding producers and regulators to account, drawing on the latest evidence, for example our reports in May and August 2018.

The All Party Parliamentary Group on Alcohol Harm

We provide the secretariat for the All Party Parliamentary Group (APPG) on Alcohol Harm and organised a number of well-attended meetings over the course of the year.

Perhaps the most significant achievement of the group this year was the **Alcohol Charter**. Over the summer of 2018 we facilitated joint-working with the Cross-Party Group on Drugs, Alcohol and Justice to develop and launch the Alcohol Charter in the Houses of Parliament on 16 October 2018. The Alcohol Charter pulls together a comprehensive set of effective, workable measures that the Government could choose to implement as part of an Alcohol Strategy.

The APPG Meeting on 1 May 2018 focused on the launch of The Hardest Hit, our report into the funding crisis in alcohol treatment services (see 'More and better support and treatment' below).

Wales

This year we continued to advise the Welsh Government on its approach to alcohol policy and, having been invited to present to the Health select committee on Minimum Unit Pricing on 19 January 2018, the CEO and Director for Wales met officials in November 2018 to assess progress and introduce the officials to our new charity.

Our successful and well-attended Wales Conference, on 19 September 2018, was on alcohol and transport and helped to shift thinking and debates about reducing transport-related alcohol harm, including drink driving and airport drinking.

Partnerships and other organisations

We continued to play a role in Public Health England's alcohol leadership board, which was renamed the alcohol advisory board to better reflect its role within PHE's governance and decision-making structures. We also continued to play an active role in the Alcohol Health Alliance and the Alcohol and Families Alliance.

Shifted cultural norms

We aim to shift drinking cultures through all our work, from the way we speak, to our workplace training, to our proactive research into how and why people drink as they do. This year our work focused around our digital campaigns and resources, including our new website, as well as our biggest Alcohol Awareness Week yet.

Digital

In November 2018 we launched a brand-new website about alcohol harm and alcohol change. The website was built to meet the needs of our diverse audiences and our aim is that it becomes the UK public's 'go to' place for advice, support and information about alcohol, providing a counterpoint to the powerful, often harmful narratives presented in mainstream culture. Some of the content we have developed which more explicitly shifts drinking cultures includes:

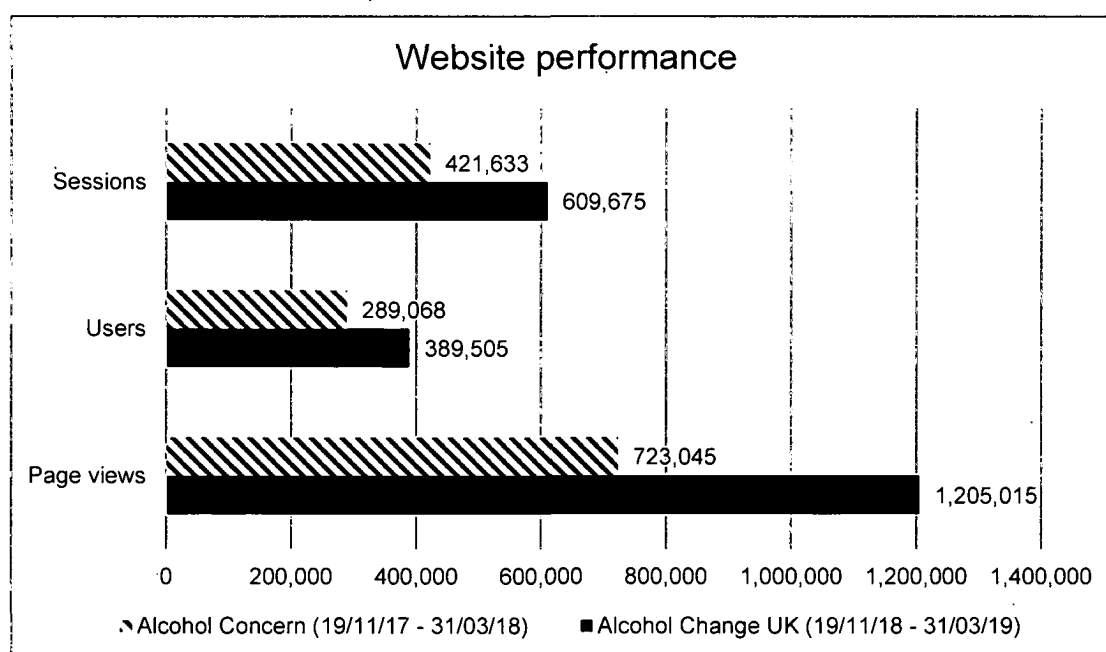
- Alcohol-free drinks reviews
- Case studies of people living life alcohol-free or drinking less
- Guest blogs from influencers such as authors Clare Pooley and Catherine Gray and social media icon the Boy Who Drank Too Much who share their experiences of life alcohol-free.

Joanne Bradford

"Drinking gave me the permission I needed to be more funny, outrageous and sexy. As an introvert, it helped to relax me in big groups and to fully 'let go' – both on the dance floor and in the bedroom. It provided an escape from my busy head. Over time though, I've discovered that all of these things are also accessible to me when I'm sober."

Website performance

The Alcohol Change UK website was launched on 19 November 2018. This chart shows the website's performance from launch until the year end, with the comparative figures for the previous year.



We amplify this work on social media. In January 2019 we set up a new Instagram account (www.instagram.com/alcoholchangeuk/), allowing us to reach new, younger audiences.

Media

We also seek to shift drinking cultures through our media work. We provide an evidence-driven, compassionate, realistic and down to earth voice around alcohol and drinking. We appeared 687 times in national, local and online media outlets, as well as achieving a significant number of radio and TV appearances. Our Dry January campaign was mentioned over 7,000 times worldwide. Particularly notable coverage includes:

- ITV, 6 July 2018, Charity calls for review of alcohol marketing regulation
- Daily Mail, 16 October 2018, Increased levies on alcohol prices needed to limit damage to society – report
- The Independent, 29 December 2018, Dry January benefits could last until August, study claims
- BBC online, 2 February 2019, Dry January: Does it lead to binge-drinking in February?
- Reasons to be Cheerful, one of the UK's top political podcasts, 28 February 2019. This introduced our concept of 'sober shaming' (and the need to avoid it) to a wide audience.

Our CEO also spoke at Club Soda Mindful Drinking festival in January 2019, talking with that 'sober curious' audience about the potential for shifting broader drinking cultures.

Alcohol Awareness Week

We lead the national Alcohol Awareness Week campaign, which aims to get people across the UK talking and thinking about their drinking in November each year (19-25 November 2018). We offer free resources for community organisations around the country – local authorities, GP surgeries, hospitals, pharmacies, charities and more – to run Alcohol Awareness Week events in their area. Over recent years the campaign has grown dramatically, with the number of local groups signed up to receive resources and planning to run events up from 260 in 2016 to 2,124 by November 2018.

Alcohol Awareness Week 2018 took place around the theme of Change. Events included: an APPG in the Houses of Parliament, focused on the need for more and better alcohol treatment; displays in hospitals, including by Surrey and Sussex Healthcare NHS Trust the Harbour Centre in Plymouth; alcohol-free quizzes, including one put on by the Royal Mail for their staff; and mocktail making sessions like the one held by the Fife Council Madras Community Use Team.

Workplace consultancy and training

Statistically, drinkers are more likely to be employed than non-drinkers. This means the effects of overconsumption of alcohol are often felt in the workplace. At the same time, the workplace can be an excellent place to develop healthier drinking cultures and to help people identify alcohol problems and overcome them.

To facilitate the growth of our work in this area, we ran stalls at two large conferences – the CIPD Event in November 2018 and the Health and Wellbeing Conference in March 2019. At both events we made available alcohol-free drinks and engaged people in conversation about this particular shift in the market, about drinking cultures in their workplaces and about ways that we might work to support them in future.

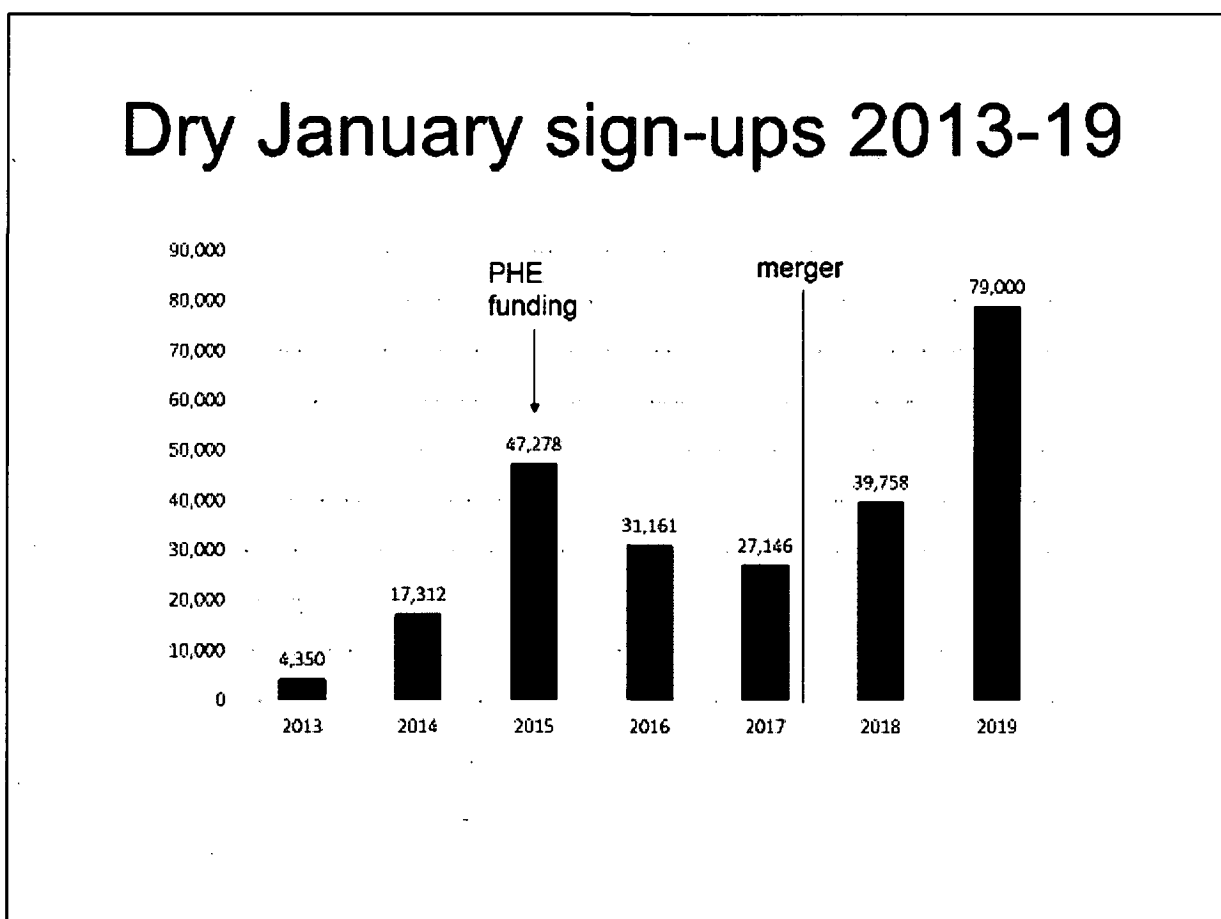
Improved drinking behaviours

We work year-round to improve drinking behaviours of people across the UK, in particular through our Dry January campaign. 28% of men and 14% of women drink regularly above the low-risk guidelines of 14 units per week. Our website provides accessible resources for anyone thinking about their drinking, including our interactive quiz and useful articles on the health risks of drinking; and the benefits of healthier drinking choices.

Dry January

Dry January is our flagship programme to help people take control of their drinking. It is the UK's 31-day alcohol-free challenge through which four million people reset their relationship with alcohol each year. People get amazing, obvious benefits from doing Dry January – ranging from saved money to more energy – but more importantly evidence suggests that Dry January helps you to cut down on your drinking longer term. Six months after, 70% of Dry January participants are still drinking less riskily.

This year more people signed up to Dry January than ever before.



This was driven by a wide number of improvements, including better social media marketing and the 'sign up' message being more prominent in our media appearances. Our media exposure was also much higher, with 7,038 mentions worldwide, up from 2,616 last year.

We also developed a new mobile app, Try Dry, used year-round to help users to reduce, moderate or stay dry, and launched a book, *Try Dry: The Official Guide to a Month Off Booze*, published by Penguin.

Our 2018 evaluation found that, by the end of the month:

- 82% of Dry January participants had thought more deeply about their relationship with alcohol
- 80% felt more in control of their drinking
- 76% had learnt more about when and why they drink
- 71% realised they didn't need a drink to enjoy themselves.

Six months after the campaign, on average participants are still drinking less (14% less on average), have stronger drink refusal skills, have lower motivations to drink and are drunk less often.

Jo

"I was drinking a bottle of wine a day. I couldn't wait to get rid of visitors, family, friends so I could settle down with my wine. I looked forward to it all day. It came before everything. I was overweight, desperately unhappy and utterly alone. I used this app and soon realised I was addicted to my habits, not to the wine. I haven't touched a drop all month. I've lost half a stone, I'm using my gym membership again and I'm also using my evenings much more productively. I feel like a whole person again. Roll on Dry February. Again, I can't tell you how my life has changed with your help."

More and better support and treatment

Our work in this area has two main strands. First, we work to promote the value of alcohol treatment services and to demystify them to the public. Second, we work to enhance the support that is received by the drinkers with the most serious and complex needs through our Blue Light approach.

Promoting the value of alcohol treatment

Our major report into the funding of alcohol treatment services, *The Hardest Hit*, was published in May 2018 and launched at the APPG on Alcohol Harm. Based on in-depth research into the funding of these services, the report shone a light on the funding crisis facing these vital services and sought to make a case for a new funding settlement with local authorities.

Our website and blogs reached new audiences with accessible information about alcohol treatment.

The Blue Light approach

The Blue Light approach is a pragmatic, creative, and compassionate method for working with drinkers with the most serious and complex needs, who can too easily be written off as 'unwilling or unable to change'. Our twin focuses this year were further developing the materials that support the Blue Light approach; and supporting more areas of the country to roll out Blue Light.

In June 2018 we also published *Tackling alcohol-related anti-social behaviour through Civil Injunctions and Criminal Behaviour Orders*, into the use (or sometimes misuse) of Criminal Behaviour Orders (CBOs), providing recommendations for frontline police officers and other practitioners on how best to use these powers to reduce ongoing alcohol harm for the person involved. This added a significant extra element to the Blue Light materials and was well received by practitioners on the ground.

This year we trained 1,217 people with an average training quality rating of 5.53 out of 6. Training was provided in Merton, Derby, West Berkshire, Cardiff, Cheshire West and Chester, Wales, Leeds, Lincolnshire, Stockport, Doncaster, and for the National Crime Agency.

Strategy development

This was an atypical year, in that we undertook a major exercise to develop an entirely new strategic direction for the merged charity. While clearly it is necessary every year to keep under review our strategies and plans, the quantity of work undertaken in this area in 2018-19 makes it worth reporting in its own right.

Strategy

The CEO led a very significant consultation exercise, with over 50 face to face interviews with key sector stakeholders; a series of workshops with staff, trustees and people with personal experience of the harm caused by alcohol; an online consultation to which over 100 people and organisations contributed; and a detailed analysis of the strengths and weaknesses of the charity's predecessor organisations. The Board approved the new strategic framework in September 2018, confirming the charity's strategic direction.

Strategy implementation plan

A detailed strategy implementation plan was developed collectively by the staff team during the period October 2018 to March 2019. This contained more detailed plans for each of the charity's eight work programmes and its four enabling priorities. Relevant elements of the plan were carefully scrutinised by sub-committees, leading to a number of changes, and the final plan was approved by the Board in March 2019.

Fundraising strategy

A fundraising consultancy was brought in to advise the CEO on the development of the charity's new fundraising strategy. A detailed market analysis was undertaken, alongside reviews of previous fundraising attempts by Alcohol Change UK's predecessor organisations. Workshops were also held with trustees and staff, resulting in a strategy that prioritised six fundraising methods and ruled out seven, set out the charity's fundraising principles and gave financial forecasts for the next five years.

Financial plan

Drawing on the forecasts for fundraised income along with forecasts for investment performance, annual deficit levels, and a careful, planned reduction in reserves, we developed a five-year financial plan. This set out, with more detail for nearer and less for later years, the charity's forecast income, expenditure, deficits and reserves level. It also sets some 'red lines' to keep us on track, including ensuring adequate levels of charitable expenditure and maintaining reserves at a particular level during this period.

Staffing restructure

To deliver the strategy, a new staffing structure was agreed in March 2019 and implemented over the next six months. Amongst other changes, our total headcount increased from 14 to 15 posts.

Trustee recruitment

With four trustees reaching the ends of their terms in March 2019, it was vital to recruit new trustees. Following an analysis of the skills and perspectives gaps on the board, a full recruitment exercise was undertaken from October 2018 to February 2019, resulting in 29 applications, of which 14 were interviewed and seven were appointed. This brought our total number of Trustees to 14 (maximum 15).

Plans for 2019-20

These are our most significant planned developments for 2019-20, drawn from our full workplan. We will report on these in our 2019-20 annual report and accounts.

Work Programme/Area	2019-20 Objective	What Success Looks Like
Research & innovation	1. New research strategy	Clear themes for research programmes
	2. Launch New Horizons	Research programme designed, call open
	3. Two national conferences	Sell-out impactful conferences
	4. Expert Advisory Panel	EAP established with strong initial round of recruitment of expert advisers who understand their role
Engagement	5. Scope and launch	Over 50 engaged people who successfully undertake initial asks
Policy	6. Confirm priority policy asks	Up to five policy asks for the next few years, approved by board
	7. Improved alcohol labelling	Over 70% of alcohol labels contain CMO guidance by March 2020
Information & advice	8. Skype evaluation, next steps	Evaluation provides insight; next steps are clear and well thought-through
Culture shift campaigns	9. Alcohol Awareness Week	More agencies and people take part than the previous year
Behaviour change challenges	10. Try Dry app version 2	Our app has significant new functionality for Dry January participants, encouraging year-round use
	11. Sober Spring	At least 2000 people sign-up for Sober Spring
Workplace consultancy	12. Deliver at least two projects	Two 'workplace' projects delivered for clients, creating impact and bringing in income
Treatment consultancy	13. Open training	An open training programme is up-and-running, with delegates booking
	14. Blue Light manual	A new engaging and accessible BL Manual that engages more local areas
Enabling priorities	15. First set of impact indicators	A set of indicators for one work programme and cost-effective data collection has begun
	16. New CRM in place	CRM software installed, staff trained, system being used
	17. New risk register	New risk register developed and accepted by board; and being actively used
Fundraising	18. Fundraising processes	Core fundraising processes and practices are in place
	19. Individual giving	Individual giving messaging A-B tested with key stakeholder groups, enabling revised forecasts
	20. Community fundraising	Community fundraising is up-and-running and has a good forward plan
Communications	21. Audience mapping project	New clarity on our priority comms audiences and their needs, preferences, messages and channels
	22. Content strategy	Website and other comms channels will have a consistent forward plan for content
Finance	23. New finance system	New system procured for planned year-end transition
	24. Devolved budget management	Budget managers have the information needed to monitor their own budgets
People	25. Recruitment	Four new high-quality team members in place to complete the restructure
	26. Pay and grading review	A clear pay and grading policy, affordable, fair and transparent

Income generation and fundraising

We are an independent charity. Our principal source of income is investment income, although the grant from the Welsh Government is also significant.

In recent years our predecessor charity Alcohol Research UK divested from reserves in order to increase the level of its grant-making. However, if we are to eliminate our current deficit, grow the charity and increase our charitable impact, we need to develop our income from other sources. This activity will form a key strand of our strategy in the next few years. We will be divesting from our reserves in order to create alternative income sources, thereby enabling our income to both diversify and grow.

Our principal fundraising activity in 2018-19 was Dry January, though the campaign is primarily a behaviour change campaign rather than a fundraising campaign. In Dry January 2019 we successfully secured our first corporate partnerships and will be looking to grow this. We are also seeking to grow participant fundraising, either through asking them to take on Dry January as a community fundraising challenge or through pledging to give a proportion of what they save through not drinking.

For a second year we invested in the Your Family Plan programme, enabling us to communicate with parents who have had a new child in the previous year. We know that parents with young children can be particularly susceptible to losing control of their drinking, with the stresses of parenthood combined with increased drinking at home. For this reason, we hope to be able to support healthier drinking, in addition to meeting our fundraising objectives. In 2019-20 we will be testing our approach with these new potential supporters and then looking to engage them further.

We continued to receive some unsolicited donations, particularly from gifts in memory and events fundraisers. We do not use any professional fundraisers, agencies or commercial participators in our fundraising. We are registered with the Fundraising Regulator and adhere to its Code of Fundraising Practice. As members of the Institute of Fundraising we also adhere to its Code of Conduct. There have been no breaches of either Code in the year and no complaints during the year (2018: 0). As we move into more active fundraising and donor recruitment in future years, we will naturally work within these Codes and in particular will safeguard vulnerable donors.

Our contacts database is new and clean and has been designed to meet the highest standards of data protection, including flagging people who may be vulnerable, strongly protecting people's privacy by not contacting anyone unless we have consent or legitimate interest, and ensuring no-one receives unreasonably persistent approaches by tracking and limiting the number of times we contact people. Our overall approach is to work with supporters and potential supporters as partners: our role is to provide those people who *want* to give to this cause with a means of doing so, by staying in touch with them; not to unreasonably pressure anyone to give if they do not want to.

Financial review

Overview

The total income of the charity in the financial year before investment gains was £835,376 (2017/18: £925,185). The decrease in income was largely due to the total value of assets acquired from Alcohol Concern (£54,023) recognised in other income in 2017/18 accounts as a gain on acquisition. We also experienced small reductions in the restricted grants revenue for charitable activities and income generated from consultancy and training. Conversely, there were increases in income due to our success in securing sponsorship for Dry January campaign and income from the 'Try Dry' book.

Total expenditure amounted to £1,366,402 (2017/18: £1,649,553), of which £327,507 (2017/18: £380,848) were support and governance costs. See Notes 6 and 7 to these accounts for more detail. The total costs were notably lower in comparison to 2017/18 due to a planned and temporary pause in research grants expenditure, as we reviewed our strategy as described above. At the same time, we made investments into profile raising, developing communications and reaching a wider supporter base. Expenditure was invested in creating a new brand for the organisation, a new website, a new Dry January app and increasing our social and digital media reach.

The operating deficit (before investment gains) for the year was £531,026 (2017/18: £724,368).

During the year, the activities of both predecessor organisations were consolidated, and our strategic review finalised and approved by the Board in March 2019. The five-year financial plan, starting from 2019/20, aims to address recurring operating deficits and declining reserves through implementation of the new business model. The objectives are to grow our revenue and diversify income through fundraising, whilst maintaining our cost base and keeping a firm control of the expenditure. This will enable a transition to long-term financial sustainability, generating sufficient income to support our operating costs, whilst delivering the planned impact. Integral to the new financial plan is the revised reserves policy, which takes into account our current and future identified risks to ensure the organisation is sufficiently financially robust and resilient to face challenges from our operating environment.

Financial performance is managed within the key financial parameters set out in the charity's strategic framework:

- we will spend from our reserves in a careful and planned way to invest in fundraising growth, reducing the annual deficits, with a view to breaking even by 2023-24
- we will ensure that our direct charitable expenditure never falls below 50% of total expenditure over this period, which this year amounted to 67% (2017/18: 70%).
- we will keep free reserve levels above a set minimum level, currently set at £9m, reviewed annually (reserves at 31 March 2019 were £11.8m).

The transition and future strategic direction will be supported by the revised and expanded staffing structure with a primary focus on creating new fundraising posts. The key driver of success in delivering this financial plan will be the degree to which the charity is successful in delivering its fundraising strategy.

Property

The property, comprising the charity occupied premises (ground floor) and investment property (basement and terrace), was last valued in July 2017 by Carter Jonas LLP.

The investment property is sub-leased for a five-year term ending in 2022. The investment property valuation (2017/18: £701,000) was assessed against the market value of comparable commercial properties (at 31 March 2019) and it was established that the value did not materially change since the previous year. The rental income for the year was £44,000 (excluding service charges) producing a 6% yield on investment.

The property did not require any improvements or refurbishment work during the year. The charitable premises were accounted for on an historical cost basis and depreciated and the investment property at fair value. The property values are shown in Notes 14 and 16 to the accounts.

Going concern

Our assessment of our business-critical risks, the level of our reserves, and our future strategy give us confidence that we are a going concern. Whilst this year's deficit, approved by the trustees, is significant, our plan is for this deficit to be overturned within five years by careful cost control and growth in fundraising.

Remuneration report

The charity's Remuneration Policy is available on request. In summary, when a new post is created (or an existing post becomes vacant) the salary is established by benchmarking it against other similar posts in the sector. Successful applicants will normally be appointed within a range that extends slightly above and below the established salary. This approach was followed during 2018-19 financial year.

In July 2019, a new Pay and Grading Policy was adopted, which introduced defined pay grades and pay points for all staff excluding the CEO. (The CEO's salary is determined by the Board of Trustees.) This defines six pay grades based on the size of the role. Within each grade there are five pay points based on the postholder's skills and knowledge at that level and on market forces. A London weighting of 11% acknowledges the higher cost of living in the capital.

Every 12 months the Board determines whether salaries should be adjusted to reflect changes in the cost of living with reference to the published CPI percentages. Employees receive pension contributions equivalent to 6% of gross salary. Four employees opted to exchange their salary for a commensurate increase in the employer's pension contribution.

No employee was paid within the range of £60,000 to £70,000 (2017/18: 1). One member of staff was paid within the range of £70,000 to £80,000 (2017/18: 0). No employees earned more than £80,000. The ratio of the Chief Executive's salary to the median salary within the organisation was 2.3:1.

Investments

Investment value

The value of the investments on 31 March 2019 was £11,836,726, a decrease of £318,309 compared with 31 March 2018 (£12,155,035). During the year, £800,000 was withdrawn in cash from the capital to support the charity's working capital requirements and cover charitable and general running costs. The effect of divestments was softened by the market gains in value – producing a milder net decrease in the total value of investments.

Investment powers

The charity's investment powers are prescribed by its Articles of Association. The trustees have approved an Investment Strategy and have adopted a Policy on Fund Management and Financial Control. This is reviewed at least every three years.

The overall objective of our investment strategy is "to create sufficient income and capital growth to enable the charity to carry out its purposes consistently year by year with due and proper consideration for future needs and the maintenance of, and if possible, enhancement of the value of the invested funds while they are retained". Our investment managers, Investec Wealth and Investment, were appointed in January 2011. We intend to retender our investment management provider in 2020-21.

Investment strategy, policy and performance

The key elements of our investment policy are:

Objective	Balanced return between income and capital
Risk	Medium
Mandate	Discretionary
Time horizon	10+ years

The funds are invested in a wide range of asset classes to reduce the volatility of income and capital and produce capital gains and target income yields. The performance is measured against the bespoke benchmark as set out in the table below. The total fund allocation at the end of the financial year in comparison to the benchmark was:

Asset allocation at 31 March 2019			
	Value (£)	Weighting (%)	Benchmark (%)
Fixed interest	2,034,317	17.13	20
Equities	4,658,040	39.23	40
Overseas	2,511,564	21.15	20
Property	1,292,443	10.89	10
Alternatives	986,671	8.31	8
Cash	389,725	3.28	2
	£11,872,760	100	100

The total value of £11,872,760 includes £11,836,726 investment capital and £36,034 accrued interest.

The primary objective is for the total investment return, from both income and capital appreciation, to outperform the bespoke benchmark above by 1% per annum over rolling 5-year periods. The actual portfolio performance for the year (8.5%) outperformed the total return 12-month benchmark (6.5%).

The long-term investment strategy is to produce a total return to match or exceed the Consumer Price Inflation plus 3.5% on a rolling basis. This target has been exceeded and the actual returns have produced results well above this objective. Income derived from investments was £449,610 (2017/18: £474,223). The investment income yield at the year-end was 3.7%.

In relation to ethical considerations, our investment policy precludes investment in companies that produce alcoholic beverages or tobacco as well as companies where more than 20% of sales are derived from their retail or distribution. Trustees reserve the right to exclude companies that carry out activities that could be perceived as being contrary to the aims of the charity or which could damage the charity's reputation.

Reserves policy

We review our reserves policy annually. Over recent years, the charity's outgoings have exceeded its incoming resources. Prior to the merger, Alcohol Research UK ran deficits and spent investment capital on research grants. Since the merger we have retained the combined activities and expenditure of both Alcohol Research UK and Alcohol Concern, without additional income to match. These planned drawdowns of investment funds over a number of years have inevitably reduced the value of our invested reserves and their ability to generate income. This has been to a degree mitigated by strong performance of our investments, but markets are very likely to eventually decline.

We have ruled out continuing with large deficits until the reserves are all spent. Instead, our new strategic direction and financial plan see us addressing these issues by investing in fundraising, growing and diversifying income, eliminating our deficit within five years and achieving long-term sustainability to end serious alcohol harm. To manage the uncertainty involved in delivering this plan, the trustees have resolved that free reserves should not fall below £9m during this five-year period, until fundraising has been proven to generate significant additional income. This level of reserves should safeguard annual investment income of at least £300,000.

It is the charity's policy to hold reserves in order to:

- Allow continued operation in the event that fundraising targets are not met or there is a loss of a major source of income
- Allow smoothing of operating surpluses and deficits from year to year
- Manage fluctuations in income, where large donations or legacies might be received in one year but spent over subsequent years
- Allow the charity to take advantage of opportunities as they arise
- Provide a reliable additional income source.

Our reserves at 31 March 2019 were £11,782,122. Of this, circa £2m is forecast to be invested over the next five years to deliver the strategic plans. The reserves are mainly held as investments. The charity also holds restricted funds, which must be applied in accordance with the donors' wishes.

Funds at 31 March 2019

At 31 March 2019, the total funds of the charity were £14,147,573 (31 March 2018: £14,129,092). Of £14,147,573 total funds, £14,163,716 is the unrestricted fund and £16,143 (negative) is the restricted fund.

The restricted fund is in deficit due to expenditure commitments made in advance of income received for the alcohol interventions via Skype project. This income, covering the full project costs, was subsequently received in July 2019.

Of the total £14,163,716 unrestricted funds, £11,782,122 are free reserves, with the balance being tangible fixed assets and the investment property.

All funds held in the investment portfolio are readily convertible into cash. Movements in funds and more detailed explanations are shown in Note 19 to the accounts.

Statement of responsibilities of the trustees

The trustees, who are also trustees of Alcohol Research UK for the purposes of charity law, are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company and charity law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charities SORP;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable accounting standards have been followed, subject to any material departures being disclosed and explained in the financial statements; and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

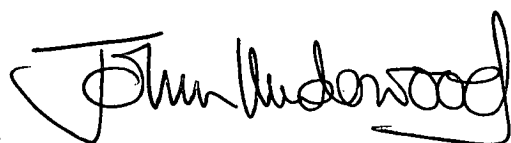
The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with regulations made under the Companies Act 2006 and the Charities Act 2011. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

- There is no relevant audit information of which the charitable company's auditor is unaware; and
- They have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Approved by the Board of Trustees on 9 December 2019 and signed on their behalf by

A handwritten signature in black ink, appearing to read 'John Underwood', with a stylized flourish at the end.

Professor John Underwood
Chair of Trustees

Opinion

We have audited the financial statements of Alcohol Research UK (the 'charitable company') for the year ended 31 March 2019 which comprise the statement of financial activities, balance sheet, statement of cash flows and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102A *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- Give a true and fair view of the state of the charitable company's affairs as at 31 March 2019 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- Have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice;
- Have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the 'Auditor's responsibilities for the audit of the financial statements' section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

- The trustees' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- The trustees have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the charitable company's ability to continue to adopt the going concern basis of accounting for a period of at least 12 months from the date when the financial statements are authorised for issue.

Other information

The other information comprises the information included in the trustees' annual report other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- The information given in the trustees' annual report for the financial year for which the financial statements are prepared is consistent with the financial statements
- The trustees' annual report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the trustees' annual report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- Adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- The financial statements are not in agreement with the accounting records and returns; or
- Certain disclosures of Trustees' remuneration specified by law are not made; or
- We have not received all the information and explanations we require for our audit; or
- The trustees were not entitled to prepare the financial statements in accordance with the small companies' regime and take advantage of the small companies' exemptions in preparing the trustees' annual report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the statement of trustees' responsibilities set out in the trustees' annual report, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists.

Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

As part of an audit in accordance with ISAs (UK), we exercise professional judgment and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the trustees.
- Conclude on the appropriateness of the trustees' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the entity's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the entity to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

Independent auditor's report
To the members of
Alcohol Research UK

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

Use of our report

This report is made solely to the charitable company's members as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Noelia Serrano (Senior statutory auditor)
13 December 2019
for and on behalf of Sayer Vincent LLP, Statutory Auditor
Invicta House, 108-114 Golden Lane, LONDON, EC1Y 0TL

Alcohol Research UK (operating as Alcohol Change UK)

Statement of financial activities (incorporating an income and expenditure account)

For the year ended 31 March 2019

	Note	Unrestricted £	Restricted £	2019 Total £	Unrestricted £	Restricted £	2018 Total £
Income from:							
Donations and legacies	2	54,634	-	54,634	56,563	-	56,563
Charitable activities:	3						
Research, development and innovation		-	56,631	56,631	-	38,502	38,502
Policy and influencing		-	40,593	40,593	-	62,554	62,554
Profile, communications, campaigns and events		1,898	64,940	66,838	7,383	82,272	89,655
Consultancy and training		81,661	-	81,661	98,654	-	98,654
Behaviour change campaigns		8,200	15,000	23,200	800	15,000	15,800
Other trading activities	4	9,697	-	9,697	2,552	-	2,552
Investments	5	500,773	-	500,773	506,259	-	506,259
Other		1,349	-	1,349	623	-	623
Funds transferred from Alcohol Concern	23	-	-	-	3,595	50,428	54,023
Total income		658,212	177,164	835,376	676,429	248,756	925,185
Expenditure on:							
Raising funds							
Donations and legacies		78,680	-	78,680	55,224	-	55,224
Investment management costs		68,753	-	68,753	80,993	-	80,993
Charitable activities:							
Research, development and innovation		255,202	63,120	318,322	571,200	39,020	610,220
Policy and influencing		82,059	44,522	126,581	98,738	63,347	162,085
Profile, communications, campaigns and events		348,326	73,440	421,766	276,186	83,544	359,730
Consultancy and training		90,295	-	90,295	140,617	-	140,617
Behaviour change campaigns		194,791	24,479	219,270	225,654	5,521	231,175
Information and advice		7,174	35,561	42,735	-	9,509	9,509
Total expenditure	6a	1,125,280	241,122	1,366,402	1,448,612	200,941	1,649,553
Net (expenditure)/income before gains/(losses) on investments		(467,068)	(63,958)	(531,026)	(772,183)	47,815	(724,368)
Net gains/(losses) on investments	15	549,507	-	549,507	(140,902)	-	(140,902)
Loss on revaluation of investment property	16	-	-	-	(3,257)	-	(3,257)
Net income / (expenditure) for the year		82,439	(63,958)	18,481	(916,342)	47,815	(868,527)
Reconciliation of funds:							
Total funds brought forward		14,081,277	47,815	14,129,092	14,997,619	-	14,997,619
Total funds carried forward	19a	14,163,716	(16,143)	14,147,573	14,081,277	47,815	14,129,092

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in Note 19a to the financial statements.

Alcohol Research UK (operating as Alcohol Change UK)

Balance sheet

Company no. 07462605

As at 31 March 2019

	Note	£	2019 £	£	2018 £
Fixed assets:					
Tangible assets	14		1,680,594		1,728,864
Investments	15		11,836,726		12,155,035
Investment property	16		701,000		701,000
			<u>14,218,320</u>		<u>14,584,899</u>
Current assets:					
Debtors	17	244,060		130,754	
Cash at bank and in hand		211,292		177,556	
		<u>455,352</u>		<u>308,310</u>	
Liabilities:					
Creditors: amounts falling due within one year	18	(481,631)		(596,689)	
Net current liabilities			<u>(26,279)</u>		<u>(288,379)</u>
Total assets less current liabilities			<u>14,192,041</u>		<u>14,296,520</u>
Creditors: grants payable due after one year	8a		(44,468)		(167,428)
Total net assets			<u><u>14,147,573</u></u>		<u><u>14,129,092</u></u>
The funds of the charity:	19a				
Restricted income funds:					
Surplus		4,162		47,815	
Deficit		(20,305)		-	
			<u>(16,143)</u>		<u>47,815</u>
Unrestricted income funds:					
Fair value reserve		3,143,789		2,594,282	
General funds		11,019,927		11,486,995	
Total unrestricted funds			<u>14,163,716</u>		<u>14,081,277</u>
Total charity funds			<u><u>14,147,573</u></u>		<u><u>14,129,092</u></u>

Approved by the board of directors on 9 December 2019 and signed on their behalf by:



Professor John Underwood
Chair

Alcohol Research UK (operating as Alcohol Change UK)

Statement of cash flows

For the year ended 31 March 2019

	Note	2019 £	£	2018 £	£
Cash flows from operating activities					
Net income / (expenditure) for the reporting period (as per the statement of financial activities)		18,481		(868,527)	
Depreciation and impairment on fixed assets		47,652		47,865	
(Gains) / losses on revaluation of investments		(549,507)		140,902	
Losses on revaluation of investment property		-		3,257	
(Profit)/loss on the disposal of fixed assets		(57)		-	
Dividends, interest and rent from investments		(500,773)		(506,259)	
(Increase) / decrease in debtors		(113,306)		72,883	
(Decrease) in creditors		(238,018)		(200,845)	
Net cash used in operating activities			(1,335,528)		(1,310,724)
Cash flows from investing activities:					
Dividends, interest and rents from investments		500,589		506,165	
Interest		184		94	
Purchase of fixed assets		-		(161,211)	
Proceeds from the sale of assets		675		-	
Purchase of/improvements to investment property		-		(66,257)	
Proceeds from sale of investments		2,207,732		3,286,213	
Purchase of investments		(1,526,880)		(2,078,824)	
Cash released from / (invested in) investment portfolio		186,964		(211,769)	
Net cash provided by investing activities			1,369,264		1,274,411
Change in cash and cash equivalents in the year			33,736		(36,313)
Cash and cash equivalents at the beginning of the year			177,556		213,869
Cash and cash equivalents at the end of the year			211,292		177,556

1 Accounting policies

a) Statutory information

Alcohol Research UK is a charitable company limited by guarantee and is incorporated in the United Kingdom. Alcohol Change UK is the operating name of Alcohol Research UK.

The registered office address and principal place of business is 27 Swinton Street, London, WC1X 9NW.

b) Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) – (Charities SORP FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (September 2015) and the Companies Act 2006.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

In applying the financial reporting framework, the trustees have made a number of subjective judgements, for example in respect of significant accounting estimates. Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances. The nature of the estimation means the actual outcomes could differ from those estimates. Any significant estimates and judgements affecting these financial statements are detailed within the relevant accounting policy below.

c) Public benefit entity

The charitable company meets the definition of a public benefit entity under FRS 102.

d) Going concern

The board of directors consider that there are no material uncertainties about the charitable company's ability to continue as a going concern.

Key judgements that the charitable company has made which have a significant effect on the accounts include estimating the liability from multi-year grant commitments.

The board of directors do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

e) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and that the amount can be measured reliably.

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the charity that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Income received in advance of the provision of a specified service is deferred until the criteria for income recognition are met.

f) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

1 Accounting policies (continued)

g) Fund accounting

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

h) Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Costs of raising funds relate to the costs incurred by the charitable company in inducing third parties to make voluntary contributions to it, as well as the cost of any activities with a fundraising purpose.
- Expenditure on charitable activities includes the costs of research, development and innovation, policy and influencing, profile, communications, campaigns and events, consultancy and training, behaviour change campaigns and information and advice, undertaken to further the purposes of the charity and their associated support costs.
- Other expenditure represents those items not falling into any other heading.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

i) Allocation of support costs

Wherever possible resources expended are attributed to the particular activity where the cost relates directly to that activity. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Support costs include all expenditure not directly related to charitable activities: general office and administrative costs, information technology, finance, HR, premise costs and governance. Governance costs are those costs incurred in the governance of the charity and are primarily associated with the constitutional and statutory requirements and strategic management of the charity's activities.

Support costs, including governance, are apportioned to expenditure on raising funds and expenditure on charitable activities on the following basis, which is an estimate based on staff time attributable to each activity.

● Raising funds	7%
● Research, development and innovation	24%
● Policy and influencing	12%
● Profile, communications, campaigns and events	39%
● Consultancy and training	5%
● Behaviour change campaigns	10%
● Information and advice	3%

1 Accounting policies (continued)

j) Tangible fixed assets

Items of equipment are capitalised where the purchase price exceeds £1,000 on initial acquisition and included in the balance sheet at cost or valuation including costs attributable to bringing the assets into working condition for their intended use. Expenditure which enhances the tangible fixed assets is capitalised at cost. Fixed assets donated for the charity's own use are capitalised at their current value.

Assets are reviewed for impairment if circumstances indicate their carrying value may exceed their net realisable value and value in use.

Where fixed assets have been revalued, any excess between the revalued amount and the historic cost of the asset will be shown as a revaluation reserve in the balance sheet.

Depreciation is provided at rates calculated to write down the cost of each asset to its estimated residual value over its expected useful life. The depreciation rates in use are as follows:

● Leasehold property	50 years
● Office equipment	3 years
● Furniture & fixtures	3 years

k) Operating leases

Rental charges are charged on a straight line basis over the term of the lease.

l) Investment income

Investment income comprises interest and dividends receivable in the year and rental income from the investment property and is shown inclusive of recoverable tax.

m) Listed investments

Investments are a form of basic financial instrument and are initially recognised at their transaction value and subsequently measured at their fair value as at the balance sheet date using the closing quoted market price. Any change in fair value will be recognised in the statement of financial activities and any excess of fair value over the historic cost of the investments will be shown as a fair value reserve in the balance sheet. Investment gains and losses, whether realised or unrealised, are combined and shown in the heading "Net gains/(losses) on investments" in the statement of financial activities. The charity does not acquire put options, derivatives or other complex financial instruments.

n) Investment properties

Investment properties are measured initially at cost and subsequently included in the balance sheet at fair value. Investment properties are not depreciated. Any change in fair value is recognised in the statement of financial activities and any excess of fair value over the historic cost of the investments will be shown as a fair value reserve in the balance sheet. The valuation method used to determine fair value will be stated in the notes to the accounts.

o) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

p) Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

1 Accounting policies (continued)

q) Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

Grants payable due after one year are payable within one to three years of the balance sheet date.

r) Pensions

The pension cost charge represent contributions payable under the scheme by the charity to the fund. The charity has no liability under the scheme other than for the payment of those contributions.

Alcohol Research UK (operating as Alcohol Change UK)

Notes to the financial statements

For the year ended 31 March 2019

2 Income from donations and legacies

	Unrestricted £	Restricted £	2019 Total £	Unrestricted £	Restricted £	2018 Total £
Donations from individuals and trusts	51,634	-	51,634	45,419	-	45,419
Legacies	3,000	-	3,000	11,144	-	11,144
	<u>54,634</u>	<u>-</u>	<u>54,634</u>	<u>56,563</u>	<u>-</u>	<u>56,563</u>

3 Income from charitable activities

	Unrestricted £	Restricted £	2019 Total £	Unrestricted £	Restricted £	2018 Total £
Research, development and innovation						
▪ DS Daily	-	-	-	-	5,000	5,000
▪ Barod grant	-	1,200	1,200	-	-	-
▪ National Institute for Health Research grant	-	2,240	2,240	-	-	-
▪ Welsh Assembly Government grant	-	53,191	53,191	-	33,502	33,502
	<u>-</u>	<u>56,631</u>	<u>56,631</u>	<u>-</u>	<u>38,502</u>	<u>38,502</u>
Policy and influencing						
▪ Alcohol Health Alliance	-	-	-	-	11,250	11,250
▪ Welsh Assembly Government grant	-	40,593	40,593	-	51,304	51,304
	<u>-</u>	<u>40,593</u>	<u>40,593</u>	<u>-</u>	<u>62,554</u>	<u>62,554</u>
Profile, communications, campaigns and events						
▪ Conference income	1,898	-	1,898	7,383	-	7,383
▪ Welsh Assembly Government grant	-	64,940	64,940	-	82,272	82,272
	<u>1,898</u>	<u>64,940</u>	<u>66,838</u>	<u>7,383</u>	<u>82,272</u>	<u>89,655</u>
Consultancy and training	<u>81,661</u>	<u>-</u>	<u>81,661</u>	<u>98,654</u>	<u>-</u>	<u>98,654</u>
Behaviour change campaigns						
▪ Cyber Liver (Dry January App)	-	-	-	800	-	800
▪ MBA Literary and Script Agents (Try Dry book)	8,200	-	8,200	-	-	-
▪ Alliance House Foundation	-	15,000	15,000	-	15,000	15,000
	<u>8,200</u>	<u>15,000</u>	<u>23,200</u>	<u>800</u>	<u>15,000</u>	<u>15,800</u>
Total income from charitable activities	<u>91,759</u>	<u>177,164</u>	<u>268,923</u>	<u>106,837</u>	<u>198,328</u>	<u>305,165</u>

4 Income from other trading activities

	Unrestricted £	Restricted £	2019 Total £	Unrestricted £	Restricted £	2018 Total £
Sponsorship	8,000	-	8,000	-	-	-
Merchandise sales (scratch cards)	1,697	-	1,697	2,552	-	2,552
	<u>9,697</u>	<u>-</u>	<u>9,697</u>	<u>2,552</u>	<u>-</u>	<u>2,552</u>

5 Income from investments

	2019 Total £	2018 Total £
Fixed Interest		
Corporate bonds and British Government stocks	102,013	123,265
Overseas Bonds	31,283	25,147
Equities – UK franked	316,829	326,307
Irrecoverable tax on equities	(515)	(496)
	<u>449,610</u>	<u>474,223</u>
Investment property rental income	50,979	31,942
Bank deposit interest	184	94
	<u>500,773</u>	<u>506,259</u>

All income from investments is unrestricted.

Alcohol Research UK (operating as Alcohol Change UK)

Notes to the financial statements

For the year ended 31 March 2019

6a Analysis of expenditure (current year)

	Cost of raising funds		Charitable activities							2019 Total £	2018 Total £
	Donations and legacies £	Investment management costs £	Research, development and innovation £	Policy and influencing £	Profile, communications, campaigns and events £	Consultancy and training £	Behaviour change campaigns £	Information and advice £	Support and governance costs £		
Staff costs (note 10)	17,557	3,235	125,922	72,765	143,213	10,854	50,621	21,966	130,573	576,706	546,470
Other staff costs	-	-	128	193	289	-	-	-	42,143	42,753	56,891
Audit and other statutory fees	-	-	-	-	-	-	-	-	10,498	10,498	8,510
Bank charges	295	-	-	-	-	-	-	-	247	542	264
Board & Committee expenses	-	-	136	-	-	-	-	-	4,600	4,736	9,827
Buildings, rent and other office costs	-	-	-	-	-	-	-	-	30,615	30,615	40,622
Conferences and events	-	-	576	11	12,326	6,882	-	-	-	19,795	39,201
Consultancy fees	-	-	11,283	-	-	54,493	5,361	7,314	-	78,451	157,323
Depreciation	-	-	-	-	-	-	-	-	47,652	47,652	47,865
Fundraising expenses	40,270	-	-	-	-	-	-	-	-	40,270	35,388
Grants management costs	-	-	823	-	-	-	-	-	-	823	8,299
Grants payable (note 8a)	-	-	5,309	-	-	-	-	-	-	5,309	341,833
Insurance	-	-	-	-	-	-	-	-	6,522	6,522	7,003
Investment management fees	-	55,082	-	-	-	-	-	-	-	55,082	57,926
Investment property costs	-	7,090	-	-	-	-	-	-	-	7,090	16,068
IT, internet and telephone costs	-	-	4,322	-	-	-	-	-	33,931	38,253	54,938
Legal and professional fees	-	-	-	-	-	-	15,342	-	4,980	20,322	22,884
Other meeting expenses	81	-	7,425	1,904	2,813	971	7	-	1,092	14,293	18,178
Printing, postage and stationery	59	-	51	-	59	83	-	-	4,317	4,569	3,915
Project evaluation	-	-	1,702	-	-	-	23,166	-	-	24,868	11,810
Publications, communications and marketing	255	-	1,936	1,872	136,861	908	89,580	4,033	690	236,135	138,173
Research, policy and campaigns costs	-	-	80,272	10,000	-	-	1,052	-	-	91,324	23,329
Subscriptions	79	-	-	-	-	-	-	-	5,451	5,530	2,315
Sundry expenses	-	-	7	13	48	-	-	-	4,196	4,264	521
	58,596	65,407	239,892	86,758	295,609	74,191	185,129	33,313	327,507	1,366,402	1,649,553
Support and governance costs (note 7a)	20,084	3,346	78,430	39,823	126,157	16,104	34,141	9,422	(327,507)	-	-
Total expenditure 2019	78,680	68,753	318,322	126,581	421,766	90,295	219,270	42,735	-	1,366,402	
Total expenditure 2018	55,224	80,993	610,220	162,085	359,730	140,617	231,175	9,509	-		1,649,553

Alcohol Research UK (operating as Alcohol Change UK)

Notes to the financial statements

For the year ended 31 March 2019

6b Analysis of expenditure (prior year)

	Cost of raising funds		Charitable activities							2018 Total £
	Donations and legacies £	Investment management costs £	Research, development and innovation £	Policy and influencing £	Profile, communications, campaigns and events £	Consultancy and training £	Behaviour change campaigns £	Information and advice £	Support and governance costs £	
Staff costs (note 10)	6,910	-	146,141	90,730	139,213	17,718	31,212	-	114,546	546,470
Other staff costs	1,095	-	2,645	3,539	7,220	13,251	2,399	-	26,742	56,891
Audit and other statutory fees	-	-	-	-	-	-	-	-	8,510	8,510
Bank charges	-	-	-	-	-	-	-	-	264	264
Board and committee meetings	-	-	-	-	-	-	-	-	9,827	9,827
Buildings, rent and other office costs	-	-	-	-	-	14	-	-	40,608	40,622
Conferences and events	-	-	-	-	39,201	-	-	-	-	39,201
Consultancy fees	-	-	8,988	2,638	3,956	64,400	20,031	9,509	47,801	157,323
Depreciation	-	-	-	-	-	-	-	-	47,865	47,865
Fundraising expenses	35,388	-	-	-	-	-	-	-	-	35,388
Grant management costs	-	-	8,299	-	-	-	-	-	-	8,299
Grants payable (Note 8b)	-	-	341,833	-	-	-	-	-	-	341,833
Insurance	28	3,479	177	113	226	1,818	131	-	1,031	7,003
Investment management fees	-	57,926	-	-	-	-	-	-	-	57,926
Investment property costs	-	16,068	-	-	-	-	-	-	-	16,068
IT, internet and telephone costs	-	-	-	-	-	-	-	-	54,938	54,938
Legal and other professional fees	-	-	-	-	-	-	-	-	22,884	22,884
Other meeting expenses	76	-	5,724	2,920	3,808	406	607	-	4,637	18,178
Printing, postage and stationery	73	-	714	676	1,160	248	339	-	705	3,915
Project evaluation	-	-	-	-	-	-	11,810	-	-	11,810
Publications, communications and marketing	-	-	313	470	43,097	-	94,293	-	-	138,173
Research, policy and campaigns costs	-	-	4,911	7,367	11,051	-	-	-	-	23,329
Subscriptions	37	-	437	457	759	103	170	-	352	2,315
Sundry expenses	14	-	90	57	115	40	67	-	138	521
	43,621	77,473	520,272	108,967	249,806	97,998	161,059	9,509	380,848	1,649,553
Support and governance costs (note 7b)	11,603	3,520	89,948	53,118	109,924	42,619	70,116	-	(380,848)	-
Total expenditure 2018	55,224	80,993	610,220	162,085	359,730	140,617	231,175	9,509	-	1,649,553

Of the total expenditure, £1,448,612 was unrestricted and £200,941 was restricted.

Alcohol Research UK (operating as Alcohol Change UK)

Notes to the financial statements

For the year ended 31 March 2019

7a Analysis of support and governance costs (current year)

	Cost of raising funds		Charitable activities						2019 Total £	2018 Total £
	Donations and legacies £	Investment management costs £	Research, development and innovation £	Policy and influencing £	Profile, communications, campaigns and events £	Consultancy and training £	Behaviour change campaigns £	Information and advice £		
Finance	6,729	1,122	25,165	11,672	39,764	5,396	11,440	2,904	104,192	93,960
Office and general management	2,796	466	13,641	9,627	23,688	2,242	4,753	2,747	59,960	68,946
IT, internet and telephones	2,083	347	7,963	3,874	12,700	1,670	3,541	744	32,922	59,710
HR and other professional fees	1,157	193	4,145	1,735	6,428	927	1,966	413	16,964	34,446
Buildings and premises	4,585	764	17,721	8,815	28,387	3,677	7,794	1,638	73,381	78,772
Support costs	17,350	2,892	68,635	35,723	110,967	13,912	29,494	8,446	287,419	335,834
Audit fees	716	119	2,565	1,074	3,978	574	1,217	256	10,499	8,499
Insurance	158	26	565	236	876	126	268	56	2,311	760
Legal advice	87	14	311	130	482	70	148	31	1,273	-
Board and committee meetings	302	50	1,084	454	1,681	243	514	108	4,436	2,793
Strategic management	1,471	245	5,270	2,206	8,173	1,179	2,500	525	21,569	32,962
Governance costs	2,734	454	9,795	4,100	15,190	2,192	4,647	976	40,088	45,014
Total expenditure 2019	20,084	3,346	78,430	39,823	126,157	16,104	34,141	9,422	327,507	
Total expenditure 2018	11,603	3,520	89,948	53,118	109,924	42,619	70,116	-		380,848

Alcohol Research UK (operating as Alcohol Change UK)

Notes to the financial statements

For the year ended 31 March 2019

7b Analysis of support and governance costs (prior year)

	Cost of raising funds		Charitable activities					2018 Total £
	Donations and legacies £	Investment management costs £	Research, development and innovation £	Policy and influencing £	Profile, communications, campaigns and events £	Consultancy and training £	Behaviour change campaigns £	
Finance	3,037	921	22,338	12,095	26,060	11,156	18,353	93,960
Office and general management	1,664	505	15,916	12,142	22,550	6,113	10,056	68,946
IT, internet and telephones	1,859	564	14,136	8,096	16,991	6,829	11,235	59,710
HR and other professional fees	1,136	344	8,208	4,306	9,419	4,171	6,862	34,446
Buildings and premises	2,423	735	18,624	10,852	22,595	8,900	14,643	78,772
Support costs	10,119	3,069	79,222	47,491	97,615	37,169	61,149	335,834
Audit fees	280	85	2,025	1,063	2,324	1,029	1,693	8,499
Insurance	25	8	181	95	208	92	151	760
Board and committee meetings	92	28	666	349	764	338	556	2,793
Strategic management	1,087	330	7,854	4,120	9,013	3,991	6,567	32,962
Governance costs	1,484	451	10,726	5,627	12,309	5,450	8,967	45,014
Total expenditure 2018	11,603	3,520	89,948	53,118	109,924	42,619	70,116	380,848

Alcohol Research UK (operating as Alcohol Change UK)

Notes to the financial statements

For the year ended 31 March 2019

8a Grant making (current year)

	Small grants £	Research and development £	Studentship grants £	2019 £	2018 £
At the start of the year	71,640	409,699	133,000	614,339	780,806
Awarded in year	3,813	12,795	1,800	18,408	367,574
Paid in the year	(60,416)	(199,745)	(81,600)	(341,761)	(508,300)
Grants cancelled	(1,852)	(11,247)	-	(13,099)	(25,741)
At the end of the year	13,185	211,502	53,200	277,887	614,339
Falling due within one year	13,185	178,634	41,600	233,419	446,911
Falling due after more than one year	-	32,868	11,600	44,468	167,428

8b Grant making (prior year)

	Small grants £	Research and development £	Studentship grants £	2018 £	2017 £
At the start of the year	77,569	501,237	202,000	780,806	377,558
Awarded in year	72,117	264,457	31,000	367,574	774,720
Paid in the year	(73,426)	(334,874)	(100,000)	(508,300)	(368,340)
Grants cancelled	(4,620)	(21,121)	-	(25,741)	(3,132)
At the end of the year	71,640	409,699	133,000	614,339	780,806
Falling due within one year	71,640	294,271	81,000	446,911	557,833
Falling due after more than one year	-	115,428	52,000	167,428	222,973

Full details of grants paid during the year and outstanding at the year end are listed in Appendix 1 to the Financial Statements.

Grants to individuals (studentship grants)

The grants covered course fees and, in some instances, included maintenance and other allowances on an agreed scale.

9 Net income / (expenditure) for the year

This is stated after charging / (crediting):

	2019 £	2018 £
Depreciation	47,652	47,865
Loss or profit on disposal of fixed assets	-	-
Interest payable	-	-
Operating lease rentals payable	6,834	6,942
Operating lease rentals receivable	(51,090)	(47,084)
Auditor's remuneration (excluding VAT)		
Audit	8,700	8,500
Other services	-	-

Notes to the financial statements

For the year ended 31 March 2019

10 Analysis of staff costs, board of trustees' remuneration and expenses, and the cost of key management personnel

Staff costs were as follows:

	2019 £	2018 £
Salaries and wages	485,111	466,167
Social security costs	48,109	43,284
Employer's contribution to defined contribution pension schemes	43,486	37,019
	<u>576,706</u>	<u>546,470</u>

The following number of employees received employee benefits (excluding employer pension costs and national insurance) during the year between:

	2019 No.	2018 No.
£60,000 – £69,999	–	1
£70,000 – £79,999	1	–
	<u>1</u>	<u>–</u>

The charity considers its key management personnel comprise the chief executive officer and directors. The total employee benefits (including employer pension contributions and employer national insurance) of the key management personnel were £250,302 (2018: £221,092).

No termination payments were made in the year (2018: £30,000).

The trustees were not paid or received any other benefits from employment with the charity in the year (2018: £nil). No trustees received payment for professional or other services supplied to the charity (2018: £nil).

Included in the board and committee expenses and other staff costs in Note 6a is a total of £3,665 (2018: £2,696) for trustees' expenses, which represents the payment or reimbursement of travel and subsistence relating to attendance at trustee meetings. Grant funding received for projects in which trustees or directors are involved is disclosed in Note 12.

11 Staff numbers

The average number of employees (head count based on number of staff employed) during the year was 13 (2018: 13).

The average monthly number of full-time equivalent employees (including part-time staff) during the year was as follows:

	2019 FTE	2018 FTE
Raising funds	1	0
Research, development and innovation	2	3
Policy and influencing	1	2
Profile, communications, campaigns and events	3	3
Consultancy and training	1	0
Behaviour change campaigns	1	1
Information and advice	0	0
Support functions, management and governance	3	2
	<u>12</u>	<u>11</u>

12 Related party transactions

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

Of the grants paid during the year, the following trustees, directors and/or associates have been involved in projects and, during the course of the project, they or their unit have received funding from the institution to which the grant was made. The details are as follows:

ADFAM

R17/05

Dr James Nicholls, Director of Research & Policy Development at Alcohol Research UK, is a trustee of ADFAM

Aquarius

2017SG/1002

Ms Annette Fleming of Aquarius, is a Trustee of Alcohol Research UK

London South Bank University

RS 16/03

Professor Anthony Moss, of London South Bank University, is a Trustee of Alcohol Research UK

Teesside University

R 16/04, SG 16/17 234

Professor Dorothy Newbury-Birch of Teesside University is a GAP Associate

Edge Hill University

2017 SG/1064, 2017 ND/2026

Professor Derek Heim of Edge Hill University, is a Trustee of Alcohol Research UK

Manchester Metropolitan University

RS 16/01

Professor Sarah Galvani is a Trustee of Alcohol Research UK

King's College London

2017 SG/1074

Professor Alan Maryon-Davis of King's College London, is a Chair of Alcohol Research UK

Dr Emmert Roberts of King's College London, is a Trustee of Alcohol Research UK.

13 Taxation

The charitable company is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

Notes to the financial statements

For the year ended 31 March 2019

14 Tangible fixed assets

	Freehold property £	Leasehold property £	Furniture & fixtures £	Office equipment £	Total £
Cost					
At the start of the year	39,500	1,695,558	27,546	16,376	1,778,980
Additions in year	-	-	-	-	-
Disposals in year	-	-	-	(1,012)	(1,012)
At the end of the year	39,500	1,695,558	27,546	15,364	1,777,968
Depreciation					
At the start of the year	-	33,911	9,182	7,023	50,116
Charge for the year	-	33,911	9,182	4,559	47,652
Eliminated on disposal	-	-	-	(394)	(394)
At the end of the year	-	67,822	18,364	11,188	97,374
Net book value					
At the end of the year	39,500	1,627,736	9,182	4,176	1,680,594
At the start of the year	39,500	1,661,647	18,364	9,353	1,728,864

Land with a value of £39,500 (2018: £39,500) is included within freehold property and not depreciated.

All of the above assets are used for charitable purposes.

15 Listed investments

	2019 £	2018 £
Investments are included at their market value.		
Fair value at the start of the year	11,868,346	13,216,637
Additions at cost	1,526,880	2,078,824
Disposal proceeds	(2,207,732)	(3,286,213)
Net gain / (loss) on change in fair value	549,507	(140,902)
	11,737,001	11,868,346
Cash held by investment manager pending reinvestment	99,725	286,689
Fair value at the end of the year	11,836,726	12,155,035
Investments comprise:		
	2019 £	2018 £
Fixed Interest:		
Corporate bonds and British Government stocks	1,998,283	1,329,356
Equities	7,169,604	7,272,460
Property	1,292,443	1,180,406
Alternative assets	986,671	1,136,124
Cash	389,725	1,236,689
	11,836,726	12,155,035

Notes to the financial statements

For the year ended 31 March 2019

16 Investment property

	2019 £	2018 £
Fair value at the start of the year	701,000	638,000
Additions	-	66,257
Impairments	-	(3,257)
Revaluation during the year	-	-
Fair value at the end of the year	701,000	701,000

The investment property is part of the charity's head office at Swinton Street. The purchase price was attributed between tangible fixed assets and investment property in proportion with the fair value at the year end. The property was last valued on 3 July 2017 by Carter Jonas LLP. At 31 March 2019, the fair value of the investment property was assessed against the publicly available average UK yield for commercial properties and it was concluded that the valuation assumptions have not materially changed since the last valuation.

17 Debtors

	2019 £	2018 £
Equity interest and dividends declared but not yet received	75,071	68,885
Trade debtors	118,860	20,702
Other debtors	-	7,608
Prepayments and accrued income	50,129	33,559
	244,060	130,754

18 Creditors: amounts falling due within one year

	2019 £	2018 £
Trade creditors	133,757	37,929
Taxation and social security	13,216	12,981
Other creditors	30,274	4,599
Accruals	70,965	94,269
Grants payable (see Note 8)	233,419	446,911
	481,631	596,689

19a Movements in funds (current year)

	At 1 April 2018 £	Income & gains £	Expenditure & losses £	Transfers £	At 31 March 2019 £
Restricted funds:					
Alliance House Foundation	9,479	15,000	(24,479)	-	-
The Maudsley Charity	15,256	-	(35,561)	-	(20,305)
The Welsh Assembly Government	16,098	158,724	(170,660)	-	4,162
Trust for London (Justice)	2,540	-	(2,540)	-	-
People's Postcode Lottery	2,214	-	(2,214)	-	-
The Big Lottery Fund (Pembrokeshire)	2,228	-	(2,228)	-	-
National Institute for Health Research	-	2,240	(2,240)	-	-
The Welsh assembly Government via Barod	-	1,200	(1,200)	-	-
Total restricted funds	47,815	177,164	(241,122)	-	(16,143)
Fair value reserve	2,594,282	549,507	-	-	3,143,789
General funds	11,486,995	658,212	(1,125,280)	-	11,019,927
Total unrestricted funds	14,081,277	1,207,719	(1,125,280)	-	14,163,716
Total funds	14,129,092	1,384,883	(1,366,402)	-	14,147,573

Notes to the financial statements

For the year ended 31 March 2019

19b Movements in funds (prior year)

	At 31 March 2017 £	Income & gains £	Expenditure & losses £	Transfers £	At 31 March 2018 £
Restricted funds:					
Alliance House Foundation	-	15,000	(5,521)	-	9,479
DS Daily	-	5,000	(5,000)	-	-
The Alcohol Health Alliance	-	11,250	(11,250)	-	-
The Maudsley Charity	-	24,765	(9,509)	-	15,256
The Welsh Assembly Government	-	185,759	(169,661)	-	16,098
Trust for London (Justice)	-	2,540	-	-	2,540
People's Postcode Lottery	-	2,214	-	-	2,214
The Big Lottery Fund (Pembrokeshire)	-	2,228	-	-	2,228
Total restricted funds	-	248,756	(200,941)	-	47,815
Fair value reserve	3,579,774	-	(140,902)	(844,590)	2,594,282
General funds	11,417,845	676,429	(1,451,869)	844,590	11,486,995
Total unrestricted funds	14,997,619	676,429	(1,592,771)	-	14,081,277
Total funds	14,997,619	925,185	(1,793,712)	-	14,129,092

19 Purposes of restricted funds

Restricted Funds comprise income which the charity can only use in accordance with terms set out in a written agreement with the original donor or funder. Projects which received funding in this way in 2018/19 are shown below:

Alliance House Foundation is funding an evaluation of Dry January, which is an alcohol behaviour change campaign encouraging people to rethink their relationship with alcohol.

DS Daily are funds received from third parties to fund the production of the publication of the same name.

Alcohol Health Alliance co-funded the policy and advocacy manager's post.

The Maudsley Charity grant (information and advice) funded a project on provision of innovative brief advice alcohol interventions via Facebook and Skype. The negative restricted fund balance resulted from the project expenditure incurred in advance of the final grant payment, which was received after the financial year-end. The project ended in July 2019 and the grant funding is conditional on completion of the project evaluation report, which is in progress.

The Welsh Assembly Government grant is supporting delivery of the Working Together to Reduce Harm, Substance Misuse Delivery Plan 2016-18, as well as continuing to raise awareness of alcohol misuse issues across Wales, including campaigning for an effective alcohol policy and improved services for people whose lives are affected by alcohol-related problems.

The Trust for London (Justice) grant supported a project, delivered in partnership with the Mentor Foundation, promoting social justice by improving alcohol-related outcomes for young offenders by: influencing, through research findings, the key decision makers in order to improve policy and practice in youth justice settings, improving knowledge around levels of alcohol use by young offenders in London and raising awareness about the inconsistency of alcohol interventions for young offenders.

People's Postcode Lottery funded a project with the aim of making it easy for people to access clear, concise and comprehensive information and guidance on alcohol by creating an alcohol awareness leaflet available on the website or which can be taken away from training sessions.

The Big Lottery Fund (Pembrokeshire) supported the project 'Safe Haven: Fishguard and Goodwick Community Well-being Project' based on a community led approach to promoting a healthier relationship with alcohol for individuals and the community as a whole.

The National Institute for Health Research funded the charity's contribution in a research study EXILENS: Exploring the Impact of alcohol Licencing in England and Scotland: A mixed-method, natural experiment evaluation of public health engagement in alcohol premises licensing and impact on alcohol-related harms.

19 Purposes of restricted funds (continued)

The Welsh Assembly Government (via Barod) is funding implementation of the recommendation by the Advisory Panel on Substance Misuse (APoSM) across Wales made in the report 'Substance misuse in an ageing population'. The report highlighted a number of issues relating to the use of alcohol and other substances amongst older people. The funding is supporting establishing connections with key local delivery partners and developing training packages for professionals to enable meeting the local support needs of this population section.

20 Operating lease commitments

At 31 March 2019, the charity had annual commitments of £6,834 under a non-cancellable operating lease expiring within one year (2018: £6,942). Total future payments until the lease expiry will amount to £3,476 (excluding VAT).

Amounts payable under non-cancellable operating leases are as follows for each of the following periods:

	2019 £	2018 £
Less than one year	3,476	6,834
	<u>3,476</u>	<u>6,834</u>

21 Operating lease commitments receivable as a lessor

Amounts receivable under non-cancellable operating leases are as follows for each of the following periods (exclusive of VAT)

	Property	
	2019 £	2018 £
Less than one year	51,090	51,090
One to five years	120,517	171,747
	<u>171,607</u>	<u>222,837</u>

The tenancy agreement for the basement at 27 Swinton Street is for a five year period, starting from 11 August 2017. The charity is entitled to a fixed annual rental of £44,000 and reimbursement of service charges incurred for the year, which are variable. The above figures include future service charges estimated at 2018/19 cost.

22 Legal status of the charity

The charity is a company limited by guarantee and has no share capital. The liability of each member in the event of winding up is limited to £1.

Notes to the financial statements

For the year ended 31 March 2019

23 Funds transferred from Alcohol Concern

On 1 April 2017 Alcohol Research UK acquired all the assets and liabilities of Alcohol Concern, a registered charity (registration number 291705) and company registered in England and Wales (registration number 1908221). The acquisition included all assets, including cash, debtors, intangible assets (trading names, logos etc) and commitments with respect to ongoing externally funded contracts and grant work. The legal personality of Alcohol Concern has since had its registrations struck off as a dormant entity.

The adjusted balance sheet of recognised assets and liabilities is set out below, and the net assets transferred were recognised as income on 1 April 2017.

	1 April 2017 £
Cash	72,969
Debtors	24,834
Total measurable assets	97,803
Creditors	27,985
Deferred income	15,795
Total creditors	43,780
Total net assets	54,023
Represented by:	
Restricted funds	50,428
Unrestricted funds	3,595
Total net assets	54,023
Restricted fund balances transferred were as follows	
	2017 £
Maudsley charity grant (information and advice)	24,765
Welsh Assembly Government grant (WGA)	18,681
Trust for London (Justice)	2,540
People's Postcode Lottery	2,214
The Big Lottery Fund (Pembrokeshire)	2,228
Total restricted fund balances	50,428

24a Analysis of net assets between funds (current year)

	General unrestricted £	Restricted £	Total funds £
Tangible fixed assets	1,680,594	-	1,680,594
Investment properties	701,000	-	701,000
Investments	11,836,726	-	11,836,726
Net current assets	(10,136)	(16,143)	(26,279)
Long term liabilities	(44,468)	-	(44,468)
Net assets at 31 March 2019	14,163,716	(16,143)	14,147,573

Alcohol Research UK (operating as Alcohol Change UK)

Notes to the financial statements

For the year ended 31 March 2019

24b Analysis of net assets between funds (prior year)

	General unrestricted £	Restricted £	Total funds £
Tangible fixed assets	1,728,864	-	1,728,864
Investment properties	701,000	-	701,000
Investments	12,155,035	-	12,155,035
Net current assets	(336,194)	47,815	(288,379)
Long term liabilities	(167,428)	-	(167,428)
Net assets at 31 March 2018	<u>14,081,277</u>	<u>47,815</u>	<u>14,129,092</u>

Appendix 1: Grant commitments

Research and Development Grants

Grant Recipient	Grant Ref	At 31 March 2018 £	Awarded in year £	De-committed in the year £	Payment made £	At 31 March 2019 £
University of Sheffield	R 2014/03	2,500	-	(300)	(2,200)	-
University of Bath	R 2014/04	(5,917)	-	-	5,917	-
Findings	R 2015/04	33,559	12,795	-	(25,170)	21,184
University of Sheffield (Angus)	R 2016/01	6,000	-	-	-	6,000
University of Sheffield (Gillespie)	R 2016/02	6,000	-	-	-	6,000
University of Manchester	R 2016/03	13,559	-	(10,947)	(2,612)	-
Teesside University	R 2016/04	13,711	-	-	(13,711)	-
The Alcohol Academy CIC – Alcohol Policy Blog	R 2016/06	12,500	-	-	(9,500)	3,000
Middlesex University (Herring)	R 2017/01	31,612	-	-	(25,000)	6,612
Cardiff University – Jayne	R 2017/02	24,000	-	-	(12,000)	12,000
University of Edinburgh – Rhynas	R 2017/03	37,511	-	-	(30,000)	7,511
SCHARR, Sheffield University – Buykx	R 2017/04	12,591	-	-	-	12,591
ADFAM	R 2017/05	3,750	-	-	-	3,750
Drink and Drug News	R 2018/01	8,000	-	-	(8,000)	-
Bangor University	2017 RI/100039	74,953	-	-	(39,825)	35,128
University of Glasgow	2017 RI/100040	74,871	-	-	-	74,871
University of Sunderland	2017 RI/100056	60,499	-	-	(37,644)	22,855
		409,699	12,795	(11,247)	(199,745)	211,502

Studentship Grants

	At 31 March 2018 £	Awarded in year £	De-committed in the year £	Payment made £	At 31 March 2019 £
Total studentship grants	133,000	1,800	-	(81,600)	53,200

During the year, one grant was awarded. At 31 March 2019 there were 9 outstanding grants. There were 13 grants outstanding at the start of the year.

Small Grants

Grant Recipient	Grant Ref	At 31 March 2018 £	Awarded in year £	De-committed in the year £	Payment made £	At 31 March 2019 £
Royal Surrey County Hospital	SG 15/16 221	1,000	-	-	-	1,000
University of Bristol	SG 15/16 222	-	(187)	-	187	-
University of Bristol	SG 16/17 235	1,303	-	-	(1,303)	-
Women and Girls Network	SG 16/17 239	4,536	-	-	(4,536)	-
Studio House	SG 16/17 241	1,875	-	-	(1,875)	-
University of Sheffield (Norman)	SG 16/17 242	911	-	(461)	(450)	-
University of Bristol	2017 SG/1001	5,599	-	-	(5,599)	-
Aquarius Action Projects	2017 SG/1002	7,950	-	-	(5,963)	1,987
Newcastle University	2017 SG/1049	7,938	-	-	(3,609)	4,329
Edge Hill University	2017 SG/1064	5,971	-	-	(4,971)	1,000
Arc Research and Consultancy Ltd	2017 SG/1068	7,957	-	-	(7,957)	-
King's College London	2017 SG/1074	3,720	-	-	-	3,720
Newcastle University	2017 SG/1080	7,903	-	(1,391)	(6,512)	-
University of Glasgow	2017 SG/1081	6,701	-	-	(5,552)	1,149
University of Central Lancashire	2017 ND/1010	1,500	-	-	(1,500)	-
Partnership	2017 ND/1020	1,534	-	-	(1,534)	-
Edge Hill University	2017 ND/1026	1,960	-	-	(1,960)	-
Dr Inge Kersbergen	2017 CA/1005	300	-	-	(300)	-
Scottish Families Affected by Alcohol	2017 ND/1031	2,982	-	-	(2,982)	-
Medical Council on Alcohol	2018 ND/20	-	2,000	-	(2,000)	-
University of East London	2018 ND/26	-	2,000	-	(2,000)	-
		71,640	3,813	(1,852)	(60,416)	13,185
Total Grants		614,339	18,408	(13,099)	(341,761)	277,887