Friends House Moscow is a small non-governmental nonprofit organisation that funds projects for peace and civil society in countries of the former Soviet Union. FHM supports projects in such areas as human rights, education, restorative justice and non-violent communication. Each project also furthers social goals such as grass-roots collaboration, equality and non-violence.

The work of Friends House Moscow reflects the deepest values of the Society of Friends (Quakers).
A letter from our presiding clerk

Building Community

Friends House Moscow is about serving the needs of the people of Russia, creating an empowered citizenry who can make change for themselves and others, and building and supporting a community of people with similar values – peace, justice, openness, compassion, equality and service.

We often focus on the specific projects and the good work that they do. There are examples of our work in our newsletters and online. Today, I am drawn to reflect on the value of Community, just one part of the central core of Quaker values.

In our opening days and years, we were a rare organization; we would work with a person or group who had no experience and who did not know how to write a budget or a funding application. Now, there are many resources on the internet for learning how to organize, how to make group decisions, how to apply for grants. This is not where we are called these days.

Some of the organizations that were once tiny and unskilled are now led by professionally trained individuals, passionate about their work, bringing in equally committed volunteers to fill out the program. We now consider ourselves partners with these programs; we have worked together for many years and have developed a relationship that is closer to friend than colleague. Our policy and practice, conforming with Russian culture, is that the relationship is more important than the contract.

The organizations and individuals we support are more than business contracts; we are all part of a web of activists, respecting each other for our passion and expertise. There is a bond and a practice of trust. In a different culture, time may be seen differently, but trust is universally understood, vital and unmistakable.

One example of this sense of community bond was the length and depth of the worship and discussion when dealing with a well-known and trusted project coordinator, who alerted us that he had helped a family member in crisis by giving him the funds we had granted for a computer. He was completely honest with us, and our responsibility to our donors required absolute transparency in this occurrence. However, our commitment to and relationship with this person and his work led board members to donate money to replace the missing grant, so that he could continue his work. Within a few weeks of making that decision we found out that our donations were not needed, because he had replaced all the funds, and staff helped him procure an appropriate computer.

The bonds of community also strengthen and ease our work. The wife of one of our Moscow office directors has become active with the Russian team of AVP facilitators (Alternatives to Violence), and is helping to energize their work in Moscow. The Big Change program lets us use their premises for our board meetings and for Quaker Meetings for Worship.

I recall this counsel from Gene Knudsen-Hoffman: “If you can see their faces, you can imagine being friends.” If only our countries could learn to see the face of the “other”, we could move beyond fear and greed. We have seen those faces, held those hands, visited those homes and our lives and theirs have been enriched.

Julie Harlow
Clerk (Chair) of the Board,
Friends House Moscow
FHM projects

Alternatives to Violence

The Alternatives to Violence project (AVP) is a practical training programme that helps participants to deal with potentially violent situations in new and creative ways.

FHM supports volunteer AVP facilitators in Russia and Ukraine by providing essential running costs for their workshops.

The Alternatives to Violence Project (AVP) group in Moscow has recently restarted operating after a period of inactivity. This year FHM funded the cost of their website nenasilie.ru.

In Ukraine, the AVP project team concentrated their work on conscripts in the Ukrainian army and students of the technical colleges. They have teams in three cities. FHM funded running costs for six one-day workshops, four two-day workshops and a "training for trainers" workshop. We also funded a stipend for the project coordinator, as well as stationery and other administrative expenses.

The AVP method was originally developed by Quakers in the USA in the 1970s, for use in prison work.

The techniques are applicable to many different situations and contexts, and AVP is now an international volunteer movement active in more than 60 countries.

FHM Projects

Alternativshchik

The Alternativshchik newsletter provides news and advice for conscientious objectors (people called "Alternativshchiks" who choose Alternative Service instead of going into the military). Until now it has been sent in printed form to individuals, or distributed via religious organisations throughout Russia.

It is now going online. In the past FHM has funded printing and distribution costs for the newsletter. We are now helping to developing a web presence with funding and with assistance in website design.

Right - an early example of the printed newsletter ->

FHM Projects

Draft Counselling and Alternative Service

For many years FHM has supported an advice service in Kazan (Tatarstan) for conscientious objectors and serving army conscripts, by funding office rent. The service providers have now moved out of the city centre, and are continuing their work from their new home in the Tatarstan region. This year no FHM funding was needed, but in future we will continue to support the service as needed (for example with communications technology).

Photo by nuakin on Foter.com / CC BY-NC-SA
FHM Projects

The Refugee Centre in Moscow

The refugee centre in Moscow provides educational and cultural activities for pre-schoolers who don’t attend kindergarten, and tutoring for school age children who have no access to state schools. The centre caters for about 80 children and around 70 volunteers work with them. FHM has provided funding towards stipends for the programme coordinators.

During the project period the centre was providing 12 group lessons each week for children not in state schools, and between 15 and 45 sessions each week of individual tutoring for children who attend schools.

Children who attend the programmes show a noticeable increase in their level of Russian (important for integration into society) as well as developing knowledge of school subjects and communication skills.

Other activities included 6 group classes each week for pre-schoolers, plus psychological consultations and library or museum excursions.

FHM Projects

The English Club

The organisation Big Change helps young people brought up in orphanages to get education and job prospects, and acquire life skills for existing outside the orphanage. It receives funding from various sources (including President Putin).

FHM has provided supplementary support to allow Big Change to run an “English Club” which gives students the opportunity to learn English, but also widens their horizons, and expands their general knowledge and social skills.

This year the club ran twice a month during the academic year, with 5-10 students at each session and up to 10 volunteers helping with the work.
Friends House Moscow

FHM Projects

Careers help for disabled people

The objective of this project was to create a system to help disabled 16 to 30-year-olds to choose an occupation and to prepare for job placement, including social integration.

A number of activities took place including lectures, workshops and business games with the participants, and seminars for teachers and educational psychologists. Individual counselling and psychological work with project participants and their families was also provided.

Achieving success with job placement proved to be very challenging in some cases. Participants however formed a constructive attitude towards professional self-determination, became better prepared for placement, and resolved psychological problems.

Nikita, Vlad and Oksana in "sand therapy", in which building stories allows a deep understanding of individual needs

FHM Projects

Internet safety and suicide prevention

The main aim of this project was to create and validate precautionary measures regarding risks and threats facing children and teenagers when using the internet.

A survey of computer gaming among pupils in 22 schools or kindergartens found that 36% play to an extent that could lead to dependence, while a further 20% were already “at risk” and may have already lost control.

Project work included 6 seminars for head teachers, school psychologists and teaching staff; training sessions for young people who had volunteered to teach their peers about safe, responsible internet use; city-wide parent gatherings and presentations; and psychological consultations with parents and children using a “Telephone Hotline” service.

Volunteer student champions teaching "internet safety". (The girl on the left studies acting. During the programme she played the role of "Internet Girl," the unfortunate prisoner of the web.)

During the project 68 adults (over 7 months) got in contact regarding internet addiction and children’s psychological welfare. The project generated significant interest and engagement both among school specialists and teachers, and the teenagers who attended training sessions.
Publishing and Outreach in the Russian Language

Our Publications Committee continues to work on new translations of a broad range of texts in the Russian language about the Quaker way. These are made available as e-books, and an increasing selection is also being published in print format. Some printed titles can be purchased from bookshops in Moscow and St Petersburg.

Activity in 2018 included publication of:
- Friends for 300 Years by Howard Brinton, e-book.
- Truth of the Heart by Rex Ambler, e-book and paper. (Translation funded by donations in memory of Olga Dolgina; paper publication funded by JRCT).
- Meditation of Friends, a brochure by Sergei Grushko and Natasha Zhuravenkovo, 180 copies (see below).

Print runs were also made of two previously published books:
- A Light that is Shining by Harvey Gillman, and The Amazing Fact of Quaker Worship by George Gorman.

Online outreach

Short pieces have continued to be published on the Russian language FHM website. The online library pages for our e-books continue to be actively visited. There is also increasing participation year-on-year in our two social media groups on Facebook and vKontakte, which in mid-2018 had 291 and 214 participants respectively.

In addition there are now 103 articles about Quakers on Russian Wikipedia, 34 translated by FHM, and more than 30 Friends Journal videos on YouTube have been translated into Russian.

"Meditation of Friends"

The "Meditation of Friends" project is a locally adapted version of Experiment with Light. This venture is supported by funding from FWCC/EMES.

This year we held nine meetings. Five of them had a special theme for discussion. One of the facilitators, who is an experienced AVP trainer, used her AVP experience to make the meetings more dynamic and interesting. Also new this year was the brochure Meditation of Friends, which includes meditation texts and parts of other Quaker texts.

Outreach

"Outreach" is our word for letting people know that Quakers exist, about what we do and what we believe in (for example our testimonies to peace, equality, simplicity, truth and justice). FHM promotes outreach in the Russian-speaking world via Russian language websites, translations of Quaker texts into Russian, and FWCC/Woodbrooke online courses.
Organisational Structure

Friends House Moscow is a collaboration between three organisations, each legally registered in its own home country - the United Kingdom, the United States, and Russia. The organisations in the US and the UK raise funds and awareness at home and conduct charitable activity in Russia and Ukraine. The work is coordinated by an international Board composed of Quakers from Russia, the USA and Europe, including trustees from the US and UK organisations. The Board sets strategy and makes funding decisions for the work as a whole. The British and American charities, who are legally responsible for the charitable work, act in accordance with the decisions of the Board.

Charitable activities in Russia and Ukraine are carried out by commissioning work from a company, OOO Friends House, that provides services in the following areas: developing and maintaining our Russian language website and social media presence; translating and publishing Quaker and other texts in Russian; and managing operational aspects of project work including grant administration, reporting and evaluation. Staff also act in an advisory capacity to the Board.

Home country registrations

The UK organisation (informally known as "FHM British Committee") is a company limited by guarantee and is registered with the Charity Commission under the name Friends House Moscow (Charity registration number 1055965). FHM Support Association in the USA is a 501(c)3 organisation. Their donors may receive a tax deduction, to the extent allowable by US tax laws.

OOO Friends House in the Russian Federation is an independent commercial enterprise that is registered as a limited liability company. It is run with a not-for-profit ethos, although under Russian law it is technically a for-profit organisation. Its two directors are members of the Society of Friends (Quakers).

Accounting basics

The British and American charities generally raise funds in one year and disburse them to projects in the following year. In this way, we know we can fulfill our promise of funding projects when we approve grant applications. We also keep at least six months of operating funds in reserve.

FHM also requests funds from trusts and foundations on behalf of projects. These funds are disbursed to projects according to the guidelines of the trusts.

Financial records of the three FHM organisations undergo audits or examinations as required by local law. The FHM British Committee is required by UK law to maintain accrual accounts; FHM Support Association and OOO Friends House use cash accounting.

Join our work!

Please donate to Friends House Moscow

FHM relies on funds from individuals, foundations and monthly & yearly meetings to support projects that promote peace and civil society in the former Soviet Union. You may donate online at www.friendshousemoscow.org or send donations to:

In Europe:
Friends House Moscow
Unit 14451, PO Box 6945
London W1A 6US, U.K.

In North America:
Friends House Moscow Support Association
PO Box 60253
Palo Alto, CA 94306, USA

Donations in US Dollars ($) are tax-deductible on US tax returns. Donations in pounds sterling (£) can be "gift aided" by UK tax payers.
FHM British Committee
fundraising for FHM in the United Kingdom

Statement of Financial Activities
For the year ending December 31, 2018

Income and Expenditures

All figures in British Pounds Sterling

<table>
<thead>
<tr>
<th>Income Resources</th>
<th>Restricted funds</th>
<th>Unrestricted funds</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Donations and grants in the UK and Europe</td>
<td>£9,853</td>
<td>23,465</td>
<td>33,318</td>
</tr>
<tr>
<td>Donations from FHMSA (USA)</td>
<td>0</td>
<td>16,682</td>
<td>16,682</td>
</tr>
<tr>
<td>Charitable (primary purpose) income</td>
<td>0</td>
<td>223</td>
<td>223</td>
</tr>
<tr>
<td>Trading and other income</td>
<td>0</td>
<td>1,298</td>
<td>1,298</td>
</tr>
<tr>
<td>Total Income</td>
<td>9,853</td>
<td>41,668</td>
<td>51,520</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>Resources Expended</th>
<th>Restricted funds</th>
<th>Unrestricted funds</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grants for projects</td>
<td>4,469</td>
<td>7,375</td>
<td>11,844</td>
</tr>
<tr>
<td>Grant/programme management in Russia (note 2)</td>
<td>0</td>
<td>12,577</td>
<td>12,577</td>
</tr>
<tr>
<td>Translation, publication and other outreach</td>
<td>9,495</td>
<td>24,843</td>
<td>34,338</td>
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<tr>
<td>Administration and cost of generating income</td>
<td>0</td>
<td>1,600</td>
<td>1,600</td>
</tr>
<tr>
<td>Governance</td>
<td>0</td>
<td>375</td>
<td>375</td>
</tr>
<tr>
<td>Currency exchange gain/loss (note 3)</td>
<td>0</td>
<td>289</td>
<td>289</td>
</tr>
<tr>
<td>Total resources expended</td>
<td>13,964</td>
<td>47,059</td>
<td>61,023</td>
</tr>
</tbody>
</table>

| Net movement in funds                                  | -4,111           | -5,392             | -9,503 |
| Fund Balance Brought Forward                           | 11,811           | 46,893             | 58,704 |
| Fund Balance Carried Forward                           | 7,700            | 41,501             | 49,201 |

Balance Sheet

<table>
<thead>
<tr>
<th>Current Assets</th>
<th>Restricted funds</th>
<th>Unrestricted funds</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Debtors</td>
<td>£0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Cash at bank and in hand</td>
<td>7,700</td>
<td>41,501</td>
<td>49,201</td>
</tr>
<tr>
<td>Total</td>
<td>7,700</td>
<td>41,501</td>
<td>49,201</td>
</tr>
</tbody>
</table>

Current Liabilities

| Creditors                                             | 0                | 0                  | 0      |

Net Assets........................................................................................................... 7,700 41,501 49,201

Notes:
1. The official name of the British charity is 'Friends House Moscow'. To avoid confusion with the rest of the organisation we have used the informal name "Friends House Moscow British Committee" here. These are summary accounts: a more detailed version is filed with the Charity Commission.
2. Grant and programme management is an essential operational part of the charitable work. It does not include any administrative costs for raising funds.
3. For operational purposes the British charity holds some money in roubles. The exchange loss or gain is largely due to sterling revaluation of the rouble account at year end due to exchange rate movements. This is a loss or gain on paper only: the money still exists as roubles and has not changed its local value.
4. The Charity has a policy of maintaining reserves equal to six months expense on operational costs in Moscow.
# FHM Support Association

Fundraising for FHM in the U.S.A.

## Statement of Financial Activities

For the Year Ending December 31, 2018

### Income and Expenditures

**All figures in U.S. Dollars**

<table>
<thead>
<tr>
<th>Income</th>
<th>Restricted funds</th>
<th>Unrestricted funds</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>From Individuals</td>
<td>$0</td>
<td>12,225</td>
<td>12,225</td>
</tr>
<tr>
<td>From Meetings and Quaker bodies</td>
<td>1,400</td>
<td>3,960</td>
<td>5,360</td>
</tr>
<tr>
<td>From Corporate Matching and Businesses</td>
<td>0</td>
<td>2,220</td>
<td>2,220</td>
</tr>
<tr>
<td>Craft Sales</td>
<td>0</td>
<td>98</td>
<td>98</td>
</tr>
<tr>
<td>Total</td>
<td>1,400</td>
<td>18,503</td>
<td>19,903</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Expenditures</th>
<th>Restricted funds</th>
<th>Unrestricted funds</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Donation to FHMBC for use in Russia/Ukraine (note 1)</td>
<td>0</td>
<td>22,550</td>
<td>22,550</td>
</tr>
<tr>
<td>Grant to AVP Ukraine</td>
<td>0</td>
<td>1,630</td>
<td>1,630</td>
</tr>
<tr>
<td>Newsletter Expenses</td>
<td>0</td>
<td>1,264</td>
<td>1,264</td>
</tr>
<tr>
<td>Craft Expenses</td>
<td>0</td>
<td>2,361</td>
<td>2,361</td>
</tr>
<tr>
<td>Travel</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Money transfer charges</td>
<td>0</td>
<td>50</td>
<td>50</td>
</tr>
<tr>
<td>Government Fees</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Board Meeting conf. calls</td>
<td>0</td>
<td>143</td>
<td>143</td>
</tr>
<tr>
<td>Postal expenses</td>
<td>0</td>
<td>186</td>
<td>186</td>
</tr>
<tr>
<td>Total</td>
<td>0</td>
<td>28,185</td>
<td>28,185</td>
</tr>
</tbody>
</table>

### Balance Sheet

<table>
<thead>
<tr>
<th>Balance Sheet</th>
<th>Restricted funds</th>
<th>Unrestricted funds</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Balance 12/31/2017</td>
<td>0</td>
<td>38,111</td>
<td>38,111</td>
</tr>
<tr>
<td>Balance carried forward 12/31/2018</td>
<td>1,400</td>
<td>28,429</td>
<td>29,829</td>
</tr>
</tbody>
</table>

Notes:

1. “FHMBC” is the British registered charity Friends House Moscow (also known as “Friends House Moscow British Committee”). For operational efficiency and convenience, FHMSA’s charitable expenditure in 2016 was transferred to the rouble account of the British charity prior to being disbursed to recipients. This money appears in the British accounts as charitable income labelled “Donations from FHMSA (USA)”.
2. All figures including totals are rounded to the nearest $.

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Page 9