

HEART N SOUL

England & Wales · Charity number 1023467

Details

Other names	HEART ' N' SOUL
Status	Registered
Legal form	Charitable company
Company number	02830733
Registered	1993-07-07
Register	View on the Charity Commission register

Contact

Address	The Albany Albany Centre & Theatre Douglas Way London SE8 4AG
Phone	02086941632
Email	info@heartnsoul.co.uk
Website	www.heartnsoul.co.uk

Activities

Objects: TO ADVANCE THE EDUCATION OF THE GENERAL PUBLIC, IN PARTICULAR PERSONS WITH PHYSICAL AND MENTAL DISABILITIES THROUGH THE PROMOTION OF THE ARTS WITH SPECIFIC BUT NOT EXCLUSIVE REFERENCE TO THE DRAMATIC AND MUSICAL ARTS.TO RELIEVE THE DISTRESS AND SUFFERING OF PERSONS WITH MENTAL AND PHYSICAL DISABILITIES BY PROVIDING THEM WITH A WIDE RANGE OF EDUCATIONAL OPPORTUNITIES

Activities: Heart n Soul is one of the UK's leading cultural organisations where diverse artists and arts professionals work together to make outstanding art and change happen. It produces the original work of artists with learning disabilities and offers training and participation activities.

Classification

- **How:** Provides Services, Other Charitable Activities
- **What:** Education/training, Disability, Arts/culture/heritage/science
- **Who:** Children/young People, People With Disabilities, Other Charities Or Voluntary Bodies

Geography

- Throughout London

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£846,592	£814,962	£145,600	9
2024-03-31	£789,622	£835,349	£113,970	9
2023-03-31	£915,912	£1,070,468	£159,697	9
2022-03-31	£1,101,430	£1,092,151	£314,253	10
2021-03-31	£1,373,838	£1,316,500	£304,974	12

Trustees

Name	Role	Appointed
KATE LINSKY	Chair	
David McNicholas		2024-04-14
KENT HANNAH		
Lilly Cook		2014-01-13
Michael Price		2015-03-19
PINO FRUMIENTO MBE		2012-08-07
SIMON PLATZ		
Sarah Scott		2022-12-08
Sebastian Golgiri		2025-03-27
Shalim Ali		2014-01-13
Sue Williams		2014-01-14
Timothy Adnitt		2018-10-22

HEART N SOUL

England & Wales - Charity number 1023467

Accounts

HEART N SOUL

REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

KINGSTON BURROWES AUDIT LTD

308 Ewell Road

Surbiton

Surrey

KT6 7AL

HEART N SOUL

Contents

	Page
Trustees' Annual Report	2 - 14
Independent Auditor's Report	15 - 19
Statement of Financial Activities	20
Balance Sheet	21
Cash Flow Statement	22
Notes to the Financial Statements	23 – 32

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2025

Reference and Administrative Details

Charity name: Heart n Soul
Charity number: 1023467
Company number: 02830733

Registered / Principal office:

The Albany
Douglas Way
Deptford
London SE8 4AG

Trustees:

Kate Linsky
Simon Platz, Treasurer
Shalim Ali
Lilly Cook
Pino Frumiento MBE
Hannah Kent
Michael Price
Tim Adnitt
Sue Williams
Sarah Scott
David McNicholas
Sebastian Golgiri (from 27 March 2025)

Artistic Director / Chief Executive

Mark Williams MBE

Auditor

Kingston Burrowes Audit Ltd
308 Ewell Road
Surbiton
Surrey
KT6 7AL

Bankers

HSBC
275 Greenwich High Road
Greenwich
London SE10 8NF

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2025 / cont

Objectives and activities

Who we are

Heart n Soul is an award winning creative community and arts charity. We believe in the power and talents of people with learning disabilities and autistic people. We work together to make great art with imagination, love and trust.

At Heart n Soul everyone is valued, and leadership is shared. We can be ourselves, make change happen and have fun! Our vision is of everyone living full and equal lives with independence, freedom and pride.

Our Values are Fun, Creative, Change, Equal, Kind, Quality and Inventive.

What we do

We offer opportunities for people to:

Create: Be creative, explore and share their talents in ways that they choose

Connect: Make new friends and connections, in Heart n Soul, the local community and wider society

Change: Use art and creativity to make change in various areas that impact the wider community, becoming leaders alongside others both inside and outside Heart n Soul

We do this through:

Art: We create opportunities for people to develop as artists, collaborate with others, and create and share their work in different ways.

Taking Part: We run high quality creative arts activities designed by, with and for people with learning disabilities and autistic people.

Sharing: We share our art, our creativity and how we do things with others. We create more equal relationships and explore better ways of doing things together.

In putting together our objectives, the Trustees have paid attention to the Charity Commission's guidance on public benefit.

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2025 / cont

How we measure success

Our 2022 - 2026 strategy is co-designed by learning disabled people and autistic people and sets out the change we want to see:

People with learning disabilities and autistic people create high quality art and ideas that inspire and change peoples' lives.

They are more connected, have greater confidence and wellbeing, and lead change that improves their lives and the lives of others.

Society has a greater understanding of what people with learning disabilities and autistic people can do, and what they offer everyone.

We understand the impact and progress we are making by finding accurate ways to check that:

- Learning disabled and autistic people feel more connected, more confident and well.
- They gain new skills and knowledge.
- Their work is experienced by a wider range of people both in the local community and through mainstream channels.
- Organisations adopt and build on Heart n Soul's ideas and approach

Our approach

At Heart n Soul people with and without learning disabilities and autistic people collaborate with each other in a truly equal and inclusive way. Learning disabled and autistic people have voice and representation in all parts of the organisation and co-produce all our activities.

We believe in the value for everyone of being present, open, creative, artist-led and loving. We listen to what people want to do and help them to create, connect and make change happen.

Our creativity encourages new ideas and 'out of the box' thinking. We make space for people to ask questions, talk about what is important to them and imagine new ways of seeing, relating, being, doing and learning. Everyone feels part of what we do and can develop their creativity and share their ideas. What people learn at Heart n Soul helps them in other parts of their lives.

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2025 / cont

We are inspired by and collaborate with many artists across varied art forms and connect our activities together. We share with others deeply and widely in as many places as possible so that other people can experience our different approaches and see the benefits that our artists' creative vision has for everybody.

We work with partner organisations to achieve our goals so that we may share our vision within and beyond the arts widely and in a sustainable way.

We are continuously flexible and responsive, and we have a lot of fun.

Beneficiaries are aged between 10 and 65, and over 98% have disabilities ranging from mild or moderate to severe and complex. 51% are from global majority communities. Many are subject to multiple disadvantages including social isolation and economic hardship and can be highly vulnerable. We work with people who live near to our Deptford base in Lewisham and in adjacent boroughs as well as across London, nationally and internationally.

Volunteers both with and without learning disabilities support participants to take part in creative sessions and are part of front of house teams at events, providing information to the public. This year we more than doubled the number of volunteers supporting Heart n Soul.

Structure, governance and management

Heart n Soul is a company limited by guarantee and a registered charity. The governing document is a Memorandum and Articles of Association dated 28th June 1993 and most recently updated on 24th May 2012. We receive 36% of our income from Arts Council England. We raise the remainder from grants from charitable trusts and foundations, earned income from fees and commissions, tickets sales and donations from individuals.

The Board of Trustees meets quarterly, with additional work done by four sub-committees. A staff team of 11 works closely with a pool of around 100 artists, practitioners and experts. Learning disabled and autistic people are involved at every level of our organisation (from Board through to staff, steering teams, planning and strategic thinking), working with us to develop our plans and priorities and to monitor and feedback on our programmes. This demonstrates our commitment to quality, integrity and equality, which ensures that we deliver programmes that touch and change peoples' lives.

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2025 / cont

Trustees are selected to the Board through a process of election by the trustees. They receive a personal and detailed induction by the Co-Chairs, Chief Executive and Associate Director.

In 2024-2025 we welcomed Sebastian Golgiri as a new young Trustee, representing a voice of younger people/artists at Heart n Soul.

The Board of trustees are led by Lilly Cook and Kate Linsky who are Co-Chairs of the organisation.

67% of our trustees and 27% of our staff are disabled.

The Finance Sub-Committee meets every quarter to oversee the financial position and to report on the latest quarterly accounts. Other sub-committees, such as the Strategy Group, or What's Next Group, convene as and when they are required.

The Personnel Sub-Committee is responsible for the remuneration policy of the staff. The salary of the Artistic Director/CEO is reviewed each year in February and may be adjusted for performance or inflation. A comparison with rates for similar roles in our sector is also undertaken. The Personnel Sub-Committee makes a recommendation to the Board, who make the final decision.

Summary of the year

This year people with learning disabilities and autistic people have shown more leadership and taken more decisions about what happens at Heart n Soul.

We have continued to realise and put into practice our aim of going deeper as well as wider with our work. We have influenced local organisations as well as larger ones, from local day centres and local authorities to the Department of Health and Social Care and the National Gallery, as we implement our Create Connect Change strategy and contribute to making real systemic change.

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2025 / cont

Stakeholders have not only recognised our authentic approach to sharing power with people with learning disabilities and autistic people, but they have also wanted to understand how and why we do this. We have experienced an exponential growth in people wanting to work with us – enquiries are at an all-time high, demand for taking part and creative sessions is close to capacity, there is a waiting list for volunteers, students want to write their dissertations about how we work and Government and institutions are keen to understand how to let go of power in order to make genuine space for collaboration.

We are proud to share the success of this new way of working – earned income from core activity in the previous year, 2023-2024, was £22,343. In 2024-2025 it was £104,269 – a percentage increase year on year of 364%.

1. Achievements and performance

We've reached more people, built stronger partnerships, and been clearer about how we work. Our new Sharing Power graphic is helping us and others see how power is shared in partnerships. So far, we've shared it with over 40 individuals and organisations.

Our programmes are frequently full, with more people wanting to join. 224 people regularly took part. Heart n Soul artists and participants performed or took part in 25 shows and events reaching around 10,000 people. A big theme this year has been working together fairly and building trust. Our strategic partnerships with the Health Foundation, Greenwich Council and Wellcome continued to deepen and create change, leading to new ways of working together. We started to work with the National Gallery and award-winning conceptual artist Jeremy Deller on The Triumph of Art.

2. Artists

This year, artists, designers and DJs had more opportunities to perform and showcase their work at multiple major UK events, festivals and gigs. These included performances at the Queen Elizabeth Hall, the Mish Mash Family Trail at the Royal Festival Hall, Smugglers, Supernormal and Shambala Festivals, Wales Millenium Centre, EarthH and Café OTO in Hackney, and Squid Ink DJ Night and the Deptford Literature Festival at our home base, The Albany. Wellcome Collection co-produced and hosted our pioneering inclusive club night, the Beautiful Octopus Club.

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2025 / cont

Music creators had 84 sessions to develop skills, create new work, and collaborate. New releases included a second EP from Sebastian Golgiri and a collaboration with Robyn Rocket's album, 'Robyn Rocket and People You May of Heard of', which featured seven artists from Heart n Soul and gained widespread air play and exposure on BBC 6 Music, Radio 3 and Worldwide FM.

On October 9th, Google featured the late and much missed Lizzie Emeh as their Google Doodle for the day. We had over 100,000 extra views across social media just on that day as result of the extra profile.

3. Taking Part

Young People aged 10-25

- 12 Do Your Own Thing events featuring 60 sessions, reached 108 young people.
- 45 creative sessions covered DJing, music-making, art, digital art/video and radio.
- 26 young co-producers shaped the project.

Adults aged 18+

- Our Allsorts programme grew to 140 participants (a 12% increase).
- Participants attended 24 creative events, all co-designed with them.
- 48 sessions of our inclusive Choir, with over 50 people taking part.
- 99 regular online sessions (movement and dance, art).

Other highlights

- 4 Deptford Club Nights hosted by 26 young people, reaching 282 audience members.
- 16 Feel Good Designers created artwork for the sold-out Beautiful Octopus Club.

4. Partnerships and Change

Our partnerships now go beyond the arts into health, care, design, research, and technology, opening new opportunities for learning disabled and autistic people.

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2025 / cont

Greenwich Council

- Following the success of Allsorts on Tour at Sherard Road Day Opportunities Centre in Eltham the previous year, we supported their new Community Voices project.
- Staff and participants embraced new creative approaches using our model and responded positively to peer mentoring by our co-producers.
- From October 2024, we began working with Greenwich Council and University of Birmingham to study this culture change over 12 months as part of the IMPACT Demonstrator national initiative.

Wellcome Collection

- We continued to co-design ways to make the Wellcome Library more accessible and welcoming, working with seven co-designers and Wellcome staff.
- In July 2024, Wellcome hosted our Beautiful Octopus Club for the first time. 750 people attended, with over 100 Heart n Soul artists involved. They described it as “the most inclusive club night in the world.”

5. Learning

Feedback shows Heart n Soul makes a real difference to people’s wellbeing.

Allsorts Evaluation

- 92% said Allsorts had a positive impact on their lives.
- 60% said they felt happier and more energised afterwards.
- 73% felt able to try new things.

Young People’s Survey

- 94% said they learned something new at Do Your Own Thing.
- Many reported feeling more confident and energetic.

6. Digital

This year we had 16,381 digital followers and subscribers, 231,539 people visited our main website, with an additional 198,015 people visiting our associated sites. The radio crew reached over 18,000 people through their monthly radio shows on Soho Radio

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2025 / cont

7. Fundraising

We would like to give our sincere thanks to all our funders who continued to trust and support Heart n Soul. We thank Arts Council England for support of Heart n Soul as one of its National Portfolio Organisations.

Arts Council England
BBC Children in Need
City Bridge Foundation
Deptford Challenge Trust
Esmée Fairbairn Foundation
Garfield Weston Foundation
Health Foundation
Henry Smith Foundation
Jerwood Arts
London Borough of Lewisham
The National Foundation for Youth Music
The National Lottery Community Fund
Paul Hamlyn Foundation
PPL Giving
PRS Foundation
Rix-Thompson-Rothenberg Foundation
Royal Borough of Greenwich
True Colours Trust
The Wellcome Trust
The Will Charitable Trust

Thank you to all donors and collaborators who collectively raised £26,730

Paul Arscott
Big Half Runners
Simon Platz
Boran Cakirall and all the donors and collaborators who made the Big Christmas Challenge a success
Jeremy Deller
Reema Katira
QBE Foundation
Salesforce
Sing All Together Choir

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2025 / cont

We would like to thank our regular donors: Simon Platz, Kara Tanega, Matt Saull, AR Rodwell, Helen Ganiaris, Daniel Ross, Sonia Edwards and Hannah Kent.

8. Financial Review

The principal risk and uncertainty facing Heart n Soul is the more challenging fundraising environment.

Heart n Soul has navigated the past five years carefully, building our unrestricted reserves in anticipation that the years following the pandemic would be more challenging. Income projections have been monitored closely and expenditure reduced in the period 2023 to 2025 by reorganising our office space and finding new ways of working which have not impacted on core delivery. Unrestricted reserves were used to maintain core activities, with sufficient funds retained to cover wind-up costs. 2024-2025 has seen a return to a surplus position. We continue to maintain close and responsive relationships with our major trust and foundation funders, Lewisham Council and Arts Council England. We maintain tight management of expenditure while trustees remain focused on our finding new ways to achieve impact that call less on funds.

We started the financial year 2024-2025, with 61% of our funding confirmed, and we continue to fundraise actively.

Reserves policy

The trustees have decided to review the policy on an annual basis, ensuring that sufficient funds are in place to account for wind-up costs of the organisation, contingency costs and a buffer for any unexpected expense. The current level of free reserves, being general funds less unrestricted fixed assets at 31 March 2025 is £142,204.

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2025 / cont

9. Going Concern Supporting Statement

We are confident in our current position and for the next year. After the significantly high number of normally reliable multi-year grant awards that were declined, reduced, or postponed over the 2021 to 2022 period we have been able to secure funding from City Bridge Foundation (£99,000 over three years), Esmée Fairbairn Foundation (£150,000 over three years), Paul Hamlyn Foundation (£240,000 over four years), Henry Smith Charity (now Foundation) (£120,000 over three years) and Youth Music (£105,000 over three years) amongst others. The current financial year has seen the awarding of a new multi-year grant from The Julia Rausing Trust (£150,000 over three years). The Julia Rausing Trust does not accept unsolicited applications and we were invited to apply. This is a sign of our growing impact. We have returned to our previous financial model where various multi-year grants give us stability and predictability.

We have also been successful in diversifying our income. We secured a new two-year commission of £131,432 from Greenwich local authority in early 2025. We also secured a second commission from the Wellcome Library, and we are already in conversation with the Wellcome Archive for another project.

We are actively planning our 40th anniversary celebration, a key moment that will enable us to further gain recognition and support for our work. We closely monitor our expenditures and income targets.

We are confident that Heart n Soul remains a going concern due to our ongoing efforts in fundraising, and the scrutiny of our position through robust indicators. Heart n Soul has several robust financial procedures that allow its management team and Board of trustees to monitor whether the organisation remains a going concern for the following twelve months.

Multiple year budget projections

Heart n Soul maintains a multi-year budget which, at the time of signing the 2024-2025 accounts, runs to the end of the financial year 2030-2031. This budget is updated regularly and includes an indication of how much of the expenditure is covered by confirmed income.

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2025 / cont

10. Plans for the future

We will continue to create, connect, and change, as outlined in our strategic plan which was devised by over 50 people in our community. People with learning disabilities and autistic people will continue to be even more involved at every level of the organisation. We look forward to continuing working with partners such as Wellcome Collection, the National Gallery, the Southbank Centre and Greenwich Council. Heart n Soul's work is now getting more attention than ever, attracting collaborators such as Turner Prize-winning artist Jeremy Deller. We will be embarking on a new co-designed website/digital presence project that better reflects and communicates the way our work is evolving and inviting change. We will continue to diversify our fundraising efforts to ensure we can continue to build on our activities and to make the most of new opportunities as they arise.

11. Trustees' responsibility statement

The Trustees (who are also directors of Heart n Soul for the purposes of company law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the situation 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 2019 (FRS 102)
- make judgements and estimates that are reasonable and prudent
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2025 / cont

The trustees are responsible for keeping adequate accounting records that 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 the Companies Act 2006. 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
- the trustees 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.

Auditors

The auditors, Kingston Burrowes Audit Ltd, have expressed their willingness to continue in office in accordance with Section 487 of the Companies Act 2006.

Small company exemptions

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

This report was approved by the trustees on 30th October 2025 and signed on its behalf.



Simon Platz
Treasurer

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF

HEART N SOUL

Opinion

We have audited the financial statements of Heart n Soul (the 'charitable company') for the year ended 31 March 2025 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement 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 102 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 2025, 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; and
- 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

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF

HEART N SOUL / cont

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the 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. 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' report (incorporating the directors' report) for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report has been prepared in accordance with applicable legal requirements.

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF

HEART N SOUL / cont

Matters on which we are required to report by exception

In the light of our 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 directors' 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 directors' 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 directors' report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement, 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.

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF

HEART N SOUL / cont

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.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The specific procedures for this engagement and the extent to which these are capable of detecting irregularities, including fraud is detailed below:

- Enquiry of management and those charged with governance about actual and potential litigation or claims and the identification of non-compliance with laws and regulations.
- Reviewing minutes of meetings of those charged with governance.
- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations.
- Auditing the risk of management override of controls, including testing journal entries and other adjustments for appropriateness; and assessing whether the judgements made in making accounting estimates are indicative of a potential bias.
- Performing analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud.
- Professional scepticism in course of the audit and with audit sampling in material audit areas.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error,

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF

HEART N SOUL / cont

as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

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.



Kevin Fisher BA FCA CTA (Senior Statutory Auditor)
For and on behalf of Kingston Burrowes Audit Ltd
Statutory Auditors
308 Ewell Road
Surbiton
Surrey
KT6 7AL

18-11 — 2025

HEART N SOUL

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2025

(Incorporating Income and Expenditure Account)

	Notes	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	Total Funds 2024 £
Income					
Donations and grants	2	390,620	351,478	742,098	766,643
Charitable activities	3	104,269	-	104,269	22,343
Investments	4	225	-	225	636
Total		<u>495,114</u>	<u>351,478</u>	<u>846,592</u>	<u>789,622</u>
 Raising funds	5	 49,122	 -	 49,122	 49,768
Charitable activities	6	414,362	351,478	765,840	785,581
Total		<u>463,484</u>	<u>351,478</u>	<u>814,962</u>	<u>835,349</u>
 Net income / (expenditure)	10	 31,630	 -	 31,630	 (45,727)
 Transfers between funds	17	 -	 -	 -	 -
 Net movement in funds		 31,630	 -	 31,630	 (45,727)
 Reconciliation of funds					
Balance brought forward	17	113,970	-	113,970	159,697
Balance carried forward	17	<u>£145,600</u>	<u>-</u>	<u>£145,600</u>	<u>£113,970</u>

The Statement of Financial Activity includes all recognised gains and losses.

All income and expenditure derives from continuing activities.

The notes form part of the financial statements.

HEART N SOUL
(A Company Limited by Guarantee and Not Having a Share Capital)
Registered Charity Number 1090781, Company Number 4360133

BALANCE SHEET AS AT 31 MARCH 2025

	Notes	2025 £	2024 £
FIXED ASSETS			
Tangible Fixed Assets	13	3,396	4,522
CURRENT ASSETS			
Debtors	14	61,606	51,958
Cash at Bank and in Hand		215,821	161,925
		<u>277,427</u>	<u>213,883</u>
CREDITORS: Amounts falling due within one year	15	<u>135,223</u>	<u>104,435</u>
NET CURRENT ASSETS		142,204	109,448
NET ASSETS	18	<u>£145,600</u>	<u>£113,970</u>
FUNDS :			
Restricted Funds	17	-	-
Unrestricted Funds	17	<u>145,600</u>	<u>113,970</u>
TOTAL FUNDS		<u>£145,600</u>	<u>£113,970</u>

These financial statements have been prepared in accordance with the provisions applicable to small companies within Part 15 of the Companies Act 2006.

The financial statements were approved and authorised by the Trustees on 30th October 2025 and signed on its behalf by:



Kate Linsky
Co-Chair



Simon Platz
Treasurer

The notes form part of the financial statements.

HEART N SOUL

CASH FLOW STATEMENT FOR THE YEAR ENDED 31 MARCH 2025

	2025 £	2024 £
Cash flows from operating activities:		
Net movement in funds per Statement of Financial Activities	31,630	(45,727)
Adjustments for:		
Depreciation	3,471	4,907
(Increase)/decrease in debtors	(9,648)	(3,069)
Increase/(decrease) in creditors	30,788	(32,410)
<i>Net cash provided by/(used in) operating activities</i>	<u>56,241</u>	<u>(76,299)</u>
Cash flows from investing activities:		
Purchase of tangible fixed assets	(2,345)	(1,413)
<i>Net cash provided by/(used in) investing activities</i>	<u>(2,345)</u>	<u>(1,413)</u>
(Decrease)/increase in cash	53,896	(77,712)
Cash and cash equivalents brought forward	161,925	239,637
Cash and cash equivalents carried forward	<u><u>£215,821</u></u>	<u><u>£161,925</u></u>
Analysis of cash and cash equivalents	2025 £	2024 £
Cash at bank and in hand	<u><u>£215,821</u></u>	<u><u>£161,925</u></u>

The notes form part of the financial statements.

HEART N SOUL

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

1. ACCOUNTING POLICIES

Basis of preparation

The charity constitutes a public benefit entity as defined by FRS 102. 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) issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

The financial statements are prepared on a going concern basis under the historical cost convention. The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

Income recognition

Items of income are recognised in the financial statements when all of the following criteria are met:

- The charity has entitlement to the funds;
- any performance conditions have been met or are fully within the control of the charity;
- there is sufficient certainty that receipt of the income is considered probable;
- the amount can be measured reliably.

Grant income is deferred when there is a donor imposed or implied condition specifying the time period over which the income may be expended or in accordance with agreed budgets.

Expenditure recognition

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

- Costs of raising funds comprise those costs associated with attracting voluntary donations and grants
- Expenditure on charitable activities which comprises the costs of running the various artistic activities for the charity's beneficiaries including staging concerts, stage productions, art exhibitions, educational programmes, general and specialised advice, advocacy and training.

HEART N SOUL

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025 / cont

1. ACCOUNTING POLICIES / cont

Expenditure recognition /cont

Expenditure includes those costs of a direct nature which can be allocated to a specific activity and also indirect costs, including governance costs that do not relate to a specific activity but are necessary to support those activities. Support costs are apportioned to each activity on the basis of staff time.

Fund accounting

Unrestricted general funds are freely available for use in furtherance of the objects of the charity and which have not been designated for specific purposes.

Designated funds are unrestricted funds set aside by the trustees for particular purposes.

Restricted funds are funds which can only be used in accordance with specific restrictions imposed by the donor or which have been raised for a particular purpose.

Tangible fixed assets and depreciation

Tangible assets costing more than £800 are capitalised. Depreciation is provided so as to write off the cost of each asset, less its residual value, over its estimated useful life at the following annual rates:

Technical equipment	25% straight line
Office equipment	25% straight line

Debtors and creditors receivable/payable within one year

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised expenditure.

Leases

Operating lease rentals are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

Pensions

The charity operates a defined contribution pension scheme. Contributions payable under the scheme are charged the Statement of Financial Activities in the year to which they relate.

HEART N SOUL

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025 / cont

2. DONATIONS AND GRANTS

	Unrestricted funds £	Restricted funds £	Total 2025 £	Total 2024 £
Multi-disciplinary arts	103,936	40,490	144,426	139,103
Taking part	287,569	284,272	571,841	518,098
Library Archive Project	(5)	21,860	21,855	16,191
Believe in Us	-	-	-	93,251
Discovery	(880)	4,856	3,976	-
	<u>£390,620</u>	<u>£351,478</u>	<u>£742,098</u>	<u>£766,643</u>

Of the £766,643 recognised in 2024, £320,030 was unrestricted funds and £446,613 was restricted funds.

Total grant income received from Art Council included above was £304,904.

3. INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted funds £	Restricted Funds £	Total 2025 £	Total 2024 £
Box office fees & commissions	104,269	-	104,269	22,343
	<u>£104,269</u>	<u>-</u>	<u>£104,269</u>	<u>£22,343</u>

All of the £22,343 recognised in 2024 was unrestricted funds.

4. INVESTMENT INCOME

	Unrestricted funds	Restricted Funds	Total 2024	Total 2023
Bank interest	<u>£225</u>	<u>-</u>	<u>£225</u>	<u>£636</u>

All of the £636 recognised in 2024 was unrestricted funds.

5. COST OF RAISING FUNDS

	Direct costs £	Support costs £	Total 2025 £	Total 2024 £
Fundraising consulting	<u>£49,122</u>	<u>-</u>	<u>£49,122</u>	<u>£49,768</u>

All of the £49,768 expenditure recognised in 2024 was charged to unrestricted funds.

HEART N SOUL

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025 / cont

6. EXPENDITURE ON CHARITABLE ACTIVITIES

	Staffing Costs £	Other Direct Costs £	Support Costs (Note 7) £	Total 2025 £	Total 2024 £
Multi-disciplinary arts	91,992	49,452	30,565	172,009	196,978
Taking Part	294,098	179,668	89,450	563,216	479,163
Discovery	4,920	3,840	-	8,760	-
Believe in Us	-	-	-	-	93,249
Library Archive Project	-	21,540	315	21,855	16,191
	<u>£391,010</u>	<u>£254,500</u>	<u>£120,330</u>	<u>£765,840</u>	<u>£785,581</u>

Of the £785,581 expenditure recognised in 2024, £414,362 was charged to unrestricted funds and £351,478 was charged to restricted funds.

The total expenditure includes £304,904 spent against the grant received from Art Council.

7. SUPPORT COSTS	General Office £	Premises £	Governance (Note 8) £	Total 2025 £	Total 2024 £
Multi-disciplinary arts	20,457	9,104	1,004	30,565	39,492
Taking Part	57,136	29,104	3,210	89,450	84,978
Discovery	-	-	-	-	-
Believe in Us	-	-	-	-	525
Library Archive Project	315	-	-	315	735
	<u>£77,908</u>	<u>£38,208</u>	<u>£4,214</u>	<u>£120,330</u>	<u>£125,730</u>

8. GOVERNANCE COSTS

	2025 £	2024 £
Auditors' remuneration	3,525	3,400
AGM, Trustees' meetings and related costs	689	391
	<u>£4,214</u>	<u>£3,791</u>

HEART N SOUL

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025 / cont

9. LOCAL GOVERNMENT AND HOUSING ACT 1989

The company received financial assistance from local authorities. As required by the Local Government and Housing Act 1989 the following information is given.

£30,000 (2024: £30,000) was recognised as grant income from the London Borough of Lewisham. These funds have been fully expended.

10. NET INCOME/(EXPENDITURE) FOR THE YEAR	2025	2024
Net income/(expenditure) is stated after charging:		
Operating lease rentals	£32,917	£30,431
Depreciation of tangible fixed assets	£3,471	£4,907
Auditors remuneration – Audit services	£3,525	£3,400
	<u>£39,913</u>	<u>£38,738</u>

11. STAFF COSTS	2025	2024
Staff costs were as follows:	£	£
Wages and salaries	326,869	333,933
Social Security costs	26,279	25,742
Pension costs	28,276	28,798
Staff training and recruitment	4,724	4,191
Other costs	4,862	2,527
	<u>£391,010</u>	<u>£395,191</u>

One employee received total employee benefits (excluding employers national insurance and employer pension contributions) of more than £60,000 during 2025 (2024: 1), within the band £60,000 to £70,000.

Total employee benefits received by key management amounted to £79,285 (2024: £83,832). Under FRS 102, employee benefits includes gross salary, benefits in kind, employers national insurance and employers pension contributions.

The average number of full-time equivalent employees during the year was 8.48 (2024: 9.16). The average monthly number of employees was 10 (2024: 11).

HEART N SOUL

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025 / cont

12. DIRECTORS / TRUSTEES REMUNERATION AND EXPENSES

The trustees give their time to the charity voluntarily and receive no remuneration for their role as trustees.

Travel and subsistence costs of £689 (2024: £378) were reimbursed to 3 (2024: 2) trustee(s). The total of donations received without conditions by the charity from trustees amounted to £40 (2024: £639). Lilly Cook, one of the trustees was paid £2,335 fees for Wellcome Library Project and Allsorts.

13. TANGIBLE FIXED ASSETS

	Technical Equipment £	Office Equipment £	Total £
Cost			
Balance at 1 April 2024	30,066	53,679	83,745
Additions	-	2,345	2,345
Disposals	-	-	-
	<u>30,066</u>	<u>56,024</u>	<u>86,090</u>
Balance at 31 March 2025	30,066	56,024	86,090
Depreciation			
Brought forward at 1 April 2024	27,995	51,228	79,223
Charge for year	859	2,612	3,471
Eliminated on disposal	-	-	-
	<u>28,854</u>	<u>53,840</u>	<u>82,694</u>
Balance at 31 March 2025	28,854	53,840	82,694
Net book value			
As at 31 March 2025	<u>£1,212</u>	<u>£2,184</u>	<u>£3,396</u>
As at 31 March 2024	<u>£2,071</u>	<u>£2,451</u>	<u>£4,522</u>

14. DEBTORS

	2025 £	2024 £
Trade debtors	9,128	28,536
Accrued income	40,259	13,000
Other debtors	1,777	-
Prepayments	10,442	10,422
	<u>£61,606</u>	<u>£51,958</u>

HEART N SOUL

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025 / cont

15. CREDITORS: Amounts falling due within one year	2025 £	2024 £
Trade creditors	17,050	6,656
Social security and other taxes	2,532	8,597
Other creditors	3,739	2,260
Accruals	3,400	8,479
Deferred income (see note 16)	108,502	78,443
	<u>£135,223</u>	<u>£104,435</u>

16. DEFERRED INCOME	Balance brought forward	Additions in year	Released To Income	Balance Carried Forward
Grants and donations	<u>£78,443</u>	<u>£108,502</u>	<u>£(78,443)</u>	<u>£108,502</u>

Deferred income reflects grant income received in advance for the following financial year, to be expended in accordance with specified or implied timeframes and agreed budgets.

17. MOVEMENT IN FUNDS	Balance At 1 April 2023 £	Movement in Resources Income £	Expenditure £	Transfers £	Balance At 31 March 2024 £
Unrestricted funds					
	113,970	495,114	463,484	-	145,600
	<u>113,970</u>	<u>495,114</u>	<u>463,484</u>	<u>-</u>	<u>145,600</u>
Restricted funds					
Multi-disciplinary arts	-	40,490	40,490	-	-
Taking Part	-	284,272	284,272	-	-
Believe in Us	-	-	-	-	-
Library Archive Project	-	21,860	21,860	-	-
Discovery	-	4,856	4,856	-	-
	<u>-</u>	<u>351,478</u>	<u>351,478</u>	<u>-</u>	<u>-</u>
General funds	-	-	-	-	-
Total funds	<u>£113,970</u>	<u>£846,592</u>	<u>£814,962</u>	<u>£Nil</u>	<u>£145,600</u>

HEART N SOUL

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025 / cont

17. MOVEMENT IN FUNDS / cont

The Multi-disciplinary Arts Fund is for theatre, music, live art, visual art, films and dance both filmed and performed in venues in London, nationally and internationally.

The Taking Part Fund (including clubs) provides resources for artistic input into a number of participatory events in London and to make spaces where adults and young people are able to express themselves.

Discovery – these are the projects and partnerships we are involved in, with other organisations, to make change happen.

Believe in Us is a two year project focussed on developing a radical new approach for designing services with people with learning disabilities and autistic people in London funded by The Health Foundation. Heart n Soul is the lead party in a collaboration with Oxleas NHS Foundation Trust, Royal Borough of Greenwich, Tizard Centre, Helen Hamlyn Centre for Inclusive Design and the University of the Arts London (UAL) Creative Computing Institute.

Library Archive Project

The Wellcome Collection commissioned Heart n Soul to make their library more accessible. People with learning disabilities and the library staffed are currently reimagining what the library should look like to feel like a welcoming space for everyone. This also includes the showcasing of some elements of the Heart n Soul archive, which is now managed by the Wellcome Collection Archive

Comparative information for the net movement in funds is as follows

	Balance At 1 April 2023 £	Income £	Movement in Resources Expenditure £	Transfers £	Balance At 31 March 2024 £
Unrestricted funds					
	113,970	343,009	388,736	-	113,970
	<u>113,970</u>	<u>343,009</u>	<u>388,736</u>	<u>-</u>	<u>113,970</u>
Restricted funds					
Multi-disciplinary arts	-	27,978	27,978	-	-
Taking Part	-	309,193	309,193	-	-
Believe in Us	-	93,251	93,251	-	-
Library Archive Project	-	16,191	16,191	-	-
	<u>-</u>	<u>446,613</u>	<u>446,613</u>	<u>-</u>	<u>-</u>
Total funds	<u>£314,253</u>	<u>£915,912</u>	<u>£1,070,468</u>	<u>-</u>	<u>£159,697</u>

HEART N SOUL

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025 / cont

18. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted Funds	Restricted Funds	Total Funds 2025
	£	£	£
Tangible fixed assets	3,396	-	3,396
Current assets	168,925	108,502	277,427
Current liabilities	(26,721)	(108,502)	(135,223)
	<u>£145,600</u>	<u>£Nil</u>	<u>£145,600</u>

Comparative information for the analysis of net assets between funds is as follows:

	Unrestricted Funds	Restricted Funds	Total Funds 2024
	£	£	£
Tangible fixed assets	4,522	-	4,522
Current assets	130,362	83,521	213,883
Current liabilities	(20,914)	(83,521)	(104,435)
	<u>£113,970</u>	<u>£Nil</u>	<u>£113,970</u>

19. OPERATING LEASE COMMITMENTS

Total future minimum lease payments under non-cancellable operating leases are as follows:

	2025	2024
	£	£
Amounts due within:		
One year	8,769	7,517
One to five years	3,095	-
	<u>£11,864</u>	<u>£7,517</u>

20. CONTINGENT ASSETS

Total grant funding awarded as at 31 March 2025 but not yet received and recognised as income due to the recognition criteria not being met amounts to £861,004.

HEART N SOUL

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025 / cont

21. COMPANY STATUS AND TAXATION

The charity is a company limited by guarantee, registered in England and Wales and has no share capital. The liability of each member is restricted if the guarantee is limited to £1. The address of the registered office is given in the Reference and Administrative Details on page 2.

As a registered charity, Heart n Soul is exempt from taxation on its charitable activities.

HEART N SOUL

England & Wales - Charity number 1023467

Accounts

HEART N SOUL

REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

KINGSTON BURROWES AUDIT LTD
308 Ewell Road
Surbiton
Surrey
KT6 7AL

HEART N SOUL

Contents

	Page
Trustees' Annual Report	2 - 16
Independent Auditor's Report	17 - 21
Statement of Financial Activities	22
Balance Sheet	23
Cash Flow Statement	24
Notes to the Financial Statements	25 – 34

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2024

Reference and Administrative Details

Charity name: Heart n Soul
Charity number: 1023467
Company number: 02830733

Registered / Principal office:

The Albany
Douglas Way
Deptford
London SE8 4AG

Trustees:

Kate Linsky
Simon Platz, Treasurer
Shalim Ali
Lilly Cook
Pino Frumiento
Hannah Kent
Michael Price
Tim Adnitt
Sue Williams
Sarah Scott
David McNicholas (from 20 June 2023)

Artistic Director / Chief Executive

Mark Williams MBE

Auditor

Kingston Burrowes Audit Ltd
308 Ewell Road
Surbiton
Surrey
KT6 7AL

Bankers

HSBC
275 Greenwich High Road
Greenwich
London SE10 8NF

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2024 / cont

Objectives and activities

Who we are

Heart n Soul is an award winning creative community and arts charity. We believe in the power and talents of people with learning disabilities and autistic people. We work together to make great art with imagination, love and trust.

At Heart n Soul everyone is valued, and leadership is shared. We can be ourselves, make change happen and have fun! Our vision is of everyone living full and equal lives with independence, freedom and pride.

Our Values are: Fun, Creative, Change, Equal, Kind, Quality and Inventive.

What we do

We offer opportunities for people to:

Create: Be creative, explore and share their talents in ways that they choose

Connect: Make new friends and connections, in Heart n Soul, the local community and wider society

Change: Use art and creativity to make change in various areas that impact the wider community, becoming leaders alongside others both inside and outside Heart n Soul

We do this through:

Art: We create opportunities for people to develop as artists, collaborate with others, and create and share their work in various forms.

Taking Part: We run high quality creative arts activities designed by, with and for adults with learning disabilities and autistic people

Sharing: We share our art, our creativity and how we do things with others, creating more equal relationships and exploring better ways of doing things together

In putting together our objectives, the Trustees have paid attention to the Charity Commission's guidance on public benefit.

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2024 / cont

How we measure success

Our 2022 - 2026 strategy is co-designed by learning disabled people and autistic people and sets the change we want to see:

People with learning disabilities and autistic people create high quality and life-changing art and ideas that inspire and change people's lives.

They are more connected, have greater confidence and wellbeing, and lead change that affects their lives.

Society has a greater understanding of what people with learning disabilities and autistic people can do, and what they offer everyone.

We understand the impact and progress we are making by finding accurate ways to check that:

- Learning disabled and autistic people feel more connected, more confident and well
- They gain new skills and knowledge
- Their work is experienced by diverse people both in the local community and in the mainstream
- Organisations adopt and build on Heart n Soul's ideas and approach

Our approach

At Heart n Soul people with and without learning disabilities and autistic people collaborate with each other in a truly equal and inclusive way. Learning disabled and autistic people have voice and representation in all parts of the organisation and co-produce all our activities.

We believe in the value for everyone of being present, open, creative, artist-led and loving. We listen to what people want to do and help them to create, connect and make change happen.

Our creativity encourages new ideas and 'out of the box' thinking. We make space for people to ask questions, talk about what is important to them and imagine new ways of seeing, relating, being, doing and learning. Everyone feels a part and can develop their creativity and ideas. What people learn at Heart n Soul helps them in other parts of their lives, helping them feel more confident and gaining skills that help them in other parts of their lives.

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2024 / cont

We are inspired by and collaborate with many artists across varied art forms and connect our activities together. We share with others deeply and widely in as many places as possible so that other people can experience our different approaches and see the benefits that our artists' creative vision has for everybody.

We work with partner organisations to achieve our goals so that we may share our vision within and beyond the arts widely and in a sustainable way.

We are continuously flexible and responsive, and we have a lot of fun.

Beneficiaries are aged between 10 and 65, and over 98% have disabilities ranging from mild or moderate to severe and complex. 51% are from global majority communities. Many are subject to multiple disadvantages including social isolation and economic hardship and can be highly vulnerable. We work with people who live near to our Deptford base in Lewisham (42%) and in adjacent boroughs as well as across London, nationally and internationally.

Volunteers both with and without learning disabilities support participants to take part in creative sessions and are part of front of house teams at events, providing information to the public.

Structure, governance and management

Heart n Soul is a company limited by guarantee and a registered charity. The governing document is a Memorandum and Articles of Association dated 10 February 2011. We receive 36.5% of our income from Arts Council England. We raise the remainder from grants from charitable trusts and foundations, donations from individuals, ticket sales and other earned income.

The Board of Trustees meets quarterly, with additional work done by four sub-committees. A staff team of 11 works closely with a pool of around 100 artists, practitioners and experts. Learning disabled and autistic people are involved at every level of our organisation (from Board through to staff, steering teams, planning and strategic thinking), working with us to develop our plans and priorities and to monitor and feedback on our programmes. This demonstrates our commitment to quality, integrity and equality, which ensures that we deliver programmes that touch and change peoples' lives.

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2024 / cont

Trustees are selected to the Board through a process of election by the trustees. They receive a personal and detailed induction by the Co-chairs, Chief Executive and Associate Director.

In 2023/24 we welcomed two new learning disabled/autistic Trustees to the Board, David McNicholas and Sebastian Golgiri.

The Board of Trustees are led by Lilly Cook and Kate Linsky who are Co-Chairs of the organisation.

67% of our trustees and 27% of our staff are disabled.

The Finance Sub-Committee meets every quarter to oversee the financial position and to report on the latest quarterly accounts. Other sub-committees, such as the Fundraising Action Group, or the Strategy Group, convene as and when they are required.

The Personnel Sub-Committee is responsible for the remuneration policy of the staff. The salary of the Artistic Director/CEO is reviewed each year in February and may be adjusted for performance or inflation. A comparison with rates for similar roles in our sector is also undertaken. The Personnel Sub-Committee makes a recommendation to the Board, who make the final decision.

Summary of the year

In 2023/24 we created many opportunities for our community to connect with each other, with existing and new partners, with face to face creative activities, and to reflect together on how these should develop going as we look to the future. We have reached more people, positively explored power sharing and have evidenced an impact on people's lives during and beyond their time with us. We have learnt that people of all kinds feel more connected, valued and accepted through their relationship with Heart n Soul, and that they feel confident to say what they think and share their ideas freely. While consolidating and continuously developing core art and taking part activities, we have also continued and deepened a process of making change happen, alongside partners, in health and social care. We have achieved this against a backdrop of a more challenging fundraising environment, with many previous sources of no longer available to Heart n Soul.

HEART N SOUL

TRUSTEES' ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2024 / cont

Achievements and performance

This has been a busy year in which we strengthened our Discovery strand of work and welcomed lots of new participants and partners. Our experience at Heart n Soul at the Wellcome Hub (2018/21) and our subsequent Believe in Us project with the Health Foundation (2021/23), underlined the importance of health and wellbeing in our community. Our reach has been extended, partnerships deepened and way of working made more explicit. We developed our Sharing Power graphic as a way of understanding where power is being shared (or not) when building or considering new relationships/partnerships. All our taking part programmes are currently full, with new enquiries coming in continuously. The number of individuals regularly taking part grew by 16% to over 230. Heart n Soul artists, co-producers and participants hosted or took part in 44 shows, exhibitions or events, 32 in-person and 12 online, reaching an estimated 15,000 people, a 50% increase on the previous year.

While the pandemic allowed more one-to-one artist development sessions and online group creative activities, it had also led to feelings of isolation. As a result, we gave more focus for a second year to in-person group sessions, so people regained a sense of community. We also retained on-line options for those unable to attend in person.

In making this transition, we needed to continually respond and adapt in a way that involved our community fully in reflecting, setting priorities, innovating and co-producing activities.

Building on their co-production of our 2022 - 2026 strategy, learning disabled and autistic co-producers developed an evaluation framework to underpin this and set 5 year development priorities.

A deepening theme throughout our work this year has been collaboration based on sharing power and building trust. Through our Believe In Us project funded by The Health Foundation we have challenged our academic, NHS and local authority partners in their understanding of co-production and encouraged them to be more bold, empowering, flexible and diverse in their solutions. This has in turn led to some genuine examples of the early stages of cross-cultural design.

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2024 / cont

Artists

This year there were many new opportunities for artists to play gigs, tour and showcase their work performing at more mainstream events across the UK.

Highlights included:

Visual artist Samuel Jegede sharing his outdoor exhibition at Deptford X Festival.

Reuben Gayle's short animation film 'Paper' being showcased at Brighton's Oska Bright Film Festival

Leni Whiddett displaying original artwork at the Future of Participation event at City Hall

Danny Smith, Cheryl Lyte and Kali Perkins performing a dance piece at the opening of Wellcome's latest Being Human portrait collaboration (featuring Danny) at Wellcome Collection

Too Hot for Candy's farewell performance at the Great Escape in Brighton
Electric Fire releasing a new video and performing at Shambala and Funky Llama Festival

Dean Rodney Jr and the Cowboys launching their first vinyl album at a sellout gig at Matchstick Piehouse, touring all over the UK and getting an excellent review in the Wire Magazine.

Heart n Soul DJ's rocking the Southbank Centre Winter Rave and DJ Wayne Taylor playing at the Royal Albert Hall.

Robyn Steward hosting another series of her groundbreaking Robyn's Rocket residency at Café Oto and recording a series of EPs with different Heart n Soul artists and as she refers to them, 'people you may have heard about.'

In total, 19 artists, designers and DJs performed at 45 events and 11 music creators had 84 development sessions to deepen their skills, develop original material, collaborate and innovate in their chosen art forms.

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2024 / cont

In response to feedback and suggestions we experimented with new ways of bringing music and visual arts creators together to collaborate with each other. We also supported artists' use of new innovative music making technologies to allow more continuous self-directed development. Our ongoing learning journey in this arena was shared at both the Audio Developer Conference and at a Native Instruments Panel event.

Taking Part

Young people took part in 12 Do Your Own Thing events, and we reached 117 unique individuals, an increase of 35% from last year. In addition, there were 45 individual and small group sessions on topics such as DJ skills, creating music and developing an exhibition. A team of 26 co-producers allowed a strong youth voice to develop the project.

Numbers at our adults taking part programme, Allsorts, grew to 84 unique individuals, with an additional 40 from the partnership with Sherard Road Day Opportunities Centre, totaling 124, an increase of 17% on the previous year. Participants attended 24 events. Co-producers led on the design and content of each event. We also continued weekly online sessions in Movement and Dance, Art and face-to-face choir sessions, with Heart n Soul growing in popularity and making more public performances.

We held 4 Deptford Club Nights in partnership with 4 venues and 26 young people hosted, performed, or DJ-ed at SQUID INK to an audience of 282.

Building on the success of the original design work of the Feel Good Designers in Lewisham Art House and the South London Gallery, we were commissioned by Southbank to design a family activity trail, the Mish Mash Family Trail, which reached 5000 people as part of the Discovery Festival over two half term weeks.

We were delighted that staff member, David Coke representing Do Your Own Thing, won the Youth Music Young Leader award at the Youth Music Awards 2023.

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2024 / cont

Partnerships and Change

Believe In Us, which ended in June 2023, allowed us to explore relationships between health and social care professionals and learning disabled people in more depth. Project partners included The Royal Borough of Greenwich, NHS Oxleas Trust, Royal College of Art Centre for Inclusive Design, The Creative Computing Centre University of the Arts London and Tizard Centre, University of Kent.

<https://www.heartnsoul.co.uk/believe-in-us>

Communication, connection and being heard emerged as key themes through Believe in Us. The team came up with the idea of a 'jargon buster' to improve communication between them and health and social care professionals. The You and Me project involves further development, using AI, to co-design a safe and sustainable communication tool that offers alternative ways of explaining things that people don't understand. We hope to get to the point where people understand and own the choice of who can see their medical data. The project is pioneering for the way it is challenging AI to be more inclusive and its potential to transform access to health services.

An important development this year was an invitation from Royal Borough of Greenwich to run Allsorts at Sherard Road Day Opportunities Centre. Greenwich is currently implementing a significant re-design of their day services for learning disabled people moving away from a day centre model towards community-led services. At the heart of this is fundamental cultural change in the relationships between social care professionals and the people they support. Greenwich are looking to us to share and transmit our approach based on genuine co-production, agency and leadership by learning disabled people. As part of the cultural change strategy, we were commissioned to deliver three seasons of Allsorts at Sherard Road as well as two all staff 'experience' days.

Heart n Soul young people developed a series of podcasts called What Makes You Good, which were broadcast by Soho Radio in March 2023. This was followed up by a Big Conversation event in partnership with the GLA, a series of podcasts and the What Makes You Feel Good exhibition in the Albany Café.

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2024 / cont

We were commissioned to run our first communications consultancy with the self-advocacy organisation, Breaking Out of the Bubble, supporting the organisation to better understand how to effectively use social media and to communicate better.

We were proud to partner with Associate Artist Richard Phoenix and Rough Trade Books to see the launch and publication of his book Do Your Own Thing, 'detailing his experiences of the best underground arts scene you have never heard of' which tells the story of the ethos, thinking and reality of our young people's creative project.

The Wellcome Collection commissioned Heart n Soul in Sept 2023 to codesign and make its' Library more accessible, planting the seeds for a future exhibition featuring elements of Heart n Soul history. The project has involved 7 co-designers working alongside a team of library assistants and managers from Wellcome Library. We have used the approaches of taking time to build meaningful relationships and have facilitated sessions to enable everyone to share their ideas in a way that has been previously harder to enact due to institutional hierarchy. The Heart n Soul Sharing Power graphic and methodology have underpinned the first 9 months of the project and are liberating the team to think, imagine and design in genuinely co-produced ways.

We were also delighted this year, to share our 38-year archive with Wellcome where it will be catalogued, preserved and displayed.

Learning

Feedback exercises this year have demonstrated the impact that being part of Heart n Soul has on people's lives and wellbeing beyond their involvement in various activities.

We conducted a second evaluation, using the framework co-designed by our What's Next group (the first evaluation was shared with our Stage 2 document). This evaluation is a radical approach to measuring impact, where participants/people who are experts by experience decide what are the important things to collect data on, and how.

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2024 / cont

The second evaluation focused on how attending Allsorts brought change in people's lives.

- 92% said that Allsorts brought positive things in their lives
- 60% said they get home after Allsorts feeling happier and energised
- 73% said they believe they can do new things

In a separate survey, 94% of young people said they had learnt something new at Do Your Own Thing and that it had improved their lives, giving them "much more confidence, much more energy".

Digital

This year we had over 18,000 digital followers and subscribers, 24,000 people visited our main website, with an additional 110,000 people visiting our associated sites; the radio crew reached over 18,000 people through their monthly radio shows on Soho Radio.

Fundraising

We would like to address sincere thanks to all our funders who continued to trust and support Heart n Soul. We thank Arts Council England for the award of a three-year grant as part of the National Portfolio Organisations programme.

Arts Council England
BBC Children in Need
Fidelity UK Foundation
Garfield Weston Foundation
Health Foundation
The Henry Smith Charity
Jerwood Arts
The John Ellerman Foundation
John Horniman's Children's Trust
London Borough of Lewisham
The Paul Hamlyn Foundation
The PRS Foundation
Royal Borough of Greenwich
The National Foundation for Youth Music
The National Lottery Community Fund
Sir William Boreman's Foundation
The Wellcome Trust

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2024 / cont

Our generous supporters made donations, undertook sporting challenges or organised fundraising events. Collectively they raised just £15,000. We would like to thank:

The Kettner Society

Grand Matter

The Nunhead Choir

Villages Brewery

Fiona Watson and Fernando, who cycled 100 miles for the Ride London – Essex

Salesforce

Whole Food Market

Bucks Music

Native Instruments

Our Arts Impact Campaign, supported by the Big Give, was very successful raising just over £6,000. Many thanks to those who contributed, namely Jonathan Pointing, David Gold, Andrew Dickie, Matthew Oggle, Richard Graham

We would like to thank our regular donors: Simon Platz, Kara Tanega, Matt Saull, AR Rodwell, Helen Ganiaris, Daniel Ross, Sonia Edwards and Hannah Kent.

Financial review

The principal risk and uncertainty facing Heart n Soul is the more challenging fundraising environment. Trusts and Foundations are generally giving fewer grants of lower value.

Heart n Soul navigated the critical years of the pandemic without needing to furlough staff, seek emergency funding or scale back our work. We continued to build our unrestricted reserves, anticipating that subsequent years would be more challenging. Income projections have been impacted by the increasingly competitive and volatile funding environment. Trustees have monitored the position closely and reduced expenditure by 10% in 2023-24 and 11% in 2024-25. This has been achieved by reorganising our office space and finding new ways of working which do not impact on core delivery. Unrestricted reserves are being used to maintain core activities, with sufficient funds retained to cover wind-up costs. We revised our fundraising targets and have carefully targeted applications with recent success (Youth Music, BBC Children in Need, PRS Foundation)

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2024 / cont

We are also continuing to maintain close and responsive relationships with our major Trust and Foundation funders and Arts Council England; and to maintain tight management of expenditure. Trustees are focused on our finding new ways to achieve impact that call less on funds.

We started the financial year 2023-24, with 64% of our funding confirmed, and we continue to fundraise actively.

Reserves policy

Heart n Soul navigated the pandemic successfully without accessing emergency funding. We continued to build our unrestricted reserves, knowing that the following years would be more challenging. 2022-23 saw a reduction in our unrestricted reserves to £159,697, down from £314,253 the previous year, in a planned move by trustees to draw on reserves to maintain core activities during a period of more volatile income. They agreed to retain sufficient unrestricted reserves to cover wind up costs (currently £92,602) and monitored income and expenditure closely over the year. The trustees have decided to review the policy on an annual basis, ensuring that sufficient funds are in place to account for wind-up costs of the organisation, contingency costs and a buffer for any unexpected expense.

Plans for the future

We will continue to create, connect, and change, as outlined in our strategic plan which was devised by over 50 people in our community. People with learning disabilities and autistic people will continue to be even more involved at every level of the organisation. We look forward to continuing working with partners such as Wellcome Collection, the National Gallery and Greenwich Council. Heart n Soul's work is now getting more attention than ever, attracting collaborators such as Turner Prize-winning artist Jeremy Deller and the award-winning landscape designer David Greene. We are planning the celebration of our 40th anniversary in 2026. We will continue to diversify our fundraising efforts to ensure we can continue to build on our activities and to make the most of new opportunities as they arise.

Trustees' responsibility statement

The trustees (who are also directors of Heart n Soul for the purposes of company law) are responsible for preparing the Trustees' Annual Report and

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2024 / cont

the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the situation 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 2019 (FRS 102);

make judgements and estimates that are reasonable and prudent. State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements, prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The trustees are responsible for keeping adequate accounting records that 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 the Companies Act 2006. 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
- the trustees 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

HEART N SOUL
TRUSTEES' ANNUAL REPORT
FOR THE YEAR ENDED 31 MARCH 2024 / cont

dissemination of financial statements may differ from legislation in other jurisdictions.

Auditors

The auditors, Kingston Burrowes Audit Ltd, have expressed their willingness to continue in office in accordance with Section 487 of the Companies Act 2006.

Small company exemptions

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

This report was approved by the trustees on 25 November 2024 and signed on its behalf.

DocuSigned by:

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Simon Platz
Treasurer

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF HEART N SOUL

Opinion

We have audited the financial statements of Heart N Soul (the 'charitable company') for the year ended 31 March 2024 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement 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 102 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 2024, 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; and
- 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

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF HEART N SOUL / cont

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the 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. 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' report (incorporating the directors' report) for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report has been prepared in accordance with applicable legal requirements.

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF HEART N SOUL / cont

Matters on which we are required to report by exception

In the light of our 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 directors' 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 directors' 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 directors' report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement, 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.

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF HEART N SOUL / cont

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.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The specific procedures for this engagement and the extent to which these are capable of detecting irregularities, including fraud is detailed below:

- Enquiry of management and those charged with governance about actual and potential litigation or claims and the identification of non-compliance with laws and regulations.
- Reviewing minutes of meetings of those charged with governance.
- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations.
- Auditing the risk of management override of controls, including testing journal entries and other adjustments for appropriateness; and assessing whether the judgements made in making accounting estimates are indicative of a potential bias.
- Performing analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud.
- Professional scepticism in course of the audit and with audit sampling in material audit areas.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error,

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF

HEART N SOUL / cont

as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

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.



Kevin Fisher BA FCA CTA (Senior Statutory Auditor)
For and on behalf of Kingston Burrowes Audit Ltd
Statutory Auditors
308 Ewell Road
Surbiton
Surrey
KT6 7AL

2 December 2024

HEART N SOUL

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2024

(Incorporating Income and Expenditure Account)

	Notes	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Income					
Donations and grants	2	320,030	446,613	766,643	889,250
Charitable activities	3	22,343	-	22,343	26,145
Investments	4	636	-	636	517
Total		<u>343,009</u>	<u>446,613</u>	<u>789,622</u>	<u>915,912</u>
 Raising funds	5	49,768	-	49,768	49,688
Charitable activities	6	338,968	446,613	785,581	1,020,780
Total		<u>388,736</u>	<u>446,613</u>	<u>835,349</u>	<u>1,070,468</u>
 Net income / (expenditure)	10	(45,727)	-	(45,727)	(154,556)
 Transfers between funds	17	-	-	-	-
 Net movement in funds		<u>(45,727)</u>	<u>-</u>	<u>(45,727)</u>	<u>(154,556)</u>
 Reconciliation of funds					
Balance brought forward	17	159,697	-	159,697	314,253
Balance carried forward	17	<u>£113,970</u>	<u>£Nil</u>	<u>£113,970</u>	<u>£159,697</u>

The Statement of Financial Activity includes all recognised gains and losses.

All income and expenditure derives from continuing activities.

The notes form part of the financial statements.

HEART N SOUL
(A Company Limited by Guarantee and Not Having a Share Capital)
Registered Charity Number 1090781, Company Number 4360133

BALANCE SHEET AS AT 31 MARCH 2024

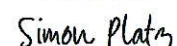
	Notes	£	2024 £	£	2023 £
FIXED ASSETS					
Tangible Fixed Assets	13		4,522		8,016
CURRENT ASSETS					
Debtors	14	51,958		48,889	
Cash at Bank and in Hand		161,925		239,637	
			<u>213,883</u>	<u>288,526</u>	
CREDITORS: Amounts falling due within one year	15	104,435		136,845	
NET CURRENT ASSETS			109,448		151,681
NET ASSETS	18		<u>£113,970</u>		<u>£159,697</u>
FUNDS :					
Restricted Funds	17		-		-
Unrestricted Funds	17		113,970		159,697
TOTAL FUNDS			<u>£113,970</u>		<u>£159,697</u>

These financial statements have been prepared in accordance with the provisions applicable to small companies within Part 15 of the Companies Act 2006.

The financial statements were approved and authorised by the Trustees on 25 November 2024 and signed on its behalf by:

Signed by:

21AC3AD6CF474D7...
Kate Linsky
Chair

DocuSigned by:

DD98CB9E48F744A...
Simon Platz
Treasurer

The notes form part of the financial statements.

HEART N SOUL

CASH FLOW STATEMENT FOR THE YEAR ENDED 31 MARCH 2024

	2024 £	2023 £
Cash flows from operating activities:		
Net movement in funds per Statement of Financial Activities	(45,727)	(154,556)
Adjustments for:		
Depreciation	4,907	5,927
(Increase)/decrease in debtors	(3,069)	(21,119)
Increase/(decrease) in creditors	(32,410)	(44,813)
<i>Net cash provided by/(used in) operating activities</i>	<u>(76,299)</u>	<u>(214,561)</u>
Cash flows from investing activities:		
Purchase of tangible fixed assets	(1,413)	(3,724)
<i>Net cash provided by/(used in) investing activities</i>	<u>(1,413)</u>	<u>(3,724)</u>
(Decrease)/increase in cash	(77,712)	(218,285)
Cash and cash equivalents brought forward	<u>239,637</u>	<u>457,922</u>
Cash and cash equivalents carried forward	<u>£161,925</u>	<u>£239,637</u>
Analysis of cash and cash equivalents	2024 £	2023 £
Cash at bank and in hand	<u>£161,925</u>	<u>£239,637</u>

The notes form part of the financial statements.

HEART N SOUL

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

1. ACCOUNTING POLICIES

Basis of preparation

The charity constitutes a public benefit entity as defined by FRS 102. 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) issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

The financial statements are prepared on a going concern basis under the historical cost convention. The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

Income recognition

Items of income are recognised in the financial statements when all of the following criteria are met:

- The charity has entitlement to the funds;
- any performance conditions have been met or are fully within the control of the charity;
- there is sufficient certainty that receipt of the income is considered probable;
- the amount can be measured reliably.

Grant income is deferred when there is a donor imposed or implied condition specifying the time period over which the income may be expended or in accordance with agreed budgets.

Expenditure recognition

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

- Costs of raising funds comprise those costs associated with attracting voluntary donations and grants
- Expenditure on charitable activities which comprises the costs of running the various artistic activities for the charity's beneficiaries including staging concerts, stage productions, art exhibitions, educational programmes, general and specialised advice, advocacy and training.

HEART N SOUL

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024 / cont

1. ACCOUNTING POLICIES / cont

Expenditure recognition /cont

Expenditure includes those costs of a direct nature which can be allocated to a specific activity and also indirect costs, including governance costs that do not relate to a specific activity but are necessary to support those activities. Support costs are apportioned to each activity on the basis of staff time.

Fund accounting

Unrestricted general funds are freely available for use in furtherance of the objects of the charity and which have not been designated for specific purposes.

Designated funds are unrestricted funds set aside by the trustees for particular purposes.

Restricted funds are funds which can only be used in accordance with specific restrictions imposed by the donor or which have been raised for a particular purpose.

Tangible fixed assets and depreciation

Tangible assets costing more than £800 are capitalised. Depreciation is provided so as to write off the cost of each asset, less its residual value, over its estimated useful life at the following annual rates:

Technical equipment	25% straight line
Office equipment	25% straight line

Debtors and creditors receivable/payable within one year

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised expenditure.

Leases

Operating lease rentals are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

Pensions

The charity operates a defined contribution pension scheme. Contributions payable under the scheme are charged the Statement of Financial Activities in the year to which they relate.

HEART N SOUL**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024 / cont****2. DONATIONS AND GRANTS**

	Unrestricted funds	Restricted funds	Total 2024	Total 2023
	£	£	£	£
Multi-disciplinary arts	111,125	27,978	139,103	92,326
Taking part	208,905	309,193	518,098	548,337
Library Archive Project	-	16,191	16,191	-
Believe in Us	-	93,251	93,251	248,587
	<u>£320,030</u>	<u>£446,613</u>	<u>£766,643</u>	<u>£889,250</u>

Of the £889,250 recognised in 2023, £301,232 was unrestricted funds and £588,018 was restricted funds.

Total grant income received from Art Council included above was £304,904, recognised as £107,000 under Multi-disciplinary arts and £197,904 as Taking Part.

Additionally, Heart n Soul had free use of the space at The Hub, however, due to the fact that the space is shared with other organisations to a varying degree, it is not possible to reliably estimate the value of this gift in kind.

3. INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted funds	Restricted Funds	Total 2024	Total 2023
	£	£	£	£
Box office fees & commissions	22,343	-	22,343	26,145
	<u>£22,343</u>	<u>£Nil</u>	<u>£22,343</u>	<u>£26,145</u>

All of the £26,145 recognised in 2023 was unrestricted funds.

4. INVESTMENT INCOME

	Unrestricted funds	Restricted Funds	Total 2024	Total 2023
	£	£	£	£
Bank interest	£636	£Nil	£636	£517
	<u>£636</u>	<u>£Nil</u>	<u>£636</u>	<u>£517</u>

All of the £517 recognised in 2023 was unrestricted funds.

HEART N SOUL**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024 / cont**

5. COST OF RAISING FUNDS	Direct costs	Support costs	Total 2024	Total 2023
	£	£	£	£
Fundraising consulting	£49,768	£Nil	£49,768	£49,688

All of the £49,688 expenditure recognised in 2023 was charged to unrestricted funds.

6. EXPENDITURE ON CHARITABLE ACTIVITIES

	Staffing Costs	Other Direct Costs	Support Costs (Note 7)	Total 2024	Total 2023
	£	£	£	£	£
Multi-disciplinary arts	116,337	41,149	39,492	196,978	143,975
Taking Part	247,010	147,175	84,978	479,163	617,252
Sharing	-	-	-	-	10,966
Believe in Us	21,224	71,500	525	93,249	248,587
Library Archive Project	10,620	4,836	735	16,191	-
	<u>£395,191</u>	<u>£264,660</u>	<u>£125,730</u>	<u>£785,581</u>	<u>£1,020,780</u>

Of the £1,020,780 expenditure recognised in 2023, £432,762 was charged to unrestricted funds and £588,018 was charged to restricted funds.

The total expenditure includes £304,904 spent against the grant received from Art Council. This was recognised as £107,000 under Multi-disciplinary arts and £197,904 under Taking Part.

7. SUPPORT COSTS	General Office	Premises	Governance (Note 8)	Total 2024	Total 2023
	£	£	£	£	£
Multi-disciplinary arts	26,360	11,916	1,216	39,492	17,913
Taking Part	57,881	24,522	2,575	84,978	111,619
Sharing	-	-	-	-	2,876
Believe in Us	525	-	-	525	-
Library Archive Project	735	-	-	735	-
	<u>£85,501</u>	<u>£36,438</u>	<u>£3,791</u>	<u>£125,730</u>	<u>£132,408</u>

HEART N SOUL**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024 / cont**

8. GOVERNANCE COSTS	2024	2023
	£	£
Auditors' remuneration	3,400	3,385
AGM, Trustees' meetings and related costs	391	1,146
	<u>£3,791</u>	<u>£4,531</u>

9. LOCAL GOVERNMENT AND HOUSING ACT 1989

The company received financial assistance from local authorities. As required by the Local Government and Housing Act 1989 the following information is given.

£30,000 (2023: £30,000) was recognised as grant income from the London Borough of Lewisham. These funds have been fully expended.

10. NET INCOME/(EXPENDITURE) FOR THE YEAR	2024	2023
Net income/(expenditure) is stated after charging:		
Operating lease rentals	£30,431	£37,535
Depreciation of tangible fixed assets	£4,907	£5,297
Auditors remuneration – Audit services	£3,400	£3,385
	<u>£38,738</u>	<u>£46,217</u>

11. STAFF COSTS	2024	2023
Staff costs were as follows:	£	£
Wages and salaries	333,933	324,839
Social Security costs	25,742	25,013
Pension costs	28,798	28,726
Staff training and recruitment	4,191	3,477
Other costs	2,527	3,589
	<u>£395,191</u>	<u>£385,644</u>

One employee received total employee benefits (excluding employers national insurance and employer pension contributions) of more than £60,000 during 2024 (2023: 1), within the band £60,000 to £70,000.

Total employee benefits received by key management amounted to £83,832 (2023: £83,134). Under FRS 102, employee benefits includes gross salary, benefits in kind, employers national insurance and employers pension contributions.

The average number of full-time equivalent employees during the year was 9.16 (2023: 8.95). The average monthly number of employees was 11 (2023: 11).

HEART N SOUL

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024 / cont**

12. DIRECTORS / TRUSTEES REMUNERATION AND EXPENSES

The trustees give their time to the charity voluntarily and receive no remuneration for their role as trustees.

Travel and subsistence costs of £378 (2023: £771) were reimbursed to 2 (2023: 4) trustee(s). The total of donations received without conditions by the charity from trustees amounted to £639 (2023: £3,720). Lilly Cook, one of the trustees was paid £3,150 fees for Wellcome Library Project and You & Me Project.

13. TANGIBLE FIXED ASSETS

	Technical Equipment £	Office Equipment £	Total £
Cost			
Balance at 1 April 2023	28,653	53,679	82,332
Additions	1,413	-	1,413
Disposals	-	-	-
	<u> </u>	<u> </u>	<u> </u>
Balance at 31 March 2024	30,066	53,679	83,745
	<u> </u>	<u> </u>	<u> </u>
Depreciation			
Brought forward at 1 April 2023	27,136	47,180	74,316
Charge for year	859	4,048	4,907
Eliminated on disposal	-	-	-
	<u> </u>	<u> </u>	<u> </u>
Balance at 31 March 2024	27,995	51,228	79,223
	<u> </u>	<u> </u>	<u> </u>
Net book value			
As at 31 March 2024	£2,071	£2,451	£4,522
	<u> </u>	<u> </u>	<u> </u>
As at 31 March 2023	£1,517	£6,449	£8,016
	<u> </u>	<u> </u>	<u> </u>

14. DEBTORS

	2024 £	2023 £
Trade debtors	28,536	25,236
Accrued income	13,000	12,875
Other debtors	-	2,497
Prepayments	10,422	8,281
	<u> </u>	<u> </u>
	£51,958	£48,889
	<u> </u>	<u> </u>

HEART N SOUL

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024 / cont

15. CREDITORS: Amounts falling due within one year	2024 £	2023 £
Trade creditors	6,656	43,697
Social security and other taxes	8,597	2,249
Other creditors	2,260	763
Accruals	8,479	31,613
Deferred income (see note 16)	78,443	58,523
	<u>£104,435</u>	<u>£136,845</u>

16. DEFERRED INCOME	Balance brought forward	Additions in year	Released To Income	Balance Carried Forward
Grants and donations	£58,523	£78,443	£(58,523)	£78,443

Deferred income reflects grant income received in advance for the following financial year, to be expended in accordance with specified or implied timeframes and agreed budgets.

17. MOVEMENT IN FUNDS	Balance At 1 April 2023 £	Income £	Movement in Resources Expenditure £	Transfers £	Balance At 31 March 2024 £
Unrestricted funds					
	159,697	343,009	388,736	-	113,970
	<u>159,697</u>	<u>343,009</u>	<u>388,736</u>	<u>-</u>	<u>113,970</u>
Restricted funds					
Multi-disciplinary arts	-	27,978	27,978	-	-
Taking Part	-	309,193	309,193	-	-
Believe in Us	-	93,251	93,251	-	-
Library Archive Project	-	16,191	16,191	-	-
	<u>-</u>	<u>446,613</u>	<u>446,613</u>	<u>-</u>	<u>-</u>
General funds	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
Total funds	<u>£159,697</u>	<u>£789,622</u>	<u>£835,349</u>	<u>£Nil</u>	<u>£113,970</u>

HEART N SOUL

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024 / cont**

17. MOVEMENT IN FUNDS / cont

The Multi-disciplinary Arts Fund is for theatre, music, live art, visual art, films and dance both filmed and performed in venues in London, nationally and internationally.

The Taking Part Fund (including clubs) provides resources for artistic input into a number of participatory events in London and to make spaces where adults and young people are able to express themselves.

The Hub Fund provides a research space where people from different backgrounds and expertise collaborate on projects exploring medicine, life and art.

The Sharing Fund provides resources to share the approach, expertise and experience of Heart n Soul with other voluntary, community and arts organisations.

Believe in Us is a two year project focussed on developing a radical new approach for designing services with people with learning disabilities and autistic people in London funded by The Health Foundation. Heart n Soul is the lead party in a collaboration with Oxleas NHS Foundation Trust, Royal Borough of Greenwich, Tizard Centre, Helen Hamlyn Centre for Inclusive Design and the University of the Arts London (UAL) Creative Computing Institute.

Library Archive Project

The Wellcome Collection commissioned Heart n Soul to make their library more accessible. People with learning disabilities and the library staffed are currently reimagining what the library should look like to feel like a welcoming space for everyone. This also includes the showcasing of some elements of the Heart n Soul archive, which is now managed by the Wellcome Collection Archive

Comparative information for the net movement in funds is as follows

	Balance At 1 April 2022 £	Movement in Resources Income Expenditure £ £		Transfers £	Balance At 31 March 2023 £
Unrestricted funds					
General funds	314,253	327,894	482,450	-	159,697
	<u>314,253</u>	<u>327,894</u>	<u>482,450</u>	<u>-</u>	<u>159,697</u>
Restricted funds					
Multi-disciplinary arts	-	33,711	33,711	-	-
Taking Part	-	305,720	305,720	-	-
Believe in Us	-	248,587	248,587	-	-
	<u>-</u>	<u>588,018</u>	<u>588,018</u>	<u>-</u>	<u>-</u>
Total funds	<u>£314,253</u>	<u>£915,912</u>	<u>£1,070,468</u>	<u>-</u>	<u>£159,697</u>

HEART N SOUL

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024 / cont

18. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted Funds	Restricted Funds	Total Funds 2024
	£	£	£
Tangible fixed assets	4,522	-	4,522
Current assets	130,362	83,521	213,883
Current liabilities	(20,914)	(83,521)	(104,435)
	<u>£113,970</u>	<u>£Nil</u>	<u>£113,970</u>

Comparative information for the analysis of net assets between funds is as follows:

	Unrestricted Funds	Restricted Funds	Total Funds 2023
	£	£	£
Tangible fixed assets	8,016	-	8,016
Current assets	202,232	86,294	288,526
Current liabilities	(50,551)	(86,294)	(136,845)
	<u>£159,697</u>	<u>£Nil</u>	<u>£159,697</u>

19. OPERATING LEASE COMMITMENTS

Total future minimum lease payments under non-cancellable operating leases are as follows:

	2024 £	2023 £
Amounts due within:		
One year	7,517	8,378
One to five years	-	3,095
	<u>£7,517</u>	<u>£11,473</u>

20. CONTINGENT ASSETS

Total grant funding awarded as at 31 March 2024 but not yet received and recognised as income due to the recognition criteria not being met amounts to £409,105.

HEART N SOUL

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024 / cont

21. COMPANY STATUS AND TAXATION

The charity is a company limited by guarantee, registered in England and Wales and has no share capital. The liability of each member is restricted if the guarantee is limited to £1. The address of the registered office is given in the Reference and Administrative Details on page 2.

As a registered charity, Heart n Soul is exempt from taxation on its charitable activities.

HEART N SOUL

England & Wales - Charity number 1023467

Accounts

HEART N SOUL

REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

MYRUS SMITH
Chartered Accountants
Norman House
8 Burnell Road
Sutton
Surrey
SM1 4BW

HEART N SOUL

Contents

	Page
Trustees' Annual Report	2 - 15
Independent Auditor's Report	16 - 20
Statement of Financial Activities	21
Balance Sheet	22
Cash Flow Statement	23
Notes to the Financial Statements	24 – 33

HEART N SOUL
TRUSTEES' ANNUAL REPORT
FOR THE YEAR ENDED 31 MARCH 2023

Reference and Administrative Details

Charity name: Heart n Soul
Charity number: 1023467
Company number: 02830733

Registered / Principal office:

The Albany
Douglas Way
Deptford
London SE8 4AG

Trustees:

Kate Linsky, (Co-Chair, from 9 March 2023)
Mark Burgess, Vice-Chair (deceased 27 September 2022)
Simon Platz, Treasurer
Shalim Ali
Lilly Cook (Co-Chair, from 9 March 2023)
Pino Frumiento
Hannah Kent
Michael Price
Tim Adnitt
Sue Williams
Sarah Scott (from 8 December 2022)

Artistic Director / Chief Executive

Mark Williams MBE

Auditor

Myrus Smith Chartered Accountants
Norman House
8 Burnell Road
Sutton
Surrey SM1 4BW

Bankers

HSBC
275 Greenwich High Road
Greenwich
London SE10 8NF

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2023 / cont

Objectives and activities

Who we are

Heart n Soul is an award winning creative community and arts charity. We believe in the power and talents of people with learning disabilities and autistic people. We work together to make great art with imagination, love and trust.

At Heart n Soul everyone is valued, and leadership is shared. We can be ourselves, make change happen and have fun! Our vision is of everyone living full and equal lives with independence, freedom and pride.

Our Values are: Fun, Creative, Change, Equal, Kind, Quality and Inventive.

What we do

We offer opportunities for people to:

Create: Be creative, explore and share their talents in ways that they choose.

Connect: Make new friends and connections, in Heart n Soul, the local community and wider society.

Change: Use art and creativity to make change in areas they choose, becoming leaders alongside others both inside and outside Heart n Soul.

We do this through:

Art: We create opportunities for people to develop as artists, collaborate with others, and create and share their work live, recorded, digitally and online.

Taking Part: We run high quality creative arts activities designed by, with and for adults with learning disabilities and autistic people.

Sharing: We share our art, our creativity and how we do things with others, creating more equal relationships and exploring better ways of doing things together.

In putting together our objectives, the Trustees have paid attention to the Charity Commission's guidance on public benefit.

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2023 / cont

How we measure success

Our 2022 - 2026 strategy is co-designed by learning disabled people and autistic people and sets the change we want to see:

People with learning disabilities and autistic people create high quality and life-changing art and ideas that inspire and change people's lives.

They are more connected, have greater confidence and wellbeing, and lead change that affects their lives.

Society has a greater understanding of what people with learning disabilities and autistic people can do, and what they offer everyone.

We understand the impact and progress we are making by finding accurate ways to check that:

- Learning disabled and autistic people feel more connected, more confident and well
- They gain new skills and knowledge
- Their work is experienced by diverse people both in the local community and in the mainstream
- Organisations adopt and build on Heart n Soul's ideas and approach

Our approach

At Heart n Soul people with and without learning disabilities and autistic people collaborate with each other in a truly equal and inclusive way. Learning disabled and autistic people have voice and representation in all parts of the organisation and co-produce all our activities.

We believe in the value for everyone of being present, open, creative, artist-led and loving. We listen to what people with learning disabilities want to do and help them to create, connect and make change happen.

Our creativity encourages new ideas and 'out of the box' thinking. We make space for people to ask questions, talk about what is important to them and imagine new ways of seeing, relating, being, doing and learning. Everyone feels a part and can develop their creativity and ideas. What people learn at Heart n Soul helps them in other parts of their lives.

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2023 / cont

We are inspired by and collaborate with many artists across varied art forms and connect our activities together. We share with others deeply and widely so that people realise the benefits that our artists' creative vision has for everybody.

We work with partner organisations to achieve our goals so that we may share our vision within and beyond the arts widely and in a sustainable way.

We are continuously flexible and responsive, and we have a lot of fun.

People in our community are aged between 10 and 65+, and over 95% have disabilities ranging from mild or moderate to severe and complex. Just over 50% are from black, minority and ethnic communities. Many are subject to multiple disadvantages including social isolation and economic hardship and can be highly vulnerable. We work with people who live near to our Deptford base in Lewisham and in adjacent boroughs as well as across London, nationally and internationally.

Volunteers with and without learning disabilities support participants to take part in creative sessions and are part of front of house teams at events, providing information to the public.

Structure, governance and management

Heart n Soul is a company limited by guarantee and a registered charity. The governing document is a Memorandum and Articles of Association dated 10 February 2011. We receive 33% of our income from Arts Council England. We raise the remainder from grants from charitable trusts and foundations, donations from individuals, ticket sales and other earned income.

The Board of Trustees meets quarterly, with additional work done by sub-committees. A staff team of 12 works closely with a pool of around 100 artists, practitioners and experts. Learning disabled and autistic people are involved at every level of our organisation (from Board level through to staff, steering teams, planning and strategic thinking), working with us to develop our plans and priorities and to monitor and give feedback on our programmes. This demonstrates our commitment to quality, integrity and equality, ensuring that we deliver programmes that touch and change people's lives.

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2023 / cont

Trustees are selected to the Board through a process of election by the trustees. They receive a personal and detailed induction by the Co-Chairs, Chief Executive and Associate Director.

Our Vice Chair Mark Burgess passed away on the 27th of September 2022. He had been a member of Heart n Soul for 30 years and is much missed. Former Chair Sarah Scott rejoined the Board until we find a replacement for Mark.

Trustee Lilly Cook and Chair Kate Linsky are now Co-Chairs of the organisation.

We initiated an induction process for two new trustees with learning disabilities.

58% of our trustees and 25% of our staff are disabled.

The Finance Sub-Committee meets every quarter to oversee the financial position and to report on the latest quarterly accounts. Other sub-committees, such as the Fundraising Action Group, or the Strategy Group, convene as and when they are required.

The Personnel Sub-Committee is responsible for the remuneration policy of key management. The salary of the Artistic Director/CEO is reviewed each year in February and may be adjusted for performance or inflation. A comparison with rates in our sector for similar roles is also undertaken. The Personnel Sub-Committee makes a recommendation to the Board, which make the final decision.

Achievements and performance

This has been a busy year in which we welcomed lots of new participants and partners. All of our taking part programmes are currently nearly full, with new enquiries coming in continuously. The number of individuals regularly taking part in our activities grew by a third to over 200. Heart n Soul artists, co-producers and participants hosted or took part in 25 shows, exhibitions or events, 21 in-person and 4 online, reaching approximately 10,000 people.

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2023 / cont

While the pandemic allowed more one-to-one artist development sessions and online group creative activities, it had also led to feelings of isolation. As a result, while retaining some online activities, this year we gave more focus to in-person group sessions, so people regained a sense of community. We also retained online options for those unable to attend in person.

In making this transition, we needed to continually respond and adapt in a way that involved our community fully in reflecting, setting priorities, innovating and co-producing activities.

Building on their co-production of our new 2022 - 2026 strategy last year, learning disabled and autistic co-producers developed an evaluation framework to underpin this and set 5 year development priorities.

A deepening theme throughout our work this year has been collaboration based on sharing power and building trust. Through our Believe In Us project funded by The Health Foundation we have challenged our academic, NHS and local authority partners in their understanding of co-production and encouraged them to be more bold, empowering, flexible and diverse in their solutions.

Artists

This year there were many new opportunities for artists to play gigs and start touring again and artists performed at more mainstream events across the UK. This was an important milestone, as learning disabled artists have tended to be programmed mainly in the 'disability slot' of festivals and events. Highlights included:

Through the summer 2022, Dean Rodney and the Cowboys performed at Supernormal (Oxfordshire), Jupiter Rising (West Lothian) and Contrapop (Ramsgate) Festivals, and the band Electric Fire performed at Shambala Festival (Northamptonshire). Electric Fire also performed at the Audio Developer Conference in November 2022 and at Sonic Protest Festival in Paris in March 2023. This touring activity extended our reach nationally and in Europe.

Artist Robyn Steward held her residency at Cafe Oto, Robyn's Rocket, 5 times, increasing audiences each time. Invited artists such as Mica Levi and Alabaster DePlume have helped increase Robyn's profile, leading to support

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2023 / cont

slots with The Comet Is Coming and advisory positions with the EFG London Jazz Festival.

In total, 76 artists performed at 25 events and 16 music creators had 154 development sessions to deepen their skills and develop original material.

This year we also experimented with new ways of bringing music creators together to collaborate with each other, in response to their feedback that this would be valuable; and we supported artists' use of new innovative music making technologies to allow more continuous self-directed development.

Taking Part

Young people took part in 12 Do Your Own Thing events, and we reached 82 unique individuals, an increase of 10% from last year. In addition, there were 22 individual and small group sessions on topics such as DJ skills, creating music and developing an exhibition. Building on the work the previous year to increase the number of under-18s attending, we introduced a 'sensory' zone to support people with more complex disabilities to become comfortable in the space. A team of 26 co-producers allowed a strong youth voice to develop the project.

Numbers at our adults taking part programme, Allsorts, grew to 102 unique individuals, an increase of 24%, attending 24 events. Co-producers led on the design and content of each event. We also continued weekly online sessions in Movement and Dance, Art and face-to-face choir sessions.

We held 8 Deptford Club Nights in partnership with 6 local venues and 26 young people hosted, performed, or DJ-ed at Squidz Club to an audience of 392.

Overall, our attendances have grown by 10% from the pre-pandemic years.

It was important to recognise the impact and legacy of artist Lizzie Emeh who passed away in November 2021. The 2022 Beautiful Octopus Club was a centrepiece, showcasing Lizzie's legacy. The Club, also part of the Lewisham Borough of Culture, sold out with an audience of over 400.

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2023 / cont

Partnerships and Change

Believe In Us, which ended in June 2023, allowed us to explore relationships between health and social care professionals and learning disabled people in more depth. Project partners included The Royal Borough of Greenwich, NHS Oxleas Trust, Royal College of Art Centre for Inclusive Design, The Creative Computing Centre University of the Arts and Tizard Centre, University of Kent. <https://www.heartnsoul.co.uk/believe-in-us>

In this second and final year, 'design jams' enabled project participants to identify priority themes that they want to change within health and social care, which were: communications, connection and being heard. The communications design jam identified and developed early prototypes for two areas for change: improving the care plan experience using creative tools to support care professionals and care recipients in getting to know each other as people first; and developing a digital 'Jargon Buster' that would allow people to overcome the significant barriers that exist in social care communications.

An important development this year was an invitation from Royal Borough of Greenwich to run Allsorts at Sherard Road Day Opportunities Centre. Greenwich is currently implementing a significant re-design of their day services for learning disabled people moving away from a day centre model towards community-led services. At the heart of this is fundamental cultural change in the relationships between social care professionals and the people they support. Greenwich are looking to us to share and transmit our approach based on genuine co-production, agency and leadership by learning disabled people.

We also developed several new local partnerships including with Lewisham Arthouse and Music Room London. 14 young people exhibited their work at Lewisham Arthouse, creating an online tour, performing music and hosting a radio show. 550 members of the public saw the exhibition. Musician Sam Castell-Ward launched his new EP at Music Room London.

Through a partnership with The Albany, young people with learning disabilities took part in 'The Big Conversation', a project initiated by the Greater London Authority to delve into how creativity supports mental wellbeing. Heart n Soul young people developed a series of podcasts called What Makes You Good, which were broadcast by Soho Radio in March 2023.

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2023 / cont

Learning

Feedback exercises this year have demonstrated the impact that our activities have on wellbeing.

Throughout the year we asked for formal and informal feedback from participants, parents, carers and professional artists in our young people's programme, Do Your Own Thing. Young people shared how much being part of this community means to them.

94% of young people reported that they had learnt a new skill through coming to our taking part activities, and 83% said that it had enabled them to access other opportunities.

66% said that they had made new friends whilst others said that friendships had grown stronger.

We also piloted a co-designed approach to evaluation in our adults programme, Allsorts. A team of co-researchers developed a set of indicators that capture how Heart n Soul activities bring confidence, connection and feeling well to the lives of people with learning disabilities and autistic people. A group of disabled and non-disabled interviewers then successfully trialed these at the first Allsorts season at Sherard Road Day Opportunities Centre in Greenwich. Of the people they interviewed:

- 86% said they had experienced a feeling of connection
- 86% said they had experienced a feeling of confidence
- 83.5% said they had experienced a feeling of wellness

See the accessible evaluation report here:

<https://cloud.heartnsoul.co.uk/s/7qQHNqZBgCBHpnK>

Digital

This year we had over 18,000 digital followers and subscribers, 27,000 people visited our website and the radio crew reached over 18,000 people through their radio shows on Soho Radio. These all represent an increase of over 20% on the previous year.

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2023 / cont

We developed and realised a new collaboration with Google Arts & Culture, following an earlier collaboration project in 2020. Heart n Soul now have our own extensive gallery on the platform.

We have started a monthly webpage for young people to see and engage with their work between activities and share with friends and family. See here: <https://www.heartnsoul.co.uk/dyot-hard-rock-zone>

We have also been working with design partners Native Instruments on testing their current DJ hardware with regards to discovering access improvements that could be designed into their next generation of DJ controllers. Similar sessions in previous years contributed substantially to features and the visual design language of Native Instruments' next-generation keyboard release scheduled for September 2023.

In summary, this year we created many opportunities for our community to re-connect with each other, with existing and new partners, and with face to face creative activities, and to reflect together on how these should develop going forwards. We have learnt that people of all kinds feel more connected, valued and accepted through their relationship with Heart n Soul, and feel confident to say what they think and share their ideas freely. While consolidating and continuously developing core art and taking part activities, we have also begun a process of making change happen, alongside partners, in health and social care.

Fundraising

We would like to address sincere thanks to all our funders who continued to trust and support Heart n Soul. We thank Arts Council England for the award of a three-year grant as part of the National Portfolio Organisations programme.

Arts Council England
City Bridge Trust
Esmée Fairbairn Foundation
Fidelity UK Foundation
Garfield Weston Foundation
Greater London Authority (GLA)
The Health Foundation
Jerwood Arts

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2023 / cont

John Ellerman Foundation
John Horniman's Children's Trust
L&Q Foundation
London Borough of Lewisham
PRS Foundation
Royal Borough of Greenwich
The Albany
The D'Oyly Carte Charitable Trust
The National Foundation for Youth Music
The National Lottery Community Fund
The Robert Gavron Charitable Trust

Many generous supporters made donations, undertook sporting challenges or organised fundraising events. Collectively they raised just under £20,000.

We would like to thank our regular donors : Simon Platz, Kara Tanega, Matt Saull, Daniel Ross, Sonia Edwards and Hannah Kent.

We would like to thank Kate and Colin Linsky, the family of Stephen Harvey, the family of Mark Burgess, Edmund Waller School, Heleena, Daniel and the team at Jerk Off BBQ.

We would like to thank our fundraisers who did sports challenges: Tony Balazs, Mark Williams, Rebecca Carter, Richard Hall.

Financial review

The principal risk and uncertainty facing Heart n Soul is the more challenging fundraising environment. Trusts and foundations are generally giving fewer grants and some are closing their open grant making programmes.

Heart n Soul navigated the critical years of the pandemic without needing to furlough staff, seek emergency funding or scale back our work. We continued to build our unrestricted reserves, anticipating that subsequent years would be more challenging. Income projections have been impacted by the increasingly competitive and volatile funding environment. Trustees have monitored the position closely and reduced expenditure by 10% in 2023-24 and 11% in 2024-25. This has been achieved by reorganising our office space and finding new ways of working which do not impact on core delivery. Unrestricted reserves are being used to maintain core activities, with sufficient funds retained to cover wind-up costs. We revised our fundraising

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2023 / cont

targets and have carefully targeted applications with recent success (BBC Children in Need, Paul Hamlyn Foundation, PRS Foundation, Youth Music).

We are also continuing to maintain close and responsive relationships with our major trust and foundation funders, Arts Council England and Lewisham Council; and to maintain tight management of expenditure. Trustees are focused on our finding new ways to achieve impact that call less on funds.

We started the financial year 2022-23, with 64% of our funding confirmed, and we continue to fundraise actively.

Reserves policy

The trustees have decided to review the policy on an annual basis, ensuring that sufficient funds are in place to account for wind-up costs of the organisation, contingency costs and a buffer for any unexpected expense. The current level of free reserves, being general funds less unrestricted fixed assets at 31 March 2023 is £151,681 (2022: £304,034).

Plans for future periods,

Learning disabled and autistic artists and board members agreed on a set of three clear principles that will guide our vision and plans for the next four years:

They would like to:

Create: be creative, explore and share their talents in ways that they choose.

Connect: Make new friends and connections in Heart n Soul, the local community and wider society

Change: Use art and creativity to make change in areas they choose, becoming leaders alongside others inside and outside Heart n Soul.

We will develop our programme of activities using these themes as our touchstone and will now be doing that with the confirmed renewed support of Arts Council England. As our Believe in Us project is entering its final phase, we will build on relationships with key stakeholders including Greenwich Borough Council, NHS Oxleas Partnership and the Creative Computing Department at UAL. Despite the very competitive funding environment, we

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2023 / cont

are maintaining an ongoing positive dialogue with key funders such as the Paul Hamlyn Foundation, the Henry Smith Charity, and True Colours Trust.

Trustees' responsibility statement

The trustees (who are also directors of Heart N Soul for the purposes of company 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 law requires the trustees to prepare financial statements for each financial year. Under company law the trustees must not approve the financial statements unless they are satisfied that they 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 those 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 2019 (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The trustees are responsible for keeping adequate accounting records that 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 the Companies Act 2006. 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.

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2023 / cont

In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditor is unaware and
- the trustees 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

Small company exemptions

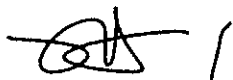
governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Auditors

The auditors, Myrus Smith, have expressed their willingness to continue in office in accordance with Section 487 of the Companies Act 2006.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

This report was approved by the trustees on.....2023 and signed on its behalf.



S platz (Oct 5, 2023 17:12 GMT+1)

Simon Platz
Treasurer

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF HEART N SOUL

Opinion

We have audited the financial statements of Heart N Soul (the 'charitable company') for the year ended 31 March 2023 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement 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 102 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 2023, 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; and
- 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

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF HEART N SOUL / cont

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the 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. 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' report (incorporating the directors' report) for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report has been prepared in accordance with applicable legal requirements.

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF HEART N SOUL / cont

Matters on which we are required to report by exception

In the light of our 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 directors' 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 directors' 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 directors' report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement, 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.

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF HEART N SOUL / cont

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.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The specific procedures for this engagement and the extent to which these are capable of detecting irregularities, including fraud is detailed below:

- Enquiry of management and those charged with governance about actual and potential litigation or claims and the identification of non-compliance with laws and regulations.
- Reviewing minutes of meetings of those charged with governance.
- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations.
- Auditing the risk of management override of controls, including testing journal entries and other adjustments for appropriateness; and assessing whether the judgements made in making accounting estimates are indicative of a potential bias.
- Performing analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud.
- Professional scepticism in course of the audit and with audit sampling in material audit areas.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error,

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF
HEART N SOUL / cont

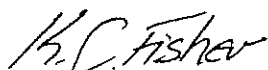
as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

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.



Kevin Fisher BA FCA CTA (Senior Statutory Auditor)
For and on behalf of Myrus Smith
Chartered Accountants and Statutory Auditor
Norman House,
8 Burnell Road,
Sutton, Surrey.
SM1 4BW

10th October 2023

HEART N SOUL

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2023

(Incorporating Income and Expenditure Account)

	Notes	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Income					
Donations and grants	2	301,232	588,018	889,250	1,083,794
Charitable activities	3	26,145	-	26,145	17,251
Investments	4	517	-	517	385
Total		<u>327,894</u>	<u>588,018</u>	<u>915,912</u>	<u>1,101,430</u>
 Raising funds	5	49,688	-	49,688	52,320
Charitable activities	6	432,762	588,018	1,020,780	1,039,831
Total		<u>482,450</u>	<u>588,018</u>	<u>1,070,468</u>	<u>1,092,151</u>
 Net income / (expenditure)	10	(154,556)	-	(154,556)	9,279
 Transfers between funds	17	-	-	-	-
 Net movement in funds		(154,556)	-	(154,556)	9,279
 Reconciliation of funds					
Balance brought forward	17	314,253	-	314,253	304,974
Balance carried forward	17	<u>£159,697</u>	<u>£Nil</u>	<u>£159,697</u>	<u>£314,253</u>

The Statement of Financial Activity includes all recognised gains and losses.

All income and expenditure derives from continuing activities.

The notes form part of the financial statements.

HEART N SOUL
(A Company Limited by Guarantee and Not Having a Share Capital)
Registered Charity Number 1090781, Company Number 4360133

BALANCE SHEET AS AT 31 MARCH 2023

	Notes	£	2023 £	£	2022 £
FIXED ASSETS					
Tangible Fixed Assets	13		8,016		10,219
CURRENT ASSETS					
Debtors	14	48,889		27,770	
Cash at Bank and in Hand		239,637		457,922	
			<u>288,526</u>	<u>485,692</u>	
CREDITORS: Amounts falling due within one year	15	136,845		181,658	
NET CURRENT ASSETS			151,681		304,034
NET ASSETS	18		<u>£159,697</u>		<u>£314,253</u>
FUNDS :					
Restricted Funds	17		-		-
Unrestricted Funds	17		159,697		314,253
TOTAL FUNDS			<u>£159,697</u>		<u>£314,253</u>

These financial statements have been prepared in accordance with the provisions applicable to small companies within Part 15 of the Companies Act 2006.

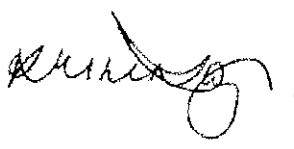
The financial statements were approved and authorised by the Trustees on
signed on its behalf by:

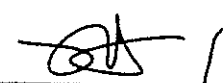
2023 and

Kate Linsky
Co-Chair

Lilly Cook
Co-Chair

Simon Platz
Treasurer


S platz (Oct 5, 2023 17:12 GMT+1)

The notes form part of the financial statements.

HEART N SOUL

CASH FLOW STATEMENT FOR THE YEAR ENDED 31 MARCH 2023

	2023 £	2022 £
Cash flows from operating activities:		
Net movement in funds per Statement of Financial Activities	(154,556)	9,279
Adjustments for:		
Depreciation	5,927	6,587
(Increase)/decrease in debtors	(21,119)	103,474
Increase/(decrease) in creditors	(44,813)	22,064
Net cash provided by/(used in) operating activities	(214,561)	141,404
Cash flows from investing activities:		
Purchase of tangible fixed assets	(3,724)	(6,400)
Net cash provided by/(used in) investing activities	(3,724)	(6,400)
(Decrease)/increase in cash	(218,285)	135,004
Cash and cash equivalents brought forward	457,922	322,918
Cash and cash equivalents carried forward	£239,637	£457,922
Analysis of cash and cash equivalents	2023 £	2022 £
Cash at bank and in hand	£239,637	£457,922

The notes form part of the financial statements.

HEART N SOUL

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

1. ACCOUNTING POLICIES

Basis of preparation

The charity constitutes a public benefit entity as defined by FRS 102. 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) issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

The financial statements are prepared on a going concern basis under the historical cost convention. The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

Income recognition

Items of income are recognised in the financial statements when all of the following criteria are met:

- The charity has entitlement to the funds;
- any performance conditions have been met or are fully within the control of the charity;
- there is sufficient certainty that receipt of the income is considered probable;
- the amount can be measured reliably.

Grant income is deferred when there is a donor imposed or implied condition specifying the time period over which the income may be expended or in accordance with agreed budgets.

Expenditure recognition

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

- Costs of raising funds comprise those costs associated with attracting voluntary donations and grants
- Expenditure on charitable activities which comprises the costs of running the various artistic activities for the charity's beneficiaries including staging concerts, stage productions, art exhibitions, educational programmes, general and specialised advice, advocacy and training.

HEART N SOUL

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023 / cont

1. ACCOUNTING POLICIES / cont

Expenditure recognition /cont

Expenditure includes those costs of a direct nature which can be allocated to a specific activity and also indirect costs, including governance costs that do not relate to a specific activity but are necessary to support those activities. Support costs are apportioned to each activity on the basis of staff time.

Fund accounting

Unrestricted general funds are freely available for use in furtherance of the objects of the charity and which have not been designated for specific purposes.

Designated funds are unrestricted funds set aside by the trustees for particular purposes.

Restricted funds are funds which can only be used in accordance with specific restrictions imposed by the donor or which have been raised for a particular purpose.

Tangible fixed assets and depreciation

Tangible assets costing more than £800 are capitalised. Depreciation is provided so as to write off the cost of each asset, less its residual value, over its estimated useful life at the following annual rates:

Technical equipment	25% straight line
Office equipment	25% straight line

Debtors and creditors receivable/payable within one year

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised expenditure.

Leases

Operating lease rentals are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

Pensions

The charity operates a defined contribution pension scheme. Contributions payable under the scheme are charged the Statement of Financial Activities in the year to which they relate.

HEART N SOUL

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023 / cont

2. DONATIONS AND GRANTS

	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
Multi-disciplinary arts	58,615	33,711	92,326	174,752
Taking part	242,617	305,720	548,337	637,240
The Hub	-	-	-	73,913
Sharing	-	-	-	1,086
Believe in Us	-	248,587	248,587	196,803
	<u>£301,232</u>	<u>£588,018</u>	<u>£889,250</u>	<u>£1,083,794</u>

Of the £1,083,794 recognised in 2022, £481,678 was unrestricted funds and £602,116 was restricted funds.

Total grant income received from Art Council included above was £304,904, recognised as £52,348 under Multi-disciplinary arts and £252,556 as Taking Part.

Included within the 2022 Hub income of £73,913 is a donation in kind valued at £35,843, this being the estimated cost of services paid for by Wellcome Trust in respect of Heart n Soul at The Hub.

Additionally, Heart n Soul had free use of the space at The Hub, however, due to the fact that the space is shared with other organisations to a varying degree, it is not possible to reliably estimate the value of this gift in kind.

3. INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted funds £	Restricted Funds £	Total 2023 £	Total 2022 £
Box office fees & commissions	26,145	-	26,145	17,251
	<u>£26,145</u>	<u>-</u>	<u>£26,145</u>	<u>£17,251</u>

All of the £17,251 recognised in 2022 was unrestricted funds.

4. INVESTMENT INCOME

	Unrestricted funds	Restricted Funds	Total 2023	Total 2022
Bank interest	<u>£517</u>	<u>-</u>	<u>£517</u>	<u>£385</u>

All of the £385 recognised in 2022 was unrestricted funds

HEART N SOUL

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023 / cont

5. COST OF RAISING FUNDS	Direct costs	Support costs	Total 2023	Total 2022
	£	£	£	£
Fundraising consulting	£49,688	-	£49,688	£52,320
	<u>£49,688</u>	<u>-</u>	<u>£49,688</u>	<u>£52,320</u>

All of the £52,320 expenditure recognised in 2022 was charged to unrestricted funds.

6. EXPENDITURE ON CHARITABLE ACTIVITIES

	Staffing Costs	Other Direct Costs	Support Costs (Note 7)	Total 2023	Total 2022
	£	£	£	£	£
Multi-disciplinary arts	45,398	80,664	17,913	143,975	172,303
Taking Part	278,389	227,243	111,620	617,252	595,957
The Hub	-	-	-	-	67,514
Sharing	7,274	817	2,875	10,966	7,254
Believe in Us	54,583	194,004	-	248,587	196,803
	<u>£385,644</u>	<u>£502,728</u>	<u>£132,408</u>	<u>£1,020,780</u>	<u>£1,039,831</u>

Of the £1,039,831 expenditure recognised in 2022, £444,115 was charged to unrestricted funds and £595,716 was charged to restricted funds.

The total expenditure includes £304,904 spent against the grant received from Art Council. This was recognised as £52,348 under Multi-disciplinary arts and £252,556 under Taking Part.

Included within 2022 other direct costs of The Hub are donated services valued at £35,843. This being the estimated loss of services paid for by Wellcome Trust in respect of Heart n Soul at The Hub.

7. SUPPORT COSTS	General Office	Premises	Governance (Note 8)	Total 2023	Total 2022
	£	£	£	£	£
Multi-disciplinary arts	11,043	6,249	621	17,913	19,715
Taking Part	68,149	39,660	3,810	111,619	98,133
Sharing	1,773	1,003	100	2,876	1,790
	<u>£80,965</u>	<u>£46,912</u>	<u>£4,531</u>	<u>£132,408</u>	<u>£119,638</u>

HEART N SOUL

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023 / cont

8. GOVERNANCE COSTS	2023	2022
	£	£
Auditors' remuneration	3,385	3,645
AGM, Trustees' meetings and related costs	1,146	181
	<u>£4,531</u>	<u>£3,826</u>

9. LOCAL GOVERNMENT AND HOUSING ACT 1989

The company received financial assistance from local authorities. As required by the Local Government and Housing Act 1989 the following information is given.

£30,000 (2022: £53,600) was recognised as grant income from the London Borough of Lewisham. These funds have been fully expended.

10. NET INCOME/(EXPENDITURE) FOR THE YEAR	2023	2022
Net income/(expenditure) is stated after charging:		
Operating lease rentals	£37,535	£35,106
Depreciation of tangible fixed assets	£5,297	£6,587
Auditors remuneration – Audit services	£3,385	£3,615
	<u>£46,217</u>	<u>£45,308</u>

11. STAFF COSTS	2023	2022
Staff costs were as follows:	£	£
Wages and salaries	324,839	327,140
Social Security costs	25,013	26,999
Pension costs	28,726	28,864
Staff training and recruitment	3,477	4,330
Other costs	3,589	3,731
	<u>£385,644</u>	<u>£391,064</u>

One employee received total employee benefits (excluding employers national insurance and employer pension contributions) of more than £60,000 during 2023 (2022: 1), within the band £60,000 to £70,000.

Total employee benefits received by key management amounted to £83,134 (2022: £76,677). Under FRS 102, employee benefits includes gross salary, benefits in kind, employers national insurance and employers pension contributions.

The average number of full-time equivalent employees during the year was 8.95 (2022: 10). The average monthly number of employees was 11 (2022: 12).

HEART N SOUL

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023 / cont

12. DIRECTORS / TRUSTEES REMUNERATION AND EXPENSES

The trustees give their time to the charity voluntarily and receive no remuneration for their role as trustees.

Travel and subsistence costs of £771 (2022: £219) were reimbursed to 4 (2022: 3) trustee(s). The total of donations received without conditions by the charity from trustees amounted to £3,720 (2022: £173). Sarah Scott, one of the trustees was paid a fee of £900 for providing wellbeing support to staff. Out of this £225 was paid after she became a trustee.

13. TANGIBLE FIXED ASSETS

	Technical Equipment £	Office Equipment £	Total £
Cost			
Balance at 1 April 2022	26,630	51,978	78,608
Additions	2,023	1,701	3,724
Disposals	-	-	-
	<u>28,653</u>	<u>53,679</u>	<u>82,332</u>
Balance at 31 March 2023	28,653	53,679	82,332
Depreciation			
Brought forward at 1 April 2022	26,630	41,759	68,389
Charge for year	506	5,421	5,927
Eliminated on disposal	-	-	-
	<u>27,136</u>	<u>47,180</u>	<u>74,316</u>
Balance at 31 March 2023	27,136	47,180	74,316
Net book value			
As at 31 March 2023	<u>£1,517</u>	<u>£6,449</u>	<u>£8,016</u>
As at 31 March 2022	<u>£Nil</u>	<u>£10,219</u>	<u>£10,219</u>

14. DEBTORS

	2023 £	2022 £
Trade debtors	25,236	4,204
Accrued income	12,875	10,000
Other debtors	2,497	5,129
Prepayments	8,281	8,437
	<u>£48,889</u>	<u>£27,770</u>

HEART N SOUL

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023 / cont

15. CREDITORS: Amounts falling due within one year	2023 £	2022 £
Trade creditors	43,697	9,299
Social security and other taxes	2,249	2,468
Other creditors	763	406
Accruals	31,613	24,431
Deferred income (see note 16)	58,523	145,054
	<u>£136,845</u>	<u>£181,658</u>

16. DEFERRED INCOME	Balance brought forward	Additions in year	Released To Income	Balance Carried Forward
Grants and donations	<u>£145,054</u>	<u>£58,523</u>	<u>£(145,054)</u>	<u>£58,523</u>

Deferred income reflects grant income received in advance for the following financial year, to be expended in accordance with specified or implied timeframes and agreed budgets.

17. MOVEMENT IN FUNDS

	Balance At 1 April 2022 £	Income £	Movement In Resources Expenditure £	Transfers £	Balance At 31 March 2023 £
Unrestricted funds					
General funds	314,253	327,894	482,450	-	159,697
	<u>314,253</u>	<u>327,894</u>	<u>482,450</u>	<u>-</u>	<u>159,697</u>
Restricted funds					
Multi-disciplinary arts	-	33,711	33,711	-	-
Taking Part	-	305,720	305,720	-	-
Believe in Us	-	248,587	248,587	-	-
	<u>-</u>	<u>588,018</u>	<u>588,018</u>	<u>-</u>	<u>-</u>
Total funds	<u>£314,253</u>	<u>£915,912</u>	<u>£1,070,468</u>	<u>-</u>	<u>£159,697</u>

HEART N SOUL

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023 / cont

17. MOVEMENT IN FUNDS / cont

The Multi-disciplinary Arts Fund is for theatre, music, live art, visual art, films and dance both filmed and performed in venues in London, nationally and internationally.

The Taking Part Fund (including clubs) provides resources for artistic input into a number of participatory events in London and to make spaces where adults and young people are able to express themselves.

The Hub Fund provides a research space where people from different backgrounds and expertise collaborate on projects exploring medicine, life and art.

The Sharing Fund provides resources to share the approach, expertise and experience of Heart n Soul with other voluntary, community and arts organisations.

Believe In Us is a two year project focussed on developing a radical new approach for designing services with people with learning disabilities and autistic people in London funded by The Health Foundation. Heart n Soul is the lead party in a collaboration with Oxleas NHS Foundation Trust, Royal Borough of Greenwich, Tizard Centre, Helen Hamlyn Centre for Inclusive Design and the University of the Arts London (UAL) Creative Computing Institute.

Comparative information for the net movement in funds is as follows

	Balance At 1 April 2021 £	Income £	Movement in Resources Expenditure £	Transfers £	Balance At 31 March 2022 £
Unrestricted funds					
General funds	304,974	499,314	496,435	6,400	314,253
	<u>304,974</u>	<u>499,314</u>	<u>496,435</u>	<u>6,400</u>	<u>314,253</u>
Restricted funds					
Multi-disciplinary arts	-	36,816	36,816	-	-
Taking Part	-	294,584	294,584	-	-
The Hub	-	73,913	67,513	(6,400)	-
Believe in Us	-	196,803	196,803	-	-
	<u>-</u>	<u>602,116</u>	<u>595,716</u>	<u>(6,400)</u>	<u>-</u>
Total funds	<u>£304,974</u>	<u>£1,101,430</u>	<u>£1,092,151</u>	<u>-</u>	<u>£314,253</u>

HEART N SOUL

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023 / cont

18. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Tangible fixed assets	8,016	-	8,016
Current assets	202,232	86,294	288,526
Current liabilities	(50,551)	(86,294)	(136,845)
	<u>£159,697</u>	<u>£Nil</u>	<u>£159,697</u>

Comparative information for the analysis of net assets between funds is as follows:

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Tangible fixed assets	10,219	-	10,219
Current assets	316,165	169,527	485,692
Current liabilities	(12,131)	(169,527)	(181,658)
	<u>£314,253</u>	<u>£Nil</u>	<u>£314,253</u>

19. OPERATING LEASE COMMITMENTS

Total future minimum lease payments under non-cancellable operating leases are as follows:

	2023 £	2022 £
Amounts due within:		
One year	8,378	9,218
One to five years	3,095	7,222
	<u>£11,473</u>	<u>£16,440</u>

20. CONTINGENT ASSETS

Total grant funding awarded as at 31 March 2023 but not yet received and recognised as income due to the recognition criteria not being met amounts to £310,100.

HEART N SOUL

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023 / cont

21. COMPANY STATUS AND TAXATION

The charity is a company limited by guarantee, registered in England and Wales and has no share capital. The liability of each member is restricted if the guarantee is limited to £1. The address of the registered office is given in the Reference and Administrative Details on page 2.

As a registered charity, Heart n Soul is exempt from taxation on its charitable activities.

HEART N SOUL

England & Wales - Charity number 1023467

Accounts

HEART N SOUL
REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

MYRUS SMITH
Chartered Accountants
Norman House,
8 Burnell Road,
Sutton, Surrey.
SM1 4BW

HEART N SOUL

Contents

	Page
Trustees' Annual Report	2 - 10
Independent Auditor's Report	11 - 14
Statement of Financial Activities	15
Balance Sheet	16
Cash Flow Statement	17
Notes to the Financial Statements	18 - 26

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2022

Reference and Administrative Details

Charity name: Heart n Soul
Charity number: 1023467
Company number: 02830733

Registered / Principal office:

The Albany
Douglas Way
Deptford
London
SE8 4AG

Trustees:

Kate Linsky, Chair
Mark Burgess, Vice-Chair
Simon Platz, Treasurer
Shalim Ali
Lilly Cook
Pino Frumiento
Hannah Kent
Michael Price
Tim Adnitt
Sue Williams

Artistic Director / Chief Executive

Mark Williams MBE

Auditor

Myrus Smith Chartered Accountants
Norman House
8 Burnell Road
Sutton
Surrey
SM1 4BW

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2022

Bankers

HSBC
275 Greenwich High Road
Greenwich
London
SE10 8NF

Objectives and activities

Who we are

Heart n Soul is an award winning creative arts company based in London.

We believe in the talents and power of people with learning disabilities and autistic people. We provide opportunities for people to discover, develop and share this power and talent as widely as possible.

Our Vision: We want to create a more fun, open, creative and equal world for everyone. Our vision is of people with learning disabilities living full and equal lives with independence, freedom and pride.

Our Values: Fun, Kind, Quality, Equal, Change, Real, Inventive.

What we do

We offer opportunities for people to take part in creative activities, train in a new skill or develop their artistic talents:

- Art: We create opportunities for artists to collaborate and to create and share their work, live, recorded, digitally and on-line
- Taking Part: We run high quality creative arts activities for people with learning disabilities
- Sharing: We share our art and what we do with as many people as possible

In forming our objectives, the Trustees have given due regard to the Charity Commission's guidance on public benefit.

How we measure success

We work towards the following results:

- People with learning disabilities have more choice, are more connected, have more confidence and work towards more independent lives.
- Artists create vibrant and relevant work. This has life changing and life affirming value for everyone.

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2022

- People are inspired by the power and talent of people with learning disabilities.

We assess progress through a range of criteria, such as:

- People feel more confident and/or happy
- People gain new skills and knowledge
- Work is experienced by diverse people both in the local community and in the mainstream
- Organisations build on Heart n Soul's ideas and approach

Our Approach

At Heart n Soul we put people with learning disabilities at the heart of everything we do. People with and without disabilities collaborate, going on a creative journey together.

We believe in the value for everyone of being present, open, creative, artist-led and loving.

We are inspired by and collaborate with many artists across varied art forms and connect our activities together.

We share with others widely so that people realize the benefits that our artists' creative vision has for everybody.

We are continuously flexible and responsive.

We have a lot of fun.

Our way of working has grown over thirty-five years of working with people with learning disabilities and autistic people to make outstanding art and change happen.

We work with partner organisations to achieve our goals so that we may share our vision widely and in a sustainable way.

Beneficiaries are aged between 10 and 65, and over 95% have disabilities ranging from mild or moderate to severe and complex. Almost 50% are from black, minority and ethnic communities. Many are subject to multiple disadvantages including social isolation and economic hardship and can be highly vulnerable. We work with people who live near to our Deptford base in Lewisham and in adjacent boroughs as well as across London, nationally and internationally.

Volunteers both with and without learning disabilities support participants to take part in creative sessions and are part of front of house teams at events, providing information to the public.

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2022

Structure, governance and management

Heart n Soul is a company limited by guarantee and a registered charity. The governing document is a Memorandum and Articles of Association dated 10 February 2011. We receive under a quarter of our income from Arts Council England. We raise the remainder from grants from charitable trusts and foundations, donations from individuals, ticket sales and other earned income.

The Board of Trustees meets quarterly, its work supplemented by sub-committees. A staff team of 12 works closely with a pool of around 100 artists, practitioners and experts. Learning disabled and autistic people are involved at every level of our organisation (from Board level through to staff, steering teams, planning and strategic thinking), working with us to develop our plans, priorities and to monitor and give feedback on our programmes. This demonstrates our commitment to quality, integrity and diversity, ensuring that we deliver programmes that touch and change peoples' lives.

Trustees are selected to the Board through a process of election by the trustees. They receive a personal and detailed induction by the Chair, Chief Executive and Associate Director.

The Finance Sub-Committee meets every quarter to oversee the financial position and to report on the latest quarterly accounts. Other sub-committees, such as the Fundraising Action Group, or the Strategy Group, convene as and when they are required.

The Personnel Sub-Committee is responsible for the remuneration policy of key management. As per our policy, remuneration of staff is set high enough to allow Heart n Soul to recruit and keep excellent staff. The salary of the Artistic Director/CEO is reviewed each year in February and may be adjusted for performance or inflation. A comparison with rates in our sector for similar roles is also undertaken. The Personnel Sub-Committee makes a recommendation to the Board, who make the final decision.

Heart n Soul work with a small team of full and part time staff who are supported by associates, freelancers and volunteers.

Achievements and performance

Heart n Soul further developed its award-winning COVID-19 response as we transition from the pandemic into our new and improved normal. We have continued to deliver an extensive programme of creative activities for people with learning disabilities and to mentor individual artists and groups while adapting to fast-changing COVID restrictions.

This year, we were able to respond quickly to changing restrictions and enrich our digital offer. As in-person events became possible, we developed what we call 'hybrid' events, held live but designed to allow people at home to join in fully via digital interactions. It has been a transformational period for us, and we emerge energised, having continued to flourish through the adverse circumstances.

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2022

Between April 2021 and March 2022, we delivered 191 creative group sessions across our programme, increasing the number of sessions we delivered last year by 160%. 152 unique individuals were reached through our participatory activities. In 2021, when Heart n Soul was almost entirely online, we were able to provide online activities almost every day. We hosted over 4,895 participatory attendances, a 64% increase from the previous year, and three times as many one-on-one mentoring sessions as in pre-pandemic years.

We attracted an audience of 13,116 people (2,735 in person and 10,381 through online interactions) and an estimated 15,000 radio listeners for our radio shows. Our online products, both live and recorded, generated 22,458 views. The House of Do Your Own Thing, an exhibition curated by young people, at South London Gallery attracted 700 visitors. We also published a book of poetry and 13 creative packs.

In the 'real world', we showed off the bold designs created by our graphic artists to over 8,000 visitors to the market at the Women of the World Festival; held several album launches; supported inclusive consciousness pioneer Robyn Steward in her residency at Dalston's Café Oto; and started to workshop live music in our artist development programme.

We held our annual Squidz Club for young people online in June 2021, reaching an audience of 238. We piloted the use of Mixcloud to stream the event to a broader audience and as a more accessible option for those who didn't want to or couldn't attend on Zoom. The annual Beautiful Octopus Club took place in November as a festival of online and hybrid events featuring many of Heart n Soul's headline performers. Each was co-hosted by a partner venue, which allowed us to either make use of their existing digital platforms or introduce them to online streaming through our own technology. The final event of the season was the Lockdown Mixtape 2, recorded at Battersea Arts Centre, at which D.M.S. and bands Too Hot for Candy and Electric Fire performed sets. The event was also a tribute to Lizzie Emeh, a singer and songwriter who was part of Heart n Soul for over 20 years and passed away unexpectedly on the 5th of November 2021.

Artist development

We continued to nurture the talents and career development of learning-disabled artists through bespoke input.

Among the most exciting artists making work this year are:

- Young multimedia star D.M.S. (Danielle), who says that making music helped her to stay happy during lockdown, won Youth Music's 2021 Music Video of the Year Award for the infectious 'Can't Stop Drawing'.
- The work of the multi-talented poet, singer-songwriter and guitarist Sam Castell-Ward focuses on inequality and unfairness and resonates with emotional impact whether read, heard, or experienced live. The launch for his latest EP, 'Trapped in this Life', was held at Music Room London in April 2022 as a hybrid event. The five tracks are gradually being released on YouTube, starting with 'I Focus my Energy'.

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2022

Supported by the Health Foundation, Believe In Us started in 2021. It is ground-breaking project that explores the relationship between people with learning disabilities and autism and healthcare professionals at NHS Oxleas and the Royal Borough of Greenwich's Health and Adult Services. It is a fully equal, co-led initiative with the aim of building better relationships, sharing knowledge and working together to redesign services. Our co-collaborators are the Royal College of Art's inclusive design team, the University of Kent's Tizard Centre and the University of the Arts' Creative Computing Institute. After a year of listening and building trust, learning-disabled people and health and care workers are sharing knowledge and making decisions about new ways of delivering health and social care together.

Diversity

An important theme of this past year has been to devolve power and invert the pyramid of top-down organisational structure. Fifty per cent of our trustees are disabled, a quarter of staff have learning disabilities or are autistic and half our associate artists are disabled, proportions that are increasing. This structural reconfiguration is essential to our identity, but it is only part of the story. We want to weave shared ownership and experience into all our practices at all times, whether creative, cultural or organisational.

With the help of research methods that we innovated at the Hub, we have evolved new ways of talking among ourselves, in all our diversity, using techniques including drawing, music jams, design jams and online 'tea parties' planned and hosted by both disabled and non-disabled people. Our ongoing internal conversation is not only about decision-making but recognising the value of making space for people to ask questions, talk about what is important to them and imagine new ways of seeing, relating, being, doing and learning. This is particularly important given the ravages of the pandemic on the lives and mental health of the people we work with, many of whom experienced acute isolation, erosion of rights and a reduction in care. More than ever, our community needs to feel believed in, trusted and empowered.

What's Next

Over the year, we have gradually been evolving a new long-term vision in a process called What's Next?, co-led by learning-disabled and autistic artists and board members. It started off as a freeform conversation and evolved organically through our uniquely creative means of engagement (including drawing, online 'tea parties', radio sessions and a music jam).

Artists and board members have now coalesced what emerged into three clear principles to guide our vision and plans over the next four years. They would like to:

- Create: Be creative, explore and share their talents in ways that they choose
- Connect: Make new friends and connections in Heart n Soul, the local community and wider society

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2022

- Change: Use art and creativity to make change in areas they choose, becoming leaders alongside others inside and outside Heart n Soul

Create, Connect and Change now form the backbone of our strategic plan.

Fundraising

We would like to address sincere thanks to all our funders who continued to trust and support Heart n Soul.

Arts Council England
Calouste Gulbenkian Foundation (UK Branch)
City Bridge Trust
Co-op Local Community Fund
Esmée Fairbairn Foundation
Fidelity UK Foundation
Health Foundation
John Ellerman Foundation
John Horniman's Children's Trust
L&Q Foundation
London Borough of Lewisham
Paul Hamlyn Foundation
PRS Foundation
Rix-Thompson-Rothenberg Foundation
The Edward Gostling Foundation
The Mercers' Company
The National Foundation for Youth Music
The National Lottery Community Fund
True Colours Trust
Wellcome Trust

Many generous supporters made donations, undertook sporting challenges or organised fundraising events. Collectively they raised £22,997. We would like to thank FSB Insurance Services, Brick Brewery, the University of Westminster Event Management students, Amy Pennington, Rebecca Carter, Asa Taulbut, Abi O'Neil, Meg Beaumont. We would also like to thank Salesforce for their donation.

Financial review

The principal risk and uncertainty facing Heart n Soul is the more challenging fundraising environment. Trusts and Foundations are generally giving fewer grants of lower value. Despite this, Heart n Soul income has held up well. To manage this risk we have invested in capacity and activities to raise individual donations, as well as to investigate corporate funding opportunities. The Trustees confirm that the major risks have been reviewed and that systems and procedures have been established to mitigate those risks

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2022

We are also continuing to maintain close and responsive relationships with our major Trust and Foundation funders and Arts Council England; and to maintain tight management of expenditure. Trustees are focused on our finding new ways to achieve impact that call less on funds.

We started the financial year 2022-23 in a strong position, with 74% of our funding confirmed.

Reserves policy

The trustees have decided to review the policy on an annual basis, ensuring that sufficient funds are in place to account for wind-up costs of the organisation, contingency costs and a buffer for any unexpected expense. The current level of free reserves, being general funds less unrestricted fixed assets at 31 March 2022 is £304,034 (2021: £294,568).

Trustees' responsibility statement

The trustees (who are also directors of Heart N Soul for the purposes of company 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 law requires the trustees to prepare financial statements for each financial year. Under company law the trustees must not approve the financial statements unless they are satisfied that they 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 those 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 2019 (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The trustees are responsible for keeping adequate accounting records that 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 the Companies Act 2006. 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.

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2022

In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditor is unaware and
- the trustees 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

Auditors

The auditors, Myrus Smith, have expressed their willingness to continue in office in accordance with Section 487 of the Companies Act 2006.

Small company exemptions

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

This report was approved by the trustees on.....12 12.....2022 and signed on its behalf.



Simon Platz
Treasurer

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF:

HEART N SOUL

Opinion

We have audited the financial statements of Heart N Soul (the 'charitable company') for the year ended 31 March 2022 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement 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 102 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 2022, 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; and
- 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

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF:

HEART N SOUL

Other information

The trustees are responsible for the 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. 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' report (incorporating the directors' report) for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of our 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 directors' 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 directors' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF:

HEART N SOUL

- 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 directors' report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement, 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.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The specific procedures for this engagement and the extent to which these are capable of detecting irregularities, including fraud is detailed below:

- Enquiry of management and those charged with governance about actual and potential litigation or claims and the identification of non-compliance with laws and regulations.
- Reviewing minutes of meetings of those charged with governance.
- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations.
- Auditing the risk of management override of controls, including testing journal entries and other adjustments for appropriateness; and assessing whether the judgements made in making accounting estimates are indicative of a potential bias.

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF:

HEART N SOUL

- Performing analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud.
- Professional scepticism in course of the audit and with audit sampling in material audit areas.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

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.



Kevin Fisher BA FCA CTA (Senior Statutory Auditor)
For and on behalf of Myrus Smith
Chartered Accountants and Statutory Auditor
Norman House,
8 Burnell Road,
Sutton, Surrey.
SM1 4BW

13th December 2022

HEART N SOUL

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2022

(Incorporating Income and Expenditure Account)

	Notes	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £	Total Funds 2021 £
Income					
Donations and grants	2	481,678	602,116	1,083,794	1,348,611
Charitable activities	3	17,251	-	17,251	25,011
Investments	4	385	-	385	216
Total		<u>499,314</u>	<u>602,116</u>	<u>1,101,430</u>	<u>1,373,838</u>
 Raising funds	5	 52,320	 -	 52,320	 47,780
Charitable activities	6	444,115	595,716	1,039,831	1,268,720
Total		<u>496,435</u>	<u>595,716</u>	<u>1,092,151</u>	<u>1,316,500</u>
 Net income / (expenditure)	10	 2,879	 6,400	 9,279	 57,338
 Transfers between funds	17	 6,400	 (6,400)	 -	 -
 Net movement in funds		 9,279	 -	 9,279	 57,338
 Reconciliation of funds					
Balance brought forward	17	304,974	-	304,974	247,636
Balance carried forward	17	<u>£314,253</u>	<u>£Nil</u>	<u>£314,253</u>	<u>£304,974</u>

The Statement of Financial Activity includes all recognised gains and losses.

All income and expenditure derives from continuing activities.

The notes form part of the financial statements.

HEART N SOUL

(A Company Limited by Guarantee and Not Having a Share Capital)
Registered Charity Number 1090781, Company Number 4360133

BALANCE SHEET AS AT 31 MARCH 2022

	Notes	2022 £	2021 £
FIXED ASSETS			
Tangible Fixed Assets	13	10,219	10,406
CURRENT ASSETS			
Debtors	14	27,770	131,244
Cash at Bank and in Hand		457,922	322,918
		<u>485,692</u>	<u>454,162</u>
CREDITORS: Amounts falling due within one year	15	<u>181,658</u>	<u>159,594</u>
NET CURRENT ASSETS		<u>304,034</u>	<u>294,568</u>
NET ASSETS	18	<u>£314,253</u>	<u>£304,974</u>
FUNDS :			
Restricted Funds	17	-	-
Unrestricted Funds	17	<u>314,253</u>	<u>304,974</u>
TOTAL FUNDS		<u>£314,253</u>	<u>£304,974</u>

These financial statements have been prepared in accordance with the provisions applicable to small companies within Part 15 of the Companies Act 2006.

The financial statements were approved and authorised by the Trustees on 12 12 2022 and signed on its behalf by:



Kate Linsky
Chair



Simon Platz
Treasurer

The notes form part of the financial statements.

HEART N SOUL

CASH FLOW STATEMENT FOR THE YEAR ENDED 31 MARCH 2022

	2022 £	2021 £
Cash flows from operating activities:		
Net movement in funds per Statement of Financial Activities	9,279	57,338
Adjustments for:		
Depreciation	6,587	6,167
Losses on disposal of tangible fixed assets	-	490
(Increase)/decrease in debtors	103,474	14,714
Increase/(decrease) in creditors	22,064	(30,133)
Net cash provided by/(used in) operating activities	<u>141,404</u>	<u>48,576</u>
Cash flows from investing activities:		
Purchase of tangible fixed assets	(6,400)	(8,092)
Net cash provided by/(used in) investing activities	<u>(6,400)</u>	<u>(8,092)</u>
Increase/(decrease) in cash	<u>135,004</u>	<u>40,484</u>
Cash and cash equivalents brought forward	322,918	282,434
Cash and cash equivalents carried forward	<u>£457,922</u>	<u>£322,918</u>
Analysis of cash and cash equivalents		
	2022 £	2021 £
Cash at bank and in hand	<u>£457,922</u>	<u>£322,918</u>

The notes form part of the financial statements.

HEART N SOUL

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022

1. ACCOUNTING POLICIES

Basis of preparation

The charity constitutes a public benefit entity as defined by FRS 102. 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) issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

The financial statements are prepared on a going concern basis under the historical cost convention. The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

Income recognition

Items of income are recognised in the financial statements when all of the following criteria are met:

- The charity has entitlement to the funds;
- any performance conditions have been met or are fully within the control of the charity;
- there is sufficient certainty that receipt of the income is considered probable;
- the amount can be measured reliably.

Grant income is deferred when there is a donor imposed or implied condition specifying the time period over which the income may be expended or in accordance with agreed budgets.

Expenditure recognition

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

- Costs of raising funds comprise those costs associated with attracting voluntary donations and grants
- Expenditure on charitable activities which comprises the costs of running the various artistic activities for the charity's beneficiaries including staging concerts, stage productions, art exhibitions, educational programmes, general and specialised advice, advocacy and training.

HEART N SOUL

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022

1. ACCOUNTING POLICIES / cont

Expenditure recognition /cont

Expenditure includes those costs of a direct nature which can be allocated to a specific activity and also indirect costs, including governance costs that do not relate to a specific activity but are necessary to support those activities. Support costs are apportioned to each activity on the basis of staff time.

Fund accounting

Unrestricted general funds are freely available for use in furtherance of the objects of the charity and which have not been designated for specific purposes.

Designated funds are unrestricted funds set aside by the trustees for particular purposes.

Restricted funds are funds which can only be used in accordance with specific restrictions imposed by the donor or which have been raised for a particular purpose.

Tangible fixed assets and depreciation

Tangible assets costing more than £800 are capitalised. Depreciation is provided so as to write off the cost of each asset, less its residual value, over its estimated useful life at the following annual rates:

Technical equipment	25% straight line
Office equipment	25% straight line

Debtors and creditors receivable/payable within one year

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised expenditure.

Leases

Operating lease rentals are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

Pensions

The charity operates a defined contribution pension scheme. Contributions payable under the scheme are charged the Statement of Financial Activities in the year to which they relate.

HEART N SOUL

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022

2. DONATIONS AND GRANTS	Unrestricted funds	Restricted funds	Total 2022	Total 2021
	£	£	£	£
Multi-disciplinary arts	134,876	36,816	174,752	181,039
Taking part	332,347	294,584	637,240	660,661
The Hub	-	73,913	73,913	497,819
Sharing	14,455	-	1,086	9,092
Believe in Us	-	196,803	196,803	-
	<u>£481,678</u>	<u>£602,116</u>	<u>£1,083,794</u>	<u>£1,348,611</u>

Of the £1,348,611 recognised in 2021, £449,035 was unrestricted funds and £899,576 was restricted funds.

Included within the Hub income of £73,913 is a donation in kind valued at £35,843, this being the estimated cost of services paid for by Wellcome Trust in respect of Heart n Soul at The Hub.

Additionally, Heart n Soul has free use of the space at The Hub, however, due to the fact that the space is shared with other organisations to a varying degree, it is not possible to reliably estimate the value of this gift in kind.

3. INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted funds	Restricted Funds	Total 2022	Total 2021
	£	£	£	£
Box office fees and commissions	17,251	-	17,251	25,011
	<u>£17,251</u>	<u>£Nil</u>	<u>£17,251</u>	<u>£25,011</u>

All of the £25,011 recognised in 2021 was unrestricted funds.

4. INVESTMENT INCOME

	Unrestricted funds	Restricted Funds	Total 2022	Total 2021
	£	£	£	£
Bank interest	£385	£Nil	£385	£216
	<u>£385</u>	<u>£Nil</u>	<u>£385</u>	<u>£216</u>

All of the £216 recognised in 2021 was unrestricted funds

HEART N SOUL

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022

5. COST OF RAISING FUNDS	Direct costs	Support costs	Total 2022	Total 2021
	£	£	£	£
Fundraising consulting	£52,320	-	£52,320	£47,780

All of the £47,780 expenditure recognised in 2021 was charged to unrestricted funds.

6. EXPENDITURE ON CHARITABLE ACTIVITIES

	Staffing Costs	Other Direct Costs	Support Costs (Note 7)	Total 2022	Total 2021
	£	£	£	£	£
Multi-disciplinary arts	53,669	98,919	19,715	172,303	157,227
Taking Part	269,944	227,881	98,132	595,957	529,758
The Hub	11,407	56,107	-	67,514	573,206
Sharing	4,872	591	1,791	7,254	8,529
Believe in Us	51,172	145,631	-	196,803	-
	£391,064	£529,129	£119,638	£1,039,831	£1,268,720

Of the £1,268,720 expenditure recognised in 2021, £358,644 was charged to unrestricted funds and £910,076 was charged to restricted funds.

Included within other direct costs of The Hub are donated services valued at £35,843. This being the estimated loss of services paid for by Wellcome Trust in respect of Heart n Soul at The Hub.

7. SUPPORT COSTS	General Office	Premises	Governance (Note 8)	Total 2022	Total 2021
	£	£	£	£	£
Multi-disciplinary arts	12,260	6,830	625	19,715	17,294
Taking Part	61,926	33,062	3,145	98,133	79,259
The Hub	-	-	-	-	24,841
Sharing	1,114	620	56	1,790	1,895
	£75,300	£40,512	£3,826	£119,638	£123,289

8. GOVERNANCE COSTS

	2022	2021
	£	£
Auditors' remuneration and related costs	3,658	3,285
AGM and Trustees' meetings	168	420
	£3,826	£3,705

HEART N SOUL

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022

9. LOCAL GOVERNMENT AND HOUSING ACT 1989

The company received financial assistance from local authorities. As required by the Local Government and Housing Act 1989 the following information is given.

£53,600 was recognised as grant income from the London Borough of Lewisham. These funds have been fully expended.

10. NET INCOME/(EXPENDITURE) FOR THE YEAR	2022	2021
Net income/(expenditure) is stated after charging:		
Operating lease rentals	£35,106	£28,848
Depreciation of tangible fixed assets	£6,587	£6,167
Auditors remuneration – Audit services	£3,615	£3,250
	<u> </u>	<u> </u>

11. STAFF COSTS	2022	2021
Staff costs were as follows:	£	£
Wages and salaries	327,140	412,301
Social Security costs	26,999	33,075
Pension costs	28,864	29,824
Staff training and recruitment	4,330	3,711
Other costs	3,731	4,005
	<u> </u>	<u> </u>
	£391,064	£482,916
	<u> </u>	<u> </u>

One employee received total employee benefits (excluding employers national insurance and employer pension contributions) of more than £60,000 during 2022 (2021: 1), within the band £60,000 to £70,000.

Total employee benefits received by key management amounted to £76,677 (2021: £75,542). Under FRS 102, employee benefits includes gross salary, benefits in kind, employers national insurance and employers pension contributions.

The average number of full-time equivalent employees during the year was 10 (2021: 12.2). The average monthly number of employees was 12 (2021: 15).

12. DIRECTORS / TRUSTEES REMUNERATION AND EXPENSES

The trustees give their time to the charity voluntarily and receive no remuneration for their role as trustees.

Travel and subsistence costs of £219 (2021: £20) were reimbursed to 3 (2021: one) trustee(s). The total of donations received without conditions by the charity from trustees amounted to £173 (2021: £4,120).

HEART N SOUL

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022

13. TANGIBLE FIXED ASSETS

	Technical Equipment £	Office Equipment £	Total £
Cost			
Balance at 1 April 2021	26,630	45,578	72,208
Additions	-	6,400	6,400
Disposals	-	-	-
Balance at 31 March 2022	26,630	51,978	78,608
Depreciation			
Brought forward at 1 April 2021	26,168	35,634	61,802
Charge for year	462	6,125	6,587
Eliminated on disposal	-	-	-
Balance at 31 March 2022	26,630	41,759	68,389
Net book value			
As at 31 March 2022	<u>£Nil</u>	<u>£10,219</u>	<u>£10,219</u>
As at 31 March 2021	<u>£462</u>	<u>£9,944</u>	<u>£10,406</u>

14. DEBTORS

	2022 £	2021 £
Trade debtors	4,204	2,300
Accrued income	10,000	113,718
Other debtors	5,129	6,126
Prepayments	8,437	9,100
	£27,770	£131,244

15. CREDITORS: Amounts falling due within one year

	2022 £	2021 £
Trade creditors	9,299	22,695
Social security and other taxes	2,468	2,759
Other creditors	406	2,882
Accruals	24,431	43,860
Deferred income (see note 16)	145,054	87,398
	£181,658	£159,594

HEART N SOUL

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022

16. DEFERRED INCOME	Balance brought forward	Additions in year	Released To Income	Balance Carried Forward
Grants and donations	£87,398	£145,054	£(87,398)	£145,054

Deferred income reflects grant income received in advance for the following financial year, to be expended in accordance with specified or implied timeframes and agreed budgets.

17. MOVEMENT IN FUNDS	Balance At 1 April 2021 £	Movement in Resources Income £	Expenditure £	Transfers £	Balance At 31 March 2022 £
Unrestricted funds					
General funds	304,974	499,314	496,435	6,400	314,253
	304,974	499,314	496,435	6,400	314,253
Restricted funds					
Multi-disciplinary arts	-	36,816	36,816	-	-
Taking Part	-	294,584	294,584	-	-
The Hub	-	73,913	67,513	(6,400)	-
Believe in Us	-	196,803	196,803	-	-
	-	602,116	595,716	(6,400)	-
Total funds	£304,974	£1,101,430	£1,092,151	-	£314,253

The Multi-disciplinary Arts Fund is for theatre, music, live art, visual art, films and dance both filmed and performed in venues in London, nationally and internationally.

The Taking Part Fund (including clubs) provides resources for artistic input into a number of participatory events in London and to make spaces where adults and young people are able to express themselves.

The Hub Fund provides a research space where people from different backgrounds and expertise collaborate on projects exploring medicine, life and art.

The Sharing Fund provides resources to share the approach, expertise and experience of Heart n Soul with other voluntary, community and arts organisations.

HEART N SOUL

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022

17. MOVEMENT IN FUNDS/cont'd

Believe in Us is a two year project focussed on developing a radical new approach for designing services with people with learning disabilities and autistic people in London funded by The Health Foundation. Heart n Soul is the lead party in a collaboration with Oxleas NHS Foundation Trust, Royal Borough of Greenwich, Tizard Centre, Helen Hamlyn Centre for Inclusive Design and the University of the Arts London (UAL) Creative Computing Institute.

Comparative information for the net movement in funds is as follows

	Balance At 1 April 2020 £	Movement in Resources		Transfers	Balance At 31 March 2021 £
		Income £	Expenditure £	£	
Unrestricted funds					
General funds	237,136	474,262	406,424	-	304,974
	<u>237,136</u>	<u>474,262</u>	<u>406,424</u>	<u>-</u>	<u>304,974</u>
Restricted funds					
Multi-disciplinary arts	-	65,415	65,415	-	-
Taking Part	10,500	333,342	343,842	-	-
The Hub	-	497,819	497,819	-	-
Sharing	-	3,000	3,000	-	-
	<u>10,500</u>	<u>899,576</u>	<u>910,076</u>	<u>-</u>	<u>-</u>
Total funds	<u>£247,636</u>	<u>£1,373,838</u>	<u>£1,316,500</u>	<u>£Nil</u>	<u>£304,974</u>

18. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Tangible fixed assets	10,219	-	10,219
Current assets	316,165	169,527	485,692
Current liabilities	(12,131)	(169,527)	(181,658)
	<u>£314,253</u>	<u>£Nil</u>	<u>£314,253</u>

HEART N SOUL

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022

18. ANALYSIS OF NET ASSETS BETWEEN FUNDS / cont

Comparative information for the analysis of net assets between funds is as follows:

	Unrestricted Funds	Restricted Funds	Total Funds 2021
	£	£	£
Tangible fixed assets	10,406	-	10,406
Current assets	341,849	112,313	454,162
Current liabilities	(47,281)	(112,313)	(159,594)
	<u>£304,947</u>	<u>£Nil</u>	<u>£304,974</u>

19. OPERATING LEASE COMMITMENTS

Total future minimum lease payments under non-cancellable operating leases are as follows:

	2022	2021
	£	£
Amounts due within:		
One year	9,218	10,037
One to five years	7,222	11,349
	<u>£16,440</u>	<u>£21,386</u>

20. CONTINGENT ASSETS

Total grant funding awarded as at 31 March 2022 but not yet received and recognised as income due to the recognition criteria not being met amounts to £484,045.

21. COMPANY STATUS AND TAXATION

The charity is a company limited by guarantee, registered in England and Wales and has no share capital. The liability of each member is restricted if the guarantee is limited to £1. The address of the registered office is given in the Reference and Administrative Details on page 2.

As a registered charity, Heart n Soul is exempt from taxation on its charitable activities.

HEART N SOUL

England & Wales - Charity number 1023467

Accounts

HEART N SOUL
REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

MYRUS SMITH
Chartered Accountants
Norman House,
8 Burnell Road,
Sutton, Surrey.
SM1 4BW

HEART N SOUL

Contents

	Page
Trustees' Annual Report	2 - 11
Independent Auditor's Report	12 - 15
Statement of Financial Activities	16
Balance Sheet	17
Cash Flow Statement	18
Notes to the Financial Statements	19 - 27

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2021

Reference and Administrative Details

Charity name: Heart n Soul
Charity number: 1023467
Company number: 02830733

Registered / Principal office:

The Albany
Douglas Way
Deptford
London
SE8 4AG

Trustees:

Kate Linsky, Chair
Mark Burgess, Vice-Chair
Simon Platz, Treasurer
Shalim Ali
Lilly Cook
Pino Frumiento
Hannah Kent
Michael Price
Tim Adnitt
Sue Williams

Artistic Director / Chief Executive

Mark Williams MBE

Auditor

Myrus Smith Chartered Accountants
Norman House
8 Burnell Road
Sutton
Surrey
SM1 4BW

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2021

Bankers

HSBC
275 Greenwich High Road
Greenwich
London
SE10 8NF

Objectives and activities:

Who we are

Heart n Soul is an award winning creative arts company based in London.

We believe in the talents and power of people with learning disabilities and autistic people. We provide opportunities for people to discover, develop and share this power and talent as widely as possible.

Our Vision: We want to create a more fun, open, creative and equal world for everyone. Our vision is of people with learning disabilities living full and equal lives with independence, freedom and pride.

Our Values: Fun, Kind, Quality, Equal, Diverse, Change, Real, Inventive.

What we do

We offer opportunities for people to take part in creative activities, train in a new skill or develop their artistic talents:

- **Art** We create opportunities for artists to collaborate and to create and share their work, live, recorded, digitally and on-line
- **Taking Part** We run high quality creative arts activities for people with learning disabilities
- **Sharing** We share our art and what we do with as many people as possible

In forming our objectives, the Trustees have given due regard to the Charity Commission's guidance on public benefit.

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2021

How we measure success

We work towards the following results:

- People with learning disabilities have more choice, are more connected, have more confidence and work towards more independent lives.
- Artists create vibrant and relevant work. This has life changing and life affirming value for everyone.
- People are inspired by the power and talent of people with learning disabilities.

We assess progress through a range of criteria, such as:

- People feel more confident and/or happy
- People gain new skills and knowledge
- Work is experienced by diverse people both in the local community and in the mainstream
- Organisations build on Heart n Soul's ideas and approach

Our Approach

At Heart n Soul we put people with learning disabilities at the heart of everything we do. People with and without disabilities collaborate, going on a creative journey together.

We believe in the value for everyone of being present, open, creative, artist-led and loving.

We are inspired by and collaborate with many artists across varied art forms and connect our activities together.

We share with others widely so that people realize the benefits that our artists' creative vision has for everybody.

We are continuously flexible and responsive.

We have a lot of fun.

Our way of working has grown over thirty-four years of working with people with learning disabilities and autistic people to make outstanding art and change happen.

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2021

We work with partner organisations to achieve our goals so that we may share our vision widely and in a sustainable way.

Beneficiaries are aged between 10 and 65, and over 95% have disabilities ranging from mild or moderate to severe and complex. Almost 50% are from black, minority and ethnic communities. Many are subject to multiple disadvantages including social isolation and economic hardship, and can be highly vulnerable. We work with people who live near to our Deptford base in Lewisham and in adjacent boroughs as well as across London, nationally and internationally.

Volunteers both with and without learning disabilities support participants to take part in creative sessions and are part of front of house teams at events, providing information to the public.

Structure, governance and management

Heart n Soul is a company limited by guarantee and a registered charity. The governing document is a Memorandum and Articles of Association dated 10 February 2011. We receive under a quarter of our income from Arts Council England. We raise the remainder from grants from charitable trusts and foundations, donations from individuals, ticket sales and other earned income.

The Board of Trustees meets quarterly, its work supplemented by sub-committees. A staff team of 12 works closely with a pool of around 100 artists, practitioners and experts. Learning disabled and autistic people are involved at every level of our organisation (from Board level through to steering teams, planning and strategic thinking), working with us to develop our plans, priorities and to monitor and give feedback on our programmes. This demonstrates our commitment to quality, integrity and diversity, ensuring that we deliver programmes that touch and change peoples' lives.

Trustees are selected to the Board through a process of election by the trustees. They receive a personal and detailed induction by the Chair, Chief Executive and Associate Director.

The Finance Sub-Committee meets every quarter to oversee the financial position and to report on the latest quarterly accounts. Other sub-committees, such as the Fundraising Action Group, or the Strategy Group, convene as and when they are required.

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2021

The Personnel Sub-Committee is responsible for the remuneration policy of key management. As per our policy, remuneration of staff is set high enough to allow Heart n Soul to recruit and keep excellent staff. The salary of the Artistic Director/CEO is reviewed each year in February and may be adjusted for performance or inflation. A comparison with rates in our sector for similar roles is also undertaken. The Personnel Sub-Committee makes a recommendation to the Board, who make the final decision.

Heart n Soul work with a small team of full and part time staff who are supported by associates, freelancers and volunteers.

Achievements and performance

Over the 12 months since our last report, Heart n Soul artists and participants we work with, have flourished in unexpected ways despite the challenges of the global pandemic emergency (COVID-19).

Heart n Soul has continued to deliver an extensive programme of creative activities and artist development opportunities for people with learning disabilities and autistic people. The year has seen our programmes transformed onto digital platforms that connect with our community in new ways.

We won the Gulbenkian Award for Civic Arts Organisations in March 2021. The award recognised the innovation and depth that Heart n Soul deployed in supporting its community and artists through the Covid-19 pandemic. The Gulbenkian Foundation said that '*Heart n Soul are rewriting the vision for a cultural organisation and challenging conventional ways of working*'.

Regular programmes such as Do Your Own Thing, Allsorts and Heart n Soul Choir have continued online with new webpages co-designed by the community attending these sessions. We've worked with our artists to establish new ways to be creative and to make work remotely.

We reached 170 unique individuals and generated 2,865 attendances across our Taking Part opportunities. Sixteen artists benefited from regular one to one sessions for a total of 206 sessions. We reached 50,586 people digitally. We gave work to 48 freelance creatives.

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2021

In November 2020, we held an online series of events in lieu of the Beautiful Octopus Club, our annual inclusive club night. Those events were co-produced by 25 adults with learning disabilities and attracted over 700 participants.

The transformation of our regular programme to online platforms was a result of listening to and connecting with our community, and adapting to the situation we were faced with, all the time looking for new opportunities and ways of being, doing, sharing, and learning. We have been overwhelmed by the response to our digital offer, feeling and experiencing the evidence of the strength and significance of Heart n Soul as a creative community and how important this has been in combatting the loneliness and isolation many people have been dealing with. People who have been reluctant, or thought incapable of using technology in the past, have been supported to access the knowledge, understanding and when necessary, the hardware to remove these barriers.

The movement towards more digital activity will continue beyond the pandemic as we build on the successes of the past 12 months.

We completed our residency at the Wellcome Hub. Three hundred people with and without disabilities explored their experiences as humans and members of society together and in depth in a radically different way. The Heart n Soul community was accepted and recognised within in a prestigious research organisation. Wellcome fed back to us the impact of the residency on them.

'Heart n Soul's residency has had a significant impact on Wellcome as host organisation. Heart n Soul's residency has engaged with an increasingly important topic for Wellcome: the culture in which research is done. It is here that their residency is likely to have lasting impact. Born out of a principle that everyone works together as equals, which they have developed within their arts and cultural practices, Heart n Soul have helped articulate radical but authentic approaches to valuing the research role of what is often described as 'lived experience'.

We secured a new grant from the Health Foundation for a major two-year project, Believe In Us. Believe In Us is being led by Heart n Soul in partnership with five other organisations including NHS Oxleas and the Royal Borough of Greenwich. Three learning disabled/autistic adults, David McNicholas, Robyn Steward and Pino Frumiento are now on the core team alongside Sarah McClinton, Director of Public Health in Greenwich, Sandra Baum, Clinical Director Adult Learning Disabilities NHS Oxleas Trust, Professor Mick Grierson, Research Leader at UAL Creative Computing Institute and the Co-Directors of the project Mark Williams and Dr Dora Whittuck, a Senior Clinical

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2021

Psychologist. We will be exploring the relationship between people with learning disabilities and autistic people and healthcare professionals and working together to redesign healthcare services. A creative approach is underpinning the goals of this project.

The year 2021-2022 thus opened with exciting new opportunities for Heart n Soul, building on the success of the past year and our Hub legacy.

Diversity

We continue to work towards ceding leadership to people with learning disabilities and autistic people. Heart n Soul created two new roles for people with learning disabilities/autistic people in the Deptford team, one being Communications Assistant, and the other one Taking Part Assistant. We now have three learning disabled/autistic staff members. We also brought on board two new disabled Associate Artists, Robyn Steward, and Catherine Long. We took the decision that we needed the lived experience guidance and expertise of two experienced disabled artists to help guide us through the Covid challenges. Catherine and Robyn have helped us navigate opportunities by exploring a whole new way of engaging with our community.

Fundraising

While the main share of our funding is from grants from trusts and foundation, and the Arts Council, we made progress this year in developing new income streams. The donations raised were nearly double our initial target. Heart n Soul staff, individuals and organisations came forward with creative ways to raise funds for our work.

- Brick Brewery branded a new beer with an artwork from Heart n Soul artist Aysen, and donated a share of the proceeds to Heart n Soul
- We took part in the Solidarity 2020 campaign, selling prints from famous photographers, generating £4,041.
- Native Instruments raised £18,265 for Heart n Soul.
- Heart n Soul supporters raised £526 via Facebook donations.

We warmly thank all who dedicated their time and energy to raising funds for Heart n Soul.

Thank you to Kate and Colin Linsky, Simon Platz, Hannah Kent and all of our other regular donors.

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2021

Thank you to all our funders who continued to trust and support Heart n Soul through this most challenging year:

Arts Council England
BBC Children in Need
Co-op Local Community Fund
Daytrippers
Deptford Challenge Trust
Esmée Fairbairn Foundation
Help Musicians
Jack Petchey Foundation
Jerwood Arts
John Homiman's Children's Trust
L&Q Foundation
London Borough of Lewisham
Paul Hamlyn Foundation
PRS Foundation
Rix-Thompson-Rothenberg Foundation
Sir William Boreman's Foundation
The BRIT Trust
The D'Oyly Carte Charitable Trust
The Edward Gostling Foundation
The Foyle Foundation
London Community Response Fund
The Margaret Dobson Further Education Trust
The Mercers' Company
The National Foundation for Youth Music
The National Lottery Community Fund
True Colours Trust
Wellcome Trust

Financial review

The principal risk and uncertainty facing Heart n Soul is the more challenging fundraising environment. Trusts and Foundations are generally giving fewer grants of lower value. Despite this, Heart n Soul income has held up well. To manage this risk we have invested in capacity and activities to raise individual donations, as well as to investigate corporate funding opportunities. The Trustees confirm that the major risks have been reviewed and that systems and procedures have been established to mitigate those risks.

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2021

We are also continuing to maintain close and responsive relationships with our major Trust and Foundation funders and Arts Council England; and to maintain tight management of expenditure. Trustees are focused on our finding new ways to achieve impact that call less on funds.

We started the financial year 2021-22 in a very strong position, with 90% of our funding confirmed.

Reserves policy

The trustees have decided to review the policy on an annual basis, ensuring that sufficient funds are in place to account for wind-up costs of the organisation, contingency costs and a buffer for any unexpected expense. The current level of free reserves, being general funds less unrestricted fixed assets at 31 March 2021 is £294,568 (2020: £228,165).

Trustees' responsibilities statement

The trustees (who are also directors of Heart n Soul for the purposes of company law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year. Under company law the trustees must not approve the financial statements unless they are satisfied that they 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 2019 (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

HEART N SOUL

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2021

The trustees are responsible for keeping adequate accounting records that 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 the Companies Act 2006. 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
- the trustees 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.

Auditors

The auditors, Myrus Smith, have expressed their willingness to continue in office in accordance with Section 487 of the Companies Act 2006.

Small company exemptions

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

This report was approved by the trustees on 2 December 2021 and signed on its behalf by:


S platz (Dec 3, 2021 16:20 GMT)

Simon Platz
Treasurer

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF:

HEART N SOUL

Opinion

We have audited the financial statements of Heart N Soul (the 'charitable company') for the year ended 31 March 2021 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement 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 102 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 2021, 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; and
- 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

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF:

HEART N SOUL

Other information

The trustees are responsible for the 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. 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' report (incorporating the directors' report) for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of our 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 directors' 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 directors' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF:

HEART N SOUL

- 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 directors' report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement, 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.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The specific procedures for this engagement and the extent to which these are capable of detecting irregularities, including fraud is detailed below:

- Enquiry of management and those charged with governance about actual and potential litigation or claims and the identification of non-compliance with laws and regulations.
- Reviewing minutes of meetings of those charged with governance.
- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations.
- Auditing the risk of management override of controls, including testing journal entries and other adjustments for appropriateness; and assessing whether the judgements made in making accounting estimates are indicative of a potential bias.

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF:

HEART N SOUL

- Performing analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud.
- Professional scepticism in course of the audit and with audit sampling in material audit areas.

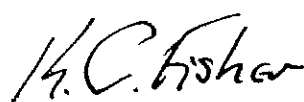
Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

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.



Kevin Fisher BA FCA CTA (Senior Statutory Auditor)
For and on behalf of Myrus Smith
Chartered Accountants and Statutory Auditor
Norman House,
8 Burnell Road,
Sutton, Surrey.
SM1 4BW

6 December 2021

HEART N SOUL

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2021

(Incorporating Income and Expenditure Account)

	Notes	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £	Total Funds 2020 £
Income					
Donations and grants	2	449,035	899,576	1,348,611	1,318,210
Charitable activities	3	25,011	-	25,011	46,865
Investments	4	216	-	216	308
Total		<u>474,262</u>	<u>899,576</u>	<u>1,373,838</u>	<u>1,365,383</u>
 Raising funds	5	47,780	-	47,780	41,416
Charitable activities	6	358,644	910,076	1,268,720	1,244,874
Total		<u>406,424</u>	<u>910,076</u>	<u>1,316,500</u>	<u>1,286,290</u>
 Net income / (expenditure)	10	67,838	(10,500)	57,338	79,093
 Transfers between funds	17	-	-	-	-
 Net movement in funds		<u>67,838</u>	<u>(10,500)</u>	<u>57,338</u>	<u>79,093</u>
 Reconciliation of funds					
Balance brought forward	17	237,136	10,500	247,636	168,543
Balance carried forward	17	<u>£304,974</u>	<u>£Nil</u>	<u>£304,974</u>	<u>£247,636</u>

The Statement of Financial Activity includes all recognised gains and losses.

All income and expenditure derives from continuing activities.

The notes form part of the financial statements.

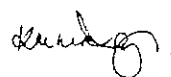
HEART N SOUL
(A Company Limited by Guarantee and Not Having a Share Capital)
Registered Charity Number 1090781, Company Number 4360133

BALANCE SHEET AS AT 31 MARCH 2021

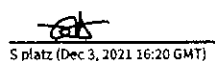
	Notes	2021 £	2020 £
FIXED ASSETS			
Tangible Fixed Assets	13	10,406	8,971
CURRENT ASSETS			
Debtors	14	131,244	145,958
Cash at Bank and in Hand		322,918	282,434
		<u>454,162</u>	<u>428,392</u>
CREDITORS: Amounts falling due within one year	15	<u>159,594</u>	<u>189,727</u>
NET CURRENT ASSETS		<u>294,569</u>	<u>238,665</u>
NET ASSETS	18	<u>£304,974</u>	<u>£247,636</u>
FUNDS :			
Restricted Funds	17	-	10,500
Unrestricted Funds	17	<u>304,974</u>	<u>237,136</u>
TOTAL FUNDS		<u>£304,974</u>	<u>£247,636</u>

These financial statements have been prepared in accordance with the provisions applicable to small companies within Part 15 of the Companies Act 2006.

The financial statements were approved and authorised by the Trustees on 2 December 2021 and signed on its behalf by:



Kate Linsky
Chair



Simon Platz
Treasurer

The notes form part of the financial statements.

HEART N SOUL

CASH FLOW STATEMENT FOR THE YEAR ENDED 31 MARCH 2021

	2021 £	2020 £
Cash flows from operating activities:		
Net movement in funds per Statement of Financial Activities	57,338	79,093
Adjustments for:		
Depreciation	6,167	5,039
Losses on disposal of tangible fixed assets	490	-
(Increase)/decrease in debtors	14,714	25,987
Increase/(decrease) in creditors	(30,133)	1,998
Net cash provided by/(used in) operating activities	<u>48,576</u>	<u>112,117</u>
Cash flows from investing activities:		
Purchase of tangible fixed assets	(8,092)	(5,492)
Net cash provided by/(used in) investing activities	<u>(8,092)</u>	<u>(5,492)</u>
Increase/(decrease) in cash	40,484	106,625
Cash and cash equivalents brought forward	282,434	175,809
Cash and cash equivalents carried forward	<u><u>£322,918</u></u>	<u><u>£282,434</u></u>
Analysis of cash and cash equivalents	2021	2020
	£	£
Cash at bank and in hand	<u><u>£322,918</u></u>	<u><u>£282,434</u></u>

The notes form part of the financial statements.

HEART N SOUL

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

1. ACCOUNTING POLICIES

Basis of preparation

The charity constitutes a public benefit entity as defined by FRS 102. 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) issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

The financial statements are prepared on a going concern basis under the historical cost convention. The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

Income recognition

Items of income are recognised in the financial statements when all of the following criteria are met:

- The charity has entitlement to the funds;
- any performance conditions have been met or are fully within the control of the charity;
- there is sufficient certainty that receipt of the income is considered probable;
- the amount can be measured reliably.

Grant income is deferred when there is a donor imposed or implied condition specifying the time period over which the income may be expended or in accordance with agreed budgets.

Expenditure recognition

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

- Costs of raising funds comprise those costs associated with attracting voluntary donations and grants
- Expenditure on charitable activities which comprises the costs of running the various artistic activities for the charity's beneficiaries including staging concerts, stage productions, art exhibitions, educational programmes, general and specialised advice, advocacy and training.

HEART N SOUL

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

1. ACCOUNTING POLICIES / cont

Expenditure recognition /cont

Expenditure includes those costs of a direct nature which can be allocated to a specific activity and also indirect costs, including governance costs that do not relate to a specific activity but are necessary to support those activities. Support costs are apportioned to each activity on the basis of staff time.

Fund accounting

Unrestricted general funds are freely available for use in furtherance of the objects of the charity and which have not been designated for specific purposes.

Designated funds are unrestricted funds set aside by the trustees for particular purposes.

Restricted funds are funds which can only be used in accordance with specific restrictions imposed by the donor or which have been raised for a particular purpose.

Tangible fixed assets and depreciation

Tangible assets costing more than £800 are capitalised. Depreciation is provided so as to write off the cost of each asset, less its residual value, over its estimated useful life at the following annual rates:

Technical equipment	25% straight line
Office equipment	25% straight line

Debtors and creditors receivable/payable within one year

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised expenditure.

Leases

Operating lease rentals are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

Pensions

The charity operates a defined contribution pension scheme. Contributions payable under the scheme are charged the Statement of Financial Activities in the year to which they relate.

HEART N SOUL

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

2. DONATIONS AND GRANTS	Unrestricted funds £	Restricted funds £	Total 2021 £	Total 2020 £
Multi-disciplinary arts	115,624	65,415	181,039	217,837
Taking part	327,319	333,342	660,661	596,822
The Hub	-	497,819	497,819	499,618
Sharing	6,092	3,000	9,092	3,933
	<u>£449,035</u>	<u>£899,576</u>	<u>£1,348,611</u>	<u>£1,318,210</u>

Of the £1,318,210 recognised in 2020, £415,194 was unrestricted funds and £903,016 was restricted funds.

Included within the Hub income of £497,819 is a donation in kind valued at £143,375, this being the estimated cost of services paid for by Wellcome Trust in respect of Heart n Soul at The Hub.

Additionally, Heart n Soul has free use of the space at The Hub, however, due to the fact that the space is shared with other organisations to a varying degree, it is not possible to reliably estimate the value of this gift in kind.

3. INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted funds £	Restricted Funds £	Total 2021 £	Total 2020 £
Box office fees and commissions	25,011	-	-	46,865
	<u>£25,011</u>	<u>£Nil</u>	<u>£Nil</u>	<u>£46,865</u>

All of the £46,865 recognised in 2020 was unrestricted funds.

4. INVESTMENT INCOME

	Unrestricted funds	Restricted Funds	Total 2021	Total 2020
Bank interest	<u>£216</u>	<u>£Nil</u>	<u>£216</u>	<u>£308</u>

All of the £308 recognised in 2020 was unrestricted funds

HEART N SOUL

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

5. COST OF RAISING FUNDS	Direct costs £	Support costs £	Total 2021 £	Total 2020 £
Fundraising consulting	<u>£47,780</u>	<u>£Nil</u>	<u>£47,780</u>	<u>£41,416</u>

All of the £41,416 expenditure recognised in 2020 was charged to unrestricted funds.

6. EXPENDITURE ON CHARITABLE ACTIVITIES

	Staffing Costs £	Other Direct Costs £	Support Costs (Note 7) £	Total 2021 £	Total 2020 £
Multi-disciplinary arts	55,139	84,794	17,294	157,227	181,844
Taking Part	242,790	207,709	79,259	529,758	481,948
The Hub	178,934	369,431	24,841	573,206	577,629
Sharing	6,053	581	1,895	8,529	3,453
	<u>£482,916</u>	<u>£662,515</u>	<u>£123,289</u>	<u>£1,268,720</u>	<u>£1,244,874</u>

Of the £1,244,874 expenditure recognised in 2020, £351,398 was charged to unrestricted funds and £893,476 was charged to restricted funds.

Included within other direct costs of The Hub are donated services valued at £143,375. This being the estimated loss of services paid for by Wellcome Trust in respect of Heart n Soul at The Hub.

7. SUPPORT COSTS	General Office £	Premises £	Governance (Note 8) £	Total 2021 £	Total 2020 £
Multi-disciplinary arts	11,235	5,636	423	17,294	18,341
Taking Part	51,886	25,510	1,863	79,259	70,109
The Hub	17,560	5,908	1,373	24,841	29,280
Sharing	1,231	618	46	1,895	1,461
	<u>£81,912</u>	<u>£37,672</u>	<u>£3,705</u>	<u>£123,289</u>	<u>£119,191</u>

8. GOVERNANCE COSTS

	2021 £	2020 £
Auditors' remuneration and related costs	3,285	3,205
AGM and Trustees' meetings	420	845
	<u>£3,705</u>	<u>£4,050</u>

HEART N SOUL

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

9. LOCAL GOVERNMENT AND HOUSING ACT 1989

The company received financial assistance from local authorities. As required by the Local Government and Housing Act 1989 the following information is given.

£53,600 was recognised as grant income from the London Borough of Lewisham. These funds have been fully expended.

10. NET INCOME/(EXPENDITURE) FOR THE YEAR	2021	2020
Net income/(expenditure) is stated after charging:		
Operating lease rentals	£28,848	£32,589
Depreciation of tangible fixed assets	£6,167	£5,039
Auditors remuneration – Audit services	£3,250	£3,205
	<u> </u>	<u> </u>
 11. STAFF COSTS	 2021	 2020
Staff costs were as follows:	£	£
Wages and salaries	412,301	398,883
Social Security costs	33,075	33,323
Pension costs	29,824	31,046
Staff training and recruitment	3,711	5,599
Other costs	4,005	11,440
	<u> </u>	<u> </u>
	<u>£482,916</u>	<u>£480,291</u>

One employee received total employee benefits (excluding employers national insurance and employer pension contributions) of more than £60,000 during 2021 (2020: 1), within the band £60,000 to £70,000.

Total employee benefits received by key management amounted to £75,542 (2020: £73,898). Under FRS 102, employee benefits includes gross salary, benefits in kind, employers national insurance and employers pension contributions.

The average number of full-time equivalent employees during the year was 12.2 (2020: 12.5). The average monthly number of employees was 15 (2020: 15.)

12. DIRECTORS / TRUSTEES REMUNERATION AND EXPENSES

The trustees give their time to the charity voluntarily and receive no remuneration for their role as trustees.

Travel and subsistence costs of £20 (2020: £725) were reimbursed to one (2020: four) trustee(s). The total of donations received without conditions by the charity from trustees amounted to £4,120 (2020: £90).

HEART N SOUL

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

13. TANGIBLE FIXED ASSETS

	Technical Equipment £	Office Equipment £	Total £
Cost			
Balance at 1 April 2020	26,630	52,020	78,650
Additions	-	8,092	8,092
Disposals	-	(14,534)	(14,534)
	<u>26,630</u>	<u>45,578</u>	<u>72,208</u>
Balance at 31 March 2021	26,630	45,578	72,208
Depreciation			
Brought forward at 1 April 2020	25,399	44,280	69,679
Charge for year	769	5,398	6,167
Eliminated on disposal	-	(14,044)	(14,044)
	<u>26,168</u>	<u>35,634</u>	<u>61,802</u>
Balance at 31 March 2020	26,168	35,634	61,802
Net book value			
As at 31 March 2021	<u>£462</u>	<u>£9,944</u>	<u>£10,406</u>
As at 31 March 2020	<u>£1,231</u>	<u>£7,740</u>	<u>£8,971</u>

14. DEBTORS

	2021 £	2020 £
Trade debtors	2,300	4,518
Accrued income	113,718	119,401
Other debtors	6,126	4,599
Prepayments	9,100	17,440
	<u>£131,244</u>	<u>£145,958</u>

15. CREDITORS: Amounts falling due within one year

	2021 £	2020 £
Trade creditors	22,695	12,042
Social security and other taxes	2,759	2,900
Other creditors	2,882	5,914
Accruals	43,860	35,700
Deferred income (see note 16)	87,398	133,171
	<u>£159,594</u>	<u>£189,727</u>

HEART N SOUL

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

16. DEFERRED INCOME	Balance brought forward	Additions in year	Released To Income	Balance Carried Forward
Grants and donations	£133,171	£87,398	£(133,171)	£87,398

Deferred income reflects grant income received in advance for the following financial year, to be expended in accordance with specified or implied timeframes and agreed budgets

17. MOVEMENT IN FUNDS	Balance At 1 April 2020 £	Movement in Resources Income £	Expenditure £	Transfers £	Balance At 31 March 2021 £
Unrestricted funds					
General funds	237,136	474,262	406,424	-	304,974
	<u>237,136</u>	<u>474,262</u>	<u>406,424</u>	<u>-</u>	<u>304,974</u>
Restricted funds					
Multi-disciplinary arts	-	65,415	65,415	-	-
Taking Part	10,500	333,342	343,842	-	-
The Hub	-	497,819	497,819	-	-
Sharing	-	3,000	3,000	-	-
	<u>10,500</u>	<u>899,576</u>	<u>910,076</u>	<u>-</u>	<u>-</u>
Total funds	<u>£247,636</u>	<u>£1,373,838</u>	<u>£1,316,500</u>	<u>£Nil</u>	<u>£304,974</u>

The Multi-disciplinary Arts Fund is for theatre, music, live art, visual art, films and dance both filmed and performed in venues in London, nationally and internationally.

The Taking Part Fund (including clubs) provides resources for artistic input into a number of participatory events in London and to make spaces where adults and young people are able to express themselves.

The Hub Fund provides a research space where people from different backgrounds and expertise collaborate on projects exploring medicine, life and art.

The Sharing Fund provides resources to share the approach, expertise and experience of Heart n Soul with other voluntary, community and arts organisations.

HEART N SOUL

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

17. MOVEMENT IN FUNDS/cont'd

Comparative information for the net movement in funds is as follows

	Balance At 1 April 2019 £	Movement in Resources		Transfers	Balance At 31 March 2020 £
		Income £	Expenditure £	£	
Unrestricted funds					
General funds	167,583	462,367	392,814	-	237,136
	<u>167,583</u>	<u>462,367</u>	<u>392,814</u>	<u>-</u>	<u>237,136</u>
Restricted funds					
Multi-disciplinary arts	-	91,512	91,512	-	-
Taking Part	960	309,386	299,846	-	10,500
The Hub	-	499,618	499,618	-	-
Sharing	-	2,500	2,500	-	-
	<u>960</u>	<u>903,016</u>	<u>893,476</u>	<u>-</u>	<u>10,500</u>
Total funds	<u>£168,543</u>	<u>£1,365,383</u>	<u>£1,286,290</u>	<u>£Nil</u>	<u>£247,636</u>

18. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Tangible fixed assets	10,406	-	10,406
Current assets	341,849	112,313	454,162
Current liabilities	(47,281)	(112,313)	(159,594)
	<u>£304,947</u>	<u>£Nil</u>	<u>£304,974</u>

Comparative information for the analysis of net assets between funds is as follows:

	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
Tangible fixed assets	8,971	-	8,971
Current assets	270,530	157,862	428,392
Current liabilities	(42,365)	(147,362)	(189,727)
	<u>£237,136</u>	<u>£10,500</u>	<u>£247,636</u>

HEART N SOUL

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

19. OPERATING LEASE COMMITMENTS

Total future minimum lease payments under non-cancellable operating leases are as follows:

	2021 £	2020 £
Amounts due within:		
One year	10,037	9,739
One to five years	11,349	14,355
	<u>£21,386</u>	<u>£24,094</u>

20. CONTINGENT ASSETS

Total grant funding awarded as at 31 March 2021 but not yet received and recognised as income due to the recognition criteria not being met amounts to £1,261,000.

21. COMPANY STATUS AND TAXATION

The charity is a company limited by guarantee, registered in England and Wales and has no share capital. The liability of each member is restricted if the guarantee is limited to £1. The address of the registered office is given in the Reference and Administrative Details on page 2.

As a registered charity, Heart n Soul is exempt from taxation on its charitable activities.