

ARTS 4 WELLBEING

England & Wales · Charity number 1052496

Details

Other names SOUTH TYNESIDE ARTS STUDIO LIMITED

Status Registered

Legal form Charitable company

Company number [03106834](#)

Registered 1996-02-01

Register [View on the Charity Commission register](#)

Contact

Address 10 Derby Terrace
South Shields
NE33 4PN

Phone 01914544004

Email info@arts4wellbeing.org.uk

Website www.arts4wellbeing.org.uk

Activities

Objects: TO ADVANCE THE EDUCATION OF THE PUBLIC IN PARTICULAR PERSONS SUFFERING FROM THE EFFECTS OF MENTAL ILLNESS AND MENTAL HEALTH PROBLEMS LIVING IN SOUTH TYNESIDE (HERE-IN AFTER CALLED THE "AREA OF BENEFIT") THROUGH THE USE AND PROMOTION OF ART AND ARTISTIC AND CREATIVE ACTIVITIES.

Activities: Arts 4 Wellbeing is a day opportunity service in South Tyneside for people with learning disabilities, mild to moderate mental health. We provide a warm relaxed and safe environment for our users, it enables members to participate in creative activities, to promote personal growth reduce social exclusion and provide them with effective therapeutic services whilst working towards increased recovery

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Arts/culture/heritage/science
- **Who:** Elderly/old People, People With Disabilities, The General Public/mankind

Geography

- **Area of benefit:** SOUTH TYNESIDE
- South Tyneside

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£311,485	£343,658	-	-
2024-03-31	£268,798	£263,033	-	-
2023-03-31	£246,612	£236,184	-	-
2022-03-31	£231,736	£218,828	-	-
2021-03-31	£185,427	£201,800	-	-

Trustees

Name	Role	Appointed
JOHN ANDREW WOOD	Chair	
FAY CUNNINGHAM		
JOHN BROWN		
PATRICIA MORRIS		
john hetherington		2023-03-06

ARTS 4 WELLBEING

England & Wales - Charity number 1052496

Accounts



Arts 4 Wellbeing

Annual Report & Financial Statements 2024 - 2025

Incorporated in England under No. 3106834
Registered Charity 1052496

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Registered Office:

Arts 4 Wellbeing
10 Derby Terrace
South Shields
Tyne and Wear
NE33 4PN

Tel : 0191 454 4004
info@arts4wellbeing.org.uk
www.arts4wellbeing.org.uk

Registered Charity Number: 1052496
Limited Company Number: 3106834

Directors

Chair
Secretary/Director
Director
Director
Director

John Wood
Faye Cunningham
John Brown
Patricia Morris
John Hetherington

Aims

"To provide the environment and resources that enable people from South Tyneside, both with and without established mental health needs, to participate in creative and artistic activities where mutual creativity can foster personal growth"

Objectives

- To create and maintain a welcoming, warm, relaxed and safe place for members art-making, in an integrated environment attractive to people living in South Tyneside.
- To create and maintain an environment of respect and support where members can improve their confidence, self-reliance, self-esteem and their perceived sense of well-being.
- To provide opportunities for the development of new skills to members and more formal educational and training opportunities.
- To provide opportunities for people to socialise and support each other, make contact and friends.
- To provide opportunities for people to be independent.
- To provide a space where members can challenge and motivate themselves.
- To promote positive images of mental health through practice, publicity, exhibition and events.
- To actively seek partnerships with other voluntary and statutory sector organisations, to support the continual improvement of mental health services locally, regionally, nationally and internationally.

Overview

The project continued to work closely with various statutory and third sector organisations.

Arts 4 Wellbeing Activities

Arts – Provide a range of arts and craft-based activities to stimulate creativity, promote confidence and interaction.

Life Skills – An array of cognitive activities and practical activities to enhance the daily living skills of every member.

Sports – To help members engage in physical and challenging activity promoting confidence and exercise to enhance health and wellbeing.

Drama – To promote a voice and explore the arts through acting, reading and performance which promotes wellbeing and self-worth.

Singing – Singing allows members to express their feelings through song and emotion and has a positive effect on self-confidence and worth.

Dance and Exercise – Gives members that great happy feeling of enjoyment and feelgood factor alongside promoting fitness on different levels.

Educational Resources - An opportunity to develop an individual's confidence through completing various tasks relating to both literacy and numeracy.

Travel and Tourism- Enjoying different ways to travel, learning about different countries their cultures, cuisines and way of life.

Basic Computers- Focusing on foundation skills, learning to use a mouse, typing, and basic internet navigation, how to stay safe using technology.

Arts 4 Wellbeing Events

Many events were held at Arts 4 Wellbeing from exhibitions, Stars in your Eyes, hosting our own monthly discos, our science mania club is still well attended.

Learning Disabilities Week

Learning Disability Week seen different organisations come together to create some beautiful bunting, the bunting was simple but effective "What Learning Disability Week means to you.

We also held an exhibition at Cleadon Park Library entitled "Do You See Me", members explored different methods of portraying and expressing themselves, through drawing, textiles and collage.

Our choir also sang at the amphitheatre at the finale of learning disability week with over 375 members of the public watching all choirs, a great week was had by all.

South Tyneside Libraries

We continue to work closely and exhibit within our libraries across our borough, this year one of the exhibition was held at Cleadon Park library.

Partnership

Arts 4 Wellbeing continued to participate in networking and partnerships.

We continued to work with Northumbria Police to reduce the stigma surrounding mental illness and learning disabilities, members have completed their designs for the easy read hate crime book its now going to print.

Members have been working hard completing the Care Course in conjunction with Training in Care. We continue to work closely with Asda, Training in Care, South Tyneside Libraries, Shared Lives and many more third sector organisations.

Change 4 Life

Arts 4 Wellbeing was one of the founder members of the Change 4 Life Health and Wellbeing Champion Network formerly Happiness & Wellbeing Network, a forum set up in South Tyneside to help promote the wellbeing within the borough. Working closely with the Change 4 Life Network we help promote good mental health throughout South Tyneside.

Better Health at Work Award

We decided to defer another year as we wanted to concentrate more on our members academic achievements, we however recently joined The Pledge and as part of The Pledge enquired to either complete a refresher of the Better Health at Work Award or move onto the next level.

World Mental Health Week

Our members created their own art work of what and where makes them happy, this was exhibited within our arts 4 wellbeing building. Our centre also donated a giant colouring roll to another service for members of the public to help colour in and add their own thoughts of "Life"

Volunteers and Placements

We opened our doors to volunteers and placements this year, we have taken a returning student who now volunteers for us three days a week. We also have a lovely gent who now volunteers for us, "being at A4W makes me feel close to my son the place he loved".

We continue to encourage and grow our member volunteers within Arts 4 Wellbeing.

Exhibitions

In accordance with Arts 4 Wellbeing established practice we continually exhibited work internally, some great work has been exhibited over the last year in house and had been published on our social media each week with great reviews.

Disney villains paintings were proudly exhibited in our centre.

Investment Funding

We continue to be funded by the following investors in our work and would like to thank them for their continued support throughout the year.

- Social Care & Health , South Tyneside MBC
- South Tyneside Clinical Commissioning Group
- South Tyneside Clinical Commissioning Group— Arts on Prescription Scheme

Annual Accounts

Arts 4 Wellbeing's accounts are Independently examined by George Clark FCPFA.

He has issued an Independent Examiners Qualified Report on the Accounts.

Copies of the accounts are kept at the Company's registered office and are available for inspection there and are also available through the Charity Commission Web Site

www.charity-commission.gov.uk

INDEPENDENT EXAMINER'S REPORT

Report to the
trustees of:

Arts 4 Wellbeing

Charity No: 1052496

On accounts for
the year ending:

31st March 2025

Respective
responsibilities of
trustees and
Examiner

The charity's trustees consider that an audit is not required for this year (under section 144(2) of the Charities Act 2011 (the Act) and that an independent examination is needed.

it is my responsibility to

- Examine the accounts (under section 145 of the 2011 Act)
- Follow the procedures laid down in the General Directions given by the Charity Commission (under section 145(5) of the 2011 Act) and state whether particular matters have come to my attention.

Basis of
independent
examiner's
statement

My examination was carried out in accordance with General Directors given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosure in the accounts and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently I do not express an audit opinion on the accounts.

Independent
examiner's
statement

In the course of my examination, no matters has come to my attention:

1. which gives me reasonable cause to believe that in any material respect, the trustees have not met the requirements to ensure that:

- Proper accounting records are kept (in accordance with section 130 of the Act) and
- Accounts are prepared which agree with the accounting records and comply with the accounting requirements of the 2011 Act, or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed



Date: 14th July 2025

Name: George Clark FCPFA

Address: 7 Teesdale Gardens
High Heaton
Newcastle upon Tyne
NE7 7RB

Arts 4 Wellbeing

Statement of Financial Activities

1st April 2024 to 31st March 2025

	Notes			2024
	Restricted £	Unrestricted £	Total £	Total £
Incoming resources	(2)			
LA/NHS Funding		201514	201514	186596
Donations/ASDA		0	0	1684
Private User Payments		101797	101797	78471
Income from charitable activities		8174	8174	2047
Total Incoming resources		<u>311485</u>	<u>311485</u>	<u>268798</u>
Resources expended				
Charitable activities	(3)	176005	176005	150645
Governance costs	(4)	167653	167653	112388
Total Resources expended		<u>343658</u>	<u>343658</u>	<u>263033</u>
Net incoming/outgoing resources before transfers		(32173)	(32173)	5765
Gross transfers between funds				
Net incoming/outgoing resources before other recognised gains (losses)		(32173)	(32173)	5765
Net movement in funds		(32173)	(32173)	5765
Total funds brought forward		120353	120353	114588
Total funds carried forward		88180	88180	120353

Arts 4 Wellbeing

Balance Sheet
31st March 2025

	£	£	2025	£	2025	2024
Fixed assets						
Tangible assets			0		0	0
Current assets						
Cash at bank and in hand:			88180			120353
Payments in Advance		-		88180		
Creditors: amounts falling due within 1 year (5)					<u>350</u>	<u>350</u>
Net current assets					87830	120003
Total assets less current liabilities					87830	120003
Creditors: amounts falling due after 1 year					-	-
Net Assets at 31st March 2025					<u>87830</u>	<u>120003</u>
Represented by:						
Restricted Funds			0			
Designated Funds			60000			60000
Unrestricted Funds			<u>87830</u>			<u>60003</u>
					87830	120003

For the period ending 31/3/2025 the company was entitled to exemption from the audit under section 477 of the Companies Act 2006 relating to small companies.

Director responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
- The accounts have been prepared in accordance with the provisions applicable to company's subject to the small companies' regime.

Signed: John Andrew Wood Position: CHAIRMAN

Print Name: JOHN ANDREW WOOD

Date: 24/04/2025

Arts 4 Wellbeing

Notes to the accounts 2025

1. Accounting policies

Basis of accounts

These accounts have been prepared on an accrual's basis in accordance with applicable accounting standards and follow the recommendations in the Statement of Recommended Practice Accounting by Charities (revised 2005)

2. Voluntary Income	2024/2025	2023/2024
S/T Council/ NHS South Tyneside	201514	186596
Donations/ASDA	0	1684
Outside user/Other payments	101797	78471
Total grants/donations received	303311	266751
Incoming Resources from charitable activities:		
Fundraising	8174	2047
Total Incoming Resources	<u>311485</u>	<u>268798</u>
3. Expenditure Analysis:	2024/25	2023/24
Charitable Activities		
Events	9154	5957
Art Material	25636	23762
Artist Tutors	67489	72311
Tutor Assistants	73726	48616
Total	<u>176005</u>	<u>150645</u>
4. Governance Costs		
Office Costs Utilities and Services	29954	24292
Repairs/H&S Training	50094	8692
Administration & External Consultants fees	81047	75674
Accountancy & professional Fees	350	250
Other Administrative Costs	6208	3480
Total	<u>167653</u>	<u>112388</u>

5. Costs of Financial services

A fee of £350 will be paid for the preparation and independent examination of these accounts.

Trustees Report 2024/2025

The trustees, who are also directors of the charity for the purpose of the Companies Act, present their annual report and the financial statement for the year ended 31st March 2025. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and reporting by Charities" issued in October 2000 in preparing the annual report and financial statements of the charity.

OBJECTS OF THE CHARITY, PRINCIPAL ACTIVITIES AND ORGANISATION OF OUR WORK

The charity is constituted as a company limited by guarantee, and is therefore governed by a memorandum and articles of association.

The charity's objects and principal activity continues to be to advance the education of the public, and in particular those living with established mental health needs or learning disabilities, and to foster creative activity through the visual and performing arts.

In order to meet these objects, the charity engages professional tutors who offer support and guidance to people from the local community living with minor to moderate mental health issues, learning disabilities and / or physical disabilities, and also those at risk of developing mental health illness or a feeling of isolation.

The trustees reissued the contractor's tenders for a further year, thanking the contractors for the continuous support in delivering a frontline expanding service.

All policies have been accepted, risk assessments continue to be left open ended and can be changed at any given time, we must adhere to government guidance.

All staff have a full enhanced DBS, trained to the highest levels and have completed all compulsory training courses and more.

DEVELOPMENT, ACTIVITIES AND ACHIEVEMENTS THIS YEAR

Our new financial began with our yearly easter egg competition, we had over 100 entrants . What imaginations creativity our members have. Huge congratulations to you all.

We celebrated world theatre day with a visit from Curcuma.

Wearing a hat day, brought colour fun and laughter to arts, while raising awareness for brain tumour research, together we raised £41.40 by selling cakes.

Extra classes were added to our curriculum basic computers and travel and tourism.

World Autism Acceptance week, seen our members venture out of arts to take part in our very first spectrum colour walks.

Arts 4 Wellbeing celebrated 15 wonderful years of Arts 4 Wellbeing.

15 years of supporting and encouraging our members past and present.

Providing a safe and creative environment to work in.

Providing a wide range of activities courses to our members.

We held a huge party with past and present members.

National wear your pyjamas to work, seen staff and members enjoying a fun morning, developing our team skills and hand eye coordinators playing ball games.

Members continue to learn and thrive in our academic lessons, members were presented with certificates in recognition of their hard work, determination in both literacy and numeracy.

Our monthly discos continue with friendship dancing and laughter.

One of our new subjects ICT is about learning about the technology around us and how it can benefit our lives.

This years Earth Theme was planet vs plastics, our life skills class thought about plastic pollution and how it is harmful to sea life, other animals and eventually humans.

Over the year we have had a variety of therapeutic animals visiting the centre, bringing peace, calm and tranquillity.

Two of our members continue to represent A4W at NECA Gardens volunteering, this year A4W contributed towards their fence display.

Many visits have taken place to the cinema this year, members choice.

Themed evenings continue to bring members, carers and families together, breaking down even more barriers and reducing isolation.

Dementia awareness we created a "forget me not wall" with facts on how to care for people with dementia.

Proudly our Science Mania members received their Crest Star Award from the British Science Association.

Our drama group continue creating a sense of team work, building confidence, learning about appropriate responses and self-control, developing creativity and having fun.
Our members performed their very first Christmas panto in front of family and friends, the panto was written and directed by one of our staff.

Northumbria Police continue to support arts; an officer talked about staying safe in the community.

Our sports class went on their first swimming lessons, all levels of abilities, with all different fears, many of our members had never been swimming before.

Our art room continue their creativity and monthly artists, from Monet, Rembrandt, Picasso to Frida Kahl.

Learning Disability week, we held an exhibition at Cleadon Park Library, members promoted my self portraits titled "DO YOU SEE ME".

Other voluntary services came together with community members to create some beautiful bunting; the brief was simple showcasing what learning disability week means to you- and boy they sure did.

This year our members went to Beamish and Edinburgh Zoo for our trips; they both didn't disappoint.

Members visited The Centre of Life, celebrating inventions, big ideas for the future and so much more.

Arts 4 Wellbeing were nominated for the Love South Tyneside Awards for unsung heroes.

Everyone came together with many dignitary guests to celebrate our Chairmans 80th birthday.

Members completed their First Aid Awareness Training with First Aid and Safety Training and learning Life Saving Skills

Arts 4 Wellbeing held a Great British Bake Off, panini style-
Excellent food hygiene, teamwork and judging.

Our Harvest Festival brought kindness to many foodbanks across our borough.

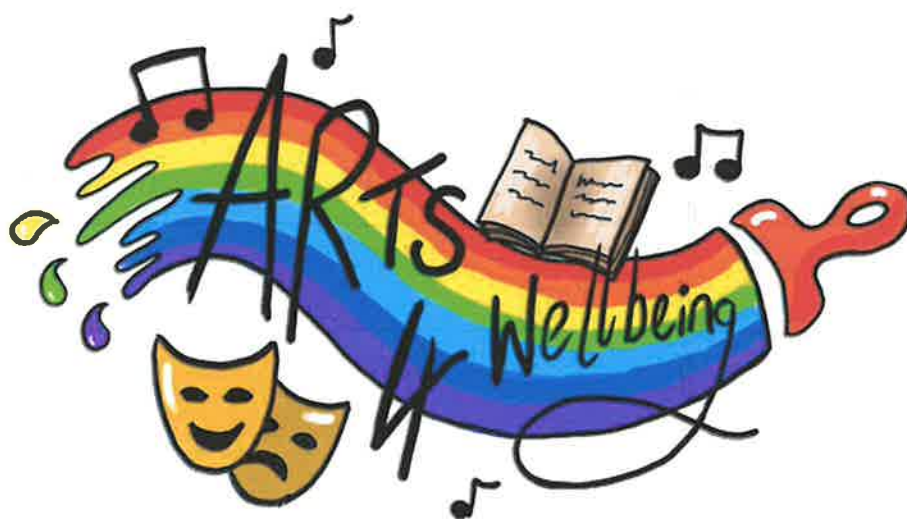
Our favourite day of the year "Arts 4 Wellbeing Awards Ceremony Black Tie Event", brought pride, confidence, achievements.

Christmas arrived and this year we held our first nativity play with a twist, written and directed by one our team. Our Christmas party was held at the Little Haven with more than 120 guests; we all enjoyed a three-course meal and entertainment. Panto never fails with a trip to the Customs House for lots of fun and laughter.

ARTS 4 WELLBEING

England & Wales - Charity number 1052496

Accounts



Arts 4 Wellbeing
Annual Report and
Financial Statements
2023 - 2024

Incorporated in England under No. 3106834

Registered Charity 1052496

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Company Information

Registered Office:

Arts 4 Wellbeing
10 Derby Terrace
South Shields
Tyne and Wear
NE33 4PN
Tel : 0191 454 4004

info@arts4wellbeing.org.uk

www.arts4wellbeing.org.uk

Registered Charity Number: 1052496

Limited Company Number: 3106834

Directors

Chair	John Wood
Secretary/Director	Faye Cunningham
Director	John Brown
Director	Patricia Morris
Director	John Hetherington

Bankers

Nat West
King Street
South Shields
NE33 1HF

Independent Examiner
George Clark FCPFA

Aims

"To provide the environment and resources that enable people from South Tyneside, both with and without established mental health needs, to participate in creative and artistic activities where mutual creativity can foster personal growth"

Objectives

- To create and maintain a welcoming, warm, relaxed and safe place for members art-making, in an integrated environment attractive to people living in South Tyneside.
- To create and maintain an environment of respect and support where members can improve their confidence, self-reliance, self-esteem and their perceived sense of well-being.
- To provide opportunities for the development of new skills to members and more formal educational and training opportunities.
- To provide opportunities for people to socialise and support each other, make contact and friends.
- To provide opportunities for people to be independent.
- To provide a space where members can challenge and motivate themselves.
- To promote positive images of mental health through practice, publicity, exhibition and events.
- To actively seek partnerships with other voluntary and statutory sector organisations, to support the continual improvement of mental health services locally, regionally, nationally and internationally.

Overview

The project continued to work closely with various statutory and third sector organisations.

Arts 4 Wellbeing Activities

Arts – Provide a range of arts and craft-based activities to stimulate creativity, promote confidence and interaction.

Life Skills – An array of cognitive activities and practical activities to enhance the daily living skills of every member.

Sports – To help members engage in physical and challenging activity prompting confidence and exercise to enhance health and wellbeing.

Drama – To promote a voice and explore the arts through acting, reading and performance which promotes wellbeing and self-worth.

Singing – Singing allows members to express their feelings through song and emotion and has a positive effect on self-confidence and worth.

Dance and Exercise – Gives members that great happy feeling of enjoyment and feelgood factor alongside promoting fitness on different levels.

Educational Resources – An opportunity to develop an individual's confidence through completing various tasks relating to both literacy and numeracy.

Arts 4 Wellbeing Events

Many events were held at Arts 4 Wellbeing from exhibitions, Stars in your Eyes, hosting our own monthly disco, starting new academic courses, easter egg competitions, first aid training for all our members, staff became hate crime champions, awards ceremony, panto visits and much more, a busy year for all everyone involved at our centre.

Learning Disabilities Week

Learning Disability Week our members and tutors demonstrated their skills to our community by hosting workshops in the libraries across our borough, we held an art attack at our centre, lots of paint, mess. Artistic flair, smiles and laughter. Our choir also sang at the amphitheatre at the finale of learning disability week, with over 250 members of the public watching all choirs, a great week was had by all.

South Tyneside Libraries

We continue to work closely and exhibit within our libraries across our borough, this year one of the exhibition was held at Cleadon Park library as part of this year's START festival.

Partnership

Arts 4 Wellbeing continued to participate in networking and partnerships.

We continued to work with Northumbria Police to reduce the stigma surrounding mental illness and learning disabilities, members have completed their designs for the easy read hate crime book and its now going to print.

Members have been working hard completing the Care Course in conjunction with Training in Care. We continue to work with ASDA, Training in Care, South Tyneside Libraries, Shared Lives and many more third sector organisations.

Change 4 Life

Arts 4 Wellbeing was one of the founder members of the Change 4 Life Health and Wellbeing Champion Network formerly Happiness & Wellbeing Network, a forum set up in South Tyneside to help promote the wellbeing within the borough. Working closely with the Change 4 Life Network we help promote good mental health throughout South Tyneside.

Better Health at Work Award

We decided to defer another year as we wanted to concentrate more on our members academic achievements, staff completed their further education courses, and new members of staff settled in

World Mental Health Week

Our members created their own art work of what and where makes them happy, this was exhibited within our arts 4 wellbeing building. Our centre also donated a giant colouring roll to another service for members of the public to help colour in and add their own thoughts of "Life"

Volunteers and Placements

We opened our doors to volunteers and placements, this year we have taken 3 students from Epinay 6th form, one of the students in his second year and has already asked to volunteer once he leaves. We continue to encourage and grow our member volunteers within Arts 4 Wellbeing.

Exhibitions

In accordance with Arts 4 Wellbeing established practice we continually exhibited work internally, some great work has been exhibited over the last year in house and had been published on our social media each week with great reviews. Our King's Coronation paintings were proudly exhibited in our centre.

Investment Funding

We continue to be funded by the following investors in our work and would like to thank them for their continued support throughout the year.

- Social Care & Health , South Tyneside MBC
- South Tyneside Clinical Commissioning Group
- South Tyneside Clinical Commissioning Group— Arts on Prescription Scheme

Audited Accounts

Arts 4 Wellbeing's accounts are Independently Examined by George Clark FCPFA.

A signed Independent Examiners Report is attached to the Financial Statements. Copies of these are kept at the Company's registered office and are available for inspection, by appointment, and are also available through the Charity Commission Web Site.

www.charity-commission.gov.uk

INDEPENDENT EXAMINER'S REPORT

Report to the
trustees of:

Arts 4 Wellbeing

Charity No: 1052496

On accounts for
the year ending:

31st March 2024

Respective
responsibilities of
trustees and
Examiner

The charity's trustees consider that an audit is not required for this year (under section 144(2) of the Charities Act 2011 (the Act) and that an independent examination is needed. it is my responsibility to

- Examine the accounts (under section 145 of the 2011 Act)
- Follow the procedures laid down in the General Directions given by the Charity Commission (under section 145(5) of the 2011 Act) and state whether particular matters have come to my attention.

Basis of
independent
examiner's
statement

My examination was carried out in accordance with General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosure in the accounts and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently I do not express an audit opinion on the accounts.

Independent
examiner's
statement

In the course of my examination, no matters has come to my attention:

1. which gives me reasonable cause to believe that in any material respect, the trustees have not met the requirements to ensure that:
 - Proper accounting records are kept (in accordance with section 130 of the Act) and
 - Accounts are prepared which agree with the accounting records and comply with the accounting requirements of the 2011 Act, or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed



Date: 16nd June 2024

Name: George Clark FCPFA

Address: 7 Teesdale Gardens
High Heaton
Newcastle upon Tyne
NE7 7RB

Arts 4 Wellbeing

Statement of Financial Activities

1st April 2023 to 31st March 2024

	Notes	Restricted £	Unrestricted £	Total £	2023 Total £
Incoming resources	(2)				
LA/NHS Funding			186596	186596	172129
Covid related grant					14163
Donations			1684	1684	1500
Private User Payments			78471	78471	56230
Income from charitable activities			2047	2047	2590
Total Incoming resources			<u>268798</u>	<u>268798</u>	<u>231736</u>
Resources expended					
Charitable activities	(3)		150645	150645	126145
Governance costs	(4)	0	112388	112388	110039
Total Resources expended			<u>263033</u>	<u>263003</u>	<u>236184</u>
Net incoming/outgoing resources before transfers		0	5765	5765	10428
Gross transfers between funds					
Net incoming/outgoing resources before other recognised gains (losses)		0	5765	5765	10428
Other recognised Gains(losses)		0			
Net movement in funds		0	5765	5765	10428
Total funds brought forward			114588	114588	104160
Total funds carried forward			120353	120353	114588

Arts 4 Wellbeing

Balance Sheet
31st March 2024

	2024	2024	2023	2023
	£	£	£	£
Fixed assets				
Tangible assets				
Current assets				
Cash at bank and in hand:	120353		114838	
Payments in Advance	-	120353		
Creditors: amounts falling due within 1 year (5)		<u>350</u>	<u>250</u>	
Net current assets		120003		114588
Total assets less current liabilities		120003		114588
Creditors: amounts falling due after 1 year		-		-
Net Assets at 31st March 2024		<u>120003</u>		<u>114588</u>

Represented by:

Restricted Funds	0			
Designated Funds	60000		60000	
Unrestricted Funds	<u>60003</u>		<u>54588</u>	
		<u>120003</u>		<u>114588</u>

For the period ending 31/3/2024 the company was entitled to exemption from the audit under section 477 of the Companies Act 2006 relating to small companies.

Director responsibilities:

- a. The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.
- b. The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
- c. The accounts have been prepared in accordance with the provisions applicable to company's subject to the small companies' regime.

Signed: John Andrew Wood Position: CHAIRMAN

Print Name: JOHN ANDREW WOOD

Date: 27/6/2024

Arts 4 Wellbeing

Notes to the accounts 2024

1. Accounting policies

Basis of accounts

These accounts have been prepared on an accrual's basis in accordance with applicable accounting standards and follow the recommendations in the Statement of Recommended Practice Accounting by Charities (revised 2005)

2. Voluntary Income	2023-2024	2022-2023
S/T Council/ NHS South Tyneside	186596	172129
Covid grant	0	14163
ASDA	17	1500
Donations	1667	-
Outside user/Other payments	78471	56230
Total grants/donations received	266751	244022
Incoming Resources from charitable activities:		
Fundraising	2047	2500
Total Incoming Resources	<u>268798</u>	<u>246612</u>
3. Expenditure Analysis:	2023-2024	2022-2023
Charitable Activities		
Events	5957	7589
Art Material	23761	20927
Artist Tutors	72311	55070
Tutor Assistants	48616	42559
Total	<u>150645</u>	<u>126145</u>
4. Governance Costs		
Office Costs Utilities and Services	24292	21978
Repairs/H&S Training	8692	5527
Administration & External Consultants fees	75674	79680
Accountancy & professional Fees	250	250
Other Administrative Costs	3480	2604
Total	<u>112388</u>	<u>110039</u>

5. Costs of Financial services

A fee of £350 will be paid in 24/25 for the preparation and independent examination of these accounts.

Trustees Report 2023/2024

The trustees, who are also directors of the charity for the purpose of the Companies Act, present their annual report and the financial statement for the year ended 31st March 2024. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and reporting by Charities" issued in October 2000 in preparing the annual report and financial statements of the charity.

Objectives of the Charity, Principal Activity and Organisation of our work

The charity is constituted as a company limited by guarantee, and is therefore governed by a memorandum and articles of association.

The charity's objectives and principal activity continues to be to advance the education of the public, and in particular those living with established mental health needs or learning disabilities, and to foster creative activity through the visual and performing arts.

In order to meet these objectives, the charity engages professional tutors who offer support and guidance to people from the local community living with minor to moderate mental health issues, learning disabilities and / or physical disabilities, and also those at risk of developing mental health illness or a feeling of isolation.

The trustees reissued the contractor's tenders for a further year, thanking the contractors for the continuous support in delivering a frontline expanding service.

All policies have been accepted, risk assessments continue to be left open ended and can be changed at any given time, we must adhere to Government guidance.

All staff have a fully enhanced DBS, trained to the highest levels and have completed all compulsory training inclusive of the Oliver McGowan Training.

Development, Activities and Achievements this year

Life is more normal for our members who attend the centre with new referrals arriving weekly, its lovely to see our centre full of life, the way it should be.

Our members have completed exciting scientific projects, from incredible bath bombs, to DNA, looking at a heart, to making bubbles more dense through adding a sugar solution, to making ice cream.

Staff and members organise a monthly disco at one our local centres, they are well attended and monies raised continue to fund the disco and help other local charities.

The Health and Wellbeing promotion project used positive affirmations to promote mental health.

Staff became Police Hate Crime Champions: staff updated their training to incorporate new revised protected characteristics.

We held a Coronation Party with guest appearance from the beautiful singer Kenya, a great afternoon was had by all.

Members helped the community and environment by litter picking near the centre and surrounding area.

Mental Health Awareness Week, lots of green activities have been going on, members contributed to a large tree art work which was displayed in the studio.

Members completed the new Multiply course, overcoming their fear of maths. Our members were the first in the Borough to be given this opportunity.

Volunteer Week Presentation, saw some of our members attend a presentation where they received a "Simply the Best" certificate.

Our life skills class learnt about understanding different cultures beyond our own, they learnt about each other- where people came from, what their traditions are, and what they struggle with as a community, hate crime, something some of our members have experienced

Kindness comes in many forms our members collected hundreds of crisp packets which were then made into survival sheets for the homeless.

We continue to be inspected by South Tyneside Council; I'm pleased to say they are pleased with our service.

Our members attended a First Aid Course to learn how to save someone's life with First Aid & Safety Training.

Learning Disability Week members and staff held workshops in our local libraries for the public to attend, we held an Art Attack in our centre, lots of paint, mess, artistic flare, smiles and laughter. Our choir was also part of the finale which was held at the amphitheatre.

Arts 4 Wellbeing members kindly donated food provisions to our local food bank.

We were nominated for the Asda Green Token Giving in South Shields along with two organisations.

Staff received an invite to the Love South Tyneside Awards where they had been nominated for an award. We are thrilled to say we won "Team of the Year".

Animals about town came for a visit where members learned about their grooming, feeding and animal welfare.

South Tyneside's newly elected Mayor and Mayoress visited our centre, our members were thrilled to greet our dignitary guests.

53 members attended Alnwick Gardens; a great day was had by all. Members have also enjoyed visits to the North East Land, Sea and Air Museum

Our award-winning Choir performed at the Arbeia 70th celebrations.

Life skills members visited a local care home to give a little pamper session in hand therapy, staff and residents loved the afternoon and even held a little sing song to finish the day off.

A new member of the team started and has settled in well, members and staff have praised J.

The summer visit to Pantoland to see Cinderella went well.

Sports class are enjoying the monthly timetable changes, members are enjoying team building, coordination, communication, balance, problem solving and much more.

We continue to donate food provisions as part of our Harvest Festival to local food banks.

We held a coffee afternoon with lots of cakes to sell, tombola, hand made crafts. Funds raised were donated to Cancer Connections, Macmillan, Dementia UK, and Ashlea Mews Care Home.

Management was presented with a cheque from the Mayors Charity in a ceremony at the Town Hall, along with other organisations.

The highlight of the year has to be our Awards Ceremony, awards are presented to our members in recognition of all their achievements. Members, Carers, family members, staff and dignitary guest attended our black-tie event.

We held a Halloween Disco which was attended by over 58 members all dressed up in a themed costume, our centre was all themed out as the Nightmare before Christmas.

Christmas soon arrived and our members visited the Customs House to see Aladdin.

Little Haven Hotel was our host for our Christmas lunch with over 120 guests attending and a great day was had by all.

ARTS 4 WELLBEING

England & Wales - Charity number 1052496

Accounts



Arts 4 Wellbeing
Annual Report and
Financial Statements
2022 - 2023

Incorporated in England under No. 3106834

Registered Charity 1052496

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Registered Office:

Arts 4 Wellbeing
10 Derby Terrace
South Shields
Tyne and Wear
NE33 4PN
Tel : 0191 454 4004

info@arts4wellbeing.org.uk

www.arts4wellbeing.org.uk

Registered Charity Number: 1052496

Limited Company Number: 3106834

Directors

Chair	John Wood
Secretary/Director	Faye Cunningham
Director	John Brown
Director	Patricia Morris
Director	Ann Gilmore resigned 06.03.23
Director	John Hetherington from 7.3.23

Bankers

Nat West
King Street
South Shields
NE33 1HF

Independent Examiner
George Clark FCPFA

Aims

"To provide the environment and resources that enable people from South Tyneside, both with and without established mental health needs, to participate in creative and artistic activities where mutual creativity can foster personal growth"

Objectives

- To create and maintain a welcoming, warm, relaxed and safe place for members art-making, in an integrated environment attractive to people living in South Tyneside.
- To create and maintain an environment of respect and support where members can improve their confidence, self-reliance, self-esteem and their perceived sense of well-being.
- To provide opportunities for the development of new skills to members and more formal educational and training opportunities.
- To provide opportunities for people to socialise and support each other, make contact and friends.
- To provide opportunities for people to be independent.
- To provide a space where members can challenge and motivate themselves.
- To promote positive images of mental health through practice, publicity, exhibition and events.
- To actively seek partnerships with other voluntary and statutory sector organisations, to support the continual improvement of mental health services locally, regionally, nationally and internationally.

Overview

The project continued to work closely with various statutory and third sector organisations.

Arts 4 Wellbeing Activities

Arts – Provide a range of arts and craft-based activities to stimulate creativity, promote confidence and interaction.

Life Skills – An array of cognitive activities and practical activities to enhance the daily living skills of every member.

Sports – To help members engage in physical and challenging activity promoting confidence and exercise to enhance health and wellbeing.

Drama – To promote a voice and explore the arts through acting, reading and performance which promotes wellbeing and self-worth.

Singing – Singing allows members to express their feelings through song and emotion and has a positive effect on self-confidence and worth.

Dance and Exercise – Gives members that great happy feeling of enjoyment and feelgood factor alongside promoting fitness on different levels.

Educational Resources - An opportunity to develop an individual's confidence through completing various tasks relating to both literacy and numeracy.

Arts 4 Wellbeing Events

Many events were held at Arts 4 Wellbeing from exhibitions, Stars in your Eyes, hosting our own monthly disco, starting new academic courses, easter egg competitions, fire safety awareness training, awards ceremony, panto visits and much more a busy year for all everyone involved at our centre.

Learning Disabilities Week

Learning Disability Week our members and tutors demonstrated their skills to our community by hosting workshops in the libraries across our borough, our choir also sang at the ampitheatre at the finale of learning disability week, a great week was had by all.

South Tyneside Libraries

We continue to work closely and exhibit within our libraries across our borough, this year one of the exhibition was held at Cleadon Park library as part of this year's START festival.

Partnership

Arts 4 Wellbeing continued to participate in networking and partnerships.

We continued to work with Northumbria Police to reduce the stigma surrounding mental illness and learning disabilities, members are working and helping to design a easy read book based on hate crime.

Our new course Multiply started in conjunction with Training in Care, members enjoyed having a tutor back in class. Friendships have grown and still continue to grow with our continued partnership working with Asda.

Change 4 Life

Arts 4 Wellbeing was one of the founder members of the Change 4 Life Health and Wellbeing Champion Network formerly Happiness & Wellbeing Network, a forum set up in South Tyneside to help promote the wellbeing within the borough. Working closely with the Change 4 Life Network we help promote good mental health throughout South Tyneside.

Better Health at Work Award

We decided to defer another year as we wanted to concentrated more on our members academic achievements, staff completed their further education courses, we are happy to announce our two members of staff gained their Master Degrees.

World Mental Health Week

Our members created their own art work of what and where makes them happy, this was exhibited within our arts 4 wellbeing building. Our centre also donated a giant colouring roll to another service for members of the public to help colour in and add their own thoughts of "Life"

Volunteers and Placements

We opened our doors to volunteers and placements, this year we have taken 8 students from Epinay 6th form, we continue to encourage and grow our member volunteers within Arts 4 Wellbeing.

Exhibitions

In accordance with Arts 4 Wellbeing established practice we continually exhibited work internally, some great work has been exhibited over the last year in house and had been published on our social media each week with great reviews. We worked closely with Souter Lighthouse in an exhibition involving our members creations called Kick Off.

Our Platinum Jubilee paintings were proudly exhibited in South Shields Town Hall.

Investment Funding

We continue to be funded by the following investors in our work and would like to thank them for their continued support throughout the year.

- Social Care & Health , South Tyneside MBC
- South Tyneside Clinical Commissioning Group
- South Tyneside Clinical Commissioning Group— Arts on Prescription Scheme

Audited Accounts

Arts 4 Wellbeing's accounts are Independently Examined by George Clark FCPFA.

A signed Independent Examiners Report is attached to the Financial Statements. Copies of these are kept at the Company's registered office and are available for inspection, by appointment, and are also available through the Charity Commission Web Site

www.charity-commission.gov.uk

INDEPENDENT EXAMINER'S REPORT

Report to the trustees of:

Arts 4 Wellbeing

Charity No: 1052496

On accounts for the year ending:

31st March 2023

Respective responsibilities of trustees and Examiner

The charity's trustees consider that an audit is not required for this year (under section 144(2) of the Charities Act 2011 (the Act) and that an independent examination is needed. it is my responsibility to

- Examine the accounts (under section 145 of the 2011 Act)
- Follow the procedures laid down in the General Directions given by the Charity Commission (under section 145(5) of the 2011 Act) and state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with General Directors given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosure in the accounts and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently I do not express an audit opinion on the accounts.

Independent examiner's statement

In the course of my examination, no matters has come to my attention:

1. which gives me reasonable cause to believe that in any material respect, the trustees have not met the requirements to ensure that:

- Proper accounting records are kept (in accordance with section 130 of the Act) and
- Accounts are prepared which agree with the accounting records and comply with the accounting requirements of the 2011 Act, or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed



Date: 22nd June 2023

Name: George Clark FCPFA

Address: 7 Teesdale Gardens
High Heaton
Newcastle upon Tyne
NE7 7RB

Arts 4 Wellbeing

Statement of Financial Activities

1st April 2022 to 31st March 2023

	Notes	Restricted £	Unrestricted £	Total £	2022 Total £
Incoming resources	(2)				
LA/NHS Funding			172129	172129	170655
Covid related grant			14163	14163	20000
Donations			1500	1500	5519
Private User Payments			56230	56230	31910
Income from charitable activities			2590	2590	3652
Total Incoming resources			246612	246612	231736
Resources expended					
Charitable activities	(3)		126145	126145	104444
Governance costs	(4)	0	110039	110039	114384
Total Resources expended			236184	236184	218828
Net incoming/outgoing resources before transfers		0	10428	10428	12908
Gross transfers between funds					
Net incoming/outgoing resources before other recognised gains (losses)		0	10428	10428	12908
Other recognised Gains(losses)		0	-	-	-
Net movement in funds		0	10428	10428	12908
Total funds brought forward			104160	104160	91252
Total funds carried forward			114588	114588	104160

Arts 4 Wellbeing

Notes to the accounts 2023

1. Accounting policies

Basis of accounts

These accounts have been prepared on an accrual's basis in accordance with applicable accounting standards and follow the recommendations in the Statement of Recommended Practice Accounting by Charities (revised 2005)

2. Voluntary Income	2022-2023	2021-2022
S/T Council/ NHS South Tyneside	172129	170655
Covid grant	14163	20000
ASDA	1500	-
CAF	-	-
Donations	-	5519
The Big Lottery	-	-
Outside user/Other payments	56230	31910
Total grants/donations received	244022	228084
Incoming Resources from charitable activities:		
Fundraising	2590	3652
Total Incoming Resources	<u>246612</u>	<u>231736</u>
3. Expenditure Analysis:	2022/23	2021-2022
Charitable Activities		
Events	7589	9650
Art Material	20927	16474
Artist Tutors	55070	53718
Tutor Assistants	42559	24602
Total	<u>126145</u>	<u>104444</u>
4. Governance Costs		
Office Costs Utilities and Services	21978	18142
Repairs/H&S Training	5527	13805
Administration & External Consultants fees	79680	76611
Accountancy & professional Fees	250	250
Other Administrative Costs	2604	5577
Total	<u>110039</u>	<u>114384</u>
5. Costs of Financial services		

A fee of £250 will be paid for the preparation and independent examination of these accounts.

Trustees Report 2022/2023

The trustees, who are also directors of the charity for the purpose of the Companies Act, present their annual report and the financial statement for the year ended 31st March 2023. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and reporting by Charities" issued in October 2000 in preparing the annual report and financial statements of the charity.

Objectives of the Charity, Principal Activity and Organisation of our work

The charity is constituted as a company limited by guarantee, and is therefore governed by a memorandum and articles of association.

The charity's objects and principal activity continues to be to advance the education of the public, and in particular those living with established mental health needs or learning disabilities, and to foster creative activity through the visual and performing arts.

In order to meet these objects, the charity engages professional tutors who offer support and guidance to people from the local community living with minor to moderate mental health issues, learning disabilities and / or physical disabilities, and also those at risk of developing mental health illness or a feeling of isolation.

The trustees reissued the contractor's tenders for a further year, thanking the contractors for the continuous support in delivering a frontline expanding service.

There has been changes to the policies, this year Infection Control has been updated incorporating Covid 19, our risk assessment has been left open ended and can be changed at any given time, we must adhere to government guidance.

Development, Activities and Achievements this year

Life is more normal for our members who attend the centre with new referrals arriving weekly, its lovely to see our centre full of life, the way it should be.

Members and carers enjoyed the Queens Platinum Jubilee Party we held our centre.

It was lovely to see so many smiling faces returned and after lots of chats with members

With everyone feeling a little unfit, members who had returned and those still at home joined a "Dance Yourself Fit" 28-day challenge via zoom, it was lovely to see our members being active, we also received lots of photographs from those dancing at home.

Members often spoke of how they always donated to others but now felt it was time to donate to us, members had lots of fundraising ideas and started planning for throughout the year.

Our life skills learnt about understanding different cultures beyond our own, they learnt about each other-where people came from, what their traditions are, and what they struggle with as a community, hate crime something some of our members have experienced.

Mental Health Awareness Week, a giant colouring roll was donated to another service for members of the public to help colour in and add their own thoughts of life, our members created their art work on life this was exhibited within our building.

Kindness comes in many forms our members collected hundreds of crisps packets which were then made into survival sheets for the homeless.

We continue to be inspected by South Tyneside Council, I'm pleased to say they are pleased with our service.

Our members attended fire awareness course from Tyne & Wear Fire & Rescue Service.

Our trips this year were to South Lake Safari, Beamish Museum and The Christmas trail at Alnwick Castle.

Learning Disability Week members and staff held workshops in our local libraries for the public to attend, our choir was also part of the finale which was held at the ampitheatre.

Arts 4 Wellbeing members kindly donated food provisions to our local food bank.

We were nominated for the Asda Green Token Giving in South Shields along with two organisations.

Staff were asked to record a video about our volunteers and the difference volunteers make to services by Love South Tyneside.

Our new academic course Multiply started in August, it was lovely for members and the tutor to be able to work together again.

South Tyneside newly elected Mayor and Mayoress visited our centre, our members were thrilled to greet our dignitary guests.

This year with restrictions lifted we went our first trip to Beamish; a great day was had by all.

Our trustees took part in a litter pick of the parks.

A local company were impressed with our service and kindly donated 5 new computers.

Discussions were held with staff and members with what to purchase with the funding that was kindly donated through fundraising, with the monies raised we were able to purchase 5 reconditioned Ipads.

Staff and members organised a monthly disco at one of our local centres, attendance keeps rising.

We donated food provisions as part of our Harvest Festival to local food banks.

Our members were presented with their academic certificates by Dr Angela Brown, Director of Training in Care, whilst enjoying high tea.

Management was presented with a cheque from the Mayors Charity in a ceremony at the town hall, along with other organisations.

Community Champions visited our centre and assisted our members in making scones, bread buns.

The highlight of the year has to be our Awards Ceremony, awards are presented to our members in recognition of all their achievements. Members, carers, family members, staff and dignitary guests attended our black-tie event.

We held a Halloween disco which was attended by over 50 members all dressed up in themed costumes, our centre was all themed out as Harry Potter

Christmas soon arrived our members went to the customs house to see this year's pantomime Robin Hood.

Little Haven Hotel was our host for our Christmas lunch with over 100 guests attending a great day was had by all.

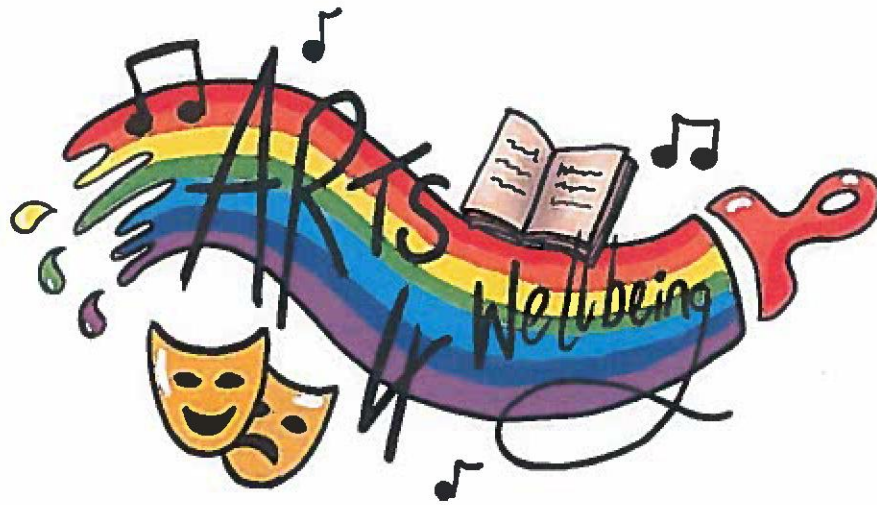
We held our Christmas fayre at our centre, the event went really well with another one on the cards this year.

Members were invited by Her Royal Highness Princess of Wales to the community Christmas Carol Service.

ARTS 4 WELLBEING

England & Wales - Charity number 1052496

Accounts



Arts 4 Wellbeing

Annual Report 2021 - 2022

Incorporated in England under No. 3106834

Registered Charity 1052496

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Registered Office:

Arts 4 Wellbeing
10 Derby Terrace
South Shields
Tyne and Wear
NE33 4PN

Tel : 0191 454 4004
info@arts4wellbeing.org.uk
www.arts4wellbeing.org.uk

Registered Charity Number: 1052496
Limited Company Number: 3106834

Directors

Chair
Secretary/Director
Director
Director
Director

John Wood
Faye Cunningham
John Brown
Patricia Morris
Ann Gilmore

Aims

"To provide the environment and resources that enable people from South Tyneside, both with and without established mental health needs, to participate in creative and artistic activities where mutual creativity can foster personal growth"

Objectives

- To create and maintain a welcoming, warm, relaxed and safe place for members art-making, in an integrated environment attractive to people living in South Tyneside.
- To create and maintain an environment of respect and support where members can improve their confidence, self-reliance, self-esteem and their perceived sense of well-being.
- To provide opportunities for the development of new skills to members and more formal educational and training opportunities.
- To provide opportunities for people to socialise and support each other, make contact and friends.
- To provide opportunities for people to be independent.
- To provide a space where members can challenge and motivate themselves.
- To promote positive images of mental health through practice, publicity, exhibition and events.
- To actively seek partnerships with other voluntary and statutory sector organisations, to support the continual improvement of mental health services locally, regionally, nationally and internationally.

Overview

The project continued to work closely with various statutory and third sector organisations.

Arts 4 Wellbeing Activities

Arts – Provide a range of arts and craft-based activities to stimulate creativity, promote confidence and interaction.

Life Skills – An array of cognitive activities and practical activities to enhance the daily living skills of every member.

Sports – To help members engage in physical and challenging activity promoting confidence and exercise to enhance health and wellbeing.

Drama – To promote a voice and explore the arts through acting, reading and performance which promotes wellbeing and self-worth.

Singing – Singing allows members to express their feelings through song and emotion and has a positive effect on self-confidence and worth.

Dance and Exercise – Gives members that great happy feeling of enjoyment and feelgood factor alongside promoting fitness on different levels.

Educational Resources - An opportunity to develop an individual's confidence through completing various tasks relating to both literacy and numeracy.

Arts 4 Wellbeing Events

As our members returned Chit and Chatter was formed by a group of friends hoping to rekindle friendships, be there for each other and talk, members also completed a 28-day challenge "Dance Yourself Fit. A Saturday Club was launched for those members not able to return yet through the week. We held an NHS Garden Party, sang songs, enjoyed seeing our friends all socially distanced in our garden. This year we were able to take 53 members to Beamish on our first annual trip in two years. Our much long-awaited Awards Ceremony was able to take place, the ceremony is recognition of our members achievements throughout the year.

Learning Disabilities Week

Learning Disability Week, we kept our members spirits up with a picnic in the park, ninja art was placed around South Tyneside and Sunderland for members of the public to find and keep if they should wish.

South Tyneside Libraries

Even though know exhibitions could be planned or installed we still worked in partnership with the libraries.

Partnership

Arts 4 Wellbeing continued to participate in networking and partnerships.

We continued to work with Northumbria Police to reduce the stigma surrounding mental illness and learning disabilities.

Our new academic courses via zoom started in conjunction with Training in Care, staff members at Arts 4 Wellbeing facilitated the courses and got just as much out of the training as our members did.

Change 4 Life

Arts 4 Wellbeing was one of the founder members of the Change 4 Life Health and Wellbeing Champion Network formerly Happiness & Wellbeing Network, a forum set up in South Tyneside to help promote the wellbeing within the borough. Working closely with the Change 4 Life Network we help promote good mental health throughout South Tyneside.

Better Health at Work Award

We decided to defer this year as we wanted to concentrate more on our members academic achievements, staff completed their further education courses, and we are happy to say two members of staff are half way through their Masters.

World Mental Health Week

Our members created their own art work of what and where makes them happy, this was exhibited within our arts 4 wellbeing building. Our centre also donated a giant colouring roll to another service for members of the public to help colour in and add their own thoughts of "What makes them happy".

Volunteers and Placements

No placements have been taken up this year with the pandemic, we hope in the near future this will be possible as it's a great experience for our younger generation. Our volunteers increased as we introduced volunteer members alongside our volunteers, we now have a total of 21, member volunteers were presented with their own volunteer member aprons, lovely to see people have a sense of worth.

Exhibitions

In accordance with Arts 4 Wellbeing established practice we continually exhibited work internally, some great work has been exhibited over the last year in house and had been published on our social media each week with great reviews.

Investment Funding

We continue to be funded by the following investors in our work and would like to thank them for their continued support throughout the year.

- Social Care & Health , South Tyneside MBC
- South Tyneside Clinical Commissioning Group
- South Tyneside Clinical Commissioning Group— Arts on Prescription Scheme

Audited Accounts

Arts 4 Wellbeing's accounts are audited by George Clark CPFA.

The auditor issued a Independent Examiners Qualified Report on the Accounts. Copies of the audited accounts are kept at the Company's registered office and are available for inspection there and are also available through the Charity Commission Web Site

www.charity-commission.gov.uk

Arts 4 Wellbeing

Statement of Financial Activities

1st April 2021 to 31st March 2022

	Notes	Restricted £	Unrestricted £	Total £	2021 Total £
Incoming resources	(2)				
LA/NHS Funding			170655	170655	163155
Covid related grant			20000	20000	10000
Donations			5519	5519	1952
Private User Payments			31910	10320	10320
Income from charitable activities			3652	-	-
Total Incoming resources			<u>231736</u>	<u>231736</u>	<u>185427</u>
Resources expended					
Charitable activities	(3)		104444	104444	100639
Governance costs	(4)	0	114334	114334	101161
Total Resources expended			<u>218828</u>	<u>218828</u>	<u>201800</u>
Net incoming/outgoing resources before transfers		0	12908	12908	-16373
Gross transfers between funds					
Net incoming/outgoing resources before other recognised gains (losses)		0	12908	12908	-16373
Other recognised Gains(losses)		0	-	-	-
Net movement in funds		0	12908	12908	-16373
Total funds brought forward			91252	91252	107625
Total funds carried forward			104160	104160	91252

Trustees Report 2021/2022

The trustees, who are also directors of the charity for the purpose of the Companies Act, present their annual report and the financial statement for the year ended 31st March 2022. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and reporting by Charities" issued in October 2000 in preparing the annual report and financial statements of the charity.

OBJECTS OF THE CHARITY, PRINCIPAL ACTIVITIES AND ORGANISATION OF OUR WORK

The charity is constituted as a company limited by guarantee, and is therefore governed by a memorandum and articles of association.

The charity's objects and principal activity continues to be to advance the education of the public, and in particular those living with established mental health needs or learning disabilities, and to foster creative activity through the visual and performing arts.

In order to meet these objects, the charity engages professional tutors who offer support and guidance to people from the local community living with minor to moderate mental health issues, learning disabilities and / or physical disabilities, and also those at risk of developing mental health illness or a feeling of isolation.

The trustees reissued the contractor's tenders for a further year, thanking the contractors for the continuous support in delivering a frontline expanding service.

There has been changes to the policies, this year Infection Control has been updated incorporating Covid 19, our risk assessment has been left open ended and can be changed at any given time, we must adhere to government guidance.

DEVELOPMENT, ACTIVITIES AND ACHIEVEMENTS THIS YEAR

As lockdown started to ease more and more members started to return to our centre, staff were fully trained in infection control and new rules were brought in encouraging members to wear face coverings and washing of hands when entering our building.

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Arts 4 Wellbeing

A Charity registered in England and Wales

Registration No: 1052496

Registration Company No: 03106834

Financial Statements

And

Trustee's Report

1st April 2021 to 31st March 2022

Legal and Administrative Information

Name: Arts 4 Wellbeing

Reg'd Charity No:1052496

Company No: 0316834

Structure: Registered Charity and Company Limited by Guarantee

Trustees: Chair: John Wood
Secretary: Fay Cunningham
Treasurer: Patricia Morris
John Brown
Anne Gilmore

Address: 10 Derby Terrace
South Shield
NE33 4PN

Bankers: Nat West
King Street
South Shields
NE33 1HF

Independent
Examiner: George Clark FCPFA
7 Teesdale Gardens
High Heaton
Newcastle upon Tyne
NE7 7RB

Trustees Report 2021/2022

The trustees, who are also directors of the charity for the purpose of the Companies Act, present their annual report and the financial statement for the year ended 31st March 2022. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and reporting by Charities" issued in October 2000 in preparing the annual report and financial statements of the charity.

OBJECTS OF THE CHARITY, PRINCIPAL ACTIVITIES AND ORGANISATION OF OUR WORK

The charity is constituted as a company limited by guarantee, and is therefore governed by a memorandum and articles of association.

The charity's objects and principal activity continues to be to advance the education of the public, and in particular those living with established mental health needs or learning disabilities, and to foster creative activity through the visual and performing arts.

In order to meet these objects, the charity engages professional tutors who offer support and guidance to people from the local community living with minor to moderate mental health issues, learning disabilities and / or physical disabilities, and also those at risk of developing mental health illness or a feeling of isolation.

The trustees reissued the contractor's tenders for a further year, thanking the contractors for the continuous support in delivering a frontline expanding service.

There has been changes to the policies, this year Infection Control has been updated incorporating Covid 19, our risk assessment has been left open ended and can be changed at any given time, we must adhere to government guidance.

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INDEPENDENT EXAMINER'S REPORT

Report to the trustees of:

Arts 4 Wellbeing

Charity No: 1052496

On accounts for the year ending:

31st March 2022

Respective responsibilities of trustees and Examiner

The charity's trustees consider that an audit is not required for this year (under section 144(2) of the Charities Act 2011 (the Act) and that an independent examination is needed. it is my responsibility to

- Examine the accounts (under section 145 of the 2011 Act)
- Follow the procedures laid down in the General Directions given by the Charity Commission (under section 145(5) of the 2011 Act) and state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with General Directors given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosure in the accounts and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently I do not express an audit opinion on the accounts.

Independent examiner's statement

In the course of my examination, no matters has come to my attention:
1. which gives me reasonable cause to believe that in any material respect, the trustees have not met the requirements to ensure that:

- Proper accounting records are kept (in accordance with section 130 of the Act) and
- Accounts are prepared which agree with the accounting records and comply with the accounting requirements of the 2011 Act, or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed



Date: 10th June 2022

Name: George Clark FCPFA

Address: 7 Teesdale Gardens
High Heaton
Newcastle upon Tyne
NE7 7RB

Arts 4 Wellbeing

Statement of Financial Activities

1st April 2021 to 31st March 2022

	Notes	Restricted £	Unrestricted £	Total £	2021 Total £
Incoming resources	(2)				
LANHS Funding			170655	170655	163155
Covid related grant			20000	20000	10000
Donations			5519	5519	1952
Private User Payments			31910	31910	10320
Income from charitable activities			3652	3652	
Total Incoming resources			<u>231736</u>	<u>231736</u>	<u>185427</u>
Resources expended					
Charitable activities	(3)		104444	104444	100639
Governance costs	(4)	0	114384	114384	101161
Total Resources expended			<u>218828</u>	<u>218828</u>	<u>201800</u>
Net incoming/outgoing resources before transfers		0	12908	12908	-16373
Gross transfers between funds					
Net incoming/outgoing resources before other recognised gains (losses)		0	12908	12908	-16373
Other recognised Gains(losses)		0	-	-	-
Net movement in funds		0	12908	12908	-16373
Total funds brought forward			91252	91252	107625
Total funds carried forward			104160	104160	91252

Arts 4 Wellbeing

Balance Sheet
31st March 2022

	2022	2022	2021	2021
	£	£	£	£
Fixed assets				
Tangible assets				
Current assets				
Cash at bank and in hand:	104410		91502	
Payments in Advance	-	104410		
Creditors: amounts falling due within 1 year (5)		<u>250</u>		<u>250</u>
Net current assets		104160		91252
Total assets less current liabilities		104160		91252
Creditors: amounts falling due after 1 year		-		-
Net Assets at 31st March 2021		<u>104160</u>		<u>91252</u>
Represented by:				
Restricted Funds	0			
Designated Funds	60000		60000	
Unrestricted Funds	<u>44160</u>		<u>31252</u>	
		<u>104160</u>		

91252

For the period ending 31/3/2022 the company was entitled to exemption from the audit under section 477 of the Companies Act 2006 relating to small companies.

Director responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
- The accounts have been prepared in accordance with the provisions applicable to company's subject to the small companies' regime.

Signed: John A Wood Position: CHAIRMAN

Print Name: JOHN A WOOD

Date: 1/7/2022

Arts 4 Wellbeing

Notes to the accounts 2022

1. Accounting policies

Basis of accounts

These accounts have been prepared on an accrual's basis in accordance with applicable accounting standards and follow the recommendations in the Statement of Recommended Practice Accounting by Charities (revised 2005)

2. Voluntary Income	2021-2022	2020-2021
S/T Council/ NHS South Tyneside	170655	163155
Covid grant	20000	10000
ASDA	-	300
CAF	-	-
Donations	5519	1652
The Big Lottery		-
Outside user/Other payments	31910	10320
Total grants/donations received	228084	185427
Incoming Resources from charitable activities:		
Fundraising	3652	-
Total Incoming Resources	<u>231736</u>	<u>185427</u>
3. Expenditure Analysis:	2021/22	2020-2021
Charitable Activities		
Events	9650	70
Art Material	16474	17070
Artist Tutors (5)	53718	55907
Tutor Assistants (4)	24602	27592
Total	<u>104444</u>	<u>100639</u>
4. Governance Costs		
Office Costs Utilities and Services	18141	17688
Repairs/H&S Training	13805	5152
Administration & External Consultants fees	76611	72874
Accountancy & professional Fees	250	250
Other Administrative Costs	5577	5197
Total	<u>114384</u>	<u>101161</u>

5. Costs of Financial services

A fee of £250 will be paid for the preparation and independent examination of these accounts

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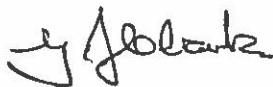
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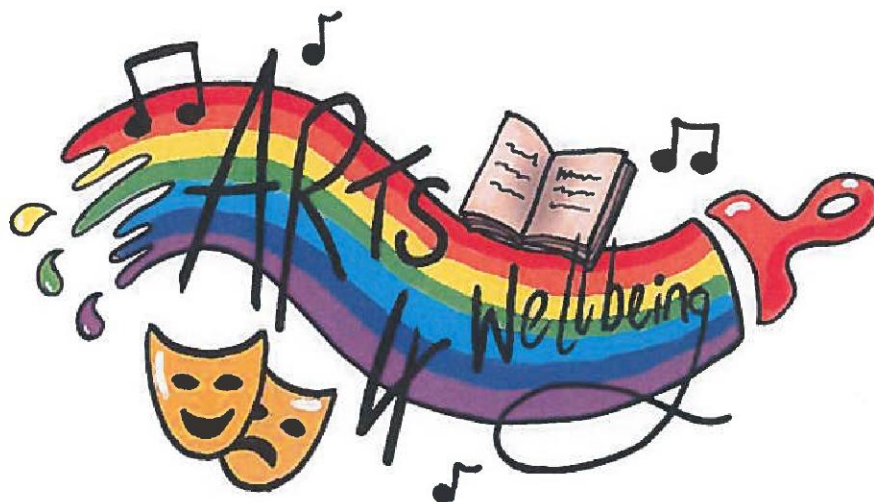
Name: George Clark FCPFA

Address: 7 Teesdale Gardens
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ARTS 4 WELLBEING

England & Wales - Charity number 1052496

Accounts



Arts 4 Wellbeing

Annual Report 2020 - 2021

Incorporated in England under No. 3106834
Registered Charity 1052496

Company Information	3
Aims and Objectives of Organisation	4
Overview	5
Networking and Partnerships	5
Volunteering and Placements	6
Exhibitions	6
Investment Funding	7
Audited Accounts	7
Financial Report	8
Trustees Report	9

Registered Office:

Arts 4 Wellbeing
10 Derby Terrace
South Shields
Tyne and Wear
NE33 4PN

Tel : 0191 454 4004
info@arts4wellbeing.org.uk
www.arts4wellbeing.org.uk

Registered Charity Number: 1052496
Limited Company Number: 3106834

Directors

Chair
Secretary/Director
Director
Director
Director

John Wood
Faye Cunningham
John Brown
Patricia Morris
Ann Gilmore

Aims

"To provide the environment and resources that enable people from South Tyneside, both with and without established mental health needs, to participate in creative and artistic activities where mutual creativity can foster personal growth"

Objectives

- To create and maintain a welcoming, warm, relaxed and safe place for members art-making, in an integrated environment attractive to people living in South Tyneside.
- To create and maintain an environment of respect and support where members can improve their confidence, self-reliance, self-esteem and their perceived sense of well-being.
- To provide opportunities for the development of new skills to members and more formal educational and training opportunities.
- To provide opportunities for people to socialise and support each other, make contact and friends.
- To provide opportunities for people to be independent.
- To provide a space where members can challenge and motivate themselves.
- To promote positive images of mental health through practice, publicity, exhibition and events.
- To actively seek partnerships with other voluntary and statutory sector organisations, to support the continual improvement of mental health services locally, regionally, nationally and internationally.

Overview

The project continued to work closely with various statutory and third sector organisations.

Arts 4 Wellbeing Activities

Arts – Provide a range of arts and crafts based activities to stimulate creativity, promote confidence and interaction.

Life Skills – An array of cognitive activities and practical activities to enhance the daily living skills of every member.

Sports – To help members engage in physical and challenging activity promoting confidence and exercise to enhance health and wellbeing.

Drama – To promote a voice and explore the arts through acting, reading and performance which promotes wellbeing and self-worth.

Singing – Singing allows members to express their feelings through song and emotion and has a positive effect on self-confidence and worth.

Dance and Exercise – Gives members that great happy feeling of enjoyment and feel good factor alongside promoting fitness on different levels.

Educational Resources - An opportunity to develop an individual's confidence through completing various tasks relating to both literacy and numeracy.

Arts 4 Wellbeing Events

All events have been cancelled this year due to the ongoing pandemic, we have tried to bring events in house to keep moral high for those members that have returned, this included Christmas lunch with a singer, two pantomimes which watched via zoom, we held an outside Halloween exhibition which was a great success our community were able to walk past and see our creations, which helped with moral and see smiling faces in such strange times.

Learning Disabilities Week

Learning Disabilities was cancelled this year due to the ongoing pandemic, Arts 4 Wellbeing tried to keep everyone spirits up by posting daily updates on our social media of past events, events that had taken place across our Borough. Once lockdown was lifted Arts 4 Wellbeing met members and carers in the park to boost everyone's moral, have fun with a mini "It's a Knockout", Mexican waves, singalong and most of all smiles, all of this was done under strict government guidance

South Tyneside Libraries

Even though know exhibitions could be planned or installed we still worked in partnership with the libraries.

Partnership

Arts 4 Wellbeing continued to participate in networking and partnerships.

We continued to work with Northumbria Police to reduce the stigma surrounding mental illness and learning disabilities, Northumbria Police helped our members to understand the meaning of "scamming", fraudulent claims on their bank accounts and bogus callers. Arts 4 Wellbeing worked continuously throughout the pandemic, helping different organisations with donations of much needed provisions, helping our community by delivering medication and provisions, making activity packs up each week and delivering to over 100 members and children in our community. Cooking food and delivering to the elderly. Donating over 50 food hampers to Veteran Response, working in the community has brought South Tyneside together to stand as one.

Change 4 Life

Arts 4 Wellbeing was one of the founder members of the Change 4 Life Health and Wellbeing Champion Network formerly Happiness & Wellbeing Network, a forum set up in South Tyneside to help promote the wellbeing within the borough. Working closely with the Change 4 Life Network we help promote good mental health throughout South Tyneside.

Better Health at Work Award

We decided to defer this year as we wanted to concentrate more on our community and Arts 4 Wellbeing.

World Mental Health Week

Our members created a tree and they each placed a leaf on the tree with sayings that made them feel good about themselves, creating positivity and a sense of belonging amongst our members.

Volunteers and Placements

No placements have been taken up this year with the pandemic, we hope in the near future this will be possible as it's a great experience for our younger generation. Our volunteers increased as we introduced volunteer members alongside our volunteers we now have a total of 23, lovely to see people have a sense of worth.

Exhibitions

In accordance with Arts 4 Wellbeing established practice we continually exhibited work internally, some great work has been exhibited over the last year in house and had been published on our social media each week with great reviews.

Investment Funding

We continue to be funded by the following investors in our work and would like to thank them for their continued support throughout the year.

- Social Care & Health , South Tyneside MBC
- South Tyneside Clinical Commissioning Group
- South Tyneside Clinical Commissioning Group— Arts on Prescription Scheme

Audited Accounts

Arts 4 Wellbeing's accounts are audited by George Clark CPFA:

The auditor issued a Independent Examiners Qualified Report on the Accounts. Copies of the audited accounts are kept at the Company's registered office and are available for inspection there and are also available through the Charity Commission Web Site

www.charity-commission.gov.uk

Arts 4 Wellbeing

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Covid related grant			10000	10000		-
Donations			1952	1952		2857
Private User Payments			10320	10320		14010
Income from charitable activities			-	-		1846
Total Incoming resources			<u>185427</u>	<u>185427</u>		<u>181868</u>
Resources expended						
Charitable activities	(3)		100639	100639		91435
Governance costs	(4)	0	101161	101161		101986
Total Resources expended			<u>201800</u>	<u>201800</u>		<u>193421</u>
Net incoming/outgoing resources before transfers	0		-16373	-16373		-11553
Gross transfers between funds						
Net incoming/outgoing resources before other recognised gains (losses)	0		-16373	-16373		-11553
Other recognised Gains(losses)	0		-	-		-
Net movement in funds	0		-16373	-16373		-11553
Total funds brought forward			107625	107625		119178
Total funds carried forward			<u>91252</u>	<u>91252</u>		<u>107625</u>

Trustees Report 2020/2021

The trustees, who are also directors of the charity for the purpose of the Companies Act, present their annual report and the financial statement for the year ended 31st March 2021. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and reporting by Charities" issued in October 2000 in preparing the annual report and financial statements of the charity.

OBJECTS OF THE CHARITY, PRINCIPAL ACTIVITIES AND ORGANISATION OF OUR WORK

The charity is constituted as a company limited by guarantee, and is therefore governed by a memorandum and articles of association.

The charity's objects and principal activity continues to be to advance the education of the public, and in particular those living with established mental health needs or learning disabilities, and to foster creative activity through the visual and performing arts.

In order to meet these objects, the charity engages professional tutors who offer support and guidance to people from the local community living with minor to moderate mental health issues, learning disabilities and / or physical disabilities, and also those at risk of developing mental health illness or a feeling of isolation.

The trustees reissued the contractor's tenders for a further year, thanking the contractors for the continuous support in delivering a frontline expanding service.

There has been changes to the policies, this year Infection Control has been updated incorporating Covid 19, our risk assessment has been left open ended and can be changed at any given time, we must adhere to government guidance.

DEVELOPMENT, ACTIVITIES AND ACHIEVEMENTS THIS YEAR

The World Health Organisation declared a Public Health Emergency of International Concern in January 2020, and a pandemic in March 2020. On the 20th March 2020 Arts 4 Wellbeing closed its doors to all our members and staff under guidance from the government, only those on the front line were able to work those that were classed as key front line workers, the rest of the country went into to full lockdown.

Our manager and a member of staff took it upon themselves to start making activity packs up each week to deliver to our member's homes, word soon spread and requests from the community started flooding in, staff worked from home sewing, making scrub bags for the

NHS and care homes, cooking meals and delivering to those in need.

Our members even though under full lockdown wanted to help our community so each week as activity packs were dropped off, provisions were handed to our manager to be kindly donated to those in need.

In July 2020 under guidance we were allowed to open our doors to a minimum number of members, and so our year begins.

All our events have been cancelled throughout the year due to the ongoing pandemic, we tried to bring events in house, to keep moral high for those members that had returned, this included Christmas lunch, pantomimes via zoom, we held an outside Halloween Exhibition which was a great success, our community were able to walk past and see our creations, which helped with moral and seeing smiling faces in such strange times.

We continued to participate in networking and partnership via zoom, Northumbria Police helped our members to understand the meaning of “scamming”, fraudulent claims on their bank account and bogus callers.

Training in Care provided accredited courses via zoom for 15 members, in different subjects from self-care, infection control to safeguarding, an extension of the Esteem Project Members also completed Infection Control and Covid 19 training in house through the World Health Organisation.

Arts 4 Wellbeing decided to defer this year’s Better Health at Work Award we decided to concentrate more on our community and Arts 4 Wellbeing, we have however still strived to maintain a high level of Silver Award.

It’s been a hard year for our country but with communities pulling together, a vaccination being approved and administered our country and organisations are slowly opening up. Arts 4 Wellbeing has been Covid free building since opening its doors in July 2020, infection control is to a high standard, and long may we stay covid free, we eagerly await to open our doors to those of our members that wish to return.

Arts 4 Wellbeing

A Charity registered in England and Wales

Registration No: 1052496

Registration Company No: 03106834

Financial Statements

And

Trustee's Report

1st April 2020 to 31st March 2021

Legal and Administrative Information

Name: Arts 4 Wellbeing

Reg'd Charity No:1052496

Company No: 0316834

Structure: Registered Charity and Company Limited by Guarantee

Trustees: Chair: John Wood
Secretary: Fay Cunningham
Treasurer: Patricia Morris
John Brown
Anne Gilmore

Address: 10 Derby Terrace
South Shield
NE33 4PN

Bankers: Nat West
King Street
South Shields
NE33 1HF

Independent
Examiner: George Clark FCPFA
7 Teesdale Gardens
High Heaton
Newcastle upon Tyne
NE7 7RB

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Signed..........Chair, on behalf of the Trustees

Print Name.....JOHN ANDREW WOOD.....

Date.....30/7/2021.....

INDEPENDENT EXAMINER'S REPORT

Report to the trustees of:

Arts 4 Wellbeing

Charity No: 1052496

On accounts for the year ending:

31st March 2021

Respective responsibilities of trustees and Examiner

The charity's trustees consider that an audit is not required for this year (under section 144(2) of the Charities Act 2011 (the Act) and that an independent examination is needed. it is my responsibility to

- Examine the accounts (under section 145 of the 2011 Act)
- Follow the procedures laid down in the General Directions given by the Charity Commission (under section 145(5) of the 2011 Act) and state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with General Directors given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosure in the accounts and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently I do not express an audit opinion on the accounts.

Independent examiner's statement

In the course of my examination, no matters has come to my attention:

1. which gives me reasonable cause to believe that in any material respect, the trustees have not met the requirements to ensure that:
 - Proper accounting records are kept (in accordance with section 130 of the Act) and
 - Accounts are prepared which agree with the accounting records and comply with the accounting requirements of the 2011 Act, or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed

Date: 13th July 2021



Name: George Clark FCPFA

Address: 7 Teesdale Gardens
High Heaton
Newcastle upon Tyne
NE7 7RB

Arts 4 Wellbeing

Statement of Financial Activities

1st April 2020 to 31st March 2021

	Notes	Restricted £	Unrestricted £	Total £	2020 Total £
Incoming resources	(2)				
LA/NHS Funding			163155	163155	163155
Covid related grant			10000	10000	-
Donations			1952	1952	2857
Private User Payments			10320	10320	14010
Income from charitable activities			-	-	1846
Total Incoming resources			<u>185427</u>	<u>185427</u>	<u>181868</u>
Resources expended					
Charitable activities	(3)		100639	100639	91435
Governance costs	(4)	0	101161	101161	101986
Total Resources expended			<u>201800</u>	<u>201800</u>	<u>193421</u>
Net incoming/outgoing resources before transfers		0	-16373	-16373	-11553
Gross transfers between funds					
Net incoming/outgoing resources before other recognised gains (losses)		0	-16373	-16373	-11553
Other recognised Gains(losses)		0	-	-	-
Net movement in funds		0	-16373	-16373	-11553
Total funds brought forward			107625	107625	119178
Total funds carried forward			<u>91252</u>	<u>91252</u>	<u>107625</u>

Arts 4 Wellbeing

Balance Sheet
31st March 2021

	2021 £	2021 £	2020 £	2020 £
Fixed assets				
Tangible assets				
Current assets				
Cash at bank and in hand:	91502		102849	
Payments in Advance	-	91502		5026
Creditors: amounts falling due within 1 year (5)		<u>250</u>		<u>250</u>
Net current assets		91252		107625
Total assets less current liabilities		91252		107625
Creditors: amounts falling due after 1 year		-		-
Net Assets at 31st March 2021		<u>91252</u>		<u>107625</u>
Represented by:				
Restricted Funds	0			
Designated Funds	60000		60000	
Unrestricted Funds	<u>31252</u>		<u>47625</u>	
		<u>91252</u>		<u>107625</u>

For the period ending 31/3/2021 the company was entitled to exemption from the audit under section 477 of the Companies Act 2006 relating to small companies.

Director responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
- The accounts have been prepared in accordance with the provisions applicable to company's subject to the small companies' regime.

Signed: John Andrew Wood Position: CHAIRMAN

Print Name: JOHN ANDREW WOOD

Date: 30/7/2021

Arts 4 Wellbeing

Notes to the accounts 2021

1. Accounting policies

Basis of accounts

These accounts have been prepared on an accruals basis in accordance with applicable accounting standards and follow the recommendations in the Statement of Recommended Practice Accounting by Charities (revised 2005)

2. Voluntary Income	2020-2021	2019-2020
S/T Council/ NHS South Tyneside	163155	163155
Covid grant	10000	-
ASDA	300	700
CAF	0	-
Donations	1652	2158
The Big Lottery		-
Outside user/Other payments	10320	14010
Total grants/donations received	185427	180023
Incoming Resources from charitable activities:		
Fundraising	-	1845
3. Expenditure Analysis:	2020/21	2019-2020
Charitable Activities		
Events	70	6529
Art Material	17070	9236
Artist Tutors (5)	55907	45948
Tutor Assistants (4)	27592	29722
Total	100639	91435
4. Governance Costs		
Office Costs Utilities and Services	17688	20095
Repairs/H&S Training	5152	6772
Administration & External Consultants fees	72874	71525
Accountancy & professional Fees	250	650
Other Administrative Costs	5197	2944
Total	101161	101986

5. Costs of Financial services

A fee of £250 will be paid for the preparation and independent examination of these accounts

INDEPENDENT EXAMINER'S REPORT

Report to the trustees of:

Arts 4 Wellbeing

Charity No: 1052496

On accounts for the year ending:

31st March 2021

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Date: 13th July 2021



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