

STUDIO UPSTAIRS

England & Wales · Charity number 1058590

Details

Status Registered

Legal form Charitable company

Company number [03234178](#)

Registered 1996-10-10

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

Contact

Address Studio Upstairs
82 London Road
Croydon
CR0 2TB

Phone 020 8616 5440

Email info@studioupstairs.org.uk

Website www.studioupstairs.org.uk

Activities

Objects: TO PROMOTE MAINTAIN,IMPROVE AND ADVANCE PUBLIC EDUCATION AND TO PRESERVE AND PROTECT HEALTH PARTICULARLY THROUGH THE ARTS, COMMUNITY AND THERAPY AND IN PARTICULAR BY AND FOR THOSE PERSONS IN NEED OF SOCIAL AND THERAPEUTIC ASSISTANCE.

Activities: Studio Upstairs provides positive, life-changing interventions for people with mental or emotional difficulties within an artistic therapeutic community.

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Other Charitable Activities
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Arts/culture/heritage/science, Human Rights/religious Or Racial Harmony/equality Or Diversity
- **Who:** People With Disabilities, Other Defined Groups, The General Public/mankind

Geography

- Bristol City
- Throughout London

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£326,268	£324,728	-	-
2024-03-31	£318,135	£317,965	-	-
2023-03-31	£312,507	£311,654	-	-
2022-03-31	£355,468	£354,865	-	-
2021-03-31	£421,236	£420,388	-	-

Trustees

Name	Role	Appointed
Alex Holmes		2017-10-23
Dianne Angela Defreitas		2024-02-13
Grace Elizabeth Sims		2022-12-16
Pernilla ROSENDAHL		2019-11-25

STUDIO UPSTAIRS

England & Wales - Charity number 1058590

Accounts

STUDIO UPSTAIRS

ANNUAL REPORT & ACCOUNTS 2025





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WELCOME TO OUR ANNUAL REPORT!

A warm hello to every artist, member, supporter and friend who makes Studio Upstairs what it is. This year has asked a lot of us. Rising costs, the long shadow of the pandemic's aftermath, and the energy it has taken to settle into our new South London home have tested resilience across our community.

Yet in the middle of all that noise, something remarkable has kept happening: people walk through our doors and find space to breathe, make, connect and simply be.

That space doesn't exist by accident. It is held open every day by your generosity, by the courage of everyone who shows up with their difficulties and their gifts, and by a team that refuses to let financial or logistical hurdles become barriers to care.

In studios and online, in one-to-one support and in the quiet moments when someone picks up a brush for the first time in years, we keep seeing creativity do what it has always done here: turn chaos into meaning, isolation into belonging, and despair into possibility.

None of this would be possible without you: those who give monthly, those who remember us in legacies, those who spread the word, and those who simply believe that mental health recovery deserves the dignity of real artistic community. So, thank you, truly, for standing with us again this year. The work feels more urgent than ever, and your trust gives us the strength to keep going.

With deep gratitude from the Studio Upstairs team and community!

ADMINISTRATIVE INFORMATION

Charity Name	Studio Upstairs
Company Registration Number	32324178 (Incorporated 6 August 1996)
Charity Registration Number	1058590 (Registered 10 October 1996)
Website address	www.studioupstairs.org.uk
Registered Office & Operational Address 1	82 London Road London CR0 2TB
Address 2	Unit E3 Dalston Culture House 3 Bradbury Street London N16 8JN
Address 3	Units 1&2, Albion Dockside Estate Hanover Place Bristol BS1 6UT
Directors and Trustees	Mr Keith Miller Mr Alex Holmes Mrs Pernilla Rosendahl Ms Grace Sims Ms Dianne DeFreitas
Managing Director Company Secretary	Mrs Zlatinka Hristova
Accountants	Shorish Barzinji & Co Ltd 108 High Street Croydon CR0 1ND
Independent Examiner	Mr Nabeel Qureshi TAXACCOLEGA Chartered Certified Accountants 187A London Road Croydon CR0 2RJ
Bankers	Santander UK PLC 2 Triton Square Regent's Place London NW1 3AN
X	x.com/Studio_Upstairs
Facebook	www.facebook.com/StudioUpstairs
Instagram	www.instagram.com/studioupstairs

OBJECTIVES AND ACTIVITIES OF THE CHARITY

What we're here to do

Studio Upstairs offers a long-term, non-clinical alternative to traditional mental health services, rooted in creative practice and community.

Who we serve

We work with adults living with serious mental health challenges, many of whom have struggled to find sustained support through existing services. We meet people wherever they are, with whatever they're facing, and walk alongside them for as long as they need.

How we do it

Our studios in London and Bristol are open every week. Members drop-in, pick up materials, and make art alongside trained artists and art therapists in an atmosphere of respect, curiosity and zero pressure. Some come for a few months, some for longer. Some sell their work, some never show anyone until they are ready.

Our members help to shape the programme. They run monthly forums and help plan exhibitions. This isn't 'service delivery'. It is a long-term artistic community where relationships, trust and mutual care are central.

Looking after the money and the mission

We know funding can be shaky. That's why we've deliberately diversified our income, more sources, more confidence, so that one lost grant can never close our doors.

Public benefit

The trustees keep the Charity Commission's guidance on public benefit at the heart of every decision. Our work reduces reliance on acute mental health services and supports long-term recovery. The evidence is in the stories on these pages and in the thousands of studio hours we give each year, hours that can contribute to reduced crisis presentations and reliance on acute services, and quietly rebuild lives.

We will continue to strive for a future where creativity, community, and courage are the cornerstones of mental health recovery.



STRUCTURE, GOVERNANCE AND MANAGEMENT

Studio Upstairs is both a registered charity and a company limited by guarantee. A board of trustees, passionate people with lived and professional experience, steers the ship. They meet regularly, challenge us when we need challenging, and protect the soul of the place.

Day-to-day running is in the hands of our Managing Director, Zlatinka Hristova, and a brilliant team of studio managers, artists and therapists.

Reserves: why we keep a safety net

We aim to hold six to eight months of running costs in reserve. That's not hoarding — it's common-sense protection for the people who rely on us. If a big grant ended tomorrow, we could still pay the rent, keep the studios warm, and give staff and members proper notice and support. It's the responsible thing to do, and it lets everyone sleep a little easier.

At year end, reserves were in line with this policy.

Designated funds are money we've ring-fenced for a reason.

They include:

Geoff Mack Fund, which we aim to replenish and which pays for places for members who can't afford even our small contributions.

Facilities Fund keeps the roofs from leaking and the lights on.

These funds are set aside from unrestricted donations, so we can plan ahead.



Every year the trustees review the biggest risks we face (funding gaps, rising costs, a sudden surge in demand) and make sure we have sensible plans in place. We keep proper financial controls, authorise spending carefully, and talk openly about money at every board meeting.

How trustees join us

Whenever we need new blood we advertise openly, run a proper skills audit, introduction meetings and shortlist fairly. Current trustees interview and vote. Every new trustee gets a full induction and ongoing support so they can contribute from day one.

OUR IMPACT

Creativity, Community, and Recovery

This year, Studio Upstairs not only maintained its vital support but expanded its reach, demonstrating the resilience and dedication of our community. Our studios remain safe, vibrant, and non-judgmental spaces where individuals living with serious mental health challenges can find stability, belonging, and a path to recovery through creative practice.

Studio Upstairs measures success in 'lives steadied', offering a long-term alternative to clinical models. We measure sustained positive change through regular reviews and surveys. The trustees consider that the charity has met its objectives for the year.



Key Metrics

Year 2025

Supported service hours	4,800
Individuals supported	188
Volunteers	9,180 hours
Value of Volunteer Time	£137,700

Financial Overview

This year we brought in £326,268 (last year £318,135) and spent £324,728 (last year £317,965).

The Evidence of Change

Unlike time-limited interventions, many members remain engaged for several years. This continuity is associated with fewer crisis episodes and reduced reliance on acute services.

Our internal and external evaluations consistently prove the efficacy of the studio model:

- **90% of our members** report a sustained, positive change directly resulting from their membership. This includes a documented reduction in stress levels, fewer crisis episodes, a lowered need for mental health services, or a diminished reliance on medication.
- We specialise in engaging and retaining individuals who are often considered "hard-to-reach", those who have struggled to find sustained support elsewhere by offering a family-like community where their voice matters.

- Members consistently report increased personal achievement, greater self-expression, and an improved sense of choice and control over their well-being. This is evidenced by increased engagement in mainstream opportunities, volunteering, and employment pathways.
- Members consistently describe the studio as a place of belonging and stability, often after years of fragmented or short-term support.

Other highlights of the year



We were delighted to be chosen as one of just eight organisations across the UK to be profiled in *Creatively Minded 2025*, the beautiful new publication from the Baring Foundation, curated by David Cutler.

The eight-page feature celebrates Studio Upstairs as a living example of what long-term, artist-led, therapeutic community can achieve when it is allowed to put creativity and dignity at the heart of mental health recovery.

Being included alongside some of the country's most respected arts-and-health projects felt like a proper milestone, thirty years into our journey, and the piece has already opened new conversations with trusts, NHS partners and artists who want to learn from the model we've quietly built together. You can read the full profile on the Baring Foundation website



- Launched a bolder online presence – short films, honest conversations, reaching over 140,000 people with messages that mental distress and brilliance live in the same person.
- Worked with corporate partner to deliver better mental health awareness through workshops and exhibition 'Life on My Terms'.
- Built new partnerships with arts venues, universities, NHS trusts and grassroots groups, because real change happens when the mental health world and the art world stop talking past each other.

REACHING OUT AND CHALLENGING STIGMA

We refuse to let mental health remain the last acceptable prejudice. This year we took that fight further than ever – not just inside our studios, but into galleries, streets, screens and conversations across the country.

What we did

Opened exhibitions that put our members' work centre stage that drew hundreds of first-time visitors.





What actually changed

Strangers walked into an exhibition expecting “mental health art” and left understanding that this is simply powerful art made by people who happen to live with mental health conditions. Young people messaged us saying, “I saw your posts and finally told someone I’m struggling.” Artists who once hid their diagnoses sold work under their real names and stood proudly at private views.

Stigma doesn’t crumble in a day, but every sold painting, every shared post, every new visitor who says “I get it now” is a crack in the wall.

In our Members’ own words:

“Coming here means my mental health isn’t something that has to be cured. It’s just part of me, and that’s finally all right.”

“The studio gave me a reason to get out of bed, people who understand, and the best therapy I’ve ever had – and it doesn’t come in a bottle.”

“Studio Upstairs has kept me steady all year. The art, the people, the feeling of belonging, it’s stopped me falling into crisis more times than I can count.”

“This place handed the reins back to me. I choose what help I want, my voice matters, and I feel worth something again.”

“It’s not just somewhere to paint, it’s where I’ve learnt new skills, grown, and found a proper home.”

“I honestly never thought I’d achieve half the things I have here. Making art has given me back my confidence and my sanity.”



LOOKING AHEAD – OUR PLANS FOR 2026 AND BEYOND

As we walk into our fourth decade, Studio Upstairs is not standing still. We are growing, adapting and doubling down on what works: real art, real community, real recovery.

Here's what the next chapter looks like:

Strengthen the foundations

Lock in diverse, long-term funding – more corporate partners, individual giving circles and earned income streams – so we are never again one rejected grant away from closing the doors.

Keep refining our three-year funding roadmap, always with one question in mind: how do we stay here for the next 40 years?

Deepen and widen the work – CREATE | BELONG | GROW

- **CREATE:** Richer, braver creative programmes in London and Bristol. We will continue to protect and expand long-term places for members who need years, not months, to rebuild their lives.
- **BELONG:** New satellite projects and stronger links with local communities, because isolation doesn't stop at the studio door.



- **GROW:** Take the Studio Upstairs model to new towns and cities, and shout louder nationally about what creative community recovery can achieve.

Reach further, without leaving anyone behind



- Keep the studios at the heart of everything, nothing replaces the magic of turning up, picking up a brush and being met exactly where you are.
- Grow our digital and outreach work so that someone in a rural village or on a locked ward can still feel part of this community.
- Pilot low-cost, high-impact partnerships with NHS trusts, universities and employers who want to learn from what we do.

Stay restless

Every year we will ask: Are we still the safest, bravest, most useful place for people living with serious mental distress? If the answer is ever “maybe”, we change. For us, recovery is not measured in discharge dates, but in paintings finished, friendships made, hospital admissions avoided and lives quietly reclaimed one person, one artwork, one day at a time.



INDEPENDENT EXAMINER'S REPORT

I report on the accounts for the year ended 31 March 2025.

Respective responsibilities of Trustees and reporting accountants

The Trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The Trustees consider that an audit is not required for this year under the Charities Act 2011 and that an independent examination is needed. Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under the Charities Act 2011;
- follow the procedures laid down in the general directions given by the Charity Commission under the Charities Act 2011;

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 disclosures in the accounts, and seeking explanations from you as Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention: 1. Which gives me reasonable cause to believe that any material respect the requirements: to keep accounting records in accordance with section 386 of the Companies Act 2006; and to prepare accounts which accord with the accounting records, comply with the accounting requirements of the section 396 of the Companies Act 2006 and the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met. 2. To which, in our opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Independent Examiner's Details

Name: Nabeel Qureshi, FCCA, ACCA

Taxacolega Chartered Certified Accountants

187 A London Road, Croydon, CR0 2RJ

Date: 30th December 2025

FINANCIAL STATEMENTS**INCOME AND EXPENDITURE ACCOUNT 2025**

		31st March 2025 Restricted Funds £	31st March 2025 Unrestricted Funds £	31st March 2025 <u>Total</u> Funds £	31st March 2024 <u>Total</u> Funds £
<u>Incoming Resources</u>	Note				
Service income	2	-	223,131	223,131	240,156
Voluntary income	3	98,323	3,110	101,433	76,620
Investment Income	4	-	1,704	1,704	1,359
Total		98,323	227,945	326,268	318,135
<u>Resources Expended</u>	5				
Charitable activities costs		102,173	211,873	314,046	307,265
Governance costs		-	735	735	615
Costs of generating funds		-	9,947	9,947	10,085
Total		102,173	222,555	324,728	317,965
Net income (expenditure)		(3,850)	5,390	1,540	170
Total funds brought forward		47,591	146,819	194,410	194,240
Total funds carried forward		43,741	152,209	195,950	194,410

Movements in funds are shown in Note 13 to the financial statements.

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 17 to 21 form part of these financial statements.

BALANCE SHEET

		<u>31st March</u> <u>2025</u>	<u>31st March</u> <u>2024</u>
	Note	£	£
FIXED ASSETS			
Tangible assets	7	3,294	4,392
CURRENT ASSETS			
Debtors	8	8,084	37,986
Stocks & work in progress		8,416	-
Prepayments		10,000	-
Cash at bank and in hand		178,930	164,451
		<u>205,430</u>	<u>202,437</u>
CREDITORS			
Amount falling due within one year	9	(12,774)	(12,419)
Net Current Assets		<u>192,656</u>	<u>190,018</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>195,950</u>	<u>194,410</u>
CAPITAL AND RESERVES	10		
Restricted Funds		43,741	47,591
Unrestricted Funds		<u>152,209</u>	<u>146,819</u>
TOTAL		<u>195,950</u>	<u>194,410</u>

The accounts were approved by the Board on:

12/01/2026

NOTES TO THE FINANCIAL STATEMENTS

1. ACCOUNTING POLICIES

(a) Basis of preparation:

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with FRS 102, the Charities Act 2011, and the Companies Act 2006.

(b) Incoming resources:

All incoming resources are included in the Statement of Financial Activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

Income from charitable activities is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when receivable. Incoming resources from charitable activity are accounted for when earned.

Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant. Income resources from grants, where related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance.

Income from donations and legacies are included at the value to the charity where this can be quantified. The value of services provided by volunteers has not been included in these accounts. Grant of a general nature provided by government and charitable foundation which are not conditional on delivering certain levels or volumes of a service or supply of charitable goods are recognised as income from donations and legacies.

(c) Resources expended:

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates: Expenditure on raising funds comprise the costs associated with attracting income from donations and legacies.

Expenditure on charitable activities comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the independent examination fees and costs linked to the strategic management of the charity.

All costs are allocated between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly; others are apportioned on an appropriate basis, such as consultants, estimated usage or space occupied. Material allocations of costs made within the accounts are:

Cost function	Office expenses	Senior Management
Services		
Basis of allocation	Estimated Usage	Time spent
Charitable Activities	95%	75%
Governance Costs	1%	10%
Generating Voluntary income	4%	15%

(d) Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

- Plant & Machinery @ 18% reducing balance basis
- Equipment @100% over the period of one year (First year allowance)
- Assets costing less than £500 are not capitalised

(e) Fund accounting: funds held by the charity are either:

- **Unrestricted** general funds – these are funds for use at the discretion of the trustees in furtherance of the general objectives of the charity.
- **Designated** funds – these are funds set aside by the trustees out of unrestricted general funds for specific future purposes or projects.
- **Restricted** funds - these are funds which can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.
- Transfers between funds are made to cover deficits on individual restricted funds and to recognise fixed assets acquired with restricted income, but with no further restriction on use.

(f) Operating Leases: Rentals are charged to the income and expenditure account in equal annual amounts over the period of the lease.

2. CHARITABLE INCOME

	31 st March 2025	31 st March 2025	31 st March 2025	31 st March 2024
	Restricted	Unrestricted	Total	Total
	<u>Funds</u>	<u>Funds</u>	<u>Funds</u>	<u>Funds</u>
	£	£	£	£
Therapeutic Art Studio				
Fees for Funded Places	-	157,243	157,243	173,378
Members contributions	-	56,555	56,555	58,115
Workshop Fees	-	4,650	4,650	6,921
Artwork Sales	-	2,592	2,592	-
Other income	-	2,091	2,091	1,742
Total	-	223,131	223,131	240,156

3. VOLUNTARY INCOME

	31 st March 2025	31 st March 2025	31 st March 2025	31 st March 2024
	Restricted	Unrestricted	Total	Total
	£	£	£	£
Grants	76,146	-	76,146	65,011
Donations	22,177	3,000	25,177	11,477
Friends Scheme	-	110	110	132
Total	98,323	3,110	101,433	76,620

4. INVESTMENT INCOME

	31 st March 2025	31 st March 2025	31 st March 2025	31 st March 2024
	Restricted	Unrestricted	Total	Total
	£	£	£	£
Interest received	-	1,704	1,704	1,359
Total	-	1,704	1,704	1,359

5. RESOURCES EXPENDED

	<u>Charitable Activities</u>	<u>Governance</u>	<u>Generating Funds</u>	<u>Total 2025</u>	<u>Total 2024</u>
	£	£	£	£	£
Staff Salaries and vol. expenses	180,277	-	9,488	189,765	180,644
Training & Supervision Costs	3,960	-	-	3,960	3,895
Team and Community Events	22	-	-	22	18
Employer N I Co	477	-	25	502	1,252
Pension Contributions	3,257	-	171	3,428	1,632
Rent and Utilities	86,738	-	-	86,738	81,394
Office Costs	5,543	-	-	5,543	4,056
Studio Art Materials	5,725	-	-	5,725	5,855
Artists Fees Sales	1,624	-	-	1,624	176
Shipping, Freight and Delivery	974	-	-	974	735
Equipment	119	-	-	119	1,293
Marketing and Communications	2,306	-	121	2,427	1,243
Accounts and Audit Costs	6,783	357	-	7,140	6,443
Legal Fees/ DBS Checks	3,256	171	-	3,427	2,500
Bank Charges	1	-	-	1	6
Insurance	2,984	157	-	3,141	2,355
Project and Exhibitions Costs	2,702	-	142	2,844	1,8608
Bad Debt Written Off	5,250	-	-	5,250	3,396
Depreciation	1,098	-	-	1,098	1,464
Independent examiner	950	50	-	1,000	1,000
Total Resources Expended	314,046	735	9,947	324,728	317,965

Staff employed

	<u>YE</u>	<u>YE</u>
	<u>31-Mar-25</u>	<u>31-Mar-24</u>
Gross salary	48,965	54,406
Employer's NI Contributions	5,502	6,253
Employer's Pension Contributions (SPS)	1,469	1,632
	<u>55,936</u>	<u>62,291</u>

6. TAXATION

The company is a registered charity and it is considered that its activities are such that no taxation liability will arise.

7. TANGIBLE FIXED ASSETS

	<u>Furniture</u>	<u>Plant & Machinery</u>	<u>Equipment</u>	<u>Total</u>
COST	£	£	£	£
At 1st April 2024	970	47197	19704	67871
Total	970	47197	19704	67871

DEPRECIATION

At 1st April 2024	425	43350	19704	63479
Charge for the year	136	962	0	1098
At 31st March 2025	561	44312	19704	64577

NET BOOK VALUE

At 31st March 2025	409	2885	0	3294
At 31st March 2024	545	3847	0	4392

8. DEBTORS

	31st March 2025	31st March 2024
Trade debtors	6,000	29,751
Other debtors	2,084	8,235
Prepayments and accrued income	-	-
Total Debtors	8,084	37,986

9. CREDITORS

	31st March 2025	31st March 2024
Amounts falling due within one year		
Creditors	(12,774)	(12,419)
Accruals and deferred income		
Total Creditors	(12,774)	(12,419)

10. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	<u>General Funds</u>	<u>Designated Funds</u>	<u>Restricted Funds</u>	<u>Total 2025</u>
	£	£	£	£
Fixed assets	3,294	-	-	3,294
Debtors	6,000	2,084	-	8,084
Stocks and work in progress	1,340	7,076	-	8,416
Prepayments and accrued income	2,100	7,900	-	10,000
Cash at bank and in hand	1,094	134,095	43,741	178,930
Creditors	(12,774)	-	-	(12,774)
Total	1,054	151,155	43,741	195,950

11. CAPITAL

The company has no share capital being limited by guarantee. Each member undertakes to contribute £1 in the event of the company being wound up.

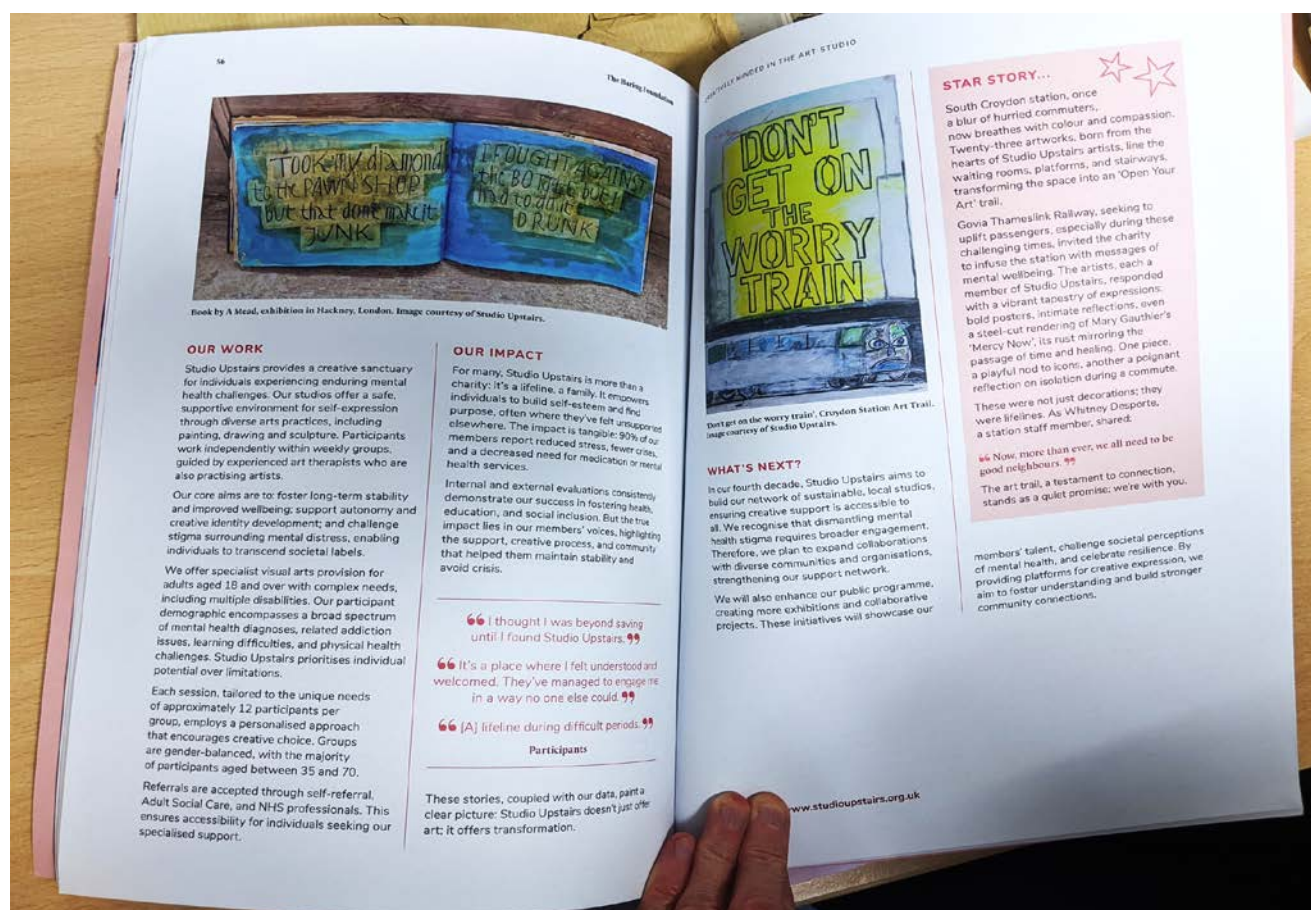
12. RELATED PARTIES

There were no related-party transactions during the year that need to be disclosed.

13. MOVEMENT IN FUNDS

	At 1 April 2024	Incoming	Outgoing	At 31 March 2025
Restricted Funds	47,591	98,323	102,173	43,741
Unrestricted Funds	146,819	227,945	222,555	152,209
Total funds	194,410	326,268	324,728	195,950

None of the trustees received any payment or benefit from Studio Upstairs during the year, and no one claimed any expenses (same as last year).



STUDIO UPSTAIRS

England & Wales - Charity number 1058590

Accounts

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WELCOME TO OUR ANNUAL REPORT!

Another year has passed and we're incredibly grateful for the continued support of our community.

This past year has presented its own set of challenges, including the ongoing cost of living crisis and the recent move to our new premises in South London. These circumstances have undoubtedly impacted many within our community.

Despite these challenges, our commitment to providing accessible and compassionate support has remained unwavering. We've continued to adapt and innovate, embracing digital platforms to expand our reach and ensure our services remain accessible to everyone, regardless of their location or circumstances.

We believe that everyone deserves access to quality specialist support and creative opportunities, and we are dedicated to creating a more inclusive and understanding world where mental well-being is prioritised. We will continue to advocate for better mental health policies and work tirelessly to reduce the stigma surrounding mental health issues.

At Studio Upstairs, we believe in the transformative power of art and creativity in supporting mental well-being. We've witnessed firsthand how creative expression can provide a vital outlet for emotions, build self-esteem and foster a sense of community.

As we look to the future, we are filled with hope and optimism. We are committed to providing high-quality, affordable support to all who need them and we are grateful for your continued support in helping us achieve this mission.

Thank you for being a part of our journey.

With heartfelt gratitude

Keith Miller

Chair of the Board of Trustees

Zlatinka Hristova

Managing Director

ADMINISTRATIVE INFORMATION

Charity Name	Studio Upstairs
Company Registration Number	32324178 (Incorporated 6 August 1996)
Charity Registration Number	1058590 (Registered 10 October 1996)
Website address	www.studioupstairs.org.uk
Registered Office& Operational Address 1	82 London Road London CR0 2TB
Address 2	Unit E3 Dalston Culture House 3 Bradbury Street London N16 8JN
Address 3	Units 1&2, Albion Dockside Estate Hanover Place Bristol BS1 6UT
Patron	Leo Burley
Directors and Trustees	Mr Keith Miller (Chair) Mr Alex Holmes Mrs Pernilla Rosendahl Ms Grace Sims Ms Dianne DeFreitas
Managing Director Company Secretary	Mrs Zlatinka Hristova
Accountants	Shorish Barzinji & Co Ltd 108 High Street Croydon CR0 1ND
Independent Examiner	Mr Nabeel Qureshi TAXACCOLEGA Chartered Management Accountants 187A London Road Croydon CR0 2RJ
Bankers	Santander UK PLC 2 Triton Square Regent's Place London NW1 3AN
Twitter	twitter.com/Studio_Upstairs
Facebook	www.facebook.com/StudioUpstairs
Instagram	www.instagram.com/studioupstairs

OBJECTIVES AND ACTIVITIES OF THE CHARITY

Studio Upstairs' charitable objects are to promote, maintain, improve and advance public education and to preserve and protect health. In setting the aims and activities the Trustees have taken due regard to the Charity Commission guidance on public benefit; believe that it delivers public benefit and have testimonials to support that belief.

Our Vision

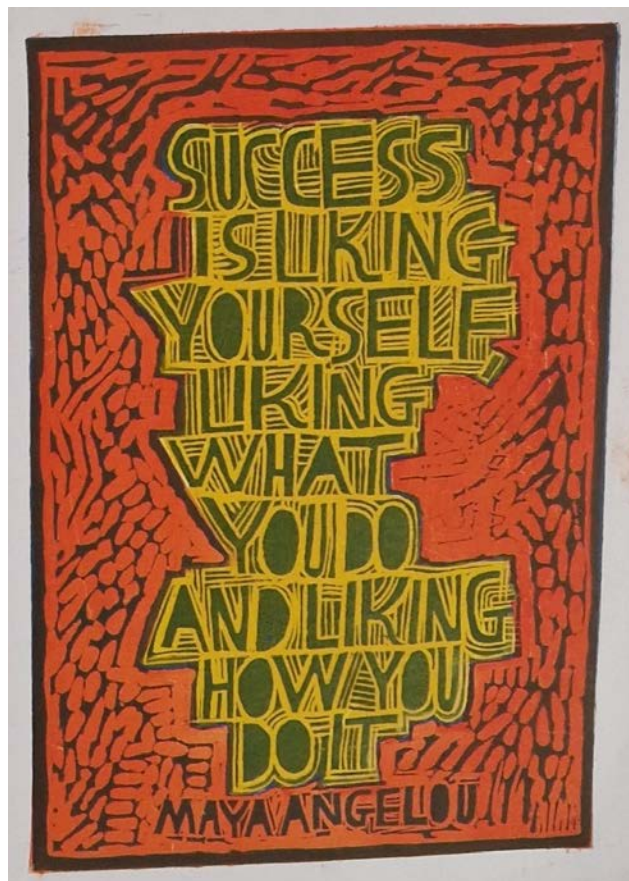
A world in which everyone can transform their life through a creative community. Our studios offer specialist visual arts provision for existing and new participants. Across the week, we work with adults with complex needs including those with multiple disabilities.

Aims

- Achieve long term stability and improved wellbeing for the beneficiaries
- Support people towards more autonomy and in the development of a creative identity
- Challenge the stigma and prejudice projected onto those experiencing mental and emotional distress and help them escape the labels and linear parameters of society.

The activities and ethos of Studio Upstairs are trauma informed and focus on the possibilities - away from peoples' impairments and towards removing the barriers to inclusion. For most of our members Studio Upstairs is their family and with that comes all levels of support - from emotional and artistic to practical.

Our inclusive studios offer specialist visual arts provision to the participants, facilitating their creativity through personalised pathways. Artists come for sessions weekly, building a community of peers and collaborators. They have access to a wide range of professional media and creative processes including painting, drawing, printmaking, collage, sculpture, animation and photography.



Our Mission

To provide positive, life-changing interventions for people with mental or emotional difficulties within an artistic therapeutic community.

The ambition of the charity is to create a network of sustainable, safe, local studios available to all who need them, as and when they need them.



ORGANISATION OF THE CHARITY

GOVERNANCE

Studio Upstairs is a registered charity and a company limited by guarantee without share capital. It is governed by its Memorandum and Articles of Association.

The directors of the charitable company are also its trustees for the purpose of charity law and throughout this report are collectively referred to as the Trustees.

The Trustees have referred to the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities.

The Trustees meet regularly to review the activity and the strategic direction of the charity. They have delegated the day-to-day management of the charitable company to the Managing Director.



Studio Upstairs operates within a Business Plan which is agreed by the Board prior to the start of each financial year. The Operational Plan lists actions, targets, deadlines and responsibilities of individual team members. All policies are reviewed annually.

The delivery teams compile statistics on performance against the targets. The reports form the basis of quarterly operational reports which are presented and discussed at Board meetings.

The beneficiaries take an active role in the planning and running of the activities through monthly forums and representation at team meetings. They can use the shared studio throughout the day and are involved in the delivery of projects, exhibitions, performances and organised visits to galleries or museums.

The Studio sessions provide the time and space for members to work and to explore their own potential as artists.

They work together with Studio Managers who are trained as both artists and as art therapists in purposeful collaboration.

Each session meets the varied needs of the people in the studio, and all of our work is characterised by a personalised approach that facilitates choice in the creative practice.

The team is supported by clinical supervisors and complemented by volunteers, students on training placements and visiting artists.



RISK MANAGEMENT

The Trustees have conducted a review of the major risks to which the charitable company is exposed, and systems have been established to mitigate those risks.

External risks to funding have led to the development of a strategic plan for change which will allow for the diversification of income streams, a review of the reserve funds and the organisational structure.

Internal financial risks are minimised by the implementation of procedures for appropriate authorisation and monitoring of transactions.

Projects are carefully planned to ensure consistent quality of delivery for all operational aspects of the charitable company.

TRUSTEE SELECTION AND TRAINING

As set out in the Articles of Association, the Trustees have the power to appoint additional Trustees. Trustees are selected through open recruitment after regular skills audit. The new Trustees are elected by a majority vote of the existing Trustees. They are familiarised with their responsibilities through an induction process.



OUR IMPACT



SUPPORTING PEOPLE'S HEALTH & WELLBEING THROUGH ART

Last year was a testament to our collective efforts and unwavering commitment to better mental health. We witnessed a significant growth in our community, welcoming new members and deepening our connections with existing ones.

Our studios have become vibrant hubs of creativity and support, offering safe space for individuals to express themselves, build relationships, and embark on their healing journeys. Through art therapy, peer support, and community engagement, we've empowered countless individuals to overcome challenges and lead fulfilling lives.

We're proud to have provided over 36,400 hours of direct support, thanks to the dedication of our talented staff and the invaluable contributions of our volunteers. Their tireless efforts have made a tangible difference in the lives of our members.

Within the studios our artists convene consistently each week, forging a tight-knit community of peers and collaborative creatives. We have consistently demonstrated our prowess in not only attracting but, more significantly, in retaining those individuals who are often challenging to

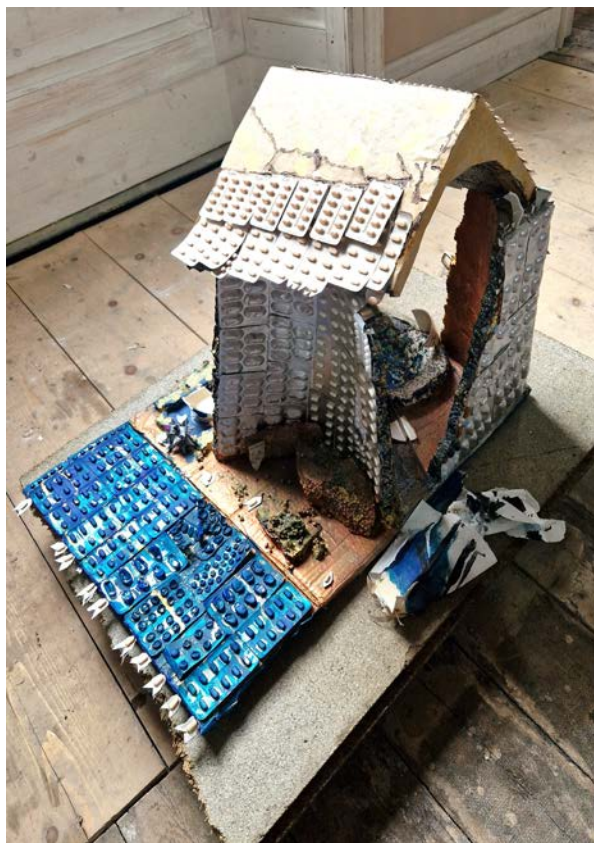
engage and sustain in the journey towards wellness.

For our members, Studio Upstairs transcends mere affiliation; it is their steadfast lifeline, a surrogate family that empowers them to attain self-sufficiency, bolster self-esteem, and imbue their lives with a profound sense of purpose.

Our esteemed Studio Upstairs Volunteers have dedicated over 9200 hours of their time and expertise, an invaluable contribution that equates to an estimated worth of £84,000.

Our efficacy and dedication to our mission find resonance in the testimonies of those whose struggles have often gone unsupported elsewhere. Notably, 90% of our members attest to a reduction in stress levels, a decrease in crisis episodes, a diminished reliance on medication, or a lowered need for mental health services—all direct outcomes of their involvement in Studio membership.

Our work is far from over. We will continue to strive for a future where mental health is prioritised, and everyone has the opportunity to reach their full potential.



Evidence from both internal and external evaluations consistently demonstrates our success in achieving desired outcomes across health, education, and social inclusion:

- Reduced crisis admissions and shorter hospital admissions
- Improved choice and control of services
- Increased learning and education
- Increased engagement of hard-to-reach groups
- Increase in signposting to agencies for additional support (housing, benefits etc)
- Improved sense of wellbeing
- Increased personal achievement and self-expression
- Increased support network for the socially excluded
- Increased support to families and carers
- Increased engagement in mainstream opportunities
- Increased support to families and carers
- Increased volunteering and employment.

Testimonials from Studio Upstairs members illustrate powerfully the profound and multifaceted impact of the organisation. They showcase how our commitment to mental well-being and empowerment has transformed lives in countless ways:

"Studio Upstairs has been a lifeline for me during difficult periods. The support I've received, along with the creative process and the sense of community here, has helped me maintain stability and avoid crisis situations over the past year."

"The help from Studio Upstairs, particularly the art process and the help of the community, has been crucial in helping me maintain my well-being."

"Studio Upstairs has empowered me to take charge of my mental well-being. I now have the freedom to choose services that resonate with me. This is a place where my voice is heard and I feel valued."





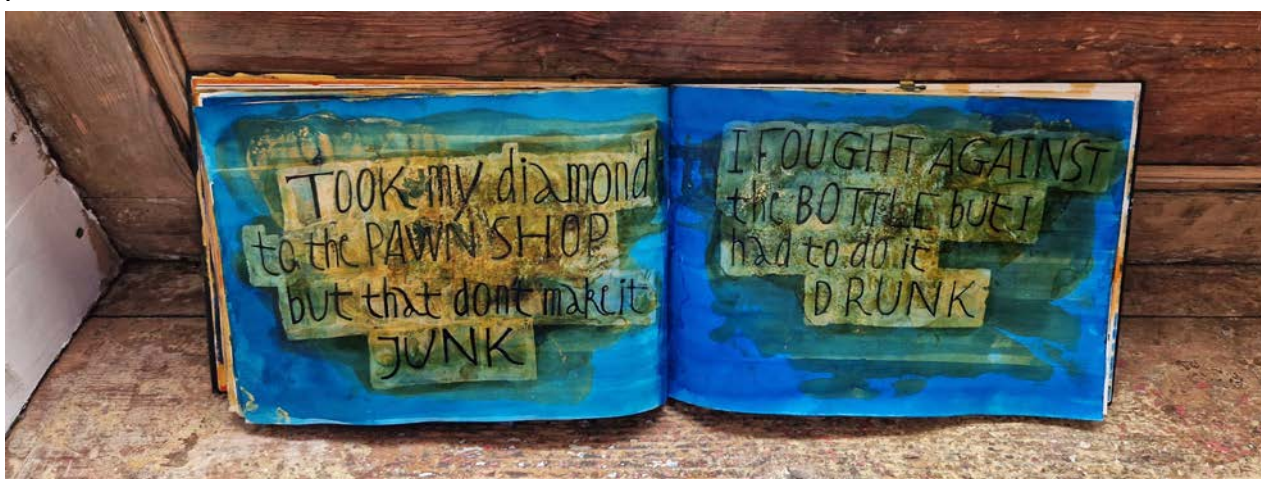
"This studio is more than just an art space; it's a learning environment. I've expanded my horizons and developed new skills. It's a place of growth and I'm grateful for the opportunities it offers."

"I thought I was beyond the point of saving until I found Studio Upstairs. It's a place where I felt understood and welcomed. They've managed to engage me in a way no one else could."

"The sense of wellbeing I've found here is indescribable. Studio Upstairs has allowed me to embrace my mental health journey, and I've never felt more at peace with myself."

"Studio Upstairs has enabled me to achieve things I never thought possible. I've discovered a sense of self-expression that has been my saving my sanity."

"Studio Upstairs doesn't just inspire creativity; it motivates action. Through this support, I've found opportunities for volunteering and towards employment. It has been my stepping stone to the future."



REACHING OUT AND CHALLENGING STIGMA



At Studio Upstairs, we remain unwavering in our commitment to challenging the stigma surrounding mental health.

We recognise that breaking down these deeply ingrained misconceptions requires a multi-faceted approach that extends far beyond our studio walls.

This year, we have continued to actively engage with the community, forging new partnerships with a diverse range of organisations. These collaborations are vital to amplifying our impact and reaching a wider audience. By working together with like-minded individuals and organizations, we are weaving a stronger, more interconnected support network for those facing mental health challenges.

In today's digital age, our reach continues to expand. Through a vibrant online presence and engaging

content, we strive to provide a lifeline of hope and understanding to those who may be struggling. Our online platforms serve as valuable resources for promoting positive mental health, disseminating vital information, and fostering a supportive and inclusive community.

We remain committed to showcasing the remarkable talent of our members.

Our exhibitions and collaborative magazines provide a platform for our members to showcase their exceptional talent and challenge preconceived notions about mental health. These platforms celebrate the resilience of the human spirit and foster a strong sense of community.

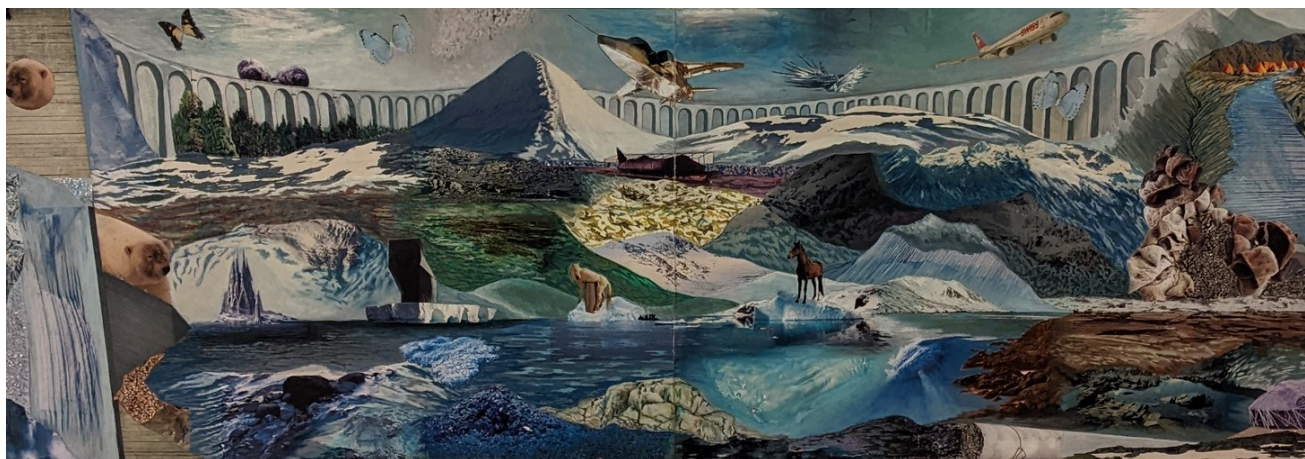
During the year in addition to the Bristol Spring exhibition we had the exhibition Untold Truths (Bristol) and exhibitions in Hackney and in Croydon.

The support of our funders, volunteers, and members fuels our ongoing efforts to challenge the stigma surrounding mental health. We recognise that dismantling deeply ingrained societal beliefs requires a multifaceted approach, extending far beyond the walls of our studios.

By working together with diverse communities and organisations, we are building a stronger network of support, empowering individuals and fostering greater understanding of mental well-being across society.



FUTURE PLANS



Looking ahead, in our fourth decade since first established, we are committed to ensuring the continued success of Studio Upstairs. Our strategic plan focuses on enhancing our services and expanding our reach to better serve the evolving needs of our community. To achieve this, we will:

- **Diversify our funding streams:** We will proactively pursue new funding opportunities, including corporate partnerships, to strengthen our financial sustainability and reduce reliance on grant funding.
- **Invest in our future:** Our three-year funding strategy will be regularly reviewed and adjusted to ensure we can continue to provide high-quality support to our members.
- **Prioritise innovation:** We will continue to explore innovative ways to deliver our services, adapting to the changing needs of our community and embracing new technologies to enhance accessibility.

This strategic approach will enable us to build a strong foundation for the future, ensuring Studio Upstairs can continue to empower individuals through the transformative power of creativity and support for mental well-being.

Our business plan outlines a comprehensive agenda and programme strategy, with a strategic focus on the following core areas:



CREATE: Our commitment to deep engagement with meaningful and impactful activities, seamlessly connecting the realms of arts, education, and social care.

BELONG: The pursuit of community building, forging connections among individuals and with the broader community to combat isolation and enhance life opportunities.

GROW: Elevating awareness of our pioneering work on a national scale and extending its reach to support personal growth while dismantling stigmas surrounding neurodiversity.



At Studio Upstairs, we believe in the powerful synergy between art, education, and mental well-being. Our core mission is to cultivate an environment where these elements seamlessly intertwine, fostering a space of creativity, support, and personal growth.

In the forthcoming year (2024/25), we will continue delivering our arts programs in both London and Bristol. The core of our offerings will continue to be face-to-face interactions at our studios.

We are committed to providing a nurturing environment where individuals can explore their creative potential, shed the weight of stigma, and break free from isolation. Our aim is to empower every member to discover their unique voice and

build resilience through the therapeutic power of art.

Beyond our core programs, we will continue to explore innovative initiatives and forge new partnerships to expand our reach and impact. These projects will serve as incubators for fresh ideas and enable us to support diverse communities.

As we move forward, Studio Upstairs will remain a beacon of creativity, hope, and transformation, providing a safe and inspiring space for all who seek support and personal growth. We recognise that every individual's journey is unique, and therefore, we are committed to providing tailored support programmes that empower individuals on their unique paths. This includes offering longer-term engagement options and a deeper level of personalised care, ensuring that each member receives the support they need to thrive.

We will continue to explore innovative ways to expand our reach and impact, forging new partnerships and developing new programmes that address the diverse needs of our community. We will strive to ensure that our services are accessible to all, regardless of their background, financial circumstances, or location.

We believe that by nurturing individual creativity, fostering a strong sense of community, and providing ongoing support, we can empower individuals to overcome challenges, build resilience, and achieve their full potential. Studio Upstairs will remain a beacon of hope, offering safe and supportive space where everyone can thrive and flourish.



FINANCIAL AND BUSINESS REVIEW

The charitable company's result for the year ended 31 March 2024 was a surplus of £170 (2023=£853). Incoming resources were £318,135 (2023= £312,507).

PRINCIPAL FUNDING SOURCES

The funding sources for the charitable company include invoiced fees for services to local authorities in London and Bristol, grants from trusts and foundations, income through other fundraising activities and miscellaneous income from artwork sales or space hires.

RESERVES AND DESIGNATED FUNDS POLICY



The Trustees considered risks in two main areas:

- Buildings: risks not covered by insurance or planned expenditure
- Operational: redundancy costs, contingency for outstanding liabilities, increased energy, cleaning and professional costs, an increase in demand for free and subsidised places and contingency for fluctuations in funding cycles by maintaining a reserve for operational costs.

Reserve Fund: Studio Upstairs income fluctuates year on year as the grants supplementing the core costs are on an annual and short-term basis. To manage the risk and in line with the Charity Commission guidance for good practice and reserves, the charity has established a policy to have a reserve fund of six to eight months of running costs. This is intended to cover the worst-case scenario in the unlikely case it needs to be wound up as well as to balance the fluctuations in income.

This provides the Trustees and other stakeholders with enough confidence that the organisation would be able to meet its obligations to beneficiaries, funders and staff in any situation.

Geoff Mack Fund: This fund provides access to the Studio for individuals on low income. This fund provides a much-needed safety net for very vulnerable individuals with enduring mental health needs and with no other means of support.

South London Fund: This fund is set out to support the development of the newest branches of the charity created in response to gaps in provision throughout this part of the capital.

Facilities Fund: This fund is set out to support essential repairs and maintenance of the premises.



STATEMENT OF THE RESPONSIBILITIES OF THE TRUSTEES

The Trustees, who are the charitable company's directors under company law, are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and regulations.

Company law requires the Trustees to prepare financial statements for each financial year. Under that law the Trustees have elected to prepare the financial statements in accordance with United Kingdom generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). The financial statements are required by law to give a true and fair view of the state of affairs of the charitable company and of the results of the charitable company for that period. In preparing these financial statements the Trustees are required to: select suitable accounting policies and then apply them consistently; make judgements and estimates that are

reasonable and prudent; prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 1985. They are also responsible for safeguarding the assets of the charitable company and for taking reasonable steps for the prevention of fraud and irregularities.

SMALL COMPANY EXEMPTIONS

This report has been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (issued in March 2005), the provisions of the Charities Act and in accordance with the special provision for small companies under Part 15 of the Companies Act 2006.

STATEMENT OF EXEMPTION FROM AUDIT

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31st March 2022. No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these accounts.

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006 and that members have not required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for ensuring that the company keeps accounting records which comply with section 386 of the Act and for preparing accounts which give a true and fair view of the state of the company as at the end of the financial year and if its incoming resources and application of resources, including its income and expenditure, for the financial year in accordance with the requirements of section 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to accounts, so far as applicable to the company.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard for Smaller Entities published on 16 July 2014.

The Accounts were approved by the Trustees on 20 December 2022.

INDEPENDENT EXAMINER

Mr Nabeel Qureshi (TAXACCOLEGA) was appointed as the charitable company's independent examiner during the year and has expressed willingness to continue in that capacity.

Registered office:

82A London Road, London, CR0 2TB

Signed on behalf of the Trustees:

Keith Miller, Chair of the Board / Director



INDEPENDENT EXAMINER'S REPORT

I report on the accounts for the year ended 31 March 2024 set out on pages 18 to 25.

Respective responsibilities of Trustees and reporting accountants

The Trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The Trustees consider that an audit is not required for this year under section 43(2) of the Charities Act 1993 (the 1993 Act) and that an independent examination is needed. Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 43 of the 1993 Act;
- to follow the procedures laid down in the general directions given by the charity Commission under section 43(7)(b) of the 1993 Act; and
- to state whether particular matters have come to our attention.

Basis of Independent examiner's report

My examination was carried out in accordance with the general directions given by the Charity Commission. 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 disclosures in the accounts, and seeking explanations from you as Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

1. Which gives me reasonable cause to believe that any material respect the requirements: to keep accounting records in accordance with section 386 of the Companies Act 2006; and to prepare accounts which accord with the accounting records, comply with the accounting requirements of the section 396 of the Companies Act 2006 and the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met.
2. To which, in our opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Approved by: **Nabeel Qureshi**, TAXACCOLEGA, Chartered Certified Accountants

187A London Road Croydon CR0 2RJ

Date: 15 December 2024

FINANCIAL STATEMENTS**INCOME AND EXPENDITURE ACCOUNT 2024**

		31stMarch 2024 Restricted Funds £	31st March 2024 Unrestricted Funds £	31st March 2024 Total Funds £	31st March 2023 Total Funds £
<u>Incoming Resources</u>					
Service income	2	-	240,156	240,156	215,769
Voluntary income	3	75,773	847	76,620	96,486
Investment Income	4	-	1,359	1,359	252
Total		75,773	242,362	318,135	312,507
 <u>Resources Expended</u>					
	5				
Charitable activities costs		75,735	231,530	307,265	300,007
Governance costs		-	615	615	1,038
Costs of generating funds		-	10,085	10,085	10,609
Total		75,735	242,230	317,965	311,654
Net incoming (outgoing) resources before transfers)		38	132	170	853
Gross transfers between funds					
Net income (expenditure)		47,553	146,687	194,240	193,387
Total funds brought forward		47,591	146,819	194,410	194,240
Total funds carried forward		38	132	170	853

Movements in funds are shown in Note 13 to the financial statements.

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 19 to 25 form part of these financial statements.

BALANCE SHEET

		<u>31st March</u> <u>2024</u>	<u>31st March</u> <u>2023</u>
	Note	£	£
FIXED ASSETS			
Tangible assets	7	4,392	5,856
CURRENT ASSETS			
Debtors	8	37,986	24,270
Cash at bank and in hand		164,451	166,614
		<u>202,437</u>	<u>190,884</u>
CREDITORS			
Amount falling due within one year	9	<u>12,419</u>	<u>2,500</u>
Net Current Assets		<u>190,018</u>	<u>188,384</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>194,410</u>	<u>194,240</u>
CAPITAL AND RESERVES	10		
Restricted Funds		47,591	47,553
Unrestricted Funds		<u>146,819</u>	<u>146,687</u>
TOTAL		<u>194,410</u>	<u>194,240</u>

NOTES TO THE FINANCIAL STATEMENTS

1. ACCOUNTING POLICIES

(a) Basis of Accounting:

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard for Smaller Entities published on 16 July 2014.

(b) Incoming resources:

All incoming resources are included in the Statement of Financial Activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

Income from charitable activities is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when receivable. Incoming resources from charitable activity are accounted for when earned.

Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant. Income resources from grants, where related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance.

Income from donations and legacies are included at the value to the charity where this can be quantified. The value of services provided by volunteers has not been included in these accounts.

Grant of a general nature provided by government and charitable foundation which are not conditional on delivering certain levels or volumes of a service or supply of charitable goods are recognised as income from donations and legacies.

(c) Resources expended:

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates:

Expenditure on raising funds comprise the costs associated with attracting income from donations and legacies.

Expenditure on charitable activities comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the independent examination fees and costs linked to the strategic management of the charity.

All costs are allocated between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly; others are apportioned on an appropriate basis, such as consultants, estimated usage or space occupied. Material allocations of costs made within the accounts are:

Cost function Basis of allocation	Office expenses Estimated Usage	Senior Management Services Time spent
Charitable Activities	95%	75%
Governance Costs	1%	10%
Generating Voluntary income	4%	15%

(d) **Depreciation** is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

- Plant & Machinery @ 18% reducing balance basis
- Equipment @100% over the period of one year (First year allowance)
- Assets costing less than £500 are not capitalised

(e) Fund accounting: funds held by the charity are either:

- **Unrestricted** general funds – these are funds for use at the discretion of the trustees in furtherance of the general objectives of the charity.
- **Designated** funds – these are funds set aside by the trustees out of unrestricted general funds for specific future purposes or projects.
- **Restricted** funds - these are funds which can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.
- Transfers between funds are made to cover deficits on individual restricted funds and to recognise fixed assets acquired with restricted income, but with no further restriction on use.

(f) Operating Leases: Rentals are charged to the income and expenditure account in equal annual amounts over the period of the lease.

2. CHARITABLE INCOME

	31 st March 2024	31 st March 2024	31 st March 2024	31 st March 2023
	<u>Restricted Funds</u>	<u>Unrestricted Funds</u>	<u>Total Funds</u>	<u>Total Funds</u>
	£	£	£	£
Therapeutic Art Studio				
Fees for Funded Places	-	173,378	173,378	155,572
Members contributions	-	58,115	58,115	55,462
Workshop Fees	-	6,921	6,921	2,485
Other income	-	1,742	1,742	2,250
Total	-	240,156	240,156	215,769

3. VOLUNTARY INCOME

	31 st March 2024	31 st March 2024	31 st March 2024	31 st March 2023
	<u>Restricted</u>	<u>Unrestricted</u>	<u>Total</u>	<u>Total</u>
	£	£	£	£
Grants	65,011	-	65,011	90,138
Donations	10,762	715	11,477	6,228
Friends Scheme	-	132	132	120
Total	75,773	847	76,620	96,486

4. INVESTMENT INCOME

	31 st March 2024	31 st March 2024	31 st March 2024	31 st March 2023
	<u>Restricted</u>	<u>Unrestricted</u>	<u>Total</u>	<u>Total</u>
	£	£	£	£
Interest received		1,359	1,359	252
Total		1,359	1,359	252

5. RESOURCES EXPENDED

	<u>Charitable Activities</u>	<u>Governance</u>	<u>Generating Funds</u>	<u>Total 2024</u>	<u>Total 2023</u>
	£	£	£	£	£
Staff Salaries and vol. expenses	179,508	-	9,448	188,956	193,881
Training & Supervision Costs	3,895	-	-	3,895	3,355
Team and Community Events	18	-	-	18	55
Employer N I Co	5,940	-	313	6,253	1,201
Pension Contributions	1,550	-	82	1,632	1,823
Rent and Utilities	86,077	-	-	86,077	83,789
Office Costs	4,056	-	-	4,056	2,466
Studio Art Materials	5,855	-	-	5,855	5,251
Artists Fees Sales	176	-	-	176	1,557
Shipping, Freight and Delivery	735	-	-	735	751
Equipment	1,293	-	-	1,293	66
Marketing and Communications	1,181	-	62	1,243	1,390
Accounts and Audit Costs	6,121	322	-	6,443	5,700
Legal Fees/ DBS Checks	2,375	125	-	2,500	98
Bank Charges	56	-	-	56	45
Insurance	2,237	118	-	2,355	2,665
Project and Exhibitions Costs	3,428	-	180	3,608	4,228
Bad Debt Written Off	350	-	-	350	1,080
Depreciation	1,464	-	-	1,464	1,953
Independent examiner	950	50	-	1,000	300
Total Resources Expended	307,265	615	10,085	317,965	311,654

Four members of staff were employed for the year (2023-2024)

	<u>YE</u>	<u>YE</u>
	<u>31-Mar-24</u>	<u>31-Mar-23</u>
Gross salary	54,406	60,766
Employer's NICo	6,253	1,201
Employer's Pension Contributions (SPS)	1,632	1,823
	<u>62,291</u>	<u>63,790</u>

6. TAXATION

The company is a registered charity and it is considered that its activities are such that no taxation liability will arise.

7. TANGIBLE FIXED ASSETS

	<u>Furniture</u>	<u>Plant & Machinery</u>	<u>Equipment</u>	<u>Total</u>
COST		£	£	£
At 1st April 2023		47,197	19,704	66,901
Additions	970	-	-	970
Total	970	47,197	19,704	67,871

DEPRECIATION

At 1st April 2023	243	42,068	19,704	62,015
Charge for the year	182	1,282	-	1,464
At 31st March 2024	425	43,350	19,704	63,479

NET BOOK VALUE

At 31st March 2024	545	3,847	-	4,392
At 31st March 2023	727	5,129	-	5,856

8. DEBTORS

	<u>31st March 2024</u>	<u>31st March 2023</u>
Trade debtors	29,751	24,270
Other debtors	8,235	-
Prepayments and accrued income	-	-
Total Debtors	37,986	24,270

9. CREDITORS

	<u>31st March 2024</u>	<u>31st March 2023</u>
Amounts falling due within one year		
Creditors	12,419	2,500
Accruals and deferred income	-	-
Total Creditors	12,419	2,500

10. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	<u>General Funds</u>	<u>Designated Funds</u>	<u>Restricted Funds</u>	<u>Total 2023</u>
	£	£	£	£
Fixed assets	4,392	-	-	4,392
Debtors	8,235	29,751	-	37,986
Cash at bank and in hand	314	116,546	47,591	164,451
Creditors	12,419	-	-	12,419
Total	522	146,297	47,591	194,410

11. CAPITAL

The company has no share capital being limited by guarantee. Each member undertakes to contribute £1 in the event of the company being wound up.

12. RELATED PARTIES

Day to day operations of the charity is under the control of persons who are not directors of the organisation, but are such that related party disclosures are relevant.

13. MOVEMENT IN FUNDS	At 1 April 2023	Incoming	Outgoing	At 31 March 2024
Restricted funds				
YMCA Kickstart Scheme/DWP	11,798	0	11,798	0
National Grid	0	9,881	9,881	0
NHS South West London	0	18,544	350	18,194
Small Restricted Donations	0	6,062	3,000	3,062
Tedworth Charity	3000	-	3,000	-
Clifton Bookshop	0	2200	2200	0
City Bridge Trust	-	18,456	800	17,656
Better MH Fund, City & Hackney	23,323	16,630	32,674	7,279
CVA (Croydon Volunteer Action)	-	500	500	-
Wimbledon Foundation	5,091	-	5,091	-
Lush	-	2,500	1,100	1,400
Merton Giving	4,341	1,000	5,341	-
Total restricted funds	47,553	75,773	75,735	47,591
Unrestricted funds				
Designated funds:	2023			2024
Geoff Mack Fund	-	32,000	27,000	5,000
Funding Reserve	140,000	-	-	140,000
South London	2,002	2,000	3,100	902
Facilities Fund	2,703	1,000	3,100	603
General funds	1,982	-	1,668	314
Total unrestricted funds	146,687	35,000	34,868	146,819
Total funds	194,240	110,773	110,603	194,410

Purposes of restricted funds:

Kickstart Scheme: These funds were provided by DWP towards employees' wages

Merton Giving: These funds were provided for activities at the South London Studio

National Grid: These funds were provided for activities at the Bristol Studio

NHS South West London: These funds were provided for activities at the South London Studio

Clifton bookshop: These funds were provided for activities at the Bristol Studio

City Bridge Trust: These funds were provided for activities at the South London Studios

Better Mental Health Fund: These funds were provided for activities at the North London Studio

CVA (Croydon Volunteer Action): These funds were provided for activities at the South London Studio

Wimbledon Foundation: These funds were provided for activities at the South London Studio

Merton Giving: These funds were provided for activities at the South London Studio

Lush: These funds were provided for activities at the Bristol Studio

Small Restricted Donations: These funds were restricted to specific studio location

In the Trustees' opinion, there are enough resources held to enable each fund to be applied in accordance with the restrictions imposed by donors.

14. TRUSTEES REMUNERATION

The Trustees did not receive any remuneration. Trustees were reimbursed in the sum of £Nil for travelling expenses during the year 2024 (2023= £Nil)



STUDIO UPSTAIRS

England & Wales - Charity number 1058590

Accounts

ANNUAL REPORT & ACCOUNTS 2023

STUDIO UPSTAIRS





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Charity Name	Studio Upstairs
Company Registration Number	32324178 (Incorporated 6 August 1996)
Charity Registration Number	1058590 (Registered 10 October 1996)
Website address	www.studioupstairs.org.uk
Registered Office& Operational Address 1	1A Drummond Road London CR0 1TT
Address 2	Unit E3 Dalston Culture House 3 Bradbury Street London N16 8JN
Address 3	Units 1&2, Albion Dockside Estate Hanover Place Bristol BS1 6UT
Patron	Leo Burley
Directors and Trustees	Mr Keith Miller (Chair) Mr Alex Holmes Mrs Pernilla Rosendahl Ms Grace Sims
Managing Director Company Secretary	Mrs Zlatinka Hristova
Accountants	Shorish Barzinji & Co Ltd 108 High Street Croydon CR0 1ND
Independent Examiner	Mr Nabeel Qureshi TAXACCOLEGA Chartered Management Accountants 187A London Road Croydon CR0 2RJ
Bankers	NatWest Bank PLC 15-17 Hampstead Road London NW1 3DW Santander UK PLC 2 Triton Square Regent's Place London NW1 3AN
Twitter	twitter.com/Studio_Upstairs
Facebook	www.facebook.com/StudioUpstairs
Instagram	www.instagram.com/studioupstairs

WELCOME TO OUR ANNUAL REPORT!

In the ever-evolving tapestry of time, we find ourselves once again at the threshold of reflection and celebration. This past year has unfolded as a testament to our unwavering commitment and the collective impact of our Studio Upstairs family.



We take this opportunity to express our profound gratitude for the unyielding support and dedication of our donors, team, and volunteers. Together, we have harnessed the power of resilience and empathy to make a profound difference in the lives of individuals navigating the complex terrain of mental health challenges.

Throughout this year, we embraced the spirit of adaptability, reimagining our work plan to harness the available resources fully. We revitalised our online presence, enriching our website and the public exhibition program to ensure that our message reaches a wider audience.

At Studio Upstairs, our mission remains resolute: to ensure that affordable, timely mental health support is accessible to all who seek it. From the intimate one-on-one sessions to the transformative therapy groups and the far-reaching community outreach initiatives, our services have extended a lifeline to those in need.

Even in a world reshaped by the pandemic, we continue to stand by our commitment. We have retained the option of online service delivery, ensuring that individuals unable to partake in face-to-face interactions can still access our support and resources.

Yet our mission reaches far beyond the confines of service provision. We have been resolute in our advocacy for comprehensive mental health care policies and in our efforts to illuminate the importance of mental well-being.

The journey towards mental health is one that knows no boundaries, no preconditions. At Studio Upstairs, we champion the cause of inclusivity, working tirelessly to create a world where every individual can readily access the resources and support they require to flourish.

As we set our gaze upon the horizon, we are imbued with hope and a resolute determination. For many of those we serve, the act of seeking assistance for their mental health represents a formidable, courageous step.

Within the sanctuary of Studio Upstairs, we have kindled a safe haven where individuals can embark on their voyage toward healing and hope. This monumental achievement has been made possible through the unwavering support of our patrons and the tireless dedication of our team and volunteers.

To all who have lent their hearts and hands to our cause, we extend our deepest appreciation. Your contributions, whether through resources, time, or unwavering belief, have fueled our collective journey toward a brighter, more compassionate world.

Thank you for being an essential part of Studio Upstairs, for standing by our side, and for joining us in the mission to create a world where every individual's mental health is nurtured and valued. Together, we are making a profound and lasting impact.

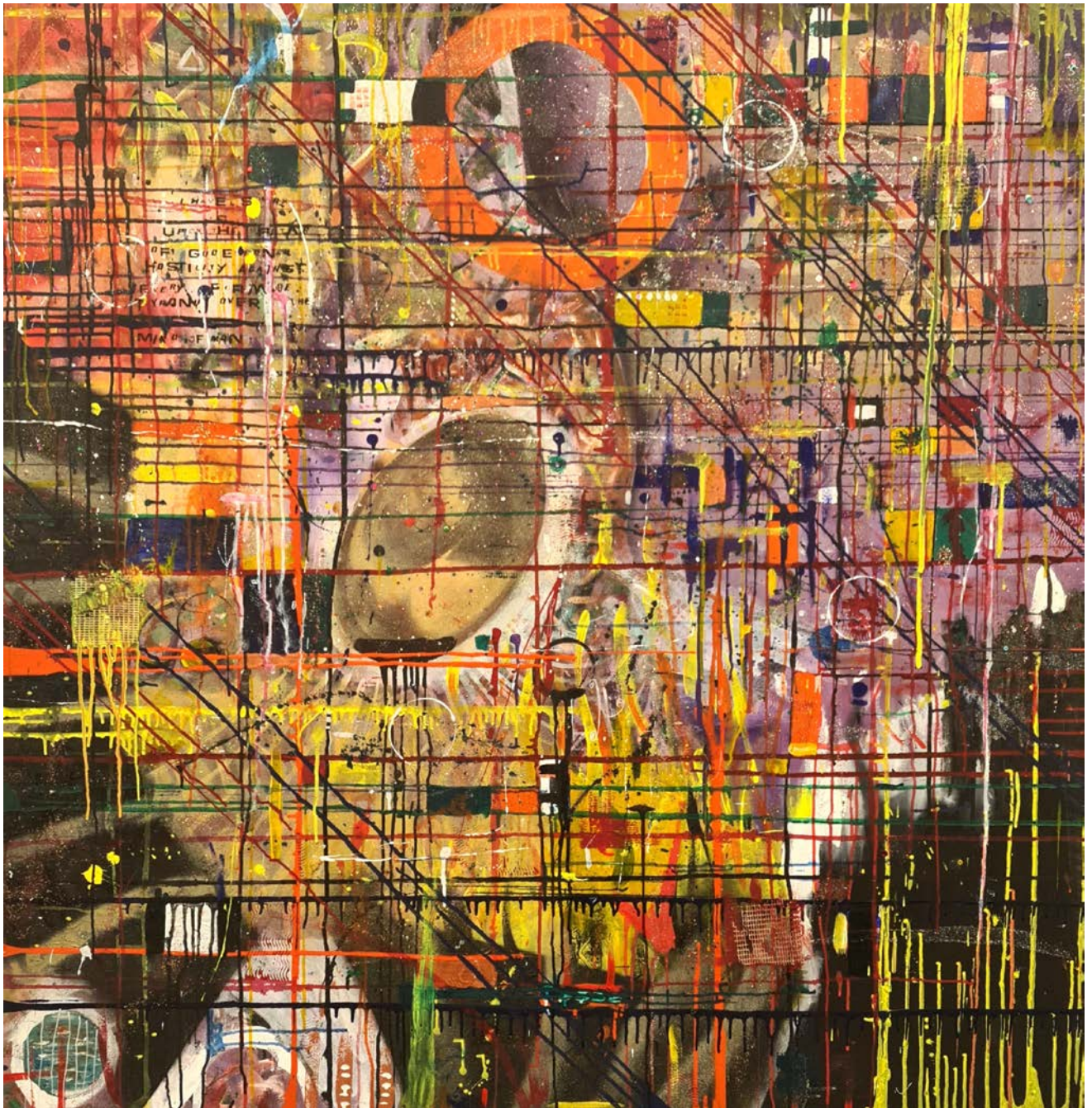
With heartfelt gratitude,

Keith Miller

Chair of the Board of Trustees

Zlatinka Hristova

Managing Director



OBJECTIVES AND ACTIVITIES OF THE CHARITY

Studio Upstairs' charitable objects are to promote, maintain, improve and advance public education and to preserve and protect health.

In setting the aims and activities the Trustees have taken due regard to the Charity Commission guidance on public benefit; believe that it delivers public benefit and have testimonials to support that belief.

Our Vision

A world in which everyone can transform their life through a creative community.

Our studios offer specialist visual arts provision for new and existing participants. Across the week, we work with adults with complex needs including those with multiple disabilities.

Aims

- Achieve long term stability and improved wellbeing for the beneficiaries
- Support people towards more autonomy and in the development of a creative identity
- Challenge the stigma and prejudice projected on to those experiencing mental and emotional distress and help them escape the labels and linear parameters of society.

The activities and ethos of Studio Upstairs are trauma informed and focus on the possibilities - away from peoples' impairments and towards removing the barriers to inclusion that disabled people face in everyday life. For most of our members Studio Upstairs is their family and with that comes all levels of support - from emotional and artistic to practical.

The artists have access to a wide range of professional media and creative processes including painting, drawing, printmaking, collage, sculpture, animation, photography, writing and performance.



Our Mission

To provide positive, life-changing interventions for people with mental or emotional difficulties within an artistic therapeutic community.

The ambition of the charity is to create a network of sustainable, safe, local studios available to all who need them, as and when they need them.



ORGANISATION OF THE CHARITY

GOVERNANCE

Studio Upstairs is a registered charity and a company limited by guarantee without share capital. It is governed by its Memorandum and Articles of Association.

The directors of the charitable company are also its trustees for the purpose of charity law and throughout this report are collectively referred to as the Trustees.

The Trustees have referred to the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities.

The Trustees meet regularly to review the activity and the strategic direction of the charity. They have delegated the day-to-day management of the charitable company to the Managing Director.

Studio Upstairs operates within a Business Plan which is agreed by the Board prior to the start of each financial year. The Operational Plan lists actions, targets, deadlines and responsibilities of individual team members. All policies are reviewed annually.

The delivery teams compile statistics on performance against the targets. The reports form the basis of quarterly operational reports which are presented and discussed at Board meetings.

The beneficiaries take an active role in the planning and running of the activities through monthly forums and representation at team meetings. They can use the shared studio throughout the day and are involved in the delivery of projects, exhibitions, performances and organised visits to galleries or museums.



TRUSTEE SELECTION AND TRAINING

As set out in the Articles of Association, the Trustees have the power to appoint additional Trustees. Trustees are selected through open recruitment after regular skills audit. The new Trustees are elected by a majority vote of the existing Trustees. They are familiarised with their responsibilities through an induction process.

RISK MANAGEMENT

The Trustees have conducted a review of the major risks to which the charitable company is exposed, and systems have been established to mitigate those risks. External risks to funding have led to the development of a strategic plan for change which will allow for the diversification of income streams, a review of the reserve funds and the organisational structure. Internal financial risks are minimised by the implementation of procedures for appropriate authorisation and monitoring of transactions. Projects are carefully planned to ensure consistent quality of delivery for all operational aspects of the charitable company.

The Studio sessions provide the time and space for members to work and to explore their own potential as artists.

They work together with Studio Managers who are trained as both artists and as art therapists in purposeful collaboration.

Each session meets the varied needs of the people in the studio, and all of our work is characterised by a personalised approach that facilitates choice in the creative practice.

The team is supported by clinical supervisors and complemented by volunteers, students on training placements and visiting artists.



OUR IMPACT

SUPPORTING PEOPLES HEALTH & WELLBEING THROUGH ART



Our impact is vividly exemplified by the growing influx of individuals who are actively participating in Studio Upstairs, whether as steadfast supporters, dedicated volunteers, cherished members, or enthusiastic attendees of our public events. This robust community engagement serves as a catalyst, fostering not only the honing of specialised skills but also the cultivation of valuable transferrable abilities such as strategic planning, decisive decision-making, and adept problem-solving.

Within the studio's embrace, our artists convene consistently each week, forging a tight-knit community of peers and collaborative creatives.

We have consistently demonstrated our prowess in not only attracting but, more significantly, in retaining those individuals who are often challenging to engage and sustain in the journey towards wellness. For our members, Studio Upstairs transcends mere affiliation; it is their steadfast lifeline, a surrogate family that empowers them to attain self-sufficiency, bolster self-esteem, and imbue their lives with a profound sense of purpose.

Over the past year, Studio Upstairs has tenaciously upheld the activities of three therapeutic artistic hubs across London and Bristol. We are immensely proud to note a remarkable 19% growth in our beneficiary base, with a resounding delivery of 32,300 hours of direct support.

Our esteemed Studio Upstairs Volunteers have magnanimously dedicated over 8,800 hours of their time and expertise, an invaluable contribution that equates to an estimated worth of £83,000. Our efficacy and dedication to our mission find resonance in the testimonies of those whose struggles have often gone unsupported elsewhere. Notably, 89% of our members attest to a reduction in stress levels, a decrease in crisis episodes, a diminished reliance on medication, or a lowered need for mental health services—all direct outcomes of their involvement in Studio membership.

With each passing year, our impact reverberates more profoundly, and our resolve to champion the cause of mental well-being grows unwavering. At Studio Upstairs, we are deeply committed to continuing this journey, leaving no one behind, and forging a path toward a world where every individual's mental health is nurtured, and where each life finds purpose and healing.



Our evaluation and that of external researchers consistently demonstrate that we achieve the desired outcomes across the full spectrum for health, education and social inclusion:

- Reduced crisis admissions and shorter hospital admissions
- Improved choice and control of services
- Increased learning and education
- Increased engagement of hard-to-reach groups
- Increase in signposting to agencies for additional support (housing, benefits etc)
- Improved sense of wellbeing
- Increased personal achievement and self-expression
- Increase support network for the socially excluded
- Increased support to families and carers
- Increased engagement in mainstream opportunities
- Increased support to families and carers
- Increased volunteering and employment.

These testimonials from Studio Upstairs members underscore the profound and multifaceted impact of the organization on individuals and the broader community. They illustrate how the studio's commitment to mental well-being and empowerment has changed lives in countless ways:

"Studio Upstairs has been my anchor during challenging times. Thanks to this support, I've not been in crisis admissions over the last year. The creative process and the community here provide the stability I need."

"Studio Upstairs has empowered me to take control of my mental health journey. I now have the freedom to choose services that resonate with me. It's a place where my voice matters."

"This studio is more than just a space for art; it's a space for learning. I've expanded my horizons and developed new skills. It's a place of growth, and I'm grateful for the opportunities it offers."

"I thought I was beyond the point of saving until I found Studio Upstairs. It's a place where I felt understood and welcomed. They've managed to engage me in a way no one else could."

"Studio Upstairs is not just about art; they've been a bridge to various support agencies. They've supported me during my housing problems and to navigate the world of benefits. It's truly a lifeline."

"The sense of wellbeing I've found here is indescribable. Studio Upstairs has allowed me to embrace my mental health journey, and I've never felt more at peace with myself."

"Studio Upstairs has enabled me to achieve things I never thought possible. I've discovered a sense of self-expression that has been my saving my sanity."

"Studio Upstairs isn't just a studio; it's a family. For someone who felt socially excluded, this place provided the community and support I desperately needed."

"Not only have I found support for myself, but Studio Upstairs has also been a source of guidance and understanding for my family. It has created a ripple effect of healing and support."

"Thanks to Studio Upstairs, I've ventured into volunteering opportunities I once thought were out of reach. The people here broadened my horizons and encouraged me to aim higher."

"Studio Upstairs doesn't just inspire creativity; it motivates action. Through this support, I've found opportunities for volunteering and towards employment. It has been my stepping stone to the future."

REACHING OUT AND CHALLENGING STIGMA



At Studio Upstairs, our commitment to eradicating the stigma surrounding mental health remains unwavering. We understand that challenging deeply ingrained misconceptions requires a multi-faceted approach that extends far beyond our studio walls. This past year, we embarked on a journey of outreach and advocacy that went beyond the ordinary.

In our unyielding pursuit to shatter the barriers of mental distress stigma, we actively seek out partnerships with a diverse spectrum of organizations. This collaborative spirit amplifies our reach and magnifies our impact. By joining forces with like-minded entities, we are weaving a tapestry of support that extends into every corner of the community.

In the digital age, our reach knows no bounds. Through our vibrant presence on social media channels and our informative newsletters, we have

continued to extend our hand, providing a lifeline of hope and understanding to those who may be struggling. Our online platforms have become a haven for promoting positive mental health, disseminating information, and fostering a global community of empathy.



mental well-being is celebrated, understood, and cherished.

Studio Upstairs stands as a beacon of hope and change, illuminating the path to a future free from the shackles of stigma.



Our commitment to showcasing the remarkable talent of our members remains as robust as ever. Through our exhibitions and collaboratively produced magazines, we not only celebrate their creative genius but also challenge preconceived notions about mental health. Each stroke of a brush, every written word, and all shared experiences serve as a powerful testament to the vitality of the human spirit in the face of adversity.

During the year in addition to the open exhibitions in Bristol, we also continued with the work on three of our earlier initiatives: The Merton Art Lifelines and the Studio Inside Art Box Projects.

As we move forward, we do so with a resolute determination to reach even further, challenge stigma even more boldly, and create a world where



With the unwavering support of our funders, volunteers and member and our collective dedication, we continue to redefine the narrative surrounding mental health, one brushstroke, one word, and one step at a time.



Studio Inside: Art & Wellbeing Box

The SU team has meticulously crafted the Studio Inside project with the aim of extending our reach within the wider community. Studio Inside is a visionary initiative comprising a series of creativity boxes, designed not only to enrich the lives of their recipients but also to bolster our fundraising endeavors, facilitating access to vital mental health support for those with very limited means.

Within our 'Printing with Light' boxes, recipients embark on a mindful journey, partaking in a contemplative walk to gather

inspiration and the materials necessary to craft stunning cyanotype prints. This innovative offering is a testament to our commitment to the well-being of individuals while fortifying our mission to create a world where mental health knows no barriers, including financial ones.

Art Lifelines, Merton

Art Lifelines, Merton: Pioneering Pathways to Well-being

Our award-winning social prescribing project has continued to flourish, transcending its previous achievements. Group members have consistently attested to the profound impact it has had on their well-being and self-assurance:

The evolution of Art Lifelines, Merton, serves as a testament to our unwavering commitment to the well-being of our community members, offering not only artistic solace but also the gift of self-assurance and personal growth.

"The artistic journey has been a serene escape from the rigors of daily life. Engaging in this creative process provides a cherished window of respite, an opportunity to step away from the ordinary, and a precious breathing space."

"Art Lifelines has not only unlocked the door to self-expression but also to self-discovery. It has facilitated the restoration of the confidence I had once lost in myself, providing a lifeline of creative rejuvenation."



"Participating in this endeavor encouraged me to venture beyond my comfort zone, embracing challenges that have bolstered my confidence. I now approach the world of art with newfound self-assurance and an eagerness to collaborate with fellow creatives."

FUTURE PLANS

Our three-year funding strategy remains steadfast in its mission to address the growing demand for our services. Regularly reviewed by our senior management team, the strategy is ever-evolving. In the upcoming year, we will further strengthen our income sources by actively pursuing longer-term grants that offer organisational stability.



Financial performance remains a top priority as we diligently monitor our resources and explore new funding opportunities. We are committed to cultivating corporate social responsibility partnerships to reduce our reliance on grant funding.

In the forthcoming year (2023/24), we will persist in delivering our arts programs in both London and Bristol. While remote support options will remain part of our services, the core of our offerings will continue to be face-to-face interactions at our studios.

Our business plan outlines a robust agenda and program strategy, with a strategic focus on the following core areas:

CREATE: Our commitment to deep engagement with meaningful and impactful activities, seamlessly connecting the realms of arts, education, and social care.

BELONG: The pursuit of community building, forging connections among individuals and with the broader community to combat isolation and enhance life opportunities.

GROW: Elevating awareness of our pioneering work on a national scale and extending its reach to support personal growth while dismantling stigmas surrounding neurodiversity.

Our unwavering commitment lies in upholding the fusion of art, education, and health, ensuring they coexist harmoniously. We will persist in providing the ideal blend of inspiration, encouragement, and empathetic listening, empowering individuals to discover their unique creative voices. By joining our creative therapeutic community, individuals will shed the weight of stigma and break the shackles of isolation.

In addition to our core work, we will launch supplementary projects that serve as testing grounds for fresh ideas. These initiatives will enable us to reach diverse groups of beneficiaries and establish new, collaborative partnerships. We remain dedicated to expanding the horizons of our impact and strengthening our commitment to the well-being of our community.

As we journey into the coming year, Studio Upstairs stands as a bastion of creativity, hope, and transformation, ready to inspire, support, and uplift all those who seek solace within our vibrant community.

FINANCIAL AND BUSINESS REVIEW

The charitable company's result for the year ended 31 March 2023 was a surplus of £853 (2022=£603). Incoming resources were £312,507 (2022=£355,468).

PRINCIPAL FUNDING SOURCES

The funding sources for the charitable company include invoiced fees for services to local authorities in London and Bristol, grants from trusts and foundations, income through other fundraising activities and miscellaneous income from artwork sales or space hires.

RESERVES AND DESIGNATED FUNDS POLICY

The Trustees considered risks in two main areas:

- Buildings: risks not covered by insurance or planned expenditure
- Operational: redundancy costs, contingency for outstanding liabilities, increased energy, cleaning and professional costs, an increase in demand for free and subsidised places and contingency for fluctuations in funding cycles by maintaining at least 6 months reserve for operational costs.

Reserve Fund: Studio Upstairs income fluctuates year on year as the grants supplementing the core costs are on an annual and short-term basis. To manage the risk and in line with the Charity Commission guidance for good practice and reserves, the charity has established a policy to have a reserve fund of five to six months of running costs. This is intended to cover the worst-case scenario in the unlikely case it needs to be wound up as well as to balance the fluctuations in income. This provides the trustees and other stakeholders with enough confidence that the organisation would be able to meet its obligations to beneficiaries, funders and staff in any situation.

Geoff Mack Fund: This fund provides access to the Studio for individuals on low income. This fund provides a much-needed safety net for very vulnerable individuals with enduring mental health needs and with no other means of support.

South London Fund: This fund is set out to support the development of the newest branch of the charity created in response to gaps in provision throughout this part of the capital.

Facilities Fund: This fund is set out to support essential repairs and maintenance of the premises.

STATEMENT OF THE RESPONSIBILITIES OF THE TRUSTEES

The Trustees, who are the charitable company's directors under company law, are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and regulations.

Company law requires the Trustees to prepare financial statements for each financial year. Under that law the Trustees have elected to prepare the financial statements in accordance with United Kingdom generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). The financial statements are required by law to give a true and fair view of the state of affairs of the charitable company and of the results of the charitable company for that period. In preparing these financial statements the Trustees are required to: select suitable accounting policies and then apply them consistently; make judgements and estimates that are reasonable and prudent;

prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 1985. They are also responsible for safeguarding the assets of the charitable company and for taking reasonable steps for the prevention of fraud and irregularities.

SMALL COMPANY EXEMPTIONS

This report has been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (issued in March 2005), the provisions of the Charities Act and in accordance with the special provision for small companies under Part 15 of the Companies Act 2006.

STATEMENT OF EXEMPTION FROM AUDIT

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31st March 2022. No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these accounts.

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006 and that members have not required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for ensuring that the company keeps accounting records which comply with section 386 of the Act and for preparing accounts which give a true and fair view of the state of the company as at the end of the financial year and if its incoming resources and application of resources, including its income and expenditure, for the financial year in accordance with the requirements of section 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to accounts, so far as applicable to the company.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard for Smaller Entities published on 16 July 2014.

The Accounts were approved by the Trustees on 30 November 2023.

INDEPENDENT EXAMINER

Mr Nabeel Qureshi (TAXACCOLEGA) was appointed as the charitable company's independent examiner during the year and has expressed willingness to continue in that capacity.

Registered office:

1A Drummond Road, London, CR0 1TT

Signed on behalf of the Trustees:

Keith Miller, Chair of the Board / Director

INDEPENDENT EXAMINER'S REPORT

I report on the accounts for the year ended 31 March 2023 set out on pages 17 to 24.

Respective responsibilities of Trustees and reporting accountants

The Trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The Trustees consider that an audit is not required for this year under section 43(2) of the Charities Act 1993 (the 1993 Act) and that an independent examination is needed. Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 43 of the 1993 Act;
- to follow the procedures laid down in the general directions given by the charity Commission under section 43(7)(b) of the 1993 Act; and
- to state whether particular matters have come to our attention.

Basis of Independent examiner's report

My examination was carried out in accordance with the general directions given by the Charity Commission. 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 disclosures in the accounts, and seeking explanations from you as Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

1. Which gives me reasonable cause to believe that any material respect the requirements: to keep accounting records in accordance with section 386 of the Companies Act 2006; and to prepare accounts which accord with the accounting records, comply with the accounting requirements of the section 396 of the Companies Act 2006 and the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met.
2. To which, in our opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Approved by: **Nabeel Qureshi**, TAXACCOLEGA, Chartered Certified Accountants

187A London Road Croydon CR0 2RJ

Date: 2nd November 2023

FINANCIAL STATEMENTS**INCOME AND EXPENDITURE ACCOUNT 2023**

		31st March 2023 Restricted Funds £	31st March 2023 Unrestricted Funds £	31st March 2023 Total Funds £	31st March 2022 Total Funds £
	Note				
<u>Incoming Resources</u>					
Service income	2	-	215,769	215,769	257,539
Voluntary income	3	94,993	1,493	96,486	97,915
Investment Income	4	-	252	252	14
Total		94,993	217,514	312,507	355,468
<u>Resources Expended</u>	5				
Charitable activities costs		69,518	230,489	300,007	341,599
Governance costs		-	1,038	1,038	752
Costs of generating funds		-	10,609	10,609	12,514
Total		69,518	242,136	311,654	354,865
Net incoming (outgoing) resources before transfers)		25,475	- 24,622	853	603
Gross transfers between funds					
Net income (expenditure)		25,475	- 24,622	853	603
Total funds brought forward		22,078	171,309	193,387	192,784
Total funds carried forward		47,553	146,687	194,240	193,387

Movements in funds are shown in Note 10 to the financial statements.

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 20 to 24 form part of these financial statements.

BALANCE SHEET

		<u>31st March</u> <u>2023</u>	<u>31st March</u> <u>2022</u>
	Note	£	£
FIXED ASSETS			
Tangible assets	6	5,856	6,839
CURRENT ASSETS			
Debtors	7	24,270	29,200
Stock		-	-
Cash at bank and in hand		<u>166,614</u>	<u>160,998</u>
		<u>190,884</u>	<u>190,198</u>
CREDITORS			
Amount falling due within one year	8	<u>2,500</u>	<u>3,650</u>
Net Current Assets		<u>188,384</u>	<u>186,548</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>194,240</u>	<u>193,387</u>
CAPITAL AND RESERVES	9		
Restricted Funds		47,553	22,078
Unrestricted Funds		<u>146,687</u>	<u>171,309</u>
TOTAL		<u>194,240</u>	<u>193,387</u>

NOTES TO THE FINANCIAL STATEMENTS

1. ACCOUNTING POLICIES

(a) Basis of Accounting:

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard for Smaller Entities published on 16 July 2014.

(b) Incoming resources:

All incoming resources are included in the Statement of Financial Activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

Income from charitable activities is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when receivable. Incoming resources from charitable activity are accounted for when earned.

Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant. Income resources from grants, where related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance.

Income from donations and legacies are included at the value to the charity where this can be quantified. The value of services provided by volunteers has not been included in these accounts.

Grant of a general nature provided by government and charitable foundation which are not conditional on delivering certain levels or volumes of a service or supply of charitable goods are recognised as income from donations and legacies.

(c) Resources expended:

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates:

Expenditure on raising funds comprise the costs associated with attracting income from donations and legacies.

Expenditure on charitable activities comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the independent examination fees and costs linked to the strategic management of the charity.

All costs are allocated between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly; others are apportioned on an appropriate basis, such as consultants, estimated usage or space occupied. Material allocations of costs made within the accounts are:

Cost function Basis of allocation	Office expenses Estimated Usage	Senior Management Services Time spent
Charitable Activities	95%	75%
Governance Costs	1%	10%
Generating Voluntary income	4%	15%

(d) Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

- Plant & Machinery @ 18% reducing balance basis
- Equipment @100% over the period of one year (First year allowance)
- Assets costing less than £500 are not capitalised

(e) Fund accounting: funds held by the charity are either:

- **Unrestricted** general funds – these are funds for use at the discretion of the trustees in furtherance of the general objectives of the charity.
- **Designated** funds – these are funds set aside by the trustees out of unrestricted general funds for specific future purposes or projects.
- **Restricted** funds - these are funds which can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.
- Transfers between funds are made to cover deficits on individual restricted funds and to recognise fixed assets acquired with restricted income, but with no further restriction on use.

(f) Operating Leases: Rentals are charged to the income and expenditure account in equal annual amounts over the period of the lease.

2. SERVICE INCOME

	31 st March 2023	31 st March 2023	31 st March 2023	31 st March 2022
	<u>Restricted Funds</u>	<u>Unrestricted Funds</u>	<u>Total Funds</u>	<u>Total Funds</u>
	£	£	£	£
Therapeutic Art Studio				
Fees for Funded Places	-	155,572	155,572	191,818
Members contributions	-	55,462	55,462	57,506
Artwork	-	2,485	2,485	2,520
Other income	-	2,250	2,250	5,695
Total	-	215,769	215,769	257,539

3.VOLUNTARY INCOME

	31 st March 2023	31 st March 2023	31 st March 2023	31 st March 2022
	<u>Restricted Funds</u>	<u>Unrestricted Funds</u>	<u>Total Funds</u>	<u>Total Funds</u>
	£	£	£	£
Grants	90,138	-	90,138	93,342
Donations	4,855	1,373	6,228	4,423
Friends Scheme	-	120	120	150
Total	94,993	1,493	96,486	97,915

4. INVESTMENT INCOME

	31 st March 2023	31 st March 2023	31 st March 2023	31 st March 2022
	<u>Restricted Funds</u>	<u>Unrestricted Funds</u>	<u>Total Funds</u>	<u>Total Funds</u>
	£	£	£	£
Interest received		252	252	14
Total		252	252	14

5. RESOURCES EXPENDED

	<u>Charitable Activities</u>	<u>Governance</u>	<u>Generating Funds</u>	<u>Total 2023</u>	<u>Total 2022</u>
	£	£	£	£	£
Staff Salaries and vol. expenses	184,187	-	9,694	193,881	232,303
Training & Supervision Costs	3,355	-	-	3,355	3,204
Team and Community Events	55	-	-	55	24
Employer N I Co	1,141	-	60	1,201	1,789
Pension Contributions	1,732	-	91	1,823	1,701
Rent and Utilities	83,789	-	-	83,789	77,018
Office Costs	2,343	-	123	2,466	4,506
Studio Art Materials	5,251	-	-	5,251	7,042
Artists Fees Sales	1,557	-	-	1,557	604
Shipping, Freight and Delivery	751	-	-	751	1,574
Equipment	66	-	-	66	788
Marketing and Communications	1,320	-	70	1,390	2,550
Accounts and Audit Costs	5,415	285	-	5,700	6,137
Legal Fees/ DBS Checks	93	5	-	98	421
Bank Charges	45	-	-	45	2
Insurance	2,532	133	-	2,665	2,482
Project and Exhibitions Costs	4,017	-	211	4,228	9,780
Bad Debt Written Off	120	600	360	1,080	360
Depreciation	1,953	-	-	1,953	2,280
Ind. examiner's remuneration	285	15	-	300	300
Total Resources Expended	300,007	1,038	10,609	311,654	354,865

Four members of staff were employed for the year (2022-2023).

No member of staff received more than £60,000 in remuneration.

6. TANGIBLE FIXED ASSETS

	<u>Furniture</u>	<u>Plant & Machinery</u>	<u>Equipment</u>	<u>Total</u>
COST	£	£	£	£
At 1st April 2022	-	47,197	19,704	66,901
Additions	970	-	-	970
Total	970	47,197	19,704	67,871

DEPRECIATION

At 1st April 2022	-	40,358	19,704	66,901
Charge for the year	243	1,710	-	1,953
At 31st March 2023	243	42,068	19,704	62,015
NET BOOK VALUE				
At 31st March 2023	727	5,129	-	5,856

At 31st March 2022		6,839	-	6,839
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7. DEBTORS

	31st March 2023	31st March 2022
Trade debtors	24,270	29,200
Other debtors	-	-
Prepayments and accrued income	-	-
Total Debtors	24,270	29,200

8. CREDITORS

	31st March 2023	31st March 2022
Amounts falling due within one year	2,500	3,650
Creditors		
Accruals and deferred income		-
Total Creditors	2,500	3,650

9. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	<u>General Funds</u>	<u>Designated Funds</u>	<u>Restricted Funds</u>	<u>Total 2023</u>
	£	£	£	£
Fixed assets	5,856	-	-	5,856
Debtors	-	24,270	-	24,270
Stock		-	-	-
Cash at bank and in hand	24,068	94,993	47,553	166,614
Creditors	2,500	-	-	2,500
Total	27,424	119,263	47,553	194,240

10. MOVEMENT IN FUNDS

	At 1 April 2022	Incoming	Outgoing	At 31 March 2023
Restricted funds				
YMCA Kickstart Scheme/DWP	1,010	16,788	6,000	11,798
GOVIA	500	0	500	0
Enterprise Development Fund	4,002	0	4,002	0
Tedworth Charity	0	15,000	12,000	3,000
Clifton Bookshop	0	4,855	4,855	-
Croydon Council	5,502	-	5,502	-
Better Mental Health Fund	5,064	33,259	15,000	23,323
CVA (Croydon Volunteer Action)	-	3,000	3,000	-
Wimbledon Foundation	-	9,591	4,500	5,091
Merton Giving	6,000	12,500	14,159	4,341
Total restricted funds	22,078	94,993	69,518	47,553

Unrestricted funds	At 1 April	Incoming	Outgoing	At 31 March
Designated funds:	<u>2022</u>			<u>2023</u>
Geoff Mack Fund	5,925	-	5,925	-
Funding Reserve	147,000	-	7,000	140,000
South London	9,902	-	7,900	2,002
Facilities Fund	5,000	-	2,297	2,703
General funds	3,482	-	1,500	1,982
Total unrestricted funds	171,309	-	24,622	146,687
Total funds	193,387	94,993	94,140	194,240

In the Trustees' opinion, there are enough resources held to enable each fund to be applied in accordance with the restrictions imposed by donors.

11. TAXATION

The company is a registered charity and it is considered that its activities are such that no taxation liability will arise.

12. CAPITAL

The company has no share capital being limited by guarantee. Each member undertakes to contribute £1 in the event of the company being wound up.

13. RELATED PARTIES

Day to day operations of the charity is under the control of persons who are not directors of the organisation, but are such that related party disclosures are relevant.

14. TRUSTEES REMUNERATION

The Trustees did not receive any remuneration. The Trustees were reimbursed for travelling expenses during the year 2023 = £Nil (2022= £Nil)

15. COMMITMENTS

The charity had no commitments in respect of leases on land and property at year end.

STUDIO UPSTAIRS

England & Wales - Charity number 1058590

Accounts

ANNUAL REPORT & ACCOUNTS 2022

STUDIO UPSTAIRS





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Charity Name	Studio Upstairs
Company Registration Number	32324178 (Incorporated 6 August 1996)
Charity Registration Number	1058590 (Registered 10 October 1996)
Website address	www.studioupstairs.org.uk
Registered Office& Operational Address 1	1A Drummond Road London CR0 1TT
Address 2	Unit E3 Dalston Culture House 3 Bradbury Street London N16 8JN
Address 3	Units 1&2, Albion Dockside Estate Hanover Place Bristol BS1 6UT
Patron	Leo Burley
Directors and Trustees	Mr Keith Miller (Chair) Mr Alex Holmes Mrs Pernilla Rosendahl
Managing Director Company Secretary	Mrs Zlatinka Hristova
Accountants	Shorish Barzinji & Co Ltd 108 High Street Croydon CR0 1ND
Independent Examiner	Mr Nabeel Qureshi TAXACCOLEGA Chartered Management Accountants 187A London Road Croydon CR0 2RJ
Bankers	NatWest Bank PLC 15-17 Hampstead Road London NW1 3DW Santander UK PLC 2 Triton Square Regent's Place London NW1 3AN
Twitter	twitter.com/Studio_Upstairs
Facebook	www.facebook.com/StudioUpstairs
Instagram	www.instagram.com/studioupstairs



WELCOME TO OUR ANNUAL REPORT!

This past year has been one of sustained accomplishment and we are proud to share with you some of the highlights of our work.

As we reflect back, we are filled with gratitude for the support and commitment of our donors, team, and volunteers. Together, we have made an incredible impact on the lives of those facing mental health challenges.

Throughout the year, we worked tirelessly to adapt our work plan to the available resources, refresh our website and the public exhibition programme.

At Studio Upstairs, we are committed to helping as many people as possible access affordable mental health care in a timely manner.

From the individual sessions and therapy groups to the community outreach programs, we have been able to provide vital mental health services to those in need.

Post-pandemic, we have retained some of our online delivery options for those who are unable to participate in face-to-face work at the studios.

Yet our work goes beyond just providing services. We have also been active in advocating for improved

mental health care policies and raising awareness about the importance of mental wellness.

We know that mental health challenges can touch anyone, at any time. That's why we are committed to doing everything we can to create a world where everyone has access to the resources and support they need to thrive.

As we look to the future, we are filled with hope and determination. For many of the people we serve, seeking help for their mental health can be a difficult and overwhelming process.

We have been able to create a safe and welcoming space where they can begin their journey to healing and hope.

With the help of our supporters and the incredible dedication of our team and volunteers we can make a real difference in the lives of those who are struggling.

Thank you for helping Studio Upstairs to create a better world for all.
We are deeply grateful to all of you!

Keith Miller

Chair of the Board of Trustees

Zlatinka Hristova

Managing Director

OBJECTIVES AND ACTIVITIES OF THE CHARITY

Studio Upstairs' charitable objects are to promote, maintain, improve and advance public education and to preserve and protect health.

In setting the aims and activities the Trustees have taken due regard to the Charity Commission guidance on public benefit; believe that it delivers public benefit and have testimonials to support that belief.

Our Vision

A world in which everyone can transform their life through a creative community.

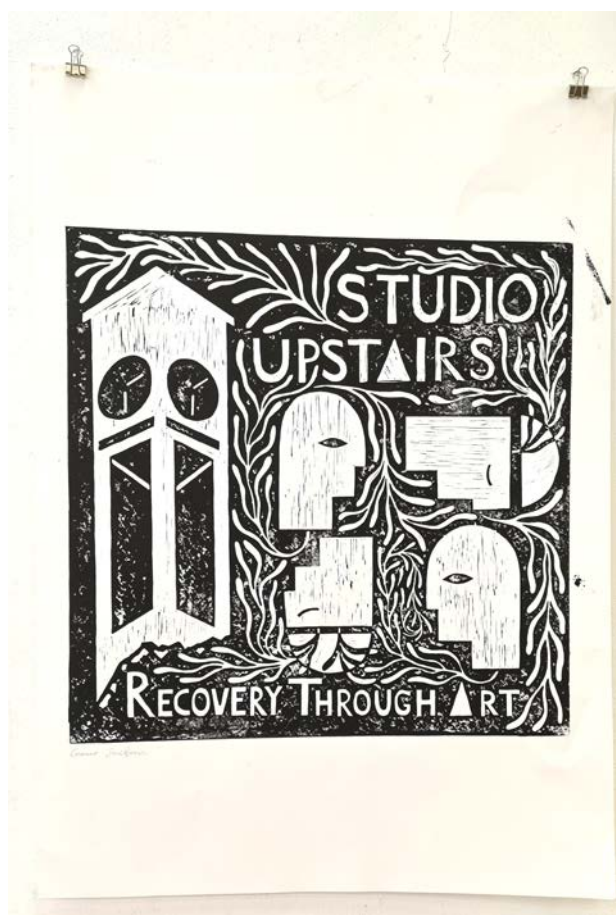
Our studios offer specialist visual arts provision for new and existing participants. Across the week, we work with adults with complex needs including those with multiple disabilities.

Aims

- Achieve long term stability and improved wellbeing for the beneficiaries
- Support people towards more autonomy and in the development of a creative identity
- Challenge the stigma and prejudice projected on to those experiencing mental and emotional distress and help them escape the labels and linear parameters of society.

The activities and ethos of Studio Upstairs are trauma informed and focus on the possibilities - away from peoples' impairments and towards removing the barriers to inclusion that disabled people face in everyday life. For most of our members Studio Upstairs is their family and with that comes all levels of support - from emotional and artistic to practical.

The artists have access to a wide range of professional media and creative processes including painting, drawing, printmaking, collage, sculpture, animation, photography, writing and performance.



Our Mission

To provide positive, life-changing interventions for people with mental or emotional difficulties within an artistic therapeutic community.

The ambition of the charity is to create a network of sustainable, safe, local studios available to all who need them, as and when they need them.



ORGANISATION OF THE CHARITY

GOVERNANCE

Studio Upstairs is a registered charity and a company limited by guarantee without share capital. It is governed by its Memorandum and Articles of Association.

The directors of the charitable company are also its trustees for the purpose of charity law and throughout this report are collectively referred to as the Trustees.

The Trustees have referred to the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities.

The Trustees meet regularly to review the activity and the strategic direction of the charity. They have delegated the day-to-day management of the charitable company to the Managing Director.

Studio Upstairs operates within a Business Plan which is agreed by the Board prior to the start of each financial year. The Operational Plan lists actions, targets, deadlines and responsibilities of individual team members. All policies are reviewed annually.

The delivery teams compile statistics on performance against the targets. The reports form the basis of quarterly operational reports which are presented and discussed at Board meetings.

The beneficiaries take an active role in the planning and running of the activities through monthly forums and representation at team meetings. They can use the shared studio throughout the day and are involved in the delivery of projects, exhibitions, performances and organised visits to galleries or museums.



TRUSTEE SELECTION AND TRAINING

As set out in the Articles of Association, the Trustees have the power to appoint additional Trustees. Trustees are selected through open recruitment after regular skills audit. The new Trustees are elected by a majority vote of the existing Trustees. They are familiarised with their responsibilities through an induction process.

RISK MANAGEMENT

The Trustees have conducted a review of the major risks to which the charitable company is exposed, and systems have been established to mitigate those risks. External risks to funding have led to the development of a strategic plan for change which will allow for the diversification of income streams, a review of the reserve funds and the organisational structure. Internal financial risks are minimised by the implementation of procedures for appropriate authorisation and monitoring of transactions. Projects are carefully planned to ensure consistent quality of delivery for all operational aspects of the charitable company.

The Studio sessions provide the time and space for members to work and to explore their own potential as artists.

They work together with Studio Managers who are trained as both artists and as art therapists in purposeful collaboration.

Each session meets the varied needs of the people in the studio, and all of our work is characterised by a personalised approach that facilitates choice in the creative practice.

The team is supported by clinical supervisors and complemented by volunteers, students on training placements and visiting artists.



OUR IMPACT

SUPPORTING PEOPLES HEALTH & WELLBEING THROUGH ART

Our impact is evidenced through the ever-greater number of people becoming involved with the Studio as supporters, volunteers, members or attending our public events. This engagement with the community and the creative process encourages specialist skill development and transferrable skills such as planning, decision-making and problem solving.

Our artists come to the studio for the same sessions each week, building a community of peers and collaborators. We have a proven record of engaging and sustaining the attendance of those who are often difficult to retain and involve. Our members continue to report that the Studio is their lifeline, the stand-in family who helps to achieve autonomy, self-esteem and purpose.

Over the last year, Studio Upstairs maintained the work of three artistic therapeutic communities in London and Bristol, increased the number of total beneficiaries with 19% and delivered 32,300 hours of direct support.

The Studio Upstairs Volunteers contributed over 8,100 hours of invaluable help to the charity to the estimated value of £82,000.



Our evaluation and that of external researchers consistently demonstrate that we achieve the desired outcomes across the full spectrum for health, education and social inclusion:

- Reduced crisis admissions and shorter hospital admissions
- Improved choice and control of services
- Increased learning and education
- Increased engagement of hard-to-reach groups
- Increase in signposting to agencies for additional support (housing, benefits etc)
- Improved sense of wellbeing
- Increased personal achievement and self-expression
- Increase support network for the socially excluded
- Increased support to families and carers
- Increased engagement in mainstream opportunities
- Increased support to families and carers
- Increased volunteering and employment.

The effectiveness of our work is highly valued and validated by the beneficiaries who often have not found sufficient support elsewhere. 89% of our members report reduction in stress levels, fewer episodes of crisis, decreased use of medication or mental health services as a result of studio membership.

REACHING OUT AND CHALLENGING STIGMA



Studio Upstairs links the running of the Art Studio with an aim towards dismantling the stigma of mental distress. The team regularly works in partnerships with a broad range of organisations to maximise reach and impact. Through our social media channels and newsletters we were reaching out and continued to promote positive mental health in the wider community. Our exhibitions and collaboratively produced magazines showcase the talent of our members. During the year in addition to the exhibitions in Bristol, we also continued with the work on three of our earlier initiatives: the South Croydon Station Art Trail, The Merton Art Lifelines and the Studio Inside Art Box Projects.



Public Launch and celebration of our South Croydon Station Project

Last year, the rail company GTR approached Studio Upstairs to help improve the look and feel of South Croydon Station. Our artists responded to the call for artworks that would comfort, inspire, and connect with people passing through the busy suburban station.

The art trail of images includes striking large-scale posters, intimate and reflective pieces, art with a tongue-in-cheek message, plus a cosmos of colourful bubble-shaped stickers. After the official launch and celebrations in the spring of 2022, we are working in partnership with the station to continue to maintain the art trail displays.



Studio Inside: Art & Wellbeing Box

The SU team developed this project so it can reach further in the wider community. The project Studio Inside is conceived as a series of creativity boxes which are not only helping the recipients, they are also contributing to our fundraising effort to provide access to mental health support to those on a very low income.

Our Printing with Light boxes include a mindful walk to gather inspiration and materials to create beautiful cyanotype prints

The Studio Inside boxes are available from our website yet occasionally we also have them at fairs and stalls such as this one at the Old Palace School in Croydon.



Another public exhibition took the form of a changing window display over a few months at the Hub in Broad Green, Croydon.

Art Lifelines, Merton

Our award-winning social prescribing project went from strength to strength. Group members found it had a big impact on their well-being and confidence:

"The artwork was nice to do because it was calming, people get away from their normal life. It gave space for people to seek a window, you go through it, separation from normal life. A breathing space."

"I did things outside my comfort zone and did things that were challenging. I have a lot more confidence in doing art with other people."

"It has afforded me not only the opportunity for self-expression but also self-discovery and rebuilding confidence I had lost in myself."





Bristol Studio Exhibition: UNLOCKED

*As the world had to adjust to unprecedented times, so did Studio Upstairs. The team rose to the challenge by maintaining close contact with members during lockdowns. Tragically, some **members** paid the ultimate price of isolation, emphasising the importance of having a space to feel valued.*

The “UNLOCKED” exhibition demonstrates how essential the studio is for survival on the journey of recovery.



FUTURE PLANS



Our three-year funding strategy aims to address the increased demand and is reviewed regularly by the senior management team.

It's approach will continue to broaden by developing additional sources of income – we are actively seeking longer-term grants to provide organisational stability.

We closely monitor our financial performance and remain open to new funding opportunities and seek new corporate social responsibility relationships to reduce our reliance on grant funding.

Our business plan sets out our agenda and programme plan.

The Studio Upstairs strategic focus is on the following areas:

CREATE: deep engagement with meaningful and impactful activities, holistically linking the arts with education and social care

BELONG: connect people with each other and with the wider community to tackle isolation and improve life chances

GROW: the national awareness of our pioneering work and its reach in supporting personal growth and dismantling stigma around neurodiversity.

In 2022/23 we will continue to deliver our arts programmes in London and Bristol and still include a range of remote support options, yet we will continue to mainly deliver face to face services at our studios.

We will carry on with our vital work and will hold art, education and health in the same frame. We will continue to offer the right mix of inspiration, encouragement and listening, so people can find their own creative voice, shed stigma and breach isolation by becoming a member of a creative therapeutic community.

Our core work will be supplemented by projects which will continue to test new ideas, to reach diverse groups of beneficiaries and to develop new partnerships.

FINANCIAL AND BUSINESS REVIEW

The charitable company's result for the year ended 31 March 2022 was a surplus of £603 (2021=£843). Incoming resources were £355,468 (2021=£421,236).

PRINCIPAL FUNDING SOURCES

The funding sources for the charitable company include invoiced fees for services to local authorities in London and Bristol, grants from trusts and foundations, income through other fundraising activities and miscellaneous income from artwork sales or space hires.

RESERVES AND DESIGNATED FUNDS POLICY

The Trustees considered risks in two main areas:

- Buildings: risks not covered by insurance or planned expenditure
- Operational: redundancy costs, contingency for outstanding liabilities, increased energy, cleaning and professional costs, an increase in demand for free and subsidised places and contingency for fluctuations in funding cycles by maintaining at least 6 months reserve for operational costs.

Reserve Fund: Studio Upstairs income fluctuates year on year as the grants supplementing the core costs are on an annual and short-term basis. To manage the risk and in line with the Charity Commission guidance for good practice and reserves, the charity has established a policy to have a reserve fund of six months of running costs. This is intended to cover the worst-case scenario in the unlikely case it needs to be wound up as well as to balance the fluctuations in income. This provides the trustees and other stakeholders with enough confidence that the organisation would be able to meet its obligations to beneficiaries, funders and staff in any situation.

Geoff Mack Fund: This fund provides access to the Studio for individuals on low income. This fund provides a much-needed safety net for very vulnerable individuals with enduring mental health needs and with no other means of support.

South London Fund: This fund is set out to support the development of the newest branch of the charity created in response to gaps in provision throughout this part of the capital.

Facilities Fund: This fund is set out to support essential repairs and maintenance of the premises.

STATEMENT OF THE RESPONSIBILITIES OF THE TRUSTEES

The Trustees, who are the charitable company's directors under company law, are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and regulations.

Company law requires the Trustees to prepare financial statements for each financial year. Under that law the Trustees have elected to prepare the financial statements in accordance with United Kingdom generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). The financial statements are required by law to give a true and fair view of the state of affairs of the charitable company and of the results of the charitable company for that period. In preparing these financial statements the Trustees are required to: select suitable accounting policies and then apply them consistently; make judgements and estimates that are reasonable and prudent;

prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 1985. They are also responsible for safeguarding the assets of the charitable company and for taking reasonable steps for the prevention of fraud and irregularities.

SMALL COMPANY EXEMPTIONS

This report has been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (issued in March 2005), the provisions of the Charities Act and in accordance with the special provision for small companies under Part 15 of the Companies Act 2006.

STATEMENT OF EXEMPTION FROM AUDIT

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31st March 2022. No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these accounts.

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006 and that members have not required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for ensuring that the company keeps accounting records which comply with section 386 of the Act and for preparing accounts which give a true and fair view of the state of the company as at the end of the financial year and if its incoming resources and application of resources, including its income and expenditure, for the financial year in accordance with the requirements of section 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to accounts, so far as applicable to the company.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard for Smaller Entities published on 16 July 2014.

The Accounts were approved by the Trustees on 20 December 2022.

INDEPENDENT EXAMINER

Mr Nabeel Qureshi (TAXACCOLEGA) was appointed as the charitable company's independent examiner during the year and has expressed willingness to continue in that capacity.

Registered office:

1A Drummond Road, London, CR0 1TT

Signed on behalf of the Trustees:

Keith Miller, Chair of the Board / Director

INDEPENDENT EXAMINER'S REPORT

I report on the accounts for the year ended 31 March 2022 set out on pages 17 to 23.

Respective responsibilities of Trustees and reporting accountants

The Trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The Trustees consider that an audit is not required for this year under section 43(2) of the Charities Act 1993 (the 1993 Act) and that an independent examination is needed. Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 43 of the 1993 Act;
- to follow the procedures laid down in the general directions given by the charity Commission under section 43(7)(b) of the 1993 Act; and
- to state whether particular matters have come to our attention.

Basis of Independent examiner's report

My examination was carried out in accordance with the general directions given by the Charity Commission. 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 disclosures in the accounts, and seeking explanations from you as Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

1. Which gives me reasonable cause to believe that any material respect the requirements: to keep accounting records in accordance with section 386 of the Companies Act 2006; and to prepare accounts which accord with the accounting records, comply with the accounting requirements of the section 396 of the Companies Act 2006 and the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met.
2. To which, in our opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Approved by: **Nabeel Qureshi**, TAXACCOLEGA, Chartered Certified Accountants

187A London Road Croydon CR0 2RJ

Date: 15 December 2022

FINANCIAL STATEMENTS**INCOME AND EXPENDITURE ACCOUNT 2022**

		31st March 2022 Restricted Funds £	31st March 2022 Unrestricted Funds £	31st March 2022 Total Funds £	31st March 2021 Total Funds £
	Note				
<u>Incoming Resources</u>					
Service income	2	-	257,539	257,539	204,783
Voluntary income	3	93,342	4,573	97,915	216,311
Investment Income	4	-	14	14	142
Total		93,342	262,126	355,468	421,236
 <u>Resources Expended</u>					
	5				
Charitable activities costs		90,710	250,889	341,599	405,860
Governance costs		-	752	752	3,822
Costs of generating funds		-	12,514	12,514	10,706
Total		90,710	264,155	354,865	420,388
Net incoming (outgoing) resources before transfers)		2,632	-	2,029	603
 Gross transfers between funds					
Net income (expenditure)		2,632	-	2,029	603
Total funds brought forward		19,446	173,338	192,784	191,936
Total funds carried forward		22,078	171,309	193,387	192,784

Movements in funds are shown in Note 13 to the financial statements.

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 19 to 23 form part of these financial statements.

BALANCE SHEET

		<u>31st March</u> <u>2022</u>	<u>31st March</u> <u>2021</u>
	Note	£	£
FIXED ASSETS			
Tangible assets	7	6,839	9,119
CURRENT ASSETS			
Debtors	8	29,200	36,010
Stock			250
Cash at bank and in hand		160,998	177,405
		<u>190,198</u>	<u>213,665</u>
CREDITORS			
Amount falling due within one year	9	3,650	30,000
Net Current Assets		186,548	183,665
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>193,387</u>	<u>192,784</u>
CAPITAL AND RESERVES	10		
Restricted Funds		22,078	19,446
Unrestricted Funds		171,309	173,338
TOTAL		<u>193,387</u>	<u>192,784</u>

NOTES TO THE FINANCIAL STATEMENTS

1. ACCOUNTING POLICIES

(a) Basis of Accounting:

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard for Smaller Entities published on 16 July 2014.

(b) Incoming resources:

All incoming resources are included in the Statement of Financial Activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

Income from charitable activities is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when receivable. Incoming resources from charitable activity are accounted for when earned.

Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant. Income resources from grants, where related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance.

Income from donations and legacies are included at the value to the charity where this can be quantified. The value of services provided by volunteers has not been included in these accounts.

Grant of a general nature provided by government and charitable foundation which are not conditional on delivering certain levels or volumes of a service or supply of charitable goods are recognised as income from donations and legacies.

(c) Resources expended:

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates:

Expenditure on raising funds comprise the costs associated with attracting income from donations and legacies.

Expenditure on charitable activities comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the independent examination fees and costs linked to the strategic management of the charity.

All costs are allocated between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly; others are apportioned on an appropriate basis, such as consultants, estimated usage or space occupied. Material allocations of costs made within the accounts are:

Cost function Basis of allocation	Office expenses Estimated Usage	Senior Management Services Time spent
Charitable Activities	95%	75%
Governance Costs	1%	10%
Generating Voluntary income	4%	15%

(d) Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

- Plant & Machinery @ 18% reducing balance basis
- Equipment @100% over the period of one year (First year allowance)
- Assets costing less than £500 are not capitalised

(e) Fund accounting: funds held by the charity are either:

- **Unrestricted** general funds – these are funds for use at the discretion of the trustees in furtherance of the general objectives of the charity.
- **Designated** funds – these are funds set aside by the trustees out of unrestricted general funds for specific future purposes or projects.
- **Restricted** funds - these are funds which can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.
- Transfers between funds are made to cover deficits on individual restricted funds and to recognise fixed assets acquired with restricted income, but with no further restriction on use.

(f) Operating Leases: Rentals are charged to the income and expenditure account in equal annual amounts over the period of the lease.

2. CHARITABLE INCOME

	31 st March 2022	31 st March 2022	31 st March 2022	31 st March 2021
	Restricted Funds	Unrestricted Funds	Total Funds	Total Funds
	£	£	£	£
Therapeutic Art Studio				
Fees for Funded Places	-	191,818	191,818	153,882
Members contributions	-	57,506	57,506	45,406
Artwork		2520	2520	200
Workshop Fees	-	-	-	236
Other income	-	5,695	5,695	5,059
Total	-	257,539	257,539	204,783

3. DONATIONS AND LEGACIES

	31 st March 2022	31 st March 2022	31 st March 2022	31 st March 2021
	Restricted	Unrestricted	Total	Total
	£	£	£	£
Grants	93,342	-	93,342	206,932
Donations	-	4,423	4,423	8,929
Friends Scheme	-	150	150	450
Total	93,342	4,573	97,915	216,311

4. INVESTMENT INCOME

	31 st March 2022	31 st March 2022	31 st March 2022	31 st March 2021
	Restricted	Unrestricted	Total	Total
	£	£	£	£
Interest received	-	14	14	142
Total	-	14	14	142

5. RESOURCES EXPENDED

	<u>Charitable Activities</u>	<u>Governance</u>	<u>Generating Funds</u>	<u>Total 2022</u>	<u>Total 2021</u>
	£	£	£	£	£
Staff Salaries and volunteers Fees	220,455	-	11,498	231,953	246,046
Training & Supervision Costs	3,204	-	-	3,204	4,814
Team and Community Events	24	-	-	24	360
Volunteer Expenses	350	-	-	350	136
Employer N I Co	1,700	-	89	1,789	1,545
Pension Contributions	1,616	-	85	1,701	1,469
Rent and Utilities	77,018	-	-	77,018	92,146
Office Costs	4,281	-	225	4,506	11,816
Studio Art Materials	7,042	-	-	7,042	11,725
Artists Fees Sales	604	-	-	604	3,103
Shipping, Freight and Delivery	1,574	-	-	1,574	1,926
Equipment	788	-	-	788	5,194
Marketing & Communications	2,422	-	128	2,550	1,210
Travel	-	-	-	-	49
Accounts Costs	5,830	307	-	6,137	7,632
Legal Fees/ DBS Checks	400	21	-	421	446
Bank Charges	2	-	-	2	36
Insurance	2,358	124	-	2,482	2,312
Projects and Exhibitions Costs	9,291	-	489	9,780	1,866
Bad Debt Written Off	360	-	-	360	13,700
Depreciation	2,280	-	-	2,280	12,557
Independent examiner fee	-	300	-	300	300
Total Resources Expended	341,599	752	12,514	354,865	420,388

Four members of staff were employed for the year (2021-2022).
No member of staff received more than £60,000 in remuneration.

6. TAXATION

The company is a registered charity and it is considered that its activities are such that no taxation liability will arise.

7. TANGIBLE FIXED ASSETS

	<u>Plant & Machinery</u>	<u>Equipment</u>	<u>Total</u>
COST	£	£	£
At 1st April 2021	47,197	19,704	66,901
Additions	-	-	-
Total	47,197	19,704	66,901

DEPRECIATION

At 1st April 2021	38,078	19,704	57,782
Charge for the year	2,280	-	2,280
At 31st March 2022	40,358	19,704	60,062
NET BOOK VALUE			
At 31st March 2022	6,839	-	6,839
At 31st March 2021	9,119	-	9,119

8. DEBTORS

	31st March 2022	31st March 2021
Trade debtors	29,200	36,010
Other debtors	-	-
Prepayments and accrued income	-	-
Total Debtors	29,200	36,010

9. CREDITORS

	31st March 2022	31st March 2021
Amounts falling due within one year		
Creditors	3,650	30,000
Accruals and deferred income	-	-
Total Creditors	3,650	30,000

10. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	<u>General Funds</u>	<u>Designated Funds</u>	<u>Restricted Funds</u>	<u>Total 2022</u>
	£	£	£	£
Fixed assets	6,839	-	-	6,839
Debtors	-	29,200	-	29,200
Stock	-	-	-	-
Cash at bank and in hand	239	138,627	22,078	160,998
Creditors	3,650	-	-	3,650
Total	3,482	167,827	22,078	193,387

11. CAPITAL

The company has no share capital being limited by guarantee. Each member undertakes to contribute £1 in the event of the company being wound up.

12. RELATED PARTIES

Day to day operations of the charity is under the control of persons who are not directors of the organisation, but are such that related party disclosures are relevant.

13. MOVEMENT IN FUNDS	At 1 April <u>2021</u>	Incoming	Outgoing	At 31 March <u>2022</u>
Restricted funds				
Kickstart Scheme/DWP	0	9,755	8,745	1,010
GOVIA	0	6,650	6,150	500
Enterprise Development Fund	0	10,550	6,548	4,002
Art Council England	0	5,000	5,000	0
Arts & Health Partnership/NHS	9684	0	9,684	0
HRMC	0	13,438	13,438	0
North Somerset Council	0	195	195	0
Redhill Council	-	5,214	5,214	-
LB of Croydon	4,762	13,097	12,357	5,502
LB of Hackney	-	19,572	14,508	5,064
LLC/Community Grant	5,000	-	5,000	-
Merton Giving	-	9,871	3,871	6,000
Total restricted funds	19,446	93,342	90,710	22,078
Unrestricted funds				
Designated funds:	<u>2021</u>	Incoming	Outgoing	At 31 March <u>2022</u>
Geoff Mack Fund	7,000	35,052	36,127	5,925
Funding Reserve	150,000	-	3,000	147,000
South London	9,202	3,200	2,500	9,902
Facilities Fund	5,000	5,000	5,000	5,000
General funds	2,136	1,497	151	3,482
Total unrestricted funds	173,338	44,749	46,778	171,309
Total funds	192,784	138,091	137,488	193,387

In the Trustees' opinion, there are enough resources held to enable each fund to be applied in accordance with the restrictions imposed by donors.

14. TRUSTEES REMUNERATION

The Trustees did not receive any remuneration. Trustees were reimbursed in the sum of £Nil
For travelling expenses during the year 2022 (2021= £Nil)

STUDIO UPSTAIRS

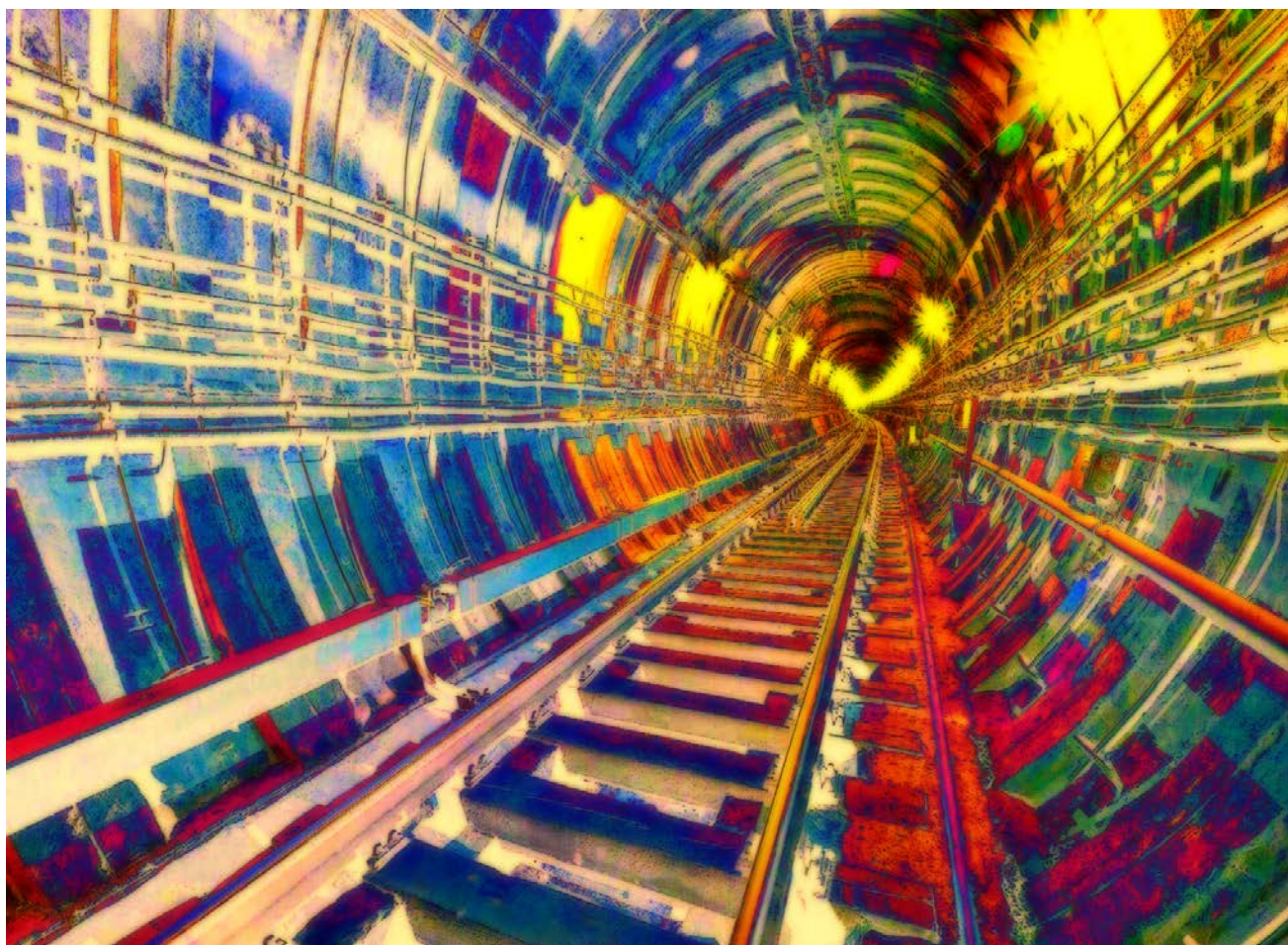
England & Wales - Charity number 1058590

Accounts

30
Years

STUDIO
UPSTAIRS

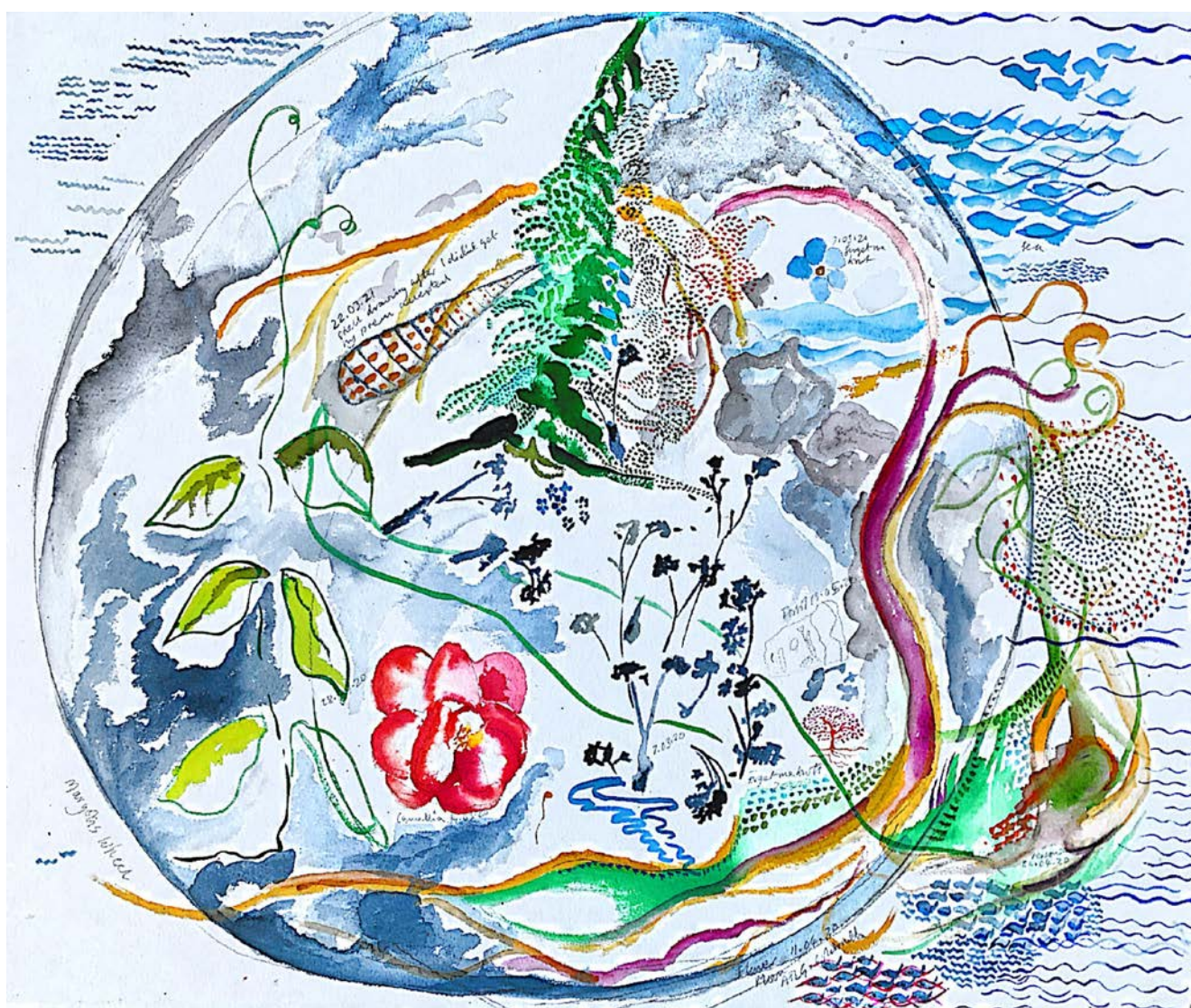
Leading Creative Recovery



ANNUAL REPORT & ACCOUNTS 2021

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Charity Name	Studio Upstairs
Company Registration Number	32324178 (Incorporated 6 August 1996)
Charity Registration Number	1058590 (Registered 10 October 1996)
Website address	www.studioupstairs.org.uk
Registered Office& Operational Address 1	1A Drummond Road London, CR0 1TT
Address 2	Unit E3 Dalston Culture House 3 Bradbury Street London, N16 8JN
Address 3	Units 1&2, Albion Dockside Estate Hanover Place Bristol, BS1 6UT
Patron	Leo Burley
Directors and Trustees	Mr Keith Miller (Chair) Mr Alex Holmes Mrs Pernilla Rosendahl
Managing Director Company Secretary	Mrs Zlatinka Hristova
Accountants	Shorish Barzinji & Co Ltd 108 High Street Croydon, CR0 1ND
Independent Examiner	Mr Nabeel Qureshi TAXACCOLEGA Chartered Management Accountants 187A London Road Croydon, CR0 2RJ
Bankers	NatWest Bank PLC 15-17 Hampstead Road London, NW1 3DW Santander UK PLC 2 Triton Square Regent's Place London, NW1 3AN
Twitter	twitter.com/Studio_Upstairs
Facebook	www.facebook.com/StudioUpstairs
Instagram	www.instagram.com/studioupstairs

WELCOME TO OUR ANNUAL REPORT!

We all felt the challenge of the worldwide pandemic. We witnessed how it created unprecedented levels of demand for support and how it affected the most vulnerable in our society.



Mental health was already a big issue and now it has become an even more pressing need as a result of the increased social isolation. As the NHS and social services are struggling to meet the growing need for mental health support, the role of charities is becoming more important than ever.

Studio Upstairs, yet again, stepped up and continued to demonstrate dedication, flexibility and remarkable resilience in the face of adversity. During the year we worked relentlessly to adapt our work plan and have grown the range and volume of our services. We excelled in acquiring emergency funding to continue to be here for our beneficiaries.

Studio Upstairs is strongly committed to helping as many people as possible to access affordable mental health provision in good time.

With new technology and socially distanced experiences in mind, we designed and delivered services for a new online world.

Despite the fact that we had to endure periods of studio closures, at the very start of the

lockdown, we immediately and effectively transitioned our services to remote provision. This included video conferencing, online workshops, phone support and collaborative publications.

For meetings in person, we created new smaller groups in all our studios, so more people can safely get the help they need when they need it. The Studio offered new personalized (one to one) therapeutic and creative advice sessions in addition to the regular groups.

As a result of our efforts, we are very proud to announce that Studio Upstairs received an award for innovation in social prescribing.

The Studio Inside Art Box is another innovative step for our charity – entirely conceived and developed by our team.

Most important of all, our beneficiaries were extremely positive and grateful for the new ways of support we have developed during these trying times.

We are immensely proud of our achievements and would like to thank our funders, donors, supporters and our team and volunteers for their incredible dedication. An enormous amount of gratitude is due to all! THANK YOU!

Keith Miller

Chair of the Board of Trustees

Zlatinka Hristova

Managing Director

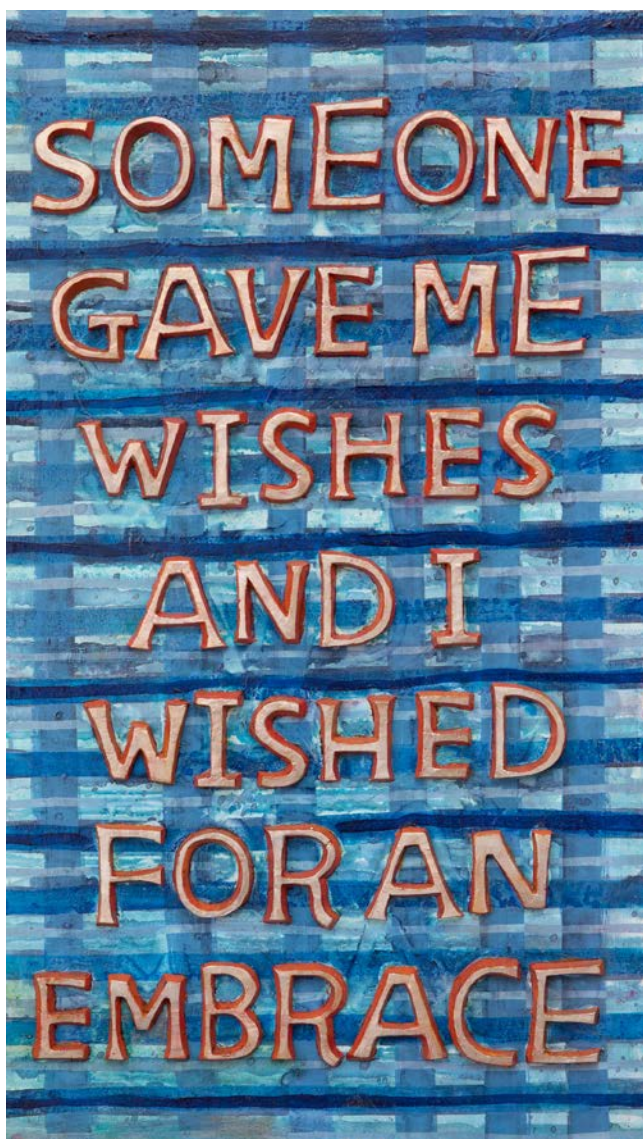
OBJECTIVES AND ACTIVITIES OF THE CHARITY

Studio Upstairs' charitable objects are to promote, maintain, improve and advance public education and to preserve and protect health.

In setting the aims and activities the Trustees have taken due regard to the Charity Commission guidance on public benefit; believe that it delivers public benefit and have testimonials to support that belief.

Our Vision

A world in which everyone can transform their life through a creative community.



Our studios offer specialist visual arts provision for new and existing participants. Across the week, we work with adults with complex needs including those with multiple disabilities.



Our Mission

To provide positive, life-changing interventions for people with mental or emotional difficulties within an artistic therapeutic community.

The ambition of the charity is to create a network of sustainable, safe, local studios available to all who need them, as and when they need them.

Aims

- Achieve long term stability and improved wellbeing for the beneficiaries
- Support people towards more autonomy and in the development of a creative identity
- Challenge the stigma and prejudice projected on to those experiencing mental and emotional distress and help them escape the labels and linear parameters of society.

The activities and ethos of Studio Upstairs are trauma informed and focus on the possibilities - away from peoples' impairments and towards removing the barriers to inclusion that disabled people face in everyday life. For most of our members Studio Upstairs is their family and with that comes all levels of support - from emotional and artistic to practical.

Artist have access to a wide range of professional media and creative processes including painting, drawing, printmaking, animation, photography collage, sculpture, photography, writing and performance.

ORGANISATION OF THE CHARITY

GOVERNANCE

Studio Upstairs is a registered charity and a company limited by guarantee without share capital. It is governed by its Memorandum and Articles of Association.

The directors of the charitable company are also its trustees for the purpose of charity law and throughout this report are collectively referred to as the Trustees.

The Trustees have referred to the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities.

The Trustees meet regularly to review the activity and the strategic direction of the charity. They have delegated the day-to-day management of the charitable company to the Managing Director.

Studio Upstairs operates within a Business Plan which is agreed by the Board prior to the start of each financial year. The Operational Plan lists actions, targets, deadlines and responsibilities of individual team members. All policies are reviewed annually.

The delivery teams compile statistics on performance against the targets. The reports form the basis of quarterly operational reports which are presented and discussed at Board meetings.

The beneficiaries take an active role in the planning and running of the activities through monthly forums and representation at team meetings. They can use the shared studio throughout the day and are involved in the delivery of projects, exhibitions, performances and organised visits to galleries or museums.



"Studio Upstairs, whether it's in person or in zoom time is my safe creative family where I have experimented beyond my wildest dreams artistically and slowly built-up trust and friendship with the group."



"I've been disabled by physical and emotional ill health, but Studio Upstairs has given me the opportunity to challenge myself. All I have to do is get there, which might be quite difficult, but then the magic starts to happen!"

Studio sessions provide the time and space for members to work and to explore their own potential as artists. Artists/makers work together with Studio Managers in purposeful collaboration.

Each session meets the varied needs of the people in the studio, and all of our work is characterised by a personalised approach that facilitates choice in the creative practice.

The activities are facilitated by teams of artists (Studio Managers) who are also trained art /drama psychotherapists. However, the studio is a place where events and happenings unfold and reveal the lived experience and qualities of all those involved.

The team is supported by clinical supervisors and complemented by volunteers, students on training placements and visiting artists.

RISK MANAGEMENT

The Trustees have conducted a review of the major risks to which the charitable company is exposed, and systems have been established to mitigate those risks. External risks to funding have led to the development of a strategic plan for change which will allow for the diversification of income streams, a review of the reserve funds and the organisational structure. Internal financial risks are minimised by the implementation of procedures for appropriate authorisation and monitoring of transactions. Projects are carefully planned to ensure consistent quality of delivery for all operational aspects of the charitable company.



It's a very consistent means of support. I can attend however I am, which is very important for me because so much else is dependent on how I am feeling whether I can connect with other people. I can come regardless of how I'm feeling, even if I'm all over the place which is amazing. I always get something from it."

TRUSTEE SELECTION AND TRAINING

As set out in the Studio Upstairs Articles of Association, the Trustees have the power to appoint additional Trustees.

Trustees are selected through open recruitment after regular skills audit.

The new Trustees are elected by a majority vote of the existing Trustees. They are familiarised with their responsibilities through an induction process.



OUR IMPACT

SUPPORTING PEOPLES HEALTH & WELLBEING THROUGH ART

Our impact is evidenced through the ever-greater number of people becoming involved with the Studio as supporters, volunteers, members or attending our public events. This engagement with the community and the creative process encourages specialist skill development and transferrable skills such as planning, decision-making and problem solving.

Our artist/makers come to the studio for the same sessions each week, building a community of peers and collaborators. We have proven record of engaging and sustaining the attendance of those who are often difficult to retain and involve.

Our members continue to report that the Studio is their lifeline, the stand-in family who helps to achieve autonomy, self-esteem and purpose.

Over the last year, Studio Upstairs maintained the work of three artistic therapeutic communities in London and Bristol, increased the number of total beneficiaries with 20% and delivered 31,300 hours of direct support. This included group work as well as dedicated one to one sessions under our Creative Adviser Scheme supported by the Arts Council England.

The Studio Upstairs Volunteers contributed over 7,800 hours of invaluable help to the charity to the estimated value of £72,000.





Our evaluation and that of external researchers consistently demonstrate that we achieve the desired outcomes across the full spectrum for health, education and social inclusion:

- Reduced crisis admissions and shorter hospital admissions
- Improved choice and control of services
- Increased learning and education
- Increased engagement of hard-to-reach groups
- Increase in signposting to agencies for additional support (housing, benefits etc)
- Improved sense of wellbeing
- Increased personal achievement and self-expression
- Increase support network for the socially excluded
- Increased support to families and carers
- Increased engagement in mainstream opportunities
- Increased support to families and carers
- Increased volunteering and employment.

The effectiveness of our work is highly valued and validated by the beneficiaries who often have not found sufficient support elsewhere. 88% of our members report reduction in stress levels, fewer episodes of crisis, decreased use of medication or mental health services as a result of studio membership.

"I feel extremely privileged to be part of Studio Upstairs.

It offers me many things which I struggle to find elsewhere: inclusion, encouragement, friendships, non-judgmental acceptance, a sense of belonging and hope, along with the space to develop my creativity. This creativity provides meaning where previously there was none.

I also receive excellent support from the staff and am being enabled to deal with some very difficult issues that have up until now defied many years of attempts to move forward using both conventional and alternative therapeutic means. To me this is priceless. I really, really value and appreciate all the hard work that goes on at Studio Upstairs. On a personal level I know the loss of Studio Upstairs would leave a large and painful gap that experience tells me would be very difficult to fill."



As further confirmation of the quality and value of our work, and as a result of our continued strive for innovation, this year we received an award from MCVS (Merton).



REACHING OUT AND CHALLENGING STIGMA

Studio Upstairs links the running of the Art Studio with an aim towards dismantling the stigma of mental distress. The team regularly works in partnerships with a broad range of organisations to maximise reach and impact. Through our social media channels and newsletters we are reaching out and continue to promote positive mental health in the wider community. We organized online exhibitions and collaboratively produced magazines to stay connected and showcase the talent of our members. Here are some of the highlights:



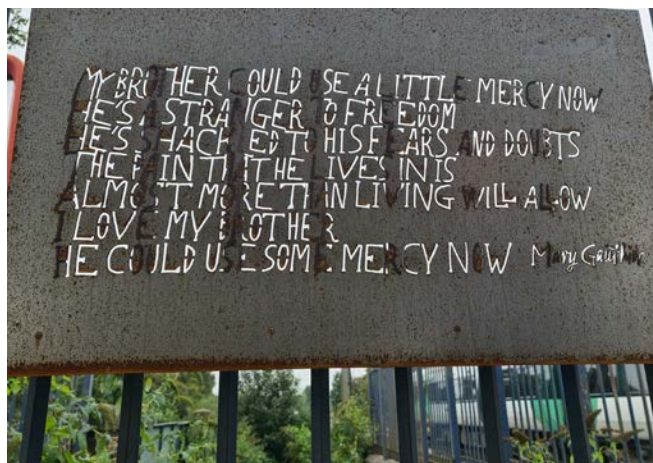
During the Creativity and Wellbeing Week, 18th - 24th May we organised an online exhibition "How does it Feel?" about the shared lockdown experiences.

South Croydon Station Project

The rail company GTR approached Studio Upstairs, inviting us to help improve the look and feel of South Croydon Station. Our artists, all members of Studio Upstairs, responded to the call for artworks that would comfort, inspire, and connect with people passing through the busy suburban station.



In the Spring we worked collaboratively across all studios to create the **Studio Upstairs Magazine**. The first issue was titled **Art and Connection** and featured artwork, poetry, information about artistic resources and provided much needed mutual support in the lockdown times of social disconnection.



As a result, an abundance of artworks has appeared in waiting rooms, along platforms and railings at South Croydon station. The art trail of images includes striking large-scale posters, intimate and reflective pieces, art with a tongue-in-cheek message, plus a cosmos of colourful bubble-shaped stickers.



New Magazine!

Made with contributions from Studio Upstairs team, members and volunteers in Dalston, Croydon and Bristol

Welcome to the first edition of the Studio Upstairs Magazine, brought to you by your office team. The theme of this issue is "Art and Connection".



Image: Embroidery on hessian material quoting "Hope, friendship, beauty will not be cancelled".

We are inviting all readers to send submissions for future issues of the magazine. This can include photos of your artwork, quotes, inspiration, virtual tours, online resources, art challenges, or anything you see that you think will connect us to the creative world and to each other.

VIRTUAL MUSEUM TOURS



Raffaello
Scuderie del Quirinale, Rome
A 13 minute walk through the exhibition, Raffaello Sanzio da Urbino arrived in Rome in 1508, at the invitation of the new Pope Julius II. Learn about the social context and the crucial role of patronage in Raphael's career, while gazing at his lavish range of portraits, religious works and architectural designs.

[enter the exhibit here](#)



Picasso & Paper
Royal Academy
Picasso didn't just draw on paper - he tore it, burnt it, and made it three-dimensional. From studies for Guernica to a 4.8m-wide collage, this exhibition brings together over 300 works on paper spanning the artist's 80yr career. Immerse yourself in Picasso's world of paper and discover how - with this everyday material we know so well - he found the means to explore the furthest reaches of his creativity.

[enter the exhibit here](#)

Our next Magazine featured an interview with our patron, message from the Chair, artwork and writing by members, team and volunteers. It also promoted the new online workshops and expressed our support for the Black Lives Matter movement.

Black Lives Matter

Studio Upstairs unreservedly supports the Black Lives Matter movement.

We recognise that many people from BAME communities have and do experience discrimination in our society and this in turn can lead to poor mental health and life chances.

We want to state that as a community, we will work hard to listen and understand the barriers that people from black and ethnic minority backgrounds experience, and we will be active supporters and partners in the Black Lives Matter movement.

Recommended resources:

Read:
Why I'm No Longer Talking To White People About Race - Reni Eddo-Lodge (Book)

What is white privilege?
(Article, click link)

Watch:
13th (Documentary - Netflix)

When They See Us
(Series - Netflix)

The Hate U Give
(Film - NowTV, Amazon)



Black Artists on the Subjugation of Black Bodies

In light of the continued violence wrought on black bodies by those who were meant to serve and protect, for George Floyd, for Trayvon Martin, for Eric Garner, for Breonna Taylor, for the thousands of lives lost and lives harmed at the hands of brutal injustice, we take a look at artists who have addressed systemic racism and police brutality through their varied practices...

[CLICK HERE TO READ FULL ARTICLE...](#)

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next workshop...

Where Do Ideas Come From? with Michelle Charles

IN OUR CURRENT WORLD, WE ARE OFTEN BOMBARDED WITH NEWS ITEMS AND DIFFICULTIES THAT TAKE US AWAY FROM OUR EVERY-DAY PEACEFULNESS. DURING THIS TIME, WE WILL DISCOVER WHAT IT IS TO SPEND TIME LOOKING AT ITEMS IN AND AROUND OUR HOMES AND EXAMINING THEIR RELATIONSHIPS TO FORM AND SPACE WHILST CREATING MOMENTS FOR OUR OWN SPACE.

WHEN?
This is a 2 part workshop for all experience levels

DATE 1: June 24th, 15:30 - 16:30

DATE 2: July 1st, 15:30 - 17:30

WHERE?
Hosted on Zoom

HOW MUCH?
The workshop is free to attend

WHAT WILL I NEED?

A camera or a mobile phone with a camera, a sketchbook and pencil and any other material you like to doodle with

HOW DO I ATTEND?

Please email sophia.pettit@studioupstairs.org.uk

IN ADDITION TO THIS CORE WORKSHOP THERE WILL ALSO BE THE OPPORTUNITY TO PARTICIPATE IN AN ONLINE VIRTUAL EXHIBITION OF YOUR WORK.



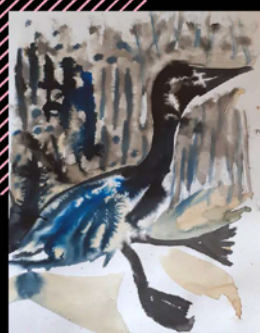
"YESTERDAY IS ALREADY GONE, TOMORROW IS NOT HERE YET, TODAY IS THE ONLY DAY AVAILABLE TO US; IT'S THE MOST IMPORTANT DAY OF OUR LIVES." THICH NHAT HANH

WHO?

Michelle Charles is a highly experienced and inspiring workshop leader. She has taught for many years in art schools and worked extensively running curative workshops for the NHS and Tate Modern in London and in New York.



MARIA'S LOCKDOWN MASKS



Canada Goose

by Rosemary Smith

Inspired by the coffee workshop

Blue and black ink, different strengths of coffee, used tissue

"I ENJOYED USING MATERIALS AND EXPLORING NEW TECHNIQUES"

if you missed the coffee workshop, check out this RA class. Painting with Turmeric on Cloth... [CLICK HERE](#)

Free

PAINTING WITH COFFEE WORKSHOP

WITH PORTRAIT ARTIST KATE KELLY

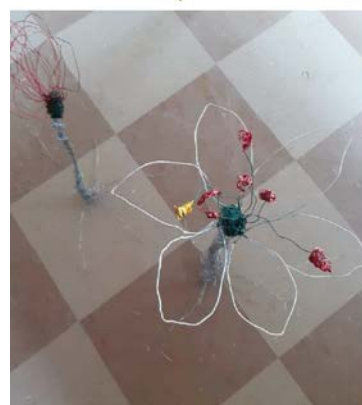
Studio Upstairs members, team and volunteers from Dalston, Bristol and Croydon met up on Thursday 4th June to do a Painting With Coffee workshop. This was facilitated by Kate Kelly. To the right you can see a painting she made with coffee and black ink. Here is some of the feedback:

"Thank you for organizing the workshop. I enjoyed it and I think most people who took part also enjoyed it." - workshop participant

"I thought the coffee workshop was a real success and made a difference to each of the people who took part. It was stimulating and engaging to experience the artist showing her work and giving an idea of some outcomes which could be achieved...Thank you and looking forward to more of these!" - Thomas, Croydon Volunteer



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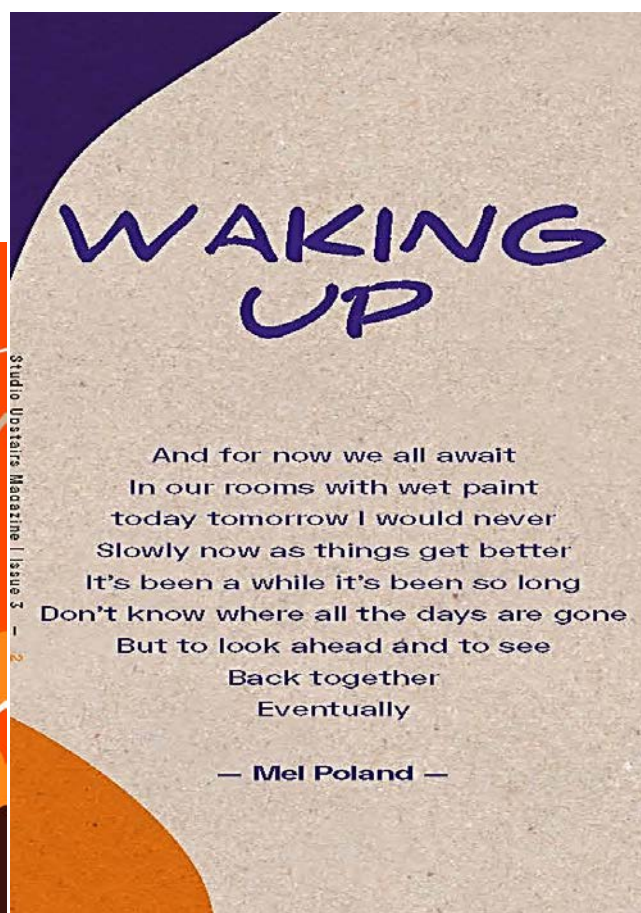
VERA

Lily flower wire, enamel paint
70 cm high x 30 cm width

I went to the park and I saw the flowers which make me think of isolation. I was inspired by the flowers because I could not go anywhere else. I was feeling claustrophobic at home, and the Studio Upstairs group online has made me feel better. Thanks to the group, I was inspired to use wire at home.

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In the Summer, the SU magazine grew even bigger with many more contributions from the team and members, interviews and reflections on recent community events.



Studio Inside: Art & Wellbeing Box

The SU team developed a new idea for reaching out even further in the wider community – the project Studio Inside.

It is conceived as a series of creativity boxes which are not only helping the recipients, they are also contributing to our fundraising effort to provide access to mental health support to those on a very low income.

The first box, Printing with Light includes a mindful walk to gather inspiration and materials to create beautiful cyanotype prints.



FUTURE PLANS



The global crisis has underlined the reality that the environment changes in unpredictable ways.

We have increased our capacity and resources to enable additional support, training and advocacy to meet the increase in demand for accessible and low-cost services.

Our three-year funding strategy aims to address this demand and is reviewed regularly by the senior management team.

It will continue to broaden by developing additional sources of income – we are actively seeking longer-term grants to provide organisational stability. We closely monitor our financial performance and remain open to new funding opportunities and new corporate responsibility relationships to mitigate risk and reduce our reliance on grant funding.

Our three-year business plan sets out our agenda and programme plan.

The Studio Upstairs strategic focus is on the following areas:

CREATE: deep engagement with meaningful and impactful activities, holistically linking the arts with education and social care

BELONG: connect people with each other and with the wider community to tackle isolation and improve life chances

GROW: the national awareness of our pioneering work and its reach in supporting personal growth and dismantling stigma around neurodiversity

In 2021/22 we will continue to deliver our arts programmes in London and Bristol and still include a range of remote support options, yet will continue to mainly deliver face to face services at our studios.

We will carry on with our vital work and will hold art, education and health in the same frame.

The Studio will continue to offer the right mix of inspiration, encouragement and listening, so people can find their own creative voice, shed stigma and breach isolation by becoming a member of a creative therapeutic community.

Our core work will be supplemented by projects which will continue to test new ideas, to reach diverse groups of beneficiaries and to develop new partnerships.

FINANCIAL AND BUSINESS REVIEW

The charitable company's result for the year ended 31 March 2021 was a surplus of £848 (2020=£843). Incoming resources were £421,236 (2020=£314,486)

PRINCIPAL FUNDING SOURCES

The funding sources for the charitable company include invoiced fees for services to local authorities in London and Bristol, grants from trusts and foundations, income through other fundraising activities and miscellaneous income from artwork sales or space hires.

RESERVES AND DESIGNATED FUNDS POLICY

The Trustees considered the risks to the charity to be in two main areas:

- Buildings: risks not covered by insurance or planned expenditure
- Operational: business continuity, redundancy costs, unexpected further increase in energy, cleaning and professional costs, further increase in demand for free and subsidised places and the fluctuations in funding

Reserve Fund: Studio Upstairs income fluctuates year on year as the grants supplementing the core costs are on annual and short-term basis. To manage the risk and in line with the Charity Commission guidance for good practice and reserves, the charity has established a policy to have a reserve fund of six months of running costs. This is intended to cover the worst-case scenario in the unlikely case it needs to be wound up as well as to balance the fluctuations in income. This provides the trustees and other stakeholders with enough confidence that the organisation would be able to meet its obligations to beneficiaries, funders and staff in any situation.

Geoff Mack Fund: This fund provides access to the Studio for individuals on low income. This fund provides a much-needed safety net for very vulnerable individuals with no other means of support.

South London Fund: This fund is set out to support the development of the newest branch of the charity created in response to gaps in provision throughout this part of the capital.

Facilities Fund: This fund is set out to support essential repairs and maintenance of the premises.

STATEMENT OF THE RESPONSIBILITIES OF THE TRUSTEES

The Trustees, who are the charitable company's directors under company law, are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and regulations.

Company law requires the Trustees to prepare financial statements for each financial year. Under that law the Trustees have elected to prepare the financial statements in accordance with United Kingdom generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). The financial statements are required by law to give a true and fair view of the state of affairs of the charitable company and of the results of the charitable company for that period. In preparing these financial statements the Trustees are required to: select suitable accounting policies and then apply them consistently; make judgements and estimates that are reasonable and prudent; prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 1985. They are also responsible for safeguarding the assets of the charitable company and for taking reasonable steps for the prevention of fraud and irregularities.

SMALL COMPANY EXEMPTIONS

This report has been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (issued in March 2005), the provisions of the Charities Act and in accordance with the special provision for small companies under Part 15 of the Companies Act 2006.

STATEMENT OF EXEMPTION FROM AUDIT

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31st March 2021. No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these accounts.

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006 and that members have not required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for ensuring that the company keeps accounting records which comply with section 386 of the Act and for preparing accounts which give a true and fair view of the state of the company as at the end of the financial year and if its incoming resources and application of resources, including its income and expenditure, for the financial year in accordance with the requirements of section 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to accounts, so far as applicable to the company.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard for Smaller Entities published on 16 July 2014.

The Accounts were approved by the Trustees on 6 December 2021.

INDEPENDENT EXAMINER

Mr Nabeel Qureshi (TAXACCOLEGA) was appointed as the charitable company's Independent Examiner during the year and has expressed willingness to continue in that capacity.

Registered office:

1A Drummond Road, London, CR0 1TT

Signed on behalf of the Trustees:

Keith Miller, Chair of the Board / Director

INDEPENDENT EXAMINER'S REPORT

I report on the accounts for the year ended 31 March 2021 set out on pages 18 to 24.

Respective responsibilities of Trustees and reporting accountants

The Trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The Trustees consider that an audit is not required for this year under section 43(2) of the Charities Act 1993 (the 1993 Act) and that an independent examination is needed. Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 43 of the 1993 Act;
- to follow the procedures laid down in the general directions given by the charity Commission under section 43(7)(b) of the 1993 Act; and
- to state whether particular matters have come to our attention.

Basis of Independent examiner's report

My examination was carried out in accordance with the general directions given by the Charity Commission. 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 disclosures in the accounts, and seeking explanations from you as Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

1. Which gives me reasonable cause to believe that any material respect the requirements: to keep accounting records in accordance with section 386 of the Companies Act 2006; and to prepare accounts which accord with the accounting records, comply with the accounting requirements of the section 396 of the Companies Act 2006 and the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met.
2. To which, in our opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Approved by: **Nabeel Qureshi**, TAXACCOLEGA, Chartered Certified Accountants

187A London Road Croydon CR0 2RJ

Date: 29 November 2021

FINANCIAL STATEMENTS**INCOME AND EXPENDITURE ACCOUNT 2021**

		31st March 2021 Restricted Funds £	31st March 2021 Unrestricted Funds £	31st March 2021 Total Funds £	31st March 2020 Total Funds £
<u>Incoming Resources</u>					
Service income	2	-	204,583	204,583	263,300
Voluntary income	3	162,795	53,716	216,511	50,810
Investment Income	4	-	142	142	376
Total		162,795	258,441	421,236	314,486
 <u>Resources Expended</u>	5				
Charitable activities costs		-	405,860	405,860	282,279
Governance costs		-	3,822	3,822	15,684
Costs of generating funds		-	10,706	10,706	15,680
Total		-	420,388	420,388	313,643
 Net incoming (outgoing) resources before transfers)		162,795	161,947	848	843
Gross transfers between funds					
Net income (expenditure)for the year		162,795	161,947	848	843
		-	191,936	191,936	191,093
Total funds brought forward					
		162,795	29,989	192,784	191,936
Total funds carried forward					

Movements in funds are shown in Note 11 to the financial statements.

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 20 to 24 form part of these financial statements.

BALANCE SHEET

		<u>31st March</u> <u>2021</u>	<u>31st March</u> <u>2020</u>
	Note	£	£
FIXED ASSETS			
Tangible assets	7	9,119	21,676
CURRENT ASSETS			
Debtors	8	36,010	49,760
Stock		250	900
Cash at bank and in hand		<u>177,405</u>	<u>140,874</u>
		<u>213,665</u>	<u>191,534</u>
CREDITORS			
Amount falling due within one year	9	<u>30,000</u>	<u>21,274</u>
Net Current Assets		<u>183,665</u>	<u>170,260</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>192,784</u>	<u>191,936</u>
CAPITAL AND RESERVES	10		
Restricted Funds		162,795	29,295
Unrestricted Funds		<u>29,989</u>	<u>162,641</u>
		<u>192,784</u>	<u>191,936</u>

NOTES TO THE FINANCIAL STATEMENTS

1. ACCOUNTING POLICIES

(a) Basis of Accounting:

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard for Smaller Entities published on 16 July 2014.

(b) Incoming resources:

All incoming resources are included in the Statement of Financial Activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

Income from charitable activities is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when receivable. Incoming resources from charitable activity are accounted for when earned.

Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant. Income resources from grants, where related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance.

Income from donations and legacies are included at the value to the charity where this can be quantified. The value of services provided by volunteers has not been included in these accounts.

Grant of a general nature provided by government and charitable foundation which are not conditional on delivering certain levels or volumes of a service or supply of charitable goods are recognised as income from donations and legacies.

(c) Resources expended:

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates:

Expenditure on raising funds comprise the costs associated with attracting income from donations and legacies.

Expenditure on charitable activities comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the independent examination fees and costs linked to the strategic management of the charity.

All costs are allocated between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly; others are apportioned on an appropriate basis, such as consultants, estimated usage or space occupied. Material allocations of costs made within the accounts are:

Cost function Basis of allocation	Office expenses Estimated Usage	Senior Management Services Time spent
Charitable Activities	95%	75%
Governance Costs	1%	10%
Generating Voluntary income	5%	15%

(d) Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

- Plant & Machinery @ 18% reducing balance basis
- Equipment @100% over the period of one year (First year allowance)
- Assets costing less than £500 are not capitalised

(e) Fund accounting: funds held by the charity are either:

- **Unrestricted** general funds – these are funds for use at the discretion of the trustees in furtherance of the general objectives of the charity.
- **Designated** funds – these are funds set aside by the trustees out of unrestricted general funds for specific future purposes or projects.
- **Restricted** funds - these are funds which can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.
- Transfers between funds are made to cover deficits on individual restricted funds and to recognise fixed assets acquired with restricted income, but with no further restriction on use.

(f) Operating Leases: Rentals are charged to the income and expenditure account in equal annual amounts over the period of the lease.

2. CHARITABLE INCOME

	31 st March 2021	31 st March 2021	31 st March 2021	31 st March 2020
	Restricted	Unrestricted	Total	Total
	<u>Funds</u>	<u>Funds</u>	<u>Funds</u>	<u>Funds</u>
	£	£	£	£
Therapeutic Art Studio				
Public Sector Contracts	-	153,882	153,882	199,690
Members Contributions	-	45,406	45,406	51,847
Other income	-	5,295	5,295	11,793
Total	-	204,583	204,583	263,300

3. DONATIONS AND LEGACIES

	31 st March 2021	31 st March 2021	31 st March 2021	31 st March 2020
	Restricted	Unrestricted	Total	Total
	£	£	£	£
Grants/Core costs	162,795	44,137	206,932	39,294
Grants/Projects	-	8,929	8,929	9,489
Donations	-	450	450	450
Friends Scheme	-	200	200	1,577
Total	162,795	53,716	216,511	50,810

4. INVESTMENT INCOME

	31 st March 2021	31 st March 2021	31 st March 2021	31 st March 2020
	Restricted	Unrestricted	<u>Total</u>	<u>Total</u>
	£	£		
Interest received	-	142	142	376
Total	-	142	142	376

5. RESOURCES EXPENDED

	<u>Charitable Activities</u> £	<u>Governance</u> £	<u>Generating Funds</u> £	<u>Total 2021</u> £	<u>Total 2020</u> £
Staff Salaries, Fees & Expenses	233,744	2,460	9,842	246,046	190,199
Training & Supervision Costs	4,814	-	-	4,814	2,995
Team and Community Events	360	-	-	360	236
Volunteer Expenses	136	-	-	136	118
Employer N I Co	1,468	15	62	1,545	2,693
Pension Contributions	1,396	15	58	1,469	1,466
Rent and Utilities	92,146	-	-	92,146	81,124
Office Costs	11,226	-	590	11,816	3,048
Studio Materials/ Equipment	11,725	-	-	11,725	3,685
Artists Fees	3,103	-	-	3,103	561
Shipping, Freight and Delivery	1,926	-	-	1,926	220
Marketing and Communications	1,150	-	60	1,210	216
Travel and Subsistence	49	-	-	49	3,635
Accounts Costs	6,716	916	-	7,632	6,109
Legal Fees/ DBS Checks	446	-	-	446	345
Bank Charges	36	-	-	36	60
Insurance	2,196	116	-	2,312	2,285
Projects and Exhibition Costs	1,772	-	94	1,866	448
Bad Debt Written Off	13,700	-	-	13,700	2,900
Depreciation	12,557	-	-	12,557	11,000
Ind. Examiner's remuneration	-	300	-	300	300
Total Resources Expended	405,860	3,822	10,706	420,388	313,643

Over the year, the SU overall and unit costs increased due to delivery in smaller groups and provision of individual support. There were additional costs related to preventing digital exclusion, development of new services and works for adapting the existing provision and premises to the pandemic conditions.

No member of staff received more than £60,000 in remuneration.

6. TAXATION

The company is a registered charity and it is considered that its activities are such that no taxation liability will arise.

7. TANGIBLE FIXED ASSETS

	<u>Plant & Machinery</u>	<u>Equipment</u>	<u>Total</u>
COST	£	£	£
At 1st April 2020	47,197	19,704	66,901
Additions			
Total	47,197	19,704	66,901

DEPRECIATION

At 1st April 2020	35,038	10,187	45,225
Charge for the year	3,040	9,517	12,557
At 31st March 2020	38,078	19,704	57,782
NET BOOK VALUE			
At 31st March 2021	9,119	-	9,119
At 31st March 2020	12,159	9,517	21,676

8. DEBTORS

	31st March <u>2021</u>	31st March <u>2020</u>
Trade debtors	36,010	31,900
Other debtors	-	17,860
Prepayments and accrued income	-	-
Total Debtors	36,010	49,760

9. CREDITORS

	31st March <u>2021</u>	31st March <u>2020</u>
Amounts falling due within one year	30,000	21,274
Creditors	-	-
Accruals and deferred income	-	-
Total Creditors	30,000	21,274

10. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	<u>General Funds</u>	<u>Designated Funds</u>	<u>Restricted Funds</u>	<u>Total 2020</u>
	£	£	£	£
Fixed assets	9,119	-	-	9,119
Debtors	36,010	-	-	36,010
Stock	250	-	-	250
Cash at bank and in hand	177,405	-	-	177,405
Creditors	30,000	-	-	30,000
	192,784	-	-	192,784

11. CAPITAL

The company has no share capital being limited by guarantee. Each member undertakes to contribute £1 in the event of the company being wound up.

12. RELATED PARTIES

Day to day operations of the charity is under the control of persons who are not directors of the organisation, but are such that related party disclosures are relevant.

13. MOVEMENT IN FUNDS	At 1 April 2020	Incoming	Outgoing	At 31 March 2021
Restricted funds				
City Bridge Trust	0	45,000	45,000	0
Lloyds Foundation/Enable	12,000	0	12,000	0
Arts & Health Partnership	0	9,984	300	9,684
DCMS	-	45,000	45,000	-
LB Croydon	-	14,762	10,000	4,762
Arts Council England	-	37,760	37,760	-
LLC/Community Grant/ ESF	14,000	6,000	15,000	5,000
CVA/Grassroots	3,000	-	3,000	-
Total restricted funds	29,000	158,506	168,060	19,446
Unrestricted funds	At 1 April 2020	Incoming	Outgoing	At 31 March 2021
Designated funds:				
Geoff Mack Fund	5,000	90,000	88,000	7,000
Funding Reserve	130,000	20,000	-	50,000
HRMC / Emergency Funds	-	32,137	32,137	-
South London	11,000	10,000	11,798	9,202
Facilities Fund	10,000	15,000	20,000	5,000
Bearing Foundation	-	12,000	12,000	-
General funds	6,936	-	4,800	2,136
Total unrestricted funds	191,093	130,656	158,813	162,936
Total funds	191,093	172,450	171,607	191,936

In the Trustees' opinion, there are enough resources held to enable each fund to be applied in accordance with the restrictions imposed by donors.

14. TRUSTEES REMUNERATION

The Trustees did not receive any remuneration. Trustees were reimbursed in the sum of £Nil for travelling expenses during the year 2021 (2020= £Nil)