



Create, connect,
feel better



Arts For Recovery in the Community

Annual Report
& Financial
Statement
for year ending
31 March 2024

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1) Reference and Administrative Information

Charity Name	Arts for Recovery in the Community
Charity Registration Number	1107607
Company Registration Number	05288784
Registered Office	Hat Works, Wellington Mill, Wellington Road South, Stockport, SK3 0EU

Directors

Safia Griffin	Chair	
Graeme Draper	Director	
Robert Morris	Finance Director	
Lucy Wallace	Director	
David Milligan-Croft	Director	
Paul Davies	Director and Vice Chair	
Linda Bushell	Director	Resigned 18 th August 2023
Lindsay Adams	Director	Resigned 29 th December 2023

Company Secretary

Jacqui Wood

Staff

Jacqui Wood	Chief Executive Officer
Nuala Ryan	Finance Manager
Annette Naor Hilton	Creative Wellbeing Lead
Harriet Wilson	Operations Manager
Noreen McCole Bridge	Volunteer and Engagement Co-ordinator
Ellen Samuel	Wellbeing Support Worker

With thanks to our freelance team of Lucie Fitzpatrick, Phill Howley, Jo Flint, Tom Leah and all the Associate Artists.

Independent Examiner

Paul Cowham MA FCA DChA
Withington Works
Withington Baths
30 Burton Road
Manchester, M20 3EB

Bankers

Virgin Money	Barclays Bank PLC	Shawbrook Bank
34 Princess Street	Leicester	Lutea House, Warley Hill Business Park
Stockport, SK1 1RE	LE87 2BB	Brentwood, Essex, CM13 3BE

2) Trustees' Report

Welcome

I am delighted to present our annual report for the year 2023 / 24. This demonstrates our reach, the impact of our work in arts and health in Stockport and across the North West and our commitment to Charity Commission and Companies House regulation.

We have tested new approaches through our arts and health micro-commissions, undertaken a deep-dive into our strategic and financial position through a Pilotlight 10-month programme and delivered another full week of creative and cultural activities during October's annual Arts & Health Week.

As Arc goes into a new financial year, we are aware of numerous challenges. We are seeing grant funding become more and more competitive, with some long-standing funder criteria changing. There is increasing demand on mental health services and our programmes of support coupled with a more volatile political, legal and social environment.

We are responding to these challenges and aim to increase our other streams of income, as well as maintaining current and new partnerships to meet this demand sustainably. We will also increase our efforts in diversity and inclusion in both who delivers and accesses our support.

There are increasing expectations placed upon Arc's Board, and the Trustees who volunteer their time and skill to ensure that the organisation has strong governance processes, robust decision making and documentation. Trustee recruitment and governance reviews have been an ongoing focus under my leadership and will continue to be a focus, when I step down in September 2024 after serving 8 years on the Board. This is a planned succession, and I am delighted to say that the new Chair will be our current Vice-Chair Paul Davies.

As Trustees (and Directors) governing and overseeing the organisation's mission, strategy and alignment to our core values, we have a lot of responsibility. It is an honour to see and hear what people say about how the support we provide has impacted them, and the sense of connection and community they feel when they step into our spaces.

I am proud to be Chair of such a trusted, impactful and responsive organisation and invite you now to read and see more of what we have been doing over the past 12 months, as we detail this in our Annual Report and Accounts for the year 2023/2024.

Thank you.

Safia Griffin, Arc Chair



Aims and Objectives

The Company and Charity is established to relieve sickness and protect mental good health through the use of the arts and creative activity in North West England, in particular but not exclusively in Stockport. The aims of the Company are to support the wellbeing of people with mental ill health by developing confidence in their abilities through engagement with Arc, enhancing recovery and encouraging them to gain skills and experience which lead to a better quality of life. Arc provides a rich and varied programme of creative activities in a safe and supportive environment, organises training and support in the arts, provide services and undertakes commissions, promoting positive images of mental health through high quality arts projects.

Mission Statement

Vision & Mission

Our vision is one of healthy and happy communities, in which people can achieve sustainable wellbeing inspired by creative projects and connected through shared experiences.

Our mission is to offer high impact creative experiences, skills and opportunities which promote individual and communal wellbeing, reaching the most vulnerable within communities, recognising the value of creativity to self-worth, resilience and confidence.

Values

Connectivity

The arts have an amazing ability to bring people together, enabling us to find strength in ourselves and each other. By connecting through creativity to people and place, we support each other, and develop a genuine sense of belonging. This has a profound impact on our mental health.

Creativity

Creativity transforms lives - we can be inspired to flourish, to express ourselves, to be more confident and articulate. To take control of our future and to celebrate our journey.

Sharing stories and listening

There is tremendous power in being given the space to tell your story and to listen to others'. Exploring and sharing narratives help us make sense of our experiences and our world, reinforcing that we are not alone.

Accessibility

Creative projects need to be open, welcoming, easily accessed and responsive to the needs and interests of participants, but also ambitious, striving for the highest artistic outcomes/values.

Efficiency, value and impact

We always seek to improve our model, increase our impact and focus the use of our valuable human and financial resources.

Activities undertaken for public benefit in relation to objectives

In planning our activities for the year, we kept in mind the Charity Commission's guidance on public benefit. Regular reports on activities are submitted to the Directors at Board meetings by the Chief Executive Officer to enable the Directors to monitor progress. This and other mechanisms, such as the annual rolling strategic plan, enabled the Directors to ensure that new and current activities are in line with the organisation's aims and objectives, the Charity Commission's guidance and Companies House regulation.

Main activities undertaken to further the charity's purposes for the public benefit

- Structured creative programmes to support the mental health of adults and young people facing a mental health crisis

- Accessible, inclusive & welcoming programmes for anyone who wants to use the arts to improve or maintain their mental health in our town centre cultural venue and through outreach projects
- Services for health partners and commissioners to refer in to, providing effective, reliable, specialist support to people for recovery from mental ill health
- Volunteering opportunities for those who have previously participated in our programmes and others with lived experience of mental ill health, as well as those wishing to give their time to a charity
- Partnership projects for communities and organisations in the VCSFE, private and statutory sectors to collaborate with us, and engage their service users and staff in creative wellbeing activities
- Professional development, training, networking, resources, commissioning and residencies for artists and healthcare professionals (and facilitators of all levels of experience)
- Exhibitions, events and products for members of the public with an interest in the arts and/or mental health
- An affordable, welcoming cafe run in a space shared with Hat Works Museum, meeting the needs of visitors and presenting Arc with income generation opportunities.



Achievements and Performance

Arc works across the spectrum of mental health, finding ways to support individuals wherever they are in their mental health journey, when they need it most. From the acute mental health wards at Stepping Hill and our core referral programmes, to drop-ins to tackle loneliness or a workshop programme attended by hundreds of families, our message is the same – that creativity can be an effective tool to protect and maintain mental health, prevent relapse and promote recovery from illness.

With a history of arts and health stretching back to the mid 90s, Stockport has been at the forefront of investment of creative health in practice. We are proud to be a major part of that story; our work reaches across local health and culture agendas, and our relationship with GM NHS is a model of good practice, envied in other areas of the country. 2023/24 was the year when we benefitted from the increased profile of Stockport as the Greater Manchester Town of Culture, alongside a huge investment in Stockport town centre's regeneration and the opening of a new transport interchange and urban park. Although Stockport being called 'the new Berlin' may have raised a wry smile, the Borough won several awards during the year (for being the best place to live, to buy your first home, to shop and to retire) and in this, the role and benefits of culture for health were evident. In March 2024 Hat Works had an influx of visitors and a spike in media coverage as the Hat Museum fully reopened after years of redevelopment. Many more people discovered Arc for the first time as a result, enjoying the welcoming, inclusive and inspiring environment we have created.

March 2024 marked the end of the period covered by our current 2021-24 Strategic Plan. This is how we met our strategic goals in 2023/2024:

Goal 1: Deliver high impact creative programmes which improve the mental health and wellbeing of more than 750 vulnerable, isolated adults and young people in Stockport and Greater Manchester by March 2024.

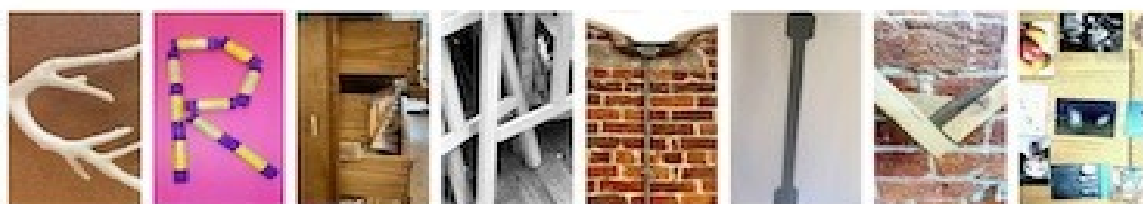
Throughout 2023/24, our evidenced-based arts for wellbeing programmes were delivered to more than 400 residents of Stockport, Oldham and Tameside, in our centre, in hospitals and healthcare settings, in community venues and at home.

We provided a structured creative programme to meet the needs of vulnerable adults, young people and children at a critical moment in their mental health, helping them to support and maintain their mental health. Our programmes improve mental health, wellbeing and resilience through the learning of self-care techniques, confidence building, sociability and connection with other people and services.

In Stockport the most recent JSNA, published in the [One Stockport Mental Health Strategy](https://democracy.stockport.gov.uk/mgConvert2PDF.aspx?ID=200337#:~:text=Enable%20people%20to%20look%20after,improve%20the%20health%20and%20wellbeing) (<https://democracy.stockport.gov.uk/mgConvert2PDF.aspx?ID=200337#:~:text=Enable%20people%20to%20look%20after,improve%20the%20health%20and%20wellbeing>) found that the number of people diagnosed by Stockport GPs with serious mental illness has risen by 41% since 2004/05. Data from GP registers also shows that between 2016 and 2020, there has been a rise in the number of people diagnosed with anxiety of 30%, and in those with depression of 63%. It is therefore no surprise that in 2023/24 we saw an increase in referrals to our core Arts for Wellbeing programmes in both Stockport and Oldham (where there was a 93% increase).

The complexity and severity of mental health difficulties experienced by participants joining our adult programmes was noticeable this year, with referrals of adults including individuals experiencing schizophrenia, PTSD, anxiety, depression, self-harm, suicide ideation, bereavement, OCD, and neurodivergence as well as chronic health conditions affecting mental health including MS, Parkinsons and long COVID. Monitoring revealed that 43% of our Stockport adult participants had 3 or more factors affecting their mental health.

The adult Arts for Wellbeing programme continued to offer a wide range of tailored progression opportunities through our Next Steps follow on projects. These included personal and creative development and resilience through Creative Enterprise and Creative Challenge, a range of monthly activities ranging from movement to writing to photography, and the pilot project for potential volunteers, Aspire. We also provided monthly Create & Connect sessions to support our most vulnerable adults.



We worked creatively with young people experiencing a range of mental health challenges including neurodiversity, family mental and physical illness (including terminal diagnosis), bullying, domestic violence, sexual assault, family breakdown, epilepsy, selective mutism, school refusal and acute anxiety.

Many young people presented with complex and multiple mental health needs. Of those referred to our Shine programme, 67% had 2 or more conditions/diagnoses putting them at risk of poor mental health. Shine continued to be a consistently impactful programme for young people, delivered with partners Beacon Counselling and has been extended for a further year.

We measured our impact by collecting a range of qualitative and quantitative data at the beginning, end and throughout the lifetime of each project. We used our bespoke 'Outcomes Scale', developed to generate open responses, helping participants to recognise changes in their mental health, social connections and other areas of their lives.

In addition, we used:

- 1 to 1 conversations with all service users at key milestones
- weekly group dialogue sessions and check-ins
- the 'Participant Voice' group
- facilitator & creative practitioner feedback
- creative exhibitions at the end of each project
- case studies
- photographic evidence and use of film and audio.

In September 2023 we presented 'Art is Medicine', an exhibition showcasing artwork and writing by patients on Stepping Hill Hospital's acute Mental Health wards, where Arc has been working for many years.

Leaders from Pennine Care NHS Foundation Trust attended the preview, including CEO Anthony Hassell - Head of Allied Health Professionals, Jackie Kindell, and several staff from Tameside Hospital mental health wards. This resulted in commissioning Arc to develop an arts for wellbeing programme to be delivered in Tameside Hospital. A 6-month project began in February 2024, with Arc Creative Wellbeing associate artist Alison Waters working closely with Tameside Hospital staff to understand the needs and interests of patients on the 2 mental health wards and shape an appropriate programme of therapeutic creative activities. Activity co-ordinators were able to experience first-hand the therapeutic impact of the creative activities before working with the artist to design and practice them with the ward patients. An iterative process of reflection and refinement will now be used to evaluate the engagement and impact of each activity on the ward before developing them further.

"This has given me so much confidence to deliver art sessions with patients. We've had paints and other materials sat in the cupboard for months and never used them because we didn't know what to do. Now we're using them almost every day with patients."

Tameside hospital staff member

We also developed a new programme specifically for the Arden & Norbury wards at Stepping Hill Hospital. A 12-week rolling plan of activities, including help sheets and resources, has enabled the team of Arc volunteers to feel confident and supported in their delivery, engaging 89 patients over the year and working closely with the OT team

In total, between April 2021 and March 2024 we supported over 1165 adults and young people through these programmes.

Goal 2 - Address the effects of loneliness and isolation, providing services which connect with and build a sense of belonging for 6,000 people across Stockport & GM by March 2024.

Our location in the Hat Works building placed arts and health at the centre of cultural developments in Stockport this year, as part of the Town of Culture programme.

Although we have been in residence at Hat Works since November 2019, the pandemic and redevelopment of the museum meant that the building only became fully operational on all 3 floors in early 2024. Alongside the added profile and dynamism which Stockport Town of Culture provided, the re-opening of the popular Hat Museum led to a massive increase in visitors, many of them engaging with Arc for the first time.

Our café and exhibition space benefitted from the extra exposure, hosting networking events, showcases and stakeholder meetings. Free creative drop ins and socials, a huge volunteering programme, popular

family-friendly Saturday Art Clubs, our Arts & Health Week programme, public courses, events and workshops and monthly creative wellbeing activities for our participants and members of the public have all contributed to a growth in our engagement with a preventative mental health focus. Over the course of the year many people became regular faces, returning time and again to engage with and experience a space where conversations about mental health are open, frequent and safe.

"Coming to Saturday Art Club means the world to me; it allows my daughter to detach from the stress of choice, demands, performance, and many other stresses surrounding her autism. It also gives me, her mum, some time to refill my cup with special friends. The volunteers and staff and the support offered here is amazing as are the activities and groups. A wonderful place!"

Attendee at Saturday Art Club

"Arc is a warm and welcoming space for participants, volunteers, and staff. It was evident immediately that there is a compassionate approach underpinning the work at this organisation. The language used by staff and in the participant-facing resources echo this compassion."

Post graduate psychology placement student



We reinforced our position as sector leader by providing growth and developmental opportunities, nurturing and supporting our participants and volunteers, as well as local grass roots organisations and individual creatives. Following on from a micro commission we awarded in 2022, Self Care Creatives established their own CIC and, with some of their delivery now based at Arc, stated, *"the training and resources offered by Arc have been instrumental in equipping us with the necessary skills and knowledge to navigate the complexities of funding applications and project management. The insights gained from the training sessions have empowered us to effectively communicate our mission and secure additional support from organisations such as The National Lottery and local authorities. Your dedication to building a creative community in Stockport and nurturing emerging initiatives like ours has been truly inspiring. We are immensely grateful for the opportunities you have provided us and look forward to continuing our collaboration in the future."*

Our public exhibition programme of work by Arc participants and guests raised awareness of mental health issues and provided a platform for a range of inventive and inspirational creative responses to health challenges including endometriosis, menopause, isolation and severe mental illness.

Volunteering flourished this year with a step-change in the roles and support being offered, a focus on inclusion and a targeted offer to previous participants. The Aspire programme grew from feedback shared by Arc's Participant Voice group who described their aspiration to become volunteers, but felt their lack of confidence and skills held them back. They also described the perception of a big jump from participation to volunteering, and the need to tailor some volunteer roles and responsibilities around their needs and challenges. Aspire was a successful pilot programme, designed and delivered as a bridge between participation and volunteering by several members of the Arc staff team. It introduced 10 participants to a wide range of practical skills through informal experiential training to enable them to build sufficient confidence to volunteer.

"Since I started at Arc, I'm a different person. I've gone from being in a very dark place and feeling isolated to being part of community and having new confidence! Volunteering has changed my life dramatically, it

has given me a sense of purpose, focus and responsibility and has increased my confidence and motivation. It has really turned my life around and given me a future to aim for."

Aspire participant

In 2023 /24 we completed the change in how we deliver wellbeing support to our participants, moving from a model of a team of managed social work students to one single member of staff, our Wellbeing Support Worker. The consistent and appropriate support she has provided has made a huge impact on participants' experience, enabling them to feel listened to, part of a person-centred approach and, ultimately to being able to trust in the process and the organisation.

"This is someone I would have felt nervous about referring to any other group, but I know this programme really understands mental health and the barriers people face. Anyone can run an art group, but this is different. From the outset, in the welcome chat before the programme was due to start, the Wellbeing Programme Support Worker was so caring, compassionate and understanding. Her friendly and warm approach put the service user at ease and she went from feeling incredibly anxious and nervous to leaving excited and looking forward to the first session.

Social prescriber

When we set our original strategic target of connecting with and building a sense of belonging for 6,000 GM residents, we included visitors, audiences and participants in that figure. This year alone we welcomed over 7,000 visitors to Arc and reached many more through our wellbeing & public programmes, outreach activities, networking and hosting events, and presentations to external organisations. Visitor numbers for 2021 – 2024 are over 13,000.

Goal 3 - Become more inclusive, with service users, staff and volunteers more accurately reflecting our GM communities by March 2024.

The Board and staff have continued to work collaboratively and with a detailed approach on improving EDI across all aspects of the service, through the annual EDI self-assessment and action planning, review & revision of policies & procedures, developing access audits, issuing guidance for accessible delivery and design, updating our website and promotional material and undertaking a range of training.

Delivery was adapted and redesigned to respond to demand or to address gaps in provision. Partnership working, exhibitions and public events provided opportunities to engage a more diverse range of artists and audiences. However we recognise that we need to do more to support those not currently accessing our service and will continue to work closely with Stockport Race Equality Partnership, the Caribbean and African Health Network and Sector 3 to ensure we develop culturally appropriate creative programmes.

At key points across the year we worked closely with our 'Participant Voice' group, to understand the barriers in joining and engaging in our core entry programmes. Their recommendations led to a range of changes to help create a more inclusive and accessible service and environment, from the terminology we use to the development of welcome packs and video walkthroughs of the centre. Session content and resources were broadened to meet the wide range of needs and engagement/learning styles. This feedback helped to shape our programmes & deliver a user centric, accessible & inclusive service. Trustees were also involved, ensuring our governance decisions are based on lived experience.

We celebrated lived experience of mental health at all levels of the organisation, providing progression pathways from participant to volunteer, facilitator and advocate.

"Having struggled with my mental health for as long as I can remember, my world had gradually become smaller and smaller and my life more and more rigid as a means of self-preservation. Volunteering has been both scary and liberating, but I am so thankful for the opportunity and the journey of self-discovery and reflection that I have found myself on"

"My gut was telling me to volunteer on the psychiatric wards but this was a massive challenge for me, as I had been an inpatient just a few years ago. I was scared it would trigger me to become unwell. But with training and fabulous support from Arc I absolutely flew and knew it was definitely the right thing for me. I'm loving my volunteering on the wards – it helps to give me a voice when I didn't have one. I volunteer to give others hope, just by being me, listening non-judgmentally and sharing my lived experience if appropriate."

Our exhibition programme increased the range of diverse voices represented in the building and attracted new audiences to experience art, often for the first time. 68% of the audience for our Arts & Health Week exhibitions stated that this was the first time they have engaged with arts and creative activities. Our Saturday Art Clubs regularly drew well over 100 visitors of all ages and backgrounds and spread to the Museum activity room in addition to our studios.

We awarded 6 arts and health Micro Commissions to a diverse range of emerging artists and facilitators to lead projects supporting those facing or at increased risk of mental ill-health, including creative writing with members of the LGBTQ+ community, photographic portraits of residents who had reached the milestone of 100 years, recycled art with refugees, visual art with people unable to have children, intergenerational music with care home residents and sculpture exploring the experience and impact of multiple sclerosis. The commissioned artists, many of whom had a very personal connection to the project they were leading, received mentoring, training and support as part of our ongoing investment in professional and sector development, with the aim of developing and engaging a more diverse workforce.

"I was excited and very nervous, but the Arc team have been amazing, supporting me with really clear training, expectations, paperwork and guidance and being my biggest cheerleader. I'm loving leading the sessions – my anxiety and self-doubt just melt away. I'm enjoying managing the budget, troubleshooting and my confidence has increased off the scale. I'm feeling so, so mentally well. I now believe in my work and that it has value."

This short film (<https://youtu.be/8zvWYtlgqj8>) illustrates the impact of the Micro Commissions.

In addition, this year we became Living Wage accredited, and began using the Charity Excellence Framework to support our quality assurance.

Goal 4 - Increase Arc's profile, reach, organisational resilience and income streams, creating a more dynamic and sustainable organisation by March 2024.

Stockport Town of Culture was launched at Hat Works in May 2023 by the Mayor of Greater Manchester, The Leader of Stockport Council, Blossoms and... Arc!

We were central to the programme, having been involved in the bid through our role on the Culture Stockport steering group, and we certainly benefitted from the increased focus, profile and investment in culture in the Borough.

Website engagement doubled this year with 62,500 page views. Visits to our main social media pages rose by 59%, where we gained more followers month on month in the second half of the year, saw a noticeable increase in likes, comments, shares and video watches, and we had a total reach on Facebook of 127,000 people (up by 44.8% on 2022/2023).

With government levelling-up funding (UKPSF) via GMCA and SMBC, we were able to programme an impressive Arts and Health Week, hosting and partnering as well as directly delivering performances, workshops, exhibitions and events. Arc's role and reputation as a sector leader reached a national audience as a result, with requests for input to similar schemes in other parts of the country. At the end of Town of Culture, the One Stockport One Future plan was also launched at Hat Works, Arc leading presentations about the vision for the Borough, alongside the leadership team from Stockport MBC.

We increased our organisational resilience through building our team of freelance facilitators and project managers, investing in the key Wellbeing Support Worker and Volunteer Co-ordinator roles, and developing teams of volunteers to increase capacity across all aspects of the charity's operations.

With the aim of diversifying our income streams, we took part in our first match funding fundraising campaign with The Big Give Kind2Mind, raising over £6k for partnership projects with young people. We developed a fundraising pack for the website, saw an increase in individual giving and fundraising on our behalf and also in community fundraising through the generous support of the Stockport Soroptimists, Hazel Grove High School and Cheadle Hulme School.

We were successful in new bids for targeted work including Youth Music for Young People's Arc, CRH Trust for our adult Next Steps programmes and Stockport Local mental health fund for Men's Music for Mental Health.

The cafe continued to grow and earn income for the charity, which has been bolstered by the reopening of the refurbished Hat Museum in March 2024. Participants and visitors remark upon and enjoy the welcoming, calm and creative atmosphere. The cafe is still mainly staffed by volunteers who develop workability skills in hospitality, food preparation and barista training. At least one has been employed due to their experience with Arc. The opening of the new Viaduct Park and transport interchange boosted our visibility and footfall. We are adapting to accommodate larger groups visiting the museum by offering pre-ordered food and drinks.

We continued to develop and adapt our Creative Enterprise retail offer to reflect Arc's mission and values and have seen an increase in sales and interest from this. As with the cafe, this has benefitted similarly from the increase in footfall to the Museum. We made changes to the Creative Enterprise delivery model to allow more artist development, mentorship opportunities and new participants joining the group. We are continually working on the storytelling of the products, aiming to show clearly the making process, participant stories and the impact of the charitable support given when products are purchased, reflecting our core mission.

Match funding and CPD opportunities from the School of Social Entrepreneurs (SSE) allowed the Operations Manager to receive training in business modelling, developing our customer base and business growth, along with investment in facilitators, materials for sessions and raising the quality of products made.

We launched our Corporate Partnerships, with a dedicated page on the website and downloadable pack. Working with Willmott Dixon, Sky, Manchester Metropolitan University, John Lewis, Stockport MBC and SQW consultants we began to deliver corporate volunteering, workplace fundraising and donating, pro bono work and employee wellbeing.

'The session brought together colleagues from across various departments and created an opportunity to turn off from the day job. I'm looking forward to the chance to do more!'

SMBC staff

"Thanks for providing engaging and thoughtful sessions during our Academic Services Great Place to Work Festival - the positive feedback has been rolling in"

MMU staff

Part way through the year we began our 10-month Pilotlight project, after winning a Weston Charity Award. With the input, generosity and expertise of four highly skilled business professionals we began a review of the organisation, examining our impact, language, vision and messaging. The Pilotlight project focussed on developing a new Strategic Plan, which will be completed in 2024/2025 and followed by a fundraising and income generation plan, and a marketing strategy. The whole team, staff and trustees, are working proactively together on this – giving us confidence about the future and a clear direction of travel for the charity.

Sometimes it takes an external perspective to help you see and value what's right in front of you. The Pilotlight project has shown us that we have created a genuinely safe welcoming space providing consistent support and encouragement, which has such a huge impact on our participants. As one of the Pilotlighters commented, *"what you offer is... happiness!"* It has helped us appreciate our unique position – a well-known, trusted and respected service, embedded in the core mental health pathway for adults & young people in Stockport and Greater Manchester, based in a beautiful, high profile culturally iconic building. And we have delighted in showing evidence that, in this space, people are able to achieve remarkable, and often surprising, things.

"It's a testament to Arc's success that many people who first came for help are now actively supporting others and giving back to the community."

Caroline Dewing, Co-founder of Future Agenda & Pilotlighter

What our participants told us:

Adults:

"It's done me the world of good. I began the programme stressed, I now feel more confident – I am doing art with my kids and am in a better place."

"It's been good to feel part of something, I've felt better every week, I've found a bit of myself."

"When people shared things about themselves, it felt like 'I'm not alone'. Their bravery inspired me"

"I've enjoyed the company and creative process....just to get involved has been a real honour."

"I'm usually anxious in a group but Arc have created a friendly space which felt ok to be in."

"I feel very proud to be part of creative enterprise. It has made me feel like a proper human again and given me purpose and direction. You always leave feeling better than when you came. It has made me much more confident in myself and my abilities. It definitely builds my self-belief. It feels like it has become part of who I am."

"It's art with a purpose and I feel useful, valued and needed which is not something I often feel."

"To have someone believe in you when you've been unwell makes a big difference. It was a step into the real world - it feels like a safety net to take the next steps."

"I've started to see the value in myself, skills and ideas, there's more to me than what's going on with my mental health."

Young People & their Carers:

"It's helped me feel more confident because the people here really make this feel like a safe space."

"I love art – I've done it since I was little, drawing really helps me. I've not been in school for a while now, and these art materials and ideas will help me to carry on at home until I go to a new school."

"It's an output for my emotions and to get out and be myself."

"She's not self-harmed since coming here."

"This is their environment, they belong, they feel grown up, trusted, it feels like their space – which is so different to the school environment."

*"It's changed how she is at home, everything's less of a struggle. Usually she won't go anywhere but **she's** reminding **us** it's music night."*



Arc - Key Statistics

2023/24



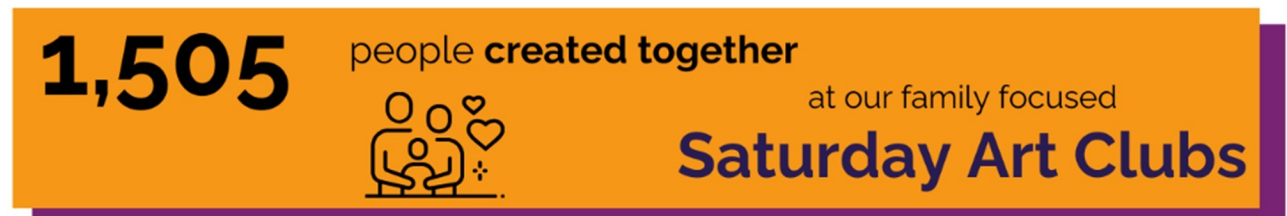
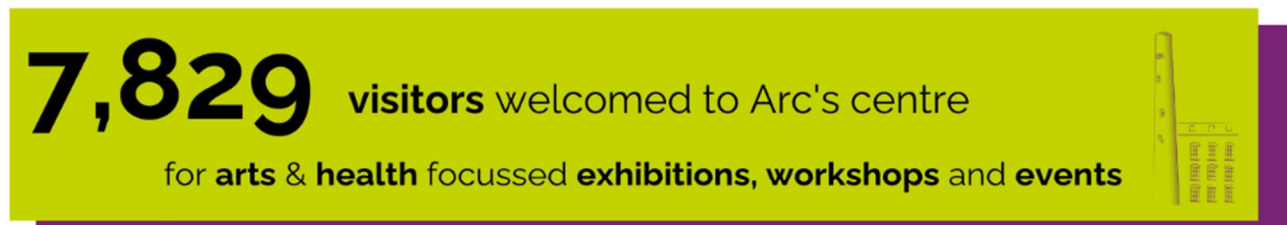
Adult Arts for Wellbeing Programmes



Young People's Arc Programme



Engagement and Volunteering



Created by **SQW**

Additionally:

Adult Wellbeing Programmes

- **362** people engaged across all adult wellbeing programmes
- **79** people joined our entry-level adult Arts for Wellbeing Programmes in Stockport and Oldham
- **32** people moved on to the Creative Challenge programme, building independence, resilience and confidence
- The Art Pen Pals project came to an end, having connected **18** isolated house-bound adults with an Arc volunteer for postal creative conversations
- **21** people aged over 60 took part in our Age Well programme
- **21** men completed Men's Music for Wellbeing programmes. Our work in this field was a case study in the Baring Foundation's publication [Creatively Minded Men.](https://baringfoundation.org.uk/resource/creatively-minded-men/) <https://baringfoundation.org.uk/resource/creatively-minded-men/>

Referrals

- We received **215** new adult referrals from more than **30** referrers in Stockport and **7** agencies in Oldham and Tameside, and an additional **101** self-referrals

Creative Enterprise

- **14** people took part in our Creative Enterprise strand, building transferable skills, experience and confidence to take positive steps forward beyond Arc back into work, education or in developing their own creative practice

Next Steps/Follow On programmes

- **82** people took part in monthly follow-on opportunities, including photography walks, creative writing, reflective journaling, and movement for mental health in partnership with dance company 'Company Chameleon'
- These sessions enabled wider cultural and community connections - in January 2024 Arc hosted 'Click and Connect' (<https://arc-centre.org/exhibition-click-and-connect/>), an exhibition by members of the photography walks; and in March the movement for mental health group performed in the town centre as part of Town of Culture Big Weekend

Progression through participation

- **23** participants moved into employment, **32** to volunteering and **10** to education

Wellbeing support

- **118** adults accessed our wellbeing support, **43** were signposted on to specialist mental health services

Young People's Arc

- The Kind2Mind fundraising campaign enabled YPA partnerships to be delivered this year with Primary Jigsaw, Tameside Oldham & Glossop Mind, The Proud Trust, Starling CIC and Signpost Young Carers
- In addition we delivered our first Youth Arts and Wellbeing Day in collaboration with Pennine Care Young People's Mental Health Team
- The Shine programme, run in partnership with Beacon Counselling, was extended for a further year
- A new MusicSpace programme was initiated, with Youth Music funding

Volunteering

- **38** people joined as new volunteers, **14** left to take up education, volunteering or employment opportunities
- **79 volunteers** facilitated activities - leading drop-in art and textiles socials in the Centre, Saturday Art Club sessions for local families, affordable art sessions for the public, Age Well projects for isolated older people and our programme at Stepping Hill Hospital - all supporting people to connect and create

Greater Manchester Initiatives

- Arc joined the Myriad steering group, contributing to the development of a training and support programme for GM creatives from Global Majority communities and was active in several GM Creative Health working groups
- Arc played an active role in the GM Creative Health working groups
- We delivered work on 2 GM-wide projects as part of our YPA programme– the Bee Well Young Health Champions (<https://www.youtube.com/watch?si=cyrzaFvyVT5Ygkn-&v=ZCLZMFjOmLs&feature=youtu.be>) & iThrive Creative Health Project with Primary Jigsaw (<https://padlet.com/gmthrive/creative-health-projects-khwq373m2rhal8ax>)

Arts and Health Week

- More than **5,500** people took part in our second Stockport Arts & Health Week as participants and audiences for a comprehensive programme of workshops, performances and creative walks alongside sector-building stakeholder events which began in October but extended over the following 6 months
- **31** partner organisations worked with us to deliver this dynamic programme

Supporting local creatives

- We employed **55** freelance artists and facilitators
- **147** people took part in networking events as part of Arts and Health week
- We facilitated **6** Arts and Health Micro Commissions, supporting and mentoring emerging artists to develop participatory projects with 132 participants; developing bodies of work around health themes including MS, infertility, ageing beyond 100 and intergenerational music for emotional, social and cognitive wellbeing
- [This short film https://www.youtube.com/watch?v=8zvWYtlgqj8&feature=youtu.be](https://www.youtube.com/watch?v=8zvWYtlgqj8&feature=youtu.be) illustrates the impact on the practitioners of these commissions
- A free CPD training programme for creatives covering subjects including inclusive working, finance & fundraising, boundaries and safeguarding, and marketing was accessed by **130** people

Links with education & training

- **4** students from North West Universities undertook placements at Arc, we presented to students of Bolton and Manchester Metropolitan Universities, and we continued to lead a module on the award-winning University of Chester Nursing Creative Health Placement, training **133** students across the BA and MA cohorts to use creative practice within their healthcare careers
- **31** volunteers undertook training whilst with us
- We worked closely with Manchester Metropolitan University on a research project around the experience of endometriosis which culminated in an exhibition, '[Making Endometriosis Visible](https://arc-centre.org/exhibition-making-endometriosis-visible/)'. (<https://arc-centre.org/exhibition-making-endometriosis-visible/>)
-



Future Projects for 2024 / 2025

- Complete a new strategic plan, income generation & fundraising plan and marketing strategy which includes everyone in the organisation working to find solutions to the challenges ahead
- Develop an effective volunteering strategy which maximises on the potential of our dedicated volunteer team to increase capacity and impact, and offers opportunities to those with lived experience of mental ill-health
- Work closely with Stockport and GM partners to explore culturally appropriate delivery to a more diverse range of participants
- Develop training & resources based on what we know works, to widen our impact & reach, delivering to culture, health and social care settings
- Invest in our Creative Enterprise strand, connecting products to the stories of our makers, improving our online shop and maximising the increased footfall in the Hat Works
- Explore CRM & other systems to support our drive for efficiency
- Increase donors & individual / community giving campaigns, to relieve the pressure on grant-based fundraising
- Support people in work, developing and promoting our growing offer to businesses, building on the pilots undertaken so far in workplace wellbeing services, pro bono/corporate volunteering and sponsorship.



Structure, governance and management

Company status

The company is a charitable company, incorporated under the Companies Act of 1985 as a private limited company on the 17 November 2004 and entered into the Central Register of Charities on the 13 January 2005. The company is limited by guarantee and all members have agreed to contribute a sum not exceeding £1 in the event of a winding-up. The number of guarantees at 31 March 2024 was six.

Governing document

The company is controlled via its Memorandum and Articles of Association, which was amended by special resolution to update the wording 27 April 2023. Members of the company are volunteers, Directors of the company and trustees of the charity. The number of members must be a minimum of three and a maximum of twelve.

An AGM is held by the company and the Board of Directors meet at least six times per year. The Board is responsible for the annual report and accounts, and overseeing policy, personnel, and the strategic direction of the Charitable Company. It ensures company documents and key policies are reviewed on a regular basis.

Recruitment and appointment of Directors

Directors are recruited from a number of sources, including personal recommendation, GMCVO, Reach, Manchester User Network (MUN), and ex-participants of Arc. The Board has defined the skill profiles required and actively seeks to establish a diversity of backgrounds and experience of its members and this and, Board discussions, inform succession planning.

Prospective Directors are invited to submit an application, to tour the premises, and to meet key people. They are subsequently interviewed by members of the Board and required to present a personal statement of their potential contribution to Arc. They are made aware of their responsibilities and are also required to provide two referees who are contacted before appointment is approved. All Directors are checked via the Disclosure and Barring Service (DBS).

Induction and training of Directors

New directors are given access to Arc's SharePoint which contains governance documents, a current listing of policies and procedures and previous Annual Reports, Accounts and Board meeting minutes. Directors are given information on their roles and responsibilities and invited to attend training courses relevant to their roles, including safeguarding and annual data protection training.

Organisational structure

The Chair leads the Board and line manages the Chief Executive Officer, and in 2023/2024 a Vice Chair was appointed to shadow the role of Chair with a view to becoming Chair in September 2024 when the current Chair steps down. There are two sub-committees that oversee key areas of governance and report back to the full Board with matters for approval and discussion. These are:

- Finance (includes Fundraising and Risk)
- Personnel, Policy and Quality

The minimum expected attendance for any sub-committee is at least one principal staff member and two Directors, unless there have been changes in membership such as people leaving. All Directors are encouraged to attend sub-committee meetings and are expected to when their specialist expertise is required.

Strategy is discussed at Board meetings, additional development sessions and in sub-committees when relevant. A rolling strategic plan sets out the objectives and priorities for each 3-5 year period and is developed with key stakeholders including staff and Directors. This is operationalised annually through delegated responsibility to staff under the leadership of the Chief Executive Officer, overseen by the Board of Directors. Working groups are formed, as required, to work on specific areas of strategic development.

Risk management

The Directors regularly review and assess the risks faced by the charity in all areas of its work and plan for the management of those risks. Major risks are assessed through a risk register and policy overseen by the Board and Chief Executive Officer, to which staff report, and operationalised through risk assessments and procedure.

The Directors have given consideration to the major risks to which the charity is exposed and satisfied themselves that systems and procedures are established to manage those risks.

Major risks are those risks that have a major impact and a probable or highly probable likelihood of occurring. If they occurred, they would have a major impact on some or all the following areas:

- governance
- operations
- finances
- environmental or external factors such as public opinion or relationship with funders
- Arc's compliance with law or regulation
- health and safety.

Arc's policy document and risk register sets out to:

- Identify the major risks that apply to our charity and their impacts
- Provide a basis to make decisions about how to respond to the risks we face
- Provide records to write an appropriate risk management statement in our annual report.

Assessing and management of risk is a whole team effort, and while the Board of Directors holds ultimate responsibility for this, appropriate and proportionate responsibility is delegated to staff. Arc is able to state that there have been no major incidents or risks in 2023/2024 that required reporting to the Charity Commission.

Arc will continue to implement its Risk Management Policy to ensure that the organisation complies with the Charity Commission's requirements as outlined in their guidance on Risk Management for Charities (CC26).

Related parties

The Company operates independently and there are no unmanaged related party transactions. Board members and their immediate relatives have no undeclared contractual relationships, with any suppliers or fund providers. Each Director is asked to sign a Declaration of Interests register and Code of Conduct form and Directors are also asked to declare any interests at the beginning of Board meetings relating to an agenda item, or third party relationship, to manage interests and maintain independent judgement. Should an interest be declared in an agenda item, the Board members will consider if the interested director is capable of taking part in the decision making related to that agenda item in a manner that is compliant with the Company's Articles of Association and applicable legal and regulatory standards. All such decision making is recorded and a register of declared interests is updated at least annually (or sooner when the Board becomes aware of an interest).

Financial Review

Principal funding sources

For 2023/ 2024 the principal income sources were:

- The National Lottery (£69,981)
- NHS Stockport CCG (£63,390)
- GMCA (£44,000)
- SMBC UKSPF (£20,723)
- Henry Smith (£42,000)
- Garfileld Weston/Pilot Light (£6,500)
- Youth Music (£28,728)
- SMBC Mens Music (£9,960)
- Commissions (£22,027)
- Beacon – Shine Project (£9,811)
- CRH - (£5,000)

Principal sources of funding carried forward into 2023/ 2024 were:

- Action Together (£1,123)
- Shine (£1,160)
- Art Pen Pals (£968)
- ASDA (£1,152)
- Ralph Pendlebury (£1,585)
- SMBC ASC Capital (£5,999)
- TNL (£1,443)
- Youth Music (£2,043)

How funding has supported key priorities

Our donors have supported us by funding us in the following ways:

- GM NHS Stockport locality provides core funding to underpin all our work at Arc. The funding enables our programmes to continue to help improve the mental health needs of Stockport residents
- Arc has received its third year of funding from a five-year grant from The National Lottery to fund staffing and core costs of the organisation until March 2026. This will ensure that Arc can continue to flourish and develop a more sustainable model for future financial stability
- GMCA have provided Arc funding to support Arts and Wellbeing in the GM region
- Arc have also received another grant from Youth Music to continue the work that has been developed in this area. The ongoing project is called MusicSpace which aims to improve wellbeing, confidence and resilience of young people not receiving support through mainstream services
- The YPA programme is all about partnerships and providing tailored programmes of short creative projects for targeted groups of disadvantaged and vulnerable children and young people. Arc is continuing to collaborate with local organisations such as Primary Jigsaw, the Proud Trust, Tameside, Oldham and Glossop Mind and Highfields School on one off projects which complement the main offering from YPA. Arc are also continuing to deliver an Early Help and Wellbeing Service for 11–18-year-olds in partnership with Beacon Counselling
- Henry Smith have provided new funding to deliver a 3-year programme of activities supporting people facing a mental health crisis in communities across Stockport and Oldham. This funding ends August 2026
- Arc received a grant via SMBC from UKSPF to provide an Arts & Health Week portfolio, this year built on previous years successes and included our successful Micro commission programme encouraging local artists and creatives to apply for funding to develop new and innovative projects
- We also received funding from SMBC for our developing Men's Music programme, this is a very exciting strand of work which encourages more participation from men who have previously not engaged in our mainstream programmes
- CRH have funded follow on programmes and volunteer expenses for 2023/2024 - a previously underfunded but essential part of our work. This funding has enabled us to provide experienced artists and facilitators to support creative activities to participants who have benefited from previous programmes
- Commissions and fees are continuing to provide income for Arc, and we anticipate this will continue to increase in 2024/2025.

The budget for 2024/2025 currently shows a potential shortfall of £10,000, we are confident that this can be raised during the year from ad-hoc funding sources and through increased sales and services during the year. The overhead costs paid by Arc have remained stable and this has helped the team to accurately plan future funding streams and requirements. The budget continues to support the costs of a larger staff team and Arc have planned for a full and diverse programme supplemented by commissions that are delivered so well by the organisation. Arc is aiming to continue to deliver these programmes at current levels with plans to approach new funding sources, trusts and charitable organisations. One of our future financial aims is continue to gain multi-year funding which will enable more effective planning of delivery.

Arc are also continuing to develop new streams of income that will help to sustain the organisation in the long term. Our future Fundraising plan will be launched in September and will clearly outline steps to diversify and survive. Challenges remain, but Arc will seek to meet all its commitments with regard to staff remuneration and other increasing costs over which we do not have control. Arc will maintain healthy reserves to ensure we can meet our ongoing obligations.

Arc has continued to designate funds (Forge Funds) to develop new projects for the 2024/2025 financial year. This will enable Arc to continue to develop new and exciting projects where mainstream funding may not be immediately available.

Arc will continue to maintain a level of reserves in compliance with our reserves policy. This is intended to meet any unforeseen risk and financial threat to the organisation. The reserves to be held have been determined by the Board and are identified below.

Future funding campaigns and strategies are under consideration to enable Arc to diversify funding and mitigate risks from any shortfalls in funding and to protect the level of safe reserves determined by the Board.

New income sources for 2024/25

- | | |
|----------------------------------|---------------------------|
| • CCG (£63,390) | • CRH TBC (£5,000) |
| • The National Lottery (£70,955) | • Kind To Mind (£7,000) |
| • GMCA (£44,000) | • Beacon / Shine (£9,810) |
| • Henry Smith (£42,000) | • Youth Music (£27,050) |
| • Tameside Hosptial (£8,418) | |

Reserves policy

The Board will ensure that adequate reserves are held by Arc to cover emergencies Principally:

1. To ensure that any shortfall in income can be covered over a reasonable period to ensure that management and the Board can take effective action to minimise any detrimental effects on staff and the organisation and to meet any contractual obligations.
2. To cover any unforeseen emergencies concerning property or facilities.
3. To cover any emergencies due to force majeure.
4. Retaining healthy reserves enables the board to undertake investment issues with some confidence.

General Note on Reserves

Arc's reserves are the cornerstone of good financial management and governance. They are in place to protect Arc from major risks such as unforeseeable loss of income, reputation or force majeure events. Our reserves would enable Arc to operate (on a smaller scale) until funding sources become available. This would give Arc six to nine months secure funding and allow a smooth continuation of service to our participants. Having strong liquid reserves help Arc to buy time to respond and react.

The amount of reserves determined by the Board for the financial year 2023/ 2024 has been calculated as follows:

Reserves amount calculated as of 31 August 2024

Employee redundancy & notice costs	£45,050
Equipment lease commitments	£1,275
Property lease commitment	£27,500
Three months fixed running costs	£18,610
Accountancy fees	£2,000
TOTAL	£94,435

The reserves calculation has increased for the year due to the following:

Employee redundancy calculations have increased in 2023/2024 with more permanent staff reaching the two-year threshold for redundancy. Arc currently has a six-year lease of Hat Works space, it has been agreed that it would be prudent to set aside the remaining cost of this lease as stated above. The equipment lease commitments have reduced with further repayments made during the year. The three months fixed running costs have also been reviewed and stated as per costs on the ledger for 2023/2024, it is anticipated that these costs will remain constant. Overall total reserves required have increased to £94,435 in 2023/2024 from £79,768 in 2022/2023.

Note 19 of the accounts shows that unrestricted current assets less current liabilities, as of 31 March 2024, to be £207,317.

This policy is reviewed annually. The amount is calculated each year and when there are major changes, such as changes in the staffing levels and the taking on of additional leases.

Investment policy

The company will hold funds in accordance with the sum identified in our reserves policy within a savings and investment secure portfolio.

Statement of Directors' responsibilities

Statement of Responsibilities of the Trustees

The trustees (who are also directors of the charity for the purposes of company law) are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102: The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice). Company law requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charity and of the income and expenditure of the charity for that period. In preparing those financial statements the trustees are required to:

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

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which enable them to ensure that the financial statements comply with the Companies Act 2006. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities

Approved by the Directors and signed on its behalf by:

Safia Griffin

Safia Griffin (Chair)

Date: 26/09/2024

3) Independent Examiner's Report to the Directors of Arts for Recovery In the Community

I report to the Directors on my examination of the accounts of the Company for the year ended 31 March 2024.

Responsibilities and basis of report

As the Directors of the Company (and also its Directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since the Company's gross income exceeds £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Paul Cowham

Paul Cowham MA FCA DChA
Withington Works, Withington Baths
Burton Road, Manchester, M20 3EB

Date: 2/10/2024

Arts for Recovery in the Community
Statement of Financial Activities
(including Income and Expenditure account)
for the year ended 31 March 2024

	Note	Unrestricted funds £	Restricted funds £	Total funds 2024 £	Total funds 2023 £
Income					
Donations and legacies	3	6,281	10,789	17,070	11,301
Charitable activities	4	69,890	233,184	303,074	230,010
Fees and other income	5	52,108	-	52,108	60,686
Investments	6	967	-	967	531
Total income		129,246	243,973	373,219	302,528
Expenditure					
Raising funds	7	28,463	-	28,463	26,631
Charitable activities	8	88,471	208,949	297,420	287,832
Total expenditure		116,934	208,949	325,883	314,463
Net income/(expenditure) for the year	9	12,312	35,024	47,336	(11,935)
Transfer between funds		-	-	-	-
Net movement in funds for the year		12,312	35,024	47,336	(11,935)
Reconciliation of funds					
Total funds brought forward		216,855	15,973	232,828	244,763
Total funds carried forward		229,167	50,997	280,164	232,828

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

Arts for Recovery in the Community
Company number 05288784

Balance sheet as at 31 March 2024

	Note	2024	2023
		£	£
Fixed assets			
Tangible assets	14	1,535	2,303
Total fixed assets		1,535	2,303
Current assets			
Debtors	15	5,791	5,598
Cash at bank and in hand		289,860	238,535
Total current assets		295,651	244,133
Liabilities			
Creditors: amounts falling due in less than one year	16	(17,022)	(13,608)
Net current assets		278,629	230,525
Total assets less current liabilities		280,164	232,828
Net assets		280,164	232,828
Funds of the charity			
Restricted income funds	17	50,997	15,973
Unrestricted income funds	18	229,167	216,855
Total charity funds		280,164	232,828

For the year in question, the company was entitled to exemption from an audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476,
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts

These accounts are prepared in accordance with the special provisions of part 15 of the Companies Act 2006 relating to small companies and constitute the annual accounts required by the Companies Act 2006 and are for circulation to members of the company.

The notes on pages 25 to 38 form part of these accounts.

Approved by the trustees on 2nd october 2024 and signed on their behalf by:

RAMorris

Robert Morris - Finance Director

Arts for Recovery in the Community

Notes to the accounts for the year ended 31 March 2024

1 Accounting policies

The principal accounting policies adopted, judgments and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

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 the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The charity has applied Update Bulletin 1 as published on 2 February 2016 and does not include a cash flow statement on the grounds that it is applying FRS 102 section 1A.

Arts for Recovery in the Community meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

b Reconciliation with previous Generally Accepted Accounting Practice

In preparing the accounts, the trustees have considered whether in applying the accounting policies required by FRS 102 and the Charities SORP FRS 102 the restatement of comparative items was required. No such restatement was required.

c Preparation of the accounts on a going concern basis

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

There are no key judgments which the trustees have made which have a significant effect on the accounts.

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

Arts for Recovery in the Community

Notes to the accounts for the year ended 31 March 2024 (continued)

d Income

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

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

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

e Donated services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), general volunteer time is not recognised; refer to the trustees' annual report for more information about their contribution.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

f Interest receivable

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

Arts for Recovery in the Community

Notes to the accounts for the year ended 31 March 2024 (continued)

g Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charity.

Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose.

Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

h Expenditure and irrecoverable VAT

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

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

i Operating leases

Operating leases are leases in which the title to the assets, and the risks and rewards of ownership, remain with the lessor. Rental charges are charged on a straight line basis over the term of the lease.

j Tangible fixed assets

Individual fixed assets costing £2,000 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a straight line basis as follows:

Motor vehicles:	4 years
Office fixtures and equipment	4 years
Improvements to premises:	10 years

k Debtors

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

l Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

m Creditors and provisions

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

Arts for Recovery in the Community

Notes to the accounts for the year ended 31 March 2024 (continued)

n Financial instruments

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

o Pensions

Arc operates a work place pension scheme with NEST as well as making contributions to an employee's own scheme which is a Qualifying Workplace Pension Scheme (QWPS).

2 Legal status of the charity

The charity is a company limited by guarantee registered in England and Wales and has no share capital. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The registered office address is disclosed on page 1.

3 Income from donations and legacies

	Unrestricted £	Restricted £	Total 2024 £	Unrestricted £	Restricted £	Total 2023 £
Donations	6,281	10,789	17,070	11,301	-	11,301
Total	6,281	10,789	17,070	11,301	-	11,301

Arts for Recovery in the Community

Notes to the accounts for the year ended 31 March 2024 (continued)

4 Income from charitable activities

	Unrestricted £	Restricted £	Total 2024 £	Unrestricted £	Restricted £	Total 2023 £
Grants						
BBC Children in Need	-	-	-	-	20,000	20,000
Beacon Counselling	-	9,810	9,810	-	9,810	9,810
CRH Charitable Trust	-	5,000	5,000	-	-	-
The National Lottery - Reaching Communities	-	69,981	69,981	-	69,026	69,026
Garfield Weston	6,500	-	6,500	-	-	-
Greater Manchester Combined Authority	-	44,000	44,000	-	40,000	40,000
Henry Smith	-	42,000	42,000	-	18,400	18,400
NHS Stockport CCG	63,390	-	63,390	60,834	-	60,834
School for Social Entrepreneurs	-	2,000	2,000	-	-	-
SMBC - CSS	-	10,942	10,942	-	-	-
Business Support	-	20,723	20,723	-	-	-
SMBC - UK SPF	-	28,728	28,728	-	11,940	11,940
Youth Music	-	-	-	-	-	-
Total	69,890	233,184	303,074	60,834	169,176	230,010

5 Fees and other income

	Unrestricted £	Restricted £	2024 £	Unrestricted £	Restricted £	2023 £
Café income	14,237	-	14,237	6,965	-	6,965
Student placements	728	-	728	4,200	-	4,200
Public programme (Sales & events)	15,844	-	15,844	19,496	-	19,496
Commissions & fees	21,299	-	21,299	30,025	-	30,025
	52,108	-	52,108	60,686	-	60,686

Arts for Recovery in the Community

Notes to the accounts for the year ended 31 March 2024 (continued)

6 Investment income

	Unrestricted £	Restricted £	2024 £	Unrestricted £	Restricted £	2023 £
Income from bank deposits	967	-	967	531	-	531
	967	-	967	531	-	531

All of the charity's investment income arises from money held in interest bearing deposit accounts. All investment income is unrestricted.

7 Analysis of expenditure on raising funds

	Total 2024 £	Total 2023 £
Fundraising costs	28,463	26,631

8 Analysis of expenditure on charitable activities

	Total 2024 £	Total 2023 £
Staff costs	154,579	138,068
Depreciation/loss on disposal of assets	768	2,095
Premises costs	24,571	23,956
General running costs	22,915	21,102
Programme costs	92,505	100,964
Other governance costs		
Independent examination	1,300	1,300
Trustee meeting costs	782	347
	297,420	287,832
	2024 £	2023 £
Restricted expenditure	208,949	206,229
Unrestricted expenditure	88,471	81,603
	297,420	287,832

Arts for Recovery in the Community

Notes to the accounts for the year ended 31 March 2024 (continued)

9 Net income/(expenditure) for the year

This is stated after charging/(crediting):	2024 £	2023 £
Depreciation	768	2,095
Independent examiner's remuneration		
- accountancy	500	500
- independent examination	800	800
	<hr/>	<hr/>

10 Staff costs

Staff costs during the year were as follows:

	2024 £	2023 £
Wages and salaries	140,484	123,790
Social security costs	7,029	6,062
Employers pension contributions	5,813	5,117
Staff expenses and training	1,253	3,099
	<hr/>	<hr/>
	154,579	138,068
	<hr/>	<hr/>

No employee has employee benefits in excess of £60,000 (2023: Nil).

The average number of staff employed during the period was 6 (2023: 6).

The average full time equivalent number of staff employed during the period was 4.77 (2023: 4.41).

The key management personnel of the charity comprise the trustees, the Chief Executive Officer and the Finance Manager. The total employee benefits of the key management personnel of the charity were £68,979 (2023: £60,632).

11 Trustee remuneration and expenses, and related party transactions

Neither the trustees nor any persons connected with them received any remuneration during the year (2023: Nil). Two trustees claimed £159.47 travel expenses in the year (2023 one trustee claimed £72.40).

Aggregate donations from related parties were £nil (2023: £nil).

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

No trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity, including guarantees, during the year (2023: nil).

Arts for Recovery in the Community

Notes to the accounts for the year ended 31 March 2024 (continued)

12 Government grants

The government grants recognised in the accounts were as follows:

	2024 £	2023 £
NHS Stockport	63,390	60,834
Greater Manchester Combined Authority	44,000	40,000
	<hr/>	<hr/>
	107,390	100,834
	<hr/>	<hr/>

There were no unfulfilled conditions and contingencies attaching to the grants.

13 Corporation tax

The charity is exempt from tax on income and gains falling within Chapter 3 of Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the charity.

14 Fixed assets: tangible assets

	Office equipment & furniture £	Total £
Cost		
At 1 April 2023	21,484	21,484
Additions	-	-
Disposals	-	-
	<hr/>	<hr/>
At 31 March 2024	21,484	21,484
	<hr/>	<hr/>
Depreciation		
At 1 April 2023	19,181	19,181
Charge for the year	768	768
Disposals	-	-
	<hr/>	<hr/>
At 31 March 2024	19,949	19,949
	<hr/>	<hr/>
Net book value		
At 31 March 2024	1,535	1,535
	<hr/>	<hr/>
At 31 March 2023	2,303	2,303
	<hr/>	<hr/>

Arts for Recovery in the Community

Notes to the accounts for the year ended 31 March 2024 (continued)

15 Debtors

	2024 £	2023 £
Accrued income	5,791	5,227
Prepayments & other debtors	-	371
	<hr/> 5,791	<hr/> 5,598
	<hr/> <hr/>	<hr/> <hr/>

16 Creditors: amounts falling due within one year

	2024 £	2023 £
Trade creditors	14,727	10,805
Other creditors and accruals	2,295	2,803
	<hr/> 17,022	<hr/> 13,608
	<hr/> <hr/>	<hr/> <hr/>

Arts for Recovery in the Community

Notes to the accounts for the year ended 31 March 2024 (continued)

17 Analysis of movements in restricted funds

	Balance at 1 April 2023 £	Income £	Expenditure £	Transfers £	Balance at 31 March 2024 £
Action Together Oldham	1,123	-	(1,123)	-	-
Art Pen Pals A4A	968	-	(959)	-	9
ASDA	1,152	-	(42)	-	1,110
BBC Children in Need	500	-	(500)	-	-
Big Give	-	6,922	(4,636)	-	2,286
CRH Charitable Trust	-	5,000	(5,000)	-	-
Restricted donations	-	3,867	(2,394)	-	1,473
The National Lottery	1,443	69,981	(70,901)	-	523
Greater Manchester Combined Authority	-	44,000	(44,000)	-	-
Henry Smith Charity	-	42,000	(21,543)	-	20,457
Shine - Beacon Counselling	1,160	9,810	(10,970)	-	-
Sir Ralph Pendlebury Charity for the Aged	1,585	-	(21)	-	1,564
SMBC ASC Capital	5,999	-	(1,911)	-	4,088
SMBC - Local Mens Music	-	9,960	(9,960)	-	-
SMBC - Warm Spaces	-	982	(982)	-	-
SSE	-	2,000	(1,170)	-	830
Tameside Hospital - Pennine Care	-	-	(1,560)	-	(1,560)
UKSPF - A&H Week 2023	-	20,723	(20,723)	-	-
Youth Music 3	2,043	4,478	(6,521)	-	-
Youth Music 4	-	24,250	(4,033)	-	20,217
	15,973	243,973	(208,949)	-	50,997

Arts for Recovery in the Community

Notes to the accounts for the year ended 31 March 2024 (continued)

17 Analysis of movements in restricted funds (continued)

Previous reporting period	Balance at 1 April 2022 £	Income £	Expenditure £	Transfers £	Balance at 31 March 2023 £
Action Together Oldham	3,254	-	(2,131)	-	1,123
Art Pen Pals A4A	9,790	-	(8,822)	-	968
ASDA	1,152	-	-	-	1,152
BBC Children in Need	-	20,000	(19,500)	-	500
The National Lottery	1,836	69,026	(69,419)	-	1,443
Greater Manchester Combined Authority	202	40,000	(40,202)	-	-
Hart Donation	819	-	(819)	-	-
Henry Smith Charity	10,557	18,400	(28,957)	-	-
John Grant Davies Trust	443	-	(443)	-	-
Morrisons Foundation	3,470	-	(3,470)	-	-
Shine	2,311	9,810	(10,961)	-	1,160
Sir Ralph Pendlebury Charity for the Aged	2,991	-	(1,406)	-	1,585
SMBC ASC Capital	8,018	-	(2,019)	-	5,999
SMBC Culture & Leisure, Local Fund (Stockport Local Mums)	1,365	-	(1,365)	-	-
Youth Music 3	6,818	11,940	(16,715)	-	2,043
	53,026	169,176	(206,229)	-	15,973

Name of	Description, nature and purposes of the fund
Action Together Oldham	Grant to provide perinatal art workshops for mums in Oldham
Art Pen Pals A4A	Continuation of postal art programme developed in lockdown, funded by A4A
Asda Reddish	Funds from Asda to purchase various equipment for Arc Centre
BBC Children in Need	A three year grant to fund a tailored programme of short creative projects for targeted groups of disadvantaged children and young people.

Arts for Recovery in the Community

Notes to the accounts for the year ended 31 March 2024 (continued)

17 Analysis of movements in restricted funds (continued)

Big Give	Restricted fundraising campaign for YPA
CRH	A one year grant for follow on programme
The National Lottery	The was a grant to provide salaried costs and overheads for 5 years to develop the ARC Centre (2021-26).
JG Davies Trust	Contribution towards the Creative Mums Programme
Restricted donations	From Soroptomists, a donation for creative mums. Hewer White donation for equipment.
Greater Manchester Combined Authority	A grant for Arc to strengthen and extend our high impact arts and wellbeing offer into communities across Greater Manchester, whilst developing a 'centre of excellence for arts and mental health' from our base at Stockport's Hat Works museum.
Henry Smith Charity	Running costs of the project providing a community outreach programme.
Morrisons	Creative Mums programme
Pendlebury Shine	Programme of creative projects for older, isolated residents of Stockport
SMBC Capital	Creative sessions delivered on behalf of Beacon Counselling
	Expanding and refurbishment of our studios into an Arts Centre accessible to all, development of a town centre venue and other capital expenditure to enable the growth and expansion of Arc's service to the community.
SMBC	2 grants were received, a local grant for mens music and a for warm spaces, also a grant from UKSPF for arts and health week.
Stockport Local Mums	Grant to provide perinatal art workshops for mums in Stockport
SSE School for Social Entrepreneurs	Grant to help develop café and retail
Tameside Hospital	A 12 week programme on the wards at Tameside Hospital
Youth Music	Grant for a Young People's Arc programme called Musicspace

Arts for Recovery in the Community

Notes to the accounts for the year ended 31 March 2024 (continued)

18 Analysis of movement in unrestricted funds

	Balance at 1 April 2023 £	Income £	Expenditure £	Transfers £	As at 31 March 2024 £
General fund	179,561	126,146	(96,855)	-	208,852
FORGE	17,294	3,100	(79)	-	20,315
2023/24 contingency	20,000	-	(20,000)	-	-
	216,855	129,246	(116,934)	-	229,167
Previous reporting period	Balance at 1 April 2022 £	Income £	Expenditure £	Transfers £	As at 31 March 2023 £
General fund	167,126	133,352	(100,917)	(20,000)	179,561
FORGE	24,611	-	(7,317)	-	17,294
2023/24 contingency	-			20,000	20,000
	191,737	133,352	(108,234)	-	216,855

Name of	Description, nature and purposes of the fund
General Fund	This represents the free reserves of the charity.
FORGE	Funds designated for new pilot projects at Arc and costs not covered by current funders.
2023/24 contingency	This has been designated to fund gaps in 2023/2024 budget

19 Analysis of net assets between funds

	General fund £	Designated funds £	Restricted funds £	Total £
Tangible fixed assets	1,535	-	-	1,535
Net current assets/(liabilities)	207,317	20,315	50,997	278,629
Total	208,852	20,315	50,997	280,164

Arts for Recovery in the Community

Notes to the accounts for the year ended 31 March 2024 (continued)

20 Lease commitments

The charity had the following annual commitments under non-cancellable operating leases:

	Land and buildings		Equipment	
	2024	2023	2024	2023
	£	£	£	£
Leases expiring in:				
One year	-	14,667	1,275	3,920
Two to five years	27,500	-	-	1,275