ARTY-FOLKS

England & Wales · Charity number 1107757

Details

Status	Registered
Legal form	Charitable company
Company number	05260817
Registered	2005-01-21
Register	View on the Charity Commission register

Contact

Address	1st Floor Eaton House 1 Eaton Road Coventry CV1 2FJ
Phone	02476414740
Email	info@arty-folks.org.uk
Website	www.arty-folks.org.uk

Activities

Objects: (A) To relieve persons living with mental health conditions or suffering emotional distress by assisting such persons to realise their full potential and lead fulfilling lives through the provision of visual arts and wellbeing related activities.(B) TO MAINTAIN, MANAGE AND IMPROVE THE FACILITIES FOR ACTIVITIES PROMOTED BY THE CHARITY AND ASSOCIATED BODIES IN FURTHERANCE OF THE ABOVE OBJECTS.

Activities: We offer Art for Therapy and a programme of therapeutic activities for adults of working age living with mental health conditions or suffering emotional distress in Coventry and Warwickshire. We run online courses as well as face-to-face creative peer support groups that can be accessed through our website www.arty-folks.org.uk.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, Disability, Arts/culture/heritage/science
- **Who:** People With Disabilities

Downloaded from opencharities.uk/ew/1107757

Geography

- **Area of benefit:** NOT DEFINED. IN PRACTICE WEST MIDLANDS.
- Coventry City
- Warwickshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£261,929	£172,786	-	-
2024-03-31	£92,354	£124,497	-	-
2023-03-31	£117,987	£95,268	-	-
2022-03-31	£89,789	£78,153	-	-
2021-03-31	£161,130	£76,980	-	-

Trustees

Name	Role	Appointed
Daniel Sharkey		2023-01-24
John Peter GOUGH		2025-12-11
Miho Taka		2022-11-10
Serena Kaur Dha		2024-11-21
William Bryan		2022-03-30

Downloaded from opencharities.uk/ew/1107757

ARTY-FOLKS

England & Wales - Charity number 1107757

Accounts

ARTY-FOLKS

Financial Statements

31 March 2025

COMPANY REGISTRATION NUMBER 05260817

CHARITY REGISTRATION NUMBER 1107757

Trustees Annual Report year ended 31 March 2025

Contents

Charity Information 3
Governance 4
Objectives and Activities 4
Achievements and Performance 5
Principal risks and uncertainties 7
Financial Review 8
Plans for 2025-26 9

Trustees Annual Report year ended 31 March 2025

Charity Information

Charity Name	Arty-Folks	
Charity Registration No.	1107757	
Company Registration No.	5260817	
Registered Office	1st Floor Eaton House 1 Eaton Road Coventry CV1 2FJ	
Contact	024 7641 4740 / 074 4364 3634 info@arty-folks.org.uk www.arty-folks.org.uk	
Social Media	@artyfolks Facebook / Instagram / Linkedin / TikTok / YouTube	
Trustee Directors	Peter Young	resigned May 2025
	Laura Wilde	resigned May 2025
	Dan Sharkey	
	William Bryan	
	Miho Taka	
	Mark Cook	elected June 2024 & resigned August 2025
	David Alexander	elected November 2024
	Serena Dha	elected November 2024
	Michael Baker	resigned September 2024
Company Secretary	Hayley Cartwright	resigned November 2024
	Pearl Chesterman	appointed September 2025
Bank	CAF Bank Ltd. 25 Kings Hill Avenue, Kings Hill, West Malling, Kent ME19 4JQ	
Insurers	Markel (UK) Ltd., Verity House, 6 Canal Wharf, Leeds LS11 5AS	
Policy Number	CD42569	
Period of Insurance	02.04.24 to 01.04.25	
Public Liability	£10,000,000	
Employers Liability	£10,000,000	
Professional Indemnity	£250,000	
Independent Examiner	Azets Audit Services 3Mc Middlemarch Business Park, Siskin Drive, Coventry CV3 4FJ	

Trustees Annual Report year ended 31 March 2025

Governance

Arty-Folks is a charitable Company limited by guarantee. The Company was established under a Memorandum of Association which established the objects and powers of the charitable Company. It is governed under its Articles of Association dated October 2004 and amended Nov 2018 and Dec 2020. The Company is registered as a Charity with the Charity Commission. In the event of the Company being wound up members are required to contribute an amount not exceeding £1.

The Board of Trustees met 7 times in the year to review progress against strategic plans. During the year, 1 Board member resigned for health reasons and 2 new Trustees were elected by the Membership at the AGM November 2024.

At the end of the financial year, the Board comprised of 8 Trustees with 1 former service user and 3 current service users of whom 1 is a member of Canvas to Change young people's group. In effect, Arty-Folks is a service-user led organisation. Two Trustees completed ICAEW Trustee Training online.

Trustees formed a subcommittee to support the new CEO during the transition period and convened a sub-group with members to mitigate risks around premises.

The Board reviewed the following policies in 2024/25:

- Lone Working
- Whistleblowing
- Disclosure and Barring
- Safeguarding Adults and Children
- Data Protection GDPR
- Social Media

Objectives and Activities

The principal objective of the organisation is to relieve persons 16+ of working age who are living with mental health conditions or suffering emotional distress by assisting such persons to realise their full potential and lead fulfilling lives through the provision of visual arts and wellbeing related activities. We cover the geographical area of Coventry and Warwickshire.

The aim of our projects and services is to provide

- early intervention and prevention support to adults with low to moderate mental health needs who are struggling with social isolation, financial pressures and exceptional life circumstances.
- holistic and person-centred support to adults with severe and enduring mental conditions such as anxiety, OCD, Psychosis, PTSD, Schizophrenia, and eating disorders, who are unemployed and on NHS waiting lists, or transitioning from CAMHS to adult services, or have been discharged.

The following sections for achievements and performance, financial review, plans for 2025-26, and principal risks and uncertainties form the strategic report of the Charity.

Achievements and Performance

The Board set strategic targets and priorities for this financial year 2024/25 were to

- lower our age remit to 16+ and establish a service for young people waiting to transition from children to adult mental health services, and those struggling to adjust to adulthood.
- expand our engagement in Lillington, a small neighbourhood by Leamington Spa that scores the highest deprivation in South Warwickshire
- help more members into volunteering and employment in a field where their lived experience is an asset
- build on our outcome and impact measurement and embed research into our projects to evaluate how the creative process promotes good mental health and the drive to thrive.

Trustees have acted in accordance with the Charity commission's guidance on public benefit and all activities are undertaken to further the Charity's purpose for the benefit of the public.

The Charity's objectives and strategic aims are achieved by various projects/services including a programme of four weekly Creative Peer Support groups that are structured into progressive stepping stones towards recovery (Coventry), weekly Canvas to Change group for young people 16-25yrs old (Coventry), online courses and workshops (Coventry & Warwickshire), REACH Peer Support Service (North Warwickshire), and Lillington Makers (Lillington-Leamington Spa) for residents.

In the year, Arty-Folks has worked in formal partnership arrangements with Coventry & Warwickshire Partnership NHS Trust, Warwick District Council, REACH Partnership, Coventry & Warwickshire Mental Health Alliance, and represent arts and mental health on the Culture Works Collective spearheaded by Coventry City Council. Through the Recovery and Wellbeing Academy we continue to work with many local organisations including C&W Mind, CRASAC, DWP, etc.

Our work was funded by 11 separate funding streams that enabled us to support a total of 1,593 people, of which 253 online and in-person at our Coventry studios, 56 young people 16-25yrs old attending Canvas to Change, and 1,284 through our activities in Lillington.

The Heart of England Community Foundation awarded £41,908 Inclusive Communities Fund to trial Canvas to Change, a bespoke creative peer support group for young people aged 16+ that enables them to grow through past experiences, build meaningful friendships, and take steps towards their chosen career paths. Working in partnership with Coventry University, we commissioned an independent study to capture the benefits of the service from the perspective of young people and to guide how we can strengthen outcomes and impact in the future. The final report is expected in May 2025.

Following this success, NHS Coventry & Warwickshire Partnership Trust awarded us two years of funding through the Mental Health Improvement Fund to further develop the Canvas to Change young people's group (£44,375 in 2024–25 and £45,964 in 2025–26). Canvas to Change is our 5th weekly Creative Peer Support group at our Eaton House Studios. Unfortunately, the heating broke down December'24 and could not be fixed until end February '25 but we were able to relocate to a nearby church. We were able to maintain continuity of service but the small space and disruption in routine proved challenging for some young people and caused some distress which we mitigated by increasing 1:1 support.

Trustees Annual Report year ended 31 March 2025

In January 2025, the National Lottery awarded us £19,365 for a 12-month Engage & Empower project to explore how we can provide enhanced support at enrolment for participants most at risk of dropping out. The project also aims to increase Peer Volunteering across our service and strengthen co-production through more frequent membership meetings (formerly the Operations Group) to help shape the strategic direction of our Charity.

The VCSE Mental Health Alliance, led by Rethink Mental Illness, commissioned Arty-Folks to deliver the REACH Peer Support Service and contribute to a Suicide Prevention Programme, totalling £41,348. In collaboration with partners Rethink, Citizens Advice and Valley Housing, we provided one-to-one peer support to adults in North Warwickshire with severe mental health needs who were waiting for, or being discharged from, mental health services. Our REACH Peer Support worker provided non-medical support in a person-centred way that helped individuals reduce social isolation, resolve challenging life circumstances and access new opportunities in their locality. This 18-month project completed March'25 and is expected to resume July '25 for a further 12 months.

October '23 Warwick District Council commissioned us to deliver Lillington Makers, a creative engagement programme targeting Lillington, a small neighbourhood on the outskirts of Leamington Spa ranked highest on the Index of Multiple Deprivation in South Warwickshire. The 3-year service level agreement of £25,000 per annum began Oct.23 and runs until end June 2026. This year we have delivered high above target and the impact of our activities is noticeable. The two groups of Lillington Makers are now firmly established and have created public artworks that was highly valued by residents. We have organised community gatherings that enabled local groups to collaborate and grow their membership. We rescued Lillington Connect Facebook page from abandonment and have grown it from 113 to 1,300 members. It has rapidly become the community's primary source of news, updates, and opportunities.

Warwick District Council, UKSPF Street Arts Grant of £28,173 to deliver two community arts projects October'24 to March'25, focusing engagement on residents living in social housing, the high-rise flats in Lillington-East. For Window Wonderland October-December'24, children and adults created translucent window designs that came to light at night, Lillington Makers created a huge display at the library, and we decorated trees with ribbons and stars. We are most proud of the mosaic mural for Southorn Court flats which was created collaboratively by 20 local groups and over 160 participants in 3 months January-March'25. This project fostered pride of place and strengthened connections across Lillington, and feedback from residents and WDC estates workers has been overwhelmingly positive. At a Warwick District Council meeting the mural was publicly praised as an outstanding example of community engagement that is challenging the stigma around deprivation and anti-social behaviour.

The Heart of England Community Foundation awarded £20,980 Social Fabric Fund to develop Lillington Connect Facebook further and create a Website that will drive collaborations and create a coherent picture of Lillington. We have delayed this project to June 2025 to enable us to recruit an Outreach&Engagement Officer with the right skills and experience to help community groups build their digital skills and confidence to engage more residents.

We were awarded £5,000 funds by the SPAR Community Cashback scheme to repair, redesign, and repaint the community noticeboard in the heart of Crown Way square, directly outside the local SPAR shop. Over the summer, we ran workshops in the square to gather the views of residents and shopkeepers, which revealed the lack of provision for residents with special needs or dementia. With

SPAR's permission, we have postponed the project to allow time to collaborate with other support agencies and develop creative ways to foster their inclusion and connection within the community.

The Eveson Trust awarded us £5,000 unrestricted funding towards salaries for a part-time Peer Support Worker and develop service agreements with Peninsula HR and Cheeky Munkey IT support, thus strengthening our organisational infrastructure.

A further £7,155 was raised through Members contributions, sales of workshops, donations by members of the public, and donations by organisations such as the Lloyds Bank Foundation and The Phoenix Partnership.

We trialled contracting a professional bid writer who raised £890 in unrestricted funding from the Westham Foundation and £20,980 from the Postcode Lottery. The Westham Foundation supported the purchase of art materials for Lillington, while the Postcode Lottery is funding the redesign of our website, staff salaries, overheads, and improvements to administrative systems, due for completion June 2025.

Additionally, we are most indebted to our Peer Volunteers who bring a wide range of skills to support our staff team. The value of their time, passion, and commitment is incalculable, and we extend our heartfelt thanks for all their work.

Principal risks and uncertainties

The Board of Trustees conducts regular reviews to assess risks and identify their potential impact on the business and operation of the Charity. These reviews consider both the likelihood of risks occurring and the most effective ways to manage and mitigate them. The Board of Trustees have identified premises and staff recruitment as significant risks and have prioritised action on these during this financial year.

Staff recruitment and retention

As a small Charity with limited staff resources, we continue to face the challenge of meeting high demand with a very small and overstretched staff team. This has been particularly evident for our founding member, who has carried multiple responsibilities including 1:1 Mentor, Creative Director, Fundraiser, and Chief Executive Officer.

With a team of just three staff members, only one of whom was full-time, maintaining adequate staffing to deliver our services has been challenging. In October 2024, one staff member went on long-term sick leave and subsequently resigned in March 2025. During this six-month period, the remaining two staff members faced considerable pressure. We recognise the ongoing risk of over-reliance on a few key individuals, which has implications for organisational resilience and staff wellbeing.

In response, the Board undertook a rigorous recruitment process to strengthen leadership capacity. Following the first round, Trustees concluded that no candidate demonstrated the resilience, skills, and experience required to take the Charity forward. For the second round, the advertised salary was

increased from £35,000 to £40,000 to attract candidates of a higher calibre. This led to the successful appointment of Donna Fox as CEO 3 days per week, who took up post in December 2024.

To support a smooth transition, Trustees set up a number of sub-committees and HR functions were outsourced to Peninsula HR. Peninsula HR provide us with access to expert HR and employment law advice, ensuring that our policies and procedures are up-to-date and reviewed regularly, and that staff have access to training and wellbeing support. Additionally, we upgraded our IT system to Microsoft 365 and sub-contracted Cheeky Munkey to provide IT support and maintenance.

Premises

Since we established our studios at 1st floor Eaton House in 2016 we have benefited from peppercorn rent, albeit with the risk of a 21 days lease termination. The building is progressively falling into disrepair with a burst pipe in 2023, crumbling façade and lifts frequently breaking down. This December-February 2025 the heating broke down with temperatures plummeting into minus figures. Staff swiftly conducted a survey of venues nearby and were able to use a church hall and a room on platform 1 at the Railway Station for activities, thus the service shut down for 1 week only.

Staff explored alternative premises currently on the market but found that many were in poorer condition than Eaton House and carried high commercial rents. Landlords have indicated that demolition of Eaton House is likely to begin within 12 months, and we plan to resume our search for suitable premises towards the end of 2025.

Financial Review

In the opinion of the Trustees the financial position of the Charity is very strong and it remains well placed to deliver is objectives for the forthcoming year and beyond.

Reserves

The Charity Commissioner's guidance requires Trustees to adopt a reserves policy based on a realistic estimation of reserve requirements. Reserves represent those resources which can be made available to spend once all other commitments and planned expenditure has been met. Reserves are spent at the discretion of the Trustees and in the furtherance of the Charity's aims and objectives.

As at 31 March 2025, the reserves can be summarised as follows:

£6,889	Unrestricted funds
£69,142	Designated funds – 4 months operating costs
£44,822	Designated funds – vacating Eaton House and relocation
£113,964	Total free reserves

Designated funds – 4 months operating costs

The Trustees' agreed objective is to maintain free reserves at a level equal to 4 months budgeted operational costs. Based on the 2025/26 financial year budget of £185,350, this amounts to £74,140. Trustees have increased designated fund to £69,142 which represent cover of 93%.

The Trustees have assessed areas to minimise spending and increase operational reserves by £5,000. An efficiency programme will be conducted in 2025/26 whereby all contracts are reviewed to see if costs can be reduced. This covers all areas of expenditure; from utilities to sub- contractors of services.

Designated funds – vacating Eaton House and relocation
Since we established our studios at 1st floor Eaton House in 2016 we have benefited from a peppercorn rent albeit with the risk of a 21 days lease termination. Trustees have designated £44,822 free reserves to cover the cost of moving, the setup of new contracts, the impact on service delivery, and one-quarter of commercial rent. The Trustees wish to maintain the designated fund at this level for 2025/26.

Plans for 2025-26

The Board has set clear strategic targets and priorities for the financial year 2025/26:

- **To grow the staff team**
  With Arty-Folks' founding member Lorella Medici stepping down from the CEO role into a Creative Director position as part of a phased retirement, we are entering a new chapter in our development. To ensure continuity and meet rising demand, we will expand our staff team with new roles that bring fresh skills and perspectives. This planned growth is part of our succession strategy to safeguard organisational resilience, strengthen our capacity, extend our reach across Coventry and Warwickshire, and enhance the impact of our programmes on the communities we serve.

- **To secure the financial stability of our Coventry studios and Lillington social fabric programmes through multi-year commissions and grants**
  We will actively pursue longer-term funding commitments to provide greater continuity for these vital programmes. Securing multi-year support will not only safeguard their future but also enable us to expand their reach, ensuring that the most isolated members of our communities continue to benefit from meaningful creative and social opportunities.

- **To develop more opportunities for Peer Support Work**
  We will strengthen pathways into employment for our members by supporting Peer Support Volunteer training and career progression. By recognising lived experience as a vital professional asset, we aim to grow the peer support workforce and help transform how mental health services are delivered across the region.

- **To continue embedding research into new projects and services**
  By embedding research into our practice, we ensure our work remains evidence-based, relevant, and responsive to community needs. Embedding research into programme design strengthens our capacity to demonstrate impact to funders and stakeholders, harness innovation and best practice from the wider sector, and increase our influence on how mental health services are shaped both locally and nationally.

Trustees Annual Report year ended 31 March 2025

The Trustees' annual report (incorporating the directors' report) and the strategic report were approved on 27th August 2025 and signed on behalf of the board of Trustees by

Miho Taka
Chair of Trustees

Arty-Folks
Independent Examiner's Report
for the year ended 31st March 2025

I report to the trustees on my examination of the financial statements of Arty-Folks (the charity) for the year ended 31 March 2025.

Responsibilities and basis of report
As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the charity 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 the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the charity's gross income exceeded £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 ICAEW, 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 that in any material respect:

1 accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or

2 the financial statements do not accord with those records; or

3 the financial statements 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 financial statements 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 financial statements to be reached.

Robert Anderson FCA
Azets Audit Services
3Mc Middlemarch Business Park
Siskin Drive
Coventry
West Midlands
CV3 4FJ

Dated: 22/10/25

Arty-Folks
Statement of Financial Activity (including income and expenditure account)
For the year ended 31st March 2025

	Note	Unrestricted	Restricted	2025	Unrestricted	Restricted	2024
Incoming Resources							
Incoming Resources from generated funds							
Donations		3,325		3,325	3,003		3,003
Investment Income/Bank Interest		2,425		2,425	1,560		1,560
Incoming Resources from charitable activities							
Grants and contracts	2	25,310	227,038	252,348	17,425	63,834	81,259
Other income		3,831		3,831	6,533		6,532
Total incoming resources		**34,891**	**227,038**	**261,929**	**28,521**	**63,834**	**92,354**
Resources Expended							
Charitable activities	3	29,806	141,781	171,586	66,658	56,639	123,297
Governance costs		250	950	1,200	200	1,000	1,200
Total resources expended		**30,056**	**142,731**	**172,786**	**66,858**	**57,639**	**124,497**
Net incoming/(Net outgoing) resources before transfers		4,835	84,308	89,143	- 38,337	6,195	- 32,143
Transfers		-	-	-			
Net movement in funds		4,835	84,308	89,143	- 38,337	6,195	- 32,143
Reconciliation of funds							
Total funds brought forward		116,019	14,858	130,876	154,356	8,663	163,019
Total funds carried forward	8	**120,854**	**99,166**	**220,019**	**116,019**	**14,858**	**130,876**

The Statement of Financial Activities includes all gains and losses in the year.
All incoming resources and resources expended derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

Arty-Folks
Balance Sheet
As at 31st March 2025

	Note	2025		2024	
Current assets					
Cash at bank and in hand		226,571		126,728	
Debtors	5	4,400		10,200	
Total current assets		230,971		136,928	
Liabilities					
Creditors: amounts falling due within one year	6	10,952		6,052	
Total current liabilities		10,952		6,052	
Net current assets			220,019		130,876
Funds					
Designated funds	7	113,964		92,456	
Unrestricted funds	7	6,889		23,562	
Restricted funds	7	99,166		14,858	
			220,019		130,876

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2025. No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these financial statements.

The trustees acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of the financial statements.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Trustees on .....

Dan Sharkey
Treasurer Director

Registered Company: 5260817

1 Charity information

The Charity is a company limited by guarantee incorporated in England and Wales.
It does not have share capital, and the liability of each member is limited to the guarantee given by that member, which shall not exceed £1.
The registered office is 1st Floor Eaton House, 1 Eaton Road, Coventry, CV1 2FJ.

1.1 Accounting convention

The accounts have been prepared in accordance with the charity's governing document, the Companies Act 2006 and "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 2019)". The charity is a Public Benefit Entity as defined by FRS 102.
The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.
The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.
The financial statements have been prepared under the historical cost convention, modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees has a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.
Designated funds comprise funds which have been set aside at the discretion of the trustees for specific purposes. The purposes and uses of the designated funds are set out in the notes to the financial statements.
Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

1.4 Incoming Resources

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received. Incoming resources from grants are included in incoming resources in the year in which they are received. Where income is received in advance of performance, its recognition is deferred and included in creditors.
Investment income and other income are included when receivable.

1.5 Resources Expended

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category.
Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources. Support costs are allocated based on percentage of total costs.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.7 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.
Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.8 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.9 Reserves policy

The charity is aware of its operational commitments going forward and aims to keep sufficient free funds in order to maintain its operational commitments for a period of four months. This is subject to continuous review by the trustees.

2 Grants receivable

	2025		2024	
Unrestricted funds				
CWPT Peer Recovery Training			17,425	
Eveson Trust	5,000			
Postcode	20,310			
	25,310		**17,425**	
Restricted funds				
Coventry City Council Arts Panel			2,046	
CMHT Innovation Fund			24,958	
Rethink REACH	41,348		18,080	
Warwick District Council Lillington	25,000		18,750	
Heart of England Comm.Foundation ICF	41,908			
Heart of England Comm.Foundation SFF	20,980			
NHS Mental Health Improvement Fund	44,375			
National Lottery	19,365			
SPAR	5,000			
Warwick District Council Arts Grant	28,173			
Westham Foundation	890			
	227,038		**63,834**	
Total incoming resources		**252,348**		**81,259**

3 Total resources expended

	Unrestricted	Restricted	2025 Total	Unrestricted	Restricted	2024 Total
Salaries	11,562	88,002	99,564	37,633	39,568	77,201
Staff Pension	178	1,886	2,063	721	795	1,516
Staff Contractors	7,906	6,158	14,064	13,178	2,082	15,260
Sessional Staff		13,691	13,691	1,152	6,901	8,053
Premises Eaton House		1,553	1,553	1,105	1,165	2,270
Venue hire		1,817	1,817		375	375
Activities/Materials	19	11,333	11,352	352	1,746	2,098
HR Service	979		979			
Staff Travel expenses	25	2,279	2,304	1,544	837	2,381
Volunteer expenses		918	918	135	119	254
Telephone & internet	144	897	1,040	1,133	301	1,434
Office consumables	1,574	947	2,521	575	303	878
IT hard&software		6,603	6,603	2,768		2,768
Insurance		594	594	522		522
Subscriptions	614	184	798	869	194	1,063
Training	11		11	550	100	650
Independent Examination	250	1,150	1,400	1,000	200	1,200
Book-keeping&Payroll	427	3,639	4,066	2,809		2,809
DBS checks		250	250		100	100
Marketing promotion	6,307	780	7,087	671	493	1,164
Arty Avon grant management					2,361	2,361
Bank charges	61	50	111	140		140
	30,056	**142,731**	**172,786**	**66,857**	**57,640**	**124,497**

4 Staff costs	2025	2024
	£	£
Wages and Salaries	96,610	76,575
Social Security	2,954	626
Pension Costs	2,063	1,516
	101,627	**78,717**

No employee earned £60,000 p.a. or more.
No remuneration was paid to trustees in the year, nor were any expenses reimbursed to them.

The average number of employees during the year was 3 (2024 - 3).

5 Debtors		
Amounts falling due within one year		
Trade debtors		9,775
Other debtors	3,285	
Prepayments	1,115	425
	4,400	10,200

6 Creditors		
Amounts falling due within one year		
Trade creditors	1,333	1,786
Taxation and social security	7,743	3,266
Accruals	1,876	1,000
	10,952	6,052

Arty-Folks
Notes to the financial statements
For the year ended 31st March 2025

7 Reserves and reconciliation of movement in funds

	31st March 2024	Incoming resources	Outgoing resources	Transfers	31st March 2025
Unrestricted funds *					
Designated funds - property	44,822				44,822
Designated funds - contingency operational running costs	47,634			21,508	69,142
General funds	23,562	34,891	30,056 -	21,508	6,889
	116,018	34,891	30,056	-	120,853
Restricted funds **					
Rethink REACH	5,477	41,348	25,478		21,346
WDC Lillington	9,381	25,000	24,183		10,198
WDC Arts Grant		28,173	25,316		2,857
Heart of England ICF		41,908	41,908		-
Heart of England SFF		20,980	-		20,980
NHS Mental Health Improv.Fund		44,375	23,297		21,078
SPAR		5,000	138		4,862
National Lottery		19,365	1,520		17,845
Westham Foundation		890	890		-
	14,858	227,038	142,731	-	99,166
Total funds	**130,876**	**261,929**	**172,786**	-	**220,019**

* Unrestricted Funds: The trustees designated two funds in 2022/23 which have been maintained.
One is for the immediate vacation and relocation of premises, expected within 6-12mths.
The second designated fund is a contingency fund for operational costs
and represents 3-6 months of forward operating expenditure.

** Restricted Funds: The restricted funds were given to deliver projects agreed upon with the donors
and are kept separately for tracking and monitoring purposes.

8 Analysis of net assets between funds	**Unrestricted**	**Restricted**	**Total**
Fund balances at 31st March 2025 are represented by:	£	£	£
Current Assets	120,853	99,166	220,019

9 Net movement in funds		**2025**	**2024**
Net movement in funds is arrived at after charging:	£		£
Independent Examiner		1,200	1,000

10 Retirement benefit schemes

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently managed fund.
The total charge recognised in the SOFA was £2,063 (2024 - £1,516).

11 Related parties

There were no related party transactions during the year.

Arty-Folks
Notes to the financial statements
For the year ended 31st March 2024

7 Reserves and reconciliation of movement in funds

	1st April 2023	Incoming resources	Outgoing resources	Transfers	31st March 2024
Unrestricted funds *					
Designated funds - property	44,822				44,822
Designated funds - contingency operational running costs	47,634				47,634
General funds	61,900	28,520	66,858		23,562
	154,356	28,520	66,858	-	116,018
Restricted funds **					
Arty Avon	2,361	-	2,361		-
CCC Arts Panel	6,302	2,046	8,348		-
CMHT Innovation Fund		24,958	24,958		-
Rethink REACH		18,080	12,603		5,477
Warwickshire District Council		18,750	9,369		9,381
	8,663	63,834	57,639	-	14,858
Total funds	**163,019**	**92,354**	**124,497**	-	**130,876**

* Unrestricted Funds: The trustees designated two funds in 2022/23 which have been maintained. One is for the immediate vacation of premises and relocation to new. The second designated fund is a contingency fund for operational costs and represents 3-6 months of forward operating expenditure.

** Restricted Funds: The restricted funds were given to deliver projects agreed upon with the donors and are kept separately for tracking and monitoring purposes.

8 Analysis of net assets between funds

Fund balances at 31st March 2024 are represented by:	Unrestricted £	Restricted £	Total £
Current Assets	116,018	14,858	130,876

9 Net movement in funds

Net movement in funds is arrived at after charging:	2024 £	2023 £
Independent Examiner	1,000	1,000

10 Retirement benefit schemes

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently managed fund.
The total charge recognised in the SOFA was £1,516 (2023 - £1,160).

11 Related parties

There were no related party transactions during the year.

ARTY-FOLKS

England & Wales - Charity number 1107757

Accounts

www.arty-folks.org.uk
info@arty-folks.org.uk
mob. 074 436 436 34
@artyfolks

Company no. 5260817
Charity no. 1107757

Annual Report 2023-24

COMMUNITY MENTAL HEALTH TRANSFORMATION EMPOWERING YOU

Warwickshire County Council

REACH Mental Health Alliance

WARWICK DISTRICT COUNCIL

Contents

Charity Information	3
Chair's Welcome	4
Chief Executive Report	5
Trustees' Governance Statement	6
Mission and Vision	9
Priorities 2023/24	10
Operational Report	11
Service User Journey	13
Coventry Studios Eaton House	14
Art for Wellbeing Warwickshire	17
Lillington Makers	19
Partnership projects	22
Business Planning 2024/25	23

Charity Information

Charity Name:	Arty-Folks
Charity Registration Number:	1107757
Company Registration Number:	5260817

Registered Office	1st Floor Eaton House 1 Eaton Road Coventry CV1 2FJ	
Contact	024 7641 4740 / 074 4364 3634 info@arty-folks.org.uk www.arty-folks.org.uk	
Social Media	@artyfolks Facebook / Instagram / Twitter / Linkedin / TikTok / YouTube	
Trustee Directors	Peter Young, Chair	March 2022
	Laura Wilde, Vice-Chair	November 2020
	William Brian, Engagement	March 2022
	Miho Taka, Service user	November 2022
	Mike Baker, NHS	January 2023, resigned Sept 2024
	Dan Sharkey, Treasurer	January 2023
	Mark Cook, Arts&Outreach	May 2024
Company Secretary	Hayley Cartwright	January 2022
Staff Team	Lorella Medici	Chief Executive Officer
	Liz Harvey	Art Programme
	Tasz Bailey	Progression Support Worker
	Chris Spicer	REACH Peer Support worker
	Emelia Deacon	Visual Content Creator (6month post)
Bank	CAF Bank Ltd. 25 Kings Hill Avenue, Kings Hill, West Malling, Kent ME19 4JQ	
Insurers	Markel (UK) Ltd., Verity House, 6 Canal Wharf Leeds LS11 5AS	
Policy Number	CD42569	02.04.23 to 01.04.24
	Period of Insurance	£10,000,000
	Public Liability	£10,000,000
	Employers Liability	£250,000
	Professional Indemnity	
Independent Examiner	Azets Audit Services 3Mc Middlemarch Business Park Siskin Drive Coventry CV3 4FJ	

Chair's Welcome

I'm delighted to welcome you to Arty-Folks' report for the year 2023 to 2024.

I'd like to begin by congratulating our team on their fantastic achievements for the year. We measure impact in a number of ways, but reach is probably the most relatable: in 2023/24 we supported 623 individuals in Coventry and Warwickshire, up from 525 in the previous year. We are not a 'light touch' organisation, as some of the user stories contained herein make clear; to have had such impact with a team of less than 4 FTE's is remarkable. To have done so for less £200 per service user, equally so.

Our report sets out the services we have provided in the last year. This ranges from the sunflower project in Lillington, addressing social isolation through short activities in the community, to the dozens with more complex needs that we have seen weekly through the year at our studio. Our programme continues to evolve, and each year brings innovation. This year we have recognised the increasing needs of the youngest adults in our area. There are challenges in serving this community and we will adapt progressively, but as I write this I'm pleased to say we have just launched our first program for 16 to 25 year olds, on World Mental Health day, and we are receiving interest from the target group.

The structured programme built around the service user journey has also really taken shape this year and allows us to respond to the developing needs of individuals, providing continuity of support as their confidence and capabilities grow.

We continue to grow, 25% increase in expenditure in the last year, having doubled over the previous four. Growth comes with challenges and I am very pleased with the progress we have made on succession planning, which builds in long term leadership capacity. We are also providing accredited training of peer support workers so that they can progress to employment with us or other local VCSE organisations.

There is, regrettably, no let up in the demand for our services. In her introduction Lorella speaks of the number of people requiring support and in several places within our report you will read of the increasing complexity in the needs and circumstances of our users. Many factors are at play here: the residual effects of the pandemic; the inadequacies of social care provision; social media and its adverse impacts on well-being; social polarisation; stigmatisation of communities, such as refugees.

We are committed to further growth, program innovation and long-term stability so that we can continue to play our small part in addressing these tremendous challenges. Our team makes this happen on the ground – but it is our funders who ultimately make it all possible.

I would like to end by thanking you for your support in helping hundreds, hopefully thousands, of people in Coventry and Warwickshire live their lives with purpose, fulfilment and creative freedom.

Pete Young
Chairman of Trustees

Chief Executive Report

It is with great pride that I present Arty-Folks' Annual Report for 2023–2024. Reflecting on the past year, it's clear that the last 12 months have marked the beginning of a new and exciting trajectory for our charity—one that has been inspired by our members and propelled by the unwavering energy of our trustees, staff and peer volunteers, and of course our funders.

This year, we proudly completed the 2.5-year Art for Wellbeing programme, commissioned by Public Health Warwickshire, which provided vital support to over 1,300 individuals during the Covid-19 pandemic. An evaluation by Coventry University highlighted the significant mental health improvements achieved through the programme, which is also reflected in the powerful feedback from participants.

The growing recognition of the value of art in promoting both mental and social health has led to a new partnership with Warwick District Council, which has commissioned a three-year service in Lillington. This project will play a pivotal role in rebuilding a nurturing and inclusive community in a neighbourhood with the highest deprivation scores in South Warwickshire and whose social fabric has been most impacted by the pandemic.

Currently, an estimated 1.2 million people are on NHS waiting lists for community mental health services—a demand that can only be met through close collaboration between the statutory and voluntary sectors. We are proud to be part of various alliances that have formed across creative, health, and mental health sectors, working together to tackle this mental health tsunami and provide targeted, sustainable support for those most in need. One such collaboration is the REACH project, and we're particularly proud that one of our members designed its inspiring logo.

To meet the increasing demand for mental health support, we have expanded and restructured the programme of Creative Peer Support groups at our Coventry studios. The four distinct groups offer a progressive and structured approach to holistically tackle the factors impacting mental well-being and impeding a full recovery. You will read personal accounts by our members who continue to inspire us, driving Arty-Folks to grow in ways we never could have imagined.

As a founding member of Arty-Folks inching towards retirement, I will be transitioning from my role as CEO over the next few years to focus on what I am most passionate about—working creatively alongside our members. With a robust CEO succession plan already in place, I am confident that Arty-Folks is well-positioned for sustained growth, continued innovation, and deeper impact in the years ahead.

I would like to extend my heartfelt thanks to our incredible team of trustees whose unwavering commitment, guidance, and strategic vision have been instrumental in driving Arty-Folks forward.
Arty-Folks currently stands on solid foundations and we are all looking forward to an exciting new era of growth and evolution that will continue to harness the transformative power of art to support mental health recovery, rebuild communities, and empower individuals to realize their potential.

Thank you for your ongoing support.

Lorella Medici
Chief Executive Officer

Trustees' Governance Statement

Governing Document

Arty-Folks is a charitable company limited by guarantee. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association dated October 2004 and amended Nov 2018 and Dec 2020.

The company is registered as a charity with the Charity Commission. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

Recruitment and Appointment of New Trustees

Trustees are elected at the AGM to serve a term of 4 years after which they may resign or seek re-election for another term. All trustees agree to comply with the Board Code of Conduct. The skills of the Board are reviewed regularly to ensure the breadth of knowledge appropriate to support the activities of the charity. A Register of Interests, Hospitality and Gifts received by Trustees and employees is maintained.

As a member-led organisation, there are always current or former service users on the Board and we are fortunate to have 2 members on the Board at the moment who can ensure that service users' perspectives are included in every Board decision.

When a new trustee is sought, depending on the skills and background desired, individuals are either approached or the post is advertised.

Induction and Training of Trustees

All current trustees are familiar with the work of the charity. New trustees are first invited to attend a Board meeting, meet the Chief Executive Officer and have a discussion with the Chair of the Board before committing themselves to the role.

A full induction pack covering the responsibilities of a trustee, the charity governance code, the main documents on Arty-Folks including the Memorandum and Articles, the Board code of conduct, Conflict of interest declaration, and links to trustee training and sources of trustee and charity governance information and webinars are all provided to support the role.

Organisation Structure

The Board comprises a minimum of 3 members and not more than 10. The Board meets 6 times per year with formal agendas and papers issued in advance for consideration by Trustees. Draft agendas are set by the Company Secretary following discussion with the Chair and Chief Executive Officer, and Board meetings are formally minuted.

Our Board of Trustees is very clear about our purpose, our mission, vision and aims and the impact we are seeking to make and is responsible for the strategic direction and policy of the charity.
The execution of operational plans is delegated to employed and remunerated managers who are invited to Board Meetings to update the Board on operational performance. The Board monitors financial performance at each Board Meeting as well as operational metrics and agrees on any actions which need to be taken.

Arty-Folks' staff team is supported by Peer Volunteers who have grown through the service, and there is a strong programme in place for their support and supervision, with a number of policies specifically approved by the Board for such purposes. We supported 2 volunteers through ImRoc Peer Support training in 2023/24 and will continue this programme, funding permitting.

Formal processes are in place for every volunteer and employee to raise a concern if they wish to do so. All users are encouraged to complete service satisfaction questionnaires and we have an approved complaints process for users of our services.

The Board follows an agreed programme for policy review and, in that regard, reviewed the following policies in 2023/24:

- Lone worker policy
- Safeguarding for Adults Policy & Procedures
- NEW Safeguarding for Children & Young People Policy & Procedures
- NEW Social Media Policy – following Charity Commission guidance
- Data Protection & GDPR Policy
- Privacy Policy

Additionally, staff renewed Health & Safety training, and the following policies and assessments were updated:

- Cyber Security Awareness V4.1
- Designated Safeguarding Lead (Adults) V4.1
- Fire Warden (Fire Marshal) Training V4.1
- Health, Safety, and Welfare for Workers V4.1
- Risk Assessment Awareness V4.1

Risk Management

Trustees monitor all key strategic and operational risks and conduct a full risk review annually. Health and Safety and Safeguarding are standing items at every Board meeting. Risks are scored based on their impact and likelihood both before and after the consideration of mitigating actions.

Financial Review

Financial results are set out in the attached accounts. They show a year-end balance of £130,876. At the start of 2024/25, we hold an unrestricted surplus of £23,562 and will continue to fundraise as we expand.

Our annual costs are increasing year on year as we grow our staff team and activity.

Expenditure	2021/22	£78,160
	2022/23	£95,268
	2023/24	£124,497

Asset Transfer

Sitting Rooms of Culture CIC, a community-led organization dedicated to fostering creativity and social connection, decided to cease operations. In recognition of our shared values and vision, chose to transfer its remaining assets of £1,431 to Arty-Folks. This generous decision will allow us to build on their legacy and further enhance our capacity to provide creative mental health support to our community.

Designated Funds - Eaton House

The risk of immediate evacuation (21 days lease termination) of our Coventry Studios at Eaton House remains. The deadline for demolition has not been set, but we know that the state of the repair of the building is a concern of the landlord, and the work needed to maintain occupancy will not be completed. Consultations with Coventry City Council continue and discussions with estate agents reveal the high cost of commercial rent.

Research conducted in 2023 to inform the property risk led the Trustees to designate £44,822 to cover the cost of moving, the setup of new contracts, the impact on service delivery, and one-quarter of commercial rent. The Trustees wish to maintain the designated fund at this level for 2024/25. Additionally, there is a contingency fund of £47,634 which was made a designated fund in 2023 by the Board to cover operational running costs reflecting their prudent approach.

Reserves Policy

Arty-Folks CEO and founding member is planning to step down as CEO to concentrate on delivery as part of a phased retirement. To support this we increased our staff team during 2023/24 and we will be increasing the team further in 2024/25. To ensure our robustness as an organisation, we are upgrading our IT hardware/software, and moving to a fully cloud-based system.

The Trustees have reviewed the reserves policy and concluded that free reserves should be maintained at a level representing three to six months of planned running costs.

Due to the nature of the risks that the reserves are needed to cover, the reserves are held in cash.

Public Benefit

The Trustees confirm that, in the carrying out of the charity's activities, and in the exercise of their powers and duties as Trustees, the Trustees have acted in compliance with their duty to have regard to the Charity Commission's public benefit guidance.

"It was nice meeting staff over the phone before coming in person to the studios. So I just couldn't understand the anxiety I felt on the morning! I felt absolutely petrified! I cannot tell you what i was thinking or why. It was just overwhelming!

I texted to say that I wasn't able to come. Staff called me right back and I let them convince me to meet in the car park.

Looking back, all that panicking seems really silly because I had a wonderful time! Painting soon calmed me down and people in the group were lovely.

The sense of achievement at the end of the day was enormous. I know I can do it!"

Participant 3-week Coventry studios induction course

Mission and Vision

Charitable Objects

'To relieve persons living with mental health conditions or suffering emotional distress by assisting such persons to realise their full potential and lead fulfilling lives through the provision of visual arts and wellbeing related activities.' We cover the geographical area of Coventry and Warwickshire.

Our Vision

We are working towards a world that understands creativity is not just a 'nice to have' but is the foundation of good mental health. People in Coventry and Warwickshire will feel empowered to own their mental well-being and will realise their potential.

Our Mission

We will paint a brighter, more compassionate world for all!
We inspire adults with mental ill health through the visual arts to regain self-belief to overcome challenges in life, and take control of their personal journey to recovery.

Service Aim

Our creative programme is structured into stepping stones to recovery and provides:

- **early intervention and prevention** support to adults with **low to moderate** mental health needs, thus reducing the need of more costly and longer-term interventions later. For example, people struggling with social anxiety and depression, financial pressures and exceptional life circumstances.
- **holistic and person-centred** support to adults with **severe and enduring mental conditions** such as anxiety, OCD, Psychosis, PTSD, Schizophrenia, and eating disorders, who are waiting for NHS therapies or are discharged.

Service Objectives

- **Reduce social isolation and loneliness**

We run a range of courses online and in-person that help people feel anchored in the community and enjoy being part of social networks.

- **Inspire people to achieve stability and self-manage their mental health conditions**

We support people to tackle obstacles in their daily lives so they are able to maintain a lifestyle that is conducive to good mental and physical health.

- **Unlock people's creativity for self-discovery and confidence to live purposeful lives**

We teach people to use the creative process for self-healing so they are more able to talk about, understand, and own their mental health and well-being.

- **Build resilience for social, community, and economic engagement**

We provide 1:1 mental health coaching and mentoring to empower people to live self-motivated and productive lives, embark on their vocational choices confident that they will be able to withstand knockbacks in life.

- **Foster art for mental health and community wellbeing**

We challenge the medical perspective of mental illness through our members' artwork and recovery stories. In future, people will understand their creativity and connectedness are fundamental pillars to good mental health, promoting healing, empathy, resilience, and a deeper understanding of the human experience.

Priorities 2023-24

Strategic Priorities set by the Board of Trustees for 2023-24

- **To complete the 2.5yr programme of Art for Wellbeing commissioned by Public Health Warwickshire County Council and meeting all targets**

January 2021 Warwickshire County Council Public Health commissioned Arty-Folks to deliver a programme of Art for Wellbeing courses and workshops online as well as in person, to support adults with low to moderate mental health needs across the county to remain well during Covid and to adjust to a post-pandemic world.

June 2023 completed this 30-month commission and we can report that we have **exceeded** all contract requirements in course numbers, attendance, reach and impact. The evaluation participants' data, participants' feedback and interviews conducted by Coventry University measured a statistically significant positive impact on participants' wellbeing, and showed the positive and lasting effect of attending.

- **To begin succession planning**

Our current Chief Executive Officer Lorella Medici is a founding member of the charity and will step down as CEO as part of a phased retirement plan. Working towards it, we will seek to recruit a number of new roles starting with a new CEO enabling Lorella to focus on direct delivery and further strengthening Arty-Folks' therapeutic arts programme.

- **To secure financial stability through multi-year commissions and grants**

The Art for Wellbeing commission gave us a great opportunity to expand our work into Warwickshire and explore different ways of working. Building on this, we will seek multi-year funding and embed a research element into new projects so we can continue developing the effectiveness of our interventions through independent data analysis.

AGM 2023

Operational Report

During this financial year, we delivered the following projects & activities:

Art for Wellbeing
Lillington Makers
Coventry Studios
REACH Peer Support Service
Partnership projects LTB Gallery, Positive Youth Foundation, and Coventry University

623 Total number of individuals supported during 2023/24

Demographics

Age Range	20% aged 18-25yrs old 47% aged 26-45yrs old 33% aged 46-65yrs old
Gender	78% female 15% male 7% non-binary
Ethnicity	68% white British 32% other ethnic backgrounds
Education	10% no qualifications 51% completed GCSE/A-Level 25% University Degree 13% Masters/PHD

Economic Activity	36% in employment or education 15% unemployed less than 12 months 49% long-term unemployed
Additional Commitments	29% parent 12% carer 13% volunteers
Income	23% salary/student loan 44% benefits 3% sick pay 3% pension 27% no income
Additional Benefits	33% Disability benefits PIP/DLA 4% Carers Allowance

Trend 2023/24:

- more people off sick long-term due to stress at work
- more people holding multiple responsibilities (work&carer&parent)
- more parents with children with substantial mental health needs
- more people engaged in legal proceedings (employment/divorce/employment tribunals)
- increase of male and female participants of other nationalities escaping domestic violence
- wider range of nationalities seeking mental health support (reporting discrimination/stigma within their own culture)
- more asylum seekers seeking mental health support

Participants' reasons for enrolling

How did you hear about Arty-Folks?	24% recommended by Health Professionals 48% social media 28% word of mouth, family/friends
Reasons for enrolling	52% to de-stress and improve mental health 14% to improve my weekly routine 19% to learn new skills 15% to reduce social isolation
Loneliness scale	73% scoring moderate to high level 45% don't have a person they feel close to
Anxiety & Depression scale	83% scoring moderate to high level, of which 39& extremely or severe

Participants' mental health needs

Health Needs	31% mental health only (diagnosed) 25% mental health only (self-diagnosed) 13% additional Autism 33% additional physical health issues
Who is supporting you at present?	19% family/partner 14% Voluntary Sector (CRASAC/Mind) 15% Private Counsellor 36% NHS Psychology/GP 16% no support
Are you taking Medication for mental health?	54% are taking prescribed medication 46% not wanting to rely/not benefiting
Use of Emergency services prior to attending	22% ambulance, A&E, admitted to hospital

Trend 2023/24:

- sharp rise in people whose mental health is impacted by physical health conditions such as cancer, COPD, and in particular Autism
- more people seeking support to manage ADHD
- more under 35yr olds with long-term physical health conditions

"I had some talking therapy but it really wasn't for me. After 2years trying to deal with this 'thing' on my own and getting nowhere I became hopeless and suicidal.

Arty-Folks popped up on my feed and opened the door for me to art, people, support, and a different way of thinking."

Service User Journey

Enrolment

We do not offer drop-in attendance. All prospective service users must be living in Coventry&Warwickshire and enrol through the booking system on our website **https://arty-folks.org.uk/whats-on/** This enables us to screen participants for suitability, control group size and ensure a calm, positive and productive experience for participants, staff, and volunteers.

Online

Come Connect, 1hour workshop, introduces participants to Creative Mindfulness through nature studies and Mandala.
Art for Relaxation, 3-week course, introduction to 3 different Creative Mindfulness techniques that are very accessible and fit into busy lives.
Painting for Pleasure, 6-week course, painting with acrylics teaching all the skills to create colourful work using just primary colours plus white.

Coventry studio course

Mondays, in-person 3-week block of max.12 participants provides an induction into our studios and our service. Participants evaluate whether art activities and the support we offer meets their expectations, and staff can assess whether our service is best to meet their needs. During the 3-week induction period participants learn painting with acrylics and during the sessions discuss 1:1 with our Wellbeing Coach what is holding their recovery journey back. Following on, we provide signposting information and our Progression Support Worker accompanies them to join other groups or specialist support if so required. Participants whom the team of staff and peer volunteers assess as benefiting from further support are invited to join Gateway group.

Lillington Makers

Tuesdays, 10am-11.30pm at Lillington Library, and 1pm-2.30pm at the Community Centre. Exclusively for residents in Lillington, Arts&Crafts with all age groups.

Gateway Creative Peer Support Group

Wednesdays, max. 3-months attendance of max.12 participants who receive a detailed financial check-up and benefits review to increase income, resolve debts, and reduce expenditure. Participants learn drawing, collage, textile, digital art, and glass painting to develop a creative hobby to pursue further with community groups and adult education courses. Participants who are looking to start volunteering, education, or employment are invited to join the Progression group.

Progression Creative Peer Support Group

Thursdays pm, max. 12-months attendance of max. 12 participants, with high levels of mental health needs who are seeking to improve their weekly routine and self-care abilities. The support needs in this group are complex and extensive and include immigration issues, benefit appeals, housing and dealing with negligent landlords, language and illiteracy, digital capacity, as well as social isolation. Participants increase self-awareness and communication skills through art projects that combine creative techniques with self-development themes. Participants who are looking to become economically active but are struggling with low self-esteem and to sustain their responsibilities are invited to join the New Perspectives group.

New Perspectives Creative Peer Support Group

Thursdays am, max. 12 participants who are expected to make a full recovery within max. 12-months attendance. Participants volunteer internally with Arty-Folks and complete a level-3 accredited Peer Support Worker training with https://www.imroc.org/. Participants are supported to complete their CV, apply for positions and prepare to resume their career routes into education or employment.

Note: service users can only attend ONE group at any one time.

Coventry Studios Eaton House

160 service users attended at our art studios in Coventry

Our ambition is to ensure that everyone who enrols on our Coventry Studios programme can begin attending without delay and receive support at the point of need. 2023/24 we ran 15 induction courses of 3-weeks with max.10 participants at our art studios (total 45 weeks). During the course, every participant receives a 1:1 needs assessment and signposting information. Our Peer Support Worker accompanies participants with SEN needs to join suitable activities in the community.

3-week induction course (triage)	**141 new service users,** of whom 69 completed the course (49%) 32 booked a place but we were not able to establish contact (23%) 24 were not suitable for our service (17%) i.e. challenging behaviours and special needs we are not able to meet

Trend:

- social anxiety is stated as the main reason for enrolment but also the main reason for dropping out
- sharp increase of people with challenging behaviours who are stepping down from statutory services
- NEW: parents whose own mental health is suffering as they are not able to gain specialist support for their children

As a result, we have intensified our pre-course communication to ensure that all attendees are able to engage in a group setting without substantial individual support.

IMPACT on completion of 3-week induction course

Loneliness scale	72% feel connected/made new friends 77% report reduced social anxiety
Meaningful activity	89% feel they have learnt new skills 92% during art activities able to disengage from worries

"It helped me in other areas in my life, almost immediately, as I learned to chop down tasks into a step by step process- and to breathe through it - just like we learnt in class.

The relaxing atmosphere and positive feedback made me review how I look at myself and stopped me being overly self-critical. It helped me develop my own style and feel good about it. I loved every minute."

Since reopening our studios in August '20 we have had to expand our programme of Creative Peer Support groups year on year to cope with demand for places as well as the rise in complex and enduring mental health needs.

Funded through the NHS Innovation Fund, in June '23 we introduced our **4th Creative Peer Support group** targeting those who are struggling to manage financial obligations and rising living costs.

Note that service users can attend only **1** weekly group.

IMPACT after 3 months attendance

Coventry Studios programme of four weekly Creative Peer Support Groups	68 service users attended one of four Creative Peer Support groups, of whom 14 started/went back to work 4 started a University course 15 started volunteering positions with Arty-Folks or Vol.Sector 12 progressed to mainstream art groups 18 weeks average attendance 48 exited the service during 2023/24
Use of NHS services	11% stopped or reduced their medication 1% used NHS emergency services/hospital (22% at start of service)

Trend:

- social media addiction has overtaken cannabis use, and is identified as a significant problem by service users
- sharp increase of service users diagnosed with multiple interlinked health conditions affecting mental as well as physical health
- increase of service users trapped in complex life difficulties such as finance-relationship-housing
- sharp increase of service users on long-term sick leave with burnout due to stress, bullying, or mismanagement

I would recommend Arty-Folks to friends and family

"It has been a wonderful two years with you all and I am immensely grateful for all the opportunities and support you have given me.

After helping me in my journey that started in a dark and vulnerable place, and allowing me to grow, you have provided me so much encouragement and camaraderie which I can't thank you enough for.

You have all made such a positive impact on my life and on my well-being. I will treasure the memories, advice and experiences we've had."

Case study - Coventry Studios

K.TJ. - Overcoming the fear of death

My troubles started during Covid when I was living on my own and I had several blackouts caused by the wrong medication. I was taken to hospital with breathing issues which turned out to be a severe heart condition. Being in hospital was a big turning point because when I was feeling really scared there was nobody there to help me! Remember that family or friends were not allowed to visit! It was terrifying to be so alone!

When I came out I moved into my mums but I felt like a changed person. I was terrified I was going to die, that my heart was just going to stop. I cannot describe to you how intense and overpowering the fear of dying was. They sent me to see a psychiatrist who tried to assess me for bipolar as there is some family history. But in the end diagnosed me with a form of PTSD, and it all spiralled from there! I did talking therapies online but it wasn't for me. I needed to connect to real people.

At Arty-Folks I could immerse myself in amazing art projects with people around me who wouldn't judge me because they understand. Arty-Folks gave me the stability I needed and connected me to a lovely group of people who over time became my friends.

Even though we are much more open about mental health these days, the reality is that you still get labelled and you can see it in people's eyes. Medical therapies don't give you that sense of confidence in life and other people, don't build your sense of community, and don't restore that sense of normality. I recognised that ultimately, that's exactly what you need to start feeling better.

I do worry sometimes about having a dip because I know how quickly it can get bad. Life then goes on over there, and you're over here somewhere, trapped in fear and worrying. But nowadays I feel a lot brighter and clearer in my mind. The feeling of death is not as intense anymore because I am not alone!

For the first time in my life, I feel well enough to carry on on my own. I have learnt a lot of skills and I will carry on with my art. I have got lots of projects in mind and the confidence to pursue them. So watch out for the book I am designing for YouTube! I want to enjoy what I do on a daily basis, and get the most out of each day.

Of course, I would have stayed at Arty-Folks forever, but I understand it's important for my own personal growth to step out of the mental health environment and into the mainstream. And this is not the end of my Arty-Folks journey anyway! I am looking forward to popping in for a cuppa and a chat with staff and offer my peers a sense of hope, that it's possible to find yourself again."

Art for Wellbeing Warwickshire

This year completes the delivery of our highly successful 2.5year programme of Art for Wellbeing courses and workshops commissioned by Public Health Warwickshire County Council.

To support adults through the pandemic and to adjust to a whole new way of life, we offered early intervention and prevention support targeting those with low to moderate mental health needs. The first workshop, Come Connect, was held online on January 11th 2021 while the UK was still in lockdown, and the last course Mindful Crafts was completed July 2023 in Lillington/Leamington Spa.

145 courses and workshops delivered (Target 142)
1,311 participants engaged (Target 1,200)

We co-designed our art&mental health learning materials with our members to empower participants to communicate thoughts, feelings, experiences, and ideas to others in a creative and liberating process that brought about empathy, connection, and a greater understanding of mental self-care. This was achieved online and in-person across the county from Zoom to libraries, community centres and church halls. Data showed that we attracted and supported those most in need from more deprived areas, across age groups, from all ethnic backgrounds, economic situations and mental health experiences.

24% participants of ethnic minorities engaged (Warwickshire population 4.1%)
33% participants lived in areas of multiple deprivation

The impact of loneliness on the wellbeing of adults has been of concern for many years and it is no understatement to say that the COVID-19 pandemic has heaped on more levels of compounding factors such as health fears, social anxieties, and financial pressures. Many who were in receipt of benefits and unable to work before Covid slowly slipped back into 'same old' lifestyles, albeit with far less statutory support. However, the number of people in employment who are long-term off sick due to bullying at work is unprecedented! Never before, have we seen so many highly skilled and experienced workers express overwhelming and suicidal thoughts due to pressures at work, finances, relationships, and lacking life satisfaction.

72% felt connected to others and had made new friends
89% participants felt their mental health and wellbeing had improved

An independent evaluation by Coventry University demonstrated that **39.2% of participants reported a statistically meaningful positive change** in 6 weeks as measured through the SWEMWBS scale

The estimated cost per person supported: £116

Though originally outside the scope of this programme, one extremely important outcome has been that Art for Wellbeing courses delivered in person have been shown to spark creative community groups run by creative volunteers who are grounded in their locality, and who are able to meet local need.

Case study - online participant

L.W. attended the 3-week evening course, Art for Relaxation, online. Course content is tailored to people in employment and each workshop introduces participants to creative techniques that are accessible and fit into their busy lives. L.W., mid 40s, had been on sick leave for 4 months due to mental ill health.

"In September 2023, my low mood reached a point where I didn't want to wake up anymore. I wanted to stay sleeping and in my dreams hopefully see my mum again. One Saturday night I had a total breakdown, and I took an overdose of pills. Thankfully, this attempt failed.

How did I get to the point of not wanting to wake up? It may sound odd, but I didn't really want to die. I just didn't want to wake up! It had been an awful nine months up to that point, where I had suffered the loss of a dear friend, a wonderful neighbour, a much-loved great aunt, the sudden death of my foster niece, a very difficult decision to have to end my pregnancy, and the loss of a couple of my beloved pets, including my dearest feline companion of 14 years. It was too much.

I couldn't bring myself to carry on, with the awful sense that more loss and heartbreak would keep coming. I went on medication and booked in for a course of talking therapy with the NHS, but I knew that they would only give me a few sessions and I really needed something more substantial. I wanted to find something which I could keep going back to in times of need. Something which would help me to "quiet the chaos" and manage my depression and anxiety.

And this is when an ad popped up on my Facebook newsfeed for Arty-Folks. I immediately signed up. I had recently picked up some art supplies, not having done anything creative for over 20 years, and this course seemed the perfect fit for me.

I attended the 3-week evening course online with a group of other people who also struggled to keep focused in work while life circumstances weighed down. The way the workshops were structured really helped me calm down and I fell in love with the technique of zentangling. I learnt to combine my breathing with drawing and I have since filled a pocket sketchbook with my designs. This is such a therapeutic exercise for me, and one I wouldn't have known anything about if not for the lovely people at Arty-Folks.

I'm in a much better place mentally now, and love that I have this skill in my 'mental toolkit' that I can fall back on to help re-centre me and relax. Thank you so much, you have no idea how perfectly timed it was for me to find you."

2 weeks following the course, L.W. returned to full-time employment.

Lillington Makers

Following the success of Art for Wellbeing Warwickshire, **Warwick District Council** commissioned Arty-Folks to develop a creative social inclusion programme in the geographical area of Lillington with a population of around 12,000. A number of reports had identified Lillington as an area of high multiple deprivation, with Lillington East ranking in **the most deprived 10% LSOA in the country and the most deprived in South Warwickshire.**

On 1st October we were commissioned to develop a **3year programme** to engage, 'the disadvantaged and socially excluded living in these areas due to lack of resources, rights, services and the inability to participate in the normal relationships and activities available to the majority of people in a community, whether those are of an economic, social or cultural nature'.

On 2nd October we ran the first arts&crafts workshop with 5 residents at Lillington Library.
We co-designed our 'Lillington Makers' programme in collaboration with residents who had previously attended our Mindful Crafts course at their local library and who had urged us to apply for this commission.

Our long-term aims in Lillington are to weave a social fabric that promotes community spirit and pride of place and empowers residents of all backgrounds to thrive.

During the first 6 months of Lillington Makers we have started

- **developing an inclusive, resident-led and empowering programme of activities that brings colour and positive vibes to the area**
  - We ran weekly Lillington Makers sessions at the library to establish the venue as our main base.
  - January '24 we began running a **2nd group** at Acorn Court to engage elderly residents.

- **strengthening existing community assets and working with them to engage the most vulnerable and marginalised**
  - December '23 we held a Zoom meeting with community groups to explore collaborative ideas.
  - February '24 we organised a community gathering attended by 42 residents passionate about advancing the environmental agenda. this event became the catalyst for a community-wide **'10,000 Sunflower'** project to be realised in July.
  - March '24, ran workshop with 43 children at 'Kind Food, Kind Communities' event with the Pantry.
  - March '24, co-managing with residents **'Lillington Connect'** Facebook and website to increase traffic and engagement.

We are proud to have made significant progress in a relatively short period in establishing a positive and dynamic presence in Lillington that is beginning to galvanise the community. We are pleased with the number of residents engaged and the quality of our creative activities so far, and we are even more excited to pursue the wide range of ideas that are beginning to take shape at the grassroots.

198 residents engaged (Target 100)

Reasons for attending:
I want to de-stress and feel better in myself 29%
I want to learn new art skills and achieve something 28%
I want to meet people and socialize more 43%

Case studies - Lillington Makers

M.B. 72, participant Lillington Makers, has struggled with psychosis most of her life and lives with her husband.

We met M. and her husband at Crown Routes Cafe where they have lunch every Monday. Initially, she needed weekly reminders to attend and a lot of 1:1 support with activities and emotional support to silence intrusive thoughts of low self-esteem.

"I don't know why I became so mentally ill 5 years ago. I have been taking my medication for years very regularly and suddenly they didn't work anymore. I lost my social confidence and I know it's really hard for my husband to look after me 24/7.

I felt so anxious at first and worried that I might say something bad and upset everyone. I have never been part of a group before and I worried that you would all get fed up with me and kick me out. Now I really enjoy being part of this group because I don't feel judged and everyone is so helpful. I feel I am part of a group of friends who live nearby and I can call on them. It's a wonderful feeling I have never experienced before.

It's so nice to talk about things in our lives and have a laugh with lovely people. I have framed my watercolour, it's absolutely beautiful and I'm ever so proud of it! Everybody in my family loves my artwork and I have given so many pieces to my daughter and nieces. But I'm keeping hold of my dream catcher, it's hanging by the window to keep away my nightmares and remind me that everything is ok, I am not on my own."

A.&M.M. Friends of Lillington Expressway, organise monthly litter picks but struggled to attract support. Following the community gathering on 20.2.24 we supported them to connect to other environmental groups and raised their visibility through social media.

"It was such a lovely surprise to see how many people came out on the litter pick today! We just didn't know how to reach out to the wider community and it was always just the two of us.

We are keen to do our bit for the environment and the local area and could see how much rubbish piles up particularly in the winter months. Since the callout we've had so many people approaching us offering support which is just so heart-warming and encouraging.

It felt so good working together today with a bunch of other residents, and so much more fun too! We can see now that we are part of a much bigger movement and that makes us feel proud. What we are doing may be a drop in the ocean but it's worthwhile.

Partnership projects

LTB Showrooms (Litten Tree Gallery

We commissioned seven talented local artists to run a workshop at the popular LTB Gallery in Coventry city centre based on their creative journey, their passion, knowledge, skills, and techniques. The workshops were hugely successful and attracted a vibrant community of artists and learners of all skill levels.

These workshops gave Arty-Folks members the opportunity to rub shoulders with other enthusiasts in the mainstream while learning what it takes to become an illustrator, a designer, a painter, a community artist, an experimental photographer, a portrait photographer, or a sculptor working with aluminium.

Additionally, we ran a 6-week Painting for Pleasure course that was equally popular and beneficial for our members as well as those wishing to learn skills. In future, Arty-Folks could consider running more activities with a mixed client group to enable members with long-term health conditions overcome social anxiety and anchor in the community.

Positive Youth Foundation

To start a new art club at Yardley Street Youth Club, we ran three workshops with young girls 16-25yrs old of non-British backgrounds including girls from Romania, Bulgaria, Nigeria, Afghanistan, Sudan, and Eritrea.

REACH (Realising Everyone's Access to Community Help

REACH is the result of a fantastic collaboration by a consortium of over 70 local providers (VCFSE MHAlliance) spearheaded by Rethink Mental Illness, Arty-Folks is proud to be part of this new initiative that includes partners Valley Housing, Citizens Advice, and members of the Cultural Inclusion Network including Inini, Sahil, Ekta Unity, Ambacare, the Tamarind Centre, and Coventry Muslim Forum.

Chris Spicer, a member of New Progression group at our Coventry studios, completed extensive Peer Support Worker training and is now covering North Warwickshire for REACH. This new innovative and exciting collaboration of services has opened up the opportunity to move away from disjointed and silo working to a new integrated, flexible, responsive and personalised model of care for adults with severe mental health needs who are either waiting for secondary care Mental Health Services or are being discharged.

Coventry University Centre for Trust, Peace and Social Relations

We ran three art workshops with a group of PHD students led by Dr Miho Taka and Dr Michaelina Jakala to explore personal values within peacebuilding that are often difficult to express through words alone.

Dr Miho Taka: "There has been increasing use of art in research or arts-based research (ABR), a qualitative approach to research relying on artistic expression to explore meaning-making and lived experiences of research participants.

However, in such research, art is often used to collect participant data or art is used as an output of the study rather than as a self-reflective, experiential, or transformative approach. Our workshop, although a short one-off research-related event, has demonstrated to us as both participants and researchers that arts-based research can be something more.

It has also momentarily allowed us to feel the power of art in its magic and transformative nature that enables us to be free to find hope and beauty from within the painful experiences and subconscious and explore our unspoken values."

Business Planning

The Board set strategic targets and priorities for the financial year 2024/25:

Young People
This year we will lower our age remit to include young people 16+ years old who are waiting to transition from children to adult mental health services, and those struggling to adjust to adulthood.

Community Work
We will expand our engagement from Coventry to reach those most isolated in Warwickshire, igniting their creative spirit, and creating lasting social change.

Peer Support Work
We want to help more members into employment in a field where their lived experience is an asset. We will support their Peer Support Worker training and career pathways as it is key to changing how mental health services are delivered.

Research
Building on our outcome and impact measurement we will continue working with Coventry University to research how the creative process promotes good mental health and the drive to thrive.

Growing the Arty-Folks Team
Our current CEO and Founder will initiate a phased retirement plan starting with stepping down as CEO. We are therefore recruiting a new CEO who will build the team and organisational structure that will take Arty-Folks forward.

We envisage the management team to be further strengthened under the direction of the new CEO.

Arty-Folks at close of the financial year ended 31 March 2024 held a total £130,876 in funds, of which

Restricted funds:
- £14,858 carried over for projects to be completed in 2024-25.

Unrestricted funds:
- £44,822 designated for evacuation of Eaton House within 21days and moving to new premises
- £47,634 contingency operational reserves to cover staffing and core costs of up to 6 months
- £23,562 funds available for use at the discretion of the trustees in furtherance of charitable objectives.

www.arty-folks.org.uk
info@arty-folks.org.uk
mob. 074 436 436 34

ARTY FOLKS
CREATE ENGAGE DISCOVER

Arty-Folks
Independent Examiner's Report
for the year ended 31st March 2024

I report to the trustees on my examination of the financial statements of Arty-Folks (the charity) for the year ended 31 March 2024.

Responsibilities and basis of report
As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the charity 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 the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

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 that in any material respect:

1 accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or

2 the financial statements do not accord with those records; or

3 the financial statements 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 financial statements 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 financial statements to be reached.

Robert Anderson FCA
Azets Audit Services
3Mc Middlemarch Business Park
Siskin Drive
Coventry
West Midlands
CV3 4FJ

Dated: 14/11/2024

Arty-Folks
Balance Sheet
As at 31st March 2024

	Note	2024		2023	
				£	
Current assets					
Cash at bank and in hand		126,728		170,704	
Debtors	5	10,200		15,843	
Total current assets		136,928		186,547	
Liabilities					
Creditors: amounts falling due within one year	6	6,052		23,527	
Total current liabilities		6,052		23,527	
Net current assets			130,876		163,019
Funds					
Designated funds	7	92,456		92,456	
Unrestricted funds	7	23,562		61,900	
Restricted funds	7	14,858		8,663	
			130,876		163,019

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2024. No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these financial statements.

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

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Trustees on 30th November 2024

Dan Sharkey
Director

Registered Company: 5260817

1 Charity information

The Charity is a company limited by guarantee incorporated in England and Wales.
It does not have share capital, and the liability of each member is limited to the guarantee given by that member, which shall not exceed £1.
The registered office is 1st Floor Eaton House, 1 Eaton Road, Coventry, CV1 2FJ.

1.1 Accounting convention

The accounts have been prepared in accordance with the charity's governing document, the Companies Act 2006 and "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 2019)". The charity is a Public Benefit Entity as defined by FRS 102.
The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.
The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.
The financial statements have been prepared under the historical cost convention, modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees has a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.
Designated funds comprise funds which have been set aside at the discretion of the trustees for specific purposes. The purposes and uses of the designated funds are set out in the notes to the financial statements.
Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

1.4 Incoming Resources

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received. Incoming resources from grants are included in incoming resources in the year in which they are received. Where income is received in advance of performance, its recognition is deferred and included in creditors.
Investment income and other income are included when receivable.

1.5 Resources Expended

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category.
Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources. Support costs are allocated based on percentage of total costs.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.7 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.
Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.
Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.8 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.9 Reserves policy

The charity is aware of its operational commitments going forward and aims to keep sufficient free funds in order to maintain its operational commitments for a period of six months. This is subject to continuous review by the trustees.

2 Grants receivable

	2024	2023
Unrestricted funds		
Warwickshire County Council	-	60,000
CWPT Peer Recovery Training	17,425	3,485
	17,425	63,485
Restricted funds		
Arty Avon*	-	3,729
Heart of England Community Foundation	-	4,978
Groundwork ESF	-	24,000
Coventry City Council Creative Employability	-	9,990
Coventry City Council Arts Panel	2,046	8,184
CMHT Innovation Fund	24,958	-
Rethink REACH	18,080	-
Warwick District Council	18,750	-
	63,834	50,881
Total incoming resources	**81,259**	**114,366**

3 Total resources expended

	Unrestricted	Restricted	2024 Total	Unrestricted	Restricted	2023 Total
Salaries	37,633	39,568	77,201	35,793	29,850	65,643
Staff Pension	721	795	1,516	339	821	1,160
Staff Contractors	13,178	2,082	15,260	6,299	1,025	7,324
Sessional Staff	1,152	6,901	8,053	-	2,378	2,378
Premises Eaton House	1,105	1,165	2,270	250	701	951
Venue hire		375	375	1,017	102	1,119
Activities/Materials	352	1,746	2,098	649	2,571	3,219
Staff Travel expenses	1,544	837	2,381	2,722	193	2,915
Volunteer expenses	135	119	254	127	926	1,053
Telephone & internet	1,133	301	1,434	694	803	1,496
Office consumables	575	303	878	433	1,095	1,528
IT hard&software	2,768	-	2,768	220	-	220
Insurance	522	-	522		506	506
Subscriptions	869	195	1,063	407	172	579
Training	550	100	650	120	-	120
Independent Examination	1,000	200	1,200	-	1,000	1,000
Book-keeping&Payroll	2,809	-	2,809	2,162	690	2,853
DBS checks		100	100	130	40	170
Marketing promotion	671	493	1,164	864	98	962
Arty Avon grant management		2,361	2,361			
Bank charges	140		140	53	20	72
	66,858	**57,639**	**124,497**	**52,279**	**42,989**	**95,268**

4 Staff costs

	2024	2023
	£	£
Wages and Salaries	76,575	65,643
Social Security	626	-
Pension Costs	1,516	1,160
	78,717	66,803

No employee earned £60,000 p.a. or more.
No remuneration was paid to trustees in the year, nor were any expenses reimbursed to them.

The average number of employees during the year was 4 (2023 - 4).

5 Debtors

Amounts falling due within one year		
Trade debtors	9,775	15,000
Prepayments	425	843
	10,200	15,843

6 Creditors

Amounts falling due within one year		
Trade creditors	1,786	2,645
Taxation and social security	3,266	2,020
Deferred income	-	17,425
Accruals	1,000	1,437
	6,052	23,527

The deferred income of £17,425 as at 31 March 2023 has been released in full and recognised in the current year.
The amount represent funding received in advance for the year ended 31 March 2024.

7 Reserves and reconciliation of movement in funds

	1st April 2023	Incoming resources	Outgoing resources	Transfers	31st March 2024
Unrestricted funds *					
Designated funds - property	44,822				44,822
Designated funds - contingency operational running costs	47,634				47,634
General funds	61,900	28,520	66,858		23,562
	154,356	28,520	66,858	-	116,018
Restricted funds **					
Arty Avon	2,361	-	2,361		-
CCC Arts Panel	6,302	2,046	8,348		-
CMHT Innovation Fund		24,958	24,958		-
Rethink REACH		18,080	12,603		5,477
Warwickshire District Council		18,750	9,369		9,381
	8,663	63,834	57,639	-	14,858
Total funds	**163,019**	**92,354**	**124,497**	-	**130,876**

* Unrestricted Funds: The trustees designated two funds in 2022/23 which have been maintained. One is for the immediate vacation of premises and relocation to new. The second designated fund is a contingency fund for operational costs and represents 3-6 months of forward operating expenditure.

** Restricted Funds: The restricted funds were given to deliver projects agreed upon with the donors and are kept separately for tracking and monitoring purposes.

8 Analysis of net assets between funds

Fund balances at 31st March 2024 are represented by:	Unrestricted £	Restricted £	Total £
Current Assets	116,018	14,858	130,876

9 Net movement in funds

Net movement in funds is arrived at after charging:	2024 £	2023 £
Independent Examiner	1,000	1,000

10 Retirement benefit schemes

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently managed fund.
The total charge recognised in the SOFA was £1,516 (2023 - £1,160).

11 Related parties

There were no related party transactions during the year.

7 Reserves and reconciliation of movement in funds

	1st April 2022	Incoming resources	Outgoing resources	Transfers	31st March 2023
Unrestricted funds					
Designated funds - property	10,256			34,566	44,822
Designated funds - 6 months running costs	30,012			17,622	47,634
General funds	99,261	67,106	52,279	- 52,188	61,901
	139,529	67,106	52,279	-	154,357
Restricted funds					
Arty Avon*		3,729	1,368		2,361
Groundwork ESF	771	24,000	24,771		-
Cost of Living Fund		4,978	4,978		-
CCC Creative Employability		9,990	9,990		-
CCC Arts Panel		8,184	1,882		6,302
	771	50,881	42,989	-	8,663
Total funds	**140,300**	**117,987**	**95,268**	**-**	**163,019**

8 Analysis of net assets between funds

Fund balances at 31st March 2023 are represented by:	Unrestricted £	Restricted £	Total £
Current Assets	154,357	8,663	163,019

9 Net movement in funds

Net movement in funds is arrived at after charging:	2023 £	2022 £
Independent Examiner	1,000	1,000

10 Retirement benefit schemes

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently managed fund.
The total charge recognised in the SOFA was £1,160 (2022 - £926).

11 Related parties

Arty Avon* we are supporting as a new group to establish themselves by administering their grants.
(2022 - none)

Arty-Folks
Statement of Financial Activity (including income and expenditure account)
For the year ended 31st March 2024

	Note	Unrestricted	Restricted	2024	Unrestricted	Restricted	2023
Incoming Resources					£	£	£
Incoming Resources from generated funds							
Donations		3,003		3,003	2,145		2,145
Investment Income/Bank Interest		1,560		1,560	367		367
Incoming Resources from charitable activities							
Grants and contracts	2	17,425	63,834	81,259	63,485	50,881	114,366
Other income		5,101	1,432	6,532	1,110		1,110
Total incoming resources		**27,088**	**65,266**	**92,354**	67,106	50,881	117,987
Resources Expended							
Charitable activities	3	66,658	56,639	123,297	52,279	41,989	94,268
Governance costs		200	1,000	1,200		1,000	1,000
Total resources expended		**66,858**	**57,639**	**124,497**	52,279	42,989	95,268
Net incoming/(Net outgoing) resources before transfers		- 39,770	7,627	- 32,143	14,828	7,891	22,719
Transfers							
Net movement in funds		- 39,770	7,627	- 32,143	14,828	7,891	22,719
Reconciliation of funds							
Total funds brought forward		154,356	8,663	163,019	139,528	771	140,300
Total funds carried forward	8	**114,586**	**16,290**	**130,876**	**154,356**	**8,663**	**163,019**

The Statement of Financial Activities includes all gains and losses in the year.
All incoming resources and resources expended derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

Arty-Folks
Independent Examiner's Report
for the year ended 31st March 2024

I report to the trustees on my examination of the financial statements of Arty-Folks (the charity) for the year ended 31 March 2024.

Responsibilities and basis of report
As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the charity 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 the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

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 that in any material respect:

1 accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or

2 the financial statements do not accord with those records; or

3 the financial statements 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 financial statements 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 financial statements to be reached.

Robert Anderson FCA
Azets Audit Services
3Mc Middlemarch Business Park
Siskin Drive
Coventry
West Midlands
CV3 4FJ

Dated: 14/11/2024

Arty-Folks
Balance Sheet
As at 31st March 2024

	Note	2024		2023	
				£	
Current assets					
Cash at bank and in hand		126,728		170,704	
Debtors	5	10,200		15,843	
Total current assets		136,928		186,547	
Liabilities					
Creditors: amounts falling due within one year	6	6,052		23,527	
Total current liabilities		6,052		23,527	
Net current assets			130,876		163,019
Funds					
Designated funds	7	92,456		92,456	
Unrestricted funds	7	23,562		61,900	
Restricted funds	7	14,858		8,663	
			130,876		163,019

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2024. No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these financial statements.

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

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Trustees on 30th November 2024

Dan Sharkey
Director

Registered Company: 5260817

1 Charity information

The Charity is a company limited by guarantee incorporated in England and Wales.
It does not have share capital, and the liability of each member is limited to the guarantee given by that member, which shall not exceed £1.
The registered office is 1st Floor Eaton House, 1 Eaton Road, Coventry, CV1 2FJ.

1.1 Accounting convention

The accounts have been prepared in accordance with the charity's governing document, the Companies Act 2006 and "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 2019)". The charity is a Public Benefit Entity as defined by FRS 102.
The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.
The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.
The financial statements have been prepared under the historical cost convention, modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees has a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.
Designated funds comprise funds which have been set aside at the discretion of the trustees for specific purposes. The purposes and uses of the designated funds are set out in the notes to the financial statements.
Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

1.4 Incoming Resources

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received. Incoming resources from grants are included in incoming resources in the year in which they are received. Where income is received in advance of performance, its recognition is deferred and included in creditors.
Investment income and other income are included when receivable.

1.5 Resources Expended

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category.
Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources. Support costs are allocated based on percentage of total costs.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.7 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.
Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.
Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.8 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.9 Reserves policy

The charity is aware of its operational commitments going forward and aims to keep sufficient free funds in order to maintain its operational commitments for a period of six months. This is subject to continuous review by the trustees.

2 Grants receivable

	2024	2023
Unrestricted funds		
Warwickshire County Council	-	60,000
CWPT Peer Recovery Training	17,425	3,485
	17,425	63,485
Restricted funds		
Arty Avon*	-	3,729
Heart of England Community Foundation	-	4,978
Groundwork ESF	-	24,000
Coventry City Council Creative Employability	-	9,990
Coventry City Council Arts Panel	2,046	8,184
CMHT Innovation Fund	24,958	-
Rethink REACH	18,080	-
Warwick District Council	18,750	-
	63,834	50,881
Total incoming resources	**81,259**	**114,366**

3 Total resources expended

	Unrestricted	Restricted	2024 Total	Unrestricted	Restricted	2023 Total
Salaries	37,633	39,568	77,201	35,793	29,850	65,643
Staff Pension	721	795	1,516	339	821	1,160
Staff Contractors	13,178	2,082	15,260	6,299	1,025	7,324
Sessional Staff	1,152	6,901	8,053	-	2,378	2,378
Premises Eaton House	1,105	1,165	2,270	250	701	951
Venue hire		375	375	1,017	102	1,119
Activities/Materials	352	1,746	2,098	649	2,571	3,219
Staff Travel expenses	1,544	837	2,381	2,722	193	2,915
Volunteer expenses	135	119	254	127	926	1,053
Telephone & internet	1,133	301	1,434	694	803	1,496
Office consumables	575	303	878	433	1,095	1,528
IT hard&software	2,768	-	2,768	220	-	220
Insurance	522	-	522		506	506
Subscriptions	869	195	1,063	407	172	579
Training	550	100	650	120	-	120
Independent Examination	1,000	200	1,200	-	1,000	1,000
Book-keeping&Payroll	2,809	-	2,809	2,162	690	2,853
DBS checks		100	100	130	40	170
Marketing promotion	671	493	1,164	864	98	962
Arty Avon grant management		2,361	2,361			
Bank charges	140		140	53	20	72
	66,858	**57,639**	**124,497**	**52,279**	**42,989**	**95,268**

4 Staff costs

	2024	2023
	£	£
Wages and Salaries	76,575	65,643
Social Security	626	-
Pension Costs	1,516	1,160
	78,717	66,803

No employee earned £60,000 p.a. or more.
No remuneration was paid to trustees in the year, nor were any expenses reimbursed to them.

The average number of employees during the year was 4 (2023 - 4).

5 Debtors

Amounts falling due within one year		
Trade debtors	9,775	15,000
Prepayments	425	843
	10,200	15,843

6 Creditors

Amounts falling due within one year		
Trade creditors	1,786	2,645
Taxation and social security	3,266	2,020
Deferred income	-	17,425
Accruals	1,000	1,437
	6,052	23,527

The deferred income of £17,425 as at 31 March 2023 has been released in full and recognised in the current year.
The amount represent funding received in advance for the year ended 31 March 2024.

7 Reserves and reconciliation of movement in funds

	1st April 2023	Incoming resources	Outgoing resources	Transfers	31st March 2024
Unrestricted funds *					
Designated funds - property	44,822				44,822
Designated funds - contingency operational running costs	47,634				47,634
General funds	61,900	28,520	66,858		23,562
	154,356	28,520	66,858	-	116,018
Restricted funds **					
Arty Avon	2,361	-	2,361		-
CCC Arts Panel	6,302	2,046	8,348		-
CMHT Innovation Fund		24,958	24,958		-
Rethink REACH		18,080	12,603		5,477
Warwickshire District Council		18,750	9,369		9,381
	8,663	63,834	57,639	-	14,858
Total funds	**163,019**	**92,354**	**124,497**	-	**130,876**

* Unrestricted Funds: The trustees designated two funds in 2022/23 which have been maintained. One is for the immediate vacation of premises and relocation to new. The second designated fund is a contingency fund for operational costs and represents 3-6 months of forward operating expenditure.

** Restricted Funds: The restricted funds were given to deliver projects agreed upon with the donors and are kept separately for tracking and monitoring purposes.

8 Analysis of net assets between funds

Fund balances at 31st March 2024 are represented by:	Unrestricted £	Restricted £	Total £
Current Assets	116,018	14,858	130,876

9 Net movement in funds

Net movement in funds is arrived at after charging:	2024 £	2023 £
Independent Examiner	1,000	1,000

10 Retirement benefit schemes

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently managed fund.
The total charge recognised in the SOFA was £1,516 (2023 - £1,160).

11 Related parties

There were no related party transactions during the year.

7 Reserves and reconciliation of movement in funds

	1st April 2022	Incoming resources	Outgoing resources	Transfers	31st March 2023
Unrestricted funds					
Designated funds - property	10,256			34,566	44,822
Designated funds - 6 months running costs	30,012			17,622	47,634
General funds	99,261	67,106	52,279	- 52,188	61,901
	139,529	67,106	52,279	-	154,357
Restricted funds					
Arty Avon*		3,729	1,368		2,361
Groundwork ESF	771	24,000	24,771		-
Cost of Living Fund		4,978	4,978		-
CCC Creative Employability		9,990	9,990		-
CCC Arts Panel		8,184	1,882		6,302
	771	50,881	42,989	-	8,663
Total funds	**140,300**	**117,987**	**95,268**	**-**	**163,019**

8 Analysis of net assets between funds

Fund balances at 31st March 2023 are represented by:	Unrestricted £	Restricted £	Total £
Current Assets	154,357	8,663	163,019

9 Net movement in funds

Net movement in funds is arrived at after charging:	2023 £	2022 £
Independent Examiner	1,000	1,000

10 Retirement benefit schemes

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently managed fund.
The total charge recognised in the SOFA was £1,160 (2022 - £926).

11 Related parties

Arty Avon* we are supporting as a new group to establish themselves by administering their grants.
(2022 - none)

Arty-Folks
Statement of Financial Activity (including income and expenditure account)
For the year ended 31st March 2024

	Note	Unrestricted	Restricted	2024	Unrestricted	Restricted	2023
Incoming Resources					£	£	£
Incoming Resources from generated funds							
Donations		3,003		3,003	2,145		2,145
Investment Income/Bank Interest		1,560		1,560	367		367
Incoming Resources from charitable activities							
Grants and contracts	2	17,425	63,834	81,259	63,485	50,881	114,366
Other income		5,101	1,432	6,532	1,110		1,110
Total incoming resources		**27,088**	**65,266**	**92,354**	67,106	50,881	117,987
Resources Expended							
Charitable activities	3	66,658	56,639	123,297	52,279	41,989	94,268
Governance costs		200	1,000	1,200		1,000	1,000
Total resources expended		**66,858**	**57,639**	**124,497**	52,279	42,989	95,268
Net incoming/(Net outgoing) resources before transfers		- 39,770	7,627	- 32,143	14,828	7,891	22,719
Transfers							
Net movement in funds		- 39,770	7,627	- 32,143	14,828	7,891	22,719
Reconciliation of funds							
Total funds brought forward		154,356	8,663	163,019	139,528	771	140,300
Total funds carried forward	8	**114,586**	**16,290**	**130,876**	**154,356**	**8,663**	**163,019**

The Statement of Financial Activities includes all gains and losses in the year.
All incoming resources and resources expended derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

ARTY-FOLKS

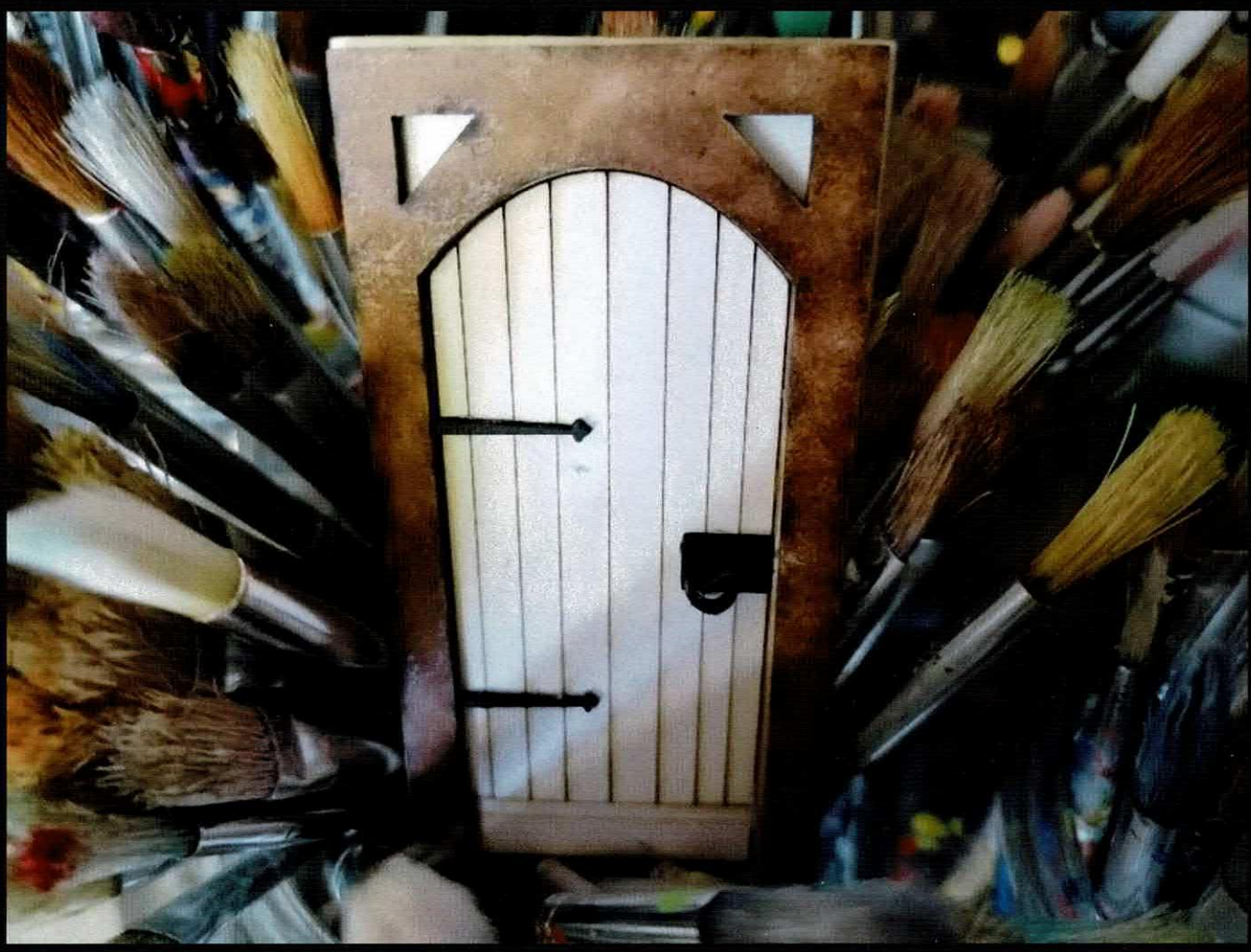
England & Wales - Charity number 1107757

Accounts

www.arty-folks.org.uk
info@arty-folks.org.uk
mob. 074 436 436 34
@artyfolks

Company no. 5260817
Charity no. 1107757

Impact Report 2022-23



Coventry City Council
heart of england COMMUNITY FOUNDATION
Groundwork
European Union
Recovery & Wellbeing ACADEMY
Warwickshire County Council

Contents

Charity Information	3
Chair's Welcome	4
Chief Executive Report	5
Trustees' Governance Statement	6
Mission and Vision	8
Operational Report	9
1. Warwickshire	11
1.2 Creative Communities	16
2. Coventry	17
2.1 3-Week Intro Course	18
2.2 New Perspectives IV	20
2.3 Cost of Living Fund	22
2.4 Creative Employability	24
2.5 UNSEEN STORIES Vol.II	26
3.1 Make a Difference Award	29
3.2 Peer Support Worker	30
3.3 OT Students	30
Business Planning	31

Charity Information

Charity Name:	Arty-Folks	
Charity Registration Number:	1107757	
Company Registration Number:	5260817	
Registered Office	1st Floor Eaton House 1 Eaton Road Coventry CV1 2FJ	
Contact	024 7641 4740 / 074 4364 3634 info@arty-folks.org.uk www.arty-folks.org.uk	
Social Media	@artyfolks Facebook / Instagram / Twitter / Linkedin / Pinterest / YouTube	
Trustee Directors	Peter Young, Chair	Co-opted 30 March 2022
	Laura Wilde, Vice-Chair	05 November 2020
	William Brian, Engagement	Co-opted 30 March 2022
	Miho Taka, Service user	10 November 2022
	Mike Baker, NHS	Co-opted 24 January 2023
	Dan Sharkey, Treasurer	Co-opted 25 January 2023
	Barry Day, Chair	Resigned Feb 2023, served full term
	Ian McFarlane-Toms, Treasurer	Resigned Nov 2022, served full term
	Ceylan Thompson, IT	Resigned July 2022, working internationally
	Laura Quirke, Marketing	Resigned June 2022, sought new NHS role
	Lis Shrimpton, Legal	Resigned September 2022
Company Secretary	Hayley Cartwright	January 2021
Staff Team	Lorella Medici	Chief Executive Officer
	Liz Harvey	Art Programme
	Tasz Bailey	Peer Support Worker
Bank	CAF Bank Ltd. 25 Kings Hill Avenue, Kings Hill, West Malling, Kent ME19 4JQ	
Insurers	Markel (UK) Ltd., Verity House, 6 Canal Wharf Leeds LS11 5AS	
Policy Number	CD42569	02.04.23 to 01.04.24
	Period of Insurance	£10,000,000
	Public Liability	£10,000,000
	Employers Liability	£250,000
	Professional Indemnity	
Independent Examiner	Azets Audit Services 3Mc Middlemarch Business Park Siskin Drive Coventry CV3 4FJ	

Chair's Welcome

This is my first Arty-Folks annual report for the financial year 2022/23 as Chair of the Trustees, and I would like to begin by thanking our outgoing Trustees Barry and Ian for their tireless support and commitment to Arty-Folks, particularly through the challenges of the Covid-19 pandemic.

This report comprehensively presents our activity for the year, in which 525 residents of Coventry and Warwickshire have benefitted from our services. I would like to highlight three aspects that recur throughout:

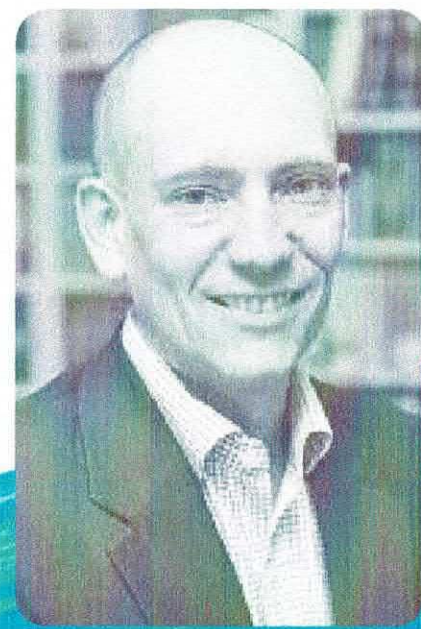
- The considerable needs of the local community for mental health support were already well known to us. Sadly, pandemic induced isolation, increases in the cost of living, and challenges in accessing social and medical support services have increased these needs yet further. One positive development is the gradual increase in mental health awareness. Though we cannot measure this directly, it is likely that this is leading to an increased willingness to seek support from organisations such as ours.

- Arty-Folks has responded admirably to this changing environment. Income growth and innovations in our service delivery and programme design have allowed us to significantly increase the number of beneficiaries and to support a wider range of mental health needs. We are proud to have supported the formation of new community groups such as Arty-Avon and the Trustees are considering whether building a wider network of such groups would be appropriate and impactful.

- Further change is ahead, with property and leadership succession planning being priorities for the coming year. We also have an opportunity to reframe our service provision to suit changing the mental health landscape. The charity is in a strong position with committed leadership and staff, robust finances and an excellent local reputation all contributing to deeply impactful outcomes for our many service users. We go into a new year with an excellent foundation on which to build our future.

There are many moving case studies in this report, which lay bare the complex challenges many face. There are several stories of lives turned around and user feedback which highlights the impact our support can have, all of which I hope you enjoy reading. To choose just a few:

For its simplicity: 'I feel respected, accepted and not judged for my illness'.
For its honesty: 'I was able to stay with other people and didn't run away. My first try to meet other people for many years.'
To acknowledge the care and effort of the team: "This has been far more effective than any therapy or medication I have ever had."
And to summarise: 'It's been incredibly hard and incredibly uplifting, and I can say that it has changed my life.'



On behalf of the Board of Trustees, I would like to thank all of our funders for their continued support and, of course, our dedicated, talented, adaptable team of staff and volunteers – thank you for your commitment to our local community.

Peter Young

Pete Young
Chairman of Trustees

Chief Executive Report

During a workshop a member puzzled exasperated: "Why does life after the pandemic feel like a malfunctioning roller coaster? Surely by now we should all be ok!" Reviewing what we have achieved this last year, I realised the shock of Coronavirus mask wearing and lockdowns may be in the distant past, but we're still grappling to understand how it has changed our lives, our social fabric, our trust in things to come.

The extent of burnout across all background, ages, and social standing we have seen during 2022/23 is staggering! People's lives are under pressure with bad news coming in from all sides; the ever-rising waiting lists, inadequate services, surging living costs, the hottest summer on record and threat of global warming, the uncertainty of local and international politics topping it all. There's a widespread feel that something fundamental has shifted in our collective consciousness, and it will take time to work through and make sense of it.

Since our establishment in 1995, our mission has been to provide immediate support to those in need. However, the landscape has shifted dramatically, and the pressures our small charity faces today is unparalleled. In a world focused on quick fixes, our participants present with complex issues that demand time and care to navigate. Among them are mothers whose children are under CAMHS care, grappling with the toll it takes on their own mental well-being, and a significant rise in individuals diagnosed with autism such as we have not encountered before.

Our Creative Peer Support groups provided isolated and marginalised people with opportunities to meet kindred spirits where they shared their confusion, their sorrow, their fears, their frustrations, and discovering a lifeline in the process. I would like to thank our amazing staff team and peer volunteers who provided participants with stability when they wobbled, fun and laughter to soothe overwhelming feelings, and a creative sparkle to shine through dark thoughts and despair.

Our Liz often jokes that "we are small but mighty!" and with so much support from our members, our peer volunteers, our funders and donors, we certainly are. I would like to express my gratitude to Barry Day and Ian McFarlane-Toms who navigated us through the most challenging 3years, and to Pete Young and Dan Sharkey (my personal mentor for many years) for picking up the gauntlet. Most of all, I would like to thank our member C.C. for nominating us for a BBC Make a Difference Award which shortlisted Arty-Folks in the community category!

In this report you will learn about our journey, that we don't profess to have all the answers, that we encourage our service users to own their progress and claim their achievements. We are so proud to see many members reach full recovery and leave our service with a newfound confidence in themselves and their ability to direct their future. None of them left our service looking for a bigger house, a better career, more friends, but as better people with clear values, a strong sense of purpose, and confidence in what gives their life meaning.

But don't take my word for it: 'a picture speaks a thousand words', and nothing illustrates how the creative process changes mindsets better than the art work and feedback of our members.

Lorella Medici, CEO

Trustees' Governance Statement

The Trustee Directors ("the Trustees") present their report and the financial statement for the year ended 31 March 2023 examined independently by Azets Audit Services, Coventry.

Arty Folks is governed by a Board of Trustees who bring a wide range of skills to the charity. As a member-led organisation we are fortunate to have two service users appointed, Vice-Chair Laura Wilde and Miho Taka who ensure the needs of participants and the living experience of members are included in every decision.

After serving over 3 years on the Board and supporting us through the Covid-19 pandemic, our Chair, Barry Day stepped down and Trustees elected Peter Young who ensured a smooth transition. We also thank Ian MacFarlane-Toms for serving his term as Treasurer and we welcomed a long-term supporter of Arty-Folks, Dan Sharkey who has been a mentor and advisor since 2019. Mike Baker, GP & ICB Medical Director for Primary Care, joined the Board bringing knowledge and insight from his clinical work as well as to the changes within the NHS and ICB (Integrated Care Board).

The Trustees confirm that, in the carrying out of the charity's activities, and in the exercise of their powers and duties as Trustees, the Trustees have acted in compliance with their duty to have regard to the Charity Commission's public benefit guidance. A Register of Interests, Hospitality and Gifts received by Trustees and employees is maintained. All Trustees elected at Annual General Meetings may serve for a maximum term of four years and shall then be eligible for re-election. All Trustees agree to comply with a Code of Conduct.

Our Board of Trustees is very clear about our purpose, our mission, vision and aims and the impact we are seeking to make. All Trustees take part in an induction programme and all have the opportunity to take part in regular training opportunities. Our Vice Chair, Laura Wilde completed the ICAEW Trustee training in May 2022 and this is recommended for all Trustees. The Board is scheduled to meet 6 times per year, with formal agendas and papers issued in advance for consideration by Trustees. Draft agendas are set by the Company Secretary following discussion with the Chair and Chief Executive Officer, and Board meetings are formally minuted.

Trustees monitor all key strategic and operational risks and conduct a full risk review annually. Health and Safety and safeguarding are standing items at every Board meeting. Risks are scored based on their impact and likelihood both before and after the impact of mitigating actions. The execution of operational plans is delegated to employed and remunerated managers who are generally invited to Board Meetings to update the Board on operational performance. The Board monitors financial performance at each Board Meeting as well as operational metrics and agrees any actions which need to be taken.

"Working from home left me feeling isolated and lacking social confidence which is why I signed up. I learnt so much and I loved every minute of it! It was so easy talking to staff and other people while doing painting. It really helped me silence all those negative nagging thoughts."

Arty-Folks' staff team is supported by Peer Volunteers who have grown through the service, and there is a strong programme in place for their support and supervision, with a number of policies specifically approved by the Board for such purposes. Formal processes are in place for every volunteer and employee to raise a concern, if they wish to do so. All users are encouraged to complete service satisfaction questionnaires and we have an approved complaints process for users of our services.

The Board follows an agreed programme for key policy review and, in that regard, reviewed the following policies in 2022/23:

- Anti-bribery
- Expenses Policy
- Safeguarding
- Environmental
- Modern Slavery
- The Board Code of Conduct was updated in line with these policies.
- Reserves Policy

Reserves policy

The objective of the reserves policy is to maintain sufficient cash to enable Arty-Folks to continue and give confidence to funders that we can withstand any shortfall in income or unforeseen expenditure. The Trustees have revised the reserves policy in light of the anticipated exceptional costs in property and succession planning, and the short term fundraising outlook. All risks have mitigating actions in progress and will be managed and monitored by the Board.

The Trustees have determined that it would be prudent to increase operational reserves by 2 months, to 6 months of operating costs, to provide resilience for our transition from a long-term statutory contract and provide adequate protection whilst we are both fundraising for new projects and increasing the size of the team as part of the succession plan. *(More detail is given in Business Planning)*

The research conducted to inform the property risk and eventuality of a move from Eaton House has led the Trustees to increase the designated fund from £10,256 to £44,822.The fund is set aside to cover the cost of the move from Eaton House and costs associated with unexpected lease termination in the event that we must vacate immediately. The reserves will be reviewed during the year as the plan is further developed.

Due to the nature of the risks that the reserves are needed to cover, the reserves will be held in cash.

The Board has appointed Azets Audit Services as its External Examiner. Their report is appended.

What did you like about the course?

- ***"Taking time to be in the moment"***
- ***"Switching off and being creative again"***
- ***"Lots of tips and information about coping with stress"***
- ***"Learning without pressure or judgement"***
- ***"Enjoying myself for once!"***
- ***"Being free at least in my artwork"***
- ***"A great sense of achievement"***

Mission and Vision

Charitable Objects

'To relieve persons living with mental health conditions or suffering emotional distress by assisting such persons to realise their full potential and lead fulfilling lives through the provision of visual arts and wellbeing related activities.' We focus our support on adults 18+ of working age in Coventry and Warwickshire.

Our Vision

People in Coventry and Warwickshire will feel empowered to own their mental well-being and will realise their potential.

Our Mission

We will paint a brighter, more compassionate world for all!
We inspire adults with mental ill health through the visual arts to regain self-belief to overcome challenges in life, and take control of their personal journey to recovery.

Service Aim

We run a creative programme structured into stepping stones to recovery, providing:

- **early intervention and prevention** support to adults with **low to moderate** mental health needs, thus reducing the need of more costly and longer-term interventions later. For example people struggling with financial pressures and life circumstances or waiting for therapies, including people in employment, parents, carers, students.
- **holistic and person-centred** support to adults with **severe and enduring mental illnesses**, thus reducing dependence on NHS services and increasing community integration. For example people with diagnosed conditions such as anxiety, OCD, Psychosis, PTSD, Schizophrenia, eating disorders, etc.

Service Objectives and Outcomes

- **Reduce social isolation and loneliness**

We run a range of courses online and in-person that help people feel anchored in the community and enjoy being part of social networks.

- **Inspire people to achieve stability and self-manage their mental health conditions**

We support people to tackle obstacles in their daily living so they are able to maintain a lifestyle that is conducive to good mental and physical health.

- **Unlock people's creativity for self-discovery and confidence to live purposeful lives**

We teach people to use the creative process for self-healing so they are more able to talk about, understand, and own their mental health and well-being.

- **Build resilience for social, community, and economic engagement**

We provide 1:1 mental health coaching and mentoring to empower people to live self-motivated and productive lives, embark on their vocational choices confident that they will be able to withstand knockbacks in life.

- **Foster art for mental health and community wellbeing**

We challenge the medical perspective of mental illness through our members artwork and recovery stories. In future, people will understand their creativity and connectedness are fundamental pillars to good mental health, promoting healing, empathy, resilience, and a deeper understanding of the human experience.

Operational Report

Arty-Folks has excelled against its ambitious Strategic Priorities set for 2022-23:

- **To deliver the 2nd year of Art for Wellbeing to the highest expectations of ourselves and funders Warwickshire County Council by meeting all targets in full.**

During this 2.5year commission we will engage 1,200 participants with low to moderate mental health needs and deliver 145 courses. To-date we have met all the requirements of the Warwickshire County Council contract for Art for Wellbeing in course numbers, attendance, reach and impact and the commission is on target to complete June'23.

- **To gather data consistently through the service and work with Coventry University to evidence the impact of Art for Wellbeing through research, measurement and monitoring.**

We have received a favourable interim report by Coventry University confirming that the programme measured through the SWEMWBS scale demonstrates a statistically significant positive impact on participants wellbeing. Accompanying the quantitative assessment is a wide range of qualitative work based on interviews and feedback from participants showing the positive and lasting effect of attending. *(SWEMWBS - short Warwick-Edinburgh Mental Wellbeing Scale)*

- **To increase positive outcomes and overall satisfaction in living despite the ongoing mental health and economic crisis.**

We are now offering placements to Coventry University Occupational Therapist students to provide more practical support to members with poor financial literacy, physical health concerns, or facing loneliness or retirement. Many of our service users are facing complex interdependent issues that take time to resolve and need focused 1:1 attention. By increasing our person-centred support at point of need we can ensure participants remain positive and focused on their recovery journey.

- **Increase marketing and outreach to reach people in need across Coventry&Warwickshire.**

While we use all major platforms, Facebook has remained our main tool and this year we have been able to substantially increase reach: from 76,195 to 131,797, and the number of Followers has passed the 2,000 mark.

- **Develop our Online offer further and establish it as a permanent part of our service.**

The Covid-19 pandemic has most definitely changed our engagement methods for good. Online workshops and courses are now a must in our programme as it enables us to reach people in the furthest corners of Coventry and Warwickshire, and provide support to people in work, parents, carers, and those who are not able to leave their homes.

"Sometimes I would arrive so stressed out into the Zoom and it would take me ages to relax. But staff were amazing and helped me calm down just by saying the right thing, the soothing tone of voice, the reassurance that it's ok to be me."

During this financial year, we focused on delivering the following projects:

1. WARWICKSHIRE – low to moderate mental health needs

1.1 Art for Wellbeing online and in-person at various community venues

Warwickshire County Council commissioned Arty-Folks to run a 30-month programme of courses and workshops to provide early intervention and prevention support to adults with low to moderate mental health needs.

1.2 Developing Creative Communities

We are proud we empowered numerous residents to form their own creative support groups including Arty-Avon and Bedworth Heath.

The 1st workshop ran January 2021 and we are on target to deliver 145 courses and support 1,200 individuals by July 2023 when the programme completes.

2. COVENTRY – moderate to severe mental ill health

2.1 3-week introduction to Arty-Folks studios

Funded through donations and sales income, we ran a total of 16 blocks of 3-week courses for adults with moderate to severe mental ill health at our Eaton House studios.

2.2 New Perspectives IV

A 9-months project funded through Groundworks UK European Social Fund, supported participants to progress to education, employment or volunteering. The project is in its 4th and final year due to Brexit.

2.3 Cost of Living

A 4-months project funded through the Heart of England Community Foundation in conjunction with Coventry Building Society, turned our studios into a warm hub and offered additional support to our members through the winter months.

2.4 Creative Employability

A 3-months project commissioned by Coventry City Council Job Shop, supporting young people 17-29 years old to gain access to opportunities in the creative industries.

2.5 Unseen Stories Vol.II

A 9-months project funded by Coventry City Council Arts Panel, employing local film makers to facilitate skill-building workshops and empower our members to create short films charting their recovery journey through art.

Total number of individuals supported during 2022/23: 525 participants
Art for Wellbeing: 396 participants
Coventry Studios: 129 participants

3. Awards, Training, Partnerships, and Community Development

3.1 Arty-Folks was nominated for the prestigious BBC Make a Difference Award by a member.

3.2 Commissioned by NHS Coventry&Warwickshire Partnership Trust, we supported four members to complete Peer Support Worker training

3.3 Commissioned by Coventry University, we provided a placement for a BSc Occupational Therapy student

Additionally, we have delivered art&mental health workshops for Groundworks Coventry at a local primary school for parents, for The Carers Trust members in Coventry, for CRASAC staff away day, supported ROSA to start their peer support programme, and a social prescribing event in partnership with the Belgrade Theatre.

1. Warwickshire

1.1 Art for Wellbeing commissioned by Warwickshire County Council

This is a 2.5year programme of courses and workshops offering early intervention and prevention support to adults across Warwickshire with low to moderate mental health needs. The first workshop, Come Connect, was held January 11th 2021, and we are on target to deliver 145 courses and engage 1,200 participants by programme ending July'23.

Our aim for this year was to deliver more in-person courses in the community to enable people to regain their social confidence and to kickstart new creative community groups. We ran 6-week in-person courses in Bidford-on-Avon, Bedworth, Bedworth Heath, Nuneaton, Stockingford, Lighthorne Heath, Bramcote, Rugby and central Coventry. We have continued running daytime online courses as well as in the evening for people in employment.

On-line evening courses for people in employment were filled quickly and as working arrangements changed over the year and pressure to return to the workplace increased, the opportunity for relaxation and self-care was valued even more. The courses provided the outlet and support needed to stay in work and cope with strains of working and the worry of the rises in cost of living.

45 courses and workshops delivered
396 new participants across all demographics and socio-economic backgrounds
596 course registrations were made
17% were signposted to us/prescribed
83% self-referred

MENU OF COURSES

Come Connect, 1hour workshop to gain an overview of what we offer.
Lunch & Learn, 30 minute workshops for employees looking to break up the working day.
Art for Relaxation, 3-weeks or 6-weeks, introducing participants to effective creative techniques to reducing stress and promoting a calmer frame of mind.
Painting for Pleasure, our most popular 6-weeks, step by step instruction to build essential skills for acrylic painting and explore painting as a hobby.
Passion for Plants, 6-weeks daytime or evening, a very popular course inspired by artist Georgia O'Keefe and Victorian Botanical Artists. Participants learn to collage, draw and paint from observation and use their passion for plants to express themselves.
Mindful Crafts, a very popular 6-weeks daytime and evening course, for people who enjoy crafting and making things. Participants complete 6 projects including crochet, Mexican weaving, dream catcher and macramé.
Creative Mindfulness, a 6-week online course, exploring journalling and water colours.
Aboriginal Art, a 6-week course developing painting with acrylics techniques.
Uniquely Vincent, 6-weeks daytime or evening, learning Van Gogh's approach to landscape painting, and application techniques with acrylics to create depth and movement.

77% Courses Attendance
We pride ourselves on the person-focused support we provide to all participants, right from the start. Our tutors are expert facilitators and enablers of conversations that help people break out of social isolation and bond with like-minded people. This person-centred approach is essential to connect with participants, ensure they attend regularly, and feel they are a valued member of the group.

1.1 Art for Wellbeing

Reaching adults with low to moderate mental health needs across Warwickshire

Age Range

87% were of working age, the client group we are aiming to reach through this programme.
Note: 26-45yr olds showed a consistent positive change in each quarter and overall benefitted the most from creative engagement.

Ethnicity

16% were of diverse minority ethnic backgrounds
Note: This compares very favourably to the Warwickshire average of 10.9% and demonstrates that creative engagement to reduce mental stress is of interest across all ethnic backgrounds.

Gender

87% female, as expected particularly in day-time courses. Men mostly attended evening courses.
Note: Males and females benefitted almost equally from the courses attended.

Locations

91.3% were either residents or have a connection to Warwickshire through work or family members.
Locations include Bedworth, Nuneaton, Rugby, Stratford, Warwick, and many rural villages, demonstrating our reach and the popularity of the programme.

Areas of Deprivation

33% live in areas of multiple deprivation
Note: a greater number of attendees were in the 1-4 decile than the Warwickshire average demonstrating that our courses reached out to those in areas highlighted by the council as needing support.

Economic Activity

49% are Parents/Carers
42% are unemployed

Reasons for enrolling

44% to de-stress
13% to improve my weekly routine
32% to develop my art skills
11% to have more social contact

"I felt so stuck in myself, in my life, in my role as carer.
It was so good to chat about normal things with others."

Art for Wellbeing Impact Data

Arty-Folks has long-employed the use of recognised scales for measuring change when working with adults experiencing mental health problems. To assess the impact of Art for Wellbeing, Arty-Folks is using the 7 item Warwick-Edinburgh Mental Wellbeing scale (SWEMWBS) which has been widely adopted for use in clinical and non-clinical settings for outcome measurement.

The SWEMWBS scale ranges from a low wellbeing score of 7-19, a moderate wellbeing score of 20-27 and a high wellbeing score of 28-35. The questionnaire is simple to complete and participants rate themselves on their mental wellbeing at the start and end of every 3 and 6 week course.

The course is aimed at participants with a before intervention score of 20+. Participants were just below this mark in the first two quarters of the year at 19.9, 19.8 as mean scores. Participants in the latter part of the year were just over this at 20.8 and 20.5 in the final quarters.

All quarters in 2022/23 showed statistically significant improvements in wellbeing as measured by the SWEMWBS scale on average across all participants.

39.2% of participants report a statistically meaningful positive change.

Data evaluation by Coventry University

At the start of 2022, with the endorsement of our commissioner, we revised our course numbers to allow for smaller groups, greater 1-1 time and support with practical issues preventing recovery through signposting and referrals to specialist voluntary sector partners. This approach has been proved to be effective as our SWEMWBS data showed each quarter that courses were delivering statistically significant improvements in wellbeing.

Along with four partner organisations in the Creative Health Alliance, we were delighted to be funded by Warwickshire County Council, to share our anonymised data with Coventry University for external review. In addition to this, they conducted several interviews with participants to gain the full picture of the impact of arts on mental health. In their interim report they shared the qualitative assessment which echoed the questionnaire feedback, case studies and personal stories we routinely capture.

Quantitatively, **Coventry University concluded that attending a 6 week course had a statistically significant improvement on mental wellbeing** as measured by the SWEMWBS scale. We are delighted to have this review and be robustly assessed and look forward to the final report coming out in September 2023 when all the 5 programmes have concluded.

Participant Feedback

Art for Wellbeing Case Study

C.C.
Female, 44yrs old, lives alone in private rented accommodation in a small Warwickshire town.
Outcome: reduced social isolation, reduced dependence on statutory services, volunteering

Medical diagnosis includes: severe and enduring mental illness of psychosis, PTSD, anorexia, self-harm, numerous suicide attempts, Tourette's syndrome, as well as several physical health issues including autoimmune deficiency.

Following a heart operation 2018, she suffered a severe stroke that disabled her reading and writing. With Covid, she had become completely isolated and her speech and language had deteriorated to very basic one-word sentences.

CC. explained that the NHS regard her as non-compliant and resisting treatment, but that they do not understand her complex trauma that began in childhood. She was sectioned under the Mental Health Act many times, the last time in 2019, and she was discharged at the start of Covid'19 lockdown. She was promised a care co-ordinator and trauma therapy but became angry with mental health services who did not provide her with any support since the start of the pandemic.

CC started attending Arty-Folks online in January'22 and we invited her to attend in-person at our studios in July. It became immediately clear that she was not able to travel on her own from her village via Birmingham New Street to Coventry. She had not left her home for four years and she was not able to communicate, or find directions. Additionally, with increased anxiety, psychotic visions, and voices added to Tourette's, unfortunately members of the public reacted aggressively towards her. The cacophony of sounds and movement at train statins disorientated her and caused her severe panic attacks and allergy outbreaks.

Our Progression Support Worker provided one-to-one support for 6 months to help her gain the skills and confidence to travel on her own. Now, she is able to use phone apps to book train journeys and voice apps to read notices and other instructions that help her find her way independently.

CC nominated Arty-Folks for a BBC Make a Difference Award.

She started volunteering March'23, supporting staff to deliver art workshops and providing refreshments to members.

"If it wasn't for Arty-Folks, I wouldn't be here anymore. Life has started to feel worth living now."

1.2 Creative Communities

Working closely with Social Prescribing partners, Community Development Workers, and library staff, we have learnt that creative provision for adults has taken a serious knock and is struggling to return to pre-pandemic levels. Community venues run at reduced capacity and are often not able to open as they are struggling to attract and retain volunteers.

Whilst delivering the programme of 6-week courses, we explore different approaches to kickstarting new community groups and supporting community assets. On completion of a course, participants often discuss how they could continue meeting and pursuing their arts practice, with most opting to meet informally in small friendship groups.

In Bedworth Heath and Bidford-on-Avon, we were able to support participants to establish their own community groups which continue to thrive and increase in membership. This was only possible because group leaders had been attending Arty-Folks since the start of the pandemic and had developed a good understanding of group-work through our service.

The group in Bedworth Heath opted to run informally and is open to anyone who visits the community centre. Arty-Avon is now a CIC led by two members of Arty-Folks, and serves Bidford-on-Avon and surrounding areas. We continue to act as an umbrella organisation, support both groups with marketing and outreach, and manage their grants.

We are delighted to have supported Arty Avon with three grant applications that were all successful and provided artist-led workshops to over 20 mostly elderly participants per week.

2. Coventry

Pre-Covid-19, around 120 service users enrolled per year in Coventry. Our ambition is to ensure that everyone who needs us can access us without delay. Since reopening our studios August '20 we have had to continually expand our programme of groups to cope with demand. **We have seen the biggest increase in enrolment this year, from 57 in 21/22 to 129 this year**, and we have seen the biggest increase in mental distress as well as complex financial needs.

April '22 we introduced our **third weekly Creative Peer Support group** to meet demand, and give staff the opportunity to improve how we assess clients' needs, and improve referral routes for those best served by our voluntary sector partners. Rather than run an open access group, as we have done in the past, we continue to use the booking system on our website implemented during Covid. Booking is an effective way of regulating the number of people starting our service to ensure a calm, positive and productive experience for participants, staff, and volunteers. https://arty-folks.org.uk/whats-on/

We are acutely aware of the ever-growing demand and that we are not able to meet the wide range of needs in the community. Our website clearly states our limitations and that **to be eligible** for enrolment participants need to be:

- of working age 18-65yrs old.
  At present we are not looking to support teenagers or children. We are not supporting the elderly as their needs are more social and longer term, and our creative programme is designed as a stepping stone into employment.
- living in Coventry or Warwickshire.
- experiencing mental health difficulties such as anxiety, depression, psychosis, personality disorders, schizophrenia, or self-diagnosed psychological distress.
- able to engage in creative activities unaided.
  There are many creative groups specialists in supporting adults with cognitive needs, and we work closely with those community partners. **Note that Arty-Folks is the only creative charity focused on adults of working age experiencing psychological distress.**
- able to engage in a small group environment appropriately.
- able to attend independently without any support.
  Family members and Professionals can accompany participants to our studios but cannot stay at workshops as this hinders the nurturing of a cohesive peer support group.

"It helped me in other areas in my life, almost immediately, as I learned to chop down tasks into a step by step process- and to breathe through it - just like we learnt in class.

The relaxing atmosphere and positive feedback made me review how I look at myself and stopped me being overly self-critical. It helped me develop my own style and feel good about it. I loved every minute."

2.1 3-Week Intro Course

Coventry Studios Participants Data

During 22/23, Arty-Folks delivered 16 blocks of 3-week courses (48 weeks), through which we engaged a total of 129 participants. We call every individual enrolled through our website or the Recovery Academy prior to starting their 3-week block to ensure that we can meet their needs and that they are able to engage without support.

Coventry art studios participants 22/23	**Total enrolments**	129	**Did not attend**	23	**Attendees completed baseline**	96

23 people enrolled but did not attend. The main reason given was social anxiety, not being able to leave the safety of their home, or change of circumstances. Many explained that since the pandemic they had lost their social skills and confidence and did not feel able to relate to others.

At the start of the course, 96 participants completed online questionnaires. Through this data we are better able to understand their background, present life circumstances and support needs which feeds into 1:1 wellbeing conversations that take place during session 2 and session 3.

Background information of 96 attendees at Coventry art studios			
Age range	30 aged 18-30 41 aged 31-50 23 aged 51-65 2 aged 66+	Education	8 no qualifications 24 GCSE 26 A-level 30 University degree 5 Masters 3 PHD
Gender	62 Female 26 Male 8 Non-binary	Economic activity	28 working/studying 62 unemployed 6 retired 27 parent/carers 8 volunteering
Ethnicity	70 White British 26 non-White/British	Income	51 basic benefits 20 salary 20 no income 5 pension
Locations	80 Coventry 16 Warwickshire	Additional benefits	36 PIP/DLA 60 none

Demographics 22/23 to note:
Increasing highly educated and qualified participants and more in employment.
Many received some mental health support through GP's and employers, yet felt the therapies they were offered were not beneficial and medication was affecting their ability to concentrate, leading to further distress.

Increasing no. of migrants, refugees, and people from ethnic minority backgrounds. Participants explained feeling uneasy discussing mental health issues and accessing medical help as it is still very stigmatised in their communities.

Participants needs at baseline			
Reasons for enrolling	47 to de-stress 16 weekly routine 13 art skills 20 social confidence	Who is supporting you at present?	17 have no support at all 10 family/friends only 7 private counsellors 5 Voluntary Sector support 18 GP only for medication 29 NHS support services 10 NHS IAPT talking therapy
Health needs	69 mental health 4 physical health 23 cognitive needs	How did you hear about Arty-Folks?	11 attended before Covid-19 20 word of mouth 28 internet/social media 35 health professionals 2 picked up a leaflet
Use of emergency services prior to attending	71 none 11 admitted to hospital 20 used A&E 10 called an ambulance	Are you taking medication?	68 Yes 28 No

100% of participants would recommend Arty-Folks to friends and family.

During the 3-week introduction to Arty-Folks art studios participants learn foundation skills of painting with acrylics inspired by the art and world view of Australian Aborigines.

Participants who completed the 3-week introduction course moved on to one of these destinations:

- Activities in the community more tailored to their needs, for example Men's Shed, groups for women, art groups specifically for neuro-diverse adults.
- Creative Employability project if 16-29yrs old (Wednesdays).
- Creative Peer Support group for people with longer-term needs (Thursdays pm).
- New Perspectives, if looking for work, education or volunteering (Thursdays am).

45 participants completed the end 3-week course questionnaire	
Service Exit routes	32 community activities 7 education 20 employment 4 training 5 volunteering

I feel satisfied, very satisfied, or extremely satisfied with the course

I feel that attending this course/ workshop has helped improve my mental health and/or wellbeing

The support/information I received has helped me

I have felt connected to other people and /or made new friends

I feel I have been listened to and respected throughout the course

2.2 New Perspectives IV

July'22 to March'23 - project funded through Groundworks UK European Social Funds

We believe that everyone, irrespective of circumstance, deserves to be given the best chance to reach their potential and lead a fulfilling, healthy, and economically active life. Social and economic inactivity has a huge impact on a person's health and wellbeing and the Covid-19 pandemic has considerably worsened the prospects of individuals with complex mental and physical health needs.

New Perspectives IV (the fourth consecutive year funded through ESF) enabled us, again, to focus on a small group of 10 of our most vulnerable and disabled participants, and support them to access volunteering, education, training or employment. Building on 3years previous experience, we provided intensive, flexible and tailored support to remove personal barriers in a holistic and integrated way, by supporting early action, by enabling access to locally provided services and opportunities, and by building their skills and resilience to realise their ambitions.

10 participants enrolled background information

- Medical diagnosis included: anorexia, psychosis, depression, PTSD, OCD, bi-polar, personality disorder, anxiety, and depression
- Gender: 8 female, 2 male
- Age: youngest 23, oldest 60yr old
- Ethnicity: 7 White British, 3 Ethnic Minorities
- Domicile: 9 Coventry, 1 Warwickshire
- Educational background: 7 up to GCSE, 3 completed University degrees
- Employment history: 4 had worked less than 12 months, 6 had never been employed

On completing their 3-week introduction course, we provided a structured programme of Creative Peer Support groups combined with 1:1 coaching&mentoring that included attending in-person:

- weekly 2hr group art therapy workshops - creative projects included: photography (doors, cardboard scenes), painting (Aboriginal art, mapping), mixed media (soup of potential), acrylic pouring, drawing from observation.
- weekly 1:1 sessions with our Wellbeing Mentor for mental health support and to identify needs, ambitions and opportunities for personal change.
- weekly 1:1 with our Progression Support Worker to realise personal action plans.

New Perspectives IV - Project Impact

- 2 participants gained full-time employment
- 3 participants started training or education: English GCSE, Peer Recovery Worker with ImROC and Foundation in Art&Design at Coventry University
- 1 participant assumed full-time caring for two family members
- 3 participants moved on to volunteering in the community including training guide dogs, designing a sensory garden with the Royal Society for the Blind, running an art group for neuro-diverse adults
- 1 participant was not able to complete the programme

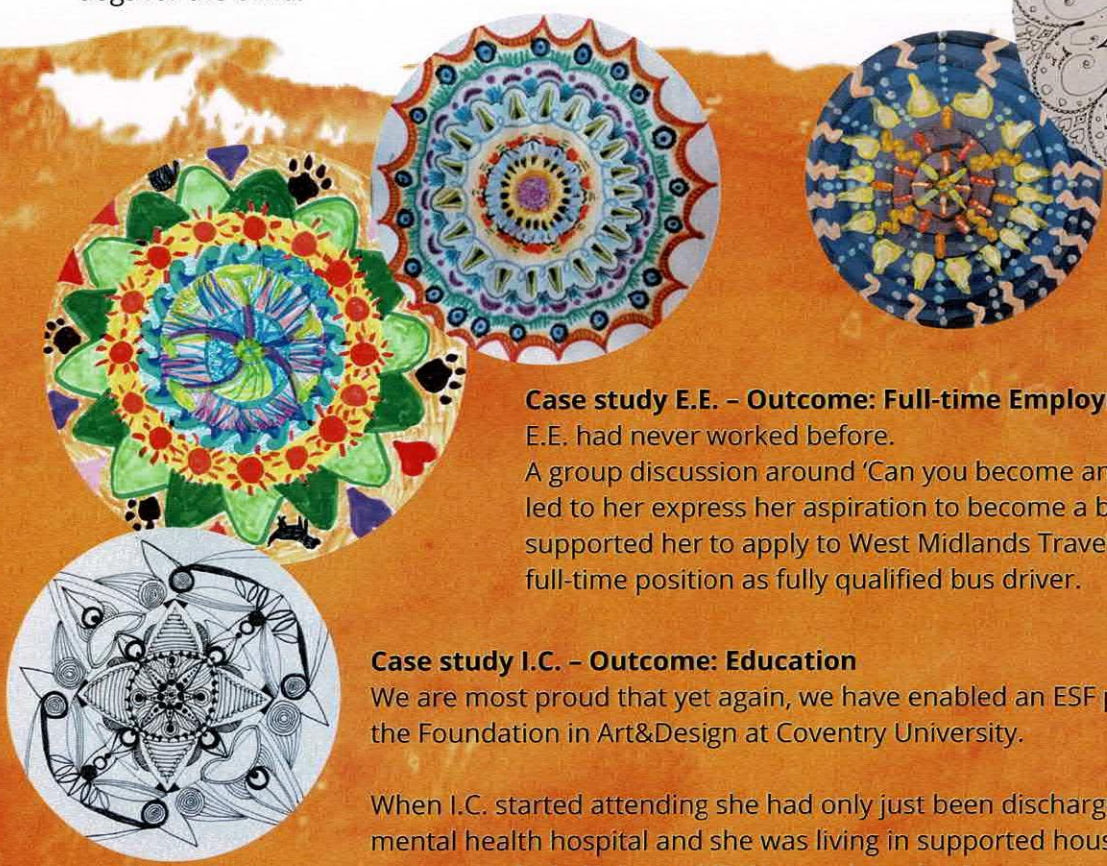
New Perspectives IV Case Studies

Case study A.D. – Outcome: Full-time Employment
At the start of the service, A.D. kept his eyes fixed to the ground, shoulders hunched forward, voice hardly audible. He explained he had been a live-in carer for his father who passed away with cancer, unfortunately in his absence, leaving him feeling guilty and grief-stricken as well as isolated.

After a suicide attempt, his GP recommended joining Arty-Folks. We supported him to write a CV, attend job fairs, and apply for suitable positions. His mental health and resilience improved greatly and he started working again full-time.

Case study A.F. – Outcome: Volunteering
A.F. has an extensive history of drug&alcohol abuse, homelessness, and domestic violence. She was moved into a small bedsit at the start of lockdown but she felt in limbo, lost and without direction.

Our Progression Support worker spent time talking through various options to move forward and she has found her vocation training guide dogs for the blind.



Case study E.E. – Outcome: Full-time Employment
E.E. had never worked before.
A group discussion around 'Can you become anything you want?' led to her express her aspiration to become a bus driver. We supported her to apply to West Midlands Travel, and she gained a full-time position as fully qualified bus driver.

Case study I.C. – Outcome: Education
We are most proud that yet again, we have enabled an ESF participant to join the Foundation in Art&Design at Coventry University.

When I.C. started attending she had only just been discharged from the mental health hospital and she was living in supported housing to help her overcome alcohol&drug addictions and psychosis.

Attending the group she reduced feelings of social isolation and thereby also her dependence on statutory services. She called her transformation 'miraculous'. She has now a new sense of purpose, she is enjoying learning and being challenged creatively, and lecturers inform us that she is on course for completing with a recommendation.

2.3 Cost of Living Fund

Funded by Coventry Building Society through the Heart of England Community Foundation

From Sept.'22, we were experiencing unprecedented pressure on our service to provide more social contact and 1:1 support. Participants feedback demonstrated that since the pandemic participants have felt more isolated and distressed, and the current cost-of-living rises had substantially increased pressure points in families, highly increasing the risk of self-harm and suicide.

Through questionnaires and 1:1 mentoring, we monitor the financial, social, environmental and mental health of our service users, many of whom are suffering with substantial and complex medical conditions. They needed regular check-ins and ongoing 1:1 support to overcome destructive urges and continue pursuing healthy lifestyles. Their consumer behaviours had changed to either "I don't care, I will deal with bills later." or, "I need to manage without heating."

This grant enabled Arty-Folks to support 54 members through the worst of the cost-of-living crisis by offering a warm hub at our Coventry studios and a wrap-around service during the winter months January to March '23.

The grant also enabled us to employ part-time, Tasz Bailey, a participant of our Creative Employability group. Tasz is a qualified Nutritionist and she introduced our members to vegan cooking on a budget.

"Hi, I am Tasz and I have started working for Arty-Folks part-time.

I am a Nutritionist and during these next few months when we are all feeling the pinch I am cooking up tasty meals for our members at our studios.

Today we had delicious bowl of pasta, and yes, that's me looking very happy in action!

12 people, members and staff sat down for lunch and I spent a total of £6 for tagliatelle, peppers, tomatoes, mushrooms, courgettes and gooey melty cheese—a colourful, healthy and tasty combo!

Sitting down to a relaxing lunch and a chinwag is a fantastic way to finish off a creative session. "

With this grant, we were able to increase staff capacity and give participants much more time to talk through their circumstances and engage them in a process of review that left no aspect untouched. Sadly, we found that many had simply accepted their struggles 'There are many far more worse off than me', but more often than not they simply, 'do not want to make a fuss.' Incredibly, many had to be convinced to apply for PIP, bus passes, council tax rebates, or query their energy bills.

Cost of Living Fund Case Study

D.M. 61yrs old, started attending on a bitter cold grey day in January. When he entered the room he looked very pale and he seemed in pain when walking. He greeted everyone politely but remained very quiet. When he started painting staff could see that he struggled to move one of his hands but he persevered with tasks. He explained he had suffered a heart attack and then a stroke in 2021, and had to give up his job.

"Work was very important to me to help me manage my thoughts and painful memories. You can say I was a workaholic and it was my way to cope. Now I just don't know what to do with myself. I don't have a routine, no contact with others, and it's driving me mad!"

The cost of living crisis made a huge impact on him as he found it difficult to cook for himself and he was used to eating out. He had seen his GP who referred him for social prescribing through which he found Arty-Folks, remembering that he used to enjoy art at school. At the end of the 2hour workshop he enjoyed a vegetable soup with crusty bread with his peers.

6 weeks later he felt able to open up and described how difficult it had been following the stroke - losing some mobility, affecting his self-esteem and his relationships. Another member, P.A. had only just joined the group and he listened to D.M.'s story with great interest. P.A. then opened up about having suffered a devastating stroke and how it had affected his mental health and social confidence. During lunch (pesto gnocchi) the two men shared their experiences as well as their hopes and ambitions for the future.

Learning how easy it is to create nutritious meals on a budget made D.M. rethink his daily routine and eating habits. D.M. took a membership at a local gym and started swimming every morning.
He now feels much more positive and optimistic about the future as he is focusing on what he can do and on what he does enjoy, rather than on what he lost.

This transformation would not have been possible without the additional communal meal sharing at our studio, and the warm and welcoming space we were able to offer through this grant. This encouraged them to share their own recipes as well as personal experiences living with anxiety following the Covid-pandemic and now with the continuously rising costs of living. Participants were able to let their guard down and relax into a communal atmosphere that nurtured emotional healing and new friendships.

2.4 Creative Employability

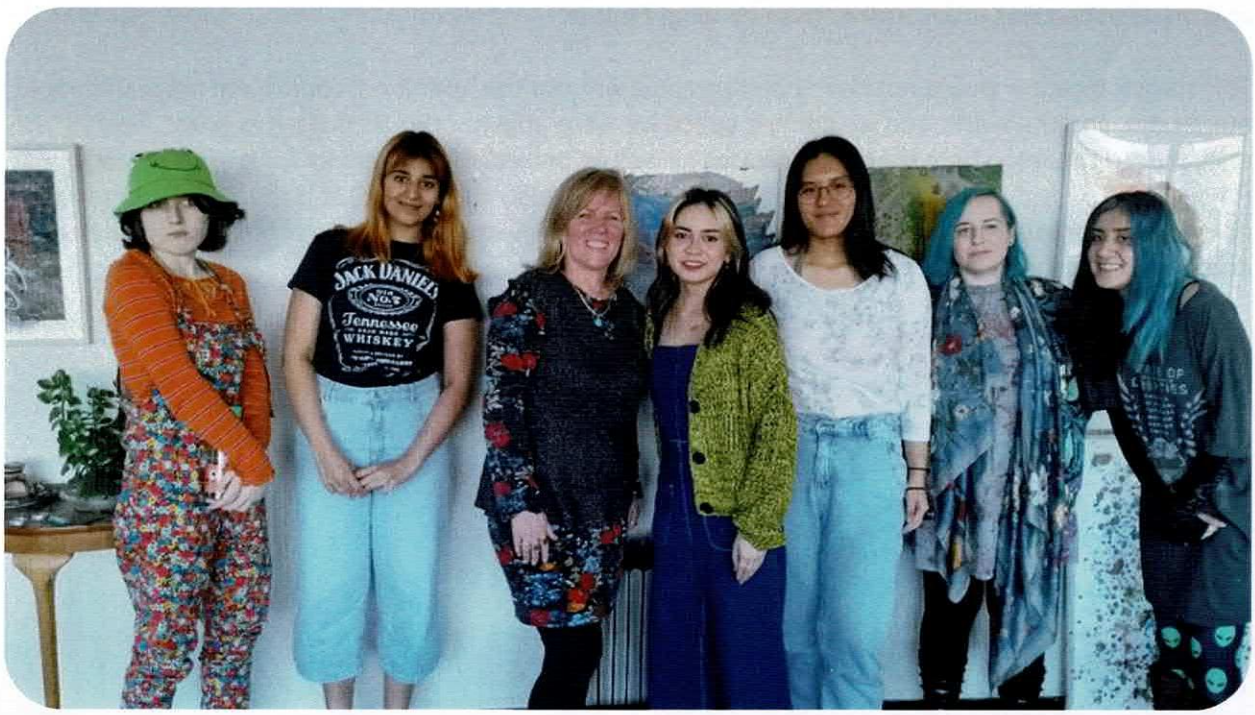
Commissioned by Coventry City Council

The Creative Employability project was a 12-week intervention October to January'23, commissioned by Coventry City Council Youth Employment Initiative to support a group of 18-29yrs old to step closer to creative career paths. Arty-Folks was chosen for the quality of our art programme, our experience of running similar projects with young people since 2016, and for our extensive knowledge of the local creative sector.

We proposed an exciting and inspiring programme of activities that included:

- Weekly creative skills workshops in a range of media such as photography, film, written word, drawing and paintings, to develop participants skills and confidence and help them build a portfolio for entry to college or University, or job interviews.
- Introducing young people to relevant industry professionals to improve their knowledge and understanding of employment and training opportunities in Coventry&Warwickshire.
- 1:1 wellbeing mentoring and support to resolve personal issues, career and progress planning.
- **Creating an exhibition of artwork and semi-permanent installation at the Job Shop to create a welcoming and inclusive space for future generations.**
- End project celebration event, led by the Job Shop with invited friends, family, and special guests.

14 young people aged 18-29yrs old enrolled on the project and built a portfolio of self-portraits, collage, paintings and drawings to express how they feel looking into the future.



Above, Creative Employability participants with Rachel New, BBC Coventry&Warwickshire presenter.

During the project, young people met professional artists working in film, radio, events, and community arts to learn what it takes to work in the industry.

Creative Employability Case Studies

Education

J. - After finishing my Fine Art Degree I felt quite lost. Arty-Folks gave me a taster of art therapy and how it can be helpful to open up therapeutic conversations. I have now started a placement at a school and I'm training to become an art therapist for children.

L. - I am working part-time at the Showcase Cinema until I start my Art Degree in September. Creative Employability has made me think further than those 3 years at Uni and I think I will be much readier and clearer about my career moves in future.

S. - Soon after I started Creative Employability my mum lost her battle to cancer. I'm ok, but it's hard to put into words how I feel. I appreciated Arty-Folks staying in touch and I'm slowly regaining my feet. I will be continuing to attend and build a portfolio to start the Foundation in Art&Design in September.

Employment

K. - As a neuro-diverse artist finding employment can be quite tricky and I'm looking to become self-employed. At present, I am selling my artwork at craft fairs and I lead art workshops in the community, something I want to develop further. I have started to work with the Belgrade Theatre on a project raising awareness of neuro-diversity.

Volunteering

T. - I was working part-time at a chemist when I started Creative Employability but I knew it was a dead-end job. I am now volunteering with Arty-Folks and exploring the different roles within the charity that suit my skill set.

A. - Before starting this project I had nearly stopped being creative because I felt I couldn't make steps forwards on my career because of my autism. This project has opened so many doors for me and I have gained a placement with a local creative organisation.

'The inevitability of change'.

The three panels 'Motherboard', 'Mother Ship', and 'Mother Nature' were created in a collaborative process of participants with local artists, and are now displayed at the Coventry JobShop.

2.5 UNSEEN STORIES Vol.II

Funded by Coventry City Council Arts Panel.

Covid-19 may have lessened the stigma around stress, depression and anxiety to an extent, and we can talk about our mental wellbeing more openly now. However, in Arty-Folks members day-to-day experience, this newfound **empathy and understanding does not extend to those suffering with more severe illnesses** like psychosis, Tourette's, eating or personality disorders, schizophrenia, which are still very much misunderstood and sometimes even feared.

Public discussions are lacking around the fact that many who have been diagnosed with substantial mental illnesses actually do make a full recovery with the help of family, friends, services and mental health support groups like Arty-Folks. **Unseen Stories Vol.II** enabled us to fulfil a long-held ambition and employ local artists and filmmakers to help our members find their creative voice and tell their story with dignity and privacy through film and animation.

'Unseen Stories Vol.II' project was launched on 10th October '22 World Mental Health Day' and challenged sessional artists, Arty-Folks staff, and participants to think about how a personal mental health recovery journey can be expressed in a positive and constructive way without leaving the person feeling exposed and vulnerable to ridicule, judgement, discrimination, and risking their prospects for the future.

Having engaged many artists for one-off workshops, our members chose No Class as project lead and we have been most impressed with their skills, creativity, and professionalism throughout the project. No Class brought a huge range of ideas and techniques to inspire each workshop. They gained the trust of our members that enabled them to open up and tell their story warts and all. It's been brilliant, and we could not have wished for a better creative partner to work with.

10 members were expected to participate but the interest was huge! We are proud 'Unseen Stories Vol.II boasts a total of 16 short films of 14 members and 2 members of staff charting their mental health experiences, how it affects their daily lives, and how being creative with like-minded people supports their recovery journey. Photographs, animations, and films were screened on 14th May '23 at the Tin Arts&Music venue to an audience of over 50 family and friends, and supporters of our charity to mark Mental Health Awareness Week.

"I would never have imaged I could do this. It has really stretched my skills and yes, there were times when I wanted to throw the towel down.

But Arty-Folks staff was always so encouraging and helpful, full of ideas whenever we felt stuck.

Particularly the editing side was difficult for many but everyone was helped through and the sense of achievement we have now is immense!"
Participant Unseen Stories

The collection of 'Unseen Stories Vol.II' 15 videos short films is now available on Arty-Folks Youtube channel https://youtube.com/playlist?list=PLUxzObWCJD9QV60-d8mJKjBfIOy3pEZy5 and highlight how mental health is affected by

- death of a child
- death of a parent
- bullying
- domestic violence
- parental child abuse
- alcohol and drug addictions
- parental mental illness
- sibling suicide
- being a parent of a child with severe mental illness
- gender discrimination
- child carer
- growing up in a war-torn country
- parental neglect
- discrimination at work
- family rifts

Note that 'Unseen Stories Vol.I' is in printed format and available on Amazon. The book charts the remarkable journey to recovery of nine Arty-Folks members aged 18 to 30 years old through their artwork and personal stories.

Outcomes and Impact

14 members reported

- Improved overall health&wellbeing
- Increased digital skills and creative confidence
- Improved mental health&wellbeing
- 7 members have since started volunteering
- 1 member has been fully discharged from NHS CMHT
- 1 member has made 'miraculous' progress and has moved to a stable home
- 3 have now taken on caring roles
- 6 are now in employment

Unseen Stories Feedback

Members' feedback on screening of Unseen Stories:
"It's been incredibly hard and incredibly uplifting, and I can say that it has changed my life. Working on something for such a long time in such a focused way makes you look at all the things you would avoid or blank, and it has helped me push through from a muddy place to clarity and a different way of looking at things."

"Even though we worked alongside each other for so many weeks and I did have some idea what their story was about, it was still hugely moving seeing it on the big screen. It was an amazing experience seeing the room packed out, every seat taken, and we all felt such a wonderful wave of love and belonging."

"It was great that staff also created a video of their own story. It made me feel that we are truly in the same boat, that they have been through their own stuff and so can truly understand what I am going through."

"I have put everything into my film and I think I did a pretty good job. Showing it to my family and friends felt great.I could see that they were impressed and I think it has changed a bit the way they perceive me. I am not just a loser anymore. I am somebody with skills and a story."

"Many of the stories made me cry, and I hadn't appreciated before how much we actually have in common. I think I understand now that we don't have bad mental health. We just have bad experiences that are difficult to digest, and sometimes we need a bit of help."

Feedback from No Class, appointed by members to deliver Unseen Stories full project:
"At first we were a bit apprehensive about the mental health needs of participants, and worried that we might inadvertently trigger thoughts and feelings that could plunge them into darkness. We are so proud of what they have achieved, the resilience participants demonstrated, and we would love to work more in this kind of setting."

Arty-Folks Trustees:
"OMG you made me cry! This was so incredibly moving and it really shows how important being creative is for the mental health recovery journey. A cathartic experience for many."

"I am not creative myself, so this was really important for me to see, to better understand how art can help people rebuild their lives. Some of the stories really resonated with me and I can see how impactful this project is for participants."

3.1 Make a Difference Award

BBC Coventry&Warwickshire Make a Difference Award

We are so proud participant C.C. nominated Arty-Folks for a BBC CWR Make a Difference Award and we were shortlisted in the Community category. C.C. felt our team, as well as her Creative Peer group members, listened with compassion and patience, and went a considerable extra mile to support her rebuild her independence and social confidence.

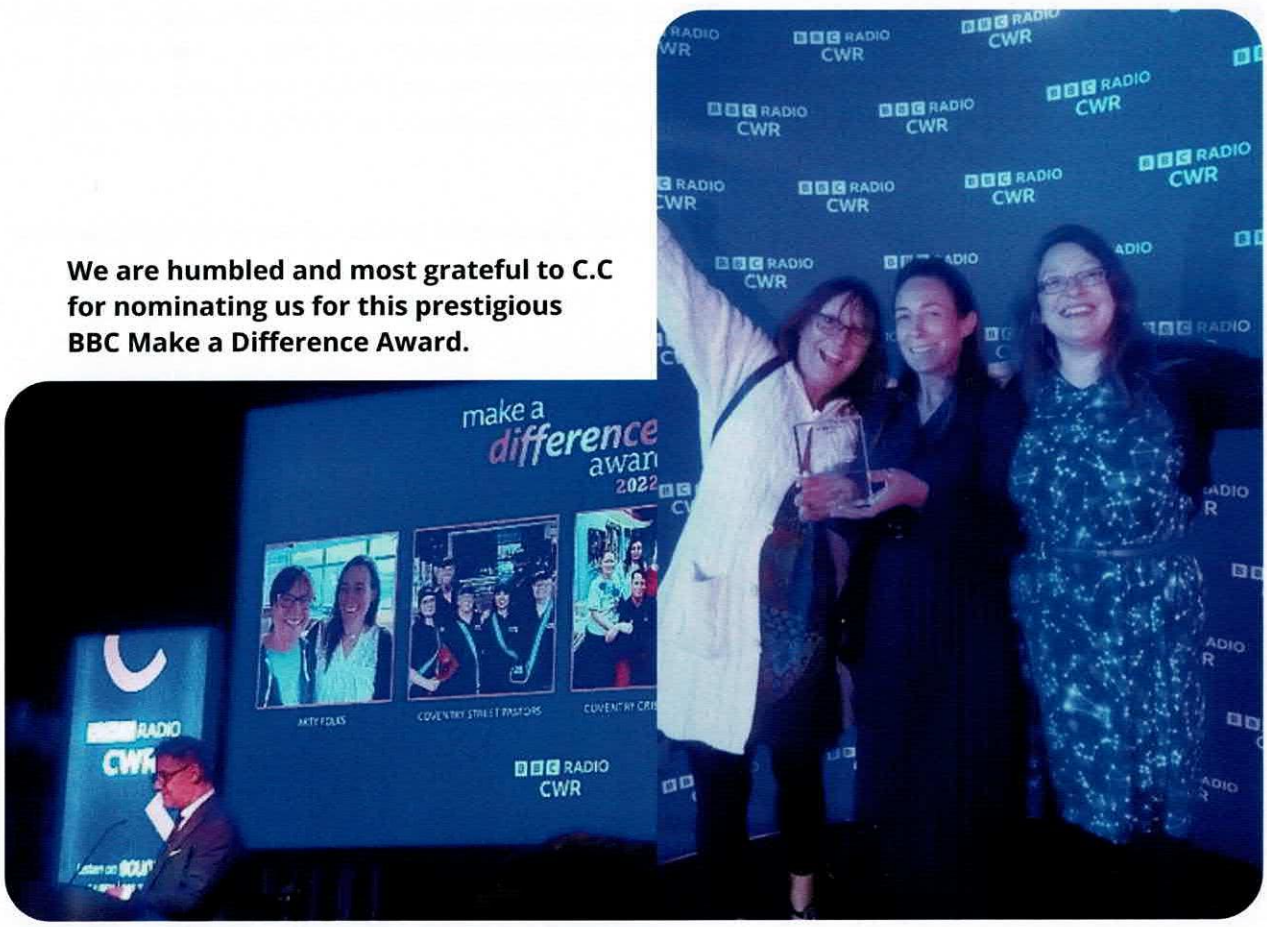
C.C. lives alone and she suffers with a number of serious conditions that massively impact on her ability to deal with daily living issues independently. Additionally, a huge range of external issues had piled up, since the pandemic started, including anti-social neighbours, sexual and financial exploitation, poor housing, missed medical appointments, etc.. Her mental health had spiralled out of control and we worked closely with her in a co-productive process to establish trust and willingness to be helped.

Meeting her at her home, we discovered that the heating had not been working for over 9 months and through the winter. Additionally, burst pipes had flooded the cellar, leaving the property in a constant humid state. Private landlords failed to fix it professionally and accused her of causing black mould.

Unable to make herself heard, she was hospitalised four times with pleurisy, and both her and her dog struggled with respiratory problems as well as skin allergies. Her heating bills escalated to over £300 a month and she lived off cuppa soups.

We supported her to report landlords to Warwickshire County Council and move into new accommodation where her physical as well as mental health began to improve rapidly. Additionally, we supported her to improve financial stability, attend medical appointments, gain the confidence to use public transport on her own, cooking healthy meals on a budget, and start NHS trauma therapy.

We are humbled and most grateful to C.C for nominating us for this prestigious BBC Make a Difference Award.



3.2 Peer Support Worker

Commissioned by NHS Coventry&Warwickshire Partnership Trust

The role of a Peer Support Worker has been developed specifically for people who have lived-experience of mental distress and are able to use their own experience to inspire, encourage, motivate, and assist their peers to engage with appropriate services and access opportunities in the community.

We supported four Arty-Folks members to complete the Peer Support Worker training with ImROC which is envisaged to secure them employment within the NHS Innovation streams. Tasz Bailey, our Progression Support Worker was recruited to Arty-Folks from this cohort, and will be supporting future members to complete ImROC training.

3.3 OT students

From September to March, Arty-Folks served as a practice educator to Kylie, a BSc Occupational Therapy Student in her final year at Coventry University. In this 10-week placement, the student job-shadowed members of staff to learn how the role performs in a non-clinical community setting.

The student attended in-person arts&crafts groups in the community that help reduce social isolation, enable sharing of information, and provide OT's an opportunity to lead conversations around healthy lifestyles and how social connections can help to maintain health&wellbeing. Kylie worked in a focused way with two participants to identify barriers to engaging in everyday activities providing them with information and support that are central to their health and wellbeing, to their sense of who they are, and to the life they want to lead.

We are looking to forward to providing further practice placements to MSc OT students in the coming year.

Business Planning

In June 2022, the Board set strategic targets and priorities for the financial year 2023/24:

PROPERTY

Arty-Folks has enjoyed peppercorn rent at Eaton House since 2014, operating with a termination clause requiring vacation within 21days. In October 2022, the first floor on which we are located suffered a flood from a rusted heating pipe which caused significant disruption. Eaton House is earmarked for demolition, the façade is crumbling and has permanent scaffolding around it. Subsequently, landlords informed us that, should such an event occur again, rather than make repairs, they would serve notice.

Given the dilapidated state of the building, premises are a high risk reflected both on the risk register and in the reserves policy. The Trustees have initiated a project to find alternative premises in Coventry and in the eventuality of a sudden evacuation.

Securing a short term let for continuous operation of services could come at a high cost especially given the low availability of suitable premises in the city centre. Many business and charities are currently re-locating prior to the Coventry South development starting in November 2023. The leadership team have done a property scan and background work to establish the nature and scale of the costs to arrive at a reasonable provision to be made within the reserves. The Trustees have raised reserves previously held at £10,256 to £44,822 to cover both the moving cost and contingency for immediate vacation.

SUCCESSION PLANNING

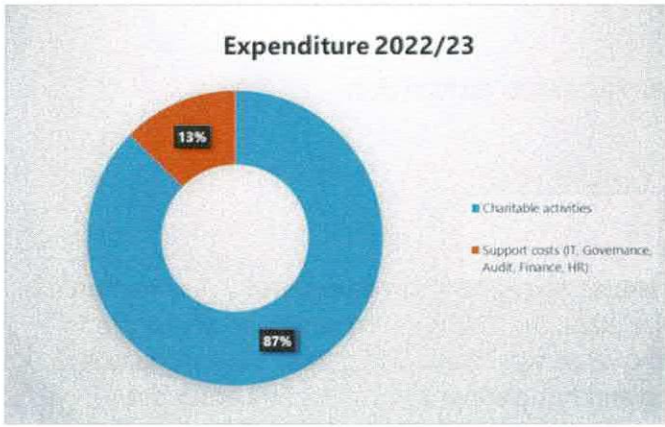
Our CEO and Founding member, Lorella Medici, is aiming to retire in 2028 and we will be working towards a succession plan. Over the next 5 years Lorella is looking to reduce her working days and the Board have agreed a recruitment plan recognising that 2 (or 3 part time) new posts will be required at a senior level to cover Lorella's workload and grow the charity in response to the huge and increasing demand for our services. We anticipate new managers to take 4-6 months from induction to become fully effective and have planned our operations and finances accordingly.

PROGRAMME DEVELOPMENT

June '23 will mark the official end of 2.5 years of services delivered as part of the Art for Wellbeing contract with Warwickshire County Council. We are extremely grateful to commissioners for their support over this period and for the opportunity to reach over 1,200 people struggling with social isolation and low to moderate mental health needs.

At this point, whilst we have a number of funding proposals submitted and some shortlisted, we have no firm contracts or new grants. In light of this position the Board increased operational reserves from £30,012 for 4 months running costs to £47,634 covering staffing and overheads for 6 months.

The Trustees will continue to monitor cashflow closely with the Treasurer taking a lead role in timely reporting to the Board.



Arty-Folks is a 'lean' charity with mere 13% of annual expenses for overhead costs as we are committed to channelling our resources to directly benefit our participants.

However, we recognise the need to invest in our infrastructure and the longer-term sustainability of our service. With plans to replace ageing IT hardware, and expand our staff team and creative programme, we expect overheads to increase in 2023/24.

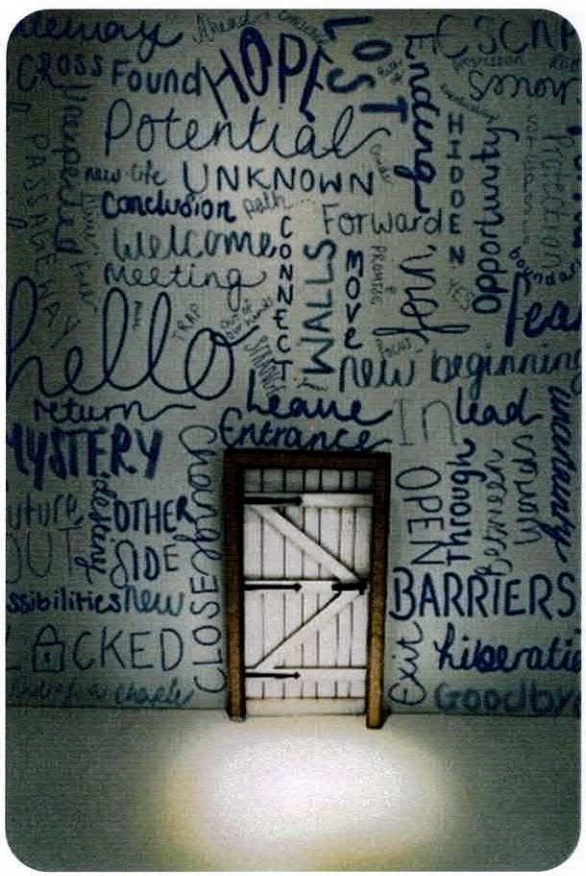
Arty-Folks at close of the financial year ended 31 March 2023 held a total £162,979 in funds, of which

Restricted funds:

- £8,662 for grant funded projects to be completed in 2023-24.

Unrestricted funds:

- £44,822 designated for evacuation of Eaton House within 21days and moving to new premises
- £47,634 operational reserves to cover staffing and core costs of 6 months
- £61,901 general funds committed for projects such as succession planning, co-creation of service
- and Creative Peer Support groups.



ARTY FOLKS
CREATE ENGAGE DISCOVER

www.arty-folks.org.uk
info@arty-folks.org.uk
mob. 074 436 436 34
@artyfolks

Arty-Folks
Independent Examiner's Report
For the year ended 31st March 2023

I report to the trustees on my examination of the financial statements of Arty-Folks (the charity) for the year ended 31 March 2023.

Responsibilities and basis of report
As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the charity 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 the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

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 that in any material respect:

1 accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or

2 the financial statements do not accord with those records; or

3 the financial statements 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 financial statements 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 financial statements to be reached.

Robert Anderson FCA
Azets Audit Services
3Mc Middlemarch Business Park
Siskin Drive
Coventry
West Midlands
CV3 4FJ

Dated: 9/11/2023

Arty-Folks
Statement of Financial Activity
For the year ended 31st March 2023

	Note	Unrestricted	Restricted	2023	As restated Unrestricted	Restricted	2022
Incoming Resources					£	£	£
Incoming Resources from generated funds							
Donations		2,145		2,145	1,930		1,930
Investment Income/Bank Interest		367		367	5		5
Incoming Resources from charitable activities							
Grants and contracts	2	63,485	50,881	114,366	60,000	21,990	81,990
Other income		1,110		1,110	5,863		5,863
Total incoming resources		67,106	50,881	117,987	67,798	21,990	89,788
Resources Expended							
Charitable activities	3	52,279	41,989	94,268	23,821	53,227	77,048
Governance costs			1,000	1,000	892	220	1,112
Total resources expended		52,279	42,989	95,268	24,713	53,447	78,160
Net incoming/(Net outgoing) resources before transfers		14,828	7,891	22,719	43,085	- 31,457	11,628
Transfers							
Net movement in funds		14,828	7,891	22,719	43,085	- 31,457	11,628
Reconciliation of funds							
Total funds brought forward		139,528	771	140,300	96,443	32,228	128,671
Total funds carried forward	8	**154,356**	**8,663**	**163,019**	**139,528**	**771**	**140,300**

The Statement of Financial Activities includes all gains and losses in the year.
All incoming resources and resources expended derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

Arty-Folks
Balance Sheet
As at 31st March 2023

	Note	2023		As restated 2022	
		£		£	
Current assets					
Cash at bank and in hand		170,704		123,166	
Debtors	5	15,000		18,979	
Prepayments		843		108	
Total current assets		186,547		142,253	
Liabilities					
Creditors: amounts falling due within one year	6	23,527		1,953	
Total current liabilities		23,527		1,953	
Net current assets			163,019		140,300
Funds					
Designated funds	7	92,456		40,268	
Unrestricted funds	7	61,900		99,261	
Restricted funds	7	8,663		771	
			163,019		140,300

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2023. No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these financial statements.

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

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Trustees on 12 October 2023

Dan Sharkey
Director

Registered Company: 5260817

1 Charity information

The Charity is a company limited by guarantee incorporated in England and Wales.
It does not have share capital, and the liability of each member is limited to the guarantee given by that member, which shall not exceed £1.
The registered office is 1st Floor Eaton House, 1 Eaton Road, Coventry, CV1 2FJ.

1.1 Accounting convention

The accounts have been prepared in accordance with the charity's governing document, the Companies Act 2006 and "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 2019)". The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.
The financial statements have been prepared under the historical cost convention, modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees has a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Restricted Funds - Restricted funds are to be used for specific purposes as laid down by the donor.
Expenditure which meets this criteria is charged to the fund together with a fair allocation of management costs.
Unrestricted Designated funds - include operational reserves and funds allocated by the Board in furtherance of strategic objectives.
Unrestricted General funds - are used to develop the service in collaboration with members.

1.4 Incoming Resources

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received. Incoming resources from grants are included in incoming resources in the year in which they are received. Where income is received in advance of performance, its recognition is deferred and included in creditors.
Investment income and other income are included when receivable.

1.5 Resources Expended

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category.
Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources. Support costs are allocated based on percentage of total costs.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.7 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.
Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.8 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.9 Reserves policy

The charity is aware of its operational commitments going forward and aims to keep sufficient free funds in order to maintain its operational commitments for a period of six months. This is subject to continuous review by the trustees.

2 Grants receivable

	2023	2022
Unrestricted funds		
Warwickshire County Council	60,000	60,000
CWPT Peer Recovery Training	3,485	-
	63,485	60,000
Restricted funds		
Arty Avon*	3,729	
Heart of England Community Foundation	4,978	
Groundwork ESF	24,000	19,990
Comic Relief		2,000
Coventry City Council Creative Employability	9,990	
Coventry City Council Arts Panel	8,184	
	50,881	21,990
Total incoming resources	**114,366**	**81,990**

3 Total resources expended

	Unrestricted	Restricted	2023 Total	As restated Unrestricted	Restricted	2022 Total
Salaries	35,793	29,850	65,643	18,409	47,160	65,569
Staff Pension	339	821	1,160	195	731	926
Staff Contractors	6,299	1,025	7,324			-
Sessional Staff	-	2,378	2,378		260	260
Premises Eaton House	250	701	951	161	356	517
Venue hire	1,017	102	1,119	80	95	175
Activities/Materials	649	2,571	3,219	1,744	2,343	4,086
Staff Travel expenses	2,722	193	2,915	433	157	590
Volunteer expenses	127	926	1,053	370	246	616
Telephone & internet	694	803	1,496	756	517	1,273
Office consumables	433	1,095	1,528	218		218
IT hard&software	220	-	220	191	152	343
Insurance		506	506	300	204	504
Subscriptions	407	172	579	40	418	458
Training	120	-	120	145	100	245
Independent Examination	-	1,000	1,000	892	220	1,112
Book-keeping&Payroll	2,162	690	2,853	26	301	327
DBS checks	130	40	170			-
Marketing promotion	864	98	962	656	189	845
Governance costs		-				-
Bank charges	53	20	72	96	-	96
	52,279	**42,989**	**95,268**	24,713	53,447	78,160

4 Staff costs	**2023**	**2022**
	£	£
Wages and Salaries	65,643	65,569
NI Insurance	-	
Pension Costs	1,160	926
	66,803	66,495

No employee earned £60,000 p.a. or more.
No remuneration was paid to trustees in the year, nor were any expenses reimbursed to them.

The average number of employees during the year was 4.

5 Debtors	**2023**	**2022**
Amounts falling due within one year	£	£
Debtors	15,000	
Prepayments	843	108
	15,843	19,087

6 Creditors		
Amounts falling due within one year		
Trade creditors	2,645	953
Taxation and social security	2,020	-
Deferred income	17,425	
Accruals	1,437	1,000
	23,527	1,953

Arty-Folks
Notes to the financial statements
For the year ended 31st March 2023

7 Reserves and reconciliation of movement in funds

	1st April 2022	Incoming resources	Outgoing resources	Transfers	31st March 2023
Unrestricted funds					
Designated funds - property	10,256			34,566	44,822
Designated funds - 6 months running costs	30,012			17,622	47,634
General funds	99,261	67,106	52,279	- 52,188	61,901
	139,529	67,106	52,279	-	154,357
Restricted funds					
Arty Avon*		3,729	1,368		2,361
Groundwork ESF	771	24,000	24,771		-
Cost of Living Fund		4,978	4,978		-
CCC Creative Employability		9,990	9,990		-
CCC Arts Panel		8,184	1,882		6,302
	771	50,881	42,989	-	8,663
Total funds	**140,300**	**117,987**	**95,268**	**-**	**163,019**

8 Analysis of net assets between funds

Fund balances at 31st March 2023 are represented by:	**Unrestricted** **£**	**Restricted** **£**	**Total** **£**
Current Assets	154,357	8,663	163,019

9 Net movement in funds

Net movement in funds is arrived at after charging:	**2023** £	**2022** £
Independent Examiner	1,000	1,000

10 Retirement benefit schemes

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently managed fund.
The total charge recognised in the SOFA was £1,160 (2022 - £926).

11 Related parties

Arty Avon* we are supporting as a new group to establish themselves by administering their grants.
(2022 - none)

7 Reserves and reconciliation of movement in funds - as restated

	1st April 2021 £	Incoming resources £	Outgoing resources £	Transfers £	31st March 2022 £
Unrestricted funds					
Designated funds	40,268				40,268
General funds	56,175	67,799	24,713		99,261
	96,443	**67,799**	**24,713**	-	**139,529**
Restricted funds					
Groundwork ESF	3,752	19,990	22,971		771
Arts Council England	9,019		9,019		-
Big Lottery Fund	5,620		5,620		-
CWPT NHS	9,900		9,900		-
Comic Relief	2,000	2,000	4,000		-
Think Active	1,937		1,937		-
	32,228	**21,990**	**53,447**	-	**771**
Total funds	**128,671**	**89,789**	**78,160**	-	**140,300**

8 Analysis of net assets between funds - as restated

Fund balances at 31st March 2022 are represented by:	**Unrestricted £**	**Restricted £**	**Total £**
Current Assets	139,529	771	140,300

12 Prior Year Adjustment

An overly prudent view led to our first contract, with WCC, being incorrectly recorded as restricted income. This has been corrected in the 2022/23 accounts. There is no overall impact on the SoFA or total funds held on the balance sheet.

Previously reported fund balances

	1st April 2021	31st March 2022
Unrestricted funds	53,619	59,077
Restricted funds	75,052	81,223
	128,671	140,300

Fund balances after prior year adjustment

	1st April 2021	31st March 2022
Unrestricted funds	96,443	139,529
Restricted funds	32,228	771
	128,671	140,300

The WCC income of £60,000 included in the previously reported year end 31 March 2022 has been moved from restricted funds to unrestricted funds.
The associated costs of £22,372 have likewise been moved.
This adjustment has no impact on the previously reported surplus for the year ended 31 March 2022 which remains at £11,636.

ARTY-FOLKS

England & Wales - Charity number 1107757

Accounts

www.arty-folks.org.uk
courses@arty-folks.org.uk
mob. 074 436 436 34
@artyfolks

Company no. 5260817
Charity no. 1107757

Impact Report 2021-22

COMIC RELIEF
LOTTERY FUNDED ARTS COUNCIL ENGLAND
HM Government
In partnership with THE NATIONAL LOTTERY COMMUNITY FUND
NHS Coventry and Warwickshire Partnership NHS Trust
THINK Active SPORT ENGLAND TACKLING INEQUALITIES FUND
European Union
Recovery & Wellbeing ACADEMY
The Baring Foundation
Warwickshire County Council

Contents

	Page Number
Charity Information	2
Chair's Welcome	3
Chief Executive Report	5
Trustees' Governance Statement	6
Mission and Vision	8
Activities Report	9
New Perspectives	11
New Perspectives Impact	14
New Perspectives - Case Studies	15
Art for Wellbeing - Overview	17
Mitigating Risks of Suicide	18
Participants - Who we Reached	19
Participants - Mental Health Needs	22
Menu of Courses and Workshops	24
Participants Feedback	25
Impact Data	27

Charity Information

Charity Name:	Arty-Folks	
Charity Registration Number:	1107757	
Company Registration Number:	5260817	
Registered Office	1st Floor Eaton House 1 Eaton Road Coventry CV1 2FJ	
Contact	024 7641 4740 / 074 4364 3634 info@arty-folks.org.uk www.arty-folks.org.uk	
Social Media	@artyfolks Facebook / Instagram / Twitter / Linkedin / Pinterest / YouTube	
Trustee Directors	Barry Day, Chair	20 December 2019
	Ian McFarlane-Toms, Treasurer	25 March 2019
	Laura Wilde, Operations	05 November 2020
	Ceylan Thompson, IT	25 March 2021
	Laura Quirke, Marketing	05 October 2021
	William Brian, Engagement co-opted	30 March 2022
	Peter Young, Sponsorship, co-opted	30 March 2022
	Lis Shrimpton, Legal, co-opted	30 March 2022
	Jane Batchelor, Marketing &Comms	Resigned 5 November 2021
	Thanh Giang Sinden, Inclusion	Resigned 5 November 2021
Company Secretary	Lorella Medici	Resigned 21 January 2021
	Hayley Cartwright	21 January 2021
Staff Team	Lorella Medici	Chief Executive Officer
	Elizabeth Harvey	Art Programme
	Bally Sembi	Business Assistant
	Karen Lewis	Art Facilitator/Support Worker
Bank	CAF Bank Ltd. 25 Kings Hill Avenue, Kings Hill, West Malling, Kent ME19 4JQ	
Insurers	Markel (UK) Ltd., Verity House, 6 Canal Wharf Leeds LS11 5AS	
Policy Number	CD42569	
	Period of Insurance	02.04.22 to 01.04.23
	Public Liability	£10,000,000
	Employers Liability	£10,000,000
	Professional Indemnity	£250,000
Independent Examiner	Azets Audit Services 3Mc Middlemarch Business Park Siskin Drive Coventry CV3 4FJ	

Chair's Welcome

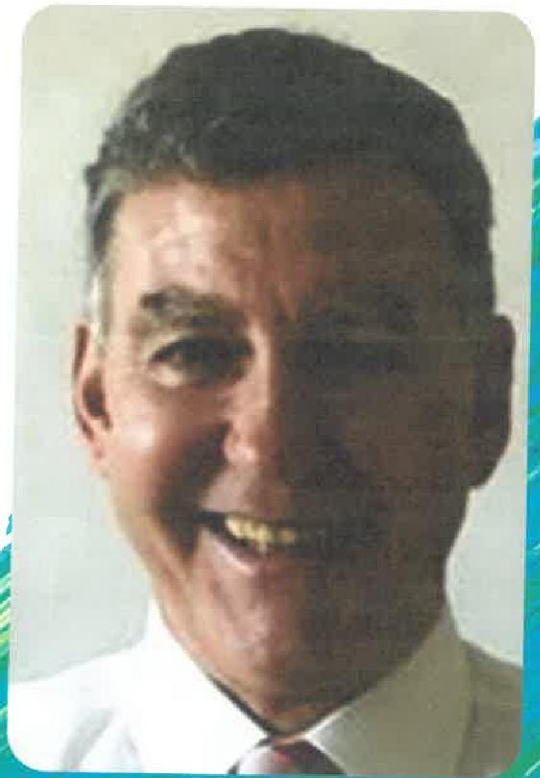
This last year has been another incredible year for Arty-Folks as we reached almost 700 participants through our first Public Health contract commissioned by Warwickshire County Council, Art for Wellbeing.

We were hopeful to be able to resume in-person workshops quite quickly, however, there was no steady-state during 2021/22, in COVID, or our courses. Each quarter required a new approach and our staff team have proved themselves time and time again to be adaptive, resilient and devoted.

We are extremely proud of how closely the programme has met the needs of people in Coventry & Warwickshire and there are two firsts that stand out for me in reflecting on the year. Encouraged by our commissioners to provide preventative support to teachers and NHS workers this was the first time Arty-Folks targeted evening courses to people in employment to help them step back from relentless pressures. Secondly, as restrictions changed and confidence grew, we were delighted to see we could nurture connections formed on Zoom into friendships in face to face 'Arty Meet ups' where small groups of people met, chatted and experienced the joy of being creative together, again!

The Board of Trustees met regularly to support the staff team with the ever changing landscape and with the rising acuity of mental health needs amongst participants towards the autumn. Maintaining focus on high-quality delivery and communicating with stakeholders, we were able to demonstrate the need for amendments to the programme for 2022/23. This could not have been achieved without the strong commitment to gathering qualitative and quantitative feedback throughout the year culminating in an impact report that surpassed our hopes and expectations.

I would like to thank all Trustees for their passion, commitment, and dedication to our mission and their work in strengthening Arty-Folks for the future. In particular, I would like to thank two of our long-serving trustees who are leaving us, Jane Batchelor and Thanh Sinden for their service and Ceylan Thompson and Laura Quirke for joining us.



Though these last 12 months brought many challenges and an exhausting amount of change, I am immensely grateful to be able to draw on such a talented team who have worked through solutions together. I would like to thank all our funders for supporting our efforts and our service users for trusting us to walk alongside them through difficult times. I hope you enjoy reading this Annual Report.

Barry Day, Chairman of Trustees

Chief Executive Report

Honestly, I had hoped the Covid-19 pandemic to be a distant memory by now and to be looking forward to a relaxing and well-deserved summer break, the first one since the outbreak. However, shockwave after shockwave is hitting our already fraught social fabric and wherever you look mental health is wearing extremely thin.

I would have never imagined that 26 years since our 1st workshop we would be supporting around 700 people a year to step back from pressures in life and learn self-care skills through art. We have always struggled to cope with demand but one thing is for sure; mental health acuity and the need for effective non-medical support has never been higher than right now.

For the first time in Arty-Folks' history we have supported key workers, NHS mental health practitioners, teachers, furloughed professionals, people on sick leave, parents working whilst educating their children from home. All were learning alongside people shielding with long-term health conditions and those who had depended on mental health services for support and felt abandoned. Meeting all these different needs has been a huge challenge for our staff team delivering Art for Wellbeing online and I am immensely proud of how they enabled people from all walks of life to learn together, share painful experiences and above all experience a sense of belonging and community when they needed it most.

To some extent, the post-pandemic year 2021 was far harder as we all opened our eyes to how much our lives have changed for good, whether we like it or not. I would like say a huge 'Thank You' to our Board of Trustees for their dedication, loyalty, and invaluable expertise that is helping us slowly regain solid ground and map a new way forward. A very special thanks to our Chair Barry Day who is guiding us with a long-term view and unwavering positivity, and to our Treasurer Ian McFarlane-Toms for bringing colour to dry figures.

I would also like to thank our commissioners Tanya Khera-Butler and Kate Sahota at Warwickshire County Council for always being so warmly encouraging and supportive, Emily van de Venter, Public Health for inspiring us, and Anne Prendergast, CWPT, for her expert guidance around suicide prevention.

Most of all, I would like to express my gratitude to the growing number of participants who are supporting us with donations, art materials, and feedback through our social media channels.

Let me draw your attention to the wonderful artwork our participants have created, and to their heart-warming stories of finding comfort and friendship through our art workshops. It's been a privilege to see their self-understanding grow and their confidence to shape their lives strengthen through the creative process.

Lorella Medici, CEO

Trustees' Governance Statement

The Trustee Directors ("the Trustees") present their report and the financial statement for the year ended 31 March 2022 examined independently by Azets Audit Services, Coventry.

Arty Folks has a Board of eight Trustees, led by our Chair, Barry Day, who bring a wide range of skills to the charity. The Trustees confirm that, in the carrying out by Arty-Folks of its activities, and in the exercise of their powers and duties as Trustees, the Trustees have acted in compliance with their duty to have regard to the Charity Commission's public benefit guidance. A Register of Interests, Hospitality and Gifts received by Trustees and employees is maintained. All Trustees elected at Annual General Meetings may serve for a maximum term of four years and shall then be eligible for re-election.

All Trustees agree to comply with a Code of Business Conduct. Whilst conflicts of interest are rare, the Board is aware of the need to always be alert to both real and perceived conflicts and the Board has adopted a policy of considering all potential conflicts at each Trustee Board Meeting.

Our Board of Trustees is very clear about our purpose, our mission, vision and aims and the impact we are seeking to make. All Trustees take part in an induction programme which was updated this year prior to a new Trustee joining the Board and all have the opportunity to take part in regular training opportunities. The Board is usually scheduled to meet monthly, with formal agendas and papers issued in advance for consideration by Trustees. Draft agendas are set by the Chair following discussion with the Company Secretary and Chief Executive Officer, and Board meetings are formally minuted.

Trustees monitor all key strategic and operational risks quarterly at board meetings and high risks at every board meeting. Risks are scored based on their impact and likelihood both before and after the impact of mitigating actions. The execution of operational plans is delegated to employed and remunerated managers who are generally invited to Board Meetings to update the Board on operational performance.

The Board monitors financial performance at each Board Meeting as well as operational metrics and agrees any actions which need to be taken. The start of the financial year, April 2021, was hugely challenging with projects and grants to deliver services halted or cancelled due to the emergence of Covid-19. Throughout this most unusual time, the Board focused on supporting the staff team delivering the service and activities to support the most vulnerable and isolated of our Arty-Folks family as well as the financial sustainability of the charity.

"I always wake up on a Tuesday morning looking forward to my art class after a hard days work, and after the class I sleep really well as I feel totally relaxed!"

Arty-Folks' staff team is supported by peer volunteers and there is a strong programme in place for the support and supervision of all volunteers, with a number of policies specifically approved by the Board for such purposes. Formal processes are in place for every volunteer and employee to raise a concern if they wish to do so. All users are encouraged to complete service satisfaction questionnaires and we have an approved complaints process for users of our services.

In November 2020 following a series of business planning meetings the Board set strategic targets and priorities for 2021-2024 with a focus on diversifying income streams and extending our service offer to wider wellbeing activities.

The Board also follows an agreed programme for key policy review and, in that regard, reviewed the following policies in 2021/22

- Equality & Diversity
- Safeguarding policy&procedures
- Expense policy
- Induction policies (Health questionnaire and Occ Health assessment)

The reserves policy is set at 4 months of operating costs. Additionally, designated funds of £10,256 continue to be held in the event that the lease on Eaton House is terminated and that the landlord exercises the right for us to vacate within 28 days and relocated to suitable premises.

The Board has appointed Azets Audit Services as its external examiner. Their report is appended.

Thank you for today and for all of your support last year, not sure I would have got through in one piece without Arty Folks.

I have really benefitted hugely from your art therapy approach, as someone who struggles to express emotion verbally talking therapies are not for me (I have tried them).

It has been quite a journey to understand its not the product that matters but the feelings. Now I have had my epiphany I will carry on.

I definitely enjoyed my first experiments with watercolour and this is my 'in the now' interpretation of looking into my garden and the crab apple tree I love so much. It felt quite free making it.

Mission and Vision

Charitable Objects

'To relieve persons living with mental health conditions or suffering emotional distress by assisting such persons to realise their full potential and lead fulfilling lives through the provision of visual arts and wellbeing related activities.' We focus our support on adults 18+ of working age in Coventry and Warwickshire.

Our Mission

To inspire adults with mental ill health through the creative process to regain self-belief and take control of their personal journey to recovery alongside their peers.

Our Vision

People in Coventry and Warwickshire will feel empowered to own their mental well-being and will realise their potential.

Our Aims

- **Reduce social isolation and loneliness.**

People feel anchored in the community and enjoy being part of social networks.

- **Inspire people to achieve stability and self-manage their mental health conditions.**

People are able to maintain a lifestyle that is conducive to good mental and physical health.

- **Unlock people's creativity for self-discovery and confidence to live purposeful lives.**

People are more able to talk about, understand, and own their mental health and well-being and are ready to live self-motivated and productive lives.

- **Build resilience for social, community, and economic engagement.**

People are able to withstand knockbacks in life and will embark on their vocational choices.

- **Foster art for mental health and community wellbeing.**

People will understand mental ill health as a normal occurrence in life that can affect anyone at any point in their lives.

Our Beneficiaries - Art for Wellbeing Warwickshire

• Adults with low to moderate mental health needs who live or work in Warwickshire, including people in employment, people shielding with physical ill health, people working from home, the elderly, parents, the unemployed or unable to gain employment, teachers, NHS key workers.

Our Beneficiaries - New Perspectives Coventry

• Unemployed adults with moderate to severe mental ill health diagnosis including anxiety, OCD, psychosis, PTSD, schizophrenia, eating and other personality disorders who are seeking to start education, training, or employment.

"The days these courses run are the only days I feel calmer than I do after taking benzodiazepines which I think is testament to just how much you are helping people and how much of a positive impact you have on the world."

Activities Report

We set the following ambitious Strategic Priorities for 2021-22

- To deliver Art for Wellbeing Warwickshire (former Creative Arts on Referral), a programme of courses and workshops to the highest expectations of ourselves and meeting funders and gain 12 months continuation funding Warwickshire County Council targets in full.

- To support over 600 service users each year through an extensive programme of art and wellbeing courses delivered online and in-person in community venues across Coventry and Warwickshire
- To gather data consistently through the service and work with Coventry University to evidence the impact of Art for Wellbeing Warwickshire through research, measurement and monitoring.

- To increase social media presence across Warwickshire and reach more participants in rural areas

- To further develop in-person service at our art studios for Coventry residents.

- To develop the on-line programme further and establish it as a permanent part of our service

- To ensure Covid-safe delivery of in-person activities and protect staff and participants

Since our foundation 1995, Arty-Folks was based in Coventry and focused on empowering adults with severe mental ill health on their recovery journey and we have run an uninterrupted service since even through the pandemic, a track record we are particularly proud of. Traditionally, we have supported around 150 unemployed adults with severe mental ill health per year through face-to-face and progression focused creative engagement.

January 2021 marked a significant shift and expansion of our service when we were commissioned by Warwickshire County Council to deliver Art for Wellbeing Warwickshire (Creative Arts on Referral) to support the wellbeing of adults with low to moderate mental health needs across Warwickshire. During this 2.5year programme of courses and workshops we will be engaging 1,600 participants and deliver 145 six-week courses.

For the first time in our history we have offered preventative, early intervention and crisis support all at the same time to people of all economic backgrounds which included school teachers, employees, parents and carers, Council employees, NHS key workers, IAPT therapists and voluntary sector staff, alongside those unable to work due to mental and/or physical ill health.

Our staff team faced the considerable challenge of delivering courses online as well as in-person across a large geographical area, while at the same time learn to meet the different cognitive needs and accommodate a huge range of time constraints, creative ambitions all at the same time. During workshops it was apparent how the Coronavirus pandemic had taken its toll on all sections of society. Many broke down in tears during workshops, expressed their fears and sorrows, their doubts and confusion, and staff feared most for those who felt abandoned by services they had depended on. It is worth reminding ourselves that waiting times for NHS services particularly in mental health were, and still are, enormous, putting many at risk of relapse and suicide.

During this financial year, we focused on the delivery of two services:

- **New Perspectives,** a 6months project funded through Groundwork UK European Social Funds and is now in its 3rd year supporting participants into education and employment. Without a doubt, this has been the most challenging year due to the ongoing Covid-19 uncertainties as well as how social isolation had impacted on peoples' mental health.

- **Art for Wellbeing Warwickshire.** We are pleased to report on our first 15months of delivering Art for Wellbeing Warwickshire, a 2.5year programme of courses and workshops for adults 18+ with low to moderate mental health needs commissioned by Warwickshire County Council Public Health.

Additionally we have supported a range of Partners:

- Coventry & Warwickshire Recovery and Wellbeing Academy is a partnership of local organisations offering a wide range of free courses and workshops. As one of the first delivery partners, Arty-Folks started running the course Art for Relaxation in 2017. During the 1st year of the pandemic we were the ***only*** active partner and this year we were the ***most*** active partner.
- Health Exchange Social Prescribing;
- NHS and Warwickshire County Council; we've run numerous wellbeing workshops for key staff to help them manage stress level and encourage them to practice self-care
- Groundwork UK; we ran a workshop for refugee and immigrant parents at two Coventry schools in deprived neighbourhoods
- CRASAC; we worked 4 evenings with a group of survivors of sexual abuse and supported them to create artwork for an exhibition celebrating the Coventry charity's 40th anniversary
- Bounceback Foods; the group of members at our Coventry studios created artwork for 'Secret Dishes around the World Vol.2'
- Carers Trust Heart of England; we ran the Mindful Crafts 6-week course for a group of carers in Leamington and in Coventry
- Change Grow Live (CGL); we ran a workshop at the Volunteer celebration event at Fargo Box
- Linking Futures, Nuneaton; we ran a workshop for unemployed young people (NEET)

Stakeholder engagement

In this financial year we have considerably stepped up activity across all online platforms to reach and engage people across Coventry and Warwickshire.

- website www.arty-folks.org.uk; 17,012 page views
- Facebook/Arty-Folks reach: 76,195, page likes increased to 1556 and followers to 1811
- Instagram/Arty Folks reach 4,299 and followers increased to 973
- Twitter; 819 following and 949 followers
- Mailchimp; 1,090 subscribers

New Perspectives

New Perspectives funded through Groundwork-European Social Funds was in its 3rd year.
This 9-months project aimed to enable a small group of our most vulnerable participants to access volunteering, education, training or employment. Through a flexible but structured programme of art therapy and 1:1 support the project helped participants regain self-belief, take control of their personal journey to recovery, and take steps towards chosen career paths.

Total 57 participants engaged online and in-person at Eaton House

Participants formally enrolled on ESF and attending in-person at Eaton House:

- 10 long-term unemployed and struggling with complex physical and mental health challenges that were impacting on their career prospects.
  5 participants from Coventry and 5 living in Rugby or Nuneaton

Participants ineligible for ESF and attending on Zoom:

- 47 participants demonstrating moderate to high mental health needs through WEMWBS scoring
  17 were in employment and so ineligible for ESF
  4 were retired or too close to retirement age to consider career routes
  5 were previous ESF participants.
  21 did not feel able to consider returning to work

Demographics of participants enrolled on New Perspectives

- Gender: 9 female, 1 male
- Sex: 7 heterosexual, 3 non-binary
- Age: youngest 17 and oldest 60yr old
- Ethnicity: 1 Chinese, 9 white British
- Domicile: 5 Coventry, 2 Rugby, 3 Nuneaton
- Educational achievements: no qualifications at all to Master degree
- Employment history: unemployed between 2 and 5 years
- Digital skills:: two participants had no previous experience using online platforms

"Thank you for clearing the fog, and helping me make sense of these feelings and experiences. I understand now why I feel this way and I don't feel overwhelmed anymore."

The Participants journey included:

- attending weekly 2hr therapeutic Creative Peer support group at Eaton House art studios they were able to attend on Zoom or in the Room.
  Art activities structured into 4-6 week projects to develop self-awareness, communication skills, and increase confidence in their own strengths and abilities that are transferable and desirable in the workplace.
  Creative projects included collage, painting with acrylics, water colour, drawing, sculpture, and illustrating a page for Bounceback Foods book 'Secret Dishes around the World' vol.2,

- building personal art portfolio evidencing their creative skills to access formal Art education in colleges or University.

- 1:1 with our Mental Wellbeing Coach to explore life experiences that have led to negative self-beliefs and fixed mindsets, to identify practical barriers to progression and to create an action plan fulfilling their ambitions and opportunities for change .

- Weekly 1:1 or group with Arty-Folks Support Worker to act on plans including
  -resolving immediate issues such as benefits, finances, and housing.
  -referring to specialist agencies for support, for example counselling or debt advice
  -arranging accredited basic skills training such as IT, numeracy, and literacy
  -writing a CV that recognises and values clients' skills and experiences
  -supporting job searches, applications, and references
  -supporting transition into volunteering, employment, training or education

"During Covid I felt so lost, hopeless, lonely. I was overwhelmed and I withdrew into myself into such a dark place.

Your workshops helped me to rediscover myself, to find some joy, and be ok with the uncertain journey as I can now see possibilities!"

Participants Needs and Baseline Data

New Perspectives this year has been without a doubt the most challenging because participants we enrolled had diagnosed substantial mental illnesses that had considerably deteriorated during the pandemic. Many had became trapped in Covid-related health fears and unprecedented levels of social anxiety made career routes just unimaginable and far too risky to even be considered.

For our staff team supporting the 10 participants enrolled plus those who were unsuitable or ineligible became a real rollercoaster ride. How they overcame the obstacles and resistance they met every step of the way is a testament to their skills, patience, and perseverance.

Participants displayed a whole array of complex and interdependent issues including

- Mental health illnesses included anorexia, personality disorders, psychosis, schizophrenia, bipolar, social phobia
- Physical health issues included clinical obesity, fibromyalgia, alcohol and drug addictions
- Inter-personal skills: aggressive or narcissistic behaviours to most empathic and supportive.

New Perspectives Participants self-assessments

Life domain	Lowest baseline scoring	Average baseline scoring	Average scoring at service exit
Overall Health & Wellbeing	39%	63%	70%
Hope & Direction	25%	63%	68%
Meaningful Use of Time	35%	49%	72%
Motivation&Responsibility	20%	47%	55%

"I had never really done much art before and I'm not sure if I would have ever tried it before Covid.

It really surprised me that I could use art as a way of exploring how I'm feeling, to access my subconscious and to better understand my own wants and needs."

New Perspectives Impact

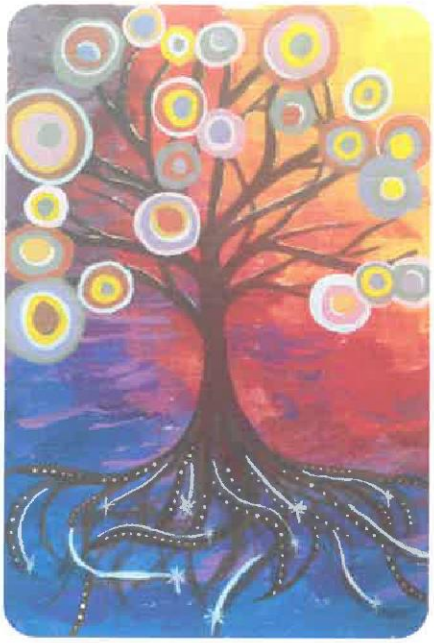
The 1:1 support participants required was far more intense than we could have anticipated as many expressed ambitions at start but when it came to taking the final plunge, most reverted back to a place of perceived safety. However, as we were able to focus on a small cohort of 10 participants, we were able to provide the person-centred support participants needed to make considerable progress in their mental health as well as their career development.

10 Participants formally enrolled on ESF:

- 3 overcame their alcohol addiction
- 2 resolved their debt problems
- 1 young care lever moved into her own home in the community
- 5 assumed caring roles of family members
- 2 started the Foundation in Art&Design at Coventry University, and on completion both have been offered a place on Degree courses
- 1 started an MA
- 2 people gained part-time employment
- 3 started volunteering in the community
- 9 participants discharged from mental health services
- 1 participant is still persevering with intense borderline personality therapy with the NHS and has not resumed self-harming behaviours.

"I've really enjoyed being part of our little community. I felt safe to share and explore my dark thoughts and it's helped me be more open and sociable."

New Perspectives - Case Studies



Participant struggling with anorexia and autism.

She attended very reliably and showed great creative potential but she didn't feel that she could cope with a full-time course like the Foundation in Art&Design. She began volunteering and was running a small craft group in her local community with our support which she thoroughly enjoyed. Growing in confidence, she applied and was offered a part-time job with a local charity but unfortunately at interview stage they changed the job description, adding more different tasks to the role which then became more of a full-time position.

The disappointment of this experience led to a relapse in January she was able to come through with the support of family and friends she made at Arty-Folks. In fact, this is the first winter in 5years that she has not been hospitalised and she feels much more hopeful for the future.

Participant suffering depression after a failed contract with builders left her without a kitchen and bathroom and without finances. She had fallen into a deep depression but through our art workshops she rediscovered her love for crafts and her mood began to lift slowly.

We accompanied her to numerous job fairs and she upskilled herself taking advantage of training on offer. She was offered casual part-time hours but didn't feel able to take the step as she is considering caring full-time for her elderly father.

Participant had just started a very intense mental health therapy with the NHS and felt very confused, anxious, and distressed about her diagnosis. She had not left the house for 4years and was suffering with extreme social anxiety.

She attended our workshops at our studios regularly and began volunteering at our online classes. She started a 12-week Peer Support Worker training course offered by the NHS and she is now much more able to communicate and interact with other people.

New Perspectives - Case Studies

Participant had no formal qualifications at all and suffered a mental breakdown at work.

From the start she attended regularly and showed great creative potential albeit some mental rigidity and resistance to change. Gradually, she came to understand that training and education does not neatly and directly need to lead into a job, that upskilling is in itself valuable and opens doors to new opportunities.

As she was so unaccustomed to learning she could not understand how the Foundation in Art & Design course at Coventry University would be able to improve her position. We supported her to enrol despite all her reservations and she gained an unconditional place to study both at Rugby College and at Coventry University.

She chose Coventry University and completed this level 4 course with distinction. At present she is working and studying at Coventry University.

Participant suffered with long-term unemployed with fibromyalgia and mental ill health.

She was very challenging to motivate at first but then attended regularly and became keen to improve her creative skills. She was surprised that somebody could study at her age and even more surprised when she gained a place to study Foundation in Art&Design at Coventry University.

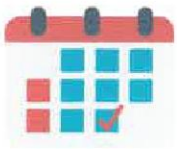
She completed this level 4 course with distinctionand has now enrolled on BA Hons Photography at Coventry University.

Art for Wellbeing - Overview

Art for Wellbeing is a 2.5year programme of courses and workshops funded by Warwickshire County Council aimed at people with low to moderate mental health needs across all demographics and socio-economic backgrounds. We ran the first workshop, Come Connect, on January 11th 2021 and by the end of this financial year 688 participants had enrolled on at least one of the 91 courses we offered.

688 Participants engaged

91 Courses delivered



19% registrations through the Recovery&Wellbeing Academy

28% referred by Professional

81% registrations through Arty-Folks website booking system

72% self-referring

81% of participants enrolled through our website booking system which proved to be highly effective and efficient https://arty-folks.org.uk/whats-on/calendar/. The majority found out about our courses through Facebook marketing.

At start of the 2021, most participants were on furlough or working from home, and their WEMWBS scoring showed mild to moderate mental health needs. As the year progressed, people in employment struggled more to fit in self-care into their working life and increased stress levels became evident in attendance as well as participation. Many attended during working hours and often prided themselves in 'multi-tasking', for example attending a webinar at the same time as attending our workshop and also supervising their children at home.

Statutory professionals like key workers and teachers were rushing around and were often very late into the workshop which was disruptive for other participants but also for staff who needed to help them catch up while others were waiting. Others cancelled attendance in tears because their workload had increased, they were covering for colleagues, or were caring for parents whose health had deteriorated, were looking after grandchildren, etc.

The impact of Coronavirus on people's mental health and wellbeing hit the peak September-October when furlough and benefit top ups ended and became more apparent and acute as the year progressed . Our staff became increasingly concerned about the number of participants who did not engage in conversations and remained unresponsive (no mic, no video, not using chat box) which then affected the confidence of other participants ("I don't know who is hiding behind that blank dark square.")

Participants WEMWBS data during that quarter showed that the number of participants recording **high levels of mental health acuity doubled from 36 in previous quarters to 76 participants.** Diagnosed conditions participants disclosed included psychosis, paranoid schizophrenia, eating disorders, bi-polar disorders, PTSD, OCD, panic attacks, and severe emotional disturbances that were noticeable even on Zoom. It is worth noting that Art for Wellbeing is open to anyone in Warwickshire and that we do not have access to substantive information on participants health and wellbeing.

Mitigating Risks of Suicide

During workshops many complained about being in crisis but not being able to access NHS mental health services and about 8-12months waiting times, and most alarmingly some disclosed suicidal thoughts and suicide attempts. Particularly during day-time workshops participants shared their worst fears and devastating losses of health and loved ones, of identity and purpose in life, personal stories of shattered hopes, dreams, and ambitions. Often participants cried together, reassured each other, encouraged each other and found solace in the knowledge that they were not on their own.

From September onwards, the need for 1:1 support grew enormously and staff became concerned about managing suicidal risk appropriately. Our staff struggled at times to keep the group focused on positive conversations and creative learning, and particularly leading up to the 2nd lockdown it became evident that many were struggling with suicidal thoughts.

During October and November'21 **all our staff completed Suicide Prevention training led by the NHS Coventry&Warwickshire Partnership Trust** and as a result reported feeling more knowledgeable and confident approaching participants at risk. However,. as the programme was designed for low to moderate mental health needs, staff still felt that the programme needed tailoring to the need that presented itself or consider implementing a mechanism to 'filter' and 'select' which would in effect exclude high risk participants.

November '21, we met with Anne Prendergast, CWPT Suicide Prevention Lead and Tanya Khera-Butler, our Commissioner to discuss staff concerns and gain advice on how we should move forward. Anne strongly recommended reducing groups to max.6 participants and to increase pre-course screening to identify those with higher mental health needs and assess whether they are suitable for this programme.

Mindful of the need to safeguard participants as well as staff we have taken Anne's advice to increase pre-course communication with participants and reduce group size, but our staff team was not willing to exclude people at risk when they needed support most. Instead, we decided as a team to provide more 1:1 support to resolve practical issues, provide signposting and information about other opportunities, and to refer to specialist voluntary sector partners such as Social Prescribing, Carers Trust, counselling agencies, benefit advice, etc. .

On 26th November 2021 we met with Commissioners Tanya Khera-Butler, Kate Sahota and Emily van de Venter and it was agreed to reduce group size to six (rather than 12 previously) to enable staff to respond appropriately to risks. Staff will be allocated more time to respond to safeguarding issues when they arise and ensure participants receive timely support to prevent self-harm, self-neglect, and suicide.

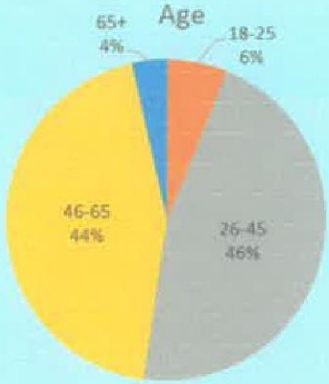
Liz Harvey, course facilitator:
"The way people supported each other in our courses has been heart-warming. At times we forgot we were in a Zoom and we felt so close, protecting, nurturing, encouraging, melting away the digital divide. These dark times have really made people's humanity shine."

Participants: who we reached

Age range

The programme is designed for adults 18+ of working age and data shows we are reaching a good age spread.
In future, we will be looking to reach more young people 18-25yr old.

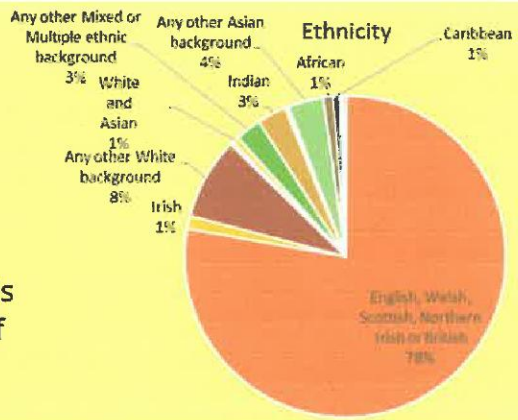
Note that we do not offer places to children and young people at our courses.



Ethnicity

We are reaching people of very diverse ethnic backgrounds.

22% of participants are of non-White backgrounds which is extremely high considering that 95.9% of Warwickshire's population is White British.

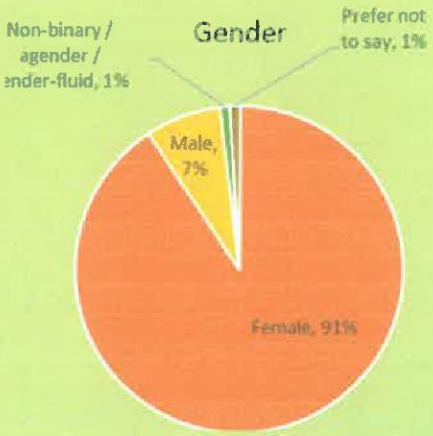


Gender

The majority of participants were female as expected.

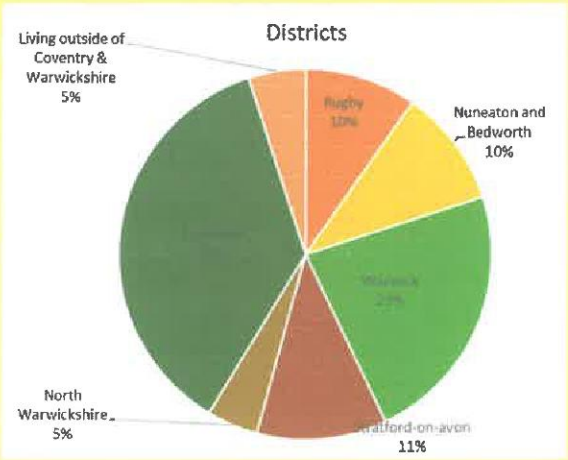
The only course we ran that attracted more men than women was the Stone Carving course held outdoors at The Kenilworth Centre in April.

Participants' feedback highlighted that in general men still perceive participating in health and wellbeing activities as a public display of weakness, if not failure.



Stone Carving course Kenilworth April 2021

Locations

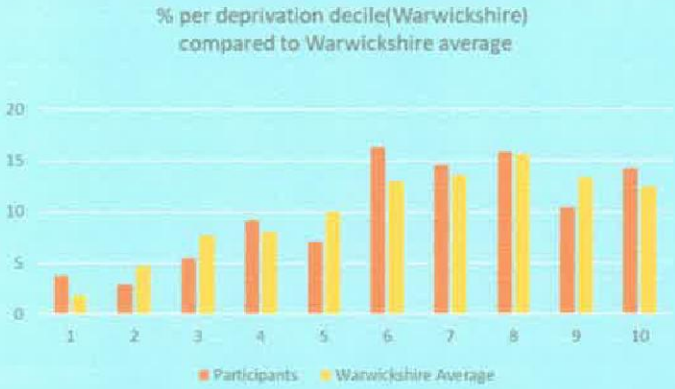


64% participants were living or working in Warwickshire and 36% were from Coventry.

The small number of participants who live out of area were confirmed to be working in Warwickshire.

As part of our contract requirement, participants enrolled through Arty-Folks and the Recovery Academy which admits Coventry and Warwickshire residents equally. We focused our marketing to the North of Warwickshire, and in particular on Bedworth and Nuneaton.

Areas of Deprivation

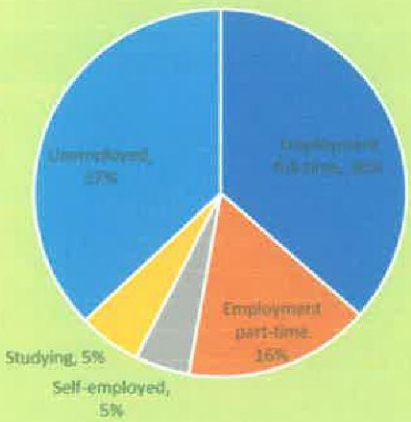


We reached people across Warwickshire, and most importantly in the more deprived areas (deciles 1-5)

Those living in the more affluent areas (deciles 6-10) were predominantly living in South Warwickshire and were in full-time employment, such as NHS or local authority staff, key workers, and educational staff.

Moving forward we will continue to focus on North Warwickshire and engage more people living in deprived neighbourhoods (MD deciles 1-3), areas that have been hardest hit by the pandemic in terms of social or creative provision.

Economic Activity



We ran bespoke courses and workshops for people in employment, for educational staff, and local authority and NHS key workers.

NOTE: the number of participants attending who were in full-time employment reduced significantly in Quarter 4 Sept-Dec when furlough ended and more people returned to office-based working.

NOTE: 13% of participants were carers and 30% were parents. Participants in part-time employment often took on additional responsibilities such as caring for elderly parents or grandchildren.

Reasons for enrolling

What is the main reason you are attending this course?	No. of participants
I am attending for professional development	15
I want to de-stress and feel better in myself	**255**
What is the main reason you are attending this course?	64
I want to learn new art skills and achieve something	128
I want to meet people and socialize more	27
Total number of Art for Wellbeing participant responses	**489**

Participant, 35years old, furloughed
"I should have enjoyed lockdowns more but it felt like everything was spiralling out of control. I was scared to lose my new job, my kids were always on the play station, my parents got very ill, and my wife was already burdened with hers. I just didn't know what to do with myself. I was stressed to breaking point and didn't know how to relax."

Participant, 35years old, primary school teacher
"I enrolled because I needed to distract myself and I needed something positive to do. School wants me back in September but I am too scared to catch Covid and bring it back to my mum who is struggling with cancer. My health anxiety got so bad that I couldn't even get out into our garden."

Participant, 35years old, shielding
"I have severe asthma and it is doubtful I could cope with getting Covid. I used to run a knit and natter group at my local library but it has all fallen apart. I have never felt so depressed, lonely, forgotten and useless in my life and I could feel my mental health slipping again. I enrolled to learn new skills I would hopefully be able to use in future, and to meet other people."

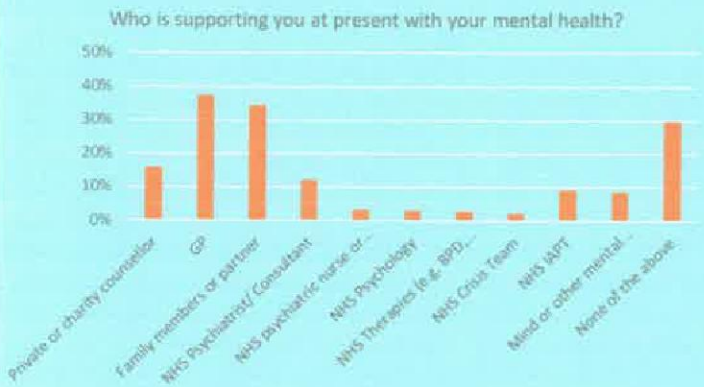
Participant, 35years old, single
"I had only just moved in and I don't know anybody. I live on my own and I work from home. I don't have any family in the UK and I haven't had the chance to make many friends. I also have Aspergers which makes everything so much harder. I joined when I realised I was thinking seriously about suicide."

Mental Health Needs

Art for Wellbeing is intended to support adults with mild to moderate mental health needs and to be openly accessible without prior assessment of suitability. Participants are invited to provide a self-assessment of through online questionnaires at start and end of courses. Note that Arty-Folks does not receive any medical data or information from NHS and health care providers.

However, we collect a lot of data through questionnaires that helps us better understand people's ability to engage at point of entry, to ensure we signpost and refer participants with needs and expectations we are not able to meet, and for tutors to be able to support the individual and manage group dynamics during sessions.

Participants use of mental health services



At start of programme 36% of participants were self-managing their mental health but we have seen a reduction to 28% by September.

From September more people were referred to us by NHS acute mental health services like the Crisis/Home Treatment Team as well as hospitals referring their patients to us for 'occupation' while they are waiting for further therapies.

Participants use of medication for mental health

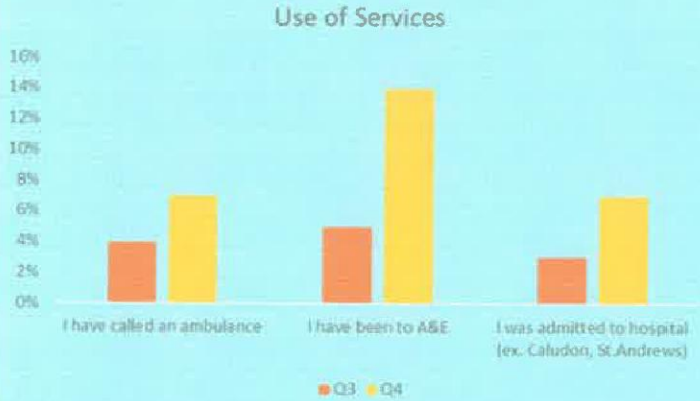
Nearly half of participants were taking medication to manage mental stress during 2021.

Note the discrepancy: 52% were taking medication while 28% claimed **not** to require medical support or interventions. Our understanding is that many are taking anti-depressants and sleeping pills they can buy over the counter or online and do not recognise poor sleep as a mental health issue.

Note that it is not within the scope of this programme to reduce the need for medication.

Note: The above two graphs are based on 308 responses.

Participants use of emergency services



Note: We will ensure that from January onwards participants can only attend one course at a time, and only on successful completion will be able to enrol on another course.

September-December we saw a 10% increase of participants who told us that they had visited A&E following self-injury, overdose or suicide attempt.

More participants expressed their frustration of being put on waiting lists and not receiving support when they needed it most.

This resulted in participants booking on multiple courses to fill their week which reached unprecedented levels in November.

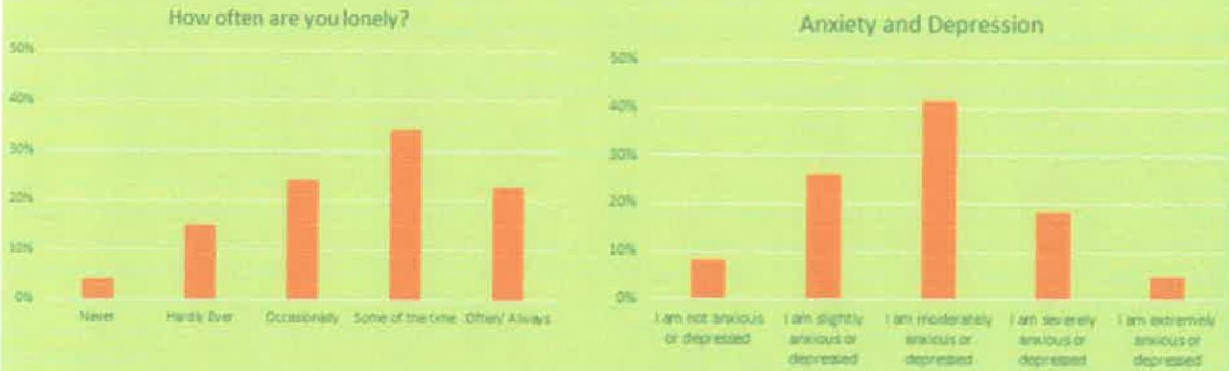
Participants anxiety, depression and loneliness

The majority of participants say they are 'moderately anxious or depressed' and lonely 'some of the time'.

23% participants are 'severely anxious or depressed' and 57% say they are 'often or always' lonely. From discussions with participants, we understand that those with long-term physical or mental health conditions have become extremely isolated during the pandemic. Our data shows that 47% of our participants say they have some form of disability including autism and of those 16% state their conditions are 'enduring'.

Through Art for Wellbeing we enabled people to connect to others and reduce their isolation. Their self-reported course satisfaction data shows that their mental health and wellbeing improved as a result.

Loneliness, anxiety and depression



Note: Both the above graphs are based on 319 responses.

Menu of Courses and Workshops

We pride ourselves on the person-focused support we provide to all participants, right from the start. Participants come with a vast range of creative abilities and mental health concerns. Our tutors are expert facilitators and enablers of conversations that help people break out of social isolation and bond with like-minded people. This person-centred approach is essential to connect with participants, ensure they attend regularly, and feel they are a valued member of the group.

Participants with higher mental health needs scoring WEMWBS below 20 points are contacted by our Wellbeing Coach to ensure they are in contact with services. We refer to specialist partners to resolve socio-economic issues including domestic violence, housing, benefits and debt advice, and to Social Prescribing partners.

TASTER WORKSHOPS

Come Connect, 1hour workshop to gain an overview of what we offer.
Lunch & Learn, 30 minute workshops for employees looking to break up the working day.

BEGINNERS

Art for Relaxation, 3-weeks or 6-weeks, introducing participants to effective creative techniques to reducing stress and promoting a calmer frame of mind.
Healing Art of QiGong, 3week or 6-weeks, moving meditation designed to promote physical and emotional health and harnessing the creative process to harmonise body and mind.
Painting for Pleasure, 6-weeks, step by step instruction to build essential skills for acrylic painting and explore painting as a hobby.
Winter Crafts, 3-weeks or 6-weeks, creating festive objects with simple household materials or natural materials gathered on a walk.

INTERMEDIATE

Passion for Plants, 6-weeks daytime or evening, a very popular course inspired by artist Georgia O'Keefe and Victorian Botanical Artists. Participants learn to collage, draw and paint from observation and use their passion for plants to express themselves.
Stone Carving, 4-weeks, in-person and outdoors at the Kenilworth Centre, led by local Leamington artist Amanda Randall. Participants learnt stone carving techniques and designs inspired by nature.
Woolly Wonderful, 6-weeks daytime and evening, for people who enjoy crafting and making things. Participants complete 6 projects including crochet, Mexican weaving, dream catcher and macramé.

ADVANCED

Uniquely Vincent, 6-weeks daytime or evening, learning Van Gogh's approach to landscape painting, and application techniques with acrylics to create depth and movement.
Fine Art to Wellbeing, 3-weeks or 6-weeks, exploring creative techniques to self-reflect and raise self-awareness of obstacles and opportunities for personal change.
New Perspectives, 6-weeks daytime, a Creative Peer Support group for participants whoare looking to start volunteering, employment or education.
Monthly Art Meet Up, 1.5 hour workshop Sunday evening, attended by course graduates to share skills with other creatives and help each other to keep arts practice fresh and vibrant.

Participants Feedback

I've enjoyed doing more painting on my own since! Very good for my wellbeing on these miserable days! (FT emp.&parent)

I can't believe I've actually finished and accomplished something I am proud of. (shielding)

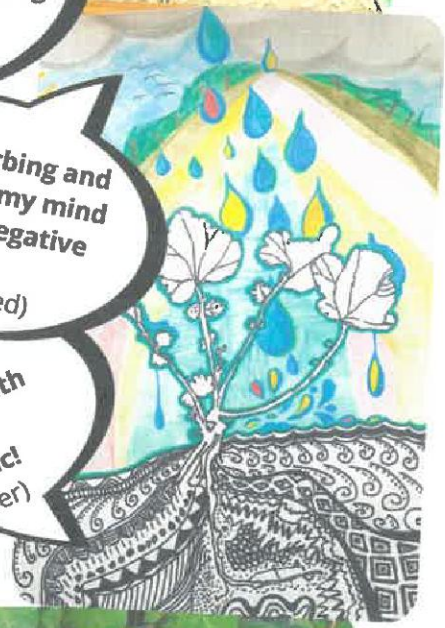
It's helping me structure my day more. Not to be needed anywhere for anyone is really hard. (cancer patient)

It's so absorbing and really takes my mind off all the negative news. (furloughed)

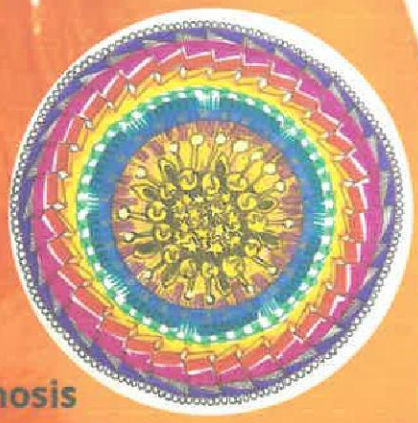
It's been wonderful listening to everybody's story. Thank you! (FT employee)

The art and mental health combo is magic! (teacher)

I have learnt so much about myself, truly life-changing. (enduring mental ill health



The journey of A.S.



58 years old from Nuneaton suffering with chronic health conditions and Psychosis

A.S. was referred to Art for Wellbeing by Health Exchange Social Prescribing. We were informed that A.S. has a smart phone but had never used online platforms before. We called A.S. who also confirmed that **"I am not arty at all.** I haven't done anything since school and I wasn't good at drawing even then **but I'm willing to give anything a go.** I haven't spoken to anyone for days and I'm wondering what the point of me being here is."

We helped A.S. enrol on 'A Passion for Plants' 6-week painting course and we supported her 1:1 to learn how to use Zoom. A.S. completed an online questionnaire at the start of course and scored 13 points out of max.35, demonstrating severe mental ill health (rather than low to moderate) A.S. was contacted by Arty-Folks Wellbeing Coach for 1:1 discussion to gain a better understanding of her mental health needs and the support she is currently receiving.

"My prescriptions had stopped suddenly and I became very ill. I had absolutely horrendous hallucinations and horrible intrusive voices and thoughts. I had lost interest in everything, didn't get dressed, didn't shower, didn't bother with eating, I laid on the settee and left the back door open for the dogs. I felt numb, no emotion, dead on the inside. **I felt I was better off dead and my voices agreed, and so I took an overdose, but then called the ambulance.**

I had never used Zoom before but Arty-Folks staff helped me and now art has become a big part of my life. Gradually over the weeks the blackness started to lift and positive emotions came back. **I enjoy my life now and I've made new friends and we do things together, positive and healthy things like walking and Tai-Chi.** I hadn't been in Nuneaton town centre for 2 years but now I meet my arty friends at a café and it has lifted my self-esteem. I can be creative and I'm enjoying it, and that's all that matters. I've never done so much art in my life! "

Course tutor: "A.S. always attended and did her best but she was very conscious that her artwork was not as experienced as other participants'. It took her a while to appreciate that everyone has a different starting point and that what mattered was the openness to learning. The peer group was fantastic and I still remember the day when it finally clicked and A.S. visibly enjoyed being creative, being herself. She has since created some really quirky and original pieces of work!"

A.S. was discharged by mental health services. She is now enjoying a full week of rewarding activities with friends she has made through Art for Wellbeing courses, and she is able to deal appropriately with challenges and set-backs in life.

Art for Wellbeing Impact data

Arty-Folks has long-employed the use of WEMWBS and other recognised scales for measuring change when working with adults experiencing mental health problems. To assess the impact of Art for Wellbeing, Arty-Folks is using the 7 item Warwick-Edinburgh Mental Wellbeing scale (WEMWBS) which has been widely adopted for use in clinical and non-clinical settings for outcome measurement.

The WEMWBS scale ranges from a low wellbeing score of 7-19, a moderate wellbeing score of 20-27 and a high wellbeing score of 28-35. The questionnaire is simple to complete and participants rate themselves on their mental wellbeing at the start and end of every 3 and 6 week course.

This programme is aimed at participants scoring above 20 points who are classed with low to moderate mental health needs and who are expected to fully benefit from short-term creative interventions. An increase of 3 or more points during the programme is considered to be a meaningful positive change. The impact of this Art for Wellbeing programme will be fully evaluated by Coventry University.

35% of participants showing a significant positive change.

Highest improvement by Demographics

- Participants 26-45yrs old show a mean increase of 2.76 points
- Male participants show a mean increase of 9 points!

Highest improvement by Economic Activity

Participants who were in part-time employment
- showed a mean increase of 3.8 points
- (compared to 1.3 for those unemployed)

Participants in part-time employment have the time and ability to enjoy their new learnt skills and benefit the most over this short time period.

Highest improvement by Reason for Enrolling

Participants who answered: I want to meet people and socialize more
- showed a mean increase of 5.7 points
- (compared to 1.0 for those want to improve their weekly routine
- This demonstrates that participants are able to connect well and at a deep level even within the digital space.

Highest improvement by use of Mental Health services

Participants who do not receive professional support
- showed a mean increase of 2.34 points
- (compared to -0.25 for those using NHS therapies)

Participants under acute NHS services are in general not able to engage in learning. This is expected as the courses at Arty-Folks are not a replacement to treat seriously ill patients identified for NHS clinical support.

The Journey of C.W.

62 year old from Nuneaton, was diagnosed 8 years ago with a terminal health condition that started her depression. Until then, C. used to make a living as an art tutor specialising in water colours. C. first attended A Passion for Plants and subsequently the Healing Art of QiGong.

"I could cry. Art was my life! And then it was all gone. This horrible illness took it all away from me and Corona just put the cherry on top. I felt so depressed that I stopped being creative and I felt like a failure. Yeah, I don't know how prisoners do it, but I suppose they have got a release date!"

For 8 years now I've had to refuse social contact and it really got me to breaking point. I knew I had reached the bottom and I just didn't know how I was going to get back up. My son always says "Mum, you're a trooper" but I really feel like the troops have left me and I'm dealing with this dreadful illness alone.

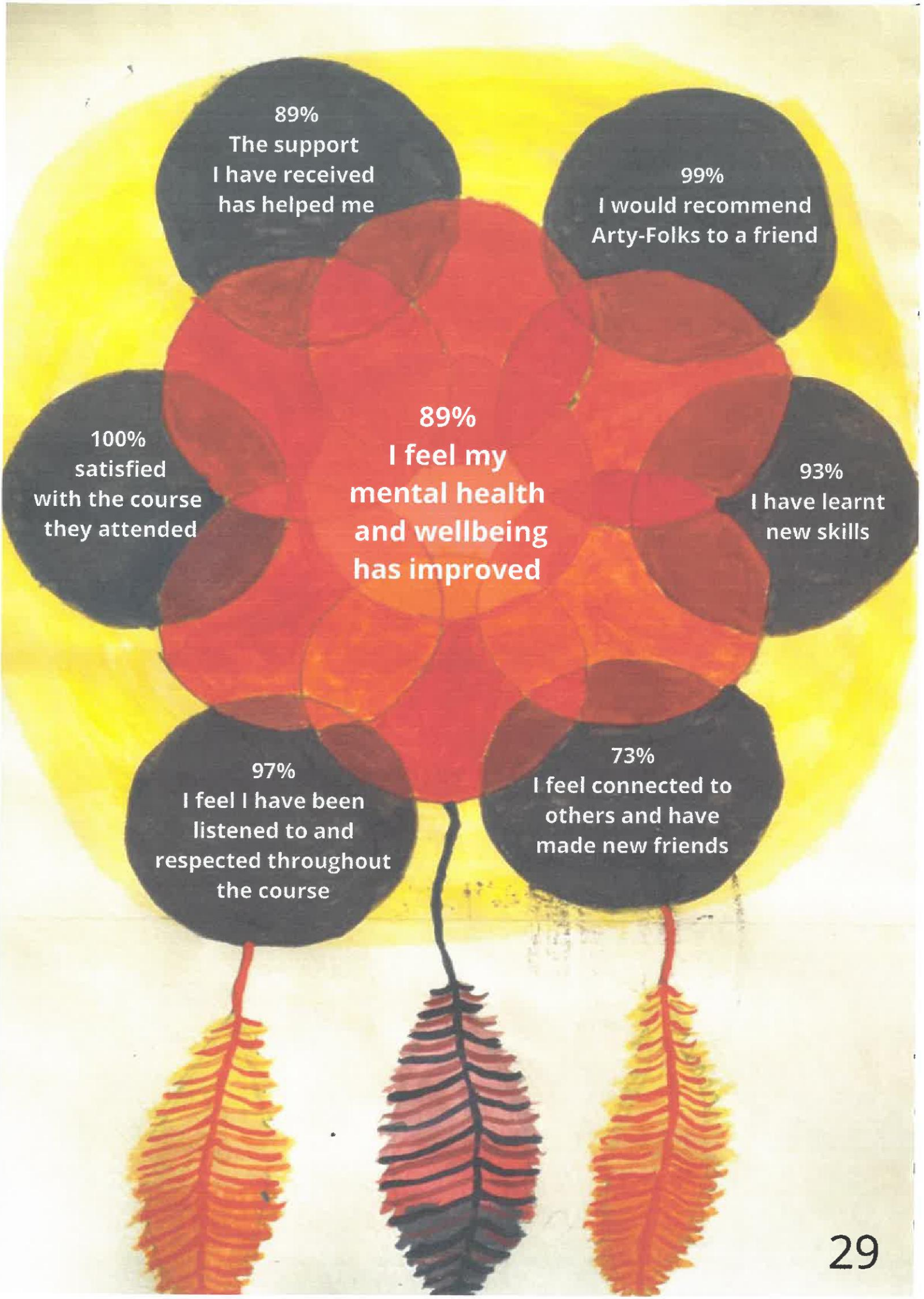
My GP Social Prescriber called me and told me about Art for Wellbeing courses and I felt really excited for the first time in years! I signed up for a course but had no idea how to use Zoom at the start but after a few weeks, it felt really nice! The first workshop I drew some chickweed with roots and it felt like being back at art college again. The Passion for Plants course was very enjoyable and it was so nice to be talking to other people again and listening to their stories! **Somehow it made me feel better, I didn't feel quite so alone.**

It was the Qigong course that actually got me back into water colours. It's about the power of your mind to form your own images, and with the movement they become more alive and colourful in your head. I loved the breathing exercises, the meditating and relaying it into paint. **And it really did bring about healing for me!** Yes, I've got this horrible disease but I can see past that and go into my imagination and mix my own colours, and this has really helped me put the difficulties with my body aside. I am not able to go out but I can think about what I'm going to paint next. **These courses have been a God-send.**

I won't allow this illness to become everything I am anymore. Now I make sure I go out most days and I have my oxygen tank with me. I am getting physically stronger, this is the strongest I've been for some years. **I am able to cook a healthy meal from scratch most days, and I have even started to bake again!**

When I picked up my paintbrushes again it filled a massive void because now I'm thinking about what I can do, not what my illness stops me doing. I was always a very positive person but it disappears when you are ill, and especially with the pandemic.

Do I think that I'm finding that 'me' again now? Well, I hope so 'coz I brought loads of new paints and I'm about to order some very expensive watercolour paper. I did a drawing the other day and I thought "Crikey, you haven't forgotten how to do that, have you!"


89%
The support
I have received
has helped me
99%
I would recommend
Arty-Folks to a friend
100%
satisfied
with the course
they attended
89%
I feel my
mental health
and wellbeing
has improved
93%
I have learnt
new skills
97%
I feel I have been
listened to and
respected throughout
the course
73%
I feel connected to
others and have
made new friends

Strategy Targets 2021-2024

- To diversify income streams and achieve an annual income of £120,000.
- To employ a core staff team and a close group of associates providing a range of support to our service users.
- To support over 420 participants in the next 18months and deliver 70 Art for Wellbeing courses on-line and in-person in community venues across Coventry and Warwickshire.
- To ensure Arty-Folks is visible and accessible to all adults of working age in Coventry and Warwickshire.
- To secure continuation funding through Public Health, the NHS and other funders.

Strategic Priorities 2022-23

- To deliver the 2nd year of Art for Wellbeing to the highest expectations of ourselves and funders Warwickshire County Council by meeting all targets in full.
- Gather data consistently through the service and work with Coventry University to evidence the impact of Art for Wellbeing through research, measurement and monitoring.
- To strengthen the programme to bring about increases in mental wellbeing, reduction of social isolation, and overall satisfaction in living despite the ongoing mental health and economic crisis.
- Increase marketing and outreach to establish Arty-Folks greater presence across Warwickshire whilst continuing to offer a service to Coventry residents.
- Develop the on-line programme further and establish it as a permanent part of our service.
- Continue to diversify income streams.
- Seek new partners/ collaborators for grants and diversity of work.

At close of the financial year ended 31 March 2022

Arty-Folks held £140,300 in funds, of which

- Restricted funds of £76,981 for grant funded projects to be completed during 2022-23.
- Unrestricted funds of £23,052.
- Unrestricted funds totalling £30,012 have been set aside to cover up to 4 months running costs in the event of future funding difficulties.
- Unrestricted funds of £10,256 designated to:
- Cover the cost of securing new premises, and relocate office and activity space when requested by landlord. The charity benefits from a peppercorn rent at Eaton House, but the landlord reserves the right to request the premises be vacated within 21 days if paying tenants claim the space.

Arty-Folks
Independent Examiner's Report
For the year ended 31st March 2022

I report to the trustees on my examination of the financial statements of Arty-Folks (the charity) for the year ended 31 March 2022.

Responsibilities and basis of report
As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the charity 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 the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

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 that in any material respect:

1 accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or

2 the financial statements do not accord with those records; or

3 the financial statements 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 financial statements 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 financial statements to be reached.

Robert Anderson FCA
Azets Audit Services
3Mc Middlemarch Business Park
Siskin Drive
Coventry
West Midlands
CV3 4FJ

Dated: 12/12/22

Arty-Folks
Statement of Financial Activity
For the year ended 31st March 2022

	Note	Unrestricted	Restricted	2022	Unrestricted	Restricted	2021
Incoming Resources		£	£	£	£	£	£
Incoming Resources from generated funds							
Donations		1,930	-	1,930	4,158		4,158
Investment Income/Bank Interest		5	-	5	10		10
Incoming Resources from charitable activities							
Grants and contracts	2		81,990	81,990	15,000	138,799	153,799
Other income		5,863		5,863	3,163		3,163
Total incoming resources		7,799	81,990	89,789	22,331	138,799	161,130
Resources Expended							
Charitable activities	3	1,449	75,593	77,041	504	75,676	76,180
Governance costs		892	220	1,112		800	800
Total resources expended		2,341	75,813	78,153	504	76,476	76,980
Net incoming/(Net outgoing) resources before transfers		5,458	6,177	11,635	21,827	62,323	84,150
Transfers		-	- 6	- 6			-
Net movement in funds		5,458	6,171	11,629	21,827	62,323	84,150
Reconciliation of funds							
Total funds brought forward		53,619	75,052	128,671	31,792	12,729	44,521
Total funds carried forward	7	59,077	81,223	140,300	53,619	75,052	128,671

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

All incoming resources and resources expended derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

Arty-Folks
Balance Sheet
As at 31st March 2022

	Note	2022		2021	
		£		£	
Current assets					
Debtors	5	18,979		28,807	
Prepayments		108			
Cash at bank and in hand		123,166		106,336	
Total current assets		142,253		135,143	
Liabilities					
Creditors: amounts falling due within one year	6	1,953		6,472	
Net current assets			140,300		128,671
Funds					
Designated funds	7	10,256		10,256	
Unrestricted Operational Reserves	7	30,012		30,012	
Unrestricted funds	7	23,052		17,600	
Restricted funds	7	76,981		70,803	
			140,300		128,671

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

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

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Trustees on 24th June 2022

Ian McFarlane-Toms
Director

Registered Company: 5260817

1 Charity information

The Charity is a company limited by guarantee incorporated in England and Wales.
It does not have share capital, and the liability of each member is limited to the guarantee given by that member, which shall not exceed £1.
The registered office is 1st Floor Eaton House, 1 Eaton Road, Coventry, CV1 2FJ.

1.1 Accounting convention

The accounts have been prepared in accordance with the charity's governing document, the Companies Act 2006 and "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 2019)". The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.
The financial statements have been prepared under the historical cost convention, modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees has a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Restricted Funds - Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets this criteria is charged to the fund together with a fair allocation of management costs.
Unrestricted funds - Unrestricted funds are available for use at the discretion of the Board in furtherance of the general objectives of the charity.
Designated funds are unrestricted funds earmarked by the Board for particular purposes.
Unrestricted Operational Reserves are to cover 4 months running costs in the event of unforeseen circumstances.

1.4 Incoming Resources

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received. Incoming resources from grants are included in incoming resources in the year in which they are received. Where income is received in advance of performance, its recognition is deferred and included in creditors.
Investment income and other income are included when receivable.

1.5 Resources Expended

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category.
Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources. Support costs are allocated based on percentage of total costs.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.7 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.
Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.8 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.9 Reserves policy

The charity is aware of its operational commitments going forward and aims to keep sufficient free funds in order to maintain its operational commitments for a period of four months. This is subject to continuous review by the trustees.

2 Grants receivable

	2022	2021
Unrestricted funds		
Barings Foundation	-	8,000
Coventry City Council	-	7,000
	-	15,000
Restricted funds		
HMRC Job Retention Scheme		4,249
Arts Council England		35,000
Arts Council England Access grant		2,954
Big Lottery Fund		17,100
Coventry&Warwickshire NHS PT		9,900
Heart of England Community Foundation		2,815
Groundwork ESF	19,990	19,958
Comic Relief	2,000	2,000
Think Active		2,000
Warwickshire County Council	60,000	42,824
Total incoming resources	81,990	138,799

3 Total resources expended

	Unrestricted	Restricted	2022 Total	Unrestricted	Restricted	2021 Total
				£	£	
Salaries		65,569	65,569		57,945	57,945
Staff Pension		926	926			
Sessional Staff		260	260			
Premises Eaton House		517	517		729	729
Venue hire		175	175	-	-	-
Activities/Materials	963	3,115	4,079		4,358	4,358
Staff Travel expenses	200	390	590	54	154	208
Volunteer expenses		616	616		451	451
Telephone & internet		1,273	1,273	108	1,001	1,109
Office consumables	97	121	218		1,760	1,760
IT hard&software		343	343		7,692	7,692
Insurance		504	504	342	35	377
Subscriptions	40	418	458	-	-	
Training		245	245		959	959
Independent Examination	892	220	1,112		800	800
Payroll fees		327	327		268	268
DBS checks			-		100	100
Marketing promotion	148	697	845		142	142
Governance costs					13	13
Bank charges		96	96		69	69
	2,341	75,813	78,153	504	76,476	76,980

4 Staff costs	**2022**	**2021**
	£	£
Wages and Salaries	65,569	54,510
NI Insurance		2,988
Pension Costs	926	447
	66,495	57,945

No employee earned £60,000 p.a. or more.
No remuneration was paid to trustees in the year, nor were any expenses reimbursed to them.

The average number of employees during the year was 4.

5 Debtors	**2022**	**2021**
Amounts falling due within one year	£	£
Prepayments	108	108
Other debtors	18,979	28,699
	19,087	28,807

6 Creditors
Amounts falling due within one year

Trade creditors	953	2,748
Taxation and social security	-	2,966
Accruals	1,000	758
	1,953	6,472

Arty-Folks
Notes to the financial statements
For the year ended 31st March 2022

7 Reserves and reconciliation of movement in funds

	1st April 2021	Incoming resources	Outgoing resources	Transfers	31st March 2022
Unrestricted funds					
Designated funds	10,256				10,256
General funds	17,600	7,799	2,341	-6.49	23,051.69
Operational Reserves	30,012				30,012
	57,868	**7,799**	**2,341**	**-** **6**	**63,320**
Restricted funds					
Groundwork ESF	3751.87	19990	22,971		771
Arts Council England	4,770		4,770		-
Big Lottery Fund	5,620		5,620		-
CWPT NHS	9,900		9,900		-
Comic Relief	2,000	2,000	4,000		-
Warwickshire County Countil	42,824	60,000	26,614		76,209
Think Active	1,937		1,937		-
	70,803	**81,990**	**75,813**	-	**76,981**
Total funds	**128,671**	**89,789**	**78,153**	**-** **6**	**140,300**

8 Analysis of net assets between funds	**Unrestricted**	**Restricted**	**Total**
Fund balances at 31st March 2022 are represented by:	**£**	**£**	**£**
Current Assets	63,320	76,981	140,300

9 Net movement in funds		**2022**	**2021**
Net movement in funds is arrived at after charging:	£		**£**
Independent Examiner		1,000	800

10 Retirement benefit schemes

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently managed fund.
The total charge recognised in the SOFA was £926 (2021 - £447).

11 Related parties

There were no disclosable related party transactions during the year (2021 - none).

Arty-Folks
Notes to the financial statements
For the year ended 31st March 2021

7 Reserves and reconciliation of movement in funds

	1st April 2020	Incoming resources	Outgoing resources	Transfers	31st March 2021
	£	£	£	£	£
Unrestricted funds					
Designated funds	10,256	-		-	10,256
General funds	-	9,600			9,600
Baring Foundation		8,000			8,000
Operational Reserves	21,536	8,980	504	-	30,012
	31,792	**26,580**	**504**	**-**	**57,868**
Restricted funds					
Groundwork ESF *	12,729	19,958	28,935		3,752
Heart of England Community Foundation		2,815	2,815		-
Arts Council England**		35,000	30,230		4,770
Arts Council England Access grant		2,954	2,954		-
Big Lottery Fund**		17,100	11,480		5,620
CWPT NHS***		9,900	0		9,900
Comic Relief***		2,000	0		2,000
Warwickshire County Countil***		42,824	0		42,824
Think Active***		2,000	63		1,937
DWP furlough		4,249	4,249		-
	12,729	**138,799**	**80,725**	**-**	**70,803**
Total funds	**44,521**	**165,379**	**81,229**	**-**	**128,671**

* ESF project will be completed June'21
** Marketing post recruitment delayed
***projects carried over due to Covid-19

8 Analysis of net assets between funds	**Unrestricted**	**Restricted**	**Total**
Fund balances at 31st March 2021 are represented by:	£	£	£
Current Assets	57,868	70,803	128,671

ARTY-FOLKS

England & Wales - Charity number 1107757

Accounts

Company No. 5260817
Charity No. 1107757

ARTY FOLKS
CREATE ENGAGE DISCOVER

Charities Evaluation Services
Part of NCVO

ANNUAL REPORT 2020-21

25th Anniversary Birthday Party on 5th November 2020

Contents

Charity Information 3
Chair's Welcome 4
Chief Executive Report 4
Trustees' Governance Statement 6
Charitable Objects 8
Activities Report 9
2020-2021 At a Glance 10
Key Achievements 23rd March to July 2020 11
Key Achievements August to December 2020 13
Key Achievements January to March 2021 15
Outcomes and Impact 17
Strategic Priorities 2021-2022 21

Charity Information

Charity Name:	Arty-Folks	
Charity Registration Number:	1107757	
Company Registration Number:	5260817	
Registered Office	1st Floor Eaton House 1 Eaton Road Coventry CV1 2FJ	
Contact	024 7641 4740 / 074 4364 3634 info@arty-folks.org.uk www.arty-folks.org.uk	
Social Media	@artyfolks Facebook / Instagram / Twitter / Linkedin / Pinterest / YouTube	
Trustee Directors	Barry Day, Chair	20 December 2019
	Ian McFarlane-Toms, Treasurer	25 March 2019
	Jane Batchelor, Marketing &Comms	23 March 2015
	Thanh Giang Sinden, Inclusion	29 Nov 2018
	Laura Wilde, Operations	05 Nov 2020
	Ceylan Thompson, IT	25 March 2021
	Rebecca Noble, Data	Resigned 5 Nov.'20
	Bernard Giltrap, IT	Resigned 30 Mar.'21
Company Secretary	David Howitt	Resigned 1 May '20
	Lorella Medici	01 May 2020
Staff Team	Lorella Medici, Chief Executive Officer Elizabeth Harvey, Art Programme Fiona Emmerson, Data and Digital	
Bank	CAF Bank Ltd. 25 Kings Hill Avenue, Kings Hill, West Malling, Kent ME19 4JQ	
Insurers	Markel (UK) Ltd., Verity House, 6 Canal Wharf Leeds LS11 5AS	
Policy no.	CD42569 Period of Insurance 02.04.20 to 01.04.21 Public Liability £5,000,000 Employers Liability £10,000,000 Professional Indemnity £250,000	
Independent Examiner	Azets Audit Services 3Mc Middlemarch Business Park Siskin Drive Coventry CV3 4FJ	

Chair's Welcome

I joined Arty-Folks December 2019 because I had heard so much about the organisation when I was a Director at Coventry and Warwickshire Partnership NHS Trust. I was looking forward to our Trustee away day in April '20 when the pandemic derailed all our plans.

This last year has been an incredible year for us at Arty-Folks, in every way! The Board of Trustees met fortnightly through the first four intense months of crisis to support and guide our staff who were hugely determined to continue offering a service to our members. We also needed to support with finances and funding applications, and to support staff to work from home and teach themselves the necessary digital skills. COVID19 has been a sobering experience for us all, but the way our team of staff and Trustees has pulled together and risen to the challenge is truly remarkable.

We first consolidated our services and looked at how we could enhance the care we provide online, and to consider options we might develop for a post-pandemic future. We made a major leap forward in our plans when we reopened our studios for face to face (socially distanced of course) activity that has been warmly welcomed by our service users. This was a decision that the Trustee body worked alongside the staff themselves, who really wanted to do this. This was a very brave step taken by our staff but one which they did with true grit, determination and indeed excitement, knowing how much this would mean to the people we serve.

According to the Centre for Mental Health, the global Covid-19 pandemic is likely to lead to an increase in mental ill health in the UK, as a result of both the illness itself and the measures being taken to protect people from the virus. I am so proud of the people that work in Arty-Folks, and all the support from the Trustee body, for their passion, commitment, and dedication to our mission that led to running a highly effective digital service at a time when most voluntary sector partners were still closed.

Like most organisations, we started the financial year at a low point due to the outcome of the Covid-19 pandemic. However, I am glad to say that we have ended the year at an incredible high when we won our first Public Health contract in the 25 years history of Arty-Folks. Commissioned by Warwickshire County Council, this January '21 we started running Creative Arts on Referral a 2.5year programme of workshops and courses for adults with low to moderate mental health needs. This new and innovative service will be evaluated by Coventry University.

I know in these uncertain times that we can't get it right all the time, but our staff certainly seem to get it right a lot of the time, and this is borne out by the positive participants feedback we receive. Even though the world still looks uncertain for some time to come, whilst we adapt and adjust to living with COVID, I feel it is an exciting time for our us all, and it wouldn't be possible to offer what we do without the support of our supporters in the community and our wider stakeholders.

Looking back on these 12 months I am immensely proud of the way we have all pulled together and it has been a great honour to have worked alongside such a talented and enthusiastic team over this tumultuous year. I would like to thank all our funders for supporting our efforts and I would like to thank in particular those hundreds of members of the public who have generously donated and enabled us to come through the most challenging time in our history. I hope you enjoy reading this Annual Report.

Barry Day, Chairman of Trustees

Chief Executive Report

What an incredible rollercoaster ride this year has been! On Monday 23rd March the Covid-19 pandemic forced us to close our studios and we went home in a state of shock and disbelief. Three days later, on Thursday 25th March we ran our very first online art workshop on Skype. Most services had to shut but not walking alongside our members through such incredibly challenging and uncharted times was just unthinkable!

We supported 51 members through the first lockdown and our message was simple: Let's stay physically distanced but socially together and connected online. We ran 6 weekly art groups, daily one-to-one phone check-ins, and delivered art packs to service users' homes. We supported our members to tackle domestic abuse, food and financial poverty, and helped them to venture online. Our members described our support as 'life-saving' and we are grateful that no-one experienced a relapse during that period.

Covid-19 catapulted us into a bleak year causing us to lose all project grants. Our Chair, Barry Day, did warn us it would take two to five years to get through the pandemic – unbelievable at the time! I cannot describe in words how overwhelmed, lost and confused we all felt, and we are very grateful to our team of Trustees who met fortnightly to guide us and reassure us through the endless hurdles and challenges. Right from the start, while we were still navigating the number of online platforms and how to optimise access and the experience for our service users, the Board encouraged us to 'keep our (virtual) door open'. People have always self-referred themselves to Arty-Folks and ensuring they could still come to us for support was something we knew we had to overcome – and we did!

We are very grateful to the many emergency grants that have carried us through but it's the love and support we have received by members of the public that has overwhelmed and humbled us. There were donations from 6-year-old Jack who gave £5 through to Mindy Chillery, CEO of Coventry Artspace who raised £630 chopping off her golden locks.

Our team, Liz, Fiona and myself, worked round the clock to 'translate' our art projects to online delivery and it stretched us personally, intellectually, and creatively. We are hugely indebted to Hayley Cartwright, our operational manager, her positive energy helped us cope with relentless day-to-day firefighting and kept us focused and on track. We embraced digital, we taught ourselves new skills, thinking outside the box we reinvented Arty-Folks, we took account of our shortcomings and we worked to our strengths.

In December a dream came true: Warwickshire County Council commissioned us to deliver a 2 ½ year art programme for adults with mild to moderate health needs. In the past, we were told "Art is just a nice thing to do but not essential." In the darkest hours of the pandemic we turned to arts and culture seeking meaning, purpose, connection, and finally there is a wider understanding that through our creativity we can find healing, peace of mind, strengthen our identity, rekindle our communities, and take time to consider what we value in life and the future we want to live.

It's been an incredible roller coaster ride that has shown our resilience and our resolve to thrive.

Lorella Medici, CEO

Trustees' Governance Statement

The Trustee Directors ("the Trustees") present their report and the financial statement for the year ended 31 March 2021 examined independently by Azets Audit Services, Coventry.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Companies Act 2006 and 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 published in October 2019.

Arty Folks currently has a Board of six Trustees, led by our Chair, Barry Day, who bring a wide range of skills to the charity. The Trustees confirm that, in the carrying out by Arty-Folks of its activities, and in the exercise of their powers and duties as Trustees, the Trustees have acted in compliance with their duty to have regard to the Charity Commission's public benefit guidance. A Register of Interests, Hospitality and Gifts received by Trustees and employees is maintained. All Trustees elected at AGMs may serve for a maximum term of four years and shall then be eligible for re-election.

All Trustees take part in an induction programme which was updated this year prior to a new Trustee joining the Board and all have the opportunity to take part in regular training opportunities. All Trustees agree to comply with a Code of Business Conduct. Whilst conflicts of interest are rare, the Board is aware of the need to always be alert to both real and perceived conflicts and the Board has adopted a policy of considering all potential conflicts at each Trustee Board Meeting.

Our Board of Trustees is very clear about our purpose, our mission, vision and aims and the impact we are seeking to make. A sub-group worked to review and update the mission, vision and aims and their recommendations were accepted by the Board in May 2020. At the Annual General Meeting on 5th November, the 25th birthday of the charity, members voted to accept the special resolution to amend the charity's objects which were accepted by the Charity Commission and logged with Companies House.

The Board is usually scheduled to meet 6-8 times per year, with formal agendas and papers issued in advance for consideration by Trustees. In this highly unusual and most critical year since Arty-Folks' inception in 1995, Board meetings took place at first weekly and then fortnightly until the end of July'20 as the team adapted to remote working, developed the skills and confidence to work with service users online service, and worked to bridge the funding gap caused by the Covid-19 pandemic. Draft agendas are set by the Chair following discussion with the Company Secretary and Chief Executive Officer, and Board meetings are formally minuted.

Trustees examined key strategic risks and added mitigating actions to our operational plan for the board to monitor progress. Trustees monitor all key strategic and operational risks quarterly at board meetings and high risks at every board meeting. Risks are scored based on their impact and likelihood both before and after the impact of mitigating actions. The execution of operational plans is delegated to employed and remunerated managers who are generally invited to Board Meetings to update the Board on operational performance.

The Board monitors financial performance at each Board Meeting as well as operational metrics and agrees any actions which need to be taken. The start of the year, April 2020, was hugely challenging with projects and grants to deliver services halted or cancelled due to the emergence of Covid-19. Throughout this most unusual time, the Board focused on supporting the staff team delivering the service and activities to support the most vulnerable and isolated of our Arty-Folks family as well as the financial sustainability of the charity.

At start of the financial year April 2020 the charity reported a cancellation of income totalling £46,325 due to Covid-19 in grants and earned income. Fortunately, during the year we were able to secure £77,617 emergency funding that allowed us to continue employing staff and run the service without dipping into reserves. We secured the following emergency grants:

£ 1,815	**Coventry City of Culture 2021, through Heart of England Community Foundation** To deliver art packs across Coventry & Warwickshire
£ 1,000	**SEGRO, through Heart of England Community Foundation** Towards running costs
£ 500	**Police & Crime Commissioner** Delivery of art packs
£ 8,000	**Baring Foundation** Unrestricted, as per need
£35,000	**Arts Council England** Training, salaries, IT equipment
£ 2,954	**Arts Council England** access costs, Evac chair
£17,100	**Big Lottery Fund** Salaries, art materials
£ 7,000	**Coventry City Council** Business grant discretionary bursary for running costs
£ 4,248	**DWP furlough**

Additionally, towards the end of the year, we secured £33,858 project grants and £42,824 Warwickshire County Council commission to run an extensive art programme for adults over the next 2.5 years.

Arty-Folks' staff team is in normal times supported by many volunteers and there is a strong programme in place for the support and supervision of all volunteers, with a number of policies specifically approved by the Board for such purposes. However, again due to the pandemic, formal volunteering opportunities stopped and partly resumed when we reopened Eaton House in August.

Formal processes are in place for every volunteer and employee to raise a concern if they wish to do so. There is also an approved complaints process for users of our services. All users are encouraged to complete service satisfaction questionnaires.

In November 2020 following a series of business planning meetings the Board set strategic targets and priorities for 2021-2024 with a focus on diversifying income streams and extending our service offer to wider wellbeing activities.

The Board also follows an agreed programme for key policy review and, in that regard, reviewed the following policies in 2020/21

- Sickness and absence
- Employment contract
- Recruitment processes
- Reserves Policy

The reserves policy is set at 4 months of operating costs. Additionally, designated funds of £10,256 continue to be held in the event that the lease on Eaton House is terminated and that the landlord exercises the right for us to vacate within 28 days and relocated to suitable premises.

The Board has appointed Azets Audit Services as its external examiner. Their report is appended.

Charitable Objects

At the Annual General Meeting of the charity held on 5th November 2020 via Zoom the membership accepted the Special Resolution to amend the charitable objects as follows: 'to relieve persons living with mental health conditions or suffering emotional distress by assisting such persons to realise their full potential and lead fulfilling lives through the provision of visual arts and wellbeing related activities.' The area of benefit is the City of Coventry and Warwickshire.

Our Mission

To inspire adults with mental ill health through the creative process to regain self-belief and take control of their personal journey to recovery alongside their peers.

Our Vision

People in Coventry and Warwickshire will feel empowered to own their mental well-being and will realise their potential.

Our Aims

- **Reduce social isolation and loneliness.**
  People feel anchored in the community and enjoy being part of social networks.
- **Inspire people to achieve stability and self-manage their mental health conditions.**
  People are able to maintain a lifestyle that is conducive to good mental and physical health.
- **Unlock people's creativity for self-discovery and confidence to live purposeful lives.**
  People are more able to talk about, understand, and own their mental health and well-being and are ready to live self-motivated and productive lives.
- **Build resilience for social, community, and economic engagement.**
  People are able to withstand knockbacks in life and will embark on their vocational choices.
- **Foster art for mental health and community wellbeing.**
  People will understand mental ill health as a normal occurrence in life that can affect anyone at any point in their lives.

Our Beneficiaries

We support people 18+ of working age in Coventry and Warwickshire struggling with:

- Diagnosed conditions such as depression, anxiety, OCD, psychosis, PTSD, schizophrenia, eating and other personality disorders.
- Self-diagnosed mental distress and who will not contact mental health services fearing prejudice and the stigma that comes with a diagnosis.
- Assessed as below the threshold of support by statutory services but who are unable to function without support.
- On sick leave and at risk of escalating mental ill health and developing more complex needs
- Discharged from mental health hospitals and lacking support to rebuild their lives.
- With long-term and complex mental health conditions they are struggling to self-manage.

"I am so frustrated and I just want to scream and cry! Everything I have worked so hard for has just gone to pot; my weight, my motivation, my mental health, my sense of humour, my routine and my sleep, and sometimes it feels there's nothing left of me. The only thing that's positive and keeps me going is this group and I wouldn't miss it for my life! It makes me feel less alone and the art projects help me stay on track." (Participant May'20)

Activities Report

On Monday 23rd March 2020 we accepted with a heavy heart to stop all face-to-face weekly art groups and outreach activities in person when the Covid-19 pandemic catapulted the world into an uncertain future.

For us, not supporting our members at all through such a critical time was unthinkable. Three days later, on 26th March 2020 we ran the first online workshop on Skype.

At start of the Covid-19 pandemic Trustees, staff and volunteers met weekly to monitor the rapidly developing situation and ensure everyone remained up to speed with latest government guidelines. Organisational risks were substantial and it was clear to us all that we needed to embrace and adapt to the pandemic in order to survive and **emerge thriving!**

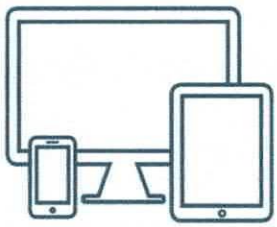
We set ourselves very ambitious and determined objectives for the year 2020/21

- To run weekly creative activities physically apart but socially connected and supportive of our members throughout the pandemic.
- To prevent the loss of life by providing service users a stable and consistent contact point Including those returning to us who lost their usual statutory support.
- To upgrade IT hard&software and enable our staff team to work effectively from home.
- To upskill staff and adapt our previously face-to-face activities to online delivery.
- To offer an 'open door' with immediate self-referral access to our service through digital platforms.
- To reopen Eaton House as soon as feasible whilst maintaining covid-19 safety restrictions and hygiene to avoid the risk of transmission.
- To secure emergency grants to bridge the funding gap caused by the cancellation of projects (see trustees' governance statement).

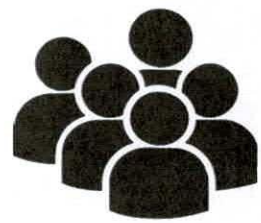
Demographics Participants 2020-21	**51** At start of year **46** New through Recovery & Wellbeing Academy **191** Creative Arts on Referral	
Gender	**Ethnicity**	**Age**
8% Male	**76%** White British	**8%** 18-25 years old
87% Female	**10%** White other nationalities	**48%** 26-45 years old
5% Non-binary	**15%** Ethnic Minorities	**45%** 46+ years old
Domicile	**Employment**	**Area of Need**
Mar-Dec'20	***April-Dec'20***	**57%** De-stressing
74% Coventry	**35%** Employed/studying	**14%** Improve routine
26% Warwickshire	**65%** Unemployed	**16%** Gain new skills
Jan-Mar'21	***Jan-Mar'21***	**8%** Socialise more
32% Coventry	**77%** Employed/studying	**5%** Professional dev.
68% Warwickshire	**24%** Unemployed	

NOTE: Domicile and Employment data show that since we started delivering Creative Arts on Referral in January we are supporting more people in Warwickshire and more people in employment, as required by Commissioners.

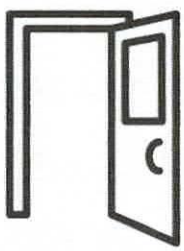
2020-2021 At a Glance



23rd March 2020 lockdown starts
26th March 2020 1st online workshop
51 people were supported through weekly Skype workshops initially in groups of 4.



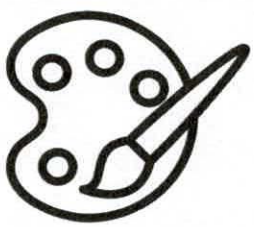
Welcoming new attendees
46 new people joined the service through courses we delivered with the Recovery and Wellbeing Academy.



4th August 2020 reopening Eaton House
16 people attended in-person at Eaton House from August when restrictions eased. No Covid-19 infections at Arty-Folks reported since.

New Perspectives in-person group starts
Despite the Covid-19 challenges we supported:

- **2 people into volunteering**
- **3 people into employment**
- **5 people into education**



1st January 2021 launch
First Creative Arts on Referral programme!
With 15 courses and 6 workshops
11th January Come Connect 1st workshop.

Suicide Prevention CWPT
Staff completed suicide prevention training
21 people supported to talk and seek professional help.

Activities delivered
240 art sessions.
70 hours physical health group activities.
500 hours 1:1 Mentoring and Coaching.
300 art packs were delivered across all projects to support participation from home.

"I just wanted to thank you for these new skills you have taught me. It has become invaluable to me. I find myself using them more and more to help me build time for myself, check in and ground myself." (Participant, March'21)

Key Achievements 23rd March to July 2020

- On Monday 23rd of March 2020 staff ran the last workshop at Eaton House and started the **first online group three days later, on Thursday 26th using skype**, despite feeling under-skilled, under-equipped, overwhelmed and shocked by the situation.
- Staff successfully adapted the art programme to online engagement and we are proud to report that **all service users in our care remained connected and mentally stable** despite these circumstances.
  Blog: https://arty-folks.org.uk/covid/apart-but-together/
- **We hand delivered art packs** to individual homes to 'check-in' with people and prevented homelessness, domestic abuse, self-neglect, food shortage and financial poverty.
  Blog: https://arty-folks.org.uk/funders/160miles18hours18-64petrol/
- We trained our service users to connect through online platforms and supported those most socially isolated through a weekly outdoor 'walk & talk' in local parks.
- We maintained our open access policy and welcomed new participants to our service through running courses with the Coventry Recovery & Well-Being Academy.
  In fact, we tripled the number of courses to ensure we offered an open door to people in need when they need us most. **A total of 97 new people registered with 46 attending.**
- We are proud that during the period April to September, Arty-Folks was the ONLY Academy partner running courses!
- The Coventry & Warwickshire Recovery and Wellbeing Academy is a partnership of local organisations that offer a wide range of free courses and workshops across Coventry and Warwickshire. As one of the first delivery partners, Arty-Folks started running the course Art for Relaxation in 2017.
- Staff underwent extensive training in a wide range of fields including how to carry out Covid-19 sanitising, health&safety checks, and risk assessments in preparation to reopening our studios.
- During this period we secured £77,127 Covid-19 emergency funding for staff salaries and training, to replace IT, and to distribute art materials.

"Right now, keeping positive, motivated and in the present is a mammoth task! But I really enjoy the weekly homework projects, they keep me busy and motivated. The themes have all been very thought provoking and help me keep emotionally and intellectually engaged. And I always look forward to catching up with the other members and seeing their artwork." (Participant, April '20)

Challenges 23rd March to July 2020

- Digital demands and pressures on our small staff team were relentless and putting their confidence and mental wellbeing at risk. Existing IT equipment which was already 10 years old malfunctioned and became inoperable. The Arts Council England grant enabled us to purchase new laptops and tablets, and so improved working from home and our course delivery
- With many service users having a large amount of time alone, our staff needed to design a new project every week to keep service users motivated and focused on self-development and their road to recovery. At times staff only had hours to adapt art projects designed for face-to-face to online delivery.
- Initially, on Skype, we ran 1-hour workshops for small groups of 4 people to have better engagement and greater personal contact. These smaller groups allowed us to facilitate a dialogue between participants and support each other during the week. At the start staff were running 8 weekly Skype groups which was not sustainable. This was resolved by migrating to Zoom and by reducing to 2 weekly groups by the start of July.
- To begin with, many participants didn't have access to a device or Wi-Fi to join online, nor a mobile phone with video function or sufficient data to participate. We referred participants to a range of services for digital support and connectivity, and wherever possible talked them through how to connect over the phone. However, by the end of the summer those who were financially able and digitally capable had upgraded. Unfortunately, we can also see that social isolation has significantly increased for those who have not kept pace with digital developments.
- Managing group dynamics and the intensity of support needed to run these groups put our two members of staff running the service under great pressure. This was resolved through various staff training, through frequent 1:1 check-ins with service users, and through a monitored Skype chat group that allowed participants to share artwork, cooking recipes, etc.
- Wi-Fi bandwidth at Eaton House is insufficient to run Zoom groups and unfortunately, we are not able to upgrade to fibre optics broadband. To somehow mitigate these problems, staff had to learn a huge range of digital skills and make choices and decisions at speed!

Eaton House art studio – 23rd March 2020

....and from 1st August 2020

"I've always shopped when I felt low but with the pandemic it's now horrendous! The days are so long! I am bored out of my mind! I don't have any responsibilities, nothing I have to do for anyone! So when I don't know what to do with myself I go online, even at 3am, and I get excited when a parcel arrives.

I'm not quite sure what made me open up to the group yesterday but I think it did change something; I went online but gave myself time to decide NOT to buy and that made me feel quite good! It's only been once, but I can try it again." (Participant May'20)

Key Achievements August to December 2020

- On **3rd of August we reopened Eaton House** to run our 2nd New Perspectives project funded through Groundwork UK European Social Funds. Started in 2019, New Perspectives group offers people furthest from the labour market individualised support to develop a fulfilled, healthy, economically active life, and to be empowered to reach their potential.
  Blog: https://arty-folks.org.uk/arty-folks-news/re-opening-at-eaton-house/
- **14 participants attended in-person** during this period. Funded through Think Active participants attended weekly **physical health workshops** sampling yoga, QiGong, meditation, healthy eating, dancing, HIIT training, etc.
  Blog: https://arty-folks.org.uk/pastpresent-projects/think-active/
- In October we completed a **mural for Longford GP Surgery**, Coventry, commissioned by Arden Estate Partnerships for City of Culture 2021. Participants attending on Zoom as well as those at Eaton House created designs ideas celebrating the area of Longford that staff collated into the final artwork.
  Blog: https://arty-folks.org.uk/pastpresent-projects/arty-folks-is-movingblue-in-longford/
- For World Mental Health Day 10th October Arty-Folks hosted **'Come Connect'**, Coventry's 1st **Super-Zoom Community Speed-Meeting** event with 12 local groups.
  Blog: https://arty-folks.org.uk/arty-folks-news/10th-october-world-mental-health-day-2020/
- On 5th November 2020 we celebrated Arty-Folks' 25th birthday with Trustees and members.
  Blog: https://arty-folks.org.uk/arty-folks-news/its-our-25th-birthday-today/
- Historic Coventry Trust and Arup commissioned us to create a collaborative sculpture using electric luminescent wire. **'Shooting star'** was created by 12 members.
  Blog: https://arty-folks.org.uk/pastpresent-projects/weaving-light/
- We completely redesigned our website www.arty-folks.org.uk to reflect our online programme, and we installed a **direct online booking** system to our activities that enables us to manage attendance as well as gathering demographic data.
- In December 2020 our bid to run **Creative Arts on Referral**, a 2.5yr arts programme for adults with low to moderate mental health needs in Warwickshire was accepted and **Warwickshire County Council commissioned Arty-Folks to start the programme on 1st of January 2021.**

Mural for **Longford GP Surgery**, Coventry, commissioned by Arden Estate Partnerships for City of Culture 2021.

Challenges August to December 2020

- Assessing risk of face-to-face activities and ensuring the safety of staff and service users at Eaton House within changing and inconsistent Covid-19 guidelines to observe.
- Supporting New Perspectives through the transition phase into work or education and helping them maintain their new commitments as the working environment had become very challenging and stressful due to Covid-19.
- Complete redesign of website pages to reflect the new online service and enabling new participants to join. This included the installation of a new automated booking system that allows participants enrol on our courses independently. On enrolment, participants are automatically emailed the Zoom link and staff receive an email notification of their registration.
- Understandably, staff felt exhausted by the end of the year as the day-to-day challenges to continue delivering while also learning to adapt to a whole new way of working had been extremely challenging and stressful. Some staff support was put in place to support their mental wellbeing.
- In November we submitted our bid to deliver Creative Arts on Referral to Warwickshire County Council but we knew our proposal was up against established arts organisation with a strong foot hold in Warwickshire. To our surprise our proposal was favoured and on 10th December we met our commissioner for the first mobilisation meeting. Our CEO worked through the Christmas period to plan and launch the first 3 months course schedule on the 1st of January 2021.

"I signed up for the course because I felt so incredibly low but also terribly guilty because I know that so many are in a far worse situation than I am. I know I should be lucky I've got a job but having had the time to reflect during lockdowns I realised that it really is not the right place for me. I've been grinding my teeth in my sleep and my anxiety shot through the roof.

I absolutely loved the Woolly Wonderful course and then the Art for Relaxation. I learnt so much about art, about myself, about my mental health, and I loved the group conversations. People were so open and honest about their experiences and their worries and they helped me become a bit more compassionate with myself." (Participant March'21)

Key Achievements January to March 2021

Following an open tender process, Warwickshire County Council chose Arty-Folks to deliver Creative Arts on Referral, a 2.5yr art for mental wellbeing programme for adults with low to moderate mental health needs in Warwickshire.

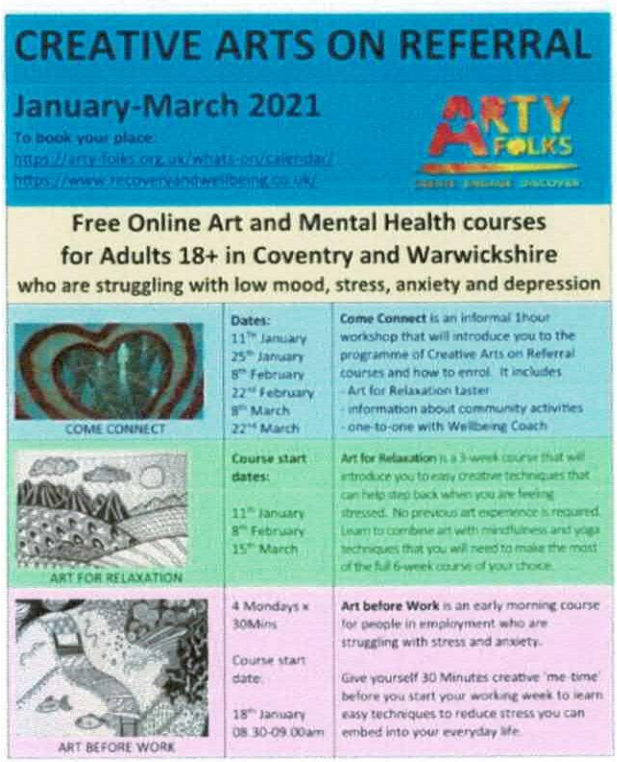
This is a transformational Public Health contract which we gained through our 25 years' experience of working in this field, our track record of delivering courses with the Recovery & Wellbeing Academy, our digital capabilities and particularly our online booking system, and most certainly because we have demonstrated resilience of service, consistently delivering through the Covid-19 pandemic.

Creative Arts on Referral Programme targets:

Totals	Year 1 (-12 months)	Year 2 (-6 months)	Year 3 (-12 months)
Number of courses	45	30	60
Number of participants	540	360	720

Traditionally, Arty-Folks focused on supporting unemployed adults with substantial mental health illness who were receiving NHS specialist mental health support. For the first time in Arty-Folks' history, we are supporting adults across all sections of society many of whom did not describe themselves as experiencing mental health issues.

Staff have observed that participants who are mental health service users enjoy attending online from the comfort of their home. Many said that the pandemic has in actual fact reduced their social isolation and enabled them to participate in group activities.



On the other hand, people in employment or on furlough have shown signs of acute stress and poor mental health. Unfortunately, many are not able to fully acknowledge signs of burnout and to prioritise self-care. In fact, the mental health of the working population is under more pressure than we had expected.

The user journey through the programme was mapped as beginning with:

- **Come Connect**, 1-hour taster session and meet and greet, followed by
- **Art for Relaxation**, a 3-week introductory course delivered at different times (am, pm, evenings)

  to suit a wide range of participants, including teachers and people in employment:
  - Art for Relaxation am and pm
  - Art before Work 8.30am
  - Art after Work 5pm

MY SANCTUARY	Course start dates: 3rd February 25th February	**My Sanctuary** is a 6-week course and to enrol you must have completed the short course Art for Relaxation or Art before Work. Inspired by Mexican Folk Art we will be creating 2D and 3D objects to create a magical timeless space where you can feel relaxed, safe, connected and grounded.
UNIQUELY VINCENT	6-week Course start dates: 3rd February 24th February for people in employment only	**Uniquely Vincent** is a 6-week course and to enrol you must have completed the short course Art for Relaxation or Art before Work. In this course you will learn Van Gogh's approach to drawing and painting to create movement and you will create your own captivating landscapes inspired by his techniques.
A PASSION FOR PLANTS	6-week Course start dates: 25th February	**A Passion for Plants** is a 6-week course and to enrol you must have completed the short course Art for Relaxation or Art before Work. Inspired by Botanical Artists you will learn to draw and paint what you see in front of you use your passion for plants to express yourself like artists Frida Kahlo and Georgia O'Keefe.
FINE ART TO WELLBEING	3-week top-up Course start date: 15th March	**Fine Art to Wellbeing** is a top-up course for people who completed their Creative Arts on Referral journey and are looking to further enhance their self-reflective arts practice. We think about creativity as making something new and original, but in fact the root meaning of creativity means 'to grow'.

Advanced Creative Arts Practice courses and workshops for those wishing to develop their skills further included

- **Passion for Plants**, 6-weeks
- **Woolly Wonderful**, 6-weeks
- **Uniquely Vincent**, 6-weeks
- **Fine Art to Wellbeing**, a 3-week advanced top-up course
- **Monthly Arty Meet-ups** for course graduates where we invite a local artist to lead a practical workshop on their own arts practice.

Challenges January to March 2021

- Designing and launching a full programme of courses and workshops within weeks!
- Trialling different methods of delivery and tailoring activities to the different client groups to meet the augmented mental health needs across Coventry and Warwickshire.
- Managing the number of people enrolling on courses and making processes scalable.
- Marketing the courses in Warwickshire as historically our main service user base is Coventry.
- Ensuring scheduling of sufficient one-one time to call participants needing additional support. Initially, the digital skills and confidence of participate was very low which made it difficult for staff to support participants with activities. We addressed this by offering every new participant 1:1 support before the start of a course.
- Redesigning the data collection journey to suit the research methods adopted by Coventry University who will be evaluating the health benefits of this 2.5year programme.
- Managing attendance and communication with course participants to ensure high engagement.
- Providing personalised feedback on artwork to support participants skills development, and to encourage and sustain attendance.

"After my partner died I felt half of me was gone. I made some sort of a life but I just wanted to cry all the time. This thing took over me like a black hole. I had hallucinations and there was no doctor I could see because of Covid and so I ended up calling the ambulance. A social prescriber referred me to Arty-Folks and it's been the best thing for me, far better than any medication. I'm not really that arty compared to others in the group but I enjoy learning and I have made new friends who live in my area (Nuneaton). I will always miss my life partner but I can have a good time again with like-minded people." (Participant March'21)

Outcomes and Impact

Arty-Folks uses a blend of questionnaires including WEMWBS and our bespoke Recovery Star to capture service users' self-reported changes and impact on their wellbeing over time.

New Perspectives peer support group

After a 6-month period of attendance service users self-reported following health improvements:

- Overall Wellbeing: 10% increase on average across all participants.
- All participants recorded a positive increase across all 10 life domains.
- 'I feel lost and don't know what to do', a reduction of average 14%.
  The domain 'Optimism' showed the greatest improvement.
- A decline was seen in response to: 'I can put my point across with GP or professional staff' due to the pandemic and lack of access to medical support.

Creative Arts on Referral

SWEMWBS is the short version of the Warwick-Edinburgh Mental Wellbeing Scale used to monitor mental wellbeing. Scores can range from 7, indicating low mental wellbeing to 35 indicating high mental wellbeing. A positive change demonstrates an improvement in mental wellbeing. All changes reported below are from start to end of course over all participants who completed a start and end questionnaire.

- Overall mean wellbeing score change from 20.4, just within the moderate mental wellbeing range to a score of 22, comfortably within the moderate range, difference of +1.66
- 71% scored within the low mental wellbeing range at start compared to 49% at end of course
- 25.3% of participants had a meaningful positive change (increase of 3 points or more)
- I've been feeling close to people mean change: +0.28
- I've been dealing with problems mean change: +0.26
- I've been feeling relaxed mean change: +0.37
- Age group showing the biggest improvement: 26-45yr olds by +2.78points
- Gender showing biggest improvement: non-binary by +3.5 points

Service Satisfaction Feedback	
94%	Attending Arty-Folks helps me feel less isolated
100%	Arty-Folks challenges me to explore different ways of looking at things
100%	Satisfied to Extremely Satisfied with the course I have attended
100%	Satisfied to Extremely Satisfied: This course has helped improve my mental wellbeing
100%	Very Satisfied to Extremely Satisfied: I feel I have been listened to and respected throughout the course
100%	I would recommend Arty-Folks to my family and friends

"I really felt I losing it sometimes. I am used to spending a lot of time on my own but this is completely different, this is not by my choice! Arty-Folks has literally been the only contact I had for nearly four months that lifted my mood, that was positive, that got me through the day-to-day. The art projects are just amazing, I can get completely absorbed and I am enjoying the company even on Zoom. It's my absolute highlight of the week, and I get so excited - what are we doing next?" (Participant January'21)

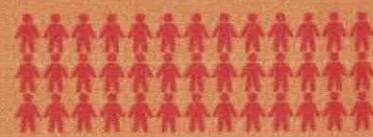
ART ON REFERRAL

January - March 2021
Quarter 1

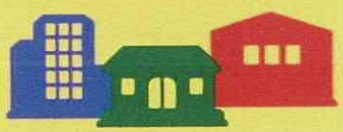
SINCE ITS LAUNCH,

191 **PEOPLE**

have accessed courses with 72% self referring and enrolling through Arty-Folks website or the Recovery & Wellbeing Academy



COURSES **18**



taster courses introduce the programme & check fit

3 week courses running before & after work were popular with employed people

76% **ATTENDANCE**

attended the full 6 week courses: Emotions in Painting & Vincent Van Gough
30% showed meaningful positive change in SWEMWBS

VERY SATISFIED **87%**

"I have learned to use art to relax and connect to my emotions by learning new skills. I have found it difficult this last year with the pandemic"

FREE ART ON REFERRAL COURSES

Sign up and join us! Visit www.arty-folks.org.uk
email us at info@arty-folks.org.uk

Case Study

J.J. mid 50s, had been unable to work for over 5years
Joined October'19 and gained employment October '20.

Things started to decline for me mentally after I lost my job of 10years, my dad passed away suddenly and my mum was diagnosed with stage four cancer. I cared for her until she passed away but then my world collapsed and I sank into a dark place where I was reliving the unbearable pain and suffering of her last few days.

I attended Arty-Folks 6 months and I was starting to feel quite well in myself when the pandemic hit. At first, it felt like a 3-week national holiday but as it went on I realised I was regressing and becoming trapped again in my own home. Arty-Folks invited me to attend on Zoom and it was hard at the beginning but, because everyone was chatty while creating their artwork, I felt ok. Sometimes Zooms were quite lively and we had a laugh, with normal conversations, just what people used to do before Covid.

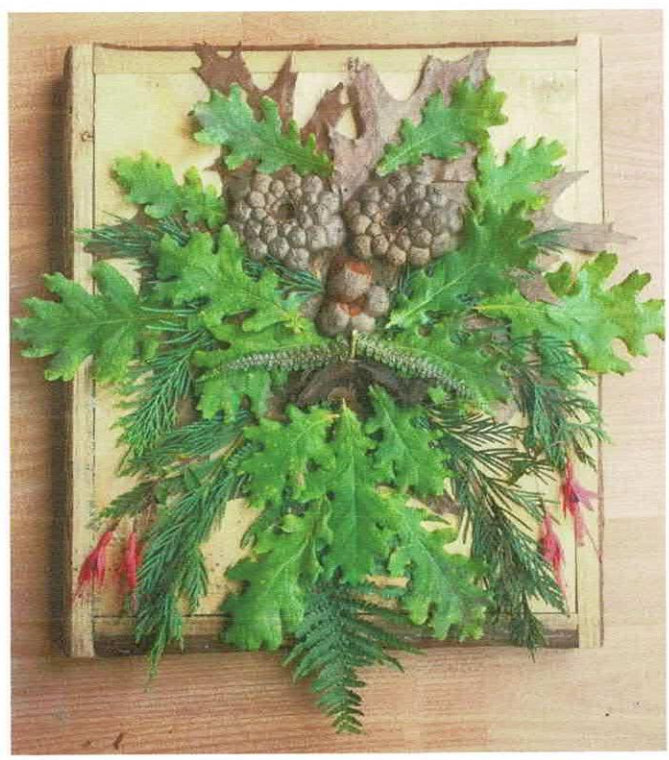
In August I chose to attend in-person and I was shocked at first. Coming into the Room we had expected to go 'back to normal' and instead we entered a topsey-turvey world! But staff helped us bridge the Covid physical distance and have meaningful conversations as well as fun. Now we are so comfortable with each other and socially close but physically we are still keeping our distance – and it doesn't matter! Isn't that incredible?

I didn't have much hope that employers would want me because I had been out of work for so long and I had only been a carer to my mother. Talking to Arty-Folks' life coach helped me get my confidence up and to my surprise I did get a job in care. But after a couple of weeks I felt I had made a huge mistake! There were nights I could not sleep as my heart was racing and my stomach turning but I talked about my thoughts and feelings every week at Arty-Folks and in one of those conversations something clicked into place. I was then able to put my concerns across with my employers in a calm, reasonable, logical, and confident manner. My manager listened to me and responded well, and I am still working there and it is going well.

In a strange way the pandemic has helped. It has created a level playing field for everyone and keeping a physical distance has helped me feel less pressured. Being with my peers who were all looking for jobs, education, or volunteering has been amazing. I love the conversations we have as soon as we walk through the door. We all talk about what is going on in our lives and it really helps to offload stress, worries, and negativity.

Arty-Folks has helped me turn a corner, to shift the balance from being mentally unwell towards resilience, and I know now that from now on I will be able to handle what life throws at me.

We supported J.J. for further 3 months through the transition phase until she felt confident in her position.



Case Study

R.A. mid 30s, primary school teacher on sick leave,
joined July'20 through the Recover&Wellbeing Academy

I developed a health anxiety that spiralled out of control and I was signed off work in February, just before Covid-19 started. My dad died when I was 11 and mum is high risk and shielding, so you can imagine bringing germs like Covid home is my worst nightmare come true!

I became so ill! I couldn't walk, couldn't wash myself, couldn't go to the toilet on my own, and I thought I can't be this poorly without something very serious. I was jumping to conclusion even at the smallest things and I became convinced I had a brain tumour but the scan came back fine. I had CBT and the counsellor said that I was catastrophising, that my anxiety is irrational but I couldn't stop thinking ahead of all these scenarios and it made me worse.

I joined Arty-Folks through the Recovery Academy in April'20 and it has really helped me learn to stay in the present. In the group I was able to talk about how much I love my job as a primary school teacher and how scared I am of picking up germs and infecting my loved ones. Anxiety is like a dark cloud and would pull me in before I even realised it.

Teaching children is my passion and I can't really imagine myself doing anything else. Everyone at my school has been so supportive and lovely. And yet, the thought of going back was making me panic. It left me in a terrible place but talking it through so many times at Arty-Folks helped me to realise that yes, I do want to go back to teaching and so I started to learn to live more in the here and now. The art was definitely the starting point and then I started baking, reading books, and also going for walks.

I joined the ongoing peer support group and the art projects challenged me to learn new skills, to see things from different viewpoints and kept me occupied during the week. Slowly I started to become more present in my artwork rather than being stuck inside my own head and to stop myself before it goes too far. I guess after a while my OCD and fears started to reduce and towards the end of the summer I started to feel more able to challenge my thoughts and to see things more calmly. I was extremely anxious the first day back at school but it was wonderful when the children greeted me with such joy and my colleagues were so happy to see me.

Covid-19 brought out my worst fears but it also gave me time to work through them with Arty-Folks. I feel lucky and grateful that I was able to join this peer support group and it really kept me motivated through my darkest hours. It's hard to explain what exactly happens when you are drawing and painting but I guess it's an exercise in staying in the here and now, in focusing on what is in front of you rather than always racing ahead into a dead end. My guess is also that once you express your worst fears in your work something changes in your thoughts. That's at least how it was for me and after a while I felt calmer and I started to believe in my recovery.

R.A. began attending May'20 a 3-week course the Art for Relaxation through the Recovery Academy and returned to work Sept'20. Her Anxiety has not magically disappeared but she has learnt to manage those fears better and she is still teaching, and loving it!

Strategic Priorities 2021-2022

In November 2020, following work with the Board on the business plan for 2021-2024 new strategic targets and priorities were set for the coming years. This has been developed into an operational plan for the board to assess risks as well as monitor progress.

Strategy Targets 2021-2024

- To diversify income streams and achieve an annual income of £120,000.
- To employ a core staff team and a close group of associates providing a range of support to our service users.
- To support over 600 Service users each year through an extensive programme of art and wellbeing activities.
- To deliver activities on-line and in-person in community venues across Coventry and Warwickshire.
- To ensure Arty-Folks is visible and accessible to all adults of working age in Coventry and Warwickshire.
- To establish the programme Coventry and Warwickshire through a contract with Public Health, the NHS and other funders.

Strategic Priorities 2021-22

- To deliver Creative Arts on Referral to the highest expectations of ourselves and funders Warwickshire County Council by meeting all targets in full.
- Gather data consistently through the service and work with Coventry University to evidence the impact of Creative Arts on Referral through research, measurement and monitoring.
- To strengthen the programme to bring about increases in mental wellbeing, reduction of social isolation, and overall satisfaction in living despite the ongoing Covid-19 pandemic.
- Increase marketing and outreach to establish Arty-Folks greater presence across Warwickshire whilst continuing to offer a service to Coventry residents.
- Develop the on-line programme further and establish it as a permanent part of our service.
- Ensure Covid-safe delivery and resume more face-to-face groups.
- Successfully complete the first 18 months contract and seek 12 months continuation funding
- Continue to diversify income streams.
- Seek new partners/ collaborators for grants and diversity of work.

At close of the financial year ended 31 March 2021 Arty-Folks held £128,671 in funds, of which

- Restricted funds of £70,803 for grant funded projects to be completed during 2021-22.
- Unrestricted funds of £17,600.
- Unrestricted funds totalling £30,012 have been set aside to cover up to 4 months running costs in the event of future funding difficulties.
- Unrestricted funds of £10,256 designated to:
    - Cover the cost of securing new premises, and
    - Relocate office and activity space when requested by landlord. The charity benefits from a peppercorn rent at Eaton House, but the landlord reserves the right to request the premises be vacated within 28 days if paying tenants claim the space.

"Arty Folks has helped me put the past away and look to the future" (Participant March'21)

Arty-Folks
Independent examiner's report
For the year ended 31st March 2021

I report to the trustees on my examination of the financial statements of Arty-Folks (the charity) for the year ended 31 March 2021.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the charity 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 the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

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 that in any material respect:

1 accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or

2 the financial statements do not accord with those records; or

3 the financial statements 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 financial statements 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 financial statements to be reached.

Robert Anderson FCA
Azets Audit Services
3Mc Middlemarch Business Park
Siskin Drive
Coventry
West Midlands
CV3 4FJ

Dated: 22/10/21

Arty-Folks
Statement of Financial Activity
For the year ended 31st March 2021

	Note	Unrestricted	Restricted	2021	Unrestricted	Restricted	2020
Incoming Resources		£	£		£	£	£
Incoming Resources from generated funds							
Donations		4,158		4,158	216		216
Investment Income/Bank Interest		10		10	31		31
Incoming Resources from charitable activities							
Grants and contracts	2	15,000	138,799	153,799		22,279	22,279
Other income		3,163		3,163	3,893.00		3,893
Total incoming resources		22,331	138,799	161,130	4,140	22,279	26,419
Resources Expended							
Charitable activities		504	75,676	76,180	60	62,698	62,758
Governance costs			800	800	30	690	720
Total resources expended	3	504	76,476	76,980	90	63,388	63,478
Net incoming/(Net outgoing) resources before transfers		21,827	62,323	84,150	- 4,050	41,109	37,059
Transfers				-	103 -	103 -	
Net movement in funds		21,827	62,323	84,150	- 3,947	41,006	37,059
Reconciliation of funds							
Total funds brought forward		31,792	12,729	44,521	27,845	53,735	81,580
Total funds carried forward	7	53,619	75,052	128,671	**31,792**	**12,729**	**44,521**

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

All incoming resources and resources expended derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

Arty-Folks
Balance Sheet
As at 31st March 2021

	Note	2021		2020	
		£		£	£
Current assets					
Debtors	5	28,807		1,095	
Cash at bank and in hand		106,336		45,283	
Total current assets		135,143		46,378	
Liabilities					
Creditors: amounts falling due within one year	6	6,472		1,857	
Net current assets			128,671		44,521
Funds					
Designated funds	7	10,256		10,256	
Unrestricted Operational Reserves	7	30,012		21,535	
Unrestricted funds	7	17,600		0	
Restricted funds	7	70,803		12,729	
			128,671		44,521

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

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

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Trustees on.....

Ian McFarlane-Toms

Registered Company: 5260817

1 Charity information

The Charity is a company limited by guarantee incorporated in England and Wales.
It does not have share capital and the liability of each member is limited to the guarantee given by that member which shall not exceed £1.
The registered office is 1st Floor Eaton House, 1 Eaton Road, Coventry, CV1 2FJ.

1.1 Accounting convention

The accounts have been prepared in accordance with the charity's governing document, the Companies Act 2006 and "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 2019)". The charity is a Public Benefit Entity as defined by FRS 102.
The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.
The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.
The financial statements have been prepared under the historical cost convention, modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees has a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Restricted Funds - Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets this criteria is charged to the fund together with a fair allocation of management costs.
Unrestricted funds - Unrestricted funds are available for use at the discretion of the Board in furtherance
Designated funds are unrestricted funds earmarked by the Board for particular purposes.
Unrestricted Operational Reserves are to cover 4 months running costs in the event of unforeseen circumstances.

1.4 Incoming Resources

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.
Incoming resources from grants are included in incoming resources in the year in which they are receivable. Where income is received in advance of performance, its recognition is deferred and included in creditors.
Investment income and other income are included when receivable.

1.5 Resources Expended

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources. Support costs are allocated based on percentage of total costs.

Cash and cash equivalents

1.6 Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

Financial instruments

1.7 The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.
Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

Employee benefits

1.8 The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

Reserves policy

1.9 The charity is aware of its operational commitments going forward and aims to keep sufficient free funds in order to maintain its operational commitments for a period of four months.
This is subject to continuous review by the trustees.

2 Grants receivable

	2021	2020
Unrestricted funds		
Barings Foundation	8,000	
Coventry City Council	7,000	
	15,000	-
		-
Restricted funds		
People's Health Trust		6,289
HMRC Job Retention Scheme	4,249	
Arts Council England	35,000	
Arts Council England Access grant	2,954	
Big Lottery Fund	17,100	
Coventry&Warwickshire NHS PT	9,900	
Heart of England Community Foundation	2,815	
Groundwork ESF	19,958	15,990
Comic Relief	2,000	
Think Active	2,000	
Warwickshire County Council	42,824	
Total incoming resources	138,799	22,279

3 Total resources expended

	Unrestricted	Restricted	2021 Total	Unrestricted	Restricted	2020 Total
	£	£		£	£	£
Salaries		57,945	57,945		49,706	49,706
Premises Eaton House		729	729		917	917
Venue hire	-	-	-		1,050	1,050
Activities/Materials		4,358	4,358		2,525	2,525
Travel expenses	54	154	208		625	625
Volunteer expenses		451	451		1,378	1,378
Exhibitions	-	-			840	840
Telephone & internet	108	1,001	1,109		1,617	1,617
Office consumables		1,760	1,760		694	694
IT hard&software		7,692	7,692		854	854
Insurance	342	35	377		640	640
Subscriptions	-	-			88	88
Training		959	959		1,271	1,271
Independent Examination		800	800	30	690	720
Payroll fees		268	268		261	261
DBS checks		100	100	-	-	
Marketing promotion		142	142		68	68
Governance costs		13	13		163	163
Bank charges		69	69	60		60
	504	**76,476**	**76,980**	**90**	**63,388**	**63,478**

4 Staff costs	2021	2020
	£	£
Wages and Salaries	54,510	49,426
NI Insurance	2,988	0
Pension Costs	447	280
	57,945	49,706

No employee earned £60,000 p.a. or more.
No remuneration was paid to trustees in the year, nor were any expenses reimbursed to them.

The average number of employees during the year was 4.

5 Debtors	2021	2020
Amounts falling due within one year	£	£
Prepayments	108	550
Other debtors	28,699	535
	28,807	1,095

6 Creditors

Amounts falling due within one year

Trade creditors	2,748	1,167
Taxation and social security	2,966	0
Accruals	758	690
	6,472	1,857

7 Reserves and reconciliation of movement in funds

	1sts April 2020	Incoming resources	Outgoing resources	Transfers	31st March 2021
	£	£	£	£	£
Unrestricted funds					
Designated funds	10,256		-	-	10,256
General funds	-	9,600			9,600
Baring Foundation		8,000			8,000
Operational Reserves	21,536	8,980	504	-	30,012
	31,792	**26,580**	**504**	**-**	**57,868**
Restricted funds					
Groundwork ESF *	12,729	19,958	28,935		3,752
Heart of England Community Foundation		2,815	2,815		-
Arts Council England**		35,000	30,230		4,770
Arts Council England Access grant		2,954	2,954		-
Big Lottery Fund**		17,100	11,480		5,620
CWPT NHS***		9,900	0		9,900
Comic Relief***		2,000	0		2,000
Warwickshire County Countil***		42,824	0		42,824
Think Active***		2,000	63		1,937
DWP furlough		4,249	4,249		-
	12,729	138,799	80,725	-	70,803
Total funds	**44,521**	**165,379**	**81,229**	**-**	**128,671**

* ESF project will be completed June'21
** Marketing post recruitment delayed
***projects carried over due to Covid-19

8 Analysis of net assets between funds

Fund balances at 31st March 2021 are represented by:	**Unrestricted**	**Restricted**	**Total**
	£	**£**	**£**
Current Assets	57,868	70,803	128,671

9 Net movement in funds

Net movement in funds is arrived at after charging:	**2021**	**2020**
	£	£
Independent Examiner	800	690

10 Retirement benefit schemes

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently managed fund.
The total charge recognised in the SOFA was £447 (2020 - £280).

11 Related parties

There were no disclosable related party transactions during the year (2020 - none).

7 Reserves and reconciliation of movement in funds

	1sts April 2019 £	Incoming resources £	Outgoing resources £	Transfers £	31st March 2020 £
Unrestricted funds					
Core funding and other unrestricted income	17,623	4,139	203	25	21,535
Designated funds	10,256				10,256
	27,880	4,139	203	25	31,792
Restricted funds					
Peoples Health Trust	12,121	6,289	18,403	- 7	0
HoEF Jumping through Hoops	29,998		30,017	19	0
Lloyds Bank Enable	11,617		11,629	12 -	0
Groundwork ESF		15,990	3,261		12,729
	53,735	22,279	63,310	25	12,729
Total funds	**81,615**	**26,419**	**63,512**		**44,521**

8 Analysis of net assets between funds

Fund balances at 31st March 2020 are represented by:	**Unrestricted £**	**Restricted £**	**Total £**
Current Assets	31,792	12,729	44,521

Arty-Folks
Independent examiner's report
For the year ended 31st March 2021

I report to the trustees on my examination of the financial statements of Arty-Folks (the charity) for the year ended 31 March 2021.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the charity 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 the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

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 that in any material respect:

1 accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or

2 the financial statements do not accord with those records; or

3 the financial statements 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 financial statements 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 financial statements to be reached.

Robert Anderson FCA
Azets Audit Services
3Mc Middlemarch Business Park
Siskin Drive
Coventry
West Midlands
CV3 4FJ

Dated: 22/10/21

Arty-Folks
Statement of Financial Activity
For the year ended 31st March 2021

	Note	Unrestricted	Restricted	2021	Unrestricted	Restricted	2020
Incoming Resources		£	£		£	£	£
Incoming Resources from generated funds							
Donations		4,158		4,158	216		216
Investment Income/Bank Interest		10		10	31		31
Incoming Resources from charitable activities							
Grants and contracts	2	15,000	138,799	153,799		22,279	22,279
Other income		3,163		3,163	3,893.00		3,893
Total incoming resources		22,331	138,799	161,130	4,140	22,279	26,419
Resources Expended							
Charitable activities		504	75,676	76,180	60	62,698	62,758
Governance costs			800	800	30	690	720
Total resources expended	3	504	76,476	76,980	90	63,388	63,478
Net incoming/(Net outgoing) resources before transfers		21,827	62,323	84,150	- 4,050	41,109	37,059
Transfers				-	103 -	103 -	
Net movement in funds		21,827	62,323	84,150	- 3,947	41,006	37,059
Reconciliation of funds							
Total funds brought forward		31,792	12,729	44,521	27,845	53,735	81,580
Total funds carried forward	7	53,619	75,052	128,671	**31,792**	**12,729**	**44,521**

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

All incoming resources and resources expended derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

Arty-Folks
Balance Sheet
As at 31st March 2021

	Note	2021		2020	
		£		£	£
Current assets					
Debtors	5	28,807		1,095	
Cash at bank and in hand		106,336		45,283	
Total current assets		135,143		46,378	
Liabilities					
Creditors: amounts falling due within one year	6	6,472		1,857	
Net current assets			128,671		44,521
Funds					
Designated funds	7	10,256		10,256	
Unrestricted Operational Reserves	7	30,012		21,535	
Unrestricted funds	7	17,600		0	
Restricted funds	7	70,803		12,729	
			128,671		44,521

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

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

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Trustees on.....

Ian McFarlane-Toms

Registered Company: 5260817

1 Charity information

The Charity is a company limited by guarantee incorporated in England and Wales.
It does not have share capital and the liability of each member is limited to the guarantee given by that member which shall not exceed £1.
The registered office is 1st Floor Eaton House, 1 Eaton Road, Coventry, CV1 2FJ.

1.1 Accounting convention

The accounts have been prepared in accordance with the charity's governing document, the Companies Act 2006 and "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 2019)". The charity is a Public Benefit Entity as defined by FRS 102.
The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.
The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.
The financial statements have been prepared under the historical cost convention, modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees has a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Restricted Funds - Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets this criteria is charged to the fund together with a fair allocation of management costs.
Unrestricted funds - Unrestricted funds are available for use at the discretion of the Board in furtherance
Designated funds are unrestricted funds earmarked by the Board for particular purposes.
Unrestricted Operational Reserves are to cover 4 months running costs in the event of unforeseen circumstances.

1.4 Incoming Resources

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.
Incoming resources from grants are included in incoming resources in the year in which they are receivable. Where income is received in advance of performance, its recognition is deferred and included in creditors.
Investment income and other income are included when receivable.

1.5 Resources Expended

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources. Support costs are allocated based on percentage of total costs.

Cash and cash equivalents

1.6 Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

Financial instruments

1.7 The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.
Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

Employee benefits

1.8 The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

Reserves policy

1.9 The charity is aware of its operational commitments going forward and aims to keep sufficient free funds in order to maintain its operational commitments for a period of four months.
This is subject to continuous review by the trustees.

2 Grants receivable

	2021	2020
Unrestricted funds		
Barings Foundation	8,000	
Coventry City Council	7,000	
	15,000	-
		-
Restricted funds		
People's Health Trust		6,289
HMRC Job Retention Scheme	4,249	
Arts Council England	35,000	
Arts Council England Access grant	2,954	
Big Lottery Fund	17,100	
Coventry&Warwickshire NHS PT	9,900	
Heart of England Community Foundation	2,815	
Groundwork ESF	19,958	15,990
Comic Relief	2,000	
Think Active	2,000	
Warwickshire County Council	42,824	
Total incoming resources	138,799	22,279

3 Total resources expended

	Unrestricted	Restricted	2021 Total	Unrestricted	Restricted	2020 Total
	£	£		£	£	£
Salaries		57,945	57,945		49,706	49,706
Premises Eaton House		729	729		917	917
Venue hire	-	-	-		1,050	1,050
Activities/Materials		4,358	4,358		2,525	2,525
Travel expenses	54	154	208		625	625
Volunteer expenses		451	451		1,378	1,378
Exhibitions	-	-			840	840
Telephone & internet	108	1,001	1,109		1,617	1,617
Office consumables		1,760	1,760		694	694
IT hard&software		7,692	7,692		854	854
Insurance	342	35	377		640	640
Subscriptions	-	-			88	88
Training		959	959		1,271	1,271
Independent Examination		800	800	30	690	720
Payroll fees		268	268		261	261
DBS checks		100	100	-	-	
Marketing promotion		142	142		68	68
Governance costs		13	13		163	163
Bank charges		69	69	60		60
	504	**76,476**	**76,980**	**90**	**63,388**	**63,478**

4 Staff costs	2021	2020
	£	£
Wages and Salaries	54,510	49,426
NI Insurance	2,988	0
Pension Costs	447	280
	57,945	49,706

No employee earned £60,000 p.a. or more.
No remuneration was paid to trustees in the year, nor were any expenses reimbursed to them.

The average number of employees during the year was 4.

5 Debtors	2021	2020
Amounts falling due within one year	£	£
Prepayments	108	550
Other debtors	28,699	535
	28,807	1,095

6 Creditors

Amounts falling due within one year

Trade creditors	2,748	1,167
Taxation and social security	2,966	0
Accruals	758	690
	6,472	1,857

7 Reserves and reconciliation of movement in funds

	1sts April 2020	Incoming resources	Outgoing resources	Transfers	31st March 2021
	£	£	£	£	£
Unrestricted funds					
Designated funds	10,256		-	-	10,256
General funds	-	9,600			9,600
Baring Foundation		8,000			8,000
Operational Reserves	21,536	8,980	504	-	30,012
	31,792	**26,580**	**504**	**-**	**57,868**
Restricted funds					
Groundwork ESF *	12,729	19,958	28,935		3,752
Heart of England Community Foundation		2,815	2,815		-
Arts Council England**		35,000	30,230		4,770
Arts Council England Access grant		2,954	2,954		-
Big Lottery Fund**		17,100	11,480		5,620
CWPT NHS***		9,900	0		9,900
Comic Relief***		2,000	0		2,000
Warwickshire County Countil***		42,824	0		42,824
Think Active***		2,000	63		1,937
DWP furlough		4,249	4,249		-
	12,729	138,799	80,725	-	70,803
Total funds	**44,521**	**165,379**	**81,229**	**-**	**128,671**

* ESF project will be completed June'21
** Marketing post recruitment delayed
***projects carried over due to Covid-19

8 Analysis of net assets between funds

Fund balances at 31st March 2021 are represented by:	**Unrestricted**	**Restricted**	**Total**
	£	**£**	**£**
Current Assets	57,868	70,803	128,671

9 Net movement in funds

Net movement in funds is arrived at after charging:	**2021**	**2020**
	£	£
Independent Examiner	800	690

10 Retirement benefit schemes

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently managed fund.
The total charge recognised in the SOFA was £447 (2020 - £280).

11 Related parties

There were no disclosable related party transactions during the year (2020 - none).

7 Reserves and reconciliation of movement in funds

	1sts April 2019 £	Incoming resources £	Outgoing resources £	Transfers £	31st March 2020 £
Unrestricted funds					
Core funding and other unrestricted income	17,623	4,139	203	25	21,535
Designated funds	10,256				10,256
	27,880	4,139	203	25	31,792
Restricted funds					
Peoples Health Trust	12,121	6,289	18,403	- 7	0
HoEF Jumping through Hoops	29,998		30,017	19	0
Lloyds Bank Enable	11,617		11,629	12 -	0
Groundwork ESF		15,990	3,261		12,729
	53,735	22,279	63,310	25	12,729
Total funds	**81,615**	**26,419**	**63,512**		**44,521**

8 Analysis of net assets between funds

Fund balances at 31st March 2020 are represented by:	**Unrestricted £**	**Restricted £**	**Total £**
Current Assets	31,792	12,729	44,521