



Company no. 5260817
Charity no. 1107757

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



Impact Report 2021-22



COMIC
RELIEF



Supported using public funding by
**ARTS COUNCIL
ENGLAND**



In partnership with
**THE NATIONAL LOTTERY
COMMUNITY FUND**

NHS
Coventry and
Warwickshire Partnership
NHS Trust



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

Arty-Folks

Trustee Directors' Report and Financial Statements for the year ended 31 March 2022

Company Registration no. 5260817

Charity Registration no. 1107757

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 Medico, 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 become 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.

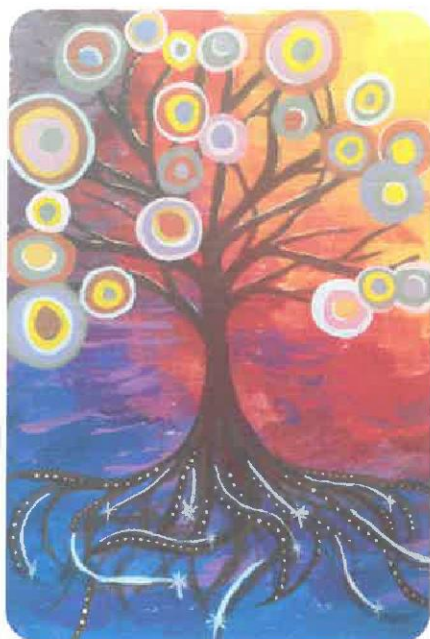
10 Participants formally enrolled on ESF:

- 3 overcame their alcohol addiction
- 2 resolved their debt problems
- 1 young care leaver 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 5 years 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 4 years 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 distinction and 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



19% registrations through
the Recovery&Wellbeing Academy

28% referred by Professional



91 Courses delivered



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 8-12 months 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:

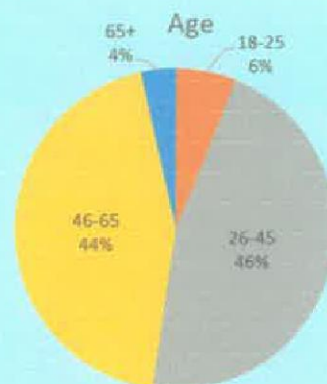
"The way people supported each other in our courses has been heart-warming. At times we forgot we were in a Zoom and we felt so close, protecting, nurturing, encouraging, melting away the digital divide. These dark times have really made people's humanity shine."

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.

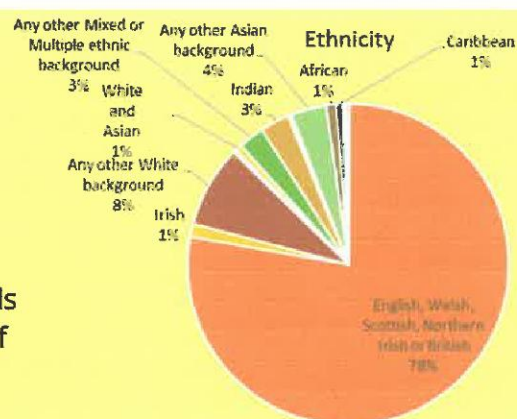
Note that we do not offer places to children and young people at our courses.



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.

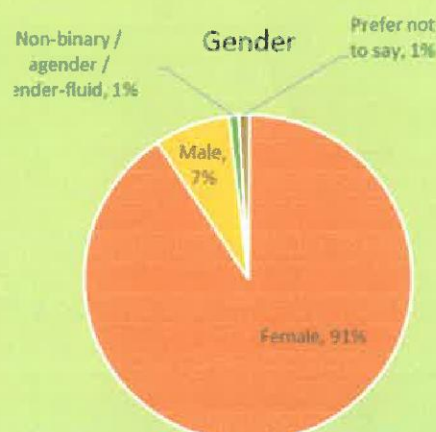


Gender

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.

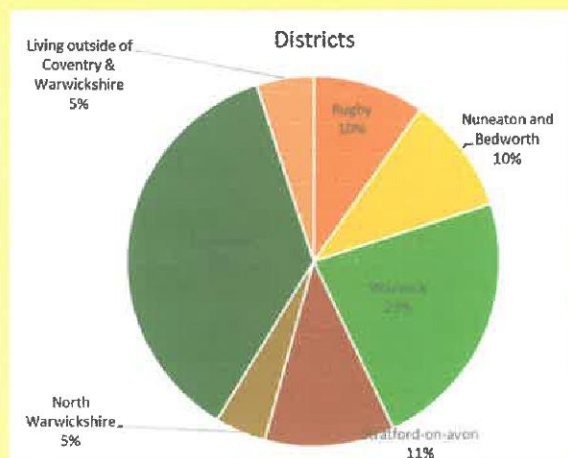
Participants' feedback highlighted that in general men still perceive participating in health and wellbeing activities as a public display of weakness, if not failure.



Stone Carving course Kenilworth April 2021



Locations

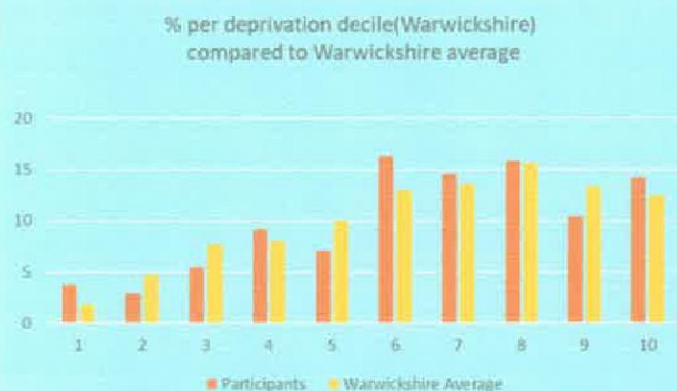


64% participants were living or working in Warwickshire and 36% were from Coventry.

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

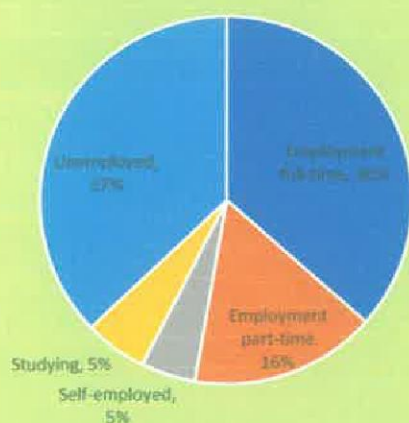


We reached people across Warwickshire, and most importantly in the more deprived areas (deciles 1-5)

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."

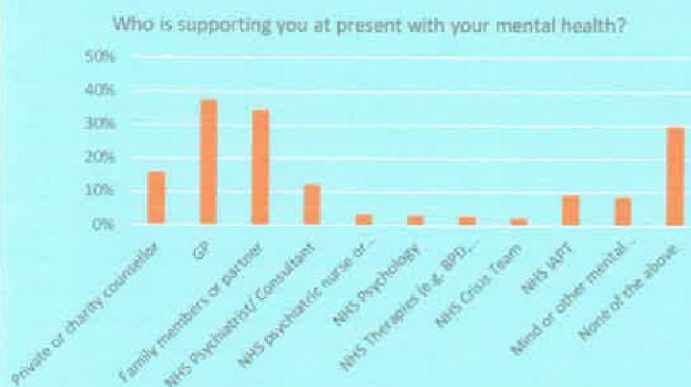
Mental Health Needs

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.

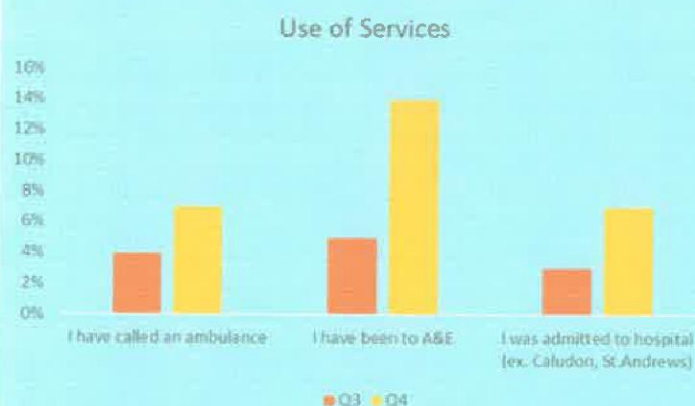
Note the discrepancy: 52% were taking medication while 28% claimed **not** to require medical support or interventions. Our understanding is that many are taking anti-depressants and sleeping pills they can buy over the counter or online and do not recognise poor sleep as a mental health issue.



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



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.

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.

This resulted in participants booking on multiple courses to fill their week which reached unprecedented levels in November.

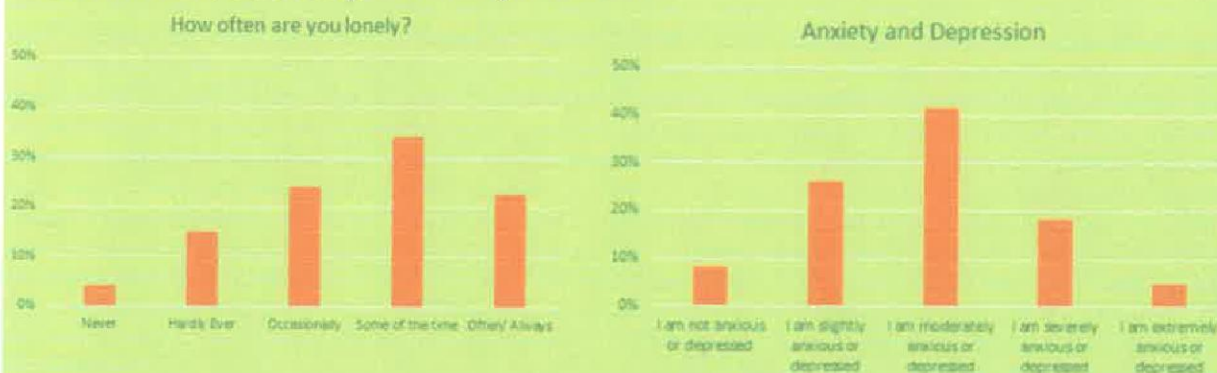
Participants anxiety, depression and loneliness

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, 1 hour 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.

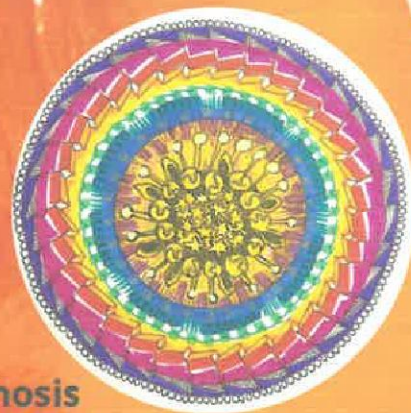
New Perspectives, 6-weeks daytime, a Creative Peer Support group for participants who are looking to start volunteering, employment or education.

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



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.

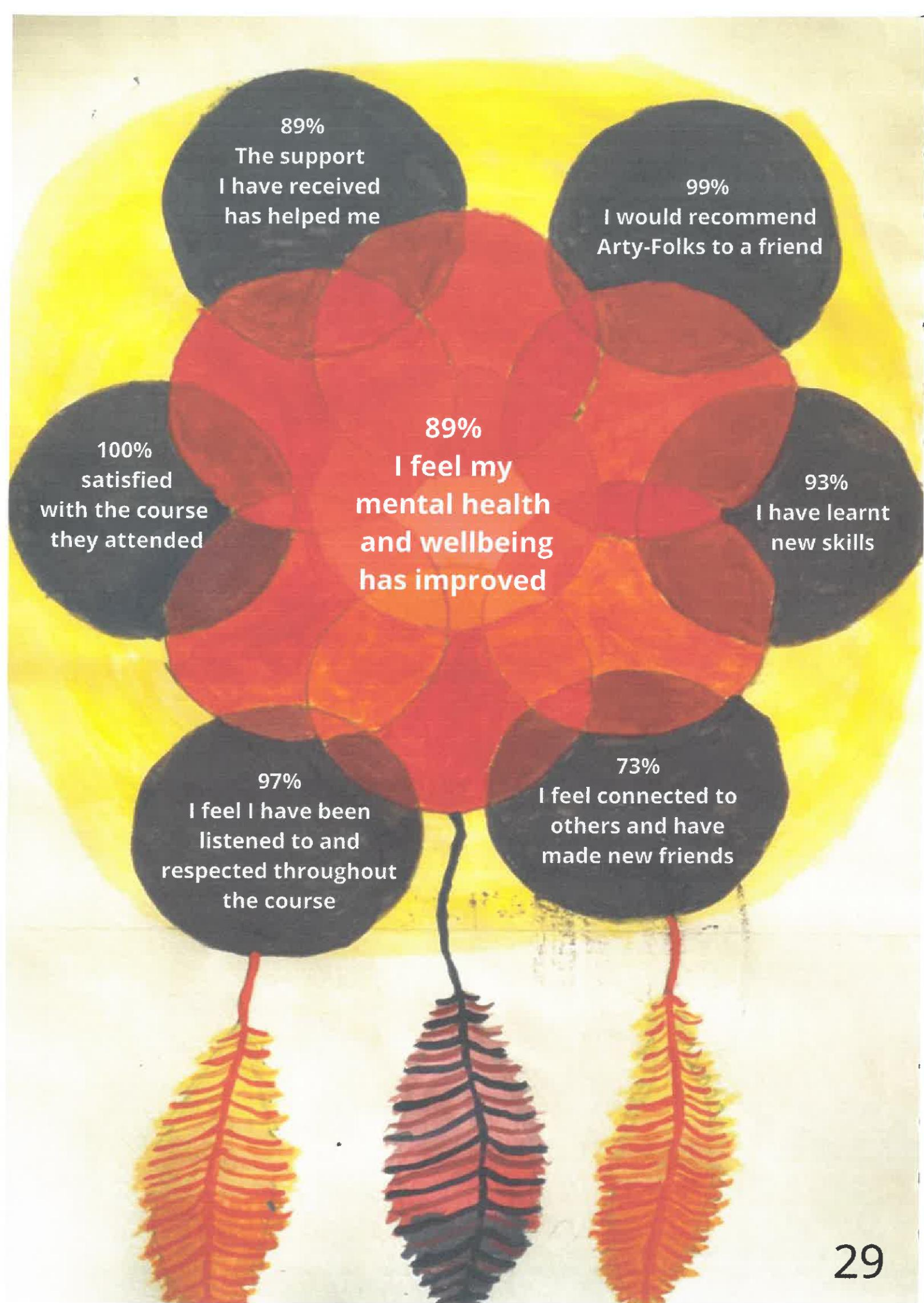
My GP Social Prescriber called me and told me about Art for Wellbeing courses and I felt really excited for the first time in years! I signed up for a course but had no idea how to use Zoom at the start but after a few weeks, it felt really nice! The first workshop I drew some chickweed with roots and 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!"



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 18 months 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							
<u>Incoming Resources from generated funds</u>							
Donations		1,930	-	1,930	4,158		4,158
Investment Income/Bank Interest		5	-	5	10		10
<u>Incoming Resources from charitable activities</u>							
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
<u>Reconciliation of funds</u>							
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		<u>142,253</u>	<u>135,143</u>
Liabilities			
Creditors: amounts falling due within one year	6	1,953	6,472
Net current assets		<u>140,300</u>	<u>128,671</u>
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
		<u>140,300</u>	<u>128,671</u>

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.

Arty-Folks**Notes to the Financial Statements**

For the year ended 31st March 2022

2 Grants receivable

	2022	2021
Unrestricted funds		
Barings Foundation	-	8,000
Coventry City Council	-	7,000
	<u>-</u>	<u>15,000</u>
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	<u>60,000</u>	<u>42,824</u>
Total incoming resources	<u>81,990</u>	<u>138,799</u>

Arty-Folks

Notes to the Financial Statements

For the year ended 31st March 2022

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
	<u>2,341</u>	<u>75,813</u>	<u>78,153</u>	<u>504</u>	<u>76,476</u>	<u>76,980</u>

Arty-Folks

Notes to the Financial Statements

For the year ended 31st March 2022

4 Staff costs

	2022	2021
	£	£
Wages and Salaries	65,569	54,510
NI Insurance		2,988
Pension Costs	926	447
	<u>66,495</u>	<u>57,945</u>

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
	<u>19,087</u>	<u>28,807</u>

6 Creditors

Amounts falling due within one year

Trade creditors	953	2,748
Taxation and social security	-	2,966
Accruals	1,000	758
	<u>1,953</u>	<u>6,472</u>

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	-	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 Council	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	-	140,300

8 Analysis of net assets between funds

Fund balances at 31st March 2022 are represented by:

	Unrestricted £	Restricted £	Total £
Current Assets	63,320	76,981	140,300

9 Net movement in funds

Net movement in funds is arrived at after charging:

	2022 £	2021 £
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 Council***		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