

INSIDE OUT COMMUNITY ARTS IN MENTAL HEALTH

England & Wales · Charity number 1136104

Details

Other names INSIDE OUT

Status Registered

Legal form Other

Registered 2010-05-25

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

Contact

Address Eastern Angles Theatre Co
Sir John Mills Theatre
Gatacre Road
Ipswich
IP1 2LQ

Phone 01473 563900

Email hello@insideoutcommunity.com

Website www.insideoutcommunity.com

Activities

Objects: 1.1 HA RELIEF OF MENTAL ILL HEALTH AND THE PROMOTION OF GOOD MENTAL HEALTH AMONGST PEOPLE RESIDING PERMANENTLY OR TEMPORARILY IN SUFFOLK WHO ARE IN NEED OF REHABILITATION AS A RESULT OF SUCH ILLNESS, IN PARTICULAR THROUGH THE PROVISION OF ARTS BASED ACTIVITIES. 2. TO ADVANCE THE EDUCATION OF THE GENERAL PUBLIC IN ALL AREAS RELATING TO MENTAL HEALTH

Activities: Inside Out provides programmes of therapeutic arts activities for people either recovering from mental ill health or experiencing a crisis of wellbeing. Arts workshops run throughout the year in Ipswich, Suffolk, led jointly by professional artists and mental health professionals. Inside Out is committed to promoting arts and mental health in the wider population.

Classification

- **How:** Provides Services, Sponsors Or Undertakes Research
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Arts/culture/heritage/science
- **Who:** People With Disabilities, Other Defined Groups

Geography

- **Area of benefit:** SUFFOLK
- Suffolk

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£50,137	£51,487	-	-
2024-03-31	£68,056	£82,965	-	-
2023-03-31	£43,311	£109,758	-	-
2022-03-31	£133,612	£97,603	-	-
2021-03-31	£121,537	£77,127	-	-

Trustees

Name	Role	Appointed
Annabel Djalili	Chair	2023-07-28
Ed Ngai		2023-07-28
Edward Taylor		2023-07-28
Katie Farrow		2023-07-28

INSIDE OUT COMMUNITY ARTS IN MENTAL HEALTH

England & Wales - Charity number 1136104

Accounts



Trustees' Annual Report for the period

From **01 April 2024** To

31 March 2025

Charity name: Inside Out Community Arts in Mental Health

Charity registration number: 1136104

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The Charity's objects (the Objects) are; 1. The relief of mental ill health and the promotion of good mental health amongst people residing permanently or temporarily in Suffolk who are in need of rehabilitation as a result of such illness, in particular through the provision of arts-based activities. 2. To advance the education of the general public in all areas relating to mental health.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Arts and wellbeing workshops; drama, dance, music, visual arts and mindfulness, delivered by professional artists with the intention of encouraging creativity for the long-term management of mental health and wellbeing.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The Board of Trustees for Inside Out Community have read and understand the Public Benefit guidance as outlined by the Charities Commission. We, the Board of Trustees, are committed to continuing to provide arts and wellbeing workshops to the people of Ipswich and surrounding areas for the long-term management of mental health and wellbeing. We are committed to ensuring that all monies awarded and donated to us as an organisation continue to be reinvested into the delivery of this service for the Public Benefit.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	Inside Out Community does not provide grants to other organisations at this time. We seek to support partner organisations through the hiring of their associated artists for our workshops and supporting their events. We also share and donate resources.

Policy on social investment including program related investment	Para 1.38	N/A
Contribution made by volunteers	Para 1.38	<p>Inside Out Community volunteers play a vital role in the support of our workshop delivery, particularly the provision of refreshments and the preparation/clearing of the workshop room. They also support us at public events e.g. Ipswich Multi-Cultural festival and Youth Pride at The Hold. They enable our workshop artists and Programme Leaders to fully focus their attention on workshop delivery and on supporting our members. We continue to encourage and recruit volunteers through going to local volunteering fairs and offer opportunities to as wide a range of members as possible, but particularly to those who are recovering from ill mental health. Our volunteer opportunities have previously led to paid employment both within the organisation and elsewhere. As a charity, we would like to continue to develop in this area.</p> <p>Over the past year we have been very lucky to have had 9 volunteers, Tamsin, Jenness, Juliette, Jenny, Katheryn, Laura, Annabel, Kate and Amy providing support at our workshops. We would like to extend a formal thank you to all our volunteers throughout the year.</p>
Other		<p>Inside Out Community remains committed to our EDI promises. To continue our commitment to Pride in Practice, in this reporting year we have delivered a workshop as part of Youth Pride. We also continue to seek to diversify our community as a whole. One strategy has been to ensure we have as diverse a pool of visiting artists as possible. In this reporting year we have collaborated with artists from Russia, Romania, Iran, Italy as well as artists with Caribbean heritage. We would like to continue to embrace the wonderfully diverse Ipswich community, showcasing as many cultural influences as possible. It is our hope that by continuing to programme artists from right across the Ipswich community, that our members will feel that we are more representative of them and this will be evidenced by a more diverse membership going forward.</p>

Achievements and Performance

	SORP reference	
<p>Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.</p>	<p>Para 1.20</p>	<p>In this reporting year Inside Out Community has delivered 136 workshops over 3 terms to 150 service users.</p> <p>These have been spread across our 3 programmes; Creative Wellbeing Art Studios, Creativity to Wellbeing Pathway and Moving Minds. In addition to this, we delivered a pilot project in Woodlands Mental Health Unit at Ipswich Hospital over a period of 4 weeks and 2 exclusive one off workshops for our members with special guest artists; Annabel & Omid Djalili and Imani Sorhaindo.</p> <p>Number of individual workshop sessions delivered;:</p> <p>Moving Minds - 34 sessions Creative Wellbeing Art Studios - 36 sessions Creativity to Wellbeing Pathway - 36 sessions Specialist workshops - 2 sessions Pilot workshop programme - 4 sessions</p> <p>One of the most rewarding experiences we can have as an organisation is to read member testimonies about how attending our workshops have helped them in their recovery or symptom management. Below are just such a very small selection from across our workshop programme this year;</p> <p><i>"I went along to the workshop which was a friendly and relaxed environment. I felt welcomed and every opportunity was made to make everyone feel included"</i></p> <p><i>"Love this creative interlude in my week. Relaxing – boosts my feeling of wellbeing!"</i></p> <p><i>"I love coming to Inside Out, the people are always so welcoming and friendly. It is helping me build confidence and find joy in things again. Today's singing was great and made me smile"</i></p> <p><i>"Feeling calm yet energised – didn't realise how much stress I was holding in my body until after"</i></p> <p><i>"As usual, wonderful Inside Out. Really look forward to coming to Inside Out on a Wednesday afternoon and it definitely helps my mental health and makes me feel stronger Thank you Inside Out"</i></p>

"I love coming to Inside Out, it gets me out of the house and allows me to do art (which I love but struggle to do at home). My autism is always accommodated and I never feel out of place or unwelcome"

Another achievement over the past 12 months has been our successful pilot workshop series delivered in collaboration with Woodlands Unit at Ipswich Hospital.

Inside Out Community has a well-established relationship with Woodlands Unit originating from a number of 'pop-up' workshops which were delivered on site at Woodlands back in 2022. As a consequence of these workshops, we invited those patients nearing the end of their treatment to join our weekly workshops at Eastern Angles Centre with Woodlands staff. The intention was to create a positive, safe space that patients could continue to access once they had returned to independent living. We have been successfully working together now for the past 3 years and have seen previous patients go on to volunteer, work for and attend Inside Out Community independently.

This year's pilot sought to take workshops back into Woodlands Unit itself so that those patients not yet in a position to attend activities off site, could experience the benefits of creative activity first hand.

4 collage based workshops were delivered to a total of 10 participants on the Acute Women's Ward. This included 4 members of Woodlands Staff. The feedback was overwhelmingly positive with 100% of participants reporting feeling more positive after the sessions.

Patient feedback included:

"Engaging, distracting, fun"

"Relaxing, concentrating on art"

"Great distraction from feeling down"

Staff feedback included:

"I found the session very mindful & helpful to my mood. I felt quite flat before the group but felt lifted after the session & left with a smile on my face."

"The Art Group is amazing. I felt Service Users are stimulated and very involved in engaging with the art workshop."

These results have inspired us to seek funding for a more permanent arrangement at Woodlands and we will continue to work on this over the next

		<p>12 months.</p> <p>In addition to the above activities, Inside Out has also maintained its commitment to raising our profile within the community. We understand that it is important for us to be visible in order for people to find our service. One way that we have sought to do this over the past three years has been to take part in local events. Some of these events charge fees to take part. In line with our objective to create greater stability for the charity, we took the decision to only commit to those events that did not require financial investment this year. We were delighted to attend the August Activities event on the Cornhill in Ipswich, the Cultural Community Day, held in Christchurch Park and the Youth Pride event at The Hold.</p> <p>In this last reporting year, we have welcomed 57 new members to our sessions, which has shown that increasing our visibility is having a positive effect. This is an area we seek to build upon in the coming years, with the aim of reintroducing our attendance at local community events who charge a fee to attend once we have established greater long term financial stability.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

<p>Achievements against objectives set</p>	<p>Para 1.41</p>	<p>Our key objective continues to be creating long-term sustainability as a charity. Over the past 12 months we have achieved greater financial stability through successful funding bids to 8 separate funders.</p> <p>We have also considerably reduced our outgoings by selectively slimming down our programme in response to attendance, focusing our attention on delivering our Pathway programme (our most expensive outlay) at the time of greatest take up by our members.</p> <p>We have successfully delivered two Creativity to Wellbeing Pathway programmes this year, one in Summer 2024 and a second in Spring 2025.</p> <p>Through more effective communication and through more openly sharing our challenges, we have been fortunate to receive a hugely positive response from our members and as a result have sourced approximately 15% of our materials over the past 12 months through donations.</p>
		<p>We would like to take this opportunity to formally thank Jo Blyth, who in her role as Fundraising</p>

Performance of fundraising activities against objectives set	Para 1.41	<p>Officer has successfully secured over £30k worth of funding.</p> <p>Being accepted for Gift Aid status has also had a very positive impact on the charity, resulting in over £3k in additional monies in the past 12 months.</p> <p>One of our long-term aims is to create a more sustainable income for Inside Out Community through investment and sponsorship. This would ensure that any changes in funding opportunities would have a less severe impact on service delivery.</p> <p>In this reporting year, we are delighted to announce that we have secured a private investment of £12k a year for the next 5 years and we would like to take this opportunity to thank our Private Donors for their generosity and belief in our service provision.</p>
Investment performance against objectives	Para 1.41	N/A
Other		<p>We would also like to formally thank those persons and organisations who have supported us with 'In Kind' support this year.</p> <p>Eastern Angles Centre for their generosity of space within their building. Community Hub Ipswich (CHIp) for the provision of free meeting space.</p> <p>Omid and Annabel Djalili and Music in Our Bones for providing free workshops to members and the additional support provided by DanceEast for Moving Minds</p>

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Bank balance at end of March 2025 £59,229.74
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Inside Out Community Board of Trustees agree to hold in reserve funds sufficient to pay for 1 term (3 months) service provision. For the reporting period stated, this equates to £20k.
Amount of reserves held	Para 1.22	£20k
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	<p>For the above reporting year, Inside Out Community accounts were incorrectly uploaded to the Charities Commission. As a result of this administrative error our accounts and accompanying report show as being 74 days late.</p> <p>We are aware that this may raise concerns with prospective funders and also impact the</p>

		<p>fundere that we may approach over the next 12 months, limiting funding opportunities. To address these concerns, we have amended our constitution to ensure collaborative working across all administrative areas going forward. This will prevent single points of failure which was the cause of our late reporting.</p> <p>We have signed up for Charity Excellence to learn from more experienced trustees and as a tool to access other businesses and organisations who make donations to charities; continuing to explore <i>in kind</i> support alongside funding.</p> <p>We would like to stress that the Board of Trustees are committed to continuing to grow their knowledge and learn from recent mistakes in order to strengthen the charity's management and ensure a sustainable future for Inside Out Community.</p> <p>If any prospective fundere would like to discuss concerns they may have regarding our late reporting, the Board of Trustees would welcome this contact via hello@insideoutcommunity.com</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

<p>The charity's principal sources of funds (including any fundraising)</p>	<p>Para 1.47</p>	<p>£30,278.70 - Grant Funding £2,600 - The Tudwick Foundation £4,828 - Sport England £150.70 - Ipswich Borough Council £200 - The Arnold Clark Community Fund £14,000 - Postcode Places Trust £3000 - Suffolk Community Foundation Co-op Community Care Grant £5,000 - The Foyle Foundation £500 Co-op Local Community Fund</p> <p>£12,000 - Private Donor £3156.36 - Workshop donations £3053.75 - Gift Aid £1,285 - Peter Watkins & Linda Thomas Sculpture Exhibition donation £215 - Sale of musical equipment £ 97.90 - Malcolm Goodwin at The Mix £50.00 - Other income £48,747.30 - Total Income 2024-2025</p> <p>We would like to take this opportunity to offer our sincere thanks to all our Fundere and Supporters for their generosity and belief.</p>
<p>Investment policy and objectives including any social investment policy adopted</p>	<p>Para 1.46</p>	<p>N/A</p>

<p>A description of the principal risks facing the charity</p>	<p>Para 1.46</p>	<p>As a charity we currently rely on funding for 75% or more of our income, leaving us at risk to changes in Government Policy regarding financial investment for the Arts and Wellbeing. We would like to reduce this percentage to no more than 50% in the long-term.</p> <p>No permanent home. We are fortunate to have rental space through Eastern Angles Centre however, not having a permanent building of our own leaves us vulnerable to increases in rent or changes in business needs which could see this space reassigned.</p> <p>A small team and recent changes to both staff and trustees have created single points of failure in terms of knowledge. We are addressing these at Board Level through a more collaborative way of working however gaps still remain particularly around support during periods of staff illness.</p> <p>We do not have a permanent Treasurer in the role at the moment and as a result specific financial knowledge is lacking. We are committed as a Board to filling this post as soon as possible but are also aware of the impact late accounting will have on our appeal.</p>
<p>Other</p>		<p>N/A</p>

Structure, Governance and Management

<p>Description of charity's trusts:</p>		
<p>Type of governing document (trust deed, royal charter)</p>	<p>Para 1.25</p>	<p>Inside Out Community is governed by our Constitution</p>
<p>How is the charity constituted? (e.g unincorporated association, CIO)</p>	<p>Para 1.25</p>	<p>CIO</p>
<p>Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees</p>	<p>Para 1.25</p>	<p>Trustees are appointed at the Annual General Meeting by members of Inside Out Community. This is carried out by a quorum of 10 persons or 1/10th of the total members present, whichever is greater.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

<p>Policies and procedures adopted for the induction and training of trustees</p>	<p>Para 1.51</p>	<p>As outlined in the Inside Out Community Constitution</p> <p>17. The Appointment of Trustees</p> <p>1. The Charity in general meeting shall elect the Officers and the other Trustees.</p> <p>2. The Trustees may appoint any person who is willing to act as a Trustee. Subject to sub-clause 5(b) of this clause, they may also appoint Trustees to act as officers.</p> <p>3. Each of the Trustees shall retire with effect from the conclusion of the annual general meeting next after his or her appointment but shall be eligible for re-election at that annual general meeting.</p> <p>4. No-one may be elected a Trustee or an Officer at any annual general meeting unless prior to the meeting the Charity is given a notice that:</p> <p>a. is signed by a member entitled to vote at the meeting;</p> <p>b. states the member's intention to propose the appointment of a person as a Trustee or as an officer;</p> <p>c. is signed by the person who is to be proposed to show his or her willingness to be appointed.</p> <p>5. a. The appointment of a Trustee, whether by the Charity in general meeting or by the other Trustees, must not cause the number of Trustees to exceed any number fixed in accordance with this constitution as the maximum number of Trustees.</p> <p>b. The Trustees may not appoint a person to be an Officer if a person has already been elected or appointed to that office and has not vacated the office.</p> <p>At present there is no formal training offered to Trustees. The creation of a formal handover document and training plan is an objective for the next 12 months.</p>
<p>The charity's organisational structure and any wider network with which the charity works</p>	<p>Para 1.51</p>	<p>Inside Out Community exists for and is governed by its Members. As such we have a cyclical structure.</p> <pre> graph TD A[Members] --> B[Board of Trustees (Chair, Treasurer, Trustees)] B --> C[Staff Team (Administrator, Programme Leaders, Dance Facilitators)] C --> D[Visiting Artists] D --> E[Volunteers] E --> F[Members] </pre>

Relationship with any related parties	Para 1.51	<p>Suffolk County Council - Trustee Employer Community Hub Ipswich - Trustee is a Director and organisation offers free meeting space.</p> <p>This Is Ipswich - Trustee is a Director Eastern Angles Theatre Company - providers of rented space for Inside Out Community workshops and additional storage space.</p> <p>DanceEast - providers of workshop space and additional support.</p> <p>The Hold - offers collaborative opportunities including exhibition space.</p>
Other		N/A

Reference and Administrative details

Charity name	Inside Out Community Arts in Mental Health
Other name the charity uses	Inside Out/ Inside Out Community
Registered charity number	1136104
Charity's principal address	% Eastern Angles Centre Gatacre Road Ipswich Suffolk IP1 2LQ

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Annabel Djalili	Chairperson		
2	Edward Ngai	Acting Treasurer		
3	Katie Farrow	Secretary		
4	Ed Taylor	Trustee		
5	Mike King	Trustee	April 2024 - May 26th 2024	
6	Sarah Wilson	Trustee		
7	Michael Anderson	Trustee	April 2024 - February 2025	
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

Director name		
None		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
None		

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
None		

Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A

Other optional information

N/A

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

Annabel Djalili

E. Ngai

Full name(s)

Annabel Djalili

Ed Ngai

Position (eg Secretary,
Chair, etc)

Chairperson

Acting Treasurer

Date

11 August 2025



Section A Independent Examiner's Report

Report to the trustees/ members of

Charity Name Inside Out Community Arts in Mental health

On accounts for the year ended

31 March 2025

Charity no (if any)

1136104

Set out on pages

1 to 2 (remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2025.

Responsibilities and basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
the accounts do not accord with the accounting records

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

Signed: Elizabeth A. Stevens

Date: 27/12/2025

Name: Elizabeth Stevens

Relevant professional qualification(s) or body (if any):

FCA

Address:

28 Brettenham Crescent, Ipswich IP4 2UB

Section B Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

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Inside Out Community Arts in Mental Health

Statement of Financial Activities

For the year ended 31 March 2025

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Income from:						
Donations and legacies:						
- Donations	18,567	200	18,767	6,703	-	6,703
- Fundraising income	1,291	-	1,291	1,552	-	1,552
Charitable activities:						
- Grant income	14,000	16,079	30,079	-	59,800	59,800
Total income	33,858	16,279	50,137	8,255	59,800	68,055
Expenditure on:						
Raising funds:						
- Fundraising costs	-	-	-	-	1,596	1,596
Charitable activities:						
- Full programme costs	3,924	19,189	23,113	8,742	69,826	78,568
- Annual report costs	-	-	-	-	-	-
- Printing & stationary costs	3	46	49	318	-	318
- Admin costs	5,974	20,400	26,374	1,063	-	1,063
- IT costs	187	1,764	1,951	1,419	-	1,419
Total expenditure	10,088	41,399	51,487	11,542	71,422	82,964
Net income / (expenditure) and movement in funds	23,770	(25,120)	(1,350)	(3,287)	(11,622)	(14,909)
Fund reconciliation						
Balance as at 1 April 2024	26,473	34,107	60,580	29,760	45,729	75,489
Balance as at 31 March 2025	50,243	8,987	59,230	26,473	34,107	60,580

All income and expenditure derive from continuing activities.

Inside Out Community Arts in Mental Health

Balance Sheet

As at 31 March 2025

	2025		2024	
	£	£	£	£
Current assets				
Cash at bank and in hand	59,230		60,580	
	<u>59,230</u>		<u>60,580</u>	
Net current assets		59,230		60,580
Net assets		<u>59,230</u>		<u>60,580</u>
Funds of the charity:				
Unrestricted funds		50,243		26,038
Restricted funds:				
SCF - Equity in Mind 2023-2024	-		34,107	
Foyle Foundation	3,931		-	
Co-op Local Community Fund	156		-	
Sport England	4,828		-	
Tudwick Foundation	72		-	
	<u>8,987</u>		<u>34,107</u>	
Total funds		<u>59,230</u>		<u>60,145</u>

The financial statements were approved by the Trustees on 15 December 2025.

Annabel Djalili
Trustee

Katie Farrow
Trustee



Section A Independent Examiner's Report

Report to the trustees/ members of

Charity Name Inside Out Community Arts in Mental health

On accounts for the year ended

31 March 2025

Charity no (if any)

1136104

Set out on pages

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- accounting records were not kept in accordance with section 130 of the Act or
the accounts do not accord with the accounting records

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

Signed: Elizabeth A. Stevens

Date: 27/12/2025

Name: Elizabeth Stevens

Relevant professional qualification(s) or body (if any):

FCA

Address:

28 Brettenham Crescent, Ipswich IP4 2UB

Section B Disclosure

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Inside Out Community Arts in Mental Health

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For the year ended 31 March 2025

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Donations and legacies:						
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Total income	33,858	16,279	50,137	8,255	59,800	68,055
Expenditure on:						
Raising funds:						
- Fundraising costs	-	-	-	-	1,596	1,596
Charitable activities:						
- Full programme costs	3,924	19,189	23,113	8,742	69,826	78,568
- Annual report costs	-	-	-	-	-	-
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- Admin costs	5,974	20,400	26,374	1,063	-	1,063
- IT costs	187	1,764	1,951	1,419	-	1,419
Total expenditure	10,088	41,399	51,487	11,542	71,422	82,964
Net income / (expenditure) and movement in funds	23,770	(25,120)	(1,350)	(3,287)	(11,622)	(14,909)
Fund reconciliation						
Balance as at 1 April 2024	26,473	34,107	60,580	29,760	45,729	75,489
Balance as at 31 March 2025	50,243	8,987	59,230	26,473	34,107	60,580

All income and expenditure derive from continuing activities.

Inside Out Community Arts in Mental Health

Balance Sheet

As at 31 March 2025

	2025		2024	
	£	£	£	£
Current assets				
Cash at bank and in hand	59,230		60,580	
	<u>59,230</u>		<u>60,580</u>	
Net current assets		59,230		60,580
Net assets		<u>59,230</u>		<u>60,580</u>
Funds of the charity:				
Unrestricted funds		50,243		26,038
Restricted funds:				
SCF - Equity in Mind 2023-2024	-		34,107	
Foyle Foundation	3,931		-	
Co-op Local Community Fund	156		-	
Sport England	4,828		-	
Tudwick Foundation	72		-	
	<u>8,987</u>		<u>34,107</u>	
Total funds		<u>59,230</u>		<u>60,145</u>

The financial statements were approved by the Trustees on 15 December 2025.

Annabel Djalili
Trustee

Katie Farrow
Trustee

INSIDE OUT COMMUNITY ARTS IN MENTAL HEALTH

England & Wales - Charity number 1136104

Accounts



Chair's Report - AGM July 2024

This report covers the activities and achievements of Inside Out Community from August 2023 - July 2024.

Overview:

This year Inside Out Community has continued to offer arts and wellbeing workshops to adults aged 18+ in Ipswich and the surrounding areas. We have welcomed 3 new members to the team; our new Fundraising Officer Jo Blyth and our new Administrative team Helen and Tasnim who have all already made a terrific difference to the charity. We are thrilled to have you on the team and are looking forward to working together more closely in the future.

We have also said goodbye to some of our other team members. Ankita, who joined Inside Out Community as a trustee in 2021 before taking on the joint role of Manager and Fundraising Officer, moved on in October. We would like to thank Ankita for her work in both of these roles and wish her all the best for the future.

David Hardy, will also bid us farewell in September having been our Staff Supervision Facilitator for the last 4 years. David has been an Inside Out Community supporter since the very early days of the charity and we would like to take this opportunity to thank him and wish him well as he continues in his new life in the North.

So this has been a year of significant change and the changes do not stop there. We are now delivering a brand new workshop programme.

Programme:

Over the past 12 months, Inside Out Community has successfully delivered 168 workshops across 3 terms to 126 people whilst continuing to attract new members and a greater variety of artists than ever before.

Following the completion of several of our funding streams, our previous programmes, Artworks, Creative Lives and Young Creatives have now been replaced with three new workshops which we hope will allow for greater diversity and freedom of expression as well as offering members the opportunity to go deeper using self-analysis as part of their wellbeing journey.

The new programme consists of 4 weekly workshops:

- The Creative Wellbeing Studios, which run twice weekly on a Wednesday and a Friday, offer themed workshops which members can choose to follow or alternatively, bring their own approach to. Visiting artists attend several times a term and the remaining sessions are run by Programme Leaders, Allan Williams and Karen Densham. It is our studio programme that is visited by patients at Woodlands Unit at Ipswich Hospital and we continue to receive positive feedback of the impact of this creative outlet on their recovery.
- Our second new workshop is all visiting artists led. The Creativity for Wellbeing Pathway, which began in Spring 2024, is a 12 week creative exploration through the visual and performing arts. This workshop offers a space for social connection and self expression.
- Finally, we continue to offer our popular Moving Minds workshops. Run in collaboration with Dance East, Moving Minds are movement workshops facilitated by dance professionals Sam Moss and Lynette King.

Moving Minds:

One Moving Minds participant recently said “Even though I’m in the middle years of my life I feel as if I’m on a journey of self discovery and self expression through dance”

Moving Minds is Inside Out’s weekly expressive dance workshop, led by inspiring dance teacher Sam Moss and held in the fantastic well-being dance studio at Dance East. It has continued to be a popular part of our programme. The average attendance at sessions is around 12, although 25+ individuals, from young adults to those in later life, are regular participants. There is always a wonderful vibe when the group meets, a sense of anticipation of the pleasure of a class in which you are encouraged to dance freely, individually, collectively and collaboratively, and to explore the way the body responds creatively to an evocative variety of music and to the dance movements of others.

Sometimes there are themes, such as water or air; in recent sessions it has been birds, which ended in a thrilling enactment of a murmuration. The feedback from members on the benefits to mental and physical health reflect the healing power of dance. Here are some recent reflections: ‘it strengthens me emotionally’; ‘it energises me & leaves me feeling more alive’; ‘it’s uplifting’; ‘there’s a sense of the freedom to be me through dance that I’ve seldom found in my life’; ‘it’s not only fun, it’s exhilarating’. We are pleased to report that we have already secured funding for another year of Moving Minds, up to July 2025.

Charity Activities:

Unlike in previous years, it has been an active choice not to be so present in collaborative spaces as much over the last 12 months and we will explain why we made that decision later in this report.

Whilst we may not have been involved in so many external projects, we have continued to make positive progress independently.

- We have maintained our membership and attracted new members.
- We have also maintained our commitment to becoming more reflective of the Ipswich community as an organisation and again this year have managed to further diversify our portfolio of visiting artists. This has included welcoming textile artist Rahila Tambe and professional writer Elelia Ferro as regular contributing artists.

Having had to be selective about which events we took part in this year, it was important that we continue to honour our prior commitments as a charity; these included delivering on our promise to Pride in Practice (having achieved the Gold Award in May '23) by making ourselves visible as a LGBTQ+ friendly organisation.

- For the second year running we were delighted to join the Suffolk Youth Pride team on 22nd June at The Hold to celebrate the young LGBTQ+ community in Ipswich. Attendees had the opportunity to create postcards inspired by the colours and principles of the Progressive Pride Flag and the whole event was a really vibrant and positive experience for all concerned.
- Following an enthusiastic response by visitors to Mildenhall Library, our PAWSitive Pride of Pups, created as part of the Suffolk Libraries fundraiser project, PAWSitivity in March and April '23, were auctioned at Trinity Park on the 12th October. We were delighted that the Pride stayed together and was bought for £250 by a local business. All proceeds from the event which totalled in excess of £26,000 will help to support the provision of services offered by Suffolk Libraries, spaces that we know are hugely important to our community members.
- On Thursday 19th October, Eastern Angles supported us to host our own fundraising event with the purpose of sharing the vision of Inside Out Community and attracting new Trustees. It was a reasonable success. By the end of the evening we had gone from 5 trustees up to 7 and also secured Omid Djalili for a special workshop for our members. We would like to take this opportunity to thank Omid for his support.
- We also took part in the Jobs Fair at Ipswich Academy on 12th April, participating to continue raising the profile of the charity.
- On 12th June, with support from Lapwing Education, a young supporter Marie, who contacted us after reading about Inside Out Community online, raised £55.50 for the charity through the sale of her own artwork and accessories. We would like to thank Marie for all her hard work. Support like this is so appreciated by us all.

Marie is an example of how the work of Inside Out Community continues to touch and inspire people and these individual acts of support have been the encouragement that we as a Board have needed during what has been a rather turbulent year.

Challenges:

When the new Board was elected in July '23, there were 9 trustees. Of these, 8 had not held a trustee position previously. The uncertainty surrounding the future of the charity's funding after August '23 meant that by September this number had reduced to 5. Leaving amongst the vacancies, the Treasurer role.

This year's priority focus therefore has been securing the future of the charity. It has been quite a journey!

One early decision made by the Board was to reduce the programme that we offered in order to maximise our resources. As a result of these changes we had to part ways with Ankita who had been Inside Out Community's Manager for the previous year. This additional loss was another blow.

We are grateful to Ed Ngai and Peter for stepping into the breach to cover the responsibilities of the Treasurer role and a special thank you also to Katie for stepping into the roles of Secretary and Acting Manager. Without Katie's contribution this charity would have been in a much worse state than it was and it is likely we would not have achieved our current stability.

We had also recently welcomed Helen and Tasnim who were trained and ready to begin in this rather uncertain situation. We would like to formally thank them both for staying with us through such a challenging time. Particularly our Administrator Helen who has gone above and beyond to ensure that the challenges behind the scenes have not been experienced by our members. Thank you Helen.

Essentially, the only people who were still in their original roles were our two Programme Leaders, Karen and Allan and our Dance Facilitator, Sam who as well as maintaining the high standard of workshops for our Members, also took a significant cut to their hours or pay to help reduce costs and strain on resources.

Again we would like to formally thank all three for their kindness and support whilst we regained stability for the charity.

Due to the situation feeling rather hopeless, it was concluded that there were two options: Either put our energy and finances into closing the charity. Or, since we were already running a reduced programme, to let things run until the end of the Autumn term before making a final decision at Christmas whether to continue or not.

We actually made the decision to continue in November 2023 and part of that decision was because we had successfully recruited three new trustees. Sarah Wilson was the first to join us, bringing with her a wealth of skills and experience in marketing and a collaborative spirit.

With the arrival of Spring, we were feeling more hopeful as a charity and we launched our new Monday Creativity for Wellbeing Pathway. This has been a pilot project and we are now analysing the feedback and seeing how best to build upon this for the next year.

Although there is still much to learn and to do, we are proud of the fact that there has not been a break in service and we have continued our weekly provision for our members.

Our relationship with Woodlands mental health unit at Ipswich Hospital continues to go from strength to strength with further projects in discussion for 2025. This relationship is very important because the need for mental health and wellbeing support has never been greater.

We are mindful that the last year has felt at times very uncertain and stressful, but we are happy to report that the future looks brighter and we hope this is reassuring for our staff and our members.

Progress:

The theme for this year has been a commitment to building stability and steadiness. As you can see it's been a challenging year, starting off in quite a low place, lots of rocky starts but slowly the tide turned and we are now in a more comfortable place.

But we would not have got to this point without actively seeking help. The most significant of all of these being the invaluable funding from Equity in Mind through Suffolk Community Foundation which kept us running for an entire year. We would like to say a big thank you to them.

We would also like to thank our previous Treasurer, Gale Pryor who not only secured this funding but has continued to support us whenever we have needed her. Thank you Gale.

A major turning point has been the recruiting of Jo Blyth as our Fundraising Officer who has been a fantastic addition to the Inside Out Community Team. The knowledge and experience that Jo has brought has meant that the transition into our next chapter has been much steadier.

Another turning point was when we sought the view of a trusted financial expert in Gavin Buckle from Ensors in May. We were able to consider that our financial challenges were perhaps not as bleak as we had first feared and that a change in reporting approach would greatly assist how the charity presents to prospective funders. We received helpful advice with regards to how we understand our finances better going forward and this gave an injection of hope and confidence which we have been building on over the last few months.

The Future:

We fully intend to continue and are happy to report that funding has already been secured for the delivery of both our Creative Wellbeing Studios for the coming year.

Our studio sessions will run as usual for Autumn 2024 and in Spring 2025 we intend to resume the Creativity to Wellbeing Pathway. As mentioned, having been awarded funding for the entire year, Moving Minds will also continue as before.

We have lots of wonderful ideas and collaborative projects which are in discussion at the moment and we look forward to sharing more details with you as things develop.

Inside Out Community has always had a history of connection with the theatre. It used to refer to 'theatre and arts' and has had previous associations with the Wolsey, Red Rose Chain and now Eastern Angles. We would love to revive that connection going forward.

As we are reflecting on where Inside Out Community began it seems apt to now share the news that our Founding Father and long standing trustee Peter Watkins has made the difficult decision to retire from the charity after 21 years.

Peter, who (with Jan Addison) founded the charity back in 2003, has been a source of stability and continuity and we want to say a massive thank you to him.

Peter has been the beating heart of Inside Out Community for over 2 decades. He has seen the charity from inception through Covid, to receiving the Queen's Award for Voluntary Service and most recently the Gold Award for Pride in Practice earlier in 2023. Without Peter, and his founding fellow Jan, there would quite simply be no Inside Out Community and words do not seem enough to truly represent the extraordinary contribution that Peter has made not only to our members but to the arts and wellbeing world in general. Thank you Peter. For everything. We wish you a long and very happy retirement.

We are not letting Peter go off too quietly and there are plans afoot for a suitable tribute to both Peter and Jan for next year. We will update you all as this develops.

So from a rocky start to a more stable present with plenty to feel positive about and a new business plan in place for the next 12 months. We are heading into a new academic year sure of three things:

1. Inside Out Community does make a difference to people's lives and this year especially, we have seen how the difference it has made to people has inspired others to step up and step forward in support.
2. Our current reporting year does not line up with our financial year and this is creating an imbalanced impression for funders who are repeatedly seeing deficits as we do not currently have a reporting approach which shows funds carried over from the previous year. We are working with Ensors to rectify this going forward.
3. We have a truly special team here at Inside Out. Individuals who are committed to making a difference and to investing time and energy into learning how to offer the very best service they can to the people of Ipswich and the surrounding area.

Annabel Djalili
Chairperson
Inside Out Community

INSIDE OUT COMMUNITY ARTS IN MENTAL HEALTH BALANCE SHEET AS AT 31st MARCH 2023

	<u>31/3/24</u>	<u>31/3/23</u>
	£	£
Cash at Bank	60,580	75,489
 Represented by ;		
Retained funds 1st April 2023	75,489	141,996
Excess/(Deficit)Income over Expenditure	- 14,909	- 66,507
 Retained funds 31st March 2024	 <u>60,580</u>	 <u>75,489</u>

INSIDE OUT COMMUNITY ARTS IN MENTAL HEALTH BALANCE SHEET AS AT 31st MARCH 2023

	<u>12 months to 31st March 2024</u>	<u>12 months to 31st March 2023</u>
	<u>Total Funds</u>	<u>Total Funds</u>
Income		
Voluntary Income - donations	6,703	9,424
Income from Charitable Activities - Grants	59,800	33,636
Income from Fundraising Activities	1,553	251
Total Income	<u>68,056</u>	<u>43,311</u>
Expenses		
Charitable Activities costs		
Full programme costs	78,569	105,923
Annual report costs		
Printing & Stationery costs	318	201
Admin costs	1,063	2,326
IT costs	1,419	1,302
	<u>81,369</u>	<u>109,752</u>
Fundraising Costs		
Fundraising officer costs	1,596	
Fundraising costs		66
	<u>1,596</u>	<u>66</u>
Total Expense	<u>82,965</u>	<u>109,818</u>
Excess of Income over expenditure	<u><u>(14,909)</u></u>	<u><u>(66,507)</u></u>

INSIDE OUT COMMUNITY ARTS IN MENTAL HEALTH

England & Wales - Charity number 1136104

Accounts

Inside Out Community Chairperson Annual Report 2022/23



Our Why

At Inside Out we believe that the power of creativity and self-expression nurtures our minds.

The arts, in all their forms, possess a unique ability to heal, inspire, and uplift us in ways that few other things can. Whether it's through painting, music, literature, dance, theatre, or any other artistic medium, we know that the arts can provide solace, comfort, and a refuge.

Creativity enables us to channel our emotions, thoughts, and experiences into something tangible and meaningful. When we create, it allows us to explore new perspectives, encouraging us to find beauty and meaning in the world around us, even amidst adversity.

Moreover, the arts bring people together, fostering a sense of belonging and community. Artistic expression transcends cultural, linguistic, and social barriers, connecting individuals with shared experiences and emotions. This sense of belongingness is vital for combating feelings of isolation and loneliness that often accompany mental health struggles.

Studies have repeatedly shown the therapeutic effects of engaging with the arts, reducing cortisol levels, the stress hormone, and increasing the production of endorphins, our body's natural mood-enhancers.

At Inside Out we champion the creative spirit within each one of us and want to build a society that recognizes and supports the transformative power of the arts.

We remain committed to the power of the arts to heal and sustain.

Thanks

This has been another busy and challenging year for our community. We are so grateful for the hard work, dedication, and commitment of all those leading and working for us, our volunteers and our members. We have welcomed new members and enjoyed the company of those people that have been part of our community for many years now. On behalf of all the Trustees I would like to thank you all for all that you contribute to Inside Out!

Staffing

Matthew Morris who Chaired Inside Out with great passion and enthusiasm for 10 years resigned as Chair in March this year due to personal and health issues and was replaced as Chair by Elene Marsden.

Ankita Aggarwal has worked diligently and thoroughly as our Programme Manager this year. She accepted the additional role of Fund-Raising Officer and in this role has generated several new streams of income for Inside Out. Well done.

Katie Farrow has continued to work tirelessly in her role as Administrator. Katie will be moving on to new ventures once her contract comes to an end in August. Thanks for all the work you've done for us. We really appreciate you.

This year one of our Programme Leaders, Lois Cordelia moved to new art pastures in Wales and Karen Denham joined us as Programme Leader working together with Allan Williams.

We appreciate how both leaders have adapted to the changes that have happened, whilst at the same time continuing to show people the compassion, acceptance and care that is such an important part of what we offer our members. It has always been our ethos to "lead with the art, trusting that if we do, that good things will follow", both Allan and Karen represent our ethos so well. Thank you both!

Our artists, workshop leaders, writers, dancers, singers, printers and designers, continue to inspire and immerse people in new techniques and possibilities. Each artist brings part of themselves with generosity and skill to our workshops. Our varied pool of artists is part of what makes our programmes interesting and inspiring. We are grateful to every one of you, thank you!

I would like to thank Daisy Lees who's nearly three year contract as community engagement officer has come to an end this July. Thanks for your commitment to the role enabling Inside Out to offer workshops to wider communities in Ipswich. We hope to continue this engagement with those we have met. Our Inside Out mural stands proudly at Ipswich waterfront documenting the work that's been created during this project. Thank you!

Our Volunteers, Helen, Sadaf, Jane, Jennese, Pete, Nicki, Amy, Laura and Abby, you are amazing, thank you! Having people give their time, hard work and dedication to what we do is so valuable. We really couldn't manage without you.



To our Youth Ambassadors, Tasnim Alam and Rachel Davy, thanks for representing charity so well especially amongst young people.



Thanks also to our hub supports Sam, Myra, Justine, Monwara, Viktoria, Romeo who've helped us support additional projects throughout the year.

Thanks also to David Hardy, our supervisor "who has helped the team, artists and volunteers successfully navigate the work high and lows

To all our members, whatever the activity, group or element of Inside Out you attend, thank you!

The Trustee Team

Our small Team of Trustees, Gale Pryor, Pete Watkins, Elene Marsden and Gemma Pott have been working hard to ensure the future of our community and despite the ending of funds from the National Lottery Community Fund last year, we have managed to secure a pot of money from Equity in Mind to ensure we can continue to offer workshops for our members into September and 2024.

Gale Pryor will be stepping down as Treasurer, as well as Gemma Pott as Secretary and Elene Marsden as Chair. Peter Watkins, the Founder of Inside Out will be standing again as Trustee and will provide the necessary continuity for the new Board.

The current Board are confident that the new team elected today will continue on with the important work Inside Out delivers and with their new initiatives attract more funding to ensure the sustainability of Inside Out.

What we have delivered this year

Workshops delivered, 148 (156 if we include those delivered at external festivals/ events)

Participants reached, 139 (across our workshops/ one-to-one programme)

We also delivered 8 workshops at the events/ festivals.

A breakdown of participants across 10 workshop groups and one-to-one mentoring.

- Moving Minds: 26
- Artworks: 16
- Creative Lives: 14

- Young Creatives: 9
- Stowmarket: 9
- Felixstowe: 13
- Windrush: 8
- Jewish Community: 6
- Multicultural: 26
- Bangladeshi Women's Group: 6
- One-to-one mentoring: 6

What we've achieved this year.

- Our longest running programmes Artworks & Creative Lives have continued in person sessions with an inspirational mix of art workshops. Both have been well supported by members.
- Making Your Mark has re-emerged as '**Young Creatives**' and has been running in person sessions at the Library.
- A valued outreach programme that has been running all year for over 55's in both Stowmarket and Felixstowe again offering a range of arts and wellbeing workshops.
- Dance has assumed a greater significance in our arts and health work this year with **Moving Minds**, a weekly expressive dance programme led by Sam Moss returning to the studio at Dance East on the Waterfront.
- Inside Out collaborated with Stefan Freedman in launching his **Releasing Trauma Through Dance** programme.
- The Inside Out Band have been striking out independently and are now known as **Karmic Soup**. They played a live gig at St Peters in January in aid of Inside Out
- We've developed an outreach programme connecting existing groups that are part of the ethnically diverse communities in our area. We've delivered a range of workshops with the Afro Caribbean Community, the East European community, the Chinese Community and the Jewish Community. This culminated with the unveiling of a mural '**Stronger Together**' on the Waterfront and a day of workshops and presentations led by artists and friends hosted at Dance East. This has been one of our biggest successes of the year.

More Milestones This Year



1. In November we had a public artwork exhibition by Inside Out Community called **Reaching Out Creatively** - a celebration of how creativity connects us. That was at Eastern Angles Centre
2. **PAWSitivity** All members across Creative Lives, Artworks and Young Creatives produced a 'Pride' of multicoloured puppies that sat on top of a handmade cushion. The Pups were first seen at the project's launch at The Suffolk Show on Wednesday 31st May. Our **PAWSitive** Pride of Pups will be on show at Mildenhall Library this Summer before they are formally auctioned in October 2023.
3. We have also taken part in the following Festivals/ Events in 2023:
 - a. **May Day Festival** - Sunday 30th April at Alexandra Park, Ipswich
 - b. **Creativity & Wellbeing Week 2023** - Monday 15th - Sunday 21st May - we took part in events at DanceEast with Jobcentre Plus and had a special programme to mark the week including Mindfulness workshops by Karibu African Women's Support Group.
 - c. **75th Anniversary of the Windrush** - Exhibitions at Sailmakers Windrush Reflection Room and Murrayside Community Centre on Saturday 24th June.
 - d. **Carers Week 2023** - 6th July (Ipswich Buttermarket), 9th June (Felixstowe)
 - e. **Indian Mela** - Saturday 1st July at Christchurch Park, Ipswich
 - f. **Global Rhythm Festival** - Saturday 8th July at Christchurch Park, Ipswich
 - g. **Suffolk Pride Fringe Festival** - Saturday 15th July, Sunday 16th July at The Hold, Ipswich and Creative Pride workshop at Ipswich Jobcentre on Monday 17th July 2023.
 - h. **Stowmarket Green Dome Weekend** - Saturday 22nd July at Comb Ford Primary School with Eastern Angles Centre
 - i. **One BIG Multicultural Festival** - Sunday 23rd July at Alexandra Park, Ipswich

2023 was a very active year of community engagement for Inside Out

As a brand-new team of Trustees gets sworn in today, we feel confident that Inside Out will continue its important work in our community!

And finally, our 20th Anniversary party this week was a huge success attended by the Mayor of Ipswich and guests including Mai and Simon Black reading from 30 Angry Ghosts, Singing

Teacher Tracy Sharp and Emma Davies from Groove with Em. We heard deeply n
stories from our members who shared with us how Inside Out and has helped tr

Thanks to everyone who helped organise this event, it was such a success.

Here's to the next 20 years for Inside Out

Elene Marsden

Chairperson Inside Out Community 2023



INSIDE OUT COMMUNITY ARTS IN MENTAL HEALTH STATEMENT OF FINANCIAL ACTIVITIES
12 MONTHS ENDED 31st MARCH 2023

	Total Funds	12 months to 31st March 2023	Restricted Funds	Total Funds	12 months to 31st March 2022	Restricted Funds
Income						
Voluntary Income - donations	9,424	9,424		6,624	6,624	
Income from Charitable Activities - Grants	33,636	33,636	33,636	122,129	122,129	
Income from Fundraising Activities	251	251		4,859		
Total Income	43,311	9,675	33,636	133,612	11,483	122,129
Expenses						
Charitable Activities costs						
Full programme costs	105,923	7,504	98,419	88,383	88,383	
Annual report costs	201	201		1,650	1,650	
Printing & Stationery costs	2,326	2,326		390	390	
Admin costs	1,302	802	500	843	843	
IT costs	109,752	10,833	98,919	4,111	4,111	
Fundraising Costs	6	6		95,376	0	95,376
Total Expense	109,758	10,839	98,919	97,603	2,227	95,376
Excess of Income over expenditure	-66,447	-1,164	-65,283	-36,009	9,256	26,753

INSIDE OUT COMMUNITY ARTS IN MENTAL HEALTH BALANCE SHEET
AS AT 31st MARCH 2023

	<u>31/3/23</u>	<u>31/3/22</u>
Cash at Bank	75,489	141,996
 Represented by ;		
Funds		
Unrestricted funds	29,760	30,983
Restricted funds		
National Lottery Community Fund		21,420
Leading Lives Grant		1,253
Suffolk Community Foundation -Equity In Mind	13,542	44,559
Suffolk Community Foundation -Equity In Mind- Cirlice of Care	550	
Suffolk Community Foundation -Port Authority Grant		2,000
Suffolk Community Foundation -Get Creative by the coast		1,955
Baring Foundation Grant	18,469	39,825
Suffolk Community Foundation - Pargitter fund	6,542	
IBC Grant	<u>6,627</u>	
	45,729	111,013
	<u>75,489</u>	<u>141,996</u>

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31st March 2023.

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act")

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination,

I have followed the applicable Directions given by the Charity Commission under section 145(5Xb) of the Act.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in any material respect:

- .. accounting records were not kept in accordance with section 130 of the Act or
- .. the accounts do not accord with the accounting records

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

R. Wilkinson

20/7/23

Dated

Dated

INSIDE OUT COMMUNITY ARTS IN MENTAL HEALTH

England & Wales - Charity number 1136104

Accounts

Inside Out Community

Chairpersons Annual Report 2021/22

This has been another busy year for our Community. Once again we are so grateful the hard work, dedication and commitment of all those Leading and working for us, our volunteers and our members. We have welcomed many new members and enjoyed the company of those people that have been part of our community for many years now. On behalf of all the Trustees I would like to thank you all for all that you contribute to Inside Out!

There have been changes this year. Marie has left us and will be missed. She was so dedicated and hardworking, she was also always thoughtful and committed to ensuring that Inside Out and all those within it were considered and included. Janine also moved on this year. Janine, produced our reports for our funders, and led on our fundraising efforts. In this she represented us always with professionalism, compassion and great skill. Everyone, I am sure, will wish them well and know that they will always be part of Inside Out.

We welcomed Ankita into the role of Programme Manager. Having been a Trustee, member and volunteer, Ankita wasn't a stranger to us, and she therefore had an awareness of what Inside Out is all about. She brings to us her experience in Project Management, as well as her commitment to the arts and in helping us in all that we offer within our Community. Welcome Ankita!

Katie, is also someone that is known to the community, but who has now taken on a new role with us. As our Administrator she is at the heart of all that we do. We have already seen how skilfully

and thoughtfully she is able to support everyone, in practical ways, but by also putting her heart into this crucial role. Thank you Katie!

Allan and Lois, our Programme Leaders, have once again had an incredibly busy year. We appreciate how they adapt to the changes that inevitably happen, whilst at the same time continuing to show people the compassion, acceptance and care that is such an important part of what we offer people. It has always been our ethos to “lead with the art, trusting that if we do, that good things will follow”, both Lois and Allan represent our ethos so well. Thank you!

Our artists, workshop leaders, writers, dancers, singers, printers and designers, leading groups and activities, continue to inspire and immerse people in new techniques and possibilities. Each one bringing part of themselves with generosity and skill. Having such variety and range in our pool of artists is part of what makes our programmes interesting and inspiring. We are grateful to every one of you, thank you!

Our Volunteers, you are amazing, thank you! Having people give their time, hard work and dedication to what we do is so valuable. We really couldn't have responded to the COVID challenge without you and your contribution is and will always be needed and gratefully received.

To all our members, whatever the activity, group or element of Inside Out you attend, thank you! For our community to be a place where people can be creative, it is vital that they feel; welcome, safe, supported, respected and valued. You contribute so much to this being the case.

This year we have seen some of our writers from Write Minds move on towards arranging their own writers group, with the support of Petra and our support and encouragement. Our band

have also moved in this direction. We wish you all well and we are excited to see and hear about all that you go on to do. Thank you Petra and George for all that you have contributed towards people being able to move in this direction.

Our Team of Trustees, Gale, Pete, Gemma, Elene and myself, are all working hard to support and ensure the future of our community. Losing Ankita from our Trustee number means that we are a small team. We are therefore looking to recruit more people. We are looking to recruit specifically a Treasurer to replace Gale. Gale has told us that she needs to hand over the reigns and we are so grateful to her for continuing in her role until a replacement can be found. She supports us all with all things financial and so much more, however we need to let her go, and so finding a successor is a priority for next year.

The other significant characteristic of this year, is that it is our last year with the very generous financial support of the National Lottery Community Fund. It was the largest grant that we have ever achieved, it brought with it the opportunity to support all that we had created and to establish new initiatives. We now, like all charities, are faced with re-examining our future.

Our Lottery years did of course include the pandemic. This was a huge challenge for us. One that the Team, our volunteers and members took on magnificently. Earning them the Queens Award and a special commendation for the response to COVID. Such hard work and adaptation, did not come without its costs. It was very frightening and overwhelming at times for everyone, things at times became a bit confusing and the transitions away from people meeting and then back again, left everyone a little uncertain.

As a Trustee Team, when we were considering a replacement for Marie, were aware that it would be helpful if we could look at this

year as a period of reflection, consolidation and preparation for what comes next for our community. We therefore wanted to find someone who had the experience, knowledge, skills and commitment, to help us to achieve this. We are very happy that Ankita has taken up that role.

At present we, the Trustees, are doing our own reflection of the last years and thinking ahead to what we feel is possible for Inside Out. We know that we are all entering extremely challenging times financially. We know that the need for creativity and community in our lives, will be felt more keenly than ever. We also know that being such a small team of Trustees we need to be realistic about what is possible. We are however very keen to explore how we can reinforce the message and the possibility for more people to find the link between the arts and their emotional wellbeing.

Part of our inspiration has come from the work that we have been doing as part of the Equity in Mind funding that we received. This has involved expanding our Creative Lives groups to Stowmarket and Felixstowe, a link with YLOH who offer people one to one art sessions, and an outreach programme that has been connecting with existing groups that are part of the ethnically diverse communities in our area. It has been a joy to make these connections, to meet new people, new artists and this is something that we are keen to develop further. Welcoming new people, new cultures, new artists and creative art forms. Thank you Daisy for your work on this for us, we are so grateful for the connections you have made and we hope you will continue to help us in this area. Our funders are delighted with what we have achieved and are committed to see how they can help us further in the coming years.

Looking ahead, as I said, this will be a year of consolidation, reflection and planning. Looking for us to be able to go forward with security and with a clear commitment to what we are wanting to do and how we can do it. We remain committed to the power of the arts to heal and sustain our sense of selves. In order to give creativity the best opportunity to do this, we will need to ensure that it is built on strong foundations and that all of our community have clarity, certainty and consistency. As a team of your Trustees that is what we will be looking to do this coming year.

Our priorities will be;

- To maintain the opportunities for our existing members to meet and make art together
- To build upon the work of our Outreach programme welcoming the whole of the wider community to be creative with us
- To explore in more depth the role that the arts and creativity can play in the emotional wellbeing of individuals
- To ensure that our workers and volunteers are well supported and have the time and support to do their work
- To ensure that the Inside Out Community has the financial resources to provide all of the above with certainty and security

We intend in the next six months to develop these plans, to secure the funding that we would require and to be able to share this news with everyone in the spring. We must all be aware however that our plans and intentions require us to be able to locate the funding necessary. This is nothing new for us in our 19 year history, however it never gets any easier and, in some ways, it is made harder this year due to the national picture and our

transition away from the funding we had received from the National Lottery.

For now though, we hope that everyone enjoys all that we offer and all that we plan for the rest of this year. We look forward to seeing you and thank you for being part of the Inside Out Community.

Matthew Morris

Chairperson

Inside Out Community

INSIDE OUT COMMUNITY ARTS IN MENTAL HEALTH STATEMENT OF FINANCIAL ACTIVITIES
12 MONTHS ENDED 31st MARCH 2022

	<u>12 months to 31st March 2022</u>	<u>Restricted Funds</u>
	<u>Unrestricted Funds</u>	
<u>Total Funds</u>		<u>Restricted Funds</u>
Income		
Voluntary Income - donations	6,624	
Income from Charitable Activities - Grants	122,129	122,129
Income from Fundraising Activities	4,859	
Total Income	<u>133,612</u>	<u>122,129</u>
Expenses		
Charitable Activities costs		
Full programme costs	88,383	88,383
Annual report costs	1,650	1,650
Printing & Stationery costs	390	390
Admin costs	843	843
IT costs	4,111	4,111
	<u>95,376</u>	<u>95,376</u>
Fundraising Costs	2,227	
Total Expense	<u>97,603</u>	<u>95,376</u>
Excess of Income over expenditure	<u>36,009</u>	<u>26,753</u>
	<u>2,227</u>	<u>9,256</u>

31/3/22

Cash at Bank 141,996

Represented by :

Funds

Unrestricted funds	30,983
Restricted funds	
National Lottery Community Fund	21,420
Leading Lives Grant	1,253
Suffolk Community Foundation - Creative Lives Grant	44,559
Suffolk Community Foundation -Port Authority Grant	2,000
Suffolk Community Foundation -Get Creative by the coast	1,955
Baring Foundation Grant	39,825

111,013

141,996

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31st March 2022. As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act"). I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5Xb) of the Act.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in any material respect:
 . accounting records were not kept in accordance with section 130 of the Act or
 . the accounts do not accord with the accounting records

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

R Wilkinson

R Wilkinson

Dated

00/03/2022

INSIDE OUT COMMUNITY ARTS IN MENTAL HEALTH

England & Wales - Charity number 1136104

Accounts

Inside Out Community

Annual Report 2020/21

This year has been a very special year for our Community! We, thanks to the hard work and dedication of our volunteers in particular, have received the Queens Award! Not only that, but we received a special award for the way we rose to the challenges that the COVID pandemic presented.

I can't thank enough, all of the people that contributed to this amazing recognition. I am also mindful that the foundations for the awards have been built for some considerable time.

The sense of community, the willingness to share, the lack of judgement, the acceptance of difference, the awareness of other people's needs, the willingness to try new things, the commitment to the creative process and the mutual respect, have long been at the heart of the Inside Out Community.

Our founders, Pete and Jan, had a vision to facilitate people having the opportunities to engage in the arts and, to allow creativity to play an active part in them overcoming emotional distress. Engaging in creative lives.

Part by design, and part through their natural warm humanity, they created safe, nurturing spaces for people to participate in the arts. They utilised the skills of artists, performers, writers, actors and many other creative people. Giving them the space to share their skills and their passions. Passions which are infectious, which inspire and which show people the value and sense of worth that is so often lacking in day to day life. I am so happy and proud to say that these values and qualities are the same ones that we aspire to now and which, I think, laid the foundations for our recognition this year.

My annual report, is usually characterised by many thank yous. I make no apology for this year doing exactly the same. I know that no one does what they do for us expecting recognition, however I

think it is important to take time to acknowledge the work that people put in to our Community.

I want to start by thanking everyone who has attended our sessions, the people who have stayed in touch this last year, all those of you who are part of our creative Community. I know that these last 18 months or so have challenged every one of us in some way. I am sure that there is no one who hasn't had concerns about themselves or others. We have all had to wrestle with how we respond, what to decide about the "right things to do".

It has been so frightening and this means that we have all had to find a way to live through it. I hope that whatever you have been able to do with us, whether you haven't done anything but are still in touch, you will always know that there is always a place for you around a table, in a creative space, with us in Inside Out.

The Team, led by Marie, have been amazing! Janine, Lois, Allan and Katie, with Marie, have adapted, innovated and worked together to make sure that we did our best to keep things going. Not only did they achieve extraordinary things in keeping things going and in touch with as many people as possible. They have done so much more! We have a new image and a brilliant website, we have new funding and opportunities, we have reached out to other organisations, we have a new base for our workshops, we have self published a book and we have developed new activities. Wow!

I know that they would all be the first to say that not all of that was down to them. I am aware that there are many other people involved. But, they all lead the way and provide the support for everything that happens. I know how lucky we are to have these people doing work on our behalf, so thank you Marie, Lois, Allan, Janine and Katie.

It has been our volunteers who have been instrumental in the awards that we have received. The way that you all adapted and dedicated your ideas and time, was so humbling. It wasn't as if you didn't have other things to consider. You committed to us and in particular the groups, activities and people. There have

been so much innovation and creativity in the ways you have responded to the emergency that COVID brought upon us.

Again, I know that it has been a combination of the established values and norms of our community, and the energy, drive and dedication to those current volunteers, which has brought us such esteemed recognition this year. Thank you to everyone who volunteers and contributes to all the sessions.

We are so fortunate to have such an experienced, passionate and talented pool of artists and creators. We know that you can guarantee that regardless the group or the particular creative medium, there will always be sessions that are put together thoughtfully. Always with the aim of giving people new skills, opportunities and experiences. Sessions where people can have fun and engage in discovering the insights and awareness that being creative can bring.

I would like to thank everyone who has led sessions in the last year and contributed to Inside Out. We are so grateful for your skill, commitment and the energy that you bring to our community.

Behind the scenes, away from the workshops and activities, we have a Team of Trustees. All of us dedicated to trying to ensure that everyone has the support, the tools, the money and the guidance to maintain and develop Inside Out. We have added to our Team this year with Alison and Ankita, which are delighted about, and we have the same existing Team that we have had for some time now.

Every Trustee has made a contribution this year and I thank everyone of you. I know that Gale in particular has played a very important role in supporting Marie, as we have needed to manage our funding and look for more. Thank you Gale.

Our secretary Gemma put together a wonderful exhibition in the summer, which raised a nice sum of money and our profile at the same time. She dedicated a week of her leave to run the exhibition and I know it took some planning. Thank you Gemma.

And of course Pete continues to play a key role in helping us to move forward, to innovate and maintain a strong connection to the original aims and aspirations. We have a diverse range of talents and backgrounds in our Trustee Team.

Looking ahead, I know that there are many exciting opportunities and challenges this year. We have some new ideas and we need to think about how we move forward, as our initial Community Fund funding comes to an end. The National Lottery have given us a wonderful opportunity to develop and I think, thanks to you all we have taken that opportunity wholeheartedly. It will be so exciting to see where we are next year.

If for any reason you don't feel that I have thanked you, I apologise and of course do thank you. Any and all contributions to our community are so gratefully received.



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Inside Out Community Arts In Mental Health

**On accounts for the year
ended**

31 March 2021

**Charity no
(if any)**

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31 March 2021**.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

Signed:

Date:

18 October 2021

Name:

Luke Harvey

**Relevant professional
qualification(s) or body
(if any):**

FMAAT / FAIA / FFA / FIPA

Address:

Suffolk Tax Accountants Group, 9 Byford Court, Crockatt Road
Hadleigh, Ipswich, Suffolk, IP7 6RD

INSIDE OUT COMMUNITY ARTS IN MENTAL HEALTH
STATEMENT OF FINANCIAL ACTIVITIES
YEAR ENDED 31 MARCH 2021

	Total Funds	12 months to 31st March 2021	Restricted Funds	Total Funds	12 months to 31st March 2020	Restricted Funds
		Unrestricted Funds			Unrestricted Funds	
Income						
Voluntary Income - donations	1,876	1,876		4,806	4,806	
Income from Charitable Activities - Grants	118,714		118,714	84,652		84,652
Income from Fundraising Activities	947	947		7,145		
Total Income	121,537	2,823	118,714	96,603	11,951	84,652
Expenses						
Charitable Activities costs						
Full programme costs	74,572		74,572	59,571		59,571
Annual report costs	650		650	1,134		1,134
Printing & Stationery costs	217		217	1,076		1,076
Admin costs	679		679	1,074		1,074
IT costs	753		753	455		455
	76,871	0	76,871	63,310	0	63,310
Fundraising Costs	256	256		3,939	3,939	
Total Expense	77,127	256	76,871	67,249	3,939	63,310
Excess of Income over expenditure	44,410	2,567	41,843	29,354	8,012	21,342

INSIDE OUT COMMUNITY ARTS IN MENTAL HEALTH
BALANCE SHEET
AS AT 31 MARCH 2021

	<u>31/3/21</u>	<u>31/3/20</u>
Cash at Bank	106,357	61,947
Represented by ;		
Funds		
Unrestricted funds	21,727	19,160
Restricted funds		
National Lottery Community Fund	58,470	42,077
Suffolk Community Foundation - Creative Lives Grant	2,500	-
Suffolk Community Foundation - Covid Grant	5,000	-
Suffolk Community Foundation - Fonnereau Road Grant	4,695	-
Suffolk Community Foundation - Pargiter Grant	5,000	-
Baring Foundation Grant	8,965	-
IT Grant	-	710
	<u>84,630</u>	<u>42,787</u>
	<u>106,357</u>	<u>61,947</u>
Balance brought forward at 01.04.20	61947	32593
Movement in period from Financial Statement	44,410	29,354
Balance carried forward at 31.03.21	<u>106,357</u>	<u>61,947</u>



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Inside Out Community Arts In Mental Health

**On accounts for the year
ended**

31 March 2021

**Charity no
(if any)**

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31 March 2021**.

**Responsibilities and
basis of report**

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**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

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Signed:

Date:

18 October 2021

Name:

Luke Harvey

**Relevant professional
qualification(s) or body
(if any):**

FMAAT / FAIA / FFA / FIPA

Address:

Suffolk Tax Accountants Group, 9 Byford Court, Crockatt Road
Hadleigh, Ipswich, Suffolk, IP7 6RD

INSIDE OUT COMMUNITY ARTS IN MENTAL HEALTH
STATEMENT OF FINANCIAL ACTIVITIES
YEAR ENDED 31 MARCH 2021

	Total Funds	12 months to 31st March 2021	Restricted Funds	Total Funds	12 months to 31st March 2020	Restricted Funds
Income						
Voluntary Income - donations	1,876	1,876		4,806	4,806	
Income from Charitable Activities - Grants	118,714	947	118,714	84,652	84,652	
Income from Fundraising Activities	947			7,145		
Total Income	121,537	2,823	118,714	96,603	11,951	84,652
Expenses						
Charitable Activities costs						
Full programme costs	74,572		74,572	59,571		59,571
Annual report costs	650		650	1,134		1,134
Printing & Stationery costs	217		217	1,076		1,076
Admin costs	679		679	1,074		1,074
IT costs	753		753	455		455
	76,871	0	76,871	63,310	0	63,310
Fundraising Costs	256	256		3,939	3,939	
Total Expense	77,127	256	76,871	67,249	3,939	63,310
Excess of Income over expenditure	44,410	2,567	41,843	29,354	8,012	21,342

INSIDE OUT COMMUNITY ARTS IN MENTAL HEALTH
BALANCE SHEET
AS AT 31 MARCH 2021

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Suffolk Community Foundation - Pargiter Grant	5,000	-
Baring Foundation Grant	8,965	-
IT Grant	-	710
	<u>84,630</u>	<u>42,787</u>
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