

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 I 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 th

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



		12 months to 31st March 2023	Restricted Funds	Total Funds	Unrestricted Funds	12 months to 31st March 2022	Unrestricted Funds	Restricted Funds
Income								
	Voluntary Income - donations							
	Income from Charitable Activities - Grants	9,424		9,424	6,624			
	Income from Fundraising Activities	33,636	33,636	122,129	4,859			122,129
		251						
	Total Income	43,311	33,636	133,612	11,483			122,129
Expenses								
	Charitable Activities costs							
	Full programme costs	105,923	98,419	88,383				88,383
	Annual report costs			1,650				1,650
	Printing & Stationery costs	201		390				390
	Admin costs	2,326		843				843
	IT costs	1,302	500	4,111				4,111
		109,752	98,919	95,376	0			95,376
	Fundraising Costs	6		2,227	2,227			
	Total Expense	109,758	98,919	97,603	2,227			95,376
	Excess of Income over expenditure	-66,447	-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- Circle 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><u>75,489</u></u>	<u><u>141,996</u></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