



CHARITY COMMISSION
FOR ENGLAND AND WALES

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	
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.	Para 1.20	<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>

		<p><i>"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"</i></p> <p>Another achievement over the past 12 months has been our successful pilot workshop series delivered in collaboration with Woodlands Unit at Ipswich Hospital.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>Patient feedback included:</p> <p><i>"Engaging, distracting, fun"</i> <i>"Relaxing, concentrating on art"</i> <i>"Great distraction from feeling down"</i></p> <p>Staff feedback included:</p> <p><i>"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."</i></p> <p><i>"The Art Group is amazing. I felt Service Users are stimulated and very involved in engaging with the art workshop."</i></p> <p>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>
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		<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:

Achievements against objectives set	Para 1.41	<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>funderson 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 funders 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:

The charity's principal sources of funds (including any fundraising)	Para 1.47	<p>£30,278.70 - Grant Funding</p> <p>£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 Funders and Supporters for their generosity and belief.</p>
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A

A description of the principal risks facing the charity	Para 1.46	<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>
Other		N/A

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Inside Out Community is governed by our Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
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	Para 1.25	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.

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> <ul style="list-style-type: none"> a. is signed by a member entitled to vote at the meeting; b. states the member's intention to propose the appointment of a person as a Trustee or as an officer; c. is signed by the person who is to be proposed to show his or her willingness to be appointed. <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> <div style="text-align: center;"> <p>Members</p> <p> </p> <p>Board of Trustees (Chair, Treasurer, Trustees)</p> <p> </p> <p>Staff Team (Administrator, Programme Leaders, Dance Facilitators)</p> <p> </p> <p>Visiting Artists</p> <p> </p> <p>Volunteers</p> <p> </p> <p>Members</p> </div>

Relationship with any related parties	Para 1.51	<p>Suffolk County Council - Trustee Employer</p> <p>Community Hub Ipswich - Trustee is a Director and organisation offers free meeting space.</p> <p>This Is Ipswich - Trustee is a Director</p> <p>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)	<i>Annabel Djalili</i>	<i>E. Ngai</i>
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Full name(s)	Annabel Djalili	Ed Ngai
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Position (eg Secretary, Chair, etc)	Chairperson	Acting Treasurer
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Date	11 August 2025
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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.

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></u>	8,987	<u></u>	34,107
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)

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Set out on pages

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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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- 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):

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Address:

28 Brettenham Crescent, Ipswich IP4 2UB

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Inside Out Community Arts in Mental Health

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Total funds		<u>59,230</u>		<u>60,145</u>

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Annabel Djalili
Trustee

Katie Farrow
Trustee