



a PALETTE OF OPPORTUNITIES

ANNUAL REPORT AND ACCOUNTS 2023



TRUSTEES:

B. Friedrich
E. Frankel
S. Landau

SECRETARY:

S. Landau

REGISTERED OFFICE:

59 Bethune Road
London
N16 5EE

CHARITY NUMBER:

1145805

INDEPENDENT EXAMINER:

De Claron Ltd
3A The Vale
London
NW11 8SB

BANKERS:

HSBC
312 Seven Sisters Rd,
Finsbury Park,
London
N4 2AW

CHARITY INFORMATION

ABOUT US

At Drama Expressions, we are dedicated to providing a voice to girls and women who have been silenced by trauma or marginalized to the point where they feel their voices don't matter. These are individuals who have grown up in adverse childhood circumstances, often grappling with attachment or other socio-emotional concerns. Through our work, we engage children and young women with the aim of restoring their self-confidence and addressing the trauma they carry, using the transformative power of creative play.

We firmly believe that the arts, particularly drama, offer a unique and essential platform for these girls and women to express themselves in ways that words alone cannot encompass. Our mission is to empower them to tell their stories, heal, and rediscover their voices within a nurturing and supportive environment.

By leveraging drama and creative expression, we foster a safe space where these individuals can explore their emotions, navigate the complexities of their past experiences, and ultimately find the strength to transform their lives.

Our approach to providing drama therapy and creative education defies conventional norms that suggest limited possibilities for holistic support. We challenge the notion that budgets are too restrictive and that drama therapists are merely facilitators, recognizing their invaluable role in empowering individuals. We believe in investing in our drama therapists as essential professionals capable of fostering personal growth and emotional well-being.

Across the community centers we partner with, we're demonstrating that transformative change is achievable, reaching over 650 participants annually and proving that better outcomes are indeed possible in mental health support and creative expression.





OUR MISSION

Give young people a safe exciting place to go to have fun, build their social networks and support their personal development; enabling young people to better face the challenges of life.

OUR VISION

A future where young women are empowered through confidence, courage and kindness, utilising inclusive opportunities and creative expressions to thrive and unlock inherent values and ensuring their voice is heard.

OUR APPROACH

We utilize a holistic and person-centered model to provide comprehensive support to marginalized young women. Through drama therapy sessions, skills workshops, and creative expression programs, we create a safe and inclusive space for participants to explore their emotions, develop coping strategies, and build resilience. Additionally, we offer practical assistance, such as access to food provisions and clothing, to address immediate needs and ensure that individuals feel supported in achieving their goals. Grounded in empathy and empowerment, our model emphasizes the unique strengths and aspirations of each beneficiary, fostering personal growth, community connection, and a sense of belonging.

OUR VALUES

1. **EMPOWERMENT:** Recognising and encouraging personal achievements.
2. **INCLUSIVITY:** Creating inclusive spaces where all voices are heard and valued.
3. **CREATIVITY:** Embracing personal expression, healing, and growth.
4. **RESILIENCE:** Equipping participants with tools to overcome challenges and emerge stronger.
5. **COMMUNITY:** Strengthening communities by supporting young people to be empowered, active, responsible citizens.
6. **EMPATHY:** Approaching our work with empathy and understanding.
7. **ACCOUNTABILITY:** Upholding transparency, integrity, and ethical conduct.
8. **CONTINUOUS LEARNING:** Valuing ongoing reflection, feedback, and improvement.



MESSAGE OF THE CHAIR

As we reflect on the past year, I am filled with immense pride and gratitude for the incredible journey we have embarked on at Drama Expressions. 2023 has been a year of both unprecedented challenges and remarkable triumphs. In the face of the new cost-of-living crisis, our commitment to supporting vulnerable young women has been tested like never before. Yet, we have risen to the occasion, embracing the challenge with resilience, creativity, and an unwavering dedication to our mission.

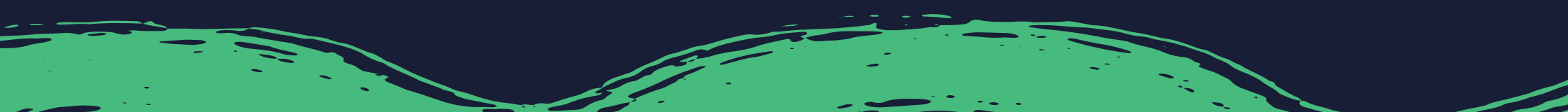
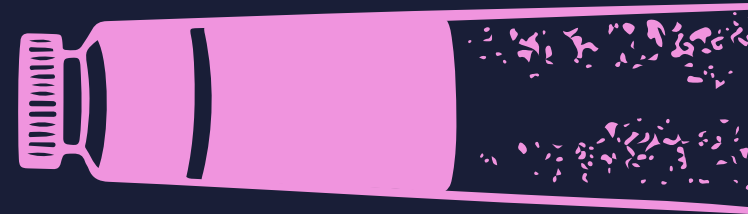
In these unprecedented times, Drama Expressions has been agile, innovative, and responsive to the needs of our girls, in the communities which we work. We remain more committed than ever to helping girls feel confident, happy and safe and be a generation of leaders.

The cost-of-living crisis has doubled the demand for our services, and we have met this need head-on, expanding our reach and deepening our impact. We have provided practical support, such as access to food provisions and essential resources, ensuring that our participants' immediate needs are met. At the same time, we have continued to foster personal growth and community connection through our holistic and person-centered approach.

This year, our programs like "Confidence Code," "Respite 4 U," and "Talent Express" have been lifelines for those we serve. Whether offering a safe haven in our bi-annual sleep-away camps or creating platforms for young women to showcase their talents and leadership skills, we have painted a tapestry of support and opportunity. Each initiative has contributed to a broader canvas of hope and possibility, proving that even in the most challenging times, creativity and compassion can light the way. Our drama therapists, true artists in their own right, have guided these young women on a journey from self-doubt to self-discovery, helping them to unlock their inherent potential and embrace their unique narratives.

As we move forward, I am inspired by the resilience and courage of the young women we serve and the dedication of our team and supporters. Together, we are not just addressing the immediate crises but also laying down brushstrokes for a brighter, more inclusive future. Thank you for being part of this journey with us. Your support is the palette that makes our work possible, and with it, we will continue to create masterpieces of empowerment and change.

S Friedman



PROJECTS



“Before Drama Expressions, I felt like I was living one big act. On the outside, I pretended everything was fine, but on the inside, anxiety was tearing me apart. Panic attacks were a daily ordeal. I knew I needed a change. Now, I’ve learned how to use drama to connect with my emotions before they become overwhelming.”

Estelle, 10

FROM OUTCAST TO STAR OF CAST

is a transformative drama program designed for multiply challenged young women in London, including those referred during the current cost-of-living crisis. Running weekly, the program consists of drama therapy sessions that incorporate various performance types, culminating in a final public showcase where participants demonstrate their skills and personal growth. The initiative aims to boost confidence, foster self-expression, and build a supportive community, with the added element of a mobile clothing bank to address participants’ physical needs alongside their emotional well-being.

TALENT EXPRESS

Performance Project is an annual showcase that empowers young women aged by providing a platform to display their creative talents. Participants engage in every aspect of the production, from writing scripts and sewing costumes to creating backdrops and performing on stage. This user-led project culminates in a community performance that highlights their teamwork, creativity, and personal growth, offering them a chance to shine and build self-esteem while fostering a sense of accomplishment and community connection.

BEST CLUB

is a vibrant weekly program for underprivileged children aged 8-16, offering a fun-filled Saturday afternoon of engaging activities, games, and discussions. Each age group is led by a dedicated volunteer leader who fosters a positive and inclusive environment. The club provides light refreshments and creates a welcoming space where children can socialize, develop new skills, and enjoy themselves, ensuring they have equal opportunities to experience joy and connection.

RUN-ABOUT

is a weekly initiative designed for underprivileged children aged 8-16, providing them with enriching outdoor experiences and educational trips. Participants engage in activities such as visits to lakes, amusement parks, and nature trails, promoting physical activity, social interaction, and exposure to new environments. The program aims to bridge the gap for inner-city children, offering them opportunities to explore the natural world and develop social skills in a fun and supportive setting.

PROJECTS

“I learned to stand tall and speak with a voice that feels strong and unstoppable”

Deborah, 11

RESPITE 4 U CAMP is a bi-annual sleepaway camp in the British countryside for marginalized children from inner-city areas. Held during the summer and winter, the

camp provides a unique opportunity for these children to relax, have fun, and enjoy nutritious meals, which are not always available in their daily lives. Camp activities include trips to waterparks, amusement parks, snow tubing, and nature hikes, alongside on-site events like ice cream parties, sports competitions, and educational

evening programs. This program aims to offer a nurturing and adventurous environment, helping children create lasting memories and fostering personal growth.

CONFIDENCE CODE is a transformative weekly initiative designed for marginalized young women aged 11-16. Through a series of structured skills-building workshops, participants focus on enhancing communication, self-esteem, and resilience.

By providing a safe and supportive environment, the project empowers these young women to engage in activities that foster personal growth and improve their ability to navigate life's challenges. Through Confidence Code, young women gain essential tools for self-recognition and empowerment, setting the foundation for a brighter, more confident future.

“Respite4U was the first time I felt the freedom to laugh, explore, and just be a kid without any worries weighing me down.”

Sarah, 15

OUR IMPACT THIS YEAR

In 2023, Drama Expressions has made a profound impact on the lives of marginalized young women, empowering them through creative expression and holistic support. This year, we reached over 1,200 participants across 25 community centers, doubling our reach in response to the cost-of-living crisis. Our flagship project, "From Outcast to Star of Cast," has provided a safe and nurturing space for young women to reclaim their voices and navigate personal challenges. Through drama therapy, skills workshops, and creative platforms, we have seen remarkable transformations, with participants building confidence, resilience, and a sense of belonging.

Our bi-annual Respite 4 U camp offered much-needed retreats in the British countryside, providing nutritious meals and engaging activities that fostered camaraderie and joy. The "Confidence Code" and "Talent Express" programs enabled participants to develop leadership skills, showcase their talents, and experience the thrill of performance. Our efforts have been particularly crucial during the cost-of-living crisis, where we provided essential resources like food provisions, ensuring that immediate needs were met while nurturing personal growth.

Additionally, our community engagement initiatives and advocacy efforts have amplified the voices of our participants, promoting inclusion and recognition. Through our comprehensive support model, we have not only addressed the immediate physical needs of our young women but also fostered long-term personal development and community connection.



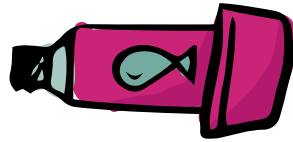
OUR IMPACT THIS year

2 user-led showcase performances



Distributed over 300 food packages to support families during the cost-of-living crisis.

Hosted 3 community engagement events



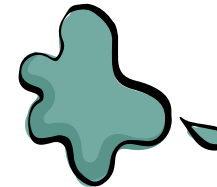
Held a summer and winter camp for over 265 young women

34 new mentoring arrangements arranged



Offered 28 skills development workshops

200 children explored the great outdoors and broadened their knowledge



Conducted 35 drama therapy sessions

Volunteer Hours: 7,362 hours contributed by volunteers, supporting various programs and initiatives.



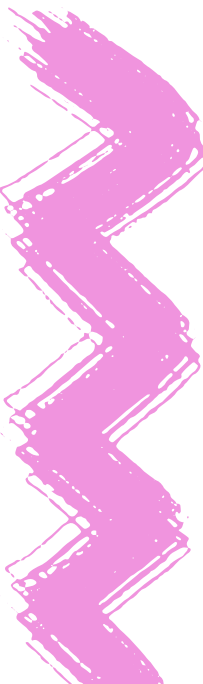
650 participants engaged in our activities and projects.



WHAT WORKS WELL

At Drama Expressions, our holistic, creative, and community-focused approach has proven highly effective in providing relevant support to our users. Integrating drama therapy with practical assistance, we address both the emotional and physical needs of marginalized young women. This comprehensive support system empowers participants to navigate personal challenges and build resilience. The power of creative expression through drama and the arts is a cornerstone of our approach.

By offering a safe space for participants to explore their emotions and tell their stories, we facilitate healing and personal growth. Programs like Talent Express showcase the effectiveness of this method, as young women gain confidence and develop new skills through performance and leadership opportunities.



Community engagement and inclusion are also vital to our success. By creating strong, supportive networks and offering platforms for participants to share their experiences, we foster a sense of belonging and empowerment. Our Respite 4 U camps and community events further strengthen these connections, providing memorable experiences that promote unity and support. Our commitment to continuous learning and adaptation ensures that we remain responsive to the evolving needs of our beneficiaries. Regular evaluations and feedback from participants guide our program adjustments, enhancing our impact and effectiveness. This dedication to reflection and improvement allows us to maintain a high standard of support, ensuring that we meet the needs of the young women we serve and help them thrive.

SARAH SPEAKS

For a long time I struggled with low self-esteem and anxiety, I often found myself feeling isolated and misunderstood. The cost-of-living crisis made everything worse, putting my family in financial distress and making it hard for me to focus on anything positive. When I joined the “From Outcast to Star of Cast” project at Drama Expressions, I was hesitant and withdrawn, unsure of how drama therapy could help me.

But everything changed with the weekly drama therapy sessions. The safe and supportive environment allowed me to explore my emotions and express myself creatively. Through activities like role-playing and improvisation, I started to build confidence and resilience. The biggest moment for me was participating in the Talent Express performance, where I took on a leading role. Performing in front of an audience, with the support of my peers, was absolutely transformative.

Drama Expressions didn't just help me on stage. The holistic support, including food provisions and skills workshops, stabilized my family's situation and gave me tools for success. Today, I'm more confident, actively engaged in my community, and planning to pursue a career in performing arts. This program truly changed my life, helping me find my voice and realize my potential.

PLANS FOR 2024

Building on the successes and lessons of the past year, we have set ambitious goals to ensure that every young woman we serve can thrive, express herself, and navigate the challenges of life with confidence and resilience. Here are our key plans for the upcoming year:

Expanding Our Reach: We plan to increase the number of community centers we partner with, from 25 to 35, enabling us to support even more young women across diverse communities. This expansion will allow us to reach an additional 500 participants, providing them with access to our transformative programs and resources.

Enhancing Drama Therapy Programs: We will continue to refine and enhance our drama therapy offerings, incorporating new techniques and methodologies to better address the unique needs of our participants. By investing in professional development for our drama therapists, we aim to elevate the quality and impact of our sessions, fostering deeper emotional healing and personal growth.

Launching New Initiatives: In response to the ongoing cost-of-living crisis, we will introduce new initiatives designed to provide holistic support to our participants. This includes the establishment of a mobile food bank service, ensuring that no young woman goes hungry while she is on her journey of self-discovery and empowerment. Additionally, we will launch "Artful Journeys," a program that combines creative expression with practical life skills workshops.

Strengthening Community Engagement: We recognize the importance of building strong, supportive communities around our participants. In 2024, we will host a series of community events, including family engagement nights, community theatre productions, and collaborative art projects. These events will foster a sense of belonging and support, creating a network of allies and advocates for our young women.

Securing Sustainable Funding: To support our ambitious plans, we will focus on diversifying our funding sources. This includes seeking grants, forging partnerships with like-minded organizations, and launching fundraising campaigns. Sustainable funding will enable us to maintain and expand our programs, ensuring long-term support for our participants.

As we embark on these plans for 2024, we remain steadfast in our commitment to empowering young women through creativity, compassion, and community. Together with our supporters, we will paint a brighter future, filled with possibilities and opportunities for all.



REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2023

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 December 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The main objectives of the charity is that of:

- (a) The provision of facilities for recreation and leisure time occupation for children and young people who are in need of such provision because of their age, infirmity, poverty, or social and economic circumstances and with the object of improving their condition and quality of life.
- (b) The promotion of any other exclusively charitable objects and purposes such as the trustees see fit, provided that they are regarded as charitable by the law of England and Wales.

Significant activities

The financial results of the Company's activities for the period ended 31 December 2023 are fully reflected in the attached financial statements together with the notes thereon. The trustees are satisfied with the results and activities of the company for the period and do not anticipate any significant changes in the forthcoming year.

Public benefit

The trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the aims and objectives and in planning the charity's future activities. The aims of the charity for the public benefit are detailed in the Objectives and Activities section of the report.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

The charity received donations that amounted to £241,970.75 and spent £312,290.65 on charitable activities. Restricted funds were spent on specific projects including Confidence Code, BEAT Club, Talent Express, and Run-About.

FINANCIAL REVIEW

Reserves policy

The trustees have agreed that the charity will maintain reserves equivalent to at least 3 months of core running costs. This level of reserves is intended to provide financial stability, ensuring that the charity can continue its essential operations in the event of unexpected funding shortfalls or unforeseen expenses. The reserves policy is reviewed annually to ensure it remains appropriate for the charity's needs and circumstances.

FUTURE PLANS

The charity plans to continue its activities subject to satisfactory incoming resources.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, its memorandum and articles of association, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Recruitment and appointment of new trustees

It is not currently the intention of the trustees of the charity to appoint new trustees. Should this situation change in the future, the trustees will apply suitable recruitment and training procedures.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.



INDEPENDENT EXAMINER'S UNQUALIFIED REPORT TO THE MEMBERS OF DRAMA EXPRESSIONS FOR CHILDREN

Independent Examiner's Report to the Trustees of Drama Expressions For Children

I report on the accounts of the Charity for the year ended 31 December 2023,

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under the Charities Act 2023 (the 2023 Act)) and that an independent examination is needed.

It is my responsibility to

- examine the accounts (under the 2022 Act);
- to follow the procedures laid down in the General Directions given by the Charity Commissioners (under the 2022 Act); and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements:
- to keep accounting records in accordance with the 2022 Act; and
 - accounting or to prepare accounts which accord with the accounting records and comply with the requirements of the 2022 Act have not been met;

- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



De Claron Ltd.
3a The Vale
LONDON NW11 8SB:
19 September 2023

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023

ACCOUNTING POLICIES

Basis of preparation of financial statements

The financial statements have been prepared under the historical cost convention as modified to include the revaluation of land and building with the exception of investments which are included at market value. These financial statements have been prepared in accordance with the Statement of Recommended Practice (SORP), "Accounting and Reporting by Charities" published in Jan 2021.

Charity status

The charity is an unincorporated association. The members of the charity are the trustees named on page 2.

Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Incoming resources

All incoming resources are included in the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Income tax recoverable in relation to donations received under Gift Aid or deed of covenant is recognised at the time of the donation.

Resources expended

All expenditure is accounted for on a cash basis and has been included under expense categories that aggregate all costs for allocation to activities. Where costs cannot be directly attributed to particular activities they have been allocated on a basis consistent with the use of the resources.

Management and administration costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

Going Concern

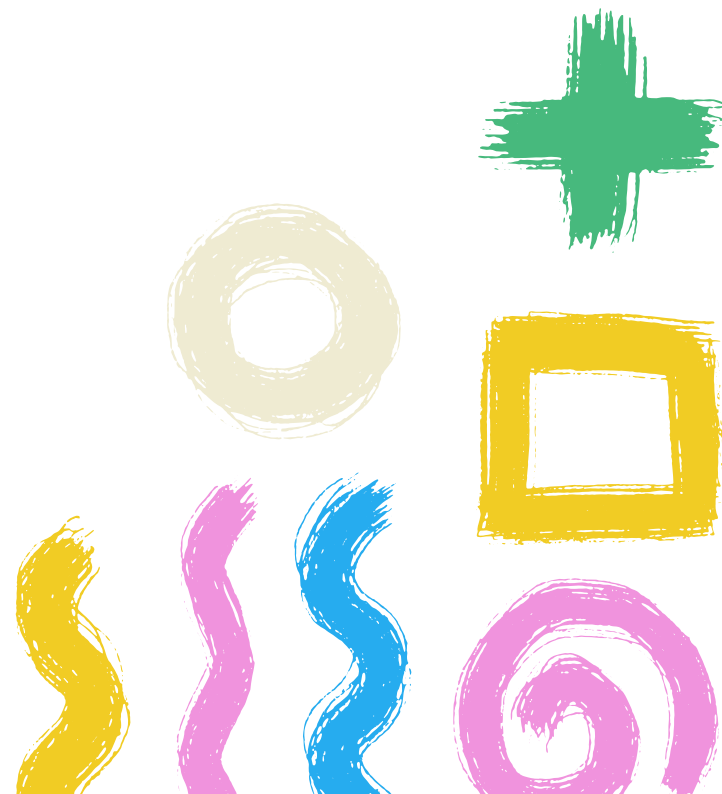
The accounts have been prepared on a going concern basis as the trustees consider the charity will continue to operate for a period of at least twelve months from the date of the approval of these accounts.

NET INCOMING RESOURCES

During the year no trustees received any remuneration, benefits in kind or reimbursement of expenses.

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2023

	y/e 31.12.2023			y/e 31.12.2022		
	Restricted Funds	Unrestricted Funds	Total Funds	Restricted Funds	Unrestricted Funds	Total Funds
INCOMING RESOURCES						
Grants	34,120.00	135,850.75	169,970.75	66,594.00	47,435.00	114,029.00
Donations		72,000.00	72,000.00	52,700.00	65,352.79	118,052.79
Fundraising Campaign		49,806.79	49,806.79		7,630.00	7,630.00
Camp Fees		13,125.00	13,125.00		12,225.00	12,225.00
Gift Aid reclaimed		32.50	32.50			-
	34,120.00	270,815.04	304,935.04	119,294.00	132,642.79	251,936.79
TOTAL INCOMING RESOURCES		304,935.04			251,936.79	
<u>Charitable Programs</u>						
Summer Escape	18,000.00	124,188.50	142,188.50			
Talent Show	5,000.00	5,352.30	10,352.30			
Equipment Hire		1,145.00	1,145.00	9,430.00	32,771.14	42,201.14
Grocery & Bills		61,655.71	61,655.71	25,363.00	37,653.16	63,016.16
Catering Staff		7,993.62	7,993.62			
Premises Hire		-	-	23,500.00	41,980.00	65,480.00
Activity Materials		6,825.80	6,825.80	13,051.00	12,489.06	25,540.06
Transport & Trips		26,105.46	26,105.46	32,657.00	6,660.20	39,317.20
Admission Fees		6,980.03	6,980.03			
Volunteer's Cost		1,099.50	1,099.50		869.70	869.70
Staff Training		2,500.00	2,500.00			
Cleaning Cost		3,415.00	3,415.00			
Confidence Code		7,846.00	7,846.00			
Awards Scored		9,883.30	9,883.30			
Wages & Personnel Costs	17,579.60	-	17,579.60	9,700.00	6,438.00	16,138.00
<u>Resources expended on administrating</u>						
Administration & Account		5,183.20	5,183.20		3,796.00	3,796.00



Advertising & Printing	-	315.00	315.00	-	3,760.00	3,760.00
Bank Charges & Interest		152.20	152.20		163.00	163.00
Insurance		1,000.00	1,000.00		273.03	273.03
Telephone		70.43	70.43		73.38	73.38
	40,579.60	271,711.05	312,290.65	113,701.00	146,926.67	260,627.67
TOTAL OUTGOING		312,290.65			260,627.67	
NET MOVEMENTS IN FUNDS FOR THE YEAR		(7,355.61)			(8,690.88)	
FUNDS CARRIED FORWARD		18,706.86			27,397.74	
TOTAL FUNDS CARRIED FORWARD		11,351.25			18,706.86	

BALANCE SHEET

	31.12.2022	31.12.2021
CURRENT ASSETS		
TRADE DEBTORS	-	-
ACCRUALS	-	-
CASH IN HAND & BANK	11,351.25	18,706.86
	11,351.25	18,706.86
CURRENT LIABILITIES		
TRADE CREDITORS	-	-
NET ASSETS	11,351.25	18,706.86
FUND ACCOUNT	11,351.25	18,706.86



