



Artlift

**Annual Report and Financial Statements
for year ending 31 March 2023**



Photo credit: Leyla Özkan Photography

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Report of Trustees for the year ended 31 March 2023

The trustees present their annual report and independently assessed financial statements for the year ended 31 March 2023 and confirm they comply with the Charities Act 2011, the Charities Accounts and Reports Regulations 2008 and the provisions of Artlift's Constitution.

Reference and Administrative Information

| | |
|------------------------------|--|
| Legal Status | Charitable Incorporated Organisation ("CIO") |
| Charity Registration Date | 10 April 2013 |
| Artlift Registered Trademark | 18 August 2023 at Trademarks Registry Intellectual Property Office |
| Charity Name | Artlift |
| Charity Registration Number | 1151580 |
| Registered Office | May Lane Surgery, 27 May Lane, Dursley, Gloucestershire GL11 4JN |

Board of Trustees

Dr Gillian Rice, Chair
Charlotte Royall Hercock
Dr Joanna Wilde (appointed 2 May 2022)
Stuart Finlator (appointed 2 May 2022)
Susan Burling (resigned 20 July 2022)
James Garrod (resigned 20 April 2022)
Sally Lewis (stepped down 20 April 2022)

Management Team

Executive Director: Cath Wilkins
Project Manager (Flourish & Workplace Wellbeing): Helen Crocker
Development & Engagement Manager: Amabel Mortimer (resigned 17 February 2023)
Programme Assistants: Keeley Newman-Goodall (appointed 11 July 2022) and Karen Julke (appointed 22 February 2023)

Financial management services throughout the year, and referrals processing until August 2022, were supplied by Art Shape Ltd.

Creative Team

Flourish Magazine Editor: Natalie Beech (contracted to 25 November 2022)
Creative Navigator: David Davies
Dance Co-Researchers: Annet Richards-Binns, Steven Skinley
Artist Facilitators: Amy Freeman, Brenda Read-Brown, Emma Cleasby, Harriet West, Jim Brook, Julie Matthews, Lisa Jenkinson, Nick Moore, Ronnie McGrath, Rose Illingworth, Susie Walker

Independent Financial Examiner

Holly Siddall, AFA MIPA, ACCA
iLex Accountancy Services Ltd, 41 Brunswick Road, Gloucester, GL1 1JS

Bankers

Triodos Bank

Report of the Trustees for the year ended 31 March 2023

1. Executive Summary

1.1 Background

Artlift was established as a Charitable Incorporated Organisation (CIO) on 10 April 2013 but has existed since 2006 as a project managed by a Steering Group and therefore has over 16 years track record in delivering Creative Health programmes, including independent evaluation of their impact.

1.2 Key achievements in 2022-23 include:

Organisational development –

During the year, Artlift updated its website and produced new promotional materials using the refreshed brand guidelines produced in February 2022.

Core managerial staff were brought onto permanent PAYE contracts in August 2022, bringing more organizational stability.

The team continued to implement its Disability and Diversity action plans including appointment of new Artist Facilitators from Global Majority communities and/or who enriched Artlift's diversity of artforms. The whole team also engaged in a disabled artist-led sharing of practice around access.

1.3 Key challenges:

The main challenges were around capacity, in part due to staff, roles and responsibility changes. This, as well as limited funds and capacity led to slower than desired implementation of Artist Facilitator professional development, Disability and Diversity action plans.

1.4 Compliance with Charity Commission Reporting Requirements

- Artlift's accounts for the year were recorded on an accruals basis, with regular review of programme budgets vs. the QuickBooks accounting system reports by the Executive Director, and formal reporting at quarterly Trustees' meetings.
- Artlift's accounts have been subject to independent examination by Holly Siddall AFA MIPA, ACCA, iLex Accountancy Services Ltd, Gloucester, Gloucestershire.
- As a Charitable Incorporated Organisation, Artlift is only required to submit an annual return to the Charity Commission, and there is no requirement to submit an additional report to Companies House.
- Artlift's status and registered charity number appears on our website and public documentation.

2. Structure, governance and management

2.1 Governing document

Artlift is a Charitable Incorporated Organisation registered with the Charity Commission on 10 April 2013 under charity number 1151580. It is governed by our constitution pertaining to a Charitable Incorporated Organisation.

2.2 Trustee recruitment, retention and skill set

2.2.1 Skills Audit

Artlift advertised and headhunted for new Trustees during the financial year in order to diversify the Board. As a result 4 new Trustees were appointed in May 2023.

Albeit one health, one statutory sector and one arts professional stepped down from the Board during the year, Artlift retained strategic, health, financial, personnel, and charity expertise on the Board, including experts by experience. Individual Trustees took lead roles in safeguarding, equality and data protection.

2.2.2 Trustee Recruitment is via:

- Head-hunting of potential trustees with specific protected characteristics and/or areas of lived or work experience / expertise
- Adverts in NHS, County Council and third sector publications, websites and e-newsletters and/or through social media
- Networks of existing trustees and/or staff

2.2.3 Trustee Training and Induction

On recruitment, all trustees are provided with access to:

- Artlift's Constitution
- Current Policies and Procedures
- The business plan, including strategic aims, vision, mission and values
- Trustees' meeting minutes and operational reports from the year prior to appointment
- An organisational structure chart
- The Charity Commission's Essential Trustee Guide

In addition, the Artlift Executive Director and 1 existing Trustee meets with the new trustee to introduce the key documents, answer any queries and provide briefing on the role of the Trustee where required. New Trustees also visit Artlift sessions to meet Artist Facilitators and participants.

Where required or requested, new Trustees are also buddied with one of our experienced Trustees for an initial 3-6 month period.

2.2.4 Trustees Skills and Experience from April 2022 - March 2023

- **Dr Gillian Rice** - Chair (since 23/05/16), Bristol-based GP, with experience of arts and health work, including arts and health projects which she devised and implemented in her surgery.
- **Sue Burling** - Integrated Locality Partnership Administrator with NHS Gloucestershire CCG, PCN Management Support for Berkeley Vale and for Severn Health Primary Care Networks, and Project Administrator for Facts4Life, a health literacy project.
- **James Garrod** – Interim Director for Gloucester Culture Trust; Gloucestershire Board Chairman for Young Enterprise UK and Business Manager for Haines Art.

- **Sally Lewis** - Development Officer at Gloucestershire County Council, Adult Education.
- **Charlotte Royall Hercock** – commercial sector project manager, Trustee of other charities, former Artlift participant and staff member.
- **Dr Joanna Wilde** – Chartered Psychologist, Chartered Scientist, former corporate sector senior Organisational Development HR professional, who has run programmes in organisational health and social justice.
- **Stuart Finlator** – former business owner and landscape architect, with charity fundraising and community engagement experience.

2.3 Related Parties

None of our Trustees receive remuneration or other benefit from their work with the charity. Any connection between a Trustee or senior manager of the charity with a grant maker, partner organisation or employee of the charity must be disclosed to the full board of Trustees in the same way as any other contractual relationship with a related party. Such matters are recorded in a conflict-of-interest register, and as a standing agenda item at trustees' meetings. In the current year no such related party transactions were reported.

Artlift received most of its grant funding from NHS Gloucestershire Integrated Care Board (ICB) in 2022-23 who set out their relationship to Artlift within grant agreements.

2.4 Day to day management

The Board of Trustees oversees the strategic direction and good governance of the charity. The Board meets quarterly, and sub-committees or working parties are established and run as required between the quarterly meetings.

Artlift's Executive Director ensures effective operations at all levels of the organisation and leads on strategic development. The Executive Director has delegated authority, within terms of delegation approved by the Trustees, for operational matters including finance, employment and artistic performance-related activity.

3. Risk Management

3.1 Overall approach

The Trustees' risk management is focused on the long term viability of the CIO and on strategic risks to Artlift's status as a pioneer in evidence based, highly accessible creative health interventions. Trustees oversee a series of policies and procedures to carefully manage risks associated with delivering services for vulnerable adults.

Finances are managed in reference to the organisation's two-year rolling business plan, with any potential cashflow issues or challenges highlighted during quarterly Trustee meetings.

3.2 Policies and Procedures

The client group Artlift serves comprises almost exclusively vulnerable adults; the charity has adopted a robust Protection of Vulnerable Adults, Children & Young People's policy and procedures to cover the occasions when we work with under 18 year-olds. This includes disclosure procedure guidelines, that has mandatory force for all employees, sub-contractors and volunteers (including Board members). The organisation also maintains Data Protection / GDPR and Equity Diversity and Inclusion policies as well as other policies and guidelines as required, such as a Lone Working policy, to protect its staff and participants.

3.3 Public Liability Insurance

The policy provides:

- £5 million public liability cover
- £10 million employers' liability
- £250,000 cover for legal expenses
- £100,000 PLI cover for each Trustee / Director
- Up to 12 active volunteers

3.4. Workforce training and support

In 2022-23, all relevant staff, in line with current regulations, were required to undergo a DBS check every 3 years (or to join the annual renewal scheme).

Artist Facilitators who have regular contact with our participants are supported with clinical or peer supervision, manager supervision, and peer-led reflection sessions.

All freelance staff were required to hold their own Public Liability insurance up to £1 million, and to update mandatory training every 3 years which, for Artist Facilitators delivering in community settings, includes:

- Safeguarding
- Suicide Prevention
- First Aid
- Mental Health First Aid / awareness

Other essential training for all staff, organised by Artlift, includes:

- Data protection (GDPR) training / briefing
- Health & Safety / risk assessment
- Disability awareness
- LGBTQ+ awareness
- Race & identity training

In addition, core staff and Artist Facilitators were encouraged or supported to engage in other relevant professional development, such as Health Coaching training.

3.5 Risk assessments

Intervention risk assessments for all courses, events and trips are carried out by the relevant Artist Facilitator and checked by the programme / project manager using Artlift's template. Risks relating both to the venue and to the cohort of participants, including their access requirements, is assessed.

Artlift's referral form and process (including a form signed by a health or other relevant referring professional, and subsequent conversations with the referrer and/or potential participant) supports assessment of suitability for participation in group sessions and makes the team aware of any safeguarding or access measures that may need to be put in place.

4. Objectives and activities in 2022/23

4.1 Strategic objectives

In this financial year, Artlift was working towards the following objectives as part of its rolling 2-year business plan:

- To broaden access to, and continue to refine the quality of, Artlift's Arts on Prescription services

- To impact positively on sector practice
- To secure a sustainable future for Artlift through diversifying income streams, capitalising on volunteer support, and growing profile

4.2 Strategic Development

4.2.1. Local and national advocacy and sector development

Artlift remained a member of the Association of Mental Health Providers and of an informal national Arts & Mental Health network.

Locally, Artlift continued to share practice, experience and to plan, as well as share data on an NHS ICB platform, alongside Gloucestershire Creative Health Consortium partners – Art Shape, Mindsong, The Music Works, and Artspace Cinderford. Artlift contributed to the Consortium's submission to the Culture, Health & Wellbeing Alliance resulting in a 'Collective Power' award in November 2022.

Other groups and networks Artlift attended, presented at and/or provided tasters and information for during the year included:

- Wales School of Social Prescribing
- NHS Gloucestershire ICB's event to present findings to NHS England's Head of Prescribing
- NHS Wellbeing Champions event and the Social Prescribers Network meeting
- Gloucestershire's Cancer Support Services Network event
- Glos VCS Alliance (articles for their Trustees' Week focus on diversity)
- The county arts Disability Arts Board and County Council disability partnership boards
- ICU Community Clinics
- Know Your Patch meetings in geographic areas in which we needed to boost referrals
- Enabling Active Communities and Individuals (EAC&I) and VCSE Strategic Partnerships boards (Development & Engagement Director representation)

Artlift also continued sharing data and/or research plans with university colleagues at The University of Gloucestershire and Cardiff Met, and co-supervised an MA by Research student undertaking a comparative study of Arts on Prescription and talking therapies.

4.2.2 Piloting new schemes and reaching new beneficiaries

Alongside continued meetings with co-production groups and implementation of Artlift's Disability and Diversity action plans, the main new initiatives co-produced to benefit a broader diversity of participants in 2022-23 were:

- Extending Artlift's Workplace Wellbeing service to benefit a wider range of NHS teams.
- Piloting a new digital and print magazine with and for the cancer community in partnership with integrative cancer charity Yes to Life, Macmillan Cancer Support, Macmillan Next Steps and NHS Gloucestershire Health & Care.
- Launched a new centre for adults living with mental health and/or chronic pain challenges in the north Cotswolds, and piloted a new group in Stroud solely for adults living with chronic pain.
- A pilot online course for adults living with Long Covid and another for adults recovering after a period in intensive care.

- Delivered a co-produced research and development project testing and developing approaches to dance for adults living with chronic pain.
- Secured funds with Black-led, youth-focused CIC Your Next Move enabling training and consultancy from Artlift to support them in development of an Arts on Prescription through Hip Hop programme.
- Development and start of implementation of a campaign to engage more men and Global Majority participants. This included establishing a new partnership with Open Door in Cheltenham (who work predominantly with men with mental health, addiction and homelessness challenges).

To support our ex-participants ongoing creative / arts activity engagement, and thereby wellbeing, Artlift also started work on a development project around 'Move On', supported by Gloucestershire Community Foundation.

4.2.3 Public Benefit

In shaping our objectives for the year and planning our activities, the Trustees have considered the Charity Commission's guidance on public benefit and fee charging. Since its inception, Artlift has proactively worked directly with people who are at the margins of society:

- Our activities (and materials required for those activities) are free to all participants
- We design targeted projects and initiatives to engage people who face health inequalities
- We listen to and plan with people with lived experience of cancer, chronic pain and mental health issues through co-production and/or steering groups and internal consultation with our Trustees, volunteers and staff / Artist Facilitators who are experts by experience.
- We monitor our beneficiaries by postcode and employment status, as well as wider equal opportunities monitoring, to ensure we design initiatives to address gaps when planning.

In 2022-23, based on 80 equal opportunities monitoring forms, we know that 65% of our beneficiaries were unemployed or not working due to illness, disability or caring responsibilities, 75% self-identified as disabled and over 31% were carers.

- We work in partnership with the NHS, Social Prescribers and other third sector professionals to elicit referrals for those who might not otherwise have tried creative interventions. We also accepted self-referrals to bring down potential access barriers.
- We have devised and are implementing disability and diversity action plans. Work in the financial year included:
 - A disabled artist-led facilitated sharing of practice around access
 - Co-designing Race & Identity training with black Artist Facilitator Ronnie McGrath
 - Reiteration of how we support access (e.g. free places for PAs / carers) and use of disability access symbols in marketing and communications
 - Annual review of our disability access and diversity statements
 - Social media posts shaped around national awareness days / weeks / months
 - Commissioning a photographer, building our image library to show a wider diversity of participants and staff / volunteers
 - Recruitment campaigns with an explicit focus on diversifying our Artist Facilitator team and Board of Trustees, including co-promotion with the All Nations Community Centre and Gloucester Hindu Cultural Association

5. Key Organisational Achievements

5.1 Location and summary of activities

5.1.1. *Create Well Mental Health - Arts on Prescription programme*

Under this programme in 2022-23, 310 sessions were delivered, which included:

- 4 online group courses delivered via Zoom, one co-designed by and for adults with Long Covid.
- 20 community-based courses in Cheltenham, Cinderford, Cirencester, Gloucester, Moreton-in-Marsh and Stroud.
- 11 bespoke Arts on Prescription programmes through one-to-one Creative Navigator support.

Participants engaged in courses benefited from:

- 10 x 2-hour sessions
- access to Artlift's online resource and 'Move On hub
- up to 3 individual 'Creative Check-ins' facilitating co-production of personalised plans through which to embed a creative practice and agree a Move On plan to sustain wellbeing
- Move On guidance on setting up participant-led groups where requested

Participants working with the Creative Navigator were supported to bring down barriers to engagement through Zoom and/or phone calls, e-mails and/or posted materials. The Creative Navigator drew on creative activities, motivational interviewing and health coaching techniques.

5.1.2. *Living Well with Chronic Pain - Arts on Prescription programme*

This year saw the completion of Phase 3 of the NHS Glos CCG-funded 'Test & Learn' project. Under this programme in 2022-23, 203 sessions were delivered, which included:

- 3 online group courses delivered via Zoom.
- 8 community-based courses solely for Chronic Pain participants in Cheltenham, Gloucester and (for one term per location) in Stroud and Cinderford.
- Places on 7 mixed courses (alongside Create Well participants) in Cinderford, Cirencester and Moreton-in-Marsh
- Completion of 2 bespoke Arts on Prescription programmes through one-to-one Creative Navigator support for individuals who began in spring 2022.

The structure of the courses and Creative Navigator intervention were as outlined above under 5.1.1. However, the content of the Living Well with Chronic Pain courses was co-designed to embed more choice and options within each course, as well as an element of movement where feasible. Course examples are:

- Making & Moving, working on and moving with props and structures
- Theatrical Perspectives, drawing on various aspects of theatre from puppetry to costume design and storytelling.

5.1.3. *Dance and chronic pain – research & development project*

With NHS Gloucestershire ICB support, we co-produced a project through which to test approaches through which to enable adults with chronic pain to develop their own personalised movement vocabulary. Six research sessions in Cheltenham were co-led by inclusive dance specialists and shaped by people with experience of chronic pain.

An evaluation report was circulated and short promotional film produced pending a pilot course planned for autumn 2023 (see: <https://artlift.org/why-art-matters/evidence-of-impact/>)

5.1.3. *Flourish - cancer programme*

In 2022-23, a strategic decision was taken to step back from course delivery. Instead, potential participants were signposted into Artlift's two existing Arts on Prescription programmes - Create Well and Living Well -

as outlined above. Flourish resources, including via Macmillan Cancer Support, were diverted instead into a Flourish Magazine pilot project. During the year, the following were delivered:

- One Arts on Prescription course of 10 x 2-hour session, plus Creative Check-ins for each participant, at the Redwell Centre in Matson, Gloucester
- Two pilot Flourish Magazine editions, in partnership with Yes to Life integrative care charity, created by and for people in Gloucestershire living with or beyond cancer. This was distributed digitally and in print form (to oncology units, cancer centres, hospices) across the county.

5.1.4. **Intensive Care Leavers – test & learn project**

The first pilot online course benefiting 6 participants recruited via ICU Community Clinics ran in Autumn 2022. A further face-to-face course planned for spring 2023 was postponed due to low numbers.

5.1.5. **Sold services: Workplace Wellbeing, Consultancy and Training**

Artlift continued to deliver packages predominantly to NHS teams supporting wellbeing in the workplace. This included:

- A taster workshop for NHS Gloucestershire Health & Care's (GCH) Wellbeing Champions event
- 3 packages for GCH's Let's Talk and Working Well Occupational Health teams
- A one-off workshop for Gloucestershire Hospitals NHS Foundation Trust's skin cancer team

We also co-designed and secured Baring Foundation investment for a consultancy and training package to enable black-led CIC Your Next Move to develop a programme of Arts on Prescription delivered through Hip Hop. This support will be delivered over the coming two years.

5.2 Arts on Prescription – Our Impact

Artlift co-produced evaluation frameworks and agreed tools with key stakeholders through which to assess impact. Quantitative tools included:

- the clinically validated Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS)
- a tool co-devised with Pain Management Team clinicians to measure confidence in carrying out daily tasks despite pain

The team continued to use and refine qualitative tools including: Satisfaction Surveys, Personalised Participant plans (including Move On notes), final session group discussions, case studies and curated Padlet documents or PDF 'books' visually evidencing the journey of each group.

Artlift also shared data through the minimum dataset platform of NHS Gloucestershire ICB and with long-term partner University of Gloucestershire (UoG). We continued to work with UoG and Cardiff Met colleagues planning areas of research and co-supervising a 2-year MA by Research student.

5.2.1 Headline Statistics

In 2022-23, 252 participant places were taken up on Artlift's Arts on Prescription courses and co-produced research project. There were also 27 contributors to Flourish Magazine and 180 participants in Workplace Wellbeing sessions.

On Artlift's main Arts on Prescription programmes:

- On the Create Well mental health programme (from a dataset of 54) there was an average increase in wellbeing of 7.6, with 74% of participants showing meaningful improvement (scores rising by 3+)
- On the Living Well with Chronic Pain programme (from a dataset of 23), there was an average increase in wellbeing of 9.5, with 96% showing a meaningful improvement, plus a 16% average

increase in ability to manage pain. Surveys also told us that 29% showed a decrease in number of GP visits.

5.2.2. Key Qualitative Feedback

From participant feedback in surveys and group discussions, plus their personalised participant and Move On plans, we know that the main impact in 2022-23 has been:

- **Positive impact on participants' mental and physical health and wellbeing:** 96.5% of survey respondents said they felt their health and/or wellbeing had improved as a result of engagement with Artlift.

"My depression has lifted, I feel so much happier. I'm motivated to paint and do things for myself for the first time in years"

"It has made a huge help for my pain levels and my mental health has improved"

In group discussions, many participants reflected on how Arts on Prescription differed from, or complimented, other clinical interventions. Almost all spoke it being less cerebral, more fun and either an opportunity to 'switch off' from, or to focus in on and express, feelings / conditions.

"It's Fun!... I don't have to talk about my feelings or the ways my body doesn't work anymore and all that stuff. I can just make a nice thing!"

"I feel like it's a different type of switch off - medication can numb your feelings or get rid of symptoms but, when I'm doing my artwork, I switch off from everything else"

- **Ongoing and wider wellbeing and social impacts:** in surveys and group discussions participants mentioned how engagement in creative activities / a group had changed their mindset or outlook.

"I've learned new things and feel stronger and more confident because of it. I feel that people understand and care about my health and wellbeing. It's made me interested in stuff again and curious. I can read books again, I can concentrate more and I want to do more. I experience more joy"

99.5% Arts on Prescription participants confirmed their intention to continue with creative activities to help sustain their improved sense of wellbeing. There were several discussions reflecting on how joining Artlift courses had helped many who were feeling isolated and/or more down due to the impact of Pandemic lockdowns or shielding.

Participants shared news of wider impact, including on relationships with family and friends, sometimes due to improved management of conditions and/or boosted energy or motivation.

"I have been able to bond with my niece through art and connect with her, whereas before we had nothing in common"

"Art has given me and my husband something to talk about"

"...I can (now) sort of go out there and go round the shop and I can actually do this with her, alleviate that Mum guilt...and spend more quality time almost forgetting that I've got that pain"

6. Trustee remuneration and expenses

No Trustees were paid remuneration or expenses during the year.

7. Financial review

7.1 Policy on reserves, stating the level of reserves held and why they are held

Artlift currently holds approximately 3 months' worth of designated, unrestricted reserves, which would enable payment of the Executive Director, Finance service provider, and to meet final obligations should it be necessary to fold the CIO. As Artlift had few liabilities in 2022-23, there was no rent (as the team work remotely), and all the charity's work is project funded, a high level of reserves was not required.

Artlift builds a contingency of 3 - 5% of overall project cost into each funding bid budget wherever feasible to meet unforeseen project costs.

7.2 Deficit management

Not applicable, as no funds in deficit as at 31 March 2023.

7.3 Funds – Balance sheet 31st March 2023

| | |
|---|----------------|
| Bank | £81,090 |
| Accounts receivable: | <u>£9,426</u> |
| Total funds: | <u>£90,516</u> |
| Accounts payable: | £13,183 |
| Accruals - Ongoing unfinished projects: | <u>£59,814</u> |
| Reserves: | <u>£17,519</u> |

7.4 Trustees' responsibilities in relation to the financial statements

Artlift's trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In preparing the financial statements, the trustees have applied due diligence in:

- selecting suitable accounting policies and then applying them consistently;
- observing the methods and principles in the Charities SORP;
- making judgements and estimates that are reasonable and prudent;
- stating whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- preparing the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business;
- safeguarding the assets of the charity and taking reasonable steps for the prevention and detection of fraud and other irregularities;
- keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity.

The trustees for the purposes of charity law who served during the year and up to the date of this report are set out on page 2.

Approved by the trustees and signed on its behalf by:

Charlotte Royall Hercock,

Signature:

Date: 29th November 2023



Independent Examiner's Report to the Trustees for the Year Ended 31 March 2023

I report to the trustees on my examination of the financial statements of Artlift for the year ended 31 March 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 Section 144(2) of the Charities Act 2011 (the 2011 Act)) and that independent examination is required and requested by the trustees. The charity's gross income exceeded £25,000.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under Section 145 of the 2011 Act
- to follow the procedures laid down in the General Directions given by the Charity Commission (under Section 145(5)(b) of the 2011 Act); and
- to state whether particular matters have come to my attention.

Basis of the independent examiner's report:

My examination was carried out in accordance with the General Directions given by the Charity Commission. 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 no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statements below.

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 prepare accounts which accord with the accounting records and comply with the methods and principles of the Accounting and Reporting by Charities: Statement of Recommended Practice applicable to Charities preparing their accounts in accordance with the Financial Reporting Standard 102 applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) have not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Holly Siddall AFA MIPA (ACCA)
iLex Accountancy Services Ltd
41 Brunswick Road
Gloucester
GL1 1JS

29th November 2023

**Statement of Financial Activities
Including Income and Expenditure Account
for the Year Ended 31 March 2023**

| | | Unrestricted funds 2023 £ | Restricted funds 2023 £ | Total 2023 £ | Total 2022 £ |
|---------------------------------------|--------------|--|--|-----------------------------|-----------------------------|
| | Notes | | | | |
| Receipts | | | | | |
| Income from charitable activities: | 3 | | | | |
| Programme delivery | | - | 153,414 | 153,414 | 104,140 |
| Trusts & foundations | | 5,398 | 18,433 | 23,831 | 20,007 |
| Bank interest | | 187 | - | 187 | 48 |
| Sales | | 4,284 | - | 4,284 | 2,350 |
| Donations | | 3,813 | - | 3,813 | 3,876 |
| Total Receipts | | 13,682 | 171,847 | 185,529 | 130,421 |
| Payments | | | | | |
| Expenditure on charitable activities: | 4 | | | | |
| Programme delivery | | 9,165 | 166,947 | 176,113 | 139,353 |
| Total payments | | 9,165 | 166,947 | 176,113 | 139,353 |
| Net movement in funds | | 4,517 | 4,899 | 9,416 | (8,933) |
| Fund balances at 1 April 2022 | | 103 | 8,000 | 8,103 | 17,036 |
| Fund balances at 31 March 2023 | 5 | 4,620 | 12,899 | 17,519 | 8,103 |

The financial statements were approved and signed and authorised for issue on 29th November 2023.



Charlotte Royall Hercock, Interim Chairperson

Notes to the Financial Statements (continued)
for the Year Ended 31 March 2023

3. Income from charitable activities

| | Unrestricted funds 2023 £ | Restricted funds 2023 £ | Total 2023 £ | Total 2022 £ |
|--|------------------------------------|----------------------------------|--------------------|--------------------|
| Programme delivery: | | | | |
| Arts Council England (org development - Covid-19) | - | - | - | 3,110 |
| Artshape Ltd | - | - | - | 796 |
| National Lottery Awards For All (Wilts) | - | - | - | 3,209 |
| Barnwood Trust (artist & org development) | 5,398 | 4,182 | 9,580 | 5,916 |
| Gloucestershire County Council GloW (Flourish & Create Well) | - | 9,772 | 9,772 | - |
| NHS Gloucestershire ICB (Mental Health, Chronic Pain, ICU services) | - | 138,756 | 138,756 | 96,825 |
| Macmillan Cancer Support (Flourish) | - | 3,924 | 3,924 | 8,764 |
| National Lottery Awards for All (Flourish & Create Well Rural) | - | 14,352 | 14,352 | - |
| Gloucestershire Community Foundation (programme development – Move On) | - | 860 | 860 | 5,527 |
| Bank Interest | 187 | - | 187 | 48 |
| Sales | 4,284 | - | 4,284 | 2,350 |
| Donations | 3,813 | - | 3,813 | 3,876 |
| | 13,682 | 171,847 | 185,529 | 130,421 |

4. Costs of charitable activities

| | | Unrestricted funds to 31.03.2023 £ | Restricted funds to 31.03.2023 £ | Total Funds Year to 31.03.2023 £ | Total Funds Year to 31.03.2022 £ |
|--|------------|--|--|---|---|
| <u>Arts on Prescription programmes</u> | | | | | |
| i. Mental Health services: | | | | | |
| Create Well Mental Health Programme | | - | 65,519 | 65,519 | 47,577 |
| Create Well Rural | | - | 3,968 | 3,968 | - |
| ii. Living Well with Chronic Pain Programme | | - | 38,886 | 38,886 | 26,534 |
| iii. Wiltshire residency | | - | - | - | 2,463 |
| iv. Intensive Care Leavers project | | - | 4,624 | 4,624 | 1,073 |
| <u>Development, projects & services</u> | | | | | |
| Sold Services | | 2,981 | - | 2,981 | 1,581 |
| Flourish (cancer) projects | | - | 12,375 | 12,375 | 10,665 |
| Covid-19 project | | - | - | - | 3,110 |
| Research & Development | | - | 9,312 | 9,312 | 3,148 |
| Programme Development | | - | 125 | 125 | 4,600 |
| Support costs | 4.1 | 6,100 | 30,532 | 36,632 | 36,688 |
| Governance cost | 4.2 | 85 | 1,606 | 1,690 | 1,914 |
| | | 9,165 | 166,947 | 176,113 | 139,353 |

| | Unrestricted funds to 31.03.2023 £ | Restricted funds to 31.03.2023 £ | Total Funds Year to 31.03.2023 £ | Total Funds Year to 31.03.2022 £ |
|---|---------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| 4.1 Support costs | | | | |
| Core staffing costs (Executive Director & Finance Administrator) | 5,997 | 24,586 | 30,583 | 33,500 |
| Expenses, incl. travel & subscriptions (Trustees, Volunteers, Managers) | 13 | 581 | 595 | 422 |
| Essential Overheads (printing, postage, stationery, telephone, room hire) | 7 | 831 | 838 | 957 |
| Recruitment | - | 56 | 56 | 239 |
| Bank charges | 0 | 29 | 30 | 26 |
| Profile raising | 69 | 1,593 | 1,662 | 772 |
| Website development, IT costs & equipment | 13 | 2,855 | 2,868 | 773 |
| | 6,100 | 30,532 | 36,632 | 36,688 |
| 4.2 Governance costs | | | | |
| Professional fees (Insurance, legal, Independent Examiner) | 85 | 1,606 | 1,690 | 1,914 |
| | 85 | 1,606 | 1,690 | 1,914 |
| 5. Closing funds | | | 31.03.2023 | 31.03.2022 |
| | | | £ | £ |
| Triodos Bank account | | | 81,090 | 111,940 |
| Debtors | | | 9,426 | 22,502 |
| Creditors | | | (13,183) | (4,444) |
| Accruals & Deferred Income | | | (59,814) | (121,895) |
| | | | 17,519 | 8,103 |
| | As at 31.03.2022 | Incoming | Outgoing | As at 31.03.2023 |
| | £ | £ | £ | £ |
| Restricted funds | 8,000 | 171,847 | 166,947 | 12,899 |
| Unrestricted funds | 103 | 13,682 | 9,165 | 4,620 |
| Total Funds | 8,103 | 185,529 | 176,113 | 17,519 |

6. Trustees

No Trustees were paid remuneration or expenses during the year.

7. Debtors

| | 2023 £ | 2022 £ |
|---|---------------|----------------|
| Amounts falling due within one year: | | |
| Trade debtors | 9,426 | 22,502 |
| Cash at bank and in hand | 81,090 | 111,940 |
| | <u>90,516</u> | <u>134,442</u> |

8. Creditors

| | 2023 £ | 2022 £ |
|---|---------------|----------------|
| Amounts falling due within one year: | | |
| Trade creditors | 12,884 | 4,444 |
| Other creditors | 299 | - |
| Accruals and deferred income | 59,814 | 121,895 |
| | <u>72,997</u> | <u>126,339</u> |