



Artlift

**Annual Report and Financial Statements
for year ending 31 March 2024**



Featured: Chronic Pain Co-producer Kim Broom &
Dance Facilitator Annet Richards
Photographer: Leyla Özkan

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Report of Trustees for the year ended 31 March 2024

The trustees present their annual report and independently assessed financial statements for the year ended 31 March 2024 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	Studio 22, Jolt Studios, 27 St Aldate Street, Kings Square, Gloucester GL1 1RP

Board of Trustees

Dr Gillian Rice, Chair (stepped down 23 May 2023)
Carol Elizabeth Freeman (appointed 24 April, resigned 27 November 2023)
Charlotte Royall Hercock (Chair from 24 July 2023)
Dr Joanna Wilde
Marjorie Tunhidzai Kandini (appointed 24 April 2023)
Naomi Said (appointed 24 April 2023)
Probjoth Singh (appointed 24 April 2023)
Stuart Finlator

Management Team

Executive Director: Cath Wilkins
Project Manager (Flourish & Workplace Wellbeing): Helen Crocker
Programme Assistants: Keeley Newman-Goodall and Karen Julke

Financial management services supplied by Art Shape Ltd.

Creative Team

Flourish Magazine Editor: Natalie Beech
Creative Navigator: David Davies
Dance Facilitator & Assistant: Annet Richards-Binns, Michelle Lee
Artist Facilitators: Amy Freeman, Brenda Read-Brown, Emma Cleasby, Harriet West, Jim Brook, Julie Matthews, Lisa Jenkinson, 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 17 years track record in delivering Creative Health programmes, including independent evaluation of their impact.

1.2 Key achievements in 2023-24 include:

During the year, Artlift developed new partnerships and co-produced projects through which to address under-representation in our participant base. This included 2 men's mental health projects with Open Door in Cheltenham and with the Integrated Offender Team in Gloucester.

Flourish Magazine, produced for the cancer community, developed in terms of creative content and reach, with funding secured via Arts Council England to increase distribution to 2,000 per edition across a wider geographic area (including Bristol and South Gloucestershire). We also started to deliver engagement workshops through which to raise debate around cancer in minoritized communities and to encourage contributions from a more diverse range of people to the magazine.

We also used our learning from the prior year's research and development project to deliver a pilot course 'Dance Unstuck' for adults living with chronic pain.

Additionally, Artlift co-founded two new Steering Groups through which to:

- a) better explore means of supporting transitions from statutory mental health to Creative Health services and
- b) explore a more joined up training and development framework for the county through with to support and diversify the Creative Health workforce.

1.3 Key challenges:

The main challenge was around ongoing development of our team, volunteer team and Board. We lacked capacity to advertise or headhunt for a new Chair on the stepping down of Dr. Gillian Rice, so Charlotte Royall kindly agreed to step into an Interim Chair role.

Additionally, there was a need to streamline our Create Well mental health programme on learning of a reduction in funding originally offered. This resulted in cutting of three planned groups in the spring term.

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 prior financial year in order to diversify the Board. As a result, 4 new Trustees were appointed in May 2023.

The Board of Trustees benefited from strategic, health sector, financial, personnel, and charity expertise, as well as experts by experience and representatives of the Black and Asian communities. 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 2023 - March 2024

- **Carol Freeman** – Cheltenham based marketer, brand strategist and business developer.
- **Charlotte Royall Hercock** – Interim Chair from July 2023. Forest of Dean based commercial sector project manager, Trustee of other charities, former Artlift participant and staff member.
- **Dr Gillian Rice** - Chair (23/05/16 – 23/05/23), Bristol-based GP, with experience of arts and health work, including arts and health projects which she devised and implemented in her surgery.

- **Dr Joanna Wilde** – Cheltenham based Chartered Psychologist, Chartered Scientist, former corporate sector senior Organisational Development HR professional, who has run programmes in organisational health and social justice.
- **Marjorie Kandini** – Gloucester based former mental health nurse, now working in the social care sector, with qualifications and experience in coaching and leadership skills and MSc in Public Health.
- **Naomi Said** – Stroud based actor, choreographer, movement director, educator and community arts practitioner, with experience in arts fundraising and development, local government, education administration and corporate audit services. Also, an NHS Expert by Experience and former Artlift participant.
- **Probjoth Singh** – Gloucester based Peer Support Worker at Wotton Lawn Hospital, supporting discharge, also involved in setting up creative activities, co-producer and tutor for the Recovery College and an NHS Expert by Experience as well as former Artlift participant.
- **Stuart Finlator** – North Cotswolds based 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 2023-24 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 2023-24, 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 and referral processors who have regular contact with our participants are supported with clinical or peer supervision, manager supervision, and sharing of practice and/or 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 Understanding Autism.

3.5 Risk assessments

Intervention risk assessments for all courses, events and trips are carried out by the relevant Artist Facilitator and/or Programme/Project Manager using Artlift's template. Risk 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 completed / 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 2023/24

4.1 Strategic objectives

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

- Extend the positive impact of Artlift's work to a wider diversity of people.
- Impact positively on wider thinking and awareness around mental health, cancer and chronic pain.
- Capitalise on Artlift's long-term experience, resources and body of data to play a key role in development of the local and national sector.
- Raise our visibility and ensure our stories (and those of our participants and alumni) are being heard locally and UK-wide.

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 (GCHC) partners – Art Shape, Mindsong, The Music Works, and Artspace Cinderford.

In addition, Artlift represented the Consortium on the Steering Group for the University of Gloucestershire's developing Arts Health & Wellbeing Centre.

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

Other groups and networks of which Artlift is a member, and/or for which we delivered presentations and/or tasters, included:

- All Party Parliamentary Group on Arts, Health & Wellbeing / National Centre for Creative Health roundtable on value and finance (speaker)
- Launch event for the Creative Health Review organised by the above-mentioned partners (in which GCHC and Artlift are featured)
- Gloucestershire's VCSE / Clinical Programme Groups networking event (table facilitator)
- Gloucestershire's Social Prescribers' networking meeting (taster & talk)
- The Future Talent steering group's Creative Lab with organisations (table facilitator)
- An NHS Glos organised Community Wellbeing Market Engagement event
- The county arts Disability Arts Board (presentation on dance and chronic pain research)
- Clinical Programme Group for chronic pain (presentation / regular updates)
- Gloucestershire Business Show (panel and stall)
- Circle2Success' business networking event on wellbeing in the workplace (taster and talk)

- County Council disability partnership boards
- A mental health forum with the Diverse Ethnic Research Alliance
- ICU Community Clinics
- Know Your Patch meetings
- North Cotswolds Primary Care Network (taster)
- Forest Health Forum, Gloucestershire Health & Care and FVAF World Café event
- Yes to Life's (integrated cancer charity) conference in London (taster and stand)
- Baring Foundation's gathering for Global Majority award-holders, alongside Your Next Move (participant / awardee)

Additionally, we helped raise the profile of Gloucestershire's Creative health sector through:

- Being featured in an online article for ARTNEWS magazine in Japan
- Participant / Flourish Magazine contributor artwork and information boards as part of a GCHC exhibition celebrating NHS75 at Gloucester Cathedral
- Artlift and Yes to Life's Flourish Magazine (produced by and for the cancer community and distributed across Gloucestershire, South Glos and Bristol)

4.2.2 Piloting new schemes and reaching new beneficiaries

During the year, Artlift extended the reach of initiatives launched in the prior year, specifically widening distribution of Flourish Magazine (by and for the cancer community) into South Gloucestershire and Bristol, as well as promoting our Workplace Wellbeing services into the corporate and government, as well as the health sector.

There was a strong strategic focus in 2023-24 on addressing under-representation in our Arts on Prescription participant base alongside addressing health inequalities. Target beneficiaries during the year were men living with mental health challenges and minoritised communities. Specific initiatives were:

- An artist residency at Open Door's Guest Hub in Cheltenham, working alongside predominantly men living with mental health, addiction and/or homelessness challenges.
- A pilot project for men on probation co-produced with the Integrated Offender Management team
- Initial co-design of a pilot project to engage minoritised communities, working alongside Community Researchers developed via a University of Gloucestershire participatory research project and the Diverse Ethnic Research Alliance.
- A pilot community hospital residency project at Stroud General Hospital delivered in partnership with NHS Gloucestershire ICB, Stroud District Council, Active Gloucestershire, a local befriending service, and the Independence Trust.

Other new schemes included:

- Running a pilot course called 'Dance Unstuck', which had been co-produced alongside people living with chronic pain in the prior year.
- Training and consultancy for Black-led, youth-focused CIC Your Next Move to support their development of an Arts on Prescription through Hip Hop programme.

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 Arts on Prescription 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 2023-24, based on 80 equal opportunities monitoring forms, we know that 56% of our beneficiaries were unemployed or not working due to illness, disability or caring responsibilities, 84% self-identified as disabled and over 21.5% 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 continued work to implement disability and diversity action plans, which included speaking at key events attended by target beneficiaries, building a Diversity Co-production group, and planning and fundraising for projects that benefit marginalized communities.

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 2023-24, 276 sessions were delivered, which included:

- 21.5 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 who engaged in courses benefited from:

- up to 10 x 2-hour sessions
- access to Artlift's online resource and 'Move On Hub'
- up to 3 individuals '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.

Additionally, Artlift delivered a residency project with Open Door, who have a drop-in Guest Hub for vulnerable, disadvantaged and lonely people. This enabled a group of 12 men to engage in creative activities at the Hub, with several creating outdoor work for Cheltenham Pain Festival.

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

In 2023-24, the programme was mainstreamed within Gloucestershire NHS chronic pain clinical pathways. 172 sessions were delivered, which included:

- 2 online group courses delivered via Zoom.
- 6 community-based courses solely for Chronic Pain participants in Cheltenham and Gloucester.
- Places on 8.5 mixed courses (alongside Create Well participants) in Cinderford, Cirencester and Moreton-in-Marsh.
- 1 bespoke Arts on Prescription programme through one-to-one Creative Navigator support.

The structure of the courses and Creative Navigator intervention were as outlined above for the Create Well programme (under 5.1.1). Course examples are:

- Sound of Art, using music as inspiration for individual and collaborative visual artworks.
- Creativity at Play, drawing on various aspects of theatre from puppetry to costume design and storytelling.

Additional to the above-mentioned services, Artlift also piloted a 10-session 'Dance Unstuck' course, which had been co-designed the prior year alongside pain clinicians, inclusive dance specialists, and Experts by Experience. The course supports adults with chronic pain to develop their own personalised movement vocabulary.

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

This year, it was agreed with NHS commissioners and the Intensive Care team to integrate participants recruited via Community Clinics into Artlift's existing (Create Well and Living Well) Arts on Prescription programmes. This resulted in a shorter wait to join courses, thereby less drop off.

5.1.4. ***Jubilee Ward – community hospital project***

Artlift received an NHS Gloucestershire ICB grant during the year enabling partnership into a 'test' project delivered at Stroud General Hospital alongside Stroud District Council, Active Gloucestershire, a local befriending service, and the Independence Trust.

17 Creative Health sessions were delivered engaging 34 patients, who were supported with signposting into community-based arts provision to help them stay well following discharge.

5.1.5. ***Flourish Magazine – by and for people impacted by cancer***

In 2023-24, Artlift build on the successes and learning from production of two pilot editions of Flourish Magazine produced in the prior year. The initiatives continued to be supported and shaped through partnership with Yes to Life integrative care charity and input from Steering group members including an Expert by Experience and representatives of Macmillan Cancer Support / Next steps and Gloucestershire Health & Care NHS Foundation Trust.

During the year, we produced editions 3 and 4 on the topics of Movement and Balance. For the latter, we engaged through a workshop with a group of primarily Somali women Bristol, from which an article was created available as a pull out in English, Urdu and Somali.

5.1.6. ***Sold services***

Workplace Wellbeing:

Artlift continued to deliver packages across Gloucestershire supporting wellbeing in the workplace, predominantly to NHS teams. The offer expanded to include popular singing workshops. Packages delivered during the year included tasters or workshops for:

- NHS Gloucestershire Health & Care's (GCH) Let's Talk team

- North Cotswolds Primary Care Network teams
- Gloucestershire Hospitals NHS Foundation Trust's Brain Injury, plus Clinical Health Psychology teams
- The Alney GP practice in Gloucester

Additionally, resource was invested in development of relationships, and raising Artlift's profile, with the corporate and government sectors. Four tasters were delivered for GCHQ in Cheltenham as part of their wellbeing week, and a talk and taster was delivered as part of Circle 2 Success' business network membership gathering.

Commissioned services:

Black-led CIC Your Next Move commissioned Artlift to deliver 3 consultancy and 2 training sessions, plus ongoing mentoring. This was part of a Baring Foundation supported initiative to develop a programme of Arts on Prescription through Hip Hop.

In addition, Artlift was commissioned during the year to co-produce a pilot project with the Integrated Offender Management team. We worked with 4 men on probation over 10 sessions, including an initial taster. Participants were managing multi-layered challenges – with drugs and alcohol, interim housing, and serious mental illness.

5.2 Our Impact

Artlift works with Artist Facilitators, co-production groups and academic partners to agree and/or review evaluation frameworks and tools. Quantitative tools used during the year 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 whilst living with pain
- a simple 'mood' score at the start and end of Dance Unstuck sessions

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

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 2023-24, 288 participant places were taken up on Artlift's Arts on Prescription courses and associated pilot projects. There were also 30 contributors to Flourish Magazine and 323 participants in Workplace Wellbeing sessions, including the 2 promotional tasters.

On Artlift's main Arts on Prescription programmes:

- On the Create Well mental health programme (from a dataset of 29) there was an average increase in wellbeing of 3, with 52% of participants showing meaningful improvement (scores rising by 3+)
- On the Living Well with Chronic Pain programme (from a dataset of 48), there was an average increase in wellbeing of 8.2, with 71% showing a meaningful improvement, plus a 30% average increase in ability to manage pain. Surveys also told us that 32% 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 2023-24 has been:

- **Positive impact on participants' mental and physical health and wellbeing:** 68% of Arts on Prescription participants felt there had been a positive impact on their depression, 66.5% on anxiety as a result of engagement with Artlift.

"My painting has really helped my mental health. Doing this course has changed my life in such a great way. I feel completely different now I make art. I am much happier".

"When I focus on something creative, it helps takes my mind off of my pain. I am now able to use this as a tool to help get through difficult days"

Many participants mentioned the impact of learning new skills, a sense of achievement and boosted confidence – generally and/or in communicating with others – as key factors in their improved outlook.

In group discussions, participants talked about how Arts on Prescription felt less stressful or pressurised than other therapeutic activities with which they'd engaged:

"It's an indirect help, the thing with talking therapies is I don't want to sit there and talk about my crap, it's nice to just sit and not talk or think about it. This is just a positive space"

"There's no pressure here, talking therapies are so stressful, whereas this is just chilled"

- **Ongoing and wider wellbeing and social impacts:** in surveys and group discussions participants mentioned how engagement in creative activities / a group had helped them to connect with other, combatting social isolation.

"I was unable to get out of the house before as I thought there was no point but now I am excited for each Tuesday and I have made new friends too! I am determined to help run the move on group as I know ... this will give me something to focus on"

"I am enjoying having new friends and it is really nice to have understanding friends who get the problem with pain"

In Satisfaction surveys, 93% of Arts on Prescription participants confirmed their intention to continue with creative activities to help sustain their improved sense of wellbeing. 6 new peer-led Move On groups were established with support from Artist Facilitators.

Participants shared news of positive impact on relationships with family and friends, thanks to having something new to do with them and/or simply something more positive about which to talk.

"I now do art with my daughter which helps her with her mental health issues too"

"I have started a new routine of doing art with my mum at home in the afternoons"

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 2023-24, 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 2024.

7.3 Funds – Balance sheet 31st March 2024

Bank	£70,514
Accounts receivable:	<u>£8,265</u>
Total funds:	<u>£78,779</u>
Accounts payable:	£2,535
Accruals - Ongoing unfinished projects:	<u>£58,724</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:

Signature:



Charlotte Royall Hercock, Chair, Artlift

Date: 8th November 2024

Independent Examiner's Report to the Trustees for the Year Ended 31 March 2024

I report to the trustees on my examination of the financial statements of Artlift for the year ended 31 March 2024.

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
12th November 2024

**Statement of Financial Activities
Including Income and Expenditure Account
For the year ended 31 March 2024**

		Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Total 2023 £
	Notes				
Receipts					
Income from charitable activities:	1				
Programme delivery		-	137,560	137,560	153,414
Trusts & foundations		126	12,584	12,710	23,831
Bank interest		400	-	400	187
Sales		6,185	7,148	13,333	4,284
Commissioned Services			-	-	-
Earned Income			-	-	-
Donations		-	-	-	3,813
Total Receipts		6,710	157,292	164,003	185,529
Payments					
Expenditure on charitable activities:					
Programme delivery	2	6,710	157,292	164,003	176,113
Total payments		6,710	157,292	164,003	176,113
Net movement in funds		-	-	-	9,416
Fund balances at 1 April 2023		4,620	12,899	17,519	8,103
Fund balances at 31 March 2024	4	4,620	12,899	17,519	17,519

The financial statements were approved and signed and authorised for issue on 5th November 2024.



Charlotte Royall Hercock, Chair

Notes to the Financial Statements (continued)
for the Year Ended 31 March 2024

1. Income from charitable activities

	Unrestricted funds	Restricted funds	Total	Total
	2024	2024	2024	2023
	£	£	£	£
Programme delivery:				
Arts Council England (org development - Covid-19)	-	15,483	15,483	-
Barnwood Trust (artist & org development)	-	650	650	9,580
D'Oyly Carte Charitable Trust (marginalised community engagement)	-	248	248	-
Gloucestershire Community Foundation (Move On project)	-	5,751	5,751	860
Gloucestershire County Council GloW (Flourish & Create Well)	-	-	-	9,772
Gloucestershire County Council - Thriving Communities (men's project)	-	1,964	1,964	
Gloucestershire Health & Care NHS Foundation Trust (Strength in Diversity)	-	1,128	1,128	
Gloucestershire VCS Alliance (team wellbeing day)	126	-	126	
Integrated Offender Management commission	-	7,148	7,148	
Macmillan Cancer Support (Flourish)	-	5,935	5,935	3,924
National Lottery Awards for All (Flourish & Create Well Rural)	-	5,098	5,098	14,352
NHS Gloucestershire ICB (Mental Health, Chronic Pain, ICU services)	-	113,888	113,888	138,756
Bank Interest	400	-	400	187
Sales	6,185	-	6,185	4,284
Donations	-	-	-	3,813
	6,710	157,292	164,003	185,529

2. Costs of charitable activities

	Unrestricted funds to 31.03.2024 £	Restricted funds to 31.03.2024 £	Total Funds Year to 31.03.2024 £	Total Funds Year to 31.03.2023 £
<u>Arts on Prescription programmes</u>				
i. Mental Health services:				
Create Well Mental Health Programme	-	47,955	47,955	65,519
Create Well Rural	-	3,248	3,248	3,968
Diverse Minds	-	777	777	-
ii. Living Well with Chronic Pain Programme	-	30,783	30,783	38,886
iii. Intensive Care Leavers project	-	4,713	4,713	4,624
iv. Hospital Project	-	3,509	3,509	-
v. IOM	-	5,224	5,224	-
vi. Mens Eng.	-	1,613	1,613	-
<u>Development, projects & services</u>				
Sold Services	5,682	-	5,682	2,981
<u>Access Fund</u>				
Flourish (cancer) projects	-	19,509	19,509	12,375
Research & Development	-	5,172	5,172	9,312
Programme Development	-	5,464	5,464	125
Support costs	3	986	27,593	36,632
Governance costs	4	42	1,731	1,690
	6,710	157,292	164,003	176,113

	Unrestricted funds to 31.03.2024 £	Restricted funds to 31.03.2024 £	Total Funds Year to 31.03.2024 £	Total Funds Year to 31.03.2023 £
3 Support costs				
Core staffing costs (Executive Director & Finance Administrator)	660	23,610	24,270	30,583
Expenses, incl. travel & subscriptions (Trustees, Volunteers, Managers)	236	755	992	595
Essential Overheads (printing, postage, stationery, telephone, room hire)	88	2,466	2,554	838
Recruitment	-	-	-	56
Bank charges	(0)	50	49	30
Profile raising	-	361	361	1,662
Website development, IT costs & equipment	2	352	353	2,868
	986	27,593	28,579	36,632

4 Governance costs

Professional fees (Insurance, legal, Independent Examiner)	42	1,731	1,773	1,690
	42	1,731	1,773	1,690

5 Closing funds

	31.03.2024 £	31.03.2023 £
Triodos Bank account	70,514	81,090
Debtors	8,265	9,426
Creditors	(2,535)	(13,183)
Accruals & Deferred Income	(58,724)	(59,814)
	17,519	17,519

	As at 31.03.2023 £	Incoming £	Outgoing £	As at 31.03.2024 £
Restricted funds	12,899	157,292	157,292	12,899
Unrestricted funds	4,620	6,710	6,710	4,620
Total Funds	17,519	164,003	164,003	17,519

6 Trustee remuneration and expenses

No Trustees were paid remuneration during the year.

7. Debtors

Amounts falling due within one year:

	2024 £	2023 £
Trade debtors	8,265	9,426
Cash at bank and in hand	70,514	81,090
	<u>78,779</u>	<u>134,442</u>

8. Creditors

Amounts falling due within one year:

	2024 £	2023 £
Trade creditors	1696.77	12884.1
Other creditors	814.5	299.16
Accruals and deferred income	58748.3	59814
	61259.6	126339