INSIDE OUT CYMRU

England & Wales · Charity number 1155017

Details

Status	Registered
Legal form	Other
Registered	2013-12-16
Register	View on the Charity Commission register

Contact

Address	c/o Blackwood Miners Institute High Street Blackwood Gwent NP12 1BB
Phone	01495224425
Email	info@inside-out-cymru.org
Website	www.inside-out-cymru.org

Activities

Objects: THE CHARITY'S OBJECTS ('THE OBJECTS') ARE:• TO PRESERVE HEALTH BY ASSISTING IN THE TREATMENT AND CARE OF PERSONS WITH LEARNING DIFFICULTIES OR DISABILITIES AND/OR PHYSICAL OR MENTAL HEALTH ISSUES OF ANY DESCRIPTION OR IN NEED OF REHABILITATION AS A RESULT OF SUCH ILLNESS OR DISABILITY, THROUGH THE PROVISION OF ARTS AND EDUCATIONAL ACTIVITIES INCLUDING VOLUNTEERING OPPORTUNITIES IN WALES;• TO ADVANCE THE EDUCATION OF THE GENERAL PUBLIC IN ALL AREAS RELATING TO LEARNING DIFFICULTIES OR DISABILITIES AND/OR PHYSICAL OR MENTAL HEALTH ISSUES;• TO PROMOTE SOCIAL INCLUSION AMONG PEOPLE WITH LEARNING DIFFICULTIES OR DISABILITIES AND/OR PHYSICAL OR MENTAL HEALTH ISSUES WHO ARE SOCIALLY EXCLUDED FROM SOCIETY, OR PARTS OF SOCIETY, AS ARESULT OF THESE CONDITIONS, BY PROVIDING ARTS AND EDUCATIONAL ACTIVITIES AND VOLUNTEERING OPPORTUNITIES IN ACCESSIBLE COMMUNITY VENUES IN WALES.

Activities: The objects of the charity are to assist in the treatment and care of persons with learning difficulties or disabilities, mental health and well-being issues of any description or in need or rehabilitation as a result of such illness, disability or difficulty, by the provision of arts and educational activities including volunteering opportunities in Wales.

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Classification

- **How:** Provides Human Resources, Provides Services
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty, Arts/culture/heritage/science, Economic/community Development/employment, Human Rights/religious Or Racial Harmony/equality Or Diversity, Recreation
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, Other Defined Groups, The General Public/mankind

Geography

- Throughout Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£111,134	£84,850	-	-
2024-03-31	£45,946	£77,252	-	-
2023-03-31	£142,431	£101,845	-	-
2022-03-31	£112,670	£108,806	-	-
2021-03-31	£124,128	£123,451	-	-

Trustees

Name	Role	Appointed
David Chamberlain	Chair	2017-02-01
Kevin Jakeway		2017-02-01
LESLEY ANN PRATLEY		2013-11-04
Ruth Helen Bardell		2024-04-24
Solanged Portela Ruiz		2024-04-24

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INSIDE OUT CYMRU

England & Wales - Charity number 1155017

Accounts

Charity registration number 1155017 (England and Wales)

INSIDE OUT CYMRU

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

INSIDE OUT CYMRU

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INSIDE OUT CYMRU

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2025

The trustees present their annual report and financial statements for the year ended 31 March 2025.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "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)".

Objectives and activities

Inside Out Cymru's role is to promote mental health and well-being through creative arts activities.

Objects

- The objects of the charity are to assist in the treatment and care of persons with learning difficulties or disabilities, mental health and well-being issues of any description or in need of rehabilitation as a result of such illness, disability or difficulty, by the provision of arts and educational activities including volunteering opportunities in Wales.
- To advance the education of the general public in all areas relating to learning difficulties or disabilities, mental health and well-being issues.
- The promotion of social inclusion among people with learning difficulties or disabilities, mental health and well-being issues who are socially excluded from society, or parts of society, as a result of these things, by providing arts and educational activities and volunteering opportunities in accessible community venues in Wales.

Strategies for Achieving Objectives

Inside Out Cymru understands the importance of working in partnership with a range of organisations, mental health charities, arts professionals and individual practitioners to deliver the planned programme of activities. The impact of its work can be felt across a wide range of groups and individuals and communities. Our project partners this year include:

- Caerphilly Council Theatre and Arts Service
- Newport County Council
- Aneurin leisure Libraries Service
- The Riverfront / Newport Live
- Torfaen Museum
- Blackwood Miners Institute
- Bedwas Workmen's Hall
- Bargoed Gilfach Community Centre
- Cefn Fforest Eco Park
- Bargoed park
- Cedar Park Ward, Ysbyty'r Tri Chwm (ABUHB)
- TogetherWORKS Caldicot
- National Lottery Awards for All
- Arts Council Wales
- Postcode Lottery
- Baring Foundation
- Dŵr Cymru
- Communities for Work + / Resilient Pathways (Torfaen Council)
- United Welsh Housing

- Flying Start Blaenau Gwent
- Platfform
- Bargoed Town Council
- Chepstow Town Council
- Monmouth Town Council
- GAVO
- TVA
- Gwent Regional Partnership Board
- Cwm Taf Morgannwg University Health Board
- Aneurin Bevan University Health Board
- Parkinson's UK
- Alzheimer's Society
- Torfaen Mind
- Gwendoline and Margaret Davies Charity

Inside Out Cymru's programme of work during the year has been funded by various grants and trusts that are used to deliver arts workshops for supporting mental health and well-being in the community throughout Gwent. During this year Inside Out Cymru delivered on average 20 hours of arts activities equitably each week around the greater Gwent area.

There have been 4 main strands to our work this year:

- Supporting people with lived experience of poor mental health in our communities, including people with lived experience of learning disabilities, neuro divergent people and people with a caring role. This includes taking referrals from local health boards and other support networks and charities. Sessions have taken place in a huge number of community settings right across Gwent, including outdoors in nature.
- Supporting men to access creative activities funded by the Baring Foundation and in partnership with Flying Start. This is to address the gap for support for dads in the area, where much provision is still focused on mums.
- Supporting people living with dementia and their carers, including family members and health care workers. This has been the focus of a 'Groundwork and Test' Arts Council Wales Arts and Health project and has been evaluated in detail. Sessions have taken place in both community and residential settings including in an hospital ward. Links with Parkinson's UK have also been made to address another specific need and specialist support.
- Supporting our artists through the offer of Supervisions and Creative Reflective Practice sessions and pairing artists to deliver work where possible, creating mentoring opportunities and building peer support for freelance arts workers.

Public Benefit
We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives in planning our future activities. Inside Out Cymru's aims are to promote mental health and well-being through community and creative arts activities; to provide educational opportunities for our participants and for the wider public in all areas relating to learning difficulties or disabilities, mental health and well-being issues; and to promote social inclusion in local communities.

Activities
Our core programme of community arts workshops consists of the delivery of an average of 20 hours per week of arts workshops throughout Gwent in community and residential settings. This usually means working with partners as venue hosts or referrers of participants. These workshops are in a range of art forms and a number of individual freelance artists. This included choir/ accessible music (with Wendy Lewis), visual arts/ crafts (with Nathan Sheen, Alice Smith, Sarah Goodey, Bill Chambers, Rhian Anderson, Rachel Balmforth and Marion Cheung), applied arts (with artist Lisa Floyd, and movement (with Fiona Winter) which were very popular and well received. We review our provision on an ongoing basis, responding to demand from service users and stakeholders. We base project development and funding applications on our consultation with our participants and partners as well as undertaking through evaluations of our projects. We have no core funding so our projects must be funded through specific applications for that piece of work.

Grant Making Policy
Our approach to grant making has been to ensure that our most well attended sessions' are sustained and secured, with a view to improving and developing partnerships to sustain our programme in 2025-26. To develop and expand our workshops, we seek to secure smaller grants of between £3,000 - £10,000 to enable us to set up new workshops and extend our geographical range within Gwent. The year 2024-25 has seen the majority of core sessions develop into new projects with our new partners and funders. This year the focus has been on smaller grants for individual projects with specific themes, however this is very time consuming for project management in terms of development and monitoring each piece of work. Thanks to an award from the Postcode Lottery in November 2024 we have been able to contract a finance officer to assist with managing our funding and we intend to develop larger projects where we can reach more of our beneficiaries through larger grants and therefore focus on managing projects with a greater reach.

Achievements and performance

Special Projects and Events

Creative Hub/ Our Port Our Voice Our Choice

- First funded in 2020 by the Baring Foundation and Provident Fund (Community Fund Wales), a community creative hub was set up in Newport, at The Riverfront Theatre and Arts Centre and in partnership with Newport Live. The project developed as funding streams changed and during 2024-25 Newport City Council's Our Port Our Voice were able to provide for new sessions at the Hub and The Riverfront provided support in kind for the sessions. Later in 2024-25 we were able to run special weekly sessions through Big Give/ Art4Life funds and through Raising Hope funding (which is managed by Newport City Council)

Eco-Creativity and Move In Nature - GAVO Nature Wellbeing Project

- First funded by the GAVO Nature Wellbeing project, these sessions were a pilot during 2023-2024 in the area for using the arts to connect with nature. Eco-Creativity was delivered by visual artist Sarah Goodey at Cefn Fforest Eco Park, where after a walk and some mindfulness with nature, participants reacted to their experience through visual arts activities, like printmaking and drawing. Move in Nature was a mindful movement activity delivered by dance artist Fiona Winter in Bargoed Park. All participants reported a positive experience with increased positive wellbeing and increased nature connection. This was measured through the short WEMWEBS wellbeing survey and a nature connectedness survey.
- The pilot was expanded in 24/25 with partners like GAVO Nature Wellbeing team, the Outdoor Partnership and Coed Lleol. The programme at Cefn Fforest Eco Park spanned quarter 4 of 2023-24 and into the spring of 2024-25. The work aims to connect people to nature through the arts while using both arts and nature to improve wellbeing and reduce isolation.

Newport West CMH Team/ Aneurin Bevan University Health Board

- The community mental health team continues to request Recovery and Discovery Through Activity sessions for their perinatal group and 'This Parent Can' projects, which have been delivered at Maindee Library and the Serennu Centre, High Cross.

Baring Foundation Creative Men project

- Weekly workshops have been running successfully at the Cefn Golau and Brynhithiel Flying Start Hubs, where dads have been coming together to play music, write songs, and share stories. With a mix of child-friendly and dads-only sessions, the project creates space for bonding, self-expression, and personal reflection—helping to support wellbeing, reduce isolation, and celebrate fatherhood.

Phoenix Project and TogetherWORKS public art projects

- Inside Out Cymru artists worked with Torfaen Mind across quarter 4 or 2023-24 and into 2024-25 on a special mosaic to enhance an outdoor community space at the The Phoenix centre Brymawr, which was officially opened in September 2024. A similar project took place in Caldicot working with GAVO/ TogetherWORKS and involved community members who access their wellbeing space. Bespoke tiles were made to create a mosaic style sign for the centre and was officially installed at an event in March 2025. An artist was mentored in the process of using the tile casting technique as part of these projects.

ACW Reaching Further

- This project included regular sessions in community settings (The Riverfront, Pwll-Y-Pant Village Hall, Ebbw Vale Institute) residential settings (Spring Gardens) and hospital settings (Cedar Parc Ward, Ysybty'r Tri Chwm) to work with people living with dementia and their carers. During the course of the project we worked with 8 partner organisations, offered 40 sessions and had 402 participant attendances. In 2025-26 we plan to develop the work further.

Showcase Opportunities

- Exhibition the Riverfront to celebrate the work created by the Community group being funded through ACW.

Training and artist support

- Reaching Further ACW work- included opportunities for mentoring emerging artists
- Inside Out Cymru hosted 3 x Creative Reflective Practice sessions for our freelance arts practitioners.
- 2 x Inside Out Artists delivered a session for the Arts Council Wales and ABUHB staff to demonstrate the benefits of creative activity on health and wellbeing
- 2 x artists access special creative supervision through Platfform charity's qualified supervisor.

Financial review

During the period the organisation received total income of £111,134 (2024: £45,946) and total expenditure of £84,850 (2024: £77,252). This resulted in a surplus of £26,284 (2024: deficit of £31,306).

Unrestricted reserves at the end of March 2025 were £29,457 (2024: £22,045).

Reserves Policy
In accordance with good corporate governance and Charity Commission guidelines, the Board is maintaining an accumulated reserve of £10,000 as an unrestricted contingency fund to cover between 6-12 months operating costs. The Board is also developing new ideas for income generation such as commissions to deliver work in partnership with other organisations. Since we were no longer in receipt of Lottery funding after March 2023 and no longer had employees working for the Charity, only self-employed contracts, we had no need to provide on costs or potential redundancy as part of our reserve. Therefore our reserve policy was reviewed in October 2023 and the amount adjusted to include administration and subscriptions costs for 6-12 months only. As a Charity we have no overheads such as office rental and associated bills, and costs covered by the reserve include project management time/administration, Fundraising and subscriptions such as book-keeping systems. The Reserves Policy will be reviewed annually.

Funding
During 2024-25 the Charity has been running on a project by project basis and drawing grants from a variety of Charitable Trusts and Foundations to deliver the programme of work. Grants include project management/ administration fees as part of each project.

Funding details for 2024-25

DATE	FUNDING BODY	PURPOSE/DESCRIPTION	AMOUNT
April 2024	Big Give/ Art4Life	Delivery of applied arts sessions at the Riverfront in partnership with Newport Live	£1,106.15
April 2024	Aneurin Leisure-Libraries	Partnership working with BG Aneurin Leisure Libraries Service to deliver sessions in Tredegar Library	£700
May 2024	CCBC Inv 260424 Artists fees	Delivery of various arts sessions in Caerphilly county	£4,025
May 2024	Parkinson's UK	Contribution towards taster sessions with Parkinson's group	£55
May 2024	Big Give/ Art4Life	Delivery of applied arts sessions at the Riverfront in partnership with Newport Live	£1,137
June 2024	Monmouth Town Council	Delivery of arts sessions in Bridges Community Centre	£1,030
June 2024	Arts Council Wales	Reaching Out project final payment	£93
June 2024	Aneurin Bevan University Health	Artists fees for ACW event for those in Arts and Health sector	£630
July 2024	Baring Foundation	First payment for Creative Men project	£17,377
July 2024	'Raising Hope' via Newport CC	Delivery of inclusive arts sessions for people living with dementia	£5,209
July 2024	Raising Hope' via Newport CC	Arts sessions in Riverfront with wellbeing Hub	£4,964
July 2024	Lottery- Awards for All	Community Champion Work with Torfaen Museum and Communities for work plus	£12,040
August 2024	WAHWN	Payment for presentation at Marketplace event	£75
August 2024	GAVO- RIF for Blaenau Gwent, Monmouth and Caerphilly	Delivery of arts groups in; Tredegar library, NantyGlo, Blackwood, Bedwas, Abergavenny, Chepstow	£4,725 - BG £4,807 - M £4,270 - C
Sep 2024	ACW Main grant	Reaching Further- various session across ABUHB area for people living with dementia and their carers	£13,365
Oct 2024	Caerphilly Miners Centre	Payment for session in centre Dementia Cafe	£80
Oct 2024	GAVO	Nature Wellbeing project	£2700
Oct 2024	Postcode Lottery	General project support including the Finance Officer budget	£18,153
Dec 2024	Alzheimer's society UK	Match fund contribution towards Reaching Further work	£200
Jan 2025	Dwr Cymru	Money for tester projects in partnership with Parkinson's UK	£3000
Feb 2025	GAVO/ TogetherWORKS	Mosaic project in Caldicot	£3375
Feb 2025	CCBC levelling up	Projects in Caerphilly area- BMI and Bedwas	£1063
Feb 2025	GAVO RIF Further Faster	Special projects in Caerphilly (£715- Bedws Music) and Monmouth (£615 Chepstow)	£1330
Feb 2025	CCBC for artists	Support artist fees for various sessions across Caerphilly County	£2685
March 2025	Baring Foundation	Payment for reporting/ presentation on Creative Men project	£250
March 2025	CCBC general	Project support for IOC and CCBC artists	£2500

Risk Management
The trustees are responsible for the management of the risks faced by the charity with particular reference to internal control systems and mitigation of risk. The Board will review a risk evaluation statement prepared by the Business Development Manager on an annual basis. The key controls used include:

- Formal agenda and minutes of all meetings of the trustees
- Detailed terms of reference for the Board
- Comprehensive strategic planning, budgeting and management accounting
- Established organisation and governance structure and reporting lines
- Formal written policies
- A risk register statement which is reviewed on a regular basis by the trustees and Chair - last reviewed in October 2024.

Through the established risk management processes, the Board is satisfied that the major risks identified have been adequately guarded against where necessary.

Plans for future periods

Partners and Industry

- To re-establish links with local health boards to deliver within hospitals and health settings and find innovative ways to continue to deliver services without regular funding for this work.
- To develop our presence within the arts industry as an experienced community arts charity.
- To explore the workplace as an area for potential mental health and well-being arts-based activities as a means of generating commercial income.
- To explore income generation through delivering project commissions on behalf of partner organisations.

Programme of activities

- Continue to find alternative funding for our previously Lottery-funded workshops across Gwent.
- To sustain and develop the Creative Hub for applied arts in Newport.
- To develop and promote our training program, focusing on wellbeing for artists and those working in this sector.
- To secure funding for arts interventions for people with dementia, and their carers, in Gwent.

Widening Access and Participation

- To explore ways of delivering workshops to people with protected characteristics.
- To explore ways of attracting a more diverse board of trustees.
- To develop our online tutorials and online sessions as a way of reaching people in their homes.

Structure, governance and management

Governance
Inside Out Cymru is an unincorporated association. It is registered as a charity with the Charity Commission. The governing document is the Memorandum of Association and Articles of Association.

Staffing Structure

Inside Out Cymru operates across the South-East Wales Valleys Area in Wales and has an office base at the Arts Development Office for Caerphilly County Borough Council based at the Blackwood Miners Institute. Inside Out Cymru's programmes and services are delivered by a freelanceProject Manager, a freelance Interim Project Manager, a freelance finance officer and a team of freelance artists.

Management Group and Trustees

The management group of the charitable company are its trustees for the purposes of charity law and are collectively referred to as the Board throughout this report.

Recruitment, Appointment, Induction and Training of Trustees

Trustees are appointed by the Management Committee. All new trustees receive an induction pack containing the following information:

- The most recent accounts,
- A general information pack on Inside Out Cymru's programme and services,
- The role of Trustees sheet, and
- The minutes of the last meeting

Trustees are invited to attend relevant training courses. Inside Out Cymru review training needs of the organisation on a regular basis.During the year 2024-25 the number of trustees stands at 5 x trustees, to provide support and strengthen governance of the charity.

Organisation Structure and Decision-making Process
The Board of Trustees must have at least 3 members to administer the charity. There is an agreed statement of the role and responsibilities of the Board and its members. At no time during the year did any trustee have a beneficial interest in the charity.

The Board has appointed a Project Manager and Interim Project Manager to jointly manage the day-to-day operations of the charity and he/she has delegated authority for a wide range of operational matters.

There is a statement of matters reserved to the Board. They include:

- Setting overall strategy and policy
- Approving the budget and business plan
- The appointment and removal of trustees (including the chair) following nominations at the AGM
- Consideration of fundamental issues concerning Inside Out Cymru's relationship with its principal stakeholders
- Consideration of fundamental issues concerning Inside Out Cymru's relationship with the Charity Commission
- Approval of major capital expenditure
- Setting the charity's reserves, diversity and investment policies.

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice). In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently
- observe the methods and principles in the Charities SORP
- make judgments and estimates that are reasonable and prudent
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements, and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.
In so far as the trustees are aware:

- there is no relevant audit information of which the charity's auditors are unaware
- The trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Reference and adminsitrative details

Charity number
1155017

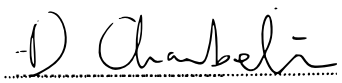
Principal office
C/O Blackwood Miners Institute
High Street
Blackwood
Gwent NP12 1BB

Trustees
Nicol Smith - resigned 24 April 2024
Kevin Jakeway
David Chamberlain
Lesley Pratley
Ruth Bardell - appointed 24 April 2024
Solanged Ruiz - appointed 24 April 2024

Independent Examiner
Azets Audit Services
Ty Dew
Lime Tree Court
Cardiff Gate Business Park
CF23 8AB

Bankers
The Co-Operative Bank PLC
PO Box 250
Skelmersdale
WN8 6WT

The trustees' report was approved by the Board of Trustees.



David Chamberlain - Trustee
Dated: 26/1/2026

INSIDE OUT CYMRU

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF INSIDE OUT CYMRU

I report to the trustees on my examination of the financial statements of Inside Out Cymru (the charity) for the year ended 31 March 2025.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011.

I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011. In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the Charities Act 2011.

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared the financial statements in accordance with the relevant version of the Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn. I understand that this has been done in order for the financial statements to provide a true and fair view in accordance with UK Generally Accepted Accounting Practice.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1 accounting records were not kept in respect of the charity as required by section 130 of the Charities Act 2011.

2 the financial statements do not accord with those records; or

3 the financial statements do not comply with the applicable requirements concerning the form and content of financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements give a true and fair view, which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.



Andrew Howells
Azets Audit Services
Ty Derw
Lime Tree Court
Cardiff Gate Business Park
Cardiff
South Glamorgan
CF23 8AB
United Kingdom

Dated: 29/01/2026

INSIDE OUT CYMRU

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2025

	Notes	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Income from:							
Donations and legacies	**3**	16	-	16	227	-	227
Charitable activities	**4**	21,056	89,438	110,494	-	45,082	45,082
Investments	**5**	624	-	624	637	-	637
Total income		21,696	89,438	111,134	864	45,082	45,946
Expenditure on:							
Charitable activities	**6**	15,967	68,883	84,850	31,804	45,448	77,252
Total expenditure		15,967	68,883	84,850	31,804	45,448	77,252
Net income/(expenditure)		5,729	20,555	26,284	(30,940)	(366)	(31,306)
Transfers between funds		1,683	(1,683)	-	(4,686)	4,686	-
Net movement in funds	**8**	7,412	18,872	26,284	(35,626)	4,320	(31,306)
Reconciliation of funds:							
Fund balances at 1 April 2024		22,045	13,644	35,689	57,671	9,324	66,995
Fund balances at 31 March 2025		29,457	32,516	61,973	22,045	13,644	35,689

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

INSIDE OUT CYMRU

BALANCE SHEET

AS AT 31 MARCH 2025

	Notes	2025 £	£	2024 £	£
Current assets					
Debtors	**12**	113		-	
Cash at bank and in hand		64,099		38,269	
		64,212		38,269	
Creditors: amounts falling due within one year	**13**	(2,239)		(2,580)	
Net current assets			61,973		35,689
Income funds					
Restricted funds	**14**		32,516		13,644
Unrestricted funds			29,457		22,045
			61,973		35,689

The financial statements were approved by the Trustees on 26/1/2026.....

David Chamberlain - Trustee

1 Accounting policies

Charity information

Inside Out Cymru is an unincorporated charity whose principal office is c/o Blackwood Miners Institute, High Street, Blackwood, Gwent, NP12 1BB.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Charities Act 2011 and "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)". The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount.

Income from grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred. Capital grants are released to the Statement of Financial Activities in the year of receipt. Fixed assets relating to capital grants are capitalised, and depreciation charged is offset against the grant income, in a restricted fund.

Income raised from programmes and sessions is recognised in the period to which it relates with any amounts received in advance deferred.

1 Accounting policies **(Continued)**

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

Expenditure on charitable activities includes all costs relating to the furtherance of the charity's objectives as stated in the trustees report and their associated support costs.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.7 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Derecognition of financial assets

Financial assets are derecognised only when the contractual rights to the cash flows from the asset expire or are settled, or when the charity transfers the financial asset and substantially all the risks and rewards of ownership to another entity, or if some significant risks and rewards of ownership are retained but control of the asset has transferred to another party that is able to sell the asset in its entirety to an unrelated third party.

1 Accounting policies **(Continued)**

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.8 Employee benefits

The costs of short-term employee benefits are recognised as a liability and an expense, unless those costs are required to be recognised as part of the cost of stock or fixed assets.

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Income from donations and legacies

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Donations and gifts	16	227

4 Charitable activities

	2025	2024
	£	£
Programmes and sessions	10,273	10,010
Grants	100,221	35,072
	110,494	45,082
Analysis by fund		
Unrestricted funds	21,056	-
Restricted funds	89,438	45,082
	110,494	45,082
Grants		
Baring	17,627	-
Arts Council Wales	13,458	14,413
Awards4All	12,040	-
Regional Integration Fund	13,352	-
Postcode Community Fund	18,153	-
Match Funding	200	-
Caerphilly County Borough Council	-	6,299
Newport City Council	10,173	-
GAVO	7,405	9,500
Chepstow Town Council	-	960
Gwendoline and Margaret Davies Charity	-	3,000
Cwm Taf Morgannwg University Health Board	-	900
Dwr Cymru	3,000	-
The Big Give Trust	2,243	-
Blaenau Gwent CBC	700	-
Parkinson's UK	55	-
Monmouth Town Centre	1,030	-
Aneurin Bevan	630	-
WAHWN	75	-
Caerphilly Miners Centre	80	-
	100,221	35,072

5 Income from investments

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Other income	624	637

6 Expenditure on charitable activities

	2025 £	2024 £
Direct costs		
Freelance, artist and project costs	80,599	68,180
Marketing and PPS	763	897
Office costs	732	4,045
	82,094	73,122
Share of support and governance costs (see note 7)		
Support	79	262
Governance	2,677	3,868
	84,850	77,252
Analysis by fund		
Unrestricted funds	15,967	31,804
Restricted funds	68,883	45,448
	84,850	77,252

7 Support costs allocated to activities

	2025 £	2024 £
Bank Charges	-	1
Marketing and PPS	40	47
Office Costs	39	214
Governance costs	2,677	3,868
	2,756	4,130

8 Net movement in funds

	2025	2024
	£	£
The net movement in funds is stated after charging/(crediting):		
Fees payable for the independent examination of the charity's financial statements	2,220	2,580

9 Trustees

1 trustee that was appointed during the year received £200 for freelance work (2024: £605).

None of the other trustees (or any persons connected with them) received any remuneration from the charity during the current or prior year.

No trustees were reimbursed for expenses during the current or prior year.

10 Employees

The average monthly number of employees during the year was:

	2025	2024
	Number	Number
Total	-	-

The trustees consider that there were no key management personnel during the current or previous year.

As noted in the trustees report, the charity also engage with freelance personnel to support the organisation. These costs are included within the charitable activities.

There were no employees whose annual remuneration was more than £60,000.

11 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

12 Debtors

	2025	2024
Amounts falling due within one year:	£	£
Other debtors	113	-

13 Creditors: amounts falling due within one year

	2025	2024
	£	£
Trade creditors	19	-
Accruals	2,220	2,580
	2,239	2,580

14 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 April 2024	Incoming resources	Resources expended	Transfers	At 31 March 2025
	£	£	£	£	£
Community Fund Wales	1,300	-	-	(1,300)	-
Caerphilly County Borough Council	6,953	-	(4,190)	(2,763)	-
Arts Council of Wales	2,044	93	(3,472)	1,335	-
GAVO	36	-	(36)	-	-
Gwendoline and Margaret Davies Charity	2,289	-	(2,289)	-	-
Cwm Taf Uni Health Board	900	-	(380)	-	520
MIND	122	-	(667)	545	-
Bargoed Town Council	-	-	(500)	500	-
RIF Monmouth	-	4,807	(4,807)	-	-
RIF BG	-	4,275	(4,275)	-	-
RIF Caerphilly	-	4,270	(4,270)	-	-
ACW Invest/Reaching Further	-	13,365	(12,425)	-	940
ABUHB	-	630	(630)	-	-
Aneurin Leisure	-	700	(700)	-	-
Awards4All	-	12,040	(5,596)	-	6,444
Baring Foundation	-	17,377	(1,672)	-	15,705
CCBC Arts	-	9,210	(6,710)	-	2,500
CCBC Levelling Up	-	1,063	-	-	1,063
Dwr Cymru	-	3,000	-	-	3,000
GAVO: Further faster	-	1,330	(1,330)	-	-
GAVO: Nature Wellbeing	-	2,700	(850)	-	1,850
Monmouth TC: Session delivery	-	1,030	(1,030)	-	-
NCC: Raising Hope	-	5,209	(5,209)	-	-
Raising hope Community	-	4,964	(4,964)	-	-
Together Works (GAVO)	-	3,375	(2,881)	-	494
	13,644	89,438	(68,883)	(1,683)	32,516

14 Restricted funds **(Continued)**

Previous year:	At 1 April 2023 £	Incoming resources £	Resources expended £	Transfers £	At 31 March 2024 £
Community Fund Wales	8,589	-	(7,750)	461	1,300
Caerphilly County Borough Council	-	13,309	(6,356)	-	6,953
Newport City Council	735	-	(4,960)	4,225	-
Arts Council of Wales	-	14,413	(12,369)	-	2,044
GAVO	-	9,500	(9,464)	-	36
Chepstow Town Council	-	960	(960)	-	-
Gwendoline and Margaret Davies Charity	-	3,000	(711)	-	2,289
Cwm Taf Uni Health Board	-	1,200	(300)	-	900
MIND	-	1,500	(1,378)	-	122
Bargoed Town Council	-	1,200	(1,200)	-	-
	9,324	45,082	(45,448)	4,686	13,644

14 Restricted funds **(Continued)**

Community Fund Wales
Funding recieved from National Lottery Community Fund and Awards for All to cover staff salaries, artist and programme costs as well as arts and health programme.

Caerphilly County Borough Council
Funding received to cover programme support and artist costs.

Newport City Council
Funding received regarding the participatory budgeting programme.

Arts Council of Wales
Funding received from Art, Health, Wellbeing Lottery fund to cover Alzheimer's UK and ABUHB project, and from Sharing Together for Nurture Network, an artist wellbeing event.

GAVO
Funding received from Regional Integration Fund and Nature Wellbeing Fund to cover community workshops across Gwent.

Chepstow Town Council
Funding received to cover community workshops in Chepstow.

Gwendoline and Margaret Davies Charity
Funding received to cover Making Your Noise community music workshops in Bedwas.

Cwm Taf Uni Health Board
Funding received to cover Arts and Minds inpatient workshops in CTMUHB

MIND
Funding received to cover community workshops and public art installation at the Phoenix Centre.

Bargoed Town Council
Funding received to cover Welcome Spaces, community art workshops and warm hubs across Bargoed.

RIF Monmouth
Provided opportunities for people living with low level mental health challenges, additional needs or cognitive impairments, and their carers, to engage in bespoke creative activities to support their wellbeing and to reduce social isolation.

RIF Blaenau Gwent
Provided continued opportunities for people living with low level mental health challenges or cognitive impairments, and their carers, to engage in bespoke creative activities to support their wellbeing and to reduce social isolation.

RIF Caerphilly
Provided emotional and wellbeing support for adults living with low level mental-health challenges or cognitive impairments, their carers, to engage in bespoke creative activities to support their wellbeing and to reduce social isolation.

ACW Invest (Reaching Further)
Reaching Further - bespoke creative activities across Gwent for people living with dementia and their carers who had experienced barriers to access the arts.

Aneurin Bevan University Health Board
Arts activities and materials for Arts & Minds end-of-project sharing event.

Aneurin Leisure
Craft for Wellbeing activities for people with low-level mental health problems in Tredegar (via Libraries Service).

14 Restricted funds **(Continued)**

Awards4All
Create: Community Champions - a creative wellbeing support and upskilling project, delivered in partnership with Blaenau Gwent CBC 'Building Resilient Communities', Fusion Torfaen and Torfaen Museum.

Baring Foundation
Nuturing Dads - a music for wellbeing project for dads across Blaenau Gwent, delivered in partnership with Flying Start Blaenau Gwent.

CCBC
Arts for Wellbeing activities in the community across Caerphilly Borough - Markham and Blackwood.

Dwr Cymru
Art for Wellbeing taster workshops in Parkinson's UK Community Support group members across Gwent.

Gavo: Further Faster
The sessions will be delivered for people experiencing poor mental health, and their carers. Sessions in Chepstow (Monmouthshire) and Bedwas Workmen's Hall (Caerphilly).

Gavo: Nature Wellbeing
'Move in Nature' and 'Eco-Creativity' creative wellbeing activities at Cefn Fforest Eco Park, delivered in partnership with CCBC's Nature Wellbeing Service.

Monmouth Town Council
'Together: We Make' Art for Wellbeing at the Bridges Centre.

Newport County Council: Raising Hope (Dementia)
Arts for Wellbeing for people with dementia and their carers, delivered in partnership with Alzheimer's Society UK and The Riverfront.

Newport County Council: Raising Hope (Community)
Craft for Wellbeing sessions for people with low-level mental health problems in the Newport Community, delivered in partnership with the Riverfront.

Together Works (GAVO)
Mural Design and Making Workshops to support community connection, identity and general wellbeing.

15 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 April 2024	Incoming resources	Resources expended	Transfers	At 31 March 2025
	£	£	£	£	£
General funds	22,045	21,696	(15,967)	1,683	29,457

15 Unrestricted funds **(Continued)**

Previous year:	At 1 April 2023	Incoming resources	Resources expended	Transfers	At 31 March 2024
	£	£	£	£	£
General funds	57,671	864	(31,804)	(4,686)	22,045

16 Analysis of net assets between funds

	Unrestricted funds 2025	Restricted funds 2025	Total 2025
	£	£	£
At 31 March 2025:			
Current assets/(liabilities)	29,457	32,516	61,973
	29,457	32,516	61,973

	Unrestricted funds 2024	Restricted funds 2024	Total 2024
	£	£	£
At 31 March 2024:			
Current assets/(liabilities)	22,045	13,644	35,689
	22,045	13,644	35,689

17 Related party transactions

1 trustee is a manager of Caerphilly CBC (Caerphilly Arts Development). The charity received £10,273 during the year from Caerphilly CBC (2024: £13,309).

The charity also paid invoices totalling £224 to Caerphilly CBC during the year (2024: £nil).

1 trustee that was appointed during the year received £200 for freelance work (2024: £605).

No amounts were outstanding at the year end (2024: £nil).

There were no other disclosable related party transactions during the year (2024 - none).

INSIDE OUT CYMRU

England & Wales - Charity number 1155017

Accounts

Charity registration number 1155017

INSIDE OUT CYMRU

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

INSIDE OUT CYMRU

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INSIDE OUT CYMRU

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2024

The trustees present their annual report and financial statements for the year ended 31 March 2024.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Charities Act 2011 and "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

Inside Out Cymru's role is to promote mental health and well-being through creative arts activities.

Objects

- The objects of the charity are to assist in the treatment and care of persons with learning difficulties or disabilities, mental health and well-being issues of any description or in need of rehabilitation as a result of such illness, disability or difficulty, by the provision of arts and educational activities including volunteering opportunities in Wales.
- To advance the education of the general public in all areas relating to learning difficulties or disabilities, mental health and well-being issues.
- The promotion of social inclusion among people with learning difficulties or disabilities, mental health and well-being issues who are socially excluded from society, or parts of society, as a result of these things, by providing arts and educational activities and volunteering opportunities in accessible community venues in Wales.

Strategies for Achieving Objectives
Inside Out Cymru understands the importance of working in partnership with a range of organisations, mental health charities, arts professionals and individual practitioners to deliver the planned programme of activities. The impact of its work can be felt across a wide range of groups and individuals and communities. Our project partners this year include:

- Caerphilly Arts Development
- Newport, Monmouth and Torfaen Mind
- Blackwood Miners Institute
- National Lottery Awards for All
- Talygarn Ward, County Hospital (ABUHB)
- Cedar Park Ward, Ysbyty'r Tri Chwm (ABUHB)
- Carers' Hub Pontypool
- The Riverfront / Newport Live
- Pobl Housing, Newport
- Communities for Work + / Resilient Pathways (Torfaen Council)
- Cefn Fforest Eco Park
- Bargoed park
- United Welsh Housing
- Blaenau Gwent Libraries Service
- Alzheimer's Society
- Gwent Regional Partnership Board
- Bargoed Town Council
- Chepstow Town Council
- Bargoed Gilfach Community Centre
- GAVO
- Newport County Council
- Cwm Taf Morgannwg University Health Board
- Aneurin Bevan University Health Board
- Bedwas Workmen's Hall
- Gwendoline and Margaret Davies Charity

Inside Out Cymru's programme of work during the year has been funded by various grants and trusts that are used to deliver arts workshops for supporting mental health and well-being in the community throughout Gwent. Inside Out Cymru delivers on average 20 hours of arts activities equitably each week around the greater Gwent area.

Public Benefit

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives in planning our future activities. Inside Out Cymru's aims are to promote mental health and well-being through community and creative arts activities; to provide educational opportunities for our participants and for the wider public in all areas relating to learning difficulties or disabilities, mental health and well-being issues; and to promote social inclusion in local communities.

Activities

Our core programme of community arts workshops consists of the delivery of an average of 20 hours per week of arts workshops throughout Gwent in community and residential settings. This usually means working with partners as venue hosts or referrers of participants. These workshops are in a range of art forms including choir/ accessible music (with Wendy Lewis), visual arts/ crafts (with Nathan Sheen, Alice Smith, Sarah Goodey, Bill Chambers and Rhian Anderson), applied arts (with artist Lisa Floyd, and movement (with Fiona Winter) which were very popular and well received. We review our provision on an ongoing basis, responding to demand from service users, and we base project development and funding applications on our consultation with our participants and partners as well as undertaking thorough evaluations of our projects.

Grant Making Policy

Our approach to grant making is to ensure that our most popular sessions' provision is sustained and secured, with a view to improving and developing partnerships for renewing core programme funding in 2023. To develop and expand our workshops, we seek to secure smaller grants of between £3,000 - £10,000 to enable us to set up new workshops and extend our geographical range within Gwent. In March 2023 we were informed that our Lottery Community Fund application was unsuccessful and therefore our core programme from April 2023 had to be reconfigured by using a combination of existing unrestricted funds and further fundraising.

Achievements and performance

Special Projects and Events

Creative Hub/ Our Port Our Voice Our Choice

- First funded in 2020 by the Baring Foundation and Provident Fund (Community Fund Wales), a community creative hub was set up in Newport, at The Riverfront Theatre and Arts Centre and in partnership with Newport Live. After the Baring Foundation grant finished at the end of the 2021-22 financial year, we applied to Newport City Council's Our Port Our Voice for new sessions at the Hub. The applied arts sessions have continued within the Riverfront, with funding successfully granted by Newport City Council's Our Voice Our Choice Our Port, and more recently through Big Give/Art4Life and Raising Hope funding (which is also managed by Newport City Council).

Eco-Creativity and Move In Nature - GAVO Nature Wellbeing Project

- Funded by the GAVO Nature Wellbeing project, these sessions were a pilot in the area for using the arts to connect with nature. Eco-Creativity was delivered by visual artist Sarah Goodey at Cefn Fforest Eco Park, where after a walk and some mindfulness with nature, participants reacted to their experience through visual arts activities, like printmaking and drawing. Move in Nature was a mindful movement activity delivered by dance artist Fiona Winter in Bargoed Park. All participants reported a positive experience with increased positive wellbeing and increased nature connection. This was measured through the short WEMWEBS wellbeing survey and a nature connectedness survey.
- The pilot is being expanded on in 2024/25 with partners like GAVO Nature Wellbeing team, the Outdoor Partnership and Coed Lleol. We will deliver a programme at Cefn Fforest Eco Park that aims to connect people to nature through the arts while using both arts and nature to improve wellbeing and togetherness.

Newport West CMH Team

- The community mental health team booked another one-off Recovery Through Activity session which was delivered at Maindee Library.

Art on the Hill

- Inside Out Cymru again took part in Newport's annual Art on the Hill craft fair in November 2023, with work by participants showcased at the Riverfront and a presence by staff and artists.

Showcase Opportunities

- Exhibition at The Congress Theatre to celebrate Awards for All project completion.

Training events

- ACW Sharing Together funded a 'Nurture Network' event – a networking and training event for visual artists working in Arts and Health across Gwent. There was a good response, with 30 individuals attending the event, but with only 5-6 individuals staying connected with the network. The training day delivered 3x arts activities for inspiration and a chance to connect, a talk from a guest speaker - an arts therapist discussing supervision pathways and ways to support our own wellbeing, and a wellbeing session for artists. There was also time to network between each other.
- Reaching Out ACW work – mentoring emerging artists
- Inside Out Cymru hosted 1x training events throughout the year, at Newport City Homes. The events were aimed at organisations, charities, third sector and health sector, such as Mind, Community Mental Health teams, occupational therapists, etc, and were based upon the impact of arts provision upon mental health and well-being.

Financial review

During the period the organisation made a deficit on unrestricted funds before transfers of £30,940 (2023: £1,802 surplus).

Unrestricted Reserves at the end of March 2024 are £22,045 (2023: £57,671).

Reserves Policy

In accordance with good corporate governance and Charity Commission guidelines, the Board is maintaining an accumulated reserve of £10,000 as an unrestricted contingency fund to cover between 6-12 months operating costs. The Board is also developing new ideas for income generation such as commissions to deliver work in partnership with other organisations. Since we were no longer in receipt of Lottery funding after March 2023 and no longer had employees working for the Charity, only self-employed contracts, we had no need to provide for costs or potential redundancy as part of our reserve. Therefore, our reserve policy was reviewed in October 2023 and the amount adjusted to include administration and subscriptions costs for 6 -12 months only. As a Charity we have no overheads such as office rental and associated bills, and costs covered by the reserve include project management time/ administration, fundraising and subscriptions such as book-keeping systems. The Reserves Policy will be reviewed annually.

Funding

Since the change from Lottery Funding, the Charity has been running on a project by project basis and drawing grants from a variety of Charitable Trusts and Foundations to deliver the programme of work. Grants include project management/ administration fees as part of each project.

Funding details for 2023-24

DATE	FUNDING BODY	PURPOSE/DESCRIPTION	AMOUNT
April 2023	CCBC Levelling up	Delivery of wellbeing sessions in Caerphilly County Borough	£3,360
April- June 2023	CCBC artist support	Partnership working with CCBC Arts Service to deliver various arts sessions including Pride programme of work	£1,970
April- June 2023	Newport City Council Our Voice Our Choice Our Port	Delivery of applied arts sessions at the Riverfront in partnership with Newport Live	£4,225
April- June 2023	TNL Awards 4 All - Creative Communities, Creative Lives	Awards 4 All - Bill in Torfaen, working with Communities for Work +	£3,200
August 2023	GAVO/ RIF funding for Blaenau Gwent and Monmouthshire	Delivery of various projects in community settings in Blaenau Gwent and Monmouthshire	£6,500
August 2023	GAVO Nature Wellbeing fund	Delivery of outdoor arts projects in Cefn Fforest Eco Park and Bargoed Park	£3,000
Sep 2023	Arts Council Wales	Reaching Out project working with people unable to access existing sessions	£12,643
Sep 2023	Arts Council Wales	Sharing together project- supporting artists and those in Arts and Health sector	£3,034
Nov 2023	CTMUHB Arts and Minds	2 x arts sessions in Merthyr as part of Arts and Minds Project	£300
Dec 2023	Gwendoline and Margaret Davies Trust	Delivery of inclusive music and singing sessions Jan - Dec 2024	£3,000
Jan 2024	CTMUHB Arts and Minds	Arts sessions in Merthyr as part of Arts and Minds Project	£900
Feb 2024	Bargoed Town Council	Warm Hub at 2 x Community Centres around Bargoed	£1,200
Feb 2024	Chepstow Town Council	10 x Art for Wellbeing sessions in Bulwark	£960
Jan 2024	CCBC levelling up	Delivery of arts group in Blackwood Jan- March 2024	£800

Risk Management

The trustees are responsible for the management of the risks faced by the charity with particular reference to internal control systems and mitigation of risk. The Board will review a risk evaluation statement prepared by the Business Development Manager on an annual basis. The key controls used include:

- Formal agenda and minutes of all meetings of the trustees
- Detailed terms of reference for the Board
- Comprehensive strategic planning, budgeting and management accounting
- Established organisation and governance structure and reporting lines
- Formal written policies
- A risk register statement which is reviewed on a regular basis by the trustees and Chair - last reviewed in October 2023.

Through the established risk management processes, the Board is satisfied that the major risks identified have been adequately guarded against where necessary.

Plans for future periods

Partners and Industry

- To re-establish links with local health boards to deliver within hospitals and health settings and find innovative ways to continue to deliver services without regular funding for this work.
- To develop our presence within the arts industry as an experienced community arts charity.
- To explore the workplace as an area for potential mental health and well-being arts-based activities as a means of generating commercial income.
- To explore income generation through delivering project commissions on behalf of partner organisations.

Programme of activities

- Continue to find alternative funding for our previously Lottery-funded workshops across Gwent.
- To sustain and develop the Creative Hub for applied arts in Newport.
- To develop and promote our training program, focusing on wellbeing for artists and those working in this sector.
- To secure funding for arts interventions for people with dementia, and their carers, in Gwent.

Widening Access and Participation

- To explore ways of delivering workshops to people with protected characteristics.
- To explore ways of attracting a more diverse board of trustees.
- To develop our online tutorials and online sessions as a way of reaching people in their homes.

Structure, governance and management

Governance
Inside Out Cymru is an unincorporated association. It is registered as a charity with the Charity Commission. The governing document is the Memorandum of Association and Articles of Association.

Staffing Structure
Inside Out Cymru operates across the South-East Wales Valleys Area in Wales and has an office base at the Arts Development Office for Caerphilly County Borough Council based at the Blackwood Miners Institute. Inside Out Cymru's programmes and services are delivered by a freelance Project Manager, a freelance Interim Project Manager and a team of freelance artists.

Management Group and Trustees
The management group of the charitable company are its trustees for the purposes of charity law and are collectively referred to as the Board throughout this report.

Recruitment, Appointment, Induction and Training of Trustees
Trustees are appointed by the Management Committee. All new trustees receive an induction pack containing the following information:

- The most recent accounts.
- A general information pack on Inside Out Cymru's programme and services.
- The role of Trustees sheet.
- The minutes of the last meeting.

Trustees are invited to attend relevant training courses. Inside Out Cymru review training needs of the organisation on a regular basis. During this year Nicol Smith continued as Chair. At the end of 2023-24 the number of trustees stands at 5x trustees, to provide support and strengthen governance of the charity.

Organisation Structure and Decision-making Process
The Board of Trustees must have at least 3 members to administer the charity. There is an agreed statement of the role and responsibilities of the Board and its members. At no time during the year did any trustee have a beneficial interest in the charity.

The Board has appointed a Project Manager and Interim Project Manager to jointly manage the day-to-day operations of the charity, and he/she has delegated authority for a wide range of operational matters.

There is a statement of matters reserved to the Board. They include:

- Setting overall strategy and policy.
- Approving the budget and business plan.
- The appointment and removal of trustees (including the chair) following nominations at the AGM.
- Consideration of fundamental issues concerning Inside Out Cymru's relationship with its principal stakeholders.
- Consideration of fundamental issues concerning Inside Out Cymru's relationship with the Charity Commission.
- Approval of major capital expenditure.
- Setting the charity's reserves, diversity and investment policies.

INSIDE OUT CYMRU

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

Reference and adminsitrative details

Charity number
1155017

Principal office
C/O Blackwood Miners Institute
High Street
Blackwood
Gwent NP12 1BB

Trustees
Nicol Smith
Rhian Morgan
Kevin Jakeway
David Chamberlain
Lesley Pratley

Independent Examiner
Azets Audit Services
Ty Dew
Lime Tree Court
Cardiff Gate Business Park
CF23 8AB

Bankers
The Co-Operative Bank PLC
PO Box 250
Skelmersdale
WN8 6WT

The trustees' report was approved by the Board of Trustees.

D Chamberlain

David Chamberlain - Trustee
Dated: 21/1/25

INSIDE OUT CYMRU

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 31 MARCH 2024

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;

- observe the methods and principles in the Charities SORP;

- make judgements and estimates that are reasonable and prudent;

- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and

- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping sufficient accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the charity and financial information included on the charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

INSIDE OUT CYMRU

INDEPENDENT EXAMINER'S REPORT
TO THE TRUSTEES OF INSIDE OUT CYMRU

I report to the trustees on my examination of the financial statements of Inside Out Cymru (the charity) for the year ended 31 March 2024.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1 accounting records were not kept in respect of the charity as required by section 130 of the 2011 Act; or
2 the financial statements do not accord with those records; or
3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

Andrew Howells
Azets Audit Services
Ty Derw, Lime Tree Court
Cardiff Gate Business Park
Cardiff
CF23 8AB
United Kingdom

Dated: 15/1/25

INSIDE OUT CYMRU

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2024

	Notes	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Income from:							
Donations and legacies	3	227	-	227	182	-	182
Charitable activities	4	-	45,082	45,082	1,554	140,629	142,183
Investments	5	637	-	637	66	-	66
Total income		864	45,082	45,946	1,802	140,629	142,431
Expenditure on:							
Charitable activities	6	31,804	45,448	77,252	-	101,845	101,845
Net (outgoing)/incoming resources before transfers		(30,940)	(366)	(31,306)	1,802	38,784	40,586
Gross transfers between funds		(4,686)	4,686	-	29,460	(29,460)	-
Net (expenditure)/income for the year/ Net movement in funds		(35,626)	4,320	(31,306)	31,262	9,324	40,586
Fund balances at 1 April 2023		57,671	9,324	66,995	26,409	-	26,409
Fund balances at 31 March 2024		22,045	13,644	35,689	57,671	9,324	66,995

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

INSIDE OUT CYMRU

BALANCE SHEET

AS AT 31 MARCH 2024

	Notes	2024 £	£	2023 £	£
Current assets					
Cash at bank and in hand		38,269		68,524	
Creditors: amounts falling due within one year	11	(2,580)		(1,529)	
Net current assets			35,689		66,995
Income funds					
Restricted funds	12		13,644		9,324
Unrestricted funds			22,045		57,671
			35,689		66,995

The financial statements were approved by the Trustees on 21/1/25

D Chamberlain

David Chamberlain - Trustee

INSIDE OUT CYMRU

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

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1 Accounting policies

Charity information

Inside Out Cymru is an unincorporated charity whose principal office is c/o Blackwood Miners Institute, High Street, Blackwood, Gwent, NP12 1BB.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Charities Act 2011 and "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)". The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount.

Income from grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred. Capital grants are released to the Statement of Financial Activities in the year of receipt. Fixed assets relating to capital grants are capitalised, and depreciation charged is offset against the grant income, in a restricted fund.

Income raised from programmes and sessions is recognised in the period to which it relates with any amounts received in advance deferred.

1 Accounting policies **(Continued)**

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

Expenditure on charitable activities includes all costs relating to the furtherance of the charity's objectives as stated in the trustees report and their associated support costs.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Derecognition of financial assets

Financial assets are derecognised only when the contractual rights to the cash flows from the asset expire or are settled, or when the charity transfers the financial asset and substantially all the risks and rewards of ownership to another entity, or if some significant risks and rewards of ownership are retained but control of the asset has transferred to another party that is able to sell the asset in its entirety to an unrelated third party.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1 Accounting policies **(Continued)**

1.7 Employee benefits

The costs of short-term employee benefits are recognised as a liability and an expense, unless those costs are required to be recognised as part of the cost of stock or fixed assets.

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.8 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Unrestricted funds
	2024	2023
	£	£
Donations and gifts	227	182

4 Charitable activities

	2024	2023
	£	£
Programmes and sessions	10,010	12,240
Grants	35,072	129,943
	45,082	142,183
Analysis by fund		
Unrestricted funds	-	1,554
Restricted funds	45,082	140,629
Grants		
Arts Council Wales	14,413	-
Community Fund Wales (National Lottery Community Fund)	-	112,409
Caerphilly County Borough Council	6,299	4,225
Co-Operative	-	1,204
Newport City Council	-	12,105
GAVO	9,500	-
Chepstow Town Council	960	-
Gwendoline and Margaret Davies Charity	3,000	-
Cwm Taf Morgannwg University Health Board	900	-
	35,072	129,943

5 Investments

	Unrestricted funds	Unrestricted funds
	2024	2023
	£	£
Bank interest	637	66

6 Charitable activities

	2024	2023
	£	£
Staff costs	-	19,972
Freelance, artist and project costs	68,180	71,700
Marketing and PPS	897	1,867
Office costs	4,045	4,801
Other staff costs	-	723
	73,122	99,063
Share of support costs (see note 7)	262	1,507
Share of governance costs (see note 7)	3,868	1,275
	77,252	101,845
Analysis by fund		
Unrestricted funds	31,804	-
Restricted funds	45,448	101,845
	77,252	101,845

7 Support costs

	Support costs	Governance costs	2024	Support costs	Governance costs	2023
	£	£	£	£	£	£
Staff costs	-	-	-	1,051	-	1,051
Bank charges	1	-	1	105	-	105
Marketing and PPS	47	-	47	98	-	98
Office costs	214	-	214	253	-	253
Independent examination fees	-	2,580	2,580	-	1,275	1,275
Accountancy fees	-	1,288	1,288	-	-	-
	262	3,868	4,130	1,507	1,275	2,782
Analysed between						
Charitable activities	262	3,868	4,130	1,507	1,275	2,782

Governance costs includes payments to the independent examiners of £2,580 (2023: £1,275).

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

8 Trustees

1 trustee that was appointed in the 24/25 financial year received £605 for freelance work during the year.

None of the other trustees (or any persons connected with them) received any remuneration from the charity during the current or prior year.

No trustees were reimbursed for expenses during the current or prior year.

9 Employees

The average monthly number of employees during the year was:

	2024 Number	2023 Number
	-	2

Employment costs	2024 £	2023 £
Wages and salaries	-	20,660
Other pension costs	-	363
	-	21,023

The trustees consider that there were no key management personnel during the current or previous year.

As noted in the trustees report, the charity also engage with freelance personnel to support the organisation. These costs are included within the charitable activities.

There were no employees whose annual remuneration was more than £60,000.

10 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxationof Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

11 Creditors: amounts falling due within one year

	2024 £	2023 £
Accruals	2,580	1,529

12 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds				Movement in funds			
	Incoming resources	Resources expended	Transfers	Balance at 1 April 2023	Incoming resources	Resources expended	Transfers	Balance at 31 March 2024
	£	£	£	£	£	£	£	£
Community Fund Wales	112,409	(101,845)	(1,975)	8,589	-	(7,750)	461	1,300
Caerphilly County Borough Council	16,115	-	(16,115)	-	13,309	(6,356)	-	6,953
Newport City Council	12,105	-	(11,370)	735	-	(4,960)	4,225	-
Arts Council of Wales	-	-	-	-	14,413	(12,369)	-	2,044
GAVO	-	-	-	-	9,500	(9,464)	-	36
Chepstow Town Council	-	-	-	-	960	(960)	-	-
Gwendoline and Margaret Davies Charity	-	-	-	-	3,000	(711)	-	2,289
Cwm Taf Uni Health Board	-	-	-	-	1,200	(300)	-	900
MIND	-	-	-	-	1,500	(1,378)	-	122
Bargoed Town Council	-	-	-	-	1,200	(1,200)	-	-
	140,629	(101,845)	(29,460)	9,324	45,082	(45,448)	4,686	13,644

12 **Restricted funds** **(Continued)**

Community Fund Wales
Funding recieved from National Lottery Community Fund and Awards for All to cover staff salaries, artist and programme costs as well as arts and health programme.

Caerphilly County Borough Council
Funding received to cover programme support and artist costs.

Newport City Council
Funding received regarding the participatory budgeting programme.

Arts Council of Wales
Funding received from Art, Health, Wellbeing Lottery fund to cover Alzheimer's UK and ABUHB project, and from Sharing Together for Nurture Network, an artist wellbeing event.

GAVO
Funding received from Regional Integration Fund and Nature Wellbeing Fund to cover community workshops across Gwent.

Chepstow Town Council
Funding received to cover community workshops in Chepstow.

Gwendoline and Margaret Davies Charity
Funding received to cover Making Your Noise community music workshops in Bedwas.

Cwm Taf Uni Health Board
Funding received to cover Arts and Minds inpatient workshops in CTMUHB

MIND
Funding received to cover community workshops and public art installation at the Phoenix Centre.

Bargoed Town Council
Funding received to cover Welcome Spaces, community art workshops and warm hubs across Bargoed.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

13 Analysis of net assets between funds

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Fund balances at 31 March 2024 are represented by:						
Current assets/(liabilities)	22,045	13,644	35,689	57,671	9,324	66,995
	22,045	13,644	35,689	57,671	9,324	66,995

14 Related party transactions

1 trustee is a manager of Caerphilly CBC (Caerphilly Arts Development). The charity received £13,309 during the year from Caerphilly CBC. (2023: £5,590)

There were no other disclosable related party transactions during the year (2023 - none).

INSIDE OUT CYMRU

England & Wales - Charity number 1155017

Accounts

Charity registration number 1155017

INSIDE OUT CYMRU

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

INSIDE OUT CYMRU

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INSIDE OUT CYMRU

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2023

The trustees present their annual report and financial statements for the year ended 31 March 2023.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Charities Act 2011 and "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

Inside Out Cymru's role is to promote mental health and well-being through creative arts activities.

Objects

- The objects of the charity are to assist in the treatment and care of persons with learning difficulties or disabilities, mental health and wellbeing issues of any description or in need of rehabilitation as a result of such illness, disability or difficulty, by the provision of arts and educational activities including volunteering opportunities in Wales.
- To advance the education of the general public in all areas relating to learning difficulties or disabilities, mental health and wellbeing issues.
- The promotion of social inclusion among people with learning difficulties or disabilities, mental health and wellbeing issues who are socially excluded from society, or parts of society, as a result of these things, by providing arts and educational activities and volunteering opportunities in accessible community venues in Wales.

Strategies for Achieving Objectives
Inside Out Cymru understands the importance of working in partnership with a range of organisations, mental health charities, arts professionals and individual practitioners to deliver the planned programme of activities. The impact of its work can be felt across a wide range of groups and individuals and communities. Our project partners this year include:

- Caerphilly Arts Development
- Newport and Monmouthshire Mind
- Blackwood Miners Institute
- National Lottery Awards for All
- Talygarn Hospital (ABUHB)
- Carers' Hub Pontypool
- The Riverfront, Newport
- Pobl Housing, Newport
- Resilient Pathways (Torfaen Council)

Inside Out Cymru's core programme of work during the year is funded by National Lottery CFW from April 2020 to deliver arts workshops for supporting mental health and well-being in the community throughout Gwent. Inside Out Cymru delivers on average 24 hours of arts activities equitably each week around the greater Gwent area.

Public Benefit
We have referred to the guidance contained in the Charity Commission general guidance on public benefit when reviewing our aims and objectives in planning our future activities. Inside Out Cymru's aims are to promote mental health and well-being through community and creative arts activities; to provide educational opportunities for our participants and for the wider public in all areas relating to learning difficulties or disabilities, mental health and well-being issues; and to promote social inclusion in local communities.

Activities
Our core programme of community arts workshops consists of the delivery of an average of 24 hours per week of arts workshops throughout Gwent in community settings. This usually means working with partners as venue hosts or referrers of participants.

These workshops are in a range of art forms including choir/accessible music (with Wendy Lewis), visual arts/ crafts (with Nathan Sheen, Alice Smith, Sarah Goodey and Rhian Anderson), applied arts (with artist Lisa Floyd and singer/writer Jonathan Rowland), which were very popular and well received. We review our provision on an ongoing basis, responding to demand from service users.

Grant Making Policy
Our approach to grant making is to ensure that our core provision is sustained and secured, with a view to improving and developing partnerships for renewing core programme funding in 2023. To develop and expand our workshops, we seek to secure smaller grants of between £5,000-£10,000 to enable us to set up new workshops and extend our geographical range within Gwent. From April 2022, a new application to the National Lottery for continued funding was the key focus for fund-raising activities, however, in March 2023 we were informed that this was unsuccessful and therefore our core programme will need to be reconfigured over the next year by using a combination existing unrestricted funds and further fundraising.

Achievements and performance

Special Projects and Events

Creative Hub/ Our Port Our Voice
First funded in 2020 by the Baring Foundation and Provident Fund (Community Fund Wales), a community creative hub was set up in Newport, with the delivery of 3 workshops per week focusing upon applied arts of singing, creative writing and mask/prop making. The 3 workshops take place over 1 day, enabling participants to attend more than 1 session in the same location at the Riverfront, Newport. After the Baring Foundation grant finished at the end of the 2021-22 financial year, we applied to Newport City Council's Our Port Our Voice for new sessions at the Hub. The application was successful, so new groups were set up with an applied arts session with Lisa Floyd and a Singing session with Jonathan Rowlands. From September 2022 the singing was delivered by Bethan Jones and a new Creative writing workshop took place with Joshua Jones.

Family clubs
Another grant was awarded from the Co-Op local community fund, which enabled Inside Out Cymru to deliver more family-based activities. An underspend enabled the Bedwas Choir project to continue until March 2023.

Carers' Hub
The Carers' Hub at Pontypool booked in taster sessions, which then led to a monthly session being delivered.

Newport West CMH
The community mental health team booked a one-off Recovery Through Activity session which was delivered at Maindee Library.

Art on the Hill
Inside Out Cymru again took part in Newport's annual Art on the Hill craft fair in November 2022, with work by participants showcased at the Riverfront and a presence by staff and artists.

Showcase Opportunities
At the end of our third year of Lottery funding, Inside Out Cymru held an end-of-year celebration and community day at Caerphilly Miners' Centre to showcase the work of participants and artists. There were taster sessions by 4 artists, work was displayed, and participants and local organisations were invited. The event was successful and well received by all.

Training events
Inside Out Cymru hosted 3 x training events throughout the year, at Newport City Homes, Tabor Centre Brynmawr and Woodland Fields, Pontypool. The events were aimed at organisations, charities, third sector and health sector, such as Mind, Community Mental Health teams, occupational therapists, etc, and were based upon the impact of arts provision upon mental health and wellbeing. The events included presentations, break-out rooms for discussions, taster workshops delivered by artists and networking opportunities. The general aim was to raise the profile of Inside Out Cymru and to generate interest in the use of arts as an intervention for mental health and wellbeing issues. The 3 events were well attended and received and resulted in new partnerships with Torfaen Council as well as taster sessions being delivered to interested organisations.

Financial review

During the period the organisation made a surplus on unresticted funds before transers of £1,802 (2022: £3,864).

Unrestricted Reserves at the end of March 2023 are £57,671 (2022: £26,409).

Reserves Policy
In accordance with good corporate governance and Charity Commission guidelines, the Board are working towards maintaining an accumulated reserve of £40,000 as an unrestricted contingency fund to cover between 6-months operating costs. However, since we no longer are on receipt of Lottery funding after March 2023 and therefore this will be reviewed. Reviewed in November 2023. The charity's free reserves as at 31 March 2023 totalled £57,671 (2022: £26,409).

Funding
Principal source of income is the Lottery Community funding of £271,502 for 3 years, starting April 2020, but concluding in March 2023. During the course of the grant, enabling 3 new posts: General Manager 1 day per week, Participation Manager 3 x days per week, Engagement Officer 3 days per week. This allowed us to build on our current work, focus more closely on participants, develop our monitoring and evaluation systems, as well as expand our training provision and develop new partnerships.

Risk Management

The trustees are responsible for the management of the risks faced by the charity with particular reference to internal control systems and mitigation of risk. The Board will review a risk evaluation statement prepared by the Business Development Manager on an annual basis. The key controls used include:

- Formal agenda and minutes of all meetings of the trustees.
- Detailed terms of reference for the Board.
- Comprehensive strategic planning, budgeting and management accounting.
- Established organisation and governance structure and reporting lines.
- Formal written policies.
- A risk register statement which is reviewed on a regular basis by the trustees and Chair.

Through the established risk management processes, the Board is satisfied that the major risks identified have been adequately guarded against where necessary.

Plans for future periods

Partners and Industry

- To re-establish links with hospitals and health settings and find innovative ways to continue to deliver services without regular funding for this work.
- To develop our presence within the arts industry as an experienced community arts charity.
- To explore the workplace as an area for potential mental health and wellbeing arts-based activities as a means of generating commercial income.

Programme of activities

- To find alternative funding for our previously Lottery-funded workshops across Gwent.
- To sustain and develop the Creative Hub for performing and applied arts in Newport.
- To develop and promote our training programme in three key locations across Gwent.
- To secure funding for arts interventions for people with dementia and their carers in Gwent.

Widening Access and Participation

- To explore ways of delivering workshops to people with protected characteristics.
- To explore ways of attracting a more diverse board of trustees.
- To develop our online tutorials as a way of reaching people in their homes.

Structure, governance and management

Governance
Inside Out Cymru is an unincorporated association. It is registered as a charity with the Charity Commission. The governing document is the Memorandum of Association and Articles of Association.

Staffing Structure
Inside Out Cymru operates across the South-East Wales Valleys Area in Wales and has an office base at the Arts Development Office for Caerphilly County Borough Council based at the Blackwood Miners Institute. Inside Out Cymru's programmes and services are delivered by a freelance General Manager, a freelance Administration and Finance Manager and a team of freelance artists. Two new part-time employed posts were created (Engagement Manager and Participation Officer) on the 1st of April 2020. The two employed posts and the freelance General Manager post are funded by the successful Large People and Places Application. All these posts were advertised widely.

From October 2022, there were many staffing changes. In October 2022 the Participation Manager gave notice form their role, the Administration and Finance Manager took time out on sick leave and in February 2023 officially gave in their notice. In December 2022 the Engagement Officer gave their notice but agreed to work a day a month between January 2023 and March 2023 to continue monitoring and evaluation in a Freelance capacity. In light of these changes, it was agreed at the Annual General Meeting in December 2022 that Kate Verity would step down from her role as Trustee with immediate effect in order to support the General Manager with the running of the Charity.

Management Group and Trustees
The management group of the charitable company are its trustees for the purposes of charity law and are collectively referred to as the trustees throughout this report.

Recruitment, Appointment, Induction and Training of Trustees
Trustees are appointed by the Management Committee. All new trustees receive an induction pack containing the following information:

- The most recent accounts.
- A general information pack on Inside Out Cymru's programme and services.
- The role of Trustees sheet.
- The minutes of the last meeting.

Trustees are invited to attend relevant training courses. Inside Out Cymru review the training needs of the organisation on a regular basis. During the year Nicol Smith continued as Chair. The number of trustees has now been increased to 7 trustees, to provide additional support and strengthen governance of the charity.

Organisation Structure and Decision-making Process
The Board of Trustees must have at least 3 members to administer the charity. There is an agreed statement of the role and responsibilities of the Board and its members. At no time during the year did any trustee have a beneficial interest in the charity.

The Board has appointed a General Manager to manage the day-to-day operations of the charity and he/she has delegated authority for a wide range of operational matters.

There is a statement of matters reserved to the Board. They include:

- Setting overall strategy and policy.
- Approving the budget and business plan.
- The appointment and removal of trustees (including the chair).
- Consideration of fundamental issues concerning Inside Out Cymru's relationship with its principal stakeholders.
- Consideration of fundamental issues concerning Inside Out Cymru's relationship with the Charity Commission.
- Approval of major capital expenditure.
- Setting the charity's reserves, diversity and investment policies.

INSIDE OUT CYMRU

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Reference and administrative details

Charity number
1155017

Principal office
C/O Blackwood Miners Institute
High Street
Blackwood
Gwent NP12 1BB

Trustees
Nicol Smith
Kathleen Verity - resigned 1/12/22
Charlotte Taras - resigned 1/12/22
Rhian Morgan
Kevin Jakeway
David Chamberlain
Lesley Pratley
Donna Dunn - resigned 1/12/22

Independent Examiner
Azets Audit Services
Ty Dew
Lime Tree Court
Cardiff Gate Business Park
CF23 8AB

Bankers
The Co-Operative Bank PLC
PO Box 250
Skelmersdale
WN8 6WT

The trustees' report was approved by the Board of Trustees.

David Chamberlain - Trustee
Dated: 30/1/24

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 31 MARCH 2023

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;

- observe the methods and principles in the Charities SORP;

- make judgements and estimates that are reasonable and prudent;

- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and

- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping sufficient accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the charity and financial information included on the charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

INSIDE OUT CYMRU

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF INSIDE OUT CYMRU

I report to the trustees on my examination of the financial statements of Inside Out Cymru (the charity) for the year ended 31 March 2023.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1 accounting records were not kept in respect of the charity as required by section 130 of the 2011 Act; or

2 the financial statements do not accord with those records; or

3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

Claire Thompson

Claire Thompson FCCA DChA
Azets Audit Services
Ty Derw, Lime Tree Court
Cardiff Gate Business Park
Cardiff
CF23 8AB
United Kingdom

Dated: 30-1-2024

INSIDE OUT CYMRU

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2023

	Notes	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Income from:							
Donations and legacies	3	182	-	182	582	-	582
Charitable activities	4	1,554	140,629	142,183	21,883	90,196	112,079
Investments	5	66	-	66	9	-	9
Total income		1,802	140,629	142,431	22,474	90,196	112,670
Expenditure on:							
Charitable activities	6	-	101,845	101,845	18,610	90,196	108,806
Net incoming resources before transfers		1,802	38,784	40,586	3,864	-	3,864
Gross transfers between funds		29,460	(29,460)	-	-	-	-
Net income for the year/ Net movement in funds		31,262	9,324	40,586	3,864	-	3,864
Fund balances at 1 April 2022		26,409	-	26,409	22,545	-	22,545
Fund balances at 31 March 2023		57,671	9,324	66,995	26,409	-	26,409

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

INSIDE OUT CYMRU

BALANCE SHEET

AS AT 31 MARCH 2023

	Notes	2023 £	£	2022 £	£
Current assets					
Cash at bank and in hand		68,524		52,564	
Creditors: amounts falling due within one year	11	(1,529)		(26,155)	
Net current assets			66,995		26,409
Income funds					
Restricted funds	13		9,324		-
Unrestricted funds			57,671		26,409
			66,995		26,409

The financial statements were approved by the Trustees on 30/1/24

D Chamberlain

David Chamberlain - Trustee

1 Accounting policies

Charity information

Inside Out Cymru is an unincorporated charity whose principal office is c/o Blackwood Miners Institute, High Street, Blackwood, Gwent, NP12 1BB.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Charities Act 2011 and "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)". The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount.

Income from grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred. Capital grants are released to the Statement of Financial Activities in the year of receipt. Fixed assets relating to capital grants are capitalised, and depreciation charged is offset against the grant income, in a restricted fund.

Income raised from programmes and sessions is recognised in the period to which it relates with any amounts received in advance deferred.

1 Accounting policies **(Continued)**

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

Expenditure on charitable activities includes all costs relating to the furtherance of the charity's objectives as stated in the trustees report and their associated support costs.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Derecognition of financial assets

Financial assets are derecognised only when the contractual rights to the cash flows from the asset expire or are settled, or when the charity transfers the financial asset and substantially all the risks and rewards of ownership to another entity, or if some significant risks and rewards of ownership are retained but control of the asset has transferred to another party that is able to sell the asset in its entirety to an unrelated third party.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1 Accounting policies **(Continued)**

1.7 Employee benefits

The costs of short-term employee benefits are recognised as a liability and an expense, unless those costs are required to be recognised as part of the cost of stock or fixed assets.

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.8 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds 2023 £	Unrestricted funds 2022 £
Donations and gifts	182	582

4 Charitable activities

	2023 £	2022 £
Programmes and sessions	12,240	15,306
Grants	129,943	96,773
	142,183	112,079
Analysis by fund		
Unrestricted funds	1,554	21,883
Restricted funds	140,629	90,196
	142,183	112,079
Grants		
Arts Council Wales	-	1,577
Community Fund Wales (National Lottery Community Fund)	112,409	90,196
Caerphilly County Borough Council	4,225	5,000
Co-Operative	1,204	-
Newport City Council	12,105	-
	129,943	96,773

5 Investments

	Unrestricted funds 2023 £	Unrestricted funds 2022 £
Bank interest	66	9

6 Charitable activities

	2023	2022
	£	£
Staff costs	19,972	30,351
Freelance, artist and project costs	71,700	71,708
Marketing and PPS	1,867	595
Office costs	4,801	2,231
Other staff costs	723	645
	99,063	105,530
Share of support costs (see note 7)	1,507	1,745
Share of governance costs (see note 7)	1,275	1,531
	101,845	108,806
Analysis by fund		
Unrestricted funds	-	18,610
Restricted funds	101,845	90,196

7 Support costs

	Support costs	Governance costs	2023	Support costs	Governance costs	2022
	£	£	£	£	£	£
Staff costs	1,051	-	1,051	1,597	-	1,597
Bank charges	105	-	105	-	-	-
Marketing and PPS	98	-	98	31	-	31
Office costs	253	-	253	117	-	117
Independent examination fees	-	1,275	1,275	-	1,531	1,531
	1,507	1,275	2,782	1,745	1,531	3,276
Analysed between						
Charitable activities	1,507	1,275	2,782	1,745	1,531	3,276

Governance costs includes payments to the independent examiners of £1,275 (2022: £1,531).

8 Trustees

None of the trustees (or any persons connected with them) received any remuneration from the charity during the current or prior year.

No trustees were reimbursed for expenses during the current or prior year.

9 Employees

The average monthly number of employees during the year was:

	2023 Number	2022 Number
	2	2

Employment costs	2023 £	2022 £
Wages and salaries	20,660	30,848
Other pension costs	363	1,100
	21,023	31,948

The trustees consider that there were no key management personnel during the current or previous year.

As noted in the trustees report, the charity also engage with freelance personnel to support the organisation. These costs are included within the charitable activities.

There were no employees whose annual remuneration was more than £60,000.

10 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxationof Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

11 Creditors: amounts falling due within one year

	Notes	2023 £	2022 £
Deferred income	12	-	23,580
Trade creditors		-	44
Accruals		1,529	2,531
		1,529	26,155

12 Deferred income

	2023 £	2022 £
Other deferred income	-	23,580

Deferred income is included in the financial statements as follows:

12 Deferred income (Continued)

	2023	2022
	£	£
Deferred income is included within:		
Current liabilities	-	23,580
Movements in the year:		
Brought forward	23,580	36,054
Released from previous periods	(23,580)	(28,243)
Resources deferred in the year		15,769
Carried forward	-	23,580

Deferred income in the prior year related to funds received in advance for projects which were undertaken in 2022/23 as agreed with the funders.

13 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds			Movement in funds			
	Incoming resources	Resources expended	Balance at 1 April 2022	Incoming resources	Resources expended	Transfers	Balance at 31 March 2023
	£	£	£	£	£	£	£
Community Fund Wales	90,196	(90,196)	-	112,409	(101,845)	(1,975)	8,589
Caerphilly County Borough Council	-	-	-	16,115	-	(16,115)	-
Newport City Council	-	-	-	12,105	-	(11,370)	735
	90,196	(90,196)	-	140,629	(101,845)	(29,460)	9,324

Community Fund Wales
Funding recieved from National Lottery Community Fund and Awards for All to cover staff salaries, artist and programme costs as well as arts and health programme.

Caerphilly County Borough Council
Funding received to cover programme support and artist costs.

Newport City Council
Funding received regarding the participatory budgeting programme.

14 Analysis of net assets between funds

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Fund balances at 31 March 2023 are represented by:						
Current assets/(liabilities)	57,671	9,324	66,995	26,409	-	26,409
	57,671	9,324	66,995	26,409	-	26,409

15 Related party transactions

There were no disclosable related party transactions during the year (2022 - none).

INSIDE OUT CYMRU

England & Wales - Charity number 1155017

Accounts

Charity registration number 1155017

INSIDE OUT CYMRU

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

INSIDE OUT CYMRU

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INSIDE OUT CYMRU

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2022

The trustees present their annual report and financial statements for the year ended 31 March 2022.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Charities Act 2011 and "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

Inside Out Cymru's role is to promote mental health and wellbeing through creative arts activities.

Objects

- The objects of the charity are to assist in the treatment and care of persons with learning difficulties or disabilities, mental health and wellbeing issues of any description or in need of rehabilitation as a result of such illness, disability or difficulty, by the provision of arts and educational activities including volunteering opportunities in Wales.
- To advance the education of the general public in all areas relating to learning difficulties or disabilities, mental health and wellbeing issues.
- The promotion of social inclusion among people with learning difficulties or disabilities, mental health and wellbeing issues who are socially excluded from society, or parts of society, as a result of these things, by providing arts and educational activities and volunteering opportunities in accessible community venues in Wales.

Strategies for Achieving Objectives
Inside Out Cymru understands the importance of working in partnership with a range of organisations, mental health charities, arts professionals and individual practitioners to deliver the planned programme of activities. The impact of its work can be felt across a wide range of groups and individuals and communities. Our project partners this year include:

- Caerphilly County Council Arts Development
- Newport and Monmouth Mind
- Blackwood Miners Institute
- Awards for All
- Arts Council of Wales
- Reality Theatre CIC
- Gwent Wildlife Trust
- Talygarn Hospital (ABH Torfaen)
- Blackwood Primary School

Inside Out Cymru's core programme of work during the year is funded by National Lottery Community Fund Wales from April 2020 to deliver arts workshops for supporting mental health and wellbeing in the community throughout Gwent. Inside Out Cymru delivers on average 22 hours of arts activities equitably each week around the greater Gwent area.

Public Benefit
We have referred to the guidance contained in the Charity Commissions general guidance on public benefit when reviewing our aims and objectives in planning our future activities. Inside Out Cymru's aims are to promote mental health and wellbeing through community and creative arts activities; to provide educational opportunities for our participants and for the wider public in all areas relating to learning difficulties or disabilities, mental health and wellbeing issues; and to promote social inclusion in local communities.

Activities
Our core programme of community arts workshops is consist of the delivery of an average of 22 hours per week of arts workshops throughout Gwent in community settings. This usually means working with partners as venue hosts or referrers of participants. These workshops are in a range of art forms including choirs (with Wendy Lewis), visual arts/ crafts (with Nathan Sheen, Alice Smith, Sarah Goodey and Rhian Anderson). During this year we also ran a Creative Hub with artist Lisa Floyd and singer/writer Jonathan Rowland, which were very popular and well received. We review our provision on an ongoing basis, responding to demand from service users.

Grant Making Policy
Our approach to grant making is to ensure that our core provision is sustained and secured, with a view to improving and developing partnerships for renewing core programme funding in 2023. To develop and expand our workshops, we seek to secure smaller grants of between £5,000-£10,000 to enable us to set up new workshops and extend our geographical range within Gwent.

Achievements and performance

Special Projects and Events

Sounding Ceramics Feast Exhibition
Sounding Ceramics is a participatory installation project funded by the Arts Council of Wales, which was extended and carried forward from 2020 due to the Covid-19 pandemic. The project focused on weaving ceramics and sound together. The ceramic elements of the installation were created by our 10 art groups throughout Gwent, whilst the sound elements were created with our 2 singing groups in Newport and Bedwas. The participants were supported by professional community artists and the artists were supported by specialist ceramic artist Anne Gibbs. The outcome was originally planned as a touring installation to each county in Gwent, however, due to the pandemic and the series of lockdowns, the touring installation was replaced by an exhibition in Blackwood Miners' Institute, which was filmed and screened as a digital exhibition.

Creative Hub
Funded by the Baring Foundation and Provident Fund (Community Fund Wales), a community creative hub was set up in Newport, with the delivery of 3 workshops per week focusing upon applied arts of singing, creative writing and mask/prop making. The 3 workshops take place over 1 day, enabling participants to attend more than 1 session in the same location at Robbins Lane Studios, Newport. The funding from the Baring Foundation also enabled the continuation of the Bedwas Choir, a long-standing weekly group meeting in Bedwas Working Men's Hall, which would have been cut if new funding had not been secured.

Reality Theatre Drama Club
The funding from the Baring Foundation also enabled the collaboration with the Reality Theatre, a community interest company, who co-funded and delivered a weekly drama club for students with learning difficulties at Coleg Gwent Newport. The weekly sessions, delivered to an average of 20 students with a range of disabilities from mild autism to physical disabilities, finished autumn 2021. The outcome of the project was a short film made by the students, showcasing the performances and the talent of the students revolving around the issue of isolation.

Family clubs
Another grant which was carried over from the previous year was from the Co Op local community fund, which enabled Inside Out Cymru to set up a series of family-based activities. Working with Gwent Wildlife Trust, creative packs based upon ideas of nature and wellbeing were given out to families in Duffryn, Newport; arts sessions were delivered by artist Nathan Sheen to children in Blackwood Primary School, and creative packs based upon nature and mask-making were created and given out to children in Bedwas Junior School by artist Lisa Floyd.

Covid Creative packs
At the start of the pandemic in 2020, with the first lockdown affecting workshop delivery, an emergency fund from the National Lottery enabled us to create and deliver creative packs and materials to our participants, ensuring they could stay creative and continue to take part in online sessions throughout lockdown.

Online digital resources
As lockdowns continued throughout 2020-2021, we focused on our online delivery, and a resilience grant from Community Foundation Wales enabled us to further explore the practicalities of online delivery. One of our artists, Nathan Sheen, was able to devise and create a range of online tutorials for arts sessions, to be made available free but on subscription to participants and organisations.

Showcase Opportunities
At the end of first year Lottery funding (March 2021), Inside Out Cymru held an end-of-year celebration to showcase the work of participants and artists. Due to lockdown, this had to be a digital event in the form of a filmed exhibition of work and interviews with artists and participants. The event was successful and well received by all.

Training events
Inside Out Cymru hosted 3 training events throughout the year, online due to Covid-19 and lockdowns. The events were aimed at organisations, charities, third sector and health sector, such as Mind, Community Mental Health teams, occupational therapists, etc, and was based upon the impact of arts provision upon mental health and wellbeing. The event included presentations, break-out rooms for discussions, taster workshops delivered by artists, and networking opportunities. The general aim was to raise the profile of Inside Out Cymru and to generate interest in the use of arts as an intervention for mental health and wellbeing issues. The 3 x events were well attended and received and will be repeated in 2021-2022, in Newport, Caerphilly and Blaenau Gwent.

Financial review
During the period the organisation made a surplus on ordinary activities of £3,864 (2021: £677 Surplus).

Unrestricted Reserves at the end of March 2022 are £26,409 (2021: £22,545).

Reserves Policy
In accordance with good corporate governance and Charity Commission guidelines, the Board are working towards maintaining an accumulated reserve of £40,000 as an unrestricted contingency fund to cover between 3- and 6 months operating costs.

Funding
Principal source of income is the Lottery Community Fund Wales funding of £271,502 for 3 years, starting April 2020, enabling 2 new posts: General Manager 1 day per week, Participation Manager 3 days per week, Engagement Officer 3 days per week. This allows us to build on our current work, focus more closely on participants, develop our monitoring and evaluation systems, as well as expand our training provision and develop new partnerships.

Other funding

FUNDING BODY	PURPOSE/DESCRIPTION	AMOUNT £
Arts Council Wales	Sounding Ceramic Project	1,577
CCBC	Programme Support	4,800
CCBC	Artist Programme Fees	4,800
CCBC	Mindful Movement Programme	1,675
CCBC	Strong Girls Project	5,000
Co Op	Community Fund	1,904
	TOTAL GRANTS	**19,756**

Risk management
The trustees are responsible for the management of the risks faced by the charity with particular reference to internal control systems and mitigation of risk. The Board will review a risk evaluation statement prepared by the Business Development Manager on an annual basis. The key controls used include:

- Formal agenda and minutes of all meetings of the trustees
- Detailed terms of reference for the Board
- Comprehensive strategic planning, budgeting and management accounting
- Established organisation and governance structure and reporting lines
- Formal written policies
- A risk evaluation statement which is reviewed on a regular basis by the trustees and Chair

Through the established risk management processes, the Board is satisfied that the major risks identified have been adequately guarded against where necessary.

Plans for future periods

Partners and Industry

- To re-establish links with hospitals and health settings and find innovative ways to continue to deliver services without regular funding for this work
- To develop our presence within the arts industry as an experienced community arts charity
- To explore the work-place as an area for potential mental health and wellbeing arts-based activities as a means of generating commercial income

Programme of activities

- To sustain and develop the Creative Hub for performing and applied arts in Newport
- To develop and promote our training programme in three locations of Newport, Caerphilly and Blaenau Gwent.
- To explore the need for arts interventions for people with dementia and their carers in Gwent

Widening Access and Participation

- To explore ways of delivering workshops to people with protected characteristics
- To explore ways of attracting a more diverse board of trustees
- To promote and share online tutorials as a way of reaching people in their homes.

Structure, governance and management

Governance
Inside Out Cymru is an unincorporated association. It is registered as a charity with the Charity Commission. The governing document is the Memorandum of Association and Articles of Association.

Staffing Structure
Inside Out Cymru operates across the South-East Wales Valleys Area in Wales and has an office base at the Arts Development Office for Caerphilly County Borough Council based at the Blackwood Miners Institute. Inside Out Cymru's programmes and services are delivered by a freelance General Manager, a freelance Administration and Finance Manager, a freelance Marketing Officer and a small team of self employed freelance artists.

Two new Fixed Term part-time employed posts were created (Engagement Manager and Participation Officer) on the 1st of April 2020. The two employed posts and the freelance General Manger, freelance Administration & Finance Manager, freelance Marketing Officer post are funded by the successful Big Lottery Application. All these posts were advertised widely.

Management Group and Trustees
The management group of the charitable company are its trustees for the purposes of charity law and are collectively referred to as the trustees throughout this report.

Recruitment, Appointment, Induction and Training of Trustees
Trustees are appointed by the Management Committee. All new trustees receive an induction pack containing the following information:

- The most recent accounts
- A general information pack on Inside Out Cymru's programme and services
- The role of Trustees sheet
- The minutes of the last meeting

Trustees are invited to attend relevant training courses. Inside Out Cymru review training needs of the organisation on a regular basis. During this year a number of Trustees attended the Arts & Business Governance Training course. Staff also undertook training in First Aid for Mental Health and Diversity Training.

During the year Nicol Smith continued as Chair and Kevin Jakeway as Treasurer.

The number of trustees has now been increased to 7 trustees, to provide additional support and strengthen governance of the charity.

Organisation Structure and Decision-making Process
The Board of Trustees must have at least 3 members to administer the charity. There is an agreed statement of the role and responsibilities of the Board and its members. At no time during the year did any trustee have a beneficial interest in the charity.

The Board has appointed a General Manager to manage the day-to-day operations of the charity and he/she has delegated authority for a wide range of operational matters.

There is a statement of matters reserved to the Board. They include:

- Setting overall strategy and policy
- Approving the budget and business plan
- The appointment and removal of trustees (including the chair)
- Consideration of fundamental issues concerning Inside Out Cymru's relationship with its principal stakeholders
- Consideration of fundamental issues concerning Inside Out Cymru's relationship with the Charity Commission
- Approval of major capital expenditure
- Setting the charity's reserves, diversity and investment policies.

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

REFERENCE AND ADMINISTRATIVE DETAILS

Charity number:	1155017
Principal office:	C/O Blackwood Miners Institute High Street Blackwood Gwent NP12 1BB
Trustees	Nicol Smith Kathleen Verity Maria Fleet - Resigned 30th September 2021 Rhian Morgan Kevin Jakeway David Chamberlain Lesley Ann Pratley Donna Dunn - Appointed 1st April 2022
Key Management Personnel	Julie Benson
Independent Examiner:	Sarah Case FCA DChA Azets Audit Services Ty Derw Lime Tree Court Cardiff Gate Business Park CF23 8AB
Bankers:	The Co-Operative Bank PLC PO Box 250 Skelmersdale WN8 6WT

The trustees' report was approved by the Board of Trustees.

.....

Trustee
Dated: 30/11/22

INSIDE OUT CYMRU

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 31 MARCH 2022

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;

- observe the methods and principles in the Charities SORP;

- make judgements and estimates that are reasonable and prudent;

- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and

- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping sufficient accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

INSIDE OUT CYMRU

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF INSIDE OUT CYMRU

I report to the trustees on my examination of the financial statements of Inside Out Cymru (the charity) for the year ended 31 March 2022.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1 accounting records were not kept in respect of the charity as required by section 130 of the 2011 Act; or

2 the financial statements do not accord with those records; or

3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

Claire Thompson

Claire Thompson
Azets Audit Services

Dated: 24-01-2023

INSIDE OUT CYMRU

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2022

	Notes	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
Income and endowments from:							
Donations and legacies	3	582	-	582	635	-	635
Charitable activities	4	6,577	90,196	96,773	10,530	100,420	110,950
Investments	5	9	-	9	42	-	42
Other income	6	15,306	-	15,306	12,501	-	12,501
Total income		22,474	90,196	112,670	23,708	100,420	124,128
Expenditure on:							
Charitable activities	7	18,610	90,196	108,806	23,031	100,420	123,451
Net income for the year/ Net movement in funds		3,864	-	3,864	677	-	677
Fund balances at 1 April 2021		22,545	-	22,545	21,868	-	21,868
Fund balances at 31 March 2022		26,409	-	26,409	22,545	-	22,545

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

INSIDE OUT CYMRU

BALANCE SHEET

AS AT 31 MARCH 2022

	Notes	2022 £	£	2021 £	£
Current assets					
Debtors	10	-		215	
Cash at bank and in hand		52,564		58,384	
		52,564		58,599	
Creditors: amounts falling due within one year	11	(26,155)		(36,054)	
Net current assets			26,409		22,545
Income funds					
Unrestricted funds			26,409		22,545
			26,409		22,545

The financial statements were approved by the Trustees on 30/11/22

.....

Trustee

D Chamberlain

1 Accounting policies

Charity information
Inside Out Cymru is a unincorporated charity.

1.1 Accounting convention
The financial statements have been prepared in accordance with the charity's governing document, the Charities Act 2011 and "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)". The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern
At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds
Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income
Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

1 Accounting policies **(Continued)**

1.5 Expenditure

Expenditure is recognised when a liability is incurred and is accounted for inclusive of VAT.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.7 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.8 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Unrestricted funds
	2022	2021
	£	£
Donations and gifts	582	635

4 Charitable activities

	2022	**2021**
	£	**£**
Performance related grants	96,773	110,950
Analysis by fund		
Unrestricted funds	6,577	10,530
Restricted funds	90,196	100,420
	96,773	110,950
Performance related grants		
Baring	-	8,000
Arts Council Wales	1,577	-
Community Fund Emergency Funding	-	910
Community Fund Wales (Big Lottery)	90,196	90,420
Community Fund Wales - Coronavirus Fund (for Digital Project)	-	5,000
Community Foundation Wales - Provident Funding Newport Hub	-	5,000
CCBC Strong Girls Project	5,000	-
GAVO	-	1,620
Other	-	-
	96,773	110,950

5 Investments

	Unrestricted funds	Unrestricted funds
	2022	2021
	£	£
Bank interest	9	42

6 Other income

	Unrestricted funds	Unrestricted funds
	2022	2021
	£	£
Other incoming resources	15,306	12,501

7 Charitable activities

	2022	**2021**
	£	**£**
Inside Outside Arts Programme	90,196	90,420
Grant Funded Projects	15,475	23,431
Project Support Costs	3,135	4,800
Artist Fees	-	4,800
	108,806	123,451
	108,806	123,451
Analysis by fund		
Unrestricted funds	18,610	23,031
Restricted funds	90,196	100,420
	108,806	123,451

8 Trustees

None of the trustees (or any persons connected with them) received any remuneration from the charity during the year.

One trustee (2021: None) claimed £700 (2021: £Nil) of expenses during the year.

9 Employees

The average monthly number of employees during the year was:

	2022 Number	2021 Number
	2	2

The trustees consider that there were no key management personnel during the current or previous year.

Total salary costs for the year were £28,762 (2021: £28,200) and pension costs were £1,100 (2021: £825).

As noted in the trustees report, the charity also engage with freelance personnel to support the organisation. These costs are included within the charitable activities.

There were no employees whose annual remuneration was more than £60,000.

10 Debtors

	2022 £	2021 £
Amounts falling due within one year:		
Trade debtors	-	215

11 Creditors: amounts falling due within one year

	Notes	2022 £	2021 £
Accruals and Deferred income	12	26,111	36,054
Trade creditors		44	-
		26,155	36,054

12 Deferred income

	2022 £	2021 £
Other deferred income	26,111	36,054

Deferred income is included in the financial statements as follows:

	2022 £	2021 £
Deferred income is included within:		
Current liabilities	26,111	36,054

Movements in the year:

12 Deferred income (Continued)

Deferred income at 1 April 2021	36,054	8,346
Released from previous periods	(28,243)	(8,346)
Resources deferred in the year	18,300	36,054
Deferred income at 31 March 2022	26,111	36,054

Deferred income relates to funds received in advance for projects which will be undertaken in 2022/23 as agreed with the funders.

13 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds			Movement in funds		
	Incoming resources	Resources expended	Balance at 1 April 2021	Incoming resources	Resources expended	Balance at 31 March 2022
	£	£	£	£	£	£
Community Fund Wales (Big Lottery) Year 2 Funding	90,420	(90,420)	-	90,196	(90,196)	-
Community Fund Wales - Coronavirus Fund (For Digital Project)	5,000	(5,000)	-	-	-	-
Community Foundation Wales - Provident Funding Newport Hub	5,000	(5,000)	-	-	-	-
	100,420	(100,420)	-	90,196	(90,196)	-

The purposes for each fund are as set out in the Trustees Report.

14 Analysis of net assets between funds

	Unrestricted funds 2022	Restricted funds 2022	Total 2022	Unrestricted funds 2021	Restricted funds 2021	Total 2021
	£	£	£	£	£	£
Fund balances at 31 March 2022 are represented by:						
Current assets/(liabilities)	26,409	-	26,409	22,545	-	22,545
	26,409	-	26,409	22,545	-	22,545

15 Related party transactions

There were no disclosable related party transactions during the year (2021 - none).

INSIDE OUT CYMRU

England & Wales - Charity number 1155017

Accounts

Charity Registration No. 1155017

INSIDE OUT CYMRU

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2021

INSIDE OUT CYMRU

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INSIDE OUT CYMRU

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2021

The trustees present their report and financial statements for the year ended 31 March 2021.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Charities Act 2011 and "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

Inside Out Cymru's role is to promote mental health and wellbeing through creative arts activities.

Objects

- The objects of the charity are to assist in the treatment and care of persons with learning difficulties or disabilities, mental health and wellbeing issues of any description or in need of rehabilitation as a result of such illness, disability or difficulty, by the provision of arts and educational activities including volunteering opportunities in Wales.
- To advance the education of the general public in all areas relating to learning difficulties or disabilities, mental health and wellbeing issues.
- The promotion of social inclusion among people with learning difficulties or disabilities, mental health and wellbeing issues who are socially excluded from society, or parts of society, as a result of these things, by providing arts and educational activities and volunteering opportunities in accessible community venues in Wales.

Strategies for Achieving Objectives

Inside Out Cymru understands the importance of working in partnership with a range of organisations, mental health charities, arts professionals and individual practitioners to deliver the planned programme of activities. The impact of its work can be felt across a wide range of groups and individuals and communities. Our project partners this year include:

- Caerphilly County Council Arts Development
- Newport and Monmouth Mind
- Blackwood Miners Institute
- Awards for All
- Arts Council of Wales
- Reality Theatre CIC
- Gwent Wildlife Trust
- Talygarn Hospital (ABH Torfaen)
- Blackwood Primary School

Inside Out Cymru's core programme of work during the year is funded by National Lottery Community Fund Wales from April 2020 to deliver arts workshops for supporting mental health and wellbeing in the community throughout Gwent. Inside Out Cymru delivers on average 22 hours of arts activities equitably each week around the greater Gwent area.

Public Benefit

We have referred to the guidance contained in the Charity Commissions general guidance on public benefit when reviewing our aims and objectives in planning our future activities. Inside Out Cymru's aims are to promote mental health and wellbeing through community and creative arts activities; to provide educational opportunities for our participants and for the wider public in all areas relating to learning difficulties or disabilities, mental health and wellbeing issues; and to promote social inclusion in local communities.

Activities
Our core programme of community arts workshops is consist of the delivery of an average of 22 hours per week of arts workshops throughout Gwent in community settings. This usually means working with partners as venue hosts or referrers of participants. These workshops are in a range of art forms including choirs (with Wendy Lewis), visual arts/ crafts (with Nathan Sheen, Alice Smith, Sarah Goodey and Rhian Anderson). During this year we also ran a Creative Hub with artist Lisa Floyd and singer/writer Jonathan Rowland, which were very popular and well received. We review our provision on an ongoing basis, responding to demand from service users.

Grant Making Policy
Our approach to grant making is to ensure that our core provision is sustained and secured, with a view to improving and developing partnerships for renewing core programme funding in 2023. To develop and expand our workshops, we seek to secure smaller grants of between £5,000-£10,000 to enable us to set up new workshops and extend our geographical range within Gwent.

Achievements and performance

Special Projects and Events

Sounding Ceramics Feast Exhibition
Sounding Ceramics is a participatory installation project funded by the Arts Council of Wales, which was extended and carried forward from 2020 due to the Covid-19 pandemic. The project focused on weaving ceramics and sound together. The ceramic elements of the installation were created by our 10 art groups throughout Gwent, whilst the sound elements were created with our 2 singing groups in Newport and Bedwas. The participants were supported by professional community artists and the artists were supported by specialist ceramic artist Anne Gibbs. The outcome was originally planned as a touring installation to each county in Gwent, however, due to the pandemic and the series of lockdowns, the touring installation was replaced by an exhibition in Blackwood Miners' Institute, which was filmed and screened as a digital exhibition.

Creative Hub
Funded by the Baring Foundation and Provident Fund (Community Fund Wales), a community creative hub was set up in Newport, with the delivery of 3 workshops per week focusing upon applied arts of singing, creative writing and mask/prop making. The 3 workshops take place over 1 day, enabling participants to attend more than 1 session in the same location at Robbins Lane Studios, Newport. The funding from the Baring Foundation also enabled the continuation of the Bedwas Choir, a long-standing weekly group meeting in Bedwas Working Men's Hall, which would have been cut if new funding had not been secured.

Reality Theatre Drama Club
The funding from the Baring Foundation also enabled the collaboration with the Reality Theatre, a community interest company, who co-funded and delivered a weekly drama club for students with learning difficulties at Coleg Gwent Newport. The weekly sessions, delivered to an average of 20 students with a range of disabilities from mild autism to physical disabilities, finished autumn 2021. The outcome of the project was a short film made by the students, showcasing the performances and the talent of the students revolving around the issue of isolation.

Family clubs
Another grant which was carried over from the previous year was from the Co Op local community fund, which enabled Inside Out Cymru to set up a series of family-based activities. Working with Gwent Wildlife Trust, creative packs based upon ideas of nature and wellbeing were given out to families in Duffryn, Newport; arts sessions were delivered by artist Nathan Sheen to children in Blackwood Primary School, and creative packs based upon nature and mask-making were created and given out to children in Bedwas Junior School by artist Lisa Floyd.

Covid Creative packs
At the start of the pandemic in 2020, with the first lockdown affecting workshop delivery, an emergency fund from the National Lottery enabled us to create and deliver creative packs and materials to our participants, ensuring they could stay creative and continue to take part in online sessions throughout lockdown.

Online digital resources
As lockdowns continued throughout 2020-2021, we focused on our online delivery, and a resilience grant from Community Foundation Wales enabled us to further explore the practicalities of online delivery. One of our artists, Nathan Sheen, was able to devise and create a range of online tutorials for arts sessions, to be made available free but on subscription to participants and organisations.

Showcase Opportunities
At the end of first year Lottery funding (March 2021), Inside Out Cymru held an end-of-year celebration to showcase the work of participants and artists. Due to lockdown, this had to be a digital event in the form of a filmed exhibition of work and interviews with artists and participants. The event was successful and well received by all.

Training events
Inside Out Cymru hosted 3 training events throughout the year, online due to Covid-19 and lockdowns. The events were aimed at organisations, charities, third sector and health sector, such as Mind, Community Mental Health teams, occupational therapists, etc, and was based upon the impact of arts provision upon mental health and wellbeing. The event included presentations, break-out rooms for discussions, taster workshops delivered by artists, and networking opportunities. The general aim was to raise the profile of Inside Out Cymru and to generate interest in the use of arts as an intervention for mental health and wellbeing issues. The 3 x events were well attended and received and will be repeated in 2021-2022, in Newport, Caerphilly and Blaenau Gwent.

Financial review
During the period the organisation made a surplus on ordinary activities of £677 (2020: £13,895 deficit). This is mainly due to timing of Income for special projects coming in at the end of 2020 and the money being expended in 2021.

Unrestricted Reserves at the end of March 2021 are £22,545 (2020: £21,868).

Reserves Policy
In accordance with good corporate governance and Charity Commission guidelines, the Board are working towards maintaining an accumulated reserve of £40,000 as an unrestricted contingency fund to cover between 3- and 6 months operating costs.

Funding
Principal source of income is the Lottery Community Fund Wales funding of £271,502 for 3 years, starting April 2020, enabling 2 new posts: General Manager 1 day per week, Participation Manager 3 days per week, Engagement Officer 3 days per week. This allows us to build on our current work, focus more closely on participants, develop our monitoring and evaluation systems, as well as expand our training provision and develop new partnerships.

Other funding

DATE	FUNDING BODY	PURPOSE/DESCRIPTION	AMOUNT £
April 2020	ICF/GAVO	Change of purpose/IT equipment	1,620
May 2020	Lottery	Emergency Covid creative packs	1,047
July 2020	CFW Resilience	Covid resilience for digital programme	5,000
Nov 2020	Baring Foundation	Creative Hub/RT Drama/Singing/Choir	8,000
Dec 2020	CFW/Provident	Creative Hub/Mask Making/Creative Writing	5,000
Nov 2020	Co Op	Covid fund PPE	500
Nov 2020	C Op	Community grant Family Club	2,280
		TOTAL GRANTS	**23,447**

Risk Management

The trustees are responsible for the management of the risks faced by the charity with particular reference to internal control systems and mitigation of risk. The Board will review a risk evaluation statement prepared by the Business Development Manager on an annual basis. The key controls used include:

- Formal agenda and minutes of all meetings of the trustees
- Detailed terms of reference for the Board
- Comprehensive strategic planning, budgeting and management accounting
- Established organisation and governance structure and reporting lines
- Formal written policies
- A risk evaluation statement which is reviewed on a regular basis by the trustees and Chair

Through the established risk management processes, the Board is satisfied that the major risks identified have been adequately guarded against where necessary.

Plans for future periods

Partners and Industry

- To re-establish links with hospitals and health settings and find innovative ways to continue to deliver services without regular funding for this work
- To develop our presence within the arts industry as an experienced community arts charity
- To explore the work-place as an area for potential mental health and wellbeing arts-based activities as a means of generating commercial income

Programme of activities

- To sustain and develop the Creative Hub for performing and applied arts in Newport
- To develop and promote our training programme in three locations of Newport, Caerphilly and Blaenau Gwent.
- To explore the need for arts interventions for people with dementia and their carers in Gwent

Widening Access and Participation

- To explore ways of delivering workshops to people with protected characteristics
- To explore ways of attracting a more diverse board of trustees
- To promote and share online tutorials as a way of reaching people in their homes.

Structure, governance and management

Governance
Inside Out Cymru is an unincorporated association. It is registered as a charity with the Charity Commission. The governing document is the Memorandum of Association and Articles of Association.

Staffing Structure
Inside Out Cymru operates across the South-East Wales Valleys Area in Wales and has an office base at the Arts Development Office for Caerphilly County Borough Council based at the Blackwood Miners Institute. Inside Out Cymru's programmes and services are delivered by a freelance General Manager, a freelance Administration and Finance Manager, a freelance Marketing Officer and a small team of self employed freelance artists.

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Management Group and Trustees
The management group of the charitable company are its trustees for the purposes of charity law and are collectively referred to as the trustees throughout this report.

Recruitment, Appointment, Induction and Training of Trustees
Trustees are appointed by the Management Committee. All new trustees receive an induction pack containing the following information:

- The most recent accounts
- A general information pack on Inside Out Cymru's programme and services
- The role of Trustees sheet
- The minutes of the last meeting

Trustees are invited to attend relevant training courses. Inside Out Cymru review training needs of the organisation on a regular basis. During this year a number of Trustees attended the Arts & Business Governance Training course. Staff also undertook training in First Aid for Mental Health and Diversity Training.

During the year Nicol Smith continued as Chair and Kevin Jakeway as Treasurer.

The number of trustees has now been increased to 7 trustees, to provide additional support and strengthen governance of the charity.

Organisation Structure and Decision-making Process
The Board of Trustees must have at least 3 members to administer the charity. There is an agreed statement of the role and responsibilities of the Board and its members. At no time during the year did any trustee have a beneficial interest in the charity.

The Board has appointed a General Manager to manage the day-to-day operations of the charity and he/she has delegated authority for a wide range of operational matters.

There is a statement of matters reserved to the Board. They include:

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- Approving the budget and business plan
- The appointment and removal of trustees (including the chair)
- Consideration of fundamental issues concerning Inside Out Cymru's relationship with its principal stakeholders
- Consideration of fundamental issues concerning Inside Out Cymru's relationship with the Charity Commission
- Approval of major capital expenditure
- Setting the charity's reserves, diversity and investment policies.

REFERENCE AND ADMINISTRATIVE DETAILS

Charity number:	1155017
Principal office:	C/O Blackwood Miners Institute High Street Blackwood Gwent NP12 1BB
Trustees	Nicol Smith Kathleen Verity Maria Fleet Rhian Morgan Kevin Jakeway David Chamberlain Lesley Ann Pratley
Key Management Personnel	Julie Benson Noleen Mathias
Independent Examiner:	Sarah Case FCA DChA Azets Audit Services Ty Derw Lime Tree Court Cardiff Gate Business Park CF23 8AB
Bankers:	The Co-Operative Bank PLC PO Box 250 Skelmersdale WN8 6WT

The trustees' report was approved by the Board of Trustees.

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DAVID CHAMBERLAIN

Trustee

Dated: 25-1-2021

INSIDE OUT CYMRU

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 31 MARCH 2021

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;

- observe the methods and principles in the Charities SORP;

- make judgements and estimates that are reasonable and prudent;

- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and

- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping sufficient accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

INSIDE OUT CYMRU

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF INSIDE OUT CYMRU

I report to the trustees on my examination of the financial statements of Inside Out Cymru (the charity) for the year ended 31 March 2021.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1 accounting records were not kept in respect of the charity as required by section 130 of the 2011 Act; or

2 the financial statements do not accord with those records; or

3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

Sarah Case

Sarah Case FCA DChA
Azets Audit Services
Ty Derw
Lime Tree Court
Cardiff Gate Business Park
Cardiff
CF23 8AB

Date: 16-12-2021

INSIDE OUT CYMRU

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2021

	Notes	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £	Unrestricted funds 2020 £
Income and endowments from:					
Donations and legacies	3	635	-	635	3,722
Charitable activities	4	10,530	100,420	110,950	69,748
Investments	5	42	-	42	69
Other income	6	12,501	-	12,501	-
Total income		23,708	100,420	124,128	73,539
Expenditure on:					
Charitable activities	7	23,031	100,420	123,451	87,434
Net income/(expenditure) for the year/ Net movement in funds		677	-	677	(13,895)
Fund balances at 1 April 2020		21,868	-	21,868	35,763
Fund balances at 31 March 2021		22,545	-	22,545	21,868

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

KATE VERITY, trustee, 25/11/21

DAVID CHAMBERLAIN, Trustee, 25/11/21

INSIDE OUT CYMRU

BALANCE SHEET

AS AT 31 MARCH 2021

	Notes	2021 £	£	2020 £	£
Current assets					
Debtors	10	215		4,328	
Cash at bank and in hand		58,384		25,886	
		58,599		30,214	
Creditors: amounts falling due within one year	11	(36,054)		(8,346)	
Net current assets			22,545		21,868
Income funds					
Unrestricted funds			22,545		21,868
			22,545		21,868

The financial statements were approved by the Trustees on 25/11/21

KATE VERITY

Trustee

DAVID CHAMBERLAIN

1 Accounting policies

Charity information
Inside Out Cymru is a unincorporated charity.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Charities Act 2011 and "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)". The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

1 Accounting policies **(Continued)**

1.5 Expenditure

Expenditure is recognised when a liability is incurred and is accounted for inclusive of VAT.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.7 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Unrestricted funds
	2021	2020
	£	£
Donations and gifts	635	3,722

4 Charitable activities

	2021 £	2020 £
Performance related grants	110,950	69,748
Analysis by fund		
Unrestricted funds	10,530	69,748
Restricted funds	100,420	-
	110,950	69,748
Performance related grants		
Baring	8,000	-
Community Fund Emergency Funding	910	-
Community Fund Wales (Big Lottery) Year 1 Funding	90,420	-
Community Fund Wales - Coronavirus Fund (for Digital Project)	5,000	-
Community Foundation Wales - Provident Funding Newport Hub	5,000	-
Growing Space	-	45,000
Awards for All	-	10,000
ACW Ceramic Project	-	14,198
GAVO	1,620	550
Other	-	-
	110,950	69,748

5 Investments

	Unrestricted funds 2021 £	Unrestricted funds 2020 £
Bank interest	42	69

6 Other income

	Unrestricted funds 2021 £	Total 2020 £
Other incoming resources	12,501	-

6 Other income **(Continued)**

7 Charitable activities

	2021 £	2020 £
Inside Outside Arts Programme	90,420	51,748
Grant Funded Projects	23,431	35,686
Project Support Costs	4,800	-
Artist Fees	4,800	-
	123,451	87,434
	123,451	87,434
Analysis by fund		
Unrestricted funds	23,031	87,434
Restricted funds	100,420	-
	123,451	87,434

8 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

9 Employees

The average monthly number of employees during the year was:

2021 Number	2020 Number
2	2

The trustees consider that there were no key management personnel during the current or previous year.

Total salary costs for the year were £28,200 and pension costs were £825.

As noted in the trustees report, the charity also engage with freelance personnel to support the organisation. These costs are included within the charitable activities.

10 Debtors

	2021	2020
Amounts falling due within one year:	£	£
Trade debtors	215	4,328

11 Creditors: amounts falling due within one year

	Notes	2021	2020
		£	£
Deferred income	12	36,054	8,346

12 Deferred income

	2021	2020
	£	£
Other deferred income	36,054	8,346

Deferred income relates to funds received in advance for projects which will be undertaken in 2021/22 as agreed with the funders.

13 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds		Movement in funds		
	Incoming resources	Balance at 1 April 2020	Incoming resources	Resources expended	Balance at 31 March 2021
	£	£	£	£	£
Community Fund Wales (Big Lottery) Year 1 Funding	-	-	90,420	(90,420)	-
Community Fund Wales - Coronavirus Fund (For Digital Project)	-	-	5,000	(5,000)	-
Community Foundation Wales - Provident Funding Newport Hub	-	-	5,000	(5,000)	-
	-	-	100,420	(100,420)	-

The purposes for each fund are as set out in the Trustees Report.

14 Analysis of net assets between funds

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £	Unrestricted funds 2020 £
Fund balances at 31 March 2021 are represented by:				
Current assets/(liabilities)	22,545	-	22,545	21,868
	22,545	-	22,545	21,868

15 Related party transactions

There were no disclosable related party transactions during the year (2020 - none).