

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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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

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TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

- Flying Start Blaenau Gwent
- Plattform
- 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.

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TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

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.

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TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

Phoenix Project and TogetherWORKS public art projects

- Inside Out Cymru artists worked with Torfaen Mind across quarter 4 of 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, Ysbyty'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 Plattform 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.

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TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

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

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TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

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.

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TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

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, 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.

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TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

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.

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TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

Reference and administrative 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

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STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2025

		Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
	Notes						
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.

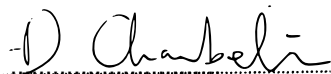
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BALANCE SHEET

AS AT 31 MARCH 2025

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

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



David Chamberlain - Trustee

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NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

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.

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

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.

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

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

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

4 Charitable activities

	2025 £	2024 £
Programmes and sessions	10,273	10,010
Grants	100,221	35,072
	<u>110,494</u>	<u>45,082</u>
Analysis by fund		
Unrestricted funds	21,056	-
Restricted funds	89,438	45,082
	<u>110,494</u>	<u>45,082</u>
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	-
	<u>100,221</u>	<u>35,072</u>

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

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

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

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	-
=====	=====

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

13 Creditors: amounts falling due within one year

	2025 £	2024 £
Trade creditors	19	-
Accruals	2,220	2,580
	<u>2,239</u>	<u>2,580</u>

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
	<u>13,644</u>	<u>89,438</u>	<u>(68,883)</u>	<u>(1,683)</u>	<u>32,516</u>

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

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)	-	-
	<u>9,324</u>	<u>45,082</u>	<u>(45,448)</u>	<u>4,686</u>	<u>13,644</u>

INSIDE OUT CYMRU

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

14 Restricted funds

(Continued)

Community Fund Wales

Funding received 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).

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

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

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

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
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>

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
	<u> </u>	<u> </u>	<u> </u>
	<u>29,457</u>	<u>32,516</u>	<u>61,973</u>
	<u> </u>	<u> </u>	<u> </u>
	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
At 31 March 2024:			
Current assets/(liabilities)	22,045	13,644	35,689
	<u> </u>	<u> </u>	<u> </u>
	<u>22,045</u>	<u>13,644</u>	<u>35,689</u>
	<u> </u>	<u> </u>	<u> </u>

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).