

FLYING FISH ARTISTS

England & Wales · Charity number 1157556

Details

Status Registered

Legal form CIO

Registered 2014-06-19

Register [View on the Charity Commission register](#)

Contact

Address Room 3
Springhaven
Rock Avenue
Barnstaple
Devon

Phone 01237459165

Email flyingfishartists@googlemail.com

Website www.flyingfishartists.org.uk

Activities

Objects: 1. THROUGH THE USE OF ART THERAPY IN THE DEVON AREA, TO ASSIST IN THE CARE OF PERSONS SUFFERING FROM MENTAL ILL HEALTH OF ANY DESCRIPTION OR IN NEED OF REHABILITATION AS A RESULT OF SUCH ILLNESS, BY THE PROVISION OF FACILITIES FOR ART PURPOSES, ART EQUIPMENT, ART EDUCATION AND GENERAL SUPPORT TO ENHANCE MEMBERS CREATIVITY. 2. TO ADVANCE THE EDUCATION OF THE GENERAL PUBLIC IN ALL AREAS RELATING TO MENTAL ILL HEALTH, PARTICULARLY IN THE DEVON AREA. 3. TO PROMOTE SOCIAL INCLUSION FOR THE PUBLIC BENEFIT BY PREVENTING PEOPLE FROM BECOMING SOCIALLY EXCLUDED, RELIEVING THE NEEDS OF THOSE PEOPLE WHO ARE SOCIALLY EXCLUDED AND ASSISTING THEM TO INTEGRATE INTO SOCIETY THROUGH THE USE OF ART THERAPY. FOR THE PURPOSES OF THIS CLAUSE "SOCIALLY EXCLUDED" MEANS BEING EXCLUDED FROM SOCIETY, OR PARTS OF SOCIETY, AS A RESULT OF MENTAL ILL HEALTH. 4. TO DEVELOP THE CAPACITY AND SKILLS OF THE MEMBERS OF SOCIALLY DISADVANTAGED COMMUNITIES IN DEVON SUCH A WAY THAT THEY ARE BETTER ABLE TO IDENTIFY, AND HELP MEET, THEIR NEEDS AND TO PARTICIPATE MORE FULLY IN SOCIETY.

Activities: Through using art as a means of supporting recovery we aim to promote the mental health of people in the Devon area, & specifically support those experiencing or recovering from mental ill health. We inspire our members to produce artwork which integrates them with the local community through exhibitions, open days, participation in festivals & accepting commissions.

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** The Advancement Of Health Or Saving Of Lives, Disability, Other Charitable Purposes
- **Who:** People With Disabilities, Other Defined Groups

Geography

- Devon

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£3,793	£2,315	-	-
2024-03-31	£3,323	£3,383	-	-
2023-03-31	£3,849	£2,899	-	-
2022-03-31	£3,112	£3,087	-	-
2021-03-31	£1,650	£1,776	-	-

Trustees

Name	Role	Appointed
Jason Dominic Smith	Chair	2018-07-02
Caroline Jane Clarke		2020-02-27
JOYCE REED		2019-08-16
Julia Dredge		2021-06-07
MR M DAVIES		2014-06-18

FLYING FISH ARTISTS

England & Wales - Charity number 1157556

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FLYING FISH
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Annual Report
April 2024 – March 2025

Registered Charity No: 1157556

Cover artwork by Jason





Background and Who We Support

Flying Fish Artists was initially formed in 2002, after members of a creative arts group in the occupational therapy workshop at Riverside Community Mental Health team base were invited to put on an exhibition for public viewing as part of the North Devon Festival. The exhibition was called 'Hidden Talents' because participants pulled beautiful sketches, paintings and stained glass out from under their beds for them to be carefully hung throughout the buildings.

What a transformative event, celebrating so many different people's strengths to create such an uplifting effect that it was decided to have a professional hanging system so that there could be rotating exhibitions of artwork.

If we were going to hold regular exhibitions, the group needed to have a name and so suggestions were voted on and Flying Fish Artists was born.

Flying Fish Artists now operates as a small, Barnstaple based charity that, through using art as a creative and therapeutic means of recovery, supports people (aged 18 upwards) from anywhere across Torridge and North Devon region who wish to use art to help themselves in recovering from ill health.

We support and inspire our members to tap into their creativity and produce artwork which integrates the members with the local community with exhibitions and events as well as accepting art commissions. Our work over the years, and particularly our regular studio sessions continue to help members to relieve the social isolation that so many of them felt prior to joining us.

The regular meetings provide a welcoming and safe space for our members, where they feel comfortable and able to focus on bringing out their inner creativity and talent.





Our Trustees and Volunteers



Joyce Reed, Members Co-ordinator & Trustee. Joyce gets much enjoyment from continuing to serve as a volunteer and trustee for FFA, welcoming new and regular participants each week as well as faces from the past who call into our studio sessions from time to time. She's inspired by members' encouragement of one another and enthusiasm for any creative opportunities. She is supported by her husband Chris who is always on hand at events and trips to help out.

Martin Davies, Secretary & Trustee. Martin looks after much of the administration and ensures the smooth running of the operational workings of FFA. We are so very grateful for all of his continued help, many years of commitment and invaluable contribution.



Jason Smith, Chairman & Trustee. Jason ensures the smooth and efficient running of our board meetings which he continues to expertly host monthly for us online. We're also thankful to him for overseeing the opening and setting-up of our weekly studio sessions, including between Christmas and New Year.



Carrie Clarke, Trustee. We are delighted to welcome Carrie whom some members remember well from when she worked in North Devon and provided much encouragement and assistance as an artist herself with Flying Fish Artists forming many years ago. Fortunately for us, Carrie now has a bit more time to link-up with our group again.

She travels from mid-Devon to visit us whenever her time allows, submits grant-applications on our behalf and joins online trustees' meetings to keep informed about the direction members wish to go in with developing their art.



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Flying Fish Volunteers



Liz Mutch, who quickly learnt by heart what each member prefers to drink in the hot drinks line whether it be caffeinated tea or coffee or herbal and with or without sweetener or sugar or milk! Liz is a very experienced retired nurse and brings warmth and humour into our weekly studio sessions. Thank-you Liz.

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Both Sue and Rob worked at North Devon District Hospital before retiring and after years of encouraging others to be creative in his role as an Occupational Therapy Technical Instructor, he is now fully embracing experimenting with different art techniques himself alongside his expertise and love of photography.



Sam Tse, Volunteer Treasurer since 2019. Sam provides expert guidance in managing our small budget, preparing our accounts to submit to the charity commission and provides very valuable input and support to our trustees meetings.

Claire Johns, Volunteer Workshop Presenter. Claire has prepared a series of inspirational talks about different artist movements and workshops tailored to respond to members' requests and continues to support us.



Message from our Chairman: Our Review from April 2024

It has been another great year for our art-based charity, the way that we all pull together whether its artists, admin, trustees and of course all the support from those who go above and beyond ensuring that Flying Fish continues as a respected mental health charity.

It truly has been a busy year for all of us, and I need to say how valued we are as an established Art and Support network for many artists; new and existing members are welcomed all with their own individual skills, methods and talents.

This year has been very productive with lots going on in and around the studio sessions, many people have generously devoted their time and knowledge making things happen. Flying Fish now have an additional studio session that has evolved during the year; North Devon Library Services gifted us free use of a space on Thursdays allowing for a very different mood and method of art creation and reaching out to other people within Barnstaple; the sense of community and belonging has been so positive for our artists and very welcoming.





Here is a brief timeline of progress for The Flying Fish Artists this financial year.

- April 2024 Ceramics Academy in South Molton
- May 2024 Claire Johns workshop – Kandinsky / Abstract Art
- June 2024 Claire Johns workshop – Portraiture / Tonal Values
- June 2024 Barnstaple Pannier Market exhibition (coordinated with Phil Harris)
- June 2024 Abbotsham Village Fete – raised £74
- June 2024 Rob Bennett photography session
- July 2024 FFA stall in Barnstaple Pannier Market
- July 2024 Claire Johns workshop – Manga and cartoon artists / making and producing zines
- September 2024 Hele Bay Wellbeing Trip
- October 2024 Barnstaple Library ‘Fun Palace’ event – interactive art workshop delivered by Carol and Bonny, raised £85
- November 2024 Christmas Fayre at the Shambles - £400 raised
- March 2025 Claire Johns workshop – Life Drawing

This year has been so positive for Flying Fish Artists, I want to thank all that have been involved; those behind the scenes work above and beyond - you know who you are! Also, the trustees and those who run workshops with us which are progressively outstanding. A big thank you of course to all our amazing artists and well done for the progress that they have made this year.





Message from our Trustees: Future Plans

In 2025, there are a lot of opportunities for Flying Fish Artists to collaborate with community art projects in North Devon thanks to Jane Petch at Libraries Unlimited Barnstaple which is hosting workshops for our members led by artists Jane Churchill and Penny Rowland-Hill. We have also been invited to participate in an exhibition called Together Stories initiated by Devon Mental Health Alliance organised by Evolving Events and hosted by Studio Kind.

It is hoped that the continued improvements to the Castle Centre by Barnstaple Town Council which we hire weekly will include a professional hanging system to enable Flying Fish members to create artwork for regularly changing exhibitions. The aim is to provide inspiring and uplifting original images for all hall-users to enjoy. A grant application will be submitted to allow the purchase of standardised frames for work to be displayed and protected in the best way possible.

We will also be looking for funds in response to members requests for some extra-special workshops ie, Ceramics Academy at South Molton, Mindfulness and field trips to Arlington Court with a visit to the new gallery in the stables, Hele Bay and the Burton Art Gallery in Bideford.

We also look forward to the possibility of providing artwork to enhance the waiting-area for the new office of Ian Roome MP in due course.

Flying Fish endeavours to continue to hold our weekly studio sessions at The Castle Centre which has been our base for the last 7 years as well as build on partnerships with other organisations including North Devon Arts, Barnstaple Libraries Unlimited, The Woodyard Project and Evolving Events.





Financial Information: Year Ending March 2025

Income	Unrestricted	Restricted	Total
Grant income	-	-	-
Donations	3,302	-	3,302
Sales	491	-	491
TOTAL	3,793	-	3,793
Expenditure			
Workshops	85	-	85
Materials/equip	81	-	81
Marketing	185	-	185
Rent & rates	964	1,000	1,964
TOTAL	1,315	1,000	2,315
Net income/(exp)	2,478	(1,000)	1,478
Total funds 2025	* 3,724	** -	3,724
Total funds 2024	1,246	1,000	2,246
Movement	2,478	(1,000)	1,478

*Note 1: Remaining funds will be carried forward to the following financial year to cover running costs and other expenditure.

**Note 2: Restricted reserves included a £1k grant for hall hire awarded during the prior year, but relating to expenditure incurred from April '24. This has been spent in full during the year.



Artwork by Claire



The Impact We Have – What Our Members Say

“When life becomes difficult and I struggle with my anxiety / depression, Flying Fish is the only place I feel safe to be around others. It is a place of calm and understanding. There is no pressure to do anything other than to just be. If I didn’t have Flying Fish I would have no place to safely be among others.”

“When I lose my confidence, I really appreciate the support, friendship and inspiration fellow Fish give me. The group really helps my mental health.”

“Flying Fish has had a huge impact on my recovery from mental illness and my life in general. I enjoy meeting up with like-minded friends where we have had similar experiences. Then recovery by shared interests in art, crafts, tea and coffee. I couldn’t be without our members Tuesday meeting. And then another community meeting where anyone can pop in and join us for art, coffee and a chat.”

“It’s wonderful to know and have a group of such supportive people”

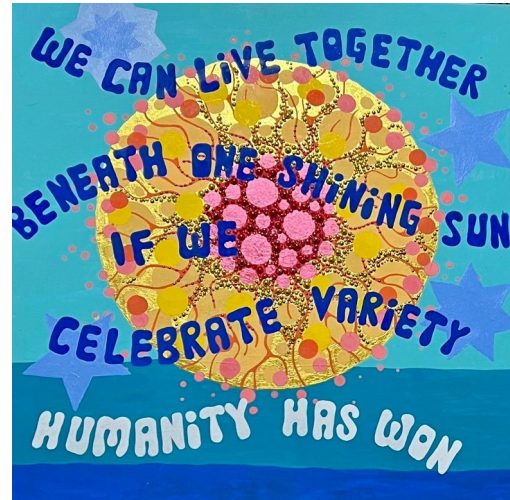




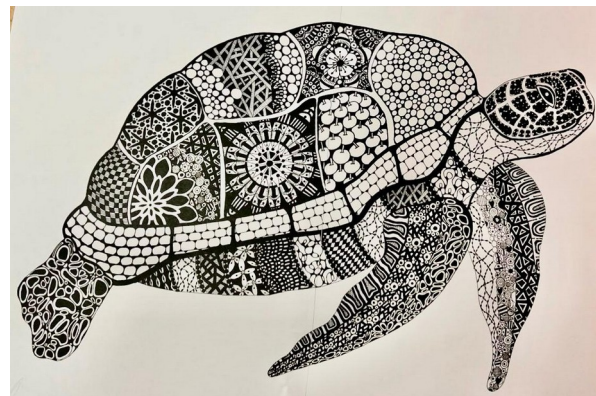
Artwork From Our Members



Artwork by Bev



Artwork by Carol



Artwork by Tracy



Artwork by Julia



Thank You to ALL our Wonderful Sponsors and Donors

Sponsors and Donors during 2024-2025 have included:

*Abbotsham Players
Chris Moore Memorial*

Special thanks to:

*Our Flying Fish Artists patron, Ian Roome MP
Jane Petch at Barnstaple Library
Barnstaple Town Council*

All our members, whose courage and artwork inspires others, contributing to the health of our local community and without whom this charity would not exist.

Contact Us

We would love to hear from you!

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England & Wales - Charity number 1157556

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Annual Report
April 2023 – March 2024

Registered Charity No: 1157556

'The Skies Cleared' cover artwork by Carrie





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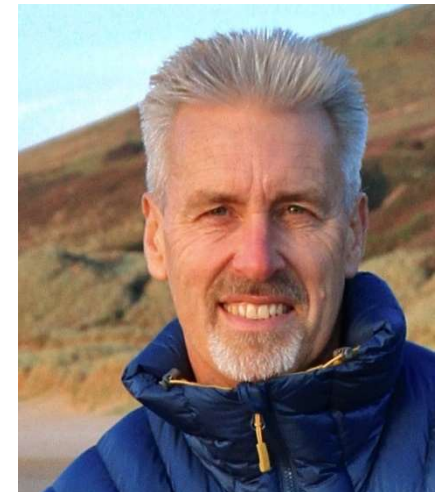
Welcome To Our Newest Volunteers



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Both Sue and Rob worked at North Devon District Hospital before retiring and after years of encouraging others to be creative in his role as an Occupational Therapy Technical Instructor, he is now fully embracing experimenting with different art techniques himself alongside his expertise and love of photography.





Message from our Chairman: Our Review from April 2023

Welcome all for another year of The Flying Fish Artists; a collective charity supporting the mental health community here in North Devon. A huge thank you to all our trustees that have kept us going over the years, as well as all of our members who have achieved wellbeing from our sessions together. Looking back at our various accomplishments, Flying Fish has been very active during this past year including trips out, workshops and fun mindfulness.

Many varied and artistic projects have evolved and become finished with creative growth within our small community – each member brings their own style and ideas to our charity. It is great to see people embracing art and making their own personal goals.



How busy have we been? Where to start? First off, I would like to thank Joyce Reed and Liz for their care within our studio sessions, thank you both for your energy and supporting us all. Also thank you to Barnstaple Town Council for allowing us the use of the Castle Centre for these weekly sessions.

In addition to these sessions, we have had a number of workshops and organized trips out which have felt encompassing for our creativity and our mental health. We have Claire Johns who has regularly tutored us about various artists, art movements and technical instruction, our members have enjoyed her workshops and have gained a lot of knowledge from her.



For relaxation and meditative mindfulness Helen Phillips has provided for us sound workshops which members attended and enjoyed.

We have had several trips out to our local gallery, The Burton, and some members have exhibited and sold their own work there. We participated in the Abbotsham Village Fete, raising £100 towards our running costs. We held outdoor sketching sessions within our beautiful Devon parkland and trips out to RHS Rosemoor Gardens which gave us good source material for photography and sketching.

Several private view invitations which members attended included Clive Cobb's wartime childhood exhibition at the Barnstaple Museum and the Art Mash collective summer exhibition.

In November we held our AGM, with a focus on embracing feedback from our members on how to take the charity forward and where improvements can be made.



Our Christmas Fayre was successful, including live music from Xenos Music Duo and various arts and crafts were sold, further funding our sessions and aid for members.

Another art trip out was to see the Museum of the Moon installation by artist Luke Jerram in December 2023 at Barnstaple's pannier market.

In March we participated in a glass fusion workshop at Art Mash Studio which members thoroughly enjoyed.

Next year is looking very bright for our charity, welcoming new and old members and a safe creative space for us all.



Message from our Trustees: Future Plans

Flying Fish Artists currently has 35 members with an average of 10-15 (absolute maximum) participants at each weekly session. It is necessary to restrict the size of the weekly studio sessions in order to maintain a safe, creative environment for everyone. For this reason, we are only able to welcome participation after contact through Joyce Reed, our Members Co-ordinator rather than on a drop-in basis.

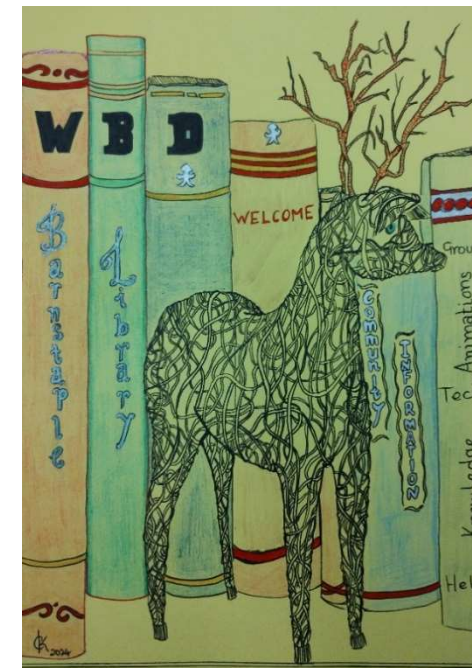
Regrettably, due to increased community need, we are getting much more frequent requests and are unable to invite new members to start immediately. Sadly, it has even become necessary to start a small waiting list. It would be very helpful if possible, in conjunction with the North Devon Mental Health Alliance, to compile a directory of all the art group opportunities which are now starting up and running locally for people to find out about and join.

We are very thankful to Barnstaple Town Council for providing us with premises suitable to our needs for our weekly pop-up studio sessions and we all look forward to the Castle Centre refurbishment, hopefully with a hanging system to facilitate rotating exhibitions of our members artwork to uplift and inspire others.

We are also grateful to Barnstaple Library for accommodating a more informal session with Flying Fish Artists on Thursdays. The trustees look forward to meeting and collaborating with members of the Woodyard Project CIC in due course.

In the year ahead, we hope to be able to find a new Patron and are always keen to talk with anyone who feels they might be able to volunteer with us, whether by sharing their skills as an artist at workshops for our members, becoming a trustee for the charity, or simply offering their time for staffing our weekly sessions and helping our members feel at home.

It is hoped that we can arrange for members to attend a workshop at the Ceramics Academy in South Molton and have another Glass Fusion Workshop at Art Mash studios alongside providing other workshops and trips as funds allow in accordance with members' artistic interests.



Artwork by Carol



Financial Information: Year Ending March 2024

Income	Unrestricted	Restricted	Total
Grant income	-	1,615	1,615
Donations	1,309	-	1,309
Sales	399	-	399
TOTAL	1,708	1,615	3,323
Expenditure			
Workshops	258	615	873
Materials/equip	332	-	332
Marketing	266	-	266
Rent & rates	912	1,000	1,912
TOTAL	1,768	1,615	3,383
Net expense	(60)	-	(60)
Reserves 2024	* 1,246	** 1,000	2,246
Reserves 2023	1,306	1,000	2,306
Movement	(60)	-	(60)

**Note 1: Remaining funds will be carried over to the following financial year to cover running costs.*

***Note 2: Restricted reserves include a £1k grant for hall hire awarded during the year, but relating to expenditure to be incurred from April 2024, hence this is treated as deferred income in the accounts.*



Artwork by Julia



The Impact We Have

“Flying Fish Artists has helped hugely in my recovery from mental illness by providing a safe environment each week to do my art with like-minded friends. We encourage and help each other with an element of fun for good measure”

“It is an absolute lifeline for me”

“It’s helped a lot meeting with fellow art inspired people who are so friendly and encouraging”

“I feel so welcomed at Flying Fish. I have gained confidence since attending and have made great friends. I have found my people. Thank you!”





Artwork From Our Members



Artwork by Tracy



Artwork by Julia



Artwork by Sandy



Artwork by Jason



Thank You to ALL our Wonderful Sponsors and Donors

Sponsors and Donors during 2023-2024 have included:

Barnstaple Town Council (Small Grant Funding)

North Devon District Community Councillors Fund Awards

Special thanks to:

Jane Patch at Barnstaple Library

Barnstaple Town Council

All our members, whose courage and artwork inspires others, contributing to the health of our local community and without whom this charity would not exist.

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Flying Fish Artists' completed collaborative mural for the Moorland View ward of North Devon District Hospital



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Message from our Chairman: Our Review from April 2022

It has been another busy year for our Flying Fish Artists charity both in and outside of our weekly studio sessions. We have been lucky enough to have had input from visiting volunteers; Elaine Stiling kindly provided 12 weeks of ceramic and clay-modelling instruction, Claire Johns has brought us slideshows featuring different artists of interest and introduced us to fine art collage techniques and retired-nurse Liz has made us lots of cups of tea and provided much cheerful encouragement.

Members Carol, Bonny and Sandy provided a Christmas Design Workshop for elderly residents at Norah Bellot Court Housing Association. Our Christmas Fayre was a really joyous occasion celebrating creativity shared by our 'Friends of Flying Fish' and family coming to say hello and enjoy a mellow acoustic performance of live music from Bad Willow band duo from Bideford Char and Harrison.

Membership has grown significantly over this year with 40 people signed up to our weekly group email and we have at times had to limit numbers of participants in the studio but generally this works out okay.

As ever, I would like to thank our treasurer Sam Tse and trustees Martin, Julia, Carrie and Joyce for all their contributions in overseeing FFA.



Artwork by Jason



For details of our activities throughout the past year in addition to our weekly Tuesday studio sessions, please see the list below:

April 2022 – New art materials purchased, kind donation from The South Bank Centre in London

May 2022 – Sound Sanctuary equipment installed / in use (money from North Devon Councillor's Community Fund)

July 2022 – Trip to RHS Rosemoor

August 2022 – ArtByPost online workshop during studio session

September 2022 – Sound Meditation Workshop with Helen Phillips

September 2022 – Trip to Exmoor Zoo

November 2022 – Hakeford Woods Wellbeing in Nature Day

November 2022 – Inspirational visit to Barnstaple Museum

December 2022 – Flying Fish Christmas Fayre – c. £600 raised

January 2023 – Double Elephant printmaking workshop

February 2023 – Fine Art Collage/scrapbook session with Claire Johns

March 2023 – ArtByPost creative newsletters signed up to focusing on poetry

March 2023 – Claire Johns presentation & workshop on Surrealism and fine art collage techniques



Message from our Trustees: Future Plans

Whilst our workshop sessions use art to support mental health and wellbeing it does not include therapy so this year, our Members' Leaflet will be updated to include relevant contact details for those seeking help with personal mental health needs.

In the year ahead, our aim is to continue with holding our very lively studio sessions every Tuesday at The Castle Centre. Although these are at capacity, we still need funding to continue to support everyone and provide a variety of interesting techniques and experiences.

Therefore, we will be holding another Christmas Fayre this year to help us to raise much needed funds as well as to provide opportunity to socialise with supporters in our local community and showcase members' artwork. We also plan to visit Rosemoor RHS garden for inspiration, hold meet-ups for outdoor sketches and visit exhibitions at Barnstaple Museum and The Burton Art gallery.



We hope to welcome local artist Claire Johns for more guided workshop sessions and have a focus on creative journalling assisted by Karen, one of our members, as well as find time to include print-making and clay-modelling.

Another aim is to find funds and assistance to update the Flying Fish Artists website and consider use of social media.



Financial Information: Year Ending March 2023

Income	Unrestricted	Restricted	Total
Grant income	-	1,918	1,918
Donations	1,513	-	1,513
Sales	418	-	418
TOTAL	1,931	1,918	3,849
Expenditure			
Workshops	304	450	754
Materials/equip	216	-	216
Marketing	105	-	105
Rent & rates	1,356	468	1,824
TOTAL	1,981	918	2,899
Net expense	(50)	1,000	950
Reserves 2023	* 1,306	** 1,000	2,306
Reserves 2022	1,356	-	1,356
Movement	(50)	1,000	950

**Note 1: Remaining funds will be carried over to the following financial year to cover running costs.*

***Note 2: Restricted reserves include a £1k grant for hall hire awarded during the year, but relating to expenditure to be incurred from April 2023, hence this is treated as deferred income in the accounts.*



Artwork by Bonny



Our Members Say...

‘Flying Fish Artists gives a structure to my week and I look forward to the sessions’

‘It is somewhere we can laugh, relax and be ourselves’

‘You are safe to be who you are’

‘It helps my husband, who is my main carer, to have a break knowing that I am coming somewhere where I am safe’

‘Our groups are supportive and inspirational’

‘Flying Fish is a stress-free environment’

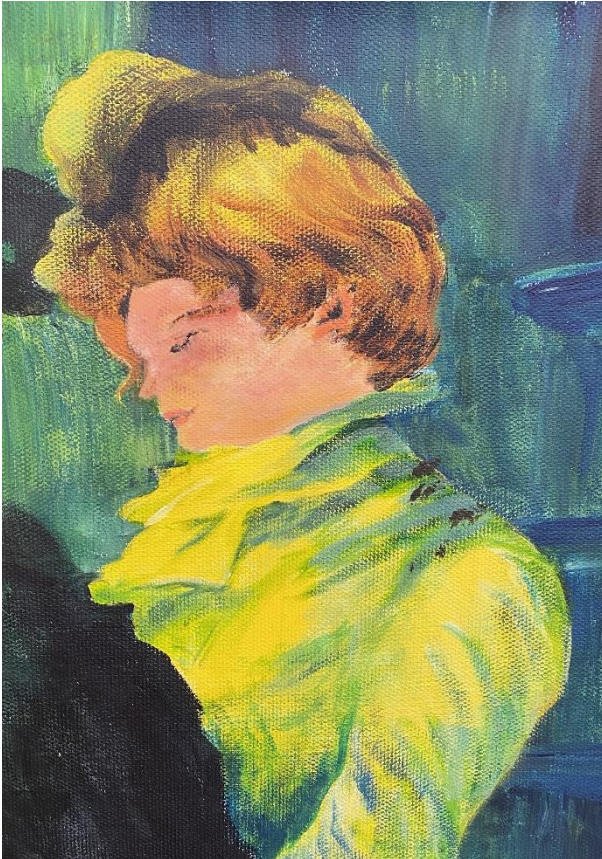
‘Somewhere nice to come without any pressure’

‘The sessions help me feel a sense of belonging and purpose’





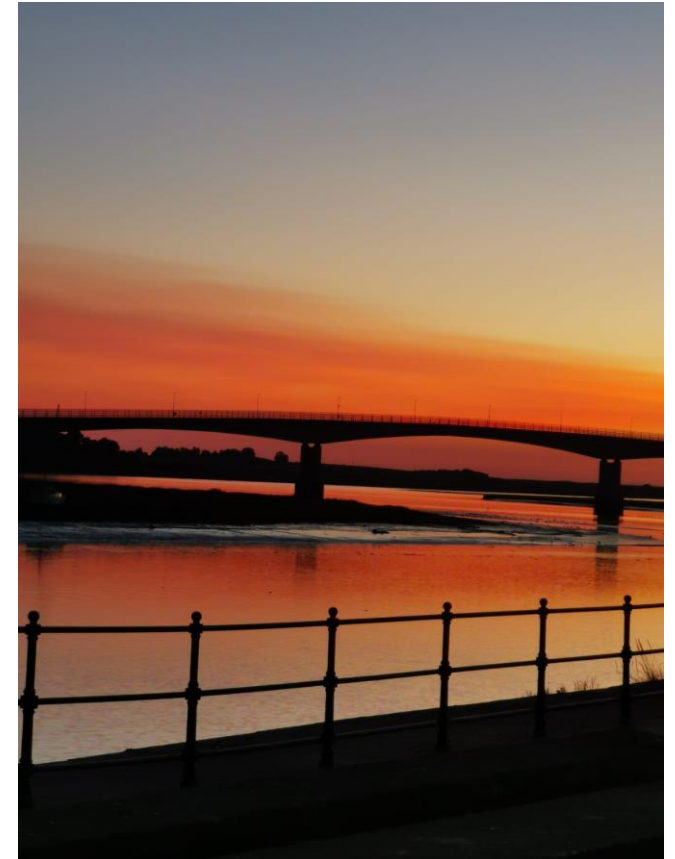
Artwork From Our Members



Artwork by Julia



Artwork by Carol



Artwork by Sandy



Thank You to ALL our Wonderful Sponsors and Donors

Sponsors and Donors during 2022-2023 have included:

Community Councillor Grant project - "Art On The Move"

North Devon Councillors' Community Fund

For 2023 – 2024:

Barnstaple Town Council (Small Grant Funding)

Contact Us

We would love to hear from you!

Visit our studio session on Tuesdays between 10.30 and 1.30 p.m. at The Castle Centre Barnstaple

Email address: flyingfishartists@googlemail.com

Website: www.flyingfishartists.org.uk

Cover artwork by Tracy

FLYING FISH ARTISTS

England & Wales - Charity number 1157556

Accounts



FLYING FISH
a r t i s t s

Annual Report
April 2021 – March 2022

Registered Charity No: 1157556





Background and Who We Support

Flying Fish Artists (FFA) was initially formed in 2002, after members of a creative arts group in the occupational therapy workshop at Riverside Community Mental Health team base were invited to put on an exhibition for public viewing as part of the North Devon Festival. The exhibition was called 'Hidden Talents' because participants pulled beautiful sketches, paintings and stained glass out from under their beds for them to be carefully hung throughout the buildings. What a transformative event, celebrating so many different people's strengths to create such an uplifting effect that it was decided to have a professional hanging system so that there could be rotating exhibitions of art work.

If we were going to hold regular exhibitions, the group needed to have a name and so suggestions were voted on and Flying Fish Artists was born.



FFA now operates as a small, Barnstaple based charity that, through using art as a creative and therapeutic means of recovery, supports people from anywhere across Torridge and North Devon region who wish to use art to help themselves in recovering from ill health.

We support and inspire our members to tap into their creativity and produce artwork which integrates the members with the local community with exhibitions and events as well as accepting art commissions. Our work over the years, and particularly our regular studio sessions continue to help members to relieve the social isolation that so many of them felt prior to joining us.

The regular meetings provide a welcoming and safe space for our members, where they feel comfortable and able to focus on bringing out their inner creativity and talent.



Our Trustees and Artists



Joyce Reed, Members Co-ordinator. Joyce enjoys dedicating a significant amount of time to supporting and assisting the well-being of all our members. She has been concerned in helping people to continue to feel connected during the multiple periods of lockdown. Her husband Chris and daughter Nicky have been enlisted to help out also-Chris as trips driver, guide and photographer and Nicky in the collating of newsletters, with her cat Comet keenly overseeing the home-printing of them.

Martin Davies, Secretary. Martin looks after much of the administration in ensuring the smooth running of the operational workings of FFA. We are so very grateful for all of his continued help, many years of commitment and invaluable contribution.



Jason Smith, Chairman. Jason ensures the smooth and efficient running of our board meetings which he continues to expertly host monthly for us on Zoom. We're also thankful to him for overseeing the opening and setting-up of our weekly studio sessions, including between Christmas and New Year. Jason also runs a Wednesday group for members and led the Moorland View mural project which has been challenging due to Covid-restrictions.



Carrie Clarke, Trustee. We are delighted to welcome Carrie back whom some members remember well from when she worked in North Devon and provided much encouragement and assistance as an artist herself with Flying Fish Artists forming many years ago. Fortunately for us, Carrie now has a bit more time to link-up with our group again. She was able to join us at Rosemoor for our visit, has been busy submitting grant-applications on our behalf and has joined all the Zoom trustees' meetings to keep informed about the direction members wish to go in with developing their art.



We're very fortunate to have one of our artists, Julia Dredge, join our trustees.

Julia is a versatile artist who has involved herself in all sorts of community projects including beautifully- painted flora and fauna celebrating the North Devon Biosphere on one of the life-size cows which formed part of the North Devon National Trust sculpture trail last summer.

We were delighted when having been a participating artist submitting work for the Southbank Centre ArtbyPost project, Julia agreed to join us on our visit to the national exhibition in London, including giving an Artists' Spotlight Talk. She also helped with the small documentary in our studio session when a small film-crew from ArtbyPost visited Flying Fish Artists in North Devon. Thank-you Julia.



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The past couple of years has been unprecedented for everyone; Flying Fish Artists adapted to ensure members Mental Health was still supported and prioritized, initially remotely – an even bigger challenge for many members. These changes that have evolved have seen us go from outdoor meetings to then later return to the studio whilst always making paramount the security and the respect of all members needs within the posted government's guidelines.



Art by Julia

The Art by Post initiative was embraced by many members. This encouraged us to create our own personal art within the concept of lock down and solitude. Later our input allowed for a very significant recognition with the South Bank Arts Centre London. Then a planned VIP experience trip to visit the Art by Post exhibition was offered to us.

During the lock down Joyce Reed composed monthly newsletters to keep a connection between all Flying Fish members; including photos, paintings and poems that members had been busy creating alleviating the loneliness that we all felt.

Trustees and members alike were very glad when we heard from Barnstaple Town Council that they were able to make available the hall in The Castle Centre for us to start holding weekly studio sessions again with safety precautions in place, starting in May 2021.

With grants received from the Reconnect Rebuild Recover Fund from Devon County Council, we are able to invite Simon Ripley at Double Elephant in Exeter to deliver two Printmaking workshops. These workshops were so successful that many members who would shy away from creativity became captivated with the medium. Since being taught many printing methods Flying Fish members requested some funds to buy basic printmaking tools which has benefited and engaged us all.



The Police and Crime Commissioner (Proceeds of Crime) Fund donation enabled group visits to Hakeford Woods, for a Wellbeing in Nature Day hosted by Stuart Young. Hakeford Woods remains a popular and a positive experience for members and future trips will be made available. Stuart looks forward to seeing us all again.

North Devon Councillor's Community Fund has kindly awarded funds to help our charity with some of the costs of hall-hire for studio sessions and for the creation of a pop-up sound sanctuary for a quiet space during sessions for individuals to retreat whilst experiencing sensory-overload. This will allow people a space to provide comfort and time out to relax within the space of our art room.

Torrington Cavaliers invited myself and Joyce to collect a cheque awarded to enable our group to make visits to Rosemoor RHS garden in Torrington. This was very gratefully received as was Torridge Community Transport's help with getting us there.

All these activities help our members to regain confidence in leaving their homes again to interact safely with others after lockdown, feel uplifted and rekindle their own creativity as a means of maintaining health and wellbeing as well as developing further expertise as artists in their own right.

The mural project for Moorland View at our local hospital is ongoing, it has been a struggle due to government guidelines and Covid



restrictions, however our four workshops are now concluded and we are on the final stages of the project towards completion.

This growth of Flying Fish Artists through troubled times has inspired us all and as always it has helped us maintain our professional standing within the community.

I would like to personally thank our trustees for all their work and dedication, Joyce, Martin, Carrie, and Julia.



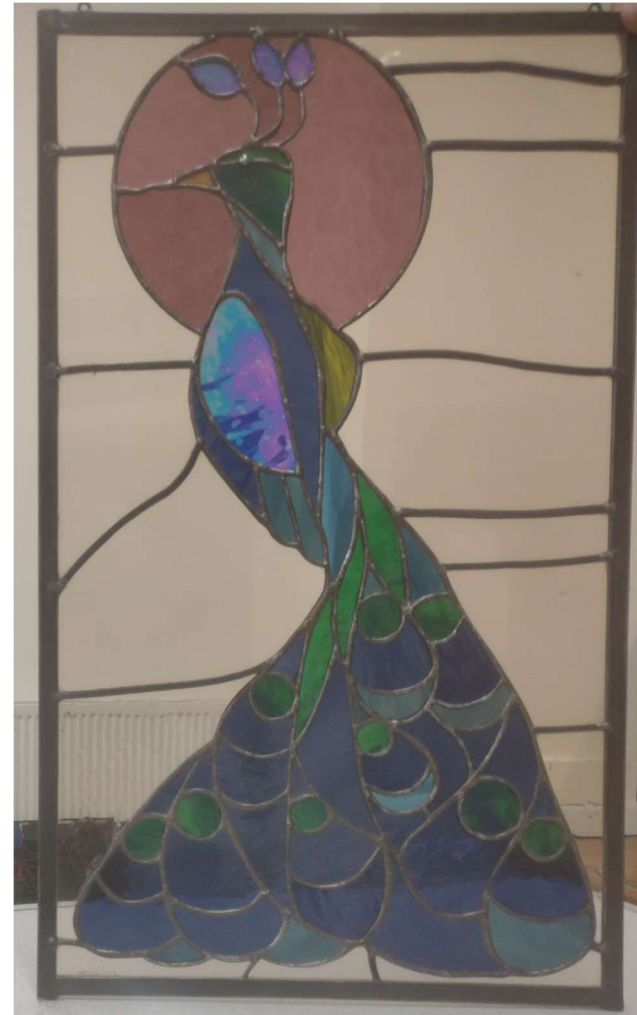


Message from our Trustees: Mental Health Support during COVID

2021 continued with further lockdowns, albeit shorter than the initial lockdown in 2020, and members had to 'dig deep'. Everyone showed great courage facing ongoing heightened anxiety due to continuing daily news bulletins and uncertainty about Covid-19 infections. Isolation and loneliness were very hard to bear when already battling with ill-health particularly for those suffering the loss of loved ones at the same time as a reduction in community services.

So, we did our best to keep everyone connected with outdoor meet-ups mostly in Rock Park or outside cafes when possible, just to have the opportunity to talk face to face and encourage each other with the ongoing isolation. Some members had to shield and not go out for a very long time so any contact via WhatsApp chat, phone calls, weekly emails, the Artbypost creativity booklets and the newsletters were welcome.

The Southbank Centre's ArtbyPost outreach project encouraged members to make sketches, write poetry, make collages, make music, paint and send what they had done to London by freepost or email to share with others. The team in London also sought permission from four of our members, with back-up from our trustees, to send a professional photographer to take portrait photographs of them standing outside their homes holding a piece of their artwork and one of our members agreed to being interviewed for a more in-depth article which was published



Art by Bryan



describing how art has helped through difficult times of ill-health particularly during Lockdown.

In September, there was a national exhibition at The Southbank Centre in London and five of our artists were chosen out of over 400 entries to have their work shown. Four members were joined by trustee Joyce and husband Chris to travel to London to visit the Art by Post exhibition 'Of Home and Hope' and were also shown around the Mixing It Up exhibition at The Hayward Gallery. Bonny, Julia, Jason and Carol gave 'Spotlight Talks' on two occasions about how art had helped them to cope with lockdown for members of the public who happened to be viewing the artwork. Their talks were very well-received and sparked some wonderful conversations and exchanges afterwards about Flying Fish Artists and surviving difficult times.

Much respect was shown to our party who surprised themselves in doing what they would have never thought possible in achieving this trip with the practical support of Art by Post arranging travel and accommodation and guidance throughout.

In October, a small film crew from London visited our studio session to make a short documentary about our group and meet more of our members. This collaboration with Art by Post has really helped our artists to feel that any sort of creativity they could follow was important and that they in turn mattered, providing validation for individuals cut off from their usual face to face studio sessions during times of Covid-19 restrictions.

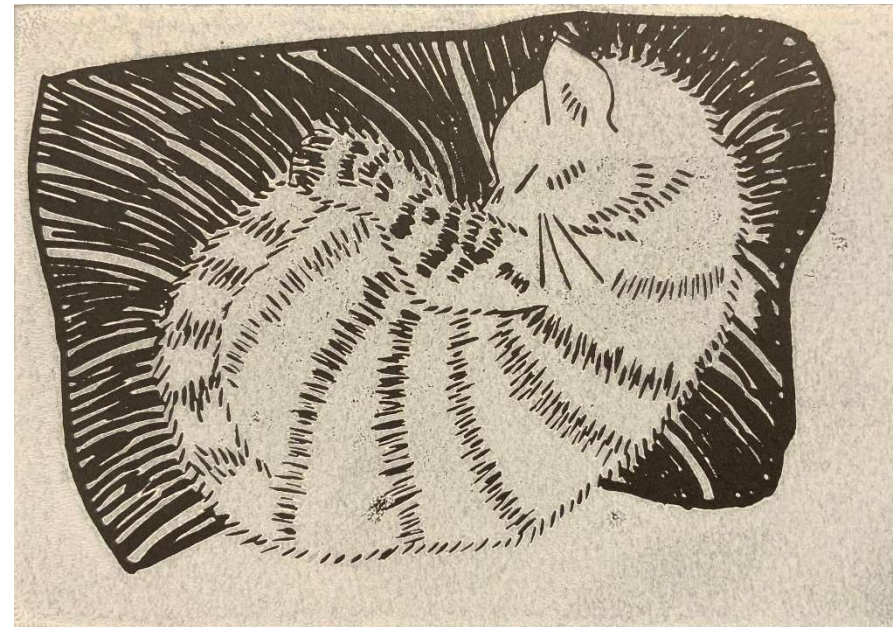




Financial Information: Year Ending March 2022

Income	Unrestricted	Restricted	Total
Grant income	-	2,212	2,212
Donations	900	-	900
Commissions	-	-	-
Events	-	-	-
Sales	-	-	-
TOTAL	900	2,212	3,112
Expenditure			
Workshops	-	835	835
Materials/equip	77	193	270
Marketing	98	-	98
Rent & rates	700	1,184	1,884
TOTAL	875	2,212	3,087
Net income	25	-	25
Reserves 2022	* 1,356	-	1,356
Reserves 2021	1,331	-	1,331
Movement	25	-	25

*Note 1- Remaining funds will be carried over to the following financial year to cover running costs.



Art by Bonny



Our Members Say...

Reflections on ArtbyPost participation by Sue

'The artwork for me was like finding one powerful way to combat loss because it's yours and can never be taken from you and will always be there, even at times when you choose to turn your back on it or ignore it!! It brings with it an identity and sense of belonging – the Art by Post project brought that home to me once again - that even at times of imposed isolation and intense aloneness, you are actually still a part of a creative community that continues through time and regardless of circumstance. It really is one powerful way to feel a part of something bigger and connected to people who you will probably never meet. I know that made me smile a few times and gave me strength through lockdown. Taking my watercolour paintings to the Post Office after writing Freepost ArtbyPost Southbank Centre London amused me wondering where they might eventually end up but they arrived safely and one painting was used in the exhibition and the other was reproduced on a postcard which I found very surprising.'



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Artwork From Our Members



Art by Janine



Art by various members



Art by Annette



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Cover image by Claire

FLYING FISH ARTISTS

England & Wales - Charity number 1157556

Accounts



FLYING FISH
a r t i s t s

Annual Report
April 2020 – March 2021

Registered Charity No: 1157556





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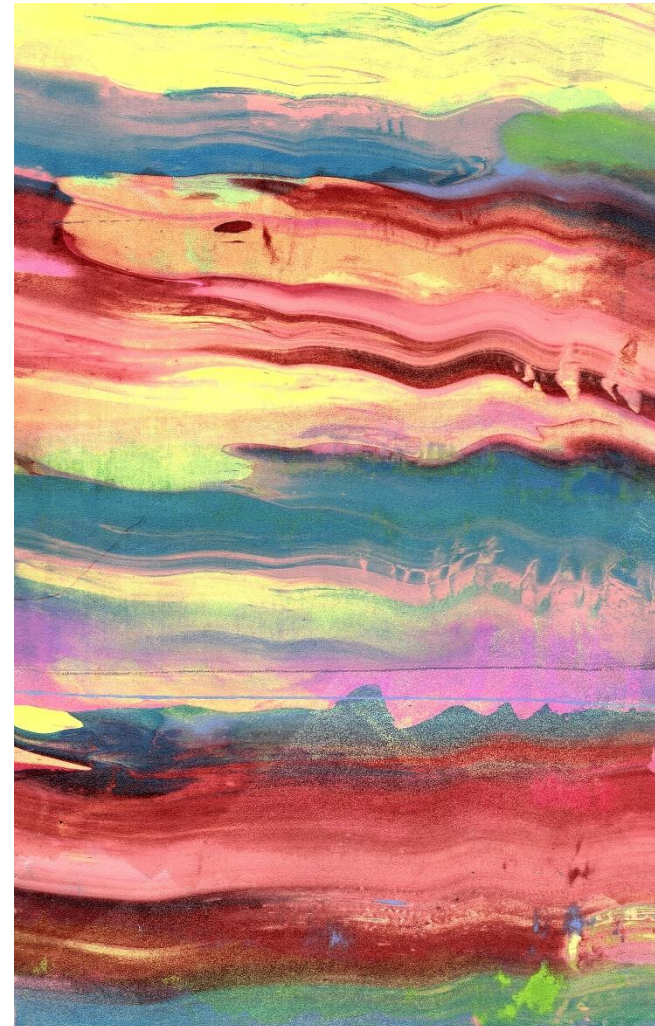


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Art by Flying Fish member



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Financial Information

Income	Unrestricted	Restricted	Total
Grant income	-	1,450	1,450
Donations	200	-	200
Commissions	-	-	-
Events	-	-	-
Sales	-	-	-
TOTAL	200	1,450	1,650
Expenditure			
Workshops	-	950	950
Materials/equip	188	500	688
Marketing	138	-	138
Rent & rates	-	-	-
TOTAL	326	1,450	1,776
Net expense	(126)	-	(126)
Reserves 2021	* 1,331	-	1,331
Reserves 2020	1,457	-	1,457
Movement	(126)	-	(126)



Art by Flying Fish member

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Message from Bonny

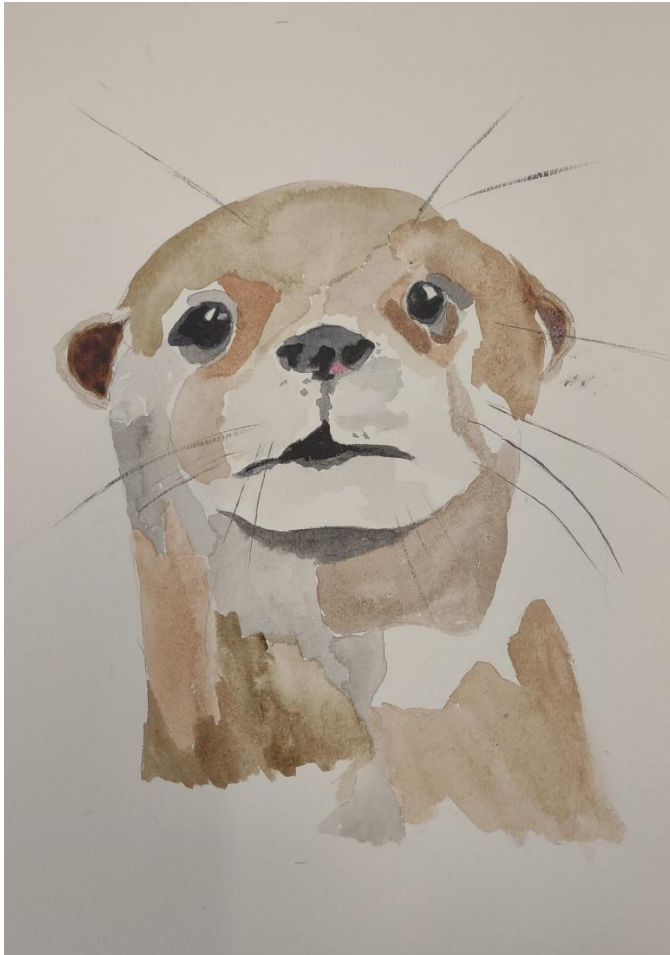
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Artwork From Our Members



Art by Janine



Art by various members



Art by Flying Fish member



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Devon County Council (COVID-19 third wave Prompt Action Grant)

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Awarded in the financial year 2021-2022:

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Cover image by Claire