

ENCOURAGEMENT THROUGH THE ARTS AND TALKING

England & Wales · Charity number 1159712

Details

Other names ETAT

Status Registered

Legal form CIO

Registered 2014-12-22

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

Contact

Address Flat 22
Rivermill
151 Grosvenor Road
London
SW1V 3JN

Phone 02077696741

Email diyeo@outlook.com

Website <https://encouragementthroughtheartsandtalking.org>

Activities

Objects: 3.1 THE OBJECTS OF THE CIO ARE RESTRICTED SPECIFICALLY TO THE RELIEF FOR THE PUBLIC BENEFIT OF THOSE IN NEED BY REASON OF ILL-HEALTH, DISABILITY, ISOLATION, LONELINESS, AGE, FINANCIAL HARDSHIP OR OTHER DISADVANTAGE WITH THE AIM OF IMPROVING THEIR CONDITIONS OF LIFE, IN PARTICULAR BUT NOT EXCLUSIVELY BY ARRANGING, PROVIDING AND FACILITATING A RANGE OF ARTS AND SOCIAL ACTIVITIES.3.2 NOTHING IN THIS CONSTITUTION SHALL AUTHORISE AN APPLICATION OF THE PROPERTY OF THE CIO FOR PURPOSES WHICH ARE NOT CHARITABLE IN ACCORDANCE WITH SECTION 7 OF THE CHARITIES AND TRUSTEE INVESTMENT (SCOTLAND) ACT 2005 AND SECTION 2 OF THE CHARITIES ACT (NORTHERN IRELAND) 2008.

Activities: ETAT runs a club in London SW1 for lonely and isolated people focusing on the arts. The philosophy of the charity is one of encouragement.

Classification

- **How:** Provides Services
- **What:** Education/training, The Prevention Or Relief Of Poverty, Economic/community Development/employment
- **Who:** Elderly/old People, People With Disabilities, The General Public/mankind

Geography

- Throughout London

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-05	£54,975	£74,982	-	-
2024-04-05	£55,296	£57,906	-	-
2023-04-05	£73,730	£43,768	-	-
2022-04-05	£45,583	£42,933	-	-
2021-04-05	£55,917	£32,303	-	-

Trustees

Name	Role	Appointed
DIANE YEO	Chair	2014-12-22
Caroline Gandy-Brown		2022-04-10
Diana Domingues		2025-11-25
Ian James Corpuz		2020-10-01
Kevin Raymond		2024-11-21
Phayza Fudlalla		2023-11-21
Rachel Cross		2019-04-11

ENCOURAGEMENT THROUGH THE ARTS AND TALKING

England & Wales - Charity number 1159712

Accounts

ENCOURAGEMENT THROUGH THE ARTS AND TALKING (ETAT)

Registered charity number 1159712

Annual Report of the Trustees

5 April 2024 to 4 April 2025

It is now ten years since Encouragement Through the Arts and Talking (ETAT) was registered as a Charity (CIO).

Our aim is to encourage the wellbeing of lonely and isolated people from a wide variety of age groups, backgrounds and abilities through artistic and social activities. Meeting in Pimlico, London, ETAT is run by “Encouragers”, most of whom are volunteers, and the beneficiaries are known as “Friends”.

ETAT, like many charities, took a while to recover from the effects of the Covid-19 epidemic. Most of our Friends were shielding which meant that they were forced to remain at home over the period, throwing them back into the loneliness and isolation that they had been experiencing before they joined the charity and adding fear into the mix.

Many of our Friends sadly passed away during the pandemic and others moved into residential care. However, on a more positive note, some of our younger Friends moved on to education and employment and we have been joined by a wide range of new Friends and Encouragers.

When people visit ETAT they are struck by the lively atmosphere, the creativity and the laughter. Our beneficiaries frequently say that the opportunity to see the friends they have made at ETAT and to share experiences has been particularly helpful after the forced isolation of the pandemic. Indeed, some of them describe ETAT as being like a family.

The Charity is now fully operational once again and expanding fast. We currently offer two five-hour sessions a week at the Thamesbank Centre, on Tuesdays and Thursdays, and one at the Westminster Boating Base on Mondays. Around 60 Friends now attend regularly, with many more dropping in from time to time, and it is abundantly clear that our services are needed more than ever.

Many of those in our community who were already isolated and lacking in confidence before the pandemic have had their confidence further eroded. Heightened levels of anxiety are still seen in many Friends. We are therefore mindful of the importance of providing an environment in which they feel comfortable and safe and offering activities that support them to come out of this very dark period and move forward.

The “encouragement” model invented by Dr Mary Catterall, which ETAT uses, has been particularly helpful in this phase of recovery from the pandemic. We do not teach people in a formal sense but encourage and support them to be creative and to explore new artistic means of expression. Some Friends want to immerse themselves in art and learn new skills while others are happy in the first instance to just have a chat over a cup of coffee.

We have been joined this year by gifted fine arts graduate Emma Wilson who has expanded our artistic horizons as was evidenced by our very successful annual Exhibition. We are also indebted once again to the creativity of Karen Turner who came down south from her home in the Scottish borders to curate the Exhibition.

Some new gifted artists with specific skills have helped us to show our Friends just how wide a range of visual and performing arts can be brought to our sessions. We have also had the privilege of making a community film about loneliness and isolation under the auspices of Peabody and Make a Film in a Weekend. This film was premiered at our annual Exhibition, was “directed” by ETAT Friend Katie Simpson and starred some of our Friends, Encouragers and Trustees.

Once again we took a group of Friends to the Paddington Farm, a community farm in Glastonbury, giving them an opportunity to get out of London into beautiful countryside and take part in rural activities including helping to look after the animals.

We have been under pressure to expand because of the amount of loneliness and isolation there is, especially on the high-rise estates of Central London. Now that our numbers are increasing and our financial position secure we are starting to do so and are planning, together with Tate, to put on some sessions at Tate Britain.

Financial year-end reserve levels are around £48,400, partly because they increased during the Covid 19 shutdown and partly thanks to grants and

donations. Now that operations have returned to normal levels, we have budgeted for a reduction in reserves for 2025/26. We shall look at the budget requirements in detail when considering the planned expansion but the reserve position gives us confidence to plan for growth.

Enormous thanks are due once again to Peabody, who generously allow us to operate from the Thamesbank Centre free of charge and funded the very successful community film. Grateful thanks also go to the Trustees of the Dr Mary Catterall Will Trust, who have given us significant funding once again, and to all those trusts, companies and individuals who have provided financial and in-kind support to ETAT.

Diane Yeo

Trustee



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Encouragement Through The Arts and Talking

No (if any)
1159712

Receipts and payments accounts

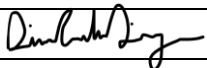
CC16a

For the period from	Period start date 06-Apr-24	To	Period end date 05-Apr-25
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Grants	18 162	-	-	18 162	18 000
Legacy (including tax rebate)	33 707	-	-	33 707	33 256
Donations	1 686	-	-	1 686	2 677
Interest	1 421	-	-	1 421	1 363
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	54 975	-	-	54 975	55 296
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	54 975	-	-	54 975	55 296
A3 Payments					
Contractors	63 058	-	-	63 058	52 347
Fundraiser Fees	1 235	-	-	1 235	1 805
Accountancy Fees	250	-	-	250	225
Refreshments	2 067	-	-	2 067	1 618
Materials & Equipment	2 920	-	-	2 920	1 034
Repairs	25	-	-	25	104
Insurance	383	-	-	383	370
Bank charges	60	-	-	60	60
Travel costs	303	-	-	303	25
Domain and internet	10	-	-	10	235
Sundries	7	-	-	7	83
Events	4 666	-	-	4 666	-
Sub total	74 982	-	-	74 982	57 906
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	74 982	-	-	74 982	57 906
Net of receipts/(payments)	- 20 008	-	-	- 20 008	- 2 610
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	68 118	-	-	68 118	70 728
Cash funds this year end	48 110	-	-	48 110	68 118

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank funds	48 021	-	-
	Cash funds	89	-	-
		-	-	-
	Total cash funds	48 110	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	Dell Computer	Unrestricted	446	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees		Signature	Print Name	Date of approval
			Diana Domingues	25/11/2025



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Encouragement Through The Arts and Talking

**On accounts for the year
ended**

05-Apr-2025

**Charity no
(if any)**

1159712

Set out on pages

1-2

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **05/ 04 / 2025**.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

** Please delete the words in the brackets if they do not apply.*

Signed:

Date: 28/01/2026

Name:

Mrs Jaymini Patel

**Relevant professional
qualification(s) or body
(if any):**

ACCA

Address:

8 Church Close, Northwood, Middlesex, HA6 1SG

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

ENCOURAGEMENT THROUGH THE ARTS AND TALKING

England & Wales - Charity number 1159712

Accounts

ENCOURAGEMENT THROUGH THE ARTS AND TALKING (ETAT)

Registered charity number 1159712

Annual Report of the Trustees

5 April 2023 to 4 April 2024

Encouragement Through the Arts and Talking (ETAT) was registered as a Charity (CIO) on 22 December 2014 and has now been operating for ten years. Our aim is to encourage the wellbeing of lonely and isolated people from a wide variety of age groups, backgrounds and abilities through artistic and social activities. Our first ETAT group meets in Pimlico, London. It is run by “Encouragers”, most of whom are volunteers, and the beneficiaries are known as “Friends”.

ETAT is still recovering from the effects of the Covid-19 epidemic. Most of our Friends were shielding and therefore forced to remain at home over the period, throwing them back into the loneliness and isolation that they had been experiencing before they joined the charity and adding fear to the mix.

However, a growing number of people are starting to venture forth to the Thamesbank Centre where ETAT’s sessions take place. Some of our older clients had sadly passed away during the pandemic, some had moved into residential care and many were still fearful of coming out and meeting with others. On a more positive note, we lost some younger Friends to study or work opportunities.

When people visit ETAT they are struck by the lively atmosphere, the creativity and the laughter. Our beneficiaries themselves frequently say that the opportunity to see the friends they have made at ETAT and to share experiences has been particularly helpful after the forced isolation of the pandemic.

ETAT is now fully operational once again, offering two sessions a week at the Thamesbank Centre, on Tuesdays and Thursdays. Around 40 Friends now attend regularly, with many more dropping in from time to time, and it is abundantly clear that our services are needed more than ever.

So many of those in our community who were already isolated and lacking in confidence before the pandemic have had their confidence further eroded.

Heightened levels of anxiety are still seen in many Friends and we are mindful of the importance of providing an environment in which they feel comfortable and safe and to offer activities that support them to come out of this very dark period and move forward.

The “encouragement” model invented by Dr Mary Catterall, which ETAT uses, is particularly helpful in this phase of recovery from the pandemic. We do not teach people in a formal sense but encourage and support them to be creative and to explore new artistic means of expression. Some Friends want to immerse themselves in art and learn new skills while others are happy in the first instance to just have a chat over a cup of coffee.

When one potential Friend came to visit, he said “I don’t do art”. Now he is a regular participant and creates wonderful woodwork, some of which will be on show at our Annual Exhibition.

ETAT’s activities were expanded last year to include pottery, which was a great success. It also brought in new members, mostly from sheltered housing, and the end products were exhibited at our Annual Exhibition which we were able to hold for the first time since the pandemic. We are indebted to Karen Turner for coming down from her new home in Cumbria to curate the exhibition.

This year we have brought in some new gifted artists with specific skills and have added activities such as textiles and sculpture to our sessions. We shall also be learning about film making through making a community film about loneliness and isolation under the auspices of Peabody and Make a Film in a Weekend. This film will be premiered at our Annual Exhibition. Karen is again very kindly coming to London to curate the Exhibition showcasing our work and this year it will be named “Make Do and Make Art” to reflect the current financial and emotional climate.

We shall also be taking a group of Friends to the Paddington Farm once again. This community farm in Glastonbury is a firm favourite with our Friends who have the opportunity to take a break in beautiful countryside and take part in rural activities including helping to look after the animals.

We have been under pressure to expand because of the amount of loneliness and isolation there is, especially on the high-rise estates of Central London. Now that our numbers are increasing and our financial position is robust, we are able at last to plan to open a further ETAT group on another site. To this end we are talking to a range of partner organisations, including the local

Social Prescribing teams, OpenAge, Westminster Almshouses and The Single Homeless Project, about where this second ETAT project should be based and asking them to refer to us individuals who they think might benefit from ETAT's work.

Current reserve levels are at a similar position to the year-end position of £68,000, with funding of £32,600 (primarily from the Trustees of Dr Mary Catterall Will Trust) having been received in the period since March 2024. Now that operations have returned to normal levels, we have budgeted for a reduction in reserves of c£30,000 for 2024/25, which reflects the increase in funding reserves that arose during the Covid shutdown. We will look at the budget requirements for 2025/26 when considering the planned expansion but the reserve position gives us confidence to plan for growth.

Grateful thanks are due once again to Peabody, who generously allow us to operate from the Thamesbank Centre free of charge. Enormous thanks also go to the Trustees of the Dr Mary Catterall Will Trust, who have given us significant funding once again, and to all those trusts, companies and individuals who have provided financial and in-kind support to ETAT.

Diane Yeo

Trustee



Receipts and payments accounts

CC16a

For the period from	06-Apr-23	To	05-Apr-24
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Grants	12,000	6,000	-	18,000	37,790
Legacy (including tax rebate)	33,256			33,256	33,217
Donations	2,677	-	-	2,677	2,207
Interest	1,363	-	-	1,363	516
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	49,296	6,000	-	55,296	73,730
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	49,296	6,000	-	55,296	73,730
A3 Payments					
Contractors	46,347	6,000	-	52,347	37,335
Fund raiser fees	1,805		-	1,805	2,475
Accountancy fees	225		-	225	225
Gift cards	-		-	-	190
Refreshments	1,618		-	1,618	1,435
Materials	1,034		-	1,034	1,533
Repairs	104		-	104	-
Insurance	370		-	370	360
Bank charges and similar	60		-	60	72
Travel costs	25		-	25	56
Theatre trip			-	-	20
Domain and internet charges	235		-	235	67
Sundries	83		-	83	-
Sub total	51,906	6,000	-	57,906	43,768
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	51,906	6,000	-	57,906	43,768
Net of receipts/(payments)	- 2,610	-	-	- 2,610	29,962
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	70,728			70,728	40,766
Cash funds this year end	68,118			68,118	70,728

Categories

B1 Cash funds

Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
Bank funds	67,968	-	-
Cash funds	150	-	-
	-	-	-
Total cash funds	68,118	-	-
(agree balances with receipts and payments account(s))			

B2 Other monetary assets

Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

B3 Investment assets

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-

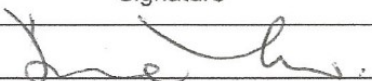
B4 Assets retained for the charity's own use

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
Computer	454	-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

B5 Liabilities

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		-	
		-	
		-	
		-	
		-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	DIANE YEO	21.1.25



Section A Independent Examiner's Report

Report to the trustees

ENCOURAGEMENT THROUGH THE ARTS AND TALKING

On accounts for the year ended

5TH APRIL 2024 Charity no (if any) 1159712

Set out on pages

2 TO 3 HEREWITH

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

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

Independent examiner's statement

[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. Delete [] if not applicable.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
the accounts did not accord with the accounting records; or
the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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

* Please delete the words in the brackets if they do not apply.

Signed: [Signature]

Date: 18.12.24

Name: LAURA M. MCKEOWN

Relevant professional qualification(s) or body

FCCA

(if any):

--

Address:

2 THE GRANARY, SANDLOW GREEN FARM
HOLMES CHAPEL ROAD, HOLMES CHAPEL
CHESHIRE CW4 8AS

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

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ENCOURAGEMENT THROUGH THE ARTS AND TALKING

England & Wales - Charity number 1159712

Accounts

ENCOURAGEMENT THROUGH THE ARTS AND TALKING (ETAT)

Registered charity number 1159712

Annual Report of the Trustees

5 April 2022 to 4 April 2023

Encouragement Through the Arts and Talking (ETAT) was registered as a Charity (CIO) on 22 December 2014. Our aim is to encourage the wellbeing of lonely and isolated people of a wide variety of age groups, backgrounds and abilities through artistic and social activities. Our first ETAT group meets in Pimlico, London. It is run by “Encouragers”, most of whom are volunteers, and the beneficiaries are known as “Friends”.

ETAT took a while to recover from the effects of the Covid-19 epidemic. Most of our Friends were forced to remain at home over the period, throwing them back into the loneliness and isolation that they had been experiencing before they joined the charity and adding fear to the mix.

Once the doors to the Thamesbank Centre where we deliver ETAT reopened, people started to venture out once again, but it has taken a while to build up our numbers once again. Some clients had sadly passed, some had moved away and many were still fearful of coming out and meeting with others.

However, our numbers are steadily growing once more and although they have not yet reached pre-Covid levels the atmosphere is lively, creative and supportive. We are now seeing 35 Friends attend regularly and many more from time to time.

ETAT is now fully operational once again, offering two sessions a week at the Thamesbank Centre, on Tuesdays and Thursdays and it is abundantly clear that our services are needed now more than ever. So many of those in our community who were already isolated and lacking in confidence before the pandemic have had their confidence further eroded as they stopped going out and interacting with others.

Heightened levels of anxiety are still seen in many Friends and we are mindful that we need to provide an environment in which they feel comfortable and safe and to offer activities that support them to come out of this very dark period and move forward.

Our activities were extended this year to include Pottery, which was a great success. It also brought in new members, mostly from sheltered housing, and the end products were exhibited in our Annual Exhibition which we were able to hold for the first time since the pandemic. We have also brought in some very gifted new artists with specific skills to encourage such activities as screen printing, knitting, card making and woodwork in addition to our core activities.

We are now planning to open a further ETAT group in another part of Pimlico where there are high rise estates and a great deal of loneliness and isolation. We are talking to a range of partner organisations, including the local Social Prescribing team, OpenAge, Westminster Almshouses and The Single Homeless Project, about where this second ETAT project should be based and asking them to refer to us individuals who they think might benefit from ETAT's work.

Tragically Su Rawlins, who had been our deputy manager since ETAT's inception, died suddenly just before Christmas 2023 and our hearts go out to her family. We shall all miss Su enormously for her professionalism, her warmth and her friendship.

The financial position of ETAT remains robust, with funding support (particularly from Dr Mary Catterall's Trust and the Peabody Community Fund) being maintained at pre-pandemic levels thereby giving us a significant reserve. This allows us to consider the expansion of service provision mentioned above.

Current reserve levels are at a similar position to the year end position of c£72,000, with funding of £48,000 having been received in the period since March 2023. We will look at the budget requirements for 2024/25 when considering the proposed expansion but the reserve gives us confidence in the proposed strategy.

Grateful thanks are due once again to Peabody, who generously allow us to operate from the Thamesbank Centre free of charge. Enormous thanks also go to the trustees of the late Dr Mary Catterall, who have given us significant funding once again, and to those trusts, companies and individuals who have provided financial and in-kind support to enable us to continue our work over the last very testing year.

Diane Yeo

Trustee



CHARITY COMMISSION
FOR ENGLAND AND WALES

Encouragement Through the Arts and Talking

1159712

Receipts and payments accounts

CC16a

For the period
from

06-Apr-22

To

05-Apr-23

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Grants	16,000	21,790	-	37,790	16,284
Legacy (including tax rebate)	33,217			33,217	25,519
Donations	2,207	-	-	2,207	1,768
Interest	516	-	-	516	12
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	51,940	21,790	-	73,730	43,583
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	51,940	21,790	-	73,730	43,583
A3 Payments					
Contractors	15,545	21,790	-	37,335	34,911
Fund raiser fees	2,475		-	2,475	3,481
Accountancy fees	225			225	225
Gift cards	190		-	190	238
Refreshments	1,435		-	1,435	802
Materials	1,533		-	1,533	945
Insurance	360		-	360	360
Bank charges and similar	72		-	72	96
Rent	-		-	-	600
Travel costs	56		-	56	115
Theatre trip	20		-	20	-
Domain and internet charges	67		-	67	57
Property hire	-		-	-	1,103
Sub total	21,978	21,790	-	43,768	42,933
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	21,978	21,790	-	43,768	42,933
Net of receipts/(payments)	29,962	-	-	29,962	650
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	40,766			40,766	40,116
Cash funds this year end	70,728			70,728	40,766

	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds			
Bank funds	70,578	-	-
Cash funds	150	-	-
	-	-	-
Total cash funds	70,728	-	-
(agree balances with receipts and payments account(s))			

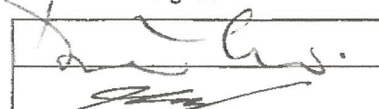

	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets			
Details	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			
Details		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			
Details			
Computer	454	-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			
Details		-	
		-	
		-	
		-	
		-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	DIANE LEO	19.1.24
	IAN CORPUZ	19.1.24



Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
ENCOURAGEMENT THROUGH THE ARTS AND TALKING

On accounts for the year
ended

5TH APRIL 2023	Charity no (if any)	115 9712
----------------	------------------------	----------

Set out on pages

2 TO 3 HERE WITH. (remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended DD / MM / YYYY.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

** Please delete the words in the brackets if they do not apply.*

Signed: Date:

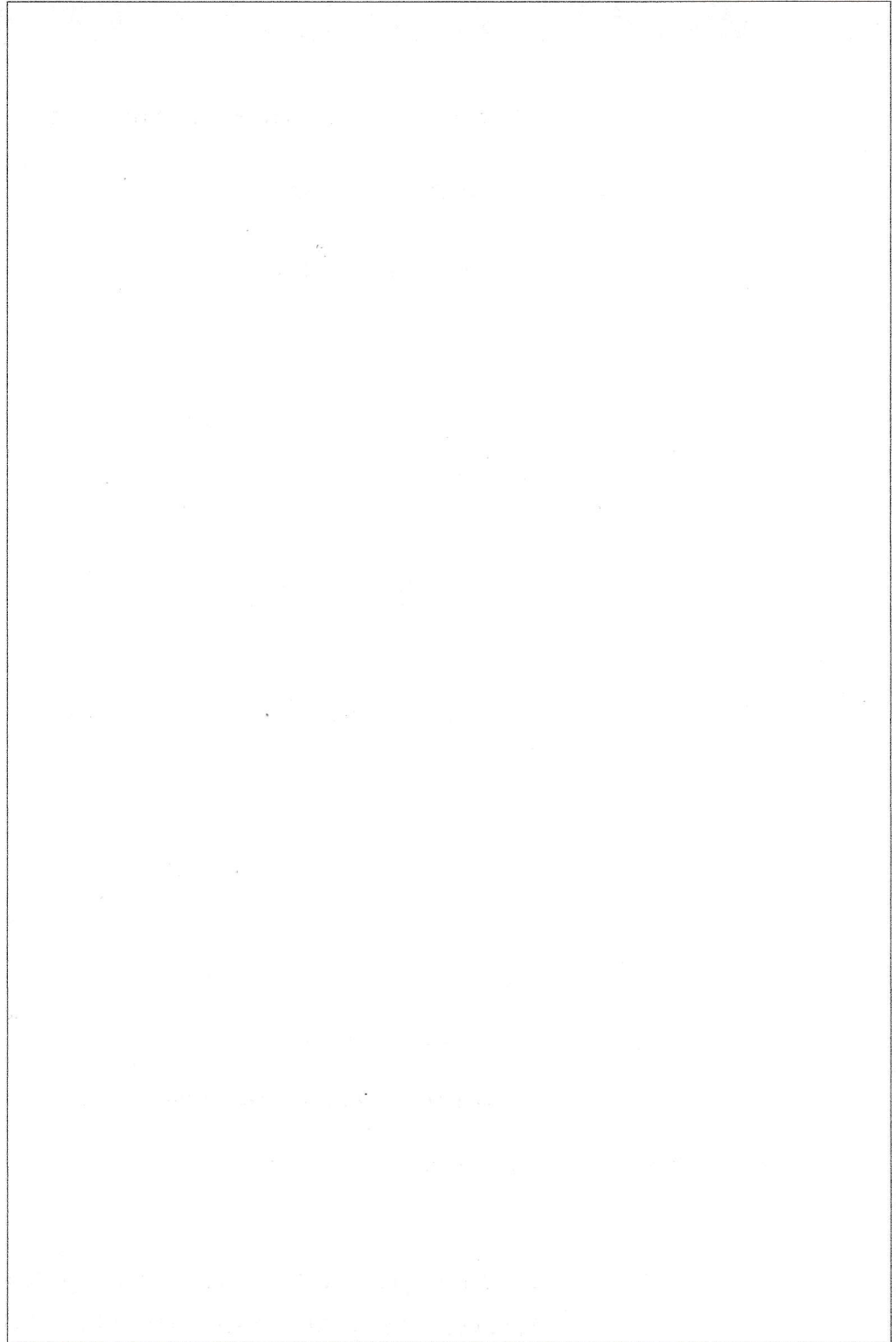
Name:

Relevant professional qualification(s) or body (if any):

Address:

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.



ENCOURAGEMENT THROUGH THE ARTS AND TALKING

England & Wales - Charity number 1159712

Accounts

ENCOURAGEMENT THROUGH THE ARTS AND TALKING (ETAT)

Registered charity number 1159712

Annual Report of the Trustees

6 April 2021 to 5 April 2022

Encouragement Through the Arts and Talking (ETAT) was registered as a Charity (CIO) on 22 December 2014. Our aim is to encourage the wellbeing of lonely and isolated people of a wide variety of age groups, backgrounds and abilities through artistic and social activities. Our first ETAT group meets in Pimlico, London. It is run by “Encouragers”, most of whom are volunteers, and the beneficiaries are known as “Friends”.

Following government guidance, the doors to the Thamesbank Centre where we deliver ETAT remained closed until May 2021 when we began meeting in person once again and because the weather was good we had the luxury of running sessions from the Thamesbank Centre garden. This had the added benefit of encouraging our Friends, some of whom were anxious about returning to an indoor setting, to try ETAT again. These sessions were mostly social, interspersed with arts activities, but by August we were welcoming a growing number of people each week. During this time one of the projects that Friends took part in, and of which they were particularly proud, was the decoration of ‘Foundation Stones’ for inclusion in the foundations of the UK Holocaust Memorial.

Sadly, a number of Friends passed away during Covid-19. One of the most poignant losses was that of Ruby, 97, who was one of the very first people ever to attend ETAT. Other regulars’ lives have been severely impacted by the pandemic. Some moved into full-time care or lost all confidence and no longer wanted to leave their homes. These losses and changes mean that there have been fewer Friends attending ETAT sessions.

However, more positively, the loss of Ruby also inspired a new project that focused on collecting life stories, to ensure that all our Friends record something of their own histories. During these rather dark times we wanted to shine a spotlight on how everyone's story is unique, special and of value to others. These sessions saw our Friends engage in a range of activities using the spoken word, creative writing, painting and drawing to share their life stories.

We are now fully operational and back to offering two ETAT sessions a week at the Thamesbank Centre, on Tuesdays and Thursdays. Whilst the number of Friends attending ETAT has reduced since pre-pandemic days, it is abundantly clear that our services are needed now more than ever. So many of those in our community who were already isolated and lacking in confidence before the pandemic have had their confidence further eroded as they stopped going out and interacting with others. We also see heightened levels of anxiety in many Friends. We are therefore mindful that we need to provide an environment in which they feel comfortable and safe and to offer activities that support them to come out of this very dark period and move forward.

Due to the setbacks that the pandemic has caused for us at ETAT, we are not planning to establish any further ETAT groups in other locations this year. Fortunately, our principal funders understand this and are willing to support us into the future. For the present we are focusing on increasing the number of people who attend our current sessions and actively reaching out into the community to engage individuals who may not have heard of us but who could benefit from ETAT's activities.

With that in mind we have held some open days and are talking to a range of partner organisations, including the local social prescribing team, OpenAge, Westminster Almshouses and The Single Homeless Project, about referring individuals who they think might benefit from ETAT's work.

Grateful thanks are due once again to Peabody, who generously allow us to operate from the Thamesbank Centre free of charge. Enormous thanks also go to the trustees of the late Dr Mary Catterall, who have given us significant funding once again, and to those trusts, companies and individuals who have provided financial and in-kind support to enable us to continue our work over the last very testing year.

As a consequence of the generosity of our supporters, the financial position of ETAT is very stable. Reserves as the year end 5 April 2022 stood at £40,642, which reflects c70% of annual running costs.

An increase in the funding from Dr Catterall's Trust by £10,000 to £30,000pa was received and reserves now currently stand at £68,000 as at 31 December 2022. This position allows us to look forward to 2023 as a year of consolidation and, hopefully, an expansion of the ETAT offering to an increasing number of Friends.

Diane Yeo

Trustee



Receipts and payments accounts

For the period from	06-Apr-21	To	05-Apr-22
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Grants	6,400	9,884	-	16,284	34,023
Legacy (including tax rebate)	25,519			25,519	20,000
Donations	1,768	-	-	1,768	1,633
Gift Aid	-			-	256
Interest	12	-	-	12	5
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	33,699	9,884	-	43,583	55,917
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	33,699	9,884	-	43,583	55,917
A3 Payments					
Contractors	25,377	9,534	-	34,911	28,614
Fund raiser fees	3,706		-	3,706	1,606
Gift cards	238		-	238	-
Refreshments	802		-	802	686
Materials	595	350	-	945	822
Insurance	360		-	360	345
Bank charges and similar	96		-	96	69
Rent	600		-	600	-
Travel costs	115		-	115	53
Printing and stationery	-		-	-	51
Domain and internet charges	57		-	57	57
Property hire	1,103		-	1,103	-
Sub total	33,049	9,884	-	42,933	32,303
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	33,049	9,884	-	42,933	32,303
Net of receipts/(payments)	650	-	-	650	23,614
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	40,116			40,116	16,502
Cash funds this year end	40,766	-	-	40,766	40,116

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank funds	40,753	-	-
	Cash funds	13	-	-
		-	-	-
	Total cash funds	40,766	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

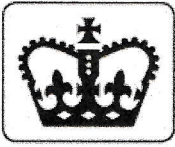
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	Computer	454	-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name

ENCOURAGEMENT THROUGH THE ARTS AND TALKING

**On accounts for the year
ended**

5TH APRIL 2022

**Charity no
(if any)**

1159712

Set out on pages

2 TO 3 HERewith

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended DD / MM / YYYY.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

** Please delete the words in the brackets if they do not apply.*

Signed:

Z. M. McEown

Date:

23-12-2022

Name:

LAURA M. MCEOWN

**Relevant professional
qualification(s) or body
(if any):**

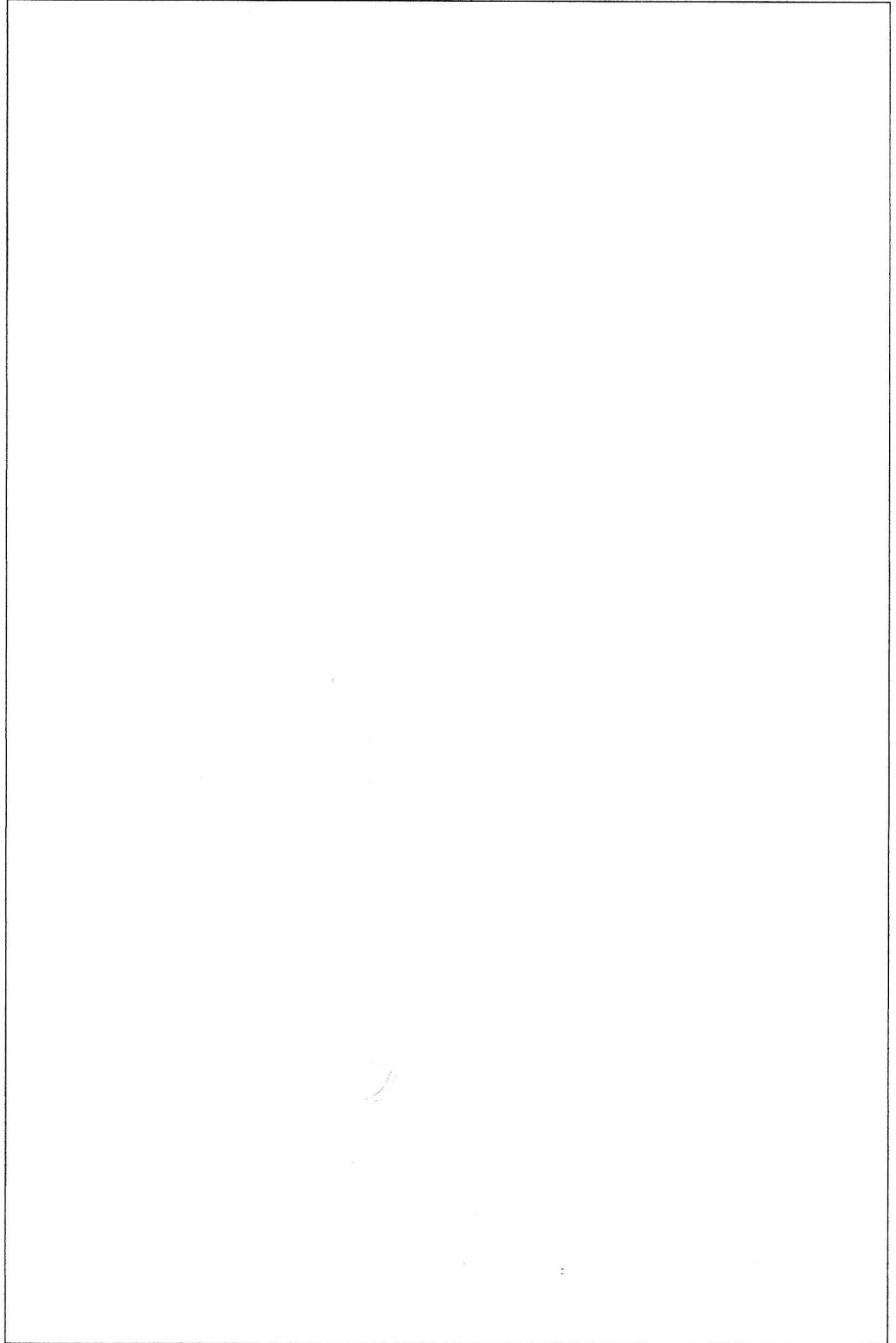
FCCA

Address:

2 THE GRANARY, SANDLOW GREEN FARM
HOLMES CHAPEL ROAD, HOLMES CHAPEL
CHESHIRE CW4 8AS

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.



ENCOURAGEMENT THROUGH THE ARTS AND TALKING

England & Wales - Charity number 1159712

Accounts

ENCOURAGEMENT THROUGH THE ARTS AND TALKING (ETAT)

Registered charity number 1159712

Annual Report of the Trustees

5 April 2020 to 4 April 2021

Encouragement Through the Arts and Talking (ETAT) has had a second challenging but ultimately fulfilling year.

ETAT was registered as a Charity (CIO) on 22 December 2014. Our aim is to encourage the wellbeing of lonely and isolated people of a wide variety of age groups, backgrounds and abilities through artistic and social activities. Our first ETAT Group meets in Pimlico, London. It is run by “Encouragers”, most of whom are volunteers, and the beneficiaries are known as “Friends”.

Following government guidance, the doors to the Thamesbank Centre where we deliver ETAT have mostly remained closed since March 2020. Throughout the Covid-19 pandemic we have retained one part time worker who, supported by volunteer Encouragers, has kept in touch with all our Friends, providing regular phone calls to see how they are and to ensure they have medical and food supplies and are aware of additional support available to them. In addition, our Encouragers have distributed ETAT arts folders which include a variety of art materials and activities aimed at encouraging our Friends to stay creative and keep occupied at home.

In October we had a brief window of opportunity between lockdowns when Friends were welcomed back to ETAT. During those sessions, we engaged them in a range of arts activities including painting, making wind chimes and producing a Remembrance Day display of poppies using crafting skills including lino printing.

Friends were understandably slow to return. Many were fearful about meeting indoors, albeit in a well-aired, fully sanitised space in which social distancing was taken extremely seriously. Others could not wait to come back, and we were really pleased that 18 individuals benefited from ETAT’s activities during this short but valuable time.

Since then, we have been working hard to find innovative ways to engage our Friends in activities that stimulate their minds and relieve some of the intense isolation that many are now feeling. We have developed stronger partnerships with other organisations in the community, such as the Abbey Centre and Open Age, and we believe that, going forward, these new partnerships will help to ensure that even more lonely and isolated people will be able to benefit from ETAT’s work.

Leading up to Christmas, some of our Friends took part in our first Zoom activity. Organised by Open Age and The Old Vic, they sang and signed 'The Twelve Days of Christmas' together with new Friends from across the City of Westminster.

Throughout the Covid-19 pandemic our main task has been to keep our Friends happy and occupied. We telephone them regularly, make sure they have food and medicines, put them in touch with one another and encourage them to work on their packs of art materials to create works of art for future exhibition.

Now, with the outline of a road map opening up in front of us, we are planning how to resume face to face activities. We are really keen to ensure that those who have been shielding as well as those who have been self-isolating can engage with ETAT once again as it is clear that this period has had a huge impact on their quality of life.

We need to create a 'new normal' at ETAT, with smaller groups and shorter sessions to ensure that we can accommodate everyone safely. Our arts Encouragers will support Friends to reflect their experiences during the pandemic, using a range of media including the spoken word and visual arts and leading to an exhibition as soon as regulations allow.

During this difficult period, we have, thankfully, continued to be supported by generous grants and donations. Our running costs were reduced in line with the reduction in operations. As a result, we have sufficient funds in place for the continued operation of ETAT for Financial Year 2021-22 and will be aiming to have a financial reserve of between 4-6 months' costs at the end of Financial Year 2021-22.

Grateful thanks are due once again to Peabody, who are working hard to enable us to return to Thamesbank Centre. Enormous thanks also go to the trustees of the late Dr Mary Catterall who have given us generous three-year funding and to those trusts, companies and individuals who have provided financial and in-kind support to enable us to continue our work over the last very difficult year.

Diane Yeo

Trustee



Receipts and payments accounts

CC16a

For the period from	06-Apr-20	To	05-Apr-21
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Grants	16,000	18,023	-	34,023	22,850
Legacy	20,000			20,000	20,000
Donations	1,633	-	-	1,633	5,069
Gift Aid	256			256	434
Interest	5	-	-	5	13
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	37,894	18,023	-	55,917	48,366
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	37,894	18,023	-	55,917	48,366
A3 Payments					
Contractors	11,894	16,720	-	28,614	50,769
Fund raiser fees	1,606		-	1,606	2,534
Consultancy	-		-	-	540
Cost of fund raising events			-	-	4,279
Refreshments	233	453	-	686	
Materials	495	327	-	822	
Insurance	345	-	-	345	345
Bank charges and similar	69	-	-	69	158
Repairs	-	-	-	-	21
Travel costs	33	20	-	53	573
Printing and stationery	51	-	-	51	326
Domain and internet charges	57	-	-	57	180
Property hire			-	-	1,500
Sub total	14,783	17,520	-	32,303	61,225
A4 Asset and investment purchases, (see table)					
Purchase of computer	-	-	-	-	454
	-	-	-	-	-
Sub total	-	-	-	-	454
Total payments	14,783	17,520	-	32,303	61,679
Net of receipts/(payments)	23,111	503	-	23,614	- 13,313
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	16,502			16,502	29,815
Cash funds this year end	39,613	503	-	40,116	16,502

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank funds	39,489	503	-
	Cash funds	124	-	-
		-	-	-
	Total cash funds	39,613	503	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	Computer	454	-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

ENCOURAGEMENT THROUGH THE ARTS AND TALKING

**On accounts for the year
ended**

5TH APRIL 2021

**Charity no
(if any)**

1159712

Set out on pages

2 TO 3 HEREWITH

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended

**Responsibilities and
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

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- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

** Please delete the words in the brackets if they do not apply.*

Signed:

Z. M. McKeown

Date:

15-10-2021

Name:

LAURA M MCKEOWN

**Relevant professional
qualification(s) or body
(if any):**

FCCA

Address:

2 THE GRANARY, SANDLOW GREEN FARM
HOLMES CHAPEL ROAD, HOLMES CHAPEL
CHESHIRE CW4 8AS

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

