

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

CC16a

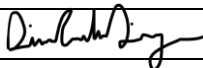
Receipts and payments accounts

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