



TRUSTEES' ANNUAL REPORT (April 21 – March 22)

Borderline Arts

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Address: 119 Osmaston Rd
Derby, DE1 2GD

Charity Number: 1160324



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TRUSTEE AND CHARITY INFORMATION

Charity Name: BORDERLINE ARTS (CIO)

Other names charity is known by: BORDERLINE

Registered Charity Number: 1160324

Charity Address: 119 Osmaston Rd, Derby, DE1 2GD

Names of the charity trustees who manage the charity:

Trustee Name	Office/Role	Dates if not acted for whole year
Sarah Eley	Founder/Coordinator	N/A
Kevin Bagshaw	Chairperson	N/A
Jill Broughton	Adviser	N/A
Pauline Shephard	Secretary	N/A
Lesley Edwards	Treasurer	N/A
Lisa Ceranic	Volunteer Coordinator	N/A
Victoria Vaughan	Web/Admin & Workshop support	N/A

Name of chief executive or names of senior staff members (Optional information):

There are no paid staff working for the charity

DESCRIPTION OF THE CHARITY'S TRUSTS

Type of governing document: Constitution

How the charity is constituted: Charitable Incorporated Organisation

Trustee selection methods: Trustees are appointed during the year as required by decision of the trustees in office.

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- *Policies and procedures adopted for the induction and training of trustees;*
- *The charity's organisational structure and wider network with which the charity works;*
- *Relationship with any related parties;*
- *Trustees' consideration of major risks and the system and procedures to manage them*

All trustees give of their time and expertise voluntarily. Trustees do not receive any remuneration or benefits

OBJECTS OF THE CHARITY

Summary of the objects of the charity set out in its governing document

1. To promote and protect the Physical and Mental Health of Sufferers of Borderline Personality Disorder (BPD) and their relatives, dependants and carers through the provision of support, education and practical advice.
2. To advance the education of the general public in all areas relating to BPD, in particular by the provision of training and raising public awareness of BPD.

"Can't believe how lucky I am to live in the same city as the one UK charity for BPD!!"
Art Group Member

ADDITIONAL DETAILS OF OBJECTIVES AND ACTIVITIES *(Optional Information)*

You may choose to include further statements, where relevant, about: policy on grant-making, policy programme related investment and contribution made by volunteers.

A huge contribution is made by member volunteers with their valuable contribution of time and energy and expertise. Without this commitment the Charity would not have been able to achieve so much in this period.

ACTIVITIES CARRIED OUT

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

In planning our activities for the year we kept in mind the Charity Commission guidance on public benefit at our trustees' meetings. The focus of our activities is to raise awareness of Borderline Personality Disorder (BPD) with the general public and provide support for people living with BPD and their carers through education, training and practical advice.

It's been another unusual year, to say the least! But although it's been challenging, we were able to continue to work from home and to support those with BPD and connect with our volunteers and group members virtually, as outlined below. By March 2022, we were finally in a place to be able to plan our move back into the office – aiming to safely return in May 2022!

During the year we ran the following activities:

ONLINE CREATIVE GROUPS (ON ZOOM)

Bi-monthly Art Group:



Our Art Group (which also continued online) is a space for individuals with Borderline Personality Disorder (BPD) to come together and engage in creative activities, with a focus on exploring, expressing and celebrating the positive aspects of ourselves and our lives. No Artistic 'skill' or experience is needed.

Workshops were varied, including making encouragement boxes, creating art to remind us of our coping mechanisms and exploring drawing techniques to represent the animal we felt most reflected our personality (Left).

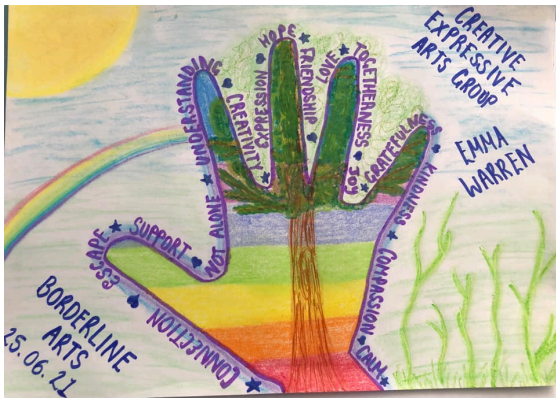
For more information, please head to: www.borderlinearts.org/artgroup

Monthly Writing Group:

We continued to run our Writing Group for adults with BPD online. This was facilitated by Pippa (an experienced writer and poet, who happens to also have BPD). Creative writing helps those of us with BPD to express ourselves as individuals, manage our emotions and much more. Through games, writing exercises, discussion etc. participants gain experience and confidence in using creative writing as a tool for escapism, fun and self-expression.

For more information, please head to: www.borderlinearts.org/writinggroup

Creative Expressive Group:



We also ran a series of 6 creative sessions between April and June 2021, again for those who are 18+ and are diagnosed with BPD/EUPD.

These ran in addition to our usual art and writing groups and were run by a third year student on placement with us from the University of Derby.

Sessions included creative movement sessions and some drama activities as well as visual arts.

The plan to move groups back to 'in-person' groups

Throughout the year, facilitating sessions remotely became more of a strain, as it limited the creative activities we could do due to service users not having their own materials. On a positive note, it enabled participants to join us from across the world including from Australia and Malaysia. However, as 'Zoom Fatigue' really set in and people became busier, attendance began to drop.

After consulting group members for their feedback and preferences, we began to work towards safely moving groups back to being 'in-person' – starting in May 2022. We also planned to change the group from running on a bi-monthly basis to running on a monthly basis instead.

BPD AWARENESS MONTH 2021

This year, for BPD Awareness Month (May 2021), we opted to raise awareness online again, due to the pandemic! We ran a Zoom Q&A and posted daily on all our social media accounts...

Zoom Q&A:
Living with Borderline Personality Disorder

As part of BPD Awareness Month, we are holding a Zoom Q&A for people to come along to with questions they may have about BPD!

It will be an educational forum for people who do not have BPD/EUPD, but have a genuine interest in sensitively understanding more about the condition.

It will be an informal, but fairly structured session based on questions that have been submitted in advance, rather than a general open discussion about BPD/EUPD.

When: Monday 31st May from 7-8pm

The evening will start with Sarah (our founder) introducing herself and giving a quick overview about when she was diagnosed, then she will answer any questions that have been sent to us prior to the session. Then if anyone has questions throughout the session, she'll attempt to answer those too, time permitting. We're potentially going to have a couple of other people with BPD joining Sarah to share their experiences too - watch this space.

Please head to www.borderlinearts.org/bpdam21 (and scroll down to the bottom of the page) for more information about how to sign up for this event

DISCLAIMER: There may be some discussion around topics such as self-harm/suicide etc, so we want to ensure that anyone who attends is aware of this & feels confident this will not trigger them in any way.

www.borderlinearts.org
Reg Charity: 1166324

Zoom Q&A

On 31st May 2021, we hosted a Zoom Q&A Meeting.

This was for people who do not have BPD/EUPD, but want to hear more about what it is, its causes, symptoms, the reasons beneath the symptoms/behaviours and how to support someone with the condition.

It was a chance for participants to learn more about BPD/EUPD from the perspective of someone who lives it on a daily basis, alongside medical/scientific information.

It was led by our founder, Sarah, who gave a brief overview BPD and answered any questions participants had about the condition, based on medical/scientific information alongside her own personal experience.

GOING INTERNATIONAL

Sarah (Founder) was invited to be the keynote speaker at the 15th International Conference on the Treatment of Personality Disorders in Australia.



Online

15th International Conference on the Treatment of Personality Disorders

Theme: "CREATIVE RECOVERY"

Pre-Conference: Thursday 4 November 2021

Scientific Conference: Friday 5 November 2021

Clinical Workshop: Saturday 6 November 2021

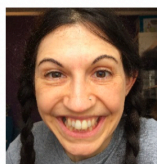
Attending the conference this year will be online - live streamed with interactive discussion sessions. Registration is essential and there is flat rate to attend online, and all delegates have access to the online conference recordings for one month following the event. Presentations and attendees from across the world are welcome.

The **conference** took place in November 2021, online, due to the pandemic. It was well attended and very well received.

Sarah gave her keynote speech 'Using Creativity and Lived Experience of BPD to Raise Awareness, Reduce Stigma, and Empower others with the Condition'.

She was also a panel member at the conference's Consumer, Family and Carer day.

Friday Conference Keynotes



Sarah Eley (UK): "Borderline Arts: harnessing lived experience to create art for recovery" Sarah Eley is founder and coordinator of Borderline Arts (borderlinearts.org). Borderline Arts is a not-for-profit charity based in Derby UK established in March 2013. Sarah has lived experience of BPD and was motivated to create Borderline Arts to reduce stigma and create positive change to support people to understand and feel more understood. Borderline Arts facilitates creative workshops, exhibits art and is working on creating a film - all of which aim to raise awareness and break down stigma surrounding Borderline Personality Disorder (BPD).

Neil Springham (UK): "Art as therapy: scientific evidence and principles of practice in the treatment of personality disorder"

Dr Neil Springham is Director of Therapies at Oxleas NHS Foundation Trust, UK. Since training in the 1980s, Dr Springham has worked in adult mental health, addictions and now specialises in services for people diagnosed with personality disorder. He was a course leader at the Unit of Psychotherapeutic Studies, Goldsmiths College, co-founded the UK Art Therapy Practice Research Network and was twice elected chair of British Association of Art Therapists. He founded ResearchNet, a service user and provider collaboration which develops co-produced research in mental health. He has published and lectured internationally and is the world's most extensive writer on BPD and Art Therapy.



Giles Newton-Howes (NZ) "Agency and autonomy in Borderline Personality Disorder"

Dr Giles Newton-Howes is Associate Professor at the University of Otago, New Zealand (Aotearoa) and the incoming president of the International Society for the Study of Personality Disorders (ISSPD). He is a psychiatrist and academic with an enduring interest in personal disorder and the intersection of personality and other mental distress. He trained in medicine in New Zealand and psychiatry in the UK before returning to New Zealand. He works clinically in a regional personality disorder service with a catchment area of about a million people. At the University of Otago (Wellington) his research spans personality, philosophy and addictions, with an increasing focus on the intersection of these three areas. He is one of the systematic reviews editors of the British Journal of Psychiatry and sits on the board of the British Journal of Psychiatry and The Psychiatrist and an accredited examiner for the RANZCP.

FUNDRAISER

Virtual 5km / 10km Fundraiser

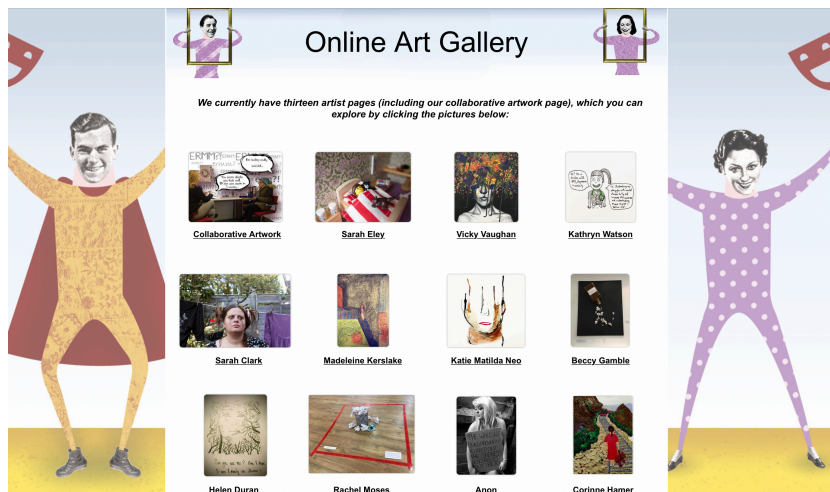


We would like to say a **massive thank you to all those who took part in our virtual run (or walk)!**

20 People took part, from age 6 up to age 75, from as far afield as Belgium! Their efforts raised over £300.

Thank you to everyone who took part or donated! We are incredibly grateful to you all!

ONLINE ART & WRITING GALLERIES



We have continued to run our ongoing online project, in which we invite adults with BPD (anywhere in the world!) to create and submit piece/s of writing or pieces of art expressing their experience of life with BPD.

We then add it to our online galleries.

But what is the purpose of these galleries? Read below to find out:

The Galleries:

- **Showcase, promote & celebrate** the creative work of those diagnosed with BPD
- **Empower** adults with BPD to raise awareness of the condition
- Help **raise awareness** and **tackle the stigma** of BPD

You can find out more or browse the writing gallery [here](#) or browse the art gallery [here](#).

We have also been working towards launching an online Music Gallery – making contacts with musicians with BPD etc. We are aiming to launch this in March 2023 (to coincide with our 10 Year Anniversary), so watch this space!

MAIN ACHIEVEMENTS DURING THE YEAR

Summary of the main achievements of the charity during the year

Creative Educational Workshops

Borderline Arts has run a series of successful, fully subscribed workshops over the past several years. There is currently no other BPD-specific training available in the UK, so this project is an important and vital starting point for educational development about BPD.

Our Creative Educational Workshops raise awareness and reduce stigma surrounding Borderline Personality Disorder (BPD). The workshops are interactive and engaging. We try to include a facilitator who has a diagnosis of BPD for genuine feedback and Service User expertise. Each participant is given an information handbook and a certificate to take home.

Unfortunately, due to Covid restrictions, we have been unable to continue running these workshops on a regular basis for NHS staff working at Acute Psychiatric Units (Radbourn Unit and Hartington Unit) in Derbyshire. We did, however, manage to run a version of the workshop online for MA Social Work Students at The University of Nottingham.

Our workshops enable participants to:

- * Express their personal thoughts and feelings about BPD.
- * Learn more about the condition.
- * Learn ways to sensitively relate to someone with BPD.

People who've attended have said that the workshop has increased their:

- Understanding of the complexity in which the condition affects those with BPD.
- Confidence in supporting those with BPD, practically and emotionally.

"Thank you so much for your fabulous session; it was such a great learning experience. The combination of instructional content, role play, open discussion and of course creativity worked so well. The students really valued it and it transferred to the online format just fine".

Bi-Monthly Art Group for Adults with BPD

This is a free bi-monthly group for individuals with BPD to come together and engage in creative activities.

The group is free of charge to ensure it is accessible to all those with BPD, as many are on benefits or low income and would otherwise struggle to attend and participate.

As mentioned earlier, we have been running this group on Zoom throughout the past year due to enable us to continue to reach out to those with BPD through the pandemic.

'Really enjoyed being able to take part today. It's been nice to somewhat feel connected to the outside world whilst being stuck at home. Thank you! Stay safe everyone!'

(Art Group participant)

Our Art group is not a therapy group to explore difficulties, but rather a space to focus on positive elements of ourselves and our lives. We create art to explore/express themes such as our qualities, interests, quirks, happy memories, healthy relationships etc.

We have chosen these themes, because many of us with BPD struggle to know who we are outside of the BPD label. Much of the time we can even feel that we are 'innately bad'.

We want to strengthen the realisation that the diagnosis of BPD is essentially a list of (often overwhelming) difficulties we are faced with, but that it does not define who we are!

The group offers a chance for participants to have fun, connect with others and use creativity to build up a more positive self-image, sense of identity and resilience.

"Today I am so thankful for the kindness of strangers on the other side of our planet. I was lucky enough to be welcomed into Borderline Arts' online art group, located in Derby, UK. So, while Australians slept early this morning, I was in a Zoom group with a bunch of amazing humans with whom I shared something in common. It's the first time I've made art with my hands since I entered isolation 26 days ago. They were so warm and welcoming. Art connects, heals, soothes and strengthens us. Thanks so much to Borderline Arts, especially to Sarah, their coordinator!"

(Art Group participant)

Monthly Writing Group for Adults with BPD

This is a free monthly group for individuals with BPD to come together and engage in creative writing and socialise in a relaxed and fun environment. As with the Art group, we have been running these sessions online through the pandemic.

"I always enjoy the free writing and the fact you can interpret it however you want".

(Writing Group participant)

These sessions include games and creative writing activities and the opportunity to share with the group if you want to. The aim of the group is to facilitate an opportunity for adults with BPD to use creative writing as a tool for escapism and self-expression. Most importantly, the group offers a chance for like-minded people to gather in a safe environment, socialise, and have fun.

Fundraising/Awareness Events

We ran several fundraising events throughout the year, including the 5km/10km virtual run. Thank you SO much to all who've supported us and/or donated. We are the ONLY charity in the UK specifically focussing on Borderline Personality Disorder (BPD) - a severe mental health condition, and we are a very small charity! The amount raised will make a massive difference to us in raising awareness and fighting the stigma of BPD and improving support and social inclusion for people with the illness - watch this space!

Raising awareness via our website

Our [website](#) is a useful first port of call for anyone wanting to know all about BPD and what we are doing. We are aware that we have online visitors from all over the world, so it's a really important part of what we do.

Many people with BPD have told us that simply seeing the website and knowing there are people out there who understand BPD and are 'fighting for them' has really helped them feel less alone.

Lots of people who don't have BPD have shared how useful the website and articles are to them in gaining further understanding of the illness and how to support those with the condition.



Additionally, we offer the opportunity to those with BPD across the world to have their artwork or writing showcased. The purpose of this is to raise awareness from a variety of personal experiences and to celebrate their talent.

"Thanks for putting together such a fantastic website – I love it, it's really helpful, informative and inspiring and the art and writing there has made me feel much less alone. I believe what you are doing is very valuable to a lot of people".

"Very professional and informative - a great resource for accurate, comprehensive and up-to-date information on BPD".

Throughout the year, we've added to our [website](#). There's a lot on there, but just to give an idea of a few aspects of the site, you can:

- Find out more [information](#) and [articles](#) about BPD
- Read about [our volunteers](#) and [volunteering with us](#)
- Check for [upcoming workshops](#)
- Browse the [art galleries](#) and [writing galleries](#)

...and much more!

FINANCIAL REVIEW

Brief statement of the charity's policy on reserves

Cash reserves are regularly reviewed. The Charity holds sufficient cash to cover at least 3 months office costs and planned events and to meet any unforeseen expenditure that may occur.

Details of any funds materially in deficit

Not applicable

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- The charity's principal sources of funds (including any fundraising);
- How expenditure has supported the key objectives of the charity;
- Investment policy and objectives including any ethical investment policy adopted.

Yapp Charitable Trust: Successful Funding Application

We are **so grateful** to **Yapp Charitable Trust** for supporting us with **£3000**, being given to us in 3 increments of £1000 over 3 years. This is making a **HUGE difference** to us, enabling us to cover many of our basic costs, especially at this challenging time! We have currently just completed year 2 of the 3 years.

Fundraising/Reserves


We've been **overwhelmed by the support of so many people this year!** This has been a huge help for us as a small charity - especially during this pandemic - as we are unable to run our usual fundraising activities/events, and rely on donations to continue with our work.

Many people have also supported us through **online fundraisers, Paypal Giving Fund, giving donations, Easy Fundraising, Amazon Smile, Facebook birthday fundraisers**, and much more. We also raised a lot of money on Local Giving – through fundraisers and the Magic Little Grant of £500, for which we are very grateful. We're so thankful to every single person who has supported us in any way! **THANK YOU!**

The Charity regularly fund raises in order to provide funds to raise awareness of BPD with leaflets, an online presence with the Charity's website **www.borderlinearts.org**, Creative Educational workshops & Therapeutic Art Groups to name but a few.

We have total reserves of £7372, of which we have restricted funds of £2122 specifically for our film project. The board of trustees have also designated a further £4250 for the film project. The remaining £1000 is in general reserves, to cover up to 3 months expenses.

CHARITY ACCOUNTS (APRIL 20 – MARCH 21)

 CHARITY COMMISSION FOR ENGLAND AND WALES	Charity Name BORDERLINE ARTS		No (if any) 1166326		CC16a
	Receipts and payments accounts				
For the period from		Period start date 01.04.2021	To 31.03.2022		

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					
Local Giving donations	1,459			1,459	229
Workshop income	100			100	850
Paypal Giving Fund	739			739	1,566
Donations & Easy Fundraising	1,259			1,259	481
Coffee morning/Afternoon tea events	-			-	-
Quiz	-			-	263
Trust Funds	1,000			1,000	1,000
Sub total (Gross income for AR)	4,557			4,557	4,389
A2 Asset and investment sales, (see table).					
Sub total	-			-	-
Total receipts	4,557			4,557	4,389
A3 Payments					
Rent	1,375			1,375	1,500
Insurance	298			298	290
Website & Computer costs	975			975	875
Subscriptions	96			96	96
Publicity & Printing	157			157	-
Office expenses inc. mobile phone	72			72	95
Volunteer expenses	-			-	-
Sub total	2,973			2,973	2,856
A4 Asset and investment purchases, (see table)					
Sub total	-			-	-
Total payments	2,973			2,973	2,856
Net of receipts/(payments)	1,584			1,584	1,533
A5 Transfers between funds					
A6 Cash funds last year end	3,666	2,122	-	5,788	4,255
Cash funds this year end	5,250	2,122	-	7,372	5,788

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 account - Nat West	5,250	2,122	-
				-
				-
				-
	Total cash funds	5,250	2,122	-
	(agree balances with receipts and payments account(s))			

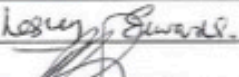
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	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			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	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
	Lesley Edwards	25.11.2021
	Kevin Bagshaw	25.11.2021

OTHER INFORMATION (OPTIONAL)

General information about the Borderline Arts Theatre Strand



The Theatre Strand of Borderline Arts creates and performs performing-arts pieces that convey what it is like to have BPD to raise awareness of and reduce stigma surrounding the condition, as well as reducing isolation of those with BPD, by showing them that they are not alone in their experience.

It provides a platform for people to take part in performances in a safe and encouraging environment, to help increase confidence and foster creativity.

We had been working on a script for a film that explores the different sides of BPD. The film is set in a Dialectical Behaviour Therapy (DBT) group - all the group members have BPD.

However, due to Covid and due to receiving the incredibly sad and shocking news that Debbie, (who had been working alongside Gav to write the script), had lost her battle with cancer, the script- writing was naturally put on hold for a while.

We are back on track with it now and **making great progress again**. Gav has completed Acts 1 & 2 and is working on Act 3. **We are aiming to call the film 'On The Borderline' – which will be an exciting collaboration with Smith & Smith Productions.**

For our focal characters, we will show **dramatized flashbacks** of the situations (based on real life BPD experiences) that they disclose in the DBT group.

The film will show the reality of life with BPD, as we see the characters' struggles as they learn to manage BPD symptoms in day to day life. But we will also see their unique qualities.

We see the friendships that develop in the group & their strength - both as individuals & as a group - in not letting BPD win. We are already falling in love with them & their quirky ways!

The film will premiere at Quad in Derby and a DVD will be produced! We also plan to develop an educational resource package to go alongside it (aimed at professionals & students working in medical/social services).

Our aim with this piece is to raise awareness and get people talking and asking questions about BPD, perhaps also challenging the current healthcare system, and ultimately showing that people with BPD are just people. We hope that this will really **make the reality of living with BPD come to life** and that the viewer will be able to **see, experience and understand of BPD in a new and deeper way**. We hope that this will also offer hope and reassurance to those watching who have BPD themselves.

We're very excited about this project's potential to increase awareness and to decrease stigma & feelings of isolation. Watch this space for more information!

TRUSTEE DECLARATION

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees:

Full name(s):

Lesley Elizabeth Edwards

Position (eg Secretary, Chair, etc):

Treasurer

Date:

17th January 2023

Signature:



Full name(s):

Kevin Bagshaw

Position (eg Secretary, Chair, etc):

Chair

Date:

17th January 2023

Signature:

