

# ART IN MIND BRIGHTON

England & Wales · Charity number 1165326

## Details

---

Other names	AIM, ART IN MIND
Status	Registered
Legal form	CIO
Registered	2016-01-27
Register	<a href="#">View on the Charity Commission register</a>

## Contact

---

**Address** Cornerstone Community Centre  
Church Road  
Hove  
East Sussex  
BN3 2FL

**Phone** 07981440322

**Email** [artinmindbton@gmail.com](mailto:artinmindbton@gmail.com)

**Website** [www.artinmindbrighton.co.uk](http://www.artinmindbrighton.co.uk)

## Activities

---

**Objects:** (1) THE OBJECTS OF THE CIO ARE: THE ADVANCEMENT OF HEALTH AND RELIEF OF NEED FOR THOSE WHO ARE RECOVERING FROM MENTAL HEALTH ISSUES (THE "BENEFICIARIES") PARTICULARLY BUT NOT EXCLUSIVELY BY: A) SUPPORTING BENEFICIARIES THROUGH THE USE OF ART, PRIMARILY THROUGH WORKSHOPS AND TRAINING SESSIONS, AND THE PROVISION OF STUDIO SPACE FOR USE OF THE BENEFICIARIES; B) PROVIDING OTHER SUPPORT TO BENEFICIARIES SUCH AS ADVICE TO DEVELOP THEIR CAPACITY TO IDENTIFY AND MEET THEIR OWN NEEDS C) RAISING AWARENESS OF MENTAL HEALTH ISSUES AMONG THE PUBLIC.

**Activities:** Art in Mind has been running supportive mental health groups, workshops and training for people in recovery of mental health issues.

## Classification

---

- **How:** Provides Buildings/facilities/open Space, Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives, Arts/culture/heritage/science
- **Who:** Other Defined Groups

## Geography

---

- East Sussex
- West Sussex

## Finances

---

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£42,913	£40,660	-	-
2024-03-31	£38,005	£43,244	-	-
2023-03-31	£35,741	£37,004	-	-
2022-03-31	£52,127	£36,914	-	-
2021-03-31	£31,877	£31,798	-	-

## Trustees

---

Name	Role	Appointed
<b>Vanessa Kemp</b>	Chair	2025-09-02
Caroline Lovett		2018-06-22
Cleo Phillips		2023-04-01
Lara Robertsdottir Andrews		2025-10-15
Zack Stubbs		2025-10-15

**ART IN MIND BRIGHTON**

England & Wales - Charity number 1165326

---

# Accounts

---

**ANNUAL REPORT AND FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31ST MARCH 2025**

# **ART IN MIND**

(CHARITABLE INCORPORATED ORGANISATION)

**CHARITY REGISTRATION No: 1159856**

Independent Examiners Ltd  
The Grain Store  
Hills Barns  
Appledram Lane South  
Chichester, West Sussex  
PO20 7EG

# ART IN MIND

## CONTENTS

Page 3	Legal and Administrative Information
Pages 4 to 8	Trustee's Report
Page 9	Independent Examiner's Report
Page 10	Statement of Receipts and Payments
Page 11	Statement of Assets and Liabilities
Pages 12 to 14	Notes to the Accounts

# ART IN MIND

## LEGAL AND ADMINISTRATIVE INFORMATION

<b>REGISTERED CHARITY NUMBER</b>	1165326
<b>START OF FINANCIAL YEAR</b>	1st April 2024
<b>END OF FINANCIAL YEAR</b>	31st March 2025
<b>TRUSTEES AS AT 31ST MARCH 2025</b>	Nick Rodgers- Resigned on 02.09.2025 Lesley Kendall- Resigned on 02.09.2025 Caroline Lovett Cleo Phillips Lucy Hammarton - Resigned on 02.09.2025 Vanessa Kemp - Appointed on 02.09.2025 Zack Stubbs - Appointed on 15.10.2025 Lara R Andrews - Appointed on 15.10.2025

The existing trustees appoint any new trustees following the provisions laid out in the Charity's governing instrument.

**GOVERNING INSTRUMENT** CIO - Foundation Registered 27 Jan 2016

**OBJECTS** THE OBJECTS OF THE CIO ARE: THE ADVANCEMENT OF HEALTH AND RELIEF OF NEED FOR THOSE WHO ARE RECOVERING FROM MENTAL HEALTH ISSUES (THE "BENEFICIARIES") PARTICULARLY BUT NOT EXCLUSIVELY BY:

- A) SUPPORTING BENEFICIARIES THROUGH THE USE OF ART, PRIMARILY THROUGH WORKSHOPS AND TRAINING SESSIONS, AND THE PROVISION OF STUDIO SPACE FOR USE OF THE BENEFICIARIES;
- B) PROVIDING OTHER SUPPORT TO BENEFICIARIES SUCH AS ADVICE TO DEVELOP THEIR CAPACITY TO IDENTIFY AND MEET THEIR OWN NEEDS
- C) RAISING AWARENESS OF MENTAL HEALTH ISSUES AMONG THE PUBLIC.

**REGISTERED ADDRESS** Cornerstone Community Centre  
Church Road  
Hove  
East Sussex  
BN3 2FL

**INDEPENDENT EXAMINER** Zita Derbak  
Independent Examiners Ltd  
The Grain Store  
Hills Barns  
Appledram Lane South  
Chichester, West Sussex  
PO20 7EG

**ART IN MIND**  
**TRUSTEES' REPORT**  
**FOR THE YEAR ENDED 31ST MARCH 2025**

**Objectives and Activities**

The objects of the CIO are the advancement of health and relief of need for those recovering from mental health issues (the *beneficiaries*), particularly but not exclusively by:

- a. Supporting beneficiaries through art, primarily via workshops, training sessions, and the provision of studio space.
- b. Providing additional support, such as advice to help beneficiaries identify and meet their own needs.
- c. Raising public awareness of mental health issues.

---

**About Us**

Art in Mind's mission is to support young people experiencing mental health challenges through art. We believe that creative expression can significantly enhance well-being, foster resilience, and build self-esteem. Our work focuses on reducing social isolation and supporting young people in their recovery journey.

---

**Our Services**

Between 1st April 2024 and 31st March 2025, Art in Mind offered a wide range of services for young people aged 11–25, including:

- Weekly groups for ages 11–16
- Weekly groups for ages 16–25
- Volunteer support and training (*Learn How to Run Art Workshops*)
- Mental health and wellbeing workshops at Brighton Youth Centre, Youth Employment Hub, and Phoenix Arts Gallery
- The *Art in Mind Shop* showcasing artwork created by young people
- Art markets run by young people
- Film-making projects documenting young people's artwork, shared through social media campaigns

---

**Financial Review**

The financial results are set out in the financial statements.

Funds received in a year £42,913. Funds spent in a year £40,660.

Art in Mind historically has a very low level unrestricted funds.

Unrestricted funding is generated by sales from the online shop, workshops and donations. As Art in Mind's client group consists of young people living with crisis with few, if any surplus funds, raising unrestricted income from our service users is not viable.

During the year Art in Mind spent its entire unrestricted funds of £420, on the welfare of young people attending our groups. The organisation will continue to use its meagre unrestricted funds to help our services users in times of crisis.

Art in Mind aims to have one month reserve in the value of £3,500, this currently stand at £4,017.

## ART IN MIND

### TRUSTEES' REPORT (continued) FOR THE YEAR ENDED 31ST MARCH 2025

#### **Governance**

Art in Mind is governed by a Board of Trustees, who voluntarily manage the charity's strategic direction and overall governance.

#### **Trustees during the year:**

- Vanessa Kemp
- Cleo Philips
- Zack Stubbs
- Lara Robertsdottir Andrews
- Caroline Lovett

#### **Changes in trusteeship:**

Nick Rodgers and Lesley Kendall resigned during the year.

New appointments included Zack Stubbs, Lara Robertsdottir Andrews, and Vanessa Kemp.

The Trustees meet monthly to review financial and operational matters.

Art in Mind is an unincorporated charity governed by a constitution adopted on 27th January 2016. Strategic oversight rests with the Trustees, while day-to-day operations are delegated to staff and volunteers reporting to the Chair and Trustees.

---

#### **Aims and Purposes**

As recorded in our constitution, Art in Mind's primary purpose is to advance health and provide relief for individuals recovering from mental health issues through creative and artistic expression.

---

#### **Achievements and Performance**

Throughout the year, Art in Mind supported young people in improving their mental well-being through creative, supportive services.

#### **Key areas of impact include:**

##### **Improving Wellbeing**

- Weekly art groups and 50 mental health-focused workshops supported young people and volunteers aged 11–25.
- Findings from the Warwick-Edinburgh Mental Well-Being Scale (WEMWBS) showed that 100 young people experienced significant improvements, with many moving out of low mood by the end of the project.
- 94% of participants described Art in Mind as a safe and supportive space for recovery, reporting increased optimism, confidence, and resilience.

## ART IN MIND

### TRUSTEES' REPORT (continued) FOR THE YEAR ENDED 31ST MARCH 2025

#### Building Community Cohesion

- 60 volunteers helped deliver 50 community workshops, raising awareness of mental health and reaching over 500 young people.
- Workshops encouraged collaboration on art projects, strengthening teamwork, communication, and problem-solving skills.
- Creative sessions provided a therapeutic outlet for self-expression, boosting confidence and self-esteem.
- As a result, 15 volunteers secured employment and 40 progressed into further education through the *Learn How to Run Art Workshops* program.

---

#### Promoting Inclusion and Fairness

- The volunteer program supported young adults recovering from mental health challenges and those who had faced discrimination and marginalisation.
- Volunteers trained to deliver awareness workshops, with 94% reporting increased confidence and 82% feeling better equipped to manage their recovery.
- Social media campaigns reached an audience of over 20,000, showcasing young people's artwork to raise awareness of mental health.

---

#### Findings from Impact Assessment

- **Wellbeing:** Optimism increased from 5.5% at baseline to 48.8% by year-end, alongside significant growth in self-esteem and confidence.
- **Reduction in Emotional Distress and Isolation:** Participants reported a marked decrease in feelings of isolation and distress, with 84% showing improved overall mental health scores.

---

#### Volunteer Impact

During the review period, 60 young people volunteered with Art in Mind, gaining valuable skills and experience in delivering art workshops and promoting mental health awareness.

##### Key outcomes:

- 89% reported improved self-esteem
- 94% noted increased confidence
- 80% felt more empowered to manage their recovery

Additionally, 15 volunteers secured employment and 40 progressed into further education as a direct result of their involvement.

---

#### Service Evaluation and Feedback

Satisfaction with Art in Mind's services remains exceptionally high.

##### Feedback from participants:

- 91% felt listened to and understood
- 94% were satisfied with the service and would recommend it to others
- 93% agreed Art in Mind provided a safe space for recovery

## **ART IN MIND**

### **TRUSTEES REPORT (continued) FOR THE YEAR ENDED 31ST MARCH 2025**

#### **Conclusion and Recommendations**

This year's report demonstrates the significant impact Art in Mind has achieved in supporting the mental health and well-being of young people. Through creative expression, participants and volunteers have built essential life skills, strengthened community connections, and developed greater resilience.

Our continued success is driven by the dedication of trustees, staff, and volunteers. Looking ahead, the charity must prioritise securing sustainable funding and expanding its services to reach more young people in need.

#### **Key recommendations for future development:**

- Enhance tailored support for individuals with ASD and ADHD, supported by our application for Alternative Provision Education Status.
- Broaden opportunities for young people to grow their artistic and professional skills by developing and sustaining partnerships with Phoenix Arts Gallery, TTK Welfare Services, and BFEST
- Strengthen pathways into paid roles, with young people already delivering workshops and gaining facilitation experience through partnerships with Phoenix Arts Gallery, TTK Welfare and BFEST.

Art in Mind remains deeply committed to advancing recovery through creativity. We will continue to adapt and evolve in response to feedback and the changing needs of young people, ensuring our work remains relevant, inclusive, and impactful.

**ART IN MIND**

**TRUSTEES' REPORT (continued)  
FOR THE YEAR ENDED 31ST MARCH 2025**

**TRUSTEES' RESPONSIBILITIES**

Charity Law requires the Trustees to prepare financial statements for each financial year which gives a true and fair view of the state of affairs of the Charity. In preparing those financial statements the Trustees are required to:

- i) Select suitable accounting policies and apply them consistently
- ii) Make judgements and estimates that are reasonable and prudent
- iii) Prepare financial statements on the going concern basis unless it is inappropriate to presume that the trust will continue in existence.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the Charity and to enable them to ensure that the financial statements comply with Charity Law. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

I approve the attached statement of financial activities and balance sheets for the year ended 31st March 2025, and confirm that I have made available all information necessary for its preparation.

Approved by the Trustees on the .....18.12.2025.....

Signed on their behalf by .....Vanessa Kemp Chair Person.....

Signature: 

# INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

Report to the trustees of Art In Mind on the accounts for the year ended 31st March 2025 set out on pages 10 to 14.

## RESPECTIVE RESPONSIBILITIES OF TRUSTEES AND EXAMINER

The charity's trustees consider that an audit is not required for this year (under section 144 (2) of the Charities Act 2011 (the Act)) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts (under section 145 of the Act),
- to follow the procedures laid down in the General Directions given by the Charity Commission (under section 145 (5) (b) of the Act), and
- state whether particular matters have come to my attention.

## BASIS OF INDEPENDENT EXAMINER'S STATEMENT


My examination was carried out in accordance with General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the organisation and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

## INDEPENDENT EXAMINER'S STATEMENT

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements:
  - to keep accounting records in accordance with section 130 of the Act; and
  - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Act have not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Zita Derbak MAAT AATQB  
Independent Examiners Ltd  
The Grain Store  
Hills Barns  
Appledram Lane South  
Chichester, West Sussex  
PO20 7EG

Sign: 

Date: 19.12.2025

## ART IN MIND

### STATEMENT OF RECEIPTS AND PAYMENTS FOR THE YEAR ENDED 31ST MARCH 2025

	Notes	Unrestricted Funds £	Designated Funds £	Restricted Funds £	Total 2024/25 £	Total 2023/24
<b>RECEIPTS :</b>						
Donations and Legacies	<b>2a</b>	420	4,017	38,476	42,913	38,005
<b>TOTAL RECEIPTS</b>		<b>420</b>	<b>4,017</b>	<b>38,476</b>	<b>42,913</b>	<b>38,005</b>
<b>PAYMENTS :</b>						
Charitable Activities	<b>3a</b>	457	-	40,203	40,660	43,244
<b>TOTAL PAYMENTS</b>		<b>457</b>	<b>-</b>	<b>40,203</b>	<b>40,660</b>	<b>43,244</b>
<b>NET RECEIPTS/(PAYMENTS)</b>		<b>(37)</b>	<b>4,017</b>	<b>(1,727)</b>	<b>2,253</b>	<b>(5,240)</b>
Cash funds last year end		(42,738)	-	57,613	14,875	20,115
Transfers between funds in 23/24 - adjust.	<b>4</b>	42,779	-	(42,779)	-	-
Adjusted Cash funds last year end		41	-	14,834	14,875	20,115
Transfers Between Funds 24/25		2	-	(2)	-	-
<b>CASH FUNDS THIS YEAR END</b>		<b>6</b>	<b>4,017</b>	<b>13,105</b>	<b>17,128</b>	<b>14,875</b>

All of the organisation's operations are classed as continuing.

The notes on pages 12 to 14 form part of these accounts.

**ART IN MIND**

**STATEMENT OF ASSETS AND LIABILITIES  
AS AT 31ST MARCH 2025**

<b>ASSETS</b>	Notes	Unrestricted Funds £	Designated Funds £	Restricted Funds £	31-Mar-25 Total £	31-Mar-24 Total £
<b>Cash Funds:</b>						
Cash at bank in hand	4, 5	6	4,017	13,105	17,128	14,875
Petty Cash		-	-	-	-	-
		<b>6</b>	<b>4,017</b>	<b>13,105</b>	<b>17,128</b>	<b>14,875</b>
<b>Represented by:</b>						
Unrestricted Fund		6	-	-	6	14,875
Designated Fund	5	-	4,017	-	4,017	-
Restricted Fund	4	-	-	13,105	13,105	-
		<b>6</b>	<b>4,017</b>	<b>13,105</b>	<b>17,128</b>	<b>14,875</b>
<b>LIABILITIES</b>						
Independent Examiners Fee		936	-	-	936	900
		<b>936</b>	<b>-</b>	<b>-</b>	<b>936</b>	<b>900</b>

**TRUSTEES RESPONSIBILITIES IN RELATION TO FINANCIAL STATEMENTS**

Charity Law requires the Trustees to prepare financial statements for each financial year which comply with the regulations set out in the Charities Act 2011. The Trustees have elected to take advantage of the provisions that apply to small charities and have prepared a Receipts and Payments Account and Statement of Assets and Liabilities which are set out on pages 10 and 11.

Approved by the Trustees on the 18.12.2025

Signed on their behalf by Vanessa Kemp Chair Person

Signature: Vanessa Kemp

# ART IN MIND

## NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31ST MARCH 2025

### 1. BASIS OF ACCOUNTING

The accounts have been prepared under the "Receipts and Payments" basis as prescribed by the Charity Commissioners, and they meet the appropriate legal requirements. The Trustees confirm, in accordance with the Charitable Incorporated Organisations (General) Regulations 2012, that at the year end the CIO did not have any outstanding guarantees to third parties nor any debts secured on assets of the CIO.

### 2. RECEIPTS

	Notes	Unrestricted Funds £	Designated Funds £	Restricted Funds £	Total 2024/25 £	Total 2023/24 £
<b>a) Donations and Legacies</b>						
Art In Mind Shop Sales		-	-	-	-	180
Co-op One	4	-	-	500	500	300
Awards For All	4	-	-	20,000	20,000	10,000
Resource Centre		-	-	-	-	50
Youth Led Grant	4	-	-	3,000	3,000	3,000
Exploring Senses		-	-	-	-	900
Refunds		-	-	-	-	87
Children In Need	4	-	-	14,976	14,976	14,976
Thrive Grants		-	-	-	-	2,000
Chalk Cliff Trust		-	-	-	-	3,920
Donations	5	-	4,017	-	4,017	-
Arts Council Grant		-	-	-	-	2,591
Workshop		420	-	-	420	-
		<b>420</b>	<b>4,017</b>	<b>38,476</b>	<b>42,913</b>	<b>38,005</b>

### 3. PAYMENTS

	Notes	Unrestricted Funds £	Designated Funds £	Restricted Funds £	Total 2024/25 £	Total 2023/24 £
<b>a) Charitable Activities</b>						
Facilitation/Session Leader Costs	4	-	-	30,713	30,713	34,515
Audit & Accountancy fees	4	37	-	168	205	157
Insurance		-	-	-	-	-
IT Software and Consumables	4	15	-	882	897	514
Equipment & Materials	4	59	-	1,799	1,858	2,029
Publicity		-	-	-	-	373
Workshop Room Bookings	4	-	-	2,208	2,208	1,023
Subscriptions	4	-	-	229	229	143
Supervision	4	121	-	655	776	-
Volunteer Food and Travel	4	224	-	1,513	1,737	2,801
Cost of Sales	4	-	-	200	200	80
Printing Costs		-	-	-	-	201
Workshops		-	-	-	-	201
Trips		-	-	-	-	247
Resource Centre		-	-	-	-	91
Social Media facilitation	4	-	-	817	817	-
Sundry payments	4	1	-	119	120	-
Independent Examiner's Fee	4	-	-	900	900	870
		<b>457</b>	<b>-</b>	<b>40,203</b>	<b>40,660</b>	<b>43,244</b>

## ART IN MIND

### NOTES TO THE ACCOUNTS (continued) FOR THE YEAR ENDED 31ST MARCH 2025

#### 4. RESTRICTED FUNDS

	This year					31-Mar-25 Balance £
	01-Apr-24 Balance £	Transfer adj for 23/24*	Income £	Expenditure £	Transfers in 24/25 £	
Co-op One	300	(299)	500	(324)	-	177
Youth Led	3,000	(2,999)	3,000	(3,001)	-	-
Exploring Senses	900	(900)	-	-	-	-
Children In Need	14,976	(4,870)	14,976	(16,726)	-	8,356
Thrive	2,000	(1,160)	-	(839)	(1)	-
Awards for all / Resilient Art	10,000	(9,999)	20,000	(15,429)	-	4,572
Chalk Cliff Trust	3,920	(35)	-	(3,884)	(1)	-
Arts Council	22,516	(22,516)	-	-	-	-
	<b>57,613</b>	<b>(42,779)</b>	<b>38,476</b>	<b>(40,203)</b>	<b>(2)</b>	<b>13,105</b>

\*Due to clerical error the adjustments are relected in this note in relation to restricted funds for 23/24.

	Last year				
	01-Apr-23 Balance £	Income £	Expenditure £	Transfers £	31-Mar-24 Balance £
Co-op One	-	300	-	-	300
Youth Led	-	3,000	-	-	3,000
Exploring Senses	-	900	-	-	900
Children In Need	-	14,976	-	-	14,976
Thrive	-	2,000	-	-	2,000
Awards for all / Resilient Art	-	10,000	-	-	10,000
Sussex Community	2	-	-	(2)	-
Creative Counselling	4	-	-	(4)	-
Chalk Cliff Trust	-	3,920	-	-	3,920
Arts Council	19,925	2,591	-	-	22,516
	<b>19,931</b>	<b>37,687</b>	<b>-</b>	<b>(6)</b>	<b>57,613</b>

## ART IN MIND

### NOTES TO THE ACCOUNTS (continued) FOR THE YEAR ENDED 31ST MARCH 2025

#### 5. DESIGNATED FUNDS

	This year				31-Mar-25 Balance £
	01-Apr-24 Balance £	Income £	Expenditure £	Transfers for 24/25 £	
Reserves	-	4,017	-	-	4,017
	-	<b>4,017</b>	-	-	<b>4,017</b>

#### 6. PAYMENTS TO TRUSTEES AND RELATED PARTIES

No payments were made to trustees or any persons connected with them during this financial year. No other material transaction took place between the organisation and a trustee or anyone connected with them.

#### 7. PUBLIC BENEFIT

The charity acknowledges its requirement to demonstrate clearly that it must have charitable purposes or 'aims' that are for the public benefit. Details of how the charity has achieved this are provided in the Trustees report. The Trustees confirm that they have paid due regard to the Charity Commission guidance on public benefit before deciding what activities the charity should undertake.

**ART IN MIND BRIGHTON**

England & Wales - Charity number 1165326

---

# Accounts

---

**ANNUAL REPORT AND FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31ST MARCH 2024**

**ART IN MIND**

(CHARITABLE INCORPORATED ORGANISATION)

**CHARITY REGISTRATION No: 1159856**

Independent Examiners Ltd  
Unit 2  
The Broadbridge Business Centre  
Delling Lane  
Bosham  
West Sussex  
PO18 8NF

## **ART IN MIND**

### **CONTENTS**

Page 3	Legal and Administrative Information
Pages 4 to 7	Trustee's Report
Page 8	Independent Examiner's Report
Page 9	Statement of Receipts and Payments.
Page 10	Statement of Assets and Liabilities.
Pages 11 to 12	Notes to the Accounts.

## ART IN MIND

### LEGAL AND ADMINISTRATIVE INFORMATION

<b>REGISTERED CHARITY NUMBER</b>	1165326
<b>START OF FINANCIAL YEAR</b>	1st April 2023
<b>END OF FINANCIAL YEAR</b>	31st March 2024
<b>TRUSTEES AS AT 31ST MARCH 2024</b>	Nick Rodgers Lesley Kendall Caroline Lovett Kirsty Lumm <i>(Resigned 01.06.2023)</i> Cleo Phillips Lucy Hammarton <i>(Appointed 01.06.2023)</i>

The existing trustees appoint any new trustees following the provisions laid out in the Charity's governing instrument.

**GOVERNING INSTRUMENT** CIO - Foundation Registered 27 Jan 2016

**OBJECTS** (1) THE OBJECTS OF THE CIO ARE: THE ADVANCEMENT OF HEALTH AND RELIEF OF NEED FOR THOSE WHO ARE RECOVERING FROM MENTAL HEALTH ISSUES (THE "BENEFICIARIES") PARTICULARLY BUT NOT EXCLUSIVELY BY: A) SUPPORTING BENEFICIARIES THROUGH THE USE OF ART, PRIMARILY THROUGH WORKSHOPS AND TRAINING SESSIONS, AND THE PROVISION OF STUDIO SPACE FOR USE OF THE BENEFICIARIES; B) PROVIDING OTHER SUPPORT TO BENEFICIARIES SUCH AS ADVICE TO DEVELOP THEIR CAPACITY TO IDENTIFY AND MEET THEIR OWN NEEDS C) RAISING AWARENESS OF MENTAL HEALTH ISSUES AMONG THE PUBLIC.

**REGISTERED ADDRESS** Cornerstone Community Centre  
Church Road  
HOVE  
East Sussex  
BN3 2FL

**INDEPENDENT EXAMINER** Lomax Pavey  
Independent Examiners Ltd  
Unit 2  
The Broadbridge Business Centre  
Delling Lane  
Bosham  
West Sussex  
PO18 8NF

**ART IN MIND**  
**TRUSTEES REPORT**  
**FOR THE YEAR ENDED 31ST MARCH 2024**

**Objectives and Activities**

**Charitable Objects**

The objects of the CIO are: the advancement of health and relief of need for those who are recovering from mental health issues (the "beneficiaries"), particularly but not exclusively by:

- a) Supporting beneficiaries through the use of art, primarily through workshops and training sessions, and the provision of studio space for use by the beneficiaries.
- b) Providing other support to beneficiaries, such as advice to develop their capacity to identify and meet their own needs.
- c) Raising awareness of mental health issues among the public.

**About Us**

Art in Mind's mission is to support young people with mental health issues through art. We believe that engaging in creative expression can significantly enhance the mental well-being of individuals facing various challenges. Our work focuses on alleviating social isolation, building self-esteem and resilience, and supporting young people in their mental health recovery.

**Our Services**

Throughout the period 1st April 2023 to 31st March 2024, Art in Mind continued to offer a wide range of services for young people aged 11-25, including:

- 11-16 Year Old Group
- 16-25 Year Old Group
- Volunteer Support and Training
- Art Mental Health and Wellbeing Workshops
- Art in Mind Shop Artwork Created by Young People
- Film Making Documenting Young People's Artwork through YouTube and Social Media Campaigns

**Financial Review**

The financial results are as set out in the financial statements.

The charity's net profit/loss for the year was a deficit of £5,240 - (2022/23: deficit £1,263).

At 31 March 2024 the charity's unrestricted funds were £14,875 - (2022/23: £20,115).

**Governance**

Art in Mind is governed by a set of Trustees, who voluntarily manage the charity's strategic direction and overall governance. During the period covered by this report, the following trustees served:

- Nick Rodgers
- Lesley Kendall
- Lucy Hammarton
- Cleo Phillips
- Caroline Lovett

There have been no resignations or new appointments among the Trustees in the current financial year. The Trustees typically meet four times a year to review financial considerations and operational matters related to the charity.

Art in Mind is an unincorporated charity governed by a constitution adopted on 27th January 2016. The charity's general governance is overseen by the Trustees, but day-to-day operations are delegated to key staff and volunteers who report directly to the Chairman and Trustees.

# ART IN MIND

## TRUSTEES REPORT (continued) FOR THE YEAR ENDED 31ST MARCH 2024

### **Aims and Purposes**

The primary purpose of Art in Mind, as recorded in our constitution, is to advance health and provide relief for individuals recovering from mental health issues through creative and artistic expression.

### **Achievements and Performance**

Throughout the year, Art in Mind's services made significant strides in improving the mental well-being of young people. The following are some of the key areas where Art in Mind had an impact:

#### **Improving Wellbeing**

- Art in Mind supported young people and volunteers aged 11-25 years with mental health challenges by offering weekly art group sessions and 40 mental health-themed workshops.
- Results from the Warwick Edinburgh Mental Well-Being Scale (WEMWBS) indicated that 80 young people significantly improved their mental health, moving out of low moods by the end of the project.
- Participants reported an increase in feelings of optimism, confidence, and self-esteem, with 98% of young people expressing that Art in Mind was a safe space that supported their mental health recovery.

#### **Building Community Cohesion**

- A total of 60 volunteers contributed to delivering 40 community workshops that raised awareness of mental health issues, reaching over 400 young people.
  - Workshops provided an opportunity for participants to collaborate on art projects, enhancing teamwork, communication, and problem-solving skills. These creative sessions were also beneficial for mental health, offering a therapeutic outlet for self-expression.
- Volunteers also benefited from increased confidence and self-esteem, with 20 securing employment and 35 entering further education after participating in the **Learn How to Run Art Workshops** program.

#### **Promoting Inclusion and Fairness**

- Art in Mind's volunteer program specifically supported young adults recovering from mental health issues and those who have experienced discrimination and marginalization.
- Volunteers were trained to run mental health-themed awareness workshops, with 92% reporting an increase in their confidence and 86% feeling better equipped to manage their mental health recovery.
- Through social media campaigns, Art in Mind reached a digital audience of 10,000, promoting awareness of mental health through the visual impact of young people's artwork.

#### **Findings from Impact Assessment**

- **Increased Wellbeing:** A significant increase in optimism, self-esteem, and confidence was recorded by young people attending Art in Mind sessions.
  - Optimism increased from 4.3% at baseline to 52.8% at the end of the year.
  - Self-esteem and confidence also saw significant improvements.
- **Reduction in Emotional Distress and Isolation:** The percentage of participants who reported feeling isolated or distressed decreased significantly, with 80% of participants seeing improvements in their overall mental health scores.

## ART IN MIND

### TRUSTEES' REPORT (continued) FOR THE YEAR ENDED 31ST MARCH 2024

#### Volunteer Impact

In the period under review, 60 young people volunteered with Art in Mind, gaining valuable experience and skills in delivering art workshops and promoting mental health awareness. Some key findings include:

- 85% reported a boost in self-esteem.
- 92% said their confidence increased.
- 86% felt more empowered to manage their mental health recovery.

20 volunteers found employment, and 35 pursued further education as a result of their involvement with Art in Mind.

#### Service Evaluation and Feedback

Young people's satisfaction with the service remains extremely high, with feedback from participants indicating the following:

- 98% felt listened to and understood.
- 100% were satisfied with the Art in Mind service and would recommend it to others.
- 96% agreed that Art in Mind provided a safe space for mental health recovery.

20 volunteers found employment, and 35 pursued further education as a result of their involvement with Art in Mind.

#### Art in Mind's Future Development

Based on feedback from young people and volunteers, the following suggestions for improvement and further development have been made:

- Increased awareness of ASD and ADHD, especially among queer and transgender individuals.
- Funding to support youth volunteers in becoming paid art workshop facilitators.
- Creation of dedicated studio space for volunteers to continue their artistic practice.

Additionally, young people have expressed interest in learning more about how to publish and sell their art, further develop the Art in Mind Shop, and experiment with new ways to exhibit and document their work.

#### Conclusion and Recommendations

This year's report highlights the significant positive outcomes achieved by Art in Mind in supporting the mental health and well-being of young people. Through art, volunteers and young participants have developed essential life skills, fostered community cohesion, and found greater mental resilience.

Art in Mind's continued success is underpinned by the hard work and dedication of its trustees, staff, and volunteers. However, the charity must continue to focus on securing sustainable funding and expanding its support services to reach more young people in need.

Recommendations for further development include:

- Enhancing support for individuals with ASD and ADHD.
- Expanding opportunities for young people to develop their artistic and professional skills.
- Increasing capacity to offer workshops, training, and paid opportunities for volunteers.

The charity remains committed to its mission to advance mental health recovery through creative expression and will continue to adapt and grow based on the feedback and evolving needs of young people.

## ART IN MIND

### TRUSTEES' REPORT (continued) FOR THE YEAR ENDED 31ST MARCH 2024

This report has been prepared by Art in Mind, and we thank all who contributed to making our services impactful in the lives of young people. We look forward to another year of growth and positive change.

Nick Rodgers  
Jan-24

#### Risk Assessment

The Trustees actively review the major risks which the charity faces on a regular basis and believe that maintaining the free reserves stated combined with the annual review of the controls over key financial systems carried out on an annual basis will provide sufficient resources in the event of adverse conditions. The Trustees have also examined other operational and business risks which they face and confirm that they have established systems to mitigate the significant risks.

#### Reserves Policy

The Trustees have considered the level of reserves they wish to retain, appropriate to the charity's needs. This is based on the charity's size and the level of financial commitments held. The Trustees aim to ensure the charity will be able to continue to fulfil its charitable objectives even if there is a temporary shortfall in income or unexpected expenditure. The trustees will endeavour not to set aside funds

#### Public Benefit

The Charity acknowledges its requirement to demonstrate clearly that it must have charitable purposes or 'aims' that are for the public benefit. Details of how the charity has achieved this are provided in the Trustees report. The Trustees confirm that they have paid due regard to the Charity Commission guidance on public benefit before deciding what activities the charity should undertake.

### TRUSTEES' RESPONSIBILITIES

Charity Law requires the Trustees to prepare financial statements for each financial year which gives a true and fair view of the state of affairs of the Charity. In preparing those financial statements the Trustees are required to:

- i) Select suitable accounting policies and apply them consistently
- ii) Make judgements and estimates that are reasonable and prudent
- iii) Prepare financial statements on the going concern basis unless it is inappropriate to presume that the trust will continue in existence.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the Charity and to enable them to ensure that the financial statements comply with Charity Law. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

I approve the attached statement of financial activities and balance sheets for the year ended 28th February 2023, and confirm that I have made available all information necessary for its preparation.

Approved by the Trustees on the .....

28th January 2025

Signed on their behalf by .....

Nick Rodgers

Signature:

[Handwritten signature]

## INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

Report to the trustees of Art In Mind on the accounts for the year ended 31st March 2024 set out on pages 9 to 12.

### RESPECTIVE RESPONSIBILITIES OF TRUSTEES AND EXAMINER

The charity's trustees consider that an audit is not required for this year (under section 144 (2) of the Charities Act 2011 (the Act)) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts (under section 145 of the Act),
- to follow the procedures laid down in the General Directions given by the Charity Commission (under section 145 (5) (b) of the Act), and
- state whether particular matters have come to my attention.

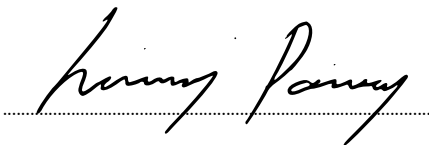
### BASIS OF INDEPENDENT EXAMINER'S STATEMENT

My examination was carried out in accordance with General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the organisation and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement

### INDEPENDENT EXAMINER'S STATEMENT

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements:
  - to keep accounting records in accordance with section 130 of the Act; and
  - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Act have not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Lomax Pavey  
Independent Examiners Ltd  
Unit 2  
The Broadbridge Business Centre  
Delling Lane  
Bosham  
PO18 8NF

29th January 2025

## ART IN MIND

### STATEMENT OF RECEIPTS AND PAYMENTS FOR THE YEAR ENDED 31ST MARCH 2024

	Notes	Unrestricted Funds £	Restricted Funds £	<b>Total 2023/24 £</b>	<b>Total 2022/23</b>
<b>RECEIPTS :</b>					
Donations and Legacies	<b>2a</b>	318	37,687	38,005	35,741
<b>TOTAL RECEIPTS</b>		<b>318</b>	<b>37,687</b>	<b>38,005</b>	<b>35,741</b>
<b>PAYMENTS :</b>					
Charitable Activities	<b>3a</b>	43,244	-	43,244	37,004
<b>TOTAL PAYMENTS</b>		<b>43,244</b>	<b>-</b>	<b>43,244</b>	<b>37,004</b>
<b>NET RECEIPTS/(PAYMENTS)</b>		<b>(42,927)</b>	<b>37,687</b>	<b>(5,240)</b>	<b>(1,263)</b>
Cash funds brought forward		183	19,932	20,115	21,378
Transfers Between Funds		6	(6)	-	-
<b>CASH FUNDS CARRIED FORWARD</b>		<b>(42,738)</b>	<b>57,613</b>	<b>14,875</b>	<b>20,115</b>

All of the organisation's operations are classed as continuing.

The notes on pages 11 to 12 form part of these accounts.

**ART IN MIND**

**STATEMENT OF ASSETS AND LIABILITIES  
AS AT 31ST MARCH 2024**

**ASSETS**

	Notes	Unrestricted Funds £	Restricted Funds £	31-Mar-24 Total £	31-Mar-23 Total £
<b>Cash Funds:</b>					
Cash at bank in hand		(42,738)	57,613	14,875	20,115
Petty Cash		-	-	-	-
		<b>(42,738)</b>	<b>57,613</b>	<b>14,875</b>	<b>20,115</b>

**Represented by:**

General Fund		(42,738)	-	(42,738)	20,115
Restricted Fund		-	57,613	57,613	-
		<b>(42,738)</b>	<b>57,613</b>	<b>14,875</b>	<b>20,115</b>

**LIABILITIES**

Independent Examiners Fee		900	-	900	870
		<b>900</b>	<b>-</b>	<b>900</b>	<b>870</b>

**TRUSTEES RESPONSIBILITIES IN RELATION TO FINANCIAL STATEMENTS**

Charity Law requires the Trustees to prepare financial statements for each financial year which comply with the regulations set out in the Charities Act 2011. The Trustees have elected to take advantage of the provisions that apply to small charities and have prepared a Receipts and Payments Account and Statement of Assets and Liabilities which are set out on pages 9 and 10.

Approved by the Trustees on the 28<sup>th</sup> January 2025

Signed on their behalf by Nick Rodgers

Signature: 

## ART IN MIND

### NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31ST MARCH 2024

#### 1. BASIS OF ACCOUNTING

The accounts have been prepared under the "Receipts and Payments" basis as prescribed by the Charity Commissioners, and they meet the appropriate legal requirements. The Trustees confirm, in accordance with the Charitable Incorporated Organisations (General) Regulations 2012, that at the year end the CIO did not have any outstanding guarantees to third parties nor any debts secured on assets of the CIO.

#### 2. RECEIPTS

Notes	Unrestricted Funds £	Restricted Funds £	Total 2023/24 £	Total 2022/23 £
<b>a) Donations and Legacies</b>				
Art In Mind Shop Sales	180	-	180	103
Co-op One	-	300	300	1,728
Awards For All	-	10,000	10,000	-
Resource Centre	50	-	50	-
Youth Led Grant	-	3,000	3,000	-
Exploring Senses	-	900	900	-
Refunds	87	-	87	-
Children In Need	-	14,976	14,976	-
Thrive Grants	-	2,000	2,000	-
Chalk Cliff Trust	-	3,920	3,920	2,000
Mindful Art	-	-	-	2,000
Arts Council Grant	-	2,591	2,591	24,901
Brighton Community Fund	-	-	-	5,000
Insurance Reduction Access	-	-	-	9
	<b>318</b>	<b>37,687</b>	<b>38,005</b>	<b>35,741</b>

#### 3. PAYMENTS

Notes	Unrestricted Funds £	Restricted Funds £	Total 2023/24 £	Total 2022/23 £
<b>a) Charitable Activities</b>				
Facilitation/Session Leader Costs	34,515	-	34,515	18,300
Audit & Accountancy fees	157	-	157	-
Insurance	-	-	-	287
IT Software and Consumables	514	-	514	532
Equipment & Materials	2,029	-	2,029	2,302
Publicity	373	-	373	1,103
Workshop Room Bookings	1,023	-	1,023	-
Subscriptions	143	-	143	323
Supervision	-	-	-	4,560
Volunteer Food and Travel	2,801	-	2,801	2,495
Cost of Sales	80	-	80	-
Printing Costs	201	-	201	-
Workshops	201	-	201	1,107
Trips	247	-	247	-
Resource Centre	91	-	91	-
Sundries	-	-	-	410
One to One Sessions	-	-	-	4,555
Independent Examiner's Fee	870	-	870	1,030
	<b>43,244</b>	<b>-</b>	<b>43,244</b>	<b>37,004</b>

## ART IN MIND

### NOTES TO THE ACCOUNTS (continued) FOR THE YEAR ENDED 31ST MARCH 2024

#### 4. RESTRICTED FUNDS

	<b>This year</b>				<b>31-Mar-24</b>
	<b>01-Apr-23</b>				
	Balance	Income	Expenditure	Transfers	
Co-op One	-	300	-	-	300
Youth Led	-	3,000	-	-	3,000
Exploring Senses	-	900	-	-	900
Children In Need	-	14,976	-	-	14,976
Thrive	-	2,000	-	-	2,000
Awards for all / Resilient Art	-	10,000	-	-	10,000
Sussex Community	2	-	-	(2)	-
Creative Counselling	4	-	-	(4)	-
Chalk Cliff Trust	-	3,920	-	-	3,920
Arts Council	19,925	2,591	-	-	22,516
	<b>19,931</b>	<b>37,687</b>	<b>-</b>	<b>-</b>	<b>6</b>
					<b>57,613</b>

	<b>Last year</b>				<b>31-Mar-23</b>
	<b>01-Apr-22</b>				
	Balance	Income	Expenditure	Transfers	
Awards for all / Resilient Art	6,278	-	(6,278)	-	-
Sussex Community	340	-	(338)	-	2
Creative Counselling	3,795	-	(3,791)	-	4
Arts Council	8,335	24,901	(13,311)	-	19,925
	<b>18,748</b>	<b>24,901</b>	<b>(23,718)</b>	<b>-</b>	<b>19,931</b>

#### 5. PAYMENTS TO TRUSTEES AND RELATED PARTIES

No payments were made to trustees or any persons connected with them during this financial year. No other material transaction took place between the organisation and a trustee or anyone connected with them.

**ART IN MIND BRIGHTON**

England & Wales - Charity number 1165326

---

# Accounts

---

## **ART IN MIND TRUSTEE ANNUAL REPORT 2023**

### **1. Introduction**

The trustees of the charity, Art in Mind, present their report with the financial statements of the charity for the year ended 31<sup>st</sup> March 2023.

The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK.

### **2. Structure, governance, and management**

The Executive Board has the responsibility to appoint trustees and appoint any new trustees following the provisions laid out in the organisation's governing instrument. All existing trustees are members of the Executive Board.

The following have served throughout the accounting period, except where indicated:

- Trustee Name            Nick Rodgers
- Trustee Name            Lesley Kendall
- Trustee Name            Lucy Hammarton
- Trustee Name            Cleo Phillips
- Trustee Name            Caroline Lovett

There have been no resignations or appointments in the current financial year. Normally, the Trustees meet four times per year to consider financial considerations and operations of the Charity.

#### **Governing document**

Art in Mind is an unincorporated charity governed by a constitution adopted on the 27<sup>th</sup> January 2016.

#### **Organisational structure**

The trustees give their time voluntarily and received no benefits from the charity. No expenses have been reclaimed by any of the trustees from the charity in the period concerned.

The general governance of the charity is the responsibility of the Trustees; however, the day-to-day operation is delegated to key staff and volunteers who report to the Chairman and Trustees

### **3. Aims and purposes.**

Our purpose as recorded in our constitution is to advance of health and relief for those recovering from mental health issues.

### **4. Achievements and Performance**

The charity carries out a wide range of activities in pursuit of its charitable aims. The trustees consider that these activities, summarised below, provide benefit both to those who are part of Art in Mind, and the wider community of *area charity resides*.

Highlights of the year include:

- Young people making 10 tutorial videos & online course handbook.
- 30 Young people and volunteers created 10 tutorial videos and an online course handbook on how art helped improve their mental health and wellbeing.
- The online films were made entirely by young people from the conception stage, through to the final online publication phase.
- The project involved young people planning, and delivering the short films, working in groups to problem solve and plan the filming and publication.
- The films have been viewed over 10,000 times.

#### **Online courses**

Art in Mind delivered a series of online courses to young people who were unable to leave home during the pandemic due to illness or problematic mental health.

Feedback from online group members said that the support:

- -played an essential part to their recovery and helped build friendships
- -gave them encouragement and support to make art
- -gave their lives a sense meaning and purpose.
- -Art tuition helped them to improve and was constructive.
- -encouraged them to have a different focus on their lives that was other than their illness and recovery.
- -helped them not feel so isolated, anxious, and depressed.
- -helped their mental health and boosted their confidence
- -gave them a sense of autonomy by being able to choose and complete their own personal art projects.

#### **Art in Mind Exhibitions**

Art in Mind organised two exhibitions of the art created by young people.

The October exhibition had an audience of 1100 young people and the Jubilee Library exhibition in May 2022 estimated audience of 9800.

## **Resilient Art Awards for All**

The Resilient Art project funded training and support sessions for peer mentors and volunteers gave them the skills and confidence to deliver mental health themed workshops. The project helped young people boost their confidence, develop skills and employment prospects by:

- The program provided support, training, and supervision for young people to learn the skills necessary to improve the mental health of their peers.
- 30 volunteers worked to design and deliver regular art workshops.
- 100 young people aged between 11 and 18 took part in the sessions run by the volunteers.
- The project helped young people to be better equipped and prepared for their journey through school, college or employment, build resilience amongst participants and provide confidence and encourage self-expression.
- The project helped young people understand and manage their mental health, build self-awareness, coping skills, self-confidence, and independence.

## **5. Financial review**

Total incoming resources for the period were £35,741, expenditure was 37,004 producing a deficit of (2446) for the year. The deficit arises from exceptional one-off costs incurred at the end of a Covid related project. Art in Mind has reserves of 20,115.

The Trustees are of the view that Art in Mind is a going concern.

## **6 Risk Management**

The trustees have a duty to identify and review the risks to which the charity is exposed to and ensure appropriate controls are in place for reasonable assurance against fraud and error.

The trustees do not perceive any major risks to the charity currently.

## **7 Public Benefit**

Trustees have paid due regard to the Charity Commission Guidance on 'Public Benefit' in deciding what activities the charity undertakes. All activities undertaken by Art in Mind are focussed on our charitable purposes.

## **8 Going Concern**

After making appropriate enquiries, the Trustees have a reasonable expectation that the charity has adequate resource to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements.



**ART IN MIND**

**ANNUAL REPORT  
AND  
STATEMENT OF ACCOUNTS**

**FOR THE YEAR ENDED 31ST MARCH 2023**

**CHARITY REGISTRATION NUMBER 1165326**

Independent Examiners Ltd  
Unit 2  
The Broadbridge Business Centre  
Delling Lane  
Bosham  
PO18 8NF

## **ART IN MIND**

### **CONTENTS OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2023**

	<b>Page</b>
<b>Legal and Administrative Information</b>	3
<b>Trustees' Report</b>	4 to 5
<b>Independent Examiner's Report on the Accounts</b>	6
<b>Statement of Receipts and Payments</b>	7
<b>Statement of Assets and Liabilities</b>	8
<b>Notes to the Accounts</b>	9 to 14

## ART IN MIND

### LEGAL AND ADMINISTRATIVE INFORMATION

<b>CHARITY NUMBER</b>	1165326
<b>WORKING NAMES</b>	Aim Art in Mind
<b>START OF FINANCIAL YEAR</b>	01 April 2022
<b>END OF FINANCIAL YEAR</b>	31 March 2023
<b>TRUSTEES AT 31 MARCH 2023</b>	Nick Rodgers Lesley Kendall Caroline Lovett Kirsty Lumm Appointed 2 April 2022 Cleo Phillips Appointed 2 April 2022

The existing trustees appoint any new trustees following the provisions laid out in the Charity's governing instrument.

**GOVERNING INSTRUMENT** CIO - Foundation Registered 27 January 2016

**REGISTRATION DATE** 27th January 2016:CIO Registration

#### OBJECTS

The advancement of health and relief of need for those who are recovering from mental health issues (the "Beneficiaries") particularly but not exclusively by:-

- a) Supporting beneficiaries through the use of art, primarily through workshops and training sessions, and the
- b) Providing other support to beneficiaries such advice to develop their capacity to identify and meet their own needs;
- c) Raising awareness of mental health issues among the public.

**CORRESPONDENCE ADDRESS** Cornerstone Community Centre  
Church Road  
Hove  
East Sussex  
BN3 2FL

**PRIMARY BANKERS** Santander UK  
Bridle Road  
Bootle  
Merseyside  
L30 4GB

**INDEPENDENT EXAMINER** Donna Leppitt  
Independent Examiners Ltd  
Unit 2  
The Broadridge Business Centre  
Delling Lane  
Bosham  
PO18 8NF

# ART IN MIND

## TRUSTEES' REPORT FOR THE YEAR ENDED 31ST MARCH 2023

### Trustees Report 2022/23

Art in Mind has had another successful year. The number of young people benefiting from the workshops has increased dramatically, the number of sessions delivered has expanded to keep pace and new projects have been started to meet the ever-increasing need of mental health support for young people in Brighton.

Although the disruption of the pandemic has faded, its impact is still being felt by young people with poor mental health, who have had an interrupted education, endured domestic isolation or were unable to access treatment and support at a time they needed it most.

Art in Mind, has continued to widen its support network, increase its volunteer base, grow its exhibition presence and increase the number of mentors working with us.

Highlights of the year include:

#### **Young people making 10 tutorial videos & online course handbook.**

30 Young people and volunteers created 10 tutorial videos and an online course handbook on how art helped improve and manage their mental health and wellbeing.

The online films were made entirely by young people from the conception stage, through to the final online publication phase.

The project involved young people planning, and making short films, working in groups to problem solve and plan the filming and publication.

The films have been viewed over 10,000 times.

#### **Online courses**

Art in Mind delivered a series of online courses to young people who were unable to leave home during the pandemic due to illness or problematic mental health.

Feedback from online group members said that the support:

- Played an essential part to their recovery
- Helped build friendships
- Gave them encouragement and support to make art
- Gave their lives a sense meaning and purpose.
- Art tuition helped them to improve and was constructive.
- Helped them not feel so isolated, anxious, and depressed.
- Helped their mental health and boosted their confidence
- Gave them a sense of autonomy by being able to choose and complete their own personal art projects.

#### **Art in Mind Exhibitions**

Art in Mind organised two exhibitions of the art created by young people online.

The October exhibition had an audience of 1100 young people and the Jubilee Library exhibition in May 2022 estimated audience of 9800.

#### **Resilient Art Awards for All**

**A Resilient Arts grant, funded** training and support sessions for peer mentors and volunteers give them the skills and confidence to deliver mental health themed workshops. The project helped young people boost their confidence, skills, and employment prospects by:

Providing support, training, and supervision as young people to learn the skills necessary to improve the mental health of their peers.

## **ART IN MIND**

### **TRUSTEES' REPORT (Continued) FOR THE YEAR ENDED 31ST MARCH 2023**

#### **Resilient Art Awards for All (Continued)**

30 volunteers worked to design and deliver regular art workshops.

100 young people aged between 11 and 18 to part in the sessions run by the volunteers.

- The project helped young people to be better equipped and prepared for their journey through school, college or employment and build resilience amongst participants and provide confidence and encourage self-expression.
- The project helped young people understand and manage their mental health, build self-awareness, coping skills, self-confidence, and independence.

Art in Mind has continued with its core delivery of twice weekly art workshops delivered to young people aged between 11 and 18 to support their mental health, develop creative arts skills, gain confidence, qualifications and skills.

Art in Mind has worked with over 700 young people through its regular groups, workshops and exhibitions, providing volunteering opportunities, mentoring, coaching and one to one sessions.

Finally, the trustees would like to thank the volunteers, session workers, mentors and young people who give their time to make the projects successful.

**ART IN MIND**

**TRUSTEES' REPORT (continued)  
FOR THE YEAR ENDED 31ST MARCH 2023**

**Responsibilities of Trustees**

Charity law requires the Board of Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of its incoming resources and resources expended for the period. In preparing those financial statements, the Board of Trustees should follow best practice and are required to;

- select suitable accounting policies and apply them consistently
- make judgments and estimates that are reasonable and prudent
- comply with applicable accounting standards subject to any material departures disclosed and explained in the financial statements
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that charity will continue in operation

The Board of Trustees is responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 1993. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities and to provide reasonable assurance that:-

- the charity is operating efficiently and effectively
- all assets are safeguarded against unauthorised use or disposition and are properly applied
- proper records are maintained and financial information used within the charity or for publication is reliable
- the charity complies with relevant laws and regulations

The systems of internal control are designed to provide reasonable but not absolute assurance against material misstatement or loss.

Approved by the Trustees on..... 2<sup>nd</sup> February '24

Signed on their behalf by Trustee.....

Printed Name: Nick Rodgers

## ART IN MIND

### INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS FOR THE YEAR ENDED 31ST MARCH 2023

Report to the trustees/ members of Art in Mind on the accounts for the year ended 31st March 2023.

#### Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

#### Basis of independent examiner's statement

My examination was carried out in accordance with general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

#### Independent examiner's statement

In connection with my examination, no matter has come to my attention

1. which gives me reasonable cause to believe that in, any material respect, the requirements:

- to keep accounting records in accordance with section 130 of the Charities Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting 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

have not been met; or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Donna Leppitt  
Independent Examiners Ltd  
Unit 2  
The Broadridge Business Centre  
Delling Lane  
Bosham  
PO18 8NF



Date: 23rd February 2024

**ART IN MIND  
STATEMENT OF RECEIPTS AND PAYMENTS  
FOR THE YEAR ENDED 31ST MARCH 2023**

	Notes	Unrestricted Funds £	Restricted Funds £	Total 2022/23 £	Restated Total 2021/22 £
<b>RECEIPTS</b>					
Donations & Legacies	3	10,840	24,901	35,741	52,211
<b>TOTAL RECEIPTS</b>		<b>10,840</b>	<b>24,901</b>	<b>35,741</b>	<b>52,211</b>
Costs of Charitable Activities	4	13,286	23,718	37,004	36,914
<b>TOTAL PAYMENTS</b>		<b>13,286</b>	<b>23,718</b>	<b>37,004</b>	<b>36,914</b>
<b>NET INCOMING/(OUTGOING) RESOURCES</b>		<b>(2,446)</b>	<b>1,183</b>	<b>(1,263)</b>	<b>15,297</b>
<b>TRANSFERS BETWEEN FUNDS</b>	5	-	-	-	-
<b>NET MOVEMENT IN FUNDS</b>		<b>(2,446)</b>	<b>1,183</b>	<b>(1,263)</b>	<b>15,297</b>
<b>RECONCILIATION OF FUNDS:</b>					
Balances Brought Forward		2,629	18,748	21,378	6,081
<b>BALANCES CARRIED FORWARD</b>		<b>183</b>	<b>19,932</b>	<b>20,115</b>	<b>21,378</b>

All of the Charity's operations are classed as continuing operations.

The notes form part of these financial statements, found on pages 9 to 14

**ART IN MIND**  
**STATEMENT OF ASSETS AND LIABILITIES**  
**31ST MARCH 2023**

	Unrestricted Fund £	Restricted Fund £	Total 31-Mar-23 £	Total 31-Mar-22 £
<b>CASH AT BANK AND IN HAND</b>				
Current account	183	19,932	20,115	21,378
	<b>183</b>	<b>19,932</b>	<b>20,115</b>	<b>21,378</b>
<b>TOTAL CURRENT ASSETS</b>	<b>183</b>	<b>19,932</b>	<b>20,115</b>	<b>21,378</b>
<b>NET CURRENT ASSETS</b>	<b>183</b>	<b>19,932</b>	<b>20,115</b>	<b>21,378</b>
<b>TOTAL ASSETS less current liabilities</b>	<b>183</b>	<b>19,932</b>	<b>20,115</b>	<b>21,378</b>
<b>Net Assets</b>	<b>183</b>	<b>19,932</b>	<b>20,115</b>	<b>21,378</b>

**Represented by:**

				Restated
General Funds	183	-	183	2,629
Restricted Funds	-	19,932	19,932	18,748
	<b>183</b>	<b>19,932</b>	<b>20,115</b>	<b>21,378</b>

**Liabilities**

Independent Examiner's Fee	870	840
	<b>870</b>	<b>840</b>

**TRUSTEES RESPONSIBILITIES IN RELATION TO FINANCIAL STATEMENTS**

Charity Law requires the Trustees to prepare financial statements for each financial year which comply with the regulations set out in the Charities Act 2011. The Trustees have elected to take advantage of the provisions that apply to small charities and have prepared a Receipts and Payments Account and Statement of Assets and Liabilities which are set out on pages:-  
9 to 14

Approved by the Trustees on 22nd February 24  
Signed on their behalf by Trustee [Signature]

# ART IN MIND

## NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31ST MARCH 2023

### 1. BASIS OF ACCOUNTING

The accounts have been prepared under the "Receipts and Payments" basis as prescribed by the Charity Commissioners, and they meet the appropriate legal requirements.

The Charity meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost unless otherwise stated in the relevant accounting policy notes.

#### Assessment of Going Concern

Preparation of the accounts is on a going concern basis. The trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern.

#### Fund Accounting

Funds held by the charity are either:

1. **Unrestricted Funds** - these are funds which can be used in accordance with the charity's objectives, at the discretion of the trustees.
2. **Designated funds**  
These funds are funds set aside by the trustees out of unrestricted general funds for specific purposes or
3. **Restricted Funds** - these are funds that can only be used for particular restricted purposes within the objects of the charity.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements. Most funding the charity receives is from restricted funded grants - when writing funding applications the charity writes a funding budget and if they receive funding they make sure they follow the budget.

#### Incoming Resources

All income is included in the accounts when actually received by the Charity.

Voluntary help provided by friends of the charity is not included in a quantified way within the accounts.

#### Resources Expended

Resources expended are recognised when paid by the Charity.

### 2. TANGIBLE FIXED ASSETS

The Charity held no fixed assets investments during this or the previous financial period.

## ART IN MIND

### NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31ST MARCH 2023

#### 3. RECEIPTS

	Note	Unrestricted Funds £	Restricted Funds £	<b>Total 2022/23 £</b>	Restated <b>Total 2021/22 £</b>
<b>INCOME</b>					
Donations & Legacies					
Grants:-		-	-	-	-
Brighton Hove Youth Led Grant		-	-	-	4,800
Sussex Crisis Fund Sussex Community		-	-	-	10,035
Resilient Art A4A/Awards for All		-	-	-	10,000
Mindful Art		2,000	-	2,000	2,940
Arts Council		-	1,582	1,582	14,241
Chalk Cliff Trust		2,000	-	2,000	1,000
Brighton Community Fund		-	-	-	3,500
Creative Counselling		-	-	-	5,000
Aims Counselling		-	-	-	650
Arts Council Two ac 2		-	23,319	23,319	-
Brighton Community Fund Two bc2		5,000	-	5,000	-
Other Revenue:-		-	-	-	15
Unrestricted UF		-	-	-	15
Insurance reduction access		9	-	9	16
Co-op		1,728	-	1,728	-
Aim Shop		103	-	103	-
		<b>10,840</b>	<b>24,901</b>	<b>35,741</b>	<b>52,211</b>

This page does not form part of the statutory financial statements

## ART IN MIND

### NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31ST MARCH 2023

#### 4. PAYMENTS

	Note	Unrestricted Funds £	Restricted Funds £	<b>Total 2022/23 £</b>	<b>Total 2021/22 £</b>
<b>a) Costs of Charitable Activities</b>					
Grants		(23,718)	23,718	-	-
Equipment		533	-	533	1,302
Facilitation		18,300	-	18,300	25,220
Food		2,495	-	2,495	1,535
Materials		1,769	-	1,769	1,501
Publicity		1,103	-	1,103	233
Room booking		-	-	-	4,200
Sundries		410	-	410	-
One to one Session		4,555	-	4,555	95
Subscriptions		323	-	323	245
Insurance		287	-	287	270
Operational		-	-	-	101
Research		-	-	-	210
Supervision		4,560	-	4,560	1,585
Training		-	-	-	185
Travel		-	-	-	233
IT Software and Consumables		532	-	532	-
Workshops		1,107	-	1,107	-
<b>Governance costs:-</b>					
Independent examiner fee		1,030	-	1,030	-
		<b>13,286</b>	<b>23,718</b>	<b>37,004</b>	<b>36,914</b>

This page does not form part of the statutory financial statements

## ART IN MIND

### NOTES TO THE ACCOUNTS (continued) FOR THE YEAR ENDED 31ST MARCH 2023

#### 5. RESTRICTED FUNDS CURRENT FINANCIAL YEAR

	<b>Balance 01-Apr-22</b>	Income £	Expenditure £	Gains & (Losses) £	Transfer £	<b>Balance 31-Mar-23 £</b>
Arts Council	8,335	1,582	(9,916)	-	-	1
Awards for all/Resilient Art	6,278	-	(6,278)	-	-	0
Mindful Art 1	-	-	-	-	-	-
Sussex Community	340	-	(338)	-	-	2
Creative Counselling	3,795	-	(3,791)	-	-	5
Arts Council Two ac 2	-	23,319	(3,395)	-	-	19,924
	<b>18,748</b>	<b>24,901</b>	<b>(23,718)</b>	-	-	<b>19,932</b>

This page does not form part of the statutory financial statements

## ART IN MIND

### NOTES TO THE ACCOUNTS (continued) FOR THE YEAR ENDED 31ST MARCH 2023

#### 5. RESTRICTED FUNDS (Continued)

##### PREVIOUS FINANCIAL YEAR

	<b>Balance 01-Apr-21</b>	Income £ Restated	Expenditure £ Restated	Gains & (Losses) £	Transfer £	<b>Balance 31-Mar-22 £ Restated</b>
Arts Council	-	14,241	(5,906)	-	-	8,335
Awards for all/Resilient Art	5,911	10,000	(9,633)	-	-	6,278
Mindful Art 1	242	2,940	(3,182)	-	-	-
Sussex Community	-	10,035	(9,695)	-	-	340
Creative Counselling	-	5,000	(1,205)	-	-	3,795
Arts Council Two ac 2	-	-	-	-	-	-
	<b>6,154</b>	<b>42,216</b>	<b>(29,621)</b>	-	-	<b>18,748</b>

The Restricted Funds are wholly represented by the Charity's cash reserves and are to be expended as specified above.

## **ART IN MIND**

### **NOTES TO THE ACCOUNTS (continued) FOR THE YEAR ENDED 31ST MARCH 2023**

#### **6. STAFF COSTS AND NUMBERS**

The Charity employed no members of staff during this or the previous financial period.

#### **7. TRUSTEES AND OTHER RELATED PARTIES**

No payments were made to trustees or any persons connected with them during this financial period. No material transaction took place between the organisation and a trustee or any person connected with them.

(2021/22- None)

#### **8. RISK ASSESSMENT**

The Trustees actively review the major risks which the charity faces on a regular basis and believe that maintaining the free reserves stated combined with the annual review of the controls over key financial systems carried out on an annual basis will provide sufficient resources in the event of adverse conditions. The Trustees have also examined other operational and business risks which they face and confirm that they have established systems to mitigate the significant risks.

#### **9. RESERVES POLICY**

The Trustees have considered the level of reserves they wish to retain, appropriate to the charity's needs. This is based on the charity's size and the level of financial commitments held. The Trustees aim to ensure the charity will be able to continue to fulfil its charitable objectives even if there is a temporary shortfall in income or unexpected expenditure. The trustees will endeavour not to set aside funds unnecessarily.

#### **10. PUBLIC BENEFIT**

The Charity acknowledges its requirement to demonstrate clearly that it must have charitable purposes or 'aims' that are for the public benefit. Details of how the charity has achieved this are provided in the Trustees report. The Trustees confirm that they have paid due regard to the Charity Commission guidance on public benefit before deciding what activities the charity should undertake.

#### **11. PRIOR YEAR ADJUSTMENTS**

The restricted funds and unrestricted funds have been re-stated to reflect a true and fair view of the Charity's closing position as at 31st March 2022.

**ART IN MIND**

**ANNUAL REPORT  
AND  
STATEMENT OF ACCOUNTS**

**FOR THE YEAR ENDED 31ST MARCH 2023**

**CHARITY REGISTRATION NUMBER 1165326**

Independent Examiners Ltd  
Unit 2  
The Broadbridge Business Centre  
Delling Lane  
Bosham  
PO18 8NF

## **ART IN MIND**

### **CONTENTS OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2023**

	<b>Page</b>
<b>Legal and Administrative Information</b>	3
<b>Trustees' Report</b>	4 to 5
<b>Independent Examiner's Report on the Accounts</b>	6
<b>Statement of Receipts and Payments</b>	7
<b>Statement of Assets and Liabilities</b>	8
<b>Notes to the Accounts</b>	9 to 14

## ART IN MIND

### LEGAL AND ADMINISTRATIVE INFORMATION

<b>CHARITY NUMBER</b>	1165326
<b>WORKING NAMES</b>	Aim Art in Mind
<b>START OF FINANCIAL YEAR</b>	01 April 2022
<b>END OF FINANCIAL YEAR</b>	31 March 2023
<b>TRUSTEES AT 31 MARCH 2023</b>	Nick Rodgers Lesley Kendall Caroline Lovett Kirsty Lumm Appointed 2 April 2022 Cleo Phillips Appointed 2 April 2022

The existing trustees appoint any new trustees following the provisions laid out in the Charity's governing instrument.

**GOVERNING INSTRUMENT** CIO - Foundation Registered 27 January 2016

**REGISTRATION DATE** 27th January 2016:CIO Registration

#### OBJECTS

The advancement of health and relief of need for those who are recovering from mental health issues (the "Beneficiaries") particularly but not exclusively by:-

- a) Supporting beneficiaries through the use of art, primarily through workshops and training sessions, and the
- b) Providing other support to beneficiaries such advice to develop their capacity to identify and meet their own needs;
- c) Raising awareness of mental health issues among the public.

**CORRESPONDENCE ADDRESS** Cornerstone Community Centre  
Church Road  
Hove  
East Sussex  
BN3 2FL

**PRIMARY BANKERS** Santander UK  
Bridle Road  
Bootle  
Merseyside  
L30 4GB

**INDEPENDENT EXAMINER** Donna Leppitt  
Independent Examiners Ltd  
Unit 2  
The Broadridge Business Centre  
Delling Lane  
Bosham  
PO18 8NF

# ART IN MIND

## TRUSTEES' REPORT FOR THE YEAR ENDED 31ST MARCH 2023

### Trustees Report 2022/23

Art in Mind has had another successful year. The number of young people benefiting from the workshops has increased dramatically, the number of sessions delivered has expanded to keep pace and new projects have been started to meet the ever-increasing need of mental health support for young people in Brighton.

Although the disruption of the pandemic has faded, its impact is still being felt by young people with poor mental health, who have had an interrupted education, endured domestic isolation or were unable to access treatment and support at a time they needed it most.

Art in Mind, has continued to widen its support network, increase its volunteer base, grow its exhibition presence and increase the number of mentors working with us.

Highlights of the year include:

#### **Young people making 10 tutorial videos & online course handbook.**

30 Young people and volunteers created 10 tutorial videos and an online course handbook on how art helped improve and manage their mental health and wellbeing.

The online films were made entirely by young people from the conception stage, through to the final online publication phase.

The project involved young people planning, and making short films, working in groups to problem solve and plan the filming and publication.

The films have been viewed over 10,000 times.

#### **Online courses**

Art in Mind delivered a series of online courses to young people who were unable to leave home during the pandemic due to illness or problematic mental health.

Feedback from online group members said that the support:

- Played an essential part to their recovery
- Helped build friendships
- Gave them encouragement and support to make art
- Gave their lives a sense meaning and purpose.
- Art tuition helped them to improve and was constructive.
- Helped them not feel so isolated, anxious, and depressed.
- Helped their mental health and boosted their confidence
- Gave them a sense of autonomy by being able to choose and complete their own personal art projects.

#### **Art in Mind Exhibitions**

Art in Mind organised two exhibitions of the art created by young people online.

The October exhibition had an audience of 1100 young people and the Jubilee Library exhibition in May 2022 estimated audience of 9800.

#### **Resilient Art Awards for All**

**A Resilient Arts grant, funded** training and support sessions for peer mentors and volunteers give them the skills and confidence to deliver mental health themed workshops. The project helped young people boost their confidence, skills, and employment prospects by:

Providing support, training, and supervision as young people to learn the skills necessary to improve the mental health of their peers.

## **ART IN MIND**

### **TRUSTEES' REPORT (Continued) FOR THE YEAR ENDED 31ST MARCH 2023**

#### **Resilient Art Awards for All (Continued)**

30 volunteers worked to design and deliver regular art workshops.

100 young people aged between 11 and 18 to part in the sessions run by the volunteers.

- The project helped young people to be better equipped and prepared for their journey through school, college or employment and build resilience amongst participants and provide confidence and encourage self-expression.
- The project helped young people understand and manage their mental health, build self-awareness, coping skills, self-confidence, and independence.

Art in Mind has continued with its core delivery of twice weekly art workshops delivered to young people aged between 11 and 18 to support their mental health, develop creative arts skills, gain confidence, qualifications and skills.

Art in Mind has worked with over 700 young people through its regular groups, workshops and exhibitions, providing volunteering opportunities, mentoring, coaching and one to one sessions.

Finally, the trustees would like to thank the volunteers, session workers, mentors and young people who give their time to make the projects successful.

**ART IN MIND**

**TRUSTEES' REPORT (continued)  
FOR THE YEAR ENDED 31ST MARCH 2023**

**Responsibilities of Trustees**

Charity law requires the Board of Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of its incoming resources and resources expended for the period. In preparing those financial statements, the Board of Trustees should follow best practice and are required to;

- select suitable accounting policies and apply them consistently
- make judgments and estimates that are reasonable and prudent
- comply with applicable accounting standards subject to any material departures disclosed and explained in the financial statements
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that charity will continue in operation

The Board of Trustees is responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 1993. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities and to provide reasonable assurance that:-

- the charity is operating efficiently and effectively
- all assets are safeguarded against unauthorised use or disposition and are properly applied
- proper records are maintained and financial information used within the charity or for publication is reliable
- the charity complies with relevant laws and regulations

The systems of internal control are designed to provide reasonable but not absolute assurance against material misstatement or loss.

Approved by the Trustees on..... 2<sup>nd</sup> February '24

Signed on their behalf by Trustee.....

Printed Name: Nick Rodgers

## ART IN MIND

### INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS FOR THE YEAR ENDED 31ST MARCH 2023

Report to the trustees/ members of Art in Mind on the accounts for the year ended 31st March 2023.

#### Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

#### Basis of independent examiner's statement

My examination was carried out in accordance with general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

#### Independent examiner's statement

In connection with my examination, no matter has come to my attention

1. which gives me reasonable cause to believe that in, any material respect, the requirements:

- to keep accounting records in accordance with section 130 of the Charities Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting 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

have not been met; or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Donna Leppitt  
Independent Examiners Ltd  
Unit 2  
The Broadridge Business Centre  
Delling Lane  
Bosham  
PO18 8NF



Date: 23rd February 2024

**ART IN MIND**  
**STATEMENT OF RECEIPTS AND PAYMENTS**  
**FOR THE YEAR ENDED 31ST MARCH 2023**

	Notes	Unrestricted Funds £	Restricted Funds £	Total 2022/23 £	Restated Total 2021/22 £
<b>RECEIPTS</b>					
Donations & Legacies	3	10,840	24,901	35,741	52,211
<b>TOTAL RECEIPTS</b>		<b>10,840</b>	<b>24,901</b>	<b>35,741</b>	<b>52,211</b>
Costs of Charitable Activities	4	13,286	23,718	37,004	36,914
<b>TOTAL PAYMENTS</b>		<b>13,286</b>	<b>23,718</b>	<b>37,004</b>	<b>36,914</b>
<b>NET INCOMING/(OUTGOING) RESOURCES</b>		<b>(2,446)</b>	<b>1,183</b>	<b>(1,263)</b>	<b>15,297</b>
<b>TRANSFERS BETWEEN FUNDS</b>	5	-	-	-	-
<b>NET MOVEMENT IN FUNDS</b>		<b>(2,446)</b>	<b>1,183</b>	<b>(1,263)</b>	<b>15,297</b>
<b>RECONCILIATION OF FUNDS:</b>					
Balances Brought Forward		2,629	18,748	21,378	6,081
<b>BALANCES CARRIED FORWARD</b>		<b>183</b>	<b>19,932</b>	<b>20,115</b>	<b>21,378</b>

All of the Charity's operations are classed as continuing operations.

The notes form part of these financial statements, found on pages 9 to 14

**ART IN MIND**  
**STATEMENT OF ASSETS AND LIABILITIES**  
**31ST MARCH 2023**

	Unrestricted Fund £	Restricted Fund £	Total 31-Mar-23 £	Total 31-Mar-22 £
<b>CASH AT BANK AND IN HAND</b>				
Current account	183	19,932	20,115	21,378
	<b>183</b>	<b>19,932</b>	<b>20,115</b>	<b>21,378</b>
<b>TOTAL CURRENT ASSETS</b>	<b>183</b>	<b>19,932</b>	<b>20,115</b>	<b>21,378</b>
<b>NET CURRENT ASSETS</b>	<b>183</b>	<b>19,932</b>	<b>20,115</b>	<b>21,378</b>
<b>TOTAL ASSETS less current liabilities</b>	<b>183</b>	<b>19,932</b>	<b>20,115</b>	<b>21,378</b>
<b>Net Assets</b>	<b>183</b>	<b>19,932</b>	<b>20,115</b>	<b>21,378</b>

**Represented by:**

				Restated
General Funds	183	-	183	2,629
Restricted Funds	-	19,932	19,932	18,748
	<b>183</b>	<b>19,932</b>	<b>20,115</b>	<b>21,378</b>

**Liabilities**

Independent Examiner's Fee		870	840
		<b>870</b>	<b>840</b>

**TRUSTEES RESPONSIBILITIES IN RELATION TO FINANCIAL STATEMENTS**

Charity Law requires the Trustees to prepare financial statements for each financial year which comply with the regulations set out in the Charities Act 2011. The Trustees have elected to take advantage of the provisions that apply to small charities and have prepared a Receipts and Payments Account and Statement of Assets and Liabilities which are set out on pages:-  
9 to 14

Approved by the Trustees on ..... *22nd February 24* .....

Signed on their behalf by Trustee ..... *[Signature]* .....

# ART IN MIND

## NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31ST MARCH 2023

### 1. BASIS OF ACCOUNTING

The accounts have been prepared under the "Receipts and Payments" basis as prescribed by the Charity Commissioners, and they meet the appropriate legal requirements.

The Charity meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost unless otherwise stated in the relevant accounting policy notes.

#### Assessment of Going Concern

Preparation of the accounts is on a going concern basis. The trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern.

#### Fund Accounting

Funds held by the charity are either:

1. **Unrestricted Funds** - these are funds which can be used in accordance with the charity's objectives, at the discretion of the trustees.
2. **Designated funds**  
These funds are funds set aside by the trustees out of unrestricted general funds for specific purposes or
3. **Restricted Funds** - these are funds that can only be used for particular restricted purposes within the objects of the charity.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements. Most funding the charity receives is from restricted funded grants - when writing funding applications the charity writes a funding budget and if they receive funding they make sure they follow the budget.

#### Incoming Resources

All income is included in the accounts when actually received by the Charity.

Voluntary help provided by friends of the charity is not included in a quantified way within the accounts.

#### Resources Expended

Resources expended are recognised when paid by the Charity.

### 2. TANGIBLE FIXED ASSETS

The Charity held no fixed assets investments during this or the previous financial period.

## ART IN MIND

### NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31ST MARCH 2023

#### 3. RECEIPTS

	Note	Unrestricted Funds £	Restricted Funds £	<b>Total 2022/23 £</b>	Restated <b>Total 2021/22 £</b>
<b>INCOME</b>					
Donations & Legacies					
Grants:-		-	-	-	-
Brighton Hove Youth Led Grant		-	-	-	4,800
Sussex Crisis Fund Sussex Community		-	-	-	10,035
Resilient Art A4A/Awards for All		-	-	-	10,000
Mindful Art		2,000	-	2,000	2,940
Arts Council		-	1,582	1,582	14,241
Chalk Cliff Trust		2,000	-	2,000	1,000
Brighton Community Fund		-	-	-	3,500
Creative Counselling		-	-	-	5,000
Aims Counselling		-	-	-	650
Arts Council Two ac 2		-	23,319	23,319	-
Brighton Community Fund Two bc2		5,000	-	5,000	-
Other Revenue:-		-	-	-	15
Unrestricted UF		-	-	-	15
Insurance reduction access		9	-	9	16
Co-op		1,728	-	1,728	-
Aim Shop		103	-	103	-
		<b>10,840</b>	<b>24,901</b>	<b>35,741</b>	<b>52,211</b>

This page does not form part of the statutory financial statements

## ART IN MIND

### NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31ST MARCH 2023

#### 4. PAYMENTS

	Note	Unrestricted Funds £	Restricted Funds £	<b>Total 2022/23 £</b>	<b>Total 2021/22 £</b>
<b>a) Costs of Charitable Activities</b>					
Grants		(23,718)	23,718	-	-
Equipment		533	-	533	1,302
Facilitation		18,300	-	18,300	25,220
Food		2,495	-	2,495	1,535
Materials		1,769	-	1,769	1,501
Publicity		1,103	-	1,103	233
Room booking		-	-	-	4,200
Sundries		410	-	410	-
One to one Session		4,555	-	4,555	95
Subscriptions		323	-	323	245
Insurance		287	-	287	270
Operational		-	-	-	101
Research		-	-	-	210
Supervision		4,560	-	4,560	1,585
Training		-	-	-	185
Travel		-	-	-	233
IT Software and Consumables		532	-	532	-
Workshops		1,107	-	1,107	-
<b>Governance costs:-</b>					
Independent examiner fee		1,030	-	1,030	-
		<b>13,286</b>	<b>23,718</b>	<b>37,004</b>	<b>36,914</b>

This page does not form part of the statutory financial statements

## ART IN MIND

### NOTES TO THE ACCOUNTS (continued) FOR THE YEAR ENDED 31ST MARCH 2023

#### 5. RESTRICTED FUNDS CURRENT FINANCIAL YEAR

	<b>Balance 01-Apr-22</b>	Income £	Expenditure £	Gains & (Losses) £	Transfer £	<b>Balance 31-Mar-23 £</b>
Arts Council	8,335	1,582	(9,916)	-	-	1
Awards for all/Resilient Art	6,278	-	(6,278)	-	-	0
Mindful Art 1	-	-	-	-	-	-
Sussex Community	340	-	(338)	-	-	2
Creative Counselling	3,795	-	(3,791)	-	-	5
Arts Council Two ac 2	-	23,319	(3,395)	-	-	19,924
	<b>18,748</b>	<b>24,901</b>	<b>(23,718)</b>	-	-	<b>19,932</b>

This page does not form part of the statutory financial statements

## ART IN MIND

### NOTES TO THE ACCOUNTS (continued) FOR THE YEAR ENDED 31ST MARCH 2023

#### 5. RESTRICTED FUNDS (Continued)

##### PREVIOUS FINANCIAL YEAR

	<b>Balance 01-Apr-21</b>	Income £ Restated	Expenditure £ Restated	Gains & (Losses) £	Transfer £	<b>Balance 31-Mar-22 £ Restated</b>
Arts Council	-	14,241	(5,906)	-	-	8,335
Awards for all/Resilient Art	5,911	10,000	(9,633)	-	-	6,278
Mindful Art 1	242	2,940	(3,182)	-	-	-
Sussex Community	-	10,035	(9,695)	-	-	340
Creative Counselling	-	5,000	(1,205)	-	-	3,795
Arts Council Two ac 2	-	-	-	-	-	-
	<b>6,154</b>	<b>42,216</b>	<b>(29,621)</b>	-	-	<b>18,748</b>

The Restricted Funds are wholly represented by the Charity's cash reserves and are to be expended as specified above.

## **ART IN MIND**

### **NOTES TO THE ACCOUNTS (continued) FOR THE YEAR ENDED 31ST MARCH 2023**

#### **6. STAFF COSTS AND NUMBERS**

The Charity employed no members of staff during this or the previous financial period.

#### **7. TRUSTEES AND OTHER RELATED PARTIES**

No payments were made to trustees or any persons connected with them during this financial period. No material transaction took place between the organisation and a trustee or any person connected with them.

(2021/22- None)

#### **8. RISK ASSESSMENT**

The Trustees actively review the major risks which the charity faces on a regular basis and believe that maintaining the free reserves stated combined with the annual review of the controls over key financial systems carried out on an annual basis will provide sufficient resources in the event of adverse conditions. The Trustees have also examined other operational and business risks which they face and confirm that they have established systems to mitigate the significant risks.

#### **9. RESERVES POLICY**

The Trustees have considered the level of reserves they wish to retain, appropriate to the charity's needs. This is based on the charity's size and the level of financial commitments held. The Trustees aim to ensure the charity will be able to continue to fulfil its charitable objectives even if there is a temporary shortfall in income or unexpected expenditure. The trustees will endeavour not to set aside funds unnecessarily.

#### **10. PUBLIC BENEFIT**

The Charity acknowledges its requirement to demonstrate clearly that it must have charitable purposes or 'aims' that are for the public benefit. Details of how the charity has achieved this are provided in the Trustees report. The Trustees confirm that they have paid due regard to the Charity Commission guidance on public benefit before deciding what activities the charity should undertake.

#### **11. PRIOR YEAR ADJUSTMENTS**

The restricted funds and unrestricted funds have been re-stated to reflect a true and fair view of the Charity's closing position as at 31st March 2022.

**ART IN MIND BRIGHTON**

England & Wales - Charity number 1165326

---

# Accounts

---

# **ANNUAL REPORT AND FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED 31ST MARCH 2022**

## **ART IN MIND BRIGHTON**

**CHARITY REGISTRATION NUMBER 1165326**

Independent Examiners Ltd  
Unit 2  
The Broadbridge Business Centre  
Delling Lane  
Bosham  
PO18 8NF

## **ART IN MIND BRIGHTON**

### **CONTENTS OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2022**

	<b>Page</b>
<b>Legal and Administrative Information</b>	3
<b>Trustees' Report</b>	4 to 7
<b>Independent Examiner's Report on the Accounts</b>	8
<b>Statement of Receipts and Payments</b>	9
<b>Statement of Assets and Liabilities</b>	10
<b>Notes to the Accounts</b>	11 to 14

# ART IN MIND BRIGHTON

## LEGAL AND ADMINISTRATIVE INFORMATION

<b>CHARITY NUMBER</b>	1165326
<b>WORKING NAMES</b>	Aim Art in Mind
<b>START OF FINANCIAL YEAR</b>	01 April 2021
<b>END OF FINANCIAL YEAR</b>	31 March 2022
<b>TRUSTEES AT 31 MARCH 2022</b>	Nick Rodgers Lesley Kendall Caroline Lovett
Appointed after 31st March 2022	Kirsty Lumm      Appointed 2 April 2022 Cleo Phillips      Appointed 2 April 2022

The existing trustees appoint any new trustees following the provisions laid out in the Charity's governing

**GOVERNING INSTRUMENT**      CIO - Foundation Registered 27 January 2016

**REGISTRATION DATE**      27th January 2016:CIO Registration

### OBJECTS

The advancement of health and relief of need for those who are recovering from mental health issues (the "Beneficiaries") particularly but not exclusively by:-

- a) Supporting beneficiaries through the use of art, primarily through workshops and training sessions, and the provision of studio space for use of the beneficiaries;
- b) Providing other support to beneficiaries such advice to develop their capacity to identify and meet their own needs;
- c) Raising awareness of mental health issues among the public.

**CORRESPONDENCE ADDRESS**      Cornerstone Community Centre  
Church Road  
Hove  
East Sussex  
BN3 2FL

**PRIMARY BANKERS**      Santander UK  
Bridle Road  
Bootle  
Merseyside  
L30 4GB

**INDEPENDENT EXAMINER**      Donna Leppitt  
Independent Examiners Ltd  
Unit 2  
The Broadridge Business Centre  
Delling Lane  
Bosham  
PO18 8NF

**ART IN MIND BRIGHTON**  
**TRUSTEES' REPORT**  
**FOR THE YEAR ENDED 31ST MARCH 2022**

**Structure, Government and Management**

Type of Governing document	CIO Constitution	
Charity constitution	Charitable Incorporated Organisation	
Trustee selection method	Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. (2) In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.	
Charity name	Art in Mind	
Registered Charity number	1165326	
Principle address	Cornerstone Church Road HOVE East Sussex BN3 2FL	
Name of Trustees	Nick Rodgers Lesley Kendall Caroline Lovett	
Appointed after 31st March 2022	Kirsty Lumm Cleo Phillips	Appointed 2 April 2022 Appointed 2 April 2022

**Summary of Purposes**

The objects of the CIO are: The advancement of health and relief of need for those who are recovering from mental health issues (the "beneficiaries") particularly but not exclusively by: a) supporting beneficiaries through the use of art, primarily through workshops and training sessions, and the provision of studio space for use of the beneficiaries; b) providing other support to beneficiaries such advice to develop their capacity to identify and meet their own needs c) raising awareness of mental health issues among the public.

**Main activities**

The advancement of health and relief of need for those who are recovering from mental health issues.

a. supporting beneficiaries through the use of art, primarily through running art group sessions and community art workshops and training sessions volunteers to delivery workshops in the community.

b. providing other support to beneficiaries such advice to develop their capacity to identify and meet their own needs by providing one to one mentoring and counselling.

c. raising awareness of mental health issues among the public through exhibition of artwork and making resources: films on YouTube and Instagram.

**Public Benefit**

Art in Mind confirms that trustees have had regard to guidance issued by the Charity Commission on public benefit.

**ART IN MIND BRIGHTON**  
**TRUSTEES' REPORT (continued)**  
**FOR THE YEAR ENDED 31ST MARCH 2022**

**Main achievements**

Art in Mind supported:

- 200 young people
- 30 young people attending groups
- 40 volunteers
- 30 older volunteers
- 10 new volunteers
- 6 workshops 20 young people per workshops 120
- 10 online group 13 – 18-year-olds
- 10 online group 19 – 25 years old
- 15 young people x 100 = 1500 counselling hours
- 1000 social media followers
- 1400 views on you tube
- 120 young people attended 6 community workshops
- 1100 young people visited Art in Mind BFEST exhibition

● **April 2021 – July 2021**

During the last part of covid 19 pandemic lock down Art in Mind charity met the needs of young people experiencing Covid19, AiM adapted and introduced new ways of working and supporting young people suffering from poor mental health. It provided a wide variety of support to ensure young people were able to access the project in a way that suited them, either through small groups and zoom art sessions, one to one, text, online support. Art in Mind provided art equipment and materials, learning packs. We run extra film, games and homework zooms.

AiM zoom groups provided social contact, mental health support an that alleviated social isolation. Sessions also helped improve self-esteem and self-confidence, assist with learning in difficult situations, provided tools and techniques to help young people cope with anxiety and stress. The sessions also provided opportunities for interaction and specialised support which helped young people cope better with isolation, anxiety, family, learning and well-being problems.

● **August 2021 – 31<sup>st</sup> March 2022**

As Covid 19 restrictions were lifted Art in Mind provided sessions that were Covid safe detached and outdoor work, online digital groups and 1:1 sessions and targeted indoor small group sessions.

Art in Mind provided continued support to young people at risk of harm through poor mental health by offering a wide variety of interventions that meet the needs of young people. One to one counselling sessions on zoom, walk and talk and when permitted face to face.

Digital online Mental health themed arts programme

One highlight and success is that Art in Mind started to create a digital online mental health themed arts programme for young people with mental health problems.

Art in Mind recruited 10 new volunteers that helped create mental health art themed film workshops that were shown on YouTube, Facebook, and Instagram to raise awareness of mental health issues for art in minds wider community. <https://www.artinmindbrighton.co.uk/videos>

Volunteers also started creating a booklet on how art helps aid mental health and resilience.

● **BFest Art in Mind Exhibition**

In October 2021 Art in Mind also exhibited young people's artwork at BFEST Arts Festival which had had a recorded audience of 1100 young people and the exhibition was on the theme of how art helped young people cope with social isolation during the pandemic.

**ART IN MIND BRIGHTON**  
**TRUSTEES' REPORT (continued)**  
**FOR THE YEAR ENDED 31ST MARCH 2022**

● **Train volunteers to deliver mental health workshops in the community.**

Art in Mind started a volunteer training in November 2021 and volunteers were trained in the delivery mental health themed art workshops. Art in Mind run 6 mental health themed workshops at Brighton Youth Centre with zine making, stencil making, badge making, graffiti alphabet, clay and sticker workshops.

120 young people attended the workshops (6 workshops x 20 young people).

● **One to one Support**

Art in Mind offered young people therapeutic support which enabled them to talk about their experience of the pandemic, allowing them to gain insight, rebuild their lives, and explore solutions to problems.

Funding enabled Art in Mind to pay freelance, professionally qualified, and experienced therapists to provide art in mind young people free counselling sessions.

● **15 young people were offered 10 counselling sessions.**

Completed evaluations of young people's experiences have said that young people said that they liked that it was a safe space to talk to someone confidentially, helped them with anxiety and stress related to transitioning out of the pandemic to gain employment or return to education or to volunteer. Counselling sessions also helped to support them to start rebuilding their lives, apply for employment, return to education, and have found volunteer placements.

● **Supporting young people create and sell artwork online shop sell and art fairs to help aid and increase employment opportunities 40 young people.**

Due to Covid, young people dealing with mental health issues (e.g. anxiety or depression) have found it difficult to find work as their confidence has been affected, making it hard for them to compete with others for the same job. Art in Mind has been supporting young people to create a pathway to sell artwork through Instagram shops, to make prints and cards. Art in Mind has created an online shop on our website. Delivering workshop would help young people develop social media skills, teach them how to use Photoshop, how to design cards and prints, set up online shops to sell art, sell art at craft fairs and shops, and organise an art fair.

**Financial Review**

The review of the charity's financial position at the end of the period is as follows:-

Income £52,127

Expenditure £36,914

Reserves £2,680

**Reserves**

A reserves policy is under review as 2021 was the first year AIM held reserves.

The amount of reserves held is as follows:-

Restricted reserves £18,697 Unrestricted Reserves £2,680

**Going Concern**

Art in Mind is a well-funded and managed Charity and is a going concern.

## ART IN MIND BRIGHTON

### TRUSTEES' REPORT (continued) FOR THE YEAR ENDED 31ST MARCH 2022

#### Responsibilities of Trustees

Charity law requires the Board of Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of its incoming resources and resources expended for the period. In preparing those financial statements, the Board of Trustees should follow best practice and are required


- select suitable accounting policies and apply them consistently
- make judgments and estimates that are reasonable and prudent
- comply with applicable accounting standards subject to any material departures disclosed and explained in the financial statements
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that charity will continue in operation

The Board of Trustees is responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 1993. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities and to provide reasonable assurance that:-

- the charity is operating efficiently and effectively
- all assets are safeguarded against unauthorised use or disposition and are properly applied
- proper records are maintained and financial information used within the charity or for publication is reliable
- the charity complies with relevant laws and regulations

The systems of internal control are designed to provide reasonable but not absolute assurance against material misstatement or loss.

Approved by the Trustees on.....21/1/23.....

Signed on their behalf by Trustee ..........

Printed Name:

Nick Radpe

## ART IN MIND BRIGHTON

### INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS FOR THE YEAR ENDED 31ST MARCH 2022

Report to the trustees/ members of Art in Mind Brighton on the accounts for the year ended 31st March 2022.

#### Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention

#### Basis of independent examiner's statement

My examination was carried out in accordance with general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

#### Independent examiner's statement

In connection with my examination, no matter has come to my attention

1. which gives me reasonable cause to believe that in, any material respect, the requirements:

- to keep accounting records in accordance with section 130 of the Charities Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act

have not been met; or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Donna Leppitt  
Independent Examiners Ltd  
Unit 2  
The Broadridge Business Centre  
Delling Lane  
Bosham  
PO18 8NF



Date: 23rd January 2023

**ART IN MIND BRIGHTON**  
**STATEMENT OF FINANCIAL ACTIVITIES**  
**FOR THE YEAR ENDED 31ST MARCH 2022**

	<b>Notes</b>	Unrestricted Funds £	Restricted Funds £	<b>Total 2021/22 £</b>	<b>Total 2020/21 £</b>
<b>RECEIPTS</b>					
Donations & Legacies	<b>3</b>	9,966	42,161	52,127	31,877
<b>TOTAL RECEIPTS</b>		<b>9,966</b>	<b>42,161</b>	<b>52,127</b>	<b>31,877</b>
<b>PAYMENTS</b>					
Costs of Charitable Activities	<b>4</b>	7,297	29,617	36,914	31,799
<b>TOTAL PAYMENTS</b>		<b>7,297</b>	<b>29,617</b>	<b>36,914</b>	<b>31,799</b>
<b>NET INCOMING/(OUTGOING) RESOURCES</b>		<b>2,669</b>	<b>12,544</b>	<b>15,213</b>	<b>78</b>
<b>TRANSFERS BETWEEN FUNDS</b>	<b>5</b>	-	-	-	-
<b>NET MOVEMENT IN FUNDS</b>		<b>2,669</b>	<b>12,544</b>	<b>15,213</b>	<b>78</b>
<b>RECONCILIATION OF FUNDS:</b>					
Balances Brought Forward		11	6,154	6,165	6,087
<b>BALANCES CARRIED FORWARD</b>		<b>2,680</b>	<b>18,697</b>	<b>21,378</b>	<b>6,165</b>

All of the Charity's operations are classed as continuing operations.

The notes form part of these financial statements, found on pages:- 11 to 14

**ART IN MIND BRIGHTON**

**STATEMENT OF ASSETS AND LIABILITIES  
AS AT 31 MARCH 2022**

		Unrestricted Fund	Restricted Fund	<b>Total 31-Mar-22</b>	<b>Total 31-Mar-21</b>
		£	£	£	£
<b>Cash Funds</b>					
Cash at bank and in hand	6	2,680	18,697	21,378	6,165
<b>Total Current Assets</b>		<b>2,680</b>	<b>18,697</b>	<b>21,378</b>	<b>6,165</b>
<b>NET ASSETS</b>		<b>2,680</b>	<b>18,697</b>	<b>21,378</b>	<b>6,165</b>
 <b>Represented by:</b>					
General Funds		2,680	-	2,680	11
Restricted funds	5	-	18,697	18,697	6,154
<b>TOTAL FUNDS</b>		<b>2,680</b>	<b>18,697</b>	<b>21,378</b>	<b>6,165</b>

**Liabilities:**

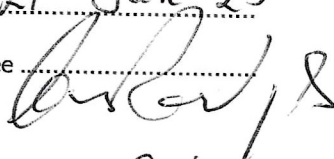
Independent Examiner's Fee				840	-
				<b>840</b>	<b>-</b>

**TRUSTEES RESPONSIBILITIES IN RELATION TO FINANCIAL STATEMENTS**

The trustees are responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the trust. They are also responsible for safeguarding the assets of the trust and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Charity Law requires the Trustees to prepare financial statements for each financial year which comply with the regulations set out in the Charities Act 2011. The Trustees have elected to take advantage of the provisions that apply to small charities and have prepared a Receipts and Payments Account and Statement of Assets and Liabilities which are set out on pages:-  
11 to 14

Approved by the Trustees on 21<sup>st</sup> Jan 23

Signed on their behalf by Trustee 

Printed Name:

Nick Rodgers

**ART IN MIND BRIGHTON**  
**NOTES TO THE ACCOUNTS**  
**FOR THE YEAR ENDED 31ST MARCH 2022**

**1. ACCOUNTING POLICIES**

The accounts have been prepared under the "Receipts and Payments" basis as prescribed by the Charity Commissioners, and they meet the appropriate legal requirements.

**2. TANGIBLE FIXED ASSETS**

The Charity held no fixed assets investments during this or the previous financial period.

## ART IN MIND BRIGHTON

### NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31ST MARCH 2022

#### 3. INCOMING RESOURCES

Note	Unrestricted Funds £	Restricted Funds £	Total 2021/22 £	Total 2020/21 £
<b>Donations &amp; Legacies</b>				
National Lottery Community Fund	-	-	-	9,390
Brighton Hove Youth Led Grant	4,800	-	4,800	2,460
Sussex Crisis Fund Sussex Community	-	9,980	9,980	4,827
Resilient Art A4A/Awards for All	-	10,000	10,000	10,000
Mindful Art	-	2,940	2,940	5,200
Arts Council	-	14,241	14,241	-
Chalk Cliff Trust	1,000	-	1,000	-
Brighton Community Fund	3,500	-	3,500	-
Creative Counselling	-	5,000	5,000	-
Aims Counselling	650	-	650	-
Sundry income	16	-	16	-
	<b>9,966</b>	<b>42,161</b>	<b>52,127</b>	<b>31,877</b>

#### 4. RESOURCES EXPENDED

Note	Unrestricted Funds £	Restricted Funds £	Total 2021/22 £	Total 2020/21 £
<b>Charitable Activities</b>				
National Lottery Community Fund	-	-	-	9,384
Brighton Hove Youth Led Grant	-	-	-	2,459
Sussex Crisis Fund	-	-	-	4,826
Awards for All	-	-	-	4,089
Mindful Art	-	-	-	7,642
Thrive Tampon Tax SCF	-	-	-	1,839
A4A Zine Project	-	-	-	1,345
Unreserved	-	-	-	215
Equipment	65	1,237	1,302	-
Facilitation	6,600	18,620	25,220	-
Food	456	1,079	1,535	-
Materials	389	1,112	1,501	-
Publicity	68	166	233	-
Room booking	1,000	3,200	4,200	-
Sundries	(3,226)	3,226	-	-
One to one Session	-	95	95	-
Subscriptions	72	173	245	-
Insurance	270	-	270	-
Operational	41	60	101	-
Research	210	-	210	-
Supervision	1,095	490	1,585	-
Training	25	160	185	-
Travel	233	-	233	-
	<b>7,297</b>	<b>29,617</b>	<b>36,914</b>	<b>31,799</b>

This page does not form part of the statutory financial statements

## ART IN MIND BRIGHTON

### NOTES TO THE ACCOUNTS (continued) FOR THE YEAR ENDED 31ST MARCH 2022

#### 5. RESTRICTED FUNDS

##### CURRENT FINANCIAL YEAR

	Balance 01-Apr-21	Income £	Expenditure £	Gains & Losses £	Transfer £	Balance 31-Mar-22 £
<b>Arts Council</b>						
Income	-	14,241	-	-	-	14,241
Materials	-	-	(543)	-	-	(543)
Faciliation	-	-	(3,020)	-	-	(3,020)
Equipment	-	-	(1,012)	-	-	(1,012)
Publicity	-	-	(103)	-	-	(103)
Room Hire	-	-	(1,200)	-	-	(1,200)
Food	-	-	(28)	-	-	(28)
<b>Total</b>	-	14,241	(5,906)	-	-	8,335
<b>Awards for all</b>						
Group Facilitators	-	-	(5,160)	-	-	(5,160)
Publicity	-	-	(63)	-	-	(63)
Food Travel	-	-	(165)	-	-	(165)
Materials	-	-	(365)	-	-	(365)
Equipment	-	-	(98)	-	-	(98)
Subscriptions	-	-	(58)	-	-	(58)
<b>Total</b>	5,911	-	(5,909)	-	-	2
<b>Mindful Art</b>						
Income	-	2,940	-	-	-	2,940
Sundries-One to one	-	-	(2,940)	-	-	(2,940)
Materials	-	-	(8)	-	-	(8)
Food Drink	-	-	(233)	-	-	(233)
<b>Total</b>	242	2,940	(3,181)	-	-	1
<b>Sussex Community</b>						
Income	-	9,980	-	-	-	9,980
Facilitator	-	-	(7,120)	-	-	(7,120)
Equipment	-	-	(127)	-	-	(127)
Room Hire	-	-	(1,000)	-	-	(1,000)
Sundries re Publicity	-	-	(286)	-	-	(286)
Operational	-	-	(60)	-	-	(60)
Subscriptions	-	-	(115)	-	-	(115)
Food Travel	-	-	(446)	-	-	(446)
Training	-	-	(160)	-	-	(160)
Supervision	-	-	(380)	-	-	(380)
<b>Total</b>	-	9,980	(9,695)	-	-	285
<b>Resilient Arts</b>						
Income	-	10,000	-	-	-	10,000
Faciliation	-	-	(3,320)	-	-	(3,320)
Food Travel	-	-	(207)	-	-	(207)
Materials	-	-	(195)	-	-	(195)
<b>Total</b>	-	10,000	(3,722)	-	-	6,278
<b>Creative Counselling</b>						
Income	-	5,000	-	-	-	5,000
Counselling	-	-	(95)	-	-	(95)
Supervision	-	-	(110)	-	-	(110)
Room Hire	-	-	(1,000)	-	-	(1,000)
<b>Total</b>	-	5,000	(1,205)	-	-	3,795
<b>Grand Total</b>	<b>6,154</b>	<b>42,161</b>	<b>(29,617)</b>	<b>-</b>	<b>-</b>	<b>18,697</b>

This page does not form part of the statutory financial statements

## ART IN MIND BRIGHTON

### NOTES TO THE ACCOUNTS (continued) FOR THE YEAR ENDED 31ST MARCH 2022

#### 5. RESTRICTED FUNDS (Continued)

##### PREVIOUS FINANCIAL YEAR

	Balance 31-Mar-21
Arts Council Total	-
Awards for all Total	5,911
Mindful Art Total	242
Sussex Community Total	-
Resilient Arts Total	-
Creative Counselling Total	-
	-
<b>Grand Total</b>	<u><u>6,154</u></u>

The Restricted Funds are wholly represented by the Charity's cash reserves and are to be expended as specified above.

#### 6. CASH AT BANK AND IN HAND

	Unrestricted Funds £	Restricted Funds £	Total 31-Mar-22 £	Total 31-Mar-21 £
Current Account	2,680	18,697	21,378	6,165
	<u>2,680</u>	<u>18,697</u>	<u>21,378</u>	<u>6,165</u>

#### 7. STAFF COSTS AND NUMBERS

The Charity employed no members of staff during this or the previous financial period.

#### 8. TRUSTEES AND OTHER RELATED PARTIES

No payments were made to trustees or any persons connected with them during this financial period. No material transaction took place between the organisation and a trustee or any person connected with them.  
(2020/21- None)

#### 9. RISK ASSESSMENT

The Trustees actively review the major risks which the charity faces on a regular basis and believe that maintaining the free reserves stated combined with the annual review of the controls over key financial systems carried out on an annual basis will provide sufficient resources in the event of adverse conditions. The Trustees have also examined other operational and business risks which they face and confirm that they have established systems to mitigate the significant risks.

#### 10. RESERVES POLICY

The Trustees have considered the level of reserves they wish to retain, appropriate to the charity's needs. This is based on the charity's size and the level of financial commitments held. The Trustees aim to ensure the charity will be able to continue to fulfil its charitable objectives even if there is a temporary shortfall in income or unexpected expenditure. The trustees will endeavour not to set aside funds unnecessarily.

#### 11. PUBLIC BENEFIT

The Charity acknowledges its requirement to demonstrate clearly that it must have charitable purposes or 'aims' that are for the public benefit. Details of how the charity has achieved this are provided in the Trustees report. The Trustees confirm that they have paid due regard to the Charity Commission guidance on public benefit before deciding what activities the charity should undertake.

**ART IN MIND BRIGHTON**

England & Wales - Charity number 1165326

---

# Accounts

---

## Art in Mind Accounts April 2020- March 2021

<b>AIM Income</b>	Carried forward	Current year	Balance
Thrive Tampon Tax SCF	1840	0	1840
A4A Zine Project	1345.97	0	1345.97
Unrestricted	216.80	0	216.80
Mindful Art	2683.95	5200	7883.95
National Lottery Community Fund	0	9390	9390
Brighton Hove Youth Led Grant	0	2460	2460
Sussex Crisis Fund	0	4827	4827
Awards for All	0	10000	10000
<b>Total</b>	<b>6086.72</b>	<b>31877</b>	<b>37963.72</b>
<b>AiM Expenditure</b>	Income	Expenditure	Balance
Thrive Tampon Tax SCF	1840	1839.02	0.98
A4A Zine Project	1345.87	1345.33	0.64
Unrestricted	216.80	215.04	1.76
Mindful Art	7883.95	7641.83	242.12
National Lottery Community Fund	9390.00	9384.49	5.51
Brighton Hove Youth Led Grant	2460	2458.55	1.45
Sussex Crisis Fund	4827	4826.03	0.97
Awards for All	10000	4088.55	5911.45
	37963.72	31798.84	<b>6164.88</b>
<b>Total Expenditure</b>			<b>31798.84</b>
Funds carried forward			<b>6086.72</b>
Funds received in year			<b>31877</b>
<b>Current Balance</b>			<b>6164.88</b>

L Kendall

Signed by Treasurer Lesley Kendall 5<sup>th</sup> April 2021