

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

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ART IN MIND

LEGAL AND ADMINISTRATIVE INFORMATION

REGISTERED CHARITY NUMBER 1165326

START OF FINANCIAL YEAR 1st April 2023

END OF FINANCIAL YEAR 31st March 2024

TRUSTEES AS AT 31ST MARCH 2024

Nick Rodgers
Lesley Kendall
Caroline Lovett
Kirsty Lumm (*Resigned 01.06.2023*)
Cleo Phillips
Lucy Hammarton (*Appointed 01.06.2023*)

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
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Delling Lane
Bosham
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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:

Burke

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.

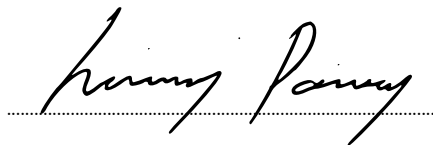
BASIS OF INDEPENDENT EXAMINER'S STATEMENT

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.



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29th January 2025

ART IN MIND

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

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

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 £
Cash Funds:					
Cash at bank in hand		(42,738)	57,613	14,875	20,115
Petty Cash		-	-	-	-
		(42,738)	57,613	14,875	20,115

Represented by:

General Fund		(42,738)	-	(42,738)	20,115
Restricted Fund		-	57,613	57,613	-
		(42,738)	57,613	14,875	20,115

LIABILITIES

Independent Examiners Fee		900	-	900	870
		900	-	900	870

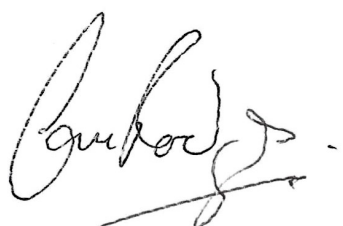
TRUSTEES RESPONSIBILITIES IN RELATION TO FINANCIAL STATEMENTS

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 28th 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 £
a) Donations and Legacies				
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
	318	37,687	38,005	35,741

3. PAYMENTS

Notes	Unrestricted Funds £	Restricted Funds £	Total 2023/24 £	Total 2022/23 £
a) Charitable Activities				
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
	43,244	-	43,244	37,004

ART IN MIND

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

4. RESTRICTED FUNDS

	This year				31-Mar-24
	01-Apr-23 Balance	Income	Expenditure	Transfers	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
	19,931	37,687	-	6	57,613

	Last year				31-Mar-23
	01-Apr-22 Balance	Income	Expenditure	Transfers	Balance
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
	18,748	24,901	(23,718)	-	19,931

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.