

**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**

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## 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>	<p>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</p> <p>The existing trustees appoint any new trustees following the provisions laid out in the Charity's governing instrument.</p>
<b>GOVERNING INSTRUMENT</b>	CIO - Foundation Registered 27 Jan 2016
<b>OBJECTS</b>	<p>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:</p> <p>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;</p> <p>B) PROVIDING OTHER SUPPORT TO BENEFICIARIES SUCH AS ADVICE TO DEVELOP THEIR CAPACITY TO IDENTIFY AND MEET THEIR OWN NEEDS</p> <p>C) RAISING AWARENESS OF MENTAL HEALTH ISSUES AMONG THE PUBLIC.</p>
<b>REGISTERED ADDRESS</b>	<p>Cornerstone Community Centre Church Road Hove East Sussex BN3 2FL</p>
<b>INDEPENDENT EXAMINER</b>	<p>Zita Derbak Independent Examiners Ltd The Grain Store Hills Barns Appledram Lane South Chichester, West Sussex PO20 7EG</p>

**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.

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**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.

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**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

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**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.

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#### 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.

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#### 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.

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#### 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.

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#### 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.

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#### 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.

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#### 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  
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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

ASSETS	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				
	01-Apr-24	Transfer adj	Income	Expenditure	31-Mar-25
	Balance	for 23/24*			Balance
	£	£	£	£	£
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)	-
Awards for all / Resilient Art	10,000	(9,999)	20,000	(15,429)	4,572
Chalk Cliff Trust	3,920	(35)	-	(3,884)	-
Arts Council	22,516	(22,516)	-	-	-
	<b>57,613</b>	<b>(42,779)</b>	<b>38,476</b>	<b>(40,203)</b>	<b>13,105</b>

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

	Last year				
	01-Apr-23	Income	Expenditure	Transfers	31-Mar-24
	Balance				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			
	01-Apr-24	Income	Expenditure	31-Mar-25
	Balance			Balance
	£	£	£	£
Reserves	-	4,017	-	4,017
	-	4,017	-	4,017

#### 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.