

ARTS 2 HEAL

England & Wales · Charity number 1167490

Details

Status Registered

Legal form CIO

Registered 2016-06-06

Register [View on the Charity Commission register](#)

Contact

Address 22 Shear Bank Road
Blackburn
BB1 8AZ

Phone 07434046388

Email contact@arts2heal.org

Website www.arts2heal.org

Activities

Objects: the promotion and protection of health specifically the mental health of vulnerable individuals. The people who can benefit from this charity are: Adults and Young people with general mental health issues. Adults and Young people who self-harm or would self-harm

Activities: The Charity "Arts 2 Heal" is set up for "The advancement of health" - specifically mental health of vulnerable individuals. The people who can benefit from this charity are: Individuals with general mental health issues. Individuals who self-harm or would self-harm

Classification

- **How:** Provides Services, Sponsors Or Undertakes Research
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-05	£113,870	£83,694	-	-
2023-12-05	£66,421	£97,673	-	-
2022-12-05	£89,930	£92,475	-	-
2021-12-05	£107,614	£89,939	-	-
2020-12-05	£73,652	£51,605	-	-

Trustees

Name	Role	Appointed
Abeda Patel	Chair	2016-06-06
FARZANA DOCTOR		2016-06-06
Joanne Eckersley		2023-07-01
Lisa Fielding		2023-07-01
PATRICIA HEATH		2016-06-06

Accounts

Registered charity number 1167490

Arts 2 Heal
(Charitable incorporated organisation (CIO))

***Financial Statements
for the year ended 05 December 2024***

Arts 2 Heal
Contents

	<i>Page</i>
Charity Information	1
Trustees report	2
Independent examiner's report	5
Statement of financial activities	6
Balance sheet	7
Notes to the accounts	8

Arts 2 Heal**Reference and Administrative Information
for the period ended 05 December 2024****Registered office**

Carnside
22 Shear Bank Rd
Blackburn
Lancashire
BB1 8AZ

Registered charity number 1167490

CIO - FOUNDATION Registered 06 June 2016

Regulated by constitution adopted on 6 June 2016 as amended on 17 Jan 2019

Trustees

Mrs Abeda Patel
Mrs Farzana Doctor
Mrs Patricia Heath
Lisa Fielding
Joanne Eckersley

Appointed independent examiner

M A Ibrahim (FCCA)

Accountants

M.A.I (Accountants) Limited
7 St Andrews Street
Blackburn
Lancashire
BB1 8AE

Bankers

HSBC
60 Church Street
Blackburn
Lancashire
BB1 5AS

Arts 2 Heal
Trustees' annual report
for the period ended 05 December 2024
Registered charity number 1167490

The Annual Report is fully SORP compliant and sets out how the trustees have met their obligations.

The Financial Statement is fully SORP compliant and includes the incoming resources and resources expended.

Objectives and activities

The objects of the CIO are set out in the constitution are summarised as follows:

The Charity "Arts 2 Heal" is set up for the promotion and protection of health specifically the mental health of vulnerable individuals. The people who can benefit from this charity are: Adults and young people with general mental health issues. Adults and young people who self-harm or would self-harm.

We provide arts-based intervention for individuals with mental health issues and come from a socio/economically deprived background.

The primary aims are to provide structured art-based group interventions which are healing and transformative. This will help individuals, particularly those, who feel isolated, re-engage with society and move on with their lives in a positive way. We provide one to one support to personalised learning and monitor progress to ensure expectations are met and targets for each individual are achieved.

The secondary aims are to develop skills deemed valuable in employment, education and/or volunteer work.

These skills include communication, confidence, team-work, and organisational skills, in view of supporting the individual to re-engage with society.

In setting our objectives and planning our activities our Trustees have given careful consideration to the Charity Commission's general guidance on public benefit.

Activities and achievements

The CIO carries out a wide range of activities in pursuance of its charitable aims:

We have continued skill building through our partnership with CRL (Community Rail Lancashire) Building travel confidence for isolated members, making social connections and forming new friendships.

Key achievements 2023-2024 include:

Participants: We are directly supporting approx. 140 members per week. Many are reporting additional benefits to partners and/or children.

New Partnership Work: We are continuing to work with local mental health teams including social prescribing teams and community connectors.

Arts 2 Heal Centre Development: In May 2024, we moved into our new, larger premises on Tontine Street, enabling us to expand our capacity and better serve our community.

New Pilots: Partnered with The Baring Foundation to introduce art-based workshops for Men from the South Asian Heritage.

Volunteers: Learner to leader workshops led by volunteers are proving successful. Workshops include 'crafts for sale' with the fundraising team. We are supporting students from the University of Blackburn College, Uclan, and Manchester with placements.

Awards/nominations: Our volunteers have been nominated for a range of awards including CVS Community Volunteer Awards.

Arts 2 Heal

Trustees' annual report

for the period ended 05 December 2024

Structure, governance and management

Arts 2 Heal is registered as a Charitable Incorporated Organisation with Charity Commission under charity no: 1167490 on 6 June 2016.

It is governed by its constitution adopted on 6 June 2016 as amended on 17 Jan 2019.

Recruitment and appointment of trustees 1) 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.

3) Information for new charity trustees:

The charity trustees will make available to each new charity trustee, on or before his or her first appointment:

(a) a copy of the current version of this constitution; and

(b) a copy of the CIO's latest Trustees' Annual Report and statement of accounts.

4) Retirement and removal of charity trustees:

A charity trustee ceases to hold office if he or she:

(a) retires by notifying the CIO in writing (but only if enough charity trustees will remain in office when the notice of resignation takes effect to form a quorum for meetings);

(b) is absent without the permission of the charity trustees from all their meetings held within a period of six months and the trustees resolve that his or her office be vacated;

(c) dies;

(d) in the written opinion, given to the company, of a registered medical practitioner treating that person, has become physically or mentally incapable of acting as a director and may remain so for more than three months;

(e) is disqualified from acting as a charity trustee by virtue of sections 178-180 of the Charities Act 2011 (or any statutory re-enactment or modification of that provision).

5) Any person retiring as a charity trustee is eligible for reappointment.

6) A charity trustee who has served for three consecutive terms may not be reappointed for a fourth consecutive term but may be reappointed after an interval of at least one year.

Reference and administrative information

See preceding page under 'Charity Information'.

Names of the charity trustees who manage the charity

All trustees are named on the preceding page under 'Charity Information'.

Arts 2 Heal Trustees' annual report for the period ended 05 December 2024

Risk management, financial review and reserves policy The Trustees actively review all major risks which the Charity faces and drawn up a risk assessment which is reviewed. The Trustees are satisfied that all systems are in place and arrangements have been made to manage any risks identified.

Restricted funds secured from 2022-2023 have been spent. The strategy going forward in 2025 is to secure more long-term funding. Corporate Sponsorship Model to implement. Funding has been secured from new funders including The Baring Foundation and The National Heritage Fund.

Reserves to the minimum sum of £1000.00 will be carried over to cover the basic costs of venue hire and resources to ensure there if minimal disruptions should there be a gap in grants/funding secured.

There are no uncertainties about the charity continuing as a going concern.

Statement of Trustee's responsibilities The Trustees are responsible for preparing the Trustees' Annual Report and Financial Statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable in England and Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure of the charitable company for that period in preparing these financial statements, the trustees are required to:-

- h Select suitable accounting policies to be applied consistently
- h Observe the methods and principles in the Charities SORP
- h Make judgements and estimates that are reasonable and prudent
- h State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements and, h Prepare the financial statements on the going concern bases unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping proper accounting records that 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 2011, and the provisions of the trust deed. They are also responsible for safeguarding the assets of the Charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities. The trustees are responsible for the maintenance and integrity of the charity and financial information included on the charity's website in accordance with legislation in the United Kingdom governing the preparation and dissemination of financial statements.

Approved by the Trustees and signed on its behalf by:

Mrs Abeda Patel
Trustee



Date: 08/09/2025

Mrs Lisa Fielding
Trustee



Date: 08/09/2025

Arts 2 Heal

Independent Examiner's Report to the Trustees of Arts 2 Heal Charitable Incorporated Organisation ('the CIO')

I report to the trustees on my examination of the accounts of Arts 2 Heal (CIO) for the period ended 05 December 2024.

Respective responsibilities of trustees and examiner

As the charity's trustees are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

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

I report in respect of my examination of the CIO's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect: n the accounting records were not kept in accordance with section 130 of the Charities Act; or n the accounts did not accord with the accounting records; or n the accounts did not comply with the applicable 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.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

The appointed independent examiner of the CIO:

M A Ibrahim (FCCA) for and on behalf of
M.A.I (Accountants) Limited
7 St Andrews Street
Blackburn
Lancashire
BB1 8AE

Date: 08/09/2025

Arts 2 Heal
Statement of financial activities
for the period ended 05 December 2024

	Notes	Unrestricted funds £	Restricted income funds £	Total 2024 £	Total 2023 £
Incoming resources	2				
Income and endowments from:					
Donations and legacies		4,122	109,748	113,870	66,421
Resources expended	3				
Expenditure on:					
Raising funds		-	3,866	3,866	4,646
Charitable activities		-	79,828	79,828	93,027
Total resources expended		-	83,694	83,694	97,673
Net movement in funds		4,122	26,055	30,176	(31,252)
Reconciliation of funds					
Total funds brought forward		4,492	18,272	22,764	54,016
Total funds carried forward		8,614	44,327	52,940	22,764

Arts 2 Heal
Balance Sheet
At 05 December 2024

	<i>Notes</i>	<i>Unrestricted</i>	<i>Restricted</i>	<i>Total</i>	<i>Total</i>
		<i>funds</i>	<i>income</i>	<i>2024</i>	<i>2023</i>
		<i>£</i>	<i>funds</i>	<i>£</i>	<i>£</i>
Current assets					
Debtors	4	-	500	500	700
Cash at bank and in hand		8,614	44,552	53,165	22,489
		<u>8,614</u>	<u>45,052</u>	<u>53,665</u>	<u>23,189</u>
Creditors: amounts falling due within one year					
Trade creditors and accruals	5	-	725	725	425
Net current assets		<u>8,614</u>	<u>44,327</u>	<u>52,940</u>	<u>22,764</u>
Net assets		<u>8,614</u>	<u>44,327</u>	<u>52,940</u>	<u>22,764</u>
The funds of the charity	6				
Unrestricted funds		8,614	-	8,614	4,492
Restricted income funds		-	44,327	44,327	18,272
Total charity funds		<u>8,614</u>	<u>44,327</u>	<u>52,940</u>	<u>22,764</u>

Approved by the board of trustees and signed on its behalf by

Mrs Farzana Doctor
Trustee



Date: 08/09/2025

Mrs Patricia Heath
Trustee

Patricia Heath

Date: 08/09/2025

Mrs Joanne Eckersley
Trustee



Date: 08/09/2025

Arts 2 Heal
Notes to the Accounts
for the period ended 05 December 2024

Accounting Policies

(a) Basis of preparation

The accounts have been prepared on the accruals basis, under the historical cost convention, and in accordance with the Financial Reporting Standard 102 and charities SORP (FRS 102) effective 1 January 2019, published by the Charity Commission in England & Wales. The charity is a public benefit entity.

(b) Funds structure

Unrestricted funds are donations and other incoming resources receivable or generated for the charity without further specified purpose and are available as general funds.

Restricted funds are funds subject to specific trusts, which may be declared by the donor(s) or with their authority (e.g. in a public appeal) or created through legal process, but still within the wider objects of the charity. Restricted funds may be restricted income funds, which are spent at the discretion of the trustees in furtherance of some particular aspect(s) of the objects of the charity, or they may be endowment funds, where the assets are required to be invested, or retained for actual use, rather than spent.

(c) Incoming resources

All income from charitable activities and voluntary donations are included in full in the Statement of Financial Activities when received. The value of services provided by volunteers has not been included in these accounts.

(d) Resources expended

Liabilities are recognised as resources expended as soon as there is a legal or constructive obligation committing the charity to the expenditure. All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category.

Arts 2 Heal
Notes to the Accounts
for the period ended 05 December 2024

Analysis of incoming resources	Unrestricted funds	Restricted income funds	2024 Total funds	2023 Prior year
	£	£	£	£
Donations and legacies				
Funding Grant	-	109,748	109,748	64,837
Donations	4,122	-	4,122	1,584
Total	4,122	109,748	113,870	66,421
Total income	4,122	109,748	113,870	66,421
Analysis of resources expended	Unrestricted funds	Restricted income funds	2024 Total funds	2023 Prior year
	£	£	£	£
Expenditure on raising funds:				
Volunteer welfare cost	-	3,866	3,866	4,646
Expenditure on charitable activities				
Trips	-	505	505	1,052
Resources	-	3,479	3,479	5,990
Heat and light	-	1,267	1,267	882
Rent	-	4,595	4,595	5,494
Insurance	-	322	322	886
Repairs and maintenance	-	762	762	-
Project delivery cost	-	67,531	67,531	77,193
Telephone and internet	-	71	71	237
Subscriptions and software	-	239	239	623
Stationery, postage and printing	-	11	11	145
Accountancy fees	-	625	625	325
Independent examiner's fee	-	250	250	200
Legal and professional fees	-	170	170	-
Total	-	79,828	79,828	93,027
	-	83,694	83,694	97,673
Total expenditure				

Arts 2 Heal
Notes to the Accounts
for the period ended 05 December 2024

Analysis of debtors:	2024	2023
	£	£
Rent deposit	500	700
Total	<u>500</u>	<u>700</u>

Analysis of creditors:	2024	2023
	£	£
Accruals	575	425
Total	<u>575</u>	<u>425</u>

Analysis of net assets between funds

	Unrestricted funds	Restricted income funds	Total 2024
	£	£	£
Current assets	8,614	45,052	53,665
Current liabilities	-	(725)	(725)
Total net assets	<u>8,614</u>	<u>44,327</u>	<u>52,940</u>

Details of certain items of expenditure

	2024	2023
	£	£
Fees for examination of the accounts		
Independent examiner's fees	<u>250</u>	<u>200</u>

Transactions with trustees and related parties

There were no benefits, expenses or remuneration paid to the Trustees or persons connected to them.

Employees	2024 Number	2023 Number
Average number of employees	<u>-</u>	<u>-</u>

No employee received emoluments of more than £60,000.

Accounts

Registered charity number 1167490

Arts 2 Heal

(Charitable incorporated organisation (CIO))

Financial Statements for the year ended 05 December 2023

Arts 2 Heal Contents

	Page
Charity Information	1
Trustees report	2
Independent examiner's report	5
Statement of financial activities	6
Balance sheet	7
Notes to the accounts	8

**Arts 2 Heal
Reference and Administrative Information
for the period ended 05 December 2023**

Registered office

Carnside
22 Shear Bank Rd
Blackburn
Lancashire
BB1 8AZ

Registered charity number 1167490

CIO - FOUNDATION Registered 06 June 2016

Regulated by constitution adopted on 6 June 2016 as amended on 17 Jan 2019

Trustees

Mrs Abeda Patel
Mrs Farzana Doctor
Mrs Patricia Heath
Lisa Fielding - Appointed 01/07/2023
Joanne Eckersley - Appointed 01/07/2023

Appointed independent examiner

M A Ibrahim (FCCA)

Accountants

M.A.I (Accountants) Limited
7 St Andrews Street
Blackburn
Lancashire
BB1 8AE

Bankers

HSBC
60 Church Street
Blackburn
Lancashire
BB1 5AS

Arts 2 Heal
Trustees' annual report
for the period ended 05 December 2023

Registered charity number 1167490

The Annual Report is fully SORP compliant and sets out how the trustees have met their obligations.

The Financial Statement is fully SORP compliant and includes the incoming resources and resources expended.

Objectives and activities

The objects of the CIO are set out in the constitution are summarised as follows:

The Charity "Arts 2 Heal" is set up for the promotion and protection of health specifically the mental health of vulnerable individuals. The people who can benefit from this charity are: Adults and young people with general mental health issues. Adults and young people who self-harm or would self-harm.

We provide arts-based intervention for individuals with mental health issues and come from a socio/economically deprived background.

The primary aims are to provide structured art-based group interventions which are healing and transformative. This will help individuals, particularly those, who feel isolated, re-engage with society and move on with their lives in a positive way. We provide one to one support to personalised learning and monitor progress to ensure expectations are met and targets for each individual are achieved.

The secondary aims are to develop skills deemed valuable in employment, education and/or volunteer work. These skills include communication, confidence, team-work, and organisational skills, in view of supporting the individual to re-engage with society.

In setting our objectives and planning our activities our Trustees have given careful consideration to the Charity Commission's general guidance on public benefit.

Activities and achievements

The CIO carries out a wide range of activities in pursuance of its charitable aims:

We have introduced skill building through our partnership with CRL (Community Rail Lancashire) Building travel confidence for isolated members, making social connections and forming new friendships.

Key achievements 2022-2023 include:

Participants: We are directly supporting approx. 120 members per week. Many are reporting additional benefits to partners and/or children.

New Partnership Work: We are continuing to work with local mental health teams including social prescribing teams.

Arts 2 Heal Centre Development: We are looking for new larger premises. Existing premises are inadequate to support growing numbers and range of workshops.

New Pilots: Try The Train with CRL reaching new members, targeted through new partnerships with local groups. New health and fitness themes include Yoga/Qigong classes The Garden Studio and Nutrition workshops.

Volunteers: Learner to leader workshops led by volunteers are proving successful. Workshops include 'crafts for sale' with the fundraising team. We are supporting students from the University of Blackburn College, Uclan, and Manchester with placements.

Awards/nominations: Our volunteers have been nominated for a range of awards including CVS Community Volunteer Awards.

Arts 2 Heal
Trustees' annual report
for the period ended 05 December 2023

Structure, governance and management

Arts 2 Heal is registered as a Charitable Incorporated Organisation with Charity Commission under charity no: 1167490 on 6 June 2016.

It is governed by its constitution adopted on 6 June 2016 as amended on 17 Jan 2019.

Recruitment and appointment of trustees

1) 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.

3) Information for new charity trustees:

The charity trustees will make available to each new charity trustee, on or before his or her first appointment:

(a) a copy of the current version of this constitution; and

(b) a copy of the CIO's latest Trustees' Annual Report and statement of accounts.

4) Retirement and removal of charity trustees:

A charity trustee ceases to hold office if he or she:

(a) retires by notifying the CIO in writing (but only if enough charity trustees will remain in office when the notice of resignation takes effect to form a quorum for meetings);

(b) is absent without the permission of the charity trustees from all their meetings held within a period of six months and the trustees resolve that his or her office be vacated;

(c) dies;

(d) in the written opinion, given to the company, of a registered medical practitioner treating that person, has become physically or mentally incapable of acting as a director and may remain so for more than three months;

(e) is disqualified from acting as a charity trustee by virtue of sections 178-180 of the Charities Act 2011 (or any statutory re-enactment or modification of that provision).

5) Any person retiring as a charity trustee is eligible for reappointment.

6) A charity trustee who has served for three consecutive terms may not be reappointed for a fourth consecutive term but may be reappointed after an interval of at least one year.

Reference and administrative information

See preceding page under 'Charity Information'.

Names of the charity trustees who manage the charity

All trustees are named on the preceding page under 'Charity Information'.

Arts 2 Heal
Trustees' annual report
for the period ended 05 December 2023

Risk management, financial review and reserves policy

The Trustees actively review all major risks which the Charity faces and drawn up a risk assessment which is reviewed at every meeting. The Trustees are satisfied that all systems are in place and arrangements have been made to manage any risks identified.

Restricted funds secured from 2021-2022 have been spent. The strategy going forward in 2024 is to secure more long-term funding. Funding has been secured from new funders including Sports England and Arts Council.

Reserves to the minimum sum of £1000.00 will be carried over to cover the basic costs of venue hire and resources to ensure there is minimal disruptions should there be a gap in grants/funding secured.

There are no uncertainties about the charity continuing as a going concern.

Statement of Trustee's responsibilities

The Trustees are responsible for preparing the Trustees' Annual Report and Financial Statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable in England and Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure of the charitable company for that period in preparing these financial statements, the trustees are required to:-

- Select suitable accounting policies to be applied consistently
- Observe the methods and principles in the Charities SORP
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements and,
- Prepare the financial statements on the going concern bases unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping proper accounting records that 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 2011, and the provisions of the trust deed. They are also responsible for safeguarding the assets of the Charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the charity and financial information included on the charity's website in accordance with legislation in the United Kingdom governing the preparation and dissemination of financial statements.

Approved by the Trustees and signed on its behalf by:

Mrs Abeda Patel
Trustee



Date: 02/08/2024

Mrs Lisa Fielding
Trustee



Date: 02/08/2024

Arts 2 Heal

Independent Examiner's Report to the Trustees of Arts 2 Heal Charitable Incorporated Organisation ('the CIO')

I report to the trustees on my examination of the accounts of Arts 2 Heal (CIO) for the period ended 05 December 2023.

Respective responsibilities of trustees and examiner

As the charity's trustees are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

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

I report in respect of my examination of the CIO's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable 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.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

The appointed independent examiner of the CIO:

M A Ibrahim (FCCA) for and on behalf of
M.A.I (Accountants) Limited
7 St Andrews Street
Blackburn
Lancashire
BB1 8AE

Date: 02/08/2024

Arts 2 Heal
Statement of financial activities
for the period ended 05 December 2023

	Notes	Unrestricted funds £	Restricted income funds £	Total 2023 £	Total 2022 £
Incoming resources	2				
Income and endowments from:					
Donations and legacies		1,584	64,837	66,421	89,930
Resources expended	3				
Expenditure on:					
Raising funds		-	4,646	4,646	4,733
Charitable activities		-	93,027	93,027	87,742
Total resources expended		-	97,673	97,673	92,475
Net movement in funds		1,584	(32,836)	(31,252)	(2,545)
Reconciliation of funds					
Total funds brought forward		2,908	51,108	54,016	56,561
Total funds carried forward		4,492	18,272	22,764	54,016

Arts 2 Heal
Balance Sheet
At 05 December 2023

	Notes	Unrestricted funds £	Restricted income funds £	Total 2023 £	Total 2022 £
Current assets					
Debtors	4	-	700	700	700
Cash at bank and in hand		4,492	17,997	22,489	53,716
		<u>4,492</u>	<u>18,697</u>	<u>23,189</u>	<u>54,416</u>
Creditors: amounts falling due within one year					
Trade creditors and accruals	5	-	425	425	400
Net current assets		<u>4,492</u>	<u>18,272</u>	<u>22,764</u>	<u>54,016</u>
Net assets		<u>4,492</u>	<u>18,272</u>	<u>22,764</u>	<u>54,016</u>
The funds of the charity	6				
Unrestricted funds		4,492	-	4,492	2,908
Restricted income funds		-	18,272	18,272	51,108
Total charity funds		<u>4,492</u>	<u>18,272</u>	<u>22,764</u>	<u>54,016</u>

Approved by the board of trustees and signed on its behalf by

Mrs Farzana Doctor
Trustee



Date: 02/08/2024

Mrs Patricia Heath
Trustee



Date: 02/08/2024

Mrs Joanne Eckersley
Trustee



Date: 02/08/2024

Arts 2 Heal
Notes to the Accounts
for the period ended 05 December 2023

1 Accounting Policies

(a) Basis of preparation

The accounts have been prepared on the accruals basis, under the historical cost convention, and in accordance with the Financial Reporting Standard 102 and charities SORP (FRS 102) effective 1 January 2019, published by the Charity Commission in England & Wales.

The charity is a public benefit entity.

(b) Funds structure

Unrestricted funds are donations and other incoming resources receivable or generated for the charity without further specified purpose and are available as general funds.

Restricted funds are funds subject to specific trusts, which may be declared by the donor(s) or with their authority (e.g. in a public appeal) or created through legal process, but still within the wider objects of the charity. Restricted funds may be restricted income funds, which are spent at the discretion of the trustees in furtherance of some particular aspect(s) of the objects of the charity, or they may be endowment funds, where the assets are required to be invested, or retained for actual use, rather than spent.

(c) Incoming resources

All income from charitable activities and voluntary donations are included in full in the Statement of Financial Activities when received. The value of services provided by volunteers has not been included in these accounts.

(d) Resources expended

Liabilities are recognised as resources expended as soon as there is a legal or constructive obligation committing the charity to the expenditure. All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category.

Arts 2 Heal
Notes to the Accounts
for the period ended 05 December 2023

2 Analysis of incoming resources	Unrestricted funds	Restricted	2023	2022
		income funds		
	£	£	Total funds	Prior year
			£	£
Donations and legacies				
Funding Grant	-	64,837	64,837	88,845
Donations	1,584	-	1,584	1,085
Total	1,584	64,837	66,421	89,930
Total income	1,584	64,837	66,421	89,930

3 Analysis of resources expended	Unrestricted funds	Restricted	2023	2022
		income funds		
	£	£	Total funds	Prior year
			£	£
Expenditure on raising funds:				
Volunteer welfare cost	-	4,646	4,646	4,733
Expenditure on charitable activities				
Trips	-	1,052	1,052	305
Resources	-	5,990	5,990	8,923
Heat and light	-	882	882	813
Rent	-	5,494	5,494	6,240
Insurance	-	886	886	886
Donations	-	-	-	150
Travel and accomodation	-	-	-	394
Project delivery cost	-	77,193	77,193	68,464
Telephone and internet	-	237	237	299
Subscriptions and software	-	623	623	306
Stationery, postage and printing	-	145	145	456
Sundry expenses	-	-	-	81
Accountancy fees	-	325	325	225
Independent examiner's fee	-	200	200	200
Total	-	93,027	93,027	87,742
Total expenditure	-	97,673	97,673	92,475

Arts 2 Heal
Notes to the Accounts
for the period ended 05 December 2023

4 Analysis of debtors:	2023	2022
	£	£
Rent deposit	700	700
Total	<u>700</u>	<u>700</u>

5 Analysis of creditors:	2023	2022
	£	£
Accruals	425	400
Total	<u>425</u>	<u>400</u>

6 Analysis of net assets between funds			
	Unrestricted funds	Restricted income funds	Total 2023
	£	£	£
Current assets	4,492	18,697	23,189
Current liabilities	-	(425)	(425)
Total net assets	<u>4,492</u>	<u>18,272</u>	<u>22,764</u>

7 Details of certain items of expenditure	2023	2022
	£	£
Fees for examination of the accounts		
Independent examiner's fees	<u>200</u>	<u>200</u>

8 Transactions with trustees and related parties.
 There were no benefits, expenses or remuneration paid to the Trustees or persons connected to them.

9 Employees	2023	2022
	Number	Number
Average number of employees	<u>-</u>	<u>-</u>

No employee received emoluments of more than £60,000.

Accounts

Charity registration number: 1167490

Arts 2 Heal

(Charitable incorporated organisation (CIO))

Report and Accounts

05 December 2022

Arts 2 Heal Contents

	Page
Charity Information	1
Trustees report	2
Independent examiner's report	5
Statement of financial activities	6
Balance sheet	7
Notes to the accounts	8

**Arts 2 Heal
Charity Information
for the year ended 05 December 2022**

Address

Carnside
22 Shear Bank Rd
Blackburn
Lancashire
BB1 8AZ

Charity registration number: 1167490

CIO - FOUNDATION Registered 6 June 2016

Regulated by constitution adopted on 6 June 2016 as amended on 17 Jan 2019

Trustees

Mrs Abeda Patel
Mrs Farzana Doctor
Mrs Patricia Heath

Appointed independent examiner

M A Ibrahim (FCCA)

Accountants

M.A.I (Accountants) Limited
7 St Andrews Street
Blackburn
Lancashire
BB1 8AE

Bankers

HSBC
60 Church Street
Blackburn
Lancashire
BB1 5AS

Arts 2 Heal
Trustees' annual report
for the year ended 05 December 2022

Charity registration number: 1167490

The Annual Report is fully SORP compliant and sets out how the trustees have met their obligations.

The Financial Statement is fully SORP compliant and includes the incoming resources and resources expended.

Objectives and activities

The objects of the CIO are:

The Charity "Arts 2 Heal" is set up for the promotion and protection of health specifically the mental health of vulnerable individuals. The people who can benefit from this charity are: Adults and young people with general mental health issues. Adults and young people who self-harm or would self-harm.

The main activities undertaken for the public benefit are mainly:

We provide arts-based intervention for individuals with mental health issues and come from a socio/economically deprived background.

The primary aims are to provide structured art-based group interventions which are healing and transformative. This will help individuals, particularly those, who feel isolated, re-engage with society and move on with their lives in a positive way. We provide one to one support to personalised learning and monitor progress to ensure expectations are met and targets for each individual are achieved.

The secondary aims are to develop skills deemed valuable in employment, education and/or volunteer work. These skills include communication, confidence, team-work, and organisational skills, in view of supporting the individual to re-engage with society.

In setting our objectives and planning our activities our Trustees have given careful consideration to the Charity Commission's general guidance on public benefit.

Achievements and performance

The CIO carries out a wide range of activities in pursuance of its charitable aims:

Our blended approach of delivery with online and face-to-face workshops are working successfully to help those who are vulnerable and housebound long-term. These are likely to continue.

Key achievements 2021-2022 include:

Online: We are continuing to support the online community made up of those who are home-bound long-term. There has been an increase from care homes and those hospitalised for mental health. This approach has also benefitted those living long distance from our hub. Members are accessing the art-based online support from as far as London and Scotland.

Participants: We are directly supporting 100-120 members per week. Many are reporting additional benefits to partners and/or children.

New Partnership Work: We are continuing to work with local mental health teams including social prescribing teams. New organisations include Carers Network, Nightsafe, and Community Rail Lancashire. The partnerships have also supported skill building with our volunteers and the development of a team of Covid Champions supporting Council lead initiatives to share vital Covid information.

Arts 2 Heal Centre Development: The additional space created in the rear area has enabled for new cooking/ food based interventions to be delivered.

Arts 2 Heal
Trustees' annual report
for the year ended 05 December 2022

New Pilots: The music workshops have developed in range and size with additional opening times on the weekends. The group are working with singer song writer and performer Daniel Helm to produce and release a community song.

New health and fitness themes include Yoga classes led by Naomi and also volunteer led walking groups.

Volunteers Learner to leader workshops led by volunteers are proving successful. Workshops include 'crafts for sale' with the fundraising team. We are supporting students from the University of Blackburn College, Uclan, and Manchester with placements.

Awards/ nominations: Our volunteers have been nominated for a range of awards including CVS Community Volunteer Awards.

Banu Adam awarded the BEM and recruited as an assessor for the KAVS (Kings Award for Volunteers Service formerly known as QAVS).

Structure, governance and management

Arts 2 Heal is registered as a Charitable Incorporated Organisation with Charity Commission under charity no: 1167490 on 6 June 2016.

It is governed by its constitution adopted on 6 June 2016 as amended on 17 Jan 2019.

Appointment of charity trustees

A potential trustee will put themselves up for election, the membership will vote to elect their preferred candidate.

Reference and administrative details

See preceding page under 'Charity Information'.

Names of the charity trustees who manage the charity

All trustees are named on the preceding page under 'Charity Information'.

Financial review and reserves policy

There is a decrease income/ funding by approx. 13% this is due to the £30.800 Baring Foundation fund which was secured for 18 months in July 2021

Reserves to the sum of £1000.00 will be carried over to cover the basic costs of venue hire and resources to ensure there is minimal disruptions should there be a gap in grants/funding secured.

Arts 2 Heal
Trustees' annual report
for the year ended 05 December 2022

Statement of Trustee's responsibilities

The Trustees are responsible for preparing the Trustees' Annual Report and Financial Statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure of the charitable company for that period in preparing these financial statements, the trustees are required to:-

- Select suitable accounting policies to be applied consistently
- Observe the methods and principles in the Charities SORP
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements and,
 - Prepare the financial statements on the going concern bases unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping proper accounting records that 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 2011, and the provisions of the trust deed. They are also responsible for safeguarding the assets of the CIO and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees for the purposes of charity law who served during the year and up to the date of this report are set out on page 1 of the Financial Statement.

Approved by the Trustees and signed on its behalf by:

Mrs Abeda Patel
Trustee

Date: 29/03/2023

Arts 2 Heal

Independent examiner's report to the trustees of Arts 2 Heal Charitable Incorporated Organisation ('the CIO')

I report to the charity trustees on my examination of the accounts of the CIO for the year ended 05 December 2022.

Responsibilities and basis of report

As the charity trustees of the CIO you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the CIO's accounts carried out under section 145 of the Act. In carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept as required by section 130 of the Act; or
2. the accounts do not accord with those records.

I confirm that there are no other matters to which your attention should be drawn to enable a proper understanding of the accounts to be reached.

The appointed independent examiner of the trust:

M A Ibrahim (FCCA) for and on behalf of
M.A.I (Accountants) Limited
7 St Andrews Street
Blackburn
Lancashire
BB1 8AE

Date: 29/03/2023

Arts 2 Heal
Statement of financial activities
for the year ended 05 December 2022

	Notes	Unrestricted funds	Restricted income funds	Total 2022	Total 2021
		£	£	£	£
Income	3				
Income and endowments from:					
Donations and legacies		1,085	88,845	89,930	107,614
Expenditure	4				
Expenditure on:					
Raising funds		-	4,733	4,733	3,636
Charitable activities		-	87,742	87,742	86,303
Total		-	92,475	92,475	89,939
Net income/(expenditure) for the year		1,085	(3,630)	(2,545)	17,675
Reconciliation of funds					
Total funds brought forward		1,823	54,738	56,561	38,886
Net incoming resources for the year		1,085	(3,630)	(2,545)	17,675
Total funds carried forward		2,908	51,108	54,016	56,561

Arts 2 Heal
Balance Sheet
At 05 December 2022

	Notes	Unrestricted funds £	Restricted income funds £	Total 2022 £	Total 2021 £
Current assets					
Debtors	5	-	700	700	700
Cash at bank and in hand		2,908	50,808	53,716	56,211
		<u>2,908</u>	<u>51,508</u>	<u>54,416</u>	<u>56,911</u>
Creditors: amounts falling due within one year					
Trade creditors and accruals	5	-	400	400	350
Net current assets		<u>2,908</u>	<u>51,108</u>	<u>54,016</u>	<u>56,561</u>
Net assets		<u>2,908</u>	<u>51,108</u>	<u>54,016</u>	<u>56,561</u>
Funds of the Charity					
Unrestricted funds	6	2,908	-	2,908	1,823
Restricted income funds		-	51,108	51,108	54,738
Total funds		<u>2,908</u>	<u>51,108</u>	<u>54,016</u>	<u>56,561</u>

Approved by the Board of Trustees and signed on its behalf by

Mrs Farzana Doctor
Trustee

Date: 29/03/2023

Mrs Patricia Heath
Trustee

Date: 29/03/2023

Arts 2 Heal
Notes to the Accounts
for the year ended 05 December 2022

Basis of preparation

1 *Basis of accounting*

The accounts have been prepared on the accruals basis, under the historical cost convention, and in accordance with the Financial Reporting Standard 102 and charities SORP (FRS 102) effective 1 January 2019, published by the Charity Commission in England & Wales.

The charity is a public benefit entity.

2 *Accounting Policies*

Income

Income from charitable activities and voluntary donations are included in full in the Statement of Financial Activities when received. The value of services provided by volunteers has not been included.

Expenditure

Expenditure is included in the accounts on an accruals basis.

Unrestricted funds

Unrestricted funds are donations and other incoming resources receivable or generated for the charity without further specified purpose and are available as general funds.

Restricted funds

Restricted funds are funds subject to specific trusts, which may be declared by the donor(s) or with their authority (e.g. in a public appeal) or created through legal process, but still within the wider objects of the charity. Restricted funds may be restricted income funds, which are spent at the discretion of the trustees in furtherance of some particular aspect(s) of the objects of the charity, or they may be endowment funds, where the assets are required to be invested, or retained for actual use, rather than spent.

Arts 2 Heal
Notes to the Accounts
for the year ended 05 December 2022

3 Analysis of income	Unrestricted funds	Restricted income funds	2022 Total funds	2021 Prior year
	£	£	£	£
Donations and legacies				
Funding Grant	-	88,845	88,845	107,163
Donations	1,085	-	1,085	451
Total	1,085	88,845	89,930	107,614

4 Analysis of expenditure	Unrestricted funds	Restricted income funds	2022 Total funds	2021 Prior year
	£	£	£	£
Expenditure on raising funds:				
Volunteer welfare cost	-	4,733	4,733	3,636
Expenditure on charitable activities				
Trips	-	305	305	220
Resources	-	8,923	8,923	6,408
Heat and light	-	813	813	180
Rent	-	6,240	6,240	3,813
Insurance	-	886	886	886
Repairs and maintenance	-	-	-	1,588
Donations	-	150	150	-
Travel and accomodation	-	394	394	-
Project delivery cost	-	68,464	68,464	72,231
Telephone and internet	-	299	299	230
Subscriptions	-	306	306	189
Office stationery, postage and printing	-	456	456	44
Sundry expenses	-	81	81	6
Accountancy fees	-	225	225	150
Independent examiner's fee	-	200	200	200
Website cost	-	-	-	159
Total	-	87,742	87,742	86,303
Total expenditure	-	92,475	92,475	89,939

Arts 2 Heal
Notes to the Accounts
for the year ended 05 December 2022

5 Debtors

Analysis of debtors:	2022	2021
	£	£
Rent deposit	700	700
	<u>700</u>	<u>700</u>

5 Creditors

Analysis of creditors:	£	£
Accruals	400	350
	<u>400</u>	<u>350</u>

6 Analysis of fund assets and liabilities

	Unrestricted funds	Restricted income funds	Total 2022
	£	£	£
Current assets	2,908	51,508	54,416
Current liabilities	-	(400)	(400)
	<u>2,908</u>	<u>51,108</u>	<u>54,016</u>

7 Transactions with trustees and related parties

No expenses or remunerations were paid to the trustees or persons connected to them.

8 Details of certain items of expenditure

	2022	2021
	£	£
Fees for examination of the accounts		
Independent examiner's fees	200	200
	<u>200</u>	<u>200</u>

10 Employees

	2022	2021
	Number	Number
Average number of employees	-	-
	<u>-</u>	<u>-</u>

ARTS 2 HEAL

England & Wales - Charity number 1167490

Accounts

Charity registration number: 1167490

Arts 2 Heal

(Charitable incorporated organisation (CIO))

Report and Accounts

05 December 2021

Arts 2 Heal Contents

	Page
Charity Information	1
Trustees report	2
Independent examiner's report	5
Statement of financial activities	6
Balance sheet	7
Notes to the accounts	8

**Arts 2 Heal
Charity Information
for the year ended 05 December 2021**

Address

Carnside
22 Shear Bank Rd
Blackburn
Lancashire
BB1 8AZ

Charity registration number: 1167490

CIO - FOUNDATION Registered 6 June 2016

Regulated by constitution adopted on 6 June 2016 as amended on 17 Jan 2019

Trustees

Mrs Abeda Patel
Mrs Farzana Doctor
Mrs Patricia Heath

Appointed independent examiner

M A Ibrahim (FCCA)

Accountants

M.A.I (Accountants) Limited
7 St Andrews Street
Blackburn
Lancashire
BB1 8AE

Bankers

HSBC
60 Church Street
Blackburn
Lancashire
BB1 5AS

Arts 2 Heal
Trustees' annual report
for the year ended 05 December 2021

Charity registration number: 1167490

The Annual Report is fully SORP compliant and sets out how the trustees have met their obligations.

The Financial Statement is fully SORP compliant and includes the incoming resources and resources expended.

Objectives and activities

The objects of the CIO are:

The Charity "Arts 2 Heal" is set up for the promotion and protection of health specifically the mental health of vulnerable individuals. The people who can benefit from this charity are: Adults and young people with general mental health issues. Adults and young people who self-harm or would self-harm.

The main activities undertaken for the public benefit are mainly:

We provide arts-based intervention for individuals with mental health issues and come from a socio/economically deprived background.

The primary aims are to provide structured art-based group interventions which are healing and transformative. This will help individuals, particularly those, who feel isolated, re-engage with society and move on with their lives in a positive way. We provide one to one support to personalised learning and monitor progress to ensure expectations are met and targets for each individual are achieved.

The secondary aims are to develop skills deemed valuable in employment, education and/or volunteer work. These skills include communication, confidence, team-work, and organisational skills, in view of supporting the individual to re-engage with society.

In setting our objectives and planning our activities our Trustees have given careful consideration to the Charity Commission's general guidance on public benefit.

Achievements and performance

The CIO carries out a wide range of activities in pursuance of its charitable aims:

Our blended approach of delivery with online and face-to-face workshops are working successfully to help those who are vulnerable and housebound long-term. These are likely to continue.

Key achievements 2020-2021 include:

Online: The online exercise classes proved successful with high numbers of participants. Strategies are in place to pilot test combining with face-to-face classes. Measure and review success for long-term

Participants: Secured a sizeable amount ring fenced for the BAME community from the Baring Foundation. Successfully deliver the Discovery Arts Award pilot to 15 young people.

New Partnership Work: Partnership work with Arc and Blackburn Carers is proving popular and growing. Secured long-term contracts with Blackburn with Darwen Council ESOL social mixing groups.

Arts 2 Heal Centre Development: Damp has been resolved in basement storage area and kitchen / consultation room is complete. The additional space means we can expand class sizes.

Arts 2 Heal
Trustees' annual report
for the year ended 05 December 2021

New Pilots: Music workshops with Danny Helm (MA arts health) to pilot test with Harmonica workshops and progress onto string instruments if all goes well. Develop partnership work with The Bureau Centre for the Arts with the festival of lights band. To introduce a wider range of Arts and artists working with the groups. Develop a strategy to recruit external artists for delivery work. Forest school workshops were successful with University of Blackburn College. The demand for outdoor based workshops is rising. Creatively delivered IT workshops are much needed, priority is to secure funding specifically.

Need to ring-fence funding which is non-lottery for the demand from mosque youth groups.

Volunteers have taken responsibility of social groups including knit and natter groups and small craft workshops for festivals and celebrations. Successfully keeping the WhatsApp support group active. Volunteers are taking key roles in delivery particularly the ESOL workshops. We have recruited several new volunteers and offered work placements to college/university students.

Awards/ nominations: We were awarded with the QAVS with a special award for the work delivered through Covid-19. We also won The Lancashire Telegraph Community Heroes 2021 Award and came second place in the Community Rail Awards "Involving diverse groups". Nominations were made by partner organisations and not own members therefore we are especially proud of the team.

Performance of fundraising activities against objectives set: To explore new opportunities to generate unrestricted funds. Buy/hire a card reader to take payments instantly as more donors / potential art buyers are claiming not to be carrying cash.

Structure, governance and management

Arts 2 Heal is registered as a Charitable Incorporated Organisation with Charity Commission under charity no: 1167490 on 6 June 2016.

It is governed by its constitution adopted on 6 June 2016 as amended on 17 Jan 2019.

Appointment of charity trustees

A potential trustee will put themselves up for election, the membership will vote to elect their preferred candidate.

Reference and administrative details

See preceding page under 'Charity Information'.

Names of the charity trustees who manage the charity

All trustees are named on the preceding page under 'Charity Information'.

Financial review and reserves policy

The charity's financial position has increased by approx. 33%.

Reserves to the sum of £1500 will be carried over to cover basic costs of venue hire and resources to ensure there is minimal disruptions should there be a gap in grants/funding secured.

Principal funding source is TNL Community Fund - £22,800 per annum which covers the rental and utility costs for the centre and cost towards interventions.

Principal risks facing the charity: Out growing the venue as demand has grown significantly in the past 18months.

Arts 2 Heal
Trustees' annual report
for the year ended 05 December 2021

Statement of Trustee's responsibilities

The Trustees are responsible for preparing the Trustees' Annual Report and Financial Statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure of the charitable company for that period in preparing these financial statements, the trustees are required to:-

- Select suitable accounting policies to be applied consistently
- Observe the methods and principles in the Charities SORP
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements and,
- Prepare the financial statements on the going concern bases unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping proper accounting records that 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 2011, and the provisions of the trust deed. They are also responsible for safeguarding the assets of the CIO and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees for the purposes of charity law who served during the year and up to the date of this report are set out on page 1 of the Financial Statement.

Approved by the Trustees and signed on its behalf by:

Mrs Abeda Patel
Trustee



Date: 07/03/2022

Arts 2 Heal

Independent examiner's report to the trustees of Arts 2 Heal Charitable Incorporated Organisation ('the CIO')

I report to the charity trustees on my examination of the accounts of the CIO for the year ended 05 December 2021.

Responsibilities and basis of report

As the charity trustees of the CIO you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the CIO's accounts carried out under section 145 of the Act. In carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept as required by section 130 of the Act; or
2. the accounts do not accord with those records.

I confirm that there are no other matters to which your attention should be drawn to enable a proper understanding of the accounts to be reached.

The appointed independent examiner of the trust:



M A Ibrahim (FCCA) for and on behalf of
M.A.I (Accountants) Limited
7 St Andrews Street
Blackburn
Lancashire
BB1 8AE

Date: 07/03/2022

Arts 2 Heal
Statement of financial activities
for the year ended 05 December 2021

	Notes	Unrestricted funds	Restricted income funds	Total 2021	Total 2020
		£	£	£	£
Income	3				
Income and endowments from:					
Donations and legacies		451	107,163	107,614	73,652
Expenditure	4				
Expenditure on:					
Raising funds		-	3,636	3,636	1,094
Charitable activities		-	86,303	86,303	50,511
Total		-	89,939	89,939	51,605
Net income/(expenditure) for the year		451	17,224	17,675	22,047
Reconciliation of funds					
Total funds brought forward		1,823	37,063	38,886	16,839
Net incoming resources for the year		451	17,224	17,675	22,047
Total funds carried forward		2,274	54,287	56,561	38,886

**Arts 2 Heal
Balance Sheet
At 05 December 2021**

	Notes	Unrestricted funds £	Restricted income funds £	Total 2021 £	Total 2020 £
Current assets					
Debtors	5	-	700	700	700
Cash at bank and in hand		2,274	53,937	56,211	38,536
		<u>2,274</u>	<u>54,637</u>	<u>56,911</u>	<u>39,236</u>
Creditors: amounts falling due within one year					
Trade creditors and accruals	5	-	350	350	350
Net current assets		<u>2,274</u>	<u>54,287</u>	<u>56,561</u>	<u>38,886</u>
Net assets		<u>2,274</u>	<u>54,287</u>	<u>56,561</u>	<u>38,886</u>
Funds of the Charity					
Unrestricted funds	6	2,274	-	2,274	1,823
Restricted income funds		-	54,287	54,287	37,063
Total funds		<u>2,274</u>	<u>54,287</u>	<u>56,561</u>	<u>38,886</u>

Approved by the Board of Trustees and signed on its behalf by

Mrs Farzana Doctor
Trustee



Date: 07/03/2022

Mrs Patricia Heath
Trustee



Date: 07/03/2022

Arts 2 Heal
Notes to the Accounts
for the year ended 05 December 2021

Basis of preparation

1 *Basis of accounting*

The accounts have been prepared on the accruals basis, under the historical cost convention, and in accordance with the Financial Reporting Standard 102 and charities SORP (FRS 102) effective 1 January 2019, published by the Charity Commission in England & Wales.

The charity is a public benefit entity.

2 *Accounting Policies*

Income

Income from charitable activities and voluntary donations are included in full in the Statement of Financial Activities when received. The value of services provided by volunteers has not been included.

Expenditure

Expenditure is included in the accounts on an accruals basis.

Unrestricted funds

Unrestricted funds are donations and other incoming resources receivable or generated for the charity without further specified purpose and are available as general funds.

Restricted funds

Restricted funds are funds subject to specific trusts, which may be declared by the donor(s) or with their authority (e.g. in a public appeal) or created through legal process, but still within the wider objects of the charity. Restricted funds may be restricted income funds, which are spent at the discretion of the trustees in furtherance of some particular aspect(s) of the objects of the charity, or they may be endowment funds, where the assets are required to be invested, or retained for actual use, rather than spent.

Arts 2 Heal
Notes to the Accounts
for the year ended 05 December 2021

3 Analysis of income	Unrestricted funds	Restricted income funds	2021 Total funds	2020 Prior year
	£	£	£	£
Donations and legacies				
Funding Grant	-	107,163	107,163	73,288
Donations online	451	-	451	365
Total	451	107,163	107,614	73,652

4 Analysis of expenditure	Unrestricted funds	Restricted income funds	2021 Total funds	2020 Prior year
	£	£	£	£
Expenditure on raising funds:				
Volunteer welfare cost	-	3,636	3,636	1,094
Expenditure on charitable activities				
Training cost	-	-	-	150
Venue hire	-	-	-	100
Trips	-	220	220	588
Resources	-	6,408	6,408	7,155
Heat and light	-	180	180	344
Rent	-	3,813	3,813	5,730
Insurance	-	886	886	879
Repairs and maintenance	-	1,588	1,588	-
Project delivery cost	-	72,231	72,231	34,474
Equipment expensed	-	-	-	235
Telephone and internet	-	230	230	211
Subscriptions	-	189	189	115
Office stationery, postage and printing	-	44	44	68
Sundry expenses	-	6	6	33
Accountancy fees	-	150	150	150
Independent examiner's fee	-	200	200	200
Website cost	-	159	159	78
Total	-	86,303	86,303	50,511
Total expenditure	-	89,939	89,939	51,605

Arts 2 Heal
Notes to the Accounts
for the year ended 05 December 2021

5 Debtors

Analysis of debtors:	2021	2020
	£	£
Rent deposit	700	700
	<u>700</u>	<u>700</u>

5 Creditors

Analysis of creditors:	£	£
Accruals	350	350
	<u>350</u>	<u>350</u>

6 Analysis of fund assets and liabilities

	Unrestricted funds	Restricted income funds	Total 2021
	£	£	£
Current assets	2,274	54,637	56,911
Current liabilities	-	(350)	(350)
	<u>2,274</u>	<u>54,287</u>	<u>56,561</u>

7 Transactions with trustees and related parties

No expenses or remunerations were paid to the trustees or persons connected to them.

8 Details of certain items of expenditure

	2021	2020
	£	£
Fees for examination of the accounts		
Independent examiner's fees	<u>200</u>	<u>200</u>

10 Employees

	2021	2020
	Number	Number
Average number of employees	<u>-</u>	<u>-</u>

Accounts

Charity registration number: 1167490

Arts 2 Heal

(Charitable incorporated organisation (CIO))

Report and Accounts

05 December 2020

Arts 2 Heal Contents

	Page
Charity Information	1
Trustees report	2
Independent examiner's report	5
Statement of financial activities	6
Balance sheet	7
Notes to the accounts	8

**Arts 2 Heal
Charity Information
for the year ended 05 December 2020**

Address

Carnside
22 Shear Bank Rd
Blackburn
Lancashire
BB1 8AZ

Charity registration number: 1167490

CIO - FOUNDATION Registered 6 June 2016

Regulated by constitution adopted on 6 June 2016 as amended on 17 Jan 2019

Trustees

Mrs Abeda Patel
Mrs Farzana Doctor
Mrs Patricia Heath

Appointed independent examiner

M A Ibrahim (FCCA)

Accountants

M.A.I (Accountants) Limited
7 St Andrews Street
Blackburn
Lancashire
BB1 8AE

Bankers

HSBC
60 Church Street
Blackburn
Lancashire
BB1 5AS

Arts 2 Heal
Trustees' annual report
for the year ended 05 December 2020

Charity registration number: 1167490

The Annual Report is fully SORP compliant and sets out how the trustees have met their obligations.

The Financial Statement is fully SORP compliant and includes the incoming resources and resources expended.

Objectives and activities

The objects of the CIO are:

The Charity "Arts 2 Heal" is set up for the promotion and protection of health specifically the mental health of vulnerable individuals. The people who can benefit from this charity are: Adults and young people with general mental health issues. Adults and young people who self-harm or would self-harm.

The main activities undertaken for the public benefit are mainly:

We provide arts-based intervention for individuals with mental health issues and come from a socio/economically deprived background.

The primary aims are to provide structured art-based group interventions which are healing and transformative. This will help individuals, particularly those, who feel isolated, re-engage with society and move on with their lives in a positive way. We provide one to one support to personalised learning and monitor progress to ensure expectations are met and targets for each individual are achieved.

The secondary aims are to develop skills deemed valuable in employment, education and/or volunteer work. These skills include communication, confidence, team-work, and organisational skills, in view of supporting the individual to re-engage with society.

In setting our objectives and planning our activities our Trustees have given careful consideration to the Charity Commission's general guidance on public benefit.

Achievements and performance

The CIO carries out a wide range of activities in pursuance of its charitable aims:

We successfully and swiftly managed to adapt and further develop the range and objects of our mental - health interventions. Key changes included transition to online delivery to adjust to the Covid-19 restrictions and part outdoor delivery where permitted.

Key achievements 2019-2020 include:

Online: Due to the success of reaching otherwise excluded members, including those who are housebound/ hospitalised/ rehabilitation centres or carers, we are planning to incorporate some online delivery long term as standard practice.

Participants: We have had an increase in demand from the BME community hence have secured funds ring fenced for this target group.

New Partnership Work: Blackburn with Darwen Carers service have proven highly successful and likely to continue long term. University Centre at Blackburn College collaborating to work with outdoor mental health learning.

Arts 2 Heal Centre Development: We have secured £4020.00 from the Screwfix fund to develop a kitchen area for new healthy eating projects. Allen Lane Trust has granted £4900.00 to develop a community yard garden.

Arts 2 Heal
Trustees' annual report
for the year ended 05 December 2020

New Pilots: Online fitness classes funded by Active Lancashire have proven very successful. We are likely to develop further keep active workshops. We secured funding to provide Tablets to support Digitally excluded members. Arts Award for Young people- Accredited to now deliver the discovery award.

Volunteers have taken a significant development in their roles, producing and delivering art resources packs to homes, supervising and peer mentoring participants. Successfully keeping the WhatsApp support group active

Awards/ nominations: We have been nominated for the Queens Award in Voluntary Services. Also the council team have nominated for the BBC Radio Lancashire Make a difference award.

Structure, governance and management

Arts 2 Heal is registered as a Charitable Incorporated Organisation with Charity Commission under charity no: 1167490 on 6 June 2016.

It is governed by its constitution adopted on 6 June 2016 as amended on 17 Jan 2019.

Appointment of charity trustees

A potential trustee will put themselves up for election, the membership will vote to elect their preferred candidate.

Reference and administrative details

See preceding page under 'Charity Information'.

Names of the charity trustees who manage the charity

All trustees are named on the preceding page under 'Charity Information'.

Financial review and reserves policy

The charity's financial position has increased by approx. 9% in 12 months this is despite a loss in revenue of approx. £3500 from fundraising and commissioned work with Preston City Mela.

Reserves to the sum of £900 will be carried over to cover basic costs of venue hire and resources to ensure there is minimal disruptions should there be a drop in grants/funding secured.

Principal funding source is TNL Community Fund - £22,800 per annum which covers the rental and utility costs for the centre and cost towards interventions.

Arts 2 Heal
Trustees' annual report
for the year ended 05 December 2020

Statement of Trustee's responsibilities

The Trustees are responsible for preparing the Trustees' Annual Report and Financial Statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure of the charitable company for that period in preparing these financial statements, the trustees are required to:-

- Select suitable accounting policies to be applied consistently
- Observe the methods and principles in the Charities SORP
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements and,
- Prepare the financial statements on the going concern bases unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping proper accounting records that 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 2011, and the provisions of the trust deed. They are also responsible for safeguarding the assets of the CIO and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees for the purposes of charity law who served during the year and up to the date of this report are set out on page 1 of the Financial Statement.

Approved by the Trustees and signed on its behalf by:



Mrs Abeda Patel
Trustee

Date: 19/04/2021

Arts 2 Heal

Independent examiner's report to the trustees of Arts 2 Heal Charitable Incorporated Organisation ('the CIO')

I report to the charity trustees on my examination of the accounts of the CIO for the year ended 05 December 2020.

Responsibilities and basis of report

As the charity trustees of the CIO you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the CIO's accounts carried out under section 145 of the Act. In carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept as required by section 130 of the Act; or
2. the accounts do not accord with those records.

I confirm that there are no other matters to which your attention should be drawn to enable a proper understanding of the accounts to be reached.

The appointed independent examiner of the trust:

M A Ibrahim (FCCA) for and on behalf of
M.A.I (Accountants) Limited
7 St Andrews Street
Blackburn
Lancashire
BB1 8AE

Date: 19/04/2021

Arts 2 Heal
Statement of financial activities
for the year ended 05 December 2020

	Notes	Unrestricted funds	Restricted income funds	Total 2020	Total 2019
		£	£	£	£
Income	3				
Income and endowments from:					
Donations and legacies		365	73,288	73,652	61,291
Expenditure	4				
Expenditure on:					
Raising funds		-	1,094	1,094	1,374
Charitable activities		-	50,511	50,511	49,654
Total		-	51,605	51,605	51,028
Net income/(expenditure) for the year		365	21,682	22,047	10,263
Reconciliation of funds					
Total funds brought forward		1,458	15,381	16,839	6,576
Net incoming resources for the year		365	21,682	22,047	10,263
Total funds carried forward		1,823	37,063	38,886	16,839

**Arts 2 Heal
Balance Sheet
At 05 December 2020**

	Notes	Unrestricted funds £	Restricted income funds £	Total 2020 £	Total 2019 £
Current assets					
Debtors	5	-	700	700	700
Cash at bank and in hand		1,823	36,713	38,536	16,489
		<u>1,823</u>	<u>37,413</u>	<u>39,236</u>	<u>17,189</u>
Creditors: amounts falling due within one year					
Trade creditors and accruals	5	-	350	350	350
Net current assets		<u>1,823</u>	<u>37,063</u>	<u>38,886</u>	<u>16,839</u>
Net assets		<u>1,823</u>	<u>37,063</u>	<u>38,886</u>	<u>16,839</u>
Funds of the Charity					
Unrestricted funds	6	1,823	-	1,823	1,458
Restricted income funds		-	37,063	37,063	15,381
Total funds		<u>1,823</u>	<u>37,063</u>	<u>38,886</u>	<u>16,839</u>

Approved by the Board of Trustees and signed on its behalf by



Mrs Farzana Doctor
Trustee

Date: 19/04/2021



Mrs Patricia Heath
Trustee

Date: 19/04/2021

Arts 2 Heal
Notes to the Accounts
for the year ended 05 December 2020

Basis of preparation

1 *Basis of accounting*

The accounts have been prepared on the accruals basis, under the historical cost convention, and in accordance with the Financial Reporting Standard 102 and charities SORP (FRS 102) effective 1 January 2019, published by the Charity Commission in England & Wales.

The charity is a public benefit entity.

2 *Accounting Policies*

Income

Income from charitable activities and voluntary donations are included in full in the Statement of Financial Activities when received. The value of services provided by volunteers has not been included.

Expenditure

Expenditure is included in the accounts on an accruals basis.

Unrestricted funds

Unrestricted funds are donations and other incoming resources receivable or generated for the charity without further specified purpose and are available as general funds.

Restricted funds

Restricted funds are funds subject to specific trusts, which may be declared by the donor(s) or with their authority (e.g. in a public appeal) or created through legal process, but still within the wider objects of the charity. Restricted funds may be restricted income funds, which are spent at the discretion of the trustees in furtherance of some particular aspect(s) of the objects of the charity, or they may be endowment funds, where the assets are required to be invested, or retained for actual use, rather than spent.

Arts 2 Heal
Notes to the Accounts
for the year ended 05 December 2020

3 Analysis of income	Unrestricted funds	Restricted income funds	2020 Total funds	2019 Prior year
	£	£	£	£
Donations and legacies				
Funding Grant	-	73,288	73,288	60,975
Donations online	365	-	365	317
Total	365	73,288	73,652	61,291

4 Analysis of expenditure	Unrestricted funds	Restricted income funds	2020 Total funds	2019 Prior year
	£	£	£	£
Expenditure on raising funds:				
Volunteer welfare cost	-	1,094	1,094	1,374
Expenditure on charitable activities				
Training cost	-	150	150	-
Venue hire	-	100	100	3,647
Trips	-	588	588	762
Resources	-	7,155	7,155	5,694
Heat and light	-	344	344	69
Rent	-	5,730	5,730	1,290
Insurance	-	879	879	779
Travel and accomodation	-	-	-	1,413
Project delivery cost	-	34,474	34,474	35,575
Equipment expensed	-	235	235	-
Telephone and internet	-	211	211	-
Subscriptions	-	115	115	-
Office stationery, postage and printing	-	68	68	-
Sundry expenses	-	33	33	-
Accountancy fees	-	150	150	150
Independent examiner's fee	-	200	200	200
Website cost	-	78	78	76
Total	-	50,511	50,511	49,654
Total expenditure	-	51,605	51,605	51,028

Arts 2 Heal
Notes to the Accounts
for the year ended 05 December 2020

5 Debtors

Analysis of debtors:	2020	2019
	£	£
Rent deposit	700	700
	<u>700</u>	<u>700</u>

5 Creditors

Analysis of creditors:	£	£
Accruals	350	350
	<u>350</u>	<u>350</u>

6 Analysis of fund assets and liabilities

	Unrestricted funds	Restricted income funds	Total 2020
	£	£	£
Current assets	1,823	37,413	39,236
Current liabilities	-	(350)	(350)
	<u>1,823</u>	<u>37,063</u>	<u>38,886</u>

7 Transactions with trustees and related parties

No expenses or remunerations were paid to the trustees or persons connected to them.

8 Details of certain items of expenditure

	2020	2019
	£	£
Fees for examination of the accounts		
Independent examiner's fees	200	200

10 Employees

	2020	2019
	Number	Number
Average number of employees	-	-