

Charity registration number: 1167490

Arts 2 Heal

(Charitable incorporated organisation (CIO))

Report and Accounts

05 December 2020

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**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.

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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	-	-