

**Charity registration number: 1167490**

## **Arts 2 Heal**

(Charitable incorporated organisation (CIO))

### **Report and Accounts**

**05 December 2022**

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

**Arts 2 Heal  
Balance Sheet  
At 05 December 2022**

|                                                       | Notes | Unrestricted<br>funds<br>£ | Restricted<br>income<br>funds<br>£ | Total<br>2022<br>£ | Total<br>2021<br>£ |
|-------------------------------------------------------|-------|----------------------------|------------------------------------|--------------------|--------------------|
| <b>Current assets</b>                                 |       |                            |                                    |                    |                    |
| 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>      |
| <b>Creditors: amounts falling due within one year</b> |       |                            |                                    |                    |                    |
| Trade creditors and accruals                          | 5     | -                          | 400                                | 400                | 350                |
| <b>Net current assets</b>                             |       | <u>2,908</u>               | <u>51,108</u>                      | <u>54,016</u>      | <u>56,561</u>      |
| <b>Net assets</b>                                     |       | <u>2,908</u>               | <u>51,108</u>                      | <u>54,016</u>      | <u>56,561</u>      |
| <b>Funds of the Charity</b>                           |       |                            |                                    |                    |                    |
| Unrestricted funds                                    | 6     | 2,908                      | -                                  | 2,908              | 1,823              |
| Restricted income funds                               |       | -                          | 51,108                             | 51,108             | 54,738             |
| <b>Total funds</b>                                    |       | <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**

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

| <b>4 Analysis of expenditure</b>            | <b>Unrestricted funds</b> | <b>Restricted income funds</b> | <b>2022 Total funds</b> | <b>2021 Prior year</b> |
|---------------------------------------------|---------------------------|--------------------------------|-------------------------|------------------------|
|                                             | <b>£</b>                  | <b>£</b>                       | <b>£</b>                | <b>£</b>               |
| <b>Expenditure on raising funds:</b>        |                           |                                |                         |                        |
| Volunteer welfare cost                      | -                         | 4,733                          | 4,733                   | 3,636                  |
| <b>Expenditure on charitable activities</b> |                           |                                |                         |                        |
| 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                    |
| <b>Total</b>                                | <b>-</b>                  | <b>87,742</b>                  | <b>87,742</b>           | <b>86,303</b>          |
| <b>Total expenditure</b>                    | <b>-</b>                  | <b>92,475</b>                  | <b>92,475</b>           | <b>89,939</b>          |

**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          | <u>200</u> | <u>200</u> |

**10 Employees**

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