

**Registered charity number 1167490**

# **Arts 2 Heal**

(Charitable incorporated organisation (CIO))

## **Financial Statements for the year ended 05 December 2023**

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

**Arts 2 Heal**  
**Balance Sheet**  
**At 05 December 2023**

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

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**

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

  

| <b>3 Analysis of resources expended</b>     | <b>Unrestricted funds</b> | <b>Restricted</b>   | <b>2023</b>        | <b>2022</b>       |
|---------------------------------------------|---------------------------|---------------------|--------------------|-------------------|
|                                             |                           | <b>income funds</b> |                    |                   |
|                                             | <b>£</b>                  | <b>£</b>            | <b>Total funds</b> | <b>Prior year</b> |
|                                             |                           |                     | <b>£</b>           | <b>£</b>          |
| <b>Expenditure on raising funds:</b>        |                           |                     |                    |                   |
| Volunteer welfare cost                      | -                         | 4,646               | 4,646              | 4,733             |
| <b>Expenditure on charitable activities</b> |                           |                     |                    |                   |
| 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               |
| <b>Total</b>                                | <b>-</b>                  | <b>93,027</b>       | <b>93,027</b>      | <b>87,742</b>     |
| <b>Total expenditure</b>                    | <b>-</b>                  | <b>97,673</b>       | <b>97,673</b>      | <b>92,475</b>     |

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

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

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

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

|                                                  |             |             |
|--------------------------------------------------|-------------|-------------|
| <b>7 Details of certain items of expenditure</b> | <b>2023</b> | <b>2022</b> |
|                                                  | <b>£</b>    | <b>£</b>    |
| 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.

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

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