

Registered charity number 1167490

Arts 2 Heal
(Charitable incorporated organisation (CIO))

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

Arts 2 Heal
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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

	Notes	Unrestricted funds £	Restricted income funds £	Total 2024 £	Total 2023 £
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					
Unrestricted funds	6	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.