

ART THERAPY YORKSHIRE

England & Wales · Charity number 1169577

Details

Other names ATY

Status Registered

Legal form CIO

Registered 2016-10-10

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

Contact

Address Woodend Creative Workspace
The Crescent
Scarborough
YO11 2PW

Phone 07929437891

Email peterbrown@arttherapyyorkshire.org.uk

Website www.arttherapyyorkshire.org.uk

Activities

Objects: THE OBJECT OF THE CIO IS THE RELIEF OF SICKNESS AND THE PROTECTION AND PROMOTION OF GOOD HEALTH IN SCARBOROUGH AND THE SURROUNDING AREA BY THE PROVISION OF ART THERAPY.

Activities: The improvement of mental health through engagement in artistic work with fully qualified and HCPC registered art therapists. Art Therapy Yorkshire bids for funds that can then be used to help and support vulnerable clients at no charge to them. The charity helps people to overcome many kinds of problems enabling them to live more satisfying lives, and to take more part in their local communities.

Classification

- **How:** Provides Human Resources, Provides Services
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, The General Public/mankind

Geography

- **Area of benefit:** LOCAL
- City Of York
- East Riding Of Yorkshire
- North Yorkshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-10-31	£66,340	£76,031	-	-
2024-10-31	£101,197	£93,929	-	-
2023-10-31	£74,784	£95,374	-	-
2022-10-31	£82,671	£81,372	-	-
2021-10-31	£55,614	£75,798	-	-
2020-10-31	£88,998	£71,392	-	-

Trustees

Name	Role	Appointed
John Wilson	Chair	2026-05-01
Debi Lewis		2025-11-12
Heidi Sim		2025-02-14
Peter Brown		2025-07-07
Susan Jean Holmes		2026-05-01
Susan Stride		2025-02-08

ART THERAPY YORKSHIRE

England & Wales - Charity number 1169577

Accounts

Company registration number: CE008067
Charity registration number: 1169577

**ART THERAPY YORKSHIRE
TRUSTEES' REPORT AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2025**

ASQUITH
{ ACCOUNTANTS }

**Art Therapy Yorkshire
Contents**

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Art Therapy Yorkshire

Trustees' Report For The Year Ended 31 October 2025

The trustees present their report and the financial statements for the year ended 31 October 2025.

Objectives and Activities

Aims and Objectives

The object of the CIO is the relief of sickness and the promotion of good health in Scarborough and the surrounding area by the provision of Art Therapy. The emphasis is on mental health and wellbeing.

Significant Activities

During this year we were excited to work with our new data system and are now able to confidently provide up to the minute quantitative information. This tells us that in 2025 we met with 131 people, ages ranging from 9-82. The majority of our clients are aged 25-65. Our group work at the Rainbow centre remains an important outreach, whilst here at Woodend the average length of a 1-1 intervention would be 12 sessions provided at no cost to the client. Some do go on to access a much- subsidised rate – if they so choose.

One small example of the progress made is that the response to the question 'I feel my mental wellbeing is improving', the proportion of participants who felt their mental well-being was improving increased. Those selecting often or all the time rose from 22.44% at entry to 67.2% at exit, whilst those indicating low improvement (never or rarely) decreased from 33.6% to 8.2%.

Interestingly there is a similar correlation with Physical wellbeing suggesting the improvements in mental health sits alongside an improvement in perceived physical health, a great outcome!
Our intervention partnership with Rise2Thrive allowed us to work collaboratively with a raft of local organisations SWR Mind and NY Horizons to name two, where our differing resources and expertise combined to deliver an exemplary service to those disadvantaged in our town.

In a different field we have been approached by several parents, concerned about their young person's mental wellbeing, often high anxiety levels potentially attributable to Lockdown, showing school avoidance and depressive behaviours. We have also been contacted by a number of educational establishments with concerns around young people needing specialist support, both mainstream and SEND. Where it is appropriate and within our capacity we have met these needs and look forward to 2026 where there may be some funding for this work.

Public Benefit

Art Therapy Yorkshire, originally founded in 2012, has, since its registration as a Charitable Incorporated Organisation in 2016, continued with its ongoing programme of activities delivered for the public benefit, and, in most cases, free to the beneficiaries. When undertaking any decision making or reporting, the trustees have regard for the Charity Commission Guidance on Public Benefit: Rules for Charities issued on 14 February 2014. This guidance is drawn to the attention of any potential or newly appointed trustee.

The trustees confirm that they have complied with the requirements of Section 17 of the Charities Act 2011 to have due regard to the Charity Commission's guidance on public benefit.

Trustees are directed to the guidance provided by the Charity Commission as part of the induction process before they are accepted onto the board.

Volunteers and Other

Membership and volunteers is an area that we recognise as needing development and growth. To protect and support our clients we maintain a strictly confidential approach regarding the delivery of our services. While this policy is wholly appropriate it creates difficulties in engaging volunteers within the organisational safe practice.

This is true also for our member base; however, we are aware that we need to expand and develop both our membership and our volunteer cohort.

There is a plan to establish a specific role within the board with an appropriate trustee whose expertise and experience extend to such a brief.

Although our core business will by necessity remain within the bounds of confidentiality, we recognise that there are areas of administration, fund raising and community support that could well be boosted by an increase in membership and volunteers.

Working with support from Neighbourly a global leader in community giving we have been able to move from a solely paper-based system to create our own safe data base enabling us to present data in an accurate and totally anonymised way.

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**Art Therapy Yorkshire
Trustees' Report (continued)
For The Year Ended 31 October 2025**

Volunteers and Other - continued

This is the first whole year we can present our outcomes in such an accessible way, and we are hugely grateful to neighbourly and to our own staff who have brought forward this innovative practice.

Achievements and Performance

Main Achievements

We have supported 131 people aged 9-82, with our highest demographic being individuals aged 45-64. This year, much of our funding has been directed towards supporting adults, as reflected in our demographic data, which demonstrates that our programmes are successfully reaching the group our funding is intended to support.

Our engagement with Better Connect has enabled us to work with adults who are economically inactive and/or facing barriers to employment, or those in employment facing significant barriers to career progression. This has been incredibly successful, reaching 42 individuals and creating opportunities and relationships with services alike in our local community. Our feedback is positive - comments routinely speak of a safe place to talk, express thoughts. Some examples from 2025 include..."Rediscovering that it's ok to do things simply because you'll enjoy - or might enjoy - them. I felt very comfortable during the sessions and would recommend this to others in my situation." "Time to just stop and think, reflect, feel safe, and to be listened to, life often feels like a race, but it is an opportunity to step back and think. no judgement" "A safe place to talk about issues that I cannot discuss with others being listened to rather than judged."

This was not all hard work, part of the farewell and welcome processes saw us dancing the night way at the Rainbow Centre's 'Silver ball' at the Scarborough Spa, a fun evening but a great opportunity for the whole team to be together and to network with other organisations and individuals who are as passionate as we are to support the community. We were honoured to accept an invitation to a garden party in the Deanery Gardens at York Minster, on possibly the hottest day of the year. Thank you to His Majesty's Lord-Lieutenant of North Yorkshire and The Archbishop of York for hosting this great event on the 28th June. A quite different event was our team building away day at Fangfoss pottery, an opportunity to thank our two retiring senior Art Therapists while welcoming two new young therapists to the team, while experiencing the drama of Raku firing and enjoying a picnic under the apple trees. Although sadly infrequent due to work pressures we believe these events are so important to the morale of the team who for most of the year independently work steadily away in a very stressful and challenging environment, providing support and hope for those that come to us for help.

Financial Review

Financial Position

At the end of the period the charities financial position was undoubtedly challenging, but within a few days the situation changed drastically, we were once again on an even keel, with reserves in place and funding secured.

Art Therapy Yorkshire believes that it is essential, wherever possible, to build reserves. This enables unplanned financial circumstances to be dealt with, and to be able to draw on such reserves in the event of cash flow problems

Fundraising and Funds Received

We wish to acknowledge the core support received from Garfield Weston Foundation through the 2nd tranche of their grant - the £10,000 received in Nov 24 was vital.

The sum of £1000 in received in Dec allowed us to extend the work we were doing with 3 named individuals thanks to Yorkshire Young Achievers Foundation.

AgeUK's project Seechange allocated £1500 towards our work at the Rainbow Centre, effectively seed funding the group, this work is continuing through our own efforts, and through donations.

The Calmcott Trust, a local small trust sent us £1000 on 30th Dec. a great start to the New Year.

We delivered a talk on Art Therapy to the members of the Whitby Fine Art Group in February which was very well received and a pleasure to deliver.

The Truemark Trust granted us £4000 in March towards core funds, again most welcome, and vital to keep groups and delivery going.

Later in March the Charles and Elsie Sykes Trust granted another £1500 towards our costs; the Liz and Terry Bramall Foundation contributed a welcome £5000. We are happy to see return donations from the trusts named we really appreciate your ongoing support .

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**Art Therapy Yorkshire
Trustees' Report (continued)
For The Year Ended 31 October 2025**

Fundraising and Funds Received - continued

The Better Connect programme Rise2Thrive drew to close to be replaced by 'Rise2Thrive trailblazer'. This is a county-wide programme funded by the Combined Mayoral Authority – we are very happy to continue to be intervention partners in this programme – marking 10 years of delivery on these ground breaking, inclusive, programmes; 10 years since the inception of the Building Better Opportunities 'Action Towards Inclusion' programme, and its journey towards Rise2Thrive, and close working with the newly formed CMA.

We were involved in a small local project Street of Life which saw our therapists working with elderly registered blind participants to explore a particular street in Scarborough. This particularly rewarding project stretched the ingenuity of all involved and was great fun.

Towards the end of this financial year, we received £2,600 from the Allen Lane Foundation which is being put to good use in 2026 by the provision of an eco-art therapy group in the lovely environs of Woodend.

Principal Risks Facing the Charity

This year has been a year of change and regeneration. Our long-standing board – some founding members, has changed with a spate of resignations and fond farewells midyear.

This has also been mirrored with the retirement of two of our longstanding therapists who whilst retiring from client work have returned as Trustees, their client facing expertise will be much appreciated amongst the new board.

Again, whilst a challenging process this has refreshed our leadership team giving us renewed vitality going into 2026.

Structure, Governance and Management

Governing Document

The charity was incorporated as a Charitable Incorporated Organisation on 10 October 2016 and is governed by a constitution.

Trustee Selection Methods

Appointed by the existing Trustees In line with the Charities Commission Guidance.

At each AGM the longest serving trustee will stand down but may choose to stand again and may be re-elected.

Following acceptance to the board all trustees will be given access to all existing policies and procedures - this access will allow any updates or reviews to be highlighted and incorporated appropriately by the trustee responsible for policies and procedures.

The board will be structured to represent all primary requirements of governance with trustees selected where possible to maximise experience.

All trustees will be encouraged to undertake relevant training in both task specific and general governance areas. Trustees will be supported with any training requirements. To support the trustees in the service provision of the organisation, small internal teams comprising of 1 trustee and 1 employee liaison as appropriate.

Organisational Structure

The Charity is a small local independent Charity but has worked as a delivery partner for at least 10 years with the Knaresborough based Better Connect, the most recent iteration has been the Rise2Thrive programme, funded by the North Yorkshire Combined Local Authority

Related Parties

No related parties on the board or therapy team.

Some family members may be within the membership.

Reference and Administrative Details

Trustees

**Art Therapy Yorkshire
Trustees' Report (continued)
For The Year Ended 31 October 2025**

Mrs M W Bentley (resigned 13/05/2025)
Mrs K C Torkington (resigned 20/10/2025)
Ms M E Davies (resigned 19/08/2025)
Ms G Edey (resigned 23/09/2025)
Ms H Sim (appointed 14/02/2025)
Ms S Stride (appointed 08/02/2025)
Mr P Tissington (resigned 05/11/2024)
Ms L Stones (resigned 19/11/2024)
Mr P Brown (appointed 26/06/2025)
Ms I Fawcett (appointed 21/10/2025)
Mr J Wilson (appointed 12/11/2025)
Ms D Wilson (appointed 12/11/2025)

Charity Number

1169577

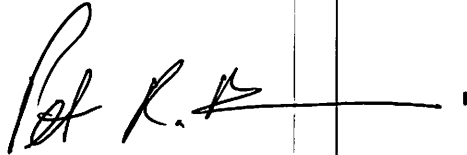
Independent Examiner

Miss Jennifer Springham FCCA
Asquith Accountants Ltd
Rowan House
7 West Bank
Scarborough
North Yorkshire
YO12 4DX

**Art Therapy Yorkshire
Trustees' Report (continued)
For The Year Ended 31 October 2025**

The trustees' report was approved by the board of trustees and signed on its behalf by:

Mr P Brown
Trustee
17 March 2026

A handwritten signature in black ink, appearing to be 'P. Brown', written over a horizontal line.

**Art Therapy Yorkshire
Independent Examiner's Report to the Trustees of Art Therapy Yorkshire
For The Year Ended 31 October 2025**

I report to the trustees on my examination of the accounts of Art Therapy Yorkshire (the Trust) for the year ended 31 October 2025.

Responsibilities and Basis of Report

As the charity trustees of the Trust 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 Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed 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 giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and contents 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.

Miss Jennifer Springham FCCA
17 March 2026
Rowan House
7 West Bank
Scarborough
North Yorkshire
YO12 4DX

**Art Therapy Yorkshire
Statement of Financial Activities
For The Year Ended 31 October 2025**

	Notes	Unrestricted funds £	Restricted funds £	2025 Total funds £	2024 Total funds £
INCOME AND ENDOWMENTS FROM:					
Donations and legacies	3	8,290	705	8,995	12,589
Charitable activities:					
Art therapy		11,565	45,762	57,327	88,585
Investments	4	18	-	18	25
		<u>19,873</u>	<u>46,467</u>	<u>66,340</u>	<u>101,199</u>
EXPENDITURE ON:					
Charitable activities:					
Art therapy	6	(28,538)	(47,493)	(76,031)	(93,930)
NET (EXPENDITURE)/INCOME		<u>(8,663)</u>	<u>(1,028)</u>	<u>(9,691)</u>	<u>7,269</u>
Transfers between funds	15	(1,582)	1,582	-	-
NET MOVEMENT IN FUNDS		<u>(10,245)</u>	<u>554</u>	<u>(9,691)</u>	<u>7,269</u>
RECONCILIATION OF FUNDS:					
Total funds brought forward		7,899	2,777	10,676	3,407
TOTAL FUNDS CARRIED FORWARD	15	<u><u>(2,346)</u></u>	<u><u>3,331</u></u>	<u><u>985</u></u>	<u><u>10,676</u></u>

The notes on pages 10 to 14 form part of these financial statements.

**Art Therapy Yorkshire
Comparative Statement of Financial Activities
For The Year Ended 31 October 2025**

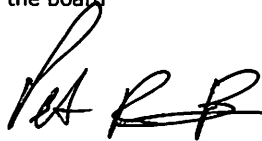
	Notes	Unrestricted funds £	Restricted funds £	2024 Total funds £
INCOME AND ENDOWMENTS FROM:				
Donations and legacies	3	12,589	-	12,589
Charitable activities:				
Art therapy		350	88,235	88,585
Investments	4	25	-	25
		<u>12,964</u>	<u>88,235</u>	<u>101,199</u>
EXPENDITURE ON:				
Charitable activities:	6			
Art therapy		(8,561)	(85,369)	(93,930)
NET INCOME		4,400	2,869	7,269
Transfers between funds	15	92	(92)	-
NET MOVEMENT IN FUNDS		4,492	2,777	7,269
RECONCILIATION OF FUNDS:				
Total funds brought forward		3,407	-	3,407
TOTAL FUNDS CARRIED FORWARD	15	<u><u>7,899</u></u>	<u><u>2,777</u></u>	<u><u>10,676</u></u>

The notes on pages 10 to 14 form part of these financial statements.

**Art Therapy Yorkshire
Statement of Financial Position
As At 31 October 2025**

	Notes	Unrestricted funds £	Restricted funds £	2025 Total funds £	2024 Total funds £
FIXED ASSETS					
Tangible Assets	11	2,145	-	2,145	4,134
		2,145	-	2,145	4,134
CURRENT ASSETS					
Debtors	12	33	3,691	3,724	3,579
Cash at bank and in hand		1,165	(92)	489	8,508
		1,198	3,599	4,213	12,087
Creditors: Amounts Falling Due Within One Year	13	(5,689)	(268)	(5,373)	(5,545)
NET CURRENT ASSETS (LIABILITIES)		(4,491)	3,331	(1,160)	6,542
TOTAL ASSETS LESS CURRENT LIABILITIES		(2,346)	3,331	985	10,676
NET ASSETS		(2,346)	3,331	985	10,676
FUNDS OF THE CHARITY					
Restricted Funds				3,331	2,777
Unrestricted Funds				(2,346)	7,899
TOTAL FUNDS	15			985	10,676

On behalf of the board



Mr P Brown

Trustee

17 March 2026

The notes on pages 10 to 14 form part of these financial statements.

**Art Therapy Yorkshire
Notes to the Financial Statements
For The Year Ended 31 October 2025**

1. General Information

Art Therapy Yorkshire is a charitable incorporated organisation registered with the Charity Commission, registered charity number 1169577. The principal address is .

2. Accounting Policies

2.1. Basis of Preparation of Financial Statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)", Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities Act 2011.

The charity is a Public Benefit Entity as defined by FRS 102.

2.2. Incoming Resources

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

2.3. Resources Expended

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

2.4. Tangible Fixed Assets and Depreciation

Tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. Depreciation is provided at rates calculated to write off the cost of the fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Fixtures & Fittings	15% reducing balance
Computer Equipment	33% straight line

2.5. Cash and Cash Equivalents

Cash and cash equivalents are basic financial assets and include cash in hand and deposits held at call with banks, other short-term highly liquid investments that mature in no more than three months from the date of acquisition and are readily convertible to a known amount of cash with insignificant risk of change in value, and bank overdrafts.

3. Income from Donations and Legacies

	Unrestricted funds	Restricted funds	2025 Total funds
	£	£	£
Donations and gifts	8,290	705	8,995
	Unrestricted funds	Restricted funds	2024 Total funds
	£	£	£
Donations and gifts	12,589	-	12,589

4. Investment Income

Art Therapy Yorkshire
Notes to the Financial Statements (continued)
For The Year Ended 31 October 2025

	2025	2024
	Unrestricted funds	Unrestricted funds
	£	£
Bank interest receivable	18	25
5. Net Income/(Expenditure)		
The net (expenditure)/income is stated after charging/(crediting):		
	2025	2024
	£	£
Depreciation of tangible fixed assets - owned	82	477
6. Analysis of Expenditure		
		2025
	Activities undertaken directly	Support costs (see note 7)
	£	£
Art therapy	1,431	74,600
		Total
		£
		76,031
		2024
	Activities undertaken directly	Support costs (see note 7)
	£	£
Art therapy	1,988	91,942
		Total
		£
		93,930
7. Support Costs		
		2025
		Art therapy
		£
Employee costs		57,658
Premises expenses		10,811
General administration		4,611
Depreciation		82
Interest payable		60
Governance costs		1,378
		74,600
		2024
		Art therapy
		£
Employee costs		73,672
Premises expenses		11,362
General administration		4,950

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Art Therapy Yorkshire
Notes to the Financial Statements (continued)
For The Year Ended 31 October 2025

Depreciation	477
Interest payable	66
Governance costs	1,415
	91,942

8. Independent Examiner's Remuneration

	2025	2024
	£	£
Independent examination of the financial statements	882	840
Other assurance services	-	-
Tax advisory services	-	-
Other financial services	-	-
	882	840

9. Staff Costs

Staff costs were as follows:

	2025	2024
	£	£
Wages and salaries	55,149	71,057
Other pension costs	229	-
	55,378	71,057

No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000.

10. Average Number of Employees

Average number of employees during the year was: 3 (2024: 3)

11. Tangible Assets

	Fixtures & Fittings	Computer Equipment	Total
	£	£	£
Cost			
As at 1 November 2024	289	5,933	6,222
As at 31 October 2025	289	5,933	6,222
Depreciation			
As at 1 November 2024	80	2,008	2,088
Provided during the period	31	1,958	1,989
As at 31 October 2025	111	3,966	4,077
Net Book Value			
As at 31 October 2025	178	1,967	2,145
As at 1 November 2024	209	3,925	4,134

Art Therapy Yorkshire
Notes to the Financial Statements (continued)
For The Year Ended 31 October 2025

12. Debtors

	2025	2024
	£	£
Due within one year		
Other debtors	3,724	3,579
	3,724	3,579

13. Creditors: Amounts Falling Due Within One Year

	2025	2024
	£	£
Other creditors	3,467	3,875
Accruals and deferred income	1,906	1,670
	5,373	5,545

14. Pension Commitments

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund.

During the year the charge to the statement of financial activities in respect of defined contribution schemes was £229 (2024: £0).

At the statement of financial position date contributions of £NIL were due to the fund and are included in creditors.

15. Movement in Funds

	As at 1 November 2024	Income	Expenditure	Transfers	As at 31 October 2025
	£	£	£	£	£
Unrestricted funds					
General:					
General unrestricted fund	7,899	19,873	(28,536)	(1,582)	(2,346)
Restricted funds					
General restricted fund	2,777	46,467	(47,495)	1,582	3,331
Total funds	10,676	66,340	(76,031)	-	985

	As at 1 November 2023	Income	Expenditure	Transfers	As at 31 October 2024
	£	£	£	£	£
Unrestricted funds					
General:					
General unrestricted fund	3,407	12,964	(8,564)	92	7,899
Restricted funds					
General restricted fund	-	88,235	(85,366)	(92)	2,777
Total funds	3,407	101,199	(93,930)	-	10,676

16. Transactions with Trustees

None of the trustees received any remuneration or any other benefits from an employment with the charity or a related entity during the current or previous year.

Art Therapy Yorkshire
Notes to the Financial Statements (continued)
For The Year Ended 31 October 2025

No trustee expenses have been incurred.

17. Related Party Disclosures

There have been no related party transactions in the reporting period that require disclosure.

19. Restricted Funds

Restricted funds at the year end comprise:

	2025
	£
Allen Lane	56
R2T Trailblazer	2,275
Inspire	1,000
Total	<u>3,331</u>

**Art Therapy Yorkshire
Detailed Statement of Financial Activities
For The Year Ended 31 October 2025**

	2025	2024
	Total funds	Total funds
	£	£
INCOME AND ENDOWMENTS FROM:		
Donations and legacies		
Donations and gifts	8,995	12,589
	<u>8,995</u>	<u>12,589</u>
Charitable Activities:		
Art therapy		
Grants	13,000	27,500
Funding	44,327	61,085
	<u>57,327</u>	<u>88,585</u>
Investments		
Bank interest received	18	25
	<u>18</u>	<u>25</u>
	<u>66,340</u>	<u>101,199</u>
EXPENDITURE ON:		
Charitable Activities:		
Art therapy		
Art materials	(21)	(1,148)
Fundraising costs	(1,410)	(840)
Wages and salaries	(55,149)	(71,057)
Pension contributions	(229)	-
Supervision	(2,280)	(2,615)
Rent	(10,811)	(11,362)
Travelling and subsistence	(101)	(848)
Computer and IT consumables	(853)	(580)
Insurance	(1,190)	(664)
Advertising and marketing	(600)	-
Training and courses	(136)	(288)
Licences and subscriptions	(47)	(35)
Office expenses	(1,554)	(2,352)
Refreshments	(130)	(183)
Depreciation of fixtures and fittings	(31)	(37)
Depreciation of computer equipment	(51)	(440)
Bank charges	(60)	(66)
Independent examiner's fees	(882)	(840)
Accountancy fees	(496)	(575)
	<u>(76,031)</u>	<u>(93,930)</u>
	<u>(76,031)</u>	<u>(93,930)</u>
NET (EXPENDITURE)/INCOME	<u>(9,691)</u>	<u>7,269</u>

ART THERAPY YORKSHIRE

England & Wales - Charity number 1169577

Accounts

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 October 2024
for
Art Therapy Yorkshire

Asquith Accountants Ltd
Rowan House
7 West Bank
SCARBOROUGH
North Yorkshire
YO12 4DX

Contents of the Financial Statements
for the Year Ended 31 October 2024

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The trustees present their report with the financial statements of the charity for the year ended 31 October 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

The charity was incorporated as a Charitable Incorporated Organisation on 10 October 2016.

OBJECTIVES AND ACTIVITIES

Objectives and aims

The object of the CIO is the relief of sickness and the promotion of good health in Scarborough and the surrounding area by the provision of Art Therapy. The emphasis is on mental health and wellbeing.

Significant activities

The period 2023 to 2024 has proved to be challenging.

As a small charity we find ourselves in an evermore competitive situation when it comes to bidding for funds to enable our very successful and valuable work that meets our objective to continue. The pressures on the NHS, and especially on the provision of services to help people in need of mental health support, are struggling to fulfil their remit in a timely way.

This is where charities such as ours are an important and vital part of the mental health services network that, given sufficient funding, can play an important role helping such people in need in our local communities.

But there are no guarantees that funding will be forthcoming to enable this work to continue in general, or specifically to enable ATY to continue with confidence into the future. It is very hard to be in competition with much larger charities, many of whom have far more resources and infrastructure to do this work.

Very many hours are put into the administration of fundraising activity, using social media as well as the conventional path of writing Expressions of Interest and filling in bid forms.

This work is vital to support continuation of our work, but at the same time takes away from the time available to provide the therapeutic service to those we do have sufficient funding to support.

Much of the therapy on offer is only sufficient to make an initial start to helping clients recover. For many it is a very long journey, and especially where the source of the lack of wellbeing has its roots in sexual abuse which so many of our clients have suffered. This is something that is not always apparent at the outset but is so often eventually found to be a main cause of their distress.

Of course, there are other problems and issues that prevent clients from recovering to a better level of health and an ability to lead a more normal life. Things such as securing work or engaging in other aspects of life that other people take for granted are for our clients very challenging.

But engaging with them leads in most cases to positive change.

Our entry and exit profiles demonstrate that we have a high rate of success in creating better lives for people who have not had the opportunity to engage in therapy before, and most clients give much positive feedback on what our interventions have achieved.

This is very welcome, of course, but also a reminder of how many potential clients we are not able to see and help for reasons of finance. ATY has been in existence for 13 years now and we hope that we can continue to provide this positive change and support for many years to come. We are always very grateful to a range of organisations from whom we receive funding. Some will be named for the period in the narrative below as well as being listed in our examined accounts. On behalf of ATY and our clients, thank you to you all

Public benefit

Art Therapy Yorkshire, originally founded in 2012, has, since its registration as a Charitable Incorporated Organisation in 2016, continued with its ongoing programme of activities delivered for the public benefit, and, in most cases, free to the beneficiaries. When undertaking any decision making or reporting, the trustees have regard for the Charity Commission Guidance on Public Benefit: Rules for Charities issued on 14 February 2014. This guidance is drawn to the attention of any potential or newly appointed trustee.

OBJECTIVES AND ACTIVITIES

Volunteers

Because of the nature of the work of ATY we are unable to ask for volunteers. Even trustees are rightly not privy to knowledge of who the clients are and the nature of their problems unless the information is spoken about anonymously or in written form with appropriate redactions. We always spend some time in our trustee meetings listening to some exemplars of current cases, and instances of successful outcomes. It is an important motivational aspect of our commitment to trusteeship given, as has already been referred to above, the highly confidential and often very harrowing nature of other people's lives. What we do have is a trustee who is our Membership Secretary, and a small membership who support us eg at fundraising events and who are invited to the AGM and are sent the TAR annually. We want to expand the membership in the next year or so.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

The first Ordinary General Meeting meeting of our new financial year was a week after the end of year 2022/2023.

All the usual agenda items were listed and discussed, but the main item that took up much of the meeting was the future financial viability of ATY. The OGM minutes recorded that discussions took place of all the usual things that are tried to be able to continue to operate when funds are low.

Examples were, working harder to involve local businesses, shrinking the organisation or even working towards closure which nobody was in favour of. It was noted that there were sufficient funds to leave the matter in abeyance until the New Year, especially as ATY was awaiting the outcome of bids already submitted to various organisations and funders during the period. An Emergency General Meeting date for January 2nd 2024 was set. ATY therapists were invited to attend the meeting.

The EGM was a meeting during which it became apparent that the immediate potential crisis in the funding situation had eased due to the number of positive outcomes to our bid applications that had been received in the interim, and thanks went to a donor who gifted ATY a sum of money, enabled a minimum of 6 month's rent for a 3rd room that would enable ATY therapists to meet more clients and therefore achieve more results instead of having to juggle the shared use of 2 rooms. However, everyone was made aware of the increasing precariousness of small charities being able to continue in a challenging funding environment. There are so many such organisations competing for funding. There are also fewer long-term bids available to compete for.

A successful multi-year bid is very important for small charities but so many uncertainties has lessened their number.

Our 2023/2024 year began in November with reports of the situation regarding ATY's ongoing work, income streams both current and projected, and as outlined above, the outlook was uncertain. However, the positives were news that the 1 year project Rise, which replaced Action towards Inclusion was likely be extended this had the purpose of improving people's health so that they could better engage in normal life activities including work.

A list of applications submitted and awaiting results was circulated, as was any information on unsuccessful bids. By the time of our second OGM in February, the funding situation had become more positive. At the Emergency General Meeting on January 2nd 2024 it was reported that some positive developments had taken place. These included much hard work by the therapists who engaged in small scale fundraising including running Christmas workshops and selling calendars. And there were 2 pieces of very good news - 2 successful bids with larger sums of money attached. These were £7k from the Foyle Foundation for core funding, and £20k from Garfield Weston spread over 2 years, again for core funding. Enormous thanks to these 2 organisations who enabled ATY to be able to continue its work. At the February meeting it was reported that although the RISE project - the one year follow on from the post Action Towards Inclusion mentioned above - was ending, a new continuation project, Rise2Thrive, was being put in place Better Connect ultimately funded by North Yorkshire Council.

When it did become available, ATY made a successful bid to this programme which has been ongoing during much of 2024.

Following on from a surprise meeting between Sue Holmes and Clare Granger, the recently appointed High Sheriff of North Yorkshire, we were invited to attend a garden party in honour of the Coronation of King Charles 3rd in the summer of 2023. Sue represented ATY at this event with her husband. There they met representatives from many charities and uniformed services across the county. To our delight, this conversation was followed up by a further visit of the High Sheriff to ATY on March 18th 2024, to present the High Sheriff Award to ATY "for its great and valuable service to the Community". This was a highlight of the year and something of which ATY is very proud. We also received a donation of £800 as part of this award.

The 2-year programme, funded by the Woodsmith Foundation involving providing support to children and young people was coming to an end, but funding was agreed to continue the work for another one year. ATY welcomed this opportunity to work with young people.

It is something that it has done in the past, but the remit of the Woodsmith work has enabled therapists to have a better balance between supporting adults and children, though adults continue to make up the majority of the recipient of our service.

Art Therapy Yorkshire

Report of the Trustees for the Year Ended 31 October 2024

We were happy to offer an evening event to the Headway Association, which supports those with acquired brain injury - Hats off to Headway! This was great fun.

We also worked alongside SWR MIND as part of their project delivering a therapeutic service into their link worker scheme - supporting keyworkers in work.

It is important to acknowledge the support given by numerous charitable donors through this year, some of them return funders. The Jack Brunton CT, the George A Moore Foundation, the Albert Hunt Trust, followed on by the D'Oyly Carte Foundation, and later in the year by the Anton Jurgens Trust, and Yorkshire Building Society and nearing our year end the Earl Fitzwilliam CT, although averaging £2000, all these awards contribute to maintaining a service and are greatly appreciated.

A memorable day was spent offering a printmaking event to the local youth group based at Gallows Close at the English Heritage centre on the Scarborough Castle Headlands.

Perhaps memorable for all the wrong reasons - a gale blew up and a lot of our materials swirled around the castle grounds -all the young people battled the elements courageously until we had to admit defeat. We hope to be able to revisit this work in 2025, supported by Children in Need.

A further indication of the positive effects of collaborative working was the very great assistance offered by the Bristol base charity Neighbourly. We have to acknowledge the immense technical help offered by one of their directors enabling us to move towards a more forward thinking and manageable system for presenting data; recording a clients journey whilst maintaining anonymity.

Another unusual and particularly rewarding collaborations was with the renown author Horatio Clare. As part of the research for his book Your Journey Your Way, Horatio spent a day with ATY and was able to witness and experience a session. This is recorded in the chapter Healing in Action. It was an honour to be included in this remarkable book published in August 2024.

All in all, through the financial year 23/24 we worked with around 200 individuals through various projects and across funders, some for brief work and others for longer periods.

Those we worked with showed a great improvement in their mental health often leaving a lot of their troubling symptoms behind and with a great appreciation of the very real benefits of creative art therapy.

We also wish to acknowledge the clients that decided they wished and were able to take up a subsidised opportunity to extend their therapy beyond what would be available through the funding streams. This enables us to continue to offer work to those less financially comfortable.

At the Ordinary General Meeting in August, as happens at every quarterly meeting, a great deal of time is spent on 2 main reports - financial health or otherwise, and the project information - bids submitted with proposed financial figures attached, along with bids pending and bids declined. At all meetings the finances are discussed and everyone is reminded about the need to constantly be aware of the current and potential future financial position as well as being clear about the amount that is shown to be held in reserves at each meeting.

FINANCIAL REVIEW

Financial position

ATY believes that it is essential to build reserves, whenever possible, to be able to deal with unplanned financial circumstances, and to be able to draw on in the event of cash flow problems. It has now built up some reserve funding.

FINANCIAL REVIEW

Principal funding sources

ATY is heavily reliant on charitable foundations for a major part of its income.

It is worth noting that, because of the nature of its work with vulnerable clients, confidentiality both inhibits the use of volunteers and this to be taken into account when fundraising eg funding providers of any kind can only have access to, for example, redacted evaluations by clients or therapists. This does, of course, make our fundraising work even more difficult in a time when we know that many small charities are struggling. It also makes the success that we have had, something to be even more proud of when we cannot show or share in an open way the success our therapists have with many clients who are so much in need of help. The potential number of such clients is especially high in in our deprived coastal town where government provided services in the field of mental health are hard pressed.

Funds in deficit

Because of the nature of defrayal it may appear that the Rise2Thrive project is in deficit in this financial year - this was corrected soon into 2025 as the project drew to a close .

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1169577

Trustees

Mrs M W Bentley

Mrs K C Torkington

Ms L A Stones (resigned 19.11.24)

Ms M E Davies

Ms G Edey

P Tissington (appointed 5.2.24) (resigned 5.11.24)

Ms H Blake (appointed 14.2.25)

Ms S Stride (appointed 8.2.25)

Independent Examiner

Miss Jennifer Springham FCCA

Asquith Accountants Ltd

Rowan House

7 West Bank

SCARBOROUGH

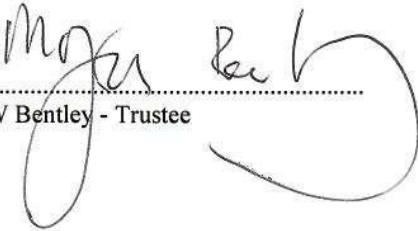
North Yorkshire

YO12 4DX

Art Therapy Yorkshire

Report of the Trustees
for the Year Ended 31 October 2024

Approved by order of the board of trustees on March 27th 2025 and signed on its behalf by:


.....
Mrs M W Bentley - Trustee

Independent Examiner's Report to the Trustees of
Art Therapy Yorkshire

Independent examiner's report to the trustees of Art Therapy Yorkshire ('the Company')

I report to the charity trustees on my examination of the accounts of the Charity for the year ended 31 October 2024.

Responsibilities and basis of report

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the 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 matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act 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.

Miss Jennifer Springham FCCA
The Association of Chartered Certified Accountants

Asquith Accountants Ltd
Rowan House
7 West Bank
SCARBOROUGH
North Yorkshire
YO12 4DX

Date:

Art Therapy Yorkshire

Statement of Financial Activities
for the Year Ended 31 October 2024

	Notes	Unrestricted fund £	Restricted fund £	31.10.24 Total funds £	31.10.23 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		12,588	(1)	12,587	8,735
Charitable activities					
Activities undertaken directly		350	88,235	88,585	65,990
Investment income	2	<u>25</u>	<u>-</u>	<u>25</u>	<u>59</u>
Total		<u>12,963</u>	<u>88,234</u>	<u>101,197</u>	<u>74,784</u>
EXPENDITURE ON					
Charitable activities					
Activities undertaken directly		8,452	84,075	92,527	93,207
Support costs		<u>112</u>	<u>1,290</u>	<u>1,402</u>	<u>2,167</u>
Total		<u>8,564</u>	<u>85,365</u>	<u>93,929</u>	<u>95,374</u>
NET INCOME/(EXPENDITURE)					
Transfers between funds	10	<u>4,399</u> <u>92</u>	<u>2,869</u> <u>(92)</u>	<u>7,268</u> <u>-</u>	<u>(20,590)</u> <u>-</u>
Net movement in funds		4,491	2,777	7,268	(20,590)
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>3,407</u>	<u>-</u>	<u>3,407</u>	<u>23,997</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>7,898</u></u>	<u><u>2,777</u></u>	<u><u>10,675</u></u>	<u><u>3,407</u></u>

The notes form part of these financial statements

Art Therapy Yorkshire

Balance Sheet
31 October 2024

	Notes	Unrestricted fund £	Restricted fund £	31.10.24 Total funds £	31.10.23 Total funds £
FIXED ASSETS					
Tangible assets	6	4,134	-	4,134	6,129
CURRENT ASSETS					
Debtors	7	-	3,579	3,579	-
Cash at bank and in hand		<u>9,310</u>	<u>-</u>	<u>9,310</u>	<u>3,915</u>
		9,310	3,579	12,889	3,915
CREDITORS					
Amounts falling due within one year	8	<u>(5,545)</u>	<u>(803)</u>	<u>(6,348)</u>	<u>(6,637)</u>
NET CURRENT ASSETS		<u>3,765</u>	<u>2,776</u>	<u>6,541</u>	<u>(2,722)</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>7,899</u>	<u>2,776</u>	<u>10,675</u>	<u>3,407</u>
NET ASSETS		<u>7,899</u>	<u>2,776</u>	<u>10,675</u>	<u>3,407</u>
FUNDS	10				
Unrestricted funds				7,899	3,407
Restricted funds				<u>2,776</u>	<u>-</u>
TOTAL FUNDS				<u>10,675</u>	<u>3,407</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 October 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 October 2024 in accordance with Section 476 of the Companies Act 2006.


The notes form part of these financial statements

Art Therapy Yorkshire

Balance Sheet - continued
31 October 2024

The financial statements were approved by the Board of Trustees and authorised for issue on
...27-3-25... and were signed on its behalf by:


.....
K C Torkington - Trustee


.....
M W Bentley - Trustee

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings	- 15% on reducing balance
Computer equipment	- 33% on cost

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. INVESTMENT INCOME

	31.10.24	31.10.23
	£	£
Deposit account interest	<u>25</u>	<u>59</u>

Notes to the Financial Statements - continued
for the Year Ended 31 October 2024

3. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.10.24	31.10.23
	£	£
Depreciation - owned assets	<u>1,995</u>	<u>93</u>

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 October 2024 nor for the year ended 31 October 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 October 2024 nor for the year ended 31 October 2023.

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	7,734	1,001	8,735
Charitable activities			
Activities undertaken directly	75	65,915	65,990
Investment income	<u>59</u>	<u>-</u>	<u>59</u>
Total	<u>7,868</u>	<u>66,916</u>	<u>74,784</u>
EXPENDITURE ON			
Charitable activities			
Activities undertaken directly	2,380	90,827	93,207
Support costs	<u>1,413</u>	<u>754</u>	<u>2,167</u>
Total	<u>3,793</u>	<u>91,581</u>	<u>95,374</u>
NET INCOME/(EXPENDITURE)	4,075	(24,665)	(20,590)
Transfers between funds	<u>(11,405)</u>	<u>11,405</u>	<u>-</u>
Net movement in funds	(7,330)	(13,260)	(20,590)
RECONCILIATION OF FUNDS			
Total funds brought forward	<u>10,737</u>	<u>13,260</u>	<u>23,997</u>
TOTAL FUNDS CARRIED FORWARD	<u>3,407</u>	<u>-</u>	<u>3,407</u>

Notes to the Financial Statements - continued
for the Year Ended 31 October 2024

6. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Computer equipment £	Totals £
COST			
At 1 November 2023 and 31 October 2024	<u>289</u>	<u>5,933</u>	<u>6,222</u>
DEPRECIATION			
At 1 November 2023	43	50	93
Charge for year	<u>37</u>	<u>1,958</u>	<u>1,995</u>
At 31 October 2024	<u>80</u>	<u>2,008</u>	<u>2,088</u>
NET BOOK VALUE			
At 31 October 2024	<u>209</u>	<u>3,925</u>	<u>4,134</u>
At 31 October 2023	<u>246</u>	<u>5,883</u>	<u>6,129</u>

7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.10.24 £	31.10.23 £
Prepayments and accrued income	<u>3,579</u>	<u>-</u>

8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.10.24 £	31.10.23 £
Bank loans and overdrafts (see note 9)	803	-
Other creditors	3,875	5,393
Accrued expenses	<u>1,670</u>	<u>1,244</u>
	<u>6,348</u>	<u>6,637</u>

9. LOANS

An analysis of the maturity of loans is given below:

	31.10.24 £	31.10.23 £
Amounts falling due within one year on demand:		
Bank overdrafts	<u>803</u>	<u>-</u>

Notes to the Financial Statements - continued
for the Year Ended 31 October 2024

10. MOVEMENT IN FUNDS

	At 1.11.23 £	Net movement in funds £	Transfers between funds £	At 31.10.24 £
Unrestricted funds				
General fund	3,407	4,400	92	7,899
Restricted funds				
Restricted funds	-	2,868	(92)	2,776
	<u>3,407</u>	<u>7,268</u>	<u>-</u>	<u>10,675</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	12,963	(8,563)	4,400
Restricted funds			
Restricted funds	88,234	(85,366)	2,868
	<u>101,197</u>	<u>(93,929)</u>	<u>7,268</u>

Comparatives for movement in funds

	At 1.11.22 £	Net movement in funds £	Transfers between funds £	At 31.10.23 £
Unrestricted funds				
General fund	10,737	4,075	(11,405)	3,407
Restricted funds				
Restricted funds	13,260	(24,665)	11,405	-
	<u>23,997</u>	<u>(20,590)</u>	<u>-</u>	<u>3,407</u>

10. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	7,868	(3,793)	4,075
Restricted funds			
Restricted funds	66,916	(91,581)	(24,665)
TOTAL FUNDS	<u>74,784</u>	<u>(95,374)</u>	<u>(20,590)</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.11.22 £	Net movement in funds £	Transfers between funds £	At 31.10.24 £
Unrestricted funds				
General fund	10,737	8,475	(11,313)	7,899
Restricted funds				
Restricted funds	13,260	(21,797)	11,313	2,776
TOTAL FUNDS	<u>23,997</u>	<u>(13,322)</u>	<u>-</u>	<u>10,675</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	20,831	(12,356)	8,475
Restricted funds			
Restricted funds	155,150	(176,947)	(21,797)
TOTAL FUNDS	<u>175,981</u>	<u>(189,303)</u>	<u>(13,322)</u>

11. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 October 2024.

12. RESTRICTED FUNDS

An analysis of restricted funds at the year end is below:

Project	£
Garfield	(1)
Rise 2 Thrive	(3,761)
D'Oyley	3,500
Woodsmith	1,643
YB	£203
Fitzwilliam	1,193
Total	<u>2,777</u>

Art Therapy Yorkshire

Detailed Statement of Financial Activities
for the Year Ended 31 October 2024

	31.10.24 £	31.10.23 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	12,587	8,735
Investment income		
Deposit account interest	25	59
Charitable activities		
Funding	61,085	12,886
Therapy fees	-	75
Grants	<u>27,500</u>	<u>53,029</u>
	<u>88,585</u>	<u>65,990</u>
Total incoming resources	101,197	74,784
EXPENDITURE		
Charitable activities		
Therapists	71,057	76,696
Art materials	1,147	234
Supervision	2,615	2,175
Training	288	130
Rent	11,362	8,681
Insurance	664	237
Office expenses	2,352	1,387
Advertising	-	346
Refreshments	184	246
Travelling	847	237
Repairs and renewals	-	23
Fundraising	840	1,530
Computer costs	579	312
Licences and subscriptions	35	35
Fixtures and fittings	37	43
Computer equipment	<u>440</u>	<u>50</u>
	92,447	92,362
Support costs		
Governance costs		
Accountancy fees	1,416	2,952
Bank charges	<u>66</u>	<u>60</u>
	<u>1,482</u>	<u>3,012</u>
Total resources expended	<u>93,929</u>	<u>95,374</u>
Net income/(expenditure)	<u><u>7,268</u></u>	<u><u>(20,590)</u></u>

This page does not form part of the statutory financial statements

ART THERAPY YORKSHIRE

England & Wales - Charity number 1169577

Accounts

REGISTERED CHARITY NUMBER: 1169577

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 October 2023
for
Art Therapy Yorkshire

Asquith & Co Accountants Limited
Rowan House
7 West Bank
SCARBOROUGH
North Yorkshire
YO12 4DX

Art Therapy Yorkshire

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for the Year Ended 31 October 2023

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Art Therapy Yorkshire

Report of the Trustees
for the Year Ended 31 October 2023

The trustees present their report with the financial statements of the charity for the year ended 31 October 2023.

The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

The charity was incorporated as a Charitable Incorporated Organisation on 10 October 2016.

OBJECTIVES AND ACTIVITIES

Objectives and aims

The object of the CIO is the relief of sickness and the promotion of good health in Scarborough and the surrounding area by the provision of Art Therapy. The emphasis is on mental health and wellbeing.

Art Therapy Yorkshire

Report of the Trustees for the Year Ended 31 October 2023

OBJECTIVES AND ACTIVITIES

Significant activities

Delivery and income in 2022/23 were, as with so many others in the Charity and Voluntary Sector, affected adversely by the continued cost of living crisis; we found charitable funding became increasingly hard to access as it was spread over an even greater range of services across the sector. This is a very unfortunate situation. It is well known and understood the pressure the NHS and other public sector services are under. ATY, along with many other charities who could be more effective than they are able to be, can support and make a difference to the physical and mental wellbeing of many people of all ages. However, steady year on year funding is not available to very many charities, and to others working in the voluntary sector. This means that opportunities to make a positive difference to people's lives, and to society at large, with relatively low-cost funding, is not being undertaken on the scale needed to help more people, and society, to be in a healthier place.

In November 2022 ATY had positive funding news from the York based Allen Lane Foundation. We were delighted to host their representative, and to be able to work with two carefully designed groups through this funding. This was also supported by the Jack Brunton Charitable Trust based in Middlesbrough giving further North Yorkshire connection to place. These groups enabled women who had experienced severe trauma in their lives to connect with others, usually after engaging in a period of 1-1 therapy. They were then able to move on in a positive way, and often to other opportunities within the community.

December 2022 brought excellent news from the Postcode Neighbourhood Trust who offered us a significant grant for which ATY was immensely grateful. Whilst our contracted work allowed us to deliver to those referred into that specific project, this grant allowed us to deliver to many of those who self-refer. This can be through Social Prescribing or indeed all manner of other routes including, for example, a suggestion from a GP, social worker or any other health care professional, as well as from friends or family.

ATY, along with 3 other mental health charities, put lot of work and time into presenting a case for a Therapies Hub in the locality, to deliver into the NHS Transformation Fund. This, sadly, was to no avail, but we do know we cannot succeed at all attempts to provide much needed therapeutic support to people whom we could help in this coastal area with its well-documented profile of poverty and ill-health. But we are grateful to those organisations who supported us in this endeavour and to those able to see the value of what we do and achieve.

Our programme delivering to Children and Young People continued with the 2nd tranche of funding, for which ATY is grateful, from the locally based Woodsmith Foundation. This enabled support to continue to be given to young people aged between 7 & 18 years who were, to varying degrees, suffering mental health problems. It was a pleasure to be able to support young people, with the aim, amongst others, of reducing long term reliance on mental health services and post-Covid school anxiety. We are happy to be able to announce that this work will continue into 2024 and look forward to ongoing contact with Early Help and various other child and family support professionals.

2023 saw the final delivery phase of the Action Towards Inclusion (ATI) project which has delivered support and encouragement to so many people over its 7-year life span. Better Connect in Knaresborough, where ATI was founded, worked tirelessly to launch a follow-on project called RISE - Reducing Inequalities, Supporting Employment. This began mid-year following on from ATI's innovative work. ATY is proud to continue to be delivery partners, in part in recognition of the success we had in delivering the objectives of ATI. ATY continues to work with many of the same keyworkers and organisations. Funded now by North Yorkshire Council through Levelling Up funding, it continues to support individuals who may be described as economically inactive, across the region.

Through North Yorkshire's Stronger Communities work we were able to continue to meet the high demand for Childrens Therapeutic Services with their Inspire and Get Going Grants. These were received in August and September 2023. ATY is once again very grateful to Stronger Communities for choosing to support ATY's work.

OBJECTIVES AND ACTIVITIES

Through our continuing relationship with Gallery 6, which is owned by one of ATY's trustees, ATY was involved with, and received the proceeds from, a sale of work from its Tea Pot exhibition. Thank you to the trustee who continues to be supportive to ATY in this practical way. At a later point Gallery 6 hosted an exhibition by ATY's therapists using a small grant from Scarborough Arts Society to whom thanks are recorded here. Such events are very important as they enable the work of ATY to be shared with the public. Public facing fundraising is particularly difficult for us. ATY therapists are often working with severely damaged, traumatised and vulnerable individuals and therefore its work is highly confidential. Most of the clients would not want to, or are unable to, interact with the public. This is disadvantageous to us when many other charities can be very open about what they do and achieve.

We thank also those involved in an event held locally in Hackness Village Hall to raise funds for ATY late in our financial year. We enjoyed dressing up for Halloween and selling donated goods, and, of course, running a tombola. Thanks go to all who contributed to that fun community event. Again, ATY's physical presence in this community event helps our profile and gives us a chance to meet the public and explain our approach to working with clients with a view to improving people's mental health of all ages.

Towards the end of the reporting period ATY had an opportunity to consider using a donation from an individual to rent an additional room which would enable 3 rather than 2 therapists to work with clients simultaneously. The matter was given careful consideration. The risk level was low as ATY knew that it could vacate the space without any financial penalty after 6 months should that be necessary. The change was made and has so far proved to be a very good decision. Many thanks go to the donor. We know that we have sufficient funds to be able to continue working in this way for some time to come.

Goodwill was also shown through the year by donations from 3 exceptional individuals totalling almost £4000. ATY is so very grateful to these people. That amount of money is of huge significance to us, and to our ability to continue year on year so far with our work.

ATY is based in a beautiful Grade 2 * listed building and is part of a larger creative and arts hub that enables us to benefit from relationships with some of the other tenants, and with the staff of Scarborough Art Gallery next door. The staff of our base, Woodend Creative, are very pleasant and supportive. This is not only important to those of us based there, but in our work, it is important that our clients, with all their many and varied challenges, feel comfortable and welcome when they enter Reception.

For many clients, they may not have left their accommodation for some time, such can be the fear and trauma they live with daily, so we are very grateful to be able to acknowledge the staff in this report. The clients are beneficiaries too. The team of therapists, who are all part-time, is hard working, committed and excellent in the way each works therapeutically with their group/individual.

There is a male in the team, and, along with younger newly qualified staff, this brings a great balance to ATY's profile and helps determine who will work with whom and on which days. This is where the additional room mentioned above is so helpful to this jigsaw of planning.

We have a therapist in training on placement annually (art therapists must qualify at Masters' level to work in the profession) and we have good relationships with more than one university.

Public benefit

Art Therapy Yorkshire, originally founded in 2012, has, since its registration as a Charitable Incorporated Organisation in 2016, continued with its ongoing programme of activities delivered for the public benefit, and, in most cases, free to the beneficiaries. When undertaking any decision making or reporting, the trustees have regard for the Charity Commission Guidance on Public Benefit: Rules for Charities issued on 14 February 2014. This guidance is drawn to the attention of any potential or newly appointed trustee.

Art Therapy Yorkshire

Report of the Trustees
for the Year Ended 31 October 2023

OBJECTIVES AND ACTIVITIES

Volunteers

Because of the nature of the work of ATY we are unable to ask for volunteers. Even trustees are rightly not privy to knowledge of who the clients are and the nature of their problems unless the information is spoken about anonymously or in written form with appropriate redactions. We always spend some time in our trustee meetings listening to some exemplars of current cases, and instances of successful outcomes. It is an important motivational aspect of our commitment to trusteeship given, as has already been referred to above, the highly confidential and often very harrowing nature of other people's lives. What we do have is a trustee who is our Membership Secretary, and a small membership who support us eg at fundraising events and who are invited to the AGM and are sent the TAR annually. We want to expand the membership in the next year or so.

Art Therapy Yorkshire

Report of the Trustees for the Year Ended 31 October 2023

ACHIEVEMENT AND PERFORMANCE

Charitable activities

The best way of summarising our main achievements and performance this year is to list them under the headings of the different aspects of the work undertaken with both individuals and groups.

Firstly, work with individuals. Through the support of our funders and contracted projects ATY has been able to offer 1-1 art psychotherapy to an increasing number of referrals. Some individuals coming in through a short programme have been able to extend their time with us and have a longer period of therapy when the therapists know that this will benefit the client. Because of the often almost lifelong harms of various kinds that many of our clients have suffered, it is often advantageous to keep the client with us for a longer journey and into a stronger recovery. This can only be done, of course, if there is appropriate funding available, and, sadly, that is not always the case. Clients can choose to pay for their therapy, and sometimes they do, but this is not a common occurrence.

Groups. As reported above, ATY was able to host women's groups and our student co-facilitated our men's group. These continue to be an important part of our delivery and we long for more sustainable funding to make this a fixed part of our programme in the longer term.

During this period, we met with 68 returning clients. This is a big increase from the previous, post-Covid reporting year making a total of 192 clients overall throughout 22/23. Some clients only needed a brief intervention whilst others were with us for longer interventions as required. Amongst this number we were able to offer support to 55 young people, including those who may be neurodivergent, and, hopefully, ATY has made a lasting positive impact on their lives.

Early in the year we had a surprise visit from the then nominee High Sherriff of North Yorkshire, Clare Grainger. We were invited to the Coronation Garden Party - which was great fun and, importantly, we found a vocal advocate both for the importance of art in people's lives and for the efficacy of Art Therapy. These links will continue into 23/24 culminating with the High Sheriffs of North Yorkshires Award for great and valuable contribution to the community.

Another surprising development was a visit by the author and broadcaster Horatio Clare. He had published a book entitled "Heavy, Light" about his own recent mental health journey and was speaking locally. Our Chair of Trustees was there and able to have a few minutes with him. Sometime afterwards he asked if he could visit us. He spent the first part of the day asking questions to learn about exactly what art therapy is, and how it works. He was then able to observe a full client session with the client's permission obtained in advance. His time at ATY will appear as a chapter in his forthcoming book to be published in 2024 - "Your Journey, Your Way". This is something which we are proud to have contributed to and hope that his writings, and radio series, do much to help people learn about and understand better that there are a variety of helpful therapies that can be used to help people to heal.

July saw the appointment of our newest trustee, Grace Edey, who brings a fresh perspective to the team.

We welcomed our annual student from Derby University; work-based placements are vital to students in completing their Master's and they always bring fresh perspectives into our practice.

Every year ATY has been in existence there has been evidence of an ever-growing need for our services. It has already been alluded to in the earlier part of this section that ATY has helped an increased number of clients in this reporting period. But, sadly, the demand for our services, and the services provided by other types of health professionals working in the Charity and Voluntary Sector, just keeps on growing. We are all acutely aware of our long list of referrals and our inability to meet the needs of everyone that we could potentially help if we had more funding, and especially some longer-term funding such as that which was provided by ATI over 7 years. We will continue to bid for funds and grants as we have done since ATY's inception, but it is a precarious existence and, as said earlier, along with many other services in the CVS, the funding environment is only becoming tougher each year. This can only mean that this important sector, which is generally lower cost and has good outcomes, will increasingly not be available to the people who could be helped to recover sufficiently to feel better and be more able to make a contribution to society and the economy.

Art Therapy Yorkshire

Report of the Trustees
for the Year Ended 31 October 2023

FINANCIAL REVIEW

Financial position

ATY believes that it is essential to build reserves, whenever possible, to be able to deal with unplanned financial circumstances, and to be able to draw on in the event of cash flow problems. It has now built up some reserve funding.

This year has been difficult for ATY. Struggles with funding has meant that funds have depleted to £3,407 as a loss in the year of £20,590 has been recorded. The reserves stand at £3,407 which is low, however after the year end the charity has obtained further funding from Woodsmith Foundation and Rise to Thrive.

The charity is hopeful that this renewed funding will enable the charity to stabilise and grow.

Principal funding sources

ATY is heavily reliant on charitable foundations for a major part of its income.

It is worth noting that, because of the nature of its work with vulnerable clients, confidentiality both inhibits the use of volunteers and has to be taken into account when fundraising eg funding providers of any kind can only have access to, for example, redacted evaluations by clients or therapists. This does, of course, make our fundraising work even more difficult in a time when we know that many small charities are struggling. And it also makes the success that we have had to be something to be even more proud of when we cannot show or share in an open way the success our therapists have with many clients who are so much in need of help. The potential number of such clients is especially high in in our deprived coastal town where government provided services in the field of mental health are hard pressed.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1169577

Trustees

Mrs M W Bentley

Mrs K C Torkington

Ms L A Stones

Ms M E Davies

Ms G Edey

P Tissington (appointed 5.2.24)

Art Therapy Yorkshire

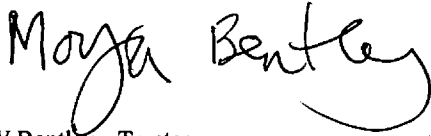
Report of the Trustees
for the Year Ended 31 October 2023

REFERENCE AND ADMINISTRATIVE DETAILS

Independent Examiner

Miss Jennifer Springham FCCA
Asquith & Co Accountants Limited
Rowan House
7 West Bank
SCARBOROUGH
North Yorkshire
YO12 4DX

Approved by order of the board of trustees on 9 May 2024 and signed on its behalf by:

A handwritten signature in black ink that reads "Moya Bentley". The signature is written in a cursive style with a large, looping initial 'M' and a long, sweeping underline.

Mrs M W Bentley - Trustee

Independent Examiner's Report to the Trustees of
Art Therapy Yorkshire

Independent examiner's report to the trustees of Art Therapy Yorkshire ('the Charity')

I report to the charity trustees on my examination of the accounts of the Charity for the year ended 31 October 2023.

Responsibilities and basis of report

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed the 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 matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Charity as required by Section 130 of the Charities Act; or
2. the accounts do not accord with those records; or
3. the accounts do 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.

Miss Jennifer Springham FCCA
The Association of Chartered Certified Accountants

Asquith & Co Accountants Limited
Rowan House
7 West Bank
SCARBOROUGH
North Yorkshire
YO12 4DX

9 May 2024

Art Therapy Yorkshire

Statement of Financial Activities
for the Year Ended 31 October 2023

	Notes	Unrestricted fund £	Restricted fund £	31.10.23 Total funds £	31.10.22 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		7,734	1,001	8,735	3,329
Charitable activities					
Activities undertaken directly		75	65,915	65,990	79,336
Investment income	2	<u>59</u>	<u>-</u>	<u>59</u>	<u>6</u>
Total		<u>7,868</u>	<u>66,916</u>	<u>74,784</u>	<u>82,671</u>
EXPENDITURE ON					
Charitable activities					
Activities undertaken directly		2,380	90,827	93,207	78,578
Support costs		<u>1,413</u>	<u>754</u>	<u>2,167</u>	<u>2,116</u>
Total		<u>3,793</u>	<u>91,581</u>	<u>95,374</u>	<u>80,694</u>
NET INCOME/(EXPENDITURE)					
Transfers between funds	8	4,075 <u>(11,405)</u>	(24,665) <u>11,405</u>	(20,590) <u>-</u>	1,977 <u>-</u>
Net movement in funds		(7,330)	(13,260)	(20,590)	1,977
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>10,737</u>	<u>13,260</u>	<u>23,997</u>	<u>22,020</u>
TOTAL FUNDS CARRIED FORWARD		<u>3,407</u>	<u>-</u>	<u>3,407</u>	<u>23,997</u>

The notes form part of these financial statements

Art Therapy Yorkshire

Balance Sheet
31 October 2023

	Notes	Unrestricted fund £	Restricted fund £	31.10.23 Total funds £	31.10.22 Total funds £
FIXED ASSETS					
Tangible assets	6	6,129	-	6,129	6,072
CURRENT ASSETS					
Cash at bank and in hand		3,915	-	3,915	23,318
CREDITORS					
Amounts falling due within one year	7	(6,637)	-	(6,637)	(5,393)
NET CURRENT ASSETS		<u>(2,722)</u>	<u>-</u>	<u>(2,722)</u>	<u>17,925</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>3,407</u>	<u>-</u>	<u>3,407</u>	<u>23,997</u>
NET ASSETS		<u>3,407</u>	<u>-</u>	<u>3,407</u>	<u>23,997</u>
FUNDS	8				
Unrestricted funds				3,407	10,737
Restricted funds				-	13,260
TOTAL FUNDS				<u>3,407</u>	<u>23,997</u>

The notes form part of these financial statements

Art Therapy Yorkshire

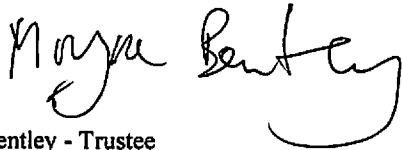
Balance Sheet - continued

31 October 2023

The financial statements were approved by the Board of Trustees and authorised for issue on 9 May 2024 and were signed on its behalf by:



K C Torkington - Trustee



M W Bentley - Trustee

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings	- 15% on reducing balance
Computer equipment	- 33% on cost

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. INVESTMENT INCOME

	31.10.23	31.10.22
	£	£
Deposit account interest	<u>59</u>	<u>6</u>

Notes to the Financial Statements - continued
for the Year Ended 31 October 2023

3. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.10.23	31.10.22
	£	£
Depreciation - owned assets	<u>93</u>	<u>-</u>

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 October 2023 nor for the year ended 31 October 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 October 2023 nor for the year ended 31 October 2022.

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM:			
Donations and legacies	3,329	-	3,329
Charitable activities			
Activities undertaken directly	3,660	75,676	79,336
Investment income	<u>6</u>	<u>-</u>	<u>6</u>
Total	<u>6,995</u>	<u>75,676</u>	<u>82,671</u>
EXPENDITURE ON			
Charitable activities			
Activities undertaken directly	2,895	75,683	78,578
Support costs	<u>1,227</u>	<u>889</u>	<u>2,116</u>
Total	<u>4,122</u>	<u>76,572</u>	<u>80,694</u>
NET INCOME/(EXPENDITURE)	2,873	(896)	1,977
RECONCILIATION OF FUNDS			
Total funds brought forward	<u>7,864</u>	<u>14,156</u>	<u>22,020</u>
TOTAL FUNDS CARRIED FORWARD	<u>10,737</u>	<u>13,260</u>	<u>23,997</u>

Art Therapy Yorkshire

**Notes to the Financial Statements - continued
for the Year Ended 31 October 2023**

6. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Computer equipment £	Totals £
COST			
At 1 November 2022	289	5,783	6,072
Additions	<u>-</u>	<u>150</u>	<u>150</u>
At 31 October 2023	<u>289</u>	<u>5,933</u>	<u>6,222</u>
DEPRECIATION			
Charge for year	<u>43</u>	<u>50</u>	<u>93</u>
NET BOOK VALUE			
At 31 October 2023	<u>246</u>	<u>5,883</u>	<u>6,129</u>
At 31 October 2022	<u>289</u>	<u>5,783</u>	<u>6,072</u>

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.10.23 £	31.10.22 £
Other creditors	5,393	5,393
Accrued expenses	<u>1,244</u>	<u>-</u>
	<u>6,637</u>	<u>5,393</u>

8. MOVEMENT IN FUNDS

	At 1.11.22 £	Net movement in funds £	Transfers between funds £	At 31.10.23 £
Unrestricted funds				
General fund	10,737	4,075	(11,405)	3,407
Restricted funds				
Restricted funds	13,260	(24,665)	11,405	-
	<u>23,997</u>	<u>(20,590)</u>	<u>-</u>	<u>3,407</u>
TOTAL FUNDS	<u>23,997</u>	<u>(20,590)</u>	<u>-</u>	<u>3,407</u>

Art Therapy Yorkshire

Notes to the Financial Statements - continued
for the Year Ended 31 October 2023

8. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	7,868	(3,793)	4,075
Restricted funds			
Restricted funds	66,916	(91,581)	(24,665)
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>74,784</u>	<u>(95,374)</u>	<u>(20,590)</u>

Comparatives for movement in funds

	At 1.11.21 £	Net movement in funds £	At 31.10.22 £
Unrestricted funds			
General fund	7,864	2,873	10,737
Restricted funds			
Restricted funds	14,156	(896)	13,260
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>22,020</u>	<u>1,977</u>	<u>23,997</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	6,995	(4,122)	2,873
Restricted funds			
Restricted funds	75,676	(76,572)	(896)
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>82,671</u>	<u>(80,694)</u>	<u>1,977</u>

Art Therapy Yorkshire

Notes to the Financial Statements - continued
for the Year Ended 31 October 2023

8. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.11.21 £	Net movement in funds £	Transfers between funds £	At 31.10.23 £
Unrestricted funds				
General fund	7,864	6,948	(11,405)	3,407
Restricted funds				
Restricted funds	14,156	(25,561)	11,405	-
	<u>22,020</u>	<u>(18,613)</u>	<u>-</u>	<u>3,407</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	14,863	(7,915)	6,948
Restricted funds			
Restricted funds	142,592	(168,153)	(25,561)
	<u>157,455</u>	<u>(176,068)</u>	<u>(18,613)</u>

9. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 October 2023.

Art Therapy Yorkshire

Detailed Statement of Financial Activities
for the Year Ended 31 October 2023

	31.10.23	31.10.22
	£	£
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	8,735	3,329
Investment income		
Deposit account interest	59	6
Charitable activities		
Funding	12,886	19,216
Therapy fees	75	660
Grants	<u>53,029</u>	<u>59,460</u>
	<u>65,990</u>	<u>79,336</u>
Total incoming resources	74,784	82,671
EXPENDITURE		
Charitable activities		
Therapists	76,696	64,275
Art materials	234	315
Supervision	2,175	2,085
Training	130	110
Rent	8,681	8,975
Insurance	237	643
Office expenses	1,387	1,513
Advertising	346	72
Refreshments	246	224
Travelling	237	185
Repairs and renewals	23	181
Fundraising	1,530	-
Computer costs	312	-
Licences and subscriptions	35	-
Fixtures and fittings	43	-
Computer equipment	<u>50</u>	<u>-</u>
	92,362	78,578
Support costs		
Governance costs		
Accountancy fees	2,952	1,361
Legal fees	-	668
Bank charges	<u>60</u>	<u>87</u>
	<u>3,012</u>	<u>2,116</u>
Total resources expended	<u>95,374</u>	<u>80,694</u>
Net (expenditure)/income	<u>(20,590)</u>	<u>1,977</u>

This page does not form part of the statutory financial statements

ART THERAPY YORKSHIRE

England & Wales - Charity number 1169577

Accounts

Art Therapy Yorkshire (ATY) Charitable Incorporated Organisation

Art Therapy Yorkshire (ATY)
Charitable Incorporated Organisation

Annual Report and Accounts
for the year ended 31 October 2022

Charity Number: 1169577

Fortus North Limited
Business Advisors & Accountants
5 & 6 Manor Court
Manor Garth
Scarborough
North Yorkshire
YO11 3TU

Art Therapy Yorkshire (ATY) Charitable Incorporated Organisation

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Art Therapy Yorkshire (ATY) Charitable Incorporated Organisation

Reference and administrative information

Charity Registration number 1169577

Trustees
Ms Moyra Bentley
Mrs Leslie Stones
Mrs Moira Davies
Mrs Karen Torkington
Mrs Fiona Mullane

Principal officers
Chair - Ms Moyra Bentley
Vice Chair - Mrs Leslie Stones
Treasurer - Mrs Karen Torkington
Membership Secretary - Mrs Moira Davies

Principal office
Unit 316, Woodend Creative Workspace
The Crescent
Scarborough
North Yorkshire
YO11 2PW

Bankers
Virgin Money
Glasgow
G81 2NR

Independent examiner
Mr R D Thorpe
5 & 6 Manor Court
Manor Garth
Scarborough
North Yorkshire
YO11 3TU

Art Therapy Yorkshire (ATY) Charitable Incorporated Organisation

Trustees' report for the year ended 31 October 2022

Introduction

The Trustees present their report and financial statements for the year ending 31 October 2022.

The Charity is a Charitable Incorporated Organisation (CIO) governed according to the Constitution dated 1 October 2016. The CIO was established 10 October 2016 to take forward the work of its previous incarnation.

The CIO's annual reports will be published on the Charity Commission Website (note the 2017 period end accounts were the first set of accounts prepared by the CIO).

The CIO is an independent charity and not part of any "umbrella" body.

Structure, governance and management

Trustees are appointed by a resolution of the existing trustees.

The members of the CIO may be an individual, a corporate body, or an organisation which is not incorporated.

Membership of the CIO cannot be transferred to anyone else, except in the case of an individual or corporate body representing an organisation which is not incorporated, whose membership may be transferred by the unincorporated organisation to a new representative.

Liability of members to contribute to the assets of the CIO if it is wound up:

(1) If the CIO is wound up, each member of the CIO is liable to contribute to the assets of the CIO such amount (but not more than £1) as may be required for payment of the debts and liabilities of the CIO contracted before that person or organisation ceases to be a member, for payment of the costs, charges and expenses of winding up, and for adjustment of the rights of the contributing members amount themselves.

(2) In sub-clause (1) of this clause, "member" includes any person or organisation that was a member of the CIO within 12 months before the commencement of the winding up.

(3) But subject to that, the members of the CIO have no liability to contribute to its assets if it is wound up, and accordingly have no personal responsibility for the settlement of its debts and liabilities beyond the amount that they are liable to contribute.

Art Therapy Yorkshire (ATY) Charitable Incorporated Organisation

**Trustees' report
for the year ended 31 October 2022**

Trustees

The trustees are as follows:

Ms Moyra Bentley	(Chair)
Mrs Leslie Stones	(Vice Chair)
Mrs Moira Davies	(Membership Secretary)
Mrs Karen Torkington	(Treasurer)
Mrs Fiona Mullane	

The constitution states that there must be at least three charity trustees. If the number falls below this minimum, the remaining trustee or trustees may act only to call a meeting of the charity trustees, or appoint a new charity trustee.

Every trustee of the charity must be a natural person, and must also be a member of the CIO.

The maximum number of charity trustees is twelve. The charity may not appoint any charity trustee if, as a result, the number of charity trustees would exceed the maximum.

At each annual general meeting of the CIO (subsequent to the first annual general meeting), one third of the charity trustees shall retire from office. Section 13 of the constitution covers in detail the methodology for the retirement and appointment of the trustees.

The vacancies so arising at the annual meeting may be filled by the decision of the members, and any outstanding vacancies will be filled by the decision of the members at a later date.

Any person who retires as a charity trustee by rotation or by giving notice to the CIO is eligible for reappointment.

Art Therapy Yorkshire (ATY) Charitable Incorporated Organisation

Trustees' report for the year ended 31 October 2022

Financial review

The receipts and payments account for the year can be found on pages 8 - 9 and, together with the statement of assets and liabilities on page 10, represent a financial summary of the charity's activities for the year to 31 October 2022 and its financial position at that date.

Reserves policy

The charity currently holds its funds in bank accounts held with Virgin Bank and CAF Bank.

ATY believes that it is essential to build reserves whenever possible in order to be in a position to deal with unplanned financial circumstances, and to draw on in the event of cash flow problems. It has now built up some reserve funding.

Objectives and activities

The object of the CIO is the relief of sickness and the promotion of good health in Scarborough and the surrounding area by the provision of Art Therapy.

Art Therapy Yorkshire, originally founded in 2012, has, since its registration as a Charitable Incorporated Organisation on 10 October 2016, continued with its ongoing programme of activities delivered for the public benefit and, in most cases, free to the beneficiaries. When undertaking any decision-making or reporting, the trustees have regard for the Charity Commission Guidance on Public Benefit: rules for charities issued on 14 February 2014. This guidance is drawn to the attention of any potential or newly appointed trustee.

Happily, ATY was able to continue to deliver our service as we came out of the rigours of the pandemic, although both the charitable sector and those using the service have been further impacted by the cost-of-living increase, the effect of which has continued into 2023.

ATY continued to support many individuals on a 1 to 1 basis through our involvement as delivery partners in the Building Better Opportunities/Action Towards Inclusion project, which is scheduled to close in 2023. This excellent programme will be missed across the county. Through this 7-year programme, we have supported over 170 participants, exceeding our targeted number.

Our work has been helped this year because of monies received from several generous supporters. In December 2021, ATY received funding from The Bramall Foundation and the Albert Hunt Trust, followed in February 2022 by support from Garfield Weston.

ATY has also been successful in gaining funds from sources such as Scarborough Borough Council where we were able to work in the community utilising space at the neighbouring Art Gallery. ATY is delighted to report that this work has blossomed independently into A Space to Be. We also received £ 5,000 from North Yorkshire County Council as part of their suicide prevention work.

Importantly, we have strengthened links with Sirius Minerals who became Woodsmith Foundation this year. We were pleased to be awarded funding towards their Children's and Young People's work which grew in volume as the year progressed. The Foundation are also supporting us now in our work with adults and we are both happy and grateful for that strong charitable partnership.

Following participation in a local fair, ATY received a small grant from MADL which is the charitable arm of a local group of shops – Proudfoot. And finally, a sum was received from the Sylvia and Colin Shepherd Charitable

Art Therapy Yorkshire (ATY) Charitable Incorporated Organisation

Trustees' report for the year ended 31 October 2022

Trust. All these monies/donations are very much appreciated and ATY thanks everyone who has given us funding during 2021/22 which has allowed us to continue to provide high quality and successful help to very vulnerable clients. We have an excellent reputation locally and regionally for "making a difference" both in this difficult and challenging aspect of health and wellbeing, and in challenging and difficult times too.

The demand for our services has always been greater than ATY has been able to meet, and that demand will only increase further given the known growth in people of all ages with mental health needs. ATY has, as has already been mentioned, an excellent reputation both locally and more widely in the county for helping individuals to make positive progress in their lives. This recognition has led to repeat funding from certain providers over several years in recognition of the success we have achieved, but the work to be constantly working this way to keep the organisation in being is very challenging.

Due to ever-increasing demand, ATY has offered interventions to many individuals referred through a growing number of agencies, especially those involved in Social Prescribing, and local teams across the field including Youth Justice and Probation.

The success of ATY is due to a very high quality and committed team of therapists, enhanced by the supportive environment of Woodend Creative, both the building, and its staff. We do excellent work in a superb environment and hope to be able to continue to do so in coming years. For that, we will need to be successful in our bidding processes but, as everyone in the charity sector knows, there are no guarantees of continuing success.

Achievements and performance

We feel we have managed to perform well under continuing challenging circumstances throughout this year. The best way of summarising our main achievements and performance this year is to list them under the headings of the different aspects of the work undertaken with both groups and individuals:

Groups - Early in the reporting period, we facilitated two large groups in the conference room in Woodend Creative. These were a men's and a women's group, each supported by both male and female therapists which worked well. However, we have reverted to small groups, reformatted as 3 women's and 1 men's group in our existing studio space as a cost-cutting exercise. The principle of utilising both male/female co-therapists continued as it was deemed to be a useful and successful process. ATY is fortunate to have a male therapist and therefore able to work in this way.

Post pandemic, ATY continued to meet face-to-face and those accessing our services welcomed the personal contact although unfortunately, there were numerous cancellations and delays as clients and therapists continued to self-isolate at times.

During this period, ATY met 15 returning clients and 83 new clients, and spoke to many more who were enquiring about getting support or asking about volunteering and student placements.

ATY has again hosted a Master's student from the University of Derby and have now noticed previous students working in the locality which is rewarding.

Further financial review details

ATY believes that it is essential to build reserves, whenever possible, to be able to deal with unplanned financial circumstances, and to be able to draw on in the event of cash flow problems. It has built up some reserve funding.

Art Therapy Yorkshire (ATY) Charitable Incorporated Organisation

Trustees' report
for the year ended 31 October 2022

ATY is heavily reliant on charitable foundations for a major part of its income:-

It is worth noting that, because of the nature of its work with vulnerable clients, confidentiality both inhibits the use of volunteers and has to be taken into account when fundraising eg funding providers of any kind can only have access to, for example, redacted evaluations by clients or therapists. This does, of course, make our fundraising work even more difficult in a time when we know that many small charities are struggling. And it also makes the success that we have had to be something to be even more proud of when we cannot show or share in an open way the success our therapists have with many clients who are so much in need of help. The potential number of such clients is especially high in in our deprived coastal town where government and council provided services in the field of mental health are hard-pressed.

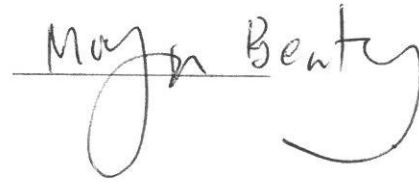
Declaration

The trustees declare that they have approved the foregoing trustees' report.

Signed on behalf of the charity's trustees: -

Ms Moyra Bentley

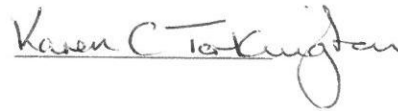
Date 23/5/23



Chair

Mrs Karen Torkington

Date 23/5/23.



Treasurer

Art Therapy Yorkshire (ATY) Charitable Incorporated Organisation

Independent examiner's report to the trustees of Art Therapy Yorkshire (Charity Number 1169577)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 October 2022 which are set out on pages 8 to 11.

Responsibilities and basis of report

As the charity trustees of the Trust, 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 Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed 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:

- accounting records were not kept in accordance with section 130 of the Act; or
- the accounts do not accord with the accounting records

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



Mr Robert David Thorpe FCCA

5 & 6 Manor Court

Manor Garth

Scarborough

North Yorkshire

YO11 3TU

23/5/23 Date

Art Therapy Yorkshire (ATY) Charitable Incorporated Organisation

Receipts and payments account
for the year ended 31 October 2022

Charity Number 1169577

	Unrestricted		2022	2021
	General	Restricted	Total	Total
	Funds	Funds	Funds	Funds
	£	£	£	£
Receipts				
George A Moor Foundation	2,500	-	2,500	-
The Bramall Foundation	-	7,500	7,500	-
Albert Hunt Trust	-	1,000	1,000	-
One/one clients	660	-	660	4,060
ATI BBO	-	19,216	19,216	13,752
NYCC Suicide Prevention Fund	-	5,000	5,000	-
Garfield Weston Foundation	-	7,500	7,500	-
SBC Locality grant	-	1,500	1,500	-
The Woodsmiths Foundation Young People	-	23,000	23,000	-
The Woodsmiths Foundation Adults	-	9,960	9,960	4,480
Sylvia and Colin Shepherd Charitable Trust	-	1,000	1,000	-
Making A Difference Locally	500	-	500	-
D'Oyly Carte Charitable Trust	-	-	-	3,500
Aviva	-	-	-	1,214
Two Ridings	-	-	-	9,280
Big Lottery A4A	-	-	-	9,900
ERCS	-	-	-	5,001
The Armed Forces Covenant Fund	-	-	-	500
Sundry donations	3,329	-	3,329	3,927
Bank interest received	6	-	6	-
Total receipts	6,995	75,676	82,671	55,614

Art Therapy Yorkshire (ATY) Charitable Incorporated Organisation

	Unrestricted		2022	2021
	General	Restricted	Total	Total
	Funds	Funds	Funds	Funds
	£	£	£	£
Charitable payments				
Therapists	1,380	62,895	64,275	56,869
Art materials	-	315	315	747
Supervision	450	1,635	2,085	2,915
Training	-	110	110	1,435
Rent payable	503	8,472	8,975	7,709
Insurance	406	237	643	645
Office expenses	-	1,513	1,513	1,730
Advertising	-	72	72	72
Refreshments	146	78	224	84
Travelling expenses	4	181	185	851
Repairs and renewals	6	175	181	600
Cost of fundraising	-	-	-	146
Legal & professional	-	668	668	915
Accountancy	1,140	221	1,361	990
Bank charges	87	-	87	90
Sub total	4,122	76,572	80,694	75,798
Asset purchases	678	-	678	-
Total payments	4,800	76,572	81,372	75,798

Art Therapy Yorkshire (ATY) Charitable Incorporated Organisation

Net surplus/(deficit) for the year	2,195	(896)	1,299	(20,184)
Accumulated surplus brought forward	7,864	14,156	22,020	42,204
Projects funded by unrestricted funds	(10,059)	10,059	-	-
	<u> </u>	<u> </u>	<u> </u>	<u> </u>
Cash funds carried forward	-	23,319	23,319	22,020
	<u> </u>	<u> </u>	<u> </u>	<u> </u>

Art Therapy Yorkshire (ATY) Charitable Incorporated Organisation

Statement of assets and liabilities

as at 31 October 2022

	Unrestricted	Restricted	2022	2021
	£	£	£	£
Cash funds				
CAF Bank	-	8,717	8,717	14,839
Virgin account	-	14,513	14,513	7,131
Petty cash	-	89	89	50
Total cash funds	-	23,319	23,319	22,020
Assets retained for the charity's own use				
IT Equipment				
As at 1 November 2021	5,105	-	5,105	5,105
Additions in year	678	-	678	-
Fixtures & Fittings				
As at 1 November 2021	289	-	289	289
Total (at cost)	6,072	-	6,072	5,394

Signed on behalf of the trustees:



Ms Moya Bentley

Chair

Date 23/5/23

Art Therapy Yorkshire (ATY) Charitable Incorporated Organisation

1. Notes to the financial statements

1.1. CIO formation and related party

As disclosed in the introduction section of the Trustees' report, the charity operates as a Charitable Incorporated Organisation (CIO), and the CIO was established on 10 October 2016 to take forward the work of the previous incarnation of the charity.

The previous incarnation of the charity transferred its assets to the newly formed CIO upon formation and this was verbally agreed between the trustees, however this was not formally documented until an EGM of the trustees on 3 January 2018.

The transfer between the organisations consisted of cash and bank balances (transferred at their value at 10 October 2016), together with other small sundry assets, which were deemed to have a negligible financial value.

Other related party

During the period, the charity paid for therapy services from Mrs Susan Holmes, who acts as bookkeeper for the charity (she is not remunerated for bookkeeping services). The therapy services are assumed to have taken place on an arm's length basis, under normal commercial terms.

ART THERAPY YORKSHIRE

England & Wales - Charity number 1169577

Accounts

**Art Therapy Yorkshire (ATY)
Charitable Incorporated Organisation**

**Annual Report and Accounts
for the year ended 31 October 2021**

Charity Number: 1169577

**Fortus North Limited
Business Advisors & Accountants
5 & 6 Manor Court
Manor Garth
Scarborough
North Yorkshire**

Art Therapy Yorkshire (ATY) Charitable Incorporated Organisation

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Art Therapy Yorkshire (ATY) Charitable Incorporated Organisation

Reference and administrative information

Charity Registration number	1169577
Trustees	Ms Moyra Bentley Mrs Leslie Stones Mrs Moira Davies Mrs Karen Torkington Mr Andrew Myers
Principal officers	Chair - Ms Moyra Bentley Vice Chair - Mrs Leslie Stones Treasurer - Mrs Karen Torkington Membership Secretary - Mrs Moira Davies
Principal office	Unit 316, Woodend Creative Workspace The Crescent Scarborough North Yorkshire YO11 2PW
Bankers	Royal Bank of Scotland Scarborough Branch 19 Huntriss Row Scarborough North Yorkshire YO11 2ED
Independent examiner	Mr R D Thorpe 5 & 6 Manor Court Manor Garth Scarborough North Yorkshire YO11 3TU

Art Therapy Yorkshire (ATY) Charitable Incorporated Organisation

Trustees' report for the year ended 31 October 2021

Introduction

The Trustees present their report and financial statements for the period ending 31 October 2021.

The Charity is a Charitable Incorporated Organisation (CIO) governed according to the Constitution dated 1 October 2016. The CIO was established 10 October 2016 to take forward the work of its previous incarnation.

The CIO's annual reports will be published on the Charity Commission Website. (note the 2017 period end accounts were the first set of accounts prepared by the CIO).

The CIO is an independent charity and not part of any "umbrella" body.

Structure, governance and management

The original trustees which were appointed upon creation of the CIO are recorded below (with an appointment date of 10/10/16). Subsequent trustees are appointed by a resolution of the existing trustees.

The members of the CIO may be an individual, a corporate body, or an organisation which is not incorporated.

Membership of the CIO can not be transferred to anyone else, except in the case of an individual or corporate body representing an organisation which is not incorporated, whose membership may be transferred by the unincorporated organisation to a new representative.

Liability of members to contribute to the assets of the CIO if it is wound up:

(1) If the CIO is wound up, each member of the CIO is liable to contribute to the assets of the CIO such amount (but not more than £1) as may be required for payment of the debts and liabilities of the CIO contracted before that person or organisation ceases to be a member, for payment of the costs, charges and expenses of winding up, and for adjustment of the rights of the contributing members amount themselves.

(2) In sub-clause (1) of this clause "member" includes any person or organisation that was a member of the CIO within 12 months before the commencement of the winding up.

(3) But subject to that, the members of the CIO have no liability to contribute to its assets if it is wound up, and accordingly have no personal responsibility for the settlement of its debts and liabilities beyond the amount that they are liable to contribute.

Art Therapy Yorkshire (ATY) Charitable Incorporated Organisation

Trustees' report for the year ended 31 October 2021

Trustees

The trustees are as follows :

Ms Moyra Bentley	(Chair)
Mrs Leslie Stones	(Vice Chair)
Mrs Moira Davies	(Membership Secretary)
Mrs Karen Torkington	(Treasurer)
Mr Andrew Myers	

The constitution states that there must be at least three charity trustees. If the number falls below this minimum, the remaining trustee or trustees may act only to call a meeting of the charity trustees, or appoint a new charity trustee.

Every trustee of the charity must be a natural person, and must also be a member of the CIO.

The maximum number of charity trustees is twelve. The charity may not appoint any charity trustee if as a result the number of charity trustees would exceed the maximum.

At each annual general meeting of the CIO (subsequent to the first annual general meeting), one third of the charity trustees shall retire from office. Section 13 of the constitution covers in detail the methodology for the retirement and appointment of the trustees.

The vacancies so arising at the annual meeting may be filled by the decision of the members, and any outstanding vacancies will be filled by the decision of the members at a later date.

Any person who retires as a charity trustee by rotation or by giving notice to the CIO is eligible for reappointment.

Financial review

The receipts and payments account for the year can be found on pages 8 - 9 and together with the statement of assets and liabilities on page 10, represent a financial summary of the charity's activities for the period to 31 October 2021 and its financial position at that date.

Reserves policy

The charity currently holds its funds in bank accounts held with Virgin Bank and CAF bank.

ATY believes that it is essential to build reserves whenever possible in order to be in a position to deal with unplanned financial circumstances, and to draw on in the event of cash flow problems. It has now built up some reserve funding.

Art Therapy Yorkshire (ATY) Charitable Incorporated Organisation

Trustees' report for the year ended 31 October 2021

Objectives and activities

The object of the CIO is the relief of sickness and the promotion of good health in Scarborough and the surrounding area by the provision of Art Therapy.

When planning our activities for the year the trustees have considered the commissions guidance on public benefit and, in particular, the specific guidance on charities for the advancement of health.

Art Therapy Yorkshire, originally founded in 2012, has, since its registration as a Charitable Incorporated Organisation on October 10th, 2016, continued with its ongoing programme of activities delivered for the public benefit, and in most cases, free to the beneficiaries. When undertaking any decision making or reporting, the trustees have regard for the Charity Commission Guidance on Public Benefit: rules for charities issued on 14 February 2014. This guidance is drawn to the attention of any potential or newly appointed trustee.

Given the dates of this Annual Review, the remainder of this section, and the following section in which we list our main activities, deals predominantly with COVID lockdown restrictions. We were able to continue to deliver our core aims, with varying conditions and adjustments despite the fluctuations in lockdown protocols and other conditions of the pandemic. We were able to provide art packs to clients and deliver a blend of online and face to face individual and group work whilst developing our processes and adapting to the circumstance.

ATY continued to support many individuals on a 1 to 1 basis through our involvement as delivery partners in the Building Better Opportunities/Action Towards Inclusion project. ATY has also been successful in gaining funds from sources such as the Big Lottery and The Two Ridings Foundation alongside new funders such as D'Oyly Carle Trust, the Sirius Minerals Foundation and the Bettys and Taylors Group.

Work began delivering to the veterans group funded by the Armed Forces covenant Fund - Forces Together programme, which was funded late last financial year. Although recruitment to this was hampered by the pandemic, and there was some reticence understandably amongst the population to join face to face events, this work was delivered online and culminated in two exhibitions.

The demand for our services has always been greater than we have been able to meet, and that demand will only increase given the known growth in people of all ages with mental health needs. ATY has an excellent reputation locally, and more widely in the county, for achieving success in helping vulnerable individuals to make positive progress in their lives. This has led to repeat funding from certain providers over several years in recognition of the success ATY has and can evidence.

In part due to increased demand ATY has offered interventions to many individuals referred through a growing number of agencies especially those involved in Social Prescribing and are happy to report that we are on the approved providers list for NYCC.

The success of ATY is due to a very high quality and committed team of therapists, enhanced by the supportive environment of Woodend Creative, both the building, and its staff. We do excellent work in a superb environment and hope to be able to continue to do so in coming years. For that we will need to be successful in our bidding processes, but, as everyone in the charity sector knows, there are no guarantees of continuing success.

Art Therapy Yorkshire (ATY) Charitable Incorporated Organisation

Trustees' report for the year ended 31 October 2021

Achievements and performance

ATY has managed to perform under adverse circumstances throughout this year, often by using new and innovative methods. The best way of summarising our main achievements and performance this year is to list them under the headings of the different aspects of the work undertaken with both groups and individuals:

Building Better Opportunities/Action Towards Inclusion:

Following the extension to the period by a further year to a seven year programme, ATY continued to deliver our 1 to 1 therapy to those referred under this project.

Women's group:

We were in receipt of renewed funding enabling us to continue to support women mainly through the provision of 1 to 1 and online. One notable adaptation was the use of Microsoft Teams. Through this, for example, ATY was able to deliver successfully to a therapeutic group at distance using the kitchen of a refuge in Bradford where the women were. This would not have been considered a possibility previously. Likewise, with the financial help of the D'Oyly Charitable Trust, we were able to offer an online group to isolated mums at home with their new babies during lockdown.

Men's group:

The work continued with the support of the Big Lottery who funded group work for both men and women. This work will continue into 2022 with the newfound support of Sirius Mineral Foundation, representatives of whom we were delighted to host in October 2021. This was a rare opportunity to meet with funders in our own setting and really get a chance to share our work.

East Riding Children's Services:

ATY has worked for some years now with young people referred by this service for support. Some work with individuals has occurred, but the work has been very difficult to maintain in a regular way due to the pandemic, and school closures.

We were particularly grateful to the Big Lottery for support through their Corona Fund, vital in such an unsettled year, and we were also granted help by the Bettys and Taylors Group, through the Two Ridings Foundation which supported our development as an organisation.

We met clients outdoors, in cafes, in open spaces, online, and eventually moved back into our studios, offering much needed mental health interventions as the levels of isolation and anxiety grew within the population. Careful adherence to Covid guidance has meant we can operate a face-to-face service again from November 2021.

Art Therapy Yorkshire (ATY) Charitable Incorporated Organisation

**Trustees' report
for the year ended 31 October 2021**

Further financial review details

ATY is heavily reliant on charitable foundations for the major part of its income.

We are extremely grateful for the support of the Big Lottery as funders, the Two Riding's Foundation (York) and Your Consortium (North Yorkshire) as fund managers, all of whom have supported ATY to enable us to extend our work into 2020/2021 and beyond.

It is worth noting that, because of the nature of its work with vulnerable clients, confidentiality both inhibits the use of volunteers and has to be taken into account when fund raising eg funding providers of any kind can only have access to, for example, redacted evaluations by clients or therapists. This does, of course, make our fundraising work even more difficult in a time when we know that many small charities are struggling. And it also makes the success that we have had to be something to be even more proud of when we cannot show or share in an open way the success our therapists have with many clients who are so much in need of help. The potential number of such clients is especially high in in deprived coastal town where government provided services in the field of mental health are hard pressed.

Review of major risks

The trustees have assessed the major risks to which the charity is exposed, in particular those relating to the operations and finances of the trust, and are satisfied that systems are in place to mitigate exposure to the major risks.

Declaration

The trustees declare that they have approved the foregoing trustees' report.

Signed on behalf of the charity's trustees:-

Ms Moyra Bentley **Date** **2 July 2022**
Chair

Mrs Karen Torkington **Date** **6 June 2022**
Treasurer

Art Therapy Yorkshire (ATY) Charitable Incorporated Organisation

Independent examiner's report to the trustees of Art Therapy Yorkshire (Charity Number 1169577)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 October 2021 which are set out on pages 8 to 11.

Responsibilities and basis of report

As the charity trustees of the Trust, 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 Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed 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 :

- accounting records were not kept in accordance with section 130 of the Act; or
- the accounts do not accord with the accounting records

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

Mr Robert David Thorpe FCCA
5 & 6 Manor Court
Manor Garth
Scarborough
North Yorkshire
YO11 3TU

5 July 2022

Art Therapy Yorkshire (ATY) Charitable Incorporated Organisation

**Receipts and payments account
for the year ended 31 October 2021
Charity Number 1169577**

	Unrestricted		2021	2020
	General	Restricted	Total	Total
	Funds	Funds	Funds	Funds
	£	£	£	£
Receipts				
D'Oyly Carte Charitable Trust	-	3,500	3,500	-
Sirius	-	4,480	4,480	-
Aviva	-	1,214	1,214	-
One/one clients	4,060	-	4,060	4,800
ATI BBO	-	13,752	13,752	16,933
Sundry donations	3,927	-	3,927	2,734
Bank interest received	-	-	-	1
Two Ridings	-	9,280	9,280	2,990
Nationwide charities trust	-	-	-	153
Big lottery A4A	-	9,900	9,900	9,950
ERCS	-	5,001	5,001	1,707
The Armed Forces Covenant Fund	-	500	500	9,300
DWF Foundation	-	-	-	4,500
Stronger Communities	-	-	-	1,000
SBC Discretionary Grant	-	-	-	10,000
Coronavirus Community Support Fund Grant	-	-	-	10,000
Total receipts	<u>7,987</u>	<u>47,627</u>	<u>55,614</u>	<u>74,068</u>
Charitable payments				
Therapists	5,861	51,008	56,869	39,234
Art materials	28	719	747	592
Supervision	485	2,430	2,915	1,720
Training	100	1,335	1,435	957
Rent payable	-	7,709	7,709	6,632
Insurance	408	237	645	645
Office expenses	72	1,658	1,730	1,188
Advertising	-	72	72	945
Refreshments	-	84	84	161
Travelling expenses	-	851	851	652
Repairs and renewals	-	600	600	-
Cost of fundraising	27	119	146	155
Legal & professional	880	35	915	93
Accountancy	-	990	990	900
Bank charges	50	40	90	78
	<u>7,911</u>	<u>67,887</u>	<u>75,798</u>	<u>53,952</u>

Art Therapy Yorkshire (ATY) Charitable Incorporated Organisation

Other payments

Assets retained for the charity's own use	-	-	-	924
Creditor payments	-	-	-	290

Total payments

7,911	67,887	75,798	55,166
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Net surplus/(deficit) for the year

76	(20,260)	(20,184)	18,902
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Accumulated surplus/(deficit) brought forward

14,007	28,197	42,204	23,302
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Project funded by unrestricted funds

(6,219)	6,219	-	-
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Cash funds carried forward

7,864	14,156	22,020	42,204
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Art Therapy Yorkshire (ATY) Charitable Incorporated Organisation

**Statement of assets and liabilities
as at 31 October 2021**

	Unrestricted	Restricted	2021	2020
	£	£	£	£
<u>Cash funds</u>				
Royal Bank of Scotland (Treasurer's Account)	-	-	-	2,426
CAF Bank	683	14,156	14,839	39,639
Virgin account	7,131	-	7,131	-
Petty cash	50	-	50	139
Total cash funds	<u>7,864</u>	<u>14,156</u>	<u>22,020</u>	<u>42,204</u>
<u>Tangible fixed assets</u>				
IT Equipment				
As at 1 November 2020	5,105	-	5,105	239
Additions in year	-	-	-	924
Fixtures & Fittings				
As at 1 November 2020	289	-	289	289
Additions in year	-	-	-	-
Total tangible fixed assets	<u>5,394</u>	<u>-</u>	<u>5,394</u>	<u>1,452</u>
<u>Liabilities</u>				
Creditors	-	-	-	(290)
Total liabilities	<u>-</u>	<u>-</u>	<u>-</u>	<u>(290)</u>
Total assets less liabilities carried forwards	<u>13,258</u>	<u>14,156</u>	<u>27,414</u>	<u>43,366</u>

Signed on behalf of the trustees:

Ms Moyra Bentley
Chair

2 July 2022

Art Therapy Yorkshire (ATY) Charitable Incorporated Organisation

1. Notes to the financial statements

1.1. CIO formation and related party

As disclosed in the introduction section of the Trustees' report, the charity operates as a Charitable Incorporated Organisation (CIO), and the CIO was established on 10 October 2016 to take forward the work of the previous incarnation of the charity.

The previous incarnation of the charity transferred its assets to the newly formed CIO upon formation and this was verbally agreed between the trustees, however this was not formally documented until an EGM of the trustees on 3 January 2018.

The transfer between the organisations consisted of cash and bank balances (transferred at their value at 10 October 2016), together with other small sundry assets, which were deemed to have a negligible financial value.

Other related party

During the period, the charity paid for therapy services from Mrs Susan Holmes, who acts as bookkeeper for the charity (she is not remunerated for bookkeeping services). The therapy services are assumed to have taken place on an arm's length basis, under normal commercial terms.