

**ART & SOUL**  
**ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2023**

# ART & SOUL

## LEGAL AND ADMINISTRATIVE INFORMATION

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<b>Trustees</b>	Liz Sokoski Rachel Tranter Loveday Sherwell Alastair Beveridge
<b>Charity number</b>	1173268
<b>Principal address</b>	5 Martineau Drive Twickenham TW1 1PZ
<b>Independent examiner</b>	F J Wilde FCCA MBA DChA Warner Wilde 4 Marigold Drive Bisley Surrey GU24 9SF

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# ART & SOUL

## TRUSTEES REPORT

### ***FOR THE YEAR ENDED 31 MARCH 2023***

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The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Charities Act 2011 and "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).

### **Overview of Activities – April 2022 – March 2023**

Art & Soul is a charity in South-West London providing a range of therapeutic arts workshops and other creative activities for local people, to help improve their mental health.

Art & Soul are pleased to have reached new participants in a wider geographical area this year. With support from funders including our 3-year unrestricted funding from the City Bridge Trust we have expanded our participant recruitment into Kingston, Hounslow and Wandsworth boroughs as well as Richmond. This has resulted in a greater number of people accessing our services: approximately 100 more this year.

Following participant consultation, we have solidified our online programme, which was born out of the pandemic, as an ongoing element of our offer. We have continued our partnership work with NHS services within South-West London to deliver programmes to young people on NHS waiting lists and are pleased to have received new commissioning from private and public sector organisations.

### **Legacies**

Art & Soul were deeply saddened to hear of the passing of two of our participants: Alan Cartwright and Lucy Bradley during this year. Tribute posts were made on our website featuring their artwork. Art & Soul were grateful to the Cartwright and Bradley families for their generous donations in Alan and Lucy's memory.

### **Adult programme**

Art & Soul continues to offer a blended programme of both online and in-person adult courses. Since April 2022 three courses of 8 in-person sessions were held in Twickenham, with fortnightly online sessions taking place continually through the year. Recruiting participants from a wider geographical area, (Kingston, Hounslow and Wandsworth boroughs, as well as Richmond) has resulted in approximately 100 more participants accessing our services over this year. We have also strengthened our work with social prescribers in Richmond and Wandsworth borough who can directly refer new participants to us through their channels.

The Active Richmond project has developed new partnerships with Spear, the Vineyard, Richmond Almshouses and Age UK.

#### **Feedback:**

- 100% of online course participants reported that the course lessened feelings of isolation.
- Stress levels were reduced, from 60% to 42% following engaging.
- Participants reported 'more understanding of self' rose from 71% at the start of the course to 80% by the end.
- There was a rise in feeling 'optimistic about my future' after taking part in the course, from 42% to 60%.
- 100% of participants were more likely to 'use creativity to explore and express myself and my experiences' following taking part.

# **ART & SOUL**

## **TRUSTEES REPORT**

### ***FOR THE YEAR ENDED 31 MARCH 2023***

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Art & Soul is pleased to have been awarded further funding from National Lottery to continue to offer 'in-person' courses which are planned to take place at our previous base of The Exchange Arts Centre in Twickenham.

#### **Young People's Programme**

This year we were able to continue our work with young people, thanks to the support of the Hampton Fund and Richmond Parish Lands Charity. The following courses were delivered:

- 6 sessions with Achieving for Children (Kingston Emotional Health Service) with 10 identified young people on the waiting list for CAHMS therapy at AFC.
- 6 sessions with Achieving for Children (Kingston Emotional Health Service) for 6 identified young people (and their families) on the waiting list presenting with emotional regulation difficulties, and either diagnosed with ADHD or on the neurodevelopmental (NDT) pathway.
- 6 sessions with Springfield Hospital Adolescent Outreach Team for 6 identified young people on the caseload of the adolescent outreach team with a diagnosis of autism.

Young People were asked to rate how they felt after the first and last session of the course. Using a 3 point scale they either marked 'worse than before', 'the same as before' or 'better than before.' By the final session of a course 100% of participants surveyed marked 'better than before.'

Following the success of the sessions Springfield Hospital Adolescent Outreach Team commissioned a further 2 sessions from Art & Soul, with plans for a further 3 to take place at the start of the next financial year.

Art & Soul is committed to supporting mental health for children and young people, and in February 2023 was awarded further support for this work from the Hampton Fund.

#### **Gallery Visits**

Four gallery visits took place this year, to the Photographer's Gallery, Kew Gardens (x 2) and to Hampton Court Palace. A total of 32 participants engaged in gallery visits. Consultation demonstrated that participants continue to be concerned about travelling, especially in the wake of the pandemic and a preference was shown for the regularity of Art & Soul online/in-person sessions over gallery visits which was kept in mind when planning the programme of activities.

#### **Collaborative Exhibition**

Art & Soul were invited to participate in a collaborative exhibition with Hope in the Heart, a wellbeing-focused arts organization. A variety of organizations are taking part and artworks have been submitted by participants to be featured in the exhibition in April 2023.

Plans are also in place for the first 'in-person' Art & Soul exhibition since 2019 – which will take place in June 2023 at St Mary's Church, Twickenham.

# ART & SOUL

## TRUSTEES REPORT

### FOR THE YEAR ENDED 31 MARCH 2023

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#### Commissioning

This year Art & Soul were commissioned by financial services organisation Cubico Invest to run a series of online wellbeing workshops for their staff. Following the success of the Young People's workshops, South-West London and St Georges (Springfield Hospital) commissioned 2 young people sessions in addition to the grant-funded partnership sessions. Art & Soul hopes to continue this arm of their work to support the aims of the charity and as a means of continuing to raise the charity's profile.

#### Participants' Comments

*"This group has helped me enormously. I'm severely disabled with many restrictions and stressors in my life. To be able to ring fence the time for creativity is really beneficial. The opportunity to share my artwork with a kind, non-judgmental group has helped my confidence and boosted my self-belief and helped give me courage to exhibit work again. I very much look forward to the sessions and I find them a welcome escape. I value and appreciate the group"*

*"Thanks for keeping me grounded through some difficult times"*

*"Thank you for creating this space, it's truly helpful. "*

*"Continuing to attend Art & Soul gives me stability"*

*"Although I'm unwell generally, I so look forward to our art session!"*

*"Art and Soul remote connectivity (online sessions) has been a space that has given me a moment to connect with myself through art and I find it really helps me mentally and spiritually. Having that co-working time during the zooms allows me to connect with likeminded people, to carve out time for being creative and to reflect about my feelings. I feel that it is a moment that really nourishes me and helps me with my mental health."*

*"Remote activity connection is a welcome break from lack of people in my daily life"*

*"I've been looking forward to this all week"*

*"Michelle and Emily are so lovely and kind, I loved the sessions, and I will miss it"*

#### Marketing

Art & Soul has continued to develop its social media presence through Facebook, Instagram, Twitter and our own blog, with the aim of recruiting new participants, fostering partnerships and sharing our learning with the wider sector. This year, a portion of our grant from City Bridge Trust has directly funded a new marketing and social media assistant 2 days per month. This role will help reach new participants resulting in greater engagement from the new boroughs. We have developed a digital newsletter and currently have 350 contacts on our mailing list.

This year we have reached 3008 people via social media.

# ART & SOUL

## TRUSTEES REPORT

***FOR THE YEAR ENDED 31 MARCH 2023***

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### **Future Planning**

Art & Soul intends to carry on creating activity to enhance the emotional and mental health of people living in South-West London through online and in-person workshops for adults and young people. Impact will be enhanced by continuing to expand our reach into additional boroughs and continuing to recruit new participants from Kingston, Hounslow and Wandsworth.

We are working to develop a partnership with West London Mental Health NHS Trust in Hounslow and have been able to secure funding for young people's sessions in partnership with CAMHS (Children and Adolescent Mental Health Service) in order to ensure no break in services.

South-West London and St Georges (Springfield Hospital) commissioned 3 additional young people sessions for April/ May of 2023 and we hope to continue delivering commissioned sessions with Cubico Invest.

An in-person exhibition is planned at St Mary's Church, Twickenham from 8th – 10th June 2023 and Art & Soul will be collaborating on a UCL public engagement project taking place in September 2023.

### **Thanks**

We are grateful to our funders: City Bridge Trust, Hampton Fund, Richmond Parish Lands Charity, Active Richmond, Civic Pride and the National Lottery for supporting these activities.

### **Structure, governance and management**

The charity is a Charitable Incorporated Organisation registered 5 June 2017. Recruitment and appointment of new trustees is carried out by the existing trustees, to identify someone sensitive to the needs and demands of the organization. Major decisions are made by the Board of Trustees.

### **Risk review**

The trustees have assessed the major risks which the charity is exposed to and taken steps to mitigate them.

### **Financial Review**

Income for the year was £56,144 (decreased from £71,428 in 2022), the cost of charitable activities was £47,093 (2022: £54,539) resulting in a surplus of £9,051. The trustees have identified an unrestricted funds deficit balance of £992 (reduced from £4,194 in 2022 and arising from some under allocation in previous years to restricted funds) and have undertaken a full reconciliation of the current programmes to clarify the issue and are confident that it will return to a positive balance in the current year.

### **Reserves policy**

The trustees consider that reserves of 3 to 6 months unrestricted expenditure would provide sufficient time to generate new funding sources or restructure activities in the event of the loss of an income source and are taking steps to achieve this.

## ART & SOUL

### TRUSTEES REPORT (CONTINUED) *FOR THE YEAR ENDED 31 MARCH 2023*

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The Trustees report was approved by the Board of Trustees.



Trustee

Date: 18 September 2023

# ART & SOUL

## INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF ART & SOUL

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I report to the trustees on my examination of the financial statements of Art & Soul (the charity) for the year ended 31 March 2023.

### Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

### Independent examiner's statement

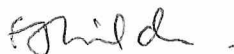
Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

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 that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 130 of the 2011 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements 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 financial statements to be reached.



**F J Wilde FCCA MBA DChA**

Warner Wilde  
4 Marigold Drive  
Bisley  
Surrey  
GU24 9SF

Dated: 5 October 2023



# ART & SOUL

## STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 MARCH 2023

		Unrestricted funds 2023 £	Restricted funds 2023 £	Total Unrestricted funds 2023 £	Restricted funds 2022 £	Total 2022 £
	Notes					
<b>Income from:</b>						
Donations and legacies	3	13,206	36,803	50,009	1,071	71,428
Charitable activities	4	5	6,130	6,135	-	-
<b>Total income</b>		13,211	42,933	56,144	1,071	71,428
<b>Expenditure on:</b>						
Raising funds	5	3,500	110	3,610	500	2,210
Charitable activities	6	6,509	36,974	43,483	6,427	54,539
<b>Total expenditure</b>		10,009	37,084	47,093	6,927	56,749
<b>Net income for the year/ Net movement in funds</b>		3,202	5,849	9,051	(5,856)	14,679
Fund balances at 1 April 2022		(4,194)	27,111	22,917	1,662	8,238
<b>Fund balances at 31 March 2023</b>		(992)	32,960	31,968	27,111	22,917

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

# ART & SOUL

## BALANCE SHEET

AS AT 31 MARCH 2023

	Notes	2023 £	£	2022 £	£
<b>Current assets</b>					
Cash at bank and in hand		33,711		24,587	
<b>Creditors: amounts falling due within one year</b>					
	9	(1,743)		(1,670)	
Net current assets			31,968		22,917
<b>Income funds</b>					
Restricted funds	10		32,960		27,111
Unrestricted funds			(992)		(4,194)
			31,968		22,917

The financial statements were approved by the Trustees on 18/9/23

Trustee

# ART & SOUL

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

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### 1 Accounting policies

#### Charity information

Art & Soul is a CIO - Foundation.

#### 1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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 is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, [modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value]. The principal accounting policies adopted are set out below.

#### 1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

#### 1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

#### 1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

# ART & SOUL

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

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### 1 Accounting policies

(Continued)

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

#### 1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, 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 classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Independent contractor costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

#### 1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

##### **Basic financial assets**

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

##### **Basic financial liabilities**

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

##### **Derecognition of financial liabilities**

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

# ART & SOUL

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

### 2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

### 3 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2023 £	2023 £	2023 £	2022 £	2022 £	2022 £
Donations and gifts	2,184	-	2,184	1,071	-	1,071
Grants	11,022	36,803	47,825	-	70,357	70,357
	<u>13,206</u>	<u>36,803</u>	<u>50,009</u>	<u>1,071</u>	<u>70,357</u>	<u>71,428</u>
<b>Grants receivable for core activities</b>						
Richmond Parish Lands (RPLC)	-	12,150	12,150	-	28,301	28,301
The Hampton Fund	-	10,000	10,000	-	21,969	21,969
London Borough of Richmond	-	4,653	4,653	-	4,860	4,860
The Baring Foundation	-	-	-	-	4,577	4,577
Healthwatch	-	-	-	-	750	750
One Richmond	-	-	-	-	9,900	9,900
National Lottery	-	10,000	10,000	-	-	-
City of London (City Bridge)	11,022	-	11,022	-	-	-
	<u>11,022</u>	<u>36,803</u>	<u>47,825</u>	<u>-</u>	<u>70,357</u>	<u>70,357</u>

# ART & SOUL

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

### 4 Charitable activities

	Charitable Income 2023 £	2022 £
Services provided under contract	6,130	-
Other income	5	-
	<u>6,135</u>	<u>-</u>
Analysis by fund		
Unrestricted funds	5	-
Restricted funds	6,130	-
	<u>6,135</u>	<u>-</u>

### 5 Raising funds

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
<u>Fundraising and publicity</u>						
Advertising	3,500	110	3,610	500	1,710	2,210
	<u>3,500</u>	<u>110</u>	<u>3,610</u>	<u>500</u>	<u>1,710</u>	<u>2,210</u>

# ART & SOUL

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

### 6 Charitable activities

	Charitable Expenditure 2023 £	Charitable Expenditure 2022 £
Coordinator	18,984	18,020
Practitioners	21,895	31,755
Venue hire	605	400
Exhibition and film	-	1,666
Evaluation	-	750
Other expenses	844	-
	<u>42,328</u>	<u>52,591</u>
Share of support costs (see note 7)	-	868
Share of governance costs (see note 7)	1,155	1,080
	<u>43,483</u>	<u>54,539</u>
<b>Analysis by fund</b>		
Unrestricted funds	6,509	6,427
Restricted funds	36,974	48,112
	<u>43,483</u>	<u>54,539</u>

### 7 Support costs

	Support costs £	Governance costs £	2023 £	Support costs £	Governance costs £	2022 £
Computer costs	-	-	-	137	-	137
Other expenses	-	-	-	731	-	731
Independent examiner	-	1,155	1,155	-	1,080	1,080
	<u>-</u>	<u>1,155</u>	<u>1,155</u>	<u>868</u>	<u>1,080</u>	<u>1,948</u>
Analysed between Charitable activities	-	1,155	1,155	868	1,080	1,948
	<u>-</u>	<u>1,155</u>	<u>1,155</u>	<u>868</u>	<u>1,080</u>	<u>1,948</u>

### 8 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

# ART & SOUL

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

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### 9 Creditors: amounts falling due within one year

	2023 £	2022 £
Other creditors	590	590
Accruals and deferred income	1,153	1,080
	<u>1,743</u>	<u>1,670</u>



## ART & SOUL

### NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

#### FOR THE YEAR ENDED 31 MARCH 2023

#### 10 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds (prior year)			Movement in funds (current year)			
	Balance at 1 April 2021	Incoming resources	Resources expended	Balance at 1 April 2022	Incoming resources	Resources expended	Balance at 31 March 2023
	£	£	£	£	£	£	£
Adult & Young People's Sessions	3,955	50,270	(27,294)	26,931	22,150	(28,868)	20,213
Online Wellbeing Festival	50	4,860	(4,910)	-	-	-	-
Young People's sessions	804	14,477	(15,281)	-	-	-	-
One-off Staff Sessions	-	750	(570)	180	-	(180)	-
Cubico commissioned adult workshops	-	-	-	-	5,230	(5,230)	-
Online exhibition and festival	-	-	-	-	4,653	(686)	3,967
Cost of living support from City Bridge Fund	1,767	-	(1,767)	-	-	-	-
NHS commissioned young people workshops	-	-	-	-	900	(530)	370
Adult in-person Sessions 2023 at the Exchange	-	-	-	-	10,000	(1,590)	8,410
	<u>6,576</u>	<u>70,357</u>	<u>(49,822)</u>	<u>27,111</u>	<u>42,933</u>	<u>(37,084)</u>	<u>32,960</u>

# ART & SOUL

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

**FOR THE YEAR ENDED 31 MARCH 2023**

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### 10 Restricted funds

**(Continued)**

Richmond Parish Lands - 5 online workshops, 8 outreach sessions and 5 in-person sessions for adults in the RPLC beneficiary area Hampton Fuels Grant - 3 x 6 week courses of art workshops for children and young people experiencing mental health difficulties

LB Richmond - 8 outreach sessions for adults in partner organisations combining art making and nature walks to improve mental health and wellbeing  
Health Watch - workshops for partner organisation staff to improve mental health and wellbeing

Cubico - staff sessions to improve mental health and wellbeing

SWL & STG - blended & online workshops for adolescents attending the Adolescent Outreach unit at Springfield Hospital National Lottery - 15 workshops for adults experiencing mental health challenges at the Exchange, Twickenham

Civic Pride - online exhibition and festival

# ART & SOUL

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

### 11 Analysis of net assets between funds

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Fund balances at 31 March 2023 are represented by:						
Current assets/ (liabilities)	(992)	32,960	31,968	(4,194)	27,111	22,917
	<u>(992)</u>	<u>32,960</u>	<u>31,968</u>	<u>(4,194)</u>	<u>27,111</u>	<u>22,917</u>
	<u><u>(992)</u></u>	<u><u>32,960</u></u>	<u><u>31,968</u></u>	<u><u>(4,194)</u></u>	<u><u>27,111</u></u>	<u><u>22,917</u></u>

### 12 Related party transactions

There were no disclosable related party transactions during the year (2022 - none).

## IMAGES FROM THE 2022-2023 PROGRAMME

# Art & Soul Online

Meeting via Zoom  
Alternate Wednesdays  
10:30am - 12pm

Spaces now available for Art & Soul's online programme for adults experiencing mental health challenges in South-west London.



Sessions are free and facilitated by an art therapist. Come and join our supportive, friendly community.

For more information and to join please contact us via our website or email [info@artandsoul.org.uk](mailto:info@artandsoul.org.uk)



Flyer for Art & Soul online sessions for adults

# Art & Soul

## Easter workshops

Springfield Hospital  
(and online)  
April 5th & 12th  
4-6pm

Facilitated by Art & Soul in partnership with the Adolescent Outreach Team, join us for two Easter Holiday Workshops on 5th and 12th April from 4-6pm.

Come and explore collage and acrylic paint in a fun and non-judgemental space, no previous experience necessary and all materials provided.

Sessions take place in the art room at Springfield hospital, or online if preferred

Art & Soul (registered charity 1173268) celebrates the benefits of creativity for mental health and emotional wellbeing.



[www.artandsoul.org.uk](http://www.artandsoul.org.uk)



Flier for workshops with Young People – part of the joint project with Springfield Hospital Adolescent Outreach Team



Art packs posted to young participants of the joint project with Springfield Hospital Adolescent Outreach Team





Room set up for Young People's sessions at Springfield Hospital



Artworks made by young participants at in-person sessions at Springfield Hospital



'Inspiring quotes' artworks made by adult participants at in-person sessions at ETNA Community Centre