

ART & SOUL
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025

ART & SOUL

LEGAL AND ADMINISTRATIVE INFORMATION

| | |
|---|---|
| Trustees | Liz Sokoski Rachel Tranter Loveday Shewell Alastair Beveridge |
| Charity number (England and Wales) | 1173268 |
| Principal address | 42 Kew Green Richmond TW9 3AZ |
| Independent examiner | F J Wilde FCCA MBA DChA Warner Wilde 4 Marigold Drive Bisley Surrey GU24 9SF |

ART & SOUL

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Trustees' Annual Report
01 April 2024 – 31 March 2025

The trustees present their annual report and financial statements for the year ended 31st March 2025.

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 Companies Act 2006 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)".

Art & Soul continues to grow its reach throughout South-West London, offering opportunities for adults, children and young people experiencing mental health challenges to join our workshops, visit local galleries, and take part in exhibitions. Between April 2024 and March 2025, we have worked directly with over 490 people in our workshops and have continued to offer opportunities for our participants to showcase their work at local exhibitions. The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Art & Soul is proud of the following achievements in the past year:

- Continuing a regular and accessible programme of in-person art workshops, delivering sessions to a core group of participants with a variety of mental health issues.
- Increased our number of supported gallery visits to local venues and further afield (central London) allowing participants to attend exhibitions they may not have experienced otherwise.
- We have held two in-person exhibitions and showcased our work at other local events.
- We have continued to reach more people in need, successfully securing grants and funding from The National Lottery, Tesco's Stronger Starts campaign, and the People's Postcode Lottery.

- We have developed our partnership work into the new borough of Whitton, whilst also continuing our activities in other boroughs.

Art & Soul continues to provide a variety of opportunities for adults, children and young people, including regular, well attended in-person workshops, an annual group exhibition, and a variety of collaborations with local groups and charities.

Online workshops have been removed from our programming this year, with the majority of participants returning to in-person sessions after the pandemic. To increase our connection with the local community, the number of supported gallery visits we offer has increased. This has allowed participants to explore arts and cultural venues around London, having face-to-face conversations about the work and learning from professionals through guided tours.

We have continued our work supporting children and young people with mental health issues in South-West London, working with CAMHS (Children and Adolescent Mental Health Services) at all tiers in local NHS trusts, through Children's Services, and through our partnership with The Reach Foundation.

Adult workshops

We have continued our weekly group for adults facing mental health challenges, taking place on Thursdays at the Exchange in Twickenham. This year, 18 workshops have taken place, reaching a total of 216 participants. We also introduced a series of 'new participant' sessions this year, offering a taster of the programme for those interested in joining the main group. We have held 9 of these sessions in total (including three in Whitton), with a number of those who attended then joining our Monday sessions.

There was a sketchbook-based theme to a number of these sessions, inspired by members' feedback. Participants took inspiration from artists who have worked with paper and books, including upcycling used books in a variety of ways. Picasso's sketches and playful and inventive use of paper, collage and found materials were the starting points for the participants to work freely and independently to develop sketchbooks over several sessions.

This year we delivered 8 outreach workshops for 49 people new to Art & Soul. These were organised in collaboration with local voluntary organisations that support vulnerable people, including those with various mental and physical needs. We have partnered with Richmond Charities (Almshouses) who provide housing for vulnerable older adults, Shenehom Housing Association who support the wellbeing of adults with mental health problems, and Age UK Richmond who support older adults to live fulfilling lives. We also held a session at the 2024 Full Of Life Fair, hosted by Richmond Council.

Collaborating with these partners proved to be highly rewarding. Groups were consistently attended, and staff were enthusiastic about the sessions. In addition to support from social prescribing services in promoting the workshops, word of mouth among participants played a key role in increasing attendance over time. Some attendees were entirely new to art-making, while others had creative hobbies at home but valued the chance to connect with others and create in a group setting. Many were also inspired to continue with art-making after leaving the sessions.

Across the sessions, we observed a noticeable increase in relaxation and confidence. What

began as structured sharing at the start and end of each session gradually evolved into more spontaneous conversation and informal sharing throughout, creating a sense of comfort and community within each group.

Additionally, Art & Soul carried out a one-off workshop at Ham Library in December, funded by Richmond CVS' Winter Engagement fund.

Adult feedback

As part of our wellbeing survey, completed by 34 regular participants, we received the following responses:

The class has helped me develop my communication skills: 30 out of 34

This class has helped me meet new people / make new friends: 29 out of 34

The class has helped improve my health and well-being: 29 out of 34

The class made me feel less stressed: 29 out of 34

The class has developed my interest/skills in art: 30 out of 34

The class has inspired me to do more art, more regularly: 30 out of 34

Further comments:

"I loved this session because it was a chance to relax and get creative knowing there was no right or wrong way. I felt I was using a different side to my brain where work and life was suspended, and I could just go with instinct. And have fun. I loved the chat, laughs and encouragement from the others present. A shared experience that makes it easier for people who may be shy to express themselves."

"I managed to catch the last 15 minutes of the Art and Soul session, and I LOVED it! Decorated a dragonfly and have another to do at home. Also picked up a four leaf clover which I will decorate for my Irish son in law to help him through his cancer." – HJ, age 92 years

"I came in quite stressed today and needed to calm down so the soft music and having to concentrate is very good for me. I tend to get anxious and do a lot of things and it's hard for me to unwind or relax especially in the evenings."

"Fortnightly sessions are great for me due to my caring commitments. Thank you for giving me the opportunity to just sit and colour in, allowing thoughts to stop racing. True relaxation here, losing myself to art."

"The class helps with my anxiety and negative feelings and to promote myself so that I feel one with others. I suffer with low self-esteem and no one on the outside world ever knows."

"This group consistently makes me feel better, no matter my mood that day."

"Great workshop!! We need more!" - Barnes Age UK participant

“Great facilitation from Gwen and Jess. A steer when we needed it but otherwise freedom and permission to create what we felt like.” - Feedback from Age UK staff

Exhibitions

This year, we have continued to organise exhibitions to showcase the work of our participants. We have held two group shows: a large-scale event at St Mary's Church, and a pop-up at the Whitton Community Centre.

In June, the Art & Soul community came together at St Mary's Church in Twickenham as part of Art House Open Studios 2024. Following the success of 2023's 'Flourishing Together' – our first in-person event since the pandemic – this year's 'Inner Transformations' marked another celebration of mental and emotional wellbeing through the arts. Bringing together over 50 artworks, the exhibition was officially opened by the Mayor Elect of Richmond Upon Thames, Cllr Richard Pyne. An interview with a member of our practitioner team was also featured on local radio station Radio Jackie, discussing the event.

During the exhibition we collected donations for Art & Soul, which will go towards our future activities. The exhibition launch included a free workshop, led by artist educator Gwen Ramsay, allowing participants to create pop-out postcards inspired by the exhibition. The exhibition was dedicated to and featured work from Martha Beresford, a valued long-standing member of the Art & Soul community who sadly passed away recently.

In February 2025, we held a pop-up event at Whitton Community Centre which showcased the artwork of our participants and welcomed visitors to join in with drop-in creative activities.

Art & Soul also hosted an art activity as part of a Health and Wellbeing Day led by SPEAR in June, which took place at the United Reformed Church in Twickenham. We also supported Art & Soul participant Lesley Illingworth, who presented her exhibition 'Artists and Disability Oppression: Up Close and Intensive' in The Houses of Parliament. An interview with Lesley was [published on our website](#).

Supported gallery visits

This year, Art & Soul continued to provide opportunities for its participants to visit exhibitions in the local area and within central London. With a member of the Art & Soul team joining the group to assist with organising travel, coordinating meeting points, and ensuring individual needs were met. These supported visits offered free tickets to exhibitions, talks, and workshops. Due to various mental and physical struggles, there are a number of individuals we work with who would be unable to attend these events alone. These opportunities allowed them to engage in cultural experiences that they would have otherwise been unable to participate in, as well as providing an opportunity to socialise and discuss their thoughts with the community.

Our first visit of the year was to 'The Art of Banksy' exhibition in Soho. In July, we facilitated a group visit to the Barbican for Francis Alÿs' 'Ricochets', as well as a trip to the Saatchi Gallery for 'Beyond Fashion', an exhibition which demonstrated how fashion photography has evolved into an art form. In November 2024, we enjoyed a visit to the Royal Academy of Arts for a self-guided tour of their 'Michelangelo, Leonardo, Raphael' exhibition. In December 2024, a group visited Orleans House Gallery's Winter Show and Gary Stewart's 'A Ripple In Time' exhibition.

Below is some feedback from those who attended this year's visits:

"It was really helpful to have the tour led by Karl from the Learning Team ... without their insightful tour, stopping and opening up discussion on some of the works which I may have passed by more briefly, they provided a valuable and thought provoking learning experience, and only having been to the Saatchi Gallery once many years before, it was great to experience the Gallery again."

"It was a really lovely show with a strong curatorial intent, clearly communicated. It was not too busy or too long so a perfect 'goldilocks' exhibition. The Jenny Saville in the collection galleries is also well worth a look, especially after seeing the Michelangelo Tondo."

"I really enjoyed the exhibitions and the chat afterwards."

For 2025-2026, more supported gallery visits and workshops are planned to Orleans House Gallery, the Courtauld, Saatchi Gallery and others.

Young People

We have delivered a number of workshops for children and young people with mental health issues this year. These took place as follows:

- Three courses of workshops, led by experienced artist Diana Burch, carried out with young people attending Tier 3 CAMHS (Children and Adolescent Mental Health Services) and at a local secondary school.
- 9 creative wellbeing workshops for young people (10-18 years) living in Hounslow, delivered in partnership with The Reach Foundation.

Data was collected through the [UCL wellbeing measures](#), and through the collection of comments. Data was collected at the halfway point and at the conclusion of the sessions. Art & Soul's art therapist also produced qualitative and observational data on participants.

Young people who attended were facing a variety of challenges including mental health crises (referred through the Adolescent Outreach Unit), low mood and anxiety, ASD, ADHD, OCD and restrictive eating, self-harm and intrusive thoughts, anxiety, gender dysphoria, social anxiety, and situational/selective mutism.

Young people's comments can be found below:

"I don't think anything could have been better, it was very fun."

"I liked talking to everyone as everyone was very nice. The art was interesting and fun to do."

"The workshops made me develop my interest and skills in art."

"Creative activities make me really excited. They were inspiring. I feel relaxed. Will we have more of these classes soon?"

"The class helped my increase my self-confidence and meet new people... The workshops were really nice; they helped me tell a really creative story."

"These classes help me get out of my house and relax by making art."

Comment from CAMHS professionals:

"These groups are so fantastic for our young people, and they give us wonderful feedback about them. As clinicians we thoroughly enjoy joining the groups as well. As a team, it is so clear that you (Art & Soul artists) take time to get to know the young people, reflect and are mindful to meet the needs of each individual where possible. Thank you so much for continuing to work with us."

Comments from The Reach Foundation colleagues:

"I wanted to take a moment to sincerely thank you for leading such an amazing art workshop. Your guidance, creativity, and enthusiasm made the experience truly unforgettable for everyone involved."

"It was inspiring to see how you created a safe and welcoming space for expression and exploration."

"Your thoughtful approach helped us connect with ourselves and each other in ways we didn't expect."

"The techniques and insights you shared were not only fun and engaging but also deeply impactful."

"Your ability to make art accessible and meaningful is a gift, and we are so grateful you shared that with us"

To summarise, these courses have had a positive impact on the mental health and wellbeing of the young people involved. Young people referred have significant mental health needs and are on waiting lists for clinical interventions. Some are transitioning into adult mental health services and need ongoing support. The impact shown here demonstrates significant positive change considering the mental health needs of these groups.

New funders

Art & Soul receives no core funding, and we are always seeking new funding opportunities. This year, we received a £19,930 grant from the National Lottery's Community Fund to support our work, and we were also awarded £1,000 as part of the Tesco Stronger Starts campaign. We have partnered with Give As You Live, allowing people to raise money for Art & Soul when they shop online with 6,000+ stores. We have also received support for our gallery visits from the People's Postcode Society, young people's workshops from Heathrow Community Trust, and work in Whitton from the Local Area Fund.

Learning

Our regularly weekly sessions are increasing in demand, and we have learned the importance of monitoring our attendance closely to ensure people are not missing out on accessing our services.

We have continued to streamline how people access Art & Soul, establishing a new system to onboard participants and continuing to find ways to make this more accessible.

We have learned that our participants deeply value the opportunity to visit local galleries and experience art from other artists and are working with galleries and groups to offer a wider variety of events.

We have learned the value of strengthening our relationships within the local community, developing contacts at events like the Full Of Life Fair and SPEAR's Health and Wellbeing Day.

Future planning

Next year, we plan to continue to develop our work into Wandsworth, Hounslow and Kingston boroughs. We are working closely with Wandsworth Council and the Arts Service to plan services for people in need and have submitted a Wandsworth Grant Application to launch our workshop in Wandsworth in Autumn 2025. There is great need in these areas, and we are working closely with councils and other voluntary organisations to ensure we target people with mental health needs effectively. We plan to continue partnership work with REACH foundation In Hounslow, and to extend our other young people's partnership work.

The reserves policy is to hold £5000 as a reserve to cover 3 months of core expenditure. This has been achieved during most of the year but at the year-end was lower. We aim to restore this reserve by securing further unrestricted income.

Thanks

We are grateful to our funders: City Bridge Foundation, The National Lottery, Richmond Foundation, Local Area Fund, People's Postcode Lottery, and Heathrow Community Trust for supporting these activities.

Art & Soul, c/o 42 Kew Green, Kew, TW9 3AZ

Phone: 07941107851

Email: info@artandsoul.org.uk

Website: www.artandsoul.org.uk

Registered Charity no. 1173268

Chair: Liz Sokoski

Patron: Sir Vince Cable MP

Trustees: Alastair Beveridge, Loveday Shewell, Rachel Tranter

Programme Directors: Betsy Lewis-Holmes, Heather Whitt (Parental Leave Cover)

Practitioner team: Caitlin Blyth, Diana Burch, Maddy Howell, Michelle Hazell, Jess

ART & SOUL

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

The trustees report was approved by the Board of Trustees.

Loveday E Shewell

Loveday Shewell

Trustee

Date: 8th September 2025

ART & SOUL

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

I report to the trustees on my examination of the financial statements of Art & Soul (the charity) for the year ended 31 March 2025.

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.

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

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared the financial statements in accordance with the relevant version of the Statement of Recommended Practice applicable to charities preparing their financial statements 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 the financial statements to provide a true and fair view in accordance with UK Generally Accepted Accounting Practice.

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 Charities Act 2011.
- 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 financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements 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
Date: 17 September 2025

ART & SOUL

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2025

| | Notes | Unrestricted funds 2025 £ | Restricted funds 2025 £ | Total 2025 £ | Unrestricted funds 2024 £ | Restricted funds 2024 £ | Total 2024 £ |
|---------------------------------------|-------|------------------------------------|----------------------------------|--------------------|------------------------------------|----------------------------------|--------------------|
| Income from: | | | | | | | |
| Donations and legacies | 3 | 1,192 | - | 1,192 | 3,819 | - | 3,819 |
| Charitable activities | 4 | 14,935 | 41,440 | 56,375 | 25,341 | 27,387 | 52,728 |
| Total income | | 16,127 | 41,440 | 57,567 | 29,160 | 27,387 | 56,547 |
| Expenditure on: | | | | | | | |
| Charitable activities | 5 | 20,290 | 41,654 | 61,944 | 22,006 | 37,548 | 59,554 |
| Total expenditure | | 20,290 | 41,654 | 61,944 | 22,006 | 37,548 | 59,554 |
| Net expenditure | | (4,163) | (214) | (4,377) | 7,154 | (10,161) | (3,007) |
| Transfers between funds | | 275 | (275) | - | (1,813) | 1,813 | - |
| Net movement in funds | | (3,888) | (489) | (4,377) | 5,341 | (8,348) | (3,007) |
| Reconciliation of funds: | | | | | | | |
| Fund balances at 1 April 2024 | | 4,349 | 24,612 | 28,961 | (992) | 32,960 | 31,968 |
| Fund balances at 31 March 2025 | | 461 | 24,123 | 24,584 | 4,349 | 24,612 | 28,961 |

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 2025

| | Notes | 2025 £ | £ | 2024 £ | £ |
|---|-------|---------------|---------------|---------------|---------------|
| Current assets | | | | | |
| Debtors | 9 | 3,040 | | - | |
| Cash at bank and in hand | | 22,794 | | 30,142 | |
| | | <u>25,834</u> | | <u>30,142</u> | |
| Creditors: amounts falling due within one year | 10 | (1,250) | | (1,181) | |
| | | <u></u> | | <u></u> | |
| Net current assets | | | 24,584 | | 28,961 |
| | | | <u></u> | | <u></u> |
| The funds of the charity | | | | | |
| Restricted income funds | 11 | | 24,123 | | 24,612 |
| Unrestricted funds | 12 | | 461 | | 4,349 |
| | | | <u>24,584</u> | | <u>28,961</u> |
| | | | <u></u> | | <u></u> |

The financial statements were approved by the trustees on 8th September 2025

Loveday E Shewell

Loveday Shewell

Trustee

ART & SOUL

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

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 or grantors 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.

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.

ART & SOUL

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting policies

(Continued)

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.

1.7 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

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 2025

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 Income from donations and legacies

| | Unrestricted funds 2025 £ | Unrestricted funds 2024 £ |
|---------------------|------------------------------------|------------------------------------|
| Donations and gifts | 1,192 | 3,819 |

4 Income from charitable activities

| | Unrestricted funds 2025 £ | Restricted funds 2025 £ | Total 2025 £ | Unrestricted funds 2024 £ | Restricted funds 2024 £ | Total 2024 £ |
|------------------------------|------------------------------------|----------------------------------|--------------------|------------------------------------|----------------------------------|--------------------|
| Charitable activities | | | | | | |
| Fees | 2,385 | - | 2,385 | 8,791 | - | 8,791 |
| Performance related grants | 12,550 | 41,440 | 53,990 | 15,600 | 27,387 | 42,987 |
| Commission | - | - | - | 950 | - | 950 |
| | <u>14,935</u> | <u>41,440</u> | <u>56,375</u> | <u>25,341</u> | <u>27,387</u> | <u>52,728</u> |

ART & SOUL

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

4 Income from charitable activities (Continued)

Performance related grants analysis

| | Charitable activities 2025 £ | Charitable activities 2024 £ |
|------------------------------|---------------------------------------|---------------------------------------|
| Richmond Parish Lands (RPLC) | 19,000 | 12,500 |
| London Borough of Richmond | - | 11,947 |
| Heathrow | 1,960 | 2,940 |
| Postcode Lottery | - | 5,000 |
| National Lottery | 19,930 | - |
| City of London (City Bridge) | 12,550 | 10,600 |
| Richmond CVS | 550 | - |
| Other | - | - |
| | <u>53,990</u> | <u>42,987</u> |

5 Expenditure on charitable activities

| | Charitable activities 2025 £ | Charitable activities 2024 £ |
|---|---------------------------------------|---------------------------------------|
| Direct costs | | |
| Coordinator | 19,920 | 16,674 |
| Practitioners | 26,468 | 28,379 |
| Venue hire | 2,843 | 2,736 |
| Evaluation | 1,820 | 1,095 |
| Other | 5,054 | 5,391 |
| Marketing | 4,582 | 4,102 |
| | <u>60,687</u> | <u>58,377</u> |
| Share of support and governance costs (see note 6) | | |
| Governance | 1,257 | 1,177 |
| | <u>61,944</u> | <u>59,554</u> |
| Analysis by fund | | |
| Unrestricted funds | 20,290 | 22,006 |
| Restricted funds | 41,654 | 37,548 |
| | <u>61,944</u> | <u>59,554</u> |

ART & SOUL

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

6 Support costs allocated to activities

| | 2025 £ | 2024 £ |
|-----------------------------------|-----------|-----------|
| Governance costs | 1,257 | 1,177 |
| | ===== | ===== |
| Analysed between: | | |
| Charitable activities | 1,257 | 1,177 |
| | ===== | ===== |
| | 2025 £ | 2024 £ |
| Governance costs comprise: | | |
| Independent examiner | 1,257 | 1,177 |
| | ===== | ===== |
| | 1,257 | 1,177 |
| | ===== | ===== |

7 Trustees

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

8 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

9 Debtors

| | 2025 £ | 2024 £ |
|---|-----------|-----------|
| Amounts falling due within one year: | | |
| Prepayments and accrued income | 3,040 | - |
| | ===== | ===== |

10 Creditors: amounts falling due within one year

| | 2025 £ | 2024 £ |
|------------------------------|-----------|-----------|
| Accruals and deferred income | 1,250 | 1,181 |
| | ===== | ===== |

ART & SOUL

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

11 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

| | At 1 April 2024 £ | Incoming resources £ | Resources expended £ | Transfers £ | At 31 March 2025 £ |
|--|-------------------------|----------------------------|----------------------------|----------------|--------------------------|
| RPL & Hampton Fund Adult & Young People's Sessions | 14,602 | 19,000 | (15,515) | - | 18,087 |
| Heathrow Community Trust | 2,940 | 1,960 | (4,995) | 95 | - |
| LB of Richmond Local Area Fund | 6,700 | - | (6,700) | - | - |
| NHS commission young people's workshops | 370 | - | - | (370) | - |
| National Lottery | - | 19,930 | (13,894) | - | 6,036 |
| NHS winter workshop | - | 550 | (550) | - | - |
| | <u>24,612</u> | <u>41,440</u> | <u>(41,654)</u> | <u>(275)</u> | <u>24,123</u> |

| Previous year: | At 1 April 2023 £ | Incoming resources £ | Resources expended £ | Transfers £ | At 31 March 2024 £ |
|--|-------------------------|----------------------------|----------------------------|----------------|--------------------------|
| RPL & Hampton Fund Adult & Young People's Sessions | 20,213 | 12,500 | (18,791) | 680 | 14,602 |
| Active Richmond Fund nature based activities | 3,967 | 250 | (4,392) | 175 | - |
| National Lottery Adult in-person Sessions | 8,410 | - | (9,368) | 958 | - |
| Civic Pride Group Exhibition and family worksho | - | 4,997 | (4,997) | - | - |
| Heathrow Community Trust | - | 2,940 | - | - | 2,940 |
| LB of Richmond Local Area Fund | - | 6,700 | - | - | 6,700 |
| NHS commission young people's workshops | 370 | - | - | - | 370 |
| | <u>32,960</u> | <u>27,387</u> | <u>(37,548)</u> | <u>1,813</u> | <u>24,612</u> |

Richmond Parish Lands and Hampton Funds: Workshops for adults and children with mental health issues, including courses for young people attending CAMHS locally.

National lottery: in person workshops for adults and young people at The Exchange.

Heathrow Community Trust: for well being workshops for young people in need of mental health support.

L B of Richmond Local Area Fund: for workshops and an exhibition in Whitton.

NHS winter workshop: for workshops in Ham.

ART & SOUL

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

12 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

| | At 1 April 2024 £ | Incoming resources £ | Resources expended £ | Transfers £ | At 31 March 2025 £ |
|-----------------------|----------------------------------|-------------------------------------|-------------------------------------|------------------------|-----------------------------------|
| General funds | 4,349 | 16,127 | (20,290) | 275 | 461 |
| | <u> </u> | <u> </u> | <u> </u> | <u> </u> | <u> </u> |
| Previous year: | At 1 April 2023 £ | Incoming resources £ | Resources expended £ | Transfers £ | At 31 March 2024 £ |
| General funds | (992) | 29,160 | (22,006) | (1,813) | 4,349 |
| | <u> </u> | <u> </u> | <u> </u> | <u> </u> | <u> </u> |

13 Analysis of net assets between funds

| | Unrestricted funds 2025 £ | Restricted funds 2025 £ | Total 2025 £ |
|------------------------------|------------------------------------|----------------------------------|--------------------|
| At 31 March 2025: | | | |
| Current assets/(liabilities) | 461 | 24,123 | 24,584 |
| | <u> </u> | <u> </u> | <u> </u> |
| | 461 | 24,123 | 24,584 |
| | <u> </u> | <u> </u> | <u> </u> |
| | Unrestricted funds 2024 £ | Restricted funds 2024 £ | Total 2024 £ |
| At 31 March 2024: | | | |
| Current assets/(liabilities) | 4,349 | 24,612 | 28,961 |
| | <u> </u> | <u> </u> | <u> </u> |
| | 4,349 | 24,612 | 28,961 |
| | <u> </u> | <u> </u> | <u> </u> |

14 Related party transactions

There were no disclosable related party transactions during the year (2024 - none).

Images from 2024-2025



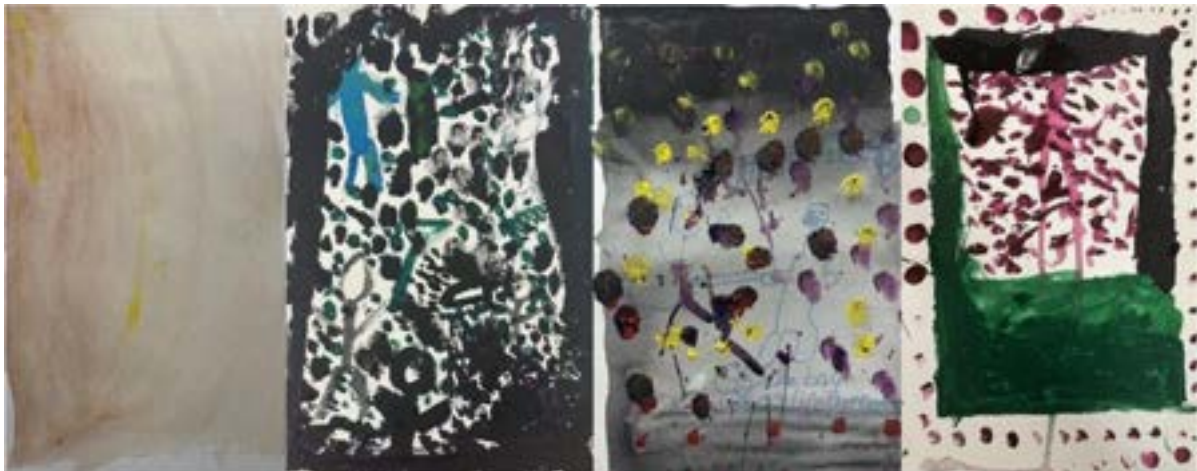
'Inner Transformations' - exhibition view (June 2024)



Sketchbook created by a participant during Exchange workshops



Participants at an Almshouses session creating



'Of the boy whose life turned around' – artworks created by young person Ya. H



Pop-up exhibition at Whitton Community Centre



Artwork created by a new participant during a taster session



Richmond Age UK workshop in Barnes



Saatchi Gallery 'Beyond Fashion' exhibition visit