

NATIONAL CENTRE FOR CREATIVE HEALTH

ANNUAL REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 JULY 2023

Edwards & Keeping

Chartered Accountants

NATIONAL CENTRE FOR CREATIVE HEALTH

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NATIONAL CENTRE FOR CREATIVE HEALTH

REFERENCE AND ADMINISTRATIVE DETAILS

Chairman	Lord Alan Thomas Howarth of Newport CBE
Trustees	Mr William Andrew Boa Ms Helen Jane Chatterjee MBE Prof Martin Green OBE Ms Debbie Teale Dr Guddi Viyaya Rani Singh Mr David Charles Clayton-Smith Mrs Nancy Jane Juliet Hey Ms Isabelle Ann Paagman (appointed 18 January 2024) Ms Jane Eiluned Thomas (appointed 18 January 2024)
Senior Management / Leadership Team	Ms A Coulter, Director
Charity Registration Number	1190515
Principal Office	PO Box 948 Oxford OX1 9TY
Independent Examiner	H E Jones BA (Hons) FCCA Edwards & Keeping Chartered Accountants Unity Chambers 34 High East Street Dorchester Dorset DT1 1HA

TRUSTEES' REPORT

The trustees present the annual report together with the financial statements of the charity for the year ended 31 July 2023.

Chair's Report

It is my pleasure to introduce the Annual Report of the National Centre for Creative Health for our financial year 2022-23. It has been a year of very significant progress for the charity. We have extended our work substantially in supporting the development of practice, research and policy.

Our work with Integrated Care Systems in Gloucestershire, Shropshire, Telford and Wrekin, Suffolk and North-East Essex and West Yorkshire has thrived in those areas while exhibiting models of good practice which are attracting lively interest and emulation in other ICSs. Our "huddle" workshops have brought together people from varied disciplines in new interactions. We very much appreciate the commitment to the creative health agenda and the confidence shown in the NCCH by Arts Council England in their decision to support us to employ Creative Health Associates in seven Integrated Care Boards

We also greatly appreciate the decision of UKRI to fund us to undertake the major research programme, Mobilising Creative Assets to Tackle Health Inequalities. This programme, begun in the previous year with twelve pilots, was extended with an additional sixteen local projects.

On the policy front, our major endeavour has been the Creative Health Review, undertaken jointly with the All-Party Parliamentary Group on Arts, Health and Wellbeing and the Commissioners whom we have been fortunate to recruit for the project. This has been an intensive process of policy analysis and development. It will culminate in recommendations to Ministers and Metropolitan Mayors for a strategic approach that integrates creative health into a wider range of policies, thereby enabling pressing policy issues in health and social care, especially health inequalities, to be addressed more effectively and some pressure removed from struggling health and care services.

I thank all who have contributed to our work. Alex Coulter, our Director, has led the charity imaginatively and tirelessly. Hannah Waterson, our Research and Policy Manager, has not only supported our research programme but also coordinated the work of the Creative Health Review and drafted its report. Alexis Butt, our General Manager, anchors us through her efficient day-to-day administration. Sarah Holmes has ensured that we maintain proper financial control in all our work. I also thank my fellow-trustees who together keep strategic oversight of the charity and are most generous with their time and their wisdom. I thank the very distinguished and busy people who have been willing to serve on the Commission and the members of our Lived Experience Panel whose input has ensured that high level policy recommendations properly reflect the needs of those they are intended to benefit. I thank the loyal and long-standing friends of NCCH who serve on our Advisory Group, and the Creative Health Champions whose network now spreads through sixty-eight healthcare institutions and local authorities. Finally, I most warmly thank our philanthropic funders: The Baring Foundation, Oak Foundation and Paul Hamlyn Foundation. Without their trust and support we could not achieve anything.

Rt Hon Lord Howarth of Newport CBE
Chair of Trustees

TRUSTEES' REPORT

Director's Report

The mission of the NCCH is to advance good practice and research, inform policy and promote collaboration, helping foster the conditions for creative health to be integral to health and social care and wider systems. Our Charitable Object is: To advance health and wellbeing by supporting the provision of art, culture and creativity.

The Charity is overseen by a board of trustees, currently ten. Trustees are recruited via open advertisement and recommendations to the Chair. Trustees meet four times a year for board meetings and have annual one to one meetings with the Chair. The Charity is managed by the Director, who meets with the Chair every two weeks. The General Manager and Research and Policy Manager report to the Director.

With regard to the Charity Commission's public benefit guidance, the NCCH aims to benefit the general public through our work with health systems and providers across England. We work in collaboration and in partnership with others to ensure that we have an 'asset-based' approach to supporting communities and individuals to engage with the arts, culture and creativity for the benefit of their health and wellbeing. We continue to work in collaborative partnerships with Integrated Care Systems (ICS) across England. Integrated Care Systems bring together health and care organisations from the statutory and non-statutory sector to improve the accessibility, responsiveness, quality, and effectiveness of health, care, and wellbeing services to local populations. The charity is able to work with multiple systems to facilitate collaborative working, shared understanding, and consistency for the benefit of the local residents of those systems.

This annual report covers the NCCH's financial year from August 2022 to July 2023. We continue to benefit from core funding from Oak Foundation and Paul Hamlyn Foundation. We are also very grateful for ongoing funding from The Baring Foundation for our Huddles programme.

The NCCH's objectives are:

- Advancing Good Practice
- Facilitating Integrated Approaches across Health and Social Care
- Fostering Collaboration and Co-production
- Influencing and Disseminating Research
- Influencing Policy
- Advocating for the Value of Creativity for Healthy Lives

Across all strands of our work we aim to advance good practice including advocating for the involvement of people with lived experience in decision making, planning and delivery. Between August 2022 and July 2023, in the second year of our partnership with NHS England, we aimed to spread learning from the previous year's work with four ICSs: Gloucestershire; Shropshire, Telford & Wrekin; Suffolk & North East Essex; and West Yorkshire. Throughout this year the Creative Health Hubs benefited from support via the Shropshire, Telford & Wrekin ICS with Naomi Roche as a programme lead and Dr Jane Povey in a leadership role. The Creative Health Toolkit for ICSs has taken longer than expected to be designed but was nearing publication in this time frame. In measuring our impact against our objectives, we use our Theory of Change, which provides the overarching framework. At our board awayday in 2023 we discussed metrics to measure success and 'what good looks like'. However, although the Director and the Research and Policy Manager have discussed this further, we haven't yet implemented a system. We will make sure we are able to report on this in our next annual report. Below are some of the statistics related to our activities.

TRUSTEES' REPORT

Advancing Good Practice

During the year we captured information on developments across the four ICSs to populate the 'Illustrative Examples' in the Creative Health Toolkit. There are 119 examples of good practice across the main domains: Leadership, Strategy and Governance; Planning and Commissioning; Workforce Development; Digital Technology; and Evidence and Impact. As part of our work with the Suffolk & North East Essex ICS, an Illustrative Example we captured for the Toolkit on Using learning to improve practice is Cohere Arts Creative Space Programme in Suffolk and North East Essex. Part of a creative health offer commissioned by Suffolk and North East Essex Long Covid Assessment Service, Creative Space was a 12 week pilot offering online creative workshops to people living with Long Covid. Quantitative and qualitative data was collected to measure impact on five key symptoms of Long Covid and also shape provision to suit participant needs. Evaluation findings from the pilot were used to refine and extend the provision for a further year.

We work in collaboration with the Culture, Health and Wellbeing Alliance (CHWA) who represent 6000 practitioners and delivery organisations to ensure that we translate research into practice and support practitioners to access up to date information on the evidence base. For example we supported CHWA's development of the Creative Health Quality Framework through participating in the Advisory Group and in co-hosting a webinar aimed at decision makers, in November 2022.

Facilitating Integrated Approaches Across Health and Social Care

During this year we spoke at and supported events in East Sussex where the council has been developing a Creative Health Position Paper; in Cornwall, where the council is leading a Creative Health and Wellbeing Partnership; and in Suffolk, in an event organised by the Suffolk Health and Wellbeing Board, as well at individual meetings with ICSs across England. Work by individual systems on strategy development is contributing to our long term aim to embed creative health across all Integrated Care Systems. We are seeing the fruits of this work with creative health included in West Yorkshire's Joint Forward Plan and creative health strategies awaiting publication in South Tees, and in development in Dorset and North East London. In November 2022, Greater Manchester published its Creative Health City Strategy. It takes a life course approach and maps the contribution of creative health to some of the city region's most pressing priorities. This strategy builds on the Creative Health Report, published in 2017, in response to which the NCCH was formed. London is also developing a city-wide Creative Health City Strategy.

The scoping report prepared for Arts Council England in the previous year led to an invitation to apply for £600,000 funding from Arts Council England for the Creative Health Associates Programme. The Programme places seven Creative Health Associates in seven Integrated Care Boards (ICBs), one in each of the NHS regions in England. The ICBs are the 'host' organisation and the Associates are employed by NCCH, with a Programme Manager to coordinate a learning programme and develop a Creative Health Maturity Framework. The seven ICBs are:

East of England - NHS Norfolk & Waveney ICB

London - NHS North East London ICB

Midlands - NHS Shropshire, Telford & Wrekin ICB

North East and Yorkshire - NHS North East & North Cumbria ICB

North West - NHS Lancashire & South Cumbria ICB

South East - NHS Sussex ICB

South West - NHS Devon ICB

The funding was confirmed in February 2023 and we advertised in March and interviewed for seven Creative Health Associates and the Programme Manager in May. Several of the Associates and the Programme Manager started work in July with some staggering their start due to other commitments. The 'sponsors' in each ICB were involved in the recruitment process and we have partnership agreements with them which outline the hosting arrangements.

TRUSTEES' REPORT

The Creative Health Champions network has continued to grow to include 50 Champions from 25 of the 42 ICSs in England. 19 new Creative Health Champions joined us in 2022-2023 and Dr Jane Povey became Chair of the group, initiating a refresh of its membership and purpose. At meetings every four months, Champions have an opportunity to share information and showcase their work and we have a growing number of case studies on the NCCH website. We work with the Champions to grow support for creative health across their systems and they are now connecting with the Creative Health Associates in their regions.

In 2023, our GP Special Interest Group was formally recognised and supported by the Royal College of GPs. NCCH provides administrative support and organises quarterly meetings and a yearly in-person study day for the 39 GPs in the steering group and sent out three newsletters on their behalf to 81 GPs on the mailing list. In June 2023, the NCCH began providing the secretariat for an International Arts in Pharmacy Special Interest Group for pharmacists and other practitioners, educators, researchers, students, patients and carers who are interested in embedding creative thinking into pharmacy in the UK and globally. Currently the group consists of 56 members who attend quarterly meetings and receive regular email updates.

Fostering Collaboration and Co-production

Funding from The Baring Foundation supported our ongoing work on Creative Health Huddles. We worked with South West Yorkshire NHS Foundation Trust (SWYFT) on a Creative Health Huddle to tackle long referral processes which meant that people using peri-natal mental health services at the Trust had missed out on participating in external projects and activities. Two creative sessions brought together health visitors, peer support workers, health professionals, creative practitioners, and people with lived experience. They worked on co-producing referral routes, each bringing their own experience of the referral process and ideas around how it could be improved.

An Illustrative Example of Co-production around complex issues from West Yorkshire is a change in approach led by the South West Yorkshire Partnership Foundation Trust's (SWYPFT) Arts and Health Programme Manager. Rather than developing projects, products or services and offering them to SWYPFT to take up, the Programme Manager asks about the problems that are proving difficult to solve through conventional approaches. This has led, for example, to the development of an innovative project in response to occasional choking incidents and reports that mealtimes were not as calm or enjoyable as they could be within the dining room of a mental health inpatient facility.

We worked with East Suffolk and North East Essex NHS Foundation Trust, Cohere Arts & Connect for Health, Ipswich & East Suffolk Alliance, Suffolk Artlink, The Food Museum and Suffolk County Council, to host a half a day multidisciplinary event in July entitled Just the Tonic! The hands-on discovery collaborative session brought together people with lived experience of Long Covid, clinical staff, and cultural practitioners, to explore the gaps that exist in current service provision and to look at what might be developed to fill these gaps to improve the mental health and wellbeing of those who have experience of Long Covid, or those who have experienced isolation due to the Covid-19 pandemic lockdown.

A creative facilitator designed and delivered a bespoke event format, theme, and appraisal framework, and 15 participants were invited to let their imagination run free and have their voices heard by creating tonic vessels that embodied their personal stories and hopes related to Long Covid. An artist was commissioned to capture colourful visual notes during the event. Following the session, a 3D showcase of the creative outputs were showcased at Endeavour House, Suffolk County Council, from 19 July - 9 August 2023. The showcase was viewed by the Council's Health & Wellbeing Board and open to the public.

TRUSTEES' REPORT

Influencing and Disseminating Research

During this year our partnership with UKRI on the Research Programme: “Mobilising Community Assets to Tackle Health Inequalities” continued, with Hannah Waterson, our full-time Research and Policy Manager, working three days a week on the research programme and two days a week on policy. The 12 pilot projects across the UK funded in Phase 1 continued and a further 16 phase two consortia building projects began in November 2022. The phase three funding opportunity launched in April 2023 with a closing date for applications in July 2023. NCCH supports knowledge exchange into policy and practice and is involved in supporting the involvement of people with lived experience at every stage.

Through our partnership on the Mobilising Community Assets to Tackle Health Inequalities research programme we have supported the involvement of people with lived experience in the process of selection and funding decisions. In early 2023, 81 people with lived experience were recruited to review the application for Phase 3 of the programme. This has been seen as an exemplary process by the Arts and Humanities Research Council and UKRI are using it to develop their own strategy for lived experience engagement across other research councils. We host the web pages for the research programme, disseminate blogs and host the newsletter.

Influencing Policy

The Creative Health Review published in December 2023 is an important vehicle for disseminating good practice and research and its aim is to influence policy. Although the publication is beyond the time frame of this report, between October 2023 and July 2024 we hosted eight online public webinars on the main themes of the Review: Mental Health and Wellbeing across the Life Course; Health Inequalities; Social Care; End of Life Care and Bereavement; Education and Training; Cost-effectiveness, Evidencing Value for Money and Funding Models; Leadership and Strategy. At each of the roundtables we had contributions from people with lived experience who shared powerful personal stories. They were invited to form a Lived Experience Advisory Panel, who continued to meet with us and inform the content of the Review report and the recommendations to Government and to Metro Mayors.

Including the launch of the Review, the total audience attendance at the webinars was 1,814. There were a total of 3,063 views on YouTube subsequently. 104 speakers took part in the discussions including academics, practitioners from health and the arts, people with lived experience, policy makers. We were very pleased with the level of engagement in the process. The Review provides a model for influencing policy at a national level and we will report on its impact in the coming years.

Advocating for the Value of Creativity for Healthy Lives

Through our communications we advocate for the value of creativity for healthy lives. By July 2023 we had 1,278 subscribers to our newsletter having gained 326 new subscribers in that time frame. There were 12 E-shots over the year with an average of 56% opens per campaign. On Twitter/X we gained 1,254 new followers with an average of 22,000 monthly impressions. LinkedIn gained 795 new followers and 708 unique visitors over 12 months, with an average of 140 page views monthly. We published 14 blogs and 22 news items. These statistics form the benchmark for future communications and we will set targets for future years.

We also advocate for the value of creativity for healthy lives through our networks of Creative Health Champions and through the GP Special Interest Group and the Pharmacy Special Interest Group. They become advocates through their daily work as leaders within health and social care and health professionals. We provide the mechanism to support them to join forces and learn from each other.

We also advocate for the value of the work through our partnership events. In this year we were a partner on the Global Collaboration on Arts Practice and the Ethics of Care with two events in June 2023 attended by 100 people. We also partnered on an event with the Royal College of Occupational Therapists which attracted 70 attendees.

TRUSTEES' REPORT

Challenges and Risks

The challenges we face are in many cases contextual. The country is facing innumerable challenges within health services. Integrated Care Systems are very new and are dealing with increasing demand and budget deficits. However, challenges can also provide opportunities. On NCCH's Risk Register the highest risks and the mitigating actions are currently:

- The Charity is unable to secure sufficient core and recurrent funding to support activities
>The Charity is actively exploring alternative funding sources and the Trustees review progress at each Trustee meeting
- The Charity encounters succession appointment challenges for Trustee roles and Senior Management roles
>Succession planning is reviewed regularly at board meetings
- The Charity is unable to secure partner organisation engagement to deliver the ambitious aims and objectives of the Charity, strategy and objects
>The Charity has appointed additional resource to support this function

Decision making process

Trustees meet at quarterly board meetings and all decision making is minuted. The Chair of Trustees meets with the Director every two weeks to discuss the programme of work and decisions are agreed jointly. The staff meet every week and discuss any issues and decisions. The Director delegates decisions related to the specific areas of focus for each member of staff:

Director - 3 days a week (permanent): strategic planning; ensuring sustainability of the organisation; budget setting; fundraising and funding; partnerships and collaborations; managing staff.

General Manager - 3 days a week (permanent): administration; meetings and minute taking; policies; events management; HR and recruitment; Special Interest Groups; Creative Health Champions; Advisory Group; general enquiries; website management; social media; newsletters.

Research and Policy Manager - 5 days a week (permanent): policy briefings; blogs; keeping abreast of current evidence; Mobilising Community Assets research programme; supervising Creative Health MASc students.

Programme Manager - 4 days a week (appointed July 2023 - fixed term to November 2024): managing Creative Health Associates programme; working with ICSs.

7 Creative Health Associates - 4 days a week (appointed July 2023 - fixed term to October 2024): hosted by ICBs, one in each NHS region

Finance Officer 1 day a week (freelance): bookkeeping; budgets and cashflow; financial reports; invoicing and salaries; liaising with accountants.

Remuneration

The salaries of permanent staff are based on benchmarking against similar posts in the charity sector. We use publications such as the annual CharityJob salary report, which in 2024 draws data from over 48,000 vacancies posted on the CharityJob website in the last year.

Salaries are agreed with the Chair and trustees and reviewed annually in line with inflation. A 4% increase for all staff was discussed at the board meeting on 3rd February 2023. This was considered against a range of other organisations and average charity sector pay awards of 3.8%. It was minuted that all trustees present accepted the 4% pay award from 6th April 2023.

NATIONAL CENTRE FOR CREATIVE HEALTH

TRUSTEES' REPORT

Thank You

We are very grateful to our Advisory Group, who meet three times a year. The Advisory Group provides ongoing guidance as we deliver our programme of work. New members this year include the Director of Public Health for Salford and the new Artistic Director of Arts Care Northern Ireland.

We are very grateful to Hannah Waterson for her dedication and tireless work on the Creative Health Review and for her work on research more widely, to Alexis Butt, our General Manager, who supports our wider programmes and projects with energy and enthusiasm, and to our Finance Officer, Sarah Holmes, for her unstinting support.

On behalf of the staff, I would like to thank our dedicated board of trustees and in particular our Chair, Lord Howarth, for his commitment and leadership.

Alexandra Coulter
Director

TRUSTEES' REPORT

Public benefit

The trustees have considered the Charity Commission's guidance on public benefit, which is achieved through the following charity's activities:-

- advocating the role of creativity within the health and social care sector;
- promoting good practice amongst those who work in the health and social care sector;
- promoting partnership working amongst those who work in the health and social care sector;
- promoting training amongst each of those groups so as to better enable them to deliver arts and culture within the health and social care sector for the public benefit.

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

Financial review

Total income for the period was £758,669 (2022 - £278,160) of which £708,053 was restricted (2022 - £87,600). Within restricted income is £510,000 confirmed grant income, which has been recognised in the year in line with the Charity's accounting policies, but will be received in tranches in future periods. Expenditure for the period totalled £197,245 (2022 - £152,508) of which £103,776 was restricted (2022 - £57,157). Net income for the year was therefore £561,424 (2022 - £125,652).

At 31 July 2023 total funds amounted to £705,777 (2022 - £144,353), of which £640,648 (2022- £36,476) were restricted leaving unrestricted reserves of £65,129 (2022 - £107,877).

Policy on reserves

At 31 July 2023 free reserves were £65,129 (2022 - £107,877).

NCCH maintains free unrestricted reserves:

- to provide a level of working capital that protects the continuity of our core work – this will be equivalent to three months of committed operating expenditure.
- to provide a level of funding for unexpected opportunities – this will be determined annually as budgets are approved and will be expressed as a % of income or absolute sum.
- to provide cover for risks such as unforeseen expenditure or unanticipated loss of income – this will be determined annually as budgets are approved and will be expressed as a % of income or absolute sum.

The Board of Trustees will review the above criteria with reference to NCCH's strategy and Annual Plan and determine the target level of free reserves to meet these.

The Board of Trustees will at times designate funds from free reserves for significant project costs or replacement of major assets.

Principal funding sources

The charity's principal funding sources are grants provided by other charities. The funding provided by these grants is used to meet both operational expenditure for the charity and to finance projects that further the charity's charitable objectives.

NATIONAL CENTRE FOR CREATIVE HEALTH

TRUSTEES' REPORT

Trustees and officers

The trustees and officers serving during the year and since the year end were as follows:

Trustees:

Alan Howarth, Chair of Trustees - Appointed July 2020
Bill Boa - Appointed July 2020
Prof. Helen Chatterjee - Appointed July 2020
David Clayton-Smith - Appointed April 2021
Dr. Guddi Singh - Appointed April 2021
Debbie Teale - Appointed April 2021
Prof. Martin Green OBE - Appointed June 2021
Nancy Hey - Appointed January 2022
Jane Thomas - Appointed January 2024
Isabelle Paagman - Appointed January 2024

Officers:

Alex Coulter, Director
Hannah Waterson, Research and Policy Manager
Alexis Butt, General Manager

Structure, governance and management

Nature of governing document

National Centre for Creative Health is a Charitable Incorporated Organisation governed by a Constitution adopted and registered with the Charity Commission on 21 July 2020.

Recruitment and appointment of trustees

The trustees manage the affairs of the CIO. 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.

Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of charity trustees.

In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

Induction and training of trustees

The charity trustees will make available to each new trustee a copy of the current version of the constitution, plus a copy of the CIO's latest trustees' annual report and statement of accounts.

The annual report was approved by the trustees of the charity on 10 May 2024 and signed on its behalf by:

Rt Hon. Lord Alan Thomas Howarth of Newport CBE
Chairman

NATIONAL CENTRE FOR CREATIVE HEALTH

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

The law applicable to charities requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations, and the provisions of the constitution. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees of the charity on 10 May 2024 and signed on its behalf by:

Rt Hon. Lord Alan Thomas Howarth of Newport CBE
Chairman

NATIONAL CENTRE FOR CREATIVE HEALTH

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF NATIONAL CENTRE FOR CREATIVE HEALTH

I report to the charity trustees on my examination of the accounts of the charity for the period ended 31 July 2023 which are set out on pages 13 to 24.

Responsibilities and basis of report

As the charity trustees of National Centre for Creative Health 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 National Centre for Creative Health's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

Since National Centre for Creative Health's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of ACCA, which is one of the listed bodies.

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 National Centre for Creative Health 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 accounting 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.

H E Jones BA (Hons) FCCA
Chartered Accountants
Unity Chambers
34 High East Street
Dorchester
Dorset
DT1 1HA

10 May 2024

NATIONAL CENTRE FOR CREATIVE HEALTH

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 JULY 2023

	Note	Unrestricted funds £	Restricted funds £	Total 2023 £
Income and Endowments from:				
Donations and legacies	2	50,020	654,260	704,280
Charitable activities	3	314	53,793	54,107
Investment income	4	282	-	282
Total income		50,616	708,053	758,669
Expenditure on:				
Charitable activities	5	(93,469)	(103,776)	(197,245)
Net (expenditure)/income		(42,853)	604,277	561,424
Gross transfers between funds		105	(105)	-
Net movement in funds		(42,748)	604,172	561,424
Reconciliation of funds				
Total funds brought forward		107,877	36,476	144,353
Total funds carried forward	13	65,129	640,648	705,777

	Note	Unrestricted funds £	Restricted funds £	Total 2022 £
Income and Endowments from:				
Donations and legacies	2	174,950	87,600	262,550
Charitable activities	3	15,597	-	15,597
Investment income	4	13	-	13
Total income		190,560	87,600	278,160
Expenditure on:				
Charitable activities	5	(95,351)	(57,157)	(152,508)
Total expenditure		(95,351)	(57,157)	(152,508)
Net income		95,209	30,443	125,652
Net movement in funds		95,209	30,443	125,652
Reconciliation of funds				
Total funds brought forward		12,668	6,033	18,701
Total funds carried forward	13	107,877	36,476	144,353

All of the charity's activities derive from continuing operations during the above two periods.

The funds breakdown for 2022 is shown in note 13.

NATIONAL CENTRE FOR CREATIVE HEALTH

(REGISTRATION NUMBER: 1190515)
BALANCE SHEET AS AT 31 JULY 2023

	Note	2023 £	2022 £
Fixed assets			
Tangible assets	9	325	-
Current assets			
Debtors	10	526,966	15,873
Cash at bank and in hand	11	<u>187,493</u>	<u>133,288</u>
		714,459	149,161
Creditors: Amounts falling due within one year	12	<u>(9,007)</u>	<u>(4,808)</u>
Net current assets		<u>705,452</u>	<u>144,353</u>
Net assets		<u>705,777</u>	<u>144,353</u>
Funds of the charity:			
Restricted income funds			
Restricted funds		640,648	36,476
Unrestricted income funds			
Unrestricted funds		<u>65,129</u>	<u>107,877</u>
Total funds	13	<u>705,777</u>	<u>144,353</u>

The financial statements on pages 13 to 24 were approved by the trustees, and authorised for issue on 10 May 2024 and signed on their behalf by:

Rt Hon. Lord Alan Thomas Howarth of Newport CBE
Chairman

NATIONAL CENTRE FOR CREATIVE HEALTH

CASH FLOW STATEMENT FOR THE YEAR ENDED 31 JULY 2023

	Note	2023 £	2022 £
Cash flows from operating activities			
Net cash income		561,424	125,652
Adjustments for:			
Depreciation		81	-
Investment income	4	(282)	(13)
		<u>561,223</u>	<u>125,639</u>
Working capital adjustments			
(Increase)/decrease in debtors	10	(511,093)	14,127
Increase/(decrease) in creditors	12	4,199	(4,822)
Decrease in deferred income		-	(60,000)
Net cash flows from operating activities		<u>54,329</u>	<u>74,944</u>
Cash flows from investing activities			
Interest receivable and similar income	4	282	13
Purchase of tangible fixed assets	9	(406)	-
Net cash flows from investing activities		<u>(124)</u>	<u>13</u>
Net increase in cash and cash equivalents		54,205	74,957
Cash and cash equivalents at 1 August		<u>133,288</u>	<u>58,331</u>
Cash and cash equivalents at 31 July		<u><u>187,493</u></u>	<u><u>133,288</u></u>

All of the cash flows are derived from continuing operations during the above two periods.

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 JULY 2023**

1 Accounting policies

Statement of compliance

The financial statements have been prepared in accordance with the second edition of the Charities Statement of Recommended Practice issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

Basis of preparation

National Centre for Creative Health meets the definition of a public benefit entity under FRS 102. The accounts (financial statements) have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

Income and endowments

Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

Donations and legacies

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Grants receivable

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

Investment income

Dividends are recognised once the dividend has been declared and notification has been received of the dividend due.

Charitable activities

Comprises income received in exchange for goods or services delivered as part of charitable activities performed, and is recognised in the Accounts to the extent that such goods or services have been provided.

NATIONAL CENTRE FOR CREATIVE HEALTH

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 JULY 2023

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Raising funds

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Support costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Governance costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees meetings and reimbursed expenses.

Government grants

Government grants are recognised based on the accrual model and are measured at the fair value of the asset received or receivable. Grants are classified as relating either to revenue or to assets. Grants relating to revenue are recognised in income over the period in which the related costs are recognised. Grants relating to assets are recognised over the expected useful life of the asset. Where part of a grant relating to an asset is deferred, it is recognised as deferred income.

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets

Individual fixed assets costing £100 or more are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Office equipment	20% Straight Line

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 JULY 2023**

Trade debtors

Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Trade creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Borrowings

Interest-bearing borrowings are initially recorded at fair value, net of transaction costs. Interest-bearing borrowings are subsequently carried at amortised cost, with the difference between the proceeds, net of transaction costs, and the amount due on redemption being recognised as a charge to the Statement of Financial Activities over the period of the relevant borrowing.

Interest expense is recognised on the basis of the effective interest method and is included in interest payable and similar charges.

Borrowings are classified as current liabilities unless the charity has an unconditional right to defer settlement of the liability for at least twelve months after the reporting date.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees's discretion in furtherance of the objectives of the charity.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Pensions and other post retirement obligations

The charity operates a defined contribution pension scheme which is a pension plan under which fixed contributions are paid into a pension fund and the charity has no legal or constructive obligation to pay further contributions even if the fund does not hold sufficient assets to pay all employees the benefits relating to employee service in the current and prior periods.

Contributions to defined contribution plans are recognised in the Statement of Financial Activities when they are due. If contribution payments exceed the contribution due for service, the excess is recognised as a prepayment.

NATIONAL CENTRE FOR CREATIVE HEALTH

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 JULY 2023

2 Income from donations and legacies

	Unrestricted funds General £	Restricted funds £	Total funds £
Donations and legacies;			
Donations from individuals	20	-	20
Grants, including capital grants;			
Grants from other charities	50,000	654,260	704,260
Total for 2023	50,020	654,260	704,280
Total for 2022	174,950	87,600	262,550

3 Income from charitable activities

	Unrestricted funds General £	Restricted funds £	Total funds £
Exhibitions	314	-	314
Contractual income	-	53,793	53,793
Total for 2023	314	53,793	54,107
Total for 2022	15,597	-	15,597

4 Investment income

	Unrestricted funds General £	Total funds £
Interest receivable on bank deposits	282	282
Total for 2023	282	282
Total for 2022	13	13

NATIONAL CENTRE FOR CREATIVE HEALTH

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 JULY 2023

5 Expenditure

		Unrestricted		Total	Total
	Note	General	Restricted	2023	2022
		£	£	£	£
Staff costs	7	57,410	66,534	123,944	70,949
Freelance costs		2,500	28,021	30,521	65,978
Staff training		-	-	-	165
Insurance		105	-	105	157
Sundry expenses		30	-	30	101
Advertising		129	-	129	-
Depreciation of office equipment		-	81	81	-
Independent Examiner's remuneration		3,701	-	3,701	4,273
Postage and Stationery		351	250	601	680
Computer and website costs		11,316	-	11,316	1,625
Bookkeeping		6,563	-	6,563	7,775
Travel and subsistence		1,813	650	2,463	709
Rent		100	-	100	-
Accessability support		-	43	43	-
Meeting costs		808	-	808	-
Legal and professional fees		8,583	3,694	12,277	-
Bank charges		60	-	60	96
Recruitment costs		-	675	675	-
Conference costs		-	3,828	3,828	-
		<u>93,469</u>	<u>103,776</u>	<u>197,245</u>	<u>152,508</u>

6 Trustees remuneration and expenses

During the year the charity made the following transactions with trustees:

Ms Debbie Teale

£128 (2022: £Nil) of expenses were reimbursed to Ms Debbie Teale during the year.

Expenses reimbursed relate to expenses incurred in travelling to and from Trustees meetings.

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

No trustees have received any other benefits from the charity during the year.

Donations made by the trustees without any conditions attached totalled £20 for the year (2022 - £Nil).

NATIONAL CENTRE FOR CREATIVE HEALTH

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 JULY 2023

7 Staff costs

The aggregate payroll costs were as follows:

	2023 £	2022 £
Staff costs during the year were:		
Wages and salaries	121,164	69,249
Pension costs (defined contribution)	<u>2,780</u>	<u>1,700</u>
	<u>123,944</u>	<u>70,949</u>

The monthly average number of persons employed by the charity during the year was as follows:

	2023 No	2022 No
Employees	<u>3</u>	<u>2</u>

No employee received emoluments of more than £60,000 during the year

The total employee benefits of the key management personnel of the charity were £103,710 (2022 - £68,565).

The Director, as the highest paid member of staff, received benefits totalling £44,574 (2022 - £42,800).

8 Independent examiner's remuneration

	2023 £	2022 £
Examination of the financial statements	<u>946</u>	<u>860</u>
Other fees to examiners		
All other services	<u>2,755</u>	<u>3,413</u>

NATIONAL CENTRE FOR CREATIVE HEALTH

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 JULY 2023

9 Tangible fixed assets

	Furniture and equipment £	Total £
Cost		
At 1 August 2022	-	-
Additions	406	406
At 31 July 2023	406	406
Depreciation		
At 1 August 2022	-	-
Charge for the year	81	81
At 31 July 2023	81	81
Net book value		
At 31 July 2023	325	325
At 31 July 2022	-	-

10 Debtors

	2023 £	2022 £
Trade debtors	-	15,597
Prepayments	687	276
Accrued income	525,554	-
Other debtors	725	-
	526,966	15,873

Included within accrued income is £60,000 due to be received more than one year after the year end.

11 Cash and cash equivalents

	2023 £	2022 £
Cash at bank	187,493	133,288

12 Creditors: amounts falling due within one year

	2023 £	2022 £
Trade creditors	130	250
Other taxation and social security	2,821	1,796
Accruals	6,056	2,762
	9,007	4,808

NATIONAL CENTRE FOR CREATIVE HEALTH

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 JULY 2023

13 Funds

	Balance at 1 August 2022 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 July 2023 £
Unrestricted					
General					
Core	70,907	616	(28,009)	(10,000)	33,514
NHS England (Hubs)	15,950	-	(11,966)	-	3,984
Oak Foundation	6,125	50,000	(53,494)	-	2,631
Reserves	15,000	-	-	10,000	25,000
University College London	(105)	-	-	105	-
	<u>107,877</u>	<u>50,616</u>	<u>(93,469)</u>	<u>105</u>	<u>65,129</u>
Restricted					
All-Party Parliamentary Group on Arts, Health and Wellbeing	1,134	-	-	-	1,134
The Baring Foundation	16,342	37,260	(14,440)	-	39,162
South West Yorkshire NHS Foundation Trust	19,000	-	(15,000)	-	4,000
The Baring Foundation (Creative Health and Mental Health event)	-	12,000	-	-	12,000
The Baring Foundation (PR support)	-	5,000	(2,700)	-	2,300
University College London and Arts & Humanities Research Council project 'Mobilising Creative Assets to Combat Health Inequalities'	-	53,793	(44,701)	(105)	8,987
Arts Council England - Creative Health Associates	-	600,000	(26,935)	-	573,065
	<u>36,476</u>	<u>708,053</u>	<u>(103,776)</u>	<u>(105)</u>	<u>640,648</u>
Total funds	<u>144,353</u>	<u>758,669</u>	<u>(197,245)</u>	<u>-</u>	<u>705,777</u>

The transfer of £105 between the unrestricted and restricted University College London funds relates to the reclassification of the fund as restricted, with £105 being the deficit on the unrestricted fund brought forward on 1 August 2022.

NATIONAL CENTRE FOR CREATIVE HEALTH

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 JULY 2023

	Balance at 1 August 2021 £	Incoming resources £	Resources expended £	Balance at 31 July 2022 £
Unrestricted funds				
General				
Total unrestricted funds	12,668	190,560	(95,351)	107,877
Restricted funds				
Arts Council England	4,899	-	(4,899)	-
All-Party Parliamentary Group on Arts, Health and Wellbeing	1,134	-	-	1,134
The Baring Foundation (Huddles)	-	27,600	(11,258)	16,342
NHS Gloucestershire Clinical Commissioning Group	-	30,000	(30,000)	-
South West Yorkshire NHS Foundation Trust	-	30,000	(11,000)	19,000
	<u>6,033</u>	<u>87,600</u>	<u>(57,157)</u>	<u>36,476</u>
Total funds	<u>18,701</u>	<u>278,160</u>	<u>(152,508)</u>	<u>144,353</u>

Restricted funds arise when specified by the funder or when funds are raised for particular restricted projects or activities. Expenditure which meets the restricted criteria is charged to that fund, together with a fair allocation of support and administrative costs. Insofar that expenditure charged to restricted funds exceeds monies received, transfers may be made from unrestricted funds to cover any deficit that would otherwise arise.

14 Analysis of net assets between funds

	Unrestricted funds General £	Restricted funds £	Total funds at 31 July 2023 £
Tangible fixed assets	-	325	325
Current assets	70,796	643,663	714,459
Current liabilities	(5,667)	(3,340)	(9,007)
Total net assets	<u>65,129</u>	<u>640,648</u>	<u>705,777</u>
	Unrestricted funds General £	Restricted funds £	Total funds at 31 July 2022 £
Current assets	112,435	36,726	149,161
Current liabilities	(4,558)	(250)	(4,808)
Total net assets	<u>107,877</u>	<u>36,476</u>	<u>144,353</u>

15 Related party transactions

There were no related party transactions in the year.