

**Glossop Arts Project:
END OF YEAR 1 REPORT
May 2024 – May 2025**



GAP -

Why we exist and the difference we make

Glossop Arts Project, GAP, runs Community Arts for Wellbeing groups and activities in Glossopdale for children, young people and adults. Our active, creative Community exists to improve Wellbeing in our local area so that people of all ages, who are struggling with their physical or mental health, feel understood, supported and included. The whole Community is stronger as a result. All our work is based on The Five Ways to Wellbeing which is an evidence based approach. Supporting Wellbeing improves people's quality of life. GAP's work helps many to keeping going, cope with their challenges, look after themselves better and many also get to a place where they feel they can support their peers and give back our wider Community. This means our work has a big, long-lasting impact. GAP is vital at a time when statutory services struggle to meet the increasing numbers and complexity of mental and physical health needs. Our regular weekly groups are a life line to people from the age of 7 to 107+, most of whom would otherwise feel isolated, unheard and often hopeless.

Participants say:

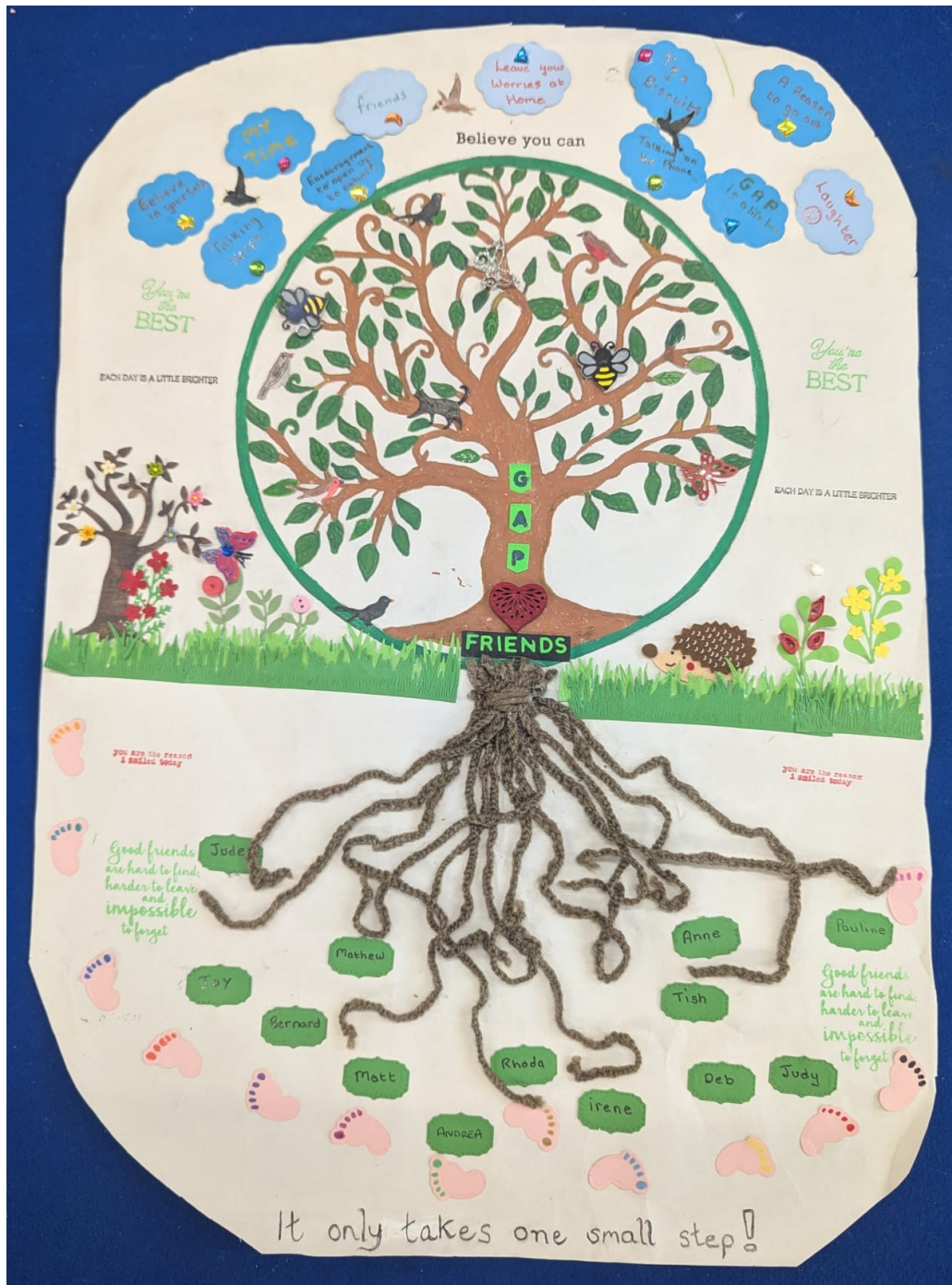
GAP "takes me out of a very dark place" T, Arts for Wellbeing group

"GAP has been a lifeline for me, I look forwards to it every week"

M Arts & MiNDs group

"I don't know if she'd be here without GAP" Partner of A, Arts for Wellbeing group

Art work by P who attends one of our Arts for Wellbeing Groups. This art work is an expression of what GAP means in her life. There is a lot of detail, but to highlight just a few things from the piece, P says: "You are the reason I smiled today"; "It only takes one step"; "Believe".



GAP runs the following groups and services:



Groups for ADULTS



Arts for Wellbeing
for Adults
with physical or mental health needs
Monday 1-3pm and
Friday 10am-12pm at Victoria Hall Talbot
St, Glossop
Thursday 10:30am-12:20pm at The
Place, Glossopdale School, Hadfield
£1 minimum donation towards resources
and refreshments



Hands on Art
for the Learning Disability
Community (18+)
Wednesday 10am-12pm and
Thursday 1-3pm at Victoria
Hall, Talbot St, Glossop
£5 per person including
resources and refreshments
(carers free)



Arts and Minds
for the Neurodivergent Community
(18+)
Wednesday 1-3pm and
7-9pm at Victoria Hall, Talbot St,
Glossop
£1 minimum donation towards
resources and refreshments



Arts from Home
For anyone aged 11+ who
are isolated. Arts from Home
is a step towards attending
one of our face to face
sessions in the future, and
not designed for long-term.
Fortnightly Art Packs for
FREE



Club Night
for the Learning Disability
Community (18+)
1st Monday of the month at
The Brook Tavern, Victoria St,
Glossop
£5 per person (carers free)



Drop in and Do
Adults - current participants
Monday 10:30am-12pm
Once per month, dates to be
confirmed
£1 minimum towards resources
and refreshments



Groups for YOUNG PEOPLE



Mind the GAP
for Young People aged 11 to 18
with low mood or confidence,
anxiety, social or emotional needs
Wednesday 5-6:30pm and Friday
12:30-2:30pm at Victoria Hall,
Talbot St, Glossop
FREE



Junior GAP
for Children age 8 to 11
Wednesday 3:45-4:45pm
at Victoria Hall, Talbot St, Glossop
FREE



STOP GAP
Primary & Secondary
school years 3-11
Delivered in schools as a 6 week
block
Currently subsidised at
£250 for x6 1 hour sessions



Arts from Home
For anyone aged 11+ who are
isolated. Arts from Home is a step
towards attending one of our face
to face sessions in the future, and
not designed for long-term.
Fortnightly Art Packs for
FREE

We run 10 weekly groups, 2 monthly groups, as well as Arts from Home, spin off short courses, courses delivered in schools, and various Community events. Our National Lottery: Reaching Communities Fund is our biggest income and covers the cost of just over half our groups, Arts from Home, and spin off short courses, including Journalling. Our Reaching Communities fund also funds blocks of Counselling with a qualified Counsellor. This is invaluable for participants who would otherwise be unable to afford this, to work through significant life traumas, find direction and hope, or get through a challenging period. For those that have accessed Counselling through us, it has made a huge positive difference in their lives.

What's on offer at all our groups:



We have a big impact given that we are a small charity. We see over 130 participants between our regular weekly groups. The positive impact we have with Wellbeing reaches into people's lives outside of GAP and in turn into the wider Community. This is excellent value for money. Accessing just one 2 hour weekly session with us, changes people's lives for the better and for the long-term. We give them vital tools they can take with them. The creative art element of our groups is also proven to improve people's Wellbeing. Art helps people to explore their experiences and

feelings and to express their own unique story. Our groups help people to unravel and improve the many strands to their Wellbeing in a fun and active way.

We are a vital part of Glossopdale's wider Wellbeing offer and we work in partnerships with other local groups, in particular, The Bureau Glossop, our Community Wellbeing Charity. We are also part of Derbyshire's Wellbeing, Mental Health and Suicide Prevention Strategy.

We have 9 part-time paid staff – 1 Team Manager, 4 Project Leads, 3 Wellbeing Support Workers, 1 Finance & Admin Officer. We have 6 Trustees, all voluntary, 4 from the local community and 2 staff members, all with a wealth of experience in Wellbeing, Community work, vulnerable groups, and the Arts. We also have 11 volunteers, 3 of whom are also participants at other groups. We are a supportive employer and invest in our staff, volunteers and Charity Trustees. We have good staff and volunteer retention.

Our staff work together to offer regular Arts for Wellbeing groups. Our skilled Project Leads and Wellbeing Support Workers work as partners within sessions and offer integrated, skilled creative and Wellbeing Support. We believe this is a unique way of working within our local area.

The story of our project this year

Thanks to The National Lottery: Reaching Communities fund, we have been able to:

- ✓ Review our structure and practices
- ✓ Expand our team and expertise
- ✓ Broaden what is on offer to our Participants, including more Community wide events and more evidence-based Wellbeing Support
- ✓ Become a Living Wage Employer
- ✓ Extend our reach within our Local Community, we are currently working regularly with over 130 vulnerable people

GAP is a vibrant and growing Organisation. In 2024, we became a Charitable Incorporated Organisation. Following this we were successful in receiving a significant grant from the National lottery. This investment allowed us to expand our team from 6 to 8, with 2 new posts – a Team Manager and a second Wellbeing Support Worker. This allowed us to extend our Wellbeing Offer which has such a positive impact on participants' lives and within the wider Community. Having a dedicated Team Manager has allowed us to update our structure and practices to meet present need within our Community, which is ever growing. Having a Team Manager has freed up the Project Leads to develop each project further. Our Children and Young Person's Lead gained the time and support to seek further funding, which included another Wellbeing Support Worker. By the beginning of 2025 we had a waiting list. With the expanded team and dedicated Manager, we were able

to redesign some groups to free up current staff and space to on additional groups. Drop In and Do is one of our new groups.

How we've involved people from your community in the work you do

With the newly expanded team and updated processes, we have integrated Plan – Do – Review across our service. Plan – Do – Review seeks out and captures feedback in different formats in all activities and from across our diverse participants, ensuring all have a voice. The review part of the cycle, takes place in our new weekly meetings and necessary changes and adjustments are planned together and implemented quickly.

“Ask GAP” had been running upto the start of this funding stream coming in, but was put on pause with the change in team structure and the introduction of Plan-Do-Review. Ask GAP as a formal group for participant voice, will be looked at again in 2025-2026 and reintroduced once we have found a workable format that truly captures all views and can facilitate ongoing learning and continual change within GAP.

Arts for Wellbeing & Arts & MiNDs Groups:

Project Leads' Reflection

We run 3 Arts for Wellbeing groups for adults with long term physical or mental health needs, and 2 Arts and MiNDs groups for Neurodivergent adults.

During the first year of our Reaching Communities Funding, we have changed to run our half termly offerings so they now run in parallel across the GAP Community. Working together like this, and towards joint projects across groups such as the GAP Exhibition has been very successful in terms of building the community feeling of GAP and a sense of shared experience, as well as efficient and effective use of staff planning time and Art resources. Participants have experienced a wide range of creative practises such as working with clay, plaster of Paris, water colour and exploring concepts such as Wabi Sabi – which celebrates imperfection, and this has been an interesting concept to work with. These topics have been well received and most of the group have taken part in these shared themes. As certain activities involved sharing resources and space, lots of helpful and interesting life discussion organically arises amongst the group. It has felt like this way of working has facilitated the feeling of community as well as mutual understanding of each other and life's experiences as well as fun and laughter. Many of our participants have had very challenging life circumstances so this positive feeling is priceless.

Several of our participants have interests in illustration and graphic arts and working with watercolour and ink has been very engaging – developing an interest which has grown over the sessions, with participants being willing to try something new and explore the interesting effects of these mediums, creating lots of good feelings of

satisfaction and excitement about the unknown effects that might happen. As described by one participant; *' I am hypercritical and a perfectionist and have found a randomness and unpredictability with water colours that is quite freeing.'*

Other mediums such as working with clay have helped participants to calm down and feel grounded - for one participant helping him to 'get out of my head'. Participants have also mentioned that they've enjoyed seeing a project through and finishing a piece of work, which for some can be challenging. Our clay-based sessions also seemed to really engage participants – creating a lovely energy in the room with a contented air about it.

We have been emphasising that sessions are for Arts & Wellbeing - so whilst there are always invitations to create there is no pressure to do this. - Often the feeling of demand in everyday life can be very stressful, for both those with long term physical or mental health conditions and our ND participants, along with the extra sensitivities and challenges that may come in particular with Autism and ADHD. For some participants GAP has been an important space where they can 'take off the mask' and be themselves (please see the Arts & MiNDs case study for more on this). Often the art offerings provide a gentle channel of direction and participants find their way to them in their own time and own way. This is part of what makes our offer unique – many other Wellbeing provision, both statutory and otherwise, is time-limed and structured, if you're not ready for the work at that time, you'll miss it and won't be offered it again. GAP is different and the Wellbeing Support is on offer for when each participant is able to engage. This way of working also means we can build trust and confidence within a supportive community, so when we do being Wellbeing work, it can often be profound and life changing.

Using PowerPoint displays with lots of visual references and instructions as well as spoken information has been very well received by participants who have shaped these to make them more receptive – such as using a peach background and certain type fonts – both dyslexic friendly.

Project Leads working alongside our Wellbeing Practitioners during a session is invaluable and an incredibly important part of what we provide. Several participants have hugely benefited from some 1:1 time with them, after which they have been ready to embrace the art offering and their own creative expression.

Participant's feedback continues to emphasise the importance of GAP in their lives:

- of the welcoming and relaxed atmosphere that allows them to focus on their work
- a place that over time has helped individuals to develop their art interests into a regular art practise – they feel proud of this and this boosts self esteem
- of a group where 'other people have similar things going on – it's good to talk to each other, we can help each other'
- 'I never used to talk or engage with anyone so this session has made a huge difference'

- GAP is 'Somewhere safe where I don't think about doing anything silly as I have support workers here'
- 'I like seeing friends, having a laugh, trying new things, having a space to create and getting support and being surrounded by kindness'
- 'No demand or obligation ethos makes it easy for me to stop being a hermit and leave the house. I can socialise without it exhausting me'

Arts from Home

We offer Arts from Home for people who feel unable to attend our regular face to face sessions. Art packs are delivered to people at home for 12 weeks, every fortnight, term-time. For those that want it, people can chat over the phone with our Wellbeing Support Worker. Through getting into the creative activities on offer, and by meeting or chatting over the phone with GAP staff, relationships, confidence and interest begin to grow. Many people then use this as a stepping stone to start attending one of our face to face groups which can be a huge step in a participant's life.

Drop In and Do

With this first year's Reaching Communities fund, we have expanded with a new fortnightly group called Drop In and Do. These sessions are not taught, but give participants the opportunity to bring in their own project and work on in the company of others, from across 5 existing groups. This group is in its infancy, but the long term vision is for the group to cater for participants who have benefitted from the more intensive support at our weekly groups. This group is designed to help participants progress with their own Creativity and with managing their Wellbeing and self-care more independently. We hope in the future this group will also help us to free up space in other groups for the periods in their lives when they need more intensive support.

Children and Young People's Groups

All young people we work with are referred to us by parents/carers, school staff, or other professionals. They are referred because they are struggling with for example, anxiety, low-mood, lack of confidence or self-esteem, and social isolation. Many are awaiting initial assessments from CAMHS (NHS Child and Adolescent Mental Health Service) and other services, this can take many months.

During this time we have run our first year of Junior GAP – a new group for younger ages, from 9-11years. As with all new projects, it has taken some time to establish the group but we now have a regular group, who thoroughly enjoy attending and benefit from coming. The model for Junior GAP is the same as other sessions, but with some adaptations to activities and resources to meet the needs of the age group. Due to their age, for many Junior GAP could be described as early intervention – but this gives us a wonderful opportunity to give them the tools to face

the increasing common mental challenges in their future years. And for some it is not early intervention - some children we are seeing are already under CAMHS and facing big struggles with their mental health – Junior GAP provides further support, time out and a creative outlet.

We have also continued our 2 'Mind the GAP' groups one after school and one during the school day, where we support young people who are not in school fulltime due to their mental health.

During sessions we offer participants chance to take part in a specific arts or craft activity – over the past year this has included lots of exciting arts projects including Collagraph printing, clay work, art focused on who we are and what's important to us and an exploration of the Japanese theory of Wabi Sabi. We always strive for a varied and enriching programme of activities, weaving in ideas and feedback from participants when we are planning. Whilst we have a main activity which is led by the project-lead, we recognise that this might not suit everyone and offer alternatives each week as well – we want our participants to feel comfortable and enjoy their time with us.



Over the year we have supported children and young people with many wellbeing issues including self-harm, exam stress, friendship issues, and anxiety. The wellbeing support workers offer children and young people a calm, non-judgemental listening ear and they definitely benefit from this. There are some very simple coping strategies and techniques for calming and we have shared some of these with young people with really positive results. One described using a learnt technique learn with GAP, half-way through a GCSE exam – it allowed them to self-regulate, calm and refocus to finish the exam. Another was feeling overwhelmed in the classroom – a group discussion was becoming argumentative and the child was struggling to cope, so they asked to be excused and used a breathing technique they had learned at GAP – again, this calmed them and they felt able to return to the classroom and continue with the activity.



Through the role of the Wellbeing support worker, we have been able to build deeper relationships with participants and their parents. We provide regular check-ins with participants as well as consistent following up via email, text messaging and calls with parents/carers. This has helped us with identifying causes behind non-attendance and providing referrals for additional support where necessary.

We have delivered our STOP Gap course in local primary schools and secondary schools – a 6 week introduction to arts for wellbeing, with a focus on the 5 ways to wellbeing. The feedback from this is always positive with one describing it as ‘time out to breathe and be calm.’

We have also seen great benefits from the counselling service we offer – 10 young people have accessed the service we offer this year, with many having more than the 8 sessions we initially proposed. This is invaluable for our young people as many are waiting for services such as CAMHS, and cannot afford to pay for private counselling themselves. The fact that we can offer the service without a waiting list is incredibly well received by the children and young people and their families.

Wellbeing Offer at Arts for Wellbeing Groups

Initially we had only one wellbeing support worker in the team, working 16 hrs a week. The wellbeing support on offer was limited to one-to-one support and supporting individuals in the art group who needed additional support to engage, and this was not on offer at all our groups.

The recruitment of a new manager as part of the Reaching Communities fund, and two other wellbeing support workers has enabled the team to develop. As it grows, we are able to evaluate the roles of wellbeing support within the team and discuss how we can complement the work of the Art leads.

The three wellbeing support workers now meet on a regular basis, use reflective practice to look at how we offer structured wellbeing support within a new wider multiskilled team. The team and participants have a clearer understanding of how the wellbeing element compliments the creative element of our service, the wealth of experience of the wellbeing support workers means we can share ideas, good practice and develop an exciting creative programme of events and material based on wellbeing advice, tips and hints and signposting onto other agencies.

When I first started supporting participants the role was very fluid. The last year has seen us being able to establish a structure to deliver wellbeing services that is consistent across all the service. The team is very clear about boundaries, what level of support we offer and are skilled to be able to have conversations with participants about clear, realistic expectations of what GAP can support with and when we need to signpost onto other services in the community.

The wellbeing support workers now meet weekly to discuss what themes we would like to focus on that term, this can reflect what’s happening at grass roots or link into local or national mental and wellbeing events and themes.

Wellbeing workers have created a resource pack folder, have a space allocated in the weekly wellbeing art groups that is a wellbeing zone with the folder and handouts

available to all participants. Staff are available to talk through the handouts and discuss options.

These conversations with Participants around certain topics help us see what issues are important - relevant locally to them and highlight unmet needs allowing us to gain information to pass onto the team to discuss development opportunities for groups and services along with highlighting the issues raised at a local level when meeting with other local charities. This way of working has been made possible with our new Plan-Do-Review system.

The feedback from participants is that the wellbeing conversations are welcomed and the what's going on has helped participants see the framework for wellbeing in our service and how it fits in with the creative outlets.

Having a focus for discussion while we are doing the art session has started to cascade throughout the groups. For example, we recently did an open discussion on what is resilience, how it can help with mental wellbeing across all groups.

Wellbeing support at Arts & MiNDs groups

Welcome

The group is very diverse, and we recognize that some participants want more input than others from GAP staff. Our 'welcome' aims to reflect this. For some, feeling welcome at the session will mean, after the initial greeting, having the space to just concentrate on their art in a supportive environment. For others, it may be that we sit and chat to them for a while, or introduce them to other members of the group at their initial session, or check in with them as to how their week has been etc. We aim to give each participant the level of space or support that they need.

Listen

Each participant knows that, (in addition to the above), there is space to talk to the wellbeing support worker one to one about anything in their life that they are concerned about. This could be a therapeutic conversation where we look at ways of countering the adverse effects on their mental health; offering different perspectives; signposting to other services; or simply giving the participant the space to voice their concerns. At all times we are mindful of any safeguarding needs.

Offer wellbeing advice and resources

These include information sheets on the effects of stress on the body, relaxation exercises, grounding techniques, exercise sheets to log personal coping strategies, information on how to access other wellbeing groups or services etc. We are available to talk through the resources with those participants who wish.

Connect participants to the wider community

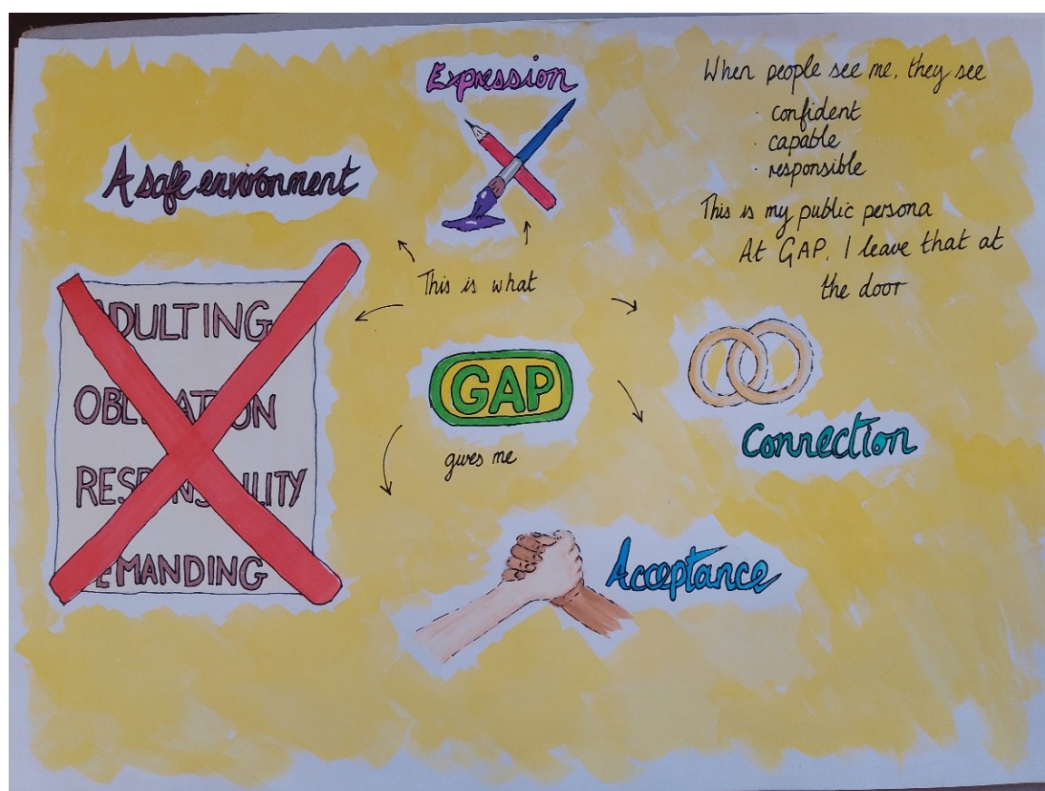
GAP often increases the confidence of participants, and can be a springboard to get involved in other activities in the community. This could be joining an additional group or activity, becoming a volunteer in the community, or applying for paid employment etc.

Signpost

We are always mindful of boundaries, and the importance of signposting participants to other services when their needs are beyond our remit/skill level. We maintain a library of resources regarding local community support for a wide range of issues, which includes mental health, physical health, housing issues, benefits, employment, debt advice, domestic abuse etc.

Case Studies of the difference GAP makes in people's lives

Participant's poster expressing what GAP means to them:



Case Study 1, Arts for Wellbeing Group:

"I" contacted GAP in October 2024 asking for support, she described herself as experiencing acute anxiety and being very isolated. She first started by receiving Arts from Home packs. She received four art packs, alongside regular Wellbeing

telephone calls from a wellbeing support worker. The aim of these calls was to build up a relationship of trust, and to discuss how GAP could support her to engage with our community.

These telephone calls entailed offering support and coping strategies, with the aim of her engaging with the weekly face to face Arts for Wellbeing Classes.

“I” attended GAP for 15 months and recently left as she has moved outside of the area.

Quote from I’s leaving statement

GAP and the services it provides has proven invaluable to be me over the last year. GAP Staff supportive approach and the warm and welcoming atmosphere has made me feel comfortable enough to transfer to the Arts for wellbeing group on weekly basis I made friends.

I have recently moved out of the area and feel much better than I did when I first approached GAP. My confidence has grown, and I’ve started slowly joining other things in the community I am going out more which is better for my mental health. Going to GAP was a structure to my week and the creative expression helped me with my anxiety; I gained skills to now have a coping strategy when life gets difficult. I’ve started to do other things in the wider community to fill the weeks, so I feel able to carry on arts and creative outlets at home and plan on joining other groups and possibly volunteer .

Case Study 2, Arts for Wellbeing Group:

J, a woman in her 50s, was referred to GAP 14 months ago. She had been forced to give up work 2 years previously due to mental health issues, acute anxiety and depression, along with physical ill health. J is also a carer for her mother who has dementia and her son who is in his 20s who has mental health issues.

J has recently got full time work and left GAP. She gave us this supporting statement when she left on how GAP services had helped her.

J says “I started GAP when I was in a very dark place. I felt very anxious and was very isolated dealing with my own health conditions as well as a difficult home situation being a full time carer was having an impact on my mental wellbeing.”

“The GAP team’s sensitive approach and the wellbeing part of GAP helped me settle in and make friends. Staff encouraged me to reconnect with my creative side. My previous job as a florist had meant I left feeling very unconfident in my skills and I felt anxious that I would be judged on what I created. This was not the case, the encouragement from participants and staff at GAP meant I was able to complete some enjoyable projects. I have appreciated the mindfulness and opportunity to have

time in my week to be creative to spend time with people other than my family has given me a break from my worries.”

GAP staff referred me onto and funded a counsellor for 6 sessions. This really helped me I was able to see that I needed extra help and couldn't continue as a carer without outside help. I was able to have conversations with family to make them understand that I couldn't do everything they expected me to do. I would never have had the confidence to do this before I came to GAP.

I am now in a position I feel able to move onto another chapter in my life whilst still using the creative outlet and confidence gained at GAP to cope with anxiety pressure and stress.

I have recently booked a holiday abroad which I've not been able to do for many years. I have also got a full time job so I am making the transition back into the work place.”

Case Study 3, Arts & MiNDs group

I've been coming to GAP for a year and a half. It's a space to be with others who are on my wavelength, where I can just be who I am without any pressure, obligation or demand. The people here 'get me', there is no pretence.

GAP has improved my mental wellbeing because I now have an outlet of decompression with people who understand. It's a type of socialising that isn't exhausting. It has broadened my horizons being able to come here to be creative and just have a go at interesting things that I may not have tried otherwise.

The world sees me as a confident, wise and capable individual. I am all those things, but – I am also autistic with ADHD and life can be hard. I work full-time with a fair bit of responsibility, and here at GAP I can drop these responsibilities - and the mask and just be.

GAP is a safe space for *all* neurodivergent adults – everyone is accepted and welcomed.

Please see image below created by this participant to express what GAP means to her at the start of the Case Study Section in this report.

Case Study 4, Arts & MiNDs group

One group participant is the main carer/support for two family members who are going through major physical and mental health issues. This has had a huge impact on her own mental health, and to a lesser extent, her physical health. Throughout this she has come to the GAP sessions as often as she can. The sessions are the

only time in her week when she can focus purely on herself and put all her responsibilities aside. She has described GAP as 'a lifeline'.

On one occasion she looked particularly anxious and tearful, and not able to engage in the activity. The wellbeing support worker was able to offer a private space for her to talk through everything that had happened in the previous week. She was able to voice her concerns and worries in a safe and supportive space and given the time she needed to feel more grounded in the here and now. From previous conversations, the support worker knew that nature was important to her as a way of relaxing and relieving anxiety. Before returning to the group, the support worker was able to help her to come up with ways of being with nature during the day, just for a couple of minutes or so, to feel more grounded. She was then able to go back to the group for the rest of the session and really immersed herself in the activity.

The trusting relationships developed between the wellbeing support worker and group participants not only lead to therapeutic conversations which are beneficial in themselves, but can also help participants to engage in the arts activities which further increase wellbeing.

Case study 5, Children and young people's groups

'A' has been attending Junior GAP for approximately 9months. She started as a year 6 student who had struggled with support at school and when she joined GAP had just moved to a new school. At her new school she is on a part-time timetable. A has a recent diagnosis of Autism, and can struggle in social situations.

When asked about what GAP has given her, A said *'I get to have fun and I get to talk to people about my feelings'*. She went on to say that talking to people is better than bottling everything up, and she used to not want to talk, and not want to leave the house. She says that GAP has given her a *'first place to talk to people and to trust people – GAP gave me the power and enthusiasm to talk to people and trust people again. This has led me to be able to tell people, like my teachers, how I'm feeling.'*

In terms of the group and the art, A enjoys having the opportunity to show off her art to people! She has enjoyed activities such as clay because of the sensory elements of working with this material. She also got a lot out of creating a piece about her, exploring who she is and 'how people react to her'. A enjoys spending time with people who she doesn't normally spend time with and says at GAP 'we are always laughing about something'.

Community Engagement

During our first year as a CIO, we have prioritised strengthening the GAP Community itself as well as being active and engaged within our local area. We have again been involved in a whole number of Community Events, as well as running our

own. This work is to spread the word about our work, raise our profile, build links with partner organisations, and to raise funds.

Glossop Heritage Weekend – June 2024

A chance for GAP to be involved in the heart of our community, meeting local people and businesses and celebrating our heritage.

We were interviewed live for Tameside radio on the Saturday letting people know about our work and how to support us which is an invaluable way of reaching more people. We also got to meet the newly appointed Derbyshire Police and Crime Commissioner Nicolle Ndiweni-Roberts which was a wonderful opportunity for her to see the work being done locally and gain an understanding of the area.

Our craft stall was a great success making old fashioned dolly pegs using upcycled materials and bunting with images and writing depicting all things Glossop.



Whitfield Welldressing - September 2024

GAP were delighted to be a part of the initial stages of reinstating Whitfield Welldressing which last took place in 1995 and began in 1874. Taking inspiration from welldressings of the past within the High Peak, we wanted to combine this as well as Glossop today and what it means to us. The participants that took part were delighted to have the chance to learn how to create their own board in their individual style whilst working as a team in doing so.

We had a stall at the community event on Whitfield Recreation ground after the welldressing ceremony where we demonstrated to people how to create a welldressing board. Lots of people had seen them but didn't know how they were made, therefore a great opportunity to get hands on with a centuries old tradition. From young and old we allowed people the chance to get stuck in, play and let their creativity flow.





GAP Community Exhibition – What GAP Means to Me - April 2025

At the heart of what GAP is about is empowering people, having an opportunity to express ones self creatively and having time out for themselves.

In the past 11 years we have worked with a vast array of mediums; clay, painting, sculpture, felt, to name a few, and the journey people go on in finding what works for them. It is vital to us to give opportunities to people who may not ordinarily get the chnace to showcase their work in an exhibition, bringing all groups of GAP together. The theme was 'What does GAP mean to me', where participants were given the chance to work on their own piece, in whichever medium they chose to then submit alongside peers.

We held the exhibition in Victoria Hall which is a great, light space to show work and invited all participants, their friends and families along with local Councillors, MP for High Peak, the Mayor, to see what we get up to in the sessions and celebrating what we do.

This is something we have done a few times over the years and will continue to do so as a celebration of our achievements as a whole. Our Exhibition was feature in a local paper.



Derbyshire Makes Festival – Swift event – April 2025

Derbyshire Makes, is a new initiative which, and states on their website:

Creatives, crafters, artists, anyone up for having a go - coming together for Derbyshire's new celebration of making.

The event was held in Glossop Town Square and surrounding areas engaging in artistic practises from a sound video installation in the local theatre to the *Makory Bus* which travels throughout the county as a space to get creative in. It was a chance for local people who may not ordinarily get the opportunity to get creative, engage with others and see what's on offer.

Local puppeteer Fenn Bartels and renowned swift expert Deb Pitman invited us to work with them on their swift puppet story which was held on stage in the square teaching all about endangered swifts through storytelling.

We displayed our upcycled cardboard swifts that all participants made in Glossop Wholefoods which was a wonderful backdrop to the play.

We will continue to be a part of what Derbyshire Makes has on offer in the future and see it as a great platform to work with other practitioners, have the opportunity to build on what we already do and expand our creative offerings.



National Mental Health Awareness Week – May 2025

Facebook Post talking about how participants from across GAP spread positive messages across our local area during this important week:



Bongo Bill's DJ Night – Lanterns – May 2025

Recently a local DJ invited GAP to decorate plain lanterns with the theme of Inteplanetary vibes for their clubnight in the area. It is always a great pleasure to work with creative individuals in various artforms that combine a greater experience to the individual. GAP delighted in using acrylic paint, pens, glitter, etc. to play with in producing vibrant lanterns which looked amazing when the disco lights shone on them. This helps us get our name out into the community and the hopes for future collaborations to be a part of.

	Proposed income	Actual income for May 2024-205
4 x Craft Fairs/Stalls at events	£1,000	£454.33
Hands on Art subs	£5,200	£5680
Club Night income	£1,000	£929
Additional sales of 'GAP Made' products	£300	£117.19
Fundraising via High Peak Lottery and Easy Fundraising.	£800	£634.60
2 x Fundraising Events	£300	£406.14
Other individual donations	£800	£954.70
TOTAL	£9,400	£9175.96



Other Community Events we have been involved with:

- June 2024 – Tintwistle Gala
- July & December 2024 – Vintage Craft Fair (Fundraising)
- September 2024 – Derbyshire Mental Health and Suicide Preventions Day
- December 2024 – GAP Community Quiz – bringing together our diverse participants, friends and family of all ages from across all our groups
- May 2025 – Community Health & Wellbeing Event with our MP, Jon Pearce
- June 2025 – Glossopdale Wellbeing Event, information for local residents

Fundraising Review

We are really pleased to report that we were very close to our proposed earned income for this year, bringing in £9175.96 out of a proposed £9400.

As can be seen in the table above we had a shortfall in what we hoped to make at Craft fairs and from the sale of our products – this probably reflects a national picture of people having less disposable income and seeking out the cheapest products available. However we remain committed to keeping this part of our model, not least because it has such a big impact on people's confidence, seeing their products for sale. We are excited to have developed a couple of products which we have had printed in bulk – a large range of Christmas Cards and postcards depicting Glossop. We ran a competition this year giving participants an opportunity to design postcards, choosing 3 finalists, each of which we had printed and are now for sale both through GAP and in a local bookstore.



We have attended a
had stalls at Glossop



number of Craft fairs, and
Heritage weekend and

Tintwistle Gala. We have also held a couple of internal events to raise funds and celebrate what we do. The first was a family quiz night – this was the first, very successful and we intend for it to become an annual event. Participants, staff and friends of GAP came together to for a Christmas and Art themed quiz, which raised £255 – we hope we can build on this creating a bigger event next.

We also held a second exhibition – whilst this was foremost an opportunity to share the artwork of participants, with refreshments on sale, a tombola and a raffle, it was also an opportunity to raise more funds.



In terms of monetary donations we made a decision this year to add a £1 donation request per session for participants to our Arts 4 Wellbeing sessions and Arts & MiNDs sessions. This was not an easy decision – we have always endeavoured to make GAP accessible for all who need it, and offering sessions for free was a way to do this. However we feel a donation of £1 per session is reasonable. We know our participants well and understand for some this may be a financial struggle – we would never stop someone from coming who could not afford the donation, but in reality this has not been the case and participants are happy to pay £1.

REGISTERED CHARITY NUMBER: 1206719

Report of the Trustees and
Unaudited Financial Statements
for the Period 24 January 2024 to 31 January 2025
for
Glossop Arts Project CIO

Clayton and Clayton Accountants LLP
Chartered Certified Accountants
64 Market Street
New Mills
HIGH PEAK
SK22 4AA

Glossop Arts Project CIO

Contents of the Financial Statements
for the Period 24 January 2024 to 31 January 2025

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Statement of Financial Position	4 to 5
Notes to the Financial Statements	6 to 8
Detailed Statement of Financial Activities	9

Glossop Arts Project CIO

Report of the Trustees for the Period 24 January 2024 to 31 January 2025

The trustees present their report with the financial statements of the charity for the period 24 January 2024 to 31 January 2025. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1206719

Principal address

Victoria Hall
Talbot Street
Glossop
Derbyshire
SK13 7DQ

Trustees

C Isherwood (appointed 2.7.24)
E J Tovey Bromley (appointed 7.2.24)
B A Hastings-Asatourian (appointed 7.2.24)
Mrs L Allott (appointed 7.2.24)
Mrs C G Naden (appointed 7.2.24)

Independent Examiner

Kriston Clayton FCCA
Clayton and Clayton Accountants LLP
Chartered Certified Accountants
64 Market Street
New Mills
HIGH PEAK
SK22 4AA

Approved by order of the board of trustees on 11 July 2025 and signed on its behalf by:



E J Tovey Bromley - Trustee

Independent Examiner's Report to the Trustees of
Glossop Arts Project CIO

Independent examiner's report to the trustees of Glossop Arts Project CIO

I report to the charity trustees on my examination of the accounts of Glossop Arts Project CIO (the Trust) for the period 24 January 2024 to 31 January 2025.

Responsibilities and basis of report

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

I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

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

Kriston Clayton FCCA
The Association of Chartered Certified Accountants

Clayton and Clayton Accountants LLP
Chartered Certified Accountants
64 Market Street
New Mills
HIGH PEAK
SK22 4AA

11 July 2025

Glossop Arts Project CIO

Statement of Financial Activities
for the Period 24 January 2024 to 31 January 2025

	Notes	Unrestricted fund £
INCOME AND ENDOWMENTS FROM		
Donations and legacies		133,262
Other trading activities	2	10,545
Total		<u>143,807</u>
EXPENDITURE ON		
Raising funds		8,182
Other		93,347
Total		<u>101,529</u>
NET INCOME		42,278
RECONCILIATION OF FUNDS		
Total funds brought forward		6,907
TOTAL FUNDS CARRIED FORWARD		<u><u>49,185</u></u>

The notes form part of these financial statements

Glossop Arts Project CIO

Statement of Financial Position
31 January 2025

	Notes	Unrestricted fund £
FIXED ASSETS		
Tangible assets	4	2,133
CURRENT ASSETS		
Debtors	5	2,232
Cash at bank		75,424
		<hr/> 77,656
CREDITORS		
Amounts falling due within one year	6	(30,604)
NET CURRENT ASSETS		<hr/> 47,052
TOTAL ASSETS LESS CURRENT LIABILITIES		 49,185
NET ASSETS		<hr/> <hr/> 49,185

The notes form part of these financial statements

Glossop Arts Project CIO

Statement of Financial Position - continued
31 January 2025

FUNDS	7	
Unrestricted funds		49,185
TOTAL FUNDS		<u>49,185</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 11 July 2025 and were signed on its behalf by:



C Isherwood - Trustee



E J Tovey Bromley - Trustee

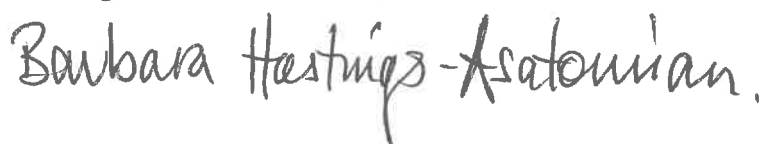
L Allott - Trustee



C G Naden - Trustee



B A Hastings-Asatourian - Trustee



1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

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

Expenditure

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

Tangible fixed assets

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

- Plant and machinery - 20% on reducing balance
- Computer equipment - 33% on cost

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

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

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

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

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

1. ACCOUNTING POLICIES - continued

Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. OTHER TRADING ACTIVITIES

Shop income	£ 10,545
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3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the period ended 31 January 2025.

Trustees' expenses

There were no trustees' expenses paid for the period ended 31 January 2025.

4. TANGIBLE FIXED ASSETS

	Plant and machinery £	Computer equipment £	Totals £
COST			
At 24 January 2024	1,816	3,910	5,726
Additions	-	599	599
	<hr/>	<hr/>	<hr/>
At 31 January 2025	1,816	4,509	6,325
	<hr/>	<hr/>	<hr/>
DEPRECIATION			
At 24 January 2024	1,096	2,186	3,282
Charge for year	144	766	910
	<hr/>	<hr/>	<hr/>
At 31 January 2025	1,240	2,952	4,192
	<hr/>	<hr/>	<hr/>
NET BOOK VALUE			
At 31 January 2025	576	1,557	2,133
	<hr/>	<hr/>	<hr/>

Notes to the Financial Statements - continued
for the Period 24 January 2024 to 31 January 2025

5. DEBTORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

Trade debtors	£ 2,232
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6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

Trade creditors	£ 917
Other creditors	29,687
	<u>30,604</u>

7. MOVEMENT IN FUNDS

	At 24.1.24 £	Net movement in funds £	At 31.1.25 £
Unrestricted funds			
General fund	6,907	42,278	49,185
TOTAL FUNDS	<u>6,907</u>	<u>42,278</u>	<u>49,185</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	143,807	(101,529)	42,278
TOTAL FUNDS	<u>143,807</u>	<u>(101,529)</u>	<u>42,278</u>

8. RELATED PARTY DISCLOSURES

There were no related party transactions for the period ended 31 January 2025.

Glossop Arts Project CIO

Detailed Statement of Financial Activities
for the Period 24 January 2024 to 31 January 2025

£

INCOME AND ENDOWMENTS

Donations and legacies

Gifts	1
Grants	133,261
	<hr/>
	133,262

Other trading activities

Shop income	10,545
	<hr/>

Total incoming resources	143,807
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EXPENDITURE

Other trading activities

Purchases	8,182
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Support costs

Management	
Wages	62,418
Pensions	617
Other operating leases	7,963
Insurance	477
Telephone	368
Postage and stationery	1,349
Advertising	884
Sundries	782
Consultancy and Supervision	8,630
No description	2,727
Depreciation of tangible and heritage assets	910
	<hr/>
	87,125

Human resources

Software licences	3,101
Staff Training	926
	<hr/>
	4,027

Governance costs

Accountancy and legal fees	2,195
	<hr/>

Total resources expended	101,529
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Net income	42,278
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This page does not form part of the statutory financial statements

Report of the Trustees and
Unaudited Financial Statements
for the Period 24 January 2024 to 31 January 2025
for
Glossop Arts Project CIO

Clayton and Clayton Accountants LLP
Chartered Certified Accountants
64 Market Street
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HIGH PEAK
SK22 4AA

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for the Period 24 January 2024 to 31 January 2025

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Glossop Arts Project CIO

Report of the Trustees for the Period 24 January 2024 to 31 January 2025

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Governing document

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REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1206719

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Trustees

C Isherwood (appointed 2.7.24)
E J Tovey Bromley (appointed 7.2.24)
B A Hastings-Asatourian (appointed 7.2.24)
Mrs L Allott (appointed 7.2.24)
Mrs C G Naden (appointed 7.2.24)

Independent Examiner

Kriston Clayton FCCA
Clayton and Clayton Accountants LLP
Chartered Certified Accountants
64 Market Street
New Mills
HIGH PEAK
SK22 4AA

Approved by order of the board of trustees on 11 July 2025 and signed on its behalf by:

E J Tovey Bromley - Trustee

Independent examiner's report to the trustees of Glossop Arts Project CIO

I report to the charity trustees on my examination of the accounts of Glossop Arts Project CIO (the Trust) for the period 24 January 2024 to 31 January 2025.

Responsibilities and basis of report

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Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

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

Kriston Clayton FCCA
The Association of Chartered Certified Accountants

Clayton and Clayton Accountants LLP
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64 Market Street
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SK22 4AA

11 July 2025

Glossop Arts Project CIO

Statement of Financial Activities
for the Period 24 January 2024 to 31 January 2025

	Notes	Unrestricted fund £
INCOME AND ENDOWMENTS FROM		
Donations and legacies		133,262
Other trading activities	2	10,545
Total		<u>143,807</u>
 EXPENDITURE ON		
Raising funds		8,182
 Other		93,347
Total		<u>101,529</u>
 NET INCOME		42,278
 RECONCILIATION OF FUNDS		
Total funds brought forward		6,907
 TOTAL FUNDS CARRIED FORWARD		<u><u>49,185</u></u>

The notes form part of these financial statements

Glossop Arts Project CIO

Statement of Financial Position
31 January 2025

	Notes	Unrestricted fund £
FIXED ASSETS		
Tangible assets	4	2,133
CURRENT ASSETS		
Debtors	5	2,232
Cash at bank		75,424
		<hr/>
		77,656
CREDITORS		
Amounts falling due within one year	6	(30,604)
		<hr/>
NET CURRENT ASSETS		47,052
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TOTAL ASSETS LESS CURRENT LIABILITIES		49,185
		<hr/>
NET ASSETS		49,185
		<hr/> <hr/>

The notes form part of these financial statements

Glossop Arts Project CIO

Statement of Financial Position - continued
31 January 2025

FUNDS	7	
Unrestricted funds		49,185
TOTAL FUNDS		<u>49,185</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 11 July 2025 and were signed on its behalf by:

C Isherwood - Trustee

E J Tovey Bromley - Trustee

L Allott - Trustee

C G Naden - Trustee

B A Hastings-Asatourian - Trustee

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

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Tangible fixed assets

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

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Computer equipment - 33% on cost

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

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

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

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Notes to the Financial Statements - continued
for the Period 24 January 2024 to 31 January 2025

1. ACCOUNTING POLICIES - continued

Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. OTHER TRADING ACTIVITIES

Shop income	£ 10,545
-------------	-------------

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the period ended 31 January 2025.

Trustees' expenses

There were no trustees' expenses paid for the period ended 31 January 2025.

4. TANGIBLE FIXED ASSETS

	Plant and machinery £	Computer equipment £	Totals £
COST			
At 24 January 2024	1,816	3,910	5,726
Additions	-	599	599
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At 31 January 2025	1,816	4,509	6,325
	<hr/>	<hr/>	<hr/>
DEPRECIATION			
At 24 January 2024	1,096	2,186	3,282
Charge for year	144	766	910
	<hr/>	<hr/>	<hr/>
At 31 January 2025	1,240	2,952	4,192
	<hr/>	<hr/>	<hr/>
NET BOOK VALUE			
At 31 January 2025	576	1,557	2,133
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

Notes to the Financial Statements - continued
for the Period 24 January 2024 to 31 January 2025

5. DEBTORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	£
Trade debtors	2,232
	<u>2,232</u>

6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	£
Trade creditors	917
Other creditors	29,687
	<u>29,687</u>
	<u>30,604</u>

7. MOVEMENT IN FUNDS

	At 24.1.24 £	Net movement in funds £	At 31.1.25 £
Unrestricted funds			
General fund	6,907	42,278	49,185
	<u>6,907</u>	<u>42,278</u>	<u>49,185</u>
TOTAL FUNDS	<u>6,907</u>	<u>42,278</u>	<u>49,185</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
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	<u>143,807</u>	<u>(101,529)</u>	<u>42,278</u>
TOTAL FUNDS	<u>143,807</u>	<u>(101,529)</u>	<u>42,278</u>

8. RELATED PARTY DISCLOSURES

There were no related party transactions for the period ended 31 January 2025.

Detailed Statement of Financial Activities
for the Period 24 January 2024 to 31 January 2025

£

INCOME AND ENDOWMENTS

Donations and legacies

Gifts	1
Grants	133,261
	<hr/>
	133,262

Other trading activities

Shop income	10,545
	<hr/>

Total incoming resources	143,807
---------------------------------	---------

EXPENDITURE

Other trading activities

Purchases	8,182
-----------	-------

Support costs

Management

Wages	62,418
Pensions	617
Other operating leases	7,963
Insurance	477
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Postage and stationery	1,349
Advertising	884
Sundries	782
Consultancy and Supervision	8,630
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Depreciation of tangible and heritage assets	910
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Human resources

Software licences	3,101
Staff Training	926
	<hr/>
	4,027

Governance costs

Accountancy and legal fees	2,195
	<hr/>

Total resources expended	101,529
	<hr/>

Net income	42,278
	<hr/>
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