

**CORINNE BURTON
MEMORIAL TRUST**

A Charitable Trust

**TRUSTEES' REPORT
AND FINANCIAL STATEMENTS**

For the year ended 31 December 2020

CORINNE BURTON MEMORIAL TRUST

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CORINNE BURTON MEMORIAL TRUST

TRUST INFORMATION

Trustees Sir Michael John Burton
Laurence Stephen Brass
Norman Anthony Leifer
Lorna Lee Cohen
Jeremy Bard
Judith Frances Kasriel
Joshua Daniel March Cowan

Charity Number 1015586

Principal Address 28 Church Road
Stanmore
Middlesex HA7 4XR

**Accountants/
Independent Examiner** Parker Cavendish
28 Church Road
Stanmore
Middlesex HA7 4XR

Principal Bankers Barclays Bank plc
160 Piccadilly
London W1A 2AB



Who we are, and what we do

The Corinne Burton Memorial Trust (CBMT) is the only charity in the UK that supports the practice of Art Psychotherapy for cancer care. We have played a fundamental role in the development of this field through several initiatives; the direct support of art therapist positions at hospitals (currently, St Bartholomew's Hospital in London, referred to hereafter as "Barts"), the publication of materials and books, and the funding of a scholarship at Goldsmiths, University of London, for new art therapists specialising in cancer care. CBMT also funds the scholarship recipients for another two years after graduating, working at hospitals or hospices, as qualified art therapists, delivering services to cancer patients.

Receiving a diagnosis of cancer is a deeply distressing event. While traditional psychotherapy is a useful tool, it is usually used on a longer-term basis. Sadly, many cancer patients cannot be guaranteed any kind of 'longer term'. Art therapy gives an immediate psychotherapeutic benefit, playing a powerful role in giving patients both insight and an additional will to fight. It is an especially important tool for patients resistant to traditional psychological therapy (such as young men, who often turn down other forms of support). Cancer is a devastating illness. It can be physically debilitating, meaning patients lose the ability to do the things they could before. This can lead to depression, anxiety, and deep feelings of loneliness. Art therapy enables patients to re-engage creatively, helping them find new ways of connecting with their purpose and the people around them.

"I always look forward to therapy sessions as I always come out feeling like a weight had been taken off my back. What I tell my therapist always feels valued and this makes me feel valued. The sessions also make it easier to understand some of my feelings." - Patient A, after an Art Therapy session

Art therapy is recognised as expanding the options for communicating and giving back patients their motivation. Each session takes them out of their clinical setting and helps them to reconnect with themselves, and process what they are experiencing.

Our Impact

Since our founding, CBMT has supported more than 30 Art Psychotherapy students through Goldsmiths. They have gone on to help thousands of cancer sufferers across the country. As a direct result of our financial support for an art therapist position at Barts or at other hospitals and hospices, there have been more than 6,500 art therapy sessions delivered at Barts alone in the past fifteen years. Many patients have written directly to the Trust with their appreciation.

"If it wasn't for CBMT there wouldn't be art therapy at Barts; there wouldn't be the research that is happening on art therapy, and the work with the doctors and nurses at Barts wouldn't be happening either." - Megan Tjasink, Barts Art Therapist

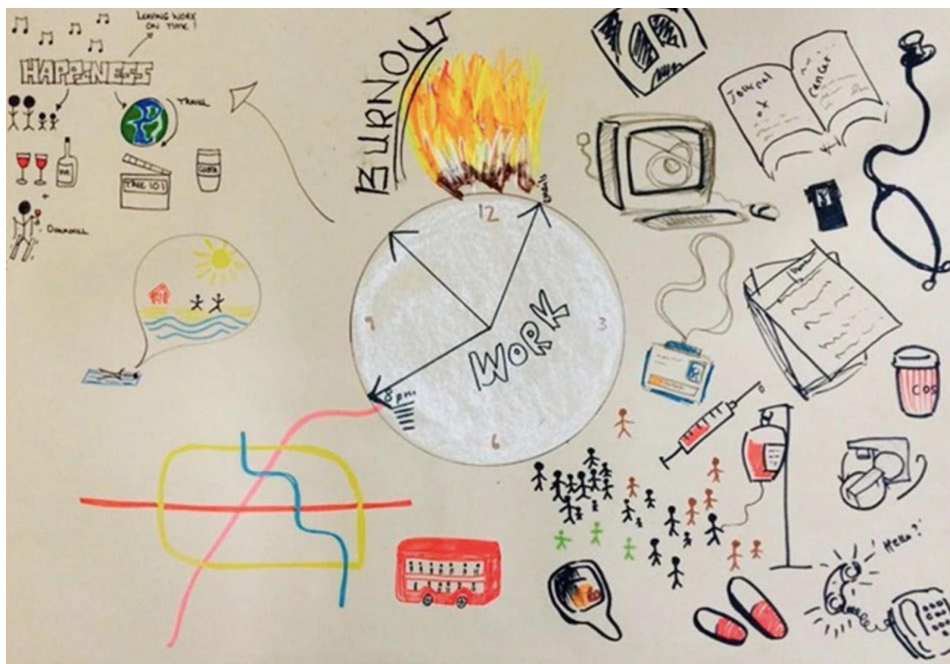
In 2020, we provided a total of 217 art therapy sessions to patients at Barts. This was made up of 52 in-patient sessions and 165 out-patient sessions. Most in-patients were not able to have visitors from outside the hospital for months. Our sessions meant working closely with the infection control and prevention team to provide art therapy safely at the bedsides of very unwell patients who, along with their illness, struggled with isolation as a result of the pandemic. In March 2020 all outpatient sessions moved online.

CBMT and COVID-19

Our work became even more important through the COVID-19 pandemic when many in-patients were not able to have outside visitors for months at a time, and overstretched doctors and nurses were at high risk of burnout and some of our therapists' time at Barts was seconded to staff support. We established an online art therapy blog and online art therapy group. These were used by 340 staff members (25 attended groups and 315 engaged with art therapy via the blog). The psychological services team at Barts (including art therapy and psychology) was put forward for a parliamentary award.

Hospital staff are frequently exposed to work-related stress putting them at risk of burnout and affecting patient safety. In another pilot study at Barts, art therapy was used on eighteen trainee doctors, 14 of whom were measured (using a psychological assessment) as being close to burnout. Following the course, there were statistically significant improvements in emotional exhaustion and personal achievement.

"First off, I would like to thank all the people behind the art therapy. As I, personally found it very useful going through these tough times. I have been on the frontline since March and until now post-peak of the pandemic. I felt trapped wearing PPEs, but relieved with doing creative works." - ITU nurse, SBH, May 2020

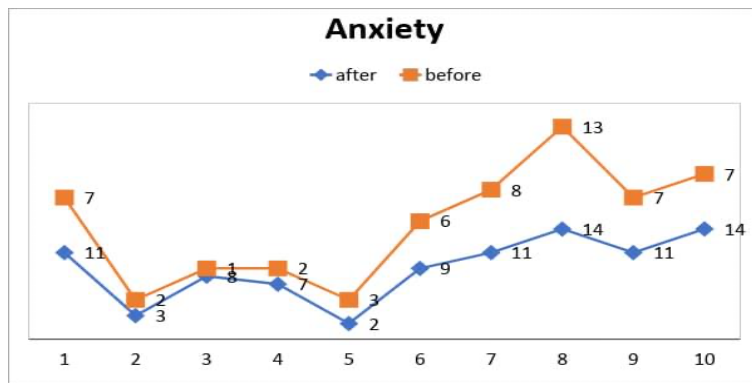


A piece produced by one of the doctors in the pilot study during an art therapy session.

"I have found art therapy-based workshops and groups to be well placed to support and replenish healthcare professionals. They facilitate connection, reflection, meaning-making; they sustain empathy and foster resilience. The pro-active, self-determining nature of art-making is an invaluable relief in the face of systemic issues that feel beyond their control to change." - Megan Tjasink, Barts Art Therapist

Evaluating our work

The art therapists at Barts evaluate the impact and outcomes of their sessions using the same measures as applied by Cancer Alliance UK. A patient's anxiety and depression levels are measured at the start and then again at the end of a course of art therapy.

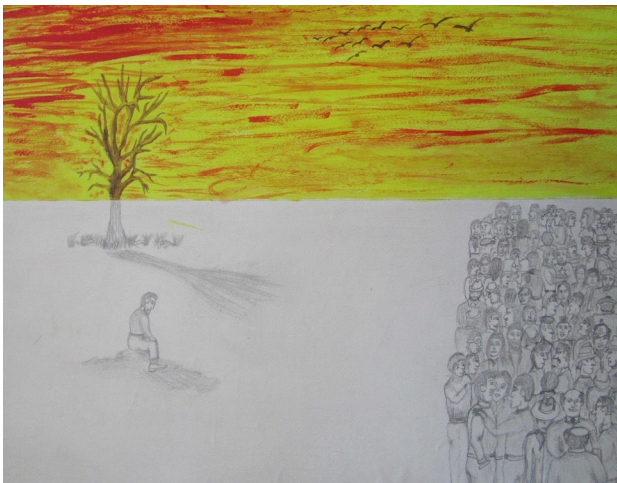


A recent study at Barts showed a significant reduction in patient anxiety after sessions with CBMT art therapists

"My art therapy sessions became a part of my treatment that I had some kind of control over and that had some kind of respect for me. The session was a place where I

could take my anger and anxieties and self-pity and guilt and cancer comedy and treatment horror stories to feel however I needed to. I was free to feel how I wanted." - A patient's account of her art therapy sessions.

Below are examples of pieces created by patients at Barts during art therapy sessions.



The Trust feels very proud of the students and alumni of the Goldsmiths art therapy course and the practitioners at Barts and other hospitals and hospices, who have been the recipients of its funding for over 30 years, and of the marvellous work they have done and care they have given.

CORINNE BURTON MEMORIAL TRUST

TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2020

The Trustees present their report and accounts for the year ended 31 December 2020

The trustees present their report with the financial statements of the charity for the year ended 31 December 2020. 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 2015).

Status and objectives

The Trust was created by a Deed dated 24 November 1992 ("the Trust Deed") in memory of the late Corinne Burton and is a registered charity no. 1015586. It is governed by the Trust Deed and by the Charities Act 2011.

The Trustees have unrestricted powers to apply the trust funds towards the charitable objectives set out in the Trust Deed.

The main object which the Trust pursues is the funding of art therapy, and the training of art therapists, for cancer patients.

There have been no changes in the policies adopted by the Trust during the year.

In January 2019 the Trust Deed was amended such that the total number of Trustees shall not exceed nine.

Results, Activities and Review of the Year

Incoming Resources

The excess of incoming resources as against resources expended in the year is shown on page 8.

Total incoming resources amounted to £46,287 as compared with £35,050 the previous year.

Interest receivable and similar income amounted to £73, as compared with £140 for the previous year.

Resources Expended

Total expenditure in the year amounted to £10,994 a decrease of £45,895 on the previous year.

Direct charitable expenditure (net of write backs) included in the above amount totalled £19,036, a decrease of £20,693 on the previous year's amount.

It is the usual policy of the Trustees to make awards from the accumulated unrestricted fund only, and to write back any provisions to this fund where a write back is deemed necessary.

Assets and Liabilities

The Statement of Financial Position on page 9 of the financial statements shows the financial position of the Trust as at 31 December 2020

Total assets exceeded total liabilities by £21,490 which is represented by the accumulated balances on both capital and income funds. The net assets of the Trust are held in order to meet the Trust's operating expenses, if any, and also to be applied towards the Trust's charitable objectives.

The Trust has made future commitments with regards to the funds held as detailed in notes 5 and 6 on page 11.

CORINNE BURTON MEMORIAL TRUST

TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2020 (CONTINUED)

Trustees and Administration

The trustees of the Trust are listed on page 1. The power of appointing new or additional trustees is vested in the settlor, Sir M J Burton. An additional trustee may be appointed at any time but so that the total number of the trustees shall at no time exceed nine.

The Trust's objectives are met in such proportion and manner as the trustees shall in their absolute discretion from time to time determine.

The Trust has no employees. The day to day administration of the Trust is dependent on the services provided by the trustees.

This report was approved by the trustees on 20 September 2021 and signed on their behalf by

..... Sir Michael John Burton

..... Laurence Stephen Brass

..... Norman Anthony Leifer

..... Lorna Lee Cohen

..... Jeremy Bard

..... Judith Frances Kasriel

.....Joshua Daniel March Cowan

Independent Examiner's Report to the Trustees of The Corinne Burton Memorial Trust

I report to the charity trustees on my examination of the accounts of The Corinne Burton Memorial Trust (the Trust) for the year ended 31 December 2020.

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.



Mervyn Beth FCCA
Parker Cavendish
Chartered Accountants
28 Church Road
Stanmore
Middlesex
HA7 4XR

Date: 20 September 2021.

CORINNE BURTON MEMORIAL TRUST

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2020**

Unrestricted

Income Fund

	NOTES	2020 £	2019 £
INCOMING RESOURCES			
General donations and Activities (net)		38,152	34,910
Bank deposit interest received (gross)		73	140
Tax refunds		8,062	-
		—	—
TOTAL INCOMING RESOURCES		46,287	35,050
		—	—
Less: Cost of Generating Funds			
Activity costs - less refunds		(8,972)	16,500
		—	—
NET INCOMING RESOURCES AVAILABLE FOR CHARITABLE APPLICATION		55,259	18,550
		—	—
Less: Resources Expended			
Donations and grants- Less written back	3	19,036	39,729
Governance costs	4	930	660
		—	—
TOTAL CHARITABLE EXPENDITURE		19,966	40,389
		—	—
TOTAL RESOURCES EXPENDED		10,994	56,889
		—	—
NET MOVEMENTS IN FUNDS		35,293	(21,839)
INCOME FUND BALANCE BROUGHT FORWARD AT 1 JANUARY 2020		(13,903)	7,936
		—	—
INCOME BALANCE CARRIED FORWARD AT 31 DECEMBER 2020		21,390	(13,903)
		=====	=====
CAPITAL FUND BALANCE BROUGHT FORWARD AT 1 JANUARY 2020 AND CARRIED FORWARD AT 31 DECEMBER 2020		100	100
		=====	=====

CORINNE BURTON MEMORIAL TRUST

**STATEMENT OF FINANCIAL POSITION
AS AT 31 DECEMBER 2020**

	Notes	2020 Unrestricted Fund £	2019 Unrestricted Fund £
CURRENT ASSETS			
Cash at bank		100,993	93,926
Debtors	7	8,062	-
		—————	—————
		109,055	93,926
Creditors: Amounts falling due within one year	5	(37,280)	(53,929)
		—————	—————
NET CURRENT ASSETS		71,775	39,997
		—————	—————
Creditors: Amounts falling due after more than one year	6	(50,285)	(53,800)
		—————	—————
NET ASSETS (2019 - LIABILITIES)		21,490	(13,803)
		=====	=====
TRUST FUNDS			
CAPITAL FUND: expenditure endowment		100	100
INCOME FUND: unrestricted		21,390	(13,903)
		—————	—————
		21,490	(13,803)
		=====	=====

Approved by the Trustees on 20 September 2021

..... Sir Michael John Burton Laurence Stephen Brass

..... Norman Anthony Leifer Judith Frances Kasriel

.....Lorna Lee Cohen Jeremy Bard

..... Joshua Daniel March Cowan

The notes on pages 10 and 11 form an integral part of these financial statements.

CORINNE BURTON MEMORIAL TRUST

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2020

1. ACCOUNTING POLICIES

a) 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 2015)', Financial Reporting Standard applicable in the UK and Republic of Ireland EFA, and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Financial reporting standard 102 - reduced disclosure exemptions

The charity has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

The requirements of Section 7 Statement of Cash Flows;

The requirement of Section 3 Financial Statement Presentation paragraph 3.17(d);

The requirements of Section 11 Financial Instruments paragraphs 11.41(b), 11.41(c), 11.41(e), 11.41(f), 11.42, 11.44, 11.45, 11.47, 11.48(a)(iii), 11.48(a)(iv), 11.48(b) and 11.48(c);

The requirements of Section 12 Other Financial Instruments paragraphs 12.26, 12.27, 12.29(a), 12.29(b) and 12.29A;

The requirement of Section 33 Related Party Disclosures paragraph 33.7.

The principal accounting policies adopted in the preparation of the financial statements are set out below and have remained unchanged from the previous year/period, and also have been consistently applied within the same accounts.

b) Incoming Resources

All incoming resources are included in the Statement of Financial Activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policy is applied to particular categories of income:

Donations received are accounted for on a receivable basis and, where appropriate, include tax deducted at source which is recoverable by the Trust.

c) Resources Expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered and is reported as part of the expenditure to which it relates

Donations and grants made during the year have been fully provided in the accounts where amounts have been made covering more than one year.

d) Taxation

The charity is exempt from tax on its charitable activities

**CORINNE BURTON MEMORIAL TRUST
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2020 (CONTINUED)**

2. FUND ACCOUNTING

The unrestricted income fund consists of funds to be used for the purpose of meeting ongoing overheads of the Trust and also funds received that have yet to be applied towards the Trust's charitable objectives.

The capital endowment fund is attributable to the original amount settled on the charity. Under the terms of the Deed of Settlement, the endowment is expendable at the discretion of the Trustees on expenditure which meets the Charitable objectives of the Trust.

3. DONATIONS AND GRANTS	2020	2019
	£	£
a) Goldsmiths' College		
Donation to cover the cost of art Therapy studentships ('The Corinne Burton Art Therapy Studentships')	20,141	22,496
Less: Written back	(3,523)	-
b) St Bartholomew's Hospital (Barts),		
Donation to cover the cost of an art therapist ('The Corinne Burton Art Therapist')	2,418	17,233
Less: Written back	-	-
	<u>19,036</u>	<u>39,729</u>
4. GOVERNANCE COSTS		
Accountancy fees	930	660
5. CREDITORS: Amounts falling due within one year		
Accrued activity costs	-	16,500
Provision for charitable commitments	37,070	36,109
Accrued expenses	210	1,320
	<u>37,280</u>	<u>53,929</u>
6. CREDITORS: Amounts falling due after more than one year		
Provision for charitable commitments	50,285	53,800
7. DEBTORS:		
Tax refunds	8,062	-
General donations	-	-
	<u>8,062</u>	<u>-</u>