

**CORINNE BURTON
MEMORIAL TRUST
A Charitable Trust
TRUSTEES' REPORT
AND FINANCIAL STATEMENTS**
For the year ended 31 December 2023

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; by contributing to the funding 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 provides funds to the scholarship recipients for another two years after graduating, towards them 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. It is an adaptive, evidence-based approach that provides psychological support to patients who otherwise may not be suitable for other talking-based therapies. Each session takes them out of their clinical setting and helps them to reconnect with themselves, and process what they are experiencing.

Without CBMT, there would not be a legacy of Art Therapy at Barts hospital, which sits within the largest NHS trust in the UK and covers some of London's most economically deprived areas. Our financial support has enabled specialist help for cancer patients, some of whom might otherwise not have accessed any psychological support.

Our Impact

Since our founding, CBMT has provided scholarships to more than 30 Art Psychotherapy students through Goldsmiths. They have gone on to help thousands of cancer sufferers across the country. As a result of our financial contribution to the 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."

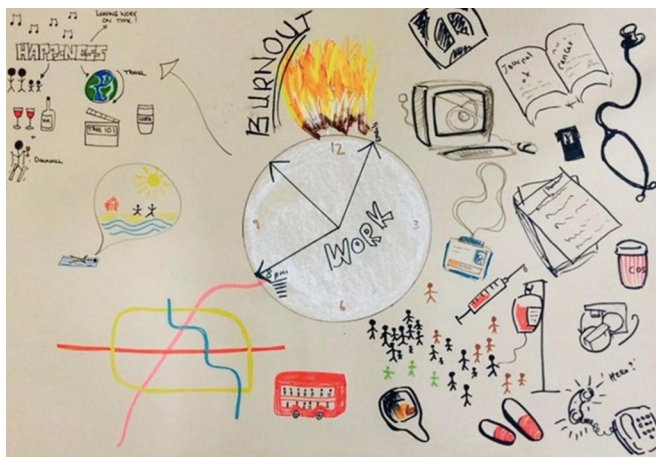
- Megan Tjasink former Corinne Burton Art Therapist at Barts

Thanks to the generous grants and donations we have received, including in the last year donations from the Dyna & Fala Weinstock Charitable Trust, The D'Oyly Carte Charitable Trust, The Hospital Saturday Fund, National Lottery - Awards for All, J.Leon, the Pauline and Harold Berman Charitable Trust, The St. James's Place Charitable Foundation, and the March-Henderson Trust, we were able to continue and expand our work.

In 2023 the CBMT art therapists delivered over two hundred and thirty-five art therapy sessions to cancer patients, a majority of which were conducted as video or phone outpatient sessions, with around a quarter delivered face to face on Barts wards.

In addition to their work with patients, the CBMT art therapists also continued their work helping to support hospital staff, who continue to face intense stress and pressure from the pandemic. Nine out of ten staff members report that their art therapy sessions had a positive effect on their personal well-being and their approach to work, with ten out of ten

reporting that the sessions successfully helped them relax and avoid burnout.



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

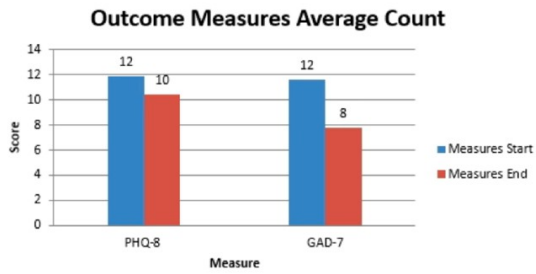
"I have found art therapy-based workshops and groups to be well placed to support and replenish healthcare professionals. They facilitate connection, reflection, meaning-making; they sustain empathy and foster resilience. The pro-active, self-determining nature of art-making is an invaluable relief in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

- Megan Tjasink, former Corinne Burton Art Therapist at Barts

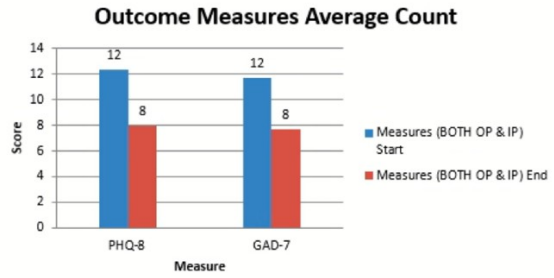
Evaluating our work

The art therapists at Barts evaluate the impact and outcomes of their sessions using the same measures as applied by NHS 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.

The impact of therapy is assessed using the GAD 7 and PHQ 8 psychometric scales, which measure patient anxiety and depression. The average scores of patients before art therapy are outside the normal range, meaning these patients would be considered to have anxiety or depression disorders. After the art therapy programme (usually 4-6 sessions) their average scores are reduced significantly, into the normal range, a huge therapeutic benefit for patients. In 2023, outcomes for patients improved over 2022 and previous years:

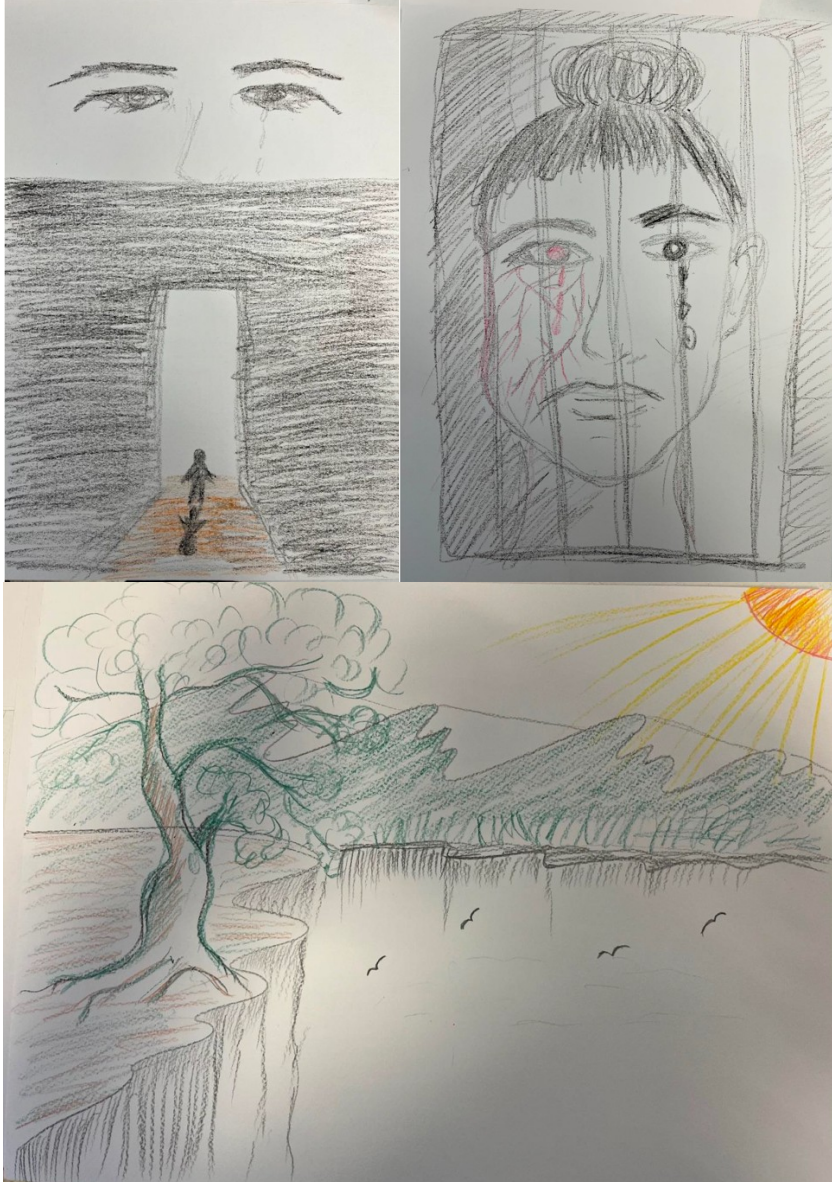


2022 outcomes



2023 outcomes

Below are examples of pieces created by patients at Barts during art therapy sessions in 2023.



"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.

Our Plans

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, of the marvellous work they have done, and care they have given.

As a result of the positive impact of our work at the Bart's Trust, there has been a growth in demand for our services. To meet this demand we are increasing the provision of Art Therapy across Bart's Trust hospitals (including an expansion to Whipps Cross Hospital in Leytonstone) by funding additional art therapists, helping to reach more underserved patients and to alleviate suffering of those in need.

CORINNE BURTON MEMORIAL TRUST

TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2023

The Trustees present their report with the financial statements of the charity for the year ended 31 December 2023.

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 £71,107 as compared with £32,858 the previous year.

Interest receivable and similar income amounted to £818 as compared with £25 for the previous year.

Resources Expended

Total expenditure in the year amounted to £43,727 an increase of £10,914 on the previous year.

Direct charitable expenditure (net of write backs) included in the above amount totalled £35,596, an increase of £9,077 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 10 of the financial statements shows the financial position of the Trust as at 31 December 2023

Total assets exceeded total liabilities by £39,343 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 shown in notes 6 and 7 on page 12.

CORINNE BURTON MEMORIAL TRUST
TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2023 (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 4 September 2024 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 2023.

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: 4 September 2024

**CORINNE BURTON MEMORIAL TRUST
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2023**

		Unrestricted Income Fund		
		NOTES	2023	2022
			£	£
INCOMING RESOURCES				
General donations and Activities (net)	3		69,283	32,052
Bank deposit interest received (gross)			818	25
Tax refunds			1,006	781
			_____	_____
TOTAL INCOMING RESOURCES			71,107	32,858
			_____	_____
RESOURCES EXPENDED				
Cost of Generating Funds				
Activity and fundraising costs - less refunds			6,811	5,274
Charitable Expenditure				
Donations and grants- Less written back	4		35,596	26,519
Governance costs	5		1,320	1,020
			_____	_____
TOTAL RESOURCES EXPENDED			43,727	32,813
			_____	_____
NET MOVEMENTS IN FUNDS			27,380	45
INCOME FUND BALANCE BROUGHT FORWARD				
AT 1 JANUARY 2023			11,863	11,818
			_____	_____

INCOME BALANCE CARRIED FORWARD

AT 31 DECEMBER 2023

39,243

11,863

CAPITAL FUND BALANCE

BROUGHT FORWARD AT 1 JANUARY 2023

AND CARRIED FORWARD AT 31 DECEMBER 2023

100

100

CORINNE BURTON MEMORIAL TRUST

STATEMENT OF FINANCIAL POSITION

AS AT 31 DECEMBER 2023

		2023	2022
		Unrestricted	Unrestricted
		Fund	Fund
	Notes	£	£
CURRENT ASSETS			
Cash at bank		129,660	98,895
Debtors	8	1,006	-
		-----	-----
		130,666	98,895
Creditors: Amounts falling due			
within one year	6	(47,056)	(47,238)
		-----	-----
NET CURRENT ASSETS		83,610	51,657
		-----	-----
Creditors: Amounts falling due after			
more than one year	7	(44,267)	(39,694)
		-----	-----
NET ASSETS		39,343	11,963
		=====	=====
TRUST FUNDS			
CAPITAL FUND: expenditure endowment		100	100
INCOME FUND: unrestricted		39,243	11,863
		-----	-----
		39,343	11,963
		=====	=====

Approved by the Trustees on 4 September 2024

..... Sir Michael John Burton

..... Norman Anthony Leifer

..... Lorna Lee Cohen

..... Joshua Daniel March Cowan

..... Laurence Stephen Brass

..... Judith Frances Kasriel

..... Jeremy Bard

The notes on pages 11 and 12 form an integral part of these financial statements.

CORINNE BURTON MEMORIAL TRUST
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2023

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 2023 (CONTINUED)

2. FUND ACCOUNTING

The unrestricted income fund consists of funds to be used for the purpose of meeting the Trust's charitable objectives and the ongoing overheads of the Trust.

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. GENERAL DONATIONS RECEIVED

General donations include the following:

March-Henderson Trust	£19,724	
National Lottery		£7,120
J Leon		£5,000
Pauline and Harold Berman Charitable Trust	£5,000	
St. James Place Charitable Foundation	£4,000	
D'Oyly Carte Charitable Trust	£3,500	
Dyna & Fala Weinstock Charitable Trust	£3,000	
Hospital Saturday Fund		£2,000

4. DONATIONS AND GRANTS

	£	£	2023	2022
a) Goldsmiths' College				
Donation to cover the cost of art				
Therapy studentships ('The Corinne Burton Art				
Therapy Studentships')			19,999	20,601
b) St Bartholomew's Hospital (Barts),				
Donation to cover the cost of an art therapist				

	(The Corinne Burton Art Therapist)	15,597	14,300
	Less: Written back	<u>-</u>	<u>(8,382)</u>
		35,596	26,519
		=====	=====
5.	GOVERNANCE COSTS		
	Accountancy fees	1,020	1,020
		=====	=====
6.	CREDITORS:		
	Amounts falling due within one year		
	Provision for charitable commitments	46,601	46,783
	Accrued expenses	455	455
		-----	-----
		47,056	47,238
		=====	=====
7.	CREDITORS:		
	Amounts falling due after more than one year		
	Provision for charitable commitments	44,267	39,694
		=====	=====
8.	DEBTORS:		
	Tax refunds	<u>1,006</u>	=====