



Arts 4 Wellbeing

Annual Report 2020 - 2021

Incorporated in England under No. 3106834
Registered Charity 1052496

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Registered Office:

Arts 4 Wellbeing
10 Derby Terrace
South Shields
Tyne and Wear
NE33 4PN

Tel : 0191 454 4004
info@arts4wellbeing.org.uk
www.arts4wellbeing.org.uk

Registered Charity Number: 1052496
Limited Company Number: 3106834

Directors

Chair
Secretary/Director
Director
Director
Director

John Wood
Faye Cunningham
John Brown
Patricia Morris
Ann Gilmore

Aims

"To provide the environment and resources that enable people from South Tyneside, both with and without established mental health needs, to participate in creative and artistic activities where mutual creativity can foster personal growth"

Objectives

- To create and maintain a welcoming, warm, relaxed and safe place for members art-making, in an integrated environment attractive to people living in South Tyneside.
- To create and maintain an environment of respect and support where members can improve their confidence, self-reliance, self-esteem and their perceived sense of well-being.
- To provide opportunities for the development of new skills to members and more formal educational and training opportunities.
- To provide opportunities for people to socialise and support each other, make contact and friends.
- To provide opportunities for people to be independent.
- To provide a space where members can challenge and motivate themselves.
- To promote positive images of mental health through practice, publicity, exhibition and events.
- To actively seek partnerships with other voluntary and statutory sector organisations, to support the continual improvement of mental health services locally, regionally, nationally and internationally.

Overview

The project continued to work closely with various statutory and third sector organisations.

Arts 4 Wellbeing Activities

Arts – Provide a range of arts and crafts based activities to stimulate creativity, promote confidence and interaction.

Life Skills – An array of cognitive activities and practical activities to enhance the daily living skills of every member.

Sports – To help members engage in physical and challenging activity promoting confidence and exercise to enhance health and wellbeing.

Drama – To promote a voice and explore the arts through acting, reading and performance which promotes wellbeing and self-worth.

Singing – Singing allows members to express their feelings through song and emotion and has a positive effect on self-confidence and worth.

Dance and Exercise – Gives members that great happy feeling of enjoyment and feel good factor alongside promoting fitness on different levels.

Educational Resources - An opportunity to develop an individual's confidence through completing various tasks relating to both literacy and numeracy.

Arts 4 Wellbeing Events

All events have been cancelled this year due to the ongoing pandemic, we have tried to bring events in house to keep moral high for those members that have returned, this included Christmas lunch with a singer, two pantomimes which watched via zoom, we held an outside Halloween exhibition which was a great success our community were able to walk past and see our creations, which helped with moral and see smiling faces in such strange times.

Learning Disabilities Week

Learning Disabilities was cancelled this year due to the ongoing pandemic, Arts 4 Wellbeing tried to keep everyone spirits up by posting daily updates on our social media of past events, events that had taken place across our Borough. Once lockdown was lifted Arts 4 Wellbeing met members and carers in the park to boost everyone's moral, have fun with a mini "It's a Knockout", Mexican waves, singalong and most of all smiles, all of this was done under strict government guidance

South Tyneside Libraries

Even though know exhibitions could be planned or installed we still worked in partnership with the libraries.

Partnership

Arts 4 Wellbeing continued to participate in networking and partnerships.

We continued to work with Northumbria Police to reduce the stigma surrounding mental illness and learning disabilities, Northumbria Police helped our members to understand the meaning of "scamming", fraudulent claims on their bank accounts and bogus callers. Arts 4 Wellbeing worked continuously throughout the pandemic, helping different organisations with donations of much needed provisions, helping our community by delivering medication and provisions, making activity packs up each week and delivering to over 100 members and children in our community. Cooking food and delivering to the elderly. Donating over 50 food hampers to Veteran Response, working in the community has brought South Tyneside together to stand as one.

Change 4 Life

Arts 4 Wellbeing was one of the founder members of the Change 4 Life Health and Wellbeing Champion Network formerly Happiness & Wellbeing Network, a forum set up in South Tyneside to help promote the wellbeing within the borough. Working closely with the Change 4 Life Network we help promote good mental health throughout South Tyneside.

Better Health at Work Award

We decided to defer this year as we wanted to concentrate more on our community and Arts 4 Wellbeing.

World Mental Health Week

Our members created a tree and they each placed a leaf on the tree with sayings that made them feel good about themselves, creating positivity and a sense of belonging amongst our members.

Volunteers and Placements

No placements have been taken up this year with the pandemic, we hope in the near future this will be possible as it's a great experience for our younger generation. Our volunteers increased as we introduced volunteer members alongside our volunteers we now have a total of 23, lovely to see people have a sense of worth.

Exhibitions

In accordance with Arts 4 Wellbeing established practice we continually exhibited work internally, some great work has been exhibited over the last year in house and had been published on our social media each week with great reviews.

Investment Funding

We continue to be funded by the following investors in our work and would like to thank them for their continued support throughout the year.

- Social Care & Health , South Tyneside MBC
- South Tyneside Clinical Commissioning Group
- South Tyneside Clinical Commissioning Group— Arts on Prescription Scheme

Audited Accounts

Arts 4 Wellbeing's accounts are audited by George Clark CPFA:

The auditor issued a Independent Examiners Qualified Report on the Accounts. Copies of the audited accounts are kept at the Company's registered office and are available for inspection there and are also available through the Charity Commission Web Site

www.charity-commission.gov.uk

Arts 4 Wellbeing

Statement of Financial Activities

1st April 2020 to 31st March 2021

	Notes	Restricted	Unrestricted	Total	Total	2020
		£	£	£	£	£
Incoming resources	(2)					
LA/NHS Funding			163155	163155		163155
Covid related grant			10000	10000		-
Donations			1952	1952		2857
Private User Payments			10320	10320		14010
Income from charitable activities			-	-		1846
Total Incoming resources			<u>185427</u>	<u>185427</u>		<u>181868</u>
Resources expended						
Charitable activities	(3)		100639	100639		91435
Governance costs	(4)	0	101161	101161		101986
Total Resources expended			<u>201800</u>	<u>201800</u>		<u>193421</u>
Net incoming/outgoing resources before transfers	0		-16373	-16373		-11553
Gross transfers between funds						
Net incoming/outgoing resources before other recognised gains (losses)	0		-16373	-16373		-11553
Other recognised Gains(losses)	0		-	-		-
Net movement in funds	0		-16373	-16373		-11553
Total funds brought forward			107625	107625		119178
Total funds carried forward			<u>91252</u>	<u>91252</u>		<u>107625</u>

Trustees Report 2020/2021

The trustees, who are also directors of the charity for the purpose of the Companies Act, present their annual report and the financial statement for the year ended 31st March 2021. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and reporting by Charities" issued in October 2000 in preparing the annual report and financial statements of the charity.

OBJECTS OF THE CHARITY, PRINCIPAL ACTIVITIES AND ORGANISATION OF OUR WORK

The charity is constituted as a company limited by guarantee, and is therefore governed by a memorandum and articles of association.

The charity's objects and principal activity continues to be to advance the education of the public, and in particular those living with established mental health needs or learning disabilities, and to foster creative activity through the visual and performing arts.

In order to meet these objects, the charity engages professional tutors who offer support and guidance to people from the local community living with minor to moderate mental health issues, learning disabilities and / or physical disabilities, and also those at risk of developing mental health illness or a feeling of isolation.

The trustees reissued the contractor's tenders for a further year, thanking the contractors for the continuous support in delivering a frontline expanding service.

There has been changes to the policies, this year Infection Control has been updated incorporating Covid 19, our risk assessment has been left open ended and can be changed at any given time, we must adhere to government guidance.

DEVELOPMENT, ACTIVITIES AND ACHIEVEMENTS THIS YEAR

The World Health Organisation declared a Public Health Emergency of International Concern in January 2020, and a pandemic in March 2020. On the 20th March 2020 Arts 4 Wellbeing closed its doors to all our members and staff under guidance from the government, only those on the front line were able to work those that were classed as key front line workers, the rest of the country went into to full lockdown.

Our manager and a member of staff took it upon themselves to start making activity packs up each week to deliver to our member's homes, word soon spread and requests from the community started flooding in, staff worked from home sewing, making scrub bags for the

NHS and care homes, cooking meals and delivering to those in need.

Our members even though under full lockdown wanted to help our community so each week as activity packs were dropped off, provisions were handed to our manager to be kindly donated to those in need.

In July 2020 under guidance we were allowed to open our doors to a minimum number of members, and so our year begins.

All our events have been cancelled throughout the year due to the ongoing pandemic, we tried to bring events in house, to keep moral high for those members that had returned, this included Christmas lunch, pantomimes via zoom, we held an outside Halloween Exhibition which was a great success, our community were able to walk past and see our creations, which helped with moral and seeing smiling faces in such strange times.

We continued to participate in networking and partnership via zoom, Northumbria Police helped our members to understand the meaning of “scamming”, fraudulent claims on their bank account and bogus callers.

Training in Care provided accredited courses via zoom for 15 members, in different subjects from self-care, infection control to safeguarding, an extension of the Esteem Project Members also completed Infection Control and Covid 19 training in house through the World Health Organisation.

Arts 4 Wellbeing decided to defer this year’s Better Health at Work Award we decided to concentrate more on our community and Arts 4 Wellbeing, we have however still strived to maintain a high level of Silver Award.

It’s been a hard year for our country but with communities pulling together, a vaccination being approved and administered our country and organisations are slowly opening up. Arts 4 Wellbeing has been Covid free building since opening its doors in July 2020, infection control is to a high standard, and long may we stay covid free, we eagerly await to open our doors to those of our members that wish to return.

Arts 4 Wellbeing

A Charity registered in England and Wales

Registration No: 1052496

Registration Company No: 03106834

Financial Statements

And

Trustee's Report

1st April 2020 to 31st March 2021

Legal and Administrative Information

Name: Arts 4 Wellbeing

Reg'd Charity No:1052496

Company No: 0316834

Structure: Registered Charity and Company Limited by Guarantee

Trustees: Chair: John Wood
Secretary: Fay Cunningham
Treasurer: Patricia Morris
John Brown
Anne Gilmore

Address: 10 Derby Terrace
South Shield
NE33 4PN

Bankers: Nat West
King Street
South Shields
NE33 1HF

Independent
Examiner: George Clark FCPFA
7 Teesdale Gardens
High Heaton
Newcastle upon Tyne
NE7 7RB

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Signed..........Chair, on behalf of the Trustees

Print Name.....JOHN ANDREW WOOD.....

Date.....30/7/2021.....

INDEPENDENT EXAMINER'S REPORT

Report to the trustees of:

Arts 4 Wellbeing

Charity No: 1052496

On accounts for the year ending:

31st March 2021

Respective responsibilities of trustees and Examiner

The charity's trustees consider that an audit is not required for this year (under section 144(2) of the Charities Act 2011 (the Act) and that an independent examination is needed. it is my responsibility to

- Examine the accounts (under section 145 of the 2011 Act)
- Follow the procedures laid down in the General Directions given by the Charity Commission (under section 145(5) of the 2011 Act) and state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with General Directors given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosure in the accounts and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently I do not express an audit opinion on the accounts.

Independent examiner's statement

In the course of my examination, no matters has come to my attention:

1. which gives me reasonable cause to believe that in any material respect, the trustees have not met the requirements to ensure that:
 - Proper accounting records are kept (in accordance with section 130 of the Act) and
 - Accounts are prepared which agree with the accounting records and comply with the accounting requirements of the 2011 Act, or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed

Date: 13th July 2021



Name: George Clark FCPFA

Address: 7 Teesdale Gardens
High Heaton
Newcastle upon Tyne
NE7 7RB

Arts 4 Wellbeing

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Arts 4 Wellbeing

Notes to the accounts 2021

1. Accounting policies

Basis of accounts

These accounts have been prepared on an accruals basis in accordance with applicable accounting standards and follow the recommendations in the Statement of Recommended Practice Accounting by Charities (revised 2005)

2. Voluntary Income	2020-2021	2019-2020
S/T Council/ NHS South Tyneside	163155	163155
Covid grant	10000	-
ASDA	300	700
CAF	0	-
Donations	1652	2158
The Big Lottery		-
Outside user/Other payments	10320	14010
Total grants/donations received	185427	180023
Incoming Resources from charitable activities:		
Fundraising	-	1845
3. Expenditure Analysis:	2020/21	2019-2020
Charitable Activities		
Events	70	6529
Art Material	17070	9236
Artist Tutors (5)	55907	45948
Tutor Assistants (4)	27592	29722
Total	100639	91435
4. Governance Costs		
Office Costs Utilities and Services	17688	20095
Repairs/H&S Training	5152	6772
Administration & External Consultants fees	72874	71525
Accountancy & professional Fees	250	650
Other Administrative Costs	5197	2944
Total	101161	101986

5. Costs of Financial services

A fee of £250 will be paid for the preparation and independent examination of these accounts

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trustees of:

Arts 4 Wellbeing

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On accounts for
the year ending:

31st March 2021

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