

# **Arts 4 Wellbeing**

## **Annual Report 2021 - 2022**

Incorporated in England under No. 3106834

## Registered Charity 1052496

Company Information	3
Aims and Objectives of Organisation	4
Overview	5
Networking and Partnerships	5
Volunteering and Placements	6
Exhibitions	6
Investment Funding	7
Audited Accounts	7
Financial Report	8
Trustees Report	9

**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 craft-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 feelgood 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**

As our members returned Chit and Chatter was formed by a group of friends hoping to rekindle friendships, be there for each other and talk, members also completed a 28-day challenge "Dance Yourself Fit. A Saturday Club was launched for those members not able to return yet through the week. We held an NHS Garden Party, sang songs, enjoyed seeing our friends all socially distanced in our garden. This year we were able to take 53 members to Beamish on our first annual trip in two years. Our much long-awaited Awards Ceremony was able to take place, the ceremony is recognition of our members achievements throughout the year.

## **Learning Disabilities Week**

Learning Disability Week, we kept our members spirits up with a picnic in the park, ninja art was placed around South Tyneside and Sunderland for members of the public to find and keep if they should wish.

## **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.

Our new academic courses via zoom started in conjunction with Training in Care, staff members at Arts 4 Wellbeing facilitated the courses and got just as much out of the training as our members did.

## **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 members academic achievements, staff completed their further education courses, and we are happy to say two members of staff are half way through their Masters.

## **World Mental Health Week**

Our members created their own art work of what and where makes them happy, this was exhibited within our arts 4 wellbeing building. Our centre also donated a giant colouring roll to another service for members of the public to help colour in and add their own thoughts of "What makes them happy".

## **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 21, member volunteers were presented with their own volunteer member aprons, 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](http://www.charity-commission.gov.uk)

# Arts 4 Wellbeing

## Statement of Financial Activities

1<sup>st</sup> April 2021 to 31<sup>st</sup> March 2022

	Notes	Restricted £	Unrestricted £	Total £	2021 Total £
<b>Incoming resources</b>	(2)				
LA/NHS Funding			170655	170655	163155
Covid related grant			20000	20000	10000
Donations			5519	5519	1952
Private User Payments			31910	10320	10320
Income from charitable activities			3652	-	-
<b>Total Incoming resources</b>			<u>231736</u>	<u>231736</u>	<u>185427</u>
<b>Resources expended</b>					
Charitable activities	(3)		104444	104444	100639
Governance costs	(4)	0	114334	114334	101161
<b>Total Resources expended</b>			<u>218828</u>	<u>218828</u>	<u>201800</u>
Net incoming/outgoing resources before transfers		0	12908	12908	-16373
Gross transfers between funds					
Net incoming/outgoing resources before other recognised gains (losses)		0	12908	12908	-16373
Other recognised Gains(losses)		0	-	-	-
<b>Net movement in funds</b>		0	12908	12908	-16373
Total funds brought forward			91252	91252	107625
<b>Total funds carried forward</b>			104160	104160	91252

## Trustees Report 2021/2022

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 31<sup>st</sup> March 2022. 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

As lockdown started to ease more and more members started to return to our centre, staff were fully trained in infection control and new rules were brought in encouraging members to wear face coverings and washing of hands when entering our building.

It was lovely to see so many smiling faces returned and after lots of chats with members "Chit and Chatter" was formed, a group of friends who have come together to sit and chat have a cuppa and enjoy seeing each other after being apart for so long.

With everyone feeling a little unfit, members who had returned and those still at home joined a "Dance Yourself Fit" 28-day challenge via zoom, it was lovely to see our members

being active, we also received lots of photographs from those dancing at home.

In April we designed our own face masks to be given out to members and sold to members of the public.

Members often spoke of how they always donated to others but now felt it was time to donate to us, two members started collecting raffle prizes in a way of raising funds, our sports class also wanted to raise funds and did so by sponsored events, 50 or 100 baskets, ball hoop or 50,000 steps or a 7-hour walks challenge, the funding was greatly received and the funds will be spent later on in the year.

Our life skills learnt about understanding different cultures beyond our own, they learnt about each other-where people came from, what their traditions are, and what they struggle with as a community, hate crime something some of our members have experienced.

Days passed on and we decided to launch our Saturday Club, still keeping within guidelines and offering spaces to members not yet returned, new bubbles were formed. Arts 4 Wellbeing were now open six days per week.

Mental Health Awareness Week, a giant colouring roll was donated to another service for members of the public to help colour in and add their own thoughts of what makes them happy, our members created their art work of what and where makes them happy and was exhibited within our building.

Kindness comes in many forms our members collected hundreds of crisps packets which were then made into survival sheets for the homeless.

We were inspected by South Tyneside Health and Safety Officers to ensure we had everything in place for our members with the Covid Restrictions that were still in place, I am happy to say we passed with flying colours.

Our members received a fire awareness and kitchen safety talk from Tyne & Wear Fire & Rescue Service.

A few months ago, we entered into the Customs House Banner Competition, an announcement was made we were the runners up in the public vote.

As a way of thank you we hosted a NHS party in our garden as a way of thanking not only to our NHS but to our carers, staff, everyone for staying safe through pandemic. A great day was had by all,

Learning Disability Week quickly came around, not how we normally enjoy the week, but we tried to keep our members spirits up as best as possible with a picnic in the park, ninja art was also placed around South Tyneside and Sunderland for members of the public to find

and keep if they should wish.

As school broke up for holidays our members donated packed lunch provisions to Hebburn Helps.

We were nominated for the Asda Gren Token Giving in South Shields along with two organisations.

Staff were asked to record a video about our volunteers and the difference volunteers make to services by Love South Tyneside.

Our new academic courses via zoom started in conjunction with Training in Care, staff members at Arts 4 Wellbeing facilitated the courses and got just as much out of the training as our members did.

South Tyneside newly elected Mayor and Mayoress visited our centre, our members were thrilled to greet our dignitary guests.

This year with restrictions lifted we went our first trip to Beamish; a great day was had by all.

Our trustees took part in a litter pick of the parks.

We were nominated and received funding from the Arnold Clark Community Fund.

Discussions were held with staff and members with what to purchase with the funding that was kindly donated through fundraising, through our social media pages we proudly showed our community our purchase our own defibrillator, which has been installed at the entrance of our corridor.

Staff and members attended a charity fundraiser in memory of one of our members.

In August 21 we were asked by our council if we would be willing to open 7 days a week to help those not yet returned.

Arts 4 Wellbeing applied for the Bringing Communities Back Together Funding through the Asda Foundation, our members, carers and staff enjoyed an evening of entertainment, food and friendship, along with two of Asda Community Champions.

We donated food provisions as part of our Harvest Festival to local food banks.

Our members were presented with their academic certificates by our Mayor and Dr Angela Brown, Director of Training in Care, whilst enjoying high tea.

Management was presented with a cheque from the Mayors Charity in a ceremony at the town hall, along with other organisations.

Community Champions visited our centre and assisted our members in making pizzas.

The highlight of the year has to be our Awards Ceremony, awards are presented to our members in recognition of all their achievements. Members, carers, family members, staff and dignitary guests attended our black-tie event.

Arts 4 wellbeing we proudly presented with an award by Training in Care for partnership working.

We held a Halloween disco which was attended by over 50 members all dressed up in themed costumes, a special ghostbusters car arrived as a surprise for our members.

Christmas soon arrived our members went to the customs house to see this year's pantomime Rapunzel.

Little Haven Hotel was our host for our Christmas lunch with over 100 guests attending a great day was had by all.

This year our members and staff put out a Christmas toy appeal, Christmas was extra special for children from three organisations this year, the kindness of toys, bikes, selection boxes was over whelming and greatly received by all three organisations.

Members have proudly been working hard within our organisation, giving up their own time whether it be big or small to help others, assisting staff and visitors to our centre, our member volunteers were presented with their own volunteer members aprons.

Staff launched our own Christmas calendar which was a great success, members created art work for each month of the year, not easy to pick the winners when so many were worthy.

An evening of dancing and great food as we held our Christmas disco.

Two members of staff helped to create art designs and furniture for a new Wellbeing and Counselling Service which opened up in Sunderland.

53 members set out on a coach to a secret destination in memory of one of our members, Alnwick Christmas Lights was our final destination, music, lights and memories remembering our special friend.

Our community dentist gave a talk to our members about looking after our teeth, hygiene,

how to look after them correctly and not be frightened to visit the dentist.

Arts 4 Wellbeing were nominated for Asda Green Token at the Boldon Branch.

The Science Mania Club was set up by two members of staff to be held once a fortnight, where members can learn about how things work, experiment, discover and learn in conjunction with Science Buddies.

Our newly elected MP from Jarrow visited our centre, Kate took great interest in learning what our centre has to offer and people refer for members of the public in her constituency area.

Radio Shields also called in for a visit and recorded our members choir to be aired in the future, and talk to a member of staff about our service.

Arts 4 Wellbeing worked in conjunction with South Tyneside Council and another local organisation promoting infection control through Covid 19, producing an outstanding video showing areas where infection can be caught.

All though we are in our second year of Covid, infection control is always going to be around us.

Our members were somewhat unaware of the devastating result for families hit by the tragic war in Ukraine, Arts 4 Wellbeing helped our members gain an understanding and realisation of the impact it has on the world.

We put out an appeal, our members were humble enough that they kindly donated medical supplies, clothes and other items to help the few of many thousands in turmoil at this present time.

# **Arts 4 Wellbeing**

**A Charity registered in England and Wales**

**Registration No: 1052496**

**Registration Company No: 03106834**

## **Financial Statements**

**And**

## **Trustee's Report**

**1<sup>st</sup> April 2021 to 31<sup>st</sup> March 2022**

# 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

## **Trustees Report 2021/2022**

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# INDEPENDENT EXAMINER'S REPORT

Report to the trustees of:

**Arts 4 Wellbeing**

Charity No: 1052496

On accounts for the year ending:

31<sup>st</sup> March 2022

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: 10<sup>th</sup> June 2022

Name: George Clark FCPFA

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

# Arts 4 Wellbeing

## Statement of Financial Activities

1<sup>st</sup> April 2021 to 31<sup>st</sup> March 2022

	Notes	Restricted £	Unrestricted £	Total £	2021 Total £
<b>Incoming resources</b>	(2)				
LANHS Funding			170655	170655	163155
Covid related grant			20000	20000	10000
Donations			5519	5519	1952
Private User Payments			31910	31910	10320
Income from charitable activities			3652	3652	
<b>Total Incoming resources</b>			<u>231736</u>	<u>231736</u>	<u>185427</u>
<b>Resources expended</b>					
Charitable activities	(3)		104444	104444	100639
Governance costs	(4)	0	114384	114384	101161
<b>Total Resources expended</b>			<u>218828</u>	<u>218828</u>	<u>201800</u>
Net incoming/outgoing resources before transfers		0	12908	12908	-16373
Gross transfers between funds					
Net incoming/outgoing resources before other recognised gains (losses)		0	12908	12908	-16373
Other recognised Gains(losses)		0	-	-	-
<b>Net movement in funds</b>		0	12908	12908	-16373
Total funds brought forward			91252	91252	107625
<b>Total funds carried forward</b>			104160	104160	91252

# Arts 4 Wellbeing

Balance Sheet  
31<sup>st</sup> March 2022

	2022 £	2022 £	2021 £	2021 £
<b>Fixed assets</b>				
Tangible assets				
<b>Current assets</b>				
Cash at bank and in hand:	104410		91502	
Payments in Advance	-	104410		
<b>Creditors: amounts falling due within 1 year (5)</b>		<u>250</u>		<u>250</u>
<b>Net current assets</b>		104160		91252
<b>Total assets less current liabilities</b>		104160		91252
<b>Creditors: amounts falling due after 1 year</b>		-		-
<b>Net Assets at 31<sup>st</sup> March 2021</b>		<u>104160</u>		<u>91252</u>
<b>Represented by:</b>				
Restricted Funds	0			
Designated Funds	60000		60000	
Unrestricted Funds	<u>44160</u>		<u>31252</u>	
		<u>104160</u>		

91252

For the period ending 31/3/2022 the company was entitled to exemption from the audit under section 477 of the Companies Act 2006 relating to small companies.

Director responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
- The accounts have been prepared in accordance with the provisions applicable to company's subject to the small companies' regime.

Signed: John A Wood Position: CHAIRMAN

Print Name: JOHN A WOOD

Date: 1/7/2022

# Arts 4 Wellbeing

## Notes to the accounts 2022

### 1. Accounting policies

#### Basis of accounts

These accounts have been prepared on an accrual's 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	2021-2022	2020-2021
S/T Council/ NHS South Tyneside	170655	163155
Covid grant	20000	10000
ASDA	-	300
CAF	-	-
Donations	5519	1652
The Big Lottery		-
Outside user/Other payments	31910	10320
<b>Total grants/donations received</b>	<b>228084</b>	<b>185427</b>
<b>Incoming Resources from charitable activities:</b>		
Fundraising	3652	-
<b>Total Incoming Resources</b>	<b><u>231736</u></b>	<b><u>185427</u></b>
3. Expenditure Analysis:	2021/22	2020-2021
<b>Charitable Activities</b>		
Events	9650	70
Art Material	16474	17070
Artist Tutors (5)	53718	55907
Tutor Assistants (4)	24602	27592
<b>Total</b>	<b><u>104444</u></b>	<b><u>100639</u></b>
4. Governance Costs		
Office Costs Utilities and Services	18141	17688
Repairs/H&S Training	13805	5152
Administration & External Consultants fees	76611	72874
Accountancy & professional Fees	250	250
Other Administrative Costs	5577	5197
<b>Total</b>	<b><u>114384</u></b>	<b><u>101161</u></b>

### 5. Costs of Financial services

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

# INDEPENDENT EXAMINER'S REPORT

Report to the trustees of:

**Arts 4 Wellbeing**

Charity No: 1052496

On accounts for the year ending:

31<sup>st</sup> March 2022

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

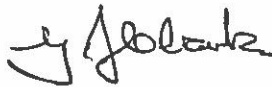
In the course of my examination, no matters has come to my attention:

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: 10<sup>th</sup> June 2022

Name: George Clark FCPFA

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