



Arts 4 Wellbeing
Annual Report and
Financial Statements
2022 - 2023

Incorporated in England under No. 3106834

Registered Charity 1052496

Company Information	3
Aims and Objectives of Organisation	4
Overview and Wellbeing Activities	4-5
Wellbeing Events	5-6
Volunteering and Placements	6
Exhibitions	6
Investment Funding	6
Audited Accounts	6
Independent Examiners signed statement	7
Financial Statements	8-10
Trustees Report	11-13

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	John Wood
Secretary/Director	Faye Cunningham
Director	John Brown
Director	Patricia Morris
Director	Ann Gilmore resigned 06.03.23
Director	John Hetherington from 7.3.23

Bankers

Nat West
King Street
South Shields
NE33 1HF

Independent Examiner
George Clark FCPFA

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

Many events were held at Arts 4 Wellbeing from exhibitions, Stars in your Eyes, hosting our own monthly disco, starting new academic courses, easter egg competitions, fire safety awareness training, awards ceremony, panto visits and much more a busy year for all everyone involved at our centre.

Learning Disabilities Week

Learning Disability Week our members and tutors demonstrated their skills to our community by hosting workshops in the libraries across our borough, our choir also sang at the ampitheatre at the finale of learning disability week, a great week was had by all.

South Tyneside Libraries

We continue to work closely and exhibit within our libraries across our borough, this year one of the exhibition was held at Cleadon Park library as part of this year's START festival.

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, members are working and helping to design a easy read book based on hate crime.

Our new course Multiply started in conjunction with Training in Care, members enjoyed having a tutor back in class. Friendships have grown and still continue to grow with our continued partnership working with Asda.

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 another year as we wanted to concentrated more on our members academic achievements, staff completed their further education courses, we are happy to announce our two members of staff gained their Master Degrees.

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 "Life"

Volunteers and Placements

We opened our doors to volunteers and placements, this year we have taken 8 students from Epinay 6th form, we continue to encourage and grow our member volunteers within Arts 4 Wellbeing.

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. We worked closely with Souter Lighthouse in an exhibition involving our members creations called Kick Off.

Our Platinum Jubilee paintings were proudly exhibited in South Shields Town Hall.

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 Independently Examined by George Clark FCPFA.

A signed Independent Examiners Report is attached to the Financial Statements. Copies of these are kept at the Company's registered office and are available for inspection, by appointment, and are also available through the Charity Commission Web Site

www.charity-commission.gov.uk

INDEPENDENT EXAMINER'S REPORT

Report to the trustees of:

Arts 4 Wellbeing

Charity No: 1052496

On accounts for the year ending:

31st March 2023

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: 22nd June 2023

Name: George Clark FCPFA

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

Arts 4 Wellbeing

Statement of Financial Activities

1st April 2022 to 31st March 2023

	Notes	Restricted £	Unrestricted £	Total £	2022 Total £
Incoming resources	(2)				
LA/NHS Funding			172129	172129	170655
Covid related grant			14163	14163	20000
Donations			1500	1500	5519
Private User Payments			56230	56230	31910
Income from charitable activities			2590	2590	3652
Total Incoming resources			<u>246612</u>	<u>246612</u>	<u>231736</u>
Resources expended					
Charitable activities	(3)		126145	126145	104444
Governance costs	(4)	0	110039	110039	114384
Total Resources expended			<u>236184</u>	<u>236184</u>	<u>218828</u>
Net incoming/outgoing resources before transfers		0	10428	10428	12908
Gross transfers between funds					
Net incoming/outgoing resources before other recognised gains (losses)		0	10428	10428	12908
Other recognised Gains(losses)		0	-	-	-
Net movement in funds		0	10428	10428	12908
Total funds brought forward			104160	104160	91252
Total funds carried forward			114588	114588	104160

Arts 4 Wellbeing

Notes to the accounts 2023

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	2022-2023	2021-2022
S/T Council/ NHS South Tyneside	172129	170655
Covid grant	14163	20000
ASDA	1500	-
CAF	-	-
Donations	-	5519
The Big Lottery	-	-
Outside user/Other payments	56230	31910
Total grants/donations received	244022	228084
Incoming Resources from charitable activities:		
Fundraising	2590	3652
Total Incoming Resources	<u>246612</u>	<u>231736</u>
3. Expenditure Analysis:	2022/23	2021-2022
Charitable Activities		
Events	7589	9650
Art Material	20927	16474
Artist Tutors	55070	53718
Tutor Assistants	42559	24602
Total	<u>126145</u>	<u>104444</u>
4. Governance Costs		
Office Costs Utilities and Services	21978	18142
Repairs/H&S Training	5527	13805
Administration & External Consultants fees	79680	76611
Accountancy & professional Fees	250	250
Other Administrative Costs	2604	5577
Total	<u>110039</u>	<u>114384</u>
5. Costs of Financial services		

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

Trustees Report 2022/2023

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 2023. 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.

Objectives of the Charity, Principal Activity 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

Life is more normal for our members who attend the centre with new referrals arriving weekly, its lovely to see our centre full of life, the way it should be.

Members and carers enjoyed the Queens Platinum Jubilee Party we held our centre.

It was lovely to see so many smiling faces returned and after lots of chats with members

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.

Members often spoke of how they always donated to others but now felt it was time to donate to us, members had lots of fundraising ideas and started planning for throughout 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.

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 life, our members created their art work on life this 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 continue to be inspected by South Tyneside Council, I'm pleased to say they are pleased with our service.

Our members attended fire awareness course from Tyne & Wear Fire & Rescue Service.

Our trips this year were to South Lake Safari, Beamish Museum and The Christmas trail at Alnwick Castle.

Learning Disability Week members and staff held workshops in our local libraries for the public to attend, our choir was also part of the finale which was held at the ampitheatre.

Arts 4 Wellbeing members kindly donated food provisions to our local food bank.

We were nominated for the Asda Green 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 course Multiply started in August, it was lovely for members and the tutor to be able to work together again.

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.

A local company were impressed with our service and kindly donated 5 new computers.

Discussions were held with staff and members with what to purchase with the funding that was kindly donated through fundraising, with the monies raised we were able to purchase 5 reconditioned I pads.

Staff and members organised a monthly disco at one of our local centres, attendance keeps rising.

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

Our members were presented with their academic certificates by 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 scones, bread buns.

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.

We held a Halloween disco which was attended by over 50 members all dressed up in themed costumes, our centre was all themed out as Harry Potter

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

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

We held our Christmas fayre at our centre, the event went really well with another one on the cards this year.

Members were invited by Her Royal Highness Princess of Wales to the community Christmas Carol Service.