



Arts 4 Wellbeing
Annual Report and
Financial Statements
2023 - 2024

Incorporated in England under No. 3106834

Registered Charity 1052496

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Company Information

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	John Hetherington

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 prompting 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, first aid training for all our members, staff became hate crime champions, 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, we held an art attack at our centre, lots of paint, mess. Artistic flair, smiles and laughter. Our choir also sang at the amphitheatre at the finale of learning disability week, with over 250 members of the public watching all choirs, 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 have completed their designs for the easy read hate crime book and its now going to print.

Members have been working hard completing the Care Course in conjunction with Training in Care. We continue to work with ASDA, Training in Care, South Tyneside Libraries, Shared Lives and many more third sector organisations.

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 concentrate more on our members academic achievements, staff completed their further education courses, and new members of staff settled in

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 3 students from Epinay 6th form, one of the students in his second year and has already asked to volunteer once he leaves. 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. Our King's Coronation paintings were proudly exhibited in our centre.

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 2024

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 Directions 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: 16nd June 2024

Name: George Clark FCPFA

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

Arts 4 Wellbeing

Statement of Financial Activities

1st April 2023 to 31st March 2024

	Notes	Restricted £	Unrestricted £	Total £	2023 Total £
Incoming resources	(2)				
LA/NHS Funding			186596	186596	172129
Covid related grant					14163
Donations			1684	1684	1500
Private User Payments			78471	78471	56230
Income from charitable activities			2047	2047	2590
Total Incoming resources			<u>268798</u>	<u>268798</u>	<u>231736</u>
Resources expended					
Charitable activities	(3)		150645	150645	126145
Governance costs	(4)	0	112388	112388	110039
Total Resources expended			<u>263033</u>	<u>263003</u>	<u>236184</u>
Net incoming/outgoing resources before transfers		0	5765	5765	10428
Gross transfers between funds					
Net incoming/outgoing resources before other recognised gains (losses)		0	5765	5765	10428
Other recognised Gains(losses)		0			
Net movement in funds		0	5765	5765	10428
Total funds brought forward			114588	114588	104160
Total funds carried forward			120353	120353	114588

Arts 4 Wellbeing

Balance Sheet
31st March 2024

	2024	2024	2023	2023
	£	£	£	£
Fixed assets				
Tangible assets				
Current assets				
Cash at bank and in hand:	120353		114838	
Payments in Advance	-	120353		
Creditors: amounts falling due within 1 year (5)		<u>350</u>	<u>250</u>	
Net current assets		120003		114588
Total assets less current liabilities		120003		114588
Creditors: amounts falling due after 1 year		-		-
Net Assets at 31st March 2024		<u>120003</u>		<u>114588</u>

Represented by:

Restricted Funds	0			
Designated Funds	60000		60000	
Unrestricted Funds	<u>60003</u>		<u>54588</u>	
		<u>120003</u>		<u>114588</u>

For the period ending 31/3/2024 the company was entitled to exemption from the audit under section 477 of the Companies Act 2006 relating to small companies.

Director responsibilities:

- a. 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.
- b. The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
- c. The accounts have been prepared in accordance with the provisions applicable to company's subject to the small companies' regime.

Signed: John Andrew Wood Position: CHAIRMAN

Print Name: JOHN ANDREW WOOD

Date: 27/6/2024

Arts 4 Wellbeing

Notes to the accounts 2024

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	2023-2024	2022-2023
S/T Council/ NHS South Tyneside	186596	172129
Covid grant	0	14163
ASDA	17	1500
Donations	1667	-
Outside user/Other payments	78471	56230
Total grants/donations received	266751	244022
Incoming Resources from charitable activities:		
Fundraising	2047	2500
Total Incoming Resources	<u>268798</u>	<u>246612</u>
3. Expenditure Analysis:	2023-2024	2022-2023
Charitable Activities		
Events	5957	7589
Art Material	23761	20927
Artist Tutors	72311	55070
Tutor Assistants	48616	42559
Total	<u>150645</u>	<u>126145</u>
4. Governance Costs		
Office Costs Utilities and Services	24292	21978
Repairs/H&S Training	8692	5527
Administration & External Consultants fees	75674	79680
Accountancy & professional Fees	250	250
Other Administrative Costs	3480	2604
Total	<u>112388</u>	<u>110039</u>

5. Costs of Financial services

A fee of £350 will be paid in 24/25 for the preparation and independent examination of these accounts.

Trustees Report 2023/2024

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 2024. 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 objectives 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 objectives, 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.

All policies have been accepted, risk assessments continue to be left open ended and can be changed at any given time, we must adhere to Government guidance.

All staff have a fully enhanced DBS, trained to the highest levels and have completed all compulsory training inclusive of the Oliver McGowan Training.

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.

Our members have completed exciting scientific projects, from incredible bath bombs, to DNA, looking at a heart, to making bubbles more dense through adding a sugar solution, to making ice cream.

Staff and members organise a monthly disco at one our local centres, they are well attended and monies raised continue to fund the disco and help other local charities.

The Health and Wellbeing promotion project used positive affirmations to promote mental health.

Staff became Police Hate Crime Champions: staff updated their training to incorporate new revised protected characteristics.

We held a Coronation Party with guest appearance from the beautiful singer Kenya, a great afternoon was had by all.

Members helped the community and environment by litter picking near the centre and surrounding area.

Mental Health Awareness Week, lots of green activities have been going on, members contributed to a large tree art work which was displayed in the studio.

Members completed the new Multiply course, overcoming their fear of maths. Our members were the first in the Borough to be given this opportunity.

Volunteer Week Presentation, saw some of our members attend a presentation where they received a "Simply the Best" certificate.

Our life skills class 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

Kindness comes in many forms our members collected hundreds of crjps 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 a First Aid Course to learn how to save someone's life with First Aid & Safety Training.

Learning Disability Week members and staff held workshops in our local libraries for the public to attend, we held an Art Attack in our centre, lots of paint, mess, artistic flare, smiles and laughter. Our choir was also part of the finale which was held at the amphitheatre.

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 received an invite to the Love South Tyneside Awards where they had been nominated for an award. We are thrilled to say we won "Team of the Year".

Animals about town came for a visit where members learned about their grooming, feeding and animal welfare.

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

53 members attended Alnwick Gardens; a great day was had by all. Members have also enjoyed visits to the North East Land, Sea and Air Museum

Our award-winning Choir performed at the Arbeia 70th celebrations.

Life skills members visited a local care home to give a little pamper session in hand therapy, staff and residents loved the afternoon and even held a little sing song to finish the day off.

A new member of the team started and has settled in well, members and staff have praised J.

The summer visit to Pantoland to see Cinderella went well.

Sports class are enjoying the monthly timetable changes, members are enjoying team building, coordination, communication, balance, problem solving and much more.

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

We held a coffee afternoon with lots of cakes to sell, tombola, hand made crafts. Funds raised were donated to Cancer Connections, Macmillan, Dementia UK, and Ashlea Mews Care Home.

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

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 guest attended our black-tie event.

We held a Halloween Disco which was attended by over 58 members all dressed up in a themed costume, our centre was all themed out as the Nightmare before Christmas.

Christmas soon arrived and our members visited the Customs House to see Aladdin.

Little Haven Hotel was our host for our Christmas lunch with over 120 guests attending and a great day was had by all.