



Arts 4 Wellbeing

Annual Report & Financial Statements 2024 - 2025

Incorporated in England under No. 3106834
Registered Charity 1052496

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Registered Office:

Arts 4 Wellbeing
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South Shields
Tyne and Wear
NE33 4PN

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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
John Hetherington

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.

Travel and Tourism- Enjoying different ways to travel, learning about different countries their cultures, cuisines and way of life.

Basic Computers- Focusing on foundation skills, learning to use a mouse, typing, and basic internet navigation, how to stay safe using technology.

Arts 4 Wellbeing Events

Many events were held at Arts 4 Wellbeing from exhibitions, Stars in your Eyes, hosting our own monthly discos, our science mania club is still well attended.

Learning Disabilities Week

Learning Disability Week seen different organisations come together to create some beautiful bunting, the bunting was simple but effective "What Learning Disability Week means to you.

We also held an exhibition at Cleadon Park Library entitled "Do You See Me", members explored different methods of portraying and expressing themselves, through drawing, textiles and collage.

Our choir also sang at the amphitheatre at the finale of learning disability week with over 375 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.

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 its now going to print.

Members have been working hard completing the Care Course in conjunction with Training in Care. We continue to work closely 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, we however recently joined The Pledge and as part of The Pledge enquired to either complete a refresher of the Better Health at Work Award or move onto the next level.

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 a returning student who now volunteers for us three days a week. We also have a lovely gent who now volunteers for us, "being at A4W makes me feel close to my son the place he loved".

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.

Disney villains 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

Annual Accounts

Arts 4 Wellbeing's accounts are Independently examined by George Clark FCPFA.

He has issued an Independent Examiners Qualified Report on the Accounts.

Copies of the 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

INDEPENDENT EXAMINER'S REPORT

Report to the
trustees of:

Arts 4 Wellbeing

Charity No: 1052496

On accounts for
the year ending:

31st March 2025

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: 14th July 2025

Name: George Clark FCPFA

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

Arts 4 Wellbeing

Statement of Financial Activities

1st April 2024 to 31st March 2025

	Notes			2024
	Restricted £	Unrestricted £	Total £	Total £
Incoming resources	(2)			
LA/NHS Funding		201514	201514	186596
Donations/ASDA		0	0	1684
Private User Payments		101797	101797	78471
Income from charitable activities		8174	8174	2047
Total Incoming resources		<u>311485</u>	<u>311485</u>	<u>268798</u>
Resources expended				
Charitable activities	(3)	176005	176005	150645
Governance costs	(4)	167653	167653	112388
Total Resources expended		<u>343658</u>	<u>343658</u>	<u>263033</u>
Net incoming/outgoing resources before transfers		(32173)	(32173)	5765
Gross transfers between funds				
Net incoming/outgoing resources before other recognised gains (losses)		(32173)	(32173)	5765
Net movement in funds		(32173)	(32173)	5765
Total funds brought forward		120353	120353	114588
Total funds carried forward		88180	88180	120353

Arts 4 Wellbeing

Balance Sheet
31st March 2025

	£	£	2025	£	2025	2024
Fixed assets						
Tangible assets			0		0	0
Current assets						
Cash at bank and in hand:			88180			120353
Payments in Advance		-		88180		
Creditors: amounts falling due within 1 year (5)					<u>350</u>	<u>350</u>
Net current assets					87830	120003
Total assets less current liabilities					87830	120003
Creditors: amounts falling due after 1 year					-	-
Net Assets at 31st March 2025					<u>87830</u>	<u>120003</u>
Represented by:						
Restricted Funds			0			
Designated Funds			60000			60000
Unrestricted Funds			<u>87830</u>			<u>60003</u>
					87830	120003

For the period ending 31/3/2025 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 Andrew Wood

Position:

CHAIRMAN

Print Name:

JOHN ANDREW WOOD

Date:

24/04/2025

Arts 4 Wellbeing

Notes to the accounts 2025

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	2024/2025	2023/2024
S/T Council/ NHS South Tyneside Donations/ASDA	201514	186596
Outside user/Other payments	0	1684
	101797	78471
Total grants/donations received	303311	266751
Incoming Resources from charitable activities:		
Fundraising	8174	2047
Total Incoming Resources	<u>311485</u>	<u>268798</u>
3. Expenditure Analysis:	2024/25	2023/24
Charitable Activities		
Events	9154	5957
Art Material	25636	23762
Artist Tutors	67489	72311
Tutor Assistants	73726	48616
Total	<u>176005</u>	<u>150645</u>
4. Governance Costs		
Office Costs Utilities and Services	29954	24292
Repairs/H&S Training	50094	8692
Administration & External Consultants fees	81047	75674
Accountancy & professional Fees	350	250
Other Administrative Costs	6208	3480
Total	<u>167653</u>	<u>112388</u>

5. Costs of Financial services

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

Trustees Report 2024/2025

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 2025. 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.

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 full enhanced DBS, trained to the highest levels and have completed all compulsory training courses and more.

DEVELOPMENT, ACTIVITIES AND ACHIEVEMENTS THIS YEAR

Our new financial began with our yearly easter egg competition, we had over 100 entrants . What imaginations creativity our members have. Huge congratulations to you all.

We celebrated world theatre day with a visit from Curcuma.

Wearing a hat day, brought colour fun and laughter to arts, while raising awareness for brain tumour research, together we raised £41.40 by selling cakes.

Extra classes were added to our curriculum basic computers and travel and tourism.

World Autism Acceptance week, seen our members venture out of arts to take part in our very first spectrum colour walks.

Arts 4 Wellbeing celebrated 15 wonderful years of Arts 4 Wellbeing.
15 years of supporting and encouraging our members past and present.
Providing a safe and creative environment to work in.
Providing a wide range of activities courses to our members.

We held a huge party with past and present members.

National wear your pyjamas to work, seen staff and members enjoying a fun morning, developing our team skills and hand eye coordinators playing ball games.

Members continue to learn and thrive in our academic lessons, members were presented with certificates in recognition of their hard work, determination in both literacy and numeracy.

Our monthly discos continue with friendship dancing and laughter.

One of our new subjects ICT is about learning about the technology around us and how it can benefit our lives.

This years Earth Theme was planet vs plastics, our life skills class thought about plastic pollution and how it is harmful to sea life, other animals and eventually humans.

Over the year we have had a variety of therapeutic animals visiting the centre, bringing peace, calm and tranquillity.

Two of our members continue to represent A4W at NECA Gardens volunteering, this year A4W contributed towards their fence display.

Many visits have taken place to the cinema this year, members choice.

Themed evenings continue to bring members, carers and families together, breaking down even more barriers and reducing isolation.

Dementia awareness we created a "forget me not wall" with facts on how to care for people with dementia.

Proudly our Science Mania members received their Crest Star Award from the British Science Association.

Our drama group continue creating a sense of team work, building confidence, learning about appropriate responses and self-control, developing creativity and having fun.
Our members performed their very first Christmas panto in front of family and friends, the panto was written and directed by one of our staff.

Northumbria Police continue to support arts; an officer talked about staying safe in the community.

Our sports class went on their first swimming lessons, all levels of abilities, with all different fears, many of our members had never been swimming before.

Our art room continue their creativity and monthly artists, from Monet, Rembrandt, Picasso to Frida Kahl.

Learning Disability week, we held an exhibition at Cleadon Park Library, members promoted my self portraits titled "DO YOU SEE ME".

Other voluntary services came together with community members to create some beautiful bunting; the brief was simple showcasing what learning disability week means to you- and boy they sure did.

This year our members went to Beamish and Edinburgh Zoo for our trips; they both didn't disappoint.

Members visited The Centre of Life, celebrating inventions, big ideas for the future and so much more.

Arts 4 Wellbeing were nominated for the Love South Tyneside Awards for unsung heroes.

Everyone came together with many dignitary guests to celebrate our Chairmans 80th birthday.

Members completed their First Aid Awareness Training with First Aid and Safety Training and learning Life Saving Skills

Arts 4 Wellbeing held a Great British Bake Off, panini style-
Excellent food hygiene, teamwork and judging.

Our Harvest Festival brought kindness to many foodbanks across our borough.

Our favourite day of the year "Arts 4 Wellbeing Awards Ceremony Black Tie Event", brought pride, confidence, achievements.

Christmas arrived and this year we held our first nativity play with a twist, written and directed by one our team. Our Christmas party was held at the Little Haven with more than 120 guests; we all enjoyed a three-course meal and entertainment. Panto never fails with a trip to the Customs House for lots of fun and laughter.