Charity Number 1167490

Arts 2 Heal

Financial Accounts

for the year ended

5 December 2025

Aurum Tax Ltd
Richmond House, 50 Tontine Street,
Blackburn,
England, BB1 7ED

Arts 2 Heal

Contents

	Page
Legal and administrative information	1
Statement of Trustees Responsiblities	2
Trustees' Annual Report	3-6
Independent examiner's report to the trustees of Arts 2 Heal	7
Statement of financial activities	8
Balance sheet	9
Notes to the accounts	10-11

Arts 2 Heal
Legal and administrative information

Trustees

Mrs Farzana Doctor
Mrs Patricia Heath
Lisa Fielding
Joanne Eckersley

Principal Address
Carnside
22 Shear Bank Rd
Blackburn
Lancashire
BB1 8AZ

Registered Charity Number
1167490

Independent Examiner
Aurum Tax Ltd
Richmond House
Blackburn
England
BB1 7ED

Arts 2 Heal
Statement of Trustees Responsiblities
for the year ended 5 December 2025

The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

1. Select suitable accounting polices and then apply them consistently;

2. Observe the methods and principles in the Charities SORP;

3. Make judgements and estimates that are reasonable and prudent;

4. State whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;

5. Prepare the financial statements on the going concern basis if it is appropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Arts 2 Heal
Trustees' Annual Report
for the year ended 5 December 2025

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the Charity's [governing document], the Charities Act 2011 and the Statement of Recommended Practice, "Accounting and Reporting by Charities", issued in March 2005.

Structure, governance and management

Arts 2 Heal is a Charitable Incorporated Organisation governed by its constitution dated 06 June 2016.

The Trustees who served during the period were:
Mrs Abeda Patel
Mrs Farzana Doctor
Mrs Patricia Heath
Lisa Fielding
Joanne Eckersley

Organisational structure

Arts 2 Heal is registered as a Charitable Incorporated Organisation with Charity Commission under charity no: 1167490 on 6 June 2016.
It is governed by its constitution adopted on 6 June 2016 as amended on 17 Jan 2019.
Recruitment and appointment of trustees
1) Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.
2) In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

3) Information for new charity trustees: The charity trustees will make available to each new charity trustee, on or before his or her first appointment: (a) a copy of the current version of this constitution; and (b) a copy of the CIO's latest Trustees' Annual Report and statement of accounts.

4) Retirement and removal of charity trustees: A charity trustee ceases to hold office if he or she: (a) retires by notifying the CIO in writing (but only if enough charity trustees will remain in office when the notice of resignation takes effect to form a quorum for meetings); (b) is absent without the permission of the charity trustees from all their meetings held within a period of six months and the trustees resolve that his or her office be vacated; (c) dies; (d) in the written opinion, given to the company, of a registered medical practitioner treating that person, has become physically or mentally incapable of acting as a director and may remain so for more than three months; (e) is disqualified from acting as a charity trustee by virtue of sections 178-180 of the Charities Act 2011 (or any statutory re-enactment or modification of that provision).
5) Any person retiring as a charity trustee is eligible for reappointment.
6) A charity trustee who has served for three consecutive terms may not be reappointed for a fourth consecutive term but may be reappointed after an interval of at least one year.

Risk management

The Trustees actively review all major risks which the Charity faces and drawn up a risk assessment which is reviewed. The Trustees are satisfied that all systems are in place and arrangements have been made to manage any risks identified.

Restricted funds secured from 2022-2023 have been spent. The strategy going forward in 2025 is to secure more long-term funding. Corporate Sponsorship Model to implement. Funding has been secured from new funders including The Baring Foundation and The National Heritage Fund.

The trustees aim to maintain free unrestricted reserves of approximately £10,000, representing around three months of essential operating costs. This is intended to protect the continuity of Arts 2 Heal's core services during funding delays, unexpected expenditure or temporary gaps in income. Restricted project funds are not included within this reserves target. The level of reserves will be reviewed annually against the charity's operating costs and commitments.
There are no uncertainties about the charity continuing as a going concern.

Arts 2 Heal
Trustees' Annual Report
for the year ended 5 December 2025

Objectives and activities

The objects of the CIO are set out in the constitution are summarised as follows: The Charity "Arts 2 Heal" is set up for the promotion and protection of health specifically the mental health of vulnerable individuals. The people who can benefit from this charity are: Adults and young people with general mental health issues. Adults and young people who self-harm or would self-harm.
We provide arts-based intervention for individuals with mental health issues and come from a socio/economically deprived background.

The primary aims are to provide structured art-based group interventions which are healing and transformative. This will help individuals, particularly those, who feel isolated, re-engage with society and move on with their lives in a positive way. We provide one to one support to personalised learning and monitor progress to ensure expectations are met and targets for each individual are achieved.

The secondary aims are to develop skills deemed valuable in employment, education and/or volunteer work. These skills include communication, confidence, team-work, and organisational skills, in view of supporting the individual to re-engage with society.
In setting our objectives and planning our activities our Trustees have given careful consideration to the Charity Commission's general guidance on public benefit.

Activities and achievements

The CIO carries out a wide range of activities in pursuance of its charitable aims:

We have continued skill building through our partnership with CRL (Community Rail Lancashire) Building travel confidence for isolated members, making social connections and forming new friendships.

Financial review

The Council of Management's policy is to accrue a level of reserves to ensure continual functioning of the charity through funding delays or unforeseen events. The minimum amount required would need to cover general operating costs for a period of no less than three months.

Programme growth and participation

Arts 2 Heal continued to respond to strong demand for accessible, community-based mental health and wellbeing support. More than 140 people attended activities each week, including social art sessions, beginner groups, movement and wellbeing activities, culturally appropriate women's sessions and opportunities for members to progress from participants into volunteering.

Developing the Tontine Street hub

This was Arts 2 Heal's first full year operating from its larger premises on Tontine Street. The centre enabled the charity to expand its weekly programme, welcome new referrals and provide a consistent, safe and welcoming place for people experiencing isolation, poor mental health, neurodiversity and other barriers to participation.

Improving wellbeing and reducing isolation

Creative activity remained at the heart of the charity's work, but its impact extended beyond learning artistic skills. Regular attendance helped members develop friendships, confidence, routine, purpose and a stronger sense of belonging. The centre also operated as a warm and welcoming community space during the winter months.

Increasing opportunities for men

With support from the Baring Foundation, Arts 2 Heal developed its provision for men from South Asian and other underrepresented communities. The Men's Canvas programme responded to increasing demand and strengthened connections with social prescribing teams, community organisations and local referral partners.

Heritage, wellbeing and community projects

New funding from the National Lottery Heritage Fund and Sport England enabled Arts 2 Heal to begin additional heritage and physical wellbeing activity. These projects created new opportunities for participants to explore culture, personal stories, movement and community connections through practical and creative participation.

Building confidence through rail travel

The charity continued its successful partnership with Community Rail Lancashire. Supported train journeys and creative railway projects helped people who were socially isolated or lacked confidence using public transport to travel independently, visit new places and form friendships.

Volunteers and progression

Approximately 25 volunteers supported the charity's growing programme. Volunteers helped welcome new members, support workshops, organise activities and contribute to fundraising. Arts 2 Heal continued to develop "learner to leader" opportunities, enabling members to build confidence and take on meaningful volunteer responsibilities.

Partnerships and referrals

Arts 2 Heal strengthened its relationships with local mental health services, social prescribing teams, community connectors, colleges and voluntary-sector organisations. These partnerships helped the charity reach people who might otherwise struggle to access conventional services and provided placement and learning opportunities for students.

Successful fundraising and wider support

During the year, Arts 2 Heal secured support from a diverse range of funders and partners, including the National Lottery Heritage Fund, Sport England, the Baring Foundation, Postcode Neighbourhood Trust, Arts Council England, BBC Children in Need, the Co-operative Group and Community Rail Lancashire. The charity also developed its corporate sponsorship approach, welcoming PM+M as a local business sponsor.

Managing growth responsibly

Trustees maintained regular oversight of project expenditure, programme capacity and the distinction between restricted project funding and unrestricted income. As activity increased, the charity continued to balance growth with the need to support its volunteers, sessional team and core running costs.

Declaration
The trustees declare that they have approved the trustees report above.

On behalf of the board of Arts 2 Heal
18/09/2026

……..
Mrs Abeda Patel

……..
Mrs Joanne Eckersley

……..
Mrs Farzana Doctor

Arts 2 Heal
Independent Examiner's Report to the Trustees of Arts 2 Heal Charitable Incorporated Organisation ('the CIO')
for the year ended 5 December 2025

I report to the trustees on my examination of the accounts of Arts 2 Heal (CIO) for the period ended 05 December 2025.

Respective responsibilities of trustees and examiner
As the charity's trustees are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").
The charity'strustees consider that an audit is not required for this year under section 144 of the Act and that an independent examination is needed.
I report in respect of my examination of the CIO's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement
I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect: in the

in the accounts did not accord with the accounting records; or
in the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement
that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.
I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

The appointed independent examiner of the CIO:

Conor Maguire
Aurum Tax Ltd
Richmond House
50 Tontine St
Blackburn
BB1 7ED

Date: 18/09/2026

Arts 2 Heal
Statement of financial activities
for the year ended 5 December 2025

	Unrestricted funds 2025 £	Restricted income funds 2025 £	Total Funds 2025 £	Prior Year 2024 £
Incoming resources				
Donations and legacies	1,756		100,862	113,870
Grants / Funders		99,106		
Investment income	-	-	-	-
Total incoming resources	1,756	99,106	100,862	113,870
Resources expended	-	10,926	10,926	7,991
Charitable activities	-	90,537	90,537	75,703
	-	-	-	-
Total resources expended	-	101,463	101,463	83,694
Net movement in funds for the year	1,756	(2,357)	(601)	30,176
Total funds brought forward	**8,614**	**44,327**	**52,940**	**22,764**
Total funds carried forward	**10,370**	**41,970**	**52,339**	**52,940**

Arts 2 Heal **Charity Number 1167490**

Balance Sheet
as at 5 December 2025

	Notes		2025		2024
			£		£
Fixed assets					
Plant and machinery			-		-
Other fixed assets			-		-
			-		-
Current assets					
Other Debtors		500		500	
Cash at bank and in hand		52,464		53,165	
Bank account		-		-	
		52,964		53,665	
Other liabilities and accruals		625		725	
		625		725	
Net Current Assets			52,339		52,940
Loans due after more than one year			-		-
Net Assets			52,339		52,940
Income Funds					
Unrestricted funds (Donations)			10,370		8,614
Restricted funds (Grants / Funders)			41,970		44,327
Capital introduced			-		-
Drawings			-		-
			52,340		52,941

The accounts were approved by the Trustees on 18 September 2026

.....
Mrs Abeda Patel

.....
Mrs Farzana Doctor

.....
Mrs Joanne Eckersley

Arts 2 Heal
Notes to the Accounts
for the year ended 5 December 2025

Accounting policies

Basis of preparation
The accounts have been prepared under the historical cost convention.

The Charity has taken advantage of the exemption in Financial Reporting Standard No 1 from the requirement to produce a cash flow statement on the grounds that it is a small charity.

Resources expended
Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the

Liabilities are recognised as resources expended as soon as there is a legal or constructive obligation committing the charity

Governance costs represent costs associated with meeting the constitutional and statutory requirements of the charity and include the accountancy fees and costs linked to the strategic management of the charity.

Accumulated funds
The Association's funds consist of unrestricted and, from time to time, restricted amounts. The Association may use

	-	-		-	Prior Year
Incoming Resources					
		2025	**2025**	**2025**	**2024**
Donations / Grants / Funders			**£**	**£**	**£**
Ristricted Income Fund	(Grants / Funders)		99,106	99,106	109,748
Unrestricted Fund	(Donations)	1,756		1,756	4,122
		1,756	99,106	100,862	113,870

		Unrestricted funds 2025	Restricted income 2025 funds	2025 Total Fund	2024 Prior Year
Resources Expended					
		2025	**2025**	**2025**	**2024**
Donations / Grants / Funders		**£**	**£**	**£**	**£**
Activities undertaken directly			-	-	-
Volunteer walfare cost			3,129	3,129	3,866
Resources			3,345	3,345	3,479
Project delivery cost			83,105	83,105	67,531
Trips			627	627	505
Insurance			331	331	322
		-	90,537	90,537	75,703
Car, van and travel expenses					
Travel and subsistence			657	657	-
		-	657	657	-

Arts 2 Heal
Notes to the Accounts
for the year ended 5 December 2025

Rent, rates, power and insurance costs				
Rent		7,546	7,546	4,595
Light and heat		1,424	1,424	1,267
	-	8,970	8,970	5,862
Repairs and renewals of property and equipment				
Repairs and maintenance		16	16	762
	-	16	16	762
Telephone, fax, stationery and other office costs				
Telephone and fax		74	74	71
Stationery and printing		3	3	11
Subscriptions and software		581	581	239
	-	658	658	321
Accountancy, legal and other professional fees				
Accountants fees		625	625	625
Other legal and professional		-	-	421
	-	625	625	1,046

Creditors: amounts due within one year

		2025	2025	2024
		£	£	£
Independent examiner's fees				250
Accruals		625	625	725
	-	-	625	975

Funds

	2024	Income for	Expenses	Expenses	2025
	£	the year	for the year	for the year	£
Unrestricted (Donations)	8,614	1,756	-	-	10,370
Restricted (Grants / Funders)	44,327	99,106	-	(101,463)	41,970
	52,941	100,862	-	(101,463)	52,340