



Annual Report 2020/2021

Hampshire Art for Recreation and Therapy (hArt),
a charity registered in England no. 1158996



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Patron: Hylton Murray-Philipson

REPORT OF THE TRUSTEES

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Introduction

The Trustees are pleased to present their annual report together with the consolidated financial statements of the charity for the year ending 31 August 2021.

The trustees have paid due regard to the guidance issued by the Charity Commission on public benefit. This report describes what we achieved in the year and sets out our future plans for supporting mental health and wellbeing through creative activities.

The financial statements for the year ending 31 August 2021 provide the financial details of the activities we carried out during the year and how this was funded. The financial statements include the income and expenditure of the charity.

This report is prepared to meet the Charity Commissions requirements for trustees' annual reporting and accounts.

We hope you find it helpful. More information on our work can be found on our website:

www.hart.works.

Chair's message

I was delighted to be elected to the role of Chair of Trustees in September 2021, at an exciting time for hArt. The charity's former Chair, CEO and founder, Annie Jeffery, continues to take an active role as a trustee, spokesperson, and volunteer. During the last seven years as Chair, Annie has worked tirelessly to build hArt up from just an idea into a unique service supporting the mental health of people living across the New Forest through creative activities and therapy. Annie's vision, contagious enthusiasm and deep understanding of the difference art can make will continue to colour our contribution to supporting positive mental health on the South Coast.

While disjointed by the trauma of Covid and lockdowns, the past year has been a chance to reflect, regroup, and reshape ourselves for the opportunities and challenges ahead. Many of our activities were postponed or put on hold until the summer of 2021 or later as they rely on in-person groups. We did pilot some online activities and will continue to review these channels in future. We ended the 2020/21 period with a strong schedule of activities about to start, including our community wellbeing workshops and arts on prescription pilot programmes. We also moved the charity's offices to be co-located with a strong local arts partner, the Coda Music Trust, and with whom we continue to seek to strengthen our working relationship.

During the period, we strengthened the Board of Trustees with the election of Yvonne Campbell and appointed a new CEO, Phil Hallett, with both new roles starting in October 2021. Yvonne brings a wealth of not-for-profit and fundraising experience to the organisation. Phil's operational leadership and strategic experience in charity and the arts will be pivotal in shaping our service delivery and development. In September 2020 hArt also welcomed **Hylton Murray-Philipson** as patron.

The need for mental health support and therapy has been exacerbated by the Covid crisis. We have been encouraged by the growing interest and commitment to social prescribing and have been successful in raising funding for pilot Arts on Prescription programmes in the Waterside, Fordingbridge and Pennington areas, postponed to start in September 2021. Low awareness of prescribing arts and its benefits among GPs, health professionals and the community is an ongoing challenge that affects the long term sustainability of such valuable services.

We are grateful to the organisations and individuals who have provided the funding that enables all our activities and helps support wellbeing in our community. The Trustees are also extremely grateful to the team at hArt, who's commitment and dedication has kept the charity going even during the most difficult days of the pandemic. The past year has been extraordinary. However, we feel confident that hArt is emerging in a strong position and ready to continue to play an important role in supporting the mental health of our community through creative activities.



Kevin Mann
Chair of Trustees

Objectives and activities

Our mission

hArt is dedicated to helping people of all ages and abilities in our communities to nurture good mental health through creative activities. Art-making is a natural and fun way to tune into feelings with an ease that enables more positive and mindful states.

Our key goals

Our three main goals: where we would like to see arts for mental health by 2025 in the New Forest and surrounding areas.

- Everyone in the local community who needs it most can access creative activities to support their mental health and wellbeing in safe and supportive ways.
- The value of creative therapy is recognised among the local community and health services in the treatment and management of people's mental health.
- To unlock the creative potential of the unique landscape around us, in support of mental health.

Our aims

During 2020/21 and over the next four years our strategy focuses on five key aims.

- Grow our community based Creative Wellbeing workshops and initiatives, as a network of rural creative hubs to support adults who are isolated, lonely or need support with mental wellbeing.
- Develop a sustainable Arts on Prescription programmes to work with adults with underlying mental health issues locally.
- Work with children and young people in schools and colleges in deprived areas to help them develop confidence, social skills, and mental resilience.
- Work with partners and universities to measure impact and build the case for creative therapies, especially the interaction of art and the landscape for therapy.
- Develop professional routes into the creative therapies, through offering work experience and learning support.

Achievements and performance

hArt has emerged from the worst of the Covid-19 lockdown relatively unscathed, and with some quiet optimism for the future.

We are more than ever aware of the huge need for supporting mental health through creative activities, and have been keen to offer specialist help through Art Psychotherapy, to as wide an audience as possible.

Creative Wellbeing workshops

The challenges, of course, have been in bringing people together, since group work is ideal for the clients we work with. We put some sessions online, and these were attended by a few people but not everyone either felt comfortable doing this or had the devices and the broadband connection to be able to join us.

We increased our social media output and have had a growing response to this. We have a YouTube channel, on which we have posted some podcasts and will be increasing the output on this over the coming years.

We were able to have just one face to face session in October 2020, returning to both Lymington and Fordingbridge, but the introduction of the tier system meant we could only manage these two groups before going online. This was disappointing, and increased the levels of anxiety generally, but we were able to keep in touch with our clients using various methods of communication.

By the end of the period, we had set-up a full schedule of Wellbeing Workshops to start in early Sept 2021 in Hythe (weekly), Fordingbridge (fortnightly) and Lymington (fortnightly). Each event, which accommodates up to eight participants, is hosted by a Facilitator and supported by a volunteer.

Arts on Prescription

We had to put our Arts on Prescription art therapy groups on hold during the period. We had hoped to start in March 2020 but lockdown measures were suddenly put into place. We were only able to progress preparations from around June 2021, when we started to contact potential clients and referral agencies to let them know we would be starting from September 2021 in three locations: Hythe, Fordingbridge and Pennington. We duly took the full number of referrals for all three groups, with some people having to go on waiting lists.

At each location around eight participants attend a 12-week programme led by a therapist, with a view to supporting them to increase their self-care, learning new ways of self-expression and sharing their experiences within the group. This is the first part of a progression model with Creative Wellbeing sessions available to those who have completed the 12-week programme. The Creative Wellbeing sessions run in the same locations but at different venues, and are facilitator-led, so we offer these for social interaction and connection around creative activities.

At the end of the period, the 12-week programmes at all three locations were full booked and scheduled to run from Sept 2021. The take up has been encouraging, although there is still some nervousness around returning to indoor spaces for some people, and we do our best to reassure people that we are Covid secure, which has been a priority since we started back in person.

hArt team

In the office, our very reduced team now operates from its rented base in the Coda Music Trust centre, near Christchurch, and this enables us to look at building partnership working as we have very similar aims and objectives.

We moved from our previous office at Lymington on the weekend before Christmas, 2020. It has now become normal for just two of us to be in the office at any time, with the third person of our little team joining us online via Zoom. As with almost every working environment, expectations and ways of working have had to adjust and we have been able to manage this successfully.

During the period, we appointed Phil Hallett as our new part-time CEO, who agreed to start in his new role in September 2021 while continuing in his other role as CEO of Coda Music Trust. Phil, who has extensive arts and charity experience, will oversee day to day operations and work with trustees on developing hArt's strategy.

Financial Review

Income and expenditure

Our income was £40k (2019/20: £23k) and our expenditure was £50k (2019/20: £80k), resulting in an operating deficit of £10k (2019/20: £56). Our expenditure reflected lower activities levels during the year due to covid restrictions, and investment in developing our offering for subsequent financial years.

Restricted funds at year end totalled £28k (2019/20: £11k). These reflect amounts for activities which were deferred due to the covid crisis.

Our unrestricted reserves totalled £118k (2019/20: £144k). Trustees believe that this is a reasonable level of reserves considering the level of the fund designated to core costs and the level of the £30k fund which is designated to provide contingency against risks that could have financial impacts on hArt in the future.

Fundraising

In a year of great uncertainty our Charity Development Manager, Juie Johns focussed her work on liaising with existing funders, managing any changes forced upon us by the pandemic and on further project fundraising to support hArt's key programmes.

Arts on Prescription

Our initial Arts on Prescription programme funding for Hythe, FordingBridge and Pennington, totalling **£14,676**, has come from Hampshire County Council, Henry Smith County Grant and Assura Community Fund, together with a contribution from our reserves. All these funds, which had originally been intended for 2020/21 financial year, were deferred to the following period due to Covid and lockdown delays. We have funding available from Henry Smith County Grant for one further 12-week programme at a single location, which leaves us considerably short if we are to meet the demand seen on the initial intake.

We are therefore continuing to seek funding for further Arts on Prescription programmes, and hope that the evidence from the initial programmes will show that there is a great benefit to what we offer, both for the participants themselves but also for the medical services who are keen to find non-medicalised opportunities to further support patients where appropriate.

“Arts on Prescription” is, however, something of a misleading title. It suggests that the NHS is funding the offer, which, at the present time, is certainly not the case. hArt worked hard for a year to secure the current funding, which enabled only the first three programmes, and we are constantly applying for further funding. The demand for the service is high, and we are being asked for similar programmes in other locations, but without the funding in place, we are unable to start new programmes, and so are continually making applications to all potential funders.

Creative Wellbeing and other activities

During the period, we successfully secured £28,600 of funding towards our Creative Wellbeing workshops, digital activities, and outdoor projects from a mix of local and district authorities, trusts and community fundraising. Because we postponed these activities due to Covid and lockdown, these funds have been largely deferred to the following financial year. As we enter the new financial year, Fordingbridge Creative Wellbeing workshops were adequately funded, however all other activities were only partially funded (approx. 46%) for the full year.

Outlook

We ended a difficult year in a strong position to fully restart our programmes of creative activities to support mental health in the New Forest and surrounding areas.

- From September to December 2021 we have Creative Wellbeing workshops in Hythe, Lymington and Fordingbridge and 12-week Art on Prescription programmes in Hythe, Pennington and Fordingbridge.
- We continue to seek funding for those programmes to extend into 2022 and beyond, and seek to extend Wellbeing Workshops into New Milton and potentially other areas in need where the opportunities arise.
- We have identified demand and potential to support communities in the Bournemouth Poole and Christchurch areas.
- We will seek to grow our trading activities in support of diversifying our funding and reaching individuals who could most benefit from our services.
- We also continue to offer art psychotherapy to school children where requested and hope to offer programmes in support of young people and colleges.
- We will further explore opportunities to make creative use of our unique landscape in support of mental health.
- We will build deeper working relationships with our co-location partner, Coda Music Trust with whom we will explore the potential for a merger, and we will seek other community partnerships.

Principal risks and uncertainties

The Trustees have considered the major risks facing the charity and established systems and procedures to mitigate those risks.

The main risks identified during the process were:

- Closure of sites we use for service delivery or offices for operational activities due to the Coronavirus pandemic, or other factors as they may arise.
- Further waves of the virus creating more disruption.
- Potential loss of sufficient numbers of qualified art therapists, workshop facilitators and volunteers to maintain an effective service, due to turnover rates, covid concerns and individuals' heightened financial pressures.
- Funding uncertainty from financial impacts of the pandemic and the economy on our income streams, including community donations and grants from local government and trusts.

The risks above were identified as significant and the main mitigation actions we are taking are:

- Continue to assess and experiment with novel channels or means of service delivery and relationship management with our clients.
- Run a volunteer recruitment campaign targeted at our primary activities in the Waterside, Fordingbridge and Pennington/Lymington areas.
- Build opportunities to diversify our income streams through community fundraising and developing trading packages to be offered to our key sectors.
- Maintain £30k of our unrestricted reserves designated to provide contingency against risks that could have financial impacts on hArt in the future.

Structure, governance and management

Type of Governing document:

Foundation CIO

How the charity is constituted:

Charitable Incorporated Organisation

Names of the charity trustees who manage the charity

Trustee name	Role (if any)	Dates acted if not for whole year
Annie Jeffery		
Birgitta Hancock		
Kevin Mann	Chair, Treasurer	
Marilynn Freedman		
Phillipa Knight		
Vivienne Purcell		
Yvonne Campbell		Appointed 31/08/2021

Trustee selection method:

Every trustee must be appointed for a term of three years by resolution passed at a properly convened meeting of the charity trustees. 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.

Management:

Day-to-day management of the charity's activities is carried out by a Chief Executive Officer (CEO), who reports directly to the Board of Trustees. The Board of Trustees meets quarterly, or more frequently, to review progress, risks, and attend to all governance matters.

Declaration

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

Signed on behalf of the charity's trustees

Signature(s):

	
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Full name(s):

KEVIN MANN	ANNIE JEFFERY
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Position:

CHAIR of TRUSTEES	TRUSTEE
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Date:

28/04/2022

Independent Examiner's Report


**CHARITY COMMISSION
FOR ENGLAND AND WALES**
**Independent examiner's
report on the accounts**
Section A Independent Examiner's Report

Report to the trustees/ members of	HART (Hampshire Art for Recreation and Therapy)		
On accounts for the year ended	31 August 2021	Charity no (if any)	1158996
Set out on pages	1-2		

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 August 2021.

Responsibilities and basis of report As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed 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:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:  **Date:** 30 April 2022

Name: FJ Wilde

**Relevant professional
qualification(s) or body
(if any):**

FCCA DChA

Address:

4 Marigold Drive

Bisley

Surrey GU24 9SF

Section B Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Independent Examiner's Report

Give here brief details of any items that the examiner wishes to disclose.

Financial Statements 2020/21

- Section A Receipts and payments accounts
- Section B Statement of assets and liabilities at the end of the period



CHARITY COMMISSION
FOR ENGLAND AND WALES

hArt (Hampshire Art for Recreation and Therapy)

1158996

CC16a

Receipts and payments accounts

For the period from	01/09/2020	To	31/08/2021
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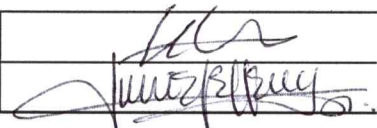
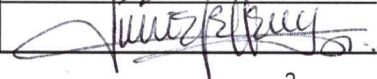
Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	1,376	7,430	-	8,806	2,931
Grants	-	29,862	-	29,862	15,497
Fees	1,478	-	-	1,478	2,366
Bank interest	15	-	-	15	262
Legacy income	-	-	-	-	2,001
Events	-	-	-	-	100
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	2,869	37,292	-	40,161	23,157
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	2,869	37,292	-	40,161	23,157
A3 Payments					
Therapist fees and expenses	1,575	3,465	-	5,040	7,810
Materials and resources	-	182	-	182	104
Facility hire	-	266	-	266	666
Other project costs	413	-	-	413	-
Partnership development	11,738	15,195	-	26,933	34,233
Staff costs	8,490	347	-	8,837	21,716
Training	1,188	-	-	1,188	358
IT	809	-	-	809	869
Office rent	1,523	128	-	1,651	3,103
Office and administration costs	341	-	-	341	568
Phone	146	-	-	146	257
Insurance	960	447	-	1,407	1,578
Professional fees	2,217	-	-	2,217	3,271
Accountancy	838	-	-	838	-
Silverlinks project	-	-	-	-	4,719
Volunteer management	-	-	-	-	280
Travel expenses	-	-	-	-	64
	-	-	-	-	-
	-	-	-	-	-
Sub total	30,238	20,030	-	50,268	79,596
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	30,238	20,030	-	50,268	79,596
Net of receipts/(payments)	- 27,369	17,262	-	- 10,107	- 56,439
A5 Transfers between funds	510	- 510	-	-	-
A6 Cash funds last year end	144,482	11,139	-	155,621	212,060
Cash funds this year end	117,623	27,891	-	145,514	155,621

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	<div>Deposit account</div> <div>Current account</div> <div>Petty cash</div> <div>Total cash funds</div> <div>(agree balances with receipts and payments account(s))</div>	<div>113,818</div> <div>3,265</div> <div>30</div> <div>117,623</div>	<div>28,401</div> <div>-</div> <div>-</div> <div>27,891</div>	<div>-</div> <div>-</div> <div>-</div> <div>-</div>
B2 Other monetary assets	<div>Details</div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	<div>-</div> <div>-</div> <div>-</div> <div>-</div> <div>-</div> <div>-</div> <div>-</div>	<div>-</div> <div>-</div> <div>-</div> <div>-</div> <div>-</div> <div>-</div> <div>-</div>	<div>-</div> <div>-</div> <div>-</div> <div>-</div> <div>-</div> <div>-</div> <div>-</div>
B3 Investment assets	<div>Details</div> <div></div> <div></div> <div></div> <div></div> <div></div>	<div>Fund to which asset belongs</div> <div></div> <div></div> <div></div> <div></div> <div></div>	<div>Cost (optional)</div> <div>-</div> <div>-</div> <div>-</div> <div>-</div> <div>-</div>	<div>Current value (optional)</div> <div>-</div> <div>-</div> <div>-</div> <div>-</div> <div>-</div>
B4 Assets retained for the charity's own use	<div>Details</div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	<div>Fund to which asset belongs</div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	<div>Cost (optional)</div> <div>-</div> <div>-</div> <div>-</div> <div>-</div> <div>-</div> <div>-</div> <div>-</div> <div>-</div> <div>-</div>	<div>Current value (optional)</div> <div>-</div> <div>-</div> <div>-</div> <div>-</div> <div>-</div> <div>-</div> <div>-</div> <div>-</div> <div>-</div>
B5 Liabilities	<div>Details</div> <div></div> <div></div> <div></div> <div></div> <div></div>	<div>Fund to which liability relates</div> <div></div> <div></div> <div></div> <div></div> <div></div>	<div>Amount due (optional)</div> <div>-</div> <div>-</div> <div>-</div> <div>-</div> <div>-</div>	<div>When due (optional)</div> <div></div> <div></div> <div></div> <div></div> <div></div>

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	LC Manna	28/04/2022
	A. Jeffery	28/04/2022

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hArt

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Hampshire Art for Recreation and Therapy (hArt),
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