

Art Therapy Yorkshire (ATY)
Charitable Incorporated Organisation

Annual Report and Accounts
for the year ended 31 October 2021

Charity Number: 1169577

Fortus North Limited
Business Advisors & Accountants
5 & 6 Manor Court
Manor Garth
Scarborough
North Yorkshire

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Art Therapy Yorkshire (ATY) Charitable Incorporated Organisation

Reference and administrative information

| | |
|------------------------------------|---|
| Charity Registration number | 1169577 |
| Trustees | Ms Moyra Bentley Mrs Leslie Stones Mrs Moira Davies Mrs Karen Torkington Mr Andrew Myers |
| Principal officers | Chair - Ms Moyra Bentley Vice Chair - Mrs Leslie Stones Treasurer - Mrs Karen Torkington Membership Secretary - Mrs Moira Davies |
| Principal office | Unit 316, Woodend Creative Workspace The Crescent Scarborough North Yorkshire YO11 2PW |
| Bankers | Royal Bank of Scotland Scarborough Branch 19 Huntriss Row Scarborough North Yorkshire YO11 2ED |
| Independent examiner | Mr R D Thorpe 5 & 6 Manor Court Manor Garth Scarborough North Yorkshire YO11 3TU |

Art Therapy Yorkshire (ATY) Charitable Incorporated Organisation

Trustees' report for the year ended 31 October 2021

Introduction

The Trustees present their report and financial statements for the period ending 31 October 2021.

The Charity is a Charitable Incorporated Organisation (CIO) governed according to the Constitution dated 1 October 2016. The CIO was established 10 October 2016 to take forward the work of its previous incarnation.

The CIO's annual reports will be published on the Charity Commission Website. (note the 2017 period end accounts were the first set of accounts prepared by the CIO).

The CIO is an independent charity and not part of any "umbrella" body.

Structure, governance and management

The original trustees which were appointed upon creation of the CIO are recorded below (with an appointment date of 10/10/16). Subsequent trustees are appointed by a resolution of the existing trustees.

The members of the CIO may be an individual, a corporate body, or an organisation which is not incorporated.

Membership of the CIO can not be transferred to anyone else, except in the case of an individual or corporate body representing an organisation which is not incorporated, whose membership may be transferred by the unincorporated organisation to a new representative.

Liability of members to contribute to the assets of the CIO if it is wound up:

(1) If the CIO is wound up, each member of the CIO is liable to contribute to the assets of the CIO such amount (but not more than £1) as may be required for payment of the debts and liabilities of the CIO contracted before that person or organisation ceases to be a member, for payment of the costs, charges and expenses of winding up, and for adjustment of the rights of the contributing members amount themselves.

(2) In sub-clause (1) of this clause "member" includes any person or organisation that was a member of the CIO within 12 months before the commencement of the winding up.

(3) But subject to that, the members of the CIO have no liability to contribute to its assets if it is wound up, and accordingly have no personal responsibility for the settlement of its debts and liabilities beyond the amount that they are liable to contribute.

Art Therapy Yorkshire (ATY) Charitable Incorporated Organisation

Trustees' report for the year ended 31 October 2021

Trustees

The trustees are as follows :

| | |
|----------------------|------------------------|
| Ms Moyra Bentley | (Chair) |
| Mrs Leslie Stones | (Vice Chair) |
| Mrs Moira Davies | (Membership Secretary) |
| Mrs Karen Torkington | (Treasurer) |
| Mr Andrew Myers | |

The constitution states that there must be at least three charity trustees. If the number falls below this minimum, the remaining trustee or trustees may act only to call a meeting of the charity trustees, or appoint a new charity trustee.

Every trustee of the charity must be a natural person, and must also be a member of the CIO.

The maximum number of charity trustees is twelve. The charity may not appoint any charity trustee if as a result the number of charity trustees would exceed the maximum.

At each annual general meeting of the CIO (subsequent to the first annual general meeting), one third of the charity trustees shall retire from office. Section 13 of the constitution covers in detail the methodology for the retirement and appointment of the trustees.

The vacancies so arising at the annual meeting may be filled by the decision of the members, and any outstanding vacancies will be filled by the decision of the members at a later date.

Any person who retires as a charity trustee by rotation or by giving notice to the CIO is eligible for reappointment.

Financial review

The receipts and payments account for the year can be found on pages 8 - 9 and together with the statement of assets and liabilities on page 10, represent a financial summary of the charity's activities for the period to 31 October 2021 and its financial position at that date.

Reserves policy

The charity currently holds its funds in bank accounts held with Virgin Bank and CAF bank.

ATY believes that it is essential to build reserves whenever possible in order to be in a position to deal with unplanned financial circumstances, and to draw on in the event of cash flow problems. It has now built up some reserve funding.

Art Therapy Yorkshire (ATY) Charitable Incorporated Organisation

Trustees' report for the year ended 31 October 2021

Objectives and activities

The object of the CIO is the relief of sickness and the promotion of good health in Scarborough and the surrounding area by the provision of Art Therapy.

When planning our activities for the year the trustees have considered the commissions guidance on public benefit and, in particular, the specific guidance on charities for the advancement of health.

Art Therapy Yorkshire, originally founded in 2012, has, since its registration as a Charitable Incorporated Organisation on October 10th, 2016, continued with its ongoing programme of activities delivered for the public benefit, and in most cases, free to the beneficiaries. When undertaking any decision making or reporting, the trustees have regard for the Charity Commission Guidance on Public Benefit: rules for charities issued on 14 February 2014. This guidance is drawn to the attention of any potential or newly appointed trustee.

Given the dates of this Annual Review, the remainder of this section, and the following section in which we list our main activities, deals predominantly with COVID lockdown restrictions. We were able to continue to deliver our core aims, with varying conditions and adjustments despite the fluctuations in lockdown protocols and other conditions of the pandemic. We were able to provide art packs to clients and deliver a blend of online and face to face individual and group work whilst developing our processes and adapting to the circumstance.

ATY continued to support many individuals on a 1 to 1 basis through our involvement as delivery partners in the Building Better Opportunities/Action Towards Inclusion project. ATY has also been successful in gaining funds from sources such as the Big Lottery and The Two Ridings Foundation alongside new funders such as D'Oyly Carle Trust, the Sirius Minerals Foundation and the Bettys and Taylors Group.

Work began delivering to the veterans group funded by the Armed Forces covenant Fund - Forces Together programme, which was funded late last financial year. Although recruitment to this was hampered by the pandemic, and there was some reticence understandably amongst the population to join face to face events, this work was delivered online and culminated in two exhibitions.

The demand for our services has always been greater than we have been able to meet, and that demand will only increase given the known growth in people of all ages with mental health needs. ATY has an excellent reputation locally, and more widely in the county, for achieving success in helping vulnerable individuals to make positive progress in their lives. This has led to repeat funding from certain providers over several years in recognition of the success ATY has and can evidence.

In part due to increased demand ATY has offered interventions to many individuals referred through a growing number of agencies especially those involved in Social Prescribing and are happy to report that we are on the approved providers list for NYCC.

The success of ATY is due to a very high quality and committed team of therapists, enhanced by the supportive environment of Woodend Creative, both the building, and its staff. We do excellent work in a superb environment and hope to be able to continue to do so in coming years. For that we will need to be successful in our bidding processes, but, as everyone in the charity sector knows, there are no guarantees of continuing success.

Art Therapy Yorkshire (ATY) Charitable Incorporated Organisation

Trustees' report for the year ended 31 October 2021

Achievements and performance

ATY has managed to perform under adverse circumstances throughout this year, often by using new and innovative methods. The best way of summarising our main achievements and performance this year is to list them under the headings of the different aspects of the work undertaken with both groups and individuals:

Building Better Opportunities/Action Towards Inclusion:

Following the extension to the period by a further year to a seven year programme, ATY continued to deliver our 1 to 1 therapy to those referred under this project.

Women's group:

We were in receipt of renewed funding enabling us to continue to support women mainly through the provision of 1 to 1 and online. One notable adaptation was the use of Microsoft Teams. Through this, for example, ATY was able to deliver successfully to a therapeutic group at distance using the kitchen of a refuge in Bradford where the women were. This would not have been considered a possibility previously. Likewise, with the financial help of the D'Oyly Charitable Trust, we were able to offer an online group to isolated mums at home with their new babies during lockdown.

Men's group:

The work continued with the support of the Big Lottery who funded group work for both men and women. This work will continue into 2022 with the newfound support of Sirius Mineral Foundation, representatives of whom we were delighted to host in October 2021. This was a rare opportunity to meet with funders in our own setting and really get a chance to share our work.

East Riding Children's Services:

ATY has worked for some years now with young people referred by this service for support. Some work with individuals has occurred, but the work has been very difficult to maintain in a regular way due to the pandemic, and school closures.

We were particularly grateful to the Big Lottery for support through their Corona Fund, vital in such an unsettled year, and we were also granted help by the Bettys and Taylors Group, through the Two Ridings Foundation which supported our development as an organisation.

We met clients outdoors, in cafes, in open spaces, online, and eventually moved back into our studios, offering much needed mental health interventions as the levels of isolation and anxiety grew within the population. Careful adherence to Covid guidance has meant we can operate a face-to-face service again from November 2021.

Art Therapy Yorkshire (ATY) Charitable Incorporated Organisation

Trustees' report for the year ended 31 October 2021

Further financial review details

ATY is heavily reliant on charitable foundations for the major part of its income.

We are extremely grateful for the support of the Big Lottery as funders, the Two Riding's Foundation (York) and Your Consortium (North Yorkshire) as fund managers, all of whom have supported ATY to enable us to extend our work into 2020/2021 and beyond.

It is worth noting that, because of the nature of its work with vulnerable clients, confidentiality both inhibits the use of volunteers and has to be taken into account when fund raising eg funding providers of any kind can only have access to, for example, redacted evaluations by clients or therapists. This does, of course, make our fundraising work even more difficult in a time when we know that many small charities are struggling. And it also makes the success that we have had to be something to be even more proud of when we cannot show or share in an open way the success our therapists have with many clients who are so much in need of help. The potential number of such clients is especially high in in deprived coastal town where government provided services in the field of mental health are hard pressed.

Review of major risks

The trustees have assessed the major risks to which the charity is exposed, in particular those relating to the operations and finances of the trust, and are satisfied that systems are in place to mitigate exposure to the major risks.

Declaration

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

Signed on behalf of the charity's trustees:-

Ms Moyra Bentley **Date** **2 July 2022**
Chair

Mrs Karen Torkington **Date** **6 June 2022**
Treasurer

Art Therapy Yorkshire (ATY) Charitable Incorporated Organisation

Independent examiner's report to the trustees of Art Therapy Yorkshire (Charity Number 1169577)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 October 2021 which are set out on pages 8 to 11.

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.

Mr Robert David Thorpe FCCA
5 & 6 Manor Court
Manor Garth
Scarborough
North Yorkshire
YO11 3TU

5 July 2022

Art Therapy Yorkshire (ATY) Charitable Incorporated Organisation

**Receipts and payments account
for the year ended 31 October 2021
Charity Number 1169577**

| | Unrestricted General Funds £ | Restricted Funds £ | 2021 Total Funds £ | 2020 Total Funds £ |
|--|---|-----------------------------------|---------------------------------------|---------------------------------------|
| Receipts | | | | |
| D'Oyly Carte Charitable Trust | - | 3,500 | 3,500 | - |
| Sirius | - | 4,480 | 4,480 | - |
| Aviva | - | 1,214 | 1,214 | - |
| One/one clients | 4,060 | - | 4,060 | 4,800 |
| ATI BBO | - | 13,752 | 13,752 | 16,933 |
| Sundry donations | 3,927 | - | 3,927 | 2,734 |
| Bank interest received | - | - | - | 1 |
| Two Ridings | - | 9,280 | 9,280 | 2,990 |
| Nationwide charities trust | - | - | - | 153 |
| Big lottery A4A | - | 9,900 | 9,900 | 9,950 |
| ERCS | - | 5,001 | 5,001 | 1,707 |
| The Armed Forces Covenant Fund | - | 500 | 500 | 9,300 |
| DWF Foundation | - | - | - | 4,500 |
| Stronger Communities | - | - | - | 1,000 |
| SBC Discretionary Grant | - | - | - | 10,000 |
| Coronavirus Community Support Fund Grant | - | - | - | 10,000 |
| Total receipts | 7,987 | 47,627 | 55,614 | 74,068 |
| Charitable payments | | | | |
| Therapists | 5,861 | 51,008 | 56,869 | 39,234 |
| Art materials | 28 | 719 | 747 | 592 |
| Supervision | 485 | 2,430 | 2,915 | 1,720 |
| Training | 100 | 1,335 | 1,435 | 957 |
| Rent payable | - | 7,709 | 7,709 | 6,632 |
| Insurance | 408 | 237 | 645 | 645 |
| Office expenses | 72 | 1,658 | 1,730 | 1,188 |
| Advertising | - | 72 | 72 | 945 |
| Refreshments | - | 84 | 84 | 161 |
| Travelling expenses | - | 851 | 851 | 652 |
| Repairs and renewals | - | 600 | 600 | - |
| Cost of fundraising | 27 | 119 | 146 | 155 |
| Legal & professional | 880 | 35 | 915 | 93 |
| Accountancy | - | 990 | 990 | 900 |
| Bank charges | 50 | 40 | 90 | 78 |
| | 7,911 | 67,887 | 75,798 | 53,952 |

Art Therapy Yorkshire (ATY) Charitable Incorporated Organisation

Other payments

| | | | | |
|---|---|---|---|-----|
| Assets retained for the charity's own use | - | - | - | 924 |
| Creditor payments | - | - | - | 290 |

| | | | | |
|-----------------------|--------------|---------------|---------------|---------------|
| Total payments | <u>7,911</u> | <u>67,887</u> | <u>75,798</u> | <u>55,166</u> |
|-----------------------|--------------|---------------|---------------|---------------|

| | | | | |
|---|----|----------|----------|--------|
| Net surplus/(deficit) for the year | 76 | (20,260) | (20,184) | 18,902 |
|---|----|----------|----------|--------|

| | | | | |
|---|--------|--------|--------|--------|
| Accumulated surplus/(deficit) brought forward | 14,007 | 28,197 | 42,204 | 23,302 |
|---|--------|--------|--------|--------|

| | | | | |
|--------------------------------------|---------|-------|---|---|
| Project funded by unrestricted funds | (6,219) | 6,219 | - | - |
|--------------------------------------|---------|-------|---|---|

| | | | | |
|-----------------------------------|--------------|---------------|---------------|---------------|
| Cash funds carried forward | <u>7,864</u> | <u>14,156</u> | <u>22,020</u> | <u>42,204</u> |
|-----------------------------------|--------------|---------------|---------------|---------------|

Art Therapy Yorkshire (ATY) Charitable Incorporated Organisation

**Statement of assets and liabilities
as at 31 October 2021**

| | Unrestricted | Restricted | 2021 | 2020 |
|---|---------------------|-------------------|---------------|---------------|
| | £ | £ | £ | £ |
| <u>Cash funds</u> | | | | |
| Royal Bank of Scotland (Treasurer's Account) | - | - | - | 2,426 |
| CAF Bank | 683 | 14,156 | 14,839 | 39,639 |
| Virgin account | 7,131 | - | 7,131 | - |
| Petty cash | 50 | - | 50 | 139 |
| Total cash funds | <u>7,864</u> | <u>14,156</u> | <u>22,020</u> | <u>42,204</u> |
| <u>Tangible fixed assets</u> | | | | |
| IT Equipment | | | | |
| As at 1 November 2020 | 5,105 | - | 5,105 | 239 |
| Additions in year | - | - | - | 924 |
| Fixtures & Fittings | | | | |
| As at 1 November 2020 | 289 | - | 289 | 289 |
| Additions in year | - | - | - | - |
| Total tangible fixed assets | <u>5,394</u> | <u>-</u> | <u>5,394</u> | <u>1,452</u> |
| <u>Liabilities</u> | | | | |
| Creditors | - | - | - | (290) |
| Total liabilities | <u>-</u> | <u>-</u> | <u>-</u> | <u>(290)</u> |
| Total assets less liabilities carried forwards | <u>13,258</u> | <u>14,156</u> | <u>27,414</u> | <u>43,366</u> |

Signed on behalf of the trustees:

Ms Moyra Bentley
Chair

2 July 2022

1. Notes to the financial statements

1.1. CIO formation and related party

As disclosed in the introduction section of the Trustees' report, the charity operates as a Charitable Incorporated Organisation (CIO), and the CIO was established on 10 October 2016 to take forward the work of the previous incarnation of the charity.

The previous incarnation of the charity transferred its assets to the newly formed CIO upon formation and this was verbally agreed between the trustees, however this was not formally documented until an EGM of the trustees on 3 January 2018.

The transfer between the organisations consisted of cash and bank balances (transferred at their value at 10 October 2016), together with other small sundry assets, which were deemed to have a negligible financial value.

Other related party

During the period, the charity paid for therapy services from Mrs Susan Holmes, who acts as bookkeeper for the charity (she is not remunerated for bookkeeping services). The therapy services are assumed to have taken place on an arm's length basis, under normal commercial terms.