

**CORINNE BURTON
MEMORIAL TRUST**

A Charitable Trust

**TRUSTEES' REPORT
AND FINANCIAL STATEMENTS**

For the year ended 31 December 2021

CORINNE BURTON MEMORIAL TRUST
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CORINNE BURTON MEMORIAL TRUST

TRUST INFORMATION

Trustees

Sir Michael John Burton
Laurence Stephen Brass
Norman Anthony Leifer
Lorna Lee Cohen
Jeremy Bard
Judith Frances Kasriel
Joshua Daniel March Cowan

Charity Number 1015586

Principal Address

28 Church Road
Stanmore
Middlesex HA7 4XR

Accountants/ Independent Examiner

Parker Cavendish
28 Church Road
Stanmore
Middlesex HA7 4XR

Principal Bankers

Barclays Bank plc
160 Piccadilly
London W1A 2AB

Who we are, and what we do

The Corinne Burton Memorial Trust (CBMT) is the only charity in the UK that supports the practice of Art Psychotherapy for cancer care. We have played a fundamental role in the development of this field through several initiatives; the direct support of art therapist positions at hospitals (currently, St Bartholomew's Hospital in London, referred to hereafter as "Barts"), the publication of materials and books, and the funding of a scholarship at Goldsmiths, University of London, for new art therapists specialising in cancer care. CBMT also funds the scholarship recipients for another two years after graduating, working at hospitals or hospices, as qualified art therapists, delivering services to cancer patients.

Receiving a diagnosis of cancer is a deeply distressing event. While traditional psychotherapy is a useful tool, it is usually used on a longer-term basis. Sadly, many cancer patients cannot be guaranteed any kind of 'longer term'. Art therapy gives an immediate psychotherapeutic benefit, playing a powerful role in giving patients both insight and an additional will to fight. It is an especially important tool for patients resistant to traditional psychological therapy (such as young men, who often turn down other forms of support). Cancer is a devastating illness. It can be physically debilitating, meaning patients lose the ability to do the things they could before. This can lead to depression, anxiety, and deep feelings of loneliness. Art therapy enables patients to re-engage creatively, helping them find new ways of connecting with their purpose and the people around them.

"I always look forward to therapy sessions as I always come out feeling like a weight had been taken off my back. What I tell my therapist always feels valued and this makes me feel valued. The sessions also make it easier to understand some of my feelings." - Patient A, after an Art Therapy session

Art therapy is recognised as expanding the options for communicating and giving back patients their motivation. It is an adaptive, evidence-based approach that provides psychological support to patients who otherwise may not be suitable for other talking-based therapies. Each session takes them out of their clinical setting and helps them to reconnect with themselves, and process what they are experiencing.

Without CBMT, there would not be a legacy of Art Therapy at Barts hospital, which sits within the largest NHS trust in the UK and covers some of London's most economically deprived areas. Our financial support has enabled specialist help for cancer patients, some of whom might otherwise not have accessed any psychological support.

Our Impact

Since our founding, CBMT has supported more than 30 Art Psychotherapy students through Goldsmiths. They have gone on to help thousands of cancer sufferers across the country. As a direct result of our financial support for an art therapist position at Barts or at other hospitals and hospices, there have been more than 6,500 art therapy sessions delivered at Barts alone in the past fifteen years. Many patients have written directly to the Trust with their appreciation.

"If it wasn't for CBMT there wouldn't be art therapy at Barts; there wouldn't be the research that is happening on art therapy, and the work with the doctors and nurses at Barts wouldn't be happening either."

- Megan Tjasink, Corinne Burton Art Therapist at Barts

Thanks to the generous grants and donations we have received (including in the last year donations from the Sobell Foundation, D'Oyly Carte Charitable Trust, March-Henderson Trust,

St James' Place Foundation, Hospital Saturday Fund, and Weinstock Charitable Trust), we were able to continue our usual work despite the impact of COVID-19. Luckily, the programmes were fundamentally unchanged despite the ongoing impact of the pandemic on referral systems and working methods.

In 2021 the CBMT art therapists were able to deliver over two-hundred art therapy sessions to cancer patients, a majority of which were conducted as video or phone outpatient sessions, with around a quarter delivered face to face on Barts wards.

In addition to their work with patients, the CBMT art therapists also continued their work helping to support hospital staff, who continue to face intense stress and pressure from the pandemic. In 2021, nine out of ten staff members reported that the art therapy session had a positive effect on their personal well-being and their approach to work, with ten out of ten reporting that the sessions successfully helped them relax and avoid burnout.

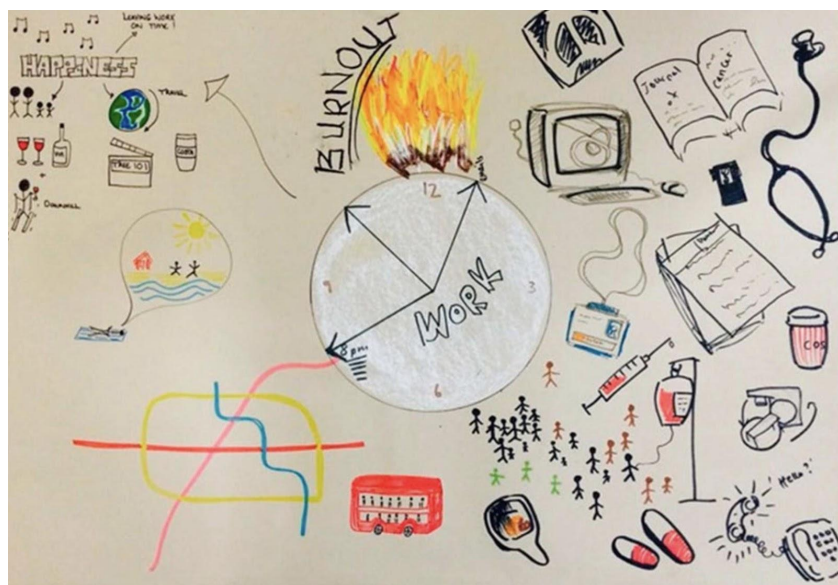
CBMT and COVID-19

Our work became particularly important through the COVID-19 pandemic when many in-patients were not able to have outside visitors for months at a time, and overstretched doctors and nurses were at high risk of burnout and some of our therapists' time at Barts was seconded to staff support. The CBMT Art Therapists established an online art therapy blog and online art therapy group which were used by 340 staff members (25 attended groups and 315 engaged with art therapy via the blog). As a result of this work the psychological services team at Barts (including art therapy and psychology) was put forward for a parliamentary award.

Hospital staff are frequently exposed to work-related stress putting them at risk of burnout and affecting patient safety. In another pilot study at Barts, CBMT art therapists delivered sessions to eighteen trainee doctors, 14 of whom were measured (using a psychological assessment) as being close to burnout. Following the course, there were statistically significant improvements in emotional exhaustion and personal achievement.

"First off, I would like to thank all the people behind the art therapy. As I, personally found it very useful going through these tough times. I have been on the frontline since March and until now post-peak of the pandemic. I felt trapped wearing PPEs, but relieved with doing creative works."

- ITU nurse, SBH



A piece produced by one of the doctors in the pilot study during an art therapy session.

"I have found art therapy-based workshops and groups to be well placed to support and replenish healthcare professionals. They facilitate connection, reflection, meaning-making;

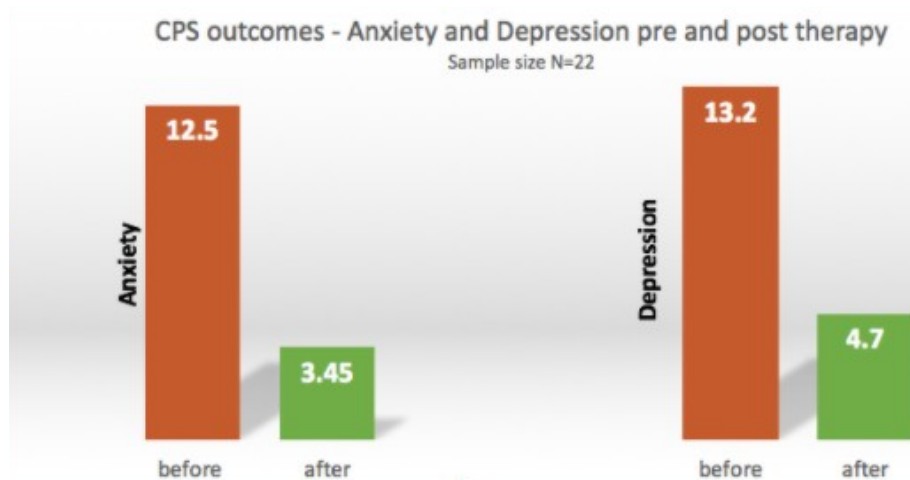
they sustain empathy and foster resilience. The pro-active, self-determining nature of art-making is an invaluable relief in the face of systemic issues that feel beyond their control to change."

- Megan Tjasink, Corinne Burton Art Therapist at Barts

Evaluating our work

The art therapists at Barts evaluate the impact and outcomes of their sessions using the same measures as applied by NHS Cancer Alliance UK. A patient's anxiety and depression levels are measured at the start and then again at the end of a course of art therapy.

The impact of therapy is assessed using the GAD 7 and PHQ 8 psychometric scales, which measure patient anxiety and depression. In 2021 the average scores of patients before art therapy were outside the normal range, meaning these patients would be considered to have anxiety or depression disorders. After the art therapy programme (usually 4-6 sessions) their average scores were reduced significantly, into the normal range, a huge therapeutic benefit for patients. Results from the Cancer Psychological Services (CPS) team in 2021 are shown in the graph below.



"My art therapy sessions became a part of my treatment that I had some kind of control over and that had some kind of respect for me. The session was a place where I could take my anger and anxieties and self-pity and guilt and cancer comedy and treatment horror stories to feel however I needed to. I was free to feel how I wanted."

- A patient's account of her art therapy sessions.

Below are examples of pieces created by patients at Barts during art therapy sessions.



Our Plans

The Trust feels very proud of the students and alumni of the Goldsmiths art therapy course and the practitioners at Barts and other hospitals and hospices, who have been the recipients of its funding for over 30 years, of the marvellous work they have done, and care they have given.

As a result of the positive impact of our work at the Bart's Trust, there has been a growth in demand for our services. To meet this demand we are hoping to fund an additional qualified art therapist within the Barts Trust, enabling us to expand our services to another hospital, the Royal London Hospital. This would help provide around 200 more art therapy sessions a year, reaching an additional 50-60 cancer patients and over 300 staff during that period.

These plans are a result of direct requests from the Barts Trust for an expansion of our services. As well as reaching more people in need, this expansion would enable us to lengthen treatment availability for patients from one year to two years, allowing us to help currently underserved patient populations. Our goal is to contribute to a reduction in feelings of depression, anxiety, and loneliness in patients undergoing cancer treatments at a time when other well-being services are stretched to breaking point due to the pandemic.

Expanding into other hospital sites would also be instrumental for the development of the education and understanding of Art Psychotherapy. It would ensure a presence at multi-disciplinary team meetings within the NHS and Barts Trust and support appropriate and equitable patient referrals. We feel confident that focusing our efforts on this working structure will give us a strong foundation, and help us make a long-term impact on the lives of our beneficiaries.

CORINNE BURTON MEMORIAL TRUST

TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2021

The Trustees present their report with the financial statements of the charity for the year ended 31 December 2021.

The Trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

Status and objectives

The Trust was created by a Deed dated 24 November 1992 ("the Trust Deed") in memory of the late Corinne Burton and is a registered charity no. 1015586. It is governed by the Trust Deed and by the Charities Act 2011.

The Trustees have unrestricted powers to apply the trust funds towards the charitable objectives set out in the Trust Deed.

The main object which the Trust pursues is the funding of art therapy, and the training of art therapists, for cancer patients.

There have been no changes in the policies adopted by the Trust during the year.

In January 2019 the Trust Deed was amended such that the total number of Trustees shall not exceed nine.

Results, Activities and Review of the Year

Incoming Resources

The excess of incoming resources as against resources expended in the year is shown on page 8.

Total incoming resources amounted to £30,815 as compared with £46,287 the previous year.

Interest receivable and similar income amounted to £11, as compared with £73 for the previous year.

Resources Expended

Total expenditure in the year amounted to £40,387, an increase of £29,393 on the previous year.

Direct charitable expenditure (net of write backs) included in the above amount totalled £36,344, an increase of £17,308 on the previous year's amount.

It is the usual policy of the Trustees to make awards from the accumulated unrestricted fund only, and to write back any provisions to this fund where a write back is deemed necessary.

Assets and Liabilities

The Statement of Financial Position on page 9 of the financial statements shows the financial position of the Trust as at 31 December 2021

Total assets exceeded total liabilities by £11,918 which is represented by the accumulated balances on both capital and income funds. The net assets of the Trust are held in order to meet the Trust's operating expenses, if any, and also to be applied towards the Trust's charitable objectives.

The Trust has made future commitments with regards to the funds held as detailed in notes 5 and 6 on page 11.

CORINNE BURTON MEMORIAL TRUST

TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2020 (CONTINUED)

Trustees and Administration

The trustees of the Trust are listed on page 1. The power of appointing new or additional trustees is vested in the settlor, Sir M J Burton. An additional trustee may be appointed at any time but so that the total number of the trustees shall at no time exceed nine.

The Trust’s objectives are met in such proportion and manner as the trustees shall in their absolute discretion from time to time determine.

The Trust has no employees. The day to day administration of the Trust is dependent on the services provided by the trustees.

This report was approved by the trustees on 16 May 2022 and signed on their behalf by

..... Sir Michael John Burton

..... Laurence Stephen Brass

..... Norman Anthony Leifer

..... Lorna Lee Cohen

..... Jeremy Bard

..... Judith Frances Kasriel

..... Joshua Daniel March Cowan

Independent Examiner's Report to the Trustees of The Corinne Burton Memorial Trust

I report to the charity trustees on my examination of the accounts of The Corinne Burton Memorial Trust (the Trust) for the year ended 31 December 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 Act and in carrying out my examination I have followed all 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 giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do 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.

Mervyn Beth FCCA
Parker Cavendish
Chartered Accountants
28 Church Road
Stanmore
Middlesex
HA7 4XR

Date: 16 May 2022

CORINNE BURTON MEMORIAL TRUST

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2021**

Unrestricted

Income Fund

	NOTES	2021 £	2020 £
INCOMING RESOURCES			
General donations and Activities (net)	3 38,152		30,804
Bank deposit interest received (gross)		11	73
Tax refunds		-	8,062
		<hr/>	<hr/>
TOTAL INCOMING RESOURCES		30,815	46,287
		<hr/>	<hr/>
RESOURCES EXPENDED			
Cost of Generating Funds			
Activity and fundraising costs - less refunds			3,023
	(8,972)		
Charitable Expenditure			
Donations and grants- Less written back	4	36,344	19,036
Governance costs	5	1,020	930
		<hr/>	<hr/>
TOTAL RESOURCES EXPENDED		40,387	10,994
		<hr/>	<hr/>
NET MOVEMENTS IN FUNDS		(9,572)	35,293
INCOME FUND BALANCE BROUGHT FORWARD AT 1 JANUARY 2021			
		21,390	(13,903)
		<hr/>	<hr/>
INCOME BALANCE CARRIED FORWARD AT 31 DECEMBER 2021		11,818	21,390
		<hr/>	<hr/>
CAPITAL FUND BALANCE BROUGHT FORWARD AT 1 JANUARY 2021 AND CARRIED FORWARD AT 31 DECEMBER 2021			
		100	100
		<hr/>	<hr/>

CORINNE BURTON MEMORIAL TRUST

STATEMENT OF FINANCIAL POSITION AS AT 31 DECEMBER 2021

	Notes	2021 Unrestricted Fund £	2020 Unrestricted Fund £
CURRENT ASSETS			
Cash at bank		107,943	100,993
Debtors	8	-	8,062
		<hr/>	<hr/>
		107,943	109,055
Creditors: Amounts falling due within one year	6	(47,049)	(37,280)
		<hr/>	<hr/>
NET CURRENT ASSETS		60,894	71,775
		<hr/>	<hr/>
Creditors: Amounts falling due after more than one year	7	(48,976)	(50,285)
		<hr/>	<hr/>
NET ASSETS		11,918	21,490
		<hr/>	<hr/>
TRUST FUNDS			
CAPITAL FUND: expenditure endowment		100	100
INCOME FUND: unrestricted		11,818	21,390
		<hr/>	<hr/>
		11,918	21,490
		<hr/>	<hr/>

Approved by the Trustees on 16 May 2022

..... Sir Michael John Burton Laurence Stephen Brass

..... Norman Anthony Leifer Judith Frances Kasriel

.....Lorna Lee Cohen Jeremy Bard

..... Joshua Daniel March Cowan

The notes on pages 10 and 11 form an integral part of these financial statements.

CORINNE BURTON MEMORIAL TRUST

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2021

1. ACCOUNTING POLICIES

a) Basis of preparing the financial statements

The financial statements of the charity which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015)', Financial Reporting Standard applicable in the UK and Republic of Ireland EFA, and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Financial reporting standard 102 - reduced disclosure exemptions

The charity has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

The requirements of Section 7 Statement of Cash Flows;

The requirement of Section 3 Financial Statement Presentation paragraph 3.17(d);

The requirements of Section 11 Financial Instruments paragraphs 11.41(b), 11.41(c), 11.41(e), 11.41(f), 11.42, 11.44, 11.45, 11.47, 11.48(a)(iii), 11.48(a)(iv), 11.48(b) and 11.48(c);

The requirements of Section 12 Other Financial Instruments paragraphs 12.26, 12.27, 12.29(a), 12.29(b) and 12.29A;

The requirement of Section 33 Related Party Disclosures paragraph 33.7.

The principal accounting policies adopted in the preparation of the financial statements are set out below and have remained unchanged from the previous year/period, and also have been consistently applied within the same accounts.

b) Incoming Resources

All incoming resources are included in the Statement of Financial Activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policy is applied to particular categories of income:

Donations received are accounted for on a receivable basis and, where appropriate, include tax deducted at source which is recoverable by the Trust.

c) Resources Expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered and is reported as part of the expenditure to which it relates

Donations and grants made during the year have been fully provided in the accounts where amounts have been made covering more than one year.

d) Taxation

The charity is exempt from tax on its charitable activities

**CORINNE BURTON MEMORIAL TRUST
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2021 (CONTINUED)**

2. FUND ACCOUNTING

The unrestricted income fund consists of funds to be used for the purpose of meeting the Trust's charitable objectives and the ongoing overheads of the Trust.

The capital endowment fund is attributable to the original amount settled on the charity. Under the terms of the Deed of Settlement, the endowment is expendable at the discretion of the Trustees on expenditure which meets the charitable objectives of the Trust.

3. GENERAL DONATIONS RECEIVED

General donations include the following:

March-Henderson Trust	£9,854
Sobell Foundation	£5,000
D'Oyly Carte Charitable Trust	£3,000
St James' Place Foundation	£2,500
Hospital Saturday Fund	£2,000
Weinstock Charitable Trust	£3,000

4. DONATIONS AND GRANTS

2021

2020

	£	£
a) Goldsmiths' College		
Donation to cover the cost of art Therapy studentships ('The Corinne Burton Art Therapy Studentships')	20,280	20,141
Less: Written back	(173)	(3,523)
b) St Bartholomew's Hospital (Barts),		
Donation to cover the cost of an art therapist ('The Corinne Burton Art Therapist')	16,237	2,418
Less: Written back	-	-
	<u>36,344</u>	<u>19,036</u>
5. GOVERNANCE COSTS		
Accountancy fees	1,020	930
6. CREDITORS:		
Amounts falling due within one year		
Provision for charitable commitments	46,593	37,070
Accrued expenses	455	210
	<u>47,048</u>	<u>37,280</u>
7. CREDITORS:		
Amounts falling due after more than one year		

	Provision for charitable commitments	48,976	50,285
		<u> </u>	<u> </u>
8.	DEBTORS:		
	Tax refunds	<u> </u> -	<u> </u> 8,062