CHARITY COMMISSION FIRST CONTACT 2 & JUL 2018

> ACCOUNTS RECEIVED

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LONDON ARTS IN HEALTH FORUM

(A COMPANY LIMITED BY GUARANTEE)

REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2018

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### (A COMPANY LIMITED BY GUARANTEE)

### **COMPANY INFORMATION**

COMPANY NUMBER : 06939695

CHARITY NUMBER : 1135543

DIRECTORS/TRUSTEES : Dr Alice Ashby

Gail Babb

Beth Elliott (Resigned as Chair 20th September 2017)

Val Huet (Resigned 30th November 2017)

Suki Kaur

Dr Katharine Low

Judith Mellor, OBE (Appointed Chair 20th September 2017)

Anne Mullins (Resigned 5th July 2017)

Dr Laura-Jane Smith

Stephen Sandford (Appointed 20th September 2017)

Dr John Spicer

Nicola Tyson (resigned 19th February 2018)

Dr John Wynne

Leah Zakss (Appointed 20th September 2017)

CHARITY ADDRESS AND : Can Mezzanine

49-51 East Road

London N1 6AH

REGISTERED OFFICE : 75

75 Maygrove Road

West Hampstead

London NW6 2EG

### (A COMPANY LIMITED BY GUARANTEE)

### REPORT OF THE DIRECTORS

The trustees present their report and accounts for the year ended 31 March 2018.

The financial statements have been prepared in accordance with 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 (FRS102- effective 1 January 2015- (Charities SORP FRS 102).

### Structure, governance and management

### **DIRECTORS AND THEIR INTERESTS**

The directors who have served during the period are as follows:-

Dr Alice Ashby

Gail Babb

Beth Elliott (Resigned as Chair 20th September 2017)

Val Huet (Resigned 30th November 2017)

Suki Kaur

Dr Katharine Low

Judith Mellor, OBE (Appointed Chair 20th September 2017)

Anne Mullins (Resigned 5th July 2017)

Dr Laura-Jane Smith

Stephen Sandford (Appointed 20th September 2017)

Dr John Spicer

Nicola Tyson (resigned 19th February 2018)

Dr John Wynne

Leah Zakss (Appointed 20th September 2017)

Each of the directors has a limited liability of £1.

### Objects and activities for public benefit

London Arts in Health Forum (LAHF) is a charity which creates more opportunities for the arts to reach everyone in society – regardless of their health or personal circumstances. It has two primary focuses - creating opportunities for people experiencing ill health to engage with the arts; and raising awareness of the health and wellbeing benefits of engaging with high quality creative activity.

We believe that participating in the arts and exploring creativity makes a crucial difference to the health and wellbeing of individuals and of society as a whole. LAHF is a central pillar in the fast emerging world of arts and health. LAHF has been at the forefront of this work for many years. It is hugely respected for the support it offers to individual artists, patients and service users, health professionals and the wider public. The organisation works collaboratively in everything it does, partnering with a huge range of colleagues to increase the impact the arts can have on the health of everyone in society. It is a small organisation with a small team of expert staff, a strong and engaged board, diverse and strong networks and a commitment to quality in the delivery of its work.

### LONDON ARTS IN HEALTH FORUM (A COMPANY LIMITED BY GUARANTEE) REPORT OF THE DIRECTORS (Cont'd)

People with acknowledged ill health (both mental and physical) are traditionally excluded from the arts and yet research increasingly indicates that engaging in creative activity has wide ranging health and wellbeing benefits. LAHF exists to challenge traditional inequalities by generating more and better arts experiences for everyone.

### Achievements and performance

2017-18 was a significant year for the organisation and the wider arts and health sector. For the past five years, LAHF has been at the forefront of delivering a national advocacy approach to arts and health resulting in the establishment of the National Alliance for Arts, Health and Wellbeing. We have supported the All Party Parliamentary Group for Arts, Health and Wellbeing and advised on its two year inquiry into the role of the arts in tackling health inequalities. This inquiry, published in July 2017 as Creative Health was a hugely significant moment for people working in this area generating new recognition for the impact of the arts on health and wellbeing and triggering a number of policy and clinical developments.

This work continues and in March 2018, the National Alliance for Arts, Health and Wellbeing merged with the National Alliance for Museums, Health and Wellbeing. The newly launched Culture, Health and Wellbeing Alliance brings together 50 leading organisations working in this area and is being supported by Arts Council England over the next four years as a Sector Support Organisation. It is already having significant impact on the sector and on policy and in its first two months attracted over 2,000 members.

LAHF is grateful to Arts Council England for its ongoing support for the organisation. In 2017, LAHF's place in the Arts Council's National Portfolio of leading arts organisations was cemented until 2022 providing a financial core to the organisation's output and delivery. At the heart of the organisation is support for individual practitioners, over the course of the year, LAHF responded to more than 1,500 enquiries with support and guidance. Most of these were from artists and small arts organisations, many international. In addition, events provided significant networking opportunities for artists, newsletters and blogs offer information and signposting to resources and opportunities as well as guidance on best practice. LAHF's Director addressed 30+ events and audiences offering guidance on arts and health.

The organisation's key moment in the year is its annual festival. In 2017, more than 30,000 people attended events in Creativity and Wellbeing Week and the festival was twice as big as when it started six years earlier. It goes from strength to strength and in 2019 will develop more of a national presence. The festival is LAHF's main focus in reaching audiences however a number of different focused activities took place over the year. In April 2017, LAHF collaborated with the British Medical Journal on its International Congress for Quality Improvement in Health for an international audience of over 3,000 delegates. LAHF programmed and delivered an arts and health fringe with a series of well attended and engaging events showcasing the best in UK arts and health practice.

LAHF continues to collaborate with partners to create new arts opportunities for people experiencing health inequalities. A good example of this was a collaboration with Mersey Care to develop a new arts-based tool to support people with a recent dementia diagnosis. We commissioned an artist to work with 500 people in the period post diagnosis over a number of

### LONDON ARTS IN HEALTH FORUM (A COMPANY LIMITED BY GUARANTEE) REPORT OF THE DIRECTORS (Cont'd)

weeks. Through collaboration with participants, we created a new interactive arts experience for participants which is now being tested to explore its impact on patient experience, this work is now being pursued further. LAHF's year round output includes its newsletter which reaches over 3,500 people as well as its social media outputs which reach over 10,000 people each week.

The organisation has considerably developed its board over the past eighteen months. In summer 2017, we undertook a lengthy and thorough process to recruit a new permanent Chair and in September appointed Judith Mellor, OBE. Judith has been involved in the theatre world for many years, chairing the Northampton Theatres Trust and a board member of the Bush, the Theatres Trust and Graeae. Judith has a strong interest in education and disability and a passion and growing awareness of the value that arts of all sorts can play in the wellbeing, recovery and building of self esteem for the most vulnerable people. Alongside Judith a new Treasurer was appointed. Suki Kaur is an experienced senior NHS Manager with over 10 years' experience gained in operational and strategic leadership roles. With responsibility for budgets of up to £30 million and around 800 staff, She has worked across all major health sectors including mental health, emergency, primary, acute and commissioning services, whilst also leading on major government driven and local initiatives.

### Reserves policy and risk management

The board conducted an away day in September and is working on several new areas of activity likely to result in a major identity overhaul for the organisation in 2019. The board manages a strong reserves policy and also conducted a risk management review in 2017. The organisation continues to be run by Damian Hebron - a very experienced arts and health practitioner who has developed LAHF over a period of 15 years. He is supported by Neil Parker, LAHF's Administrator for the past 5 years.

Looking to the future, there are plans in place for increased engagement with a wide group of stakeholders, new commissions for artists and writers, partnerships with leading clinicians and new forays into digital and online outputs. From a position of strength and security, the organisation is keen to develop further.

### **Public Benefit**

The principal activities of the charity during the year continued to be to achieve the objectives as stated above. The trustees are aware of the Charity Commission guidance on public benefit reporting as set out in Section 17 Charities Act 2011. The trustees believe that the charity achieves a public benefit by advancing educational needs.

### **LONDON ARTS IN HEALTH FORUM** (A COMPANY LIMITED BY GUARANTEE) **REPORT OF THE DIRECTORS (Cont'd)**

### **DIRECTORS' RESPONSIBILITIES**

Company law requires the directors, who serve as trustees for the purposes of charity law, to prepare Financial Statements for each financial year, which give a true and fair view of the state of affairs of the Company and of the profit or loss of the Company for that period. In preparing those Financial Statements, the directors are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether the Charities SORP FRS 102 has been followed, subject to any material departures disclosed and explained in the Financial Statements;
- prepare the Financial Statements on a going concern basis unless it is inappropriate to presume that the Company will continue in business.

The directors are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the Company and to enable them to ensure that the Financial Statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Directors' Report is prepared in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006.

SIGNED ON BEHALF OF THE BOARD OF DIRECTORS

**Judith Mellor, OBE** Director

Jun 18 2018.

### INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF LONDON ARTS IN HEALTH FORUM FOR THE YEAR ENDED 31 MARCH 2018

I report on the accounts of the company for the year ended 31 March 2018, which are set out on pages 7 to 15.

### Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

### Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

- 1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
- 2. the accounts do not accord with those records; or
- the accounts do not comply with the accounting requirements of section 396 of the 2006
   Act 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; or
- 4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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.

Anthony Epton BAFCA CTA FCIE

Goldwins

Chartered accountants 75 Maygrove Road West Hampstead

London NW6 2EG

23 July 2018

# LONDON ARTS IN HEALTH FORUM (A COMPANY LIMITED BY GUARANTEE) STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT) FOR THE YEAR EDNED 31 MARCH 2018

		Unrestricted	2017	2016
			Total	Total
	Note	£	£	£
Income from:				
Charitable activities	3	83,716	83,716	63,734
Investments	4	9	9	31
Total income		83,725	83,725	63,765
Expenditure on:				
Charitable activities	5	85,934	85,934	68,205
Total expenditure		85,934	85,934	68,205
Net (expenditure)/ income for the	year	(2,209)	(2,209)	(4,440)
Transfers between funds				-
Net movement in funds		(2,209)	(2,209)	(4,440)
Reconciliation of funds:				
Total funds brought forward		19,002	19,002	23,442
Total funds carried forward		16,793	16,793	19,002
•	·		=	

### (A COMPANY LIMITED BY GUARANTEE)

### **BALANCE SHEET AS AT 31 MARCH 2018**

			2018	•	2017
	Note	£	£	£	£
Fixed assets:					
Tangible assets					
			-		-
Current assets:					
Debtors	9	-		2,000	
Cash at bank and in hand		18,147		18,356	
		18,147		20,356	
Liabilities:		,		•	
Creditors: amounts falling due within one year	10	(1,354)		(1,354)	
Net current assets / (liabilities)			16,793		19,002
Ties carrons about / (nabration)			20,		<b>,</b>
Total assets less current liabilities			16,793		19,002
Total net assets / (liabilities)			16,793		19,002
The fire heaf does here's	10				
The funds of the charity:	12.		16 502		10.000
Unrestricted income funds			16,793		19,002
Total charity funds			16,793		19,002

For the financial year ended 31 March 2018, the Company was entitled to exemption from audit under Section 477 of the Companies Act 2006, and no notice has been deposited under Section 476. The directors acknowledge their responsibilities for ensuring that the Company keeps accounting records which comply with Section 386 of the Act and preparing Financial Statements which give a true and fair view of the state of affairs of the Company as at the end of the period and of its profit or loss for the financial period in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006, so far as applicable to the Company.

The Financial Statements have been prepared in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006 and in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

The Financial Statements were approved by the Board on 18.7 18.

Judith Mellor, OBE Director

Company No. 06939695

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### LONDON ARTS IN HEALTH FORUM (A COMPANY LIMITED BY GUARANTEE) ACCOUNTING POLICIES FOR THE YEAR ENDED 31 MARCH 2018

### 1 Accounting policies

### a) Basis of preparation

The financial statements have been prepared in accordance with 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) - (Charities SORP FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

### b) Reconciliation with previously Generally Accepted Accounting Practice (GAAP)

In preparing the accounts, the trustees have considered whether in applying the accounting policies required by FRS 102 and the Charities SORP FRS 102 a restatement of comparative items was required.

### c) Public benefit entity

The charitable company meets the definition of a public benefit entity under FRS 102.

### d) Going concern

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern.

Key judgements that the charitable company has made which have a significant effect on the accounts include estimating the liability from multi-year grant commitments.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

### e) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and that the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the charity that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is a treated as a contingent asset and disclosed if material.

Income received in advance of the provision of a specified service is deferred until the criteria for income recognition are met.

### LONDON ARTS IN HEALTH FORUM (A COMPANY LIMITED BY GUARANTEE) NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2018

### 1 Accounting policies (continued)

### f) Donations of gifts, services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item or received the service, any conditions associated with the donation have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), volunteer time is not recognised so refer to the trustees' annual report for more information about their contribution.

On receipt, donated gifts, professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

### g) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

### h) Fund accounting

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

### i) Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

Costs of raising funds relate to the costs incurred by the charitable company in inducing third parties to make voluntary contributions to it, as well as the cost of any activities with a fundraising purpose

- Expenditure on charitable activities includes the costs of delivering activities undertaken to further the purposes of the charity and their associated support costs
- Other expenditure represents those items not falling into any other heading

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

### j) Allocation of support costs

Resources expended are allocated to the particular activity where the cost relates directly to that activity. However, the cost of overall direction and administration of each activity, comprising the staff costs and overhead costs of the central function, is apportioned on the following basis which are an estimate, based on staff time, of the amount attributable to each activity.

Where information about the aims, objectives and projects of the charity is provided to potential beneficiaries, the costs associated with this publicity are allocated to charitable expenditure.

### 1 Accounting policies (continued)

### k) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

### l) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account. Cash balances exclude any funds held on behalf of service users.

### m) Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

### n) Pensions

The Charity has no pension liabilities.

### 2 Detailed comparatives for the statement of financial activities

		20 Unrestric	017	2017 Total
	Note	Unrestric	£	£
Income from:			<b>~</b>	
Charitable activities	3	63,	734	63,734
Investments	4	•	31	31
Total income		63,	765	63,765
Expenditure on:				
Charitable activities	5	68,	205	68,205
Total expenditure		68,	205	68,205
Net (expenditure)/ income for the year		(4,4	40)	(4,440)
Transfers between funds			-	-
Net movement in funds		(4,4	40)	(4,440)
Reconciliation of funds:				
Total funds brought forward		(23,4	42)	23,442
Total funds carried forward		19,0	002	19,002
		<del></del>	<del>:</del> - <del>:::::::::</del> :	
3 Income from charitable activities				
	•		2018	2017
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Income from funders				
Arts Council England  Income earned from charitable activities	65,662	<del>-</del>	65,662	65,662
Fees	18,054		18,054	(1,928)

83,716

63,734

Total income from charitable activities 83,716

### 4 Income from investments

a income irom ii	avestments						
						2018	2017
		1	Unrestricted	Restricte	ed .	Total	Total
			£		£	£	£
Bank interest			9		-	9	31
			9			9	31
5 Analysis of exp	enditure						
, 122.02.y 010 01 02.p		Charitable	Governar	nce S	upport	2018	2017
		activities		sts	costs	Total	Total
		£		£	£	£	£
Staff costs		39,229		-	_	39,229	39,336
Direct cost							
Project expenses Events and mee		15,770		-	-	15,770	10,568
expenses		22,210		-	-	22,210	4,985
Research and t	raining costs	1,520		-	-	1,520	5,600
Support cost							
Insurance		-		-	707	707	667
Telephone		-		-	2,169	2,169	1,496
PPS		-		-	338	338	387
Website Costs		-		-	2,350	2,350	1,686
Computer Expe		-		-	212	212	1,254
Travel and subs	sistence	-		-	21	21	558
Subscription		-		-	~	-	180
Governance cos	st						
Bank charges		-		72	-	72	93
Accountancy				36	<del>-</del>	<u>1,336</u>	1,395
		78,729	1,4	804	5,797	85,934	68,205
Support costs		5,797		- (	(5,797)	-	
Governance cos	ts	1,408	(1,40	08)			
Total expendit	ure 2018	85,934		<u> </u>		85,934	
Total expenditu	re 2017	68,205				68,205	

The charity has no restricted expenditure incurred in the year. The total expenditure £85,934 (2017: £68,205) was unrestricted.

### (A COMPANY LIMITED BY GUARANTEE)

### **NOTES TO THE FINANCIAL STATEMENTS**

### **FOR THE YEAR ENDED 31 MARCH 2018**

### Analysis of staff costs, trustee remuneration and expenses, and the cost of key management personnel

Staff costs were as follows:

	2018	2017
	£	£
Other staff costs	39,229	39,336
	39,229	39,336

No employees earned more than £60,000 per annum.

The charity trustees were not paid or received any other benefits from employment with the charity in the year (2017: £nil). No charity trustee received payment for professional or other services supplied to the charity (2017: £nil).

Trustees' expenses represent the payment or reimbursement of travel and subsistence costs totalling £Nil (2017: £191).

### 7 Related party transactions.

There are no related party transactions to disclose for 2018 (2017: none).

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

### 8 Taxation

The charitable company is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

### 9 Debtors

	2018	2017
	£	£
Other debtors		2,000
	-	2,000

10	Creditors: amounts falling o	lue within o	ne year			
					2018	2017
					£	£
	Accruals				1,354	1,354
					1,354	1,354
11	Analysis of net assets between	en funds				
	·			General unrestricted	Restricted	Total funds
				£	£	£
	Net current assets			16,793		16,793
	Net assets at the end of the y	ear		16,793	-	16,793
12	Movements in funds					
		At the start of the year	Incoming resources & gains	Outgoing resources & losses	Transfers	At the end of the year
		£	£	£	£	£
	Unrestricted funds:					
	General funds	19,002	83,725	(85,934)		16,793
	Total unrestricted funds	19,002	83,725	(85,934)	-	16,793
		10.000	00.505	(05.02.1)		16 800
	Total funds	19,002	83,725	(85,934)	-	16,793

### 13 Operating lease commitments

At the balance sheet date, the charity had no financial commitment under non-cancellable operating leases.

### 14 Legal status of the charity

The charity is a company limited by guarantee and has no share capital. The liability of each member in the event of winding up is limited to  $\pounds 1$ .