



Trustees' Annual Report for the period

Period start date		Period end date					
From	Day 01	Month 09	Year 2017	T O	Day 31	Month 08	Year 2018

Section A

Reference and administration details

Charity name

HART (Hampshire Art for Recreation and Therapy)

Other names charity is known by

Registered charity number (if any)

1158996

Charity's principal address

South Efford House

Milford Road, Lymington,

Hampshire

Postcode

SO41 0JD

Names of the charity trustees who manage the charity

Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1 Annie Jeffery	Chair		
2 Philippa Knight			
3 Birgitta Hancock			
4 Marilyn Freedman			
5 Susan White			
6			
7			
8			
9			

10
11
12
13
14
15
16
17
18
19
20

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

--

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document
(eg. trust deed, constitution)

Foundation CIO

How the charity is constituted
(eg. trust, association, company)

Charitable Incorporated Organisation

Trustee selection methods
(eg. appointed by, elected by)

Every trustee must be appointed for a term of three years by a 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.

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Section C

Objectives and activities

Summary of the objects of the charity set out in its governing document

1. To relieve sickness and promote, preserve and protect physical, mental and emotional health by the use of a range of activities and arts in particular but not exclusively by:
 - (i) providing opportunities for participation in creative projects;
 - (ii) allowing those who are disadvantaged or isolated to enjoy contact through arts in a safe environment;
 - (iii) helping people by developing their confidence and resilience.
2. To provide recreational and leisure time activity in the interests of social welfare for people who have need by reason of their youth, age, infirmity or disability, poverty or social and economic circumstances with a view to improving the conditions of life of such persons.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

hArt has engaged with a number of organisations to provide programmes and workshops to encourage adults and children to benefit from working with the creative arts for therapeutic and recreational purposes.

This year, we have further expanded our community engagement and built new partnerships and collaborative working.

This year saw us planning to start two outdoor programmes with young people from Totton and Brockenhurst Colleges using outdoor spaces, and we progressed our Lymington weekly group for adults as well as starting a fortnightly group with adults, some being referred from their local medical practice in Fordingbridge. We worked with around 500 clients directly, and approximately 1,000 indirectly. We have offered one off events and been invited to attend a number of public events. We have increased our work to offer Creative Cafes in two separate local venues. One to one working in schools at both primary and secondary school levels, continues to be requested.

The Silverlinks programme has offered support to over 30 clients, and is regularly receiving referrals through social services and care navigators as well as self referrals as a result of local publicity. It offers practical help and social contact to older people in the community.

The trustees have had regard to the guidance issued by the Charity Commission on public benefit.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Volunteer contributions have ranged from consistent help within the support work of the office, to helping with programmes and workshops. Volunteer recruitment has continued throughout the year, and the volunteer core is strong and a vital part of what hArt provides. hArt now has a dedicated Volunteer Co-ordinator who has improved the induction process, and offers training to new volunteers.

Silverlinks trains its own volunteers and has now three trained volunteers able to support the Silverlinks manager in her work.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

hArt has planned several more projects, some of which are in the nature of pilot schemes, which will be evaluated and the outcomes will continue to inform future planning.

In August 2018, we heard that we had been successful in our application for a Lloyds Bank Foundation Enable grant, which is specifically for implementing the Trusted Charity Mark (formerly PQASSO) and this is now underway.

Outcomes continue to build the case for support for have the power of art as therapy. We are looking forward to working with new partners on projects involving social prescribing and expect to start this work in the coming year.

Other workshops have offered support to a variety of needs, and we have been aware of a reduction in the need for medication, GP and hospital visits in clients, ranging from those recovering from substance misuse to those with mild-medium mental ill health diagnoses.

We have understood from community projects such as the Creative Cafes and the Silverlinks programme, that bringing people together reduces loneliness and isolation and offers focus and enjoyment.

**Brief statement of the charity's
policy on reserves**

hArt is in a position to formalise its Reserves Policy having been the recipient of a large donation in the Spring of 2018.

The Trustees feel that a sum of £10,000 should be reserved which would offer 2 months' running costs, including rent and staff costs, should the need arise. This would cover the required notice periods for both staff and in respect of the agreement with the landlord for rent of our office space at South Efford House.

It would be the case, should the above situation arise, that funding would still be in place to cover any ongoing projects and programmes, so that, should it be necessary to close down the operations of the charity altogether, two months' notice would also be given to clients/beneficiaries, which we feel would be enough to allow for a gentle withdrawal of services.

While we have no reason to foresee this eventuality, we wish to formalise the arrangement this year, which does not impinge upon any of our regular activities, and we will place this sum in a suitable interest earning account, where it will be accessible within three months as needed.

This Reserves policy will be reviewed regularly, and at least once a year, by the Trustees.

**Details of any funds materially
in deficit**

None.

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F

Other optional information

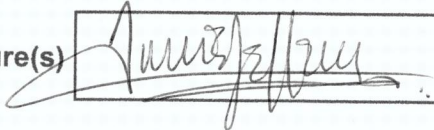
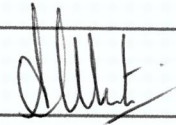
Section G

Declaration

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

Signed on behalf of the charity's trustees

Signature(s)

Full name(s)

Annie Jeffery

SUE WHITE

Position (eg Secretary,
Chair, etc)

Chair

TRUSTEE

Date

13/5/2019



CHARITY COMMISSION
FOR ENGLAND AND WALES

hArt (Hampshire Art for Recreation and Therapy)

1158996

Receipts and payments accounts

CC16a

For the period
from

01/09/2017

To

31/08/2018

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Donations	134,288	8,341	-	142,628	28,848
Grants	5,500	-	-	5,500	20,930
Fees	3,287	-	-	3,287	2,105
Events	421	-	-	421	1,225
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	143,496	8,341	-	151,836	53,107
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	143,496	8,341	-	151,836	53,107
A3 Payments					
Therapist Fees	5,630	9,027	-	14,657	8,395
Materials	809	386	-	1,196	856
Venues	635	641	-	1,276	408
Community and Project development	4,257	3,352	-	7,609	2,763
Fund-raising fees	3,888	3,129	-	7,017	3,145
Social media	1,226	-	-	1,226	-
Training	190	80	-	270	670
Travel Expenses	401	455	-	856	64
Office Rent	4,652	-	-	4,652	2,810
Office & Administration Costs	1,294	1,066	-	2,360	700
Phone	107	428	-	535	231
Insurance	468	128	-	596	370
Professional Fees	4,768	-	-	4,768	586
Distribution of shared funds from joint projects	-	-	-	-	2,981
Sub total	28,326	18,693	-	47,018	23,978
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	28,326	18,693	-	47,018	23,978
Net of receipts/(payments)	115,170	- 10,352	-	104,818	29,129
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	11,248	26,753	-	38,001	8,872
Cash funds this year end	126,418	16,401	-	142,819	38,001

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	Bank Deposit Account	125,255		-
	Bank Current Account	1,133	16,401	-
	Cash in hand	30	-	-
	Total cash funds	126,418	16,401	-
(agree balances with receipts and payments account(s))				

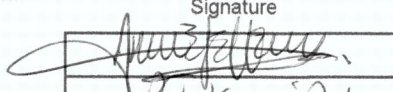
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

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

Signature

 P.U.K. ght

Print Name
 ANNIE JEFFERY
 P.J. KNIGHT

Date of approval
 13/03/19
 13/03/19