CHARITY COMMISSION FIRST CONTACT

23 SEP 2019

ACCOUNTS RECEIVED

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#### **LONDON ARTS IN HEALTH FORUM**

#### (A COMPANY LIMITED BY GUARANTEE)

#### **COMPANY INFORMATION**

**COMPANY NUMBER** 

06939695

**CHARITY NUMBER** 

1135543

**DIRECTORS/TRUSTEES** 

Dr Alice Ashby

Gail Babb

Rishi Coupland (Appointed 18th July 2018) Beth Elliott (Resigned 28th November 2018) Mao Fong Lim (Appointed 28th November 2018)

Suki Kaur

Dr Eugenia Lee (Appointed 28th November 2018)

Dr Katharine Low

Judith Mellor, OBE (Chair)

Dr Laura-Jane Smith (Resigned 28th November 2018)

Stephen Sandford Dr John Spicer Dr John Wynne Leah Zakss

**CHARITY ADDRESS AND** 

Can Mezzanine

49-51 East Road

London N1 6AH

**REGISTERED OFFICE** 

75 Maygrove Road

West Hampstead

London NW6 2EG

#### LONDON ARTS IN HEALTH FORUM

#### (A COMPANY LIMITED BY GUARANTEE)

#### REPORT OF THE DIRECTORS

The trustees present their report and accounts for the year ended 31 March 2019.

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
Rishi Coupland (Appointed 18th July 2018)
Beth Elliott (Resigned 28th November 2018)
Mao Fong Lim (Appointed 28th November 2018)
Suki Kaur
Dr Eugenia Lee (Appointed 28th November 2018)
Dr Katharine Low
Judith Mellor, OBE (Chair)
Dr Laura-Jane Smith (Resigned 28th November 2018)
Stephen Sandford
Dr John Spicer
Dr John Wynne
Leah Zakss

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

2018-19 was a significant year for the organisation and the wider arts and health sector. LAHF have continued to be a core support for the Culture, Health and Wellbeing Alliance (CHWA) which was launched in March 2018. LAHF is the London Champion for the Alliance and is looking to build on the regional sector support it offers arts organisations and museums in 2019/20.

The Alliance held its first conference in March 2019 and continues to be a significant force in the arts, health and wellbeing sector.

We launched the CHWA bulletin and immediately broke all targets in terms of distribution and circulation.

LAHF Supported the launch of new CHWA - including playing a leading role in the Director recruitment and plans for a national Centre for arts and health

We oversaw the relationship for CHWA with other strategic organisations (SAMs) leading engagement with them and hosting the first gathering of the SAMs.

#### **Social Prescribing**

There has been a surge in interest around the use of Creativity and Health and in particular the role creative activity may take in social prescribing and LAHF has been a leader in this.

Social Prescribing is currently being championed by both the Department of Health and NHS England in its *Long-Term Plan*.

The Secretary of State for Health and Social Care, Matt Hancock, spoke about the culture and creativity in relation to social prescribing in November 2018 at the King's Fund. He said

"The arts can help keep us well, aid our recovery and support longer lives better lived. The arts can help major challenges facing health and social care, aging, loneliness, mental health concerns and other long term conditions, and the arts can help save money for the NHS and the social care system."

LAHF aims to be at the forefront of social prescribing in London. Providing support and advice to members and bringing together the arts and the health sectors through resources, training and support. LAHF have been involved in the GLA vision for social prescribing and have been offering expertise to various organisations on how creative activity can be incorporated into social prescribing.

#### Creativity and Wellbeing Week

Creativity and Wellbeing week was the biggest yet in 2018 with a 50% increase in the number of events included. Earned income was increased and for the first time we ran a series of events with a focus on museums.

The festival 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.

During Creativity and Wellbeing week 2018 we commissioned an artist to capture the week resulting in 3 original artworks as well as a film-maker to capture the week. We also commissioned an academic to create a position paper on the potential for the arts to contribute to the QI agenda.

#### **Board and Trustees**

During 2018/19 the charity recruited three new trustees – Mao, Rishi and Eugenia increasing board diversity and bringing a whole set of new skills to the board.

#### **Events**

We produced the Supervision and Support event in September 2018 initiating a debate about artists' wellbeing in delivering arts and health work. We commissioned an academic to produce a paper documenting this work and to promote discussion.

#### **Digital Reach**

Facebook followers have risen from 3308 to 4299 over a year and the average reach of each post is nearly 30,000 people. In the same period we have gained Twitter 2317 followers to hit 10,200

In 2019 we have launched an Instagram profile, with support from a volunteer and we hope to see this platform reach new audiences.

LAHF's websites attract over 91,935 unique visitors each year. We also have nearly 4000 newsletter subscribers a growth of nearly 500 over the past year.

The organisation deals with hundreds of enquiries by phone and email each year and the charity continues to see huge demand for speaking engagements.

We commissioned a blog series (10 blogs) to unearth key issues in arts and health including the relationship with disability arts, heritage, funding and debates around quality, diversity and safety.

#### Projects .

We delivered the Drawing on Strengths project – a partnership with Mersey Care – which saw an artist – Kate Eggleston-Whirtz commissioned to work with 50 participants living with dementia and 50 carers to develop a tool to support people who have recently received a diagnosis of dementia. This tool is now being piloted by Mersey Care in sessions with the potential to be rolled out across their service.

#### **Funding**

LAHF is grateful to Arts Council England for its ongoing support for the organisation as the charity is funded as an NPO until 2022. At the heart of the organisation is support for individual practitioners, over the course of the year, LAHF responded to thousands of 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.

#### Reserves policy and risk management

The board manages a strong reserves policy. The organisation experienced a change in leadership with Damian Hebron - a very experienced arts and health practitioner who has developed LAHF over a period of 15 years who left in September 2018. He was replaced by Jenni Regan who started the role in January 2019. The transition period was supported by Neil Parker, LAHF's Festival Co-ordinator for the past 7 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

Jun 9 Jeur 11.9.10

Judith Mellor, OBE Director

#### INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF LONDON ARTS IN HEALTH FORUM FOR THE YEAR ENDED 31 MARCH 2019

I report on the accounts of the company for the year ended 31 March 2019, 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
- 3. 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 BA FCA CTA FCIE

**Goldwins** 

**Chartered accountants** 

75 Maygrove Road

West Hampstead

London NW6 2EG

17 September 2019

# 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 2019

•		Unrestricted	2019	2018
		:	Total	Total
	Note	£	£	£
Income from:				
Charitable activities	3	71,814	71,814	83,716
Investments	4	18	. 18	9
Total income		71,832	71,832	83,725
Expenditure on:	,	•		
Charitable activities	5	73,958	73,958	85,934
Total expenditure		73,958	73,958	85,934
Net (expenditure)/ income for the year		(2,126)	(2,126)	(2,209)
Transfers between funds				-
Net movement in funds		(2,126)	(2,126)	(2,209)
Reconciliation of funds:		. •		
Total funds brought forward		16,793	16,793	19,002
Total funds carried forward		14,667	14,667	16,793
			<u> </u>	

### LONDON ARTS IN HEALTH FORUM (A COMPANY LIMITED BY GUARANTEE) BALANCE SHEET AS AT 31 MARCH 2019

	<b>N</b> T .		2019	,	2018
Fixed assets:	Note	£	<b>£</b>	£	£
Tangible assets					
Current assets:			-		-
Cash at bank and in hand		20,828		18,147	
·		20,828	:	18,147	
Liabilities: Creditors: amounts falling due within one year	9	(6,161)		(1,354)	
Net current assets / (liabilities)			14,667		16,793
Total assets less current liabilities			14,667		16,793
Total net assets / (liabilities)	•		14,667	·	16,793
The funds of the charity: Unrestricted income funds	11		14,667		16,793
Total charity funds		, .	14,667		16,793
		• .			<del></del>

For the financial year ended 31 March 2019, 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 ....

Judith Mellor, OBE Director

Jun a Pecro

Company No. 06939695

### LONDON ARTS IN HEALTH FORUM (A COMPANY LIMITED BY GUARANTEE) ACCOUNTING POLICIES FOR THE YEAR ENDED 31 MARCH 2019

#### 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) Public benefit entity

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

#### c) 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.

#### d) 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 2019**

#### 1 Accounting policies (continued)

#### e) 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.

#### f) 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.

#### g) 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.

#### h) 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.

#### i) 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)

#### j) 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.

#### k) 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.

#### l) 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.

#### m) Pensions

The Charity has no pension liabilities.

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

			2018	2018
		Unrestr		Total
_	Note		£	£
Income from:	•			
Charitable activities	3	83	,716	83,716
Investments	4		9	9
Total income		83	,725	83,725
Expenditure on:	Ý			
Charitable activities	5	85	,934	85,934
Total expenditure	- ,		,934	85,934
• ·		•		
Net (expenditure)/ income for the year		(2,	209)	(2,209)
Transfers between funds			-	-
Net movement in funds		(2,	209)	(2,209)
Reconciliation of funds:	•			-
Total funds brought forward		19	,002	19,002
Total funds carried forward		16,	793	16,793
				<del></del>
3 Income from charitable activities				
			2019	2018
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Income from funders	·			
Arts Council England	65,662	-	65,662	65,662
Income earned from charitabl activities	le ·			-
Fees	6,152	-	6,152	18,054
Total income from charitable activities			71,814	83,716

#### 4 Income from investments

7	income irom investments				
				2019	2018
		Unrestricted	d Restricted	Total	Total
		:	£	£	£
	Bank interest	13	8 -	18	9
		13	8 -	18	. 9
-					
	·	Charitable	Support	2019	2018 Total
5		activities	costs	Total	Totai
		£	£	£	£
	Staff costs	46,636	-	46,636	39,229
	Direct cost				
	Project expenses	12,161	· -	12,161	15,770
	Events and meetings expenses	1,330	-	1,330	22,210
	Research and training costs	5,205		5,205	1,520
	Support cost				•
	Insurance	-	597	597	707
	Telephone	-	1,105	1,105	2,169
	PPS	-	290	290	338
	Website Costs	-	3,351	3,351	2,350
	Computer Expenses	-	186	186	212
	Travel and subsistence	-	703	703	21
	Subscription	-	100	100	-
	Bank charges	-	78	78	72
	Legal and professional	-	840	840	
	Accountancy		1,376	1,376	1,336
		65,332	8,626	73,958	85,934
	Support costs	8,626	(8,626)	-	<del></del>
	Total avnonditure 2010	73,958	···.	72 050	
	Total expenditure 2019	13,730	<del>-</del>	73,958	
	Total expenditure 2018	85,934	-	85,934	

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

Staff costs were as follows:

	2019	2018
	£	£
Other staff costs	46,636	39,229
	46,636	39,229
	<del>=</del>	

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 (2018: £nil). No charity trustee received payment for professional or other services supplied to the charity (2018: £nil).

Trustees' expenses represent the payment or reimbursement of travel and subsistence costs totalling £Nil (2018: £Nil).

#### 7 Related party transactions

There are no related party transactions to disclose for 2019 (2018: 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 Creditors: amounts falling due within one year

•	2019	2018
	£	£
Trade Creditors	4,807	-
Accruals	1,354	1,354
	6,161	1,354

10	Analysis	οf	net	assets	hetween	funds
10	AMALY 313	VI.	псі	assets	DCLWCCH	IUIUS

10	Analysis of het assets betwe			General unrestricted £	Restricted £	Total funds £
	Net current assets			14,667		14,667
	Net assets at the end of the	year		14,667	-	14,667
11	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	16,793_	71,832	(83,958)		14,667
	Total unrestricted funds	16,793	71,832	(83,958)		14,667
	Total funds	16,793	71,832	(83,958)		14,667

#### 12 Operating lease commitments

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

#### 13 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 £1.