

ART & SOUL

Charity Number: **1173268**

Company Number:

CE010961

ART & SOUL

TRUSTEES' REPORT & FINANCIAL STATEMENTS

31 MARCH 2021

ART & SOUL
TRUSTEES ANNUAL REPORT (continued) YEAR
ENDED 31 MARCH 2021

ART & SOUL

FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2021

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ART & SOUL
TRUSTEES ANNUAL REPORT (continued) YEAR
ENDED 31 MARCH 2021
TRUSTEES AND PROFESSIONAL ADVISERS

Registered charity name	Art & Soul
Charity number:	1173268
Company Registration number	CE010961
Principal office	11 Bassett Gardens Isleworth TW7 4QZ
Trustees:	Liz Sokoski (Co Chair) Rachel Tranter-Needham (Co Chair) Loveday Shewell (Appointed 17 Sept
2020)	Alastair Beveridge (Treasurer) (Appointed 17 September 2020) Betsy Lewis-Holmes (Resigned Feb
2021)	Emma Hetherington (Resigned Sept
2020)	Katen Ang (Resigned Sept 2020)
Independent examiner	Bradbury Stell Unit 2 Beverley Court 26 Elmtree Road Teddington Middlesex TW11 8ST

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TRUSTEES ANNUAL REPORT (continued) YEAR
ENDED 31 MARCH 2021

The trustees have pleasure in presenting their report and the unaudited financial statements of the charity for the year ended 31 March 2021.

REFERENCE AND ADMINISTRATIVE DETAILS

Reference and administrative details are shown in the schedule of trustees and professional advisers on page 2 of the financial statements.

THE TRUSTEES

The trustees who served the company during the period was as follows:

Liz Sokoski (Co Chair)
Rachel Tranter-Needham (Co Chair)
Loveday Shewell
Alastair Beveridge (Treasurer)
Betsy Lewis-Holmes
Emma Hetherington
Karen Ang

Patron: Sir Vince Cable
Practitioner team: Ursula Kelly and Gwen Ramsay

All major decisions are taken collectively by the trustees.

The trustees are unpaid and details of any related party transactions are disclosed as applicable in the notes to the accounts.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Recruitment and appointment of new trustees would be in line with the Trust Deed and with the consent of the trustees. The criteria set for the suitable candidate would be someone who is sensitive to the needs and demands of the organisation.

RISK REVIEW

The Trustees have assessed the major risks to which the charity is exposed, in particular those related to the operations and finances of the charity and are satisfied that systems are in place to manage our exposure to the major risks.

Objectives and activities

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TRUSTEES ANNUAL REPORT (continued) YEAR

ENDED 31 MARCH 2021

The Board of Trustees work together to ensure the following objectives are fulfilled:

- enhancing wellbeing for West and South-West London based adults through structured creative activities run by an HCP registered art therapist.
- reducing mental health stigma and support community wellbeing through creative events and workshops.-creating a supportive and safe environment for those experiencing mental health challenges.-empowering members to connect with others, develop skills, reduce stress and to positively re-engage with the community.

A REVIEW OF OUR ACHIEVEMENTS AND PERFORMANCES

The charity received £43,494 through a number of restricted grants and unrestricted donations. The net surplus for the year was £1,662.

Plans for the future

Art & Soul intends to carry on creating activity to enhance the emotional and mental health of people living in South West London.

Grants

A total of £18,027 restrictive grant donations received in the year have not yet been expensed and will be so within the year.

ACTIVITIES APRIL 2020 - MARCH 2021

As for us all the dominant feature of this year has been the pandemic with its effect on the wellbeing of so many and the isolation of us all. Art & Soul was able to quickly pivot its services to online delivery, which enabled us to support adults with mental health needs, and develop our children and young people programme through the brokering of new partnerships with NHS services within South-West London. The year has shown a significant increase in fundraising for programmes across the board, particularly for children and young people, resulting in a broader programme and increased freelancer practitioner team.

Thanks to the support of the RPLC and Cranfield Trust, Art & Soul has developed a fundraising strategy and three-year strategic plan, as well as carried out essential development required for digital delivery during Covid.

We continued to attract new participants through our outreach programme, delivering workshops online and in partnership with other organisations. Our programme is now larger than ever, reaching over 150 participants across five workshop programmes for adults, children and young people through partnerships and in-house programmes.

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TRUSTEES ANNUAL REPORT (continued) YEAR

ENDED 31 MARCH 2021

Simon Raymond

Following the news of the death of long-term Art & Soul participant Simon Raymond in December 2020, a number of donations were made in his memory. Art & Soul's next exhibition (July 2021) will be held in Simon's memory.

Workshop programme

Our main programme this year, called **Remote Connectivity** was devised in response to the Covid-19 pandemic. This year, 42 adults were posted packs of art materials, attending fortnightly Zoom art making sessions (facilitated by an art therapist) as well as a closed Facebook group where fortnightly 'themes' were given as inspiration for making artwork. The Facebook group became (and continues to be) a lively and supportive space for participants to share artwork and comments with one another.

Feedback from participants has been consistently positive. We use the Warwick Wellbeing Scale (WEMWBS) and UCL Wellbeing Scales to monitor the wellbeing of our group participants from when they are initially referred and then again at multiple points in the programme. The WEMWBS was used to monitor wellbeing for the Remote Connectivity group. 56% of the group completed monitoring feedback at multiple stages throughout the project and were therefore measurable. Of these: 77.8% reported an increase in wellbeing, 16.7% reported a decline in wellbeing and 5.6% reported no measurable change. We recognize that these are broad measures affected by many other circumstances of participants' lives and we are seeking additional ways to measure the impact of our activities. For example we collect more qualitative comments and creative feedback. Participants are able to set goals now which are reviewed regularly with the art therapist. One participant described their aims as 'To become more creative and by doing this, hope to improve my mood'. Other comments:

'It's helped reduce loneliness and kickstarted my creativity again'.

'It has been invaluable especially during the pandemic, it has helped give me a focus to the week'

'it's been a lifesaver to connect to art and wellbeing. Thank you'

'Felt part of a community and enjoyed having my creativity stretched'

Results of a survey monkey feedback showed that 67% of those completing feedback state that participation reduces isolation and 78% of those completing feedback state that the group increases their wellbeing.

In July 2020, this programme was featured by the Culture, Health and Wellbeing Alliance (CHWA) as a case study for an All Party Parliamentary Group for Arts, Health & Wellbeing. The case study is available on the CHWA website:

<https://www.culturehealthandwellbeing.org.uk/how-creativity-and-culture-are-supporting-shielding-and-vulnerable-people-home-during-covid-19>

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TRUSTEES ANNUAL REPORT (continued) YEAR

ENDED 31 MARCH 2021

Junior Art & Soul

This year, thanks to funding from the Baring Foundation, RPLC and Hampton Fund, Art & Soul has been able to develop our Junior Art & Soul programme significantly. This has seen the development of three new partnerships with NHS CAMHS services for young people: [The Priory Hospital](#), *Achieving for Children's Emotional Health Service* and the [Adolescent Outreach Team](#). These three partnerships will offer art for wellbeing courses to children and young people referred to CAMHS as needing acute support either in crisis, or in residential care or on waiting lists for anxiety. Two staff sessions were held in February and March 2020 and sessions for young people all begin in April 2021.

Gallery visits and guest artists

Art & Soul held six gallery visits this year. One gallery visit was held in-person at Orleans House Gallery in August 2020, attended by nine people. Due to further lockdowns, gallery visits were then held online with: The Pitzhanger Gallery, Turners House, William Morris Gallery, October Gallery and South London Gallery.

Two guest artists facilitated sessions: [Bobby Lloyd](#) from Art Refuge and Sue Brown gave a workshop on her [Same Sea, Different Boat](#) project where participants were invited to create collographs which will be printed as part of a large collaborative quilt showcasing the variety of experiences of lockdown across the UK.

A total of 84 participants attended these sessions.

Film

A short film was created by art therapist Ursula Kelly, showcasing the *Remote Connectivity* project. The film was released online through Richmond Council's *Richmond Gives Back* campaign and received over 300 views and is available [here](#).

Outreach sessions

26 participants, new to Art & Soul, took part in two outreach workshops which were run online, one with Healthwatch Richmond on 28th November and a festive session on 18th December.

A productive partnership was formed with Richmond Borough Mind's Wellbeing Centre. Art & Soul ran five sessions for 12 Mind-referred participants, online through February and March 2021. Discussions are currently in progress regarding the potential for making this partnership sustainable.

Exhibitions

Due to coronavirus, Art & Soul was unable to hold exhibitions in person so used Instagram to showcase artwork. In December 2020, Art & Soul ran an Artist's Advent Calendar through Instagram. This received over 240 views and cemented Art & Soul's social media presence. This was coordinated by our new social media volunteer who is now a regular contributor to the team.

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TRUSTEES ANNUAL REPORT (continued) YEAR

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Marketing

Art & Soul has now developed its social media presence through Facebook, Instagram and Twitter. The charity is taking part in campaigns online such as 'Time to Talk Day' and 'Mental Health Awareness Week'. We now have a dedicated freelancer managing marketing and a social media volunteer supporting. Our [website](#) has regular blog posts and reflections about our activities from participants and practitioners.

Strategic Planning

Thanks to funding from RPLC and consultancy in-kind support from the Cranfield Trust, Art & Soul was able to review and refine how Art & Soul operates. This involved a skills audit, focus group with participants and an overall refinement of the charity's mission, vision and values was completed to produce a three-year strategic plan and fundraising strategy. We have now diversified our fundraising and developed our reserves thanks to using Just Giving and Amazon Smile. We are in the process of registering with Gift Aid. We have also refined our assessment procedure for new participants.

Future planning

Art & Soul have received funding to continue to offer a broad range of activities for 2020-2021, including an online exhibition, regular remote arts activities for adults with mental health needs, gallery visits, and adult in-person sessions when restrictions allow. Plans are underway for a 2021-2 programme working further with children and young people, thanks to a grant from One Richmond, and undertaking our fundraising campaign.

Art & Soul has been running sessions online since March 2020, and we plan to continue to offer a combination of online, blended and in-person sessions (when restrictions allow). This will ensure we reach the largest number of participants safely, and allow for those with health concerns to continue to engage remotely.

Thanks

We are grateful to our funders, the Baring Foundation, National Lottery, Richmond Parish Lands Charity, the Hampton Fund, and Richmond Council's Civic Pride Fund, for supporting these activities.

Art & Soul, c/o 5 Martineau Drive, TWICKENHAM, TW1 1PZ

Tel: 07938 715034

Email: info@artandsoul.org.uk

Website: www.artandsoul.org.uk, Registered Charity no. 1173268

Chair: Liz Sokoski, Patron: Sir Vince Cable MP

Trustees: Alastair Beveridge, Loveday Shewell, Rachel Tranter

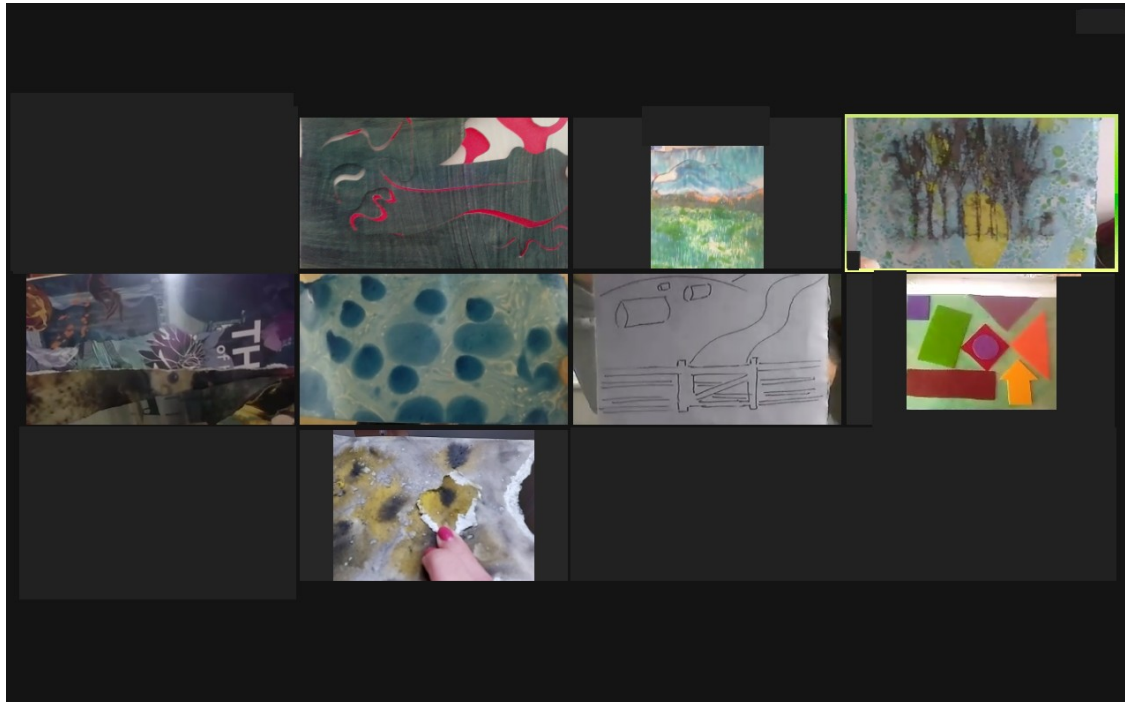
ART & SOUL

TRUSTEES ANNUAL REPORT (continued) YEAR
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**Practitioner team: Betsy Lewis-Holmes, Ursula Kelly, Gwen Ramsay,
Morgan Sinton-Hewitt, Olivia Bladen, Cintra Thorpe**

Volunteers: Dapinder Chahal, John Royle

IMAGES FROM 2020-2021 PROGRAMME



Zoom 'collage' screenshot of participants holding up work to their cameras during the partnership with Richmond Borough Mind's Wellbeing Centre.

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Artwork created by young people attending sessions at the Priory Hospital, Roehampton.



Diana Nicholls, "The Dance of the Tree", response to 'The Colour Purple' (Remote Connectivity Group)

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TRUSTEES ANNUAL REPORT (continued) YEAR
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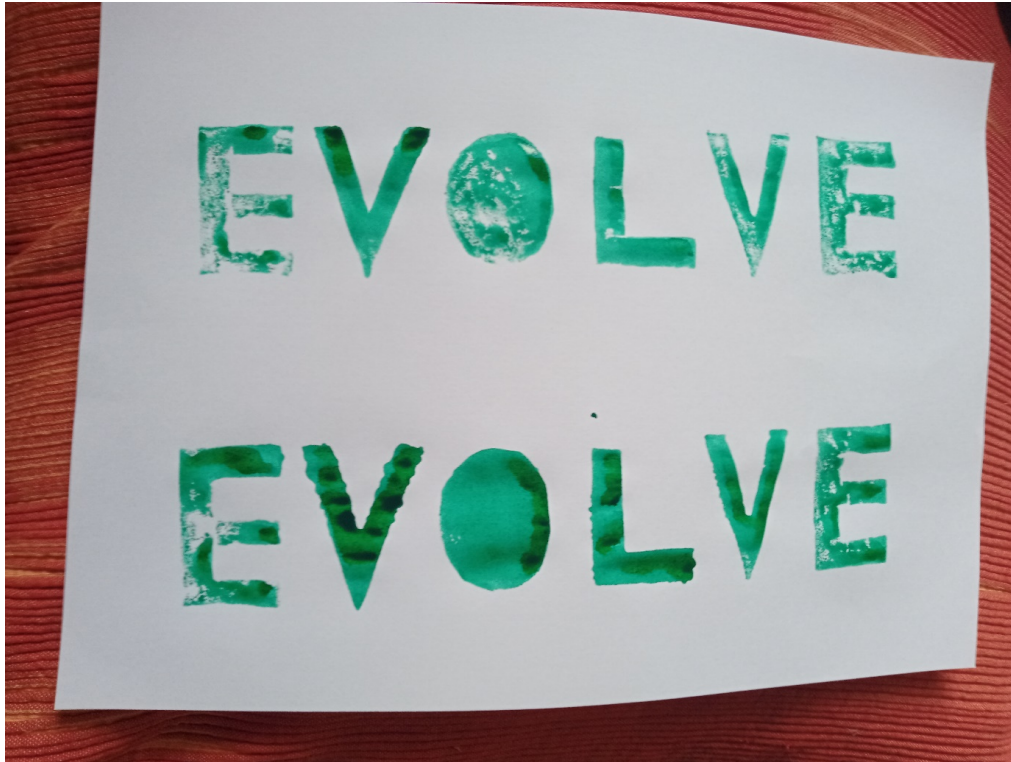


Image from Richmond Borough Mind partnership.

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TRUSTEES ANNUAL REPORT (continued) YEAR
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30 November 2020 · 🌐



Theme Canopy-provide shelter. An angel wing to protect the flame from the dark storm



👍❤️ 4

8 comments Seen by 24

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TRUSTEES ANNUAL REPORT (continued) YEAR ENDED 31 MARCH 2021



Artwork created for Remote Connectivity and anonymised responses from group members on closed Facebook group.

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Screenshot from a Remote Connectivity Zoom session, November 2020.

STATEMENT OF TRUSTEES' RESPONSIBILITIES

YEAR ENDED 31 MARCH 2021

The charity's trustees are responsible for preparing the Trustees Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011 and the Charity (Accounts and Reports) Regulations 2008. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

ART & SOUL
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2021

I report on the accounts of the charity for the year ended 31 March 2021 set out on pages 16 to 21.

RESPECTIVE RESPONSIBILITIES OF TRUSTEES AND INDEPENDENT EXAMINER

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 ("the Act") and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Act;
- to follow the procedures laid down in the general directions given by the Charity Commission (under Section 145(5)(b) of the Charities Act); and
- state whether particular matters have come to my attention.

BASIS OF INDEPENDENT EXAMINER'S STATEMENT

My examination was carried out in accordance with the general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

INDEPENDENT EXAMINER'S STATEMENT

In connection with my examination, no matter has come to my attention:

- a) which gives me reasonable cause to believe that, in any material respect, the requirements:
- to keep accounting records in accordance with Section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met; or
- b) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Bradbury Stell
 Chartered Certified Accountants
 Unit 2 Beverley Court,
 26 Emtree Road,
 Teddington,
 TW11 8ST

31 May 2021

**ART & SOUL
 STATEMENT OF FINANCIAL ACTIVITIES for the
 year ending 31 March 2021**

	£ Restricted funds	£ Unrestrict funds
INCOMING RESOURCES		
Incoming resources from generated funds		
Grants	23,105	
Donations		2,362
Total Incoming resources	23,105	2,362
RESOURCES EXPENDED		
Outward bound project	23,105	493
Total resources expended	23,105	493
NET SURPLUS/ (DEFICIT)	-	1,869
Total funds brought forward	6,576	(207)
TOTAL FUNDS CARRIED FORWARD	6,576	1,662

The Notes form part of the financial statements

ART & SOUL

BALANCE SHEET
31 March 2021

	2021	2020
	£	£
CURRENT ASSETS		
Cash at bank and in hand	26,871	6,669
Creditors: amounts falling due within one year	(606)	
Net current assets	<u>26,265</u>	<u>6,669</u>
Grants not yet expensed Within one year	(18,027)	
Total assets less current liabilities	<u>8,238</u>	<u>6,669</u>
NET ASSETS	<u>8,238</u>	<u>6,669</u>
FUNDS		
Restricted fund	6,876	6,876
Unrestricted fund	1,662	(207)
TOTAL FUNDS	<u>8,538</u>	<u>6,669</u>

Approved by the board of trustees on:
09/07/2020

And signed on their behalf by:

.....

...

Trustee

The notes on page 20 form part of these financial statements.

**NOTES TO THE FINANCIAL STATEMENTS for
the year ending 31 March 2021**

1 ACCOUNTING POLICIES

Accounting convention

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting 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 102 'The Financial Reporting Standard applicable in the UK and

Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under historical cost convention.

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.

Resources expended

Expenditure is accounted for on accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

2 TRUSTEES REMUNERATION AND BENEFITS

There were some payments totalled to £9,827 paid to Betsy Lewis Holmes for specialist services to Art & Soul including fundraising and evaluation for the year ended 31 March 2021.

Trustees Expenses

There were no trustee expenses for the year ended 31 March 2021.

3 OTHER GRANTS AND DONATIONS

We would like to express appreciation for their generous grant of £41,132 to our charity to:

LBRUT Civic Pride
Richmond Parish Lands
The National Lottery
Hampton Fund
AlixPartners Foundation
Barings Foundation

A number of individual donations, totalling £1,218 were made in memory of Simon Raymond (an Art & Soul participant).

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Detailed statement of financial activities

31 March 2021

2021	2021	2020	2020
£	£	£	£

	Restrict ed funds	Unrestrict ed funds	Restrict ed funds	Unrestrict ed funds
INCOMING RESOURCES				
Incoming resources from generated funds				
Grants	13,105		18,982	
Lottery	10,000			
Donations		2,362		43
Total Incoming resources	23,105	2,362	18,982	43
RESOURCES EXPENDED				
Coordinator	10,632		1,950	
Practitioner	12,473		14,154	
Venue hire			4,403	
Exhibition and film			2,474	
Computer costs		187		
Accountancy fees		306		300
Total resources expended	23,105	493	22,981	300
NET DEFICIT/SURPLUS				
Total funds brought forward	6,876	(207)	10,875	50
TOTAL FUNDS CARRIED FORWARD	6,876	1,662	6,876	(207)