



Annual Report

April 2017 – March 2018

After a long-standing partnership with Orleans House Gallery, we became a charity on 5th June 2017. *Art & Soul* is a unique charity in South-West London, which has been supporting community wellbeing through the arts for the past twenty years. Founded in 1998, *Art & Soul* (formerly known as *We Can Draw*) offers weekly expressive arts workshops run by qualified art therapists, a biennial exhibition and a vibrant outreach programme. We are recognised nationally as a well-established organisation in the arts and health arena, which is a fast growing priority for the museum sector. In June 2017, *Art & Soul* presented the *Flow of Life* film with a talk (given by Julia Ruppert and Liz Sokoski) at the *International Culture, Health and Wellbeing* conference, held in Bristol. This year was a special year for *Art & Soul*, marking our transition into charity status and our twentieth anniversary.

1. 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.

2. Management and membership

The Board held an 'away day' in January 2018 to focus on the strategic direction of *Art & Soul* and its management as a new charity facilitated by Sam Cairns.

3. Workshop programme

Weekly expressive arts workshops were run this year at the Exchange, Twickenham, by qualified art therapists, Julia Ruppert and Helen Rennie. These were for adults with mental health issues, and an additional outreach programme served children, young people and families in need of support. We currently have over 200 members and our workshops are consistently in demand. We have also run taster workshops for adults at the Exchange, with participants drawn from our own waiting lists and from the Kaleidoscope recruitment drive. We continue to use the industry recognised UCL Museums Wellbeing Measures to assess the therapeutic value of our workshops. Outcomes from March 2018 have shown that workshops have enhanced participant wellbeing by 34% over each session.

4. Exhibitions

Our project *Colour Outside the Lines* ran from October 2017 – January 2018, and consisted of a touring exhibition across libraries in the London Borough of Richmond Upon Thames. The first exhibition was opened on October 10th (World Mental Health Day), with a film screening and private view attended by 50 members. Through the touring exhibition *Colour Outside the Lines* reached a total of 37, 239 community members. The project also resulted in a permanent display being mounted in the Exchange building, funded by St Marys College. The project *Kaleidoscope: 20 Years of Art & Soul*, began in December 2017 with preparations for the 20th anniversary exhibition, which was held at the Stables Gallery, Orleans House Gallery (April-July 2018). Alongside the regular workshop programme, taster workshops took place in March 2018 to enable new members to create artwork for the exhibition.

Art & Soul

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Registered Charity no. 1173268

Co-chairs: Liz Sokoski and Rachel Tranter

Patron: Sir Vince Cable MP

Trustee: Betsy Lewis-Holmes

Staff: Julia Ruppert, Helen Rennie, Sharon Powell

ART & SOUL - 2017/18

Accounts from 1 April 2017 to 31 March 2018

CASH FUNDS: OPENING BALANCE

£10,541.53

RECEIPTS AND PAYMENTS

Receipts		Unrestricted funds	Restricted funds
Donations		0	0
Fundraising		0	0
Grants	Hampton Fuel	0	6450.00
	AFC	0	1843.00
	AFC	0	1487.00
	LBRUT Civic Pride		4990.00
Art sales	LBRUT	0	833.00
Interest		0	0
Total receipts		0	15603.00

Payments		Unrestricted funds	Restricted funds
Payments	Workshops, Kaleidoscope exhibitic	0	21506.00
Total payments		0	21506.00

ASSETS AND LIABILITIES

Cash funds		Unrestricted funds	Restricted funds
Current bank account		0	4637.50
Total cash funds		0	4637.50

Assets		Unrestricted funds	Restricted funds
Total assets		0	0

Liabilities	Unrestricted funds	Restricted funds
Liabilities	0	0
Total liabilities	0	0

Notes

cheque 100247 Strawberry Hill not cashed £288

cheque 100212 issued to George Biggs for artwork sale not cashed £30

Payments to JR total	£8,450
Payments to BLH total	3779.66
Payments to SM total	1560
Venue payments total	552
Assistant payments	2046.4
meetings etna	60
postage	43.32
tom nowell exhibition	415.8
Payments to OHG	4599.33
	£21,506