



Create, Connect, Feel Better

Arts for Recovery in the Community

Annual Report and
Financial Statement
for the year ended
31 March 2023

Arc is a registered charity no. **1107607**
A limited company no. **05288784** - registered in Cardiff

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1) Reference and Administrative Information

Charity Name	Arts for Recovery in the Community
Charity Registration Number	1107607
Company Registration Number	05288784
Registered Office	Hat Works, Wellington Mill, Wellington Road South, Stockport SK3 0EU

Directors

Safia Griffin	Chair
Graeme Draper	Director
Robert Morris	Finance Director
Lucy Wallace	Director
David Milligan-Croft	Director
Linda Bushell	Director (appointed 28 th April 2022)
Lindsay Adams	Director (appointed 2 nd February 2023)
Paul Davies	Director (appointed 2 nd February 2023)
Kevin Brosnahan	Director (resigned 2nd May 2022)
Rachel Lake	Director (resigned 28th April 2022)

Company Secretary

Jacqui Wood

Staff

Jacqui Wood	Chief Executive Officer
Nuala Ryan	Finance Manager
Annette Naor Hilton	Creative Wellbeing Lead
Harriet Wilson	Operations Manager
Noreen McCole Bridge	Volunteer and Engagement Co-ordinator

With thanks to staff members Jane Wilkinson and Hannah Flint (who left Arc during this year) and to our freelance team of Lucie Fitzpatrick, Phill Howley, Jo Flint, Ellen Samuel and all the Associate Artists.

Independent Examiner

Paul Cowham MA FCA DChA
Green Fish Resource Centre
46 – 50 Oldham Street, Manchester M4 1LE

Bankers

Yorkshire Bank plc 34 Princess Street Stockport SK1 1RE	Barclays Bank PLC Leicester LE87 2BB	Shawbrook Bank Lutea House, Warley Hill Business Park Brentwood, Essex, CM13 3BE
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2) Trustees' Report

Welcome

I am delighted to present our annual report for the year 2022/23. Our work demonstrates the importance and impact of Arts and Health on people's sense of purpose and place in this world, on connection and community.

It has been a fantastic year in terms of delivery – post pandemic we have seen referrals to our adult and young people's programmes double. We have increased our capacity to meet this demand wherever possible but have been mindful of the need to keep a focus on high quality delivery, with less funds available. The shortfall in our annual income needed to cover all our outgoings reported in this document is a reflection of this increased pressure, and it challenges us to seek innovative ways to design our service, raise the funds necessary and diversify our income sources to ensure that we are a healthy and robust organisation, capable of supporting our beneficiaries for years to come.

Our work aims to enrich and support Stockport and Greater Manchester residents, families and workplaces, and reach more people, especially those under-represented in arts and wellbeing services. This year we have welcomed new delivery partners, team members and trustees. We continue to proactively seek partnerships and outreach projects that connects us to more diverse communities and work to progress our EDI strategic objectives through imbedding practice, learning and inclusion throughout our delivery, operations and governance functions. We recognise that we are on an ongoing journey with no end point and that this is crucial to realising all our strategic objectives and increasing our effectiveness and impact.

As trustees (and Directors) governing and overseeing the organisation's mission, vision and strategy, we have the honour to see and hear first-hand what people say about and experience through accessing this vital support and service. Despite the challenges of demand and budgets, our impact is clear and illustrated most vividly by the feedback from our participants and key referral partners.

I am proud to be Chair of such a dynamic and responsive organisation and invite you now to read and see more of what we have been doing, as we detail this in our annual report and accounts for the year 2022 - 2023.

Thank you.

Safia Griffin, Arc Chair



Aims and Objectives

The Company and Charity is established to relieve sickness and protect mental good health through the use of the arts and creative activity in North West England, in particular but not exclusively in Stockport. The aims of the Company are to support the wellbeing of people with mental ill health by developing confidence in their abilities through engagement with Arc, enhancing recovery and encouraging them to gain skills and experience which lead to a better quality of life. Arc provides a rich and varied programme of creative activities in a safe and supportive environment, organises training and support in the arts, provide services and undertakes commissions, promoting positive images of mental health through high quality arts projects.

Mission Statement

Vision & Mission

Our vision is one of healthy and happy communities, in which people can achieve sustainable wellbeing inspired by creative projects and connected through shared experiences.

Our mission is to offer high impact creative experiences, skills and opportunities which promote individual and communal wellbeing, reaching the most vulnerable within communities, recognising the value of creativity to self-worth, resilience and confidence.

Values

Connectivity

The arts have an amazing ability to bring people together, enabling us to find strength in ourselves and each other. By connecting through creativity to people and place, we support each other, and develop a genuine sense of belonging. This has a profound impact on our mental health.

Creativity

Creativity transforms lives - we can be inspired to flourish, to express ourselves, to be more confident and articulate. To take control of our future and to celebrate our journey.

Sharing stories and listening

There is tremendous power in being given the space to tell your story and to listen to others'. Exploring and sharing narratives help us make sense of our experiences and our world, reinforcing that we are not alone.

Accessibility

Creative projects need to be open, welcoming, easily accessed and responsive to the needs and interests of participants, but also ambitious, striving for the highest artistic outcomes/values.

Efficiency, value and impact

We always seek to improve our model, increase our impact and focus the use of our valuable human and financial resources.

Activities undertaken for public benefit in relation to objectives

In planning our activities for the year, we kept in mind the Charity Commission's guidance on public benefit. Regular reports on activities are submitted to the Directors at Board meetings by the Chief Executive Officer to enable the Directors to monitor progress. This and other mechanisms, such as the annual rolling strategic plan, enabled the Directors to ensure that new and current activities are in line with the company's aims and objectives and the Charity Commission's guidance.

Main activities undertaken to further the charity's purposes for the public benefit!

- Structured creative programmes to support the mental health of vulnerable adults and young people.
- Accessible programmes for anyone who wants to use the arts to improve or maintain their mental health in our town centre cultural venue and through digital delivery.
- Services for health partners and commissioners to refer in to, providing effective, reliable specialist support for recovery from mental ill health.

- Volunteering opportunities for those who have previously participated in our programmes, as well as those wishing to give their time to a charity.
- Partnership projects for communities and organisations in the VCSE, private and statutory sectors to collaborate with us, and engage their service users and staff in creative wellbeing activities.
- Professional development, training, networking, resources, commissioning and residencies for artists and facilitators of all levels of experience.
- Exhibitions, events and products for members of the public with an interest in the arts and/or mental health.



Achievements and Performance

How we met our strategic goals in 2022/2023

Goal 1 - Deliver high impact creative programmes which improve the mental health and wellbeing of more than 750 vulnerable, isolated adults and young people in Stockport and Greater Manchester, by March 2024.

"Mental health is the pandemic after the pandemic"

Professor Sandeep Ranote, Executive Lead for Mental Health - NHS GM Integrated Care, speaking at the launch of the GM Creative Health Strategy, November 2022

In 2022/2023 we saw an unprecedented level of referrals to our service due to the ongoing impact of the pandemic and the cost of living crisis. In 12 months our adult referrals have doubled, reflecting the sharp increase in mental ill health and isolation. We have responded by being flexible with our programme design, enabling us to accommodate additional groups and more participants. We have continued to extend our adult programmes into Oldham in partnership with Gallery Oldham, and additionally offer participation to Tameside residents. Our growing network of referrers and health contacts are ensuring that we are a valued service in these Boroughs.

"Your programmes have had such a huge impact on those we refer, which is why we keep referring. Everyone has benefitted. The whole team will agree, we feel confident in what you deliver, your understanding and support of people with mental health difficulties really brings those barriers down. Your whole approach is different to any other group or support and is just what people need."

Referrer, Oldham Arts for Wellbeing Programme

We measure the impact of each of our programmes using a range of evaluation tools – registers, observations, verbal and written feedback from participants, scoring at the start and end of programmes; case studies & testimonies, partner organisation & parent/carer feedback and creative outputs such as exhibitions and films.

We are confident that our model of adapting programmes based on participant testimony results in ensuring that we maximise the powerful impact we are having on the mental health and lives of our participants. To this end we instigated a more formal Participant Voice strand to our evaluation toolkit this year, inviting participants from across our adult programmes to directly contribute to the development of the programmes and organisation.

There has been a clear increase in the mental health needs of the young people that we work with, as they face difficulties accessing statutory support, a lack of capacity within mainstream education and ongoing social isolation as a result of the pandemic.

We have focused on ensuring our workshops for children and young people are safe and inclusive spaces, where they can express themselves without pressure. For many it is the only place outside school where they encounter other young people, and so it helps to know that they are not alone in the struggles that they face. This year, young people reported that their mental health, confidence and wellbeing had improved as a result of attending our projects. Many spoke of how coming to Arc lifted their mood and helped them feel less isolated.



The main challenge to the mental health support we can offer participants has been capacity. We work closely with sector partners, and having a Stockport town centre base, presence at networking events in Stockport and Oldham, and an increased profile have all helped to cement our relationships with other mental health services. We now support participants to access more local groups and specialist services, provide them with accessible signposting materials and monitor the outcomes of that signposting.

From August 2022 we began redesigning our wellbeing support, moving from managing a team of social work students to a single Wellbeing Support role, providing a more consistent point of contact from initial referral meeting to end-of-programme evaluations. The positive impact of this consistency was reported by participants and by referrers.

"From the outset, in the welcome chat before the programme was due to start, the Wellbeing Support Worker was so caring, compassionate and understanding. Her friendly and warm approach put the service user at ease, and she went from feeling incredibly anxious and nervous to leaving excited and looking forward to the first session. She attended every week – it helped her so much in giving her something to look forward to and to stay alive for. She has many teams involved in her care from psychiatrists to support workers, but she feels like a number. This is different, she feels like a person – the creativity and support of this programme has had a powerful impact on her confidence and self-esteem."

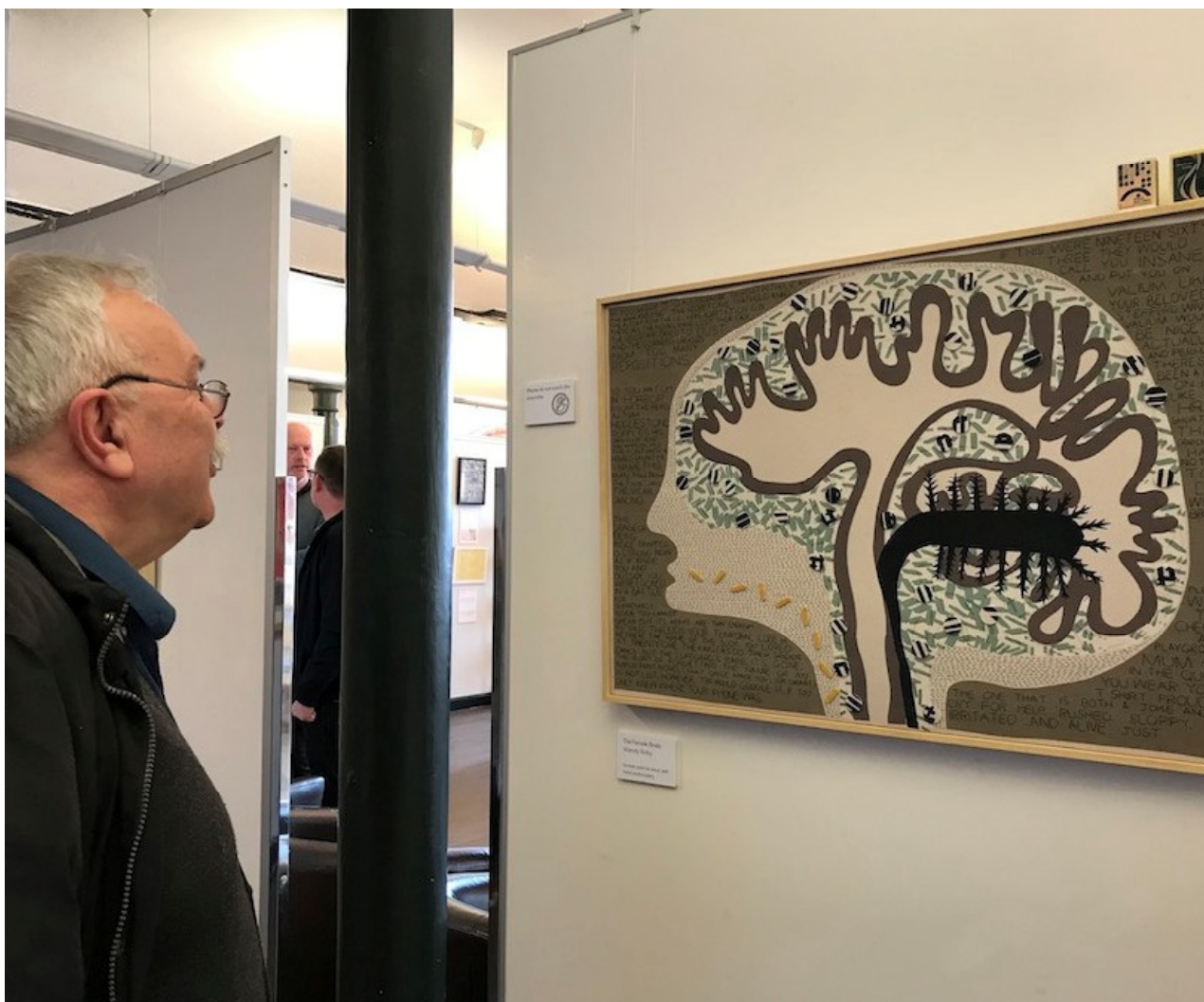
Referrer (Action Together)

Goal 2 - Address the effects of loneliness and isolation, providing services which connect with and build a sense of belonging for 6,000 people across Stockport & GM by March 2024.

"We want to be the place where making and taking part in our culture is the first way people think of to get and stay well. We're using every opportunity to raise awareness of the role culture and creativity can play in positive health and wellbeing amongst the health professionals, cultural and creative organisations and Stockport residents"

Stockport Cultural Strategy, October 2022

Hat Works is now a busy town centre venue and becoming a hub for anyone interested in creativity and health – including mental health services users, artist practitioners, health professionals, students, community leaders and policy champions. High quality displays of health-focused artwork by Arc participants and guest artists contribute to making a vibrant, dynamic space where conversations about mental health are the norm.



From an ambitious Arts and Health Week, to volunteer-led drop-in sessions for those facing loneliness and isolation, and family art clubs attended by well over 100 local people each month, our public-facing centre has reached out and engaged an increasingly diverse range of people. We have encompassed prevention work through to acute mental illness through exhibitions and events, showcases and networking sessions, stakeholder discussions and training, and by developing a genuinely welcoming and inclusive space.

The new programme of monthly follow-on activities connects our participants to a wider cultural and community-based offer in Stockport, taking them to other venues and building the confidence required to access other services.

"Going out as a group was good, I might not have felt comfortable to take pictures on my own."

"I find beauty in more places which has improved my mental health, wider wellbeing and ability to be more present."

Creative Challenge participants

Using funding from Awards for All, and working with partners including Stockport Homes, Age UK and Home-Start, an Art Pen Pals project was developed to support and communicate with adults who are unable to attend face to face sessions and are not digitally active.

We led the second Stockport Arts and Health Week in October 2022, with partnership events including a showcase day for 12 local mental health and community-based services. 68% of people attending the week had never taken part in such activities before. 98% said that taking part had helped them understand how the arts can benefit wellbeing and 97% said that taking part had helped them feel more connected to other people. Promoting opportunities to create, connect and feel better, the week provided hundreds of residents with a chance to engage in workshops, performances and walks involving a range of creative media and experiences. In addition, Arts and Health Week was a development, discussion and networking platform for people working in the health and cultural sectors.

Across 2022/2023 we engaged in collaborative projects, providing opportunities for participation in a broad range of cultural and health experiences. The Arc spaces are part of Hat Works Museum and this has proved an ideal venue for networking, sharing and engagement events with a creative health focus, and has been used by partners this year including SMBC Public Health, SK Inc and Curious Minds.

The improved café offer, along with Arcware retail, workshops and courses open to the public and the launch of 'Handmade@Hat Works' events, have all contributed to a massive increase in users of the Centre, visiting us for many different reasons. As Hat Works Museum gets nearer to fully reopening, we look forward to even greater visitor numbers and collaborative working with Museum staff with whom we share a vision for a welcoming, inclusive and active building.

"The space at Arc is light, airy and friendly, the art on the wall is often moving and always inspiring"

Saturday Art Club visitor

Most importantly, it continues to be a warm, safe and inviting space for our those accessing our service; members of the Age Well group (targeting socially isolated older people) often meet for lunch here before the session, and parents of young people in our Shine project find that they can stay and support each other whilst their young people are in the studio.

"I've realised that this is not just my problem, there are other people going through the same thing with their child. This has ended up not just being support for the young people but for us parents too. There's a little group of us, we chat in the cafe, and we're here for each other, someone to talk to. It's just easier to talk to people who've also got kids who are struggling."

Parent of Shine participant

"Arc for me is a place of peace, of safety where you can meet friends and where there is always someone to talk to if needed. It lifts you up."

Age Well participant

Goal 3 - Become more inclusive, with service users, staff and volunteers more accurately reflecting our GM communities, by March 2024.

This year we have shown a commitment to EDI through dedicated planning and discussion, training and objective setting across all levels of the organisation. We have ensured that inclusion and equity of opportunity shape the differentiation of delivery methods (e.g. face to face, virtual, postal), our reach to partner organisations and those less likely to access our programmes. We also encourage feedback through consultation about the core service.

Our new Participant Voice group, established in 2022/2023, contains a diverse range of adult participants representing different ages, ethnic backgrounds and mental health needs. Participants are offered a variety of engagement and feedback mechanisms from 1-to-1s to group sessions. Sessions have a very specific theme, such as 'coming to Arc for the first time' and feedback is recorded and presented to Arc's staff team and board; with the resulting actions shared back with participants, who can clearly see how Arc is responding to their ideas. There have been immediate changes to language, design of the space and the website so far, and it's still early days for this initiative!

"I feel that it was a really positive experience for me to feedback something that wasn't working for me."

"Some organisations say that but don't actually act on it or meant it, it's just a tick box. [At Arc] that wasn't my experience at all, and I feel really happy saying anything positive or negative now because of that response."
Participant Voice

Aware that our adult participant demographic is majority white female, we partnered with Stockport Without Abuse, to reach a more culturally diverse group of families who had experienced domestic abuse through a series of short ceramics projects. We also partnered with AWAD Global on textile printing and hair braiding workshops, and a major exhibition of African Textiles in our gallery space.



Recognising that we needed to address the mental health needs of men in Stockport, we developed further the Men's Music for Wellbeing programme, dedicated to addressing the barriers men face accessing support services. It brought more men into Arc, with 100% of participants reporting an increase in wellbeing, confidence and social connections. The pilot project led to a successful bid for a year-long programme for 2023-2024, supported by the Stockport Local Fund.

The Arts and Health Micro Commissions, launched during Arts and Health Week, supported artists experiencing a range of health issues to generate new artwork, share via the exhibition space and Arc's networks, and lead participatory projects. Arc was able to offer free CPD and mentoring to the micro commission artists and others, many of whom have gone on to fundraise for projects and set up organisations themselves.

"This has been highly therapeutic for me personally. It has led me to make connections with other sufferers of endometriosis and establish a mutual support network of women in a similar situation as myself."

Lucy Gee, Micro Commission artist

"In examining my own experience and those of others - and properly engaging with the rage, terror and anxiety these hormonal changes can provoke - I've been able to better understand my own experience."

Wendy Roby, Micro Commission artist

We have developed effective delivery partnerships with local young people's mental health services such as Jigsaw/CAMHS, the Complex Safeguarding Team, Tameside, Oldham and Glossop Mind, Starling CIC and the Startwell Family Hub as well as continuing to deliver our Shine project in partnership with Beacon Counselling.

As a result, we have worked with young people dealing with a huge range of mental health issues including severe anxiety, self-harm and suicide ideation, caring responsibilities, bereavement and serious family illness, neurodiversity, family breakdown, substance abuse in the family, domestic violence, bullying, school refusal and gender dysphoria.

Volunteers have always been at the heart of Arc, and we currently have 89 people on our books. In 2022/2023 67 volunteers gave more than 3,000 hours of support to Arc, to deliver arts and wellbeing activities across all our programmes with vulnerable adults and young people, to help with marketing and social media, curate exhibitions, facilitate our Saturday Art Clubs, staff the café, act as Trustees, run stalls at makers markets and welcome visitors to the Arc Centre. In addition, new volunteer-led activities at the Centre were developed to address loneliness and isolation. Drop-in free art and textiles socials taking place in the Gallery café space supported over 40 people of all ages to connect and create, and feel welcome in a safe, creative environment.

We are proud to say that we have always had at least one ex-participant on our Board of Trustees, able to provide insight and a sense-check at the highest level. Many of our current volunteers also have lived experience of mental ill health, some have been participants. Their perspective on volunteering is invaluable to us.

"After a couple of years of personal loss and grief, my life came to a standstill in terms of moving forward, socialising, and creating art again. Being at Arc has given me the courage to network and socialise again - I feel so much more confident and productive now and I find myself in touch with friends again and putting myself forward for opportunities I'd previously shy away from. Volunteering has also given me valuable hands-on, real life experience and provided me with the opportunity to work in both studio and hospital settings, with real people who benefit from the services they provide. I feel connected and confident in being an artist again, and I am well prepared to begin my education and career thanks to my opportunities and relationships here at Arc."

Lizzie, volunteer

"When I first came to volunteer at Arc in the café I felt very comfortable and the environment felt calm and friendly, and this was important to me as I am a neurodivergent person. Since I started volunteering I have found that my confidence has skyrocketed. I am now able to do a lot more things than I used to be able to do, such as travelling to get here independently. I have learnt how to take orders, make coffee, and learn new skills that will hopefully help me find work in the future."

Luke, volunteer

"On a personal level it's the only place when I have been so low that I have felt connected, and in a safe environment, without judgement and it's uplifting being creative with likeminded people. Where I felt lost, I was broken and felt like an imposter, this has given me the confidence to follow a creative path and come back to being me."

Denise, volunteer

The Board and staff worked collaboratively on improving EDI across all aspects of the service, with a thorough review of our annual EDI self-assessment, team training delivered by our Chair and external providers, activating a more inclusive recruitment procedure, from writing and sharing guides to accessible design and delivery, and a staff EDI action plan reviewed at monthly team meetings.

We recognise that there is still so much more to do, and that we need to focus on the diversity of our delivery team so that participants can see themselves reflected in the service which they attend. We know that this is about more than a call out, and that we must look to support people to enter this field from a wider range of backgrounds through mentoring, training, bursaries and work experience. This will need the help of key partners and proper resourcing.

Goal 4 - Increase Arc's profile, reach, organisational resilience and income streams, creating a more dynamic and sustainable organisation by March 2024.

Our work is built on a platform of networking, partnerships and collaboration. In 2022-2023 we worked with organisations in Stockport, Oldham, Tameside, Manchester and Trafford. As well as the delivery partnerships mentioned earlier in this report, this year we have been active in the development of the Stockport Cultural Strategy which led to the successful Town of Culture bid, the Stockport All Age Mental Health Strategy, the North West Craft Development Network and the Local Education Cultural Partnership.

We have benefitted from the raised awareness of the impact and credibility of both arts and health and social prescribing, particularly in Greater Manchester. Arc was referenced by several keynote speakers at the launch of the *GM Creative Health Strategy* (<https://gmintegratedcare.org.uk/wp-content/uploads/2022/11/gm-creative-health-strategy-exec-summary.pdf>) and this is part of a wider recognition of our longevity, reputation and impact. Strategic partners now include us in the narrative of Stockport and GM, visiting us or calling on us for case studies, evidence and presentations.

"Compelling evidence exists that engaging with creativity, culture and heritage helps us to lead longer, healthier, happier lives. At all ages, creative health approaches can help to restore and maintain our mental health and wellbeing."

GM Creative Health Strategy, GM Integrated Care Partnership, 2022

Our reach into Oldham & Tameside is developing, with increasingly successful networking and presence at a referral and service delivery level. The next step is to work at a more strategic level, consolidating our relationships with key partners such as Gallery Oldham/OMBC, Tameside and Glossop Mind and others; ensuring that the partnership projects we deliver are more widely understood, valued and embedded in local strategy.

This year we strengthened our links with North West universities. Arc joined the Industry Advisory panel at Bolton University School of Art, hosted post graduate Gallery & Museum Studies students from Manchester University, delivered on an award-winning programme for Nursing students at Chester University and embarked on a research collaboration with Manchester Metropolitan University Department of Psychology.

Increased footfall in the café and centre generally, our presence at events including craft fairs, a clearer and more accessible website and high levels of social media coverage have all combined to raise our profile with the general public. The income generated by our enterprises such as Arcware, the café, public workshops, from commissions and donations is steadily increasing.

We are delighted to be supported by a greater range of small businesses and charitable organisations than ever before (many with a personal connection), who see the value in contributing to our work through donating, fundraising on our behalf or volunteering. In the second half of 2022/2023 we developed our *Corporate Partnership* (<https://arc-centre.org/become-corporate-partner/>) offer and piloted activities with staff and professional teams at Manchester University and Beacon Counselling.

What our participants told us:

Adult Wellbeing Programmes:

"I have realised how resilient I am. I have learned self-acceptance. Doing art is an easy way to open up."

"It's blown me away, the things I have been able to do – I've loved it and feel so proud! It really affects your self-esteem. You feel much better about yourself."

"I've often felt that it's a space where I can talk to people and be honest about things and you know, it really is one of the very, very few non-judgement zones, safe places"

"I really enjoy Art Pen Pals – it's a lovely surprise each time the envelope arrives with new artwork to do, it is really therapeutic to me, a good distraction and great fun!"

"I've got to admit, I couldn't imagine myself sat here talking to people like this. There's such respect in the group, we're all here from different backgrounds and it's really non-judgemental."

"The process of learning creative skills, understanding how my brain works now, and being more comfortable with this, learning not to overthink and to focus on one thing at a time – I've been able to use this in other places now. Yes, I'm amazed at what I can do, and I understand myself better."

Young People's Arc:

"After the first week I came home and said, 'I don't have to wear my mask Mum, I can be me.' No-one here thinks I'm weird."

"I've learnt you need to make the first move to make friends and step up... if I talk to people there's a higher chance of making friends. This will help when I start back at school."

"I was worried about being with people I didn't know, worried I'd not be able to talk to people. But the atmosphere here is really great, it's really welcoming and friendly."

"It has really boosted her confidence. 4 weeks ago she got herself a Saturday job, serving in a local bakery – she never would have done that before!"



Adult Arts for Wellbeing Programmes

- We engaged a total of 238 adults experiencing mental ill-health from Stockport, Oldham & Tameside in our wellbeing programmes.
- 98% of our Community Programme participants reported improved mental health and wellbeing as a result of the programme, 87% reported reduced social isolation.
- 100% of Creative Challenge participants reported improved mental health and wellbeing as a result of the programme, 92% reported reduced social isolation. 100% of the last cohort reported readiness to take positive/active steps forward.
- 100% of Creative Mums participants reported improved mental health and reduced social isolation as a result of the programme.
- 98 people took part in monthly follow-on opportunities, some of whom were new participants, others who progressed through earlier programmes. Monthlies included photography walks, creative writing and movement for mental health in partnership with dance company Company Chameleon.
- We received over 120 new adult referrals from 17 referrers in Stockport and 6 agencies in Oldham and Tameside, and an additional 80 self referrals.
- 80 people joined our entry-level adult Community Programmes in Stockport and Oldham.
- 25 participants moved on to the Creative Challenge programme, building independence, resilience and confidence.
- 26 women took part in 5 Creative Mums projects in Stockport and Oldham, with many forming new friendships and support networks with peers in the group.
- 10 people at the recovery end of their journey took part in our Creative Enterprise strand, building transferable skills, experience and confidence to take positive steps forward beyond Arc back into work and education or in developing their own creative practice.
- The Art Pens project connected 27 isolated house-bound adults with an Arc volunteer for creative conversations through the post.
- 14 participants in the Age Well studio for isolated older people took part in sessions across the year, completing their animation project with Creative Industries Trafford which resulted in a film <https://youtu.be/Ur-gZEUUGFI> and exhibition in Stockport and in Sale.
- Working alongside the OT team in the Mental Health Unit, we delivered creative sessions to more than 80 patients at Stepping Hill Hospital, providing valuable positive activities and signposting them to our programmes on discharge.
- 10 adults and 7 children from Stockport Without Abuse took part in a ceramics project at Arc, supporting families who had experienced domestic abuse, some of whom then moved onto Arc's adult wellbeing programme.
- 46 people came to new volunteer-led drop-in sessions, public-facing but aimed at addressing loneliness and isolation.
- 41 adults and 6 young people from our wellbeing programmes took part in a mural commission project for the Manchester and Cheshire community rail partnership, leading to artworks that will be displayed outside Stockport train station.
- 19 service users took part in our first Participant Voice sessions in Stockport and Oldham, contributing towards the shaping of Arc's delivery, space and direction through sharing their experiences and feedback.
- All adult wellbeing programme participants were offered wellbeing support from initial referral meeting to end-of-programme evaluations, including access to 1-to-1 emotional support, regular check-ins and signposting to appropriate mental health services.

Young People's Arc

- 228 vulnerable children and young people took part in our Young People's Arc (YPA) programme, an increase of over 100 from last year through the ongoing development of our in-house Shine & MusicSpace projects and a greater number of partnership projects than previously delivered.
- 95% of YPA participants showed an increase in confidence.
- 92% showed an increase in positive relationships with others.
- 15 YPA projects were delivered this year, including ceramics with young people at risk through a partnership with the Complex Safeguarding team, songwriting with neurodivergent young people in partnership with Starling CIC, and a young mums and babies music project with the Family Nursing team.
- Young people from our Shine and MusicSpace groups also took part in additional projects including a digital art workshop with renowned gaming artist Dan Hett, the train station mural commission and work experience in the Centre.

Training, volunteering and work experience for people in arts & wellbeing sectors

- 67 people volunteered with Arc giving 3,078 hours of their time to enable us to deliver our service.
- 30 volunteers were recruited and trained to be Art Pen Pals.
- 4 volunteers led drop-in art and textiles socials in the Centre, supporting people to connect and create.
- We employed 12 artists as facilitators in our Arts for Wellbeing adult programmes, 15 in Young People's Arc, 14 in the Arts and Health Week and 13 in our wider public programmes.
- 200+ people took part in networking and skills sessions as part of Arts and Health week, with 7 new/emerging artists supported by the Micro Commission programme.
- Free CPD training events for creatives were provided on subjects including fundraising, boundaries and safeguarding and social media.
- 3 Social Work students from GM Universities undertook 70-day placements and 2 post-graduate Museum & Gallery studies students did 20-day placements.
- Arc helped develop and deliver the first creative health placement for nursing students at the University of Chester, training 122 students in visual art and creative writing techniques appropriate for patient care.
- We joined the Industry Advisory Panel at Bolton University School of Art.

Creative wellbeing in Stockport town centre

- We welcomed 4460 visitors to the Arc Centre for arts and health focused exhibitions, activities and events, with 610 people taking part in public workshops – 150% increase on the previous year.
- 1126 local people, including part and present participants, came to our family focused Saturday Art Clubs, more than double the number in 2021-2022.
- Our second Stockport Arts & Health Week engaged with 290+ people as participants, 800+ as audiences and had an overall reach of over 1,200 GM residents, including volunteer and paid employment opportunities.
- We facilitated Arts and Health Micro Commissions, supporting and mentoring 7 emerging artists to develop participatory projects with more than 50 local people and several exhibitions of new work around mental health themes.

Future Projects for 2023 / 2024

- Conduct more sessions with the Participant Voice group, and respond to participants' concerns and feedback, developing our service accordingly; increasing inclusivity and equity throughout all aspects of the participant's journey.
- Pilot new streams of work e.g. evening wellbeing programmes for those in work but struggling with their mental health, creative wellbeing resources and training to support school pastoral teams.
- Embed our work more strategically in Oldham & Tameside, increasing partnerships and developing relationships with key stakeholders to increase impact for residents of those areas.
- Develop our volunteering offer to meet our improved profile in Stockport town centre, increasing opportunities for participants to move into volunteer roles, offering volunteer-led activities in the Centre to combat loneliness and supporting others who find us, whose mental health can benefit from volunteering with us.
- Increase the diversity of our delivery team through a targeted training and mentoring programme, so that it is more representative of our community.
- Undertake and learn from fundraising campaigns and launch our corporate partnership strand, to build our financial portfolio and security.
- Continue to source multi-year funding for our delivery programme and core costs to improve the long-term financial stability of the organisation.



Structure, governance and management

Company status

The company is a charitable company, incorporated under the Companies Act of 1985 as a private limited company on the 17 November 2004 and entered into the Central Register of Charities on the 13 January 2005. The company is limited by guarantee and all members have agreed to contribute a sum not exceeding £1 in the event of a winding-up. The number of guarantees at 31 March 2022 was seven.

Governing document

The company is controlled via its Memorandum and Articles of Association. Members of the company are volunteers, Directors of the company and trustees of the charity. The number of members must be a minimum of three and a maximum of twelve.

An AGM is held by the company and the Board of Directors meet at least six times per year. The Board is responsible for the annual report and accounts, and overseeing policy, personnel, and the strategic direction of the Charitable Company. It ensures company documents and key policies are reviewed on a regular basis.

Recruitment and appointment of Directors

Directors are recruited from a number of sources, including personal recommendation, GMCVO, Reach, Manchester User Network (MUN), and ex-participants of Arc. The Board has defined the skill profiles required and actively seeks to establish a diversity of backgrounds and experience of its members.

Prospective Directors are invited to submit an application, to tour the premises, and to meet key people. They are subsequently interviewed by members of the Board and required to present a personal statement of their potential contribution to Arc. They are made aware of their responsibilities and are also required to provide two referees who are contacted before appointment is approved. All Directors are checked via the Disclosure and Barring Service (DBS).

Induction and training of Directors

New directors are given access to Arc's SharePoint which contains governance documents, a current listing of policies and procedures and previous Annual Reports, Accounts and Board meeting minutes. Directors are given information on their roles and responsibilities and invited to attend training courses relevant to their roles.

Organisational structure

The Chair leads the Board and line manages the Chief Executive Officer. There are two sub-committees that oversee key areas of governance and report back to the full Board with matters for approval and discussion. These are:

- Finance (includes fundraising and risk)
- Personnel, Policy and Quality

The minimum expected attendance for any sub-committee is at least one principal staff member and two Directors. All Directors are encouraged to attend sub-committee meetings and expected to when their specialist expertise is required.

Strategy is discussed at Board meetings and as relevant in sub-committees as it relates to these areas. A rolling strategic plan sets out the objectives and priorities for each 3-year period and is developed with key stakeholders including staff and Directors. This is operationalised annually through delegated responsibility to staff under the leadership of the Chief Executive Officer, overseen by the Board of Directors. Working groups are formed, as required, to work on specific areas of strategic development.

Risk management

The Directors regularly review and assess the risks faced by the charity in all areas of its work and plan for the management of those risks. Major risks are assessed through a risk register and policy overseen by the Board and Chief Executive Officer, to which staff report, and operationalised through risk assessments and procedure.

The Directors have given consideration to the major risks to which the charity is exposed and satisfied themselves that systems and procedures are established in order to manage those risks.

Major risks are those risks that have a major impact and a probable or highly probable likelihood of occurring. If they occurred, they would have a major impact on some or all the following areas:

- governance.
- operations.
- finances.
- environmental or external factors such as public opinion or relationship with funders.
- Arc's compliance with law or regulation.

Arc's policy document and risk register sets out to:

- Identify the major risks that apply to our charity and their impacts.
- Provide a basis to make decisions about how to respond to the risks we face.
- Provide records to write an appropriate risk management statement in our annual report.

Assessing and management of risk is a whole team effort, and while the Board of Directors holds ultimate responsibility for this, appropriate and proportionate responsibility is delegated to staff. Arc is able to state that there have been no major incidents or risks in 2022/2023 that required reporting to the Charity Commission.

Arc will continue to implement its Risk Management Policy to ensure that the organisation complies with the Charity Commission's requirements as outlined in their guidance on Risk Management for Charities (CC26).

Related parties

The Company operates independently and there are no related party transactions. Board members and their immediate relatives have no contractual relationships, other than at arm's length, with any suppliers or fund providers. Each Director is asked to sign a Declaration of Interests register and Code of Conduct form. These are held on file and the Declaration of Interests form is updated at least annually and when informed of a change.

Financial Review

Principal funding sources

For 2022/ 2023 the principal income sources were:

- | | |
|----------------------------------|---|
| • The National Lottery (£69,026) | • Youth Music (£11,940) |
| • NHS Stockport CCG (£60,834) | • Commissions and fees (£30,025) |
| • GMCA (£40,000) | • Social Work Student Placement Income (£4,200) |
| • BBC Children in Need (£20,000) | • Beacon – Shine Project (£9,811) |
| • Henry Smith (£18,400) | |

Principal sources of funding carried forward into 2022 / 2023 were:

- | | |
|---------------------------------|-----------------------------|
| • Art Pen Pals A4A (£9,790) | • Ralph Pendlebury (£2,991) |
| • Henry Smith (£10,557) | • SMBC ASC Capital (£8,018) |
| • Shine (£2,311) | • Youth Music (£6,818) |
| • Action Together (£3,254) | |
| • Morrisons Foundation (£3,470) | |

How funding has supported key priorities

Our donors have supported us by funding us in the following ways:

- GM NHS Stockport locality provides core funding to underpin all our work at Arc. The funding enables our programmes to continue to help improve the mental health needs of Stockport residents.
- Arc has received its second year of funding from a five-year grant from The National Lottery to fund staffing and core costs of the organisation until March 2026. This will ensure that Arc can continue to flourish and develop a more sustainable model for future financial stability.
- GMCA have provided Arc funding to support Arts and Wellbeing in the GM region.
- BBC Children in Need funding was secured for further year, due to end in March 2023. Funding from Children in Need enabled Arc to continue to offer a diverse and exciting programme offered to young people in Stockport and Tameside.
- Arc have also received second year funding from Youth Music to continue the work that has been developed in this area. The ongoing project is called MusicSpace which aims to improve wellbeing, confidence and resilience of young people not receiving support through mainstream services.
- The YPA programme is all about partnerships and providing tailored programmes of short creative projects for targeted groups of disadvantaged and vulnerable children and young people. Arc is continuing to collaborate with local organisations such as Tameside College, Stockport Homes and Moat House on one off projects which complemented the main offering from YPA. Arc are also delivering an Early Help and Wellbeing Service for 11–18-year-olds in partnership with Beacon Counselling.
- Henry Smith continued to provide funding to deliver a 3-year programme of activities supporting people facing a mental health crisis in communities across Stockport and Oldham. This funding ended in September 2022.
- Arc received a grant from Awards for All (at the end of 2021/2022) to continue to deliver our postal art scheme (Art Pen Pals) which was developed during lockdown for isolated people without an internet connection.
- Commissions and fees are continuing to provide income for Arc, and we anticipate this will continue in 2023/2024.

The budget for 2023/2024 currently shows a potential shortfall of £20,000 and the Board has decided it would be prudent to designate this amount from our reserves for the next financial year. The overhead costs paid by Arc have remained stable and this has helped the team to accurately plan future funding streams and requirements. The budget continues to support the costs of a larger staff team and Arc have planned for a full and diverse programme supplemented by commissions that are delivered so well by the organisation. Arc is aiming to continue to deliver these programmes at current levels with plans to approach new funding sources, trusts and charitable organisations. One of our financial aims is to gain multi-year funding which will enable continuity and more effective planning of income streams.

Arc are also developing new streams of income that will help to sustain the organisation in the long term. Challenges remain with increased cost of living which is hard to factor into new bids. Arc will seek to meet all its commitments with regard to staff remuneration and other increasing costs over which we do not have control. Arc will maintain healthy reserves to ensure we can meet our ongoing obligations.

Arc has continued to designate funds (Forge Funds) to develop new projects for the 2023/2024 financial year. This will enable Arc to continue to develop new and exciting projects where mainstream funding may not be immediately available.

Arc will continue to maintain a level of reserves in compliance with our reserves policy. This is intended to meet any unforeseen risk and financial threat to the organisation. The reserves to be held have been determined by the Board and are identified below.

Future funding campaigns and strategies are under consideration to enable Arc to diversify funding and mitigate risks from any shortfalls in funding and to protect the level of safe reserves determined by the Board.

New income sources for 2023 / 24

- CCG (£60,034)
- The National Lottery (£69,981)
- GMCA (£44,000)
- Henry Smith (£24,500)
- Weston Pilot Light (£6,500)
- CRH (£5,000)
- Mens Music (£9,960)
- Kind To Mind (£6,832)
- Beacon / Shine (£9,810)
- Youth Music (£4,478)

Reserves policy

The Board will ensure that adequate reserves are held by Arc to cover emergencies Principally:

1. To ensure that any shortfall in income can be covered over a sufficient period to ensure that management and the Board can take effective action to minimise any detrimental effects on staff and the organisation and to meet any contractual obligations.
2. To cover any unforeseen emergencies concerning property or facilities.
3. To cover any emergencies due to force majeure.

The amount of reserves determined by the Board for the financial year 2022/ 2023 has been calculated as follows:

Reserves amount calculated as of 31 August 2023

Employee redundancy & notice costs	£42,854
Equipment lease commitments	£5,196
Property lease commitment	£14,667
Three months fixed running costs	£15,051
Accountancy fees	£2,000
TOTAL	£79,768

The reserves calculation has decreased for the year due to the following:

Employee redundancy and notice costs are at a similar level to 2021/2022 but will increase in 2023/2024 with permanent staff reaching the two-year threshold for redundancy. Arc currently has a six-year lease of Hat Works space with two break clauses during the term. It has been agreed that it would be prudent to set aside the cost of this lease until the next break clause, as stated above. The equipment lease commitments have reduced with further repayments made during the year. The three months fixed running costs have also been reviewed and stated as per costs on the ledger for 2022/2023, it is anticipated that these costs will remain constant. Overall total reserves required have decreased from £96,685 in 2021/2022 to £79,768 in 2022/2023.

Note 20 of the accounts shows that unrestricted current assets less current liabilities, as of 31 March 2023, to be £177,258.

This policy is reviewed annually The amount is calculated each year and when there are major changes, such as changes in the staffing levels and the taking on of additional leases.

Investment policy

The company will hold funds in accordance with the sum identified in our reserves policy within a savings and investment secure portfolio.

Statement of Directors' responsibilities

The Directors are responsible for preparing the Report of the Directors and the financial statements in accordance with applicable law and regulations.

Company law requires the Directors to prepare financial statements for each financial year. Under that law the Directors have elected to prepare the financial statements in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008) (United Kingdom Generally Accepted Accounting Practice applicable to Smaller Entities). Under company law the Directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and the income and expenditure of the charitable company for that period. In preparing these financial statements the Directors are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charities SORP;
- Make judgments and accounting estimates that are reasonable and prudent;
- State whether applicable UK 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 charitable company will continue in business.

The Directors are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and disclose at any time the financial position of the charitable company and to enable it to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Directors, who are Directors for the purposes of company law, and trustees for the purposes of charity law, who served during the year and up to the date of this report are set out on page 2. This report has been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (issued in March 2005) and in accordance with the provisions applicable to companies subject to the small companies' regime of the Companies Act 2006.

Approved by the Directors and signed on its behalf by:

Safia Griffin

Safia Griffin (Chair) Date: 28 September 2023



3) Independent Examiner's Report to the Directors of Arts for Recovery In the Community

I report to the Directors on my examination of the accounts of the Company for the year ended 31 March 2023.

Responsibilities and basis of report

As the Directors 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

Since the Company's gross income exceeds £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales which is one of the listed bodies.

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.

Paul Cowham

Paul Cowham FCA DChA
Green Fish Resource Centre
46 – 50 Oldham Street
Manchester
M4 1LE

Date: 12 October 2023

Arts for Recovery in the Community
Statement of Financial Activities
(including Income and Expenditure account)
for the year ended 31 March 2023

	Note	Unrestricted funds £	Restricted funds £	Total funds 2023 £	Total funds 2022 £
Income					
Donations and legacies	3	11,301	-	11,301	5,756
Charitable activities	4	60,834	169,176	230,010	268,605
Fees and other income	5	60,686	-	60,686	67,521
Investments	6	531	-	531	459
Total income		133,352	169,176	302,528	342,341
Expenditure					
Raising funds	7	26,631	-	26,631	21,546
Charitable activities	8	81,603	206,229	287,832	300,470
Total expenditure		108,234	206,229	314,463	322,016
Net income/(expenditure) for the year	9	25,118	(37,053)	(11,935)	20,325
Transfer between funds		-	-	-	-
Net movement in funds for the year		25,118	(37,053)	(11,935)	20,325
Reconciliation of funds					
Total funds brought forward		191,737	53,026	244,763	224,438
Total funds carried forward		216,855	15,973	232,828	244,763

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

Arts for Recovery in the Community
Company number 05288784

Balance sheet as at 31 March 2023

	Note	2023	2022
		£	£
Fixed assets			
Tangible assets	14	2,303	1,328
Total fixed assets		2,303	1,328
Current assets			
Debtors	15	5,598	3,019
Cash at bank and in hand		238,535	278,763
Total current assets		244,133	281,782
Liabilities			
Creditors: amounts falling due in less than one year	16	(13,608)	(38,347)
Net current assets		230,525	243,435
Total assets less current liabilities		232,828	244,763
Net assets		232,828	244,763
Funds of the charity			
Restricted income funds	17	15,973	53,026
Unrestricted income funds	18	216,855	191,737
Total charity funds		232,828	244,763

For the year in question, the company was entitled to exemption from an audit under section 477 of the Companies Act 2006 relating to small companies.

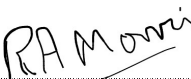
Directors' responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476,
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts

These accounts are prepared in accordance with the special provisions of part 15 of the Companies Act 2006 relating to small companies and constitute the annual accounts required by the Companies Act 2006 and are for circulation to members of the company.

The notes on pages 23 to 36 form part of these accounts.

Approved by the trustees on 28 September 2023 and signed on their behalf by:


Robert Morris - Finance Director

Arts for Recovery in the Community

Notes to the accounts for the year ended 31 March 2023

1 Accounting policies

The principal accounting policies adopted, judgments and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

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.

The charity has applied Update Bulletin 1 as published on 2 February 2016 and does not include a cash flow statement on the grounds that it is applying FRS 102 section 1A.

Arts for Recovery in the Community meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

b Reconciliation with previous Generally Accepted Accounting Practice

In preparing the accounts, the trustees have considered whether in applying the accounting policies required by FRS 102 and the Charities SORP FRS 102 the restatement of comparative items was required. No such restatement was required.

c Preparation of the accounts on a going concern basis

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

There are no key judgments which the trustees have made which have a significant effect on the accounts.

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 amount of assets and liabilities within the next reporting period.

Arts for Recovery in the Community

Notes to the accounts for the year ended 31 March 2023 (continued)

d Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and 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.

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

e Donated services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item 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), general volunteer time is not recognised; refer to the trustees' annual report for more information about their contribution.

On receipt, donated 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.

Arts for Recovery in the Community

Notes to the accounts for the year ended 31 March 2023 (continued)

g Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charity.

Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose.

Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

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.

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

i Operating leases

Operating leases are leases in which the title to the assets, and the risks and rewards of ownership, remain with the lessor. Rental charges are charged on a straight line basis over the term of the lease.

j Tangible fixed assets

Individual fixed assets costing £1,000 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a straight line basis as follows:

Motor vehicles:	4 years
Office fixtures and equipment	4 years
Improvements to premises:	10 years

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.

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.

Arts for Recovery in the Community

Notes to the accounts for the year ended 31 March 2023 (continued)

n Financial instruments

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.

o Pensions

Arc operates a work place pension scheme with NEST as well as making contributions to an employee's own scheme which is a Qualifying Workplace Pension Scheme (QWPS).

2 Legal status of the charity

The charity is a company limited by guarantee registered in England and Wales and has no share capital. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The registered office address is disclosed on page 1.

3 Income from donations and legacies

	Unrestricted £	Restricted £	Total 2023 £	Unrestricted £	Restricted £	Total 2022 £
Donations	11,301	-	11,301	5,756	-	5,756
Total	11,301	-	11,301	5,756	-	5,756

Arts for Recovery in the Community

Notes to the accounts for the year ended 31 March 2023 (continued)

4 Income from charitable activities

	Unrestricted £	Restricted £	Total 2023 £	Unrestricted £	Restricted £	Total 2022 £
Grants						
Awards for All	-	-	-	-	9,790	9,790
BBC Children in Need	-	20,000	20,000	-	19,500	19,500
Beacon Counselling	-	9,810	9,810	-	6,411	6,411
The National Lottery	-	69,026	69,026	-	68,090	68,090
ESF Workers' Educational Trust	-	-	-	-	7,994	7,994
Greater Manchester Combined Authority	-	40,000	40,000	-	42,700	42,700
Henry Smith	-	18,400	18,400	-	36,750	36,750
NHS Stockport CCG	60,834	-	60,834	59,950	-	59,950
Youth Music	-	11,940	11,940	-	17,420	17,420
Total	60,834	169,176	230,010	59,950	208,655	268,605

5 Fees and other income

	Unrestricted £	Restricted £	2023 £	Unrestricted £	Restricted £	2022 £
Café income	6,965	-	6,965	2,360	-	2,360
Student placements	4,200	-	4,200	10,780	-	10,780
Public programme (Sales & events)	19,496	-	19,496	12,611	-	12,611
Commissions & fees	30,025	-	30,025	41,730	-	41,730
Other income	-	-	-	40	-	40
	60,686	-	60,686	67,521	-	67,521

Arts for Recovery in the Community

Notes to the accounts for the year ended 31 March 2023 (continued)

6 Investment income

	Unrestricted £	Restricted £	2023 £	Unrestricted £	Restricted £	2022 £
Income from bank deposits	531	-	531	459	-	459
	531	-	531	459	-	459

All of the charity's investment income arises from money held in interest bearing deposit accounts. All investment income is unrestricted.

7 Analysis of expenditure on raising funds

	Total 2023 £	Total 2022 £
Fundraising costs	26,631	21,546

8 Analysis of expenditure on charitable activities

	Total 2023 £	Total 2022 £
Staff costs	138,068	133,322
Depreciation/loss on disposal of assets	2,095	1,705
Premises costs	23,956	22,858
General running costs	21,102	24,672
Programme costs	100,964	116,538
Other governance costs		
Independent examination	1,300	1,375
Trustee meeting costs	347	-
	287,832	300,470
	2023 £	2022 £
Restricted expenditure	206,229	205,838
Unrestricted expenditure	81,603	94,632
	287,832	300,470

Arts for Recovery in the Community

Notes to the accounts for the year ended 31 March 2023 (continued)

9 Net income/(expenditure) for the year

This is stated after charging/(crediting):	2023	2022
	£	£
Depreciation	2,095	1,705
Independent examiner's remuneration		
- accountancy	500	500
- independent examination	800	800

10 Staff costs

Staff costs during the year were as follows:

	2023	2022
	£	£
Wages and salaries	123,790	120,460
Social security costs	6,062	6,018
Employers pension contributions	5,117	4,144
Staff expenses and training	3,099	2,700
	138,068	133,322

No employee has employee benefits in excess of £60,000 (2022: Nil).

The average number of staff employed during the period was 6 (2022: 5.4).

The average full time equivalent number of staff employed during the period was 4.41 (2022: 4.31).

The key management personnel of the charity comprise the trustees, the Chief Executive Officer and the Finance Manager. The total employee benefits of the key management personnel of the charity were £60,632 (2022: £56,572).

11 Trustee remuneration and expenses, and related party transactions

Neither the trustees nor any persons connected with them received any remuneration during the year (2022: Nil). One trustee claimed £72.40 travel expenses in the year (2022: £nil).

Aggregate donations from related parties were £nil (2022: £nil).

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

No trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity, including guarantees, during the year (2022: nil).

Arts for Recovery in the Community

Notes to the accounts for the year ended 31 March 2023 (continued)

12 Government grants

The government grants recognised in the accounts were as follows:

	2023 £	2022 £
NHS Stockport	60,834	59,950
Greater Manchester Combined Authority	40,000	42,700
	<hr/>	<hr/>
	100,834	102,650
	<hr/>	<hr/>

There were no unfulfilled conditions and contingencies attaching to the grants.

13 Corporation tax

The charity is exempt from tax on income and gains falling within Chapter 3 of Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the charity.

14 Fixed assets: tangible assets

	Office equipment & furniture £	Total £
Cost		
At 1 April 2022	18,414	18,414
Additions	3,070	3,070
Disposals	-	-
	<hr/>	<hr/>
At 31 March 2023	21,484	21,484
	<hr/>	<hr/>
Depreciation		
At 1 April 2022	17,086	17,086
Charge for the year	2,095	2,095
Disposals	-	-
	<hr/>	<hr/>
At 31 March 2023	19,181	19,181
	<hr/>	<hr/>
Net book value		
At 31 March 2023	2,303	2,303
	<hr/>	<hr/>
At 31 March 2022	1,328	1,328
	<hr/>	<hr/>

Arts for Recovery in the Community

Notes to the accounts for the year ended 31 March 2023 (continued)

15 Debtors

	2023 £	2022 £
Accrued income	5,227	1,437
Prepayments & other debtors	371	1,582
	<hr/>	<hr/>
	5,598	3,019
	<hr/>	<hr/>

16 Creditors: amounts falling due within one year

	2023 £	2022 £
Trade creditors	10,805	35,014
Other creditors and accruals	2,803	3,333
	<hr/>	<hr/>
	13,608	38,347
	<hr/>	<hr/>

Arts for Recovery in the Community

Notes to the accounts for the year ended 31 March 2023 (continued)

17 Analysis of movements in restricted funds

	Balance at 1 April 2022 £	Income £	Expenditure £	Transfers £	Balance at 31 March 2023 £
Action Together Oldham	3,254	-	(2,131)	-	1,123
Art Pen Pals A4A	9,790	-	(8,822)	-	968
ASDA	1,152	-	-	-	1,152
BBC Children in Need	-	20,000	(19,500)	-	500
The National Lottery	1,836	69,026	(69,419)	-	1,443
Greater Manchester Combined Authority	202	40,000	(40,202)	-	-
Hart Donation	819	-	(819)	-	-
Henry Smith Charity	10,557	18,400	(28,957)	-	-
John Grant Davies Trust	443	-	(443)	-	-
Morrisons Foundation	3,470	-	(3,470)	-	-
Shine	2,311	9,810	(10,961)	-	1,160
Sir Ralph Pendlebury Charity for the Aged	2,991	-	(1,406)	-	1,585
SMBC ASC Capital	8,018	-	(2,019)	-	5,999
SMBC Culture & Leisure, Local Fund (Stockport Local Mums)	1,365	-	(1,365)	-	-
Youth Music 3	6,818	11,940	(16,715)	-	2,043
	53,026	169,176	(206,229)	-	15,973

Arts for Recovery in the Community

Notes to the accounts for the year ended 31 March 2023 (continued)

17 Analysis of movements in restricted funds (continued)

Previous reporting period	Balance at 1 April 2021 £	Income £	Expenditure £	Transfers £	Balance at 31 March 2022 £
Action Together Oldham	3,254	-	-	-	3,254
Art Pen Pals A4A	-	9,790	-	-	9,790
ASDA	1,152	-	-	-	1,152
BBC Children in Need	-	19,500	(19,500)	-	-
The National Lottery	-	68,090	(66,254)	-	1,836
ESF Workers' Educational Trust	(7,992)	7,994	(2)	-	-
Garfield Weston	20,000	-	(20,000)	-	-
Greater Manchester Combined	6,185	40,000	(45,983)	-	202
Hart Donation	819	-	-	-	819
Henry Smith Charity	8,214	36,750	(34,407)	-	10,557
John Grant Davies Trust	443	-	-	-	443
Manchester University	2,358	-	-	(2,358)	-
Morrisons Foundation	3,470	-	-	-	3,470
Shine	-	6,411	(4,100)	-	2,311
Sir Ralph Pendlebury Charity for	2,991	-	-	-	2,991
SMBC ASC Capital	26,183	-	(3,499)	(14,666)	8,018
SMBC Culture & Leisure, Local Fund	1,440	-	(75)	-	1,365
Stockport Culture Champions	-	2,700	(2,700)	-	-
Youth Music 2	(1,284)	2,495	(1,211)	-	-
Youth Music 3	-	14,925	(8,107)	-	6,818
	67,233	208,655	(205,838)	(17,024)	53,026

Name of	Description, nature and purposes of the fund
Action Together Oldham	Grant to provide perinatal art workshops for mums in Oldham
Art pen pals A4A	Continuation of postal art programme developed in lockdown, funded by A4A. One year grant
Asda Reddish	Funds from Asda to purchase various equipment for Arc Centre
BBC Children in Need	A three year grant to fund a tailored programme of short creative projects for targeted groups of disadvantaged children and young people.

Arts for Recovery in the Community

Notes to the accounts for the year ended 31 March 2023 (continued)

17 Analysis of movements in restricted funds (continued)

The National Lottery	The was a grant to provide salaried costs and overheads for 5 years to develop the ARC Centre (2021-26).
JG Davies Trust	Contribution towards the Creative Mums Programme
Donations (Hart group)	A donation of £1,449 towards our Creative Mums' project designed to support Stockport Mothers experiencing perinatal depression.
European Social Fund	A one year grant to provide Creative Challenge programme with personalised pre-employment support and training
Garfield Weston	One year grant towards core costs for the financial year 21/22, enabling Arc to plan with confidence and provide high impact therapeutic support to 150 adults and 100 young people who are experiencing acute mental ill health
Greater Manchester Combined Authority	A two year grant for Arc to strengthen and extend our high impact arts and wellbeing offer into communities across Greater Manchester, whilst developing a 'centre of excellence for arts and mental health' from our base at Stockport's Hat Works museum.
Henry Smith Charity	Running costs of the project providing a community outreach programme.
Morrison's	Creative Mums programme
Pendlebury Shine	Programme of creative projects for older, isolated residents of Stockport Creative sessions delivered on behalf of Beacon Counselling
SMBC Capital	Expanding and refurbishment of our studios into an Arts Centre accessible to all, development of a town centre venue and other capital expenditure to enable the growth and expansion of Arc's service to the community.
Stockport Local Mums	Grant to provide perinatal art workshops for mums in Stockport
Manchester University - Tameside	To provide art workshops in conjunction with local GP surgeries in Tameside
Youth Music	Grant for a Young People's Arc programme called Musicspace

Arts for Recovery in the Community

Notes to the accounts for the year ended 31 March 2023 (continued)

18 Analysis of movement in unrestricted funds

	Balance at 1 April 2022 £	Income £	Expenditure £	Transfers £	As at 31 March 2023 £
General fund	167,126	133,352	(100,917)	(20,000)	179,561
FORGE	24,611	-	(7,317)		17,294
2023/24 contingency	-	-	-	20,000	20,000

	191,737	133,352	(108,234)	-	216,855
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Previous reporting period

	Balance at 1 April 2021 £	Income £	Expenditure £	Transfers £	As at 31 March 2022 £
General fund	157,205	133,686	(116,178)	(7,587)	167,126
FORGE	-	-	-	24,611	24,611

	157,205	133,686	(116,178)	17,024	191,737
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Name of	Description, nature and purposes of the fund
General Fund	This represents the free reserves of the charity.
FORGE	Funds designated for new pilot projects at Arc and costs not covered by current funders.
2023/24 contingency	This has been designated to fund gaps in 2023/2024 budget

19 Analysis of net assets between funds

	General fund £	Designated funds £	Restricted funds £	Total £
Tangible fixed assets	2,303	-	-	2,303
Net current assets/(liabilities)	177,258	37,294	15,973	230,525
Total	179,561	37,294	15,973	232,828

Arts for Recovery in the Community

Notes to the accounts for the year ended 31 March 2023 (continued)

21 Lease commitments

The charity had the following annual commitments under non-cancellable operating leases:

	Land and buildings		Equipment	
	2023	2022	2023	2022
	£	£	£	£
Leases expiring in:				
One year	14,667	-	3,920	-
Two to five years	-	36,667	1,275	10,652