



# Inside Out Community

## Annual Report 2018/19

*Do stuff. Be clenched, curious. Not waiting for inspiration's shove or society's kiss on your forehead. Pay attention. It's all about paying attention. Attention is vitality. It connects you with others. It makes you eager. Stay eager. Susan Sontag*

Wow what a year for the Inside Out Community! Our first year with the support of our Community Fund grant from the Lottery. Our first with our new Team. New initiatives getting off the ground and our existing groups thriving.

Myself and all the Trustees, have been very keen to ensure that the changes and the growth strengthens our community and shares it with a wider group of people. We have tried to "pay attention", with each other, with the people that attend our workshops and with the spirit of ideas and creativity. It is my firm belief, that the combination of ideas and creativity coupled with compassion and community, is a powerful recipe for human nourishment and nurture. I hope that this has been your experience and that together we will widen our community and have new and exciting experiences in the year to come.

Looking back on my previous reports, there is a theme of them featuring a lot of thank yous. Never has it been more appropriate than this year. I hope that all the people I am thanking now, already know that their contributions are valued and that we have shown you our appreciation over the year. However, I do feel it is important that I acknowledge you in this report.

Thank you first to everyone who attends our workshops, events, groups and activities. You are what The Inside Out Community are all about. Thank

you for the feedback you give, for your support, your commitment, your ideas and your creative energies. Your attendance encourages us, it also supports and encourages others. We hope you have had fun, that you have felt welcome, that you have been inspired, that you have had opportunities to express your creativity and that we will see you again.

In the last year, with the fantastic support of the Lottery's Community Fund, we brought together a small team to put our proposals into action. Programme Leader Allan Williams, was joined by fellow Programme Leader Marie Grueberova, we were also able to appoint an Administrator Katie Read. Katie wasn't able to continue you with us for the whole of the last year, however she helped us make a great start on the work that we wanted to do. Thank you Katie! We were then really happy to appoint Janine Tomkins to that role. Janine has already made a great contribution to the Team and has done a fantastic job of pulling together our report to the Community Fund, together with a short film that promotes the work that has been done by everyone.

All of our Trustees have been so impressed and grateful for the hard work and dedication that Allan, Marie, Janine and Katie have given this year. Thank you, you are an excellent Team.

In the last year we have also expanded our pool of artists. The people who lead our workshops. The ideas, skills, energy, thoughtfulness and compassion that you have all brought to your sessions has been fantastic. It has always been the mantra of Inside Out to believe in the art. To trust that being able to express ourselves creatively cannot fail to have a good impact on how we feel. This is always more likely to happen when skilled artists bring the qualities that you have. Thank you so much!

In each of the workshops, and within the Trustee Team, we have a fantastic group of people who volunteer their time for the benefit of Inside Out. Your support and dedication are a vital part of everything that happens. Everything that is created, whether a poem, a painting, prose or policy, couldn't happen without your help. So a huge thank you to all our volunteers and the amazing Trustee Team.

This last year was the last one as a Trustee for one of our founders Jan Addison. I know that I cannot capture fully here how much Jan has contributed to Inside Out, as it has been immense both practically and emotionally. Jan's commitment and enthusiasm for all that we do and the way that we do it has been a driving force for all of us. For me, she exudes so much warmth and acceptance for everyone that she meets, but at the same time retaining a very keen focus on ensuring that Inside Out maintains its commitment to providing opportunities for creativity to be a healing force in people's lives. We therefore need to say how much we appreciate and value everything that Jan has done for Inside Out. At the same time wishing Jan well and making sure that we keep her close to everything we do in the future.

***My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humour, and some style. Maya Angelou***

The Trustees have been very keen to ensure that, with the introduction of new money, workshops, ideas and people. That we ensure that the sense of community, the values, the safety and the artistic quality, are at least maintained, but ideally strengthened. We have therefore created opportunities where everyone who is part of Inside Out can express what it means to them to be part of a community and explore how we strengthen the bonds of our community.

Stefan led us in a wonderful event of dance and community, "The Connecting Circle". All the different elements of the Inside Out Community were able to come together, dance, talk, eat and express our sense of community and what Inside Out means to us. Thank you Stefan it was a great day.

In the last months we have also commissioned an artist and therapist John Pollard. John will be meeting people from across our community and

asking them to reflect on and review the work that we do. He will also be looking at, and discussing with people how we might be able to present our feedback creatively. We hope that everyone will have an opportunity to contribute, and we are very excited to see how his work unfolds.

Once again we would like to thank The Red Rose Chain for their support for us. Having creative partners who share a similar ethos, helps us all to offer more to people and spread the message of the power of creativity and community.

Suffolk Libraries have continued to support and encourage our Write Minds courses, so thank you to them. We were able to attend an event this year where the writers shared their work. The writing was amazing. So moving, so clever, so dedicated and so skilful. Please buy a copy of their work!

So, what have we actually done in the last year you may ask. Well, we have delivered 158 workshops to a total of 139 individual participants. In addition to this we have been doing an increased amount of Outreach to groups around the county. Including Open Space at libraries in Felixstowe and Stowmarket, 4YP a Young Peoples Project and Surviving United in Lowestoft which is a group for women who are survivors of domestic and/or sexual abuse.

Our wonderful band Not Beaten Yet, released a new CD and entertained us with a live performance at Songs For the Journey 2 last year. The energy and the growth of the band and the Music Group has been so good to witness and play a part in. George and all the people who attend make that happen, so thank you.

Marie, Allan, Katie and Janine have in the last year taken an idea that we had and begun to make it a reality. Creative Mentoring is an offer to people for whom attending workshops is not possible. There may be practical or emotional reasons for this, however they are people would like to develop their creativity.

Creative Mentoring aims to reflect the way Inside Out works, in that we look to utilise the creative skills of local artists to engage with people and

help them to develop their creativity in whatever field of the arts that they prefer. We offer 10 sessions to people and hope that this time will help them to discover and embark in new avenues for their creativity.

The Team have had to give a lot of time and thought to ensuring that Creative Mentoring has processes that enable the art to take centre stage. This means creating a process whereby we understand what people are asking for, matching them to someone who can provide it, supporting all involved safely and thoughtfully. David Hardy, who is an Art Therapist who is part of our Marking Your Mark workshops, has been so helpful with his support and supervision of this process. Thank you David for this and all the general support and input that you bring to Inside Out as a whole. Thanks also to NSFT who support us with David's time and the general encouragement and support that you have given to us.

We are now working with some people through Creative Mentoring and there has been a lot of interest. We hope that this year will see this unique service grow.

***I alone cannot change the world, but I can cast a stone  
across the water to create many ripples. Mother  
Teresa***

We have so much to look forward to in the coming year. On the 20<sup>th</sup> July we will be having live music, poetry and a special guest appearance from our Elmer! It will be at St Peters Church on the Quay. It is a daytime event so please come along.

Our Elmer, which has been beautifully and expertly created by Allan, will be part of the Elmer parade in Ipswich this summer. The Elmer events are run by St Elizabeth's Hospice, and follow on from the excellent pig trail that they did last year. We are so excited to have our own Elmer and we hope that it will generate a lot of interest in both Inside Out and the amazing work that St Elizabeth's Hospice does.

In the coming year, we have made contact with more groups that would like to be part of our Outreach, groups from diverse communities and from groups where having opportunities for creative expression could be so helpful.

Also, thanks to the work of Pete Watkins, Allan, Sally-Anne Webb and Jane Davey, we have an approved course that will become part of the Recovery Colleges prospectus. The Recovery College is part of NSFT and provides opportunities for people to explore overcoming distress in a wide range of ways. Adding a course that focuses specifically on the way that creativity can play a part in recovery is very exciting. Thanks again for your hard work and we look forward to hearing how things go.

All the time we will be looking to continue our established workshops, Making Your Mark, Creative Lives, Artworks and Music and Wellbeing. Introducing new and interesting artists from across a wide spectrum of the arts. Retaining the links with the people that have such a strong connection with us and ensuring that our workshops are; supportive, inclusive and places where people are welcomed and respected.

You may now wonder whether the views of the people attending our workshops reflects my own. You would be right, of course, to consider their opinions far more important! So here is what people have told us;

The questions that we have been asking people are linked to the outcomes that we told the Lottery that we hoped to achieve and they were in the form of statements. They are scored from 1 to 10 as follows;

**I feel better about myself and feel an increase in self-esteem.**

In this 90% of people scored 6 or above, with 28% scoring 10.

**I feel greater enjoyment in life.**

90% scored 6 or above with 38% scoring 10.

**I felt an improved sense of purpose.**

90% scored 6 or above, with 30% being 10 out of 10.

**I feel more confident.**

91% scoring 6 or above.

**I feel more involved with social activity.**

90% scored 6 or above with 45% scoring either 9 or 10.

**I feel less lonely/isolated.**

91% scoring over 6.

**I feel I need less GP intervention.**

75% scoring over 6.

**I feel less stressed, anxious or depressed.**

86% scored 6 or above.

**I feel more able to cope and emotionally resilient.**

81% scoring 6 or above with 59% of scores over 8.

All these results and more can be viewed, far more professionally, in the report that we have presented to the Lottery. This is available on our website so please go and read the report entitled "The Art of Wellbeing"

Thank you everyone that filled in a questionnaire. We know that there isn't a questionnaire in the world that can accurately capture everything that a group means to someone and we are interested in developing a wide range of ways of capturing peoples views and experiences. These questionnaires do however provide a very helpful and interesting picture of how people think we are doing and what we are doing means to them.

I think that the results reinforce what we all know and what people in studies around the world are demonstrating more and more. That is, that where human beings come together in environments where they are respected, heard, involved, valued and have the opportunity to express themselves freely, they feel better for it. We feel better for it. There are many therapies and drug companies, GP surgeries and hospitals that can only dream of the outcomes that you have told us that being involved in Inside Out has on your lives. I know that our questionnaire does not qualify

as research, however the results give us so much encouragement and drive to continue what we do and as we look to grow. So please keep filling in the questionnaires!

It is so wonderful to write this report and reflect on a Community that is thriving and growing. All of the Trustees and I are very aware that we owe this to every single person who is part of our community, and that to continue to grow and thrive we must ensure that every contribution is acknowledged and valued. That there is no greater contribution than to participate, to have the courage, the drive, the desire and the determination to be creative. To make a mark, write your words, to dance, to sing, to do whatever it is that you do to express yourself. But most of all to come and be part of The Inside Out Community. Thank you all!

**Matthew Morris - Chairperson**



### Excess of Income over expenditure

## Independent examiner's report to the trustees of Inside Out Community Arts in Mental Health

I report on the accounts of the above charity for the year ended 31 March 2019, which are set out on the attached pages.

### Respective responsibilities of trustees and 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(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act
- to follow the procedures laid down in the general Directions given by the commission under section 145(5)(b) of the 2011 Act
- to state whether particular matters have come to my attention

### Basis of independent examiner's report

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 you as 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 next statement.

### Independent examiner's statement

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

(1) 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 2011 Act and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act

have not been met or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached



Name: Liz McCubbin

Date: 30.12.18