



Inside Out Community

Annual Report 2019/20

“If I could say it in words there would be no reason to paint.” Edward Hopper

As we are all so aware, 2020 has been a year like no other in most of our lifetimes. The crisis that has impacted humanity across the world, has been a tragedy for so many people, families and communities. Particularly people and communities who were already some of the most vulnerable.

All of us within the Inside Out Community pay our respects to all of those people who have died, lost loved ones and who are suffering because of COVID-19. We know that the impact of the virus goes far beyond the disease. That many are suffering the consequences of losses of freedom and independence, lost opportunities to socialise and to find the solace and inner nourishment that comes from being with others.

We are aware that the virus is still very much with us and is likely to be for some time yet. We will all keep on, within our community, trying our very best to provide opportunities for people to continue with their creative lives and engage with others within the Inside Out Community.

We want to say a huge thank you to our Team of; Marie, Allan, Lois and Janine. They have done such an incredible job of adapting to the demands that COVID placed on us. They acted very quickly to adapt so that we could provide all our workshops online and they have had to do all this with all their own worries, fears and challenges.

Thank you to all the artists and creative people who have continued to work with our groups and creative mentees. We appreciate how you have adapted to all the changes.

We also want to apologise to those people within our community for whom we haven't been able to find alternatives to their usual activities, alternatives that work for them. We are very keen to be able to still play a part in your creative lives and we will continue trying to find a way to safely do so. Please, if you are one of these people, contact us and let us know that you are hoping that we can find ways to meet your creative needs.

“Art enables us to find ourselves and lose ourselves at the same time.” Thomas Merton

We hope that for many people, The Inside Out Community has been able to remain a place where the creative spirit of human beings can endure and thrive. All our groups have continued to meet virtually, we have had an exhibition of our work online and we have done our best to stay connected.

We have continued with our review of our community, with Jon Pollard now leading on a piece of a creative work that involves us all. Something that we hope will reflect the rich diversity of our community. We very much hope that everyone will have the opportunity to contribute.

We have done all these things this year due to the support of The Community Fund which is part of the National Lottery. Their support has been essential, not just financially, but also the fact that we know that they are there to help us achieve the plan that we set out with them for our funding.

In these times of COVID, we are not alone in being left with uncertainty about the future and about the effectiveness of the adaptations that we have had to make. It has therefore been so helpful and reassuring to know that Rachel Luckin, or local coordinator of the Community Fund, is there to help and will offer us the support we need.

As Trustees, we are already thinking and planning for the future of our Community as the Community Fund grant comes to an end. We will do

everything that we can to ensure that we can continue to offer a wide range of creative opportunities for people. To retain a focus on how participation in the arts can be a restorative, enriching and sustaining part of all our lives. To strive to share our work and the qualities of creativity with more people across our communities.

“Creativity takes courage.” Henri Matisse

Thanks to the hard work and creativity of our Team of staff, artists and volunteers, we have still been able to meet the majority of the targets that we set ourselves and that were part of our application to the community fund.

All of the figures relating to the work within Inside Out are included in the report that we produced for the Community Fund. Please, if you want a copy, contact us and we will send it over to you. You can also find it on our website.

Creative Mentoring, where we match an artist to work with people one to one, is the only area where it has not been possible to meet our target. This is not only due to COVID, we don't think, however despite its slow uptake, we remain committed to it as an idea, as we have seen how helpful and successful it can be for people.

As far as the structure and development of our community, we have made some changes this year and spent time to evaluate the work that we are doing as a community.

We have created a role that involves overseeing the work within the whole community. This role has been taken on by Marie and we hope it will enable her and us all to have a greater overview on what is happening and help us to look to the future confidently.

Jon Pollard has been doing work across our community, asking us all to reflect on the work that we do, what it feels like to be part of this community, exploring our strengths and the things that people would like

us to improve on or develop. He is now going to work with us all to create something that expresses and displays in creative forms, what it is to be part of Inside Out. We hope that as many people as possible will join in and that this will be an enjoyable, expressive and enlightening experience.

I would like to thank the Trustees; Gemma our Secretary, Gale our Treasurer, Elene and Pete. We may be a relatively small group, however you all provide such compassionate and positive energy. Your different strengths and qualities compliment each other so well and you reflect the ethos of our community so naturally and with such warmth.

As we look forward to another year, we know that the uncertainty that the pandemic has caused will endure. We know that we can anticipate changes and adaptations in the way that we provide our activities. We know that for a lot of us this is frightening, confusing and can leave us feeling isolated and lonely. We hope that one certainty that we can all have is that across the Inside Out Community there will continue to be opportunities for people to connect and engage in creative pursuits. That everyone will be welcome and that if you have any concerns, queries or ideas, our wonderful Team will be there for you.

Finally and most importantly, I would like to thank everyone who attends and participates in our activities. You are a band of artists, dancers, writers, singers, musicians and actors who inspire us all. Anyone who comes into contact with any of you, however briefly, is touched by your creativity energy and automatically taken to a deeper level of understanding of humanity through your work.

Matthew Morris - Chairperson

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 2020, which are set out on the attached 2 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

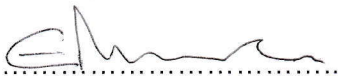
In connection with my examination, no matter has come to my attention:

(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: E McCubbin

Date: 15.11.20

INSIDE OUT COMMUNITY ARTS IN MENTAL HEALTH BALANCE SHEET
AS AT 31st MARCH 2020

31/3/20

31/3/19

Cash at Bank

61,947

32,593

Represented by ;

Funds

Unrestricted funds

19,160

11,148

Restricted funds

National Lottery Community Fund

42,077

20,280

IT grant

710

900

SCC- IT grant

265

42,787

21,445

61,947

32,593

INSIDE OUT COMMUNITY ARTS IN MENTAL HEALTH STATEMENT OF FINANCIAL ACTIVITIES
 YEAR ENDED 31st March 2020

	2020		2019	
	Total Funds	Unrestricted Funds	Restricted Funds	Total Funds
Income				
Voluntary income - donations	4,806	4,806	4,337	73,252
Income from Charitable Activities - Grants	84,652	84,652	304	
Income from Fundraising Activities	7,145	7,145		
Total Income	96,603	11,951	4,641	73,252
Expenses				
Charitable Activities costs				
Staff costs	27,043	27,043	983	23,294
Programme costs	32,529	32,529	18	29,854
Community event costs	1,134	1,134		336
Annual report costs	1,076	1,076		582
Printing costs	1,074	1,074	10	619
Admin costs	455	455		435
IT costs	63,310	63,310	1,010	55,119
Fundraising Costs	3,939	3,939	1,010	55,119
Total Expense	67,249	63,310	1,010	55,119
Excess of income over expenditure	29,353	8,012	3,631	18,133