



## **Inside Out Community Annual Report 2020/21**

**This year has been a very special year for our Community! We, thanks to the hard work and dedication of our volunteers in particular, have received the Queens Award! Not only that, but we received a special award for the way we rose to the challenges that the COVID pandemic presented.**

**I can't thank enough, all of the people that contributed to this amazing recognition. I am also mindful that the foundations for the awards have been built for some considerable time.**

**The sense of community, the willingness to share, the lack of judgement, the acceptance of difference, the awareness of other people's needs, the willingness to try new things, the commitment to the creative process and the mutual respect, have long been at the heart of the Inside Out Community.**

**Our founders, Pete and Jan, had a vision to facilitate people having the opportunities to engage in the arts and, to allow creativity to play an active part in them overcoming emotional distress. Engaging in creative lives.**

Part by design, and part through their natural warm humanity, they created safe, nurturing spaces for people to participate in the arts. They utilised the skills of artists, performers, writers, actors and many other creative people. Giving them the space to share their skills and their passions. Passions which are infectious, which inspire and which show people the value and sense of worth that is so often lacking in day to day life. I am so happy and proud to say that these values and qualities are the same ones that we aspire to now and which, I think, laid the foundations for our recognition this year.

My annual report, is usually characterised by many thank yous. I make no apology for this year doing exactly the same. I know that no one does what they do for us expecting recognition, however I think it is important to take time to acknowledge the work that people put in to our Community.

I want to start by thanking everyone who has attended our sessions, the people who have stayed in touch this last year, all those of you who are part of our creative Community. I know that these last 18 months or so have challenged every one of us in some way. I am sure that there is no one who hasn't had concerns about themselves or others. We have all had to wrestle with how we respond, what to decide about the "right things to do".

It has been so frightening and this means that we have all had to find a way to live through it. I hope that whatever you have been able to do with us, whether you haven't done anything but are still in touch, you will always know that there is always a place for you around a table, in a creative space, with us in Inside Out.

The Team, led by Marie, have been amazing! Janine, Lois, Allan and Katie, with Marie, have adapted, innovated and worked together to make sure that we did our best to keep things going. Not only did they achieve extraordinary things in keeping things going and in touch with as many people as possible. They have done so much more! We have a new image and a brilliant website, we have new funding and opportunities, we have reached out to other organisations, we have a new base for our workshops, we have self published a book and we have developed new activities. Wow!

I know that they would all be the first to say that not all of that was down to them. I am aware that there are many other people involved. But, they all lead the way and provide the support for everything that happens. I know how lucky we are to have these people doing work on our behalf, so thank you Marie, Lois, Allan, Janine and Katie.

It has been our volunteers who have been instrumental in the awards that we have received. The way that you all adapted and dedicated your ideas and time, was so humbling. It wasn't as if you didn't have other things to consider. You committed to us and in particular the groups, activities and people. There have been so much innovation and creativity in the ways you have responded to the emergency that COVID brought upon us.

Again, I know that it has been a combination of the established values and norms of our community, and the energy, drive and dedication to those current volunteers, which has brought us such esteemed recognition this year. Thank you to everyone who volunteers and contributes to all the sessions.

We are so fortunate to have such an experienced, passionate and talented pool of artists and creators. We know that you can guarantee that regardless the group or the particular creative medium, there will always be sessions that are put together thoughtfully. Always with the aim of giving people new skills, opportunities and experiences. Sessions where people can have fun and engage in discovering the insights and awareness that being creative can bring.

I would like to thank everyone who has led sessions in the last year and contributed to Inside Out. We are so grateful for your skill, commitment and the energy that you bring to our community.

Behind the scenes, away from the workshops and activities, we have a Team of Trustees. All of us dedicated to trying to ensure that everyone has the support, the tools, the money and the guidance to maintain and develop Inside Out. We have added to our Team this year with Alison and Ankita, which are delighted about, and we have the same existing Team that we have had for some time now.

Every Trustee has made a contribution this year and I thank everyone of you. I know that Gale in particular has played a very important role in supporting Marie, as we have needed to manage our funding and look for more. Thank you Gale.

Our secretary Gemma put together a wonderful exhibition in the summer, which raised a nice sum of money and our profile at the same time. She dedicated a week of her leave to run the exhibition and I know it took some planning. Thank you Gemma.

And of course Pete continues to play a key role in helping us to move forward, to innovate and maintain a strong connection to the original aims and aspirations. We have a diverse range of talents and backgrounds in our Trustee Team.

Looking ahead, I know that there are many exciting opportunities and challenges this year. We have some new ideas and we need to think about how we move forward, as our initial Community Fund funding comes to an end. The National Lottery have given us a wonderful opportunity to develop and I think, thanks to you all we have taken that opportunity wholeheartedly. It will be so exciting to see where we are next year.

If for any reason you don't feel that I have thanked you, I apologise and of course do thank you. Any and all contributions to our community are so gratefully received.

**Matthew Morris – Chairperson**



**Section A**

**Independent Examiner's Report**

**Report to the trustees/  
members of**

Charity Name  
Inside Out Community Arts In Mental Health

**On accounts for the year  
ended**

31 March 2021

**Charity no  
(if any)**

**Set out on pages**

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31 March 2021**.

**Responsibilities and  
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent  
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

**Signed:**

**Date:**

18 October 2021

**Name:**

Luke Harvey

**Relevant professional  
qualification(s) or body  
(if any):**

FMAAT / FAIA / FFA / FIPA

**Address:**

Suffolk Tax Accountants Group, 9 Byford Court, Crockatt Road

Hadleigh, Ipswich, Suffolk, IP7 6RD

INSIDE OUT COMMUNITY ARTS IN MENTAL HEALTH  
STATEMENT OF FINANCIAL ACTIVITIES  
YEAR ENDED 31 MARCH 2021

	12 months to 31st March 2021	12 months to 31st March 2020
	Unrestricted Funds	Unrestricted Funds
	Restricted Funds	Restricted Funds
	Total Funds	Total Funds
<b>Income</b>		
Voluntary Income - donations	1,876	4,806
Income from Charitable Activities - Grants	118,714	84,652
Income from Fundraising Activities	947	7,145
<b>Total Income</b>	<b>121,537</b>	<b>11,951</b>
<b>Expenses</b>		
<b>Charitable Activities costs</b>		
Full programme costs	74,572	59,571
Annual report costs	650	1,134
Printing & Stationery costs	217	1,076
Admin costs	679	1,074
IT costs	753	455
	76,871	63,310
<b>Fundraising Costs</b>	256	3,939
<b>Total Expense</b>	<b>77,127</b>	<b>3,939</b>
<b>Excess of income over expenditure</b>	<b>44,410</b>	<b>8,012</b>
	<b>41,843</b>	<b>21,342</b>
	<b>67,249</b>	<b>63,310</b>
	<b>29,354</b>	<b>84,652</b>

INSIDE OUT COMMUNITY ARTS IN MENTAL HEALTH  
BALANCE SHEET  
AS AT 31 MARCH 2021

	<u>31/3/21</u>	<u>31/3/20</u>
Cash at Bank	106,357	61,947
<b>Represented by ;</b>		
<b>Funds</b>		
<b>Unrestricted funds</b>	<b>21,727</b>	<b>19,160</b>
<b>Restricted funds</b>		
National Lottery Community Fund	58,470	42,077
Suffolk Community Foundation - Creative Lives Grant	2,500	-
Suffolk Community Foundation - Covid Grant	5,000	-
Suffolk Community Foundation - Fonnereau Road Grant	4,695	-
Suffolk Community Foundation - Pargiter Grant	5,000	-
Baring Foundation Grant	8,965	-
IT Grant	-	710
	<u>84,630</u>	<u>42,787</u>
	<u>106,357</u>	<u>61,947</u>
<b>Balance brought forward at 01.04.20</b>	<b>61947</b>	<b>32593</b>
<b>Movement in period from Financial Statement</b>	<b>44,410</b>	<b>29,354</b>
<b>Balance carried forward at 31.03.21</b>	<u><b>106,357</b></u>	<u><b>61,947</b></u>