



Inside Out Community (VIRTUAL) AGM - 2020 28.09.20 Minutes

Welcome

Attendees: 26

Matthew Morris (chairperson) welcomed everyone both familiar and new faces to the AGM, our first on zoom. He thanked them for their continued support of Inside Out during these difficult times in 2020. We started the meeting with a short video of a collection of creative work produced in the last six months which formed part of an end of summer term online exhibition in July. Thanks to the team for putting this together for us.

Minutes

Minutes from the previous AGM in 2019 were circulated and approved.

Matters arising from the 2019 minutes

Jeanette questioned how the evaluation work was progressing led by John Pollard?

The evaluation project is a three year project that runs in line with the Big Lottery funding we have received which is due to end in March 2021. John's work is to provide an evaluation of the three year project using information from workshops, data from trustees and staff, feedback from participants, artists and volunteers. He has attended workshops, held multiple forums with trustees, staff, participants and artists and has worked closely with staff during the project. The evaluation will be a physical document including data and artwork which we can use in future to best continue our work at Inside Out but there is also a possibility of an end of project visual evaluation for example an exhibition or concert.

Marie expressed the data and feedback given so far by participants had been very valuable and very much appreciated and anyone who hasn't participated is very welcome to get involved. Currently John's evaluation is happening remotely, but is still connecting with everyone at Inside Out regularly.

Matthew added how important as a community all of the groups are involved to give broad feedback to John.

Jeanette also asked for clarification on what is meant by 158 workshops and 139 participants in May 2019 minutes?

Matthew replied that these are numbers that we have to document to funders to keep in target with what we predict we can offer with the funding we are given.

So for that current year we ran 158 workshops collectively across all our groups which were attended by 139 different individuals. Matthew also added for this year he hasn't included current numbers in his annual report but there is now a separate report which is on our website for anyone to look at. Matthew assured the meeting we are hitting all our targets with regards to numbers this year except in the Creative Mentoring project which has been slow to get going but we're now starting to see positive interest in the one to one sessions and hope that in the final year of the project we can build on the numbers. Matthew expressed that the feedback from participants and their artists so far in this project had been very positive.

Treasurer's Annual Report

Gale Pryor (treasurer) expressed the report shown on screen is our year end accounts up until 31st March 2020 which for the most part of that year we were running our usual physical programme (until mid March 2020 when our workshops went online)

The report shows the current balance as of 31st March 2020 was £61,946.58.

£42,786.81 was restricted funding which is from grants ie Big Lottery fund to be used in the way it was applied for - to continue on the three year project etc.

The balance of £19,159.77 is made up of unrestricted funds which is made up from participant donations, fundraisers, gifts etc. A sculpture exhibition over a weekend in September 2019 generated £2801 of this.

There is an underspend mainly due to the slow start to creative mentoring project and with the help of the Lottery we have been able to create a new paid role as Project Manager which Marie has stepped into and we have been able to offer the part time programme leader position to Lois. There are also ongoing talks with the Lottery about how we can use the rest of the underspend at the end of the project in March 2021 to continue on our work providing inspiring workshops to all.

There were no questions from the floor regarding financials.

Chairman's Annual Report

Matthew Morris read out his annual report, detailed below

"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.

Election of Officers & Trustees

The following persons were elected for a further year

Matthew Morris - Chairperson

Gale Pryor - Treasurer

Gemma Watkins - Secretary

Peter Watkins - Trustee

Elene Marsden - Trustee

Gemma Watkins expressed to the meeting that we are always looking for passionate people to join the board of trustees to actively contribute to the work of the charity. We already have had one expression of interest before this meeting which trustees will follow up but if any one else is interested it would be best to contact us directly by email or phone to talk about what is involved in the trusteeship. We would love to see more participants on the board and would welcome those expressions of interest.

AOB & questions from the floor

Jane asked if we could update everyone how the recovery course is going?

Allan explained we have developed part of a recovery college course which we have been able to offer a couple of physical workshops in so far but now have been able to adapt them for zoom and delivered a couple that way too. It had a good response to moving it creatively online. The course reflects how vital creativity is part of someone's recovery. Both Allan and Jane are tutors on the course. Allan mentioned it hopes to be a regular part of the syllabus at the recovery college. Jane added both Allan and herself had tried to keep the workshops with Inside Out's ethos in mind and hoped it could encourage some to join future Inside Out groups.

Ed asked how we find out about creative mentoring and how you become a mentor?

Marie explained we offer 10 sessions with an artist one to one, now online via zoom. Someone may find it helpful to work one to work with an artist in something that they are particularly interested in exploring. Contact Lois on email for more information and the team can match you up with the appropriate artist.

Mai asked as she already runs creative writing groups and finds most people prefer to be in the comfort of a group rather than one to one sessions (ie creative mentoring) Can she offer creative mentoring sessions to someone already attending a group?

Lois agreed that it was fine to offer this to people already attending a group. It may be that someone has a particular interest which they are keen to develop further in one to one sessions. Matthew suggested that anyone who you would think benefit creatively should be directed to Lois and we can explore the needs of the particular participant.

Matthew mentioned that we will no longer be able to hold our workshops again at Gippeswyk Hall once we are able to meet again so we have started to look for suitable new venues for when we can resume our physical workshops Elene asked if any member has any ideas of venues or spaces.

Ed mentioned "Makerspace" in Ipswich is great but has no suitable disabled access or parking. Ed himself is setting up his own organisation and wondered if we could work together in collaborating in a space together. Marie is researching venues and will talk more with Ed. John mentioned Co-op education centre could be of interest to us as a venue and has lots of parking.

Peter Watkins (trustee) mentioned some may be interested in discussions about the future of Inside Out. We are starting to explore the best way to deliver our arts in mental health programmes post Covid and post The Lottery fund. We are keen to hear everyone's thoughts and ideas to deliver a programme and that ties in with the search for a new venue for a possible new vision for Inside Out. It's an ongoing dialogue with everyone involved and we will be posting things on social media and opening up discussions soon about this.

Maire added we have been working on a new branding and have commissioned someone to create a new logo based on all our feedback and also create a new website to take us forward in 2021.

Matthew mentioned "Expression Fields" are planning their annual music and arts festival in 2021 which is committed to raising awareness and money for organisations like us and has chosen Inside Out together with two other charities to support this coming year. Currently they are researching venues. We will post information on our website when we know more.

Marie mentioned we are hoping to set up an Etsy shop, Rachel, Anne and Carol have created beautiful crafts and artwork that they would like to sell for Inside Out.

Mathew thanked everyone for attending and although we would love to see you in person, it was great to be able to see everyone remotely.

The meeting finished with a new video called "Socially distanced, Creatively together" put together by Marie and Janine for a current crowdfunding project through Aviva Community Fund. We will post the video on social channels, please share this if you can.

Signed: *Gemma Watkins* - Secretary Inside Out Community 2020

