



ANNUAL REPORT 2022

CHARITY REGISTRATION 1162525

"DreamArts has definitely helped me to express myself.. The skills I learnt to cope will definitely help me climb out of the tougher times I face again."
A, aged 16.

www.dreamarts.org.uk

CONTENTS

Annual Report

The Chair's Message	2.
Friends of DreamArts	3.
Reference & Administration	4.
Structure, Governance & Management	5.
About DreamArts; Charitable Objects and Programmes	6.
Outcomes and Impacts during 2021-22	7.
Express	8.
Experiment	12.
Expand	15.
DreamArts Star	16.
Financial Review	17.
Looking Forward	18.

Annual Accounts

Report of the Independent Examiner	19.
Statement of Financial Activities for the Year Ended 31 March 2022	20.
Balance Sheet	21.
Notes on the Accounts – Accounting Policies, Trustee Remuneration, Movement in Funds	22-26.
Notes on the Accounts –Staff Costs, Comparatives, Debtors	21.
Notes on the Accounts – Creditors, Movement in Funds, Related Party Disclosure	22.
Notes on the Accounts - Reconciliation of Income and Expenditure	23 - 26.



The audience take to the stage at our 2022 Gala for the Performance Company cabaret.



THE CHAIR'S MESSAGE

DreamArts has been busier than ever responding to the needs of young people during the pandemic. Reflecting on last year's annual report, our cover showed a young person in an online zoom session. We're therefore heartened to share an image from our exhilarating 2022 Gala which brought together members, their families and our supporters. Lockdowns demonstrated to everyone the value of creativity and its impact on our wellbeing. As young people suffer a growing mental health crisis our charity's pioneering fusion of arts and therapeutic practice has never been more important.

We know those in poverty are 4 times more likely to experience a mental health challenge. That's why our Express Plus arts therapy programme works in Westminster's most deprived wards including Church Street which has the highest level of child poverty in London. Building strong relationships is key to the success of DreamArts and is reflected in Express Plus's 100% retention rate for young people attending more than 3 sessions. They have a safe space to address issues including domestic violence, sexual abuse, anxiety and suicide ideation, supported by our outstanding therapeutic team who volunteer their time and expertise to deliver the only open-access therapy service for young people in Westminster. Using creative approaches helps to break down barriers and reach those from social and ethnic backgrounds mental health services do not traditionally reach, evidenced by the fact that 80% of our participants come from global majority backgrounds.

Young people who provide care for a loved one were among the groups hardest hit by lockdowns. We were therefore pleased that Carers Express returned in-person for a major summer collaboration with the Royal Academy where young people created films about their lives, films which ranged from funny to moving and deeply personal. After 5 years advocating for Westminster to invest in supporting young carers DreamArts is being commissioned to host a Young Carers Navigator, a new borough-wide role to map pathways of support, develop partnerships and training among professionals so they can identify and adapt to meet the needs of young carers. For example, for schools, if a pupil is late and they're a known young carer this can trigger a check-in to see if things are OK at home rather than a detention - a small step that can make a huge difference.

In addition, DreamArts projects expanded to new groups experiencing high levels of need. Our creative projects with unaccompanied asylum seekers which launched in 2020 developed into an ongoing group which young people beautifully named 'Friends From Afar', giving them a space to become young artists. Our expertise was also commissioned by Westminster City Council to support nearly 500 primary school pupils with their transition to secondary school, a difficult time for many and which was compounded by severe disruption to their education.

There have been many challenges. Our team has faced significant pressures. So we have worked hard to foster self-care, reflection and connectivity, including regular Practice Development Sessions for everyone in the 'DreamArts Family' to share practice, and offering reflection spaces so that staff can process their work. In our first-ever staff satisfaction survey we're proud that 100% of the team said they felt inspired and that their voice and skills matter at DreamArts.

These achievements are a credit to our outstanding team of practitioners and volunteers led by our Director Graham Whitlock and Assistant Director Catherine Palmer. In addition to thanking all of them, I would like to express my gratitude to our funders, to our dedicated Trustees including Sharon St Louis and Racha Mohsen Afiouni who have joined the board to strengthen our therapeutic expertise, and to Jodie Dalmeda who steps down as a Trustee for her many contributions.

NIGEL JONES, Chair





Word cloud bringing together key words expressed by clients across Express Plus therapy service.

FRIENDS OF DREAMARTS

The following members of the DreamArts Family kindly donated to the charity during 2021-22;

Chorus of Angels Ronald Cummings-John, Annis Suterwalla

Ovation Jon Gyngell Harriet Sutton John Hyatt Mark Bunyan

Zaffer Raniwala Asif Raniwala Toni Medcalf Nigel Jones

Applause Johannah Hogg Ed Lascelles Osahon Orchard Naomi Roper



REFERENCE AND ADMINISTRATION

Full Name: DreamArts

Status: Charitable Incorporated Organisations (CIO) registration number 1162525 (between 1997 and April 2017 DreamArts operated as a charitable trust, registration number 1070614).

Trustees	Date of appointment	Date of resignation	Serving in financial year ending 2022	Trustees on date of Accounts approval
Ian Dougal (Secretary)	March '15		Yes	Yes
Jodie Dalmeda	Feb '16	Feb '22	Yes	No
Asif Raniwala (Treasurer)	Feb '17		Yes	Yes
David Mumeni	March '19		Yes	Yes
Janine Francois	April '21		Yes	Yes
Nigel Jones (Chair)	Oct '21		Yes	Yes
Sharon St Louis	Feb '22		Yes	Yes
Racha Mohsen Afiouni	March '22		Yes	Yes

Primary Office: 34 Grosvenor Gardens, London SW1W 0DH

Principal Officers: Director – Graham Whitlock
Assistant Director – Catherine Palmer

Bankers The Cooperative Bank **Payroll** Willow Pay Ltd, Kingsway Business Park, Hampton TW12 2HD

Fundraiser Sue Crow **Independent Examiner** Albury Associates
The Future Is... Ltd 2nd Floor 1 Hobbs House
Bessborough Road
Harrow HA1 3EX



Carers Express members creating their own films at the Royal Academy



STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

The Charity is a Charitable Incorporated Company (CIO - registration number 1162525).

Appointment of Trustees

Trustees are nominated by serving members of the Board, and are appointed at Trustees Meetings and retire by rotation or are eligible for re-election. Trustees serve for a 3 year term, after which a Trustee is eligible for re-election for a further 2 terms of 3 years and up to a maximum of 3 terms.

Officers: The Board nominate and elect the Chair, Vice-Chair, Treasurer and Secretary.

Observers: Board of Trustee Meetings are attended by the Director and Assistant Director, with other team members regularly invited to share the work they've been delivering.

Trustees Induction and Training

New Trustees undergo a meeting with the Chair and the Director to brief them on their legal obligations under charity law; the content of the Memorandum and Articles of Association; the financial performance of the charity; and aspects of the charity's work. Where possible a visit to see DreamArts' work in action is arranged. Trustees are encouraged to attend as many DreamArts projects throughout the year as they can.

Organisation

The Board of Trustees can have up to 15 members meeting at least 5 times per year and administer the charity's strategy, finance, audit and compliance. To facilitate effective operations the Chief Executive has delegated authority for operational matters including finance, employment, policies (including safeguarding), and service delivery.

Related Parties

DreamArts is a partner within the **Early Help Partnership**. This is a collaboration between

Westminster's statutory young people's services and children's centres and is working alongside charities and voluntary agencies.

We have also been designated a core partner of the **Early Help Targeted Service**, Westminster's statutory service that supports families in need, and as a result we are commissioned to deliver work including supporting primary school pupils with their transition.

As an outreach organisation DreamArts has an **extensive referral and partnership network** through which we share and contribute to the work of a large number of voluntary and statutory agencies that provide a range of services to children and young people.

Risk Management

The charity has a risk management strategy which comprises;

- an annual review of the risks the charity may face;
- establishment of systems and procedures to mitigate those risks identified in the plan; and
- implementation of procedures designed to minimise any potential impact on the charity should these risks materialise.

This work has identified the need to mitigate **financial risk** by the setting of a reserves policy to cover costs in the event of the charity ceasing its activities. **Child protection** issues are central to the charity's work, with all staff and volunteers undergoing safeguarding training in Child Protection, Boundaries and Disclosure, and those leading direct work with young people checked through the Disclosure and Barring Service (DBS). Staff also receive annual Safeguarding and Welfare training to keep up to date with requirements and best practice, and safeguarding is a standing item at Board of Trustees meetings.



ABOUT DREAMARTS

CHARITABLE OBJECTS

Our CIO **Constitution** states our charitable object is; *‘To advance in life and help children and young people in the London Borough of Westminster and other Greater London Boroughs by providing support and creative activities which develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals’.*

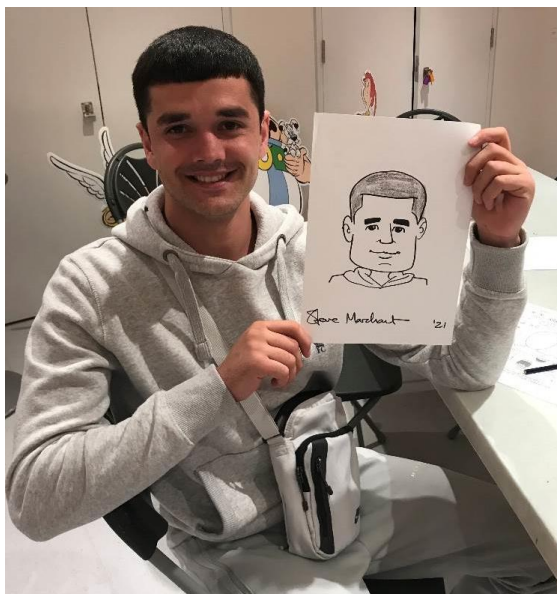
Mission: To transform young lives by fusing arts and therapy.

Objectives: To support young people to:

- Explore who they are
- Strengthen relationships
- Develop their emotional wellbeing

Outcomes: Our Theory of Change provides a framework for the difference we want to have on the lives of participants and helps focus our current work and shape our future direction. The six core outcomes our projects aim to achieve are;

- Develop positive relationships with peers and adults
- Explore their views, thoughts and feelings
- Share ideas and skills with others
- Take a creative risk
- Take a lead
- Be open to learning new skills



Friends From Afar at the Cartoon Museum

PROGRAMMES

DreamArts achieves its charitable objects by delivering three programmes of work;

EXPRESS

Creative and therapeutic arts projects for those facing particular challenges in their lives, delivered in partnership with other charities, social services, with parents and, most importantly, with young people themselves.

Express Collective enables young people to choose an issue and a creative medium in which to explore solutions. DreamArts delivers a tailor-made project to meet their needs, supporting them to make positive choices. Projects include *Carers Express* and *Friends From Afar*.

Family Express enables parents and children to create, share and learn together as equal partners and form stronger relationships.

Express Plus provides individual, parent-child and family arts therapy for those finding it difficult to manage their feelings and behaviours. It is the only free therapy service of its kind in Westminster and enables clients to explore their challenges and strengths and build a greater sense of self-worth.

EXPERIMENT

Weekend Creative Labs enable 7-19 year olds to explore and unleash their talents. Our skilled professionals support participants to create their own work which leads to better self-exploration - from new musicals to radio plays and short films. Experiment reduces social isolation and builds positive relationships with peers and adults. No other equivalent affordable arts programme exists in Westminster, the heart of UK Theatre land.

EXPAND

Our leadership schemes expand young people's professional skills and horizons, supporting them to lead their peers and run their own projects, becoming creative entrepreneurs and a positive force within their community.



OUTCOMES AND IMPACTS DURING 2021-22

DreamArts projects worked with a combined total of 808 young participants and 54 parents/carers, our highest ever number (2021= 356). This increase is a result of our pan-Westminster transitions programme. Participants we supported for more than 1 day number 371; considering the disruptions to projects and that remote working was needed at times this is a real achievement and exceeds recent years. Most live in Westminster's most severely deprived wards, a borough which has the 6th highest level of child poverty in the UK. Two-thirds of participants came from global majority backgrounds, the largest groups from Arabic-speaking communities, and the majority of participants were female.

Outcomes

With delivery during the year pivoting between remote and in-person Covid-safe conditions we were unable to apply our usual Outcome Star evaluation system which measures our six outcomes. Nevertheless, different projects adopted varied ways of capturing the difference they made, ranging from evaluation discussions to online surveys and in some instances utilising Outcome Stars.

Young people consistently told us the value they placed on being able to **express themselves with their peers** at a time when spaces and activities to do so were limited. They were able to **share their thoughts and feelings** including their anxieties and fears as well as **sharing their ideas** which they told us felt especially important given the levels of isolation they had experienced. Opportunities to **learn new skills** continued; for example the Experiment Performance Company created their own original immersive film under social-distancing conditions. Therefore we continued to advance our core goals, creating opportunities for young people to build their strengths, explore their challenges and help achieve their potential.

The DreamArts Way

DreamArts has an ethos of 'yes you can, so let's do it together'. We invest in our skilled staff who learn to combine arts-based practice with aspects of attachment, systemic and neuroscience theories. This creates rich, secure and understanding relationships that encourage those who have complex needs and emotions to engage and reflect upon themselves. Core to this 'DreamArts Way' is PACE (Playful, Accepting, Curious and Empathetic), an attachment based relational model that aims to make participants feel safe and encourages trust. We believe we are the only organisation applying PACE within a youth arts setting. In addition, our core team are Trauma Informed Trained helping us to understand and respond to young people who have experienced trauma in their lives, further enhancing our wellbeing impact.

"It's time to relax and just be yourself."

"I loved learning about how a movie is produced."

"I think this year I've matured quite a lot with DreamArts."

"It was good to share an emotion and relate to others."

"I've gained lots of confidence and maturity and made lots of new friends."

"I feel safe to express my feelings more. Normally I start a project and I stop going but here everyone is warm and patient."



EXPRESS

Express engaged 702 participants (2021=201).

Express Plus

During the pandemic our priority was to adapt delivery in response to the challenges presented by Covid. Sessions returned to Family Hubs whilst retaining the flexibility of remote work if needed e.g. if a young person had to self-isolate. Express Plus attendance rate was 79%. This is extremely positive given we are an out-of-school service and families are often facing considerable challenges in their lives, reflecting the value young people and parents/carers place on the support they receive. A greater investment in management and support continued and we worked closely with our therapeutic team to ensure guidance, regular supervision and safeguarding procedures were in place.

We saw a rise in issues around domestic violence and by continuing Express Plus we were able to make safeguarding interventions to protect clients and their families. Over 80% are from global majority backgrounds and some have used sessions to help process their own responses and feelings on issues around cultural identity and racialisation.

Thanks to our strong grass-roots networks our 44 referrals came from a range of partners including social workers and Early Help teams (52%), Child & Adolescent Mental Health Services (13%), schools (13%), voluntary sector partners (11%) and self-referrals (11%). DreamArts regularly contribute to multi-agency reviews to ensure joined-up support and we consistently receive positive feedback from other professionals on the difference Express Plus has made.

"DreamArts has definitely helped me to express myself through art without having to worry about judgement. It reignited my passions by bringing me back to

simpler materials, which reminded me of primary school arts and crafts which helped rebuild my confidence from the foundations. The skills I learnt to cope will definitely help me climb out of the tougher times I face again." A, aged 16

Family Express

Family Express gives families the time, space and support to strengthen their relationships. Three projects took place (1 remote, 1 blended and 1 in-person) engaging a total of 69 participants from 33 families living around Church Street, the ward with the highest levels of child poverty in London. A third had experienced domestic violence and a third of parents had mental health issues.

Families mapped and celebrated their successes and identified their challenges and how PACE could support them. Families explored understanding through visual arts and used storytelling to help articulate and regulate emotions, supported by video resources. They bonded which reduced isolation, with parents exploring extremely personal themes such as bereavement, domestic violence and ongoing illness. We learned from our online model the value of offering parent-only sessions which gave them the opportunity to openly share their challenges and successes and explore meeting the needs of their children. The groups also celebrated their achievements by going to theatre trips and visiting London Zoo.

"Thank you for reigniting my children's love for each other! Over lockdown they forgot how to be kind to each other."





Express Collective

Carers Express projects initially continued online, with 17 participants generating digital work in a major collaboration with the Royal Academy (RA) and their Artist-Filmmaker Beverley Bennett. This built towards an in-person summer holiday project hosted at the RA where participants creatively explored their interests and identity and shared their thoughts and feelings. The films were screened at Westminster City Council's Lord Mayors Parlour in November for family, friends and policy makers who shared and celebrated their achievements. The films ranged from addressing climate change to living in peace, challenging how gallery spaces such as the RA can be inclusive, and 'Intersectional Me' exploring 'the different aspects of me.'

"The workshop helped me step back and have a blank piece of paper to think about how I feel."

Wellbeing Film was a commission by Westminster Early Help Service via the GLA supporting 8 Parent Champions to create films exploring mental health. Film skills were facilitated by two young people who have been supported through DreamArts. None of the parents had made films before, interviewing DreamArts members and producing pieces exploring the school experience for SEN pupils, bullying and how school exclusions impact mental health.

Friends From Afar supported 20 unaccompanied asylum seekers from areas ranging from Syria to Sudan and Vietnam. For many it was their first time interacting with others because they'd arrived during lockdown, increasing isolation and loneliness. They connected with their new home City for the first time, enjoying sessions that explored and celebrated their identity beyond their immigration status and media stereotypes. Many members went through pandemic - delayed Home Office assessments so FFA was a regular space where they could express their worries and feel connected and supported. Over Easter the group created their own short film, 'Understand You,' about young people speaking different languages and struggling to communicate who use sport to connect and become a team. Over the summer they devised their own work which they shared before Christmas on themes they feel passionately about such as overcoming struggle, supporting others and social justice. We also offered trips that focused on getting to know and access their new home city, from West End shows (*Everybody's Talking About Jamie*), live music, museums (Cartoon Museum) and art galleries.

"I really like using music and drama because you can express your emotions and share something with other people."



Friends From Afar Case Study

Young person M is from Afghanistan and had been in the UK for 2 years when he joined FFA. M was withdrawn in sessions, sharing with the group, 'I am so shy and quiet person all the time'. M participated in all activities but didn't electively share his thoughts or feelings or put himself forward. M told us he'd struggled with online lockdown learning and would be repeating the year at school. His language skills and vocabulary were limited in comparison to time spent in education.

As M regularly attended FFA he grew socially, personally and artistically. Overcoming shyness, M massively developed relationships becoming a popular group member. He took more creative risks creating lots of comedy roles and showing his playful personality. M mentioned he doesn't participate in any additional activities and spends a lot of time at home. He really enjoyed the trips and experiencing more of London including Tate Modern and a river cruise. *'I really like going out and love look the artwork and go to the boat I really enjoyed it'*. He also enjoyed seeing a West End show, feeling inspired to write out the whole narrative in English and sharing this with the group.

M started sharing more about his life in Afghanistan and his culture. As situations in

Afghanistan deteriorated, M blocked social media as it became overwhelming and impacted his mental health. We increased regular phone check-ins and M attended sessions but felt very emotional and low, becoming quiet and withdrawn. The following week, in a check-in, M expressed to the group he's feeling very sad about what he sees happening. This was a big breakthrough for him to share after shutting down. His peers came around him offering hugs, expressing they're pleased he's here. We echoed this as practitioners and it's OK to feel sad, the most important thing is he's present with us. M really progressed over the final week coming back to some of his newfound confidence. He created movement pieces, songs and performed in the sharing. Reflecting on the project, one his peers said: *'I need to tell you that you have become more confident. He said he's shy when he sees people. But now he's grown and got big confidence'*. M responded:

"I see that in myself and feel more confident. I liked to come every week because I don't have any plan to go outside with someone. But when I come here I enjoy because it's a lot of fun joining in, I'm excited to come."



EXPRESS SPOTLIGHT: CREATIVE TRANSITIONS

This programme fuses creativity and therapeutic approaches to support Year 6 pupils transitioning to secondary school. Building on the success of our 2020 pilot, DreamArts was invited by Early Help Service and the Young Westminster Foundation to expand this work across Westminster.

Overall, we engaged 483 participants; Moving On Up 1-day workshops were delivered in 10 primary schools for 347 students, and three targeted week-long summer holiday projects supported 136 young people identified as facing particular transition challenges.

Young people had a safe space to play out scenarios, rehearse obstacles, acknowledge and name their feelings and identify their skills. They consistently expressed feelings of isolation experienced during the pandemic and their desire to connect with their peers, including “be kind”, “not making judgements, being accepting and supportive”, “have fun, spread positivity”, “active listening”, “be yourself”, and “try”. Young people creatively explored these personal attributes, for example informing their creation of an avatar character, a fictionalised version of self, rooted in the young persons’ identity and who could serve as a blueprint for the self they wish to develop at secondary school.

They identified how feelings manifest in the body through creative activities such as mask work, and tools for regulating emotions such as breathing techniques. Participants built on this to each produce a strength-based plan for their first week at secondary school. For example, an identified strength such as “kindness” was developed into an action plan of “playing with someone who is sitting by themselves”. Participants presented an exhibition and performance sharing for family members, making them aware of the support their child needs. Feedback from a re-grouping session 3 months into secondary school evidenced the project’s impact.

"I learned to interact with new people and to be more positive."

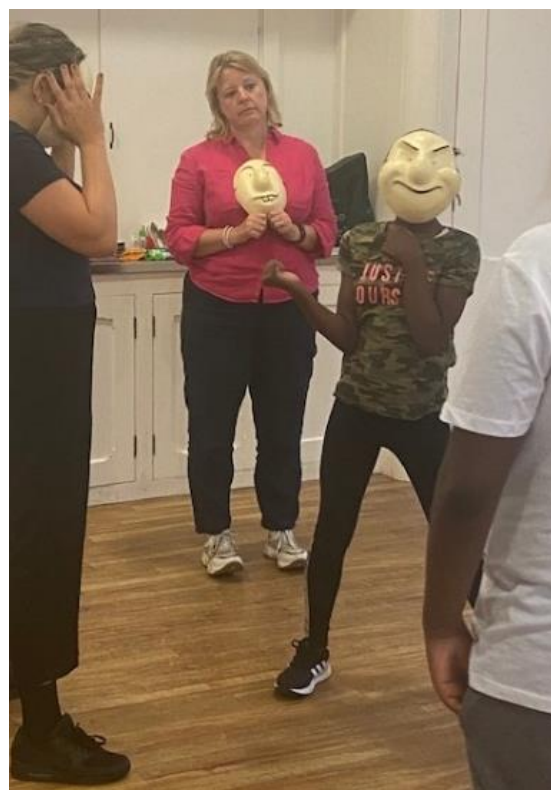
"I learned to be independent."

"I achieved sharing my emotions and teamwork."

"It was great to have you in not only to get them thinking about their transition to Year 7 but also to develop life skills like dealing with change." Teacher

"I have never seen my class so absorbed! I also got good tips to incorporate into my daily teaching." Teacher

"She has been very confident with herself which is the best outcome." Parent



Workshop visited by Nickie Aiken MP.



EXPERIMENT

Experiment's priority during the pandemic has remained to give young people a space to creatively express their thoughts and feelings, reaching 55 participants (2021= 65).

The Performance Company of sixteen 13-19 year olds kickstarted the year with a welcome return to in-person work, collaborating with the award-winning theatre company Les Enfants Terribles and Grey Beanie Productions to create an **immersive film entitled *Stained Glass***. For the majority this was their first experience of creating a film, shooting on location around Paddington Basin and on the Electric Barge with the added challenge of filming with masks and social distancing. Set in a dystopian world, their story involved a rebel group battling shady politicians who control the population by poisoning the water. Given a YouTube premiere in May and viewed over 400 times, the audience had to choose their own path through the story.

Our Juniors groups aged 7-13 returned to in-person projects in the **summer half term holiday project** which engaged 22 participants. It was clear that lockdowns and educational disruptions had left many members struggling in a group setting. We therefore spent time focusing on fun and relationship building, developing teamwork and communication skills through creative devising and games.

The summer holidays saw our Performance Company and Junior members join forces for **West End Stars**. The project arose from DreamArts participants wanting to learn more about the professional performing arts industry and gaining insight into 'Drama School' level training. Participants created their own West End musical hits, developed routines with the acclaimed Shobana Jeyasingh Dance company and were introduced to acting techniques by team member Kemi Awoderu, a graduate from



Blood in the Water, and West End Stars.



RADA and former member of DreamArts who has performed in West End productions including *Jerusalem*. The project climaxed in a welcome in-person sharing at the Parker Morris Hall for 40 family and friends.

Experiment returned to regular weekend sessions on Saturdays and Sundays in autumn 2021. After 18 months of Covid restrictions it became clear we would need to help participants navigate the impact of the pandemic. This included the opportunity during check-ins and check-outs for the group to creatively explore and share their feelings in a safe and non-exposing way. Rather than working towards a performance of new musicals which could cause additional stress and pressure, sessions focused on sharing and belonging through play and creative experimentation.

As the winter progressed the 'pingdemic' hit proving difficult for members and staff who had to self-isolate. Combined with fluctuating participation patterns and Covid uncertainties we decided the Performance Company, instead of working on a single performance piece to share, would create their own cabaret. The results were outstanding as members took huge creative risks presenting their own stand-up comedy, solo dance and small-group choreography. They performed to a packed Sarah Siddons Theatre alongside Sunday Juniors at our Gala whilst Saturday Juniors gave a presentation at the Abbey Centre which fused puppetry, protest songs and members running activities for their parents.

"I enjoyed learning more about the post-production process and meeting people I've known over Zoom in person."

Participant aged 14

"I made new friends that I never thought I would make."

Participant aged 12

"I've grown in confidence and improved my learning skills."

Participant aged 13

"I like to perform in front of others now."

Participant aged 8

"She is able to express her feelings and listen when others express theirs."

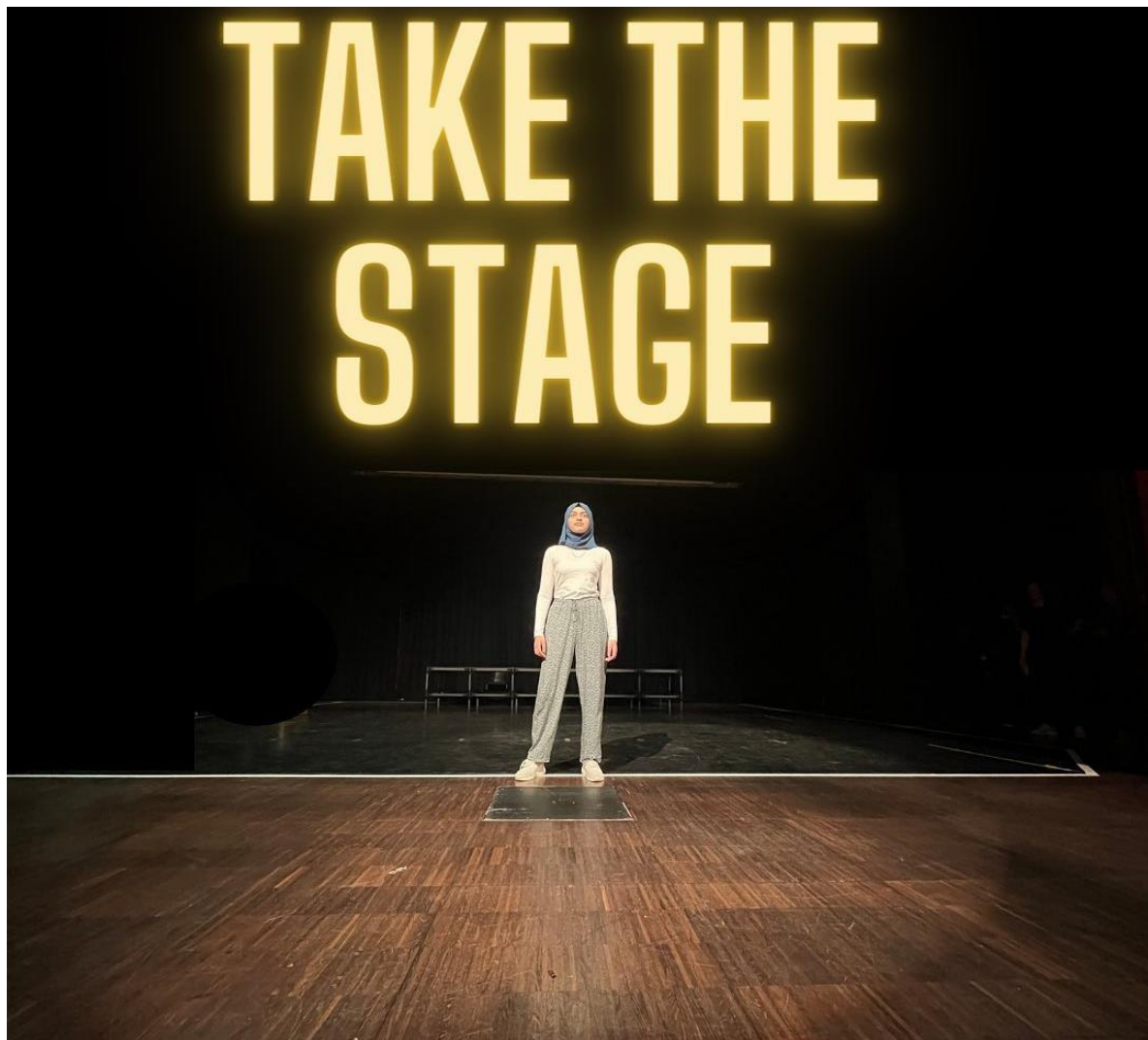
Parent

"Thank you for giving a small young boy who was shy and anxious a space, voice and opportunity to shine! We are so grateful for your commitment and dedication towards these young children. You have helped Rion find his confidence and believe in himself! A life-skill he will utilize and cherish forever."

Parent

From top to bottom; Experiment Sunday, a scene from the Performance Company zoom film Blood in the Water, our West End Stars project, and our 2021 Gala.





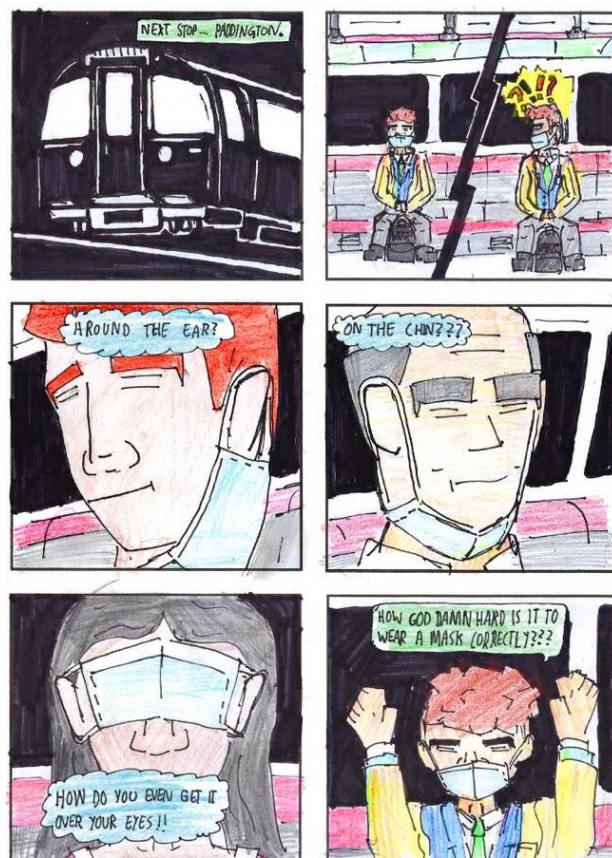
EXPAND

Express engaged 94 participants (2021=102).

Our usual Youth Arts Leadership training schemes remained on hold as opportunities for young people to put their skills into practice remained limited by Covid restrictions. Nevertheless, young people continued taking control of our work.

Our Social Media Team involving 4 young people work alongside our team to shape our communications and ensure young people's voices are at the heart of our messaging. The team interviewed young actor Jordan Nash who starred in the Disney live-action *Aladdin* and the Peter Pan movie *Finding Neverland* and told us about working alongside Will Smith.

DreamArts members were given insight into the world of technical theatre and backstage in workshops led by DreamArts alumni and former Expand leader Sylvia Darkwa-Ohemeng (pictured below) who gave insights into her professional theatre career which includes being Stage Manager at the Young Vic and setting up Backstage Niche to promote behind-the-scenes opportunities for people of colour.



City Lions

DreamArts helps develop and deliver City Lions, Westminster City Council's flagship project to support 13-16 year olds living in the borough's deprived areas to engage with creative opportunities on their doorstep. DreamArts team member Gaynor Smith is City Lions Creative Curator and was at the forefront of developing interactive, fun and engaging remote sessions during lockdowns, leading 4 remote and 2 in-person holiday programmes involving over 90 young people with partners including The Saatchi Gallery and The Cartoon Museum (above is an example of comic strips created during a City Lions visit to the Cartoon Museum).

*"I really enjoyed learning
creativity is needed in all jobs."*



DREAMARTS STAR

DK Fashoula

DK joined DreamArts aged 14 and took part in Street 2 Stage where young people create and produce their own original musicals. DK took lead roles including *Metropolis* in 2005 at The Cochrane Theatre in Covent Garden (pictured, with DK on the top step) displaying her interest and talent for all aspects of creativity.

DK always had a passion for devising her own work and signed up for our Advanced Youth Art Leadership Scheme developing skills in taking a creative idea through to production, budgeting, marketing and working with your peers. Through the scheme DK founded her first company which built into an award-winning force in dance and physical theatre.

DK has continued as a multidisciplinary performer and theatre maker, her company Initiative.dkf winning commissions from Theatre Royal Stratford East and creating the Melanin Box Festival. Recent credits include the Royal Shakespeare Company's *Much Ado About Nothing* (pictured right alongside another DreamArts star Luke Wilson as Benedick) receiving acclaim in the British Theatre Guide review; "Movement director DK Fashola - who also appears as the Friar - is simply electric with the choreography, that includes elements of disco, ritual and a few moves that could come from a Maori haka."

"DreamArts was the space for me. It gave us a base to be comfortable and free, developing our talents and encouraging us not to be afraid of the gifts we have. During the Leadership scheme I ended up formulating a group that has gone on to perform around the world. Even more important we found out who we are as individual artists

and people which made us stronger in all areas of our lives."



FINANCIAL REVIEW

It is the opinion of the Board of Trustees that the charity remains financially sound.

Income for the year ending 31 March 2022 totaled £307,557 whilst expenditure was £311,176. This produced a year-end deficit of £3,619, leaving the charity with reserves of £53,809.

Incoming resources were up 18% from last year at £307,557 (2022 = £261,091). Our main source of income this year has been grants applied for by the charity primarily to deliver its core programmes. The level of this funding source rose to £252,043 (2022 = £198,405). This includes a 2-year core funding grant from Westminster City Council and The Young Westminster Foundation, the second year of our John Lyon's Charity grant of £40k per year towards our core costs, and a 3-year £30k per year grant from City Bridge supporting Express Plus.

In 2021-22 commissions are commissions were £48,972 (2021 = £59,308) which included developing and delivering aspects of City Lions, our Transitions commission and our work with unaccompanied asylum seekers.

Our income from donations and tickets generated £6,542 (2021 = £3,378) which includes a kind £3k donation from our former Chair and member Ronald Cummings-John to support the costs of recruiting a new Chair of Trustees.

Charitable expenditure was £288,656 (2021 = £236,057). £177,697 was expended on Express, £83,148 on Experiment and £27,811 on Expand. The costs spent on generating funds was £18,680 (2021= £17,399) which includes 25% of our Chief Executive's time and our freelance fundraiser's fees. Our governance costs for the year were £3,840 (2021 = £780) consisting of £840 in accountancy costs and £3k in trustee recruitment costs. Thus, we continue our policy of living within our means.

Reserves Policy

Reserves at year end stood at £53,809 (2021 = £57,428). We have therefore achieved what trustees consider to be a satisfactory reserves level since the charity has no fixed liabilities beyond its core full-time staff team and is structured to be able to reduce its work if funding is not secured for a particular programme.

Supporters in 2021-22

We are grateful to the following Trusts and Foundations for their support:

John Lyon's Charity

Young Westminster Foundation

City Bridge

St Giles and William Shelton Education Trust

BBC Children in Need

Church Street Neighbourhood Keepers Fund

GLA Young Londoners Fund

City of Westminster Charitable Trust

Westminster Foundation

Strand Parishes

Hyde Park Estate Charity

Westminster Almshouses

Pimlico Million

Tesco



LOOKING FORWARD

The work of DreamArts has never been more important as the wellbeing needs of young people continue to rise, compounded by the impact of the pandemic. Whilst our plans have had to adapt to changing demands we have evidenced our expertise and flexibility to support young people whether working remotely or face-to-face. This means we are able to stay true to our core vision that **young people across Westminster can express themselves on their own terms, explore their challenges and build on their strengths so they can realise their potential.**

In Westminster there are 5,000 young people living in poverty in our target wards. Four years ago we set ourselves the target of raising our income from £165k to £300k each year so we can double our reach. We have achieved this – in 2022 we secured £307,557 and worked with over 800 participants, the majority of whom live in our target wards. Our other key strategic targets are to;

- **Develop delivery partnerships that are deeper, stronger and longer-term.**
- **Secure commissions that enable us to reach young people most in need and provide us with key resources.**
- **Build a network of support from business and individual Friends to secure, sustain and grow our vision**

Our reputation for quality and innovation continues, leading Westminster City Council to continue supporting our work with unaccompanied asylum seekers and commissioning DreamArts to host a new Young Carers Navigator role to advocate and support the needs of young carers.

To support rising wellbeing needs we will continue to pioneer our fusion of arts and therapeutic practice assisted by the appointment of leading therapist Anthea Benjamin as our Therapeutic Consultant.

We continue to work hard for DreamArts to be a 'brave space' where we positively challenge ourselves and embed inclusive practice. This includes continuing conversations around race, inclusiveness and equity stimulated by Black Lives Matters and put into action what it means to create a 'safe space' where everyone can try things out, express themselves and grow their skills so that DreamArts can achieve the best outcomes for all young people.

Key priorities for the coming period are:

- Develop responsive projects to meet needs arising from the pandemic.
- Build our work with unaccompanied asylum seekers into a sustainable long-term project that is an example of best practice.
- Seek opportunities for expanding our therapeutic support
- Build a sustainable pan-Westminster programme of support for young carers through our new commission hosting the Young Carers Navigator.

Future Fundraising

Having expanded to meet the needs of young people during the pandemic we will focus on fundraising to sustain and secure the longer-term growth of our therapeutic support and our work with unaccompanied asylum seekers and young carers. Trusts and foundations recognise the impact we have and want to invest in advancing our work whilst commissions from City Council grow as DreamArts demonstrates the quality and impact of our work in times of crisis.

These challenging times continue and we will explore other sources of support, including from business and individuals who recognise the value we provide to local communities. To this end we are delighted that William Jackson Food Group have donated £10k for 2022/23.



INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF DREAMARTS

Independent examiner's report to the trustees of Dreamarts

I report to the charity trustees on my examination of the accounts of the Dreamarts (the Trust) for the year ended 31 March 2022.

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 Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.


Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered 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 material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.


Kiran D Patel BA BFP FCA
Albury Associates Limited
2nd Floor, One Hobbs House,
Harrobian Business Village
Bessborough Road
Harrow
Middlesex
HA1 3EX

Date: 24 January 2023



DREAMARTS

STATEMENT OF FINANCIAL POSITION AT 31 MARCH 2022

	Notes	2022 Unrestricted fund £	2021 Total funds £
CURRENT ASSETS			
Debtors	6	57,731	2,133
Cash at bank		<u>21,713</u>	<u>123,567</u>
		79,444	125,700
CREDITORS			
Amounts falling due within one year	7	(25,635)	(68,272)
NET CURRENT ASSETS		<u>53,809</u>	<u>57,428</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>53,809</u>	<u>57,428</u>
NET ASSETS		<u><u>53,809</u></u>	<u><u>57,428</u></u>
Amounts falling due within one year	7	(25,635)	(68,272)
NET CURRENT ASSETS		<u>53,809</u>	<u>57,428</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>53,809</u>	<u>57,428</u>
NET ASSETS		<u><u>53,809</u></u>	<u><u>57,428</u></u>
FUNDS	8		
Unrestricted funds		<u>53,809</u>	<u>57,428</u>
TOTAL FUNDS		<u><u>53,809</u></u>	<u><u>57,428</u></u>

The financial statements were approved by the Board of Trustees on 24 January 2023 and were signed on its behalf by:



Asif Raniwala, Treasurer



DREAMARTS

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2022

	2022	2022	2022	2021
INCOME AND ENDOWMENTS FROM	Restricted Fund £	Unrestricted Fund £	Total £	Total Funds £
Donations and Legacies	-	6,542	6,542	3,378
Incoming resources from charitable activity	210,115	90,900	301,015	257,713
Total incoming resources	210,115	97,442	307,557	261,091
EXPENDITURE ON				
Raising funds	-	18,680	18,680	17,399
Charitable activities				
Express	126,698	50,999	177,697	140,904
Experiment	58,051	25,097	83,148	65,902
Expand	25,366	2,445	27,811	29,251
Other	-	3,840	3,840	780
Total	210,115	101,061	311,176	254,236
NET INCOME/(EXPENDITURE)	-	(3,619)	(3,619)	6,855
RECONCILIATION OF FUNDS				
Total funds brought forward	-	57,428	57,428	50,573
TOTAL FUNDS CARRIED FORWARD	-	53,809	53,809	57,428

The financial statements were approved by the Board of Trustees on 24 January 2023 and were signed on its behalf by:



Asif Raniwala, Treasurer



DREAMARTS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. RAISING FUNDS

Raising donations and legacies

	2022	2021
	£	£
Support costs	<u>18,680</u>	<u>17,399</u>

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2022 nor for the year ended 31 March 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2022 nor for the year ended 31 March 2021.



NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31 MARCH 2022

4. STAFF COSTS

The average monthly number of employees during the year was as follows:

	2022	2021
Full Time	2	2
Part Time	10	8
Freelance Project Staff	12	12
	<u>24</u>	<u>22</u>

No employees received emoluments in excess of £60,000.

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	2021	2021 Unrestricted funds £	2021 Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM				
Donations and legacies		3,378	-	3,378
Incoming Resources from Charitable activity		61,328	196,385	257,713
Total		<u>64,706</u>	<u>196,385</u>	<u>261,091</u>
EXPENDITURE ON				
Raising funds		17,399	-	17,399
Charitable activities				
Express		18,084	122,084	140,904
Experiment		5,544	60,358	65,902
Expand		16,044	13,207	29,251
Other		780	-	780
Total		<u>57,851</u>	<u>196,385</u>	<u>254,240</u>
NET INCOME		6,855	-	6,855
RECONCILIATION OF FUNDS				
Total funds brought forward		50,573	-	50,573
TOTAL FUNDS CARRIED FORWARD		<u>57,428</u>	<u>-</u>	<u>57,428</u>

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Trade debtors	57,486	1,888
Other debtors	245	245
	<u>57,731</u>	<u>2,133</u>



DREAMARTS

NOTES TO THE FINANCIAL STATEMENTS - CONTINUED FOR THE YEAR ENDED 31 MARCH 2022

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Bank loans and overdrafts	-	926
Trade creditors	8,808	4,060
Other creditors	3,822	780
Grant prepayments for 2022/2023	<u>13,005</u>	<u>62,505</u>
	<u>25,635</u>	<u>68,272</u>

8. MOVEMENT IN FUNDS

	At 1/4/21 £	Net movement in funds £	At 31/3/22 £
Unrestricted funds			
General fund	57,428	(3,619)	53,809
TOTAL FUNDS	<u>50,573</u>	<u>(3,619)</u>	<u>53,809</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	97,442	(101,061)	(3,619)
Restricted funds			
General fund	210,115	(210,115)	-
TOTAL FUNDS	<u>307,557</u>	<u>(311,176)</u>	<u>(3,619)</u>

Comparatives for movement in funds

	At 1/4/20 £	Net movement in funds £	At 31/3/21 £
Unrestricted Funds			
General fund	50,573	6,855	57,428
TOTAL FUNDS	<u>50,573</u>	<u>6,855</u>	<u>57,428</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	64,706	(57,851)	6,855
Restricted Funds			
General Fund	196,385	(196,385)	-
TOTAL FUNDS	<u>261,091</u>	<u>(254,236)</u>	<u>6,855</u>



DREAMARTS

NOTES TO THE FINANCIAL STATEMENTS - CONTINUED FOR THE YEAR ENDED 31 MARCH 2022

8. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1/4/20 £	Net movement in funds £	At 31/3/22 £
Unrestricted funds			
General fund	<u>50,573</u>	<u>3,236</u>	<u>53,809</u>
TOTAL FUNDS	<u><u>50,573</u></u>	<u><u>3,236</u></u>	<u><u>53,809</u></u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	162,148	(158,912)	3,236
Restricted Funds			
General fund	<u>406,500</u>	<u>(406,500)</u>	<u>-</u>
TOTAL FUNDS	<u><u>568,648</u></u>	<u><u>(565,412)</u></u>	<u><u>3,236</u></u>

9. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2022.



DREAMARTS**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2022**

	2022 £	2021 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	6,542	3,378
Incoming resources from charitable activity	<u>301,015</u>	<u>257,713</u>
Total incoming resources	307,557	261,091
EXPENDITURE		
Charitable activities		
Wages	162,413	123,763
Social security	10,956	19,583
Production & Project Costs	<u>78,294</u>	<u>50,821</u>
	251,663	194,167
Support costs		
Management		
Wages	15,050	15,537
Pensions	5,040	10,309
Support Costs	<u>35,582</u>	<u>33,443</u>
	55,672	59,289
Governance costs		
Accountancy and legal fees	<u>3,840</u>	<u>780</u>
Total resources expended	311,176	254,236
Net income/(expenditure)	<u>(3,619)</u>	<u>6,855</u>





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