

DREAM ARTS



ANNUAL REPORT 2023

CHARITY REGISTRATION 1162525

'You get to express your opinion whereas most places you don't, you get to feel free and open without people judging you.'

D aged 16

www.dreamarts.org.uk

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Experiment members rehearsing for the 2023 Gala



THE CHAIR'S MESSAGE

DreamArts has been busier than ever responding to the needs of young people as the impacts of the pandemic continue to be felt. Recent years demonstrated to everyone the value of creativity and its impact on our wellbeing, and our mission to fuse arts and therapy to transform young lives has never been more important. It has therefore been a privilege to celebrate young people's achievements at events such as our Experiment Gala where all the creative work has been devised by young people, from original musicals exploring what happiness means to powerful protest poetry.

We know those in poverty are 4 times more likely to experience a mental health challenge, and that the cost-of-living crisis is hitting the poorest families the hardest. Hence the importance of our Express Plus arts therapy programme, working 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 which includes many 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 are therefore pleased that after many years advocating for Westminster City Council to invest in supporting young carers DreamArts has been commissioned to host a Young Carers Navigator. This new borough-wide role will map pathways of support, develop and co-ordinate a partnerships with 11 other organisations, and train 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 young people beautifully named 'Friends From Afar') continues to grow, giving them a space to become young artists, and they created and presented their original production at the Institute of Contemporary Art and which features on the front cover of this report.

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, our Assistant Director Catherine Palmer and our Therapeutic Service Manager Fariha Rashid. I am sure you will join me in thanking them, as well as our dedicated Trustees, including our newest member, Catherine Drake Wilkes who joined the board during the year bringing extensive expertise as a senior manager in Westminster Early Help, and Ian Dougal who stepped down as a Trustee after many years of dedicated loyal service to the charity.

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 2022-23;

- 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
Cecil Quillen Ann Goodger
- Applause* Ed Lascelles Osahon Orchard Naomi Roper Richard Dougal



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	<i>Date of appointment</i>	<i>Date of resignation</i>	<i>Serving in financial year ending 2022</i>	<i>Trustees on date of Accounts approval</i>
Ian Dougal (Secretary)	March '15	Sept '23	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	Nov '23	Yes	No
Racha Mohsen Afiouni	March '22		Yes	Yes
Catherine Drake Wilkes	Feb '23		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
The Future Is... Ltd **Independent Examiner** Albury Associates
2nd Floor 1 Hobbs House
Bessborough Road
Harrow HA1 3EX



Examples of photography by Carers Express members taken in and around Church Street



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, 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



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, 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 6-19 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 2022-23

Young participants we worked with for more than 1 day in 2022/3 totaled 407 (2023=371, an increase of 9%), along with engaging 30 parents/carers in our project work. This exceeds recent years and is a real achievement considering that most youth and education providers report that patterns of participation remain in flux as the impacts of lockdowns continue. Most participants 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

The outcomes of our projects are assessed through our Outcome Star evaluation framework which measures our six outcomes. 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**. 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 cabaret show where they took control at all stages, from choreography to writing powerful speeches about the rights of women. 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 287 participants (2023=319, an increase of 11%).

Express Plus

Westminster's only free-to-access arts therapy provision continued to be delivered in Family Hubs serving the most deprived areas whilst retaining the flexibility of remote work if needed e.g. if a young person had to self-isolate. Express Plus attendance rate after 3 sessions was 100%. 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 45 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 engaging a total of 75 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 continued engaging 17 young people who provide emotional or practical support for a loved one. The group experienced workshops at venues including The Cartoon Museum, and with the appointment of our Young Carers Navigator in October 2022 (see page 11 for more details) young people began experimenting with digital photography. This work formed the foundation for a major exhibition of their photography at the Institute of Contemporary Art which took place in July 2023 for family, friends and policy makers who shared and celebrated their achievements.

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

Friends From Afar grew from 20 participants to support 40 unaccompanied asylum seekers from areas ranging from Syria to Sudan and Vietnam. A core group of 12 young people regularly attend weekly 3-hour sessions on Thursdays. They consistently praise the difference Friends From Afar (FFA) makes, breaking down loneliness and providing a consistent safe space in their lives where they can come together, feel valued and express themselves. They devise and present new work exploring their thoughts and feelings on subjects they feel passionately about, exploring and celebrating their identity beyond their immigration status and media stereotypes.

FFA is shaped by young people’s expressed needs and interests, from timings of sessions to choosing trips to connect them with Westminster, their new home city. Proven project outcomes include i) improving well-being and supporting mental health; ii) reducing isolation and loneliness and ii) developing teamwork, communication, and leadership skills. With different languages spoken within the group, movement, dance and physical theatre help them to bond and improve their communication skills.

Through spoken word, lyric writing and script writing, young people and their social workers have reported that their English has improved. We reach young people via a close partnership with Westminster City Council, through word-of-mouth advocacy from participants, and through hostels and care placements. Through the trusting relationships we build we also support participants to access services to help them manage their trauma, including DreamArts therapeutic support.

FFA participants experienced other areas of the UK through residential trips to Brighton and to the Isle of Wight. In the summer of 2022 they presented their original production, ‘Out Here’, at the Institute of Contemporary Art to a packed audience of over 70. Some of the group shared excerpts of this piece for all the staff at Westminster City Council at their Christmas ‘Live Loop’ which included getting staff to learn and sing lyrics from their piece.



Friends From Afar Case Study

Young Person K – Supported wellbeing after mental health challenges.

K joined DreamArts in the winter term, coming to the project with another group member that he attends City of Westminster College with. K reports poor mental health, has chronic insomnia and severe digestive problems. K has had several challenges this year particularly around his family's safety and health in Sudan and being in and out of contact with them. He is also attempting to process his own personal traumas around being imprisoned, tortured and the homicide of family members.

This year, he has struggled with his engagement with housing, education and employment and not completed any assigned programmes. Despite finding participation challenging, K has attended consistently throughout the year and found a space of belonging and support at DreamArts. Exploring the creative arts, which he feels very passionately about, alongside building relationships with others, K has enhanced his wellbeing and seen improved mental health outcomes. He commented:

“I need this space to express myself, listen to other people, communicate, share my creativity. I feel that love and care, I don't have that anymore, but I feel it here.”



EXPRESS SPOTLIGHT: YOUNG CARERS NAVIGATOR

DreamArts has a long history of working with young carers in Westminster. Since the dedicated provision to support their needs was axed in 2016, we've advocated for City Council to invest in identifying and supporting young people who provide emotional or practical support for a loved one. We were therefore delighted to be commissioned to host a Young Carers Navigator post for 4 days per week by City Council and with additional funding from Young Westminster Foundation.

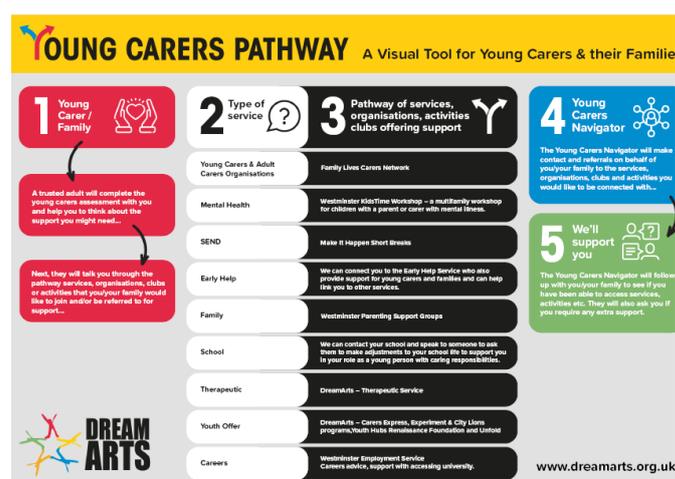
This new post aims to break down barriers preventing young carers from accessing support. The post began in October 2022 to:

Map out provision for young carers in Westminster and create a referral pathway which links young carers (and their families) to relevant support services and activities available to them. As a result, from February 2023 a partnership of 11 voluntary and statutory agencies have been brought together to form the pathway (supported by a visual tool), ranging from family mentoring with Unfold to the opportunity to go to the Nobel Prize with the Renaissance Foundation.

Develop a young carers assessment model that can be used to assess the needs of young carers and help identify which pathway services can support them. One of the main aims of this initiative is to provide the incentive and motivation for young people who have a caring role (and their families), to want to be identified and engage with having an assessment. We developed an accessible, practical assessment model piloted since January 2023 by the Navigator as well as Family Practitioners from Early Help Service.

Create and deliver young carers awareness training for Westminster City Council, voluntary sector, and school teams so they can identify and meet their needs.

Deliver Carers Express, DreamArts' flagship project for young carers aged 11-19 years old. Thanks to funding from John Lyon's Charity, this work will be extended to include 7-10 year olds in 2023-24, as well as launching dedicated 1:1 and group therapy support for young carers.



"It's so strange to me all this – no one has ever identified me as a young carer and offered me support – caring is just so normal for me." Young carer, aged 17

"It makes me feel like I have an important role to do – to care for someone I love." Young carer, aged 11

"The Young Carers Assessment is very thorough and compared to other assessment forms is not too long! A practical tool to draw out what the young person really wants and needs." Westminster Senior Family Practitioner



EXPERIMENT

Experiment is Westminster's only accessible opportunity for children and young people to create original performances that express their thoughts and feelings, reaching 65 participants over the year (2022= 55, an increase of 19%). The majority of participants are from families on free school meals.

Experiment began with a **special puppetry project in Easter 2022** that continued our collaboration with the award-winning international acclaimed theatre company, Les Enfants Terrible. Our Juniors and Performance Company members came together to explore puppetry, from animating everyday objects into new beings through to having the opportunity to manipulate puppets designed and used in professional productions.

Summer holiday projects proved popular as ever, running in the North and South of Westminster to ensure young people from across the borough can express themselves and enhance their wellbeing. Sessions included work with the acclaimed Shobana Jeyasingh Dance company.

When **Juniors groups** aged 6-13 returned in the autumn 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. Young people's wellbeing has been supported through weekly check-ins which are opportunities for participants to express their thoughts, feelings and emotions. Many enter the space feeling anxious from their week. Through the course of the day they get to work and connect with their peers, achieve something they can feel proud of and unleash their energies in a safe and non-exposing way. The check-outs are also structured to encourage the group to share something positive they've observed in

someone else; this helps to foster teamwork, helps participants to see themselves differently through the eyes of others, and also opens them up to reflecting on their own positive qualities which builds self-esteem.

Participants also had the chance to experience **trips to West End shows**, attending both *Frozen* and *The Lion King*.

The **Performance Company** of 13-19 year olds chose the theme 'Revolution' to create their own cabaret. The results were outstanding as members took huge creative risks presenting their own stand-up comedy, solo dance, protest poetry and small-group choreography. They performed at the Sarah Siddons Theatre alongside the Juniors to a packed Gala audience including the Lord Mayor.



Experiment Case Study

B. is 10 years old, and she joined the Experiment Programme early in the 2022 autumn term. B's parent mentioned that she is autistic. In her first session, B. did not participate in the group, and the parent was in the room for the first couple of sessions. The aim with B. was to find joy/safety without her parent present and work on her social skills such as her relationships with her peers

After creating trust with B. we encouraged the parent to leave the room. Although B was stressed, we noticed she loves to dance so we engaged her with movement. B. was involved in the choreography and staff, particularly our Wellbeing Practitioner, worked with her 1:1, recognising a relationship with one person in the room is easier rather than a group of people.

Later, in the second term, it became clear that B. was often feeling overstimulated by the group dynamic. The Wellbeing Team used drawing as a self-regulating tool as well as a way to reflect. During the character development session for the final Gala performance, the Theatre Director had a chat with B. to understand how she would like to participate. They both agreed to perform a dog in the story, which was a perfect example of assisting a young person choosing how they want to contribute to a group.

As a result, she was given ownership and having a non-verbal character and working on animal physicality ended up being the perfect choice. B. performed to a packed audience at the Sarah Siddons Theatre and said she felt proud of herself and what she had achieved.

"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



TAKE THE STAGE



EXPAND

Expand engaged 98 participants (2022=94).

Our Social Media Team involving 4 young people help 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 was City Lions Creative Curator, a role now taken by Kiz Ayton-Green. Kiz is piloting a new arts and wellbeing programme in secondary schools entitled 'Project 8', and we have secured funding from Christie's to train young people as event producers. In-person holiday programmes have involved 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

Humaira Iqbel

Humaira's passion for expressing herself was clear from the moment she joined DreamArts Experiment in 2010, attending every Sunday and developing her acting, singing and dance skills.

She was part of our Street 2 Stage new musical programme performing as the classic heroine Scheherazade in *1001 Arabian Nights* and was part of the company for *Carnival* which had a special performance at The Royal Opera House Linbury Studio in 2011.

Humaira went on to train in acting at The Royal Central School of Speech and Drama, has developed as a writer and poet and taken a lead role in *Spun* at the Arcola; The Guardian review said, "Humaira Iqbal gives a storming performance."

Humaira continues following her dream and received a part-scholarship to train at the prestigious Tisch School of Arts in New York (it's incredibly rare for a non-American to achieve a scholarship). Humaira is now a Tisch alumni and has received New York's Public Theatre Emerging Writers Group fellowship 2023-2025.

"DreamArts has supported me so much, from performing on stages I never thought I would have stepped on, to supporting me when I was running away from my problems that surrounded me. DreamArts was there for me, making sure I was safe when I felt that no-one cared. You all truly believed in me and my talent, and I would urge any young person to join."

The emotional and creative support you get will stay with you for the rest of your life."



FINANCIAL REVIEW

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

Income for the year ending 31 March 2023 totaled £346,450 whilst expenditure was £343,078. This produced a year-end surplus of £3,372, leaving the charity with reserves of £57,181.

Incoming resources were up 13% from last year at £346,450 (2022 = £307,557). 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 £262,773 (2022 = £252,043). This includes a 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 (which has been extended for a further 2 years).

In 2022-23 commissions were £63,580 (2022 = £48,972) which included developing and delivering aspects of City Lions, our young carers commission and our work with unaccompanied asylum seekers.

Our income from donations and tickets generated £19,497 (2022 = £6,542) which includes a £10k donation from William Jackson Food Group and a £6k donation from Christie's.

Charitable expenditure was £323,712 (2022 = £288,656). £196,451 was expended on Express, £89,239 on Experiment and £38,022 on Expand. The costs spent on generating funds was £18,210 (2022= £18,680) which includes 40% of our Chief Executive's time and our freelance fundraiser's fees. Our governance costs for the year were £1,156 (2022 = £3840). Thus, we continue our policy of living within our means.

Reserves Policy

Reserves at year end stood at £57,181(2022 = £53,809). 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 2022-23

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

Church Street Neighbourhood Keepers Fund

City of Westminster Charitable Trust

Postcode Lottery

Awards for All

Westminster Foundation

Strand Parishes

Hyde Park Estate Charity

Westminster Almshouses

Pimlico Million

The 7 Stars Foundation

Edward Havist Trust

Arts Council England



LOOKING FORWARD

Our work breaks down barriers to creativity and mental health so that young people can improve and sustain their own emotional wellbeing. Our ambition over the next 3 years is to secure, strengthen and share even more widely our fusion of arts and therapy, whilst remaining 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.**

Our key strategic goals are to:

- **Build our fusion of arts and therapy to meet young people's wellbeing needs, particularly those in Westminster's most deprived wards.**
- **Secure commissions that enable us to reach young people most in need and provide us with key resources.**
- **Develop and diversify longer-term funding.**

Our reputation for quality and innovation remains strong. This is reflected in Westminster City Council's extension until 2026 of our commission to host the Young Carers Navigator role which advocates for and supports the needs of young carers, and John Lyon's Charity making a major investment in this work over the next 3 years to expand Carers Express and include a Juniors programme plus 1:1 and group therapy.

We are committed to assessing and sharing the impact of our fusion of arts and therapeutic practice and we will be seeking independent studies of our work, including our impact on participants, partners and communities. 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 inclusiveness and 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.

Our key priorities for the coming period are to:

- Seek opportunities for expanding our therapeutic support among communities hardest hit by the pandemic and the cost-of-living crisis without compromising on quality.
- Build our work with unaccompanied asylum seekers into a sustainable long-term provision that is an example of best practice.
- Build a sustainable programme of support for young carers.

Future Fundraising

We are grateful to our loyal funders for their past and continuing support, including individuals, Trusts and Foundations and commissioners. We know (because they tell us) that they recognise the impact we have and want to continue to invest in advancing our work. But we also recognize that no funder can guarantee continued funding at the same level or at all. So we will continue to explore ways of diversifying funding sources so that we ensure our long-term sustainability.

This includes support from business and individuals, both those who already know about and recognise the value we provide to local communities and new faces. To this end we will seek to build a network of support from individuals and business to sustain and grow our vision and diversity our income. Please let us know if you would like to join that network, or know of people of businesses in that position.



**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 2023.

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,
Harrovia Business Village
Bessborough Road
Harrow
Middlesex
HA1 3EX

Date: 29 January 2024



DREAMARTS

STATEMENT OF FINANCIAL POSITION
AT 31 MARCH 2023

	Notes	2023 Unrestricted fund £	2022 Total funds £
CURRENT ASSETS			
Debtors	6	26,891	57,734
Cash at bank		<u>32,849</u>	<u>21,713</u>
		59,740	79,444
CREDITORS			
Amounts falling due within one year	7	(2,559)	(25,635)
		<u>57,181</u>	<u>53,809</u>
NET CURRENT ASSETS			
		<u>57,181</u>	<u>53,809</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>57,181</u>	<u>53,809</u>
NET ASSETS		<u>57,181</u>	<u>53,809</u>
FUNDS			
Unrestricted funds	8	<u>57,181</u>	<u>53,809</u>
TOTAL FUNDS		<u>57,181</u>	<u>53,809</u>

The financial statements were approved by the Board of Trustees on 28 January 2024 and were signed on its behalf by:



A Raniwala - Trustee

The notes form part of the statutory financial statements



**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2023**

	2023	2023	2023	2022
INCOME AND ENDOWMENTS FROM	Restricted Fund £	Unrestricted Fund £	Total £	Total Funds £
Donations and Legacies	-	19,497	19,497	6,542
Incoming resources from charitable activity	248,104	78,849	326,953	301,015
Total incoming resources	248,104	98,346	346,450	307,557
EXPENDITURE ON				
Raising funds	-	18,210	18,210	18,680
Charitable activities				
Express	155,089	41,362	196,451	177,697
Experiment	64,970	24,269	89,239	83,148
Expand	28,045	9,977	38,022	27,811
Other	-	1,156	1,156	3,840
Total	248,104	94,974	343,078	311,176
NET INCOME/(EXPENDITURE)	-	3,372	3,372	(3,619)
RECONCILIATION OF FUNDS				
Total funds brought forward	-	53,809	53,809	57,428
TOTAL FUNDS CARRIED FORWARD	-	57,181	57,181	53,809

The financial statements were approved by the Board of Trustees on 29 January 2024 and were signed on its behalf by:


A Raniwala - Trustee

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**

	2023	2022
	£	£
Support costs	<u>18,210</u>	<u>18,680</u>

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2023 nor for the year ended 31 March 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2023 nor for the year ended 31 March 2022.



DREAMARTS

NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31 MARCH 2023

4. STAFF COSTS

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

	2023	2022
Full Time	2	2
Part Time	14	10
Freelance Project Staff	<u>12</u>	<u>12</u>
	<u><u>28</u></u>	<u><u>24</u></u>

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

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	2022	2022	2022
	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	6,542	-	6,542
Incoming Resources from Charitable activity	<u>90,900</u>	<u>210,115</u>	<u>301,015</u>
Total	<u><u>97,442</u></u>	<u><u>210,115</u></u>	<u><u>307,557</u></u>
EXPENDITURE ON			
Raising funds	18,680	-	18,680
Charitable activities			
Express	50,999	126,698	140,904
Experiment	25,097	58,051	65,902
Expand	2,445	25,366	29,251
Other	<u>3,840</u>	<u>-</u>	<u>780</u>
Total	<u><u>101,061</u></u>	<u><u>210,115</u></u>	<u><u>254,240</u></u>
NET INCOME	(3,619)	-	(3,619)
RECONCILIATION OF FUNDS			
Total funds brought forward	57,428	-	57,428
TOTAL FUNDS CARRIED FORWARD	<u><u>53,809</u></u>	<u><u>-</u></u>	<u><u>53,809</u></u>

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Trade debtors	26,646	57,486
Other debtors	<u>245</u>	<u>245</u>
	<u><u>26,891</u></u>	<u><u>57,731</u></u>



DREAMARTS

NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31 MARCH 2023

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Trade creditors	1,422	8,808
Other creditors	1,137	3,822
Grant prepayments for 2022/2023	-	13,005
	<u>2,559</u>	<u>25,635</u>

8. MOVEMENT IN FUNDS

	At 1/4/22	Net movement in funds	At 31/3/23
	£	£	£
Unrestricted funds			
General fund	53,809	3,372	57,181
	<u>53,809</u>	<u>3,372</u>	<u>57,181</u>
TOTAL FUNDS			

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

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	98,346	(94,974)	3,372
Restricted funds			
General fund	248,104	(248,104)	-
TOTAL FUNDS	<u>57,428</u>	<u>(3,619)</u>	<u>53,809</u>

Comparative 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>



DREAMARTS**NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31 MARCH 2023****8. MOVEMENT IN FUNDS - continued**

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

	At 1/4/21 £	Net movement in funds £	At 31/3/23 £
Unrestricted funds			
General fund	<u>57,428</u>	<u>(247)</u>	<u>57,181</u>
TOTAL FUNDS	<u>57,428</u>	<u>(247)</u>	<u>57,181</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	195,788	(196,035)	(247)
Restricted Funds			
General fund	<u>458,219</u>	<u>(458,219)</u>	-
TOTAL FUNDS	<u>654,007</u>	<u>(654,254)</u>	<u>(247)</u>

9. RELATED PARTY DISCLOSURES

DREAMARTS**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2023**

	2023 £	2022 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	19,497	6,542
Incoming resources from charitable activity	<u>326,953</u>	<u>301,015</u>
Total incoming resources	346,450	307,557
EXPENDITURE		
Charitable activities		
Wages	173,143	162,413
Social security	11,756	10,956
Production & Project Costs	<u>82,003</u>	<u>78,294</u>
	266,902	251,663
Support costs		
Management		
Wages	21,498	15,050
Pensions	5,318	5,040
Support Costs	<u>48,204</u>	<u>35,582</u>
	75,020	55,672
Governance costs		
Accountancy and legal fees	<u>1,156</u>	<u>3,840</u>
Total resources expended	343,078	311,176
Net income/(expenditure)	<u>3,372</u>	<u>(3,619)</u>

This page does not form part of the statutory financial statements





DreamArts
34 Grosvenor Gardens
London SW1W 0DH
graham@dreamarts.org.uk
[f&t @DreamArts](https://www.facebook.com/DreamArts)

www.dreamarts.org.uk