



**DREAM
ARTS**



ANNUAL REPORT 2024

CHARITY REGISTRATION 1162525

*'At DreamArts I can talk about what's bothering me and
express myself freely'*
Carers Express participant

www.dreamarts.org.uk

Image from the Carers Express photography exhibition *Through The Lens* at the Institute of Contemporary Art

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Friends From Afar performing at The Marylebone Theatre, August 2023



THE CHAIR'S MESSAGE

DreamArts has been busier than ever responding to the needs of young people and addressing the growing mental health crisis. In recent years, we've all come to appreciate the transformative power of creativity in supporting our wellbeing. At DreamArts, our mission to fuse arts and therapy to transform young lives has never been more important.

This year, it has been a privilege to celebrate the remarkable achievements of the young people we support. Our **Experiment Performance Company**, for example, had the extraordinary opportunity to create their own immersive theatre piece with the internationally acclaimed Les Enfants Terribles. From developing characters to designing props, costumes, and sound, young people led every aspect of this creative journey.

The urgency of our work is underscored by the stark reality that those living in poverty are 4 times more likely to experience a mental health challenge, with the cost-of-living crisis hitting vulnerable families the hardest. Our **Express Plus** arts therapy programme addresses this by working in Westminster's most deprived wards, including Church Street, which has the highest level of child poverty in London. The success of DreamArts is rooted in the strength of relationships we build; Express Plus has a 100% retention rate for young people attending more than 3 sessions. These sessions provide a safe space to address issues including domestic violence, sexual abuse, anxiety and suicide ideation. They are supported by our outstanding therapeutic team, which includes many who volunteer their time and expertise to deliver Westminster's only open-access therapy service for young people. By using creative approaches, we break down barriers to accessing mental health support, as evidenced by the fact that 80% of participants are from global majority backgrounds.

Young carers, among the groups hardest hit by lockdowns, remain a key focus for DreamArts. We lead a partnership with 11 organisations to support young carers and their families across Westminster. Our **Carers Express** group produced and presented a captivating exhibition of their photography at the Institute of Contemporary Art, featured on the cover of this report. And we've trained over 150 professionals to better identify and meet young carers need. Simple changes, like replacing punitive measures with check-ins when a young carer is late for school, make a profound difference.

Our impact also extended to new groups experiencing acute challenges. **Family Express** supported 40 refugee families living in hotel accommodation, while our creative projects with unaccompanied young refugees—which participants beautifully named **Friends From Afar**—continues to thrive. These young artists created and presented their original production at the Marylebone Theatre and toured to local community centres and Theare Royal, York, leading workshops with peers and elders.

Supporting young people with complex needs requires an exceptional team, and we prioritise fostering their wellbeing through self-care, reflection and connectivity. Regular Practice Development Sessions and reflection spaces help staff process their work, and we're proud that 100% of team members reported they felt inspired and valued at DreamArts.

Our achievements are a testament to the dedication of our incredible practitioners and volunteers, led by our Director Graham Whitlock, our Assistant Director Catherine Palmer and our Therapeutic Service Manager Fariha Rashid. I would like to extend my heartfelt gratitude to them, as well as our dedicated Trustees, including our newest members, Gem Pinkney who recently joined bringing extensive expertise in marketing, and Anis Suterwalla who adds valuable business acumen to the board. Together, we remain steadfast in our commitment to transforming young lives.

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 2023-24;

Chorus of Angels

Anis 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



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>Appointment</i>	<i>Resignation</i>	<i>Serving in financial year ending 2024</i>	<i>Trustees on date of Accounts approval</i>
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
Racha Mohsen Afiouni	March '22		Yes	Yes
Catherine Drake Wilkes	Feb '23		Yes	Yes
Gem Pinkney	Dec '24		No	Yes
Anis Suterwalla	Dec '24		No	Yes
Ian Dougal	June '24		No	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



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 and Treasurer.

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 Director 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 Family Hubs alongside voluntary sector youth providers.

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 leading support for young carers.

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. and those involved in direct work 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

'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 make in young lives, focusing our current work and shaping our future direction. Our six core outcomes are to enable young people to:

- 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

Express projects offer tailor-made support for vulnerable groups and individuals, collaborating with charities, social services, parents and, most importantly, with young people themselves.

Express Collective enables young people—and, in some cases, their parent or carer—to identify issues and creative mediums to explore solutions. Ongoing initiatives include *Carers Express* with young carers, *Friends From Afar* with young refugees, and *Family Express* which enables parents and children to create, share and learn together.

Express Plus provides individual therapy for those struggling to manage their feelings and behaviours. As the only free therapy service of its kind in Westminster, it helps young people to explore their challenges and strengths, building a greater sense of self-worth.

EXPERIMENT

Weekend Creative Labs enable 6-19 year olds to explore and unleash their talents. Our skilled team support participants to create their own work which leads to better self-exploration - from new musicals to 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 skills and horizons, empowering young people to lead their peers, manage their own projects and become creative entrepreneurs and positive forces within their community. This includes our role as a delivery partner for City Lions, Westminster City Council's flagship arts project for ages 13-16.



OUTPUTS AND OUTCOMES

Young participants we worked with during 2023-24 totaled 440 (2023=407), which is particularly encouraging at a time when many youth and education providers report that participation patterns remain in flux due to the ongoing impact of lockdowns. Additionally, we engaged 55 parents and carers through Family Express and by conducting young carers assessments which provide families with a pathway of support to help meet their needs.

In Westminster, where 1 in 4 children live in poverty, most DreamArts participants came from the borough's most deprived wards. Two-thirds of participants were from global majority backgrounds, with the largest groups being Arabic-speaking communities, and the majority of participants were female.

Outcomes

Each project tailored its evaluation approach, from online surveys to reflective discussions, with outcomes assessed through our Outcome Star framework, measuring six key outcomes.

Young people consistently highlighted the value of **expressing 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 after experiencing isolation.

Opportunities to **learn new skills** remained central; for example, the Experiment Performance Company created their own original cabaret show, taking control at all stages, from choreography to writing powerful speeches on women's rights.

Through these activities, we continued to achieve our core goals: creating opportunities for young people to build their strengths, explore their challenges and help them realise their potential.

The DreamArts Way

Our ethos is: '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 fosters secure, understanding relationships that support young people with complex needs to engage and reflect upon themselves.

Core to this 'DreamArts Way' is applying the principals of the PACE attachment model, ensuring our team embody Playfulness, Acceptance, Curiosity and Empathy. This creates a sense of safety and trust, and we believe DreamArts is the only organisation applying PACE within a youth arts setting. Additionally, our core team is Trauma Informed Trained, enabling us to effectively support young people who have experienced trauma in their lives, further enhancing our impact on their wellbeing.

"This is a chance I've never had before, improving my confidence, conversation and communication."

"A great space to be myself."

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

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

"My child says she felt respected, valued and was able to express her feelings. The therapist understood her fears and helped her think better."



At DreamArts I Can...



At DreamArts the Staff Are...



Above are Word Clouds taken from our snapshot experience survey of 60 young people who were taking part in DreamArts projects over a 4-week period.



EXPRESS

Express engaged 245 participants (2023=287).

Express Plus

Westminster's only free-to-access arts therapy provision is delivered in the borough's three Family Hubs serving the most deprived areas. We expanded from 3 to 4 days, creating 12 more spaces for support.

Express Plus achieved an 80% attendance rate, a significant achievement for an out-of-school service supporting families facing considerable challenges. This reflects the high value young people and parents/carers place on the support they receive, and we are proud that over 80% of participants came from global majority backgrounds, further demonstrating its accessibility and reach.

A notable rise in cases involving domestic violence underscored the importance of Express Plus, allowing us to intervene and provide safeguarding support to protect young people and their families. DreamArts regularly contributes to multi-agency reviews, ensuring joined up support that places the needs of young people at its heart.

We supported 50 young people, with the majority referred from Children's Services. Feedback from professionals highlights the transformative difference made. This includes over 90% of young people saying they have a greater sense of self-worth and developed coping skills and resilience in the face of difficulties.

"I loved how I could share anything without feeling mistreated or judged."

"Staff let children take the lead which I thought was an awesome way for kids to feel at home and cared for." - parent

Express Collective

Family Express DreamArts was commissioned by Westminster Children's Services to adapt our Family Express model to support 15 refugee families. The project gave 24 children and 17 adults living in hotels the time, space and support to strengthen their relationships.

By building trusting relationships, we helped overcome stigma around mental health. As a result, 5 children accessed 1:1 therapy to help with the emotional impact of their trauma.

Parents had the chance to cook communally, breaking down isolation and enabling them to nurture their loved ones. Dedicated parent sessions introduced strategies for maintaining their own wellbeing to better support their loved ones. And using visual arts, families mapped and celebrated their successes while identifying challenges and exploring how using PACE could help address them.

100% of participants felt their family had become closer through the project and felt more confident to share how they feel with others. The group celebrated together by visiting Christie's for a special private tour of their Art of the Arab World exhibition.





Carers Express empowered young people to experiment with digital photography. They explored different lenses and met acclaimed artists at The Photographers Gallery. Taking to the streets of Westminster, the group captured images that reflect their lives.

This formed the foundation for a major exhibition where 15 participants displayed their work at the Institute of Contemporary Art. Running for 10 days in June, the launch event was attended by over a hundred family, friends and policy makers who shared and celebrated their achievements. Young people took full creative control of the exhibition, curating the work, telling their stories and presenting the meaning behind their work.

"My parents are going to come to see the exhibition every day it's on to see my work! I am going to invite all my family and my friends at school as well."

"I didn't know they made lenses for mobile phones. It's really cool to find out your phone can become a real camera, and I've learned teamwork can create a good photo."

Carers Pathway Since 2023, DreamArts has co-ordinated support for young carers and their families in Westminster. Our Young Carers Navigator leads a pathway partnership of 8 charities and statutory services who offer support ranging from family mentoring to respite. We trained over 100 professionals to identify and support young carers, and our new assessment model, now adopted across Children's Services, has already resulted in 30 assessments in the first 4 months.

Friends From Afar (FFA) continued to thrive, supporting 40 unaccompanied young refugees. A core group of 12 regularly attended weekly sessions to devise and present original work, exploring themes they are passionate about while celebrating their identity beyond immigration status and media stereotypes.

Young people consistently praise the difference FFA makes by breaking down loneliness and providing a consistent safe space in their lives where they can feel valued and express themselves. With multiple languages spoken within the group, activities like movement, dance and physical theatre help them to bond and improve their communication and English skills.

FFA participants had opportunities to explore the UK, including a residential to York, where they presented excerpts of their work and led a workshop at Theatre Royal, York. In summer 2023, they toured Westminster to present their original rap and theatre show, *The Big House*, at community venues. Audiences included refugee families, climaxing with a performance at London's newest professional theatre, The Marylebone Theatre which has since become FFA's home. Following this success, the group began devising a new piece exploring love to take on tour including performing at Birmingham Rep.



Friends From Afar Case Study

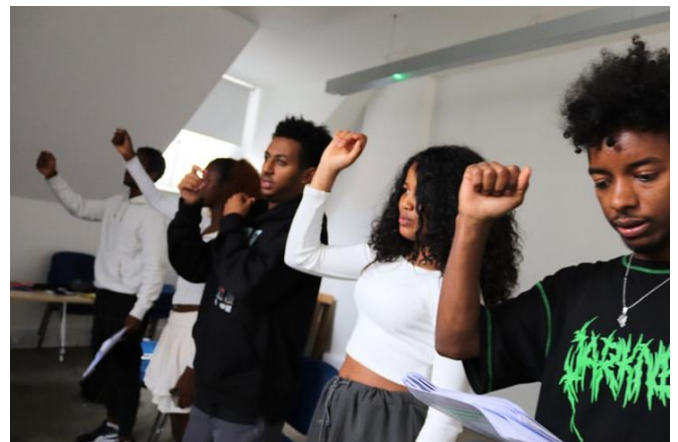
Young Person K – Supported wellbeing after mental health challenges.

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."



EXPERIMENT

Experiment is Westminster's only accessible, ongoing opportunity where children and young people can create original performances to express their thoughts and feelings. We reached 65 participants over the year (2023= 65) and the majority were from families on free school meals.

Experiment began with a **special puppetry project in Easter 2023** that continued our collaboration with the award-winning international theatre company, Les Enfants Terribles. 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.

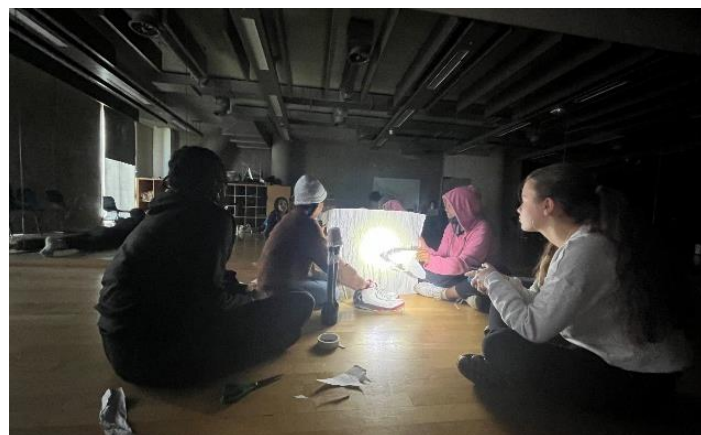
When **Juniors groups** aged 6-13 returned in the autumn it was clear that lockdowns and educational disruptions had left many members struggling in a group setting. We therefore spent time focusing on fun and relationship building, developing teamwork and communication skills through creative devising 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.

"It is a great place to be."

"I really enjoy meeting new people."



SPOTLIGHT: EXPERIMENT IMMERSIVE MURDER MYSTERY

DreamArts Performance Company joined forces with City Lions to offer 13-19 year olds an exciting collaboration with the award-winning international immersive theatre company, Les Enfants Terribles. Together, young people created their own original immersive theatre piece hosted at the dazzling neo-Gothic Two Temple Place.

17 participants were involved at every level, gaining hands-on experience in props design, marketing, sound and music, costumes, devising and performing. They created an 'immersive murder-mystery' involving the murder of Lord Astor who originally built 2 Temple Place. The production attracted an audience of 100 across two performances, including the Lord Mayor of Westminster who joined in celebrating the creativity and talent of the young people involved.

100% felt their teamwork had improved

100% felt they made a new friend

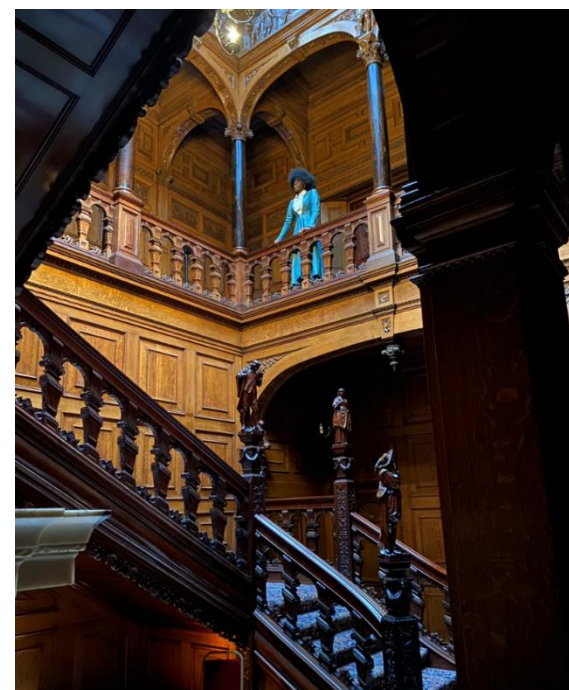
100% felt more open to learning new skills

77% had a better understanding of different roles in the creative industries

"Anyone can be creative, and no idea is a bad idea."

"It's a perfect mix of strict so you do a lot of work, but also super relaxed that you can really let your creativity flow."

"It's a lot of fun and I feel like it's also great to be treated with a lot of responsibility. So we get like a lot of adult things like budgets, and we learn how to prioritise what we need to get."



EXPAND

Expand created opportunities for 130 participants to expand their creative experiences (2023=98).

We are committed to enabling young people to access the arts, which included two trips to the Puppet Barge as well as West End theatre trips to shows including *Lion King*.

DreamArts continues to help develop and deliver City Lions, Westminster City Council's flagship project to support 13-16 year olds from the borough's deprived areas to engage with creative opportunities on their doorstep.

DreamArts has a long track record of empowering young people to take control and run their own projects. Although this momentum was interrupted by the pandemic, we were thrilled to use our links with Christie's to secure their support for initiating a youth-led Events Team (pictured right) in partnership with City Lions.

Meeting weekly, the group of young people had the opportunity to gain valuable insights into planning and delivery from Christie's world-class events team. They put their new skills into practice delivering the cast and crew party for our immersive murder mystery, showcasing their creativity and organisation.

Next, the group went large in every sense and in February 2024 hosted a Masquerade Ball at Christie's itself for fifty of their peers who rated the event a perfect 10/10.

Through DreamArts team member Kiz Ayton-Green, City Lions Creative Curator, 40 students from St Augustine's School benefited from a new arts and wellbeing programme entitled 'Project 8'. Meanwhile, in-person holiday programmes have engaged over 90 young people with creativities activities such as workshops at The Saatchi Gallery and The Cartoon Museum.



"The Events Leadership Programme enabled us to gain insight into different aspects of event planning alongside skills including working s a team, time management and organisation skills. It has also allowed me to meet other young people and experience a programme together."



DREAMARTS STAR

DK Fashoula

DK joined DreamArts aged 14 and took part in Street 2 Stage where young people created 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 movement for the National Theatre's *Hot Wing King*, 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 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 2024 totaled £418,971 whilst expenditure was £420,127. This produced a year-end deficit of £1,156, leaving the charity with reserves of £56,025.

Incoming resources were up 21% from last year at £418,971 (2023 = £346,450). 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 £301,291 (2023 = £262,773). This includes a John Lyon's Charity grant of £40k per year towards our core costs, and a 2-year extension of our City Bridge grant supporting Express Plus (£40k per year).

In 2023-24 commissions were £103,524 (2023 = £63,580) 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 £14,196 (2023 = £19,497).

Charitable expenditure was £401,887 (2023 = £323,712). £267,817 was expended on Express, £93,802 on Experiment and £38,378 on Expand. The costs spent on generating funds was £18,240 (2023= £18,210) which includes 40% of our Chief Executive's time and our freelance fundraiser's fees. Our governance costs for the year were £1,890 (2023 = £1,156). Thus, we continue our policy of living within our means.

Reserves Policy

Reserves at year end stood at £56,025 (2023 = £57,181). 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 2023-24

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

City of Westminster Charitable Trust

Awards for All

Westminster Foundation

Strand Parishes

Hyde Park Estate Charity

Westminster Almshouses

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 two new major 3-year grants of £30k each by Westminster City Council from their newly launched Core Grant Fund and Healthy Communities Fund (the first time Express Plus has received local authority support).

City Council have also extended until 2026 our commission to host the Young Carers Navigator role which advocates for and supports the needs of young carers, and the major investment in this work by John Lyon's Charity will see us expand Carers Express and deliver 1:1 and group therapy.

We are committed to assessing and sharing the impact of our fusion of arts and therapeutic practice. Queen Mary University are carrying out an independent study of our work with young refugees, exploring 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 recognise 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 success.

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 diversify our income. Please let us know if you would like to join that network, or know of people of businesses in that position.



TAKE THE STAGE



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 2024.

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
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HA1 3EX

Date: 27 January 2025



DREAMARTS

STATEMENT OF FINANCIAL POSITION
AT 31 MARCH 2024

	Notes	2024 Unrestricted fund £	2023 Total funds £
CURRENT ASSETS			
Debtors	6	27,356	26,891
Cash at bank		<u>31,024</u>	<u>32,849</u>
		58,380	59,740
CREDITORS			
Amounts falling due within one year	7	(2,355)	(2,559)
		<u>56,025</u>	<u>57,181</u>
NET CURRENT ASSETS			
		<u>56,025</u>	<u>57,181</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>56,025</u>	<u>57,181</u>
NET ASSETS		<u>56,025</u>	<u>57,181</u>
FUNDS	8		
Unrestricted funds		<u>56,025</u>	<u>57,181</u>
TOTAL FUNDS		<u>56,025</u>	<u>57,181</u>

The financial statements were approved by the Board of Trustees on 29 January 2025 and were signed on its behalf by



A Raniwala - Trustee



DREAMARTS

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2024**

	2024	2024	2024	2023
INCOME AND ENDOWMENTS FROM	Restricted Fund £	Unrestricted Fund £	Total £	Total Funds £
Donations and Legacies	-	14,156	14,156	19,497
Incoming resources from charitable activity	355,695	49,120	404,815	326,953
Total incoming resources	355,695	63,276	418,971	346,450
EXPENDITURE ON				
Raising funds	-	18,240	18,240	18,210
Charitable activities				
Express	238,848	28,969	267,817	196,451
Experiment	78,445	15,357	93,802	89,239
Expand	38,378	-	38,378	38,022
Other	-	1,890	1,890	1,156
Total	355,671	64,456	420,127	343,078
NET INCOME/(EXPENDITURE)	24	-1,180	-1,156	3,372
RECONCILIATION OF FUNDS				
Total funds brought forward	-	57,181	57,181	53,809
TOTAL FUNDS CARRIED FORWARD	24	56,001	56,025	57,181

The financial statements were approved by the Board of Trustees on 29 January 2025 and were signed on its behalf by:



A Raniwala - Trustee



**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

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

	2024	2023
	£	£
Support costs	<u>18,240</u>	<u>18,210</u>

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2024 nor for the year ended 31 March 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2024 nor for the year ended 31 March 2023.



DREAMARTS

NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31 MARCH 2024

4. STAFF COSTS

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

	2024	2023
Full Time	3	2
Part Time	14	14
Freelance Project Staff	<u>12</u>	<u>12</u>
	<u>29</u>	<u>28</u>

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

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	2023 Unrestricted funds £	2023 Restricted funds £	2023 Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	19,497	-	19,497
Incoming Resources from Charitable activity	<u>78,849</u>	<u>248,104</u>	<u>326,953</u>
Total	<u>98,346</u>	<u>248,104</u>	<u>346,450</u>
EXPENDITURE ON			
Raising funds	18,210	-	18,210
Charitable activities			
Express	41,362	155,089	196,451
Experiment	24,269	64,970	89,239
Expand	9,977	28,045	38,022
Other	<u>1,156</u>	<u>-</u>	<u>1,156</u>
Total	<u>94,974</u>	<u>248,104</u>	<u>343,078</u>
NET INCOME	3,372	-	3,372
RECONCILIATION OF FUNDS			
Total funds brought forward	53,809	-	53,809
TOTAL FUNDS CARRIED FORWARD	<u>57,181</u>	<u>-</u>	<u>57,181</u>

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024 £	2023 £
Trade debtors	27,111	26,646
Other debtors	<u>245</u>	<u>245</u>
	<u>27,356</u>	<u>26,891</u>



DREAMARTS

NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31 MARCH 2024

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024 £	2023 £
Trade creditors	-	1,422
Other creditors	<u>2,355</u>	<u>1,137</u>
	<u>2,355</u>	<u>2,559</u>

8. MOVEMENT IN FUNDS

	At 1/4/23 £	Net movement in funds £	At 31/3/24 £
Unrestricted funds			
General fund	<u>57,181</u>	<u>(1,156)</u>	<u>56,025</u>
TOTAL FUNDS	<u>57,181</u>	<u>(1,156)</u>	<u>56,025</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	63,276	(64,456)	(1,180)
Restricted funds			
General fund	<u>355,695</u>	<u>(355,671)</u>	<u>24</u>
TOTAL FUNDS	<u>418,971</u>	<u>(420,127)</u>	<u>(1,156)</u>

Comparatives for movement in funds

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

Comparative 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	<u>248,104</u>	<u>(248,104)</u>	<u>-</u>
TOTAL FUNDS	<u>346,450</u>	<u>(343,078)</u>	<u>3,372</u>



DREAMARTS

NOTES TO THE FINANCIAL STATEMENTS - CONTINUED FOR THE YEAR ENDED 31 MARCH 2024

8. MOVEMENT IN FUNDS - continued

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

	At 1/4/22 £	Net movement in funds £	At 31/3/24 £
Unrestricted funds			
General fund	<u>53,809</u>	<u>2,216</u>	<u>56,025</u>
TOTAL FUNDS	<u>53,809</u>	<u>2,216</u>	<u>56,025</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	161,622	(159,430)	2,192
Restricted Funds			
General fund	<u>603,799</u>	<u>(603,775)</u>	<u>24</u>
TOTAL FUNDS	<u>765,421</u>	<u>(763,205)</u>	<u>2,216</u>

9. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2024.



DREAMARTS

DETAILED STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2024

	2024 £	2023 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	14,156	19,497
Incoming resources from charitable activity	<u>404,815</u>	<u>326,953</u>
Total incoming resources	418,971	346,450
EXPENDITURE		
Charitable activities		
Wages	173,797	173,143
Social security	18,894	11,756
Production & Project Costs	<u>120,882</u>	<u>82,003</u>
	313,573	266,902
Support costs		
Management		
Wages	54,081	21,498
Pensions	5,900	5,318
Support Costs	<u>44,683</u>	<u>48,204</u>
	104,664	75,020
Governance costs		
Accountancy and legal fees	<u>1,890</u>	<u>1,156</u>
Total resources expended	420,127	343,078
	<hr/>	<hr/>
Net income/(expenditure)	<u>(1,156)</u>	<u>3,372</u>





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