When I introduce myself to someone who doesn’t know Suffolk Artlink, I start by saying that we are a participatory arts charity. But what do we mean by participatory arts charity? There are two things that we hold to be true: being able to express ourselves creatively brings positive change; and that everyone can benefit from being creative.

This informs the breadth of what we do: we work in communities across the region, reaching all ages from children up to folk in their 80s. They could be family carers to people who are in a medical or care setting, and everyone in between.

By introducing this broad spectrum of people to a wide variety of art forms we have an impressive impact that enables us to touch the lives of thousands of people across the East every year.

Putting the emphasis on the benefits of taking part doesn’t compromise our mission to support people to create the highest quality art possible. I’ve had the chance to see our skilled staff and artists working with participants, encouraging them to try new techniques, express themselves and take risks with their art. This results in work that is more engaging and inspiring than anyone could anticipate.

I encourage you to come and visit our website, visit a project or enjoy an exhibition or showcase of our work over the coming year and see for yourself.

This year we’ve grown our ambition to be a leader within participatory arts by learning, sharing and connecting with wider initiatives in order to increase the impact of our work.

Our reflective practice and focus on evaluation allows us to identify and share successful working practices with others, influencing the wider sector.

During our programme of artists residencies in care homes across Suffolk we worked with the artists, care home staff, residents and families to assess the impact of the work and produced a thorough report on our learning. Work like this takes us all on a journey to consider the nuances involved in both delivering a sensitive and person-centred programme whilst being able to understand and evidence its impact.

At the International Culture Health and Wellbeing Conference in Bristol last summer we led a round table discussion around ethical dilemmas when evaluating projects with people with dementia. We also initiated an exciting meeting of arts organisations and stakeholders who are keen to develop a network for arts and health practice in the East. This will connect with the new national Culture Health and Wellbeing Alliance, and is placing our work within a regional and national context.

As we look forward to another great year of working with communities in the East, we are delighted to have been awarded Celebrating Age funding by Arts Council England to lead a new initiative addressing rural isolation and loneliness amongst older people in Suffolk. Look out for our exciting programme of arts activities and events delivered in partnership with the Rural Coffee Caravan and DanceEast.

As always, our wonderful achievements are entirely reliant on the hard work and dedication of our fantastic staff, Board, participants, volunteers and partners and we would like to say a big Thank You to them all.

Artwork created during Step Up

As Director and Hayley Field

Co-Directors
We are a participatory arts charity. We develop and deliver inclusive arts programmes in communities that bring skills, support networks, confidence and joy to people in the East.

Our creative projects aim to help people transform their lives through the arts, and are delivered in places including community centres, hospitals and hospices, residential homes, refuges and schools.

Our work is led by experienced arts practitioners, encompassing a rich variety of art forms, and is delivered in close partnership with care, education, voluntary and community organisations.

About Suffolk Artlink

Things we achieved in 2017–18

- Artists employed: 67
- Workshop delivered: 370
- Volunteers supported: 15
- Projects managed: 12
- Participants engaged: 3,360
- Audience reached: 8,937
Our participatory programme in brief

Around the Table
An opportunity for adult carers to explore food, creativity and culture in regular workshops, to gain respite from caring. The sessions enable carers to develop new support systems, build confidence and enjoy a new sense of passion and achievement.

Avenues
We enable young adult family carers to explore new, contemporary art forms in a social setting to help build their creative skills, qualifications, confidence and support networks.

Creative Company
We deliver art workshops for adult family carers and the people for whom they care. Relaxed and sociable, they give individuals the opportunity to explore their own creativity whilst enjoying the supportive company of other carers.

Clown Round
Our Clown Doctors bring fun, laughter and distraction to children, young people and their families in hospitals and hospices across Essex, Norfolk and Suffolk.

Forget-Me-Not Visitors
Our artists use a person-centred approach using a variety of creative skills to improve the health and wellbeing of older people living with dementia in hospital.

Giggle Visits
Our Giggle Workers use their special brand of artistry to bring fun, laughter and distraction to children and young people in women’s refuges in Norfolk.

JumpstART
Our arts training course for people with learning disabilities offers students the chance to enjoy an in-depth exploration of an art form whilst developing creative and life skills.

Lowestoft Folk
A two-year-long intergenerational arts project in Lowestoft, which brings local children and older people together to celebrate the town’s folk heritage.

Our Place
Through artist residencies in care homes, we put staff, residents and their families at the heart of designing and delivering a more creative and cultural environment to improve health and wellbeing for everyone.

Rock Up & Rock On
We’re offering young people in challenging circumstances a range of ways to develop their musical talents and interests in a social setting.

Step Up
Our inclusive professional development programme for visual artists in Suffolk. Artists work together in pairs, as equals, to explore creativity, produce new works of art inspired by each others’ practice and develop new skills and support networks.
This year, our participatory programme offered even more people across Suffolk and the region opportunities to take part in inspiring creative activities that have improved health and wellbeing, developed skills and confidence and helped to build new relationships.

Our Place saw artists engage residents and staff in exploring creative approaches to care through residencies in six care homes across Suffolk. Mobile installations, whole home competitions, new garden structures and POW Fest were just some of the activities that brought new inspiration, joy and closeness to the homes.

Our Place offered us the chance to work with new partners, The Partnership in Care and Spare Tyre Theatre Company. As the project came to a close, we produced an evaluation report together with MB Associates which is available to read on our website. The findings will both inform our future work in care settings, and be made available to others to ensure our learning is shared with the wider sector.

We also worked towards securing funding to carry out a large scale evaluation of our project supporting older people living with dementia in hospitals – Forget-Me-Not Visitors – which has this year expanded onto two new wards in Ipswich Hospital. Working in pairs, the Visitors engage with individual patients at their bedside using

‘I had the best time of my life’
Resident, Prince of Wales Residential Home, Our Place
different props and creative approaches to soothe or invigorate. Our evaluation will explore the impact that our artists have on patients. We will then share our learning and champion this approach to working with older people to other healthcare settings in the region and beyond.

In addition to our work on elderly wards, our Clown Round project has delivered a full programme across children’s wards in four major hospitals in the region including Norfolk and Norwich University Hospital, James Paget Hospital, Colchester Hospital and Ipswich Hospital as well as at Treehouse and Quiddenham EACH Hospices. The Clown Doctors have also begun a pilot project working at the Leeway women’s refuges in Norfolk. Giggle Visits offers children and young people living at the refuge the opportunity to engage with group activities led by the artists who use a mixture of clowning, storytelling, circus skills, music, bubbles and a whole host of other fun activities to empower them at a challenging time in their lives.

Our regular music sessions for young people in Lowestoft came to a close in the summer, which marked the end of our Rock Up project. It culminated in performances from our students and Bronze Arts Awards for five proud young people. We have developed the project into Rock On, which will explore ways of bringing people together through a shared love of music. Thanks to generous Youth Music funding, we began working with two new youth clubs and supported housing settings in Suffolk. Part of this new work, delivered in partnership with Access Community Trust, is to pilot new ways of engaging with families with school age children and young parents, their partners and babies.

Keep up-to-date with future Rock On music sessions: rockon.org.uk
Find out more about the Our Place artist residencies: suffolkartlink.org.uk/our-work/our-place

‘Thank you for coming to see me. You’ve made me laugh and cry!’
Patient, Forget-me-not Visitors
Shelley has been bringing her son, Mason, to Ipswich Hospital for regular treatment following his diagnosis with a brain tumour at five years old. They’re supported by our Clown Doctors, who make a big difference during Mason’s time in hospital.

Shelley explains: ‘As soon as Mason sees the clown doctors he is overjoyed. He knows that they are going to try and make the day that little bit more special and make his time happy. He knows he’s going to get to do some juggling and have fun. When he’s having chemotherapy they’ll try and distract him, or play games with him to stop him thinking about the horrible stuff.

They are just amazing, they support us as a family.’

Case study

Shelley and Mason, Clown Round

‘As soon as Mason sees the Clown Doctors, he is overjoyed’
Shelley, Mason’s mum

He knows he’s going to get to do some juggling and have fun. When he’s having chemotherapy they’ll try and distract him, or play games with him to stop him thinking about the horrible stuff.

They are just amazing, they support us as a family.’

Shelley and Mason, Clown Round

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Shelley and Mason, Clown Round

‘As soon as Mason sees the Clown Doctors, he is overjoyed’
Shelley, Mason’s mum

He knows he’s going to get to do some juggling and have fun. When he’s having chemotherapy they’ll try and distract him, or play games with him to stop him thinking about the horrible stuff.

They are just amazing, they support us as a family.’
Young people in Lowestoft have also been getting creative alongside older people in our new two-year intergenerational heritage project, Lowestoft Folk. We’re matching primary school pupils with nearby care home residents to explore folk stories and artefacts from the Lowestoft Museum using different creative techniques such as printmaking, puppetry and song. A spectacular display capturing the work created and the stories discovered by our first pairing will be sited in the Museum for all to see over the summer.

Our JumpstART students’ voices have been heard loud and proud this year - particularly through our recent Protest Arts module, which encouraged students to explore their views and opinions and find creative ways of sharing them with others. ‘Be kind’, ‘Mighty women’, ‘Be fabulous’ and ‘Make tea not war’ were some of the positive messages shared through the resulting exhibitions and film. A provocative and joyous exhibition of all the work was held at The Cut in February and the artwork created has inspired badges, bags, t-shirts and tea towels.

Our Creative Company work with family carers may have come to an end this year but we’re delighted that a new volunteer-led art group in Stowmarket has been set up, inspired by the project. We’ve also been excited to set up a new creative group for adult family carers in Lowestoft exploring food, creativity and culture.

Around the Table offers carers the opportunity to learn new skills around food preparation and cooking in an inspiring, creative environment. Artists and chefs have been working together to lead monthly sessions covering topics such as salad dressings, pickling and preserving, herbs and spices and exploring different food cultures.
This year, we began delivering our new intergenerational arts project in Lowestoft, which brings local primary school children and older people in nearby residential care homes together to celebrate Lowestoft’s folk heritage.

Over the course of two years, a variety of inspirational artists will lead school pupils and care home residents in an exploration of artefacts and stories found in Lowestoft Museum and the Maritime Museum, including quilts, porcelain and paintings, dolls houses, scale model boats, ship figureheads and sea shanties.

Through 12 weekly creative workshops, the intergenerational pairings will share their memories and experience of local folk traditions with each other and create new pieces of contemporary folk art using different creative techniques such as printmaking, puppetry and song, to be added to the Museums’ existing collections.

First up were pupils from Oulton Broad Primary School who joined residents from Broadlands Residential Care Home. In 2018/19, we’ll be bringing together three more intergenerational pairings, developing a specially commissioned exhibition piece as well as delivering public storytelling events and a touring exhibition of the work created.

‘I think we should get together like this twice a week – we could call it our togetherness time’

Hettie, Care home resident, Lowestoft Folk
Andreas, JumpstART

Case study

Andreas lives in Stowmarket and has been a student on our JumpstART arts courses for over five years.

What have you most enjoyed about JumpstART?
I enjoy all the courses because they’re good fun, but drama is the best. I love acting silly, singing and dancing and performing. I love working with my friends, we all help each other.

What difference has it made to your life?
I’ve made lots of good friends, tried lots of new things and new kinds of art. I sold two pictures in two different galleries! That made me feel like I can do anything at all! I was so proud. When I come to JumpstART I laugh and smile and giggle and sing a lot.

What has JumpstART inspired you to do next?
Coming here has inspired me to follow my dreams, try new things and make things happen. I’m going to work at a train station because that’s my dream job as I love trains so much.

Describe Suffolk Artlink in 3 words:
Fantastic, Fun, Friends.

‘I sold two pictures in two different galleries! That made me feel like I can do anything at all! I was so proud’
Andreas, JumpstART

Watch our JumpstART students’ Protest Arts film: suffolkartlink.org.uk/gallery(films)
In 2017/18 we launched a new series of workshops centred around food, creativity and culture aimed at adult family carers in and around Lowestoft. We wanted to offer carers an opportunity to gain respite from their caring role, develop new support systems, build their confidence and enjoy a new sense of passion and achievement in their daily lives. Sessions are led by a rich variety of experienced and inspirational chefs, food-led practitioners and artists.

The early workshops saw chef Sam Hanison and artist Kasia Posen introduce our carers to new ways of preserving food as well as exploring its decorative and sensory qualities. Chefs Leo Burtin and Lola De Mille followed up with sessions looking at herb and spice mixes, and the use of food in celebrations.

As well as face-to-face workshops, we’ve created a project blog to enable carers who aren’t able to make the sessions to enjoy the Around the Table activities and community from home.

The long-term aim of Around the Table is to work together towards a carer-led initiative which continues beyond the project’s lifetime.

Enjoy pictures and recipes from Around the Table by visiting the project blog: aroundthetablecarers.wordpress.com

‘Really interesting. Forgot all problems when sooo involved’ Janet, Around the Table
Jennie Pears, **Creative Company**

We met Jennie, who cares for a family member, during our Creative Company arts sessions in Stowmarket. She gained so much from these that Jennie decided she’d help to continue running arts workshops for family carers when the project came to a close.

What have you enjoyed most about taking part in **Creative Company**?
The social aspect is lovely but it’s also seeing all the different results – you all start off with the same idea and the same sort of instructions and everybody’s work is so different - the uniqueness of the end results.

How has **Creative Company** made a difference to your life?
Now I’m running a lot of the sessions it’s got me thinking about what would be a good activity, a good idea and made me get my brain working instead of just sitting back.

What has **Creative Company** inspired you to do next?
It has inspired me to do more art. If I’m doing something and I haven’t finished it, it has inspired me to take it home and finish it off. Normally I’d put my children’s work on the walls but not my work, but because I’ve done things that I’m so pleased with, it’s got me putting things up on the wall.

Describe **Suffolk Artlink** in 3 words:
Creative, fun, friendly.

### Case study

‘The hand is letting go of the past, letting go of the dead things. It’s saying that now it’s time for these hands to hold new things’

Esme, **Creative Company**
2. Growing

We are lucky enough to work with some incredibly talented artists and participants, and are committed to offering them room to grow.

When we design our projects, we incorporate training and development opportunities for our artists, build in qualifications such as Arts Awards for our participants and this year we created a new project, Step Up, which specifically aims to cultivate the skills of visual artists with learning disabilities.

We asked our artists how working with Suffolk Artlink has influenced their practice:

‘It was so lovely to explore ideas with thoughtful and sensitive support’
Sarah Franklin

‘I have learnt from students the importance of painting what you love’
Jacqueline Davies

‘I’d never otherwise have had the chance to learn so much from such a great range of people’
Lynn Whitehead

‘It’s made me explore new ways of working for new audiences each time’
Vicky Johnson
Six artists from different disciplines including poetry, dance, performing and visual arts took part in Our Place and benefited from the professional development opportunities it offered.

As part of the residency programme, they attended:
- A bespoke training day with care home staff led by Arti Prashar from Spare Tyre Theatre Company;
- Further training led by The Partnership in Care to prepare them to work in the homes;
- And a series of team reflection and sharing sessions.

‘The fluidity of it being a residency, as opposed to workshops, was particularly inspiring. It allowed for more creativity and spontaneity, and the time to genuinely respond to resident’s needs.’
Caitlin Howells

‘The training created an atmosphere of experimentation. This has been the most transformative aspect, to think in multi modal and holistic ways, that set personal experience as artistic outcome.’
Sophie Fox

We asked our artists to describe Suffolk Artlink in 3 words, and this is what they said:

Inventive, Pleasure-seeking and Zesty
Diverse, Thorough, Friendly
Compassionate, Creative, Energising
Fabulous! Fantastic! Fab!
Uplifting, Enabling, Liberating
Inspiring, Passionate, Genuine
Creative, Empowering, Professional
Step Up is our new year-long inclusive professional development programme for visual artists in Suffolk. We selected 16 visual artists to work together in pairs, as equals, to explore creativity.

Our artists have been producing new works inspired by each others’ practice, whilst developing new support networks and benefiting from artistic and professional development opportunities.

We’re offering a varied programme of training sessions that cover different aspects of being an artist such as exploring creativity, talking about your work and approaching galleries. Many of our pairs have been taking trips to galleries and studios to see work by other artists and to explore different materials, as well as meeting up regularly to work alongside each other.

The project culminates in an exhibition at the Jerwood DanceHouse in July 2018, which will showcase the artists’ work and ideas.

3. Connecting with the cultural community

Step Up

New project
**Culture Health East**

We instigated a new initiative bringing together arts organisations and practitioners with a good track record of working with culture and health with the aim of sharing practice, raising the profile of the work and building stronger connections with the health sector.

**Reminiscence Network East**

Our Co-Director Hayley Field continues to be part of the steering group for this regional network which brings together heritage, care, health and arts professionals through their interest in the creative use of reminiscence. This year the network has supported our intergenerational project, Lowestoft Folk.

**Lowestoft Rising**

Suffolk Artlink is part of the Cultural Education Partnership supported by NNF Bridge and Lowestoft Rising, which aims to highlight, develop and enrich the cultural offer for children and young people in Lowestoft. This year the network has supported our intergenerational project, Lowestoft Folk.

**StartEast**

A business support programme for sole traders and small and medium enterprises and start-ups working in the creative industries in Suffolk and Norfolk. Suffolk Artlink has been appointed as an advisor for the programme as well as being part of the steering group to help award grants and provide guidance over the future of StartEast.

---

"I've not heard her talk so much, she sprang to life!"

Staff member, residential home, Our Place

Artwork created during Step Up
Thanks to Arts Council England funding, we’ve made great headway in raising our profile and encouraging new support for our work from individuals and businesses.

As part of the Arts Council’s Catalyst: Evolve programme, our new Communications and Development Manager is getting into her stride, as she helps us to develop our brand, streamline our communications, build new partnerships and find new ways to raise awareness of our work.

As well as receiving more coverage in the media than ever before, we’ve also launched a series of new fundraising initiatives. If you are out and about in Suffolk you might spot one of our network of collection tins and badge boxes, filled with beautiful designs created by our JumpstART students.

We’ve also kicked off a regular giving scheme which invites new supporters to give small, regular donations towards our work. And to top it all off, we’ve been delighted to see people taking on sponsored challenges and holding events in order to raise funds for Suffolk Artlink.

Find out about ways you can support our work: suffolkartlink.org.uk/support-us

Support us:
If you’d like to help to bring skills, support networks, confidence and joy to people in the East, why not support our work? Whether you’re an individual or a business you can transform lives through the arts by:

• Making a one-off donation
• Giving a regular monthly donation
• Holding a fundraising event in your community
• Taking part in a sponsored challenge in aid of Suffolk Artlink

Sign up online at: suffolkartlink.org.uk/support-us

A regular gift can make a real difference

- Buys art materials to bring laughter to children in hospital.
- Pays for a musician to give a tutorial to one of our students.
- Pays for an artist to lead a workshop for older people.

Donate
data.png

Donations will be doubled by the Arts Council until 2019

Connect with us:
To find out more about our projects and to sign up to our regular e-newsletter visit: www.suffolkartlink.org.uk

Follow us:
facebook.com/suffolk.artlink
@Suffolk_Artlink

Ways to get involved
## Statement of financial activities

*For the year ended 31 March 2018*  
*(Including Income and Expenditure account)*

<table>
<thead>
<tr>
<th>Income</th>
<th>Unrestricted funds</th>
<th>Restricted funds</th>
<th>2018 £</th>
<th>2017 £</th>
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</thead>
<tbody>
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<td>83,103</td>
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<td>Grants</td>
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<td>Investment income</td>
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<td>4,532</td>
<td>3,070</td>
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<td>428,833</td>
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<td>Expenditure</td>
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<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Charitable activities</td>
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<td>348,984</td>
<td>425,375</td>
<td>393,536</td>
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<tr>
<td>Total expenditure</td>
<td>76,391</td>
<td>348,984</td>
<td>425,375</td>
<td>393,536</td>
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<tr>
<td>Net income for year</td>
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<td>(12,151)</td>
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<td>Funds brought forward</td>
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<td>Funds carried forward</td>
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<td>161,454</td>
<td>255,500</td>
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<table>
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<tr>
<th>Expenditure</th>
<th>2018 £</th>
<th>2017 £</th>
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<tr>
<td>Net assets</td>
<td>255,500</td>
<td>252,042</td>
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### Income
- **Donations and Grants**: £82,885
- **Grants**: £319,795
- **Fees and other project income**: £4,583
- **Investment income**: £4,532

### Expenditure
- **Total expenditure**: £425,375
- **Net income for year**: £3,458
- **Funds brought forward**: £252,042
- **Funds carried forward**: £255,500

### Net assets
- **Unrestricted funds**: £94,046
- **Restricted funds**: £161,454

## Balance sheet

*At 31 March 2018*

<table>
<thead>
<tr>
<th>Asset</th>
<th>2018 £</th>
<th>2017 £</th>
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</thead>
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<td>Debtors and prepayments</td>
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<td>Cash at bank and in hand</td>
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<td>Net current assets</td>
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<td>Creditors: amounts falling due after one year</td>
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<tr>
<td>Net assets</td>
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<tr>
<td>Unrestricted funds</td>
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<td>Designated funds</td>
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<tr>
<td>Restricted funds</td>
<td>94,046</td>
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</tbody>
</table>

*For the year ended 31 March 2018*  
*(Including Income and Expenditure account)*
Financial summary
1 April 2017 – 31 March 2018

Who we are

Trustees
Chair: Esmee Wilcox
Treasurer: Mike James
Sarah Bardwell, Maria Dobing, Jeni Draper, Karina Flatt, Dominic Sorensen, Alice Whitney

Staff team
Co-Director: Alex Casey
Co-Director: Hayley Field
General Manager: Alistair Winch
Communications & Development Manager: Rachael Murray
Administrator: Miles Row
Project Development Officers: Jess Browne, Bridie Coombes, Kasia Don-Daniel, Charlie Meyer, Carrie Phoenix, Fran Speight, Candida Wingate
JumpstART Learning Support Tutors: Rachel Bennett, Samantha Moss

Company Information
Registered charity number: 1110898
Company number: 05354844

Our income %
- Big Lottery
- Local Authorities
- Arts Council England
- Children in Need
- Heritage Lottery Fund
- Youth Music
- Suffolk Community Foundation
- Other Trust & Foundations
- Fees and Project Income
- Investment Income
- Donations

Project expenditure %
- People with Learning Disabilities
- Young People
- Older People
- Intergenerational
- Family Carers

Thank you to our funders and supporters

‘Coming here has inspired me to follow my dreams, try new things and make things happen.’
Andreas, JumpstART student

Suffolk Artlink
Units 13 & 14
Malt Store Annex
The Cut, 8 New Cut
Halesworth
Suffolk IP19 8BY

01986 873955
enquiries@suffolkartlink.org.uk
www.suffolkartlink.org.uk
facebook: suffolk.artlink
twitter: Suffolk_Artlink

Registered charity number: 1110898
Company number: 05354844

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