

Suffolk Artlink Annual Review 2020

Thank you

Our artists:

Gillian Allard, Holly Bodmer, Felicity Brown, Jacquie Campbell, Tim Casson and Friends, Max Clarke, Jaki Clibbon, Elizabeth Cooke, Creative Nation, Filomena Cristallino, Jacqueline Davies, Dharshini Don-Daniel, Chris Draude, Lucy Enskat, Joy Evitt, Linda Farrow, Donna Fordham, Sophie Fox, Alice Garland, Glasshouse Dance, Emily Godden, Sam Hanison, Tina Hannay, Greg Hanson, Helen Hayes, Tom Hobden, Caitlin Howells, Jacqui Hurst, Steve Jones, Mary Lovett, Heidi McEvoy-Swift, Joel McEvoy-Swift, Kimberley Moore, Kate Munro, Sarah Louise Nkugwa, Sian Notley, Shelly O'Brien, Daniela Paiva, Dean Parkin, Kasia Posen, Helen Rolfe, Anna Rowe, Genevieve Rudd, Matt Shepherd, Spilt Milk, Marco Spina, Pauline Torrance, Sophie Tott, Jon Tyler, Viva L'Amour School of Burlesque, Jemma Watts, Lynn Whitehead, Lewis Wickwar, Emma Withers, Liz Woods, Carl Wright, Lindsay Wright.

Our volunteers:

Amanda Balls, Naomi Cooke, Christine Dunbavin, Alice-Andrea Ewing, Robert Gridley, Harvey Harris, Chris Hart, Pauline Judge, Emma Novak, Mary-Louise Owen, Patrick Parker, Amanda Potter, Maggie Singleton, Anna Vince, Richard Watts, Erin Whittaker.

Our partners:

Access Community Trust, Ace Anglia, Association for Suffolk Museums, Beech House Residential Care (The Partnership in Care), Broadlands Care Home (Greensleeves Care), Bury Deaf Association, Castle Hill Community Centre, Creative Nation, CYDS, DanceEast, EACH (The Nook and The Treehouse), East Suffolk and North Essex NHS Foundation Trust (Colchester and Ipswich Hospitals), First Light Festival, Google Arts & Culture, Home-Start Mid & West Suffolk, James Paget University Hospital NHS Foundation Trust, Just 42, Kirkley Centre, Latitude Festival, Marina Theatre Lowestoft, Maui Wauai, Norfolk and Norwich University Hospital NHS Foundation Trust, Old Jet Market, Out There Festival (SeaChange Arts), Rural Coffee Caravan, Suffolk Family Carers, Suffolk Walking Festival, West Suffolk NHS Foundation Trust, University of the Arts Norwich.

Outgoing staff and trustees:

Staff – Lynn Whitehead

Trustees – Maria Dobing, Esmee Wilcox (Chair)

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What we do

Suffolk Artlink is a participatory arts charity. We develop and deliver inclusive arts programmes that support peoples' health and wellbeing. Our creative projects help people transform their lives through the arts by bringing skills, support networks, confidence and joy to communities in the East. We work in places including hospitals, hospices, residential homes, schools and community venues. 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.

Chair's review

Sarah Bardwell

Reflecting on Suffolk Artlink's activities this year there is much to celebrate, particularly in light of the challenges the world is facing. It is clear that participatory arts activities are essential to peoples' wellbeing, and have an ever more important role in increasing skills, confidence and joy within our communities.

Over the past 12 months we have designed, and raised funds to deliver, a number of new projects – some that build on past successes and learning, and others that develop our practice through exploring innovative new ways of working. From the successful conclusion of JumpstART, our flagship arts programme for adults with learning disabilities, a new long-term project Brave Art was born. We're also

embarking upon another two-year intergenerational project, Special Delivery, informed by the inspirational Lowestoft Folk which celebrated its conclusion this year. And we're excited to be working with Google Arts & Culture as we launch a pioneering new pilot, VR Adventures.

We've seen some changes to our board this year. I'd like to thank outgoing Chair, Esmee Wilcox, and trustee, Maria Dobing, for their time and commitment. I am looking forward to sharing the role of Chair with long-time board member, Jeni Draper, and welcoming four fantastic new trustees.

My thanks go to Alex and Hayley and the team as well as our community, participants, supporters, funders, volunteers and trustees. It is truly a team effort.

Co-Directors' review

Alex Casey and Hayley Field

As we find ourselves in such exceptional circumstances, we cannot talk about Suffolk Artlink and our work without acknowledging the changes that have affected us all in recent months.

The increased isolation that lockdown has brought to some people's lives has made connecting through creativity more important than ever.

We are very grateful to our funders, who have given us the space and flexibility to adapt our work. Our amazing staff team have been sensitive and responsive to the many challenges we've all faced, continuing to bring the wellbeing benefits of taking part in creative activities to people throughout the East. And our artists have been inventive, diligent and thoughtful in devising new inclusive ways of working with people remotely.

We're taking this opportunity to test imaginative approaches that creatively engage people in new ways, whilst continuing to support them in developing social connections.

Working in partnership remains vital. We'll continue collaborating with a wide range of organisations, old and new. By deepening our relationships with others, we'll reach new audiences, increase our impact and share learning to benefit the health and wellbeing sector as a whole. With significant needs emerging from this time of crisis, we look forward to bringing the knowledge we gain from this period into our future programme.

Taking part

Our participatory programme was packed full of activity in 2019-20, bringing creativity, inspiration and positive change.

This year saw the finale of Lowestoft Folk, as we continued to bring school children and local care home residents together to explore museum collections through artist-led activities. Along with the opportunity to learn about local heritage through the project's focus on folk arts, it also developed new connections in communities and brought new skills and improved wellbeing to its participants. Beautiful new exhibits and displays about the project toured to local venues and a series of public workshops took place in parks, libraries, museums, schools, care homes and on the beach!

With the end of this project comes fresh new inspiration in the form of handwritten letters. During our new intergenerational project, Special Delivery, we will be creatively exploring personal accounts of life in the East found in the collections of museums in Bury St Edmunds, Halesworth and Lowestoft.

As JumpstART came to a close in spring, our summer Festival Arts project offered our students a way of progressing their skills and experience through designing and creating décor for high-profile local festivals, including First Light, Latitude, Maui Wauai and Out There. This was a wonderful opportunity to profile our students' work at large scale public events, and also allowed some students to attend their first ever festival.

Following this, we were delighted to begin a new four-year programme of arts training courses to support adults with learning disabilities, named 'Brave Art' by our students. Brave Art's first year included an inventive programme of workshops encompassing photography, costume design and burlesque - during which our students explored their ideas on identity and transformation.

Around the Table, our project exploring food, creativity and culture with family carers in Lowestoft and Claydon, grew to include groups in Bury St Edmunds and Halesworth. Along with new social opportunities, people have enjoyed developing their knowledge of food and ingredients in this supportive and creative setting. A highlight of the year's sessions was a foraging trip led by Jon Tyler, during which our group found a fairy ring of mushrooms and cooked them up to fill flat breads. Other sessions explored art forms such as animation and ceramics.

Make, Do & Friends continued to bring creativity into the heart of our rural communities. Alongside our partners, the Rural Coffee Caravan and DanceEast, we have delivered regular creative activities and events across villages in Mid Suffolk and Babergh including printing, photography, singing, textile crafts, dance

and writing. Our new Radio Drama clubs went down a treat in Stowmarket and Needham Market, and we were delighted at the success of the new Westhorpe singing group, which continues to meet fortnightly.

With this lovely legacy in place, we launched a new phase of the project at a public event at Wingfield Barns, offering free creative activities and a participatory dance performance from Tim Casson and Friends. We are asking rural residents to creatively explore the question: 'What is your village made of?' with prompts and support from artists including a poet, film-maker, photographer and print-maker.

In our new remote world it feels very timely that we began our innovative virtual reality pilot project, VR Adventures, this year. Our cross-disciplinary team of artists began exploring ways to merge their artistic practice with virtual reality technology in order to create beneficial participatory VR experiences. We look forward to bringing these to people in health and care settings in the future.

Our team of Clown Doctors continued our three-year Clown Round programme working in hospitals and hospices across the East. Their visits to young people and their families are empowering and joyful, bringing engagement and distraction at a challenging time. This year we also carried out pilot work in Ipswich, looking at how therapeutic clowning can support refugee children and their families.

Our talented team of Forget-Me-Not Visitors worked with older people living with dementia in Ipswich and West Suffolk Hospitals, engaging and creatively connecting with people through music, singing and sensory material. This year we published a film and evaluation report that examines in depth the positive impact of this work.

We devised Chill, Chat and Play in partnership with Homestart Mid & West Suffolk to support perinatal mental health. This year we delivered artist-led sessions and training to Homestart's staff and volunteers to develop their skills and experience in using creativity to improve their clients' health and wellbeing.

In 2019, we said a fond farewell to Rock On, our music making programme for young people. As well as delivering regular sessions in youth clubs and supported housing units in Felixstowe, Leiston, Lowestoft, Saxmundham and Sutton Heath, we also programmed workshops and a silent disco as part of NessFest - the Lowestoft Youth Festival.

'Not only helps to get people out to meet new people, but really helps with loneliness.' Participant, Make, Do & Friends

'So wonderful to see everyone again. Lots of laughing and caring conversation.'
Lindsay, artist, Around the Table

Artist Development

Bringing talented artists into community settings.

We work with some of the most accomplished artists in the East. From poets to painters, musicians to film-makers, each brings fresh artistic inspiration to a community setting. Putting our students and participants front and centre of the creative experience, they work to build an environment that allows for personal discovery, ownership and pride.

'I've been able to realise a way of working that helps me enable others, it gives me huge satisfaction.' Carrie Phoenix, installation artist

'This is true co-creation, it has influenced the way I shape my projects and my own communication.' Tom Hobden, dance artist

'It's expanded my excitement about the benefits that can be gained from sharing ideas and skills.' Tina Hannay, visual artist

'The level of detail in planning projects makes it possible to produce really meaningful & quality work.' Caitlin Howells, community artist

Gillian Allard - Photographer

This year, Gillian has been working with our Brave Art students, supporting them to take a series of spectacular portraits as they explore the theme of Transformation. Gillian is an international award-winning artist based in Suffolk. Having studied photojournalism, she studied for an MA in Photography at the Royal College of Art. Gillian has exhibited nationally and in Europe and won the Sky Arts 'Master of Photography' contest in 2017.

'The prize enabled me to develop my own work, including creating unique teaching experiences for a wide range of people.' Gillian began working in a community setting after being commissioned by PhotoEast Festival to create a Refugees Stories project on the theme of 'Belonging'. Next, she'll be bringing her thoughtful approach to our Make, Do & Friends project as she inspires people in rural Suffolk to creatively explore their villages.

'Their positive attitude is reflected in their dynamic, open-hearted compositions.'
Gillian, artist, Brave Art

Supporting our sector

Supporting arts and wellbeing beyond our work with communities in the East.

We contribute to the wider participatory arts agenda and support best practice through prioritising reflection and evaluation, sharing our expertise, connecting with organisations regionally and nationally and taking part in cross-sector networks.

In our role as the Eastern region Arts Champion on the Culture, Health and Wellbeing Alliance steering group, we hosted a Creative Health conference in May 2019.

The event featured a keynote address by Lord Howarth of Newport as well as speakers from arts, heritage and health partners from across the region and was attended by over 130 delegates. The panel discussion focussed on social prescribing and the challenges and potential of its role within the wider arts and health sector.

We were also active members of the StartEast steering group – supporting the programme as it came to an end having reached over 350 creative startups and businesses in Norfolk and Suffolk.

Suffolk Artlink has a long track record of working in Lowestoft and this year saw an emphasis on our place-based approach to delivery. We are part of the Lowestoft Rising Cultural Education Partnership as well as the Lowestoft Cultural Leadership Group which this year produced a cultural strategy for Lowestoft that was launched at The Seagull Theatre in October. We were also delighted to develop our partnership with First Light Festival. As well as showcasing our work through activities over the festival weekend in June 2019, we have also secured funding for a residency project for First Light 2021 together with The Kirkley Centre.

Suffolk Artlink in action

Stories from our projects and participants in 2019-20

New Project - Brave Art

Brave Art is our new four-year art project for adults with learning disabilities in Lowestoft, Bury St Edmunds and Ipswich. This joyful and inspiring programme consists of weekly arts workshops over three terms a year, that give students the

opportunity to develop creative, life and leadership skills with support from professional artists and tutors.

Students explore different themes and art forms, develop a portfolio of artwork and create their own learning journal. They take a central role in influencing the course content, gain experience of planning and exhibiting their artwork, meet with different arts organisations and set future goals.

Our students are also offered advice and guidance on how to progress on to further opportunities and training.

To find out more about Brave Art, visit: www.suffolkartlink.org.uk/our-work/brave-art

Brave Art students

'I come to Brave Art for acceptance and for someone to listen.' Suffolk Artlink in action

Participant Experience - Jane, Make, Do & Friends

Julia lives in Westhorpe. She enjoys our Make, Do & Friends creative get-togethers, and is a regular member of our natural-voice singing group which takes place just a few minutes' walk from her house.

Julia is very active and likes to stay close to home due to her caring responsibilities. Being able to take part in social activities in her local village hall helps her to see friends and has increased her confidence. Julia said that she has a lot of worries, but that 'I've noticed the change between doubting myself and then feeling good enough'.

'More pleasure than anything I remember.' Julia, Make, Do & Friends

Our participatory programme

Our varied programme of participatory arts projects reflects the specific needs of the diverse communities we work with. We collaborate with professional artists and partners to develop creative, inclusive activities that put our participants at the heart of our work.

Meaningful and challenging artist-led activities bring a depth of engagement which has a lasting, transformative impact. Our work supports peoples' health, wellbeing, creative development and social connections. We celebrate and share creativity to enrich communities across the East and beyond.

Around the Table: We offer adult carers the opportunity to explore food, creativity and culture. Together they develop their support networks, build in confidence and experience a new sense of passion and achievement.

Brave Art: Our arts training course for people with learning disabilities offers students the chance to explore a variety of art forms whilst developing creative and life skills.

Chill, Chat & Play: We deliver creative training and sessions for parents, supporting perinatal mental health in partnership with Homestart Mid & West Suffolk.

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

Festival Arts: An inclusive visual arts project for people with learning disabilities to create collaborative large scale artworks for festivals.

Forget-Me-Not Visitors: Our artists use a gentle approach and a variety of creative skills to improve the wellbeing of older people with dementia in medical settings.

Kirkley Creates: Alongside Community Action Suffolk we're bringing Kirkley residents together with artists to create an inclusive installation to be celebrated at the annual First Light Festival in Lowestoft.

Lowestoft Folk: Our two-year long intergenerational arts project bringing local children and older people together to creatively celebrate the town's folk heritage.

Make, Do & Friends: We are bringing creative get-togethers to rural villages and towns in Mid-Suffolk and Babergh, providing an opportunity for older residents to meet, share and learn new skills.

Rock On: We offer young people in challenging circumstances a range of ways to develop their musical talents and interests in a social setting.

Special Delivery: Our new intergenerational project brings young and old together to enjoy creative time together, with inspiration from letters found in archives from Bury St Edmunds, Halesworth and Lowestoft.

VR Adventures: Our artists are exploring the use of participatory virtual reality experiences to improve the wellbeing of people in healthcare settings through developing creative digital content and person-centred activities.

Things we achieved in 2019-20

- 10 projects managed
- 25,601 audience members reached
- 440 workshops delivered
- 2917 participants engaged
- 59 artists employed
- 16 volunteers supported

Transform lives through the arts

Please support us

If you'd like to help bring skills, support networks, confidence and joy to people in the East, why not support our work?

Whether 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
- Taking part in a sponsored challenge

Make a donation

To make a donation, or to find out more about other ways to support our work, visit our website: www.suffolkartlink.org.uk/support-us

- £10 Buys art materials to bring laughter to children in hospital.
- £50 Pays to hire a space to bring people together to get creative and make friends.
- £120 Pays for a professional artist to lead a workshop that brings old & young together.

Project Focus - Lowestoft Folk

'I've done some things I've never tried before and I'm so proud of what I've achieved.' Resident, Lowestoft Folk

This year saw the successful completion of our intergenerational arts project, Lowestoft Folk. Over the course of two years, we brought groups of primary school pupils together with their local care home residents and, with the help of visual artists, creative writers and a musician/ composer, creatively celebrated the town's folk heritage.

Our participants took inspiration from exhibits and stories found in Lowestoft Museum and the Lowestoft Maritime Museum. Together, old and young got to know each other and had fun creating new exhibits that shared their own stories and experiences of Lowestoft. Inspiration was taken from all over the museums, from painted shells, traditional textiles, tales of sailors and sea shanties. Our intergenerational groups went on to create stunning works of art, including cyanotype pictures reflecting items from the Lowestoft Porcelain collection and multi-coloured paper 'Suffolk Puffs', inspired by the fabric quilt hanging at Lowestoft Museum. They also wrote and performed their very own modern day sea shanties after being captivated by the nicknames given to sailors and the fascinating stories of the lives they led.

Unique interactive exhibits were created for each museum to share the stories discovered and artworks created during the project. The 'Cabinet of Curiosity' now lives in Lowestoft Museum and a special Sea Chest can be found in the Lowestoft Maritime Museum. Both exhibits are available for tour each year during the winter period.

We were also delighted to provide family storytelling events and workshops at local festivals, including the inaugural First Light Festival, the town library and museums. Visit the museums to see the exhibits: www.lowestoftmuseum.org
www.lowestoftmaritimemuseum.co.uk

'The whole group, both children and adults, are really joining in together.' Artist, Lowestoft Folk

Impact Report - Forget-Me-Not Visitors

'So glad something like this is at long last on our wards. The music helps connect the patient to the moment. It's amazing and much needed.' Nurse, Forget-Me-Not Visitors

During 2019, we performed a year-long evaluation of the impact of our Forget-Me-Not Visitors project in Ipswich and West Suffolk Hospitals. The results clearly show that our artist visits had a positive impact on the wellbeing of patients living with dementia and their family members.

Our multi-art programme was shown to reduce feelings of anxiety, boredom, fear, depression and frustration in patients. It was evidenced to help to build confidence and resilience as well as providing valuable opportunities for emotional expression. The findings also suggested that the project supported family members at crisis point, enabling them to engage with their loved ones at a

difficult time, and offering a distraction from the stresses of their situation for a little while.

The report builds on a growing body of support for the use of therapeutic clowning, and we are hopeful that this will help to make a case for many more programmes like the Forget-Me-Not Visitors in medical settings across the UK.

- 810 Patients took part at Ipswich Hospital and West Suffolk Hospital.
- 74% Of the participants experienced a positive change to engagement with other people.
- 86% Of the participants demonstrated a positive change to their happiness.
- 82% Of the participants demonstrated a decrease in their level of anxiety.

Artist Experience: Millie Marigold, Forget-Me-Not Visitor

'Kitty and I were asked to try to console a gentleman in his nineties who had been crying uncontrollably. The patient, J, was with his wife and a neighbour who were obviously finding it distressing seeing him in such mental torment and pain. I approached and offered my hand... he held it. His eyes were shut a lot of the time and he was sobbing.

We spent time just being present and trying to connect; not being afraid to not fill the gaps. A huge avalanche of repressed sorrow was being expressed. In between the tears, J spoke, or more like shuddered. We listened. With me holding his hand and Kitty playing the ukulele, there was one song more than any other that seemed to soothe and offer a small solace - Amazing Grace. The song resonated with J; his wife and neighbour were thrilled. J even offered us a couple of verses; singing some lyrics unfamiliar to us.

This was a beautiful moment amidst the torment this poor gentleman was going through. J's neighbour sang along to offer companionship as his wife left the ward. She said how pleased she was we were able to make a brief connection; having us there made it easier for her to leave her husband, as usually she finds it very emotional.'

Millie Marigold, Forget-Me-Not Visitor

'Seeing someone who is withdrawn laughing or singing, even just smiling is the most amazing thing.' Kerry, nurse, Forget-Me-Not Visitors

Participant Experience - Jonny, Brave Art student

Jonathan joined the Festival Arts project having been a student on our JumpstART course. Jonathan loves drawing, painting and dancing. He loved making the sign for Latitude festival and took responsibility for cutting out leaves and flowers from the foam.

He particularly enjoyed the active and busy feel of the workshops, and working outdoors painting and sanding the giant letters. Jonathan has always loved dancing and music so was thrilled to be able to go to Latitude for a day to see the sign he had helped to make, and enjoy the festival. We heard later that Jonathan spent many hours dancing at the Disco Shed!

He was very excited by the music and colourful artwork in the woods, it is a day he still often talks about. Jonathan's support worker, Jodie, commented: 'Jonny was ecstatic when he saw his artwork on display. Everywhere we went he found something he wanted to get involved in. He told me that he 'danced the night away' and 'had a great time at the festival, love the festival.'

New Project - VR Adventures

VR Adventures brings immersive virtual reality experiences to people in health and care settings.

We were delighted to receive a National Lottery Project Grant through Arts Council England to develop a new project bringing immersive virtual reality (VR) experiences to benefit people in health and care settings.

This pilot project, in association with Google Arts & Culture, will focus on using VR technology to deliver participatory creative experiences designed to improve the wellbeing of people in care settings across Norfolk and Suffolk.

For VR Adventures, we're bringing an inspiring multi-media artist team together with the brilliant digital artist Emily Godden. This year saw the beginnings of a research and development phase. Our artists, including a poet, dancer, visual artist and a filmmaker, spent time developing new skills in working with VR as well as exploring how they can merge their artistic practice with this new technology.

Together, we are exploring ways that participants can collaborate with artists to make work together, providing them with access to personalised creative experiences that benefit their wellbeing.

Our longer term ambition is to further develop our understanding of how VR technology can be used as a tool to broaden the impact of Suffolk Artlink's wider work.

As part of the project, we're proud to be joining other arts organisations and collections from around the world on the Google Arts & Culture platform: artsandculture.google.com

Volunteer Profile - Chris Hart, Brave Art

I retired from being a psychotherapist and wanted to do something different. I had previously worked with Suffolk Artlink's Clown Doctors and was impressed by the organisation's involvement in the community. My volunteering involves joining in the playful activities the marvellous artists bring to the Brave Art students each week. I support their Ipswich group, whose staff, artists, students and carers are so well motivated and caring of one another. I enjoy the mixture of creative activity and human relatedness. Seeing how much the students grow not just in their art skills but also in social skills and personal development. It has helped me too, to be myself. I feel part of something alive. It makes me smile when we share experiences and tastes and I realise how different from others my life experience is and yet we feel close and part of the same thing. It's a privilege.

'My life experience is different, yet we feel close and part of the same thing.' Chris, volunteer, Brave Art

Become a Suffolk Artlink Supporter

Regular giving

Regular giving provides us with an essential source of reliable income. Your monthly donations will allow us to plan ahead with confidence and provide support where it is most needed.

- Silver: £4 per month
- Gold: £10 per month
- Platinum: £25+ per month

All new Supporters receive a welcome pack including: a limited edition gift featuring a design created by one of our participants, our annual review each year, regular email updates and invitations to Suffolk Artlink events.

For more information and to sign up, visit: suffolkartlink.org.uk/support-us

Financial Review

Company Limited by Guarantee

Statement of financial activities

For the year ended 31 March 2020

(including Income and Expenditure account)

Income and endowments

Donations and legacies

Unrestricted funds 2020 £98,263, Restricted funds 2020 £394,084, 2020 Total £492,347, 2019 Total £386,508

Charitable activities

Unrestricted funds 2020 £15,914, Restricted funds 2020 £20,999, 2020 Total £36,913, 2019 Total £22,056

Investment income

Unrestricted funds 2020 £3,718, Restricted funds 2020 -, 2020 Total £3,718, 2019 Total £4,677

Total income

Unrestricted funds 2020 £117,895, Restricted funds 2020 £415,083, 2019 Total £532,978, 2019 Total £413,241

Expenditure

Charitable activities

Unrestricted funds 2020 £99,150, Restricted funds 2020 £333,011, 2020 Total £432,161, 2019 Total £415,704

Total expenditure

Unrestricted funds 2020 £99,150, Restricted funds 2020 £333,011, 2020 Total £432,161, 2019 Total £415,704

Net (expenditure)/income and net movement in funds

Unrestricted funds 2020 £18,745, Restricted funds 2020 £82,072, 2020 Total £100,817, 2019 Total -£2,463

Reconciliation of funds

Total funds brought forward

Unrestricted funds 2020 £105,554, Restricted funds 2020 £147,483, 2020 Total £253,037, 2019 Total £255,500

Total funds carried forward

Unrestricted funds 2020 £124,299, Restricted funds 2020 £229,555, 2020 Total £353,854, 2019 Total £253,037

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

Balance Sheet

At 31 March 2020

Fixed assets

Tangible fixed assets

2020 £830, 2019 £259

Current assets

Debtors

2020 £1760, 2019 £992

Cash at bank and in hand

2020 £373,142, 2019 £334,457

Total

2020 £374,902, 2019 £335,449

Creditors: Amounts falling due within one year

2020 -£21,878, 2019 -£82,671

Net current assets

2020 £353,024, 2019 £252,778

Total assets less current liabilities

2020 £353,854, 2019 £253,037

Net assets

2020 £353,854, 2019 £253,037

Funds of the charity

Restricted funds

2020 £229,555, 2019 £147,483

Unrestricted funds

2020 £124,299, 2019 £105,554

Total charity funds

2020 £353,854, 2019 £253,037

Financial summary

1 April 2019 - 31 March 2020

Our income

22% National Lottery Community Fund

16.9% Arts Council England

12.5% Suffolk County Council

10.6% National Lottery Heritage Fund

9.5% Suffolk Community Foundation

8.7% Children in Need

7.3% Take Note & ft'work Trust

6.9% Charitable activities

4.9% Other grants and donations

0.7% Investment income

Project Expenditure

31% People with Learning Disabilities

27% Young People

23% Older People

12% Intergenerational

7% Family Carers

Thank you to our funders and supporters

The Annie Tranmer Charitable Trust, Arts Council England, public funding by the National Lottery through Arts Council England, The Arts Society Bury St Edmunds, Asda Foundation Green Token Giving (Bury St Edmunds), Babergh District Council, Baring Foundation, Sarah Bardwell, Paul Brenells, The Brett Valley Collective, Tony Butler, Anita Cameron, Alex Casey, Children in Need, Co-Op Local Community Fund, Jeni Draper, Jane Dyball, East of England Co-Op Community Token Scheme (Ipswich and Colchester), ft'work, The Geoffrey Watling Charity, Hayley Field, The Fitton Trust, Great Blakenham Cinema, Mike James, Jay Singers, Latitude, Leading Lives, The Limbourne Trust, Longshore Men, Lowestoft Rising, Magna Carta Lodge, Manningtree High School, Maui Wau, Micropress, Mid Suffolk District Council, National Foundation for Youth Music, National Lottery Community Fund, National Lottery Heritage Fund, Norfolk Community Foundation (Shelroy Charitable Trust), One Stop, Eric Orme, The Paul Bassham Charitable Trust, Lucy Perry and Friends, Phoenix Handbell Ringers, Tiff Phoenix & Hugh Porter, Nella Probert, The Rayne Foundation, The Red House Christmas Carols, Scarfe Charitable Trust, Sentinel Leisure Trust Christmas Day Swim, Suffolk Community Foundation (Harwich Haven Authority Fund, Suffolk Giving Fund, Henry Smith County Grant, Dementia Friendly Communities Fund, Pargiter Trust Fund, Realising Ambitions), Suffolk County Council Chairman's Charity, Suffolk County Council Locality Budget (Cllr Otton), Suffolk Open Studios, Suffolk Tai Chi Academy, Take Note, Trinity Methodist Church (Lowestoft), Viva L'Amour, Esmee Wilcox, Alistair Winch, Waitrose Community Matters, West Suffolk Council Locality Budget (Cllr Wakelam, St Edmundsbury District Council), Woolpit Steam. Thank you also to our badge box and donation tin hosts and everyone that has held a personal fundraiser

Our Team

Trustees: Co-Chairs: Sarah Bardwell, Jeni Draper. Treasurer: Mike James. Kate Axon, Maddie Baker-Woods, Sydney Burges, Jane Dyball, Karina Flatt, Alice Whitney, Chloe Pearson (Young Shadow Trustee).

Staff team: Co-Directors: Alex Casey, Hayley Field. General Manager: Alistair Winch. Communications and Development Manager: Rachael Murray. Administrator: Miles Row. Project Development Officers: Bridie Coombes, Kasia Don-Daniel, Siobhan Johnson, Charlie Meyer, Carrie Phoenix, Fran Speight, Candida Wingate. Learning Support Tutor: Rachel Bennett.

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Registered charity number: 1110898

Company number: 05354844