

Registration number: SC438310

Creativity in Care CIC

Annual Report and Unaudited Financial Statements

for the Year Ended 5 April 2020

Ardross Accountancy and Tax Services Limited
Accountants and Chartered Tax Advisers
Ardachaidh
Ardross
Alness
Ross-shire
IV17 0YD

THURSDAY



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Creativity in Care CIC

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Creativity in Care CIC

Company Information

Directors	Ms Karrie Marshall Ms Wendy Mumford Mr Keith Walker
Registered office	24 Morrich House Davidson Drive Castle Avenue Industrail Estate Invergordon Inverness-shire IV18 0SA
Accountants	Ardross Accountancy and Tax Services Limited Accountants and Chartered Tax Advisers Ardachaidh Ardross Alness Ross-shire IV17 0YD

Creativity in Care CIC

(Registration number: SC438310)

Balance Sheet as at 5 April 2020

	2020 £	2019 £
Fixed assets	246	-
Current assets	7,247	4,919
Creditors: Amounts falling due within one year	(8,139)	(7,565)
Net current liabilities	(892)	(2,646)
Total assets less current liabilities	(646)	(2,646)
Accruals and deferred income	(1,320)	(1,320)
	(1,966)	(3,966)
Capital and reserves	(1,966)	(3,966)

1 General information

The company is a private company limited by share capital, incorporated in Scotland.

The address of its registered office is:

24 Morrich House
Davidson Drive
Castle Avenue Industrail Estate
Invergordon
Inverness-shire
IV18 0SA

These financial statements were authorised for issue by the Board on 7 August 2020.

Basis of preparation

The financial statements have been prepared under the historical cost convention and in accordance with FRS 105 'The Financial Reporting Standard applicable to the Micro-entities Regime'.

2 Staff numbers

The average number of persons employed by the company (including directors) during the year, was 3 (2019 - 3).

These financial statements have been prepared in accordance with the micro-entity provisions of the Companies Act 2006 and delivered in accordance with the provisions applicable to companies subject to the small companies regime.

For the financial year ending 5 April 2020 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

Creativity in Care CIC

(Registration number: SC438310)

Balance Sheet as at 5 April 2020

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

Approved and authorised by the Board on 7 August 2020 and signed on its behalf by:

A handwritten signature in black ink, appearing to read 'K Marshall', written over a dotted line.

Ms Karrie Marshall
Director

000569/15

CIC 34

Community Interest Company Report

For official use
(Please leave blank)

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*Please
complete in
typescript, or in
bold black
capitals.*

**Company Name in
full**

CREATIVITY IN CARE COMMUNITY INTEREST
COMPANY

Company Number

SC438310

Year Ending

April 5th 2020

PART 1 - GENERAL DESCRIPTION OF THE COMPANY'S ACTIVITIES AND IMPACT

In the space provided below, please insert a general account of the company's activities in the

Creativity In Care CIC engaged with over 740 individuals (including 132 children), through creative community workshops all around the Highlands. A further 4,383 people came to our exhibitions and public events. On social media we engaged with over 2700 people and over 600 on Facebook. During this period, Creativity In Care was gifted a small donation that enabled the company to take on rented office space in Invergordon. We have a responsive board of directors; two employees and four freelance people working as community artists and administrator, plus participative volunteers for different projects.

Our work continues to focus on people's abilities, wellbeing and joyfulness. We facilitate a process that creates environments where people feel able to be themselves, above and beyond any limitations. The limitations people face are usually set by their illness, disability, long term conditions, geographic, economic or rural issues, or because of stereotyping. Feedback shows our work has a significantly positive impact. People experience increased self-expression; improved self-esteem, stronger sense of identity and resilience; better communication and interactions; happier sense of belonging; and deeper compassion for self and others.

The 2019-2020 year consisted of 34 different creative projects and workshops. The following describes some of the work we have been engaged with:

The Connected Arts project for families with young children explored topics of belonging, funded with a small grant from the local council. The families were keen to continue the group and explore healthy lifestyles, through an intergenerational creative process, to make a difference in their local community. NHS/ ADP funding was unsuccessful, but CORRA Foundation and Sutherland Drug & Alcohol Forum enabled the project to continue in early 2020. This started early 2020 with 'inside my head' using Zenwing Puppets' Peep-Show model theatre ideas.

We were commissioned by Birchwood Highland (mental health organisation) to work in Inverness, Ross-shire, Lochaber and Caithness to facilitate creative workshops. The work was described as uplifting. Together, across the services, we made colourful Matisse-based artworks for Banners. We also worked in partnership with 'Growing Together', with young people who designed creative bags with meaningful messages for Birchwood Highland's charity shop.

Poetry In Motion was enabled to continue during the year with kind donations from the estates of people who valued the work Poetry in Motion includes people living with long term conditions, as published writers and novice writers. Poems are shared in local friendship groups (older people) and care settings. We also ran some evening art workshops with this money and with Creativity In care volunteer support.

Creativity In Care CIC was the lead partner for the Highland's Scottish Mental Health Arts Festival (SMHAF) this year. We organized and facilitated over 22 out of 32 main events during May 2019, from walks to exhibitions and creative workshops. For this work, which was unpaid, we were awarded Outstanding Partnership Working by HTSI, which is on behalf of the whole partnership involved in making SMHAF a success.

Our longer term project 'Creativity At Home', funded by The Alliance, enabled the team to respond to community requests for creative workshops in the homes of people who needed to stay at home, due to illness or disability or conditions (this was prior to Covid-19). Our steering group consisted of families who had experience of being carers and who were

invaluable to the success of this project. We partnered with Befrienders Highland, who were able to support the work with volunteer input, training and hands-on support.

Feedback showed the Creativity At Home project supported self-management, mental and physical well-being, reduced stress, increased ability to cope with traumatic circumstances, and increased social connections. People also felt more confident about asking for what they wanted and trying new things. We continuously adapted our work to suit the families (e.g. the how, when and what we delivered changed with each family). The project funding ended early 2020, however the team remain in connection with the families, whilst looking for a way to further the work, as there was huge potential for health improvement, community cohesion and compassionate communities. Also, new families were referred at the very end of the project, and they would likely benefit from a continued project that can embed principles of self-management. There was little engagement from the statutory adult health care sector (NHS Highland) during the project. However, in light of legislative needs to ensure people who care at home have access to what they need, there have been discussions regarding the potential for partnership work.

We partnered with Highland Senior Citizens Network and Highland Hospice to explore ideas with the Truacanta project, about developing compassionate communities around death and dying, grief and bereavement. Creativity In Care designed and facilitated a creative workshop to gauge public interest in the a potential project and this was well attended in Easter Ross. We are exploring ways to join all these projects up.

Creativity In Care is an active member of the Highland Adult Learning Partnership and worked with High Life Highland to help organise the annual Adult Learners event, finding speakers and running creative workshops.

Evanton wood commissioned some creative workshops with families living with dementia. We also partnered with the local school in Evanton. 100 children came to our mindfulness and fun session in the woods, and created art about the experience. Ten pieces were chosen to be exhibited in Eden Court, which was much appreciated.

The project manager KM gave talks and delivered her NHS staff training programmes; plus represented Creativity In Care at various conference talks in Scotland, England and Sweden. The project manager was also awarded an Outstanding Achievement award by HTSI.

On a voluntary basis, the project manager continues to co-host an on-line Twitter chat community **#AlzChat** every Monday eve 8pm with the Hilgos Foundation (America) which attracts people living with dementia, family carers and professional carers seeking advice or support and an opportunity to share their own knowledge and experiences

During March 2020, the board discussed our response to Covid-19. The team took the decision to continue working with families and individuals. We began transforming all our creative programmes and workshops into creative postal kits and online sessions, with phone support. Creativity In Care CIC ended the 2019-2020 year with a stronger sense of why it is important to promote individual wellbeing, resilience and community cohesion, and how we are highly skilled at doing this through creative process.

(If applicable, please just state "A social audit report covering these points is attached").

(Please continue on separate continuation sheet if necessary.)

PART 2 – CONSULTATION WITH STAKEHOLDERS – Please indicate who the company's stakeholders are; how the stakeholders have been consulted and what action, if any, has the company taken in response to feedback from its consultations? If there has been no consultation, this should be made clear.

All our programmes are inspired by what people ask for through discussions and through feedback forms - as well as exhibition audience comments (sometimes verbally and/or through written questionnaires) to identify ways to improve wellbeing, inclusion and joyfulness. We listen to comments through the projects that lead to the further projects. For example a learning programme in 2014 led to further projects for different people caring for relatives at home. People then became members of a steering group, enabling the work to become a resource that they would have wanted, for families caring for people at home.

Our work inspires and informs the team who reflect on practice and continue to explore ways to promote equalities-thinking and focus on people's strengths.

Creativity In Care's stakeholders are mainly resident in the Highlands of Scotland. They include all the people who participate in the work. Organisations include statutory, third sector, and private organisations, and community groups. The board members and staff have several year's experiences of creative community work, adult learning and arts in health.

The company worked with High Life Highland Adult Learning; Social Enterprise Academy; Brora Learning Zone; Birchwood Highland; Eden Court, Befrienders Highland; Nairn Book and Arts Festival; NHS Highland Home Care; Evanton Woods Community Trust; Scottish Recovery Network, People First, Highland Senior Citizens Network, The Alliance; Sutherland Drug and Alcohol Forum, CORRA foundation; and several more organisations with the Scottish Mental Health Arts Festival, (e.g. Mikeys' Line, HUG, Rag Tag and Textile, Growing Together, etc).

We would like to thank everyone who contributes to this community interest company.

(If applicable, please just state "A social audit report covering these points is attached").

PART 3 – DIRECTORS' REMUNERATION – if you have provided full details in your accounts you need not reproduce it here. Please clearly identify the information within the accounts and confirm that, "There were no other transactions or arrangements in connection with the remuneration of directors, or compensation for director's loss of office, which require to be disclosed" (See example with full notes). If no remuneration was received you must state that "no remuneration was received" below.

Paid to Karrie Marshall as project manager £ 17088.66

This was for gross salary, employer national insurance contributions and holiday pay accrual.

PART 4 – TRANSFERS OF ASSETS OTHER THAN FOR FULL CONSIDERATION – Please insert full details of any transfers of assets other than for full consideration e.g. Donations to outside bodies. If this does not apply you must state that "no transfer of assets other than for full consideration has been made" below.

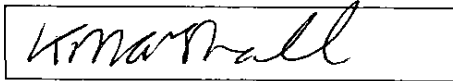
No transfer of assets other than for full consideration has been made.

(Please continue on separate continuation sheet if necessary.)

PART 5 – SIGNATORY

The original report must be signed by a director or secretary of the company

Signed



Date

3rd August
2020

Office held (delete as appropriate) Director/Secretary

You do not have to give any contact information in the box opposite but if you do, it will help the Registrar of Companies to contact you if there is a query on the form. The contact information that you give will be visible to searchers of the public record.

24, Morrich House	
Davidson Drive	
Invergordon, Ross-shire	
IV18 0SA	Tel 07716111585
DX Number	DX Exchange

When you have completed and signed the form, please attach it to the accounts and send both forms by post to the Registrar of Companies at:

For companies registered in England and Wales: Companies House, Crown Way, Cardiff, CF14 3UZ
DX 33050 Cardiff

For companies registered in Scotland: Companies House, 4th Floor, Edinburgh Quay 2, 139
Fountainbridge, Edinburgh, EH3 9FF DX 235 Edinburgh or LP – 4 Edinburgh 2

For companies registered in Northern Ireland: Companies House, 2nd Floor, The Linenhall, 32-38
Linenhall Street, Belfast, BT2 8BG

The accounts and CIC34 **cannot** be filed online

(N.B. Please enclose a cheque for £15 payable to Companies House)

This template illustrates what the Regulator of Community Interest Companies considers to be best practice for completing a simplified community interest company report. All such reports must be delivered in accordance with section 34 of the Companies (Audit, Investigations and Community Enterprise) Act 2004 and contain the information required by Part 7 of the Community Interest Company Regulations 2005. For further guidance see chapter 8 of the Regulator's guidance notes and the alternate example provided for a more complex company with more detailed notes.

(N.B. A Filing Fee of £15 is payable on this document. Please enclose a cheque or postal order payable to Companies House)