



TRUSTEES' ANNUAL REPORT

(April 22 – March 23)

Borderline Arts

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Derby, DE1 2GD

Charity Number: 1160324



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TRUSTEE AND CHARITY INFORMATION

Charity Name: BORDERLINE ARTS (CIO)

Other names charity is known by: BORDERLINE

Registered Charity Number: 1160324

Charity Address: 119 Osmaston Rd, Derby, DE1 2GD

Names of the charity trustees who manage the charity:

Trustee Name	Office/Role	Dates if not acted for whole year
Sarah Eley	Founder/Coordinator	N/A
Kevin Bagshaw	Chairperson	N/A
Jill Broughton	Adviser	N/A
Pauline Shephard	Secretary	N/A
Lesley Edwards	Treasurer	N/A
Lisa Ceranic	Volunteer Coordinator	Resigned on 04.07.2022
Victoria Vaughan	Web/Admin & Workshop support	N/A

Name of chief executive or names of senior staff members (Optional information):

There are no paid staff working for the charity

DESCRIPTION OF THE CHARITY'S TRUSTS

Type of governing document: Constitution

How the charity is constituted: Charitable Incorporated Organisation

Trustee selection methods: Trustees are appointed during the year as required by decision of the trustees in office.

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- *Policies and procedures adopted for the induction and training of trustees;*
- *The charity's organisational structure and wider network with which the charity works;*
- *Relationship with any related parties;*
- *Trustees' consideration of major risks and the system and procedures to manage them*

All trustees give of their time and expertise voluntarily. Trustees do not receive any remuneration or benefits

OBJECTS OF THE CHARITY

Summary of the objects of the charity set out in its governing document

1. To promote and protect the Physical and Mental Health of Sufferers of Borderline Personality Disorder (BPD) and their relatives, dependants and carers through the provision of support, education and practical advice.
2. To advance the education of the general public in all areas relating to BPD, in particular by the provision of training and raising public awareness of BPD.

*"Can't believe how lucky I am to live in the same city as the one UK charity for BPD!!"
Art Group Member*

ADDITIONAL DETAILS OF OBJECTIVES AND ACTIVITIES *(Optional Information)*

You may choose to include further statements, where relevant, about: policy on grant-making, policy programme related investment and contribution made by volunteers.

A huge contribution is made by member volunteers with their valuable contribution of time and energy and expertise. Without this commitment the Charity would not have been able to achieve so much in this period.

ACTIVITIES CARRIED OUT

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

In planning our activities for the year we kept in mind the Charity Commission guidance on public benefit at our trustees' meetings. The focus of our activities is to raise awareness of Borderline Personality Disorder (BPD) with the general public and provide support for people living with BPD and their carers through education, training and practical advice.

During the year we ran the following activities:

CREATIVE GROUPS

Monthly Art Group:

This is a free monthly group for individuals with BPD to come together and engage in creative activities. The group is free of charge to ensure it is accessible to all those with BPD, as many are on benefits or low income and would otherwise struggle to attend and participate.

Our Art group is not a therapy group to explore difficulties, but rather a space to focus on positive elements of ourselves and our lives. We create art to explore/express themes such as our qualities, interests, quirks, happy memories, healthy relationships etc.

We have chosen these themes, because many of us with BPD struggle to know who we are outside of the BPD label. Much of the time we can even feel that we are 'innately bad'. We want to strengthen the realisation that the diagnosis of BPD is essentially a list of (often overwhelming) difficulties we are faced with, but that it does not define who we are!



The group offers a chance for participants to have fun, connect with others and use creativity to build up a more positive self-image, sense of identity and resilience.

We have been working hard to re-energise Borderline Arts after the pandemic, which affected us greatly, particularly with regard to our art and writing groups.

An example of the benefit of these sessions can be seen in the amazing creations and cheerful faces of the participants in the October Autumn themed group.

We ran the art group on a monthly basis from May til December 2022. However, we have had to put these workshops on hold for the time being due to the small numbers attending. We are in the process of recruiting an event coordinator, whose role will be to promote the sessions and to carry out the admin related to our workshops. Once we have a suitable volunteer in place, we intend to relaunch these creative groups with invigorated energy and hopefully reach out to many people who would benefit from and really enjoy these supportive groups.



For more information, please head to: www.borderlinearts.org/artgroup

Monthly Writing Group:

This is a free monthly group for individuals with BPD to come together and engage in creative writing and socialise in a relaxed and fun environment.

"I always enjoy the free writing and the fact you can interpret it however you want".
(Writing Group participant)

These sessions include games and creative writing activities and the opportunity to share with the group if you want to. The aim of the group is to facilitate an opportunity for adults with BPD to use creative writing as a tool for escapism and self-expression. Most importantly, the group offers a chance for like-minded people to gather in a safe environment, socialise, and have fun.

Creative writing helps those of us with BPD to express ourselves as individuals, manage our emotions and much more. Through games, writing exercises, discussion etc. participants gain experience and confidence in using creative writing as a tool for escapism, fun and self-expression. We ran the writing group on a monthly basis from May til December 2022. However, we have had to put these workshops on hold for the time being due to the small numbers attending, for the same reasons as the art group (see above).

For more information, please head to: www.borderlinearts.org/writinggroup

ITV SEEKS OUR ADVICE ON UPCOMING STORYLINE



In January, Sarah had an in-depth meeting with an ITV television producer, where she was asked for some advice and input regarding a script they are developing for a TV show in which a character is navigating a BPD diagnosis. Sarah is not able to share details of the production, but it is a measure of how much Sarah's knowledge and expertise is recognised and valued that she was sought out for this.

Creative Educational Workshops

We conducted two professional training workshops at Nottingham University (November 2022 and January 2023), one for MA and one for BA social work students.



A large part of these sessions uses creative activities to aid learning. We also ensure that those providing the teaching always includes someone with lived experience of BPD (as well as a professional where possible). Both the creativity and firsthand stories help participants to connect with the content on a deeper level than simply listening to facts.

Both of these were extremely well received, with excellent feedback from students on how much insight and understanding they have gained about Borderline Personality Disorder.

There were many comments made on how much the informal nature of the talk, with the inclusion of many personal anecdotes and lived experiences, helped develop a sincere understanding of the condition. The professionalism of the course material, booklets and presentation were also highly praised.

We have also been asked to re-commence running these workshops (on a regular basis) for the ward staff at our local psychiatric hospitals. This was something we were doing pre-pandemic and we are excited that it's now safe enough for us to resume these!

Our workshops enable participants to:

- * Express their personal thoughts and feelings about BPD.
- * Learn more about the condition.
- * Learn ways to sensitively relate to someone with BPD.

People who've attended have said that the workshop has increased their:

- Understanding of the complexity in which the condition affects those with BPD.
- Confidence in supporting those with BPD, practically and emotionally.

"Thank you so much for your fabulous session; it was such a great learning experience. The combination of instructional content, role play, open discussion and of course creativity worked so well. The students really valued it and it transferred to the online format just fine".

Film Project

We're making great progress with our upcoming film 'On The Borderline' - an exciting collaboration with [Smith & Smith Productions](#). We are moving toward the production phase of our film:



Gav, our script writer has now finished the script for our film! The film is set in a therapy group and shows the reality of life for several adults living with BPD. We are currently in the process of writing a proposal to use to try to secure funding! Once that's in place, we will then be putting call outs for actors and crew etc! Exciting times! You can read more about this by clicking [here](#).

Awareness Stalls

We set up an information stall at the Derby College Freshers' Fair in September and another stall at another event in May too.



There we proudly utilised our newly purchased exhibition panels to display some artwork, gave out information leaflets and chatted to people who were interested in BPD and mental health generally.

Raising awareness via our website

Our [website](#) is a useful first port of call for anyone wanting to know all about BPD and what we are doing. We are aware that we have online visitors from all over the world, so it's a really important part of what we do.

Many people with BPD have told us that simply seeing the website and knowing there are people out there who understand BPD and are 'fighting for them' has really helped them feel less alone.

Lots of people who don't have BPD have shared how useful the website and articles are to them in



gaining further understanding of the illness and how to support those with the condition.

Additionally, we offer the opportunity to those with BPD across the world to have their artwork or writing showcased. The purpose of this is to raise awareness from a variety of personal experiences and to celebrate their talent.

“Thanks for putting together such a fantastic website – I love it, it’s really helpful, informative and inspiring and the art and writing there has made me feel much less alone. I believe what you are doing is very valuable to a lot of people”.

“Very professional and informative - a great resource for accurate, comprehensive and up-to-date information on BPD”.

One of the elements on our website is our online art and writing galleries, which we continue to add to as detailed below...

ONLINE ART & WRITING GALLERIES



We have continued to run our ongoing online project, in which we invite adults with BPD (anywhere in the world!) to create and submit piece/s of writing or pieces of art expressing their experience of life with BPD.

We then add it to our online galleries.

But what is the purpose of these galleries? Read below to find out:

The Galleries:

- **Showcase, promote & celebrate** the creative work of those diagnosed with BPD
- **Empower** adults with BPD to raise awareness of the condition
- Help **raise awareness** and **tackle the stigma** of BPD

You can find out more or browse the writing gallery [here](#) or browse the art gallery [here](#).

We continue to work towards launching an online Music Gallery – making contacts with musicians with BPD etc, so watch this space!

FINANCIAL REVIEW

Brief statement of the charity's policy on reserves

Cash reserves are regularly reviewed. The Charity holds sufficient cash to cover at least 3 months office costs and planned events and to meet any unforeseen expenditure that may occur.

Details of any funds materially in deficit: Not applicable

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- The charity's principal sources of funds (including any fundraising);
- How expenditure has supported the key objectives of the charity;
- Investment policy and objectives including any ethical investment policy adopted.

Yapp Charitable Trust

£3000, being given to us in 3 increments of £1000 over 3 years. We have currently just completed year 3 of the 3 years.

St. Peters Littleover and Blagreaves

St Peter's Church and congregation are sponsoring us for the next three years.

Erewash Voluntary Action and EMAHSN/NHS

Grants were received from the above organisations.

Magic Little Grant

We received another Magic Little Grant of £500 this year.

All these grants are making a **HUGE difference** to us, enabling us to cover many of our basic costs. This money is so important to us to be able to move forwards and continue to support those with this very debilitating mental illness.


Fundraising

We've been **overwhelmed by the support of so many people this year!** Many people have also supported us through **online fundraisers, Paypal Giving Fund, Local Giving Donations, Easy Fundraising, Amazon Smile, GoFund Me, Facebook birthday fundraisers**, and much more. We also raised a lot of money on Local Giving – through fundraisers, for which we are very grateful. We're so thankful to every single person who has supported us in any way! **THANK YOU!**

Reserves

We have total reserves of £11711, of which we have restricted funds of £2122 specifically for our film project. The board of trustees have also designated a further £8502 for the film project. The remaining £1087 is in general reserves, to cover up to 3 months expenses.

CHARITY ACCOUNTS (APRIL 22 – MARCH 23)

	CHARITY COMMISSION FOR ENGLAND AND WALES	Charity Name	No (if any)	CC16a
		BORDERLINE ARTS	1160324	
Receipts and payments accounts				
For the period from	Period start date	To	Period end date	
	01.04.2022		31.03.2023	

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Local Giving donations	1,289			1,289	1,459
Workshop income	550			550	100
Paypal Giving Fund/Go Fund Me	1,518			1,518	739
Donations & Easy Fundraising	551			551	1,259
Church donations	500			500	-
Grants	2,500			2,500	-
Trust Funds	1,000			1,000	1,000
					-
Sub total (Gross income for AR)	7,908			7,908	4,557
A2 Asset and investment sales, (see table).					
Sub total	-			-	-
Total receipts	7,908			7,908	4,557
A3 Payments					
Rent	1,650			1,650	1,375
Insurance	308			308	298
Website & Computer costs	805			805	975
Subscriptions	180			180	96
Publicity & Printing	392			392	157
Office expenses inc. mobile phone	172			172	72
Volunteer expenses	35			35	-
Travel costs re: Workshops	27			27	-
Sub total	3,569			3,569	2,973
A4 Asset and investment purchases, (see table)					
Sub total	-			-	-
Total payments	3,569			3,569	2,973
Net of receipts/(payments)	4,339			4,339	1,584
A5 Transfers between funds					
A6 Cash funds last year end	5,250	2,122	-	7,372	5,788
Cash funds this year end	9,589	2,122	-	11,711	7,372

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank account - Nat West	9,589	2,122	-
				-
				-
	Total cash funds	9,589	2,122	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

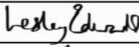

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	


Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Lesley Edwards	16.1.24
	Kevin Bagshaw	16.1.24

TRUSTEE DECLARATION

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees:

Full name(s):	Lesley Elizabeth Edwards
Position (eg Secretary, Chair, etc):	Treasurer
Date:	16 th January 2024
Signature:	

Full name(s):	Kevin Bagshaw
Position (eg Secretary, Chair, etc):	Chair
Date:	16 th January 2024
Signature:	