



# TRUSTEES' ANNUAL REPORT (April 20 – March 21)

## Borderline Arts

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**Website:** [www.borderlinearts.org](http://www.borderlinearts.org)

**Tel:** 07754 806814

**Address:** 119 Osmaston Rd  
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	N/A
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.

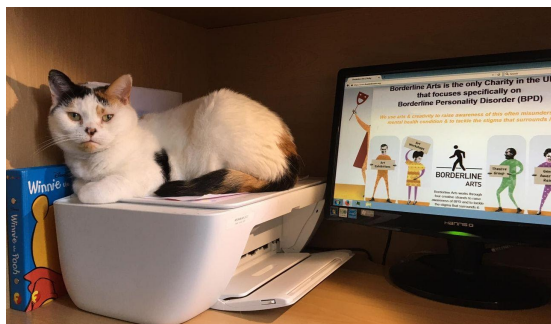
# ACTIVITIES CARRIED OUT

***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.

## Adapting to Life in a Global Pandemic...

It's certainly been an unusual year, to say the least! It's been a challenging year as a small charity and we were unable to work in our Borderline Arts office, due to COVID-19.



*Sarah's little helper in her makeshift home office*

But we still didn't let that stop us - we **began working from home**. We spent those first weeks **getting our heads round using 'Zoom'** and how we could go forward with supporting and connecting with our volunteers and group members virtually.

It was essential to us to find a way to continue to safely support those with BPD through the pandemic.

By the start of April 2020, we were ready to attempt running our Art & Writing Groups virtually on Zoom for the first time! Despite a few teething problems with technology and generally finding our feet, it went pretty well! We continued to run all our creative groups for those with BPD on Zoom and all our volunteers have worked from home throughout this past year.

*During the year we ran the following activities:*

## Online Creative Groups (on Zoom)

### **Monthly Writing Group:**

A Writing Group for adults with BPD facilitated by Pippa (an experienced writer and poet, who happens to also have BPD). 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.

## Bi-monthly Art Group:

Our Art Group is for individuals with Borderline Personality Disorder (BPD) to come together and engage in creative activities, with a focus on exploring, expressing and celebrating the positive aspects of ourselves and our lives. No Artistic 'skill' or experience needed.

This year we've created rainbows, made personality islands (inspired by the film 'Inside Out'), done blind contour drawing and much more! (For more information, please head to: [www.borderlinearts.org/artgroup](http://www.borderlinearts.org/artgroup)).



These online groups were a **great success**, with good feedback all round. It's also enabled people to join from further afield in the UK and beyond. We even have a participant, called Mahli, who joined us several times from Australia.

Mahli is the Founder and Facilitator at 'Peer DBT Art Skills Program' over there. As well as attending our groups, she also ran a one-off session for us on Zoom called **"Flipping the script"**. It was a fantastic creative activity created to defeat self-stigma caused by stereotypes and harmful stigmatising as part of BPD Awareness Week in Australia.

You can see artwork created as part of this project [here](#).

## Creative Educational Workshop (Nottingham University MA Social Work Students)

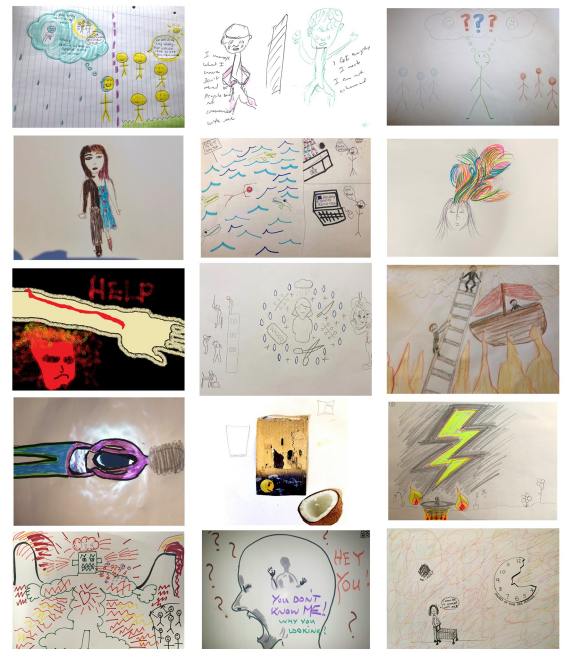
**These engaging, interactive, creative workshops cover:**

- Information about how/why BPD can develop
- The criteria used to diagnose the condition
- Various ways it presents (includes first-hand stories)
- What is helpful when supporting someone with BPD

They are run by a facilitator who has a diagnosis of BPD for genuine feedback and Service User expertise. Each participant is given an information handbook and certificate to take home.

This was the first time we had run this workshop online. It was certainly a technical challenge, but despite a few glitches, it went fairly well for a first attempt, as feedback was positive.

*Images students created in response to the BPD diagnostic criteria (right)*



## BPD Awareness Month in Lockdown

*This year, for BPD Awareness Month (May 2020), we couldn't run events in person, but that didn't stop us! We ran projects, events and workshops for people to get involved in, virtually...*

### **Pandemic: Online Art Exhibition**



We launched an online exhibition of artwork created by those with Borderline Personality Disorder (BPD) during the pandemic.

Anyone with BPD (anywhere in the world) was invited to join in with this project!

**Participants created art (or crafts etc) to convey things, beings or strategies that are helping them to cope with having BPD on top of living in lockdown due to a global pandemic!**

To find out more or to browse the gallery), please head to: [www.borderlinearts.org/pandemic](http://www.borderlinearts.org/pandemic)

### **Online Writer's Gallery**

We invited adults with Borderline Personality Disorder (anywhere in the world!) to create and submit piece/s of writing expressing their experience of life with BPD. These were then added to our online Virtual Writers' Gallery. This is an ongoing project we are running.

<p><b>More Than a Label</b> (Megan Bartlett)</p> <p>I have BPD but I am not BPD. I am more than a label.</p> <p>I love my kids, my animals, The Smiths, tattoos and piercings. I have a lot of loves.</p> <p>I'm proud that I have left an abusive relationship and I am enjoying being free.</p> <p>I believe that things can get better. They have to.</p>		<p>My friends say I am funny and kind. I'm not sure I believe them.</p> <p>I achieved a social work degree. I hope that one day I can get back to work as a social worker.</p> <p>But I'm not that same person any more I hope I can become that strong again.</p> <p>I want me and my kids and our fur babies to live happily ever after in our new home.</p> <p>I am more than a label.</p> <p>I have BPD but I am not BPD.</p> <p>I am Megan.</p>
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*The Writers Gallery:*

- **Showcases, promotes & celebrates** the creative written work of those diagnosed with BPD
- **Empowers** adults with BPD to raise awareness of the condition
- Helps **raise awareness** and **tackle the stigma** of BPD

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



## Postcard Project



We invited anyone with BPD (anywhere in the world!) to join in with a new venture, our Postcard Project. It involved participants posting us a piece of postcard-sized art they'd created (in any medium).

We then photographed them in order to showcase the creation/s on our online wall montage, before using them as **one-off personal and meaningful thank you cards** to write messages to **sponsors, supporters, volunteers** etc.

Click [here](#) to see the postcards that people sent in.

## Online Quiz Fundraiser



We would like to say a **massive thank you to Oliver for supporting us here at Borderline Arts with his Quarantine Quiz**. Each week during the first lockdown, he ran an online quiz to brighten up our weeks, and each week participants were invited to donate to a charity of his choice if they wished to.

On Thursday 14th May, Oliver chose Borderline Arts, and as a result we received **£270 in donations!** It was especially poignant due to it being BPD Awareness Month too!

**Thank you to everyone who donated!** We are incredibly grateful to you all and of course to Oliver for supporting us and **just bringing us joy week after week during Lockdown #1.**

## Other Events

### Webinar by 'Just Another Illness'



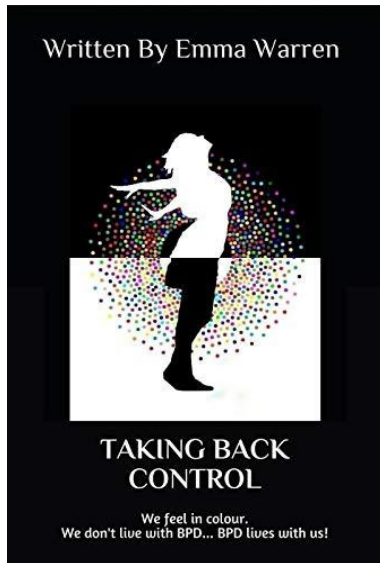
On 6th March, our founder, Sarah was one of several panellists discussing BPD in an online event run by [Just Another Illness](#)! This was a great opportunity to learn more about BPD from those living with it as well as professionals.

*It was amazing, I feel like I learned a lot. I loved the fact it was international too. Very innovative!"*

**(Webinar Participant)**

## PUBLICATIONS

*This year two books have been published in collaboration with us here at Borderline Arts, which is very exciting....*



### **TAKING BACK CONTROL**

Emma Jade Warren (a member of our creative groups) has written a wonderful **self-help book aimed at supporting those with BPD**, called 'Taking Back Control'.

The book as a whole will help to **raise awareness of BPD** and also **promotes Borderline Arts**, for which we are very grateful! A proportion of the **proceeds go to Borderline Arts!**

*If you'd like to find out more or purchase the book, you can do so on [Amazon](#).*

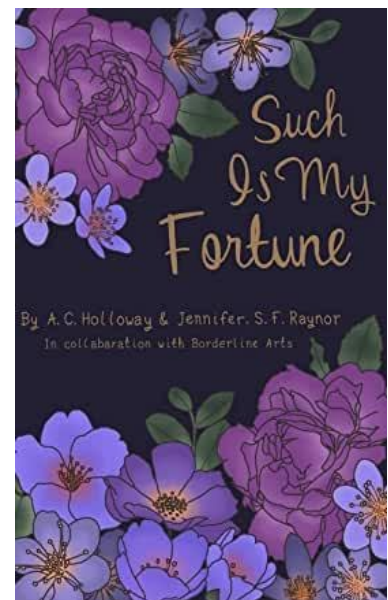
### **SUCH IS MY FORTUNE**

As part of their University course, A.C Holloway and Jennifer S. F compiled and published a **poetry book** called 'Such is My Fortune'.

It's a book **full of poems about love** (love for family or friends, romantic love, love of a hobby, love of a place....anything at all!).

The poems were **written by members of the mental health community** to help **break down stigma** surrounding mental health and to **showcase the person** underneath the mental health label.

*All profits from the sale of this book go to Borderline Arts. If you would like to purchase this book, you can do so on [Amazon](#).*



# MAIN ACHIEVEMENTS DURING THE YEAR

## *Summary of the main achievements of the charity during the year*

### **Creative Educational Workshops**

Borderline Arts has run a series of successful, fully subscribed workshops over the past several years. There is currently no other BPD-specific training available in the UK, so this project is an important and vital starting point for educational development about BPD.

Our Creative Educational Workshops raise awareness and reduce stigma surrounding Borderline Personality Disorder (BPD). The workshops are interactive and engaging. We try to include a facilitator who has a diagnosis of BPD for genuine feedback and Service User expertise. Each participant is given an information handbook and a certificate to take home.

Unfortunately, due to Covid restrictions, we have been unable to continue running these workshops on a regular basis for NHS staff working at Acute Psychiatric Units (Radbourn Unit and Hartington Unit) in Derbyshire. We did, however, manage to run a version of the workshop online for MA Social Work Students at The University of Nottingham.

#### ***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".*

### **Bi-Monthly Art Group for Adults with BPD**

This is a free bi-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.

As mentioned earlier, we have been running this group on Zoom throughout the past year due to enable us to continue to reach out to those with BPD through the pandemic.

*'Really enjoyed being able to take part today. It's been nice to somewhat feel connected to the outside world whilst being stuck at home. Thank you! Stay safe everyone!'*

**(Art Group participant)**

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.

*"Today I am so thankful for the kindness of strangers on the other side of our planet. I was lucky enough to be welcomed into Borderline Arts' online art group, located in Derby, UK. So, while Australians slept early this morning, I was in a Zoom group with a bunch of amazing humans with whom I shared something in common. It's the first time I've made art with my hands since I entered isolation 26 days ago. They were so warm and welcoming. Art connects, heals, soothes and strengthens us. Thanks so much to Borderline Arts, especially to Sarah, their coordinator!"*

**(Art Group participant)**

## Monthly Writing Group for Adults with BPD

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. As with the Art group, we have been running these sessions online through the pandemic.

*"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.



## Fundraising/Awareness Events

We ran several fundraising events throughout the year, including the online Quiz run by Oliver. Thank you SO much to all who've supported us and/or donated. We are the ONLY charity in the UK specifically focussing on Borderline Personality Disorder (BPD) - a severe mental health condition, and we are a very small charity! The amount raised will make a massive difference to us in raising awareness and fighting the stigma of BPD and improving support and social inclusion for people with the illness - watch this space!

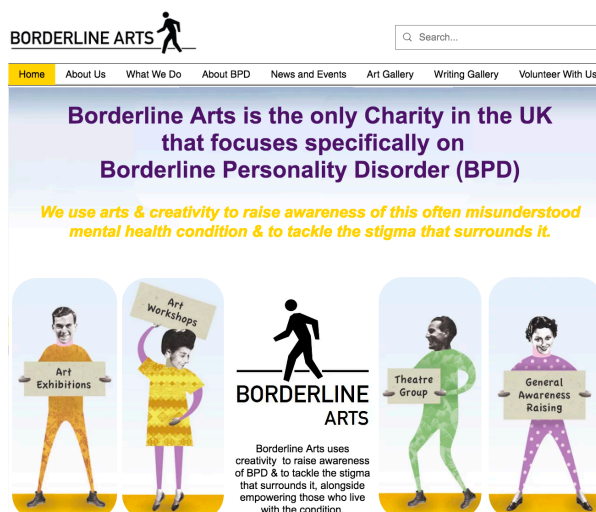
## Raising awareness via our website

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".*

Throughout the year, we've added to our [website](#). There's a lot on there, but just to give an idea of a few aspects of the site, you can:

- Find out more [information](#) and [articles](#) about BPD
- Read about [our volunteers](#) and [volunteering with us](#)
- Check for [upcoming workshops](#)
- Browse the [art galleries](#) and [writing galleries](#)

...and much more!

# 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: Successful Funding Application***

We are **so grateful** to have very recently received **£3000** of funding from **Yapp Charitable Trust**. This will be given to us in 3 increments of £1000 over the next 3 years and will make a **HUGE difference** to us, enabling us to cover many of our basic costs, especially at this challenging time!

## ***Fundraising***

We've been **overwhelmed by the support of so many people this year!** This has been a huge help for us as a small charity - especially during this pandemic - as we are unable to run our usual fundraising activities/events, and rely on donations to continue with our work.


Many people have also supported us through online fundraisers (thanks Oliver!), giving **donations, Easyfundraising, Amazon Smile, Facebook birthday fundraisers**, and much more. We're so grateful to every single person who has supported us in any way! **THANK YOU!**

The Charity regularly fund raises in order to provide funds to raise awareness of BPD with leaflets, an online presence with the Charity's website [www.borderlinearts.org](http://www.borderlinearts.org), Creative Educational workshops & Therapeutic Art Groups to name but a few.

We also have restricted funds of £2122 specifically for our film project (see 'other information' on page 17). This was raised by one individual via Local Giving. He ran the world's highest Ultramarathon: 45 miles (72 km), starting at 13000+ feet and climbing up to nearly 18000 feet!

Expenditure has enabled us to cover ongoing office expenses, to facilitate our Art Group, Writing Group, an Educational Workshop, online exhibitions, awareness-raising on our website, as well as many other events/activities. These events and activities have enabled us to meet our objectives of raising awareness of BPD and supporting those affected by the condition.

# CHARITY ACCOUNTS (APRIL 20 – MARCH 21)

 CHARITY COMMISSION FOR ENGLAND AND WALES	Charity Name <b>BORDERLINE ARTS</b>		Charity Number <b>1189324</b>	<b>CC16a</b>
	<b>Receipts and payments accounts</b>			
For the period from	01.04.2020	To	31.03.2021	

## 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 £
<b>A1 Receipts</b>					
Local Giving donations	229			229	353
Workshop income	850			850	500
Paypal Giving Fund	1,566			1,566	1,160
Donations & Easy Fundraising	481			481	399
Coffee morning/Afternoon tea events	-			-	446
Quiz	263			263	427
Trust Funds	1,000			1,000	-
<b>Sub total (Gross income for AR)</b>	<b>4,389</b>			<b>4,389</b>	<b>3,285</b>
<b>A2 Asset and investment sales, (see table).</b>					
<b>Sub total</b>	<b>-</b>			<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>4,389</b>			<b>4,389</b>	<b>3,285</b>
<b>A3 Payments</b>					
Rent	1,500			1,500	1,625
Insurance	290			290	290
Website & Computer costs	875			875	742
Subscriptions	96			96	96
Publicity & Workshop expenses	-			-	249
Office expenses inc. mobile phone	95			95	71
Volunteer expenses	-			-	-
New Computer	-			-	147
<b>Sub total</b>	<b>2,856</b>			<b>2,856</b>	<b>3,220</b>
<b>A4 Asset and investment purchases, (see table)</b>					
<b>Sub total</b>	<b>-</b>			<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>2,856</b>			<b>2,856</b>	<b>3,220</b>
<b>Net of receipts/(payments)</b>	<b>1,533</b>			<b>1,533</b>	<b>65</b>
<b>A5 Transfers between funds</b>	<b>-</b>			<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>2,133</b>	<b>2,122</b>		<b>4,255</b>	<b>4,190</b>
<b>Cash funds this year end</b>	<b>3,666</b>	<b>2,122</b>	<b>-</b>	<b>5,788</b>	<b>4,255</b>



## OTHER INFORMATION (OPTIONAL)

### General information about the Borderline Arts Theatre Strand



The Theatre Strand of Borderline Arts creates and performs performing-arts pieces that convey what it is like to have BPD to raise awareness of and reduce stigma surrounding the condition, as well as reducing isolation of those with BPD, by showing them that they are not alone in their experience.

It provides a platform for people to take part in performances in a safe and encouraging environment, to help increase confidence and foster creativity.

Prior to becoming a Registered Charity, we made a pilot version of a short film called “Frankie” - a piece about a young lady who has Borderline Personality Disorder (BPD). It explored the different sides of BPD through a mixture of live theatre and film.

We are currently in the process of applying for funding, linking with local film producers, Derby Quad and others to continue to work to make a full and much more professional version of the film. We have restricted funds of £2122 this year, specifically for this film project (see ‘Financial review’ on page 14 for more information).

We’ve been continuing to develop the script throughout 2020 and is progressing. The film will now be centered around a **Dialectical Behaviour Therapy (DBT) group** for adults with BPD.

For our 3 focal characters, we will show **dramatized flashbacks** of the situations (based on real life BPD experiences) that they disclose in the group. In the film, the viewer will see the characters’ **experiences** alongside hearing their **stories** and watching the **dynamics of the group**, the **relationships that form** and their **journeys through the health system**.

We hope that this will really **make the reality of living with BPD come to life** and that the viewer will be able to **see, experience and understand of BPD in a new and deeper way**.

Our aim with this piece is to raise awareness and get people talking and asking questions about BPD, perhaps also challenging the current healthcare system, and ultimately showing that people with BPD are just people.

However, this year, we had some incredibly sad and shocking news that Debbie, who has been working alongside Gav to write the script, lost her battle with cancer. It’s been a huge shock to us. We are heartbroken about the loss of such a fantastic lady. We feel honoured that we knew her and that she was in our little team. We will miss her greatly and of course our heartfelt love and thoughts go out to her family.

Gav has been continuing to work on the script, but with both the tragic loss of Debbie and the pandemic, understandably, progress has been slow.



# TRUSTEE DECLARATION

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

*Signed on behalf of the charity's trustees:*

<b>Full name(s):</b>	Lesley Elizabeth Edwards
<b>Position (eg Secretary, Chair, etc):</b>	Treasurer
<b>Date:</b>	31 <sup>st</sup> January 2022
<b>Signature:</b>	

<b>Full name(s):</b>	Kevin Bagshaw
<b>Position (eg Secretary, Chair, etc):</b>	Chair
<b>Date:</b>	31 <sup>st</sup> January 2022
<b>Signature:</b>	