





CIC34: Community Interest Company Report Social Audit Report Saltwater Sessions CIC- Year End March 31st, 2026

Sunrise: Introduction

In 2025 Saltwater Sessions (Saltwater) celebrated its 10th Anniversary. Since 2015, it has delivered activities to over 11,337 people.

Shoreline: Mission & Goals

The main aim of Saltwater is to encourage individuals to still lead a fulfilling life both personally and professionally, resulting in positive changes in behaviour, focus, performance and productivity, and helping to prepare them for the world of work and future life in general.



'I found the session very refreshing - good therapy art. I felt like I wasn't in my mind for a moment...I was miles away'

Workshop beneficiary

Seashells: Impact Metrics

In 2025-2026, 601 people attended 54 sessions.

- 374 were young people aged between 4yrs and 25yrs (102 more than 2024-2025)
- 229 were adults
- 298 were repeat users
- 303 were unique users

100% of completed feedback forms evidenced positive feedback, that the sessions had successfully delivered our mission and goals.

Prevailing reasons for attending the Saltwater sessions:

- Access to arts 16 %
- Self-improvement 14%
- Improve emotional wellbeing 14 %
- Community connection 9%
- Reduce anxiety 8%
- Reduce risk of school disengagement 7%
- Develop skills 6%
- Reduce depression 6%
- Improve the environment 6%
- Reduced loneliness 5%
- Activities to reduce screen time and engage with others 4%
- Poverty 3%





Sandcastle Building: Activities and Outputs

We delivered art and creative sessions to groups of vulnerable and disadvantaged people in the community through connections with charity and non-profit groups in the locality. With specific restricted funding, we were able to work more closely with disadvantaged young people, people with learning disabilities and those that are at risk of premature departure from educational settings.



We worked in partnership with:

Aldingbourne Centre
Blakesfest
Chichester Food Bank
Club 39 Youth Club
Bognor Regis Community Youth Club
Home Ed Shed Bognor
Makerspace Bognor Regis
Lund House - Hyde Housing
Merle Court - Hyde Housing
Phoenix Centre, Bognor Regis
Boathouse Felpham
The Shed - Chichester Development Trust
St Margaret's Primary School, Angmering
Thorney Island Primary school
Waverley Public House



We also delivered contracted community work, supporting a 'Discover Your Future Youth' for Year 9 pupils from Chichester High School, for 15 weekly sessions, via Chichester Development Trust and at 'The Shed'.

Through this program, students benefited from life coaching sessions and engaging in Saltwater's calming beach arts session, all designed to enhance their self-esteem, overall productivity, and well-being. Students participating in this program have experienced improved school engagement, making it easier for them to stay in school.



We launched a new monthly project called 'Saltwater Steppers', funded by Match My Project. It is an accessible walk/jog/run session on the seafront, led by a trained England Athletics Leadership in Running Fitness (LiRF) facilitator.

AEK Accountants collaborated with Saltwater to deliver 4 community beach cleans and upcycled the plastic back into the community art sessions. We collected over 23kg of beach junk in the cleans.

'Saltwater Sketchers' is now a regular monthly arts session at a seafront location in Bognor Regis, open to anyone in the community that may be socially isolated, or who wants to try art or be out in nature. This is run throughout the year so that young people can attend in the school holidays.

We have supported people in the community to:

- **be socially included, reducing depression and loneliness**
"It got me out of my house and socialising with others. It enabled me to have conversations about art which I don't get to do my much."

Workshop beneficiary



- **create community connections between people and local organisations**
"I felt really calm while making a card out of beach plastic. We had great conversations and I think these sessions are really good for people's mental health. It's such a creative session where everyone is welcome to make something and release their inner child."

Workshop beneficiary



- **access the arts and develop new skills**
"The driftwood workshop exceeded my expectations. It was great to learn new skills. It was nice to be in a calm and happy environment. I was made to feel at ease. I really enjoyed doing something different that didn't involve being on my phone or worrying about school."

Workshop beneficiary



- **use the arts to calm senses and emotions, helping to relieve anxiety**

"It made me stop overthinking and relax."

Workshop beneficiary

- **share emotions and problem solve about life adversity**
"I liked it all, it was relaxing. It made me feel happy and calm. I painted my pebble to remember my Grandad; he died a long time ago"

Workshop beneficiary- Primary School





Starfish: Stories & Case Studies

Case Study 1

Thorney Island Primary School - West Sussex school on a military base with 78% of children from military families.

Thorney Troopers Saltwater Creations Feedback

We brainstormed what we did at the Saltwater Creations session; surf, plastic, sea life, pollution, beach, face your fears, shark tooth, pebble, fun. See Word Cloud.

A follow up discussion, during our regular Thorney Troopers group, allowed the children to reflect on the session. It showed the children enjoyed a range of different aspects of the workshop, from enjoying trying out surfing, looking at the sharks' teeth and painting the pebbles. The topics of plastics on the beach and harm to sea life created a lot of discussion about rubbish, recycling, beach cleans and future technologies for ridding the sea of plastics. There was also a good discussion about 'facing your fears' in relation to the beach and sea but also related to a range of things in their lives, including their parents being deployed.

Case Study 2- Organisation feedback

What difference did the Saltwater Creations session make to the people who attended it from you organisation and to your organisation?

It was so brilliant to be able to bring such a mindful, hands-on experience to people who often don't get the opportunity to be creative and outwardly expressive.

What did you find most beneficial about the sessions to your organisation? *

Conectetion, building confidence and laughter

Any other comments?

Participants went away so much more happier and uplifted than when they arrived. Fantastic to see and be a part of.





Rising Tides: Partnership working

Many new community links were made to further the work of Saltwater in 2026. It also enabled Saltwater to signpost individuals to other charities for support (mental health, food poverty and carers support), and social groups in the community- U3A, parkrun, 'it's run by her'.

Saltwater supported the voluntary clean-up operation of the washed up Baltic Klipper shipping containers on Bognor Regis beach in December 2025. These were full of bananas, avocados and broken insulation foam. We continue to pick this up via our monthly beach cleans.



Harbour Lights: Funders

Saltwater seeks funding to reach communities for free/low cost, to ensure there is no financial barrier to wellbeing support. Funding applications were made to help to take the sessions into the community: Successful applications included: **Hyde Housing - Match My Project (Alphatrack Systems, AD Construction, Premier Park Limited and Anglian Building Products), Bognor Town Council Youth Grants, Chalk Cliff Trust and St James's Place Foundation.**



"The sessions are lovely. Everything you need is provided, and there is a really great range of people who go, so it feels inclusive. I am definitely going to recommend to friends". Workshop beneficiary

Ebb and Flow: Challenges & Learnings

- We worked to secure unrestricted funding to support core costs and development
- We promoted sessions to profit making organisations to help sustain the offering for free to the non-profit groups.
- Increase Director's time to develop and manage the level of sessions, partnerships, evaluation and marketing of them.
- We uplifted the focus on arts within the sessions as we have received 100% feedback that this is helping the beneficiary groups to feel calm, relaxed and less anxious.
- We started the process of changing the model of the CIC to 'Limited by Guarantee' and launch this in April 2026 - Saltwater Creations CIC 16840727.
- We have delivered series of sessions that helped build rapport with the beneficiaries with e.g. sets of 3–5 sessions



Horizon: Looking ahead 2026-2027

We aim to:

- Continue to reach more people in the community, especially those that are vulnerable or disadvantaged
- Increase income through sustainable income such as community painting ticketed events
- Increase contracted sessions to statutory providers
- Continue to build collaboration and partnership working in our local community for efficient working and higher impact
- Look to relaunch the 'Arts Award' offer, enabling young people to gain a Discovery Arts Award from Trinity College London



Shifting Sands, Lasting Change: Longer Term Impact

'Since attending these sessions I go to the beach nearly every day as it makes me feel less stressed. I also always collect plastic when I am there too for Jules to use at her sessions.'

Workshop beneficiary

'Yes, it has improved my mood. By taking away a creation to enjoy and I've always loved the sea, so its just given me more reason to visit the sea again with a fresh outlook. To be able to collect "things" that the sea has thrown out and use them for a new purpose and to enjoy that new creation. "

Workshop beneficiary

'Thank you for chatting about art with me...I've got lots of beach combed objects found in the big storms about 10 years ago...I've still got them and although hidden in the undergrowth in my garden...perhaps days session has inspired me to dig the weird and wonderful things out and get creating.'

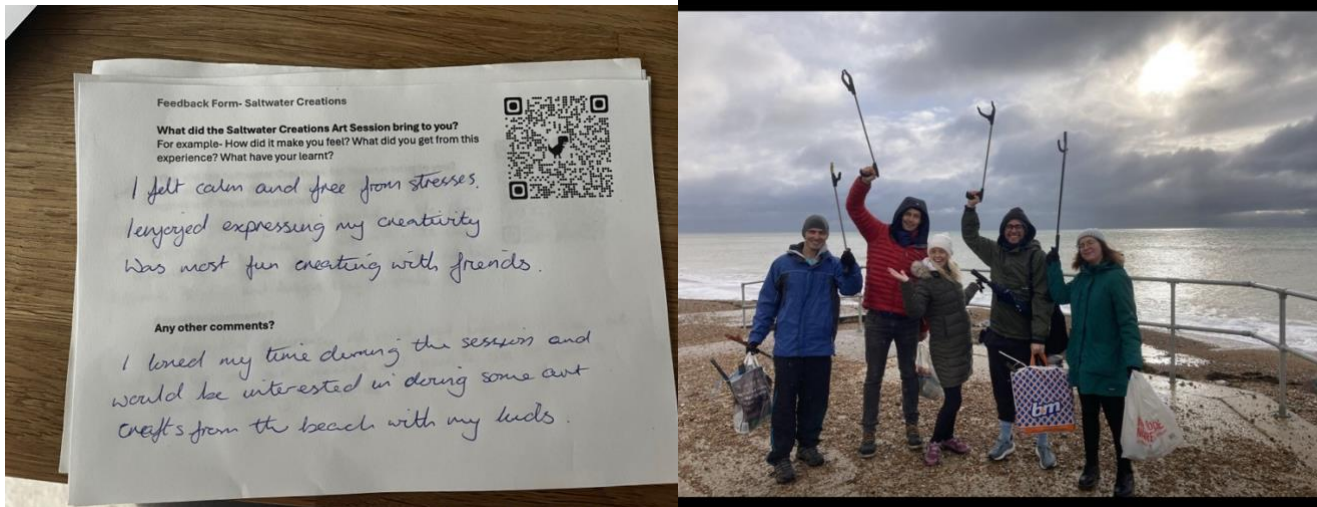
Workshop beneficiary





"Art isn't complete until it's shared" Seph Lawless.

Saltwater launched a series of online galleries, to capture and share all the art creations made at the sessions: <https://www.saltwatercreations.co.uk/Online-Arts-Gallery.php>



Please note- *Saltwater Creations CIC has realigned its governance model and therefore has a new Company Number 16840727 for April 2026 onwards. The former company still remains on Companies House, with all history of Saltwater Creations CIC over the last 10 years, under Saltwater Sessions CIC 09691801.*