

MK ARTS FOR HEALTH

England & Wales · Charity number 1107625

Details

Other names	ARTS FOR HEALTH (MILTON KEYNES)
Status	Registered
Legal form	Charitable company
Company number	05137693
Registered	2005-01-14
Register	View on the Charity Commission register

Contact

Address	Milton Keynes Hospital Standing Way Eaglestone Milton Keynes MK6 5LD
Phone	01908996124
Email	info@artsforhealthmk.org.uk
Website	www.artsforhealthmk.org.uk

Activities

Objects: 3.1 THE CHARITY’S OBJECT (THE OBJECTS) ARE TO USE ARTS ACTIVITIES AND PROMOTE ENGAGEMENT WITH THE ARTS IN THE HOSPITAL AND IN THE WIDER COMMUNITY OF MILTON KEYNES FOR THE BENEFIT OF THE LOCAL POPULATION3.1.1 PROMOTING HEALTH FOR THE BENEFIT OF THE PUBLIC INCLUDING BY EDUCATING THE PUBLIC ABOUT HEALTH AND HEALTH RELATED ISSUES; AND3.1.2 PROVIDING FACILITIES FOR RECREATION AND OTHER LEISURE TIME ACTIVITY IN THE INTERESTS OF SOCIAL WELFARE FOR PEOPLE WHO HAVE NEED OF THEM BY REASON OF ILLNESS, THEIR YOUTH, AGE, INFIRMITY OR DISABILITY WITH A VIEW TO IMPROVING THEIR CONDITIONS OF LIFE

Activities: Deliver community arts projects in schools, GP surgeries, residential care homes and day care centres; Provide supportive opportunities and work experience for volunteers, particularly people with mental health issues and learning disabilities; Commission artwork for healthcare settings; Manage Artists' Training Residencies; Deliver arts and health education for health care staff.

Classification

- **How:** Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives, Arts/culture/heritage/science
- **Who:** The General Public/mankind

Geography

- **Area of benefit:** MILTON KEYNES.
- Milton Keynes

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£156,334	£124,845	-	-
2024-03-31	£138,007	£147,648	-	-
2023-03-31	£142,030	£102,032	-	-
2022-03-31	£95,232	£88,835	-	-
2021-03-31	£95,232	£88,835	-	-

Trustees

Name	Role	Appointed
Christopher David Kubiak		2022-09-14
Dr Asha Chandola		2025-03-19
Dr Joanne Louise Turner		2024-06-12
Heather Chandler		2016-10-12
Linda Bartram		2015-07-01
Simon LLOYD		2018-11-21

MK ARTS FOR HEALTH

England & Wales - Charity number 1107625

Accounts

Charity Registration No. 1107625

Company Registration No. 05137693 (England and Wales)

MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025

MK ARTS FOR HEALTH COMPANY LIMITED BY GUARANTEE LEGAL AND ADMINISTRATIVE INFORMATION

Trustees

Asha Chandola
Linda Bartram
Heather Chandler
Tanya Coles
Anjana Singh
Kate Jarman
Chris Kubiak (Chair)
Joanne Roberts
Simon Lloyd

Registered charity name MK Arts for Health (known as Arts for Health MK)

Charity number 1107625

Company number 05137693

Registered office Facilities Directorate
Milton Keynes General Hospital
Standing Way
Eaglestone
Milton Keynes
MK6 5LD

Independent examiner Stephen Simpson

Longstaff Gentle & Co
61 Harpur Street
Bedford
MK40 2SR

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MK ARTS FOR HEALTH COMPANY LIMITED BY GUARANTEE TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2025

The Trustees, who are also the Directors for the purposes of company law, present their report and the unaudited financial statements for the year ended 31 March 2025.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's Memorandum and Articles of Association, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2016).

OBJECTIVES AND ACTIVITIES

The Charity's object (the objects) is to use arts activities and promote engagement with the arts in the hospital and in the wider community of Milton Keynes for the benefit and health of the local population. These activities include helping people learn about health and related issues. They also involve offering places for recreation and leisure for those who need them because of illness, age, youth, infirmity, or disability, to help improve their quality of life.

The new Arts for Health MK strategy was approved by Board in April, 2024. It aims to do the following:

- Articulate key strategic priorities for the next four years of organisational development, supported by high-level action plans.

This strategy document also:

- Demonstrates how we have engaged with all members of the Arts for Health Milton Keynes (AfHMK) Board to co-design and create this strategy.
- Articulates some of the opportunities and challenges that might help or hinder our progress over the next four years.
- Supports positive relationships and respect between our trustees, contractors, volunteers and stakeholders through consultation, transparency and engagement.
- Demonstrates (where relevant) how our strategic objectives and action plans reflect evidence-based best practice in the field of creative arts in health and local policies and priorities.

The charity's previous strategy identified the key strategic priorities in the table below for the period 2018 – 2023. In 2018, the key strategic decisions reflected the pre-pandemic challenges of financial sustainability, partnership working (particularly with key partner MKUH), and how the charity demonstrates its impact. We have made significant strides to address these challenges, particularly around demonstrating impact with the introduction of our ArtPROMS tool and integrating data collection activity into our artists' contracts. We have also dramatically improved our relationship with MKUH by improving our reporting, establishing the Collections Research Group, and undertaking small health and wellbeing projects. However, there remains a significant amount of work to do across all these domains.

The 2024 – 2028 strategy seeks to reframe these priorities for the post-pandemic world whilst embracing continuity where appropriate. Since 2018, there have been significant shifts in the landscape around fundraising, the national priorities of the arts and culture sector, and a new local strategy from the MKCC Arts and Culture team. Similarly, shifting priorities in health and social care (particularly around the lasting impact of COVID, and fluctuating investment in mental health services) and improvements to how voluntary and community sector organisations are networked across MK have positively and negatively impacted our operations and financial viability.

MK ARTS FOR HEALTH COMPANY LIMITED BY GUARANTEE TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2025

Aim 1: Focus on The Collection @ MKUH	Aim 2: Partnership Working	Aim 3: Sustainable Funding	Aim 4: Data and Evaluation	Aim 5: Environmental responsibility
AfHMK will continue to place the highest priority on the conservation, maintenance, curation, and display of The Collection @ MKUH recognising centrality of the Collection to the Charity's purpose and USP.	By 2028, AfHMK will be recognised and valued as an essential partner of MKUH and the wider NHS and wellbeing stakeholder ecology in Milton Keynes, including private and public sector relationships.	By 2028, AfHMK will have developed a sustainable funding model and grown our capacity and impact.	By 2028, AfHMK will have a robust and meaningful suite of data (both qualitative and quantitative) evidencing and driving the positive impact and outcomes of our work.	AfHMK recognises the fundamental importance of managing carbon and waste in relation to protecting the environment, as well as opportunities to promote creativity in natural and outdoor spaces.

20th Anniversary Celebrations

2024/5 marked the 20th anniversary of Arts for Health MK. A new logo was commissioned for the anniversary year.

We had a successful celebration in the marquee at Milton Keynes University Hospital on the 25th of May 2024, including speeches from the Chair and the Director.



MK ARTS FOR HEALTH COMPANY LIMITED BY GUARANTEE TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

ACHIEVEMENTS AND PERFORMANCE

Milton Keynes University Hospital's Art Collection

The Milton Keynes University Hospital Art Collection (over 420 works) is central to our work and plays an important role in enhancing the environment for everyone, improving patient outcomes, and helping cheer, soothe and offer a pleasing distraction for visitors, staff and patients. It is the largest permanent art collection in Milton Keynes and has a strong local element and includes work that has been commissioned on various occasions since work to build the city began in the 1970s. Our displays have also included loaned artworks from Paintings in Hospitals and individual local and UK-based artists. We continue to host a collection of paintings and photographs from Boyd & Evans, to complement those in the Hospital Art Collection, in addition to twelve artworks from Paintings in Hospitals. We also hold significant works by Aubrey Williams and Peter Randall-Page. Work is underway to formalise our working relationship with Milton Keynes University Hospital through a service-level agreement.

Collections Research Group / Collections Evaluation & Theory of Change

Members of this group were drawn from staff at MKUH, the Open University, and Arts for Health MK. Meeting bi-monthly basis, the group conducted formal research into the impact of The Collection and temporary exhibitions on patient, staff, and visitor perceptions of the hospital environment and the subsequent impact on health and wellbeing.

In 2024, the group applied successfully to The Open University for a small grant to support an independent Research Assistant on a fixed-term contract for a total of 11 days (8 days for data collection, 3 days for organising and managing data) to expand on the work already undertaken by the Arts for Health MK team.

A mixed methods process evaluation was conducted. Eight key informant interviews were carried out with respondents who work with the art collection. These included staff, volunteers and artists from AfHMK, and hospital staff including from the hospital charity, patient experience, wellbeing and estates. A survey was also conducted with users of the hospital (staff, patients, visitors, carers and others). Of 87 responses, 21 were gathered online and 66 on site in MKUH. The survey was designed to gain insight into the emotional impact of the art, as well as how art impacted perceptions of the hospital environment.

There was clear agreement across the interviews and the survey responses in identifying the ways in which the artwork could impact wellbeing of users of the hospital. Key mechanisms identified were that the art could afford experiences of calm, uplifted mood and contemplation, providing a positive distraction from difficult experiences. Responses also indicated that the collection helped to make the hospital seem like a place which was caring, well-resourced and welcoming. Finally, the presence of art within the space of the hospital was described as contributing to people feeling valued and enriching the community life of Milton Keynes.

The collection is currently well perceived and there is evidence of positive impact on wellbeing. To maximise the impact of the collection for users of the hospital, we would recommend prioritising uses of the collection which afford the experiences and perceptions identified. These are for individuals: distraction, calm, uplift and contemplation; for the environment: care, abundance, and warmth; and at the place level: inclusion, value and cultural enrichment.

1. Placement We recommend prioritising 'dwelling places' – places where patients, staff and visitors are still - for new art placement. This is with an aim to maximise experiences of distraction, calm, contemplation, and uplift. The current placement of art in corridors has a valuable role to play in improving the perception of the hospital environment and contributing to community wellbeing.

2. Selection A significant barrier to expanding the placement of art in the hospital are the material qualities of the works in the collection. Works on wards need to be clinically safe, and these are spaces where it is harder to maintain works effectively. We recommend that the clinical safety of new works takes a higher priority in future selection.

3. Interactivity and visibility Another route to engaging patients more with the art is to work more interactively with the collection and make it more visible through direct engagement. Any additional interactive project, however, would need to build on not detract from the core work of maintaining the collection.

4. Integrated working Crucial to the success of these recommendations is strong collaborative working culture between AfHMK and relevant hospital teams. The project spans the worlds of arts and health. To aid collaboration and mutual learning we would recommend instituting a more formal joint working approach. An 'arts programme

MK ARTS FOR HEALTH COMPANY LIMITED BY GUARANTEE TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

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group' or similar who meet regularly to oversee the uses of the collection in the hospital could help to facilitate a more sustained approach.

"[The art makes people feel that] we're important enough to come in here and put that work on the wall [...] someone has taken time and care to make the environment look nice"

"I think the art can distract. It can take their mind off the immediate and cause them to think about something [...] it can give them a little break". "It can transport you to another place".

"It makes it more accessible than being in an art gallery [...] I would never have thought that I could be in contact with art from those sorts of people"

Temporary Exhibitions and Displays

20 for 20 Online Exhibition

20 for 20 is a web-based project designed to increase awareness of our charity and shine a spotlight on The Collection during our anniversary year. We will ask twenty people from different walks of life to select a work from The Collection and to tell us about its personal significance, interest or appeal to them.

This project aims to capture and share a snapshot of the value and impact of The Collection to a range of different people – from hospital staff, patients and visitors to wider community members. This project will conclude in 2026.

Paintings in Hospitals' (PiH) Loans

We're delighted to have received five new artworks on long term loan to Milton Keynes University Hospital from the collection of the national charity "Paintings in Hospitals".

Artworks from renowned artists Carol Rhodes, John McNeil and Sylvia Guirey have joined seven other artworks from the Paintings in Hospital collection already on display across the hospital.

The artworks from the Paintings in Hospital collection are specifically selected with care settings in mind, to enhance the environment and improve patient and staff wellbeing.

This selection of artworks was chosen in consultation with staff from the Maple Centre, specifically around themes of light, nature and bringing the outdoors in (as echoed in the original building design). Some works, such as the White Horse at Kilburn, feature recognisable landscapes.

NB. PiH is transferring its art collection and merging with CW+, the official charity of Chelsea and Westminster Hospital Foundation Trust.

Penny Mitchell: Lady Lump and Lockdown Collection

This temporary exhibition of a collection of photographs and prose compiled by Penny Mitchell, a patient who frequently walked the MKUH Cancer Centre Link Corridor exhibition space, continued into 2025.

Penny offered her works for display intending to bring people a momentary sense of colour and joy, but also with the hope that other cancer patients viewing the work would recognise that the person who made it understands and for a moment that they perhaps wouldn't feel so isolated. Later in the year, we were able to sell some of the work on display on behalf of the artist, taking a commission. There was a significant amount of outstanding feedback in relation to this exhibition, making it one of the best received in the charity's history.

Details of this and other long running exhibitions can also be found here: <https://artsforhealthmk.org.uk/Current-Exhibitions>

Heritage Lottery Fund Application

Throughout 2025, the Director led an application to the Heritage Lottery Fund to support the following activity:

- a) The support the conservation and cleaning of artworks in The Collection, particularly work which is not currently on display. We would like to ensure all the works in the Collection are in good enough condition for

MK ARTS FOR HEALTH COMPANY LIMITED BY GUARANTEE TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

hanging, including restoration and reframing where necessary. This conservation work also includes the cleaning of all the large sculptures in the hospital grounds.

- b) The digitisation of work, and continued development of online archiving and exhibition of work, especially where work explores the development and legacy and heritage of Milton Keynes as a new town - in time for the city's 60th Anniversary, which is a superb opportunity to develop interest from new audiences. This will also include working with MK Living Archive.
- c) To achieve a & b we would need to employ a Collections Development Officer, whose role over 18 months will also include developing our existing outreach offer for deprived and/or diverse communities to engage creatively with The Collection, including community-based Arts on Prescription, and improving volunteering opportunities, particularly in the localities nearest the hospital.
- d) Contribution to our core costs. We would use a proportion of this grant to help fund the salaries of our director and administrator, and other core costs including IT and specifically the further development of our public facing website, including consideration of improving our digital archive around the history and development of the collection.

Creative Courtyards:

In the first quarter of the year, we welcomed Robin Clements onto the team to take on the role of Creative Courtyards Supervisor. After a period of temporary supervision, volunteers resumed attendance in the spring, giving the Camel Courtyard and Sensory Garden a tidy. We were also grateful to receive the donation of a planter from Linda Bartram to add to the Sensory Garden.

To date, we have had some excellent opportunities to host people with learning disabilities, school groups with disabled young people, those with health challenges, NHS staff, corporate volunteering days and so on. Engagement with these groups has been very popular and well received. However, the engagement of groups such as this continued to be ad hoc, and there was an opportunity to run a short programme that will provide more consistent opportunities over 2023/4 which was funded by Community Action MK. We were able to host several volunteers from disadvantaged community groups in the Sensory Garden and supporting the management of the Collection:

"I was referred to AfHMK by their employment coach, in direct response to a call for volunteers to take part in the Courtyard/ Health Inequalities project. I have an interest in the natural environment however he was keen to undertake some volunteering that also made use of their background skills in IT. I found the quiet office environment more complimentary to their needs than group work outdoors.

At the end of the placement, I had gained confidence working with in the office environment and visiting the busy hospital site, as well as independent working on a set task, which was relevant to enhance I's employability."

Later in the year, fundraising activity began in earnest to provide ongoing financial support for this project, including unsuccessful applications to the Foyle Foundation and the Baring Foundation. It became clear towards the end of the year that without additional funding from MKUH, it would not be possible to continue to run this programme and plans were made to shut down activity around the Courtyards by the end of the financial year, and hand the management of these spaces and volunteers back to the hospital charity.

Activity in the Cancer Centre at MKUH:

We successfully completed two small projects in and around the Cancer Centre at MKUH during 2024. Ex-governor and Arts for Health MK volunteer Shirley Moon put together a small writer's group and a group of around 10 – 12 people affected by cancer put pen to paper under Shirley's direction. The results were self-published as a small book.

We have also delivered a pilot project within the cancer centre for patients undergoing treatment with chemotherapy. This project encouraged patients to experiment with drawing and mark-making under the supervision of Emma Barford. This project will be sustained and scaled up following funding from the BLHF in 2025/2026.

Our Community Programme

African Diaspora Foundation (ADF) School Holiday Activities Camp:

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FOR THE YEAR ENDED 31 MARCH 2025

In Netherfield there are school holiday “camps” offered to all children (using the free school meals provision), but many children of minority ethnic backgrounds who are eligible to attend do not make use of the service due to a range of cultural and economic barriers.

This project provides school-age children from diverse communities with culturally adapted, creative activities, with the aim of increasing attendance at a specialist camp run by ADF for predominantly black African and Caribbean families. The emphasis is on promoting mental wellbeing, encouraging community cohesion, and intergenerational creative “play”.

Arts for Health MK and The Wisdom Principle are partnering with ADF to give these children experience with a range of visual arts disciplines. Specifically, we are commissioning an artist from the BAME community to introduce and co-create different creative activities to support children who are presenting with wellbeing challenges that might (but not be limited to) mild anxieties, loneliness, isolation, low mood, and mood swings. The creative activities include using poetry to explore identity and heritage, visual arts, collage, and use zine marking to anticipate and plan.

Parents and community members from African diaspora backgrounds may understand mental health differently from their children, whose experiences and values may not align with those of the older generation. To explore these differences, we will follow-up the creative workshops with further sessions exploring emotional wellbeing and resilience, run by The Wisdom Principle, and the cost of this follow-up activity is also covered by a grant from MK Community Foundation.

Griefiti – in partnership with Harry’s Rainbow



The first sessions of this delayed project were programmed for 10th June 2024 6pm until 8pm at Matheisen Centre, Bradwell, Milton Keynes, with two groups serving 20 young people impacted by bereavement, with facilitating artist Jon Lees.

Creative Play

A Steering group has been set up and has met four times across the year to discuss and support the project. Members include musicians, mothers with lived experience of post-natal depression, perinatal mental health midwives, maternal voice MK, and a post-natal depression and music researcher.

12 weeks of sessions were completed by June, during this time 8 mothers accessed the provision. The group wrote their own song by the end of the project. Mothers have reported to have gained lasting friendships, a new sense of self and strategies to process their feelings.

‘The sessions have been a place where I can come and feel listened to.’

A second cohort was established and completed by the end of the year, with a completed evaluation report submitted to Youth Music thereafter.

A film was commissioned and completed to document the project, and can be viewed here:

<https://youtu.be/-ryrLC1ITyk>

Dementia Choir

Attempts to scope and initiate this project continued throughout the year, including setting up a steering group with stakeholders which included the Alina Orchestra, Age UK, Alzheimer’s Society, MK Dons, and freelance musicians

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FOR THE YEAR ENDED 31 MARCH 2025

with appropriate experience. Whilst this was considered a worthwhile exploratory exercise by all concerned, ultimately the decision was made to temporarily suspend this piece of work until both a satisfactory project plan and suitable funder could be found.

Music at The Campbell Centre

Building on a successful pilot in 2022, we have an existing partnership with CNWL Foundation Trust to support music making at three mental health support units called The Campbell Centre, Cherrywood and Topas, supported by Gillian Lock, Art Psychotherapist. We successfully raised all the finance required to deliver this project throughout 2025 including funds from MK Music Hub and The Postcode Lottery. However, the restricted nature of the funding only allowed for sessions to be undertaken at The Campbell Centre. Nevertheless, sessions were able to continue for most of the year in this space.

The Recovery College: Drumming and songwriting workshops

Funding for the provision of 12 months of drumming workshops at the Recovery College (1 session per week) was identified, allowing Arts for Health MK to recommission artist facilitator Josh Fowley to continue to deliver activity.

We have had strong attendance figures throughout and average eight attendees per session. Lots of these have been coming since the group's inception and is a focal point of their week. During sessions they mainly worked on songwriting and performance skills. Attendees bring in their own ideas such as lyrics or chord sequences.

Participants have recorded some of the songs composed and have explored the use of music production and mixing. Collaboration is at the core of the group. Attendees discuss ideas and send each other ideas outside of the sessions. We have created a strong community of creatives who have the possibility to showcase and record their songs.

Arts on Prescription: Step-Up

For adults who have already participated in Arts on Prescription and who want to continue their creative journey with Arts for Health MK, we are planning to deliver a series of "step-up" courses following a similar 12-week model. Participants will be able to enhance a range of creative skills that they may have previously explored, including paper patchwork, Indian woodblock printing, clay sculptures, weaving, monoprinting, and collage.

MK ARTS FOR HEALTH COMPANY LIMITED BY GUARANTEE TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

Headstart

Activity continued throughout the year providing opportunities for children and young people to access art, music and drama courses through our Headstart programme.

One highlight took place on Saturday 26th October, when we welcomed over 20 young people to take part in our special Halloween Spooktacular at The Old Bath House in Wolverton. The venue was appropriately decorated with spooky lighting, textured fabrics, and metallic strips to make it feel atmospheric. We also erected a black-out tent with UV lights. We had three professional local artists leading the sessions and activities included metal embossing, nail art, patch embroidery, spooky mask-making and UV body paints.

Great Linford Art Club

We were delighted to work in partnership with Great Linford Parish Council in 2024 to establish a second weekly "Art Club" at the Conniburrow Community Centre, running on Saturday mornings. Using a drop-in model and marketing support from colleagues at Conniburrow, these sessions are running for 12 months in the first instance with quarterly reviews, and lead by local artists Robin Clements and Laura Dove.

Artist Health and Wellbeing

Many of the artists we work with have self-reported current and past mental health conditions ranging from depression to eating disorders to anxiety and stress related conditions. Some talk about low self-esteem and confidence. Arts for Health MK has learned how important it is to provide a work environment and culture that cares for our artist's wellbeing in the same way we care about our wider public beneficiaries, and this has fed directly into our offer of health and wellbeing support in partnership with MK Arts Centre.

Supporting the Health and Wellbeing of Artists

The charity completed a written publication "A Guide to Health and Wellbeing" which has now been published on our website and can be found here:

<https://artsforhealthmk.org.uk/Artists-Health-and-Wellbeing-Booklet>

Supportive Conversations with Esther

This programme continued throughout 2024 and into 2025, running four sessions a year.

We collected some feedback from attendees at the events via a QR code:

1. What new knowledge or information stood out to you during these sessions?

"It was good to be reminded of things and be able to share our own experiences."

"Confirmation about what I do. Lovely to see how it was facilitated"

"The conversations feel natural and comfortable. Esther makes a lot of effort to put participants at ease."

2. Why is learning important to your work? How do you think it will influence your approach?

"It is more about the support, the knowing that others who are also working alone are challenged by similar issues. We can learn a lot from each other."

"Always learn into working with young people. Confirms that I need to be more proactive on this area."

"It helps me to step back and consider my approach, hearing other opinions is also helpful."



**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
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FOR THE YEAR ENDED 31 MARCH 2025

3. What specific actions will you take to apply this learning and improve your practice?

"I already apply much of what was recommended, perhaps it helps me to see that and be reassured I am doing the right thing."

"Time to reflect and build the learning into future work."

Art Group

The Art Group has had another extremely successful year, continuing to grow its membership whilst maintaining a strong core of regular attendees. Art continues to be produced on a weekly basis following the interests of participants. The attendees are supported and guided by our regular team of volunteers. The group meets in a large, bright room at The Old Bath House in Wolverton, north Milton Keynes, and is kindly supported by the Wolverton Science and Art Fund.

MK ARTS FOR HEALTH COMPANY LIMITED BY GUARANTEE TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

Staffing and Trustees

Contractors and Artists

There was one significant staffing change during the period 2023/24 – we said hello to Robin Clements who joined the charity in the role of the Creative Courtyards Supervisor.

Trustees

In June 2024, we said goodbye to Lesley Halford who stepped down as a Trustee and welcomed Joanne Roberts onto the Board.

In March 2025, we welcomed Dr. Asha Chandler onto the Board as a Trustee.

In December 2024, we said goodbye to Kate Jarman who resigned from the Board of Trustees.

In November 2024, we said goodbye to Katharine Sorensen and welcomed Chris Kubiak into the role of Chair of the Board of Trustees.

We also said goodbye to Omatayo Kufeji in November 2024, who resigned as a trustee of the board.

Equality, Diversity, and Inclusion

Arts for Health MK is proud to deliver to a city-wide commitment to cultural inclusion and diversity through being a member of the AHA-MK. Find more information here: <https://aha-mk.org/inclusion-and-diversity/>



Our organisation has committed to a vision for Milton Keynes as one of the most culturally inclusive and diverse cities in the UK. We now include this diversity “badge” in our communications and marketing to demonstrate our commitment to developing diverse and inclusive programmes. You can see evidence of this in practice across all our projects featured in this report and particularly the “Creatively Minded, Ethnically Diverse” programme.

**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
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FOR THE YEAR ENDED 31 MARCH 2025

Financial Review

Our reserve financial position at year end (March 2025):

Income: £156,334 (an increase of £18,327 from the previous year)

Expenditure: £124,845

Restricted funds carried over totalled £43,779. Unrestricted funds totalled £39,704.

These figures suggest that 2025 was a much better year in terms of income generation with buoyant reserves at the end of the financial. Overall, an excellent result considering the considerable pressures and challenges in the fundraising environment. Grant and Trust funding applications remain a top priority for the charity and readers should note that the financial relationship with Milton Keynes University Hospital remains volatile and should be considered a major risk to our future financial stability.

The Trustees are grateful to MK University Hospital NHS Foundation Trust for the use of premises shown on page 1 as the principal address on a rent-free basis. This represents valuable in-kind support from our health partners.

Trustees and Board Development

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Heather Chandler

Asha Chandola (Appointed 19th March 2025)

Linda Bartram

Kate Jarman (Resigned 4th December 2024)

Lesley Halford (Resigned 12th June 2024)

Simon Lloyd

Anjana Singh

Omatayo Kufeji (Resigned 4th December 2024)

Chris Kubiak

Tanya Coles

Joanne Turner (Appointed 12th June 2024)

Katharine Sorensen (Resigned 16th September 2024)

**MK ARTS FOR HEALTH
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TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)**

FOR THE YEAR ENDED 31 MARCH 2025

The initial Trustees will serve till death, retirement or removal by resolution of an annual general meeting. The power of appointing new trustees is vested in the initial Trustees in accordance with the Memorandum and Articles of Association.

The trustees' report was approved by the Board of Trustees.



.....
Chris Kubiak

Chair

Dated:

MK ARTS FOR HEALTH COMPANY LIMITED BY GUARANTEE INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF MK ARTS FOR HEALTH

I report to the trustees on my examination of the financial statements of MK Arts for Health (the charity) for the year ended 31 March 2025.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
- 4 the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

Stephen Simpson
Longstaff Gentle & Co

61 Harpur Street
Bedford
MK40 2SR

Dated:

**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT**

FOR THE YEAR ENDED 31 MARCH 2025

	Notes	Unrestricted funds £	Restricted funds £	Total 2025 £	Total 2024 £
<u>Income from:</u>					
Donations and legacies	3	88,715	64,322	153,037	133,578
Charitable activities	4	668	1,339	2,007	3,417
Investments	5	1,290	-	1,290	1,012
Total income		<u>90,673</u>	<u>65,661</u>	<u>156,334</u>	<u>138,007</u>
<u>Expenditure on:</u>					
Charitable activities	6	<u>76,686</u>	<u>48,159</u>	<u>124,845</u>	<u>147,648</u>
Net income/(expenditure) for the year/ Net movement in funds		13,987	17,502	31,489	(9,641)
Fund balances at 1 April 2024		<u>25,717</u>	<u>26,277</u>	<u>51,994</u>	<u>61,635</u>
Fund balances at 31 March 2025		<u><u>39,704</u></u>	<u><u>43,779</u></u>	<u><u>83,483</u></u>	<u><u>51,994</u></u>

MK ARTS FOR HEALTH COMPANY LIMITED BY GUARANTEE BALANCE SHEET

AS AT 31 MARCH 2025

	Not es	2025 £	£	2024 £	£
Fixed assets					
Tangible assets	9		659		-
Current assets					
Debtors	11	1,672		2,983	
Cash at bank and in hand		106,526		77,009	
		<u>108,198</u>		<u>79,992</u>	
Creditors: amounts falling due within one year	12	(25,374)		(27,998)	
Net current assets			82,824		51,994
Total assets less current liabilities			<u>83,483</u>		<u>51,994</u>
Income funds					
Restricted funds	13		43,779		26,277
Unrestricted funds			39,704		25,717
			<u>83,483</u>		<u>51,994</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2025. No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these financial statements.

The trustees acknowledge their responsibilities for ensuring that the charity keeps accounting records which comply with section 386 of the Act and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its incoming resources and application of resources, including its income and expenditure, for the financial year in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Trustees on 25th September 2025




Chris Kubiak

Chair

Date: 25th September 2025

Company Registration No. 05137693

MK ARTS FOR HEALTH COMPANY LIMITED BY GUARANTEE NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting policies

Charity information

MK Arts for Health is a private company limited by guarantee incorporated in England and Wales. The registered office is Milton Keynes General Hospital, Standing Way, Eaglestone, Milton Keynes, MK6 5LD.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's articles of association, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2016). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Incoming resources

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

1.5 Resources expended

All expenditure is accounted for on an accruals basis.

**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**

FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting policies

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost of assets less their residual values over their useful lives on the following bases:

Plant and equipment	20% straight line
Fixtures and fittings	20% straight line
Office equipment	25% straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/(expenditure) for the year.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**

FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting policies

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**

FOR THE YEAR ENDED 31 MARCH 2025

3 Donations and legacies

	Unrestricted Funds	Restricted funds	Total 2025	Total 2024
	£	£	£	£
Donations and gifts	13,510	-	13,510	10,055
Grants	75,205	64,322	139,527	123,523
	88,715	64,322	153,037	133,578
For the year ended 31 March 2024	81,321	52,257		133,578
Donations and gifts				
Other	13,510		13,510	10,055
	13,510		13,510	10,055
Grants receivable for core activities				
Milton Keynes Council – Inpatient Music	-	2,462	2,462	11,600
Wolverton Science & Arts – Art Club	-	3,059	3,059	
Parish Councils – Great Linford Art Club	-	2,500	2,500	
MK Community Foundation – Wisdom & Principles Camps	1,594	4,251	5,845	
National Lottery – Youth Music – Creative Play	1,500	7,920	9,420	
National Foundation Youth Music – Creative Play	2,500	12,015	14,515	14,515
Arts Council	13,500	-	13,500	1,500
CNWL – Inpatient Music	-	1,250	1,250	20,612
MKUH – Curating the collection	34,600	-	34,600	28,567
Charitable Trust - Barchester - Courtyards	-	1,000	1,000	-
CNWL – Arts on Prescription	-	-	-	13,249
Postcode Lottery – Arts on Prescription	4,083	9,301	13,384	
The Big Lottery - Headstart	13,404	18,864	32,268	31,134
University of Northampton	150		150	
The Bridge PCN – Headstart		1,700	1,700	1,700
Community Action MK – PCN – Arts on Prescription	3,874		3,874	646
		-		
	<u>75,205</u>	<u>64,322</u>	<u>139,527</u>	<u>123,523</u>

**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE**
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

4 Charitable activities

	2025	2024
	£	£
Other income	2,007	3,417
	<u> </u>	<u> </u>
Restricted funds	1,339	742
Unrestricted funds	668	2,675
	<u> </u>	<u> </u>
	<u>2,007</u>	<u>3,417</u>

5 Investments

	2025	2024
	£	£
4		
Interest receivable	1,290	1,012
	<u> </u>	<u> </u>

**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**

FOR THE YEAR ENDED 31 MARCH 2025

6 Expenditure on charitable activities

	2025	2024
	£	£
Depreciation and impairment	-	137
Materials & Musical instruments	1,900	17,495
Fees, artist fees and artwork	100,989	105,250
Premises expenses		
Subscriptions	942	630
Travel, subsistence & expenses	131	578
Publicity, website, media and education	317	1,085
Stationery, postage, printing, computer and telephone	520	2,265
Catering and refreshments	1,421	390
General expenses, training and donations	614	1,510
Bookkeeping	1,524	1,512
Venue hire	4,540	4,924
Bank charges	102	102
Donated services	9,000	9,000
Insurance	2,405	2,370
	<u>124,405</u>	<u>147,248</u>
Governance costs - independent examiners fee	440	400
	<u>124,845</u>	<u>147,648</u>
Analysis by fund		
Unrestricted funds	76,686	76,313
Restricted funds	48,159	71,335
	<u>124,845</u>	<u>147,648</u>
For the year ended 31 March 2023		
Unrestricted funds		70,700
Restricted funds		31,332
		<u>102,032</u>

7 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

8 Employees

There were no employees during the year.

**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE**
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

9 Tangible fixed assets

	Plant and equip ment	Fixtures and fittings	Offic e equip ment	Total
	£	£	£	£
Cost				
At 1 April 2024	867	9,581	882	11,330
Addition			659	659
At 31 March 2025	867	9,581	1,541	11,989
Depreciation and impairment				
At 1 April 2024	867	9,581	882	11,330
Depreciation charged in the year				
At 31 March 2025	867	9,581	882	11,330
Carrying amount				
At 31 March 2025	-	-	659	659
At 31 March 2024	-	-	-	-

Financial instruments

	2025 £	2024 £
Carrying amount of financial assets		
Debt instruments measured at amortised cost	106,526	77,009
Carrying amount of financial liabilities		
Measured at amortised cost	25,374	27,998

11 Debtors

	2025 £	2024 £
Amounts falling due within one year:		
Trade debtors	0	0
Prepayments and accrued income	1,483	2,670
VAT	189	313
	1,672	2,983

**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**

FOR THE YEAR ENDED 31 MARCH 2025

12 Creditors: amounts falling due within one year

	2025	2024
	£	£
Other taxation and social security	0	0
Trade creditors	5,568	6,792
Accruals and deferred income	19,806	21,206
	<u>25,374</u>	<u>27,998</u>

**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**

FOR THE YEAR ENDED 31 MARCH 2025

13 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of, donations, and grants held on trust for specific purposes:

	Balance 1 April 2024	Incoming resources	Resources expended	Moveme nt in funds Balance at 31 March 2025
	£	£	£	£
Wolverton Science - The Art Club	1,209	3,058	(1,349)	2,918
Charitable Trusts - Barchester - Courtyards	-	1,000	(1,000)	0
The Big Lottery – Headstart	8,408	18,864	(13,221)	14,051
MK Community Foundation – Wisdom & Principles	-	4,252	(4,252)	0
National Foundation/Lottery Youth Music – Creative Play	3,086	19,935	(17,662)	5,359
Parish Councils – Great Linford Art Club		2,500	(3,667)	(1,167)
CNWL – Inpatient Music	2,688	3,712	(1,468)	4,932
The Bridge PCN - Headstart	1,494	1,700	(877)	2,317
Arts on Prescription	9,392	10,640	(4,663)	15,369
				-
	<u>26,277</u>	<u>65,661</u>	<u>(48,159)</u>	<u>43,779</u>

14 Analysis of net assets between funds

	Unrestricted funds £	Restricted funds £	Total £
Fund balances at 31 March 2025 are represented by:			
Tangible assets	-	-	-
Current assets/(liabilities)	39,704	43,779	83,483
	<u>39,704</u>	<u>43,779</u>	<u>83,483</u>

MK ARTS FOR HEALTH

England & Wales - Charity number 1107625

Accounts

Charity Registration No. 1107625

Company Registration No. 05137693 (England and Wales)

MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

MK ARTS FOR HEALTH COMPANY LIMITED BY GUARANTEE LEGAL AND ADMINISTRATIVE INFORMATION

Trustees

Katharine Sorensen (Chair)
Linda Bartram
Heather Chandler
Tanya Coles
Lesley Halford
Kate Jarman
Chris Kubiak
Omotayo Kufeji (Vice-Chair)
Simon Lloyd
Anjana Singh

Registered charity name

MK Arts for Health (known as Arts for Health MK)

Charity number

1107625

Company number

05137693

Registered office

Facilities Directorate
Milton Keynes General Hospital
Standing Way
Eaglestone
Milton Keynes
MK6 5LD

Independent examiner

Stephen Simpson
Longstaff Gentle & Co
61 Harpur Street
Bedford
MK40 2SR

MK ARTS FOR HEALTH COMPANY LIMITED BY GUARANTEE CONTENTS

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Statement of financial activities	16
Balance sheet	17
Notes to the financial statements	18 -26

MK ARTS FOR HEALTH COMPANY LIMITED BY GUARANTEE TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2024

The Trustees, who are also the Directors for the purposes of company law, present their report and the unaudited financial statements for the year ended 31 March 2024.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's Memorandum and Articles of Association, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2016).

OBJECTIVES AND ACTIVITIES

The Charity's object (the objects) is to use arts activities and promote engagement with the arts in the Hospital and in the wider community of Milton Keynes for the benefit of the local population, promoting health for the benefit of the public including by educating the public about health and health related issues; and providing facilities for recreation and other leisure time activity in the interests of social welfare for people who have need of them by reason of illness, their youth, age, infirmity or disability with a view to improving their conditions of life.

2023/24 represents the final year of activity against our five Priorities in the current (2018-2023) strategic plan.

The five priority strategic objectives are to:

Arts For Health MK - Strategic Priorities 2018-2023				
1. Become a sustainable organisation	2. Grow Arts on Prescription Programme	3. Improve The Collection at MKUH	4. Embed AHMK in MKUH	5. Demonstrate our impact
Secure longer-term funding streams to ensure the sustainability and viability of the organisation and to enable AHMK to make a more significant impact on health and wellbeing and cultural life in MK.	Reach a wider and more diverse audience, including specific growth of the <i>Art and Dementia</i> and <i>Headstart</i> programmes	Continue our work to improve the hospital visual art collection, how and where it is displayed and ensure that work is shown at its best with an emphasis on quality, reach and diversity. This includes increasing the quality and profile of the changing exhibition programme.	Continue to embed our work in the hospital by building awareness of the organisation, strengthening our partnership with the hospital's Charity and delivering positive outcomes for staff and patients. This includes providing the artistic lead for all new building developments on the hospital site (Cancer Centre 2019 and Treatment Centre 2020/21).	Strengthen our evaluation and evidence base to show our impact on health and wellbeing outcomes, and demonstrate our impact on the wider community. This includes developing and implementing a marketing and communications strategy for AHMK.

Arts for Health MK's key target groups are:

Milton Keynes University Hospital's patients, visitors, carers and staff; adults with mental health issues, including dementia; people with disabilities; young people with mental health issues; people with health and wellbeing challenges; carers including young carers.

Public Benefit Policy

In planning our activities for the year, we kept in mind the Charity Commission's guidance on public benefit at our Trustee meetings.

MK ARTS FOR HEALTH COMPANY LIMITED BY GUARANTEE TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

ACHIEVEMENTS AND PERFORMANCE

Milton Keynes University Hospital's Art Collection

The Milton Keynes University Hospital Art Collection (over 420 works) is central to our work and plays an important role in enhancing the environment for everyone, improving patient outcomes, and helping cheer, soothe and offer a pleasing distraction for visitors, staff and patients. It is the largest permanent art collection in Milton Keynes and has a strong local element and includes work that has been commissioned on various occasions since work to build the city began in the 1970s. Our displays have also included loaned artworks from Paintings in Hospitals and individual local and UK-based artists. We continue to host a collection of paintings and photographs from Boyd & Evans, to complement those in the Hospital Art Collection, in addition to twelve artworks from Paintings in Hospitals. We also hold significant works by Aubrey Williams and Peter Randall-Page.

During the reporting year Insurance premiums (previously pro-bono and now affected by sector-wide inflationary increases) continued to be an additional cost pressure on budgets.

Recognising the importance of strategically planning for the future of The Collection, we took steps to establish some discrete pieces of work in partnership with MKUH:

i) Collections Research Group

Members of this newly formed group were drawn from staff at MKUH, the Open University, and Arts for Health MK. Meeting bi-monthly basis, the group aimed to conduct formal research into the impact of The Collection and temporary exhibitions on patient, staff, and visitor perceptions of the hospital environment and the subsequent impact on health and wellbeing.

The group applied successfully to The Open University for a small grant to support an independent Research Assistant on a fixed-term contract for a total of 11 days (8 days for data collection, 3 days for organising and managing data) to expand on the work already undertaken by the Arts for Health MK team. Recruitment for a Research Assistant to conduct this work began at the end of the reporting year.

ii) Collections Policy

A new policy seeks to clarify the following ownership and operational issues surrounding the management of The Collection was drafted during the reporting year:

- Ownership of The Milton Keynes University Hospital Art Collection.
- Acquisitions protocol and procedures.
- Deaccessioning and disposals protocol and procedures.
- Collections care and conservation protocols and procedures.
- Loans (incoming and outgoing)
- Documentation in relation to the management of the collection.

Approval of the draft policy will be on the agenda for the Arts for Health MK Board during the 2024-2025 reporting year.

iii) "Art Plan"

The Charity recognised the need for a local Art Plan strategy to draw the interconnected strands of work around The Collection together. However, the Plan's development was paused to reconsider in light of the anticipated feedback from the Collections Development and Management Policy and initial research activity undertaken by the Collections Research Group later in 2024.

Temporary Exhibitions and Displays

Just to Fill the Space: Sharon Paulger was presented in the Hospital's Green Zone, Cook/Chill Entrance Exhibition Space. It ran from April 2023 to March 2024 (and ongoing).

MK ARTS FOR HEALTH COMPANY LIMITED BY GUARANTEE TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024



Sharon Paulger, a Milton Keynes based artist, had recently completed an MA Fine Art: Digital with the University of the Arts London after a career in arts management, including as a former Director of Arts for Health MK (May 2012 – Jan 2018). Her vibrant mixed media artworks focus on the use of sustainable materials and using artistic processes to articulate health and wellbeing contexts. In the hospital she presented a series of screen prints on cardboard and reclaimed wood.

More information about the artist and the display is available on the charity's website:
<https://artsforhealthmk.org.uk/Sharon-Paulger>

Paintings in Hospital: James Bower Artwork at the Maple Centre, MKUH

A representative from Paintings in Hospitals visited site in June 2023 and potential new artworks were longlisted to replace the large James Bower artwork in the public main corridor stairwell yellow zone near Maternity/Neonatal offices, and up to four artworks for install around the lift lobby areas in the new Maple Centre, which provides Same Day Emergency Care at the hospital.

Temporary Artwork in the Restaurant

In May 2023 a new artwork was installed in the Eaglestone Restaurant, Ocean Motion (2019) acrylic on canvas, by Bedfordshire based artist James Grimditch. Depicting a scuba diver dwarfed in scale by a whale shark, the painting was kindly on temporary loan from the artist.

Penny Mitchell: Lady Lump and Lockdown Collection

This collection of photographs and prose were compiled by Penny Mitchell, a patient who frequently walked the MKUH Cancer Centre Link Corridor exhibition space. Penny offered her works for display intending to bring people a momentary sense of colour and joy, but also with the hope that other cancer patients viewing the work would recognise that the person who made it understands and for a moment that they perhaps wouldn't feel so isolated. Full details and text recordings are available on our website at <https://artsforhealthmk.org.uk/Penny-Mitchell>

The Sensory Garden at MKUH

We were delighted to complete our Sensory Garden project in September 2023. Key features included eco flooring, new plants, seating and planters, and patient made water and wind chimes. Visitors are invited to:

"Please take a gentle walk around or sit on a bench. Take a moment to listen to the sounds of the garden, to smell the herbs and flowers, to enjoy the different colours and textures. Before you leave, find your favourite spot and take three deep breaths."

**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)**

FOR THE YEAR ENDED 31 MARCH 2024



Eco Flooring:

This completely changed the space and has greatly improved accessibility. Made from recycled rubber tyres cleaned of chemicals, chipped, and dyed, the surface provides a better visual contrast than the previous asphalt floor, and is smoother and more sympathetic to any underlying tree roots. Reaching right up to the door, replacing the former stone ramp, it gives much better access to and from the garden, particularly for wheelchair users.

New Plants:

An old bed of established grasses was thinned, divided and had new grasses added; Festuca (blue), Carex (green) and Imperata (red/orange) providing a greater variety of colours and textures. Thirty lemon balm plants were placed around the garden and have grown quickly to provide aromatic ground cover and flowers for pollinators in the late summer. The scent of lemon balm is believed to be calming and refreshing. Our Creative Courtyard volunteers selected pink and blue salvias, crimson knautias and a pink fuchsia for the flower beds, and these will be augmented with seasonal yellow and orange perennials and pollinator-friendly shrubs.

Water and Wind Chimes:

These have been created by patients with the help of the MKUH Patient Experience team and will be installed in the summer. The installation of traditional water features was considered a health and safety risk by the hospital but have been replaced by water chimes. These beautiful and sculptural pieces make delicate, liquid sounds when moved by wind and filled with rainwater.

New Seating:

Benches will allow up to 12 visitors to sit in the garden at any one time and be positioned to be in shade, be within reach of scented plants and with the best views of sculptures and garden features. Large outdoor cushions are available to improve the comfort of the benches and allow visitors to sit on the floor too.

Planters:

Planters have been painted and installed by volunteers and then planted with scented herbs and flowers with the assistance of patients and the Patient Experience Team, who will then maintain the planters seasonally.

MK ARTS FOR HEALTH COMPANY LIMITED BY GUARANTEE TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

Volunteers:

We have had 50+ volunteers working in the garden space over the course of the reporting year, including:

- Slated Row School Groups – Slated Row is a special school for children aged 4 to 19 with disabilities and other communication needs.
- Staff from Shoosmiths Solicitors
- Hospital Staff
- Volunteers with learning disabilities and other communication needs

We strongly believe in the health or “green therapy” benefits of participation and engagement in the hospital’s creative and sensory courtyard garden spaces so were delighted that this project has been completed.

The Wellbeing Cookbook: “Feel Good Foods”



This year Arts for Health MK produced “Feel Good Foods”, a collection of 35 recipes gathered from the MK hospital community. The project was managed by Lizzie Merrill, who was on a work experience placement with the charity, and delivered in partnership with Mr Frank Fiore, the hospital’s Catering Manager. The stories accompanying the recipes were based on information that contributors shared with Lizzie after several weeks of successful staff and patient engagement across the hospital.

For the launch event at the hospital restaurant in October 2023, two dishes from the cookbook were prepared by Frank and his team and available as lunch choices for staff. A performance from the MK Ukulele Band accompanied a second cookbook promotional event at the start of the Christmas holidays. The cookbook is available to purchase via Amazon and any royalties from sales will come directly to the charity, supporting the important work that we do across the Milton Keynes community.

<https://www.amazon.co.uk/Feel-Good-Foods-University-Community/dp/B0CL7456ZZ>

Our Community Programme

Inpatient Music at Central and Northwest London Foundation Trust.

In partnership with Central and Northwest London Foundation Trust Arts for Health MK delivered drumming and music making workshops. These were for people affected by serious mental health concerns and who were current inpatients within one of CNWL’s three mental health inpatient units in Milton Keynes. On average, three sessions were conducted per week. These inclusive sessions proved to be very popular with a wide demographic as can be seen from the session data.

“Initially the group learnt the different sounds you get from a djembe. We then played simple rhythms together. K was holding back and was self-critical, but as we continued the rhythm, he became more relaxed and started drumming with energy and enthusiasm. After the rhythm finished, the mood within the room was very positive. K says “it uplifts you, gives you hope and expresses the pain you’ve been through. You showed me the drums. The control of the drum helped my brain be more centred. By engaging the brain, it became more balanced. It has taken my music to new levels. It’s so obvious to me that music shows you your authentic self. How you feel with the people you make music for personal development”.

MK ARTS FOR HEALTH COMPANY LIMITED BY GUARANTEE TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

Arts on Prescription at the Recovery & Wellbeing College

In 2023, Arts for Health MK also developed a partnership with Central and North-West London NHS Foundation Trust to run a series of Arts on Prescription courses for adults recovering from serious mental illness. This work was funded by CNWL. Courses focusing on digital arts and dance and movement were delivered at CNWL's Recovery & Wellbeing College in Milton Keynes.

Arts on Prescription: Art

Twelve weekly AoP Art courses were delivered by artist Shauna Bowland-Rhodes between October and December 2023. Session outcomes were recorded via a weekly diary kept by the artist and quantitative outcome data was collected electronically using the tools embedded within our ArtPROMS evaluation app, taken at three timepoints during the project – Week 1, Week 6 and Week 12. (See Project Report, p8 & 9). Attendances fell quite significantly by the end of this course and further work should be done to investigate why this might have occurred. Artist Sarah Watts also delivered 12-weekly AOP from August – October 2023, and repeated the course starting in spring 2024, with similar evaluation metrics using ArtPROMS and a weekly diary.

Arts on Prescription: Dance and Movement Workshops

Twelve weekly sessions were delivered by Kate Taylor from MOTUS Dance between September and December 2023. Kate kept a weekly diary to record outcomes from these sessions. She also developed a case study around one stand-out participant, providing us with useful insight into how a participant engaged with and benefitted from the course. These are some of the responses she gathered:

What attracted to the course?

It was something different, never done anything movement based before. I have been doing some PT sessions to keep me healthy. This course grabbed my attention because it was another way to improve my fitness, to look after my body as I get older. Trying to make my life healthier moving forward. It helps me mentally, I enjoy it, it released those good endorphins.

What do you think are the mental health benefits?

It helps me mentally, I really enjoy it, it releases those 'good' endorphins. With the class participants and Kate, there's an energy in the room all the time, which you can't really see, but you can feel it. You might come into the class in a low mood, and by the time you're leaving, your mood is lifted, and this carries on throughout the day. Expressing yourself through dance.

When you've had a bad day, illness, or bad news, dance and movement helps you, your mood is lifted, which goes on into the rest of the day, and the rest of the week.

When I first started, I didn't know what to expect, and each week is different. It helps me a lot, especially at the moment, with what's going on.

Do you feel you can replicate it and access dance?

Yes! When I'm upstairs, if I have my ear plugs in, I find I boogie from my sewing room to another room (laughter). What would you like more of in a future movement course?

I'm open to try to anything. Movement at any age is important. As you get older it's more important. I would like to see another course would be great. I don't think it needs to change.

What kind of barriers have you encounter amongst the group?

Address any travel issues and costs early on. We did have an issue with a sudden space change, which knocked the confidence of some of the group. The main centre was more familiar, and easier transport. Most buses stop at Bletchley. Be great to see it back at the Recovery College.

MK ARTS FOR HEALTH COMPANY LIMITED BY GUARANTEE TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

I want to be here; I don't want to let you or the group down. It's an hour away from my husband (laughter) It's my own time, it's my own space. It's time away from my home.

“Creatively Minded, Ethnically Diverse” Partnership Project

In 2023 we partnered with Milton Keynes Islamic Arts and Culture (MKIAC) and Milton Keynes Arts and Heritage Alliance (AHA-MK), to deliver a pioneering programme called “Creatively Minded, Ethnically Diverse”. Project fundings was successfully secured from the Baring Foundation after initial fundraising research into their Arts and Mental Health funding theme (published January 2020) identified that that there are few diverse-led organisations specifically devoted to arts and health work and that ethnically diverse people are not well represented as service-users or in its workforce. This is even though there are stark disparities in terms of prompt diagnosis and access to mental health treatment for diverse communities.

Our partnership programme was created and delivered by professional artists from diverse communities, who represent culturally centred practice in their chosen artform and who identify with one or more of the following groups: LGBTQ+ communities / Eastern, Indo-European communities / Black communities / South Asian communities / Chinese communities. Artists were given free rein to develop their own creative project serving their chosen diverse communities. Due to a few external factors the projects ran at different points in the year from April 2023 with the last project closing in December 2023.



A small evaluation budget was allocated to the work primarily towards understanding the key challenges and outputs and impact of the project on Arts for Health MK as an organisation and the artists themselves. Interviews with artists and stakeholders were undertaken at the start and finish of the projects alongside analysis of project documentation undertaken by each artist such as their project diaries and visits where appropriate to projects. Resources did not stretch to in depth evaluation beyond artist observations on the beneficiaries involved. Nonetheless, the insights from these conversations and analysis provide valuable learning.

Diverse Artist Development

Five diverse artists, all but one in the early stages of their careers, and all but one with little to no experience specifically in the arts for health sector, developed and delivered 5 arts for health projects for local diverse communities – developing their skills, networks, income potential and feeling valued with increased confidence and self-belief. This has already impacted careers, for example, since working on this project, one of our commissioned artists (Luca Bosani) has become a resident artist at the V&A and Ziyao Lin used her experience on this project to support a successful Global Talent VISA application to continue her work in arts and health in the UK for another five years.

Diverse Communities with Improved Mental Health

All of the diverse people and communities across the five projects reported improved mental wellbeing benefits. From young people being able to openly discuss racial bullying at school and realise they weren't the only ones experiencing this to LGBTQ+ people exploring a part of their identity they never have before or a South Asian woman making a new friend in a new City through dance – participants reported increased self-confidence, reduced loneliness, new friendships, skills and experiencing fun and happiness.

MK ARTS FOR HEALTH COMPANY LIMITED BY GUARANTEE TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

Organisational development and learning

Arts for Health MK has learnt a tremendous amount about what works and what doesn't when considering the breadth of the artist talent pool and the communities we work with for greatest impact. Dedicated project management and building trust through a wider partner network have been key takeaways. We have developed positive new ways of working and resources as a direct result of this project.

A Legacy

Two e-book publications to support artists have been developed as a direct result of the project covering 'Beginners Guide to Mental Health' (in development) and 'Artist's health and wellbeing' (to be published in 2024). We plan to continue working with several of the artists engaged and the wider partner networks that were made through this project on new programme strands.

The significant range of barriers to diverse beneficiaries from participating in programmes like this were really highlighted by this work, including transport, childcare, cultural reluctance, and language. We have learnt that we need to understand these barriers better then build dedicated resource to mitigating barriers as much as possible within funding applications. This project also really highlighted how vitally important existing groups, already within and representing diverse audiences, are in building that all important bridge across the trust chasm even when working with diverse artists.

Five diverse artists with little or no prior experience of working in Creative Health arena were skilled up and enthused via the project.

Artist Health and Wellbeing

Most of the artists in this project self-reported current and past mental health conditions ranging from depression to eating disorders to anxiety and stress related conditions. Many reported low self-esteem and confidence. Arts for Health MK learned as an organisation how important it is to provide a work environment and culture that cares for our artist's wellbeing in the same way we care about our wider public beneficiaries, and this has fed directly into our offer of health and wellbeing support in partnership with MK Arts Centre.



Supporting the Health and Wellbeing of Artists

Over the course of 2023 our charity held several "Coming Together" events for artists working in Milton Keynes. The charity began talks with MK Arts Centre about working in partnership to facilitate some more targeted "supportive conversations" during 2024 with Esther Aslan, an Educational and Child Psychologist who has generously offered her expert time 'pro bono'. The charity is also in the process of completing a written publication "A Guide to Health and Wellbeing" to be published in 2024.

Creative Play

This year we began a new project for children aged 0–5 facing barriers to accessing music-making owing to challenges within their families around mental health. We have been particularly focused on a cohort of mums with very young children and babies who may be experiencing post-natal depression, anxiety, and similar mild to moderate mental health concerns. The emphasis has been on preventing the escalation of these issues by early intervention. This project is due to conclude in 2024.

**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)**

FOR THE YEAR ENDED 31 MARCH 2024



There are no similar projects in the area currently addressing the health and wellbeing of families with the youngest children using music, despite a convincing case of need, and in this respect “Creative Play” will be a ground-breaking project for Milton Keynes. Data from NHS Digital indicates that the numbers of women accessing specialist community perinatal mental health services in the locality (Q4 2021/22) was 1,097, costing the CCG £2.4million across the financial year. This number has risen to 1,140 in Q1 22/23 and the estimated increased cost to the CCG has also risen to £3.2million.

Early interventions using creative play for women with young families will help reduce acute presentations in mental health services, reduce GP appointments, generate efficiency savings across the health and social care ecology, and improve mental health outcomes both in the short and longer term for woman and children, as well as improve partnership working across VCSE and health service providers, and deliver an outstanding creative project that reflects the ambition of the “Let’s Create” and investment principles expected by the Arts Council of England.

We engaged with musicians from diverse backgrounds, achieved with support from our partners at MK Islamic Arts & Culture, MK Arts Centre and the MK Music Hub, who, like us, are well connected within diverse communities across the locality, to support this project.

We embedded co-design into the project at the earliest stages by setting up a Project Steering Group and ensured that this group will not be quorate without at least two user representatives. We engaged with play specialists, academics, and other professionals in the area with whom there were professional synergies to participate.

MK ARTS FOR HEALTH COMPANY LIMITED BY GUARANTEE TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

Art Group

The Art Group had an extremely successful year, becoming a real hub of creative energy. Membership grew by a third; regular attendance often exceeds 20 people. We've developed a relationship with Macintyre, the leading national charity enabling people with learning disabilities and autistic people to contribute, integrate and connect with the local community and in 2023, the group successfully created a calendar featuring artwork from the group.



Art continues to be produced on a weekly basis, guided by our regular team of volunteers, and channelled through the creative interests of the participants. The group meets in a large, bright room at The Old Bath House in Wolverton, north Milton Keynes, and is kindly supported by the Wolverton Science and Art Fund.

Art Therapy at BodhiSpace

This new project was about providing dedicated creative and therapeutic “small group” sessions for referrals coming to Arts for Health MK that were too acute/complex for placing in our Arts on Prescription programme, and for participants where a previous identified risk of self-harm or suicide had been established but who were not currently in crisis. This activity was offered to both adults and children/young people and delivered in partnership with BodhiSpace (a community of mental health clinicians) located in nearby Olney.

We proactively engaged with organisations supporting diverse communities and those with existing health inequalities, including (but not limited to): People under the care of Mental Health Services (CAHMS and other community-based services only – we cannot accommodate people cared for in acute care settings); Primary Care networks; LGBTQ+; People from black and other ethnic minority backgrounds.

Our local partner, BodhiSpace helped identify participants and support Art Therapists and helped with project capacity by supporting some of the administration and project management activity throughout. We ran two Children and Young People's (CYP) courses and one adult course.

**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)**

FOR THE YEAR ENDED 31 MARCH 2024

CYP Group 1: Five female participants ages 12-14 (all using “She” pronoun) started the course but after two weeks one had to go abroad for a family emergency.

CYP Group 2: Five female participants aged over 16. Four were between 16-19 years. Two used “they” pronouns and 2 used “she”.

Adult Group: Five adults participated but one only attended sessions 3 – 6.

This could be seen as an expensive intervention due to the specialised nature of the creative facilitation and demands on project management/administrative time. Similarly, the requirement to have an extra facilitator present to ensure the safety of artists working on the adult course created an additional cost pressure. However, proportionally, the overall costs would reduce if the project was scaled up, as most of the admin/project management burden is a fixed cost. However, to date we have not managed to secure funding to continue this work beyond the lifetime of the initial grant, which was £5,000 via BLMK Mental Health Inequalities Fund, and therefore this workstream has now concluded.

Harry’s Rainbow



We have instigated a new project in partnership with Harry’s Rainbow, a charity set up 11 years ago in Milton Keynes up by CEO Odette Mould, MBE, to provide support for children and young people in and around Milton Keynes who have been bereaved by the death of a parent or sibling. Their services include regular support groups, activities and trips, individual tailored support and information and signposts on the website. This project is expected to last into 2024/25.

MK ARTS FOR HEALTH COMPANY LIMITED BY GUARANTEE TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

Staffing and Trustees

IATE Placements

Arts for Health MK worked in partnership with Bodhispace and IATE (Institute for Arts in Therapy and Education) to offer three community members the opportunity to have Art Therapy sessions over 12 weeks offered by a student Integrative Arts Psychotherapist, Julie Laugere. An initial session one hour session was held with each participant during which time the process of creative psychotherapy was explained. It gave the opportunity for the participant and psychotherapist to decide if they would like to work together for a further 11 weeks, and for the participant to set any goals. Each participant was required to attend one 50-minute therapy session a week at Bodhispace, Olney, for 12 weeks. On session 12 there was a review of how the therapy has gone. These quotes from clients provide some insight into their art therapy experiences with Arts for Health MK and Bodhispace.

"Life changing, and trauma releasing in a safe environment. Julie helped me find and connect with my inner child self again." The therapy allowed for "rewarding progress" and was "patient focused, amazing."

Receiving these funded art therapy sessions, "have added so much more 'peace and presence' to my life".

"I have found my art therapy very helpful. I feel my anxiety is better, and I am better on my own. I feel my therapist has enabled me to feel more confident in myself, giving me strategies to help me get off to sleep at night. Also, she has given me a space I feel comfortable talking about a lot of difficult issues."

Contractors and Artists

There was one significant staffing change during the period 2023/24 – we said thank you and goodbye to our Courtyards Supervisor and Sensory Garden designer Katie-Ellen Fields. Recruitment began for a replacement Courtyards Supervisor.

Trustees

There were no changes to our Board of Trustees.

Equality, Diversity, and Inclusion

Arts for Health MK is proud to deliver to a city-wide commitment to cultural inclusion and diversity through being a member of the AHA-MK. Find more information here: <https://aha-mk.org/inclusion-and-diversity/>

Our organisation has committed to a vision for Milton Keynes as one of the most culturally inclusive and diverse cities in the UK. We now include this diversity "badge" in our communications and marketing to demonstrate our commitment to developing diverse and inclusive programmes. You can see evidence of this in practice across all our projects featured in this report and particularly the "Creatively Minded, Ethnically Diverse" programme.

All our Trustees have now completed online EDI training delivered by Diversity Marketplace.



**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)**

FOR THE YEAR ENDED 31 MARCH 2024

Financial Review

Our reserve financial position at year end (March 2024):

Income: £138,007 (a decrease of £4,023, from the previous year)

Restricted funds totalled £26,277. Unrestricted funds totalled £25,717.

Our financial position, whilst remaining positive, across 2023/24, still indicates, that fundraising remains a critical activity for the Charity going into 2024.

We continue to be challenged in local authority funding. We have, however, agreed an increase in core budgets with funding secured from the Postcode Society Trust, totalling £7,000, and an additional £3,000 into core from the National Lottery Fund.

The Trustees are grateful to MK University Hospital NHS Foundation Trust for the use of premises shown on page 1 as the principal address on a rent-free basis. This represents valuable in-kind support from our health partners.

Trustees and Board Development

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Heather Chandler

Katharine Sorensen

Linda Bartram

Kate Jarman

Lesley Halford (Resigned 12th June 2024)

Simon Lloyd

Anjana Singh

Omatayo Kufeji

Chris Kubiak

Tanya Coles

Joanne Turner (Appointed 12th June 2024)

**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)**

FOR THE YEAR ENDED 31 MARCH 2024

The initial Trustees will serve till death, retirement or removal by resolution of an annual general meeting. The power of appointing new trustees is vested in the initial Trustees in accordance with the Memorandum and Articles of Association.

The trustees' report was approved by the Board of Trustees.



.....
Chris Kubiak

Trustee

Dated: 16th September 2024

MK ARTS FOR HEALTH COMPANY LIMITED BY GUARANTEE INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF MK ARTS FOR HEALTH

I report to the trustees on my examination of the financial statements of MK Arts for Health (the charity) for the year ended 31 March 2024.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
- 4 the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

Stephen Simpson
Longstaff Gentle & Co

61 Harpur Street
Bedford
MK40 2SR

Dated: .29/11/2024.....

**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT**

FOR THE YEAR ENDED 31 MARCH 2024

	Notes	Unrestricted funds £	Restricted funds £	Total 2024 £	Total 2023 £
<u>Income from:</u>					
Donations and legacies	3	81,321	52,257	133,578	141,839
Charitable activities	4	2,675	742	3,417	0
Investments	5	1,012	-	1,012	191
Total income		<u>85,008</u>	<u>52,999</u>	<u>138,007</u>	<u>142,030</u>
<u>Expenditure on:</u>					
Charitable activities	6	<u>76,313</u>	<u>71,335</u>	<u>147,648</u>	<u>102,032</u>
Net (expenditure)/income for the year/ Net movement in funds		8,695	(18,336)	(9,641)	39,998
Fund balances at 1 April 2023		<u>17,022</u>	<u>44,613</u>	<u>61,635</u>	<u>21,637</u>
Fund balances at 31 March 2024		<u><u>25,717</u></u>	<u><u>26,277</u></u>	<u><u>51,994</u></u>	<u><u>61,635</u></u>

MK ARTS FOR HEALTH COMPANY LIMITED BY GUARANTEE BALANCE SHEET

AS AT 31 MARCH 2024

	Not es	2024 £	£	2023 £	£
Fixed assets					
Tangible assets	9		-		137
Current assets					
Debtors	11	2,983		1,245	
Cash at bank and in hand		77,009		89,299	
		<u>79,992</u>		<u>90,544</u>	
Creditors: amounts falling due within one year	12	(27,998)		(29,046)	
Net current assets			<u>51,994</u>		<u>61,498</u>
Total assets less current liabilities			<u>51,994</u>		<u>61,635</u>
Income funds					
Restricted funds	13		26,277		44,613
Unrestricted funds			<u>25,717</u>		<u>17,022</u>
			<u>51,994</u>		<u>61,635</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2024. No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these financial statements.

The trustees acknowledge their responsibilities for ensuring that the charity keeps accounting records which comply with section 386 of the Act and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its incoming resources and application of resources, including its income and expenditure, for the financial year in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Trustees on ..16 September 2024.....

.....
Chris Kubiak
Trustee

Company Registration No. 05137693

MK ARTS FOR HEALTH COMPANY LIMITED BY GUARANTEE NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

Charity information

MK Arts for Health is a private company limited by guarantee incorporated in England and Wales. The registered office is Milton Keynes General Hospital, Standing Way, Eaglestone, Milton Keynes, MK6 5LD.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's articles of association, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2016). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Incoming resources

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

1.5 Resources expended

All expenditure is accounted for on an accruals basis.

**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**

FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost of assets less their residual values over their useful lives on the following bases:

Plant and equipment	20% straight line
Fixtures and fittings	20% straight line
Office equipment	25% straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/(expenditure) for the year.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**

FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**

FOR THE YEAR ENDED 31 MARCH 2024

3 Donations and legacies

	Unrestricted Funds	Restricted funds	Total 2024	Total 2023
	£	£	£	£
Donations and gifts	10,055	-	10,055	9,500
Grants	71,266	52,257	123,523	132,339
	<u>81,321</u>	<u>52,257</u>	<u>133,578</u>	<u>141,839</u>
For the year ended 31 March 2023	<u>74,629</u>	<u>67,210</u>		<u>141,839</u>
Donations and gifts				
Other	10,055		10,055	9500
	<u>10,055</u>		<u>10,055</u>	<u>9090</u>
Grants receivable for core activities				
Milton Keynes Council	7,535	4,065	11,600	6,168
Wolverton Science & Arts				3,999
Northampton University				180
MKCF – Thriving Communities				2,500
Baring Foundation – Inclusive Arts Programme	5,989	(5,989)		35,360
National Foundation Youth Music – Creative Play	6,825	7,690	14,515	0
Arts Council	1,500	0	1,500	0
CNWL – Inpatient Music	3,800	16,812	20,612	0
MKUH – Curating the collection	28,567	0	28,567	25,970
MKUH Courtyards	-	0	0	0
CNWL – Arts on Prescription	3,000	10,249	13,249	4,751
Postcode Lottery - Courtyards	0	0		18,190
The Big Lottery - Headstart	13,404	17,730	31,134	15,000
New Art Group	-			521
The Bridge PCN – Headstart		1,700	1,700	3,400
Community Action MK – PCN – Arts on Prescription	646		646	14,132
YED CC		-		2,168
	<u>71,266</u>	<u>52,257</u>	<u>123,523</u>	<u>132,339</u>

**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE**
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

4 Charitable activities

	2024	2023
	£	£
Other income	3,417	0
	<u> </u>	<u> </u>
Restricted funds	742	
Unrestricted funds	2,675	0
	<u> </u>	<u> </u>
	<u>3,417</u>	<u>0</u>

5 Investments

	2024	2023
	£	£
Interest receivable	1,012	191
	<u> </u>	<u> </u>

**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**

FOR THE YEAR ENDED 31 MARCH 2024

6 Expenditure on charitable activities

	2024	2023
	£	£
Depreciation and impairment	137	181
Materials & Musical instruments	17,495	4,656
Fees, artist fees and artwork	105,250	64,651
Premises expenses		147
Subscriptions	630	692
Travel, subsistence & expenses	578	576
Publicity, website, media and education	1,085	14,969
Stationery, postage, printing, computer and telephone	2,265	146
Catering and refreshments	390	304
General expenses, training and donations	1,510	378
Bookkeeping	1,512	952
Venue hire	4,924	2,820
Bank charges	102	102
Donated services	9,000	9,000
Insurance	2,370	2,058
	<u>147,248</u>	<u>101,632</u>
Governance costs - independent examiners fee	400	400
	<u>147,648</u>	<u>102,032</u>
Analysis by fund		
Unrestricted funds	76,313	70,700
Restricted funds	71,335	31,332
	<u>147,648</u>	<u>102,032</u>
For the year ended 31 March 2022		
Unrestricted funds		69,689
Restricted funds		5,889
		<u>75,578</u>

7 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

8 Employees

There were no employees during the year.

**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE**
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

9 Tangible fixed assets

	Plant and equip ment	Fixtures and fittings	Offic e equip ment	Total
	£	£	£	£
Cost				
At 1 April 2023	867	9,581	882	11,330
Addition				
At 31 March 2024	<u>867</u>	<u>9,581</u>	<u>882</u>	<u>11,330</u>
Depreciation and impairment				
At 1 April 2023	866	9,581	746	11,193
Depreciation charged in the year	<u>1</u>		<u>136</u>	<u>137</u>
At 31 March 2024	<u>867</u>	<u>9,581</u>	<u>882</u>	<u>11,330</u>
Carrying amount				
At 31 March 2024	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
At 31 March 2023	<u>1</u>	<u>-</u>	<u>136</u>	<u>137</u>

Financial instruments

	2024 £	2023 £
Carrying amount of financial assets		
Debt instruments measured at amortised cost	<u>77,009</u>	<u>89,299</u>
Carrying amount of financial liabilities		
Measured at amortised cost	<u>27,998</u>	<u>29,046</u>

11 Debtors

	2024 £	2023 £
Amounts falling due within one year:		
Trade debtors	0	0
Prepayments and accrued income	2,670	1,130
VAT	<u>313</u>	<u>115</u>
	<u>2,983</u>	<u>1,245</u>

**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**

FOR THE YEAR ENDED 31 MARCH 2024

12 Creditors: amounts falling due within one year

	2024	2023
	£	£
Other taxation and social security	0	0
Trade creditors	6,792	9,810
Accruals and deferred income	21,206	19,236
	<u>27,998</u>	<u>29,046</u>

**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**

FOR THE YEAR ENDED 31 MARCH 2024

13 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of, donations, and grants held on trust for specific purposes:

	Balance At 1 April 2023 £	Incoming Resources £	Resources Expended £	Balance at 31 March 2024 £
Wolverton Science - The Art Club	2,521	-	(1,312)	1,209
Postcode Lottery - Courtyards	11,532	-	(11,532)	0
The Big Lottery - Headstart	-	17,730	(9,322)	8,408
MKC – Art Therapy Self Harm & Suicide	0	4,065	(4,065)	0
The Baring Foundation – Inclusive Arts Programme	22,562	(5,989)	(16,573)	0
National Foundation Youth Music – Creative Play		7,690	(4,604)	3,086
CNWL – Inpatient Music	(520)	16,812	(13,604)	2,688
The Bridge PCN - Headstart	1,197	1,700	(1,403)	1,494
Arts on Prescription	7,321	10,991	(8,920)	9,392
				-
	<u>44,613</u>	<u>52,999</u>	<u>(71,335)</u>	<u>26,277</u>

14 Analysis of net assets between funds

	Unrestricted funds £	Restricted funds £	Total £
Fund balances at 31 March 2024 are represented by:			
Tangible assets	-	-	-
Current assets/(liabilities)	<u>25,717</u>	<u>26,277</u>	<u>51,994</u>
	<u>25,717</u>	<u>26,277</u>	<u>51,994</u>

MK ARTS FOR HEALTH

England & Wales - Charity number 1107625

Accounts

Charity Registration No. 1107625

Company Registration No. 05137693 (England and Wales)

MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

MK ARTS FOR HEALTH COMPANY LIMITED BY GUARANTEE LEGAL AND ADMINISTRATIVE INFORMATION

Trustees

Katharine Sorensen (Chair)
Linda Bartram
Heather Chandler
Tanya Coles
Lesley Halford
Kate Jarman
Chris Kubiak
Omotayo Kufeji (Vice-Chair)
Simon Lloyd
Anjana Singh

Registered charity name

MK Arts for Health (known as Arts for Health MK)

Charity number

1107625

Company number

05137693

Registered office

Facilities Directorate
Milton Keynes General Hospital
Standing Way
Eaglestone
Milton Keynes
MK6 5LD

Independent examiner

Stephen Simpson
Longstaff Gentle & Co
61 Harpur Street
Bedford
MK40 2SR

MK ARTS FOR HEALTH COMPANY LIMITED BY GUARANTEE CONTENTS

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Balance sheet	13
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MK ARTS FOR HEALTH COMPANY LIMITED BY GUARANTEE TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2023

The Trustees, who are also the Directors for the purposes of company law, present their report and the unaudited financial statements for the year ended 31 March 2023.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's Memorandum and Articles of Association, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2016).

OBJECTIVES AND ACTIVITIES

The Charity's object (the objects) is to use arts activities and promote engagement with the arts in the Hospital and in the wider community of Milton Keynes for the benefit of the local population, promoting health for the benefit of the public including by educating the public about health and health related issues; and providing facilities for recreation and other leisure time activity in the interests of social welfare for people who have need of them by reason of illness, their youth, age, infirmity or disability with a view to improving their conditions of life.

2023 represents the final year of activity against our five Priorities in the current (2018-2023) strategic plan.

The five priority strategic objectives are to:

Arts For Health MK - Strategic Priorities 2018-2023				
1. Become a sustainable organisation	2. Grow Arts on Prescription Programme	3. Improve The Collection at MKUH	4. Embed AHMK in MKUH	5. Demonstrate our impact
Secure longer-term funding streams to ensure the sustainability and viability of the organisation and to enable AHMK to make a more significant impact on health and wellbeing and cultural life in MK.	Reach a wider and more diverse audience, including specific growth of the Art and Dementia and Headstart programmes	Continue our work to improve the hospital visual art collection, how and where it is displayed and ensure that work is shown at its best with an emphasis on quality, reach and diversity. This includes increasing the quality and profile of the changing exhibition programme.	Continue to embed our work in the hospital by building awareness of the organisation, strengthening our partnership with the hospital's Charity and delivering positive outcomes for staff and patients. This includes providing the artistic lead for all new building developments on the hospital site (Cancer Centre 2019 and Treatment Centre 2020/21).	Strengthen our evaluation and evidence base to show our impact on health and wellbeing outcomes, and demonstrate our impact on the wider community. This includes developing and implementing a marketing and communications strategy for AHMK.

Arts for Health MK's key target groups are:

Milton Keynes University Hospital's patients, visitors, carers and staff; adults with mental health issues, including dementia; people with disabilities; young people with mental health issues; people with health and wellbeing challenges; carers including young carers.

Public Benefit Policy

In planning our activities for the year, we kept in mind the Charity Commission's guidance on public benefit at our Trustee meetings.

MK ARTS FOR HEALTH COMPANY LIMITED BY GUARANTEE TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

ACHIEVEMENTS AND PERFORMANCE

Milton Keynes University Hospital's Art Collection

The Hospital Art Collection (over 420 works) is central to our work and plays an important role in enhancing the environment for everyone, improving patient outcomes, and helping cheer, soothe and offer a pleasing distraction for visitors, staff and patients. It is the largest permanent art collection in Milton Keynes and has a strong local element and includes work that has been commissioned on various occasions since work to build the city began in the 1970s.

Our displays have included loaned artworks from *Paintings in Hospitals* and individual local and UK-based artists. We continue to host a collection of paintings and photographs from Boyd and Evans, to complement those in the Hospital Art Collection, in addition to 12 artworks from *Paintings in Hospitals*. We also hold significant works by Aubrey Williams and Peter Randall-Page.

An unexpected increase to our insurance premiums (previously pro-bono and now affected by sector-wide inflationary increases) has placed an additional cost pressure in relation to Exhibitions, installation, and transportation of artworks.

Recognising the importance of strategically planning for the future of The Collection, we have taken steps to establish some discreet pieces of work in partnership with MKUH:

i) The Art Plan

MKUH have recently co-created a plan around environmental sustainability and becoming net carbon zero in line with NHS England's ambition to become the world's first net zero national health service. The plan covers themes such as biodiversity, wellbeing, travel and transport and estates/facilities. This plan feeds into our work in the Creative Courtyards (see below). At Arts for Health MK, we felt this would be an opportune moment to suggest something similar for The Collection and Temporary Exhibitions Programme. As a multi-year strategic document, the Art Plan initiative should further embed Arts for Health MK as a key, long-term partner with MKUH, as well as make it more likely to attract external funders and grants. This ambitious initiative is likely to take place across 2023 - 2025.

ii) Collections Policy

To support the development of The Art Plan, we have also started developing our Collections Policy to further articulate operational policies around the day-to-day management of The Collection. This will include conservation, acquisitions, and disposals. This workstream will continue in parallel with the development of the Art Plan.

AfHMK recognises the continuing pressure on finances within MKUH and has recommitted to working in partnership with the hospital to secure new grants and funds from a range of grant making bodies and trusts. Nominated individuals from the hospital and AfHMK have been meeting regularly to assess fundraising opportunities that include formal applications and direct fundraising.

The hospital Charity Board continue to receive quarterly reports from the Director, as well as ad hoc reports on request, and attendance by the Director at the Charity Board meetings.

MK ARTS FOR HEALTH COMPANY LIMITED BY GUARANTEE TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Exhibition Programme

The 2022/23 exhibition programme saw a new temporary exhibition from Astrid Bärndal, whose snowflakes and mandala artworks brightened up a busy main MKUH corridor and the continuing long term loan exhibition by Gabrielle Radiguet in the MKUH x-ray department was given a refresh. The period also saw the end of year long exhibitions by mixed media artist Naomi Kedrick and painter David H Jones and work towards a new exhibition by local mixed media artist Sharon Paulger, whose work contextualises the relationship between Arts and Health. The period also prioritised setting in motion an artwork plan for the hospital's Eaglestone Restaurant and a refresh/exchange of some of the Paintings in Hospitals loan artworks which have been in situ for many years with the aim of integrating the new Maple Centre (Same Day Emergency Care Unit) into the scheme.

A new online exhibition was launched, the Art Bubble Archive exhibition of Covid-19 responsive works created by Art Bubble Workshop participants during sessions led by our Collections and Exhibitions Manager, who helped participants to explore and express their concerns through a series of drawing, collage and mixed-media art activities. Participants created their own individual artworks and collaborative responses together. Themes discussed included, Outdoors, Fear, Bereavement, Guilt and Living with COVID-19.

Creative Courtyards

During 2022-23, post COVID restrictions, our regular volunteers supervised by artist Katie Ellen-Fields were pleased to resume weekly maintenance activity in the Creative Courtyards (selected inner courtyard spaces that we manage for the hospital). We were donated a second-hand shed for much-needed storage of our garden maintenance equipment within one of the courtyards, and our volunteers took pride in giving it a facelift. The Trustees are especially grateful to local green roof company Bridgman & Bridgman for donating the shed's living roof to support biodiversity which we look forward to adding.



Donated storage shed, before, during and after its volunteer-led facelift.

This year we aimed to broaden the range of volunteers engaging with the Creative Courtyards for social, health and wellbeing purposes. We succeeded by liaising with the hospital's volunteer coordinators and local schools. We welcomed groups from Slated Row, a local school for 4 – 17-year-olds with special communication needs and learning disabilities, as well as volunteers from around the hospital, local businesses, and trustees.

MK ARTS FOR HEALTH COMPANY LIMITED BY GUARANTEE TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

The Sensory Garden

Thanks to a grant from the Postcode Trust and MK University Hospital we've been able to undertake an exciting inner courtyard garden project. We've upgraded "The Wheel" Creative Courtyard, now renamed "The Sensory Garden". We commissioned artist Katie Ellen-Fields to design it and work which began in the reporting year was completed in Autumn 2023. The project included:

- Addition of generous seating (stained with eco-friendly wood varnish)
- Large water-resistant, outdoor cushions for resting in various spots around the garden
- Replanting of an ornamental grass bed for more colour and contrast, with additional taller, tactile specimens added
- Installation of new "eco-flooring" made from recycled rubber in a contrasting colour to the rest of the garden, offering better access to the garden, a smoother surface for wheelchair users and improved visual contrast.
- Patient-decorated wooden wind chimes for subtle sounds.
- Metal 'water-chimes' which create sound when rain falls onto them (in lieu of a water feature with inherent H&S and maintenance issues)

After many years of weathering, the courtyard's original 'Wheel' sculpture by Rosalind Stoddart will be repaired and restored to its original colour. The sculpture also has a sound element and musical mallets will be provided to 'play' the fins of the piece. Original bamboo pole artworks can also be 'played' with these tools.

Our work in the Sensory Garden is set to accelerate in 2023/24, helping to better embed us within MKUH, and to support our ambition to be seen at the forefront of environmental responsibility, equality, inclusion and partnership working.

MK Disability Awareness Day (MKDAD) Friday 16th July 2022

The 2022 MKDAD event was held outdoors in Campbell Park. Arts for Health MK ran a popular art table attracting interest and attention from all attendees. A short film was made to document the day, which can be found here:

<https://youtu.be/h3zllTgdHtI>

Our Community Programme

Art, Nature & Wellbeing: Art Workshops for young people in partnership with the Milton Keynes Arts Centre and The Parks Trust

Over 10 weeks, 7 participants (aged 12 – 16) explored themes of art and nature. The workshops encouraged an awareness and appreciation of the natural world through creativity to support participants' wellbeing. Inspiration came from materials found in the calming surroundings of Milton Keynes Arts Centre and adjacent grounds of Great Linford Manor Park. During the 10 weeks the lead artist introduced other artists to give participants hands-on experience of making ceramics, book making, textiles and natural dyes as well as of working with collage, printmaking, painting and drawing. Participants were guided in outdoor learning activities with The Parks Trust.

Feedback: One participant said: *"It was an amazing experience with lots of fun activities to do that kept my Wednesdays full of excitement. I would do it again!"* and one parent said: *"Thank you all so much for this course, it's been amazing 'F' has really enjoyed trying all the different techniques and styles. We're really grateful 😊"*

MK ARTS FOR HEALTH COMPANY LIMITED BY GUARANTEE TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Arts on Prescription: HEADSTART

Arts for Health MK has been in receipt of multi-year funding to deliver Arts on Prescription Headstart courses for young people across three art disciplines: Visual Arts, Music and Drama from the Big Lottery Communities Fund.

Project initiation was on the 13th of October 2022. The aims and objectives of the programme were reviewed and agreed by the Director and the Board of Trustees at the meeting of the Board on the 25th of November 2022.

We are on track to deliver our target of six courses during the first twelve months of the project (Oct 22 – Oct 23). We will allocate participants to courses based on their activity preference, as noted on their referral form. This will include opportunities to participate in visual arts, drama, or music. We will prioritise the current waiting list of referrals.

Courses will adapt the standard Arts on Prescription model of 12 weeks, one session a week, with up to 12 participants per course. Adaptations to this will be considered on a course-by-course basis through discussion with the facilitator and participants. Flexibility is essential.

By December 2022 we had identified key delivery partners:
For HEADSTART Drama: Black Sheep Collective Theatre Company
For HEADSTART Music: Milton Keynes Music Hub

We will also establish two HEADSTART Art courses per year, drawing from our regular roster of artists.

Supporting the Health and Wellbeing of Artists

We continue to offer opportunities for artists to consider the importance of their own health and wellbeing.

On 2 May and 18 November 2022, we ran face-to-face “Coming Together” events at MK Arts Centre attended by artists, volunteers and some members of our Monday Art Club. Both meetings offered artists and their colleagues an opportunity to discuss critical issues which included evaluation methodology, safeguarding concerns, managing participants with complex needs, and resilience. At the May event we offered complimentary head and neck massages.

Attendance at the two events was variable. With this in mind, our next steps will be an information offer rather than more face-to-face activity. This will include a “health and wellbeing booklet”, a “guide to common mental health concerns”, and planned for 2024, more substantial and sector specific around the intersection between safeguarding and artists wellbeing.

“Creatively Minded, Ethnically Diverse”

This ongoing programme of work has been funded by the Baring Foundation for the period 2021 - 23.



In February 2023, in partnership with Milton Keynes Islamic Arts and Culture, A4HMK delivered a CPD event for artists who had been contracted to deliver this programme.

The day included exploratory sessions on common mental health concerns, mental health services and understanding mental health inequalities in diverse communities. We held a seminar on best practice in designing creative workshops, which included how to moderate between “loud” and “quiet” voices, practical tips, and managing complex and difficult situations. We invited guest speakers from a range of health and social care organisations and arts/culture organisations working in similar spaces.

The community-facing elements of this project are well underway, including outreach into the Chinese community, Eastern European communities, Islamic communities, and LGBT groups. This project is due to complete on the 30th of November 2023.

MK ARTS FOR HEALTH COMPANY LIMITED BY GUARANTEE TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023



Advertising for workshop participants from Central & Eastern Europe and Chinese people living in Milton Keynes

Data Collection: ArtPROMS

Work on developing the ArtPROMS tool (PROMs = patient reported outcome measurements) to help facilitate improvements to our data collection was completed in 2022. With support from the AfHMK admin team, artists engage will now be expected to record quantitative outcome data for every workshop using the short Warwick Edinburgh scale and other validated tools that may be necessary. It will take time to upskill artists who regularly work for the Charity. Evaluations from all our courses will now include all (or an appropriate selection of) the following tools:

- Demographic monitoring
- Warwick Edinburgh Scale
- Eva Mood Scale (optional)
- Artist's diary
- A case study (at the time of writing this is optional)
- A recorded exit interview with the Director (at the Director's discretion)
- A record of the artwork produced.

MK ARTS FOR HEALTH COMPANY LIMITED BY GUARANTEE TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Art Group

Our Monday Art Club, meeting at The Old Bath House in Wolverton on a weekly basis, continues to go from strength to strength. The group has a regular cohort of members and also operates as a drop-in for anybody in the locality who wants to engage in an art activity. Participants who have completed other programmes from across the Charity, particularly adult Arts on Prescription, are signposted to the Club.

Mean average weekly attendance at the club is 11 people (including volunteers) and the numbers have trended upwards across the year. In total we have had around 250 individual instances of attendance (not including volunteers). Many members have been attending for a long time and by March 2023, following discussion with our volunteers, the group began discussing how to share their work with a wider audience.

“Art Bubble” – COVID19

This experimental project was delivered as a series of 4 artist led visual arts workshops. Each series consisted of 4 x 2-hour long activities. Activities included making drawings, collage, and mixed media artworks. The aim of the project was to provide support for people who had been negatively affected by the COVID19 vaccine rollout by providing a safe space to explore vaccine hesitancy and other anxiety around COVID.

Each series concluded with a collaborative drawing activity as a group response. Themes unpicked during the activities included, Outdoors, Fear, Bereavement, Guilt, living with COVID-19, I am vs Am I, Moving Forwards and Creative blocks, all expressed in a meaningful abstract context.

The cohort in Session 4 was by coincidence made up of artists and musicians whose creative practice had been directly affected by the pandemic, which led to some effective discussions around artists health and wellbeing, how to use artistic abilities to help with anxieties and move on from creative blocks.

Participation and consent were facilitated by having a broad the referral criteria. It was challenging “opening the door” to conversations around COVID19 – but the workshops were designed to gradually build a safe space.

Music at Central and North London Foundation Trust - for adult inpatients:

In this new initiative, between November 2022 and March 2023 A4HMK provided an hour long structured musical activity session once a week for adults at the Campbell Centre (an acute inpatient mental health unit in central Milton Keynes), introduced and facilitated by a professional musician. Participant feedback has been excellent and at times moving. For example, a male participant reported that the playing together in a group ‘helped me to integrate all the parts of myself together’, and another patient described how the group helped him feel ‘connected to each other, which is supportive, human and grounding’. One patient who felt he was ‘over-thinking himself into a bad state and had become lost from his former self’, found he was able to play music and dance, smile and connect to the man he was when he was well.

The inaugural lengthier session, a drumming circle group in November 2022 (using instruments that we purchased for the purpose), attracted the following feedback regarding one patient. He was on 1:1 close observation for aggression and being thought disordered, neither of which could be observed during the session:

“K attended the above group yesterday for two hours. He played a drum, a guitar and sang, participating fully and leading the group. He encouraged others, came up with ideas and showed himself to be quite the musician. He was extremely enthusiastic and about the need for this group to continue at the Campbell Centre, saying that if it was a question of funding, he had £10 he would be happy to put towards it. He said that he previously thought that being sectioned was the worst thing that ever happened to him, but now realises, it is the best thing, as he has had one of the best experiences of his life making music together. He said that he wanted his sister to learn to play the drum and initially was only coming to get some skills to teach her. After the session he spoke with J the drumming teacher, who agreed to give K one of his old drums.”

MK ARTS FOR HEALTH COMPANY LIMITED BY GUARANTEE TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Art Therapy – Reducing the risk of suicide and self-harm

AfHMK received £5K from MK Council Public Health during the third round of funding for projects supporting a reduction in suicide and self-harm: BLMK Suicide Prevention.

We expect to deliver small group or 1:1 intervention with Art Therapists in partnership with BohdiSpace (providers of psychological therapies in our region). The number of groups delivered will vary depending on the referrals that come in, but it is likely that at least 1 group each will run for adults, younger teenagers, and older teenagers/young people. We will try to accommodate further individuals with particularly complex needs on a 1:1 basis within the funding envelope.

This offer is tailored to groups who are most at risk. To promote access to younger people and middle-aged men, we will try to programme sessions at the weekend or in the evening, during times that do not clash with work or education, and develop engaging creative content pitched appropriately for these groups. We are considering running sessions in venues where there are clusters of incidents – such as Woughton and Fishermead and Bletchley West – to improve access for people living locally. We will prioritise any referrals that come in from men who are unemployed or are working in routine/manual jobs.

During the reporting period referrals have been slow to arrive, so it is more likely that it will be well into 2023 before we can run workshops with reasonable attendance.

Arts on Prescription PCN (Primary Care Network) Project

Since 2011, AfHMK has provided 'Arts on Prescription' for people in MK with health and wellbeing challenges. As part of our ongoing recovery from the pandemic, in 2022 we sought to re-establish our offer to the community, in partnership with the Milton Keynes Primary Care Networks and other partners via our local Mental Health Alliance.

The focus of this latest project was to support children and young adults only, so it fell under our HEADSTART programmes banner. Building on our existing model for the delivery of HEADSTART in partnership with The Bridge PCN in Milton Keynes we aimed to deliver a similarly modelled HEADSTART programme for The Crown PCN, and to fund an expansion of the service at The Bridge PCN. Our funding application assumed scheduling of three courses for each location, but with the potential to run many more. We conceived a single point of access for referrals so they could be triaged effectively and signposted, if required, to partners at CAB and Mind BLMK. There would also be an element of joint reporting between the three organisations.

Referrals were taken directly from the PCN. Usually there is considerable demand for the service at The Bridge, and a significant waiting list accrued when it was not possible to offer face-to-face activities. Whilst similar demand was anticipated for the service at The Crown PCN, in fact, despite our best efforts, over the course of the year there were minimal referrals into this project. Learning from this project included:

- Critical to engage with and build solid relationships in surgeries with a range of stakeholders and recognise that there are a lot of competing priorities in a Primary Care space.
- Working collaboratively with other VCSE organisations is possible – and it is useful to frame shared objectives as part of this project and deliver data sharing agreements.
- It is challenging to accurately predict the likely demand and there needs to be more clarity around exactly what the benefits of making a referral into this project would be.

Staffing and Trustees

There were no significant staffing changes during the period 2022/23.

On the Board, we welcomed Tanya Coles and Chris Kubiak as new Trustees, and said goodbye to John Cove, and our Chair Maria Wogan. Katharine Sorensen has been appointed Chair, and Tayo Kufeji as Vice-Chair.

**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023**

FINANCIAL REVIEW

Our reserve financial position at year end (March 2023):

Income: £142,030 (an increase of £79,553, from the previous year)

Restricted funds totalled £44,613. Unrestricted funds totalled £17,022.

Despite a gradual improvement in our financial position across 2022/23, fundraising remains a critical activity for the Charity going into 2023 as noted above.

We continue to be challenged in the area of local authority funding, particularly from the Arts and Culture Team, where funding in 2022/23 dropped by 60%. We have, however, agreed an increase in core budgets with MKUH, totalling £28,589 and an additional £15,000 into core from the Big Lottery.

The Trustees are grateful to MK University Hospital NHS Foundation Trust for the use of premises shown on page 1 as the principal address on a rent-free basis. This represents valuable in-kind support from our health partners.

2022/23 Pay Review

A pay review was carried out by the Trustees in November 2022.

It was agreed that due to increases in the cost of living throughout 2022, that 5% uplifts on average in fees would be appropriate for all contractors.

STRUCTURE, GOVERNANCE AND MANAGEMENT

The charity is constituted as company limited by guarantee and is therefore governed by a Memorandum and Articles of Association.

Trustees and Board Development

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Maria Wogan (Resigned as Chair from 14th September 2022)

Heather Chandler

Katharine Sorensen (Chair from 14th September 2022)

John Cove (resigned 14th September 2022)

Linda Bartram

Kate Jarman

Lesley Halford

Simon Lloyd

Anjana Singh

Omatayo Kufeji

Chris Kubiak (Appointed 14th September 2022)

Tanya Coles (Appointed 30th November 2022)

**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)**

FOR THE YEAR ENDED 31 MARCH 2023

The initial Trustees will serve till death, retirement or removal by resolution of an annual general meeting. The power of appointing new trustees is vested in the initial Trustees in accordance with the Memorandum and Articles of Association.

Further Organisational Development

During this period, the Board, in partnership with the Director Ben Heyworth, and with reference to the Brand, Advocacy and Marketing strategy, continued to work towards agreed priorities:

- Ensuring client-facing activity returns to pre-COVID levels, funded through existing reserves, local and regional short-term funding and bespoke small project grants.
- Improve the quality and ambition of the Charity's forward activity plan and strategic objectives. Whilst we were unsuccessful with our NPO application to Arts Council England, we detailed a task group to evaluate their feedback and we have been able to deliver against our strategic objectives for the period 2018 – 2023. We began to consider how best to refresh our strategy for the next 3-5 years.
- Improve the quality and frequency of evaluations – including the fullest use of the ArtPROMS tool.
- Embed environmental responsibility into the Charity's current activities and forward activity plan – with particular reference to opportunities that might become available for project funding in this area.

The trustees' report was approved by the Board of Trustees.

Katharine Sorensen

Trustee

Dated: 5 December 2023

MK ARTS FOR HEALTH COMPANY LIMITED BY GUARANTEE INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF MK ARTS FOR HEALTH

I report to the trustees on my examination of the financial statements of MK Arts for Health (the charity) for the year ended 31 March 2023.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
- 4 the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

Stephen Simpson
Longstaff Gentle & Co

61 Harpur Street
Bedford
MK40 2SR

Dated: 5 December 2023

**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT**

FOR THE YEAR ENDED 31 MARCH 2023

	Notes	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
<u>Income from:</u>					
Donations and legacies	3	74,629	67,210	141,839	62,342
Charitable activities	4	0	-	0	127
Investments	5	191	-	191	8
Total income		<u>74,820</u>	<u>67,210</u>	<u>142,030</u>	<u>62,477</u>
<u>Expenditure on:</u>					
Charitable activities	6	<u>70,700</u>	<u>31,332</u>	<u>102,032</u>	<u>75,577</u>
Net (expenditure)/income for the year/ Net movement in funds		4,120	34,878	39,998	(13,100)
Fund balances at 1 April 2022		<u>12,902</u>	<u>8,735</u>	<u>21,637</u>	<u>34,737</u>
Fund balances at 31 March 2023		<u><u>17,022</u></u>	<u><u>44,613</u></u>	<u><u>61,635</u></u>	<u><u>21,637</u></u>

**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
BALANCE SHEET**

AS AT 31 MARCH 2023

	Not es	2023 £	£	2022 £	£
Fixed assets					
Tangible assets	9		137		318
Current assets					
Debtors	11	1,245		2,186	
Cash at bank and in hand		89,299		87,340	
		<u>90,544</u>		<u>89,526</u>	
Creditors: amounts falling due within one year	12	(29,046)		(68,207)	
Net current assets			61,498		21,319
Total assets less current liabilities			<u>61,635</u>		<u>21,637</u>
Income funds					
Restricted funds	13		44,613		8,735
Unrestricted funds			17,022		12,902
			<u>61,635</u>		<u>21,637</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2023. No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these financial statements.

The trustees acknowledge their responsibilities for ensuring that the charity keeps accounting records which comply with section 386 of the Act and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its incoming resources and application of resources, including its income and expenditure, for the financial year in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Trustees on 22 November 2023

Katharine Sorensen
Trustee

Company Registration No. 05137693

MK ARTS FOR HEALTH COMPANY LIMITED BY GUARANTEE NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

Charity information

MK Arts for Health is a private company limited by guarantee incorporated in England and Wales. The registered office is Milton Keynes General Hospital, Standing Way, Eaglestone, Milton Keynes, MK6 5LD.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's articles of association, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2016). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Incoming resources

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

1.5 Resources expended

All expenditure is accounted for on an accruals basis.

**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost of assets less their residual values over their useful lives on the following bases:

Plant and equipment	20% straight line
Fixtures and fittings	20% straight line
Office equipment	25% straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/(expenditure) for the year.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**

FOR THE YEAR ENDED 31 MARCH 2023

3 Donations and legacies

	Unrestricted Funds	Restricted funds	Total 2023	Total 2022
	£	£	£	£
Donations and gifts	9,000	500	9,500	9,090
Grants	65,629	66,710	132,339	53,252
	<u>74,629</u>	<u>67,210</u>	<u>141,839</u>	<u>62,342</u>
For the year ended 31 March 2022	<u>53,187</u>	<u>9,155</u>		<u>62,342</u>
Donations and gifts				
Other	9,000	500	9,500	9,090
	<u>9,090</u>	<u>500</u>	<u>9,090</u>	<u>9,010</u>
Grants receivable for core activities				
Milton Keynes Council	5,235	933	6,168	10,000
Wolverton Science & Arts	1,166	2,833	3,999	283
Northampton University	180		180	-
MKCF – Thriving Communities	1,250	1,250	2,500	10,495
Baring Foundation – Inclusive Arts Programme	11,860	23,500	35,360	0
MKCF - (COVID Response workshops)	0	0	0	3,000
D OYLY CARTE – Adult Learning	0	0	0	1,500
Steel Charitable Trust – Adult Learning	0	0	0	1,898
MKUH – Curating the collection	25,970		25,970	19,336
MKUH Courtyards	-	0	0	1,740
CNWL – Arts on Prescription	1,799	2,952	4,751	5,000
Postcode Lottery - Courtyards	6,000	12,190	18,190	-
The Big Lottery - Headstart	6,702	8,298	15,000	-
New Art Group	-	521	521	-
The Bridge PCN – Headstart	1,099	2,301	3,400	0
Community Action MK – PCN – Arts on Prescription	2,200	11,932	14,132	-
YED CC	2,168	-	2,168	0
	<u>65,629</u>	<u>66,710</u>	<u>132,339</u>	<u>53,252</u>

**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**

FOR THE YEAR ENDED 31 MARCH 2023

4 Charitable activities

	2023	2022
	£	£
1 Other income	0	127
Restricted funds	-	
Unrestricted funds	0	127
	0	127

5 Investments

	2023	2022
	£	£
Interest receivable	191	8

**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**

FOR THE YEAR ENDED 31 MARCH 2023

6 Expenditure on charitable activities

	2023	2022
	£	£
Depreciation and impairment	181	332
Materials & Musical instruments	4,656	1,149
Fees, artist fees and artwork	64,651	57,029
Premises expenses	147	4
Subscriptions	692	480
Travel, subsistence & expenses	576	209
Publicity, website, media and education	14,969	4,000
Stationery, postage, printing, computer and telephone	146	390
Catering and refreshments	304	15
General expenses & donations	378	96
Bookkeeping	952	1,233
Venue hire	2,820	350
Bank charges	102	93
Donated services	9,000	9,000
Insurance	2,058	798
	<u>101,632</u>	<u>75,178</u>
Governance costs - independent examiners fee	400	400
	<u>102,032</u>	<u>75,578</u>
Analysis by fund		
Unrestricted funds	70,700	69,689
Restricted funds	31,332	5,889
	<u>102,032</u>	<u>75,578</u>
For the year ended 31 March 2021		
Unrestricted funds		65,552
Restricted funds		23,283
		<u>88,835</u>

7 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

8 Employees

There were no employees during the year.

**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**

FOR THE YEAR ENDED 31 MARCH 2023

9 Tangible fixed assets

	Plant and equip ment	Fixtures and fittings	Offic e equip ment	Total
	£	£	£	£
Cost				
At 1 April 2022	867	9,581	882	11,330
Addition				
At 31 March 2023	<u>867</u>	<u>9,581</u>	<u>882</u>	<u>11,330</u>
Depreciation and impairment				
At 1 April 2022	823	9,581	608	11,012
Depreciation charged in the year	43		138	181
At 31 March 2023	<u>866</u>	<u>9,581</u>	<u>746</u>	<u>11,193</u>
Carrying amount				
At 31 March 2022	<u>44</u>	<u>-</u>	<u>274</u>	<u>318</u>
At 31 March 2023	<u>1</u>	<u>-</u>	<u>136</u>	<u>137</u>

Financial instruments

	2023 £	2022 £
Carrying amount of financial assets		
Debt instruments measured at amortised cost	<u>89,299</u>	<u>87,340</u>
Carrying amount of financial liabilities		
Measured at amortised cost	<u>29,046</u>	<u>68,208</u>

11 Debtors

	2023 £	2022 £
Amounts falling due within one year:		
Trade debtors	0	0
Prepayments and accrued income	1,130	1,673
VAT	<u>115</u>	<u>513</u>
	<u>1,245</u>	<u>2,186</u>

**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**

FOR THE YEAR ENDED 31 MARCH 2023

12 Creditors: amounts falling due within one year

	2023	2022
	£	£
Other taxation and social security	0	0
Trade creditors	9,810	8,011
Accruals and deferred income	19,236	60,197
	<u>29,046</u>	<u>68,208</u>

**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**

FOR THE YEAR ENDED 31 MARCH 2023

13 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of, donations and grants held on trust for specific purposes:

	Balance 1 April 2022	Incoming resources	Resources expended	Movement in funds Balance at 31 March 2023
	£	£	£	£
Wolverton Science - The Art Club	1,504	2,138	(1,121)	2,521
Postcode Lottery - Courtyards	3,481	12,690	(4,639)	11,532
	-			
MKCF – Thriving Communities	3,750	1,250	(5,000)	0
The Baring Foundation – Inclusive Arts Programme	-	23,500	(938)	22,562
CNWL – Inpatient Music			(520)	(520)
The Bridge PCN - Headstart	-	2,301	(1,104)	1,197
Arts on Prescription	-	15,850	(8,529)	7,321
				-
	<u>8,735</u>	<u>57,729</u>	<u>(21,851)</u>	<u>44,613</u>

14 Analysis of net assets between funds

	Unrestricted funds £	Restricted funds £	Total £
Fund balances at 31 March 2023 are represented by:			
Tangible assets	137	-	137
Current assets/(liabilities)	<u>16,885</u>	<u>44,613</u>	<u>61,498</u>
	<u>17,022</u>	<u>44,613</u>	<u>61,635</u>

MK ARTS FOR HEALTH

England & Wales - Charity number 1107625

Accounts

Charity Registration No. 1107625

Company Registration No. 05137693 (England and Wales)

MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
LEGAL AND ADMINISTRATIVE INFORMATION**

Trustees

Maria Wogan (former Chair, resigned 14/09/2022)
Katharine Sorensen (current chair)
Heather Freeman
John Cove – (resigned 14/09/2022)
Linda Bartram
Simon Lloyd
Omatayo Kufeji
Anjana Singh
Lesley Halford
Kate Jarman – (appointed 19/05/2021)
Christopher Kubiak (appointed 14/09/2022)

Registered charity name

MK Arts for Health (known as Arts for Health MK)

Charity number

1107625

Company number

05137693

Registered office

Facilities Directorate
Milton Keynes General Hospital
Standing Way
Eaglestone
Milton Keynes
MK6 5LD

Independent examiner

Stephen Simpson
Longstaff Gentle & Co
61 Harpur Street
Bedford
MK40 2SR

MK ARTS FOR HEALTH COMPANY LIMITED BY GUARANTEE CONTENTS

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Balance sheet	10
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MK ARTS FOR HEALTH COMPANY LIMITED BY GUARANTEE TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2022

The Trustees, who are also the Directors for the purposes of company law, present their report and the unaudited financial statements for the year ended 31 March 2022.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's Memorandum and Articles of Association, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2016).

OBJECTIVES AND ACTIVITIES

The Charity's object (the objects) is to use arts activities and promote engagement with the arts in the Hospital and in the wider community of Milton Keynes for the benefit of the local population, promoting health for the benefit of the public including by educating the public about health and health related issues; and providing facilities for recreation and other leisure time activity in the interests of social welfare for people who have need of them by reason of illness, their youth, age, infirmity or disability with a view to improving their conditions of life.

Trustees have jointly reviewed, revised and agreed a five year strategic plan for 2018-2023.

Arts for Health MK's key strategic priorities 2018-2023 are to:

Arts For Health MK - Strategic Priorities 2018-2023				
1. Become a sustainable organisation	2. Grow Arts on Prescription Programme	3. Improve The Collection at MKUH	4. Embed AHMK in MKUH	5. Demonstrate our impact
Secure longer-term funding streams to ensure the sustainability and viability of the organisation and to enable AHMK to make a more significant impact on health and wellbeing and cultural life in MK.	Reach a wider and more diverse audience, including specific growth of the Art and Dementia and Headstart programmes	Continue our work to improve the hospital visual art collection, how and where it is displayed and ensure that work is shown at its best with an emphasis on quality, reach and diversity. This includes increasing the quality and profile of the changing exhibition programme.	Continue to embed our work in the hospital by building awareness of the organisation, strengthening our partnership with the hospital's Charity and delivering positive outcomes for staff and patients. This includes providing the artistic lead for all new building developments on the hospital site (Cancer Centre 2019 and Treatment Centre 2020/21).	Strengthen our evaluation and evidence base to show our impact on health and wellbeing outcomes, and demonstrate our impact on the wider community. This includes developing and implementing a marketing and communications strategy for AHMK.

Arts for Health MK's key target groups are:

Milton Keynes University Hospital's patients, visitors, carers & staff; adults with mental health issues, including dementia; people with disabilities; young people with mental health issues; people with health and wellbeing challenges; carers including young carers.

Public Benefit Policy

In planning our activities for the year, we kept in mind the Charity Commission's guidance on public benefit at our Trustee meetings.

MK ARTS FOR HEALTH COMPANY LIMITED BY GUARANTEE TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

ACHIEVEMENTS AND PERFORMANCE

Milton Keynes University Hospital's Art Collection

The Hospital Art Collection (over 420 works) is central to our work and plays an important role in enhancing the environment for everyone, improving patient outcomes, and helping cheer, soothe and offer a pleasing distraction for visitors, staff and patients. It is the largest permanent art collection in Milton Keynes and has a strong local element, and includes work that has been commissioned on various occasions since work to build the new town (now city) began in the 1970s.

Our displays have included loaned artworks from *Paintings in Hospitals* and individual local and UK-based artists. We continue to host a collection of paintings and photographs from Boyd and Evans, to complement those in the Hospital Art Collection, in addition to 12 artworks from *Paintings in Hospitals*. This year the hospital saw an increase in artwork donations to the Collection as a thank you from the community for the hospital's unwavering support during the COVID-19 pandemic. This included a large textile artwork by the local group Quilts of Carers now displayed in the newly refurbished staff hub. Other, smaller-scale donations are in a temporary exhibition near the Hospital Charity offices.

During the reporting year we continued the digitalisation of the collection, a long-term initiative to support curatorial care of the Collection and to make artwork images and information more widely accessible. Despite Covid-19 restrictions at MKUH limiting our onsite Collections Volunteers programme, one of them was able to continue working on the digitalisation of the collection from home. As restrictions have eased it has been possible to regain momentum with this work back onsite in our 2022-23 programme. We also arranged specialist cleaning of Peter Randall-Page's sculpture *After the Winter*, as part of our collections care improvement schedule, which had been delayed by COVID-19 restrictions on the hospital site.

Exhibition Programme

The 2021-22 programme featured four main temporary exhibitions at the hospital, including Jan Walker's *Hamburg Series* of mixed media artwork and *On Reflection*, a collection of paintings by David H Jones recalling his visit to Monet's Garden at Giverny. Whilst COVID-19 related site restrictions prevailed we ensured that our exhibitions could still be accessed by audiences via our website. We also hosted a virtual, fundraising exhibition on our website, *A Female Focus: Behind the Lens*, by local photography group the MK Photography Divas. From this presentation a print was selected for display in an Early Pregnancy Assessment Unit at the hospital. We continue to develop opportunities to receive works of high quality, and to maintain diversity across our exhibitions, reflecting the diverse mix of people who find themselves in the hospital.

Creative Courtyards

Owing to Covid-19 restrictions our volunteer gardeners, most of whom are adults with learning disabilities, were unable to attend site but we had support from MKUH to maintain the Courtyards during this period. When restrictions eased in early 2022, volunteers returned to clear the general maintenance work backlog and we began work to source a shed for storage of gardening tools and equipment. We began planning for more volunteers and engagement with the Creative Courtyards, liaising with the hospital's volunteer coordinators and MK Community Foundation. With a renewed focus on Environment Responsibility we started looking to recruit a "Green Champion", an artist facilitator to supervise adult Courtyard volunteers but also to promote biodiversity, recycling, and net zero, contributing to the hospital's "Green Plan". Our Green Champion will work with us to promote further volunteering opportunities (including children and young people). Working in partnership with the hospital we plan to increase the type and frequency of events and activities happening in these valuable outdoor spaces. This work will accelerate in 22/23, helping to better embed us within MKUH, and to support our ambition to be seen as a sector leader in environmental responsibility, equality, inclusion & diversity, and partnership working.

**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022**

MK Disability Awareness Day (MKDAD) Friday 16th July 2021

The 2021 MKDAD event was held outdoors in Campbell Park and started with a walk along the canal and up to the MK Rose surrounded by Mandala Kinetika flags, taking in the *Drake Music Planted Symphony* sound installation along the way (displayed as part of the Milton Keynes International Festival). The event showcased two outstanding local artists. Keith Jansz (MFPA - Mouth and Foot Painting Artists UK) demonstrated his masterful mouth art painting techniques, and Jan Harrington, who has work on long term loan to the hospital, helped us make collaborative artwork using brightly coloured tapes. The event, which was also live-streamed online for those unable to be present in person, was attended by MK SNAP (Special Needs Advancement Project) and the Camphill Community.

Arts on Prescription

We've been delivering successful Arts on Prescription (AoP) programmes since 2010 for people in MK with mild to moderate mental health issues and other health and wellbeing challenges. People referred are offered the opportunity to participate in a programme of twelve free weekly art workshops. The impact of COVID restrictions on this programme was significant requiring all AoP activity to be scaled back or moved online. During 2021/22 we received 29 adult AoP referrals, with 24 people attending these AoP programmes: Drawing and Painting, Portraits by Zoom and the Step Up programme. Our waiting list continued to grow with 54 enrolled by the end of this year.

We continued to deliver our AoP HeadStart Art course for 5 young people referred by the Bridge PCN (Primary Care Network), Milton Keynes. During 2021/22 we received 136 referrals for HeadStart programmes. Our waiting list grew, with 94 enrolled by the end of this year for the HeadStart Art course and 64 for the HeadStart Artforms course.

Art Workshops in partnership with the Milton Keynes Art Centre and The Parks Trust

Over 12 weeks, 10 participants (aged 12 – 17) explored themes of identity through relaxed artist-led workshops in the calming surroundings of MK Arts Centre and Great Linford Manor Park. Participants were encouraged to look at identity by observing parallels in the natural world and to explore the 'outer self' and how the individual wants to be seen by others. They were given opportunities to learn or enhance prior skills in drawing, ceramics, textiles and printmaking, as well as be guided through outdoor learning activities with The Parks Trust. The programme included exploration of identity, sense of self, body image in a cultural context, language and visual representation and was particularly designed to support young people who may have felt the effects of the pandemic upon their physical and mental wellbeing. Artists and Facilitators: Ciara Callaghan, Andrew Macdermott, Alondene Phillips, Sarah Wright and The Parks Trust Outdoor Learning Team.

Feedback from parents of participants:

"I just want to say thank you so very much to all of you for all the work you do with the group. 'A's mood has changed considerably (for the better) since this group and she has said to us that she finds it heaven to be with the kids that she feels are just like her. She feels she finally fits in somewhere and loves all the activities too. We can't thank you enough!"

"My daughter thoroughly enjoyed the course and has never attended anything where she has been willing and keen to go to every session. I cannot thank the team enough for providing an environment and a course where she felt this way. She also thrived by meeting other young people who are similar to her or are facing similar issues to her."

Participant feedback:

"I really enjoyed working with the tutors and making new friends"

"It was a nice environment to be creative and it was a bit easier to talk to people"

"It was fun and creative"

**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022**

HEADSTART Music in partnership with MK Music Hub

During 2021-22 we continued to provide limited but successful creative music sessions in partnership with the MK Music Hub, highly valued by participants and parents alike. Here are some examples of the excellent feedback:

"We are very pleased with the sessions. [THE CLIENT] is really benefitting from attending. The sessions are helping to build his confidence. I feel you create a safe environment for him to express himself. I also appreciate the time you take to discuss any of my concerns about issues that he is facing. So your sessions benefit me as well as I feel you understand my concerns and you can empathise. I asked [THE CLIENT] for some specific feedback and he said that the sessions make him feel relaxed. He really enjoys the teamwork when improvising the music and the opportunity to socialise with others. Thanks once again for what you do."

"I believe [THE CLIENT] is going to email you herself but from a parental perspective I can say she's really enjoying the sessions. She comes home happy and talking about the fun she's having."

"We really hope to see you in September too. You are a great teacher and role model for these youngsters. [CLIENT NAME] has come such a long way and she really had fun. I'm sorry we're so rubbish at zoom.. Have a lovely summer. Thanks for being awesome".

"The work you do is so beneficial and as you're a calm positive grounded influence to young struggling students it really makes a difference!"

Art Group

In 2021-22 we averaged 10 people every week coming to our drop-in Art Group, some attending weekly and others less frequently. Thanks to a grant from Wolverton Science & Arts, our Art Group is now a thriving, volunteer-led group at The Old Bath House, Wolverton. During COVID restrictions we closed our sessions but remained in contact with participants via email, ensuring they had materials at home to continue with their practice. We were delighted to see sessions re-open in mid July with Covid appropriate measures in place. Feedback from participants was positive:

"I really look forward to our Monday afternoon sessions. It is good to meet different people and chat. I have been inspired to try different techniques and it is always a boost to confidence when you receive positive feedback. I suffer from chronic pain and the sessions give me a mood lift which takes away from feeling too down about it. Thank you to all involved."

"I have enjoyed the sessions that I have come to. Socialising and concentrating on Art helps me feel a bit more positive."

"I would like to thank arts for health and the team that run this session very much it has enabled me to get out and join with others in the first instance and share talk about art as well as talk about my health and general chat. This especially after the extra difficult times we have been through with COVID has been like a life line as it just gives a feeling of belonging to something where others share your feelings and understand without long explanations. The art itself, the guidance and equipment provided by the group is also amazing. I love the art as it gives me time to just let my head relax and do something that gives my whole self a freedom from everything else, it absorbs your mind and just has a way of relaxing the brain. The gentle way the guidance is offered and support is given is lovely and gives me a belief in what I'm able to achieve which is also something which helps in other areas of my life. Thank you for this opportunity"

"I love the art group - I look forward to coming every week - such kind ladies who run it as well !! I feel better when I am there - more relaxed and focused"

"For me the group is very welcome. How does it help me? Well it gives me a place to meet new people. Having retired early due to health issues I can sometimes feel lonely as my friends are still working. Monday class has filled this gap somewhat. There is always a supportive and positive atmosphere with Laura and Sue helping and encouraging what you do. Helps with my anxiety issues. I know I don't have any (limited) talent but it is fun and

MK ARTS FOR HEALTH COMPANY LIMITED BY GUARANTEE TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

I can feel a sense of achievement.....Sometimes an interesting topic of conversation will pop up between a small group which adds to the day. Also, I have noticed often that a quiet conversation between two people can start up on a common topic that concerns or impacts on both parties. We know talking helps.....I can see this does. Learning something new stimulates the brain they say, especially as I get older."

"I have always found making art relaxing and uplifting but have long had a block to allowing myself to do it at home. The Art Group, with the encouragement of the very supportive helpers and other members, helps me give myself permission to do art at the group and at home. I enjoy the friendliness of the other members and seeing other people's work also gives me different ideas. I look forward to the group each week but also appreciate the flexibility of it being a drop-in. Many thanks for all your help and support."

Whilst the impact of COVID prevented us from establishing any new Art Groups during 2021/22, we have, however, been actively considering the establishment of tailored Art Groups for diverse communities as part of a forthcoming "Creatively Minded, Ethnically Diverse" project.

Music for Mindfulness

Music4Mindfulness was a 12-week online programme of support for anyone wishing to improve their health and wellbeing via an introduction to classical music. Published between April and July, these 20 minute video sessions remain accessible on our website for people to enjoy in their own time and at their own pace.

Delivered for us by Alina Orchestra, each week Alina's Musical Director Hilary Davan Wetton provided an expert introduction to a classical music excerpt on a different theme. Then Alina's Outreach Leader, Anna Sideris shared breathing and mindfulness techniques based around the chosen music, which participants then listened to afterwards. Although sessions could be joined at any time, participation in all 12 sessions was encouraged, so that by the end of the programme people would have broadened their knowledge base, improved listening skills and hopefully been inspired to listen to classical music in new and different ways. These skills can be used alongside other music and breathing techniques to help people with physical and mental health issues. The therapeutic benefits of listening to music in this way include calming anxiety, easing pain, boosting the immune system and lifting mood. Participants also received extra listening recommendations.

We had 401 unique views on our own website over the course of the programme. Alina Orchestra boosted their Facebook posts towards the end of the programme and viewing figures for them increased significantly. Our Facebook and Instagram views averaged 70 views each week, while on Twitter there was an average of 310 views per post, with one post about recapping the series reaching over 900 people.

Our Team

In January 2022 we were delighted to welcome Ben Heyworth as our new Director, following the excellent work of Emma Courtney as Interim Director who had guided the Charity through the second half of 2021 following the departure of the previous Director, Stuart Isaac.

Emma Barford continues in her role as Collection & Exhibitions Manager, leading the curation of the growing Hospital Collection and making an important contribution to the development of our relationship with MKUH. Naomi Lutman has continued and developed her role as Administrator, providing vital support to our service users, referrers, artists, trustees and volunteers particularly during Covid lockdown restrictions.

We thank our whole AfHMK team; volunteers and Trustees, Director, Curator and Administrator and all our contracted arts professionals. We are most grateful for your continued support.

**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)**

FOR THE YEAR ENDED 31 MARCH 2022

FINANCIAL REVIEW

Expenditure exceeded Incoming resources for the year by £13,100 (2021: £6,397 – Incoming resources exceeded Expenditure). Restricted funds increased by £3,266 (2021: - reduced by £4,728) in the year, and unrestricted funds reduced by £16,366 (2021: increased by £11,125). The Trustees are satisfied that the charity's assets are adequate to fulfil its obligations.

The Trustees consider it right and prudent to retain reserves equal to approximately £3,000 of unrestricted expenditure in order to provide an element of financial security for its consultants and to ensure sufficient capital for the day to day operation of the organisation.

Unrestricted reserves at 31 March 2022 were £12,902.

The Trustees are grateful to MK University Hospital NHS Foundation Trust for the use of premises shown on page 1 as the principal address on a rent free basis. This represents valuable in-kind support from our health partners.

Unusual circumstances – Coronavirus Pandemic

COVID19 continued to impact normal activities undertaken by the Charity. However, lessons learnt in 2020/21 enabled some activity to rapidly move online or be paused until the final easing of restrictions in Spring 2022.

Risk Assessment

A risk assessment has been carried out by the Trustees.

The Trustees recognise there is always a risk of not securing funding. Retaining adequate reserves to close the charity contains this risk. Funding is discussed at each board meeting and a contingency plan is in place for reduced level of activity and an orderly shutdown if required.

The Trustees have a reasonable expectation that the Charity has adequate resources to continue operating for the foreseeable future because the charity is currently on track with financial projections and there is grant funding planned from a variety of sources in excess of £85,000.

The Board were also reassured that activity levels, which had dipped considerably due to the impact of COVID, would return to normal following the easing of restrictions both on the hospital site and in the community.

**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)**

FOR THE YEAR ENDED 31 MARCH 2022

STRUCTURE, GOVERNANCE AND MANAGEMENT

The charity is constituted as company limited by guarantee and is therefore governed by a Memorandum and Articles of Association. The initial Trustees will serve till death, retirement or removal by resolution of an annual general meeting. The power of appointing new trustees is vested in the initial Trustees in accordance with the Memorandum and Articles of Association.

Trustees and Board Development

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Maria Wogan
Heather Freeman
Katharine Sorensen
John Cove
Linda Bartram
Lesley Halford
Simon Lloyd
Anjana Singh
Omatayo Kufeji
Kate Jarman
Christopher Kubiak

Further Organisational Development

Following the completion of the Brand, Advocacy and Marketing Strategy in 2021, the Charity continued to explore opportunities for further organisational development. However capacity to fully embrace the new Strategy was limited owing to changes in Director during the reporting year. Emma Courtney (Courtney Consulting) fulfilled an Interim Director role until a new permanent Director could be engaged in January 2022. Coupled with the impact of COVID, the Trustees recognised that navigating this period of upheaval whilst maintaining COVID-safe client facing activity had been extremely challenging. During this period, the Board, in partnership with the incoming Director Ben Heyworth, and with reference to the Brand, Advocacy and Marketing strategy, agreed a number of priorities:

- Strengthen the long-term financial health of the Charity, particularly accessing multi-year core funding. To this end it was agreed to apply to the Arts Council to be part of the National Portfolio. Furthermore, it was agreed to complete an application for multi-year funding through the Big Lottery Community Fund to include a full Headstart programme with a significant contribution to core funds.
- Ensure client-facing activity returned to pre-COVID levels, funded through existing reserves, local and regional short-term funding and bespoke small project grants.
- Improve the quality and ambition of the Charity's forward activity plan and strategic objectives – a process greatly enhanced and encouraged by the requirements of the National Portfolio Application process.
- Improve the quality and frequency of evaluations – including a repurposing of an existing Arts Council grant for the design and delivery of a bespoke online evaluation tool called ArtPROMS.
- Embed environmental responsibility into the Charity's current activities and forward activity plan – also a requirement of the National Portfolio Application.

The trustees' report was approved by the Board of Trustees.



Katharine Sorensen

Trustee
Dated: 30/11/22

**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
INDEPENDENT EXAMINER'S REPORT
TO THE TRUSTEES OF MK ARTS FOR HEALTH**

I report to the trustees on my examination of the financial statements of MK Arts for Health (the charity) for the year ended 31 March 2022.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
- 4 the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

Stephen Simpson

Stephen Simpson
Longstaff Gentle & Co

61 Harpur Street
Bedford
MK40 2SR

Dated: 30.11.2022

**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT**

FOR THE YEAR ENDED 31 MARCH 2022

	Notes	Unrestricted funds £	Restricted funds £	Total 2022 £	Total 2021 £
<u>Income from:</u>					
Donations and legacies	3	53,187	9,155	62,342	94,854
Charitable activities	4	127	-	127	360
Investments	5	8	-	8	18
Total income		53,322	9,155	62,477	95,232
<u>Expenditure on:</u>					
Charitable activities	6	69,688	5,889	75,577	88,835
Net (expenditure)/income for the year/ Net movement in funds		(16,366)	3,266	(13,100)	6,397
Fund balances at 1 April 2021		29,268	5,469	34,737	28,340
Fund balances at 31 March 2022		12,902	8,735	21,637	34,737

**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
BALANCE SHEET**

AS AT 31 MARCH 2022

		2022		2021	
	Notes	£	£	£	£
Fixed assets					
Tangible assets	9		318		650
Current assets					
Debtors	11	2,186		16,350	
Cash at bank and in hand		87,340		45,480	
		<u>89,526</u>		<u>61,830</u>	
Creditors: amounts falling due within one year	12	(68,207)		(27,743)	
Net current assets			21,319		34,087
Total assets less current liabilities			21,637		34,737
Income funds					
Restricted funds	13		8,735		5,469
Unrestricted funds			<u>12,902</u>		<u>29,268</u>
			<u>21,637</u>		<u>34,737</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2022. No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these financial statements.

The trustees acknowledge their responsibilities for ensuring that the charity keeps accounting records which comply with section 386 of the Act and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its incoming resources and application of resources, including its income and expenditure, for the financial year in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Trustees on 30/11/22

Katharine Sorensen

Katharine Sorensen
Trustee

Company Registration No. 05137693

MK ARTS FOR HEALTH COMPANY LIMITED BY GUARANTEE NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

Charity information

MK Arts for Health is a private company limited by guarantee incorporated in England and Wales. The registered office is Milton Keynes General Hospital, Standing Way, Eaglestone, Milton Keynes, MK6 5LD.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's articles of association, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2016). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Incoming resources

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

1.5 Resources expended

All expenditure is accounted for on an accruals basis.

**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost of assets less their residual values over their useful lives on the following bases:

Plant and equipment	20% straight line
Fixtures and fittings	20% straight line
Office equipment	25% straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/(expenditure) for the year.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**

FOR THE YEAR ENDED 31 MARCH 2022

3 Donations and legacies

	Unrestricted Funds	Restricted funds	Total 2022	Total 2021
	£	£	£	£
Donations and gifts	9,090	-	9,090	9,010
Grants	44,097	9,155	53,252	85,844
	<u>53,187</u>	<u>9,155</u>	<u>62,342</u>	<u>94,854</u>
For the year ended 31 March 2021	<u>76,299</u>	<u>18,555</u>		<u>94,854</u>
Donations and gifts				
Other	9,090	-	9,090	9,010
	<u>9,090</u>		<u>9,090</u>	<u>9,010</u>
Grants receivable for core activities				
Milton Keynes Council	10,000	-	10,000	18,000
Wolverton Science & Arts	117	166	283	-
New Art Club	-	-	-	-
MKCF – Thriving Communities	6,745	3,750	10,495	-
Lloyds Foundation - (Enable)	-	-	0	19,644
MKCF - (COVID Response workshops)	1,000	2,000	3,000	2,490
D OYLY CARTE – Adult Learning	1,300	200	1,500	1,500
Steel Charitable Trust – Adult Learning	1,544	354	1,898	1,897
MKUH – Curating the collection	19,336	-	19,336	21,112
MKUH Courtyards	-	1,740	1,740	1,741
CNWL – Arts on Prescription	4,055	945	5,000	5,000
MKCF Headstart	-	-	-	-
Caring For The Collection	-	-	-	-
New Art Group	-	-	-	-
The Bridge PCN – Headstart	-	-	0	2,710
MKUH (Ward 23)	-	-	-	-
MKCF – Transformation grant	-	-	0	11,750
	<u>44,097</u>	<u>9,155</u>	<u>53,252</u>	<u>85,844</u>

**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**

FOR THE YEAR ENDED 31 MARCH 2022

4 Charitable activities

	2022	2021
	£	£
1 Other income	127	360
	<u> </u>	<u> </u>
Restricted funds	-	
Unrestricted funds	127	360
	<u> </u>	<u> </u>
	127	360
	<u> </u>	<u> </u>

5 Investments

	2022	2021
	£	£
Interest receivable	8	18
	<u> </u>	<u> </u>

**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**

FOR THE YEAR ENDED 31 MARCH 2022

6 Expenditure on charitable activities

	2022 £	2021 £
Depreciation and impairment	332	394
Materials	1,149	3,826
Fees, artist fees and artwork	57,029	69,974
Premises expenses	4	43
Subscriptions	480	359
Travel, subsistence & expenses	209	16
Publicity and education	4,000	2,240
Stationery, postage, printing, computer and telephone	390	815
Catering and refreshments	15	-
General expenses & donations	96	-
Bookkeeping	1,233	855
Venue hire	350	-
Bank charges	93	59
Donated services	9,000	9,000
Insurance	798	724
	<u>75,178</u>	<u>88,305</u>
Governance costs - independent examiners fee	400	530
	<u>75,578</u>	<u>88,835</u>
Analysis by fund		
Unrestricted funds	69,689	65,552
Restricted funds	5,889	23,283
	<u>75,578</u>	<u>88,835</u>
For the year ended 31 March 2020		
Unrestricted funds		45,300
Restricted funds		29,267
		<u>74,567</u>

7 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

8 Employees

There were no employees during the year.

**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**

FOR THE YEAR ENDED 31 MARCH 2022

9 Tangible fixed assets

	Plant and equip ment	Fixtures and fittings	Offic e equip ment	Total
	£	£	£	£
Cost				
At 1 April 2021	867	9,581	882	11,330
Addition				
At 31 March 2022	<u>867</u>	<u>9,581</u>	<u>882</u>	<u>11,330</u>
Depreciation and impairment				
At 1 April 2021	649	9,581	450	10,680
Depreciation charged in the year	174		158	332
At 31 March 2022	<u>823</u>	<u>9,581</u>	<u>608</u>	<u>11,012</u>
Carrying amount				
At 31 March 2021	<u>218</u>	<u>-</u>	<u>432</u>	<u>650</u>
At 31 March 2022	<u>44</u>	<u>-</u>	<u>274</u>	<u>318</u>

Financial instruments

	2022 £	2021 £
Carrying amount of financial assets		
Debt instruments measured at amortised cost	<u>87,340</u>	<u>45,480</u>
Carrying amount of financial liabilities		
Measured at amortised cost	<u>68,208</u>	<u>25,793</u>

11 Debtors

	2022 £	2021 £
Amounts falling due within one year:		
Trade debtors	0	15,552
Prepayments and accrued income	1,673	798
VAT	<u>513</u>	<u>-</u>
	<u>2,186</u>	<u>16,350</u>

**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**

FOR THE YEAR ENDED 31 MARCH 2022

12	Creditors: amounts falling due within one year	2022 £	2021 £
	Other taxation and social security	0	1950
	Trade creditors	8,011	3881
	Accruals and deferred income	60,197	21,912
		<u>68,208</u>	<u>27,743</u>

**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**

FOR THE YEAR ENDED 31 MARCH 2022

13 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Balance 1 April 2021	Incoming resources	Resources expended	Movement in funds Balance at 31 March 2022
	£	£	£	£
The Bridge PCN - Headstart	-	-	-	-
Economy and Culture Grant	-	-	-	-
Courtyards - MKUH	1,741	1,740	-	3,481
Community Grant – Headstart Art	-	-	-	-
MKCF – Thriving Communities	-	3,750	-	3,750
Curating the Collection	-	-	-	-
New Art Group	1,677	166	(339)	1,504
Enable	-	-	-	-
Adult Learning – Steele Charitable Trust & D OYLE CARTE – Arts on Prescription	657	554	(1,211)	-
Headstart - Art	-	-	-	-
Arts on Prescription - CNWL	-	945	(945)	-
COVID - MKCF	1,394	2,000	(3,394)	-
	<u>5,469</u>	<u>9,155</u>	<u>(5,889)</u>	<u>8,735</u>

14 Analysis of net assets between funds

	Unrestricted funds £	Restricted funds £	Total £
Fund balances at 31 March 2022 are represented by:			
Tangible assets	318	-	318
Current assets/(liabilities)	<u>12,584</u>	<u>8,735</u>	<u>21,319</u>
	<u>12,902</u>	<u>8,735</u>	<u>21,637</u>

MK ARTS FOR HEALTH

England & Wales - Charity number 1107625

Accounts

Charity Registration No. 1107625

Company Registration No. 05137693 (England and Wales)

MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
ANNUAL REPORT AND UNAUDITED FINANCIAL
STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

MK ARTS FOR HEALTH COMPANY LIMITED BY GUARANTEE

Trustees

Maria Wogan (Chair)
Heather Freeman
Katharine Sorensen
Fionnuala Boyd (resigned 09/09/20)
Dr Peter Reed (resigned 25/11/20)
John Cove
Jon MacPherson (resigned 25/11/20)
Linda Bartram
Corinne Brown (resigned 25/11/20)
Simon Lloyd
Omatayo Kufeji
Anjana Singh (from 25/11/20)

Registered charity name

MK Arts for Health (known as Arts for Health MK)

Charity number

1107625

Company number

05137693

Registered office

Facilities Directorate
Milton Keynes General Hospital
Standing Way
Eaglestone
Milton Keynes
MK6 5LD

Independent examiner

Stephen Simpson
Longstaff, Gentle & Co
61 Harpur Street
Bedford
MK40 2SR

**MK ARTS FOR HEALTH
COMPANY LIMITED BY
GUARANTEE**

MK ARTS FOR HEALTH COMPANY LIMITED BY GUARANTEE

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Balance sheet	12
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MK ARTS FOR HEALTH COMPANY LIMITED BY GUARANTEE TRUSTEES' REPORT (INCLUDING DIRECTORS' FOR THE YEAR ENDED 31 MARCH

The Trustees, who are also the Directors for the purposes of company law, present their report and the unaudited financial statements for the year ended 31 March 2021.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's Memorandum and Articles of Association, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2016).

OBJECTIVES AND ACTIVITIES

The Charity's object (the objects) is to use arts activities and promote engagement with the arts in the Hospital and in the wider community of Milton Keynes for the benefit of the local population, promoting health for the benefit of the public including by educating the public about health and health related issues; and providing facilities for recreation and other leisure time activity in the interests of social welfare for people who have need of them by reason of illness, their youth, age, infirmity or disability with a view to improving their conditions of life.

Trustees have jointly reviewed, revised and agreed a five year strategic plan for 2018-2023.

Arts for Health MK's key strategic priorities 2018-2023 are to:

Arts For Health MK - Strategic Priorities 2018-2023				
1. Become a sustainable organisation	2. Grow Arts on Prescription Programme	3. Improve The Collection at MKUH	4. Embed AHMK in MKUH	5. Demonstrate our impact
Secure longer-term funding streams to ensure the sustainability and viability of the organisation and to enable AHMK to make a more significant impact on health and wellbeing and cultural life in MK.	Reach a wider and more diverse audience, including specific growth of the <i>Art and Dementia</i> and <i>Headstart</i> programmes	Continue our work to improve the hospital visual art collection, how and where it is displayed and ensure that work is shown at its best with an emphasis on quality, reach and diversity. This includes increasing the quality and profile of the changing exhibition programme.	Continue to embed our work in the hospital by building awareness of the organisation, strengthening our partnership with the hospital's Charity and delivering positive outcomes for staff and patients. This includes providing the artistic lead for all new building developments on the hospital site (Cancer Centre 2019 and Treatment Centre 2020/21).	Strengthen our evaluation and evidence base to show our impact on health and wellbeing outcomes, and demonstrate our impact on the wider community. This includes developing and implementing a marketing and communications strategy for AHMK.

Arts for Health MK's key target groups are:

Milton Keynes University Hospital's patients, visitors, carers & staff; adults with mental health issues, including dementia; people with disabilities; young people with mental health issues; people with health and wellbeing challenges; carers including young carers.

Public Benefit Policy

In planning our activities for the year, we kept in mind the Charity Commission's guidance on public benefit at our Trustee meetings.

MK ARTS FOR HEALTH COMPANY LIMITED BY GUARANTEE TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH

ACHIEVEMENTS AND PERFORMANCE

Milton Keynes University Hospital's Art Collection

The art collection in the hospital plays a role in improving patient outcomes through enhancing the environment for everyone, which helps to cheer, soothe and offer a pleasing distraction for visitors and patients. The hospital art collection now has more than 420 artworks (this is lower than last year's figure as items were deaccessioned) and is central to Arts for Health MK's (AHMK) work. It is the largest permanent art collection in Milton Keynes and has a strong local element, comprising work that has been commissioned for various occasions from the very beginning of the building of the new town in the '70's.

We have continued our long-term collections digitisation activities throughout the year to help us care for the collections and make them and information about them more accessible.

Displays also include artworks on loan from Paintings in Hospitals and individual local and other UK-based artists.

Collections Volunteers

Throughout the year, AHMK has continued to benefit from the involvement of three of its volunteers with health and wellbeing challenges, who have continued to help with our ongoing cataloguing and digitisation of the art collections programme. Including taking our annual Heritage Open Days tour online, ensuring it remained embedded in our annual calendar of outreach activities despite the covid-19 pandemic pausing our physical tours. We hosted collections highlights on our website and social media channels, featuring 6 key artworks to compliment the Art Trail App; and these remain accessible on the website as an additional resource to guide people around key works from the collection that are on permanent display.

Exhibition Programme

We have programmed a series of temporary exhibitions at Milton Keynes University Hospital during 2020/21 which have included solo exhibitions from the artists:

Jane Walker: Hamburg Series: mixed artworks on paper inspired by city landscapes

Ergo Artworks (Tom Craven) – patterned, abstract artwork by member of the Hospitals Estates team which proved popular and increased staff awareness of our activities.

Willie Robb – photography and Emily Hett -mixed media paintings / collage had their exhibitions extended to a full year and remained popular throughout. This period also saw the conclusion of the exhibition 'Linear Mediations' of artworks by the influential artist Wilhelmina Barnes-Graham (supported by her Foundation) in the Antenatal Day Assessment Unit (ADAU) and Obstetric Ultrasound areas, in partnership with Paintings in Hospitals. The exhibition included mindfulness resources, and was particularly popular in ADAU, for creating a more calming environment. We worked with Paintings in Hospitals to digitise this exhibition and its resources, to ensure they remained accessible to a wide audience, despite coronavirus restrictions on visiting.

Continuing long term loans include artworks from the Paintings in Hospitals collection in the main corridor areas and Breast Care Centre; artworks from Boyd and Evans including the main entrance area; artworks from Gabrielle Radiguet and Naomi Rose Johnson.

We continued to work with the exhibiting artists to digitise their exhibitions on our website, providing better access to information and creating in engagement activities related to them such as colouring pages and drawing activities for staff and patients. These received excellent feedback and helped relieve boredom, provided distraction from pain and increased awareness of the exhibitions and art collections. We worked alongside the Play Team, and the Peer 2 Peer network to distribute these to Ward and Staff room areas and created a dedicated page on the hospitals Intranet and our website to signpost to.

MK ARTS FOR HEALTH COMPANY LIMITED BY GUARANTEE TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH

We continue to develop opportunities to receive works of high quality to maintain diversity across our exhibitions, which reflects the mix of people who find themselves in the hospital. This programme also offers outreach opportunities. This year curated an 'Arts for Health Gallery – Online; an exhibition initially hosted on our website or which showcased the artwork of 28 local artists, created during the first covid-19 lockdown, which included painting, photography, contemporary dance and sculpture, participants included alumni's from our Arts on Prescription and Headstart Programmes.

Once again AfHMK curated exhibitions for MK Disability Awareness Day (MKDAD) 2020, July' activities went digital, and we hosted a digital evening celebratory event with DAD partner organisation, Milton Keynes Community choir and Electric Umbrella. We worked with performance artist Jaz Moreton, to produce a video artwork, 'Spaghetti for Two' which invited participants to make a friendship bracelet, as part of this event. It generated good social media coverage and excellent feedback from disability organisations and the general public.

We exhibited a curated selection of artworks from the Online Gallery and highlights from MKDAD, including Moreton's artwork in MK Gallery's Project Space, in another well received exhibition which brought the relevance of the arts and health dialogue in the current climate to a contemporary art audience.

University of Buckingham / Northampton

Our anticipated participation of submitted questions to the student select Component for the University of Buckingham (SSC) library project, did not go ahead due to the Coronavirus lockdown restrictions. However, we continued to deliver talks online to students of both the university of Buckingham and Northampton (Fine Art Students) on how artwork and artists can support health care contexts.

Creative Courtyards

The coronavirus restrictions meant our team of volunteer gardeners, most of whom are adults with learning disabilities were unable to attend site. We received continued support from the MKUH to maintain the courtyards during this period and hope to commence our volunteer programme in 2021/22.

Events at MKUH

AHMK supported the development of the new staff hub at MKUH providing activities and artworks. We continued to support staff activities, such as Day of the Midwife, by providing activity resources, and we facilitated an online photography group for staff as part of the MKUH staff health and wellbeing workshop initiative.

Arts on Prescription

Since 2010, AHMK has been delivering successful Arts on Prescription programmes for people in MK who experience health and wellbeing challenges. Through the Arts on Prescription programmes, people with mild to moderate mental health issues and other health and wellbeing challenges are offered the opportunity to participate a programme of twelve free weekly art workshops. Participants have reported that the programme reduced their social isolation, increased their confidence and reduced their anxiety.

Since November last year we have received 37 referrals to our Arts on Prescription programmes. This includes Art, Music plus Mind, Body & Soul courses.

Our Covid response was to move our art resources and programmes online. Partly funded with the Milton Keynes Community Foundation (MKCF), Covid-19 Emergency fund and resources from our other programmes which we continued online following a short pause, we were able to create many appropriate resources for online sharing and wider distribution. The grant paid for 2 small video cameras – high quality and suitable for podcasting, and creating online content to support our participants and the wider public.

We commissioned:

- 12 dance-based movement videos to aid focus, concentration span and memory with the added benefit of graded 'do it if you can' physical exercise
- 4 creative art tutorials (Sophie Bennet – a HEADSTART and AoP lead artist)
- 3 Music performances for mindfulness 'Music for a while' (Guitarist Conway Moore)
- Support videos and online sessions for HEADSTART art participants
- Online sessions for HEADSTART music
- Mandalas and other 'complete or create your own' artwork templates and guides
- Links to many time limited live performances by UK's 'national treasures' whose music includes opera, orchestral, choral and jazz

Arts on Prescription - online courses

An opportunity arose earlier this February to offer a delivery package to CNWL, who were awaiting an imminent decision on allocation of funding to support a number of delivery opportunities, specifically to work with people living with mental health challenges. The funding is for the current financial, and we started several courses in March to a total of 24 participants, namely:

- **AoP Portraits by Zoom** (Vickie Mitchell) – concluded 29/04/21, 5 attendees

Participant feedback: *“Thank you for inviting me to participate in the Zoom self-portrait course. It was very successful and turned out to be very enjoyable in every way.”*

- **AoP Drawing and Painting** (Sarah Wright) – concluded 29/04/21, 8 attendees

Participant feedback: *“I really enjoyed the course and learned a lot. The 2 hour sessions flew by, and it was very enjoyable to “sit” with others just producing art. (Artist) Sarah did a great job. The balance of learning and just becoming absorbed in the process was very therapeutic.”*

- **AoP Step Up** (Anne-Marie Abbate) – concluded 18/05/21, 11 attendees

Participant feedback: *“Absolutely brilliant course, particularly to way you can try lots of new things. There was a mixture of options. Anne-Maire was professional and friendly. The variety was brilliant. I learnt a lot, certain projects were hard for some because of ailments, Anne-Maire would always suggest they try different ways of working something out. Zoom call was nice to do it from home but would've been nice to chat face 2 face.”*

- The fourth course was a new **Choir project** based at the CNWL's Topas mental health facility.

Whilst these courses enabled us to reduce our waiting lists to a small extent, referrals continue to steadily roll in.

HEADSTART Programmes

Since November 2020 to date we have received 164 referrals for HEADSTART programmes, this includes Artforms, Art, Music and our new course Mind, Body & Soul. (This has yet to run – we are waiting for more participants). Over the lockdown periods we have continued to build our waiting lists. We continue to signpost those on our waiting lists to our Online Resources while they wait for a place on one of courses.

Programmes with The Bridge PCN (Primary Care Network)

The PCN had delayed the planned 12-week HEADSTARTart programme (due to numbers recruited) which was delivered by Sophie Bennet to 5 regular participants at the Newport Pagnell Medical Centre commencing 23rd June, and finishing on 22nd September. This course was paid for directly by this PCN. We aim to deliver an adult course, previously agreed for April 2020 (Brooklands Medical Centre) when pandemic conditions allow.

Feedback from a parent: *“The art class helped Z tremendously, both the art itself and the people. I am extremely grateful to you, the artist and volunteer*

for organising/giving up time for this and for the kindness shown to Z. Z was in a terrible place mentally before she began the course however realising there are other young people who understand what she is going through really helped her."

Participant feedback: " I feel very relaxed and happy the sessions helped me! I enjoyed meeting new people and being able to chill out. Probably the last session was my favourite activity because it was fun to use what we learnt. I've learnt how to make circles with paint on a brush easier, also about colours and how to mix them. If I feel anxious or stressed I'm going to paint more."

HEADSTARTartforms course for young people 8-13 years old, funded by MK Community Foundation (Community Grant). This is a multi-artform course to appeal to the younger age group, and aimed at the school Transition years. The face to face courses were suspended in March due to Covid, and continued online from 13th January and concluded on 26th May 2021. There were a further 18 sessions delivered to 5 regular participants. The online sessions gave people who could not normally travel, the ability to join the course.

HEADSTARTmusic

Our partnership with the MK Music Education Hub has continued to flourish with the continuation of our HEADSTARTmusic termly course. With a regular participant list of four 13-17 year old young people with mental health challenges, these creative music sessions are highly valued by participants and parents alike. Sessions have been extended to a 90 minute duration to maximise session times for participants. The sessions were running at Stantonbury Campus until lockdown, and with just a 3-week break, have continued online, being led by MK Music Faculty staff (Robin Phillips), supported by Arts for Health.

Music Therapy

Funded by Lloyds Bank Foundation. We have appointed an excellent Music Therapist, Beth, who working with us in developing our offer to CNWL, in particular, The Campbell Centre. Beth has been in post since April 2020, and this despite the lockdown. We now have a good relationship with the Arts Therapy lead and staff team. Sessions run for 2 hours weekly. We have obtained a grant from the CNWL charitable funds for the purchase of appropriate instruments to assist with the delivery of the therapy sessions, having loaned a few from the MK Music Hub over the Summer holiday period.

Art Group

Our drop-in art group, restarted face to face in June 2021 after a long break, has continued to be a great success. We're pleased to have welcomed an average of 10 people every week so far this year, some attending weekly and others whom we see less frequently. Through a small grant from Wolverton Science & Arts Fund, the group is now a thriving, volunteer-led group at The Old Bath House, Wolverton. AHMK plans to establish more art groups across Milton Keynes, with

possible focus in the areas of new development to the East and West. We need to recruit more volunteers to make this happen and make our current group sustainable.

Participant feedback: *“ I really look forward to our Monday afternoon sessions. It is good to meet different people and chat. I have been inspired to try different techniques and it is always a boost to confidence when you receive positive feedback. I suffer from chronic pain and the sessions give me a mood lift which takes away from feeling too down about it. Thank you to all involved.”*

Staffing

Emma Barford has continued to make an excellent contribution as Collection & Exhibitions Manager, leading the curation of the growing collection, along with internal, visiting and external exhibitions, and the coordination of commissions.

Naomi Lutman has continued and developed her vital role as Administrator, supporting our service users, referrers, artists, trustees and volunteer particularly during Covid lock down restrictions. Thanks go to the whole AHMK team; volunteers and Trustees, core staff and all our contracted arts professionals. We are most grateful for your continued support.

Organisation Development

In the last quarter of 2020, AfHMK attracted a £23K grant from MK Community Foundation to support the development of a Brand, Advocacy and Marketing Strategy and related digital infrastructure. This dovetailed with a £15K 'Enable' grant from Lloyds Bank Foundation to support partnership building in relation to mental health, and develop a new programme of arts delivery in the Campbell Centre; the in-patient and out-patient mental health facility at MKUH which is run by CNWL NHS Trust.

Emma Courtney of Courtney Consulting was appointed to deliver the Brand, Advocacy and Marketing Strategy. This process undertook a complete root and branch review with national benchmarking of what AfHMK does, stands for and what we wish to be in the future. A summary of the brand architecture agreed by the trustees from this work is set out below:

Vision

Arts for Health MK will be known locally, nationally and internationally as an exemplar of best practice in using the arts to transform health and wellbeing delivery and outcomes.

BRAND POSITIONING

For anyone in Milton Keynes who is experiencing health or wellbeing challenges and those dedicated to supporting them; Arts for Health MK is a sector leader solely focused on developing, co-ordinating, displaying and delivering arts based activity that makes a meaningful difference to individuals, communities and society whilst reducing reliance on the NHS and other public services.



FINANCIAL REVIEW

Incoming resources exceeded expended resources for the year by £6,397 (2020: £12,059). Restricted funds decreased by £4,728 (2020: £5,544 - increased) in the year and unrestricted funds increased by £11,125 (2020: £6,515). The Trustees are satisfied that the charity's assets are adequate to fulfil its obligations.

The Trustees consider it right and prudent to retain reserves equal to approximately £3,000 of unrestricted expenditure in order to provide an element of financial security for its consultants and to ensure sufficient capital for the day to day operation of the organisation.

Unrestricted reserves at 31 March 2021 were £29,268.

The Trustees are grateful to MK University Hospital NHS Foundation Trust for the use of premises shown on page 1 as the principal address on a rent free basis. This represents valuable in-kind support from our health partners.

Unusual circumstances - Coronavirus Pandemic

Due to the Covid-19 pandemic, 2020/21 has been an unusual year for our Charity and we have had to adapt to new ways of working in the light of lock-down restrictions and infection prevention and control measures at MKUH.

We developed on-line delivery methods for our Arts on Prescription programme and our support for hospital staff as well as providing materials for staff wellbeing.

We know that our services have been beneficial for the people of MK and NHS staff during the Covid-19 pandemic and have continued to operate and have re-shaped our offer to comply with Covid-19 restrictions.

Risk Assessment

A risk assessment has been carried out by the Trustees.

The Trustees recognise there is always a risk of not securing funding. Retaining adequate reserves to close the charity contains this risk. Funding is discussed at each board meeting and a contingency plan is in place for reduced level of activity and an orderly shutdown if required.

The Trustees have a reasonable expectation that the Charity has adequate resources to continue operating for the foreseeable future because the charity is currently on track with financial projections and there is grant funding planned from a variety of sources in excess of £85,000.

STRUCTURE, GOVERNANCE AND MANAGEMENT

The charity is constituted as company limited by guarantee, and is therefore governed by a Memorandum and Articles of Association.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Maria Wogan (Chair)
Heather Freeman
Katharine Sorensen
Fionnuala Boyd (resigned 09/09/20)
Dr Peter Reed (resigned 25/11/20)
John Cove
Jon MacPherson (resigned 25/11/20)
Linda Bartram
Corinne Brown (resigned 25/11/20)
Simon Lloyd
Omatayo Kufeji
Anjana Singh (from 25/11/20)

The initial Trustees will serve till death, retirement or removal by resolution of an annual general meeting. The power of appointing new trustees is vested in the initial Trustees in accordance with the Memorandum and Articles of Association.

During 2020/21 we said goodbye to some of our most long-serving Trustees: Peter Reed, John McPherson and Fionnuala Boyd. These trustees had played vital roles in the development of Arts for Health MK and we thank them for their immense contributions over many years.

We also welcomed new Trustees Anjana Singh, consultant surgeon at MKUH and Lesley Halford from CNWL to help build stronger links with mental health services for adults and children in MK. Mihai Paduraru a consultant surgeon from MKUH was offered a role as a Trustee but did not take it up as he secured a role outside MK.

At 31 March 2021, the charity's trustees were as listed in the legal and administrative details (page 1). The general management of the organisation is directed by an Executive Committee, which consists of 8 members.

The trustees' report was approved by the Board of Trustees.

.....

Maria Wogan

Trustee

Dated:

MK ARTS FOR HEALTH COMPANY LIMITED BY GUARANTEE

TO THE TRUSTEES OF MK ARTS FOR

I report to the trustees on my examination of the financial statements of MK Arts for Health (the charity) for the year ended 31 March 2021.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
- 4 the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

Stephen Simpson FCCA
Longstaff Gentle & Co
61 Harpur Street
Bedford
MK40 2SR

Dated:

**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE**

FOR THE YEAR ENDED 31 MARCH 2021

	Notes	Unrestricted funds £	Restricted funds £	Total 2021 £	Total 2020 £
<u>Income from:</u>					
Donations and legacies	3	76,299	18,555	94,854	86,362
Charitable activities	4	360	-	360	207
Investments	5	18	-	18	57
Total income		<u>76,677</u>	<u>18,555</u>	<u>95,232</u>	<u>86,626</u>
<u>Expenditure on:</u>					
Charitable activities	6	<u>65,552</u>	<u>23,283</u>	<u>88,835</u>	<u>74,567</u>
Net income/(expenditure) for the year/ Net movement in funds		11,125	(4,728)	6,397	12,059
Fund balances at 1 April 2020		<u>18,143</u>	<u>10,197</u>	<u>28,340</u>	<u>16,281</u>
Fund balances at 31 March 2021		<u>29,268</u>	<u>5,469</u>	<u>34,737</u>	<u>28,340</u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

MK ARTS FOR HEALTH COMPANY LIMITED BY GUARANTEE

AS AT 31 MARCH

		2021		2020	
	Note	£	£	£	£
	s				
Fixed assets					
Tangible assets	9		650		495
Current assets					
Debtors	11	16,350		1,449	
Cash at bank and in hand		45,480		38,351	
		<u>61,830</u>		<u>39,800</u>	
Creditors: amounts falling due within one year	12	(27,743)		(11,955)	
Net current assets			34,087		27,845
Total assets less current liabilities			<u>34,737</u>		<u>28,340</u>
Income funds					
Restricted funds	13		5,469		10,197
Unrestricted funds			29,268		18,143
			<u>34,737</u>		<u>28,340</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2021. No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these financial statements.

The trustees acknowledge their responsibilities for ensuring that the charity keeps accounting records which comply with section 386 of the Act and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its incoming resources and application of resources, including its income and expenditure, for the financial year in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Trustees on

.....
Maria Wogan
Trustee

Company Registration No.
05137693

MK ARTS FOR HEALTH COMPANY LIMITED BY GUARANTEE

FOR THE YEAR ENDED 31 MARCH

1 Accounting policies

Charity information

MK Arts for Health is a private company limited by guarantee incorporated in England and Wales. The registered office is Milton Keynes General Hospital, Standing Way, Eaglestone, Milton Keynes, MK6 5LD.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's articles of association, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2016). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Incoming resources

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

1.5 Resources expended

All expenditure is accounted for on an accruals basis.

**MK ARTS FOR HEALTH
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH**

1 Accounting policies

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost of assets less their residual values over their useful lives on the following bases:

Plant and equipment	20% straight line
Fixtures and fittings	20% straight line
Office equipment	25% straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/(expenditure) for the year.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

1 Accounting policies

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted Funds	Restricted funds	Total 2021	Total 2020
	£	£	£	£
Donations and gifts	9,010	-	9,010	10,330
Grants	67,289	18,555	85,844	76,032
	<u>76,299</u>	<u>18,555</u>	<u>94,854</u>	<u>86,362</u>
For the year ended 31 March 2020	<u>51,551</u>	<u>34,811</u>		<u>86,362</u>
Donations and gifts				
Other	9,010	-	9,010	10,330
	<u>9,010</u>	<u>-</u>	<u>9,010</u>	<u>10,330</u>
Grants receivable for core activities				
Milton Keynes Council	18,000	-	18,000	19,694
Bath House	-	-	-	375
New Art Club	-	-	-	179
Milton Keynes Community Foundation - (MKDAD)	-	-	-	-
Lloyds Foundation - (Enable)	17,169	2,475	19,644	7,500
Milton Keynes Community Foundation - (COVID)	-	2,490	2,490	-
D OYLY CARTE – Adult Learning	750	750	1,500	-
Steel Charitable Trust – Adult Learning	499	1,398	1,897	-
MKUH – Curating the collection	21,112	-	21,112	13,660
MKUH - Courtyards	-	1,741	1,741	3,740
CNWL – Arts on Prescription	1,500	3,500	5,000	-
Milton Keynes Community Foundation - Headstart	301	(301)	-	2,534
Caring For The Collection	-	-	-	-
New Art Group	-	-	-	-
The Bridge PCN – Headstart	1,700	1,010	2,710	-
MKUH - (Ward 23)	-	-	-	6,000
Milton Keynes Community Foundation – Transformation grant	6,258	5,492	11,750	22,350
	<u>67,289</u>	<u>18,555</u>	<u>85,844</u>	<u>76,032</u>

4 Charitable activities

	2021	2020
	£	£
Other income	360	207
	<u> </u>	<u> </u>
Restricted funds	-	207
Unrestricted funds	360	-
	<u> </u>	<u> </u>
	360	207
	<u> </u>	<u> </u>

5 Investments

	2021	2020
	£	£
Interest receivable	18	57
	<u> </u>	<u> </u>

6 Expenditure on charitable activities

	2021 £	2020 £
Depreciation and impairment	394	257
Materials	3,826	2,659
Fees, artist fees and artwork	69,974	55,870
Premises expenses	43	-
Subscriptions	359	372
Travel and subsistence	16	42
Publicity and education	2,240	411
Stationery, postage, printing, computer and telephone	815	105
Catering and refreshments	-	37
Electricity	-	-
Bookkeeping	855	1,053
Venue hire	-	3,440
Bank charges	59	98
Donated services	9,000	9,000
Insurance	724	723
	88,305	74,067
Governance costs - independent examiners fee	530	500
	88,835	74,567
Analysis by fund		
Unrestricted funds	65,552	
Restricted funds	23,283	
	88,835	
For the year ended 31 March 2020		
Unrestricted funds		45,300
Restricted funds		29,267
		74,567

7 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

8 Employees

There were no employees during the year.

9 Tangible fixed assets

	Plant and equipment	Fixtures and fittings	Office equipment	Total
	£	£	£	£
Cost				
At 1 April 2020	867	9,581	333	10,781
Addition			549	549
At 31 March 2021	867	9,581	882	11,330
Depreciation and impairment				
At 1 April 2020	476	9,581	229	10,286
Depreciation charged in the year	173	-	221	394
At 31 March 2021	649	9,581	450	10,680
Carrying amount				
At 31 March 2021	218	-	432	650
At 31 March 2020	391	-	104	495

10 Financial Instruments

2021
£

2020
£

Carrying amount of financial assets

Debt instruments measured at amortised cost

45,480

38,351

Carrying amount of financial liabilities

Measured at amortised cost

25,793

8,978

11 Debtors

2021
£

2020
£

Amounts falling due within one year:

Trade debtors

15,552

-

Prepayments and accrued income

798

1,449

16,350

1,449

12 Creditors: amounts falling due within one year

2021
£

2020
£

Other taxation and social security

1,950

2,977

Trade creditors

3,881

478

Accruals and deferred income

21,912

8,500

27,743

11,955

1 Restricted funds

3

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Balance 1 April 2020	Incomi ng resourc es	Resource s expend ed	Movement in funds Balance at 31 March 2021
	£	£	£	£
The Bridge PCN - Headstart	-	1,010	(1,010)	-
Economy and Culture Grant	2,796	-	(2,796)	-
Courtyards - MKUH	-	1,741	-	1,741
Community Grant - Headstart Art	819	(30 0)	(519)	-
Transformation Grant	4,158	5,492	(9,650)	-
Curating the Collection	747	-	(747)	-
New Art Group	1,677	-	-	1,677
Enable	-	2,475	(2,475)	-
Adult Learning - Steele Charitable Trust & D OYLE CARTE	-	2,147	(1,490)	657
Headstart - Art	-	-	-	-
Arts on Prescription - CNWL	-	3,500	(3,500)	-
COVID - Milton Keynes Community Foundation	-	2,490		1,394
			(1,096)	
	10,19 7	18,555	(23,283)	5,469

1 Analysis of net assets between funds

4

	Unrestricted funds	Restrict ed funds	Total
	£	£	£
Fund balances at 31 March 2021 are represented by:			
Tangible assets	650	-	650
Current assets/(liabilities)	28,618	5,469	34,087
	29,268	5,469	34,737