

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

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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 <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 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.



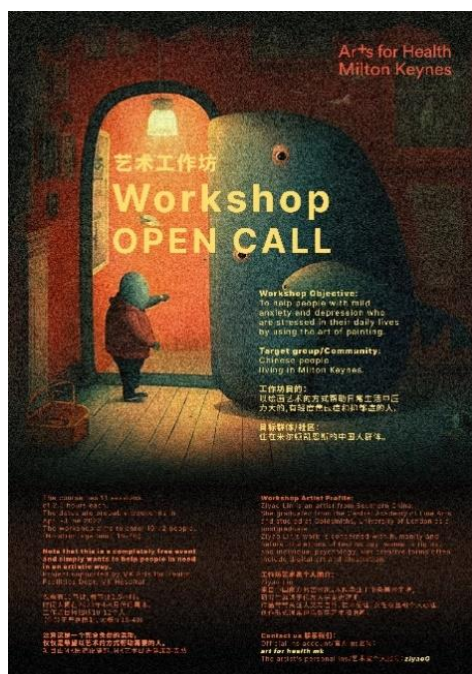
In February 2023, in partnership with Milton Keynes Islamic Arts and Culture, A4HMK delivered a CPD event for artists who had been contracted to deliver this programme.

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 we 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
	<hr/>	<hr/>
Restricted funds	-	
Unrestricted funds	0	127
	<hr/>	<hr/>
	0	127
	<hr/>	<hr/>

5 Investments

	2023	2022
	£	£
Interest receivable	191	8
	<hr/>	<hr/>

**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>