

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

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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 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 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).

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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."

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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)

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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)

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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.

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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.

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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.

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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.

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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.

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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.



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*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
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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>
	3,417	0
	<u> </u>	<u> </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>