

Charity Registration No. 1107625

Company Registration No. 05137693 (England and Wales)

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

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

Trustees

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

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

Charity number 1107625

Company number 05137693

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

Independent examiner Stephen Simpson

Longstaff Gentle & Co
61 Harpur Street
Bedford
MK40 2SR

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

FOR THE YEAR ENDED 31 MARCH 2025

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

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

OBJECTIVES AND ACTIVITIES

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

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

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

This strategy document also:

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

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

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

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

FOR THE YEAR ENDED 31 MARCH 2025

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

20th Anniversary Celebrations

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

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



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

FOR THE YEAR ENDED 31 MARCH 2025

ACHIEVEMENTS AND PERFORMANCE

Milton Keynes University Hospital's Art Collection

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

Collections Research Group / Collections Evaluation & Theory of Change

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

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

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

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

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

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

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

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

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

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

FOR THE YEAR ENDED 31 MARCH 2025

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

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

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

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

Temporary Exhibitions and Displays

20 for 20 Online Exhibition

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

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

Paintings in Hospitals' (PiH) Loans

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

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

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

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

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

Penny Mitchell: Lady Lump and Lockdown Collection

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

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

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

Heritage Lottery Fund Application

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

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

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

FOR THE YEAR ENDED 31 MARCH 2025

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

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

Creative Courtyards:

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

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

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

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

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

Activity in the Cancer Centre at MKUH:

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

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

Our Community Programme

African Diaspora Foundation (ADF) School Holiday Activities Camp:

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

FOR THE YEAR ENDED 31 MARCH 2025

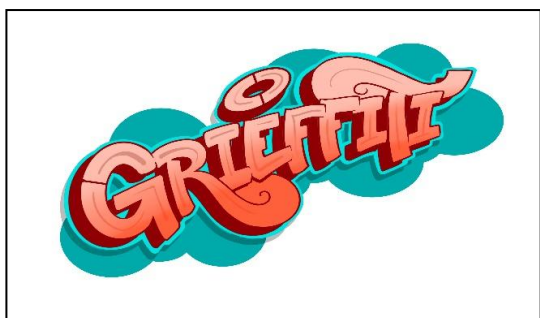
In Netherfield there are school holiday “camps” offered to all children (using the free school meals provision), but many children of minority ethnic backgrounds who are eligible to attend do not make use of the service due to a range of cultural and economic barriers.

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

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

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

Griefiti – in partnership with Harry’s Rainbow



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

Creative Play

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

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

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

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

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

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

Dementia Choir

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

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

FOR THE YEAR ENDED 31 MARCH 2025

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

Music at The Campbell Centre

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

The Recovery College: Drumming and songwriting workshops

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

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

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

Arts on Prescription: Step-Up

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

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

FOR THE YEAR ENDED 31 MARCH 2025

Headstart

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

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

Great Linford Art Club

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

Artist Health and Wellbeing

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

Supporting the Health and Wellbeing of Artists

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

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

Supportive Conversations with Esther

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

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

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

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

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

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

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

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

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

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



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

FOR THE YEAR ENDED 31 MARCH 2025

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

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

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

Art Group

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

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

FOR THE YEAR ENDED 31 MARCH 2025

Staffing and Trustees

Contractors and Artists

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

Trustees

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

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

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

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

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

Equality, Diversity, and Inclusion

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



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

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

FOR THE YEAR ENDED 31 MARCH 2025

Financial Review

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

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

Expenditure: £124,845

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

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

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

Trustees and Board Development

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

Heather Chandler

Asha Chandola (Appointed 19th March 2025)

Linda Bartram

Kate Jarman (Resigned 4th December 2024)

Lesley Halford (Resigned 12th June 2024)

Simon Lloyd

Anjana Singh

Omatayo Kufeji (Resigned 4th December 2024)

Chris Kubiak

Tanya Coles

Joanne Turner (Appointed 12th June 2024)

Katharine Sorensen (Resigned 16th September 2024)

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

FOR THE YEAR ENDED 31 MARCH 2025

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

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



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Chris Kubiak

Chair

Dated:

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

TO THE TRUSTEES OF MK ARTS FOR HEALTH

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

Responsibilities and basis of report

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

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

Independent examiner's statement

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

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

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

Stephen Simpson
Longstaff Gentle & Co

61 Harpur Street
Bedford
MK40 2SR

Dated:

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

FOR THE YEAR ENDED 31 MARCH 2025

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

MK ARTS FOR HEALTH COMPANY LIMITED BY GUARANTEE BALANCE SHEET

AS AT 31 MARCH 2025

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

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

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

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

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




Chris Kubiak

Chair

Date: 25th September 2025

Company Registration No. 05137693

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

FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting policies

Charity information

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

1.1 Accounting convention

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

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

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

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

1.2 Going concern

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

1.3 Charitable funds

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

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

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

1.4 Incoming resources

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

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

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

1.5 Resources expended

All expenditure is accounted for on an accruals basis.

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

FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting policies

1.6 Tangible fixed assets

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

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

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

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

1.7 Impairment of fixed assets

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

1.8 Cash and cash equivalents

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

1.9 Financial instruments

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

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

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

Basic financial assets

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

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

FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting policies

Basic financial liabilities

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

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

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

Derecognition of financial liabilities

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

2 Critical accounting estimates and judgements

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

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

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

FOR THE YEAR ENDED 31 MARCH 2025

3 Donations and legacies

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

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

FOR THE YEAR ENDED 31 MARCH 2025

4 Charitable activities

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

5 Investments

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

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

FOR THE YEAR ENDED 31 MARCH 2025

6 Expenditure on charitable activities

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

7 Trustees

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

8 Employees

There were no employees during the year.

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

FOR THE YEAR ENDED 31 MARCH 2025

9 Tangible fixed assets

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

Financial instruments

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

11 Debtors

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

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

FOR THE YEAR ENDED 31 MARCH 2025

12 Creditors: amounts falling due within one year

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

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

FOR THE YEAR ENDED 31 MARCH 2025

13 Restricted funds

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

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

14 Analysis of net assets between funds

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