MAINSPRING ARTS

England & Wales · Charity number 1187951

Details

Status	Registered
Legal form	CIO
Registered	2020-02-13
Register	View on the Charity Commission register

Contact

Address	Halton Mill Mill Lane Halton Lancaster LA2 6ND
Phone	01524244314
Email	hello@mainspringarts.org.uk
Website	www.mainspringarts.org.uk

Activities

Objects: FOR THE PUBLIC BENEFIT, THE PROMOTION OF EQUALITY AND DIVERSITY IN THE ARTS IN ENGLAND AND WALES BY CREATING ARTISTIC OPPORTUNITIES FOR NEURODIVERGENT PEOPLE AND PRESENTING AND PROMOTING THE ARTISTIC WORK OF NEURODIVERGENT PEOPLE TO THE PUBLIC. THE PROMOTION OF SOCIAL INCLUSION FOR PEOPLE IN ENGLAND AND WALES WHO ARE SOCIALLY EXCLUDED DUE TO THEIR NEURODIVERGENCE, BY: -HELPING NEURODIVERGENT PEOPLE DEVELOP THEIR SKILLS AND CONFIDENCE IN ARTISTIC ACTIVITIES.-PROVIDING ARTISTIC OPPORTUNITIES FOR NEURODIVERGENT PEOPLE, AND SUPPORTING THEM TO PURSUE EXTERNAL OPPORTUNITIES.-PROVIDING NETWORKING OPPORTUNITIES FOR NEURODIVERGENT PEOPLE.

Activities: Mainspring Arts is an innovative charity dedicated to increasing neurodiversity in the arts. We do this by facilitating workshops, courses and artist development opportunities, creating platforms for neurodivergent artists to present work and sharing free resources for artists and organisations.

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Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, Arts/culture/heritage/science, Human Rights/religious Or Racial Harmony/equality Or Diversity
- **Who:** People With Disabilities, The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£23,228	£32,535	-	-
2024-04-05	£44,591	£31,780	-	-
2023-04-05	£11,031	£10,249	-	-
2022-04-05	£5,959	£21,395	-	-
2021-04-05	£37,287	£18,826	-	-

Trustees

Name	Role	Appointed
Dr Joanne Limburg		2021-03-01
Eleanor Marie Hughes		2024-01-16
Karis Okereke		2021-03-01
Lisa Gee		2023-02-15

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MAINSPRING ARTS

England & Wales - Charity number 1187951

Accounts

Mainspring Arts CIO

REPORT AND FINANCIAL STATEMENTS

31st March 2025

CHARITY REGISTRATION NUMBER 1187951

Frank S Lachman
31 Fairview Way
Edgware
Middlesex
HA8 8JE

Legal and Administrative Information

31st March 2025

Registered Charity Number	1187951	
Registered Office	Halton Mill Mill Lane Lancaster LA2 6ND	
Directors and Trustees		
	Karis Okereke	
	Dr Joanne Limburg	Chair
	Lisa Gee	
	Eleanor Hughes	
Examiner	Frank S Lachman Chartered Accountant 31 Fairview Way Edgware Middlesex HA8 8JE	

Directors' and trustees' report

The trustees, who are also directors for the purposes of the Companies Act, have pleasure in presenting their report and the financial statements of charity for the year ending 31st March 2025.

Directors' responsibilities

Company Law which is also applicable to charitable companies in England and Wales requires the directors, who are also trustees of the company, to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the company and of the results of the company for that period.

In preparing those financial statements, the directors/trustees are required to:

select suitable accounting policies and then apply them consistently;
observe the methods and principles in the Charities SORP
make judgements and estimates that are reasonable and prudent
state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors/trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Structure, Governance and Management

Governing document

Mainspring Arts is a Charitable Incorporated Organisation governed by its Constitution, which was adopted on 13 February 2020

Trustee selection methods

Trustees are selected through a recruitment process involving an open call, followed by shortlisting and interviews by current trustees and senior staff. Trustees may sometimes invite specific people to apply where they are known to be desirable candidates.

In selecting individuals for appointment as trustees, the current trustees consider the skills, knowledge and experience needed for the effective administration of the charity. Trustees are appointed for a term of two years by a resolution passed at a properly convened meeting of the charity trustees.

Trustee induction and training

New trustees are invited to attend a trustee meeting and are provided with:

- The charity’s Trustee Welcome Pack
- A copy of the current version of the charity constitution and safeguarding policy
- A copy of the charity’s latest Trustees’ Annual Report and statement of accounts

New trustees meet with the charity co-directors who take them through the charity operations, and are invited to take part in an NCVO Charity Trustee Induction training session. In this session they are briefed on their legal obligations under charity law and given an overview of good charity governance. They may also take part in a safeguarding training course.

As the charity works with neurodivergent adults, all trustees undergo a relevant DBS Check.

Directors' and trustees' report

Introduction

2024-25 has been a year of collaboration and growth for Mainspring Arts. We explored new partnerships in our commitment to supporting neurodivergent creatives, while expanding our programme of community-facing work.

A key focus this year has been extending the reach and scope of our support. We delivered the QND Creative Mentoring project in collaboration with the Queer Neurodivergent Writers' Network, providing tailored mentoring for LGBTQ+ neurodivergent creatives at a moment of clear demand for this kind of specialist support.

Alongside this, we launched our new Creative Wellbeing Groups in Lancaster and Kendal, marking an important development in our programme: open-access, neurodivergent-led creative spaces focused on wellbeing, connection and community in our local area.

The two groups were facilitated by Cumbria-based textiles artist Danielle Chappell Aspinwall, who we previously collaborated with on our SpringTide project. We are delighted to be working with Danielle again.

We are committed to long-term, artist-led development, so we were pleased to be able to continue supporting artists beyond the life of our programmes. In February-March 2025 we supported Marisa Crane to deliver their CREST project, which grew out of their participation in SpringTide during 2023–24.

During the year we strengthened our communications capacity. In November 2024 we welcomed Simi Davies to the team as Social Media Marketing Assistant. Simi's work has already helped us to reach new audiences, share our values more clearly and raise the profile of neurodivergent-led practice online.

The Trustees would like to thank our Director, Miranda Prag, and the wider team for their care, creativity and professionalism throughout the year. We are grateful to our funders, collaborators and participants, whose trust and engagement make our work possible.

As we close the year, we look ahead with confidence: building on successful pilots, deepening local roots and continuing to advocate for inclusive, neurodivergent-led practice across the creative sector and wider community.

Dr Joanne Limburg
Chair of the Board of Trustees

Our objectives

Mainspring Arts works across artforms to support neurodivergent artists and celebrate neurodivergent creativity.

We are a neurodivergent (ND) and artist-led organisation that co-creates supportive, accessible ND spaces and communities that empower, uplift and nurture through creativity.

We work closely with ND creatives, supporting them to develop their practice. We provide platforms for ND creatives to make and share work, and opportunities to meet and collaborate.

Our programmes are designed by and for ND creatives, and all creative decisions are made by ND participants and practitioners. All of our programmes have access at their core and are co-designed with participants to meet their needs and interests.

We aim to promote equality and diversity in the arts in the UK by creating artistic opportunities for neurodivergent people, and presenting and promoting the artistic work of neurodivergent people to the public.

We aim to promote social inclusion for neurodivergent people by:

- Supporting neurodivergent people to develop their skills and confidence in artistic activities
- Providing creative opportunities for neurodivergent people, and supporting them to pursue opportunities
- Providing networking opportunities for neurodivergent people

Our activities

Our main activities during 2024-25 were:

- QND Creative Mentoring - a mentoring programme for LGBTQ+ neurodivergent artists, delivered in collaboration with the Queer Neurodivergent Writers' Network
- Creative Wellbeing Groups - regular, neurodivergent-led creative workshops in Lancaster and Kendal
- Peer Network - initial research, planning and fundraising

These activities promoted social inclusion by creating accessible, affirming spaces for ND people to connect, collaborate and develop skills and confidence.

They also promoted equality and diversity in the arts by removing barriers to participation and centring neurodivergent-led practice.

In planning our activities for the year and making decisions, we kept in mind the Charity Commission's guidance on public benefit.

Achievements and impact

QND Creative Mentoring

We delivered the QND Creative Mentoring programme between August 2024 and January 2025, in collaboration with the Queer Neurodivergent Writers' Network (QND). This was a new partnership responding to a clear gap in opportunities for LGBTQ+ neurodivergent creatives.

QND's bi-monthly online writing groups provide vital space for LGBTQ+ ND writers to network, share and support each other. Member feedback has highlighted the barriers in accessing opportunities, rooted in the compounding of intersectional marginalisation. While inclusion has improved, many obstacles remain: LGBTQ+ spaces are often inaccessible to ND people, while ND spaces may not be inclusive of LGBTQ+ experience.

The project offered one-to-one mentoring for LGBTQ+ neurodivergent creatives, with mentoring by experienced LQBTQ+ ND professionals Marie Jiménez, Gayathiri Kamalakanthan and Jorik Mol.

We opened applications in July 2024 and received 109 applications in under a month, highlighting significant demand. Following a careful shortlisting and matching process, six mentees were paired with our three mentors, with mentoring sessions shaped around each mentee's individual aims and access needs.

Mentoring supported creatives to address a wide range of challenges, including writer's block, lack of confidence, growing creative networks, completing projects and submitting work to competitions, anthologies and funding bodies.

One mentee was shortlisted for the Disabled Poets Prize, supported by their mentor through editing and selection. Another applied for Arts Council funding, gaining clarity and confidence in articulating their practice.

One mentee was unfortunately unable to complete the programme due to personal circumstances, so we repurposed their mentoring hours to deliver two open creative workshops for QND creatives in January 2025, led by Marie Jiménez, extending the project's reach and impact.

Evaluation showed strong outcomes:

- 75% of mentees reported improved confidence and greater clarity around their creative practice
- All mentees felt more confident pursuing creative projects in the future
- 75% reported that mentoring helped them identify barriers and access new opportunities

Participants highlighted the importance of flexibility, trust and understanding, particularly around fluctuating health and access needs. The project highlighted the value of mentoring spaces where LGBTQ+ neurodivergent creatives can articulate challenges without judgement and receive support grounded in lived experience.

Creative Wellbeing Groups

Between October 2024 and April 2025 we piloted two new Creative Wellbeing Groups in Lancaster and Kendal, marking a significant expansion of our local programme. The groups were open to all neurodivergent adults and focused on wellbeing, social connection and creative exploration rather than professional development.

The groups brought together neurodivergent adults facing barriers such as social isolation, mental health challenges and exclusion from mainstream cultural provision. Sessions were held fortnightly in accessible venues Halton Mill (Lancaster) and Castle Street Community Centre (Kendal) and facilitated by local neurodivergent textiles artist Danielle Chappell Aspinwall.

The workshops explored the theme of 'safe spaces' through accessible, co-created activities initially focusing on colour, collage and textiles. Participants were supported to work at their own pace, with free materials, travel bursaries and refreshments provided to reduce financial and practical barriers.

The project will culminate in a celebratory exhibition for each group in April-May 2025. The exhibitions will provide group members with an opportunity to share and celebrate their work publicly, and for the wider community to engage with neurodivergent perspectives and creativity.

Participant feedback demonstrated significant positive impact. Our evaluation questions asked participants to tell us how much the project helped them to achieve a series of aims, with each aim scored out of 10. Average scores included:

- Gaining a sense of belonging to a group: 9/10
- Feeling included and supported: 9.5/10
- Forming friendly relationships: 8.75/10
- Improved mental health and wellbeing: 8.25/10
- Increased confidence: 8.25/10

Qualitative feedback highlighted the value of the group as a rare neurodivergent-affirming space, with participants reporting reduced anxiety, increased confidence and lasting friendships. Several participants went on to join other groups or pursue further creative opportunities as a result of building confidence through the programme.

This pilot has embedded Mainspring Arts more deeply in the local cultural and wellbeing landscape, leading to new relationships with arts organisations and health and social prescribing services. We plan to continue and grow the programme beyond the pilot, subject to securing further funding.

Peer Network

It has been a long-term ambition for Mainspring to start a national peer support network for neurodivergent creatives, as a direct response to feedback from previous projects.

Across all of our projects, participants have highlighted the value of being in an all-neurodivergent space, and the rare sense of community this creates. We have long wanted to launch a project that could sustain that sense of community in an ongoing way.

The Peer Network project is our response to that need. We spent this year planning and fundraising for the project, and we're delighted to say that we have now secured a grant from Arts Council England - our biggest grant to date - to research and launch the Peer Network over 2025-26.

We see the Peer Network becoming a core part of our programme, creating a supportive ND creative community and offering a programme of activity shaped by its members. We want it to be truly co-created, with our community involved at every stage, and we are excited to get started in the coming months.

Artist follow-on support

In February-March 2025 we supported Marisa Crane to deliver CREST, a project developed through her participation in our SpringTide project in 2023-24.

SpringTide supported 6 young women and non-binary artists to explore socially engaged practice and develop their own socially engaged projects.

For Marisa's project, CREST, she led a series of workshops with a group of neurodivergent people to create carnival style headdresses to represent and celebrate their unique neurotypes, followed by a portrait session with a photographer (who was also neurodivergent) to capture them wearing their creations.

The workshops were relaxed and held at a small, neurodivergent-owned business in the centre of Carlisle. Each headdress explored themes such as the participants' special interests and personal struggles, and was highly textured and coloured - reflecting what each person was drawn to.

CREST allowed Marisa to build on ideas seeded during SpringTide, and demonstrated the longer-term impact of our artist development work.

By continuing to offer practical and developmental support beyond the life of our programmes, we aim to sustain artists' momentum and enable projects to reach their full potential.

Team development

In November 2024 we appointed Simi Davies as Social Media Marketing Assistant. Simi has a background in photography, curation, graphic design and art direction. From empowering decolonial education in the mental health sector to climate justice, she uses her diverse skill set to advocate for causes she's passionate about.

This new role has strengthened our capacity to communicate our work, values and impact, helping us to reach new audiences and more effectively promote neurodivergent-led practice.

Looking ahead

As we move into 2025-26, we aim to build on the success of our Creative Wellbeing Groups and launch our new Peer Network, continue developing targeted support for neurodivergent creatives, and strengthen partnerships locally and nationally.

We remain committed to inclusive, accessible neurodivergent-led practice, and to creating spaces where neurodivergent people can thrive creatively and socially.

Charity's principal address:

Mainspring Arts, The Hive, Halton Mill, Mill Lane, Lancaster, LA2 6ND.

Trustees

1	Dr Joanne Limburg	Chair
2	Karis Okereke	
3	Lisa Gee	
4	Eleanor Hughes	

Related parties

The charity has relationships with other charities on a project-by-project basis.

Going concern

The directors confirm that:

A going concern basis is appropriate for these accounts.

The company has sufficient reserves to continue for at least 12 months after the date of signing these accounts.

Risk management

The company undertakes periodic reviews for different areas of risk including insurance cover,health and safety policies in the workplace and whilst performing, working with vulnerable adults,financial affairs; personnel practices; ICT technology.

This report has been prepared in accordance with the provisions in Section 419(2) of the Companies Act 2006 applicable to companies subject to the small companies regime.

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees:

Signature:	J.Limburg J.Limburg (Jan 27, 2026 13:22:51 GMT)	**Date:**	27/01/2026
Full name:	Dr Joanne Limburg	**Position:**	Chair

ACCOUNTANTS REPORT

Independent Examiner's Report on the Accounts

I report to the charity trustees on my examination of the accounts of the company for the period ended 31st March 2025 which are set out on pages 8 to 12 .

Responsibilities and basis of report

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

Having satisfied myself that the accounts of the company 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 your charity's accounts as carried out under section 145 of the Charities Act 2011 (the '2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's report

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:

(1) accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or

(2) the accounts do not accord with those accounting records; or

(3) the accounts 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 accounts 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 accounts to be reached.

Frank S Lachman FCA
Member Institute of Chartered Accountants in England and Wales
Chartered Accountant
Independent Examiner

31 Fairview Way
Edgware
Middlesex
HA8 8JE

Dated: 27/01/2026

Mainspring Arts CIO

Statement of Financial Activities
For the Year to 31st March 2025

	Notes	Unrestricted Funds	Restricted Funds	Total Funds Year 2025	Unrestricted Funds	Restricted Funds	Total Funds Year 2024
Income from:							
Donations and Legacies	**2**	28	23,200	**23,228**	30	44,561	**44,591**
Total income		28	23,200	**23,228**	30	44,561	**44,591**
Expenditure on:							
Charitable Activity Costs	**3**	2,147	30,388	**32,535**	2,055	29,725	**31,780**
Total expenditure		2,147	30,388	**32,535**	2,055	29,725	**31,780**
Net income for year		**(2,119)**	**(7,188)**	**(9,307)**	**(2,025)**	**14,836**	**12,811**
Funds brought forward		(670)	17,288	**16,618**	1,355	2,452	**3,807**
Transfer between Funds		-	-	**-**	-	-	**-**
Funds carried forward	**6**	(2,789)	10,100	**7,311**	(670)	17,288	**16,618**

The statement of Financial Activities reflects the results of continuing activities for the period.

There were no recognised gains or losses other than the net outgoing resources for the period.

The net outgoing resources for the year have been calculated on the historical cost basis.

The notes on pages 10 to 12 form part of these accounts.

Mainspring Arts CIO

Balance Sheet at 31st March 2025

	Notes		2025		2024
		£	£	£	£
Current assets					
Debtors		-		-	
Cash at bank and in hand		8,061		39,368	
Total current assets		8,061		39,368	
Creditors falling due within one year	4	750		22,750	
Net current assets			7,311		16,618
Net assets			7,311		16,618
The Funds of the Charity					
Restricted Funds			10,100		17,288
Unrestricted Funds	5		(2,789)		(670)
Total Charity Funds			7,311		16,618

a) For the year ended 31st March 2025 the company was entitled to exemption under section 477(2) of the Companies Act 2006.

(b) No members have required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.

(c) The directors acknowledge their responsibility for:

i. ensuring the company keeps accounting records which comply with section 386; and

ii. preparing accounts 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 profit and loss for the financial year in accordance with the section 393, and which otherwise comply with the requirements of the Companies Act relating to accounts, so far as applicable to the company.

(d) The accounts have been prepared in accordance with the special provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime, and constitute the annual accounts required by the Companies Act 2006 and are for circulation to members of the . company

Approved by the directors on 27/01/2026 , and signed on their behalf by Dr Joanne Limburg

The notes on pages 10 to 12 form part of these accounts.

Notes to the Financial Statements
For the year ended 31st March 2025

1 Accounting Polices

(a) The financial statements have been prepared in accordance with 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) (effective 1 January 2022) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Mainspring Arts CIO meets the definition of a public benefit entity under FRS 102.
Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

(b) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the items of income have been met, it is probable that the income will be received and the amount can be measured reliably. Income from grants, whether capital or revenue grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants has been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

(c) Expenditure
All expenditure is accounted for on an accruals basis. Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party. It is probable that settlement will be required and the amount of the obligation can be measured reliably.

Costs are allocated to a category either because such costs are directly incurred in relation to such category, or because they are support costs in respect of which an apportionment has been made between the categories.

Support costs consist of infrastructure costs for salaries, premises, office administration. Such costs are apportioned on a reasonable and consistent basis to the various categories with a view to determining, as accurately as possible, the total resources expended for each category. The basis of apportionment used is either a function of staff time applied to a given activity, or an estimate of the proportion of costs associated with the same, or a combination of both.

Direct and Support costs are separately shown by natural classification in Note 5 to these accounts for each category of cost.

(d) Taxation
The company as a registered charity (number 1187951) is exempt from taxation on most investment income insofar as it is applied for charitable purposes. The company is also exempt from taxation on capital gains.

(e) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered.
Prepayments are valued at the amount prepaid net of any trade discounts due.

(f) Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Notes to the Financial Statements
For the year ended 31st March 2025

2 Donations and legacies

Grants for General Running Costs	Restricted Funds	Unrestricted Funds	Total Funds 2025	Restricted Funds	Unrestricted Funds	Total Funds 2024
AOK Trust	-	-	-	5,000	-	5,000
Arts Council England	-	-	-	34,061	-	34,061
Ragdoll Foundation	1,200	-	1,200	3,500	-	3,500
BarrowFull	-		-	1,000		1,000
Community Foundation for Lancashire	-		-	5,000		5,000
Cumbria Community Foundation	-		-	2,000		2,000
Hadfield Charitable Trust	-		-	1,000		1,000
National Lottery Community Fund	-		-	15,000		15,000
Sundry Income	-	28	28	30	30	30
Deferred grants brought forward	22,000		22,000	-	-	-
Deferred grants carried forward	-	-	-	(22,000)	-	(22,000)
	23,200	28	23,228	44,591	30	44,591

3 Charitable activity costs

Charitable Activity Costs	Support Costs and Governance Unrestricted	Charitable Activity Costs Restricted	Charitable Activity Costs Unrestricted	Total 2025	Support Costs and Governance Unrestricted	Charitable Activity Costs Restricted	Charitable Activity Costs Unrestricted	Total 2024
Telephone & Internet	671	-	-	**671**	886	-	-	**886**
Travel and accommodation	187	-	-	**187**	-	-	-	**-**
Insurance	193	-	-	**193**	176	-	-	**176**
Access costs	-	-	-	**-**	-	467	-	**467**
Sundry	-	274	-	**274**	-	-	-	**-**
Participators, workshop leaders and mentors fees	-	11,215	-	**11,215**	-	8,696	-	**8,696**
Core Artists' fees and expenses	-	14,822	-	**14,822**	-	12,298	-	**12,298**
Production costs	-	428	-	**428**	-	6,192	-	**6,192**
Rent and space hire	-	1,466	-	**1,466**	-	810	-	**810**
DBS checks	-	-	-	**-**	-	182	-	**182**
Marketing	-	1,083	-	**1,083**	-	180	-	**180**
Stationery and printing	10	-	-	**10**	17	-	-	**17**
Membership	-	-	-	**-**	55	-	-	**55**
Web hosting and IT costs	336	-	-	**336**	171	-	-	**171**
Seed funding	-	1,100	-	**1,100**	-	900	-	**900**
Accountancy	750	-	-	**750**	750	-	-	**750**
Total	**2,147**	**30,388**	**-**	**32,535**	**2,055**	**29,725**	**-**	**31,780**

4 Creditors due within one year

	2025	2024
Accruals	750	750
Deferred grants	-	22,000
	750	22,750

5 Reconciliation of movement of funds

	Funds at 1st April 2024	Income	Expenses	Transfers	Funds at 31st March 2025
Restricted Funds	17,288	23,200	(30,388)	-	10,100
Unrestricted Funds	(670)	28	(2,147)	-	(2,789)
	16,618	23,228	(32,535)	-	7,311

6 Analasys of assets over funds

	Net Current Assets	Total 2025	Total 2024
Restricted Funds	10,100	10,100	17,288
Unrestricted Funds:	(2,789)	(2,789)	(670)
	7,311	7,311	16,618

7 Trustees

During the year, none of the trustees received any remuneration from the trust and no expenses were reimbursed to any of them. (2024 nil)

MAINSPRING ARTS

England & Wales - Charity number 1187951

Accounts

Mainspring Arts CIO

REPORT AND FINANCIAL STATEMENTS

5th April 2024

CHARITY REGISTRATION NUMBER 1187951

Frank S Lachman
31 Fairview Way
Edgware
Middlesex
HA8 8JE

Legal and Administrative Information

5th April 2024

Registered Charity Number	1187951	
Registered Office	Halton Mill Mill Lane Lancaster LA2 6ND	
Directors and Trustees		
	Roshani Palamakumbura	Resigned 20th April 2023
	Karis Okereke	
	Dr Joanne Limburg	Chair
	Lisa Gee	
	Eleanor Hughes	Appointed 16th January 2024
Examiner	Frank S Lachman Chartered Accountant 31 Fairview Way Edgware Middlesex HA8 8JE	

Directors' and trustees' report

The trustees, who are also directors for the purposes of the Companies Act, have pleasure in presenting their report and the financial statements of charity for the year ending 31st March 2024.

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prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

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Structure, Governance and Management

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Mainspring Arts is a Charitable Incorporated Organisation governed by its Constitution, which was adopted on 13 February 2020

Trustee selection methods

Trustees are selected through a recruitment process involving an open call, followed by shortlisting and interviews by current trustees and senior staff. Trustees may sometimes invite specific people to apply where they are known to be desirable candidates.

In selecting individuals for appointment as trustees, the current trustees consider the skills, knowledge and experience needed for the effective administration of the charity. Trustees are appointed for a term of two years by a resolution passed at a properly convened meeting of the charity trustees.

Trustee induction and training

New trustees are invited to attend a trustee meeting and are provided with:

- The charity’s Trustee Welcome Pack
- A copy of the current version of the charity constitution and safeguarding policy
- A copy of the charity’s latest Trustees’ Annual Report and statement of accounts

New trustees meet with the charity co-directors who take them through the charity operations, and are invited to take part in an NCVO Charity Trustee Induction training session. In this session they are briefed on their legal obligations under charity law and given an overview of good charity governance. They may also take part in a safeguarding training course.

As the charity works with neurodivergent adults, all trustees undergo a relevant DBS Check.

Directors' and trustees' report

Introduction

2023-24 has been an exciting and fruitful year for Mainspring Arts, with the launch of SpringTide, our first project in the North West, forming the centrepiece.

SpringTide saw us head to Barrow-in-Furness to work with a group of talented neurodivergent women and non-binary artists aged 18-25, supporting them to explore socially engaged practice and develop their own socially engaged projects.

After moving our base to Lancaster in 2022, this project was a brilliant opportunity to embed ourselves in the local creative ecology and start getting to know local communities in the region. We collaborated with new partners, including BarrowFull, the Creative People & Places project for Barrow, and Full of Noises, who hosted the SpringTide residency in their beautiful building.

We worked with an amazing team of local neurodivergent practitioners, including Danielle Chappell Aspinwall, Sophie Broadgate and Rachel Capovila - and, most importantly, we had the privilege of meeting and working with a group of talented, thoughtful, passionate young artists, and of seeing their ideas grow and evolve.

Towards the end of the year we saw the return of Mainspring Virtual Studios, our series of online creative workshops, with three brand new courses designed and led by Nicola Werenowska, Justine de Mierre and Vicky Morris.

The year ended with more success, as we secured funding from the National Lottery Community Fund, the Community Foundation for Lancashire and the Cumbria Community Foundation for a new local project. Huge thanks are due to our Development Manager, Catherine Herbert, for her hard work and expertise in making this happen.

This funding will enable us to run regular creative workshops in Lancaster and Kendal, open to all neurodivergent adults, with the aim of creating a supportive, welcoming space for socialising, boosting wellbeing and forming community.

In April 2023 we said goodbye to Roshani Palamakumbura, who stepped down from the Board. We thank her for insight, support and guidance during her time as a Trustee.

In January 2024 Eleanor Hughes joined us as a Trustee. Eleanor is a Speech and Language Therapist in the health and justice sector, supporting the communication differences of neurodivergent children and young people, and is passionate about enabling access. We are excited to welcome her to the Board!

The Trustees wish to express our gratitude to our Director Miranda Prag for the hard work she continues to put in to make Mainspring Arts a wonderful creative resource for neurodivergent people.

We close the year looking forward to growing our community locally, building on existing collaborations and forging new ones, with gratitude to our community, our funders and everyone who’s supported us along the way.

Joanne Limburg

Chair

Our objectives

Mainspring Arts works across artforms to support neurodivergent artists and celebrate neurodivergent creativity.

We work closely with neurodivergent (ND) creatives, supporting them to develop their artistic practice. We provide platforms for ND creatives to make and share work, and opportunities to meet and collaborate.

Our programmes are designed by and for ND creatives, and all creative decisions are made by ND participants and practitioners.

We aim to increase representation of ND people in the arts, to combat stereotypes surrounding neurodivergence and what ND art can be, and to cultivate an environment in which ND creatives can thrive.

We aim to promote equality and diversity in the arts in the UK by creating artistic opportunities for neurodivergent people, and presenting and promoting the artistic work of neurodivergent people to the public.

We aim to promote social inclusion for neurodivergent people by:

- Supporting neurodivergent people to develop their skills and confidence in artistic activities
- Providing creative opportunities for neurodivergent people, and supporting them to pursue opportunities elsewhere
- Providing networking opportunities for neurodivergent people

Our activities

Our main activities this year were:

- SpringTide - an experimental programme of creative support for ND women and non-binary artists aged 18-25 living in Cumbria and Lancashire
- Mainspring Virtual Studios - a series of three online creative courses by and for ND creatives
- Creative Wellbeing Groups - initial research and planning

These activities promoted social inclusion for neurodivergent people by enabling participants to meet, socialise and work together, forming supportive communities and boosting confidence to pursue further opportunities.

Our activities also promoted equality and diversity in the arts: as with all our activity, these projects removed barriers to participation for neurodivergent people, levelling the playing field and enabling them to take part in activity that would otherwise be difficult to access. The programme also offered opportunities for neurodivergent artists to present their work publicly, contributing to more diverse representation.

In planning our activities for the year and making decisions, we kept in mind the Charity Commission’s guidance on public benefit.

Achievements and impact

SpringTide

SpringTide was an experimental programme of creative support for a group of six talented ND women and non-binary artists aged 18-25 living in Cumbria and Lancashire. The programme included a residential week in Barrow-in-Furness in June 2023, comprising workshops, creative collaboration and peer support exploring socially engaged practice. This was followed by mentoring and seed funding to support the artists to work on an idea for a new socially engaged project of their own.

The residency week was designed and led by Danielle Chappell Aspinwall, and the artists were mentored by Danielle alongside Sophie Broadgate and Rachel Capovila, all established ND artists local to Barrow.

SpringTide aimed to create a safe space for young ND women and non-binary artists, a lasting community that would enable the artists to develop their careers, boost their confidence and form lasting friendships.

The project received strong feedback from participating artists. As part of our evaluation we asked artists what their top priorities were for taking part in SpringTide, and how much they felt the programme helped them achieve those aims on a scale of 1-10. Here are a few highlights:

Gaining a sense of belonging to a creative tribe: 100% of artists said this was one of their top priorities for taking part in SpringTide, with an average score of 8.8 out of 10. Comments included:

- *“I felt welcome and comforted, it was one of the best weeks of my life where I felt like I could be my true creative and autistic self.”*
- *“What struck me just was the connections with other neurodivergent artists and what a difference that makes.”*

Gaining a deeper understanding of/links to creative networks, including artists, organisations and arts professionals: 80% said this was one of their top priorities, with an average score of 9.5 out of 10. Comments included:

- *"The links with other neurodivergent artists and organisations which could support us was fantastic"*
- *"I've realised how many arts opportunities and organisations are around in the North that's not just based in big cities like Manchester"*

Working towards gaining new offers of commissions, or other relevant paid opportunities: 80% said this was one of their top priorities, with an average score of 8.5 out of 10. Comments included:

- *"Because of the confidence Springtide helped instill in me, I was able to apply to university this year without fear of 'not being good enough' or worrying I wouldn't find a place or group like me. I've already been accepted into one university and have got through to the final stage to my dream uni; currently waiting to hear from them!"*
- *"I have used Springtide as an example of an influential creative project I've been involved in in interviews- and got the job!"*

Mainspring Virtual Studios

Mainspring Virtual Studios returned for a third edition in February-March 2024, with three new online creative courses designed and led by experienced ND practitioners: Writing the Self with Nicola Werenowska, Freedom to Play with Justine de Mierre, and Writing Poetry with Vicky Morris.

As before, we began the courses with an introductory session for all participants, facilitators and the Mainspring team, as a chance for everyone to get to know each other, and find out more about the courses. The programme finished with an online sharing session for all three groups, so that participants could share the work they'd created if they chose to.

New for this year, we also published accompanying resources on our website alongside the courses so that more ND people could benefit from the programme. These comprised creative prompts and exercises contributed by the course facilitators, and beautifully illustrated by Abi Stevens.

We received positive feedback from the participants, with comments including:

- *"This group never fails to move me and make me feel like I am part of a family who get me."*
- *"To now be enrolled on a poetry course where all the participants have some form of neurodiversity is truly powerful as I can already relate to not only Vicky as our course facilitator but also to each person taking part in the experience in some way or other."*
- *"I'd like to take this opportunity to say a huge, heartfelt thank you to everyone at Mainspring for all the hard work you put in to provide fully inclusive, accessible, creative opportunities for Neurodivergent and disabled people. Your work gives voice to people who have all too often been left voiceless. It gives hope to people who have felt hopeless due to lack of understanding, empathy and accessibility both in the creative sector and in society in general."*

Overall, Mainspring Virtual studios supported 24 neurodivergent creatives to develop their skills, grow their confidence and take the next step in their creative practice, and provided employment for four neurodivergent practitioners.

Creative Wellbeing Groups

Following the success of SpringTide, one of our main aims for the year was to develop and secure funding for our programme of local activity.

We wanted to launch a project that was open access and non-selective, with a focus on fostering community and wellbeing, to enable us to support more people. This is something we've wanted to do for a while to complement our programme of artist development.

By the end of the year we had succeeded in securing funding for a new pilot project, primarily from the National Lottery Community Fund, with additional grants from the Community Foundation for Lancashire and the Cumbria Community Foundation.

In October 2024 we will launch two new Creative Wellbeing Groups in Lancaster and Kendal, bringing local ND people together to connect, socialise and try guided creative activities in a fun and relaxed space. We hope this will be the beginning of something that can grow and continue far into the future!

Charity's principal address:

Mainspring Arts
The Hive, Halton Mill
Mill Lane
Lancaster
LA2 6ND

Trustees

	Trustee name	Office (if any)
1	Dr Joanne Limburg	Chair
2	Roshani Palamakumbura	Resigned 20th April 2023
3	Karis Okereke	
4	Lisa Gee	
5	Eleanor Hughes	Appointed 16th January 2024

Related parties

The charity has relationships with other charities on a project-by-project basis.

Going concern

The directors confirm that:

A going concern basis is appropriate for these accounts.
The company has sufficient reserves to continue for at least 12 months after the date of signing these accounts.

Risk management

The company undertakes periodic reviews for different areas of risk including insurance cover,health and safety policies in the workplace and whilst performing, working with vulnerable adults,financial affairs; personnel practices; ICT technology.

This report has been prepared in accordance with the provisions in Section 419(2) of the Companies Act 2006 applicable to companies subject to the small companies regime.

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees:

Signature: Joanne Limburg

Full name: Dr Joanne Limburg

Position: Chair

Date: 17th December 2025

ACCOUNTANTS REPORT

Independent Examiner's Report on the Accounts

I report to the charity trustees on my examination of the accounts of the company for the period ended 5th April 2024 which are set out on pages 8 to 12 .

Responsibilities and basis of report

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

Having satisfied myself that the accounts of the company 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 your charity's accounts as carried out under section 145 of the Charities Act 2011 (the '2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's report

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:

(1) accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or

(2) the accounts do not accord with those accounting records; or

(3) the accounts 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 accounts 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 accounts to be reached.

Frank S Lachman FCA
Member Institute of Chartered Accountants in England and Wales
Chartered Accountant
Independent Examiner

31 Fairview Way
Edgware
Middlesex
HA8 8JE

Dated: 17th December 2025

Mainspring Arts CIO

Statement of Financial Activities
For the Year to 5th April 2024

	Notes	Unrestricted Funds	Restricted Funds	Total Funds Year 2024	Unrestricted Funds	Restricted Funds	Total Funds Year 2023
Income from:							
Donations and Legacies	**2**	30	44,561	**44,591**	1,031	10,000	**11,031**
Total income		30	44,561	**44,591**	1,031	10,000	**11,031**
Expenditure on:							
Charitable Activity Costs	**3**	2,055	29,725	**31,780**	2,701	7,548	**10,249**
Total expenditure		2,055	29,725	**31,780**	2,701	7,548	**10,249**
Net income for year		**(2,025)**	**14,836**	**12,811**	**(1,670)**	**2,452**	**782**
Funds brought forward		1,355	2,452	**3,807**	3,025	**-**	**3,025**
Transfer between Funds		-	-	**-**	-	-	**-**
Funds carried forward	**6**	(670)	17,288	**16,618**	1,355	2,452	**3,807**

The statement of Financial Activities reflects the results of continuing activities for the period.

There were no recognised gains or losses other than the net outgoing resources for the period.

The net outgoing resources for the year have been calculated on the historical cost basis.

The notes on pages 10 to 12 form part of these accounts.

Balance Sheet at 5th April 2024

	Notes		2024		2023
		£	£	£	£
Current assets					
Debtors		-		-	
Cash at bank and in hand		39,668		4,557	
Total current assets		39,668		4,557	
Creditors falling due within one year	**4**	22,750		750	
Net current assets			16,918		3,807
Net assets			16,918		3,807
The Funds of the Charity					
Restricted Funds			17,288		2,452
Unrestricted Funds	**5**		(670)		1,355
Total Charity Funds			16,618		3,807

a) For the year ended 5th April 2024 the company was entitled to exemption under section 477(2) of the Companies Act 2006.

(b) No members have required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.

(c) The directors acknowledge their responsibility for:

i. ensuring the company keeps accounting records which comply with section 386; and

ii. preparing accounts 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 profit and loss for the financial year in accordance with the section 393, and which otherwise comply with the requirements of the Companies Act relating to accounts, so far as applicable to the company.

(d) The accounts have been prepared in accordance with the special provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime, and constitute the annual accounts required by the Companies Act 2006 and are for circulation to members of the . company

Approved by the directors on , and signed on their behalf by Dr Joanne Limburg

The notes on pages 10 to 12 form part of these accounts.

Notes to the Financial Statements
For the year ended 5th April 2024

1 Accounting Polices

(a) The financial statements have been prepared in accordance with 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) (effective 1 January 2022) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Mainspring Arts CIO meets the definition of a public benefit entity under FRS 102.
Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

(b) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the items of income have been met, it is probable that the income will be received and the amount can be measured reliably. Income from grants, whether capital or revenue grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants has been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

(c) Expenditure
All expenditure is accounted for on an accruals basis. Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party. It is probable that settlement will be required and the amount of the obligation can be measured reliably.

Costs are allocated to a category either because such costs are directly incurred in relation to such category, or because they are support costs in respect of which an apportionment has been made between the categories.

Support costs consist of infrastructure costs for salaries, premises, office administration. Such costs are apportioned on a reasonable and consistent basis to the various categories with a view to determining, as accurately as possible, the total resources expended for each category. The basis of apportionment used is either a function of staff time applied to a given activity, or an estimate of the proportion of costs associated with the same, or a combination of both.

Direct and Support costs are separately shown by natural classification in Note 5 to these accounts for each category of cost.

(d) Taxation
The company as a registered charity (number 1187951) is exempt from taxation on most investment income insofar as it is applied for charitable purposes. The company is also exempt from taxation on capital gains.

(e) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered.
Prepayments are valued at the amount prepaid net of any trade discounts due.

(f) Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Notes to the Financial Statements
For the year ended 5th April 2024

2 Donations and legacies

Grants for General Running Costs	Restricted Funds	Unrestricted Funds	Total Funds 2024	Restricted Funds	Unrestricted Funds	Total Funds 2023
AOK Trust	5,000	-	5,000	-	1,000	1,000
Arts Council England	34,061	-	34,061	-	-	-
Ragdoll Foundation	3,500	-	3,500	10,000	-	10,000
BarrowFull	1,000		1,000			
Community Foundation for Lancashire	5,000		5,000			
Cumbria Community Foundation	2,000		2,000			
Hadfield Charitable Trust	1,000		1,000			
National Lottery Community Fund	15,000		15,000			
Sundry Income	-	30		-	31	31
Deferred grants carried forward	(22,000)	-	(22,000)			
				-		
	44,561	30	44,561	10,000	1,031	11,031

3 Charitable activity costs

Charitable Activity Costs	Support Costs and Governance Unrestricted	Charitable Activity Costs Restricted	Charitable Activity Costs Unrestricted	Total 2024	Support Costs and Governance Unrestricted	Charitable Activity Costs Restricted	Charitable Activity Costs Unrestricted	Total 2023
Telephone & Internet	886	-	-	**886**	194	-	-	**194**
Fundraising	-	-	-	**-**	1,050	-	-	**1,050**
Insurance	176	-	-	**176**	169	-	-	**169**
Access costs	-	467	-	**467**				
Sundry	-	-	-	**-**	109	-	-	**109**
Participators, workshop leaders and mentors fees	-	8,696	-	**8,696**	-	5,697	-	**5,697**
Core Artists' fees and expenses	-	12,298	-	**12,298**	-	1,150	-	**1,150**
Production costs	-	6,192	-	**6,192**	-	400	-	**400**
Rent and space hire	-	810	-	**810**	-	-	-	**-**
DBS checks	-	182	-	**182**	14	-	-	**14**
Marketing	-	180	-	**180**	-	301	-	**301**
Stationery and printing	17	-	-	**17**	-	-	-	**-**
Membership	55	-	-	**55**	55	-	-	**55**
Web hosting and IT costs	171	-	-	**171**	360	-	-	**360**
Seed funding	-	900	-	**900**	-	-	-	**-**
Accountancy	750	-	-	**750**	750	-	-	**750**
Total	**2,055**	**29,725**	**-**	**31,780**	**2,701**	**7,548**	**-**	**10,249**

4 Creditors due within one year

	2024	2023
Accruals	750	750
Deferred grants	22,000	-
	22,750	750

5 Reconciliation of movement of funds

	Funds at 5th April 2023	Income	Expenses	Transfers	Funds at 5th April 2024
Restricted Funds	2,452	44,561	(29,725)	-	17,288
Unrestricted Funds	1,355	30	(2,055)	-	(670)
	3,807	44,591	(31,780)	-	16,618

6 Analasys of assets over funds

	Net Current Assets	Total 2024	Total 2023
Restricted Funds	17,288	17,288	2,452
Unrestricted Funds:	(670)	(670)	3,807
	16,618	16,618	6,259

7 Trustees

During the year, none of the trustees received any remuneration from the trust and no expenses were reimbursed to any of them. (2023 nil)

MAINSPRING ARTS

England & Wales - Charity number 1187951

Accounts

Mainspring Arts CIO

REPORT AND FINANCIAL STATEMENTS

5th April 2023

CHARITY REGISTRATION NUMBER 1187951

Frank S Lachman
16b North End Road
Golders Green
London
NW11 7PH

Legal and Administrative Information

5th April 2023

Registered Charity Number	1187951	
Registered Office	The Hive, Halton Mill Mill Lane Lancaster LA2 6ND	
Directors and Trustees	Andrew Locke	Resigned 6th November 2022
	Roshani Palamakumbura	Resigned 20th April 2023
	Karis Okereke	
	Dr Joanne Limburg	Acting Chair
	Stacey Linstead	Resigned 25th October 2022
	Lisa Gee	Appointed 15th February 2023
	Eleanor Hughes	Appointed 16th January 2024
Examiner	Frank S Lachman Chartered Accountant 16B North End Road London NW11 7PH	

Directors' and trustees' report

The trustees, who are also directors for the purposes of the Companies Act, have pleasure in presenting their report and the financial statements of charity for the year ending 31st March 2023.

Directors' responcibilities

Company Law which is also applicable to charitable companies in England and Wales requires the directors, who are also trustees of the company, to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the company and of the results of the company for that period.

In preparing those financial statements, the directors/trustees are required to:

select suitable accounting policies and then apply them consistently;
observe the methods and principles in the Charities SORP
make judgements and estimates that are reasonable and prudent
state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors/trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Structure, Governance and Management

Governing document

Mainspring Arts is a Charitable Incorporated Organisation governed by its Constitution, which was adopted on 13 February 2020

Trustee selection methods

Trustees are selected through a recruitment process involving an open call, followed by shortlisting and interviews by current trustees and senior staff. Trustees may sometimes invite specific people to apply where they are known to be desirable candidates.

In selecting individuals for appointment as trustees, the current trustees consider the skills, knowledge and experience needed for the effective administration of the charity. Trustees are appointed for a term of two years by a resolution passed at a properly convened meeting of the charity trustees.

Trustee induction and training

New trustees are invited to attend a trustee meeting and are provided with:

- The charity’s Trustee Welcome Pack
- A copy of the current version of the charity constitution and safeguarding policy
- A copy of the charity’s latest Trustees’ Annual Report and statement of accounts

New trustees meet with the charity co-directors who take them through the charity operations, and are invited to take part in an NCVO Charity Trustee Induction training session. In this session they are briefed on their legal obligations under charity law and given an overview of good charity governance. They may also take part in a safeguarding training course.

As the charity works with neurodivergent adults, all trustees undergo a relevant DBS Check.

Directors' and trustees' report

Review of developments, activities and achievements

2022-23 was something of a hiatus for Mainspring Arts as we took time to think, make plans and lay down the foundations for some exciting new projects and organisational development.

It was also a year of change: after six years in London our base moved to Lancaster, along with our Director Miranda Prag. We also said goodbye to Katya Balen, our Co-Director and Co-Founder, who stepped down from her position after seven years.

Katya saw Mainspring grow from an idea in 2015 to the thriving community it is now, and we're so glad to have had her experience, knowledge and passion along the way. Katya will be missed, and we wish her so much luck in her onward journey in children's literature.

Miranda continued as sole Director, with the aim of recruiting a new Co-Director when funding is in place, and continued working closely with our Development Manager Catherine Herbert to ensure we remain sustainable as we grow and develop.

This work paid off in June 2022 when we were awarded funding from the Ragdoll Foundation and the AOK Trust for SpringTide, a residency and development programme for six young female and non-binary artists from Lancashire and Cumbria, and our first project in the North West.

In planning this project we began to form partnerships with organisations and artists in the region, and hope to continue building on this work as we get to know our new home in north Lancashire.

We ended the year by securing an Arts Council England (ACE) grant to fund a range of exciting activity in 2023-24, including a mentoring programme and another round of our online creative courses, Mainspring Virtual Studios, as well as additional capacity for SpringTide.

We also saw change within our Board: Stacey Linstead and Andrew Locke stepped down in October and November 2022 respectively. Both will be missed, and we thank them for their expertise, insight and guidance during their time as Trustees.

In February 2023 we welcomed Lisa Gee to the Board. Lisa's background in facilitating, lecturing, writing and editing across the arts, education and business sectors will be an invaluable addition to the Board's varied experience.

We close the year looking forward to working with some exciting new partners, practitioners and participants, and with gratitude to our community, our funders and everyone who's supported us along the way.

Joanne Limburg
Acting chair

Our objectives

Mainspring Arts works across artforms to support neurodivergent artists and celebrate neurodivergent creativity.

We work closely with neurodivergent (ND) creatives, supporting them to develop their artistic practice. We provide platforms for ND creatives to make and share work, and opportunities to meet and collaborate.

Our programmes are designed by and for ND creatives, and all creative decisions are made by ND participants and practitioners.

We aim to increase representation of ND people in the arts, to combat stereotypes surrounding neurodivergence and what ND art can be, and to cultivate an environment in which ND creatives can thrive.

We aim to promote equality and diversity in the arts in England and Wales by creating artistic opportunities for neurodivergent people, and presenting and promoting the artistic work of neurodivergent people to the public.

We aim to promote social inclusion for neurodivergent people by:

- Helping neurodivergent people develop their skills and confidence in artistic activities
- Providing artistic opportunities for neurodivergent people, and supporting them to pursue opportunities elsewhere
- Providing networking opportunities for neurodivergent people

Our activities

Our main activities this year were:

- Fundraising activities - developing and implementing a fundraising strategy with the aim of securing our core programme and becoming more financially sustainable.
- SpringTide - initial research and planning.
- Core programme - initial research and planning.

These activities promoted social inclusion for neurodivergent people by laying the foundations for projects that will provide networking opportunities, boost confidence to pursue further opportunities, and enable participants to find community.

Our activities also promoted equality and diversity in the arts: as with all our activity, the projects we planned and sought funding for will remove barriers to participation for neurodivergent people, levelling the playing field and enabling them to take part in activity that would otherwise be difficult to access. The programme will also offer opportunities for neurodivergent artists to present their work publicly, contributing to more diverse representation in the arts.

In planning our activities for the year and making decisions, we kept in mind the Charity Commission's guidance on public benefit.

Achievements and impact

Fundraising and strategic development

Much of this year was dedicated to fundraising and strategic planning as we took a pause in programme delivery to focus on growing the organisation sustainably.

Our main focuses were developing a programme of local activity in our new home in the North West, and securing sustainable funding for our core programme.

We achieved both goals, with funding secured from the Ragdoll Foundation and AOK Trust for SpringTide, and an Arts Council grant secured to fund our core programme for the following year. This places us in a strong position to build on these foundations and further develop our programme.

In planning these projects we took time to consolidate and scrutinise feedback and evaluation from previous projects in order to learn and adapt our approaches to ensure we're serving our community as effectively as we can.

SpringTide

SpringTide is a first for Mainspring Arts in several ways: it's our first project to take place in the North West, our first in-person project since before the pandemic, and our first project aimed specifically at young women and non-binary people.

SpringTide is an opportunity for six female and non-binary ND artists aged 18-25 to come together in Barrow-in-Furness, Cumbria, for a week of workshops, peer support and collaboration with a focus on socially engaged practice, designed and led by Barrow-based ND artist Danielle Chappell Aspinwall. Following the workshop week, Mainspring will support the artists to develop their own socially engaged projects.

We've partnered with BarrowFull, the ACE Creative People and Places organisation for Barrow, to deliver the project, and have secured funding from the Ragdoll Foundation, the AOK Trust and ACE.

This project is important for us as it will enable us to develop a model for neuroinclusive professional development for young ND female and non-binary artists, contributing to change in the sector, grow our ND artist community locally, and embed Mainspring in the local arts ecology, leading to mutually beneficial new partnerships and opportunities to develop our work.

At year end, we were part way through the application process, and are looking forward to making connections with our six young artists and seeing how their work develops.

Core programme

One of our main aims for the year was to plan and secure funding for our core programme, a range of activity that we hope will run continuously, forming the bedrock of our artist support offering.

This will include Mainspring Virtual Studios, a series of free online creative courses that we've run twice before, and a new mentoring programme, offering mentorships for six artists per year and supporting them to reach the next step in their careers. These projects will be open nationally, enabling us to continue serving the community we've built up since 2015 of ND artists across the UK, alongside our new local programme.

In March 2023 we were successful in securing funding for the core programme. This will enable us to support 36 ND artists in 2023-24 - the most we've ever supported in a single year - and work with 15 exciting ND practitioners.

Charity's principal address:

Mainspring Arts
The Hive, Halton Mill
Mill Lane
Lancaster
LA2 6ND

Trustees

	Trustee name	Office (if any)	
1	Stacey Linstead	Treasurer	Resgned 25th October 2022
2	Dr Joanne Limburg	Acting Chair	
3	Andrew Locke		Resigned 6th November 2022
4	Karis Okereke		
5	Roshani Palamakumbura		Resigned 20th April 2023
6	Lisa Gee		Appointed 15th February 2023
7	Eleanor Hughes		Appointed 16th January 2024

Related parties

The charity has relationships with other charities on a project-by-project basis.

Going concern

The directors confirm that:

A going concern basis is appropriate for these accounts.
The company has sufficient reserves to continue for at least 12 months after the date of signing these accounts.

Risk management

The company undertakes periodic reviews for different areas of risk including insurance cover,health and safety policies in the workplace and whilst performing, working with young children,financial affairs; personnel practices; ICT technology.

Directors' and trustees' report

This report has been prepared in accordance with the provisions in Section 419(2) of the Companies Act 2006 applicable to companies subject to the small companies regime.

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees:

Signature: J. Limburg
Joanne Limburg (Jan 24, 2024 15:32 GMT)

Full name: Dr Joanne Limburg

Position: Acting Chair

Date: Jan 24, 2024

ACCOUNTANTS REPORT

Independent Examiner's Report on the Accounts

I report to the charity trustees on my examination of the accounts of the company for the period ended 5th April 2023 which are set out on pages 8 to 12 .

Responsibilities and basis of report

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

Having satisfied myself that the accounts of the company 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 your charity's accounts as carried out under section 145 of the Charities Act 2011 (the '2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's report

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:

(1) accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or

(2) the accounts do not accord with those accounting records; or

(3) the accounts 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 accounts 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 accounts to be reached.

Frank S Lachman FCA
Member Institute of Chartered Accountants in England and Wales
Chartered Accountant
Independent Examiner

16b North End Road
London NW11 7PH

Dated: 24/1/2024

Mainspring Arts CIO

Statement of Financial Activities
For the Year to 5th April 2023

	Notes	Unrestricted Funds	Restricted Funds	Total Funds Year 2023	Unrestricted Funds	Restricted Funds	Total Funds Year 2022
Income from:							
Donations and Legacies	**2**	1,031	10,000	**11,031**	5,959	-	**5,959**
Total income		1,031	10,000	**11,031**	5,959	-	**5,959**
Expenditure on:							
Charitable Activity Costs	**3**	2,701	7,548	**10,249**	21,395	-	**21,395**
Total expenditure		2,701	7,548	**10,249**	21,395	-	**21,395**
Net income for year		**(1,670)**	**2,452**	**782**	**(15,436)**	**-**	**(15,436)**
Funds brought forward		3,025	**-**	**3,025**	18,461	**-**	**18,461**
Transfer between Funds		-	-	**-**	-	-	**-**
Funds carried forward	**6**	1,355	2,452	**3,807**	3,025	-	**3,025**

The statement of Financial Activities reflects the results of continuing activities for the period.

There were no recognised gains or losses other than the net outgoing resources for the period.

The net outgoing resources for the year have been calculated on the historical cost basis.

The notes on pages 10 to 12 form part of these accounts.

Balance Sheet at 5th April 2023

	Notes	2023		2022	
		£	£	£	£
Current assets					
Debtors		-		535	
Cash at bank and in hand		4,557		3,240	
Total current assets		4,557		3,775	
Creditors falling due within one year	4	750		750	
Net current assets			3,807		3,025
Net assets			3,807		3,025
The Funds of the Charity					
Restricted Funds			2,452		-
Unrestricted Funds	5		1,355		3,025
Total Charity Funds			3,807		3,025

a) For the year ended 5th April 2023 the company was entitled to exemption under section 477(2) of the Companies Act 2006.

(b) No members have required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.

(c) The directors acknowledge their responsibility for:

i. ensuring the company keeps accounting records which comply with section 386; and

ii. preparing accounts 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 profit and loss for the financial year in accordance with the section 393, and which otherwise comply with the requirements of the Companies Act relating to accounts, so far as applicable to the company.

(d) The accounts have been prepared in accordance with the special provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime, and constitute the annual accounts required by the Companies Act 2006 and are for circulation to members of the . company

Approved by the directors on 24/01/2024 , and signed on their behalf by Dr Joanne Limburg

The notes on pages 10 to 12 form part of these accounts.

Notes to the Financial Statements
For the year ended 5th April 2023

1 Accounting Polices

(a) The financial statements have been prepared in accordance with 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) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Mainspring Arts CIO meets the definition of a public benefit entity under FRS 102.
Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

(b) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the items of income have been met, it is probable that the income will be received and the amount can be measured reliably. Income from grants, whether capital or revenue grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants has been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

(c) Expenditure

All expenditure is accounted for on an accruals basis. Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party. It is probable that settlement will be required and the amount of the obligation can be measured reliably.

Costs are allocated to a category either because such costs are directly incurred in relation to such category, or because they are support costs in respect of which an apportionment has been made between the categories.

Support costs consist of infrastructure costs for salaries, premises, office administration. Such costs are apportioned on a reasonable and consistent basis to the various categories with a view to determining, as accurately as possible, the total resources expended for each category. The basis of apportionment used is either a function of staff time applied to a given activity, or an estimate of the proportion of costs associated with the same, or a combination of both.

Direct and Support costs are separately shown by natural classification in Note 5 to these accounts for each category of cost.

(d) Taxation

The company as a registered charity (number 1187951) is exempt from taxation on most investment income insofar as it is applied for charitable purposes. The company is also exempt from taxation on capital gains.

(e) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered.
Prepayments are valued at the amount prepaid net of any trade discounts due.

(f) Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Notes to the Financial Statements
For the year ended 5th April 2023

2 Donations and legacies

	Restricted Funds	Unrestricted Funds	Total Funds 2023	Restricted Funds	Unrestricted Funds	Total Funds 2022
Grants for General Running Costs						
AOK	-	1,000	1,000	-	-	-
Arts Council England	-	-	-	-	5,347	5,347
Ragdoll Foundation	10,000	-	10,000	-	-	-
Donations						
Sundry donations	-	-	-	-	350	350
Sundry Income	-	31	31	-	262	262
	10,000	1,031	11,031	-	5,959	5,959

3 Charitable activity costs

	Support Costs and Governance	Charitable Activity Costs	Charitable Activity Costs	Total 2023	Support Costs and Governance	Charitable Activity Costs	Total 2022
Charitable Activity Costs	**Unrestricted**	**Restricted**	**Unrestricted**		**Unrestricted**	**Unrestricted**	
Telephone & Internet	194	-	-	**194**	80	-	**80**
Fundraising	1,050	-	-	**1,050**	1,650	-	**1,650**
Insurance	169	-	-	**169**	170	-	**170**
Sundry	109	-	-	**109**	15	-	**15**
Workshop leaders and mentors fees	-	5,697	-	**5,697**	-	5,350	**5,350**
Artists' fees and expenses	-	1,150	-	**1,150**	-	2,650	**2,650**
Production costs	-	400	-	**400**	-	-	**-**
Directors' fees	-	-	-	**-**	-	8,730	**8,730**
DBS checks	14	-	-	**14**	103	-	**103**
Marketing	-	301	-	**301**	-	324	**324**
Stationery and printing	-	-	-	**-**	454	-	**454**
Membership	55	-	-	**55**	-	-	**-**
Web hosting	360	-	-	**360**	834	-	**834**
Training and recruitment	-	-	-	**-**	285	-	**285**
Accountancy	750	-	-	**750**	750	-	**750**
Total	**2,701**	**7,548**	**-**	**10,249**	**4,341**	**17,054**	**21,395**

4 Creditors due within one year

	2023	2022
Accruals	750	750
	750	750

5 Reconciliation of movement of funds

	Funds at 5th April 2022	Income	Expenses	Transfers	Funds at 5th April 2023
Restricted Funds	-	10,000	(7,548)	-	2,452
Unrestricted Funds	3,025	1,031	(2,701)	-	1,355
	3,025	11,031	(10,249)	-	3,807

6 Analasys of assets over funds

	Net Current Assets	Total 2023	Total 2022
Restricted Funds	2,452	2,452	-
Unrestricted Funds:	1,355	1,355	3,025
	3,807	3,807	3,025

7 Trustees

During the year, none of the trustees received any remuneration from the trust and no expenses were reimbursed to any of them. (2022 nil)

MAINSPRING ARTS

England & Wales - Charity number 1187951

Accounts

Mainspring Arts CIO

REPORT AND FINANCIAL STATEMENTS

5th April 2022

CHARITY REGISTRATION NUMBER 1187951

Frank S Lachman
16b North End Road
Golders Green
London
NW11 7PH

Legal and Administrative Information

5th April 2022

Registered Charity Number	1187951	
Registered Office	The Hive, Halton Mill Mill Lane Lancaster LA2 6ND	
Directors and Trustees	Andrew Locke	Resigned 6th November 2022
	Roshani Palamakumbura	
	Karis Okereke	
	Dr Joanne Limburg	Acting Chair
	Stacey Linstead	Resigned 25th October 2022
	Nadia Johnson	Appointed 1st March 2021 ; Resigned 28th June 2021
Examiner	Frank S Lachman Chartered Accountant 16B North End Road London NW11 7PH	

Directors' and trustees' report

The trustees, who are also directors for the purposes of the Companies Act, have pleasure in presenting their report and the financial statements of charity for the year ending 31st March 2022.

Directors' responcibilities

Company Law which is also applicable to charitable companies in England and Wales requires the directors, who are also trustees of the company, to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the company and of the results of the company for that period.

In preparing those financial statements, the directors/trustees are required to:

select suitable accounting policies and then apply them consistently;
observe the methods and principles in the Charities SORP
make judgements and estimates that are reasonable and prudent
state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors/trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Structure, Governance and Management

Governing document

Mainspring Arts is a Charitable Incorporated Organisation governed by its Constitution, which was adopted on 13 February 2020

Trustee selection methods

Trustees are selected through a recruitment process involving an open call, followed by shortlisting and interviews by current trustees and senior staff. Trustees may sometimes invite specific people to apply where they are known to be desirable candidates.

In selecting individuals for appointment as trustees, the current trustees consider the skills, knowledge and experience needed for the effective administration of the charity. Trustees are appointed for a term of two years by a resolution passed at a properly convened meeting of the charity trustees.

Trustee induction and training

New trustees are invited to attend a trustee meeting and are provided with:

- The charity’s Trustee Welcome Pack
- A copy of the current version of the charity constitution and safeguarding policy
- A copy of the charity’s latest Trustees’ Annual Report and statement of accounts

New trustees meet with the charity co-directors who take them through the charity operations, and are invited to take part in an NCVO Charity Trustee Induction training session. In this session they are briefed on their legal obligations under charity law and given an overview of good charity governance. They may also take part in a safeguarding training course.

As the charity works with neurodivergent adults, all trustees undergo a relevant DBS Check.

Directors' and trustees' report

Review of developments, activities and achievements

Introduction

2021-22 was a year of development and celebration for Mainspring Arts. It started off with a bang with the launch of *In Other Words* , an anthology of short stories by autistic authors, published by crowdfunding publisher Unbound.

In Other Words grew out of our very first project, Square Peg Stories, which took place back in 2016-17. After a two-year crowdfunding campaign, we were absolutely thrilled to be able to share these fantastic stories with the world.

We were also delighted to be able to develop our programme of online artist support with the launch of Mainspring Virtual Studios, a series of creative courses delivered via Zoom. As with all our opportunities, the courses were neurodivergent-led, and designed around their participants' needs.

The first round of courses took place in May 2021, featuring beginners' and intermediate creative writing, and writing for children and young adults. These were followed in January 2022 by another round, featuring poetry, oral storytelling and a masterclass on submitting to literary agents.

After receiving lots of positive feedback from our participants and course facilitators, we intend to seek further funding and continue Mainspring Virtual Studios as part of our core programme of artist support. We also received some constructive comments that will enable us to develop and improve our offering.

I was one of several new trustees who joined the board in March 2021; the others were Andrew Locke, Karis Okereke and Roshani Palamakumbura. Alongside treasurer Stacey Linstead, the new board settled into our roles this year. My fellow board members have brought invaluable experience and insight.

In November 2021, Catherine Herbert joined the staff team as freelance Development Manager. Catherine brings a wealth of experience in arts fundraising and growing small, experimental organisations. With her help we are now looking ahead and exploring ways of expanding and becoming more financially sustainable.

As always, we'd like to thank all the artists, freelancers and audiences who have made our work possible this year, and we hope you'll join us for the onward journey.

Joanne Limburg
Acting chair

Our objectives

Mainspring Arts works across artforms to support neurodivergent artists and celebrate neurodivergent creativity.

We work closely with neurodivergent (ND) creatives, supporting them to develop their artistic practice. We provide platforms for ND creatives to make and share work, and opportunities to meet and collaborate.

Our programmes are designed by and for ND creatives, and all creative decisions are made by ND participants and practitioners.

We aim to increase representation of ND people in the arts, to combat stereotypes surrounding neurodivergence and what ND art can be, and to cultivate an environment in which ND creatives can thrive.

We aim to promote equality and diversity in the arts in England and Wales by creating artistic opportunities for neurodivergent people, and presenting and promoting the artistic work of neurodivergent people to the public.

We aim to promote social inclusion for neurodivergent people by:

- Helping neurodivergent people develop their skills and confidence in artistic activities
- Providing artistic opportunities for neurodivergent people, and supporting them to pursue opportunities elsewhere
- Providing networking opportunities for neurodivergent people

Our activities

Our main activities this year were:

Mainspring Virtual Studios, a series of neurodivergent-led creative courses on a range of different artforms.
The launch of *In Other Words* , an anthology of stories by eight autistic writers, published by Unbound.
Initial R&D for Square Peg Digital, a series of digital theatre pieces.
Developing and implementing a fundraising strategy with the aim of becoming more financially sustainable.

These activities promoted social inclusion for neurodivergent people by boosting confidence to pursue further opportunities, providing networking opportunities and enabling participants to engage with the arts from home in a way that suited them (Mainspring Virtual Studios).

Our activities also promoted equality and diversity in the arts by enabling neurodivergent people to have their work presented professionally to the public, thus contributing to more diverse representation in the arts (*In Other Words* , Square Peg Digital).

All our projects are tailored specifically to the needs of the participants. This removes barriers that can prevent neurodivergent people accessing mainstream opportunities, and levels the playing field in terms of inclusion and access.

In planning our activities for the year and making decisions, we kept in mind the Charity Commission's guidance on public benefit.

Achievements and impact

Mainspring Virtual Studios

The first round of Mainspring Virtual Studios courses took place in May 2021, and were funded by a grant from the AOK Trust. These courses included beginners' creative writing with Gayathiri Kamalakanthan, intermediate creative writing with Anna Reynolds, and writing for children and young adults with Lisette Auton. Each course had space for six participants, two of which

For the first time, we used a random ballot system for selecting participants. We did this for several reasons. Firstly, application processes for arts opportunities often require a considerable amount of work and admin, which can be a barrier for neurodivergent people. In addition, we don't want to act as gatekeepers to the arts: we feel it is not for us to decide who is or isn't worthy of support. We hope our new ballot system makes the application process fairer and more accessible, while mitigating the anxiety and disappointment associated with rejection.

We received positive feedback on the ballot system and the courses themselves, and so we applied for an Arts Council grant to run another round. We were successful, and in January 2022 we ran three more courses: oral storytelling with Justine de Mierre, poetry with Kate Fox, and a submissions masterclass with Emma Pass.

In response to feedback, this time around we added an introductory session with all the tutors, Mainspring staff, and readings by previous Mainspring participants. This created a greater sense of group cohesion and enabled participants to familiarise themselves with the organisation and each other. We also started a Facebook group so that participants could support and encourage each other, and form a community.

Overall, Mainspring Virtual studios supported 36 neurodivergent creatives to develop their skills, grow their confidence and take the next step in their creative pursuits, and provided employment for six neurodivergent practitioners.

**Global Majority is a collective term that refers to those who make up 80% of the world's population, including those of African or Caribbean heritage; South, East, Central or South East Asian heritage; Middle Eastern and North African heritage; and those who have experienced discrimination based on the colour of their skin, their race and/or their culture.*

In Other Words

In Other Words, an anthology of short stories by autistic authors, was published on 24th June 2021 by Unbound. The book was the result of Square Peg Stories, our very first project (2016-17), a series of creative writing workshops and mentoring sessions led by published authors.

The eight beautiful stories are as varied as the writers themselves. Some cover trauma, societal issues and stigma; others offer fragments of hope and light. Some reach back in time while others transport us to another dimension altogether. There is heartbreak, wit, humour, poignancy and above all a mastery of the imagination. We were so delighted to be able to give these eight writers the platform they deserve, and to share their stories with readers.

We held an online launch event and the book received several five star reviews from book bloggers, as well as features on BBC radio. It's currently available to buy from bookshops and our website.

Square Peg Digital R&D

From September 2021 - February 2022 we undertook a period of initial R&D for Square Peg Digital, a proposed series of digital theatre pieces. The pieces were to be adapted from scripts written as part of Square Peg Scripts, our 2018-19 playwriting programme.

Sam Holley–Horseman was lead director for the project, and we recruited two additional directors, Katerina Pushkin and Kate Lovell, to work on the pieces. The directors collaborated with the writers to explore possibilities for adapting the scripts into digital pieces, each taking a different form. Again, all practitioners involved were neurodivergent.

Fundraising strategy

Towards the end of the year we developed a fundraising strategy aimed at diversifying our income and making the organisation more financially sustainable.

So far our projects have been funded by grants from ACE and the AOK Trust, as well as donations. Our new fundraising strategy will build on these income streams, as well as exploring new sources of funding from trusts and foundations, and a proposed 'Friends of' scheme.

We are confident that our new strategy will enable us to grow as an organisation, build on our core programme of artist support and develop exciting new projects and initiatives.

Financial Review

Financial position

Cash at bank at the end of the period was £3,240, made up of unrestricted funds. At the beginning of the period we had £16,610 in unrestricted funds, which remained from a donation we received in the previous year. £4,000 of this was allocated to the launch of *In Other Words* ; £4,050 was allocated to the Square Peg Digital R&D project; £1,800 was allocated to fund a freelance Development Manager to develop a new fundraising strategy; and £3,520 was allocated to our core running costs. We received a grant of £4,812 from Arts Council England to fund Mainspring Virtual Studios, and £228 from direct sales of our book, *In Other Words.* At the end of the period we had a number of funding applications submitted and in progress.

Reserves policy

The main risk to the charity is loss of income as a result of reduced donations or grants. To mitigate this, it is our policy to maintain a balance on unrestricted funds (if possible) equating to three months' operational costs (£3,000) to cover us in the event of a loss of income or unforeseen expenses. The balance at year end exceeded this target. As we currently do not have long-term or agreed regular funding in place, we are holding these funds to ensure we can continue to operate in the event we are unable to secure further funding.

The unrestricted reserves as at 5th April 2022 were £3,025 surplus (2021: £18,461 Surplus) . The movement in reserves is shown in note 8 to the accounts.

Principal sources of funds

Our principal sources of income for the year were grants, donations and book sales.

Directors' and trustees' report

Charity's principal address:

Mainspring Arts
The Hive, Halton Mill
Mill Lane
Lancaster
LA2 6ND

Trustees

	Trustee name	Office (if any)	Dates acted (if not for whole year)
1	Stacey Linstead	Treasurer	Resgned 25th October 2022
2	Nadia Johnson		Appointed 1st March 2021 ; Resigned 28th June 2021
3	Dr Joanne Limburg	Acting Chair	
4	Andrew Locke		Resigned 6th November 2022
5	Karis Okereke		
6	Roshani Palamakumbura		

Related parties

The charity has relationships with other charities on a project-by-project basis.

Going concern

The directors confirm that:
A going concern basis is appropriate for these accounts.
The company has sufficient reserves to continue for at least 12 months after the date of signing these accounts.

Risk management

The company undertakes periodic reviews for different areas of risk including insurance cover,health and safety policies in the workplace and whilst performing, working with young children,financial affairs; personnel practices; ICT technology.

This report has been prepared in accordance with the provisions in Section 419(2) of the Companies Act 2006 applicable to companies subject to the small companies regime.

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees:

Signature:

Full name: Dr Joanne Limburg

Position: Acting Chair

Date:

ACCOUNTANTS REPORT

Independent Examiner's Report on the Accounts

I report to the charity trustees on my examination of the accounts of the company for the period ended 5th April 2022 which are set out on pages to 12 .

Responsibilities and basis of report

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

Having satisfied myself that the accounts of the company 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 your charity's accounts as carried out under section 145 of the Charities Act 2011 (the '2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's report

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:

(1) accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or

(2) the accounts do not accord with those accounting records; or

(3) the accounts 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 accounts 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 accounts to be reached.

Frank S Lachman FCA
Member Institute of Chartered Accountants in England and Wales
Chartered Accountant
Independent Examiner

16b North End Road
London NW11 7PH Dated:

Mainspring Arts CIO

Statement of Financial Activities
For the Period 13th February 2020 to 5th April 2021

	Notes	Unrestrict Funds	Restricted Funds	Total Funds Year 2022	Unrestricted Funds	Restricted Funds	Total Funds Period 2021
Income from:							
Donations and Legacies	**2**	5,959	-	**5,959**	29,487	7,800	**37,287**
Total income		5,959	-	**5,959**	29,487	7,800	**37,287**
Expenditure on:							
Charitable Activity Costs	**3**	21,395	-	**21,395**	10,077	8,749	**18,826**
Total expenditure		21,395	-	**21,395**	10,077	8,749	**18,826**
Net income for year		**(15,436)**	**-**	**(15,436)**	**19,410**	**(949)**	**18,461**
Funds brought forward		18,461	**-**	**18,461**			
Transfer between Funds		-	-	**-**	(949)	949	**-**
Funds carried forward	**6**	3,025	-	**3,025**	18,461	-	**18,461**

The statement of Financial Activities reflects the results of continuing activities for the period.

There were no recognised gains or losses other than the net outgoing resources for the period.

The net outgoing resources for the year have been calculated on the historical cost basis.

The notes on pages 10 to 12 form part of these accounts.

Balance Sheet at 5th April 2022

	Notes		2022		2021
		£	£	£	£
Current assets					
Debtors		535		-	
Cash at bank and in hand		3,240		19,211	
Total current assets		3,775		19,211	
Creditors falling due within one year	4	750		750	
Net current assets			3,025		18,461
Net assets			3,025		18,461
The Funds of the Charity					
Unrestricted Funds	5		3,025		18,461
Total Charity Funds			3,025		18,461

a) For the period ended 5th April 2022 the company was entitled to exemption under section 477(2) of the Companies Act 2006.

(b) No members have required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.

(c) The directors acknowledge their responsibility for:

i. ensuring the company keeps accounting records which comply with section 386; and

ii. preparing accounts 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 profit and loss for the financial year in accordance with the section 393, and which otherwise comply with the requirements of the Companies Act relating to accounts, so far as applicable to the company.

(d) The accounts have been prepared in accordance with the special provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime, and constitute the annual accounts required by the Companies Act 2006 and are for circulation to members of the . company

Approved by the directors on , and signed on their behalf by Dr Joanne Limburg

The notes on pages 8 to 10 form part of these accounts.

Notes to the Financial Statements
For the year ended 5th April 2022

1 Accounting Polices

(a) The financial statements have been prepared in accordance with 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) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Mainspring Arts CIO meets the definition of a public benefit entity under FRS 102.
Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

(b) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the items of income have been met, it is probable that the income will be received and the amount can be measured reliably. Income from grants, whether capital or revenue grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants has been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

(c) Expenditure

All expenditure is accounted for on an accruals basis. Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party. It is probable that settlement will be required and the amount of the obligation can be measured reliably.

Costs are allocated to a category either because such costs are directly incurred in relation to such category, or because they are support costs in respect of which an apportionment has been made between the categories.

Support costs consist of infrastructure costs for salaries, premises, office administration. Such costs are apportioned on a reasonable and consistent basis to the various categories with a view to determining, as accurately as possible, the total resources expended for each category. The basis of apportionment used is either a function of staff time applied to a given activity, or an estimate of the proportion of costs associated with the same, or a combination of both.

Direct and Support costs are separately shown by natural classification in Note 5 to these accounts for each category of cost.

(d) Taxation

The company as a registered charity (number 1187951) is exempt from taxation on most investment income insofar as it is applied for charitable purposes. The company is also exempt from taxation on capital gains.

(e) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered.
Prepayments are valued at the amount prepaid net of any trade discounts due.

(f) Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Notes to the Financial Statements
For the year ended 5th April 2022

2 Donations and legacies

	Restricted Funds	Unrestricted Funds	Total Funds 2022	Restricted Funds	Unrestricted Funds	Total Funds 2021
Grants for General Running Costs						
AOK	-	-	-	7,800	-	7,800
Arts Council England	-	5,347	5,347	-	-	-
Donations						
Sundry donations	-	350	350	-	29,487	29,487
Sundry Income	-	262	262	-	-	-
	-	5,959	5,959	7,800	29,487	37,287

3 Charitable activity costs

	Support Costs and Governance Unrestricted	Charitable Activity Costs Restricted	Total 2022	Support Costs and Governance Unrestricted	Charitable Activity Costs Restricted	Total 2021
Charitable Activity Costs						
Telephone & Internet	80	-	**80**	96	-	**96**
Fundraising	1,650	-	**1,650**	8,170	-	**8,170**
Insurance	170	-	**170**	170	-	**170**
Venue	15	-	**15**	-	-	**-**
Workshop leaders and mentors fees	5,350	-	**5,350**	-	400	**400**
Artists' fees and expenses	2,650	-	**2,650**	-	2,495	**2,495**
Directors' fees	8,730	-	**8,730**	-	5,080	**5,080**
DBS checks	103	-	**103**	159	-	**159**
Marketing	324	-	**324**	-	762	**762**
Stationery and printing	454	-	**454**	-	12	**12**
Web hosting	834	-	**834**	347	-	**347**
Training and recruitment	285	-	**285**	385	-	**385**
Accountancy	750	-	**750**	750	-	**750**
Total	**21,395**	**-**	**21,395**	**10,077**	**8,749**	**18,826**

4 Creditors due within one year

	2022	2021
Accruals	750	750
	750	750

5 Reconciliation of movement of funds

	Funds at 5th April 2021	Income	Expenses	Transfers	Funds at 5th April 2022
Restricted Funds	-	-	-	-	-
Unrestricted Funds	18,461	5,959	(21,395)	-	3,025
	18,461	5,959	(21,395)	-	3,025

6 Analasys of assets over funds

	Net Current Assets	Total 2022	Total 2021
Unrestricted Funds:	3,025	3,025	18,461
	3,025	3,025	18,461

7 Trustees

During the year, none of the trustees received any remuneration from the trust and no expenses were reimbursed to any of them. (2021 nil)

MAINSPRING ARTS

England & Wales - Charity number 1187951

Accounts

Mainspring Arts CIO

REPORT AND FINANCIAL STATEMENTS

5th April 2021

CHARITY REGISTRATION NUMBER 1187951

Frank S Lachman
16b North End Road
Golders Green
London
NW11 7PH

Legal and Administrative Information

5th April 2021

Registered Charity Number	1187951
Registered Office	International House 12 Constance Street LONDON E16 2DQ
Directors and Trustees	Andrew Locke Roshani Palamakumbura Karis Okereke Dr Joanne Limburg Stacey Linstead
Examiner	Frank S Lachman Chartered Accountant 16B North End Road London NW11 7PH

Directors' and trustees' report

The trustees, who are also directors for the purposes of the Companies Act, have pleasure in presenting their report and the financial statements of charity for the year ending 31st March 2020.

Directors' responcibilities

Company Law which is also applicable to charitable companies in England and Wales requires the directors, who are also trustees of the company, to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the company and of the results of the company for that period.

In preparing those financial statements, the directors/trustees are required to:

select suitable accounting policies and then apply them consistently;
observe the methods and principles in the Charities SORP
make judgements and estimates that are reasonable and prudent
state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors/trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Structure, Governance and Management

Governing document

Mainspring Arts is a Charitable Incorporated Organisation governed by its Constitution, which was adopted on 13 February 2020

Trustee selection methods

Trustees are selected through a recruitment process involving an open call, followed by shortlisting and interviews by current trustees and senior staff. Trustees may sometimes invite specific people to apply where they are known to be desirable candidates.

In selecting individuals for appointment as trustees, the current trustees consider the skills, knowledge and experience needed for the effective administration of the charity. Trustees are appointed for a term of two years by a resolution passed at a properly convened meeting of the charity trustees.

Trustee induction and training

New trustees are invited to attend a trustee meeting and are provided with:

- The charity’s Trustee Welcome Pack
- A copy of the current version of the charity constitution and safeguarding policy
- A copy of the charity’s latest Trustees’ Annual Report and statement of accounts

New trustees meet with the charity co-directors who take them through the charity operations, and are invited to take part in an NCVO Charity Trustee Induction training session. In this session they are briefed on their legal obligations under charity law and given an overview of good charity governance. They may also take part in a safeguarding training course.

As the charity works with neurodivergent adults, all trustees undergo a relevant DBS Check.

Directors' and trustees' report

Review of developments, activities and achievements

Introduction

2020 was a challenging year for arts organisations - but it was also the year that Mainspring Arts became a registered charity. Our newfound charity status cemented five years' experience running inclusive projects for neurodivergent artists, marking a step up in impact and ambition.

Shortly after gaining charity status, we received a generous donation from a high net worth individual. This, coupled with ongoing support from the AOK Trust, put us in a strong position when the pandemic took hold. Although we sadly had to cancel Springboard, our regular scratch night, we were able to figure out alternative ways of reaching our beneficiaries digitally.

Our first entirely digital project was Two Metres ApART, an online gallery of work by neurodivergent artists. Over twelve weeks, we presented the work of twelve exciting artists via our website and social media channels. Keen to repeat this success, we commissioned two neurodivergent artists to create work that could be experienced from home: Strings & Things, a series of sensory stories, and Private Plays, a series of performance encounters.

The response to our digital projects was overwhelmingly positive, and we were delighted to be able to support artists and audiences during this difficult time. Feedback we received also suggested that digital work is more accessible for many neurodivergent people, as it removes the need to travel or be in unfamiliar or crowded spaces. This is an important lesson, and one we intend to take forward as we plan new projects.

Another major success this year was hitting our funding target for *In Other Words* , our anthology of stories by autistic authors. After two years of crowdfunding this was a huge milestone and a cause for much celebration. We're thrilled to share these remarkable stories with the world.

During the year we sadly said goodbye to two of our trustees, Sumita Majumdar and Tina Bhati. We are enormously grateful for their valuable contribution, and we'll miss them! In their place we welcomed four new trustees to the board: Joanne Limburg, Andrew Locke, Karis Okereke and Roshani Palamakumbura. We were briefly joined by Bhavani Esapathi and Nadia Johnson, but unfortunately they were not able to continue in their trustee roles.

Our new board represents a remarkable breadth of experience, perspective and insight: our trustees have backgrounds in fundraising, politics, literature, arts education, the music industry, visual art and art therapy. We are excited to begin this new chapter together.

While it's undoubtedly been a tough year, it's also been a year of transformation for Mainspring. We've become a registered charity, we've developed new ways of engaging with the neurodivergent community, we've reached greater audience numbers than ever before, we've raised more money than ever before, and we're planning some exciting new projects. We'd like to thank all the artists, freelancers and audiences who have made our work possible this year, and we hope you'll come along for the ride as we continue to grow and develop.

Our objectives

We are dedicated to increasing neurodiversity in the arts.

Mainspring Arts started life in 2015. In the six years since, we have had the privilege of working with 67 neurodivergent artists, whose work spans creative writing, music, dance, scriptwriting, performance, illustration, poetry, animation, installation and more. We have witnessed these artists nurture their talent, grow in confidence, develop new skills, find their peers, push their boundaries, pursue new opportunities and produce incredible work. We are constantly amazed by them, and grateful to have been a part of their journeys. We know firsthand that the neurodivergent community is an overflowing well of creativity and talent - and yet, for too long, there has been a dearth of representation of neurodivergent people in the arts.

This is partly due to the fact that many neurodivergent people have difficulty accessing mainstream opportunities. Too often, their needs are dismissed or poorly met. Without the appropriate support, the barriers to starting a career in the arts can be overwhelming.

At the same time, neurodivergence is not widely understood. Myths and misconceptions are rife, and neurotypical representations of neurodivergence often reinforce them. This lack of understanding makes life more difficult for neurodivergent people, and makes the need for representation even more urgent.

Mainspring Arts exists to remove those barriers to participation, and shatter those stereotypes. We aim to promote equality and diversity in the arts in England and Wales by creating artistic opportunities for neurodivergent people, and presenting and promoting the artistic work of neurodivergent people to the public.

We aim to promote social inclusion for neurodivergent people by:

- Helping neurodivergent people develop their skills and confidence in artistic activities
- Providing artistic opportunities for neurodivergent people, and supporting them to pursue opportunities elsewhere
- Providing networking opportunities for neurodivergent people

Our activities

Our primary focus this year was developing a digital programme so that we could reach our beneficiaries while in-person events were not possible. To this end, our main activities were:

- Two Metres ApART, a digital exhibition of work by neurodivergent artists that took place during the first lockdown
- Strings & Things, a series of sensory stories for young children and those with SLD/PMLD, created by a neurodivergent artist
- Private Plays, a series of performance encounters designed to be experienced at home, created by a neurodivergent artist
- Mainspring Virtual Studios, a series of three creative courses aimed at and taught by neurodivergent people
- Preparing for the launch of In Other Words, an anthology of stories by eight autistic writers, published by Unbound

These activities promoted equality and diversity in the arts by enabling neurodivergent people to have their work presented professionally to the public, thus contributing to more diverse representation in the arts.

All our projects are tailored specifically to the needs of the participants, thus removing the barriers that prevent neurodivergent people accessing mainstream opportunities and levelling the playing field in terms of inclusion and access. These activities promoted social inclusion for neurodivergent people by enabling them to engage with the arts from home in a way that was targeted specifically towards them.

In planning our activities for the year and making decisions, we kept in mind the Charity Commission's guidance on public benefit.

Achievements and impact

At the beginning of the period, we were preparing for an edition of our regular scratch night, Springboard. However, it wasn't long before the coronavirus pandemic took hold and we sadly had to cancel the event. As the country went into lockdown, we set about thinking of alternative ways to celebrate and support neurodivergent artists.

Two Metres ApART

We planned Two Metres ApART, a digital museum of work by neurodivergent artists, and received a grant from the AOK Trust to fund it. We wanted to do something positive in response to lockdown, at the same time as providing a small financial boost to neurodivergent artists during a difficult time.

Over 12 weeks, we presented the work of 12 neurodivergent artists through our website and social media channels. Each artist received a fee and expenses. There was no set theme or size/length - artists could submit whatever they wanted. We did this so that artists could submit something they had previously produced and didn't need to do any additional work if they chose not to.

Over the course of the project, the Two Metres ApART pages on our website received a total of 9,281 pageviews. We also received local press coverage for several of the artists. We feel that this project successfully showcased the work of neurodivergent artists to the general public, contributing to our aims of increasing neurodivergent representation in the arts and increasing public understanding of neurodivergence.

In Other Words

In May 2020, we hit our target for the publication of In Other Words, an anthology of short stories by eight autistic authors. The book was the result of Square Peg Stories, our very first project (2016-17), which was a series of creative writing workshops and mentoring sessions led by published authors. The book was accepted for publication by Unbound, a crowdfunding publisher with a focus on unheard voices.

The success of our crowdfunding campaign was helped in large part by a significant donation we received at the beginning of the period, with a further grant from the AOK Trust getting us the rest of the way. After almost two years of crowdfunding, we were delighted to be able to get the ball rolling on the publication of these fantastic stories. For the rest of the year we supported the authors and publisher during the editing, cover design and typesetting processes, with the book going to print just before year-end ready for publication on 24 June 2021.

Strings & Things

Also in May 2020, we commissioned neurodivergent artist Julia Collar to create Strings & Things, a suite of sensory stories aimed at young children and people with severe (SLD) or profound and multiple learning disabilities (PMLD). The five stories were free to download from our website, and were designed to be delivered and experienced at home using only simple household objects to stimulate sensory perception. Each story took the audience on a different adventure led by a magical ball of string, helping them to process the emotional impact of lockdown and social distancing.

The stories were a huge success, and we received lots of positive feedback from people who had downloaded them, some of whom were teachers using them in schools. In the three months after we launched them the Strings & Things page received 8,904 pageviews, and by the end of the period had received a total of 11,854.

Private Plays

After the success of Strings & Things, we wanted to commission more work that audiences could experience at home. We commissioned neurodivergent artist Steven Fraser to produce Private Plays, a series of three performance encounters designed for autistic audiences. The plays launched in October 2020 and again, were free to download from our website. Each play comprised a zine containing a script, instructions, illustrations and photographs. The idea was for the audience to read the scripts individually, to themselves, in their homes. The illustrations and the location - which worked as a set - would spark the imagination.

The three Private Plays explored autism and identity, focusing on different senses and forms of intimacy. As well as making theatre possible while venues were closed, Private Plays enabled autistic people to access theatre by removing the stimuli many find uncomfortable in traditional theatre settings (loud sounds, bright lights, unfamiliar spaces). The plays brought performance and self-expression to new audiences, allowing neurodivergent people to access exciting theatre in a comfortable environment without leaving their homes. From their launch until the end of the period, the Private Plays webpage received 974 pageviews.

Mainspring Virtual Studios

Keen to find new ways of engaging digitally with the neurodivergent community, in March 2021 we launched Mainspring Virtual Studios. This project is funded by the AOK Trust and comprises three online creative writing courses: Beginner, Intermediate and Writing for Children and Young Adults. All courses are taught by neurodivergent professionals, and each course has space for six neurodivergent participants selected through an open call.

Mainspring Virtual Studios was designed to recreate the success of our previous in-person courses, Square Peg Stories and Square Peg Scripts. As with those courses, our digital courses will provide a valuable group learning opportunity, one-to-one support and a peer network, and in some ways they are more accessible than our in-person courses. For example, participants can take part from home, removing the need to travel or stay overnight in an unfamiliar place, both of which can be anxiety-inducing for neurodivergent people. They are also easier and more cost-effective to run, meaning we can run more of them and benefit more neurodivergent people.

Increasing diversity and levelling the playing field

Mainspring Virtual Studios saw us change our method of selecting participants in two important ways. For previous projects there has been a lack of ethnic diversity in our applicants, and we recognise that we need to take steps to address this. For this reason, we dedicated two places per course to BAME applicants, and saw an increase in BAME applicants compared to previous projects as a result. Secondly, we selected participants via a random ballot. Applicants were not required to answer any questions or submit any work - we simply asked them to provide their name and contact details.

Often, application processes for arts opportunities require a considerable amount of work and admin, representing a significant barrier for neurodivergent people. We wanted to remove this barrier. In addition, we don't want to act as gatekeepers to the arts: it is not for us to decide who is or isn't worthy of support. We hope our new ballot system makes the application process fairer and more accessible, while removing the anxiety and disappointment associated with rejection.

Financial Review

Financial position

Cash at bank at the end of the period was £19,211. £2,600 of this was allocated to the Mainspring Virtual Studios project. The remainder was unrestricted funds as a result of individual giving: at the beginning of the period we received a donation of £25,000 from a high net worth individual. We received £7,800 in restricted grants from the AOK Trust, which were designated for the following projects: Two Metres ApART, *In Other Words* crowdfunding campaign, Strings & Things, and Mainspring Virtual Studios.

Reserves policy

The main risk to the charity is loss of income as a result of reduced donations or grants. To mitigate this, it is our policy to maintain a balance on unrestricted funds (if possible) equating to three months' operational costs (£3,000) to cover us in the event of a loss of income or unforeseen expenses. The balance at year end exceeded this target. As we currently do not have long-term or agreed regular funding in place, and due to financial uncertainty resulting from the coronavirus pandemic, we are holding these funds to ensure we can continue to operate for the following 12 months in the event we are unable to secure further funding.

The company endeavours to maintain a level of reserves that will enable it, if the situation arises that funding is curtailed, to carry on its activities whilst alternative sources of funding are obtained.

The unrestricted reserves as at 5th April 2021 were £18,461 surplus. The movement in reserves is shown in note 8 to the accounts.

Principal sources of funds

Our principal sources of income for the year were donations and grants. In particular, we received a generous £25,000 donation at the beginning of the year. All our grants came from the AOK Trust, with whom we maintain a strong relationship and who have indicated that they will continue to fund us into the next year.

Reference and Administrative Details

Charity name: Mainspring Arts

Registered charity number: 1187951

Directors' and trustees' report

Charity's principal address:

Mainspring Arts
International House
12 Constance Street
London
E16 2DQ

Trustees

	Trustee name	Office (if any)	Dates acted (if not for whole year)
1	Stacey Linstead	Treasurer	
2	Tina Bhati		13 Feb - 23 Nov 2020
3	Sumita Majumdar		13 Feb - 23 Nov 2020
4	Bhavani Esapathi		1 March - 1 April 2021
5	Nadia Johnson		1 March - 28 June 2021
6	Joanne Limburg		From 1 March 2021
7	Andrew Locke		From 1 March 2021
8	Karis Okereke		From 1 March 2021
9	Roshani Palamakumbura		From 1 March 2021

Related parties

The charity has relationships with other charities on a project-by-project basis.

Going concern

The directors confirm that:
A going concern basis is appropriate for these accounts.
The company has sufficient reserves to continue for at least 12 months after the date of signing these accounts.

Risk management

The company undertakes periodic reviews for different areas of risk including insurance cover,health and safety policies in the workplace and whilst performing, working with young children,financial affairs; personnel practices; ICT technology.

This report has been prepared in accordance with the provisions in Section 419(2) of the Companies Act 2006 applicable to companies subject to the small companies regime.

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees:

Signature: Stacey Linstead

Full name: Stacey Linstead

Position: Treasurer

Date: 20th January 2022

ACCOUNTANTS REPORT

Independent Examiner's Report on the Accounts

I report to the charity trustees on my examination of the accounts of the company for the period ended 5th April 2021 which are set out on pages 9 to 13 .

Responsibilities and basis of report

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

Having satisfied myself that the accounts of the company 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 your charity's accounts as carried out under section 145 of the Charities Act 2011 (the '2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's report

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:

(1) accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or

(2) the accounts do not accord with those accounting records; or

(3) the accounts 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 accounts 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 accounts to be reached.

Frank S Lachman FCA
Member Institute of Chartered Accountants in England and Wales
Chartered Accountant
Independent Examiner

16b North End Road
London NW11 7PH Dated: 20th January 2022

Statement of Financial Activities
For the Period 13th February 2020 to 5th April 2021

	Notes	Unrestricted Funds	Restricted Funds	Total Funds 2021
Income from:				
Donations and Legacies	**2**	29,487	7,800	**37,287**
Total income		29,487	7,800	**37,287**
Expenditure on:				
Charitable Activity Costs	**3**	10,077	8,749	**18,826**
Total expenditure		10,077	8,749	**18,826**
Net income for year		**19,410**	**(949)**	**18,461**
Transfer between Funds		(949)	949	**-**
Funds carried forward	**6**	18,461	-	**18,461**

The statement of Financial Activities reflects the results of continuing activities for the period.

There were no recognised gains or losses other than the net outgoing resources for the period.

The net outgoing resources for the year have been calculated on the historical cost basis.

The notes on pages 11 to 13 form part of these accounts.

Mainspring Arts CIO

Balance Sheet at 5th April 2021

	Notes		2021
		£	£
Current assets			
Cash at bank and in hand		19,211	
Total current assets		19,211	
Creditors falling due within one year	4	750	
Net current assets			18,461
Net assets			18,461
The Funds of the Charity			
Unrestricted Funds	5		18,461
Total Charity Funds			18,461

a) For the period ended 5th April 2021 the company was entitled to exemption under section 477(2) of the Companies Act 2006.

(b) No members have required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.

(c) The directors acknowledge their responsibility for:

i. ensuring the company keeps accounting records which comply with section 386; and

ii. preparing accounts 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 profit and loss for the financial year in accordance with the section 393, and which otherwise comply with the requirements of the Companies Act relating to accounts, so far as applicable to the company.

(d) The accounts have been prepared in accordance with the special provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime, and constitute the annual accounts required by the Companies Act 2006 and are for circulation to members of the . company

Approved by the directors on 20th January 2022, and signed on their behalf by Stacey Linstead

The notes on pages 8 to 10 form part of these accounts.

Notes to the Financial Statements
For the period ended 5th April 2021

1 Accounting Polices

(a) The financial statements have been prepared in accordance with 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) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Mainspring Arts CIO meets the definition of a public benefit entity under FRS 102.
Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

(b) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the items of income have been met, it is probable that the income will be received and the amount can be measured reliably. Income from grants, whether capital or revenue grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants has been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

(c) Expenditure

All expenditure is accounted for on an accruals basis. Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party. It is probable that settlement will be required and the amount of the obligation can be measured reliably.

Costs are allocated to a category either because such costs are directly incurred in relation to such category, or because they are support costs in respect of which an apportionment has been made between the categories.

Support costs consist of infrastructure costs for salaries, premises, office administration. Such costs are apportioned on a reasonable and consistent basis to the various categories with a view to determining, as accurately as possible, the total resources expended for each category. The basis of apportionment used is either a function of staff time applied to a given activity, or an estimate of the proportion of costs associated with the same, or a combination of both.

Direct and Support costs are separately shown by natural classification in Note 5 to these accounts for each category of cost.

(d) Taxation

The company as a registered charity (number 1187951) is exempt from taxation on most investment income insofar as it is applied for charitable purposes. The company is also exempt from taxation on capital gains.

(e) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered.
Prepayments are valued at the amount prepaid net of any trade discounts due.

(f) Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Notes to the Financial Statements
For the period ended 5th April 2021

2 Donations and legacies

	Restricted Funds	Unrestricted Funds	Total Funds 2021
Grants for General Running Costs			
AOK	7,800	-	7,800
Donations			
Sundry donations	-	29,487	29,487
	7,800	29,487	37,287

3 Charitable activity costs

	Support Costs and Governance Unrestricted	Charitable Activity Costs Restricted	Total 2021
Charitable Activity Costs			
Telephone & Internet	96	-	**96**
Fundraising	8,170	-	**8,170**
Insurance	170	-	**170**
Workshop leaders and mentors fees	-	400	**400**
Artists' fees and expenses	-	2,495	**2,495**
Directors' fees	-	5,080	**5,080**
DBS checks	159	-	**159**
Marketing	-	762	**762**
Stationery and printing	-	12	**12**
Web hosting	347	-	**347**
Training	385	-	**385**
Accountancy	750	-	**750**
Total	**10,077**	**8,749**	**18,826**

4 Creditors due within one year

	2021
Accruals	750
	750

5 Reconciliation of movement of funds

	Income	Expenses	Transfers	Funds at 5th April 2021
Restricted Funds	7,800	(8,749)	949	-
Unrestricted Funds	29,487	(10,077)	(949)	18,461
	37,287	(18,826)	-	18,461

6 Analasys of assets over funds

	Net Current Assets	Total 2021
Unrestricted Funds:	18,461	18,461
	18,461	18,461

7 Trustees

During the year, none of the trustees received any remuneration from the trust and no expenses were reimbursed to any of them.