

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 Lisa Gee Eleanor Hughes	Chair
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

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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 LGBTQ+ 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.

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Directors' and trustees' report

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.

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Directors' and trustees' report

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

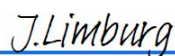
The company undertakes periodic reviews for different areas of risk including insurance cover, health and safety policies in the workplace and whilst performing, working with vulnerable adults, financial affairs; personnel practices; ICT technology.

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:	 <small>J.Limburg (Jan 27, 2026 13:22:51 GMT)</small>	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

		Unrestricted Funds	Restricted Funds	Total Funds Year 2025	Unrestricted Funds	Restricted Funds	Total Funds Year 2024
	Notes						
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		<u>8,061</u>	<u>39,368</u>
Creditors falling due within one year	4	<u>750</u>	<u>22,750</u>
Net current assets		7,311	16,618
Net assets		<u><u>7,311</u></u>	<u><u>16,618</u></u>
The Funds of the Charity			
Restricted Funds		10,100	17,288
Unrestricted Funds	5	(2,789)	(670)
Total Charity Funds		<u><u>7,311</u></u>	<u><u>16,618</u></u>

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 Policies

(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

	Restricted Funds	Unrestricted Funds	Total Funds 2025	Restricted Funds	Unrestricted Funds	Total Funds 2024
Grants for General Running Costs						
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

	Support Costs and Governance	Charitable Activity Costs	Charitable Activity Costs	Total 2025	Support Costs and Governance	Charitable Activity Costs	Charitable Activity Costs	Total 2024
Charitable Activity Costs	Unrestricted	Restricted	Unrestricted		Unrestricted	Restricted	Unrestricted	
Telephone & Internet	671	-	-	671	886	-	-	886
Travel and accommodation	187	-	-	187	-	-	-	-
Insurance	193	-	-	193	176	-	-	176
Access costs	-	-	-	-	-	467	-	467
Sundry	-	274	-	274	-	-	-	-
Participants, 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

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

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)
	<u>7,311</u>	<u>7,311</u>	<u>16,618</u>

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)