

RT COMMUNITY PROJECTS LTD

England & Wales · Charity number 1141017

Details

Other names	RT Minds
Status	Registered
Legal form	Charitable company
Company number	06868423
Registered	2011-03-31
Register	View on the Charity Commission register

Contact

Address	RT Community Projects t/a RT Minds 23 Mill House Court Durham DH1 2JJ
Phone	01913849745
Email	hello@rtminds.org.uk
Website	www.rtminds.org.uk

Activities

Objects: 1)THE PROMOTION, PRESERVATION AND PROTECTION OF GOOD MENTAL AND EMOTIONAL HEALTH THROUGH THE PROVISION OF ART PROJECTS AND COURSES.2)TO ADVANCE THE EDUCATION OF THE PUBLIC IN THE CREATIVE AND VISUAL ARTS BY THE PROVISION OF EDUCATIONAL COURSES, FACILITIES AND OTHER SUPPORT.

Activities: RTProjects aims to improve the mental health and wellbeing of people in County Durham through engagement in creative activities with others. Our core work takes place in our community art studio 'The Open Art Surgery', a safe and supportive environment where individuals connect with others in their communities, support each other, learn new creative skills, and have a place they can call home.

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Arts/culture/heritage/science
- **Who:** Elderly/old People, People With Disabilities, Other Defined Groups

Geography

- **Area of benefit:** DURHAM
- Darlington
- Durham
- Hartlepool

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£161,307	£121,731	-	-
2024-03-31	£77,772	£130,458	-	-
2023-03-31	£93,919	£134,055	-	-
2022-03-31	£157,554	£121,240	-	-
2021-03-31	£150,230	£110,073	-	-

Trustees

Name	Role	Appointed
Simon Woolley	Chair	2014-02-12
Dr Jan Hinrich Panke		2019-10-29
Isobel Louise Armitage		2019-11-29
Joseph Jack Cashmore		2020-10-13
Rachel Baker		2016-02-15
Sara Punshon		2015-01-20

RT COMMUNITY PROJECTS LTD

England & Wales - Charity number 1141017

Accounts

R T Community Projects Ltd
Financial Statements
For the year ending
31 March 2025

JANE ASCROFT AACCOUNTANCY LIMITED

Chartered Accountants
Enterprise House
Harmire Enterprise Park
Barnard Castle
Durham
DL12 8XT

R T Community Projects Ltd

Financial Statements

Year ended 31 March 2025

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R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report)

Year ended 31 March 2025

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

Compassion. Community. Creativity.

Chair's Report

This year has been one of holding steady, a year where resilience, rather than growth, became our greatest focus.

In a climate where so many small charities are closing their doors, RT Minds has continued to stand. Not because it's been easy, but because what we do matters too much to stop. While our finances have been stretched and the future at times uncertain, our commitment has never wavered. Week after week, people have walked through the doors of The Open Art Surgery to find light, laughter, and belonging when they needed it most.

We have focused on stability: maintaining our core sessions, protecting our safe spaces, and ensuring that every penny and every ounce of energy goes where it's most needed - directly to the people we support. It's been a year of making things work, together, through care, creativity, and sheer determination.

Despite the challenges, our impact has remained profound. Over 170 creative sessions, 500 hours of one-to-one support, and countless moments of human connection, cups of tea, shared songs, laughter, and quiet understanding have carried people through dark times. The creativity that fills our studio each week continues to heal, inspire, and connect.

This has also been a year of learning. We've learned how to stretch resources without stretching people beyond their limits; how to adapt when funding is delayed; and how to keep hope alive even when the road ahead feels uncertain.

To our funders, partners, and volunteers thank you for believing in us and standing with us. Your support means more than you may ever know. To everyone who takes part in our sessions, you remind us every day why RT Minds exists: because connection saves lives.

As we look ahead, our aim is simple: to keep the lights on, the doors open, and the creativity flowing. We may be surviving, but we are also sustaining something precious: a community where people are seen, heard, and held.

Simon Woolley
Chair of Trustees, RT Minds

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2025

Objects

The objects of the charity, as set out in our constitution are:

- 1) The promotion, preservation and protection of good mental and emotional health through the provision of art projects and courses.
- 2) To advance the education of the public in the creative and visual arts by the provision of educational courses, facilities and other support.

Impact Overview

RT Minds - Impact Value in 2024-25

A year of creativity, compassion, and community.

- 170+ creative sessions delivered across the year
- 75 direct beneficiaries
- 247 people reached through wider projects and events
- 500+ hours of one-to-one emotional and practical support
- 15 volunteers contributing over 1,000 hours of time and care
- 82% improved their mental health; 100% felt less isolated
- £200,000-£250,000 estimated annual social value created
- Equivalent to £5-£7 of social value for every £1 invested
- Every conversation, every creative act, every saved life - proof that connection works.

Creativity doesn't just inspire art. It inspires connection, confidence, and healing.

Core Activity

RT Minds - Our Core Weekly Sessions

Every week, RT Minds runs regular creative wellbeing groups that provide structure, connection, and purpose for people living with mental health challenges. These groups are the foundation of everything we do: safe, non-clinical spaces where creativity becomes a pathway to better mental health.

A mental health support worker is present at every session, offering both practical and emotional support. People can also access signposting and advice through our network of partner organisations.

These sessions are the beating heart of RT Minds - safe, creative spaces where people find connection, confidence, and calm. Week after week, they provide routine, purpose, and belonging.

Impact Snapshot (Core Sessions)

- 82% improved their mental health or wellbeing
- 90% learned new coping strategies
- 100% felt less isolated
- 500+ hours of one-to-one support provided
- 15 volunteers contributed over 1,000 hours of time
- 247 people engaged through creative activity

These outcomes don't just improve wellbeing - they reduce NHS demand and prevent crisis.

"Before coming here, I felt completely alone. At RT Minds I've made friends, learned to paint again, and now I have ways to calm myself when things get tough. It feels like I belong."

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2025

This year we have run the following groups:

Headspace - Thursday Mornings

A gentle, welcoming session focused on mindfulness and creative self-expression. Participants explore activities such as drawing, painting, and poetry while sharing conversation and mutual support. Headspace helps people start their day with calm, connection, and confidence.

Arts & Minds - Thursday Afternoons

Our flagship creative wellbeing group, Arts & Minds combines art-making with community and laughter. Each week offers new creative activities - from painting and ceramics to music and mixed media - guided by skilled facilitators and supported by our in-house mental health team.

Crafty Café - Wednesday Afternoons

The Crafty Café offers a warm, drop-in space for people who may be feeling isolated or anxious to engage in creative activity, share a cup of tea, and receive mental health support if needed. Activities include painting, ceramics, printmaking, singing, and songwriting, with a mix of group demonstrations and one-to-one guidance.

Funded by: The National Lottery Community Fund - Awards For All, Garfield Weston Foundation, The Sir James Knott Trust, The Robert Gavron Charitable Trust, The Barbour Foundation, Launchpad (Durham University Charity Fashion Show), St Jude's Trust, Durham County Council Public Health (CREE Suicide Prevention Grant), Happiness Hubs Fund.

Sounds Good

Originally conceived as a way for pals to stay connected during the pandemic lockdowns, Sounds Good has evolved into one of RT Minds' most joyful and enduring traditions. Held on the first Thursday of each month, it blends music, conversation, and community in a format that's both heart-warming and a little bit bonkers, in the best possible way.

Each month, a musical guest joins us for an interview and performs three songs. These range from local favourites like Simon Wood and Faithful Johannes, to nationally recognised artists such as Anna Renae, Alex Seel, and Dan Raza.

Alongside the guest slots, Sounds Good continues to feature a host of well-loved segments: Adam's Albums shines a light on the best new music chosen by a Fatea Magazine reviewer; Beano's Bonkers Bits explores the weird and wonderful corners of the internet; our Open Mic welcomes anyone who wants to share a song, poem, or story; and the Jukebox Track gives everyone's musical taste a chance to shine. No wonder it's attracted fans from across the UK and beyond, logging in to join the mirth and merriment.

But beyond the fun, Sounds Good has real emotional impact. For many participants, it's a lifeline, a regular space for connection, laughter, and creative expression that combats loneliness and supports wellbeing. The familiar faces, shared laughter, and collective applause offer something rare: a genuine sense of belonging. Participants often describe it as "the highlight of their month", a reminder that music, humour, and community spirit can lift even the heaviest hearts.

Impact of Sounds Good

- 12 sessions delivered across the year (first Thursday of every month).
- 12 guest artists featured, from local performers to international musicians.
- 15 open-mic performances shared by participants.
- 58 regular attendees joining live in the studio and online.
- Participants and listeners from 5 countries 18 regions
- 100% of participants said Sounds Good helps them feel more connected and uplifted.

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2025

Growth & Development

Growing Our Core: Men's Shed

This year, we expanded our weekly offer by relaunching the Men's Shed after a 5 year hiatus.

This project builds on the success of our existing sessions, creating a dedicated space for men to meet, talk, and take part in creative and practical activities in a supportive, non-judgemental environment. The group is designed to help men improve their wellbeing, reduce isolation, and build confidence through shared purpose and community.

The Men's Shed was created to reach men who are often least likely to seek support: those who feel isolated, uncertain how to talk about their mental health, or who simply prefer to "get stuck in" rather than "open up." By focusing on practical, creative activity and shared purpose, the Shed provides a relaxed, stigma-free space where connection grows naturally.

Over the past year, we've established a welcoming community through regular sessions, outdoor projects, and social events such as barbecues. Activities like woodworking, gardening, and music have encouraged men to engage in ways that feel authentic and comfortable.

We've learned that men are often drawn to purposeful, skill-based activity rather than traditional "support groups." Avoiding labels, offering hands-on sessions, and inviting peer leadership have been key to engagement. As one participant said, "If you'd called it a support group, I wouldn't have come. But making stuff? I'm there."

Co-design sits at the heart of the Shed. Ideas often start over a shared breakfast and grow into new activities - from leatherwork and bushcraft to mural painting and music sessions. This sense of ownership builds confidence and belonging.

The Shed's impact goes beyond the sessions themselves. It's helping men meet three essential needs - autonomy, competence, and connection - by giving them choice, skills, and friendship. As one participant put it, "It's the only thing I go to that doesn't feel like I'm getting help - I'm just doing something I like, with people I like."

With around 10 men now regularly attending, emerging "Shed Champions" supporting peers, and growing community interest, the Shed has become more than a project - it's a lifeline, laying strong foundations for a sustainable, peer-led space where men can thrive.

- 7 sessions delivered so far, held weekly at The Open Art Surgery.
- 21 men supported this year - including those experiencing isolation, anxiety & suicidal thoughts.
- 4 creative facilitators involved, including 2 visiting artists.
- 3 outdoor BBQ meet-ups and hands-on taster days helped attract new participants.
- 85% of attendees said they feel more connected and confident since joining.
- 3 emerging "Shed Champions" now supporting and mentoring peers.

"It's the only thing I go to that doesn't feel like I'm getting help... I'm just doing something I like, with people I like."

Funded by The Baring Foundation & Happiness Hubs (NHS NENC ICB)

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2025

Creative Projects

Alongside our weekly sessions, RT Minds delivers creative projects that explore specific themes of hope, identity, and community. These projects give participants new ways to grow, connect, and express themselves.

The Artistic Spectrum Project

Funded by NHS Health Improvement Fund via Point North

The Artistic Spectrum Project created a safe and welcoming space where autistic adults and people with mental health challenges could explore creativity, connect with others, and express themselves freely. Over 16 weeks, 20 participants took part in art workshops led by a trauma-informed facilitator, supported by a mental health worker. Together, they worked with clay, collage, printmaking, and more. For many, it was the first time they felt comfortable in a social space without the need to mask who they are. Participants left with renewed confidence, stronger peer connections, and new tools for maintaining their wellbeing.

Autistic adults face high rates of mental health difficulties and suicide risk. Many feel excluded from community spaces due to stigma, sensory challenges, or the pressure to mask their traits. Locally, there are few safe, creative spaces tailored to autistic adults. We saw a clear growth in confidence, self-esteem, social connection, and creative expression. Extended support was offered around benefits, advocacy, and crisis needs. However, despite this successful initiative, participants still face poverty, isolation, and mental health struggles, underlining the need for longer-term, consistent provision. We hope to build on what we learned and continue to provide safe, co-produced social spaces for autistic adults with mental health challenges.

Impact of The Artistic Spectrum Project

- 20 autistic adults took part in a 16-week creative wellbeing programme.
- 95% reported feeling calmer and more confident in social settings.
- 85% said creative activity helped them manage anxiety or sensory overwhelm.
- 90% felt understood and accepted - many for the first time in a group setting.
- Participants explored collage, clay, printmaking, and painting in a trauma-informed, non-clinical environment.
- 80% now attend other RT Minds sessions, showing sustained confidence and connection beyond the project.

"I never imagined I could feel so comfortable in a social space."

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2025

Musical Minds

Our Musical Minds project, supported by a £1,998 grant from the Belmont Fund, gave 16 people the opportunity to explore rhythm, sound and connection. Through six uplifting music workshops, participants discovered the power of music to boost confidence, creativity and wellbeing.

Held at The Open Art Surgery in Gilesgate, Durham, the sessions provided a welcoming, non-clinical space where everyone felt safe, relaxed and inspired. Guided by experienced music facilitators and supported by our Mental Health Lead, participants tried new instruments, played collaboratively and expressed themselves freely through sound.

Many found that music opened the door to new connections - several went on to join other RTProjects activities or perform at our weekly Sounds Good sessions. One participant shared, "I felt safe, relaxed and part of something. That doesn't happen for me very often."

Impact of Musical Minds

- 16 participants engaged in six joyful 2.5-hour workshops.
- Delivered by experienced music facilitators with on-site mental health support.
- Participants learned instruments, collaborated creatively, and gained confidence.
- Many went on to perform at "Sounds Good" Thursday sessions.

"Music unlocked something in me - I didn't think I could feel this light again."

Funded by the Belmont Fund

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2025

Blossom with Crook Hall & Gardens

In spring 2024, RT Minds took part in Blossom, a national initiative led by the National Trust. The Festival of Blossom is a joyful, reflective celebration of nature and community, running from March to May each year. It encourages people across the country to connect with nature and one another through creative, local events inspired by the beauty of blossom.

As part of this initiative, RT Minds delivered a series of printmaking workshops using natural materials, celebrating both creativity and the natural world. These workshops were run in collaboration with community partners Durham City of Sanctuary, and Crook Hall visitors.

Participants explored printmaking techniques using leaves gathered from local green spaces, creating unique artworks that captured the patterns and textures of nature. The sessions provided opportunities for reflection, creativity, and connection - both with the environment and with each other.

Through our involvement, RT Minds supported the Blossom aims of strengthening relationships with local communities, promoting wellbeing through creative engagement with nature, encouraging collaboration across community groups and organisations.

The workshops were well received, fostering a sense of belonging and shared joy among participants. By blending art, mindfulness, and environmental appreciation, RT Minds contributed to a celebration that reflected the true spirit of Blossom, connecting people through nature, creativity, and community.

Impact of Blossom

- 3 community printmaking workshops
- 30 Participants learned new skills, collaborated creatively, and gained confidence.
- 100% of participants said they felt a greater sense of wellbeing & more connected to nature as a result of their experience.

Funded by The National Trust

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2025

Lanterns of Hope

Lanterns of Hope was a magical celebration of light, creativity, and community spirit. Held at Crook Hall Gardens in October 2024, the event marked the start of winter with a stunning lantern parade and performances that brought together people from across County Durham - including some of the region's most marginalised and isolated groups.

In the weeks leading up to the event, over 12 community workshops invited people to craft lanterns that represented hope, resilience, and recovery. Participants included men from Man Up Durham, refugees from Durham City of Sanctuary, autistic people, members of RT Minds, and the Wider World Project. Each lantern carried a personal story of light emerging from darkness.

The evening itself was unforgettable. Hundreds of handmade lanterns illuminated the historic gardens, while visitors added their own words of encouragement to a glowing Tree of Hope. A gentle parade wound through the grounds, accompanied by music from Simon Wood, the Durham Nightingales, and the Durham University Chapel Choir, alongside moving spoken-word and song performances from local artists.

The response was overwhelming - many described the event as "healing," "uplifting," and "a reminder of the goodness in people." For some, it provided a vital sense of belonging and emotional renewal during difficult times.

More than just a one-off event, Lanterns of Hope showed how creativity can connect people across differences, nurture wellbeing, and spark community pride. With support from Public Health and our many partners, we turned darkness into light - together.

Impact of Lanterns of Hope

- 12 community lantern-making workshops
- 80+ messages added to the Tree of Hope
- 24 performing groups and artists
- 100+ attendees at Crook Hall Gardens
- Countless moments of connection, reflection & joy

Funded by Public Health Big Art Fund via Durham Area Action Partnership

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2025

Partnerships & Thanks

Together, We Achieve More

Change doesn't happen alone, it's built through partnership, trust, and shared purpose. In 2024-25, we joined forces with passionate partners who believe in a better future. Each collaboration brought new energy and ideas that helped us achieve our mission.

We gratefully acknowledge the following partners for their invaluable contributions in 2024-25: Autism Matters Teesside, Bookwyrms (LGBTQ+), Durham City of Sanctuary (Refugees), Crook Hall & Gardens DUFSC (Charity Fashion Show) - Launchpad - the outreach arm of DUFSC, Durham Area Youth, Durham Constabulary, Durham University, Harbour Women's Refuge, Hotel Indigo, Jack Drum Arts, John Snow college, Josephine Butler College, Man Up Durham, Oriental Museum, Overbury, , Shadforth Parish Council, , St Joseph's Church, UK Mens Shed Association UKMSA: University College Choir, University College.

Thank you to our ongoing Partners:

GP surgeries throughout County Durham: Belmont Medical Group, Chastleton Medical Centre, Gilesgate Medical Practice, Ushaw Moor Surgery, Claypath and University Medical group

NHS Trusts: NHS Community Mental Health Durham West, NHS CTNW, Durham City Community Mental Health Team, TEWV.

Statutory Organisations: Dept for Work & Pensions, Durham County Council Support & Recovery, Durham County Council Welfare Rights Service, Public Health, Healthwatch

VCS Infrastructure Organisations: Durham Community Action, Pioneering Care Partnership, Wellbeing for Life,

Durham University: We work extensively with Durham University. With 18,000 students and a wealth of skills and knowledge we nurture and develop mutually beneficial relationships with departments, colleges and individuals, students and staff: Business school, Durham Minds, 180° (Consultancy Society), Communications Team, Staff Volunteering Team, Student Volunteering, Charity Fashion Show - DUCFS (Launchpad), Pal TV, Oriental Museum, University College, Collingwood College, Josephine Butler College, Pal TV, Durham Uni Purple Radio

Local Businesses: The Station House, Simon Berry Opticians

Local Media: BBC Radio Newcastle, ITV Tyne Tees

Thank You

We extend heartfelt thanks to our funders, partners, and supporters who make this work possible.

Your belief in the power of creativity, connection, and community enables us to continue providing life-changing support for those who need it most.

Special thanks to our volunteers, artists, and facilitators, and to everyone who has shared their creativity, courage, and hope with us this year.

Reflections of an Art Therapist

"What a joint effort between our client, RT Projects and the Art therapy/services, making it possible for that person to recover after a long period of time. It's easy to see that your establishment is also now helping with maintaining that."

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) (continued)

Year ended 31 March 2025

That kind of work and success just cannot be measured.

Just seeing the many people attending your service and how grounded, uplifted and supported they are. You really can't get any better evidence base than that to prove just how much RT Projects is needed. Also seeing the amount of passion and creativity that has been put into the artwork on display speaks volumes.

Andy Walker, Art therapist, Tees, Esk and Wear Valleys NHS Foundation Trust

Proof of Impact

RT Minds Theory of Change

Our Theory of Change shows how creativity and compassion translate into measurable impact - from personal transformation to public value.

INPUTS	ACTIVITIES	IMMEDIATE OUTCOMES	LONGER-TERM OUTCOMES	IMPACT / SOCIAL VALUE
Skilled creative facilitators & mental health practitioners Safe studio spaces (The Open Art Surgery), Art materials, music equipment & refreshments Volunteers & peer supporters Grant funding & local partnerships	Weekly creative sessions (Crafty Café, Arts & Minds, Headspace, Men's Shed) One-to-one mental health support Community arts projects (Lanterns of Hope, Musical Minds, Artistic Spectrum) Public awareness & suicide prevention events	Participants feel welcome, safe & understood Reduction in immediate distress or crisis Increased confidence & creative expression New coping strategies learned Friendships & peer support begin to form	Sustained improvement in mental health & wellbeing Reduced social isolation & loneliness Greater resilience & self-management of mental health Increased volunteering, learning, or re-engagement with work Decreased reliance on NHS & statutory services	Lives saved through crisis prevention & suicide intervention £150,000 - £220,000 savings to NHS via avoided hospital admissions & GP appointments £750,000 - £1,000,000 social value created per year through improved wellbeing & community cohesion A stronger, kinder, more connected community in County Durham

Estimated Financial & Social Value for RT Minds

Category	How Calculated / Source	Estimated Value (£)	Notes
Reduced hospital admissions / crisis intervention	Assume 5–8 avoided admissions (£4,500 avg each)	£22,500 – £36,000	Each prevented psychiatric admission ≈ £4.5k NHS saving (NHS Reference Costs 2022–23).
Reduced GP & mental-health service use	50 participants × £250 avg reduced GP/therapy costs	£12,500	Based on Social Prescribing & Mental Health Foundation data.
Volunteer contribution	15 volunteers × 70 hrs avg × £12/hr (Living Wage)	£12,600	Includes support, events, maintenance.
Improved wellbeing / quality of life (social value)	75 participants × £1,200 wellbeing uplift (HACT SROI data)	£90,000	Conservative wellbeing valuation used by NHS & DCMS.
Suicide prevention impact	1 life saved = £1.7 million (Public Health England, 2017)	£1.7 million	This is not “claimed” annually but can be noted as <i>potential</i> impact.
Employment / volunteering progression	5 participants returning to work/education × £8,000 social value	£40,000	Approx. from Social Value UK data.
Community cohesion & reduced isolation	75 participants × £400 social value (HACT loneliness proxy)	£30,000	Based on standard SROI for “feeling belonging.”

For every £1 invested in RT Minds, we create at least £6 in social value - through improved wellbeing, reduced NHS costs, and lives transformed through creativity and connection

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2025

Financial review

Income for the year totalled £161,307 (2024 - £77,772) of which £141,723 (2024 - £50,522) was restricted income and £19,584 (2024 - £27,250) was unrestricted.

Expenditure for the year totalled £121,731 (2024 - £130,458) of which £97,241 (2024 - £82,218) was restricted expenditure and £24,490 (2024 - £48,240) was unrestricted. In addition £5,771 was transferred from restricted to unrestricted funds in respect of room hire. This resulted in a surplus of £38,711 (2024 - deficit of £15,701) on restricted funds and a surplus of £865 (2024 - deficit of £14,526) on unrestricted funds. The overall surplus was £39,576 (2024 - deficit of £52,686).

Reserves Policy

RTProjects provides support to people who live with significant mental health issues and experience high levels of distress. Our beneficiaries depend on our services. We are dependent on unpredictable grant funding and do not receive any significant regular, reliable source of income. We are therefore sensitive to the fact that we need to ensure sufficient reserves to cushion any temporary shortfall in external funding, should it occur, so as not to affect negatively on the lives of our beneficiaries and their families.

For this reason the trustees have established a policy to aim to hold a minimum of 4 and maximum 12 months' free reserves. This currently amounts to between £43,000 and £125,000, based on based on forecast expenditure for 2025-26.

RTProjects also holds one designated fund to cover the costs of closure, including redundancy costs. This fund is currently valued at £25,000.

As of 31 March 2025, total reserves were £64,222; free reserves were £39,222 (total reserves less closure) which is £3,788 below the range required.

The policy to keep a high level of reserves has been prudent. Over the last two financial years we have seen a reduction in the level of reserves from £102,318 in 2022 to £64,222 in 2025, a loss of £38,096, due to a shortfall in grant funding. Without this safety net we would have been compelled to close.

In the event that RTProjects holds more than the agreed amount in free reserves, the trustees will assess if there is a valid reason to exceed the level of reserves e.g. in the event of planned expansion or, alternatively, if appropriate activity should be undertaken to reduce the reserves in a way that benefits our beneficiaries.

Future vision

In the year ahead, we'll build on what we know works - creativity, connection, and compassion. We plan to grow our unrestricted income so we can be less dependent on short-term grants, giving us the freedom to respond swiftly to people's needs. We'll keep expanding creative and holistic approaches that blend art, wellbeing, and community healing, ensuring every person who walks through our doors feels seen, supported, and inspired.

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2025

Structure, governance and management

The company is a charitable company limited by guarantee and does not have a share capital. The company was registered as a charity on 31 March 2011. The company's governing instrument is the Memorandum and Articles of Association. The governing body is a voluntary Board of Trustees.

Trustees

Trustees are appointed by a formal resolution of the board after an interview process, during which candidates are assessed for alignment with our mission, values, and expertise needs. Trustees are re-appointed to or removed from the board by directors of the Charity at the annual general meeting. We actively seek individuals from a variety of backgrounds who bring valuable skills and perspectives to support our mission. We regularly conduct reviews to identify gaps in knowledge or skills on our board and provide training where necessary. Trustees do not receive any remuneration and offer their services voluntarily.

The trustees meet at least four times a year to consider the company's strategies, policies and financial status. At each annual general meeting one-third of the trustees or, if their number is not three or a multiple of three, the number nearest to one-third, must retire from office. The trustees select a chair, vice-chair and treasurer amongst themselves. All new trustees are welcomed into the organisation with the provision of an induction pack containing RTPProjects Aims and Objectives, Policies and Procedures, as well as information regarding previous achievements, current activities and future hopes for the organisation.

Day to day operational and financial management is delegated to the administrator, manager, assistant manager and voluntary secretary.

Public Benefit Statement

Our main activities and those whom we help are described elsewhere in this report. All our charitable activities are undertaken to further our charitable purposes for the public benefit. The committee have had regard to the Charity Commission's guidance on public benefit throughout the year when deciding on the activities of the charity.

Reference and administrative details

Registered charity name	R T Community Projects Ltd
Charity registration number	1141017
Company registration number	06868423
Principal office and registered office	23 Mill House Court Gilesgate Durham DH1 2JJ

The trustees

Simon Woolley (Chair)
Sara Punshon
Rachel Baker
Isobel Armitage
Dr Jan Panke
Joseph Cashmore
Adam Jenkins

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

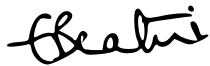
Year ended 31 March 2025

Company secretary	Emma Beattie
Independent examiner	Jane Ascroft FCA MA (Cantab) Enterprise House Harmire Enterprise Park Barnard Castle Durham DL12 8XT

Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

The trustees' annual report was approved on 28th October 2025 and signed on behalf of the board of trustees by:



Emma Beattie
Charity Secretary

R T Community Projects Ltd

Independent Examiner's Report to the Trustees of R T Community Projects Ltd

Year ended 31 March 2025

I report to the trustees on my examination of the financial statements of R T Community Projects Ltd ('the charity') for the year ended 31 March 2025.

Responsibilities and basis of report

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

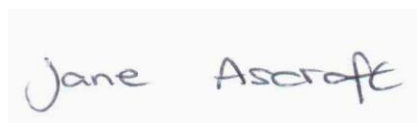
Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). 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 statement

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

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

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



Jane Ascroft FCA MA (Cantab)
Independent Examiner

Enterprise House
Harmire Enterprise Park
Barnard Castle
Durham
DL12 8XT

R T Community Projects Ltd

Statement of Financial Activities (including income and expenditure account)

Year ended 31 March 2025

		Unrestricted funds	2025 Restricted funds	Total funds	2024 Total funds
	Note	£	£	£	£
Income and endowments					
Donations and legacies	5	15,772	141,723	157,495	72,189
Charitable activities	6	2,665	–	2,665	4,416
Investment income	7	1,147	–	1,147	1,167
Total income		<u>19,584</u>	<u>141,723</u>	<u>161,307</u>	<u>77,772</u>
Expenditure					
Expenditure on charitable activities	8,9	24,490	97,241	121,731	130,458
Total expenditure		<u>24,490</u>	<u>97,241</u>	<u>121,731</u>	<u>130,458</u>
Net income/(expenditure)		<u>(4,906)</u>	<u>44,482</u>	<u>39,576</u>	<u>(52,686)</u>
Transfers between funds		5,771	(5,771)	–	–
Net movement in funds		<u>865</u>	<u>38,711</u>	<u>39,576</u>	<u>(52,686)</u>
Reconciliation of funds					
Total funds brought forward		63,357	1,049	64,406	117,092
Total funds carried forward		<u>64,222</u>	<u>39,760</u>	<u>103,982</u>	<u>64,406</u>

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

The notes on pages 17 to 28 form part of these financial statements.

R T Community Projects Ltd

Statement of Financial Position

31 March 2025

	Note	2025 £	2024 £
Fixed assets			
Tangible fixed assets	15	1	193
Investments	16	2,200	2,200
		<u>2,201</u>	<u>2,393</u>
Current assets			
Cash at bank and in hand		111,467	72,996
Creditors: amounts falling due within one year	17	9,686	10,983
Net current assets		<u>101,781</u>	<u>62,013</u>
Total assets less current liabilities		<u>103,982</u>	<u>64,406</u>
Net assets		<u>103,982</u>	<u>64,406</u>
Funds of the charity			
Restricted funds		39,760	1,049
Unrestricted funds		64,222	63,357
Total charity funds	20	<u>103,982</u>	<u>64,406</u>

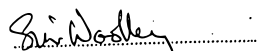
For the year ending 31 March 2025 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

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

These financial statements were approved by the board of trustees and authorised for issue on 28/11/2025, and are signed on behalf of the board by:


SIMON WOOLLEY

Simon Woolley (Chair)
Trustee

The notes on pages 17 to 28 form part of these financial statements.

R T Community Projects Ltd

Notes to the Financial Statements

Year ended 31 March 2025

1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 23 Mill House Court, Gilesgate, Durham, DH1 2JJ.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Companies Act 2006.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

There are no material uncertainties about the charity's ability to continue.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances. The trustees consider that there are no significant judgements or estimates affecting these financial statements.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

R T Community Projects Ltd

Notes to the Financial Statements *(continued)*

Year ended 31 March 2025

3. Accounting policies *(continued)*

Income

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Expenditure

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses.

R T Community Projects Ltd

Notes to the Financial Statements *(continued)*

Year ended 31 March 2025

3. Accounting policies *(continued)*

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Equipment - 25% straight line

Investments

Fixed asset investments are initially recorded at cost, and subsequently stated at cost less any accumulated impairment losses.

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

Government grants

Government grants are recognised at the fair value of the asset received or receivable. Grants are not recognised until there is reasonable assurance that the charity will comply with the conditions attaching to them and the grants will be received.

Where the grant does not impose specified future performance-related conditions on the recipient, it is recognised in income when the grant proceeds are received or receivable. Where the grant does impose specified future performance-related conditions on the recipient, it is recognised in income only when the performance-related conditions have been met. Where grants received are prior to satisfying the revenue recognition criteria, they are recognised as a liability.

Financial instruments

The charity only has financial assets and liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

R T Community Projects Ltd

Notes to the Financial Statements *(continued)*

Year ended 31 March 2025

3. Accounting policies *(continued)*

Defined contribution plans *(continued)*

When contributions are not expected to be settled wholly within 12 months of the end of the reporting date in which the employees render the related service, the liability is measured on a discounted present value basis. The unwinding of the discount is recognised as an expense in the period in which it arises.

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.

Accrued income and tax recoverable is included at the best estimate of the amounts receivable at the balance sheet date.

Cash at Bank and in Hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors

Creditors 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 are normally recognised at their settlement amount after allowing for any trade discounts due.

Taxation

The company is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the company is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

4. Limited by guarantee

The company is limited by guarantee. At 31st March 2025 there were 7 members each of whom had undertaken to contribute an amount not exceeding £10 in the event of a winding up.

R T Community Projects Ltd

Notes to the Financial Statements *(continued)*

Year ended 31 March 2025

5. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £
Donations			
Donations and fundraising	15,772	6,000	21,772
Grants			
Durham AAP	–	22,311	22,311
The National Lottery - Awards For All	–	19,955	19,955
Barrings Foundation	–	19,140	19,140
Robert Gavron	–	5,000	5,000
County Durham Community Foundation - Lanterns of Hope	–	10,000	10,000
Garfield Weston	–	12,000	12,000
Pioneering Care Partnership	–	6,000	6,000
County Durham Community Foundation - Salary	–	5,000	5,000
County Durham Community Foundation - HIF	–	7,500	7,500
Other Grants Under £5,000	–	16,327	16,327
NHS North East & North Cumbria Integrated Care Board	–	7,490	7,490
Sir James Knott Trust	–	5,000	5,000
	<u>15,772</u>	<u>141,723</u>	<u>157,495</u>

R T Community Projects Ltd

Notes to the Financial Statements *(continued)*

Year ended 31 March 2025

5. Donations and legacies *(continued)*

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Donations			
Donations and fundraising	21,667	–	21,667
Grants			
Durham County Council Public Health - Cree Projects	–	6,000	6,000
County Durham Community Foundation	–	1,997	1,997
Community Foundation Tyne & Wear	–	2,000	2,000
NHS North East & North Cumbria Integrated Care Board	–	6,789	6,789
Postcode Neighbourhood Trust	–	25,000	25,000
Sir James Knott Trust	–	5,000	5,000
NHS NENC ICB Durham Community Action	–	3,736	3,736
	<u>21,667</u>	<u>50,522</u>	<u>72,189</u>

6. Charitable activities

	Unrestricted Funds £	Total Funds 2025 £	Unrestricted Funds £	Total Funds 2024 £
Contract income	–	–	2,661	2,661
Other income from charitable activities	2,665	2,665	1,755	1,755
	<u>2,665</u>	<u>2,665</u>	<u>4,416</u>	<u>4,416</u>

7. Investment income

	Unrestricted Funds £	Total Funds 2025 £	Unrestricted Funds £	Total Funds 2024 £
Bank interest receivable	<u>1,147</u>	<u>1,147</u>	<u>1,167</u>	<u>1,167</u>

R T Community Projects Ltd

Notes to the Financial Statements (continued)

Year ended 31 March 2025

8. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £
Costs of charitable activities	<u>24,490</u>	<u>97,241</u>	<u>121,731</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Costs of charitable activities	<u>48,240</u>	<u>82,218</u>	<u>130,458</u>

9. Expenditure on charitable activities by activity type

	Activities undertaken directly £	Total funds 2025 £	Total fund 2024 £
Costs of charitable activities	<u>121,731</u>	<u>121,731</u>	<u>130,458</u>

10. Net income/(expenditure)

Net income/(expenditure) is stated after charging/(crediting):

	2025 £	2024 £
Depreciation of tangible fixed assets	<u>192</u>	<u>192</u>

11. Independent examination fees

	2025 £	2024 £
Fees payable to the independent examiner for:		
Independent examination of the financial statements	350	350
Other financial services	<u>1,641</u>	<u>1,511</u>
	<u>1,991</u>	<u>1,861</u>

12. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2025 £	2024 £
Wages and salaries	84,924	75,955
Social security costs	1,673	1,343
Employer contributions to pension plans	<u>2,035</u>	<u>1,879</u>
	<u>88,632</u>	<u>79,177</u>

R T Community Projects Ltd

Notes to the Financial Statements *(continued)*

Year ended 31 March 2025

12. Staff costs *(continued)*

The average head count of employees during the year was 4 (2024: 3). The average number of full-time equivalent employees during the year is analysed as follows:

	2025	2024
	No.	No.
Number of project staff	<u>4</u>	<u>3</u>

In addition to the above staff, the charity paid freelancers a total of £12,778 (2024 - £23,264) and freelancers equated to *0.16 FTE.

No employee received employee benefits of more than £60,000 during the year (2024: Nil).

13. Trustee remuneration and expenses

No remuneration or other benefits from employment with the charity or a related entity were received by the trustees.

No trustee expenses have been incurred.

14. Transfers between funds

During the year £5,771 (2024 - £6,464) was transferred from restricted to unrestricted funds in respect of room hire charged to the projects.

15. Tangible fixed assets

	Equipment
	£
Cost	
At 1 April 2024 and 31 March 2025	<u>6,801</u>
Depreciation	
At 1 April 2024	6,608
Charge for the year	<u>192</u>
At 31 March 2025	<u>6,800</u>
Carrying amount	
At 31 March 2025	<u>1</u>
At 31 March 2024	<u>193</u>

R T Community Projects Ltd

Notes to the Financial Statements *(continued)*

Year ended 31 March 2025

16. Investments

	Other investments £
Cost or valuation	
At 1 April 2024	2,200
Additions	—
At 31 March 2025	<u>2,200</u>
Impairment	
At 1 April 2024 and 31 March 2025	—
Carrying amount	
At 31 March 2025	<u>2,200</u>
At 31 March 2024	<u>2,200</u>

All investments shown above are held at valuation.

17. Creditors: amounts falling due within one year

	2025 £	2024 £
Trade creditors	807	—
Accruals and deferred income	600	1,894
Social security and other taxes	1,697	3,527
Other creditors	6,582	5,562
	<u>9,686</u>	<u>10,983</u>

18. Pensions and other post retirement benefits

Defined contribution plans

The amount recognised in income or expenditure as an expense in relation to defined contribution plans was £2,035 (2024: £1,879).

19. Government grants

The amounts recognised in the financial statements for government grants are as follows:

	2025 £	2024 £
Recognised in income from donations and legacies:		
Government grants income	<u>16,327</u>	<u>—</u>

R T Community Projects Ltd

Notes to the Financial Statements (continued)

Year ended 31 March 2025

20. Analysis of charitable funds

Unrestricted funds

	At 1 April 2024	Income	Expenditure	Transfers	At 31 March 2025
	£	£	£	£	£
General funds	38,357	19,584	(24,490)	5,771	39,222
Closure costs	25,000	—	—	—	25,000
	<u>63,357</u>	<u>19,584</u>	<u>(24,490)</u>	<u>5,771</u>	<u>64,222</u>

	At 1 April 2023	Income	Expenditure	Transfers	At 31 March 2024
	£	£	£	£	£
General funds	46,355	27,250	(48,240)	12,992	38,357
Closure costs	31,528	—	—	(6,528)	25,000
	<u>77,883</u>	<u>27,250</u>	<u>(48,240)</u>	<u>6,464</u>	<u>63,357</u>

Restricted funds

	At 1 April 2024	Income	Expenditure	Transfers	At 31 March 2025
	£	£	£	£	£
Durham AAP - Salary	—	14,824	(14,824)	—	—
CDCF - Lanterns Of Hope	—	10,000	—	—	10,000
CDCF - Salary	—	5,000	(5,000)	—	—
DCC Safe Space	—	—	—	—	—
CDCF - HiF	—	7,500	(5,562)	(1,680)	258
DCC CREE 1	—	3,000	(3,000)	—	—
DCC CREE 2	—	3,000	(3,000)	—	—
National Lottery Awards For All	—	19,955	(15,261)	(3,573)	1,121
DCC Councillors	—	829	—	—	829
NHS NENC ICB	—	—	—	—	—
Happiness Hubs	1,049	7,490	(1,589)	(144)	6,806
Sir James Knott Trust	—	5,000	(5,000)	—	—

R T Community Projects Ltd

Notes to the Financial Statements *(continued)*

Year ended 31 March 2025

20. Analysis of charitable funds *(continued)*

Belmont Fund	–	1,998	(1,998)	–	–
Comic Relief	–	2,500	(714)	–	1,786
Hadrian Trust	–	1,000	(1,000)	–	–
Baring Foundation	–	19,140	(3,576)	(1,740)	13,824
Welcome Space	–	6,000	(3,000)	–	3,000
Garfield Weston	–	12,000	(9,864)	–	2,136
Barchester	–	1,000	(1,000)	–	–
The Barbour Foundation	–	2,000	(2,000)	–	–
St Judes Trust	–	1,000	(1,000)	–	–
Robert Gavron					
Charitable Trust	–	5,000	(5,000)	–	–
Co-op	–	1,000	(1,000)	–	–
DUCFS	–	5,000	(5,000)	–	–
Durham AAP Lanterns	–	7,487	(8,853)	1,366	–
	<u>1,049</u>	<u>141,723</u>	<u>(97,241)</u>	<u>(5,771)</u>	<u>39,760</u>

	At 1 April 2023 £	Income £	Expenditure £	Transfers £	At 31 March 2024 £
DCC Safe Space	2,597	–	–	(2,597)	–
CDCF - HiF	11,862	–	(11,910)	48	–
DCC CREE 1	–	3,000	–	(3,000)	–
DCC CREE 2	–	3,000	–	(3,000)	–
National Lottery Awards For All	7,719	–	(8,523)	804	–
DCC Councillors	–	–	–	–	–
CDCF - Organisational Sustainability	4,551	–	(6,567)	2,016	–
CDCF - Poverty Hurts Large	5,185	–	(5,861)	676	–
CDCF Community Grant	7,295	–	(6,593)	(702)	–
CDCF - Poverty Hurts Small	–	1,997	(1,568)	(429)	–
Community Foundation Newcastle Building Society	–	2,000	(2,000)	–	–

R T Community Projects Ltd

Notes to the Financial Statements *(continued)*

Year ended 31 March 2025

20. Analysis of charitable funds *(continued)*

CDCF Connector -					
Outdoor Art	—	—	(60)	60	—
NHS NENC ICB					
Happiness Hubs	—	6,789	(5,740)	—	1,049
Postcode					
Neighbourhood Trust	—	25,000	(25,000)	—	—
Sir James Knott Trust	—	5,000	(5,000)	—	—
NHS NENC ICB Social					
Prescription Fund	—	3,736	(3,396)	(340)	—
	<u>39,209</u>	<u>50,522</u>	<u>(82,218)</u>	<u>(6,464)</u>	<u>1,049</u>

21. Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £
Tangible fixed assets	1	—	1
Investments	2,200	—	2,200
Current assets	71,707	39,760	111,467
Creditors less than 1 year	(9,686)	—	(9,686)
Net assets	<u>64,222</u>	<u>39,760</u>	<u>103,982</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Tangible fixed assets	193	—	193
Investments	2,200	—	2,200
Current assets	71,947	1,049	72,996
Creditors less than 1 year	(10,983)	—	(10,983)
Net assets	<u>63,357</u>	<u>1,049</u>	<u>64,406</u>

R T Community Projects Ltd

Management Information

Year ended 31 March 2025

The following pages do not form part of the financial statements.

R T Community Projects Ltd

Detailed Statement of Financial Activities

Year ended 31 March 2025

	2025 £	2024 £
Income and endowments		
Donations and legacies		
Donations and fundraising	21,772	21,667
Durham AAP	22,311	–
Durham County Council Public Health - Cree Projects	–	6,000
The National Lottery - Awards For All	19,955	–
Barrings Foundation	19,140	–
Robert Gavron	5,000	–
County Durham Community Foundation	–	1,997
County Durham Community Foundation - Lanterns of Hope	10,000	–
Garfield Weston	12,000	–
Pioneering Care Partnership	6,000	–
County Durham Community Foundation - Salary	5,000	–
County Durham Community Foundation - HIF	7,500	–
Community Foundation Tyne & Wear	–	2,000
Other Grants Under £5,000	16,327	–
NHS North East & North Cumbria Integrated Care Board	7,490	6,789
Postcode Neighbourhood Trust	–	25,000
Sir James Knott Trust	5,000	5,000
NHS NENC ICB Durham Community Action	–	3,736
	<u>157,495</u>	<u>72,189</u>
Charitable activities		
Contract income	–	2,661
Other income from charitable activities	2,665	1,755
	<u>2,665</u>	<u>4,416</u>
Investment income		
Bank interest receivable	1,147	1,167
	<u>1,147</u>	<u>1,167</u>
Total income	<u>161,307</u>	<u>77,772</u>

R T Community Projects Ltd

Detailed Statement of Financial Activities *(continued)*

Year ended 31 March 2025

	2025 £	2024 £
Expenditure		
Wages	84,924	75,955
Employer's NIC	1,673	1,343
Pension costs	2,035	1,879
Premises costs	8,627	8,951
Publicity and promotion	986	95
Motor and travel costs	2,799	6,736
Legal and professional fees	1,991	8,529
Telephone	426	426
Other office costs	1,569	1,548
Depreciation	192	192
Materials	2,715	1,916
Facilitator fees	12,778	21,664
Equipment and IT renewals	314	540
Other costs	702	684
	<u>121,731</u>	<u>130,458</u>
 Net income/(expenditure)	 <u>39,576</u>	 <u>(52,686)</u>

RT COMMUNITY PROJECTS LTD

England & Wales - Charity number 1141017

Accounts

R T Community Projects Ltd
Financial Statements
For the year ending
31 March 2024

JANE ASCROFT AACCOUNTANCY LIMITED

Chartered Accountants
Enterprise House
Harmire Enterprise Park
Barnard Castle
Durham
DL12 8XT

R T Community Projects Ltd

Financial Statements

Year ended 31 March 2024

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R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report)

Year ended 31 March 2024

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 March 2024.

Introduction

RTProjects is an independent mental health charity, founded in 2007 by people with lived experience of poor mental health. Working face to face with people experiencing emotional distress we aim to transform the mental health of people we work with, including those who are suicidal. Based on the belief that art can save lives, we use the arts to:

- Support people towards recovery
- Connect people with others and their community
- Enable people live a fulfilling, rewarding life

We also reach out to 'spread the word' about all things mental health and to raise awareness about the problems and the solutions of suicide. We do this by organising community events and concerts and working with a wide range of partners.

Our provision is a highly successful alternative to what is currently on offer by statutory mental health services. Key factors that make us different are:

Lived experience delivery.

We are managed and led by people with lived experience of mental health struggles.

Having nearly lost himself to suicide our founder Beano recalls his experience at the time as shameful and confusing. RTProjects delivery is informed in part from his own experience.

Every single person connected with RTProjects has direct experience of mental health struggles, be that personal battles or supporting a friend or family member.

Support begins immediately

RTProjects support is immediate and appropriate. With the very first contact, be that an e-mail, a website response, a Whats app message, a phone call or a conversation, we listen and assess how best to help immediately. Statutory mental health services often have long waiting lists. Lives are lost before appropriate intervention.

Easy access with no diagnosis needed.

Many people suffer in silence and when they do reach out they are faced with barriers. Statutory services demand assessments and paperwork.

People are usually asked to answer overwhelming questions and complete forms at a time when they may feel that they no longer want to live.

Accessing support at RTProjects is made as easy as possible starting with a conversation and a cuppa, where the emphasis is on listening. We do our best to say 'yes'.

People are never asked to complete forms on their first visit.

Participants don't need to be diagnosed with a mental health condition and we accept self-referrals

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2024

It's Free

Money or more accurately the lack of it can be a huge contributing factor to poor mental health. It can also be a barrier to accessing support. It is vital that support can be accessed completely free of charge.

No discharge date. Not time limited

Being discharged from support services can be a harrowing experience so being told when the support will be withdrawn before it has even started can in itself bring about anxiety. Feedback tells us that people don't fully engage or invest in services which are time limited. Unlike many mental health interventions our service is not time limited. Participants only leave when they feel able to cope with their life independently.

We believe that the centre of any supportive relationship is trust. Trust takes time to grow.

Continued support

The concept of 'Recovery' from poor mental health can exasperate the condition. It is not always possible to forget ones trauma but it is possible to live a life and find joy despite trauma. A mental health battle can leave emotional scars and a fear that we may experience a relapse can stick with us and influence life decisions. Even if we are back to living a full life. Maybe a new job or role or moved away from RTProjects geographically we still need to feel supported.

Pals who no longer attend can always contact us for support, advice and reassurance.

Once a pal always a pal.

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2024

Chair's report

As we reflect on the 2023-2024 year at RTProjects, I am proud to highlight our unwavering commitment to preventing lives lost by suicide in County Durham, an area that continues to grapple with the pressing issue of suicide. This past year, we successfully delivered a total of 200 RTMinds sessions, fostering a safe and nurturing environment for participants to explore their creativity and connect with others. Additionally, we hosted seven impactful community events, including our annual "Never Give Up" suicide prevention event, the vibrant RTParty, and the inspiring "Sound Good" live music show! These events not only brought joy and connection but also raised awareness about mental health challenges within our community.

Throughout the year, we also continued to offer ongoing, consistent one-to-one support, ensuring that people facing mental health challenges had access to personalised care and guidance. Our free, non-time-limited support has proven vital this year. We have provided a lifeline for many, allowing people to engage with our services on their own terms and at their own pace.

It is important to recognise the social factors that have influenced mental health and our battle with suicide this year. The ongoing economic challenges have intensified feelings of isolation and anxiety among many people nationwide, and we have seen that greatly in Durham. In light of these challenges, the work of RTProjects has become more critical than ever, as we strive to create spaces where individuals feel seen, heard, and supported.

As we look ahead, we remain committed to our mission of reducing death by suicide. Together, we can continue to make a meaningful impact and empower individuals to navigate their mental health journeys.

I would like to extend my heartfelt gratitude to our partners at Durham University including Student Music, DUCFS Launchpad, The Oriental Museum, and Institute for Medical Humanities whose collaboration and support have been invaluable in advancing our mission. I also want to acknowledge the generous contributions from our funders, which have played a vital role in sustaining our operations and expanding our reach.

Above all I would like to thank the dedicated and passionate staff and volunteers who work tirelessly at the coalface dedicating their time and effort for the wellbeing of others.

Simon Woolley
Chair - RTProjects

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2024

Objectives and activities

Ethos: Supporting. Connecting. Enabling.

Mission Statement: Using art to save lives from suicide

Objects:

The objects of the charity, as set out in our constitution are:

1) The promotion, preservation and protection of good mental and emotional health through the provision of art projects and courses. 2) To advance the education of the public in the creative and visual arts by the provision of educational courses, facilities and other support.

Strategic Aims:

1. To minimise the number of deaths by suicide in County Durham.
2. To provide a safe space for people enduring poor mental health.
3. To provide information and resources to increase individuals' capacity to manage their own mental health.
4. To improve community resilience.

Our primary aim is to prevent suicide in County Durham.

We achieve this by:

Supporting people towards recovery by introducing them to creative activities alongside other therapeutic interventions.

Connecting people by creating a safe stimulating environment where people can become part of a supportive community.

Enabling people to develop the strength to overcome mental health challenges by providing the time, the environment and the attention needed for recovery

Our Core Value

Compassion/Dignity/Respect

Compassion drives our approach to suicide prevention. By leading with compassion and treating people with dignity and respect. We help people to feel seen, heard, and valued by creating a space where hope and healing are possible.

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2024

Beneficiaries

Our primary beneficiaries are adults (18+) suffering with poor mental health who live in County Durham. However, our reach spans a regional, national, and international audience.

Many of the people we work with live in areas of significant deprivation, and they often fall within the lowest 20% income bracket nationally. According to Public Health England individuals in this income bracket are twice as likely to experience mental health problems as those with average incomes.

In order to de-stigmatise mental health conditions our 'service users' are referred to as 'pals'.

Living with Suicidal thoughts

Living with suicidal feelings can be an overwhelming experience, where pain feels relentless and solutions seem impossible to find. Many of the people who attend RTPProjects' support groups have felt this way, facing a daily struggle that goes beyond the labels of depression, anxiety, or other diagnoses.

Yet, by reaching out, they are taking a vital step toward finding a way forward.

Though this pain is often invisible to others, sharing in a community that understands can break through the isolation. At RTPProjects, participants can come to accept that they are not a burden, that struggling with mental health is not a personal failing, and that there is no shame in seeking help. Here, hope is not lost. It is reignited, through compassion, creativity, and the belief that life, even in its hardest moments, can still hold meaning and possibility.

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2024

The Problem in Durham

With the collapse of the coal industry in the 20th century, Durham experienced economic decline. To many, Durham is now known for its rich cultural heritage, its historic architecture, and its University becoming one of the leading institutions in the country. However, Durham experiences significant social and economic disparities, with some areas benefiting from revival and growth, while others, particularly former coal-mining communities, face higher levels of deprivation, unemployment, and health inequalities, including a notably higher suicide rate compared to the national average.

We exist to address the critical and urgent issue of high suicide rates and widespread poor mental health in County Durham. Data from Public Health England indicates that the suicide rate in County Durham is nearly 50% above the national average, with the North East being the worst area in England for suicide deaths. These alarming statistics highlight the pressing need for effective mental health interventions in our community. These statistics are not just numbers- they represent lives lost and families devastated by a preventable tragedy.

With an overburdened NHS, many people in County Durham can no longer rely on statutory mental health services. Long waiting lists leave people in distress, with 78% of those in need seeking help from emergency services (RC Psych 2022). Even when statutory care is accessed, recent CQC reports highlight concerns about the quality of care provided by local NHS Trusts, with some beneficiaries reporting traumatic experiences.

Suicide has far-reaching impact on the entire community. Deaths can leave emotional, psychological and sometimes financial scars on families, friends and loved ones. Suicide can create a ripple effect, where those affected may experience complex grief, trauma, and a heightened risk of developing mental health challenges themselves. People bereaved by the sudden death of a friend or family member are 65% more likely to attempt suicide if the deceased died by suicide than if they died by natural causes (University College London, 2016).

The impact of suicide extends beyond personal loss, with significant economic implications. According to Samaritans (2022), each suicide costs the economy an estimated £1.46 million. Considering that 24 people have attributed their lives being saved directly to our support, RTPProjects has effectively saved over £35 million. This highlights the vital economic role our work plays in the community.

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2024

Our Solution

Why art?

To immerse oneself in meaningful, positive, and creative activity, anytime, can be a distraction from ruminating thoughts. Practising it regularly, on a weekly basis, can impart a sense of meaning and purpose to our whole lives.

A skilled practitioner can use art to support someone in distress, and even to save a life. It is not a generic effect; it needs to be tailored to the individual. Participants need access to a wide range of creative activities in order to tune in to the individuals interests and needs. There is no requirement of previous experience or even interest in making art to be captivated by its transformative effects. Indeed the journey can be all the more exciting for those initially sceptical. Art can be:

A language Trauma is often too much to speak about. Art can be a vehicle for expressing overwhelming emotions and feelings, it can help people to process what has happened to them.

Social. An opportunity to spend some time with and be a part of a social group. Moreover, to be part of an accepting and supportive group where others have had similar experiences.

Relaxation. Art can be a very mindful activity where your mind can leave the troubled world which may have become your norm, and transport you right back to the present moment. Taking part in creative activities time can pass unnoticed. It can be powerfully relaxing like taking a break from stress.

A new skill. Poor mental health can take away our interest in life itself resulting in a stagnation of thoughts and interests. Art can reopen pathways of interest and become a rich journey of enquiry.

A Source of Structure. A regular weekly activity can bring order to an otherwise chaotic existence. For some, a reason to get out of bed, have a shower or a shave. A focus point in an otherwise blurred week. "The highlight of my week used to be when to put the bins out". The highlight of your week shouldn't be when to put the bins out!

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2024

Core Activities

At its heart RTProjects is a community. We actively bring people together through weekly arts and mental health sessions to support each other through shared experiences. We help individuals reintegrate into the community after periods of crisis or isolation. Through engaging community events, and outings, we foster meaningful connections that help individuals feel welcomed and understood. We believe that no one should face their struggles alone, and by building strong relationships and a spirit of togetherness, we empower people to rebuild their lives with the encouragement and support of those around them.

Connection is integral to what we do. Whether it's connecting with others through shared stories, building friendships, or simply finding someone who listens, RTProjects provides a space where meaningful connections are made. Human connection is a powerful force in helping people overcome mental health challenges and preventing suicide.

The communal centre of all we do is our art studio, The Open Art Surgery. A bungalow in a residential area, it's abundant with creativity in all colours, shapes and forms. The environment within 'The Open Art Surgery' immediately puts people at ease. A welcoming, stimulating safe space where you can just be yourself. A place where you don't have to 'act normal'

Creativity isn't just about producing art; it's about expressing emotions, rediscovering joy and finding new ways to view the world and your place in it. It is a language which can provide people with a new life narrative.

Sessions are staffed by highly experienced mental health practitioners who introduce participants to evidence-based self-help strategies and provide non-time-limited one-to-one emotional support. They assess each new participant such that, where necessary, we can establish personalised recovery plans comprising robust support networks. These can include RTProjects' services, along with support outside of sessions, e.g. signposting to third parties, and involving friends and family. One-to-one support addresses a broad spectrum of mental health and well-being needs, including but not limited to financial, welfare, debt, budgeting, energy advice. We provide support for participants throughout meetings with such services.

We run an online music session - Sounds Good - for people who are unable, for whatever reason, to visit the Open Art Surgery in-person. Sounds Good has become a lifeline to many during the last four years, bringing light-hearted relief, some hilarity along with tender words of wisdom and a much-needed regular connection with loved ones.

We provide additional creative projects and workshops throughout the year as part of a continually changing programme in response to the interests of our community. From 'Art in the Park' to song writing and sound-bathing sessions, there's something for everyone.

We undertake suicide awareness raising activities and community events, such as the 'Never Give Up' suicide intervention project, lantern parades, live concerts, and exhibitions.

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2024

Achievements in 2023/24

In 2023-2024, we continued to run groups, workshops and events incorporating a wide range of creative activities, at our art studio, online and in the community. Here are some highlights!:

- We reached 201 unique individuals
- We supported 84 people with their mental health
- 51 pals attended a regular weekly session
- 37 pals attended an online session
- 35 pals attended a short course
- 199 people attended an event

We lost zero pals to suicide.

- We delivered 147 regular weekly sessions, 25 online sessions, 22 short course sessions.
- We produced 5 community & awareness raising events.

RTMinds Sessions

Over the past year, we delivered a diverse range of sessions, including Crafty Café, Headspace, Arts & Minds, Sounds Good.

You can see some photographs from the sessions and artwork they created on our Facebook page: www.Facebook.com/RTProjects

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2024

The Artistic Spectrum.

This year, we piloted an intervention specifically for autistic people to engage in creative activities like painting, poetry, and sculpture. At the Open Art Surgery, we offered a weekly 3 hour session, providing a safe, sensory-sensitive sanctuary where autistic participants can simply be themselves- free from judgment, fear, or the need to mask. The project was initiated in response to an increase in autistic people accessing our services, and feedback from our local social prescribing link worker who told us that there are very limited opportunities available for autistic adults to engage in creative and social activity.

Research shows that autistic people face overwhelming challenges daily, including a much higher likelihood of mental health struggles, ADHD, and learning difficulties. Tragically, autistic adults are 9x more likely to die by suicide than the general population, with suicide being the second leading cause of death in this community (Autistica, 2024).

Through the sessions, participants learned evidence-based strategies for managing their mental health, were signposted to other support services, and, crucially, found connection and mutual support with others who understand them.

Using a strengths based, empowering approach, sessions were co-produced with attendees, to ensure that we created the right environment in response to attendees needs. We encourage participants to choose what kinds of activities they would like to engage in, giving options and providing support to participants to bring their own interests to sessions.

Victoria, a participant of the autistic pilot sessions said:

"It is rare to find a place where no-one is trying to change you or socialise or pity you. There wasn't any goal setting or generic plans which invariably trigger you and make you feel like a problem, a burden".

The project was made possible with funding from the North East and North Cumbria Integrated Commissioning Board (NENC ICB) through Durham Community Action (DCA), to support the development of social prescribing activities across County Durham.

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2024

Events

This year, we held five community events, bringing together participants and the wider Durham community to celebrate creativity, connection, resilience, and being alive! Our events, the Arty Party, Rhythm of Life, Yuletide, Never Give Up, and Sounds Good Live offered a range of activities designed to engage, inspire, and uplift. These gatherings go far beyond entertainment; they are transformative experiences that help reduce suicide by raising awareness and educating the community about mental health.

For many participants, simply attending these events is a significant milestone on their journey to recovery. Each event provides a safe and welcoming environment where individuals feel encouraged to gradually reconnect with the outside world. Often, this process begins with 'in-house' events at The Open Art Surgery, creating a supportive space for participants to take those crucial first steps.

A powerful example is Jenny, Who is Autistic, after experiencing difficult encounters in the "real world" had withdrawn and decided she would live her life from her home using the internet as her connection with the outside world. When she discovered our Sounds Good online music show, it became her first connection to RTMinds. Over time, we encouraged her to attend a live version of the show at RT, initially with a friend. After several small steps, Jenny's confidence blossomed, and eventually became a regular at Headspace, one of our RTMinds sessions.

Our events serve as key touchpoints along this gradual journey, helping people feel seen, supported, and part of a community. Each one reflects our commitment to mental health support and suicide prevention, offering participants a chance to express themselves, connect with others, and build a genuine sense of belonging.

Event Case Study: 'Rhythm of Life: A Research Cabaret'

RTProjects worked in partnership with Durham University Institute for Medical Humanities (IMH) to co-produce a 'Research Cabaret' called 'Rhythm of Life, for the 'Being Human', the UK's national festival of the humanities.

Being Human is a celebration of humanities research through public engagement. Here's what Dr Louise Creechan, one of the co-producers had to say:

"A research cabaret is quite a unique format that takes the elements that you might expect from cabaret - audience seated in round tables, a wide variety of acts, a host in a glittery jumpsuit - and blends them with snippets of research.

Performances have included singing, poetry, yoga, stand-up comedy and more.

IMH are fundamentally interested in the hidden experiences of health; this might mean experiences that are unspeakable, invisible, or hard to conceptualise.

We took the Being Human Festival 2023 theme of 'Rhyme or Reason' to ask: when it comes to health, what is reasonable? And, can 'rhyme' (our nod to performance) help us to engage with our hidden experiences?

The set list was composed half of researchers from IMH and half of professional artists (poets and musicians) who were involved with our community partner, RTProjects.

Our target audience was quite wide - we wanted to reach people who had lived experience or cared for someone with a health condition, and we wanted people to feel seen in both our research and in the performances. We also wanted to connect with a Durham public who would not usually get involved with university activities.

We decided not to host the event in one of the university colleges, but in the more neutral, off-campus

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Year ended 31 March 2024

venue of the Radisson Blu hotel.

The event was entirely designed to entertain the audience, so the cabaret was filled with poignant moments of reflection and, sometimes, purposeful chaos.

RTPProjects gave invaluable expertise in areas like access and safeguarding from their years of community engagement in mental health and they also introduced us to some incredible performers. At the cabaret, Beano performed a spoken word piece that addressed hope following suicidal ideation that resonated with much of the audience. The song 'Never Give Up' that he wrote alongside Steve Pledger brought the first act of the cabaret to a meaningful close and many of our audience took the opportunity to donate to RTPProjects.

The Institute for Medical Humanities at Durham University has a reputation for conducting world-leading, ethical, and creative research on the understanding of ill health that centres individual experience."

Dr Louise Creechan: Lecturer in Medical Humanities at Durham University was talking to Being Human Festival. <https://www.beinghumanfestival.org/rhythm-of-life-durham>

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Year ended 31 March 2024

Partnerships

We don't do our work alone at RTProjects. We understand that people exist as part of a community. We think about people holistically, and as such, work with a wide variety of other individuals, voluntary organisations and statutory organisations in order to provide appropriate timely support.

We are proud to work in partnership with a wide range of referral partners. We value each and every one.

Collaborators this year include:

GP surgeries throughout County Durham: Belmont Medical Group, Chastleton Medical Centre, Gillesgate Medical Practice, Ushaw Moor Surgery, Claypath and University Medical group

NHS Trusts: NHS Community Mental Health Durham West, NHS CTNW , Durham City Community Mental Health Team

Statutory Organisations: Dept for Work & Pensions, Durham County Council Support & Recovery, Durham County Council Welfare Rights Service, Public Health, Healthwatch

VCS Infrastructure Organisations: Durham Community Action, Pioneering Care Partnership, Wellbeing for Life,

VCS groups: Durham County Carer's Support, Rethink, Homegroup, St Margaret's Centre, Shelter, Women's Health in South Tyneside, County Durham Drug and Alcohol Recovery Service, If U Care Share Foundation, Durham City Social Work Hub (MH), Potens, Autism Matters, Redhills Mining Community, Supportive Volunteer Driver Scheme Wharton Park

Durham University: We work extensively with Durham University. With 18,000 student and a wealth skills and knowledge we nurture and develop mutually beneficial relationships with departments, colleges and individuals, students and staff:

Institute for Medical Humanities, Business school, Durham Minds, Communications Team, Staff Volunteering Team, Student Volunteering, Charity Fashion Show - DUCFS (Launchpad), Pal TV, Oriental Museum, University College, Collingwood College, Josephine Butler College

Local Businesses: The Station House, Simon Berry Opticians

Local Media: BBC Radio Newcastle

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2024

Summary of our Activities 2023-24

Group	Venue	Frequency	Day of Week	Date
Crafty Café	Open Art Surgery	Weekly	Wed PM	Apr 23- Mar 24
Headspace	Open Art Surgery	Weekly	Thur AM	Apr 23- Mar 24
Arts & Minds	Open Art Surgery	Weekly	Thur PM	Apr 23- Mar 24
Sounds Good	Online	Fortnightly	Thur Eve	Apr 23- Mar 24

Short Course	Venue	Frequency	Day of Week	Date
Artistic Spectrum	Open Art Surgery	Weekly for 8 weeks	Weds AM	Jan – Mar 24
What If?	Open Art Surgery	Weekly for 8 weeks	Tues PM	Nov 23 – Jan 24
Through the Lens	Open Art Surgery	Weekly for 6 weeks	Tues PM	Apr – May 23

Events	Venue	Partners	Date
Arty Party	Open Art Surgery		09/09/23
Rhythm of Life	Radisson Blu	Institute for Medical Humanities	14/11/23
Never Give Up	The Assembly Rooms	Music Durham	03/02/24
Sounds Good Live	Open Art Surgery		21/03/24

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Year ended 31 March 2024

Financial review

Income for the year totalled £77,772 (2023 - £93,919) of which £50,522 (2023 - £76,376) was restricted income and £27,250 (2023 - £17,543) was unrestricted.

Expenditure for the year totalled £130,458 (2023 - £134,055) of which £82,218 (2023 - £82,783) was restricted expenditure and £48,240 (2023 - £51,272) was unrestricted. In addition £8,661 was transferred from restricted to unrestricted funds in respect of room hire. This resulted in a deficit of £38,160 (2023 - deficit of £15,701) on restricted funds and a deficit of £14,526 (2023 - £24,435) on unrestricted funds. The overall deficit was £52,686 (2022 - deficit of £40,136).

Reserves Policy

RTPProjects provides support to people who live with significant mental health issues and experience high levels of distress. Our beneficiaries depend on our services. We are dependent on unpredictable grant funding and do not receive any significant regular, reliable source of income. We are therefore sensitive to the fact that we need to ensure sufficient reserves to cushion any temporary shortfall in external funding, should it occur, so as not to affect negatively on the lives of our beneficiaries and their families.

For this reason the trustees have established a policy to aim to hold a minimum of 4 and maximum 12 months' free reserves. This currently amounts to between £43,000 and £125,000, based on based on forecast expenditure for 2024-25.

RTPProjects also holds one designated fund to cover the costs of closure, including redundancy costs. This fund is currently valued at £25000.

As of 31 March 2024, total reserves were £63,357; free reserves were £38,357 (total reserves less closure) which is £4,643 below the range required.

The policy to keep a high level of reserves has been prudent. Over the last two financial years we have seen a reduction in the level of reserves from £102,318 in 2022 to £63,357 in 2024, a loss of £38,961, due to a shortfall in grant funding. Without this safety net we would have been compelled to close.

In the event that RTPProjects holds more than the agreed amount in free reserves, the trustees will assess if there is a valid reason to exceed the level of reserves e.g. in the event of planned expansion or, alternatively, if appropriate activity should be undertaken to reduce the reserves in a way that benefits our beneficiaries.

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Future vision

While joy and positivity are central to our work, we need the same energy in our finances to unleash our full potential! We've experienced a recent run of funding rejections, highlighting our vulnerability. Even as the funding landscape gets tougher, we have plans to adapt and find new ways to keep our work going strong. One of our big goals is to diversify how we bring in funding.

In the short term, we will employ a part time Fundraising Officer to focus on writing applications for grant funding. This will allow us to submit a greater number of applications increasing our chances of success, and also to pay for new roles within the charity to increase our capacity to generate income. Once stable, we want to bring on board a fundraising events organiser, to boost unrestricted funds and reduce the time spent on funding bids.

We're also planning to share our accumulated knowledge and experience by offering mental health and suicide awareness training to local schools, organisations, and community groups. By sharing what we know, we will be building a local network of people and organisations who care about mental health just as much as we do!

Increased financial stability will allow us to train and support more volunteers, expand our staff in key areas, and improve our website and overall digital presence. We want to build a sustainable fundraising model that supports our mission and long-term financial health enabling us to continue and develop our life-saving services. We envisage a future where our charity isn't operating on a shoestring budget under the constant threat of running out of money.

We're also looking forward to hosting even more community events. These gatherings are so much more than just fun days out - they're a chance for people to connect, express themselves, and truly be part of life. Every event is another step toward building a stronger, kinder community where people feel like they belong.

Our partnerships are going to be key in all of this, too. By continuing to work with other local groups and healthcare providers, we're not just supporting individuals, we're making sure decision-makers know how important it is to keep funding for mental health right here in Durham. We have plans to continue to feed into wider suicide prevention initiatives and helping shape policies that put people first.

With the support of our community, we'll keep adapting, surviving, and finding ways to be there for everyone who needs us. Here's to another year of making sure no one faces their challenges alone!

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Year ended 31 March 2024

Structure, governance and management

The company is a charitable company limited by guarantee and does not have a share capital. The company was registered as a charity on 31 March 2011. The company's governing instrument is the Memorandum and Articles of Association. The governing body is a voluntary Board of Trustees.

Trustees

Trustees are appointed by a formal resolution of the board after an interview process, during which candidates are assessed for alignment with our mission, values, and expertise needs. Trustees are re-appointed to or removed from the board by directors of the Charity at the annual general meeting. We actively seek individuals from a variety of backgrounds who bring valuable skills and perspectives to support our mission. We regularly conduct reviews to identify gaps in knowledge or skills on our board and provide training where necessary. Trustees do not receive any remuneration and offer their services voluntarily.

The trustees meet at least four times a year to consider the company's strategies, policies and financial status. At each annual general meeting one-third of the trustees or, if their number is not three or a multiple of three, the number nearest to one-third, must retire from office. The trustees select a chair, vice-chair and treasurer amongst themselves. All new trustees are welcomed into the organisation with the provision of an induction pack containing RTPProjects Aims and Objectives, Policies and Procedures, as well as information regarding previous achievements, current activities and future hopes for the organisation.

Day to day operational and financial management is delegated to the administrator, manager, assistant manager and voluntary secretary.

Public Benefit Statement

Our main activities and those whom we help are described elsewhere in this report. All our charitable activities are undertaken to further our charitable purposes for the public benefit. The committee have had regard to the Charity Commission's guidance on public benefit throughout the year when deciding on the activities of the charity.

Staff & Volunteers

Our Staff Team

We couldn't do the work we do without our amazing, dedicated and compassionate staff and volunteers. We're a small but mighty team, with three paid staff members. Here they are!:

Beano, Manager

Hi! I'm Beano. I co-founded RTPProjects in 2007, with Emma. As the manager of RTPProjects, I'm ultimately responsible for the team's work. However, I'm fortunate to be surrounded by talented and passionate individuals who are committed to our cause. This allows me to focus on directing our efforts and ensuring we achieve our goals.

I love building partnerships with like-minded organisations that share our mission to prevent suicide and support mental health. Together, we're creating a future where no one feels alone in their struggle.

I set RTPProjects up because I experienced thoughts of suicide first hand. I know what it feels like to face darkness, and to wonder if there's a way through. Like many working in the charity sector, helping people is in my blood. The idea that I have helped someone to feel better gives me a reason to exist. The thought of producing something for financial profit fills me with boredom!

Emma, Mental Health Lead and Assistant Manager

Hello! I'm Emma, co-founder of RTPProjects, Having lived with anxiety and depression for many years, I

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Year ended 31 March 2024

discovered the power of mental resources such as mindfulness, self-compassion, creative expression and connection. I've dedicated myself to providing compassionate support, offering practical tools to help people tap into their own inner strength and begin healing from trauma and suffering. My work at RTPProjects is rooted in a deep understanding of the mind-body connection, and I'm passionate about empowering others through these practices.

In addition to providing support, I also manage the finances, secure funding (the hardest part!), and make sure everything runs smoothly. My personal interests include wild swimming, tree climbing, and being in nature.

Simon

I'm Simon. I am the office administrator, getting on with those tasks that need doing, such as making sure bills are paid, ordering supplies for the art studio, and helping Pals with any queries they have when they knock on the office door. Charities like RTPProjects mean more to me than businesses I have worked for in the private and public sectors.

RTPProjects is making a positive difference to people's lives, and I genuinely look forward to coming in as it feels like a home from home. I've made a lot of friends here.

The Wider Team

Throughout the year, we worked with a number of talented, committed and creative freelancers. Thanks to: Carl Joyce for facilitating filmmaking workshops for 'Through the Lens', Amanda Crawford, Helen Clarkson, Joe Ramsey, Emily Carter, Jackie Stonehouse, Jane Crawford for their creative and compassionate support for RTMinds sessions; Steve Pledger and Joe Ramsey & Adam Jenkins for their brilliant hosting of Sounds Good; the musicians who entertained us all with their songs and conversation on Sounds Good: Alex Seel, Ben Robertson Blair Dunlop, Dan Raza, Dave Thomas, George Boomsma, Greg Hancock, Olivia Gaynard, Jenny Biddle, John Reed, Matt Steady, Mike & Reina Reinstein, Jim & Josie Tipler (Milton Hide), Peter James Millson, Robert Lane, Sarah Szucs, Scott Wainwright, Sean Taylor, Faithful Johannes, Simon Wood, Bashar & Sam Slatcher, and to the 60+ performers who made 'Never Give Up' another unforgettable event.

Volunteers

We are lucky to have so many amazing volunteers who also contribute to RTPProjects. This year, over 25 volunteers helped us in some way to achieve our goals. Our volunteers bring a rich and diverse range of skills and experiences, creating a dynamic team that supports our mission. Volunteers help us with everything from gardening, our website, social media, and supporting our service users. Our volunteers include local people from diverse backgrounds, students, and former Pals, who have benefitted from our services and now give back to the community. Together, this diverse group creates a supportive, compassionate environment where everyone contributes to making a difference in the lives of those we serve. Particular thanks to our regular volunteers Kay Fotheringham, Lana) Kolodiy, Michelle Yu, Aarushi Kalsi, Maddie Turner and Jess Johnson.

Thank you all for your contributions to RTPProjects!

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2024

Reference and administrative details

Registered charity name R T Community Projects Ltd

Charity registration number 1141017

Company registration number 06868423

Principal office and registered office 23 Mill House Court
Gilesgate
Durham
DH1 2JJ

The trustees

Simon Woolley (Chair)
Bryony Hayter (Resigned 9 September 2023)

Sara Punshon
Rachel Baker
Sarah Henderson (Resigned 9 September 2023)

Isobel Armitage
Dr Jan Panke
Joseph Cashmore
Adam Jenkins (Appointed 9 September 2023)

Company secretary Emma Beattie

Independent examiner Jane Ascroft FCA MA (Cantab)
Enterprise House
Harmire Enterprise Park
Barnard Castle
Durham
DL12 8XT

Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

The trustees' annual report was approved on 15/11/2024..... and signed on behalf of the board of trustees by:



Emma Beattie
Charity Secretary

R T Community Projects Ltd

Independent Examiner's Report to the Trustees of R T Community Projects Ltd

Year ended 31 March 2024

I report to the trustees on my examination of the financial statements of R T Community Projects Ltd ('the charity') for the year ended 31 March 2024.

Responsibilities and basis of report

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

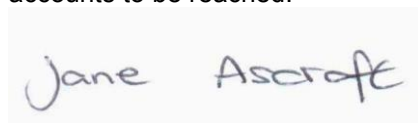
Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). 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 statement

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

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

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



Jane Ascroft FCA MA (Cantab)
Independent Examiner

Enterprise House
Harmire Enterprise Park
Barnard Castle
Durham
DL12 8XT

R T Community Projects Ltd

Statement of Financial Activities (including income and expenditure account)

Year ended 31 March 2024

			2024		2023
	Note	Unrestricted funds £	Restricted funds £	Total funds £	Total funds £
Income and endowments					
Donations and legacies	5	21,667	50,522	72,189	90,797
Charitable activities	6	4,416	–	4,416	2,979
Investment income	7	1,167	–	1,167	143
Total income		<u>27,250</u>	<u>50,522</u>	<u>77,772</u>	<u>93,919</u>
Expenditure					
Expenditure on charitable activities	8,9	48,240	82,218	130,458	134,055
Total expenditure		<u>48,240</u>	<u>82,218</u>	<u>130,458</u>	<u>134,055</u>
Net expenditure		<u>(20,990)</u>	<u>(31,696)</u>	<u>(52,686)</u>	<u>(40,136)</u>
Transfers between funds		6,464	(6,464)	–	–
Net movement in funds		<u>(14,526)</u>	<u>(38,160)</u>	<u>(52,686)</u>	<u>(40,136)</u>
Reconciliation of funds					
Total funds brought forward		77,883	39,209	117,092	157,228
Total funds carried forward		<u>63,357</u>	<u>1,049</u>	<u>64,406</u>	<u>117,092</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

The notes on pages 23 to 33 form part of these financial statements.

R T Community Projects Ltd

Statement of Financial Position

31 March 2024

	Note	2024 £	2023 £
Fixed assets			
Tangible fixed assets	15	193	385
Investments	16	2,200	2,200
		<u>2,393</u>	<u>2,585</u>
Current assets			
Debtors	17	–	1,426
Cash at bank and in hand		72,996	125,609
		<u>72,996</u>	<u>127,035</u>
Creditors: amounts falling due within one year	18	10,983	13,133
Net current assets		<u>62,013</u>	<u>113,902</u>
Total assets less current liabilities		<u>64,406</u>	<u>116,487</u>
Net assets		<u>64,406</u>	<u>116,487</u>
Funds of the charity			
Restricted funds		1,049	39,209
Unrestricted funds		63,357	77,883
Total charity funds	20	<u>64,406</u>	<u>117,092</u>

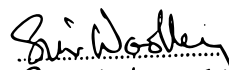
For the year ending 31 March 2024 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

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

These financial statements were approved by the board of trustees and authorised for issue on 15/11/2024, and are signed on behalf of the board by:


SIMON WOOLLEY

Simon Woolley (Chair)
Trustee

The notes on pages 23 to 33 form part of these financial statements.

R T Community Projects Ltd

Notes to the Financial Statements

Year ended 31 March 2024

1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 23 Mill House Court, Gilesgate, Durham, DH1 2JJ.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Companies Act 2006.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

There are no material uncertainties about the charity's ability to continue.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances. The trustees consider that there are no significant judgements or estimates affecting these financial statements.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

R T Community Projects Ltd

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

3. Accounting policies *(continued)*

Income

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Expenditure

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses.

R T Community Projects Ltd

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

3. Accounting policies *(continued)*

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Equipment - 25% straight line

Investments

Fixed asset investments are initially recorded at cost, and subsequently stated at cost less any accumulated impairment losses.

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

Financial instruments

The charity only has financial assets and liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

When contributions are not expected to be settled wholly within 12 months of the end of the reporting date in which the employees render the related service, the liability is measured on a discounted present value basis. The unwinding of the discount is recognised as an expense in the period in which it arises.

R T Community Projects Ltd

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

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.

Accrued income and tax recoverable is included at the best estimate of the amounts receivable at the balance sheet date.

Cash at Bank and in Hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors

Creditors 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 are normally recognised at their settlement amount after allowing for any trade discounts due.

Taxation

The company is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the company is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

4. Limited by guarantee

The company is limited by guarantee. At 31st March 2024 there were 7 members each of whom had undertaken to contribute an amount not exceeding £10 in the event of a winding up.

R T Community Projects Ltd

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

5. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Donations			
Donations and fundraising	21,667	–	21,667
Grants			
Durham County Council Public Health - Cree Projects	–	6,000	6,000
County Durham Community Foundation	–	1,997	1,997
Community Foundation Tyne & Wear	–	2,000	2,000
NHS North East & North Cumbria Integrated Care Board	–	6,789	6,789
Postcode Neighbourhood Trust	–	25,000	25,000
Sir James Knott Trust	–	5,000	5,000
NHS NENC ICB Durham Community Action	–	3,736	3,736
	<u>21,667</u>	<u>50,522</u>	<u>72,189</u>
	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Donations			
Donations and fundraising	14,421	–	14,421
Grants			
Durham County Council Public Health - Cree Projects	–	8,000	8,000
The National Lottery - Awards For All	–	9,991	9,991
County Durham Community Foundation	–	56,886	56,886
Durham County Council - Other grants	–	1,499	1,499
	<u>14,421</u>	<u>76,376</u>	<u>90,797</u>

6. Charitable activities

	Unrestricted Funds £	Total Funds 2024 £	Unrestricted Funds £	Total Funds 2023 £
Contract income	2,661	2,661	1,312	1,312
Other income from charitable activities	1,755	1,755	1,667	1,667
	<u>4,416</u>	<u>4,416</u>	<u>2,979</u>	<u>2,979</u>

R T Community Projects Ltd

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

7. Investment income

	Unrestricted Funds	Total Funds 2024	Unrestricted Funds	Total Funds 2023
	£	£	£	£
Bank interest receivable	<u>1,167</u>	<u>1,167</u>	<u>143</u>	<u>143</u>

8. Expenditure on charitable activities by fund type

	Unrestricted Funds	Restricted Funds	Total Funds 2024
	£	£	£
Costs of charitable activities (see page 35)	<u>48,240</u>	<u>82,218</u>	<u>130,458</u>

	Unrestricted Funds	Restricted Funds	Total Funds 2023
	£	£	£
Costs of charitable activities (see page 35)	<u>51,272</u>	<u>82,783</u>	<u>134,055</u>

9. Expenditure on charitable activities by activity type

	Activities undertaken directly	Total funds 2024	Total fund 2023
	£	£	£
Costs of charitable activities (see page 35)	<u>130,458</u>	<u>130,458</u>	<u>134,055</u>

10. Net expenditure

Net expenditure is stated after charging/(crediting):

	2024 £	2023 £
Depreciation of tangible fixed assets	<u>192</u>	<u>192</u>

11. Independent examination fees

	2024 £	2023 £
Fees payable to the independent examiner for:		
Independent examination of the financial statements	350	600
Other financial services	<u>1,511</u>	<u>1,457</u>
	<u>1,861</u>	<u>2,057</u>

R T Community Projects Ltd

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

12. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2024	2023
	£	£
Wages and salaries	75,955	71,110
Social security costs	1,343	445
Employer contributions to pension plans	1,879	1,624
	<u>79,177</u>	<u>73,179</u>

The average head count of employees during the year was 3 (2023: 4). The average number of full-time equivalent employees during the year is analysed as follows:

	2024	2023
	No.	No.
Number of project staff	<u>3</u>	<u>4</u>

In addition to the above staff, the charity paid freelancers a total of £23,264 (2023 - £36,108) and freelancers equated to *0.3 FTE.

No employee received employee benefits of more than £60,000 during the year (2023: Nil).

13. Trustee remuneration and expenses

No remuneration or other benefits from employment with the charity or a related entity were received by the trustees.

No trustee expenses have been incurred.

14. Transfers between funds

During the year £6,464 (2023 - £9,294) was transferred from restricted to unrestricted funds in respect of room hire charged to the projects.

15. Tangible fixed assets

	Equipment £
Cost	
At 1 April 2023 and 31 March 2024	<u>6,801</u>
Depreciation	
At 1 April 2023	6,416
Charge for the year	<u>192</u>
At 31 March 2024	<u>6,608</u>
Carrying amount	
At 31 March 2024	<u>193</u>
At 31 March 2023	<u>385</u>

R T Community Projects Ltd

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

16. Investments

	Other investments £
Cost or valuation	
At 1 April 2023	2,200
Additions	—
At 31 March 2024	<u>2,200</u>
Impairment	
At 1 April 2023 and 31 March 2024	—
Carrying amount	
At 31 March 2024	<u>2,200</u>
At 31 March 2023	<u>2,200</u>

All investments shown above are held at valuation.

17. Debtors

	2024 £	2023 £
Accrued income	—	<u>1,426</u>

18. Creditors: amounts falling due within one year

	2024 £	2023 £
Trade creditors	—	5,297
Accruals and deferred income	1,894	1,373
Social security and other taxes	3,527	420
Other creditors	5,562	6,043
	<u>10,983</u>	<u>13,133</u>

19. Pensions and other post retirement benefits

Defined contribution plans

The amount recognised in income or expenditure as an expense in relation to defined contribution plans was £1,879 (2023: £1,624).

R T Community Projects Ltd

Notes to the Financial Statements (continued)

Year ended 31 March 2024

20. Analysis of charitable funds

Unrestricted funds

	At 1 April 2023	Income	Expenditure	Transfers	At 31 March 2024
	£	£	£	£	£
General funds	46,355	27,250	(48,240)	12,992	38,357
Closure costs	31,528	—	—	(6,528)	25,000
	<u>77,883</u>	<u>27,250</u>	<u>(48,240)</u>	<u>6,464</u>	<u>63,357</u>

	At 1 April 2022	Income	Expenditure	Transfers	At 31 March 2023
	£	£	£	£	£
General funds	70,790	17,543	(51,272)	9,294	46,355
Closure costs	31,528	—	—	—	31,528
	<u>102,318</u>	<u>17,543</u>	<u>(51,272)</u>	<u>9,294</u>	<u>77,883</u>

Restricted funds

	At 1 April 2023	Income	Expenditure	Transfers	At 31 March 2024
	£	£	£	£	£
DCC Safe Space	2,597	—	—	(2,597)	—
CDCF - HiF	11,862	—	(11,910)	48	—
Community Foundation G&R	—	—	—	—	—
DCC CREE Men's Shed	—	3,000	—	(3,000)	—
DCC CREE She Shed	—	3,000	—	(3,000)	—
National Lottery Awards For All	7,719	—	(8,523)	804	—
CDCF - Organisational Sustainability	4,551	—	(6,567)	2,016	—
CDCF - Poverty Hurts Large	5,185	—	(5,861)	676	—
CDCF Community Grant	7,295	—	(6,593)	(702)	—
CDCF - Poverty Hurts Small	—	1,997	(1,568)	(429)	—
Community Foundation Newcastle Building Society	—	2,000	(2,000)	—	—
CDCF Connector - Outdoor Art	—	—	(60)	60	—
NHS NENC ICB Happiness Hubs	—	6,789	(5,740)	—	1,049
Postcode Neighbourhood Trust	—	25,000	(25,000)	—	—
Sir James Knott Trust	—	5,000	(5,000)	—	—
NHS NENC ICB Social Prescription Fund	—	3,736	(3,396)	(340)	—
	<u>39,209</u>	<u>50,522</u>	<u>(82,218)</u>	<u>(6,464)</u>	<u>1,049</u>

R T Community Projects Ltd

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

20. Analysis of charitable funds *(continued)*

	At 1 April 2022 £	Income £	Expenditure £	Transfers £	At 31 March 2023 £
CDCF Connector 2021 Awards For All - Art in the Studio	21,357	–	(20,793)	(564)	–
DCC - Community Buildings Fund	5,693	–	(5,405)	(288)	–
DCC - COMF - Never Give Up	230	500	(730)	–	–
DCC - COMF - Sounds Good Live	217	–	(217)	–	–
DCC Safe Space	3,650	–	(3,290)	(360)	–
Community Foundation 1989 Willan Trust	2,597	–	–	–	2,597
CDCF - HiF	5,968	–	(5,514)	(454)	–
Community Foundation G&R	–	19,271	(7,409)	–	11,862
DCC CREE Men's Shed	15,198	–	(15,198)	–	–
DCC CREE She Shed	–	3,000	–	(3,000)	–
DCC CREE Plus	–	3,000	–	(3,000)	–
National Lottery Awards For All	–	2,000	(2,000)	–	–
DCC Councillors Pot	–	9,991	(2,090)	(182)	7,719
CDCF - Organisational Sustainability	–	999	(999)	–	–
CDCF - Poverty Hurts Large	–	9,967	(5,416)	–	4,551
CDCF Community Grant	–	9,992	(4,344)	(463)	5,185
CDCF Connector - Outdoor Art	–	7,677	(382)	–	7,295
	–	9,979	(8,996)	(983)	–
	<u>54,910</u>	<u>76,376</u>	<u>(82,783)</u>	<u>(9,294)</u>	<u>39,209</u>

R T Community Projects Ltd

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

21. Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Tangible fixed assets	193	–	193
Investments	2,200	–	2,200
Current assets	71,947	1,049	72,996
Creditors less than 1 year	(10,983)	–	(10,983)
Net assets	<u>63,357</u>	<u>1,049</u>	<u>64,406</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Tangible fixed assets	385	–	385
Investments	2,200	–	2,200
Current assets	87,826	39,209	127,035
Creditors less than 1 year	(13,133)	–	(13,133)
Net assets	<u>77,278</u>	<u>39,209</u>	<u>116,487</u>

R T Community Projects Ltd

Management Information

Year ended 31 March 2024

The following pages do not form part of the financial statements.

R T Community Projects Ltd

Detailed Statement of Financial Activities

Year ended 31 March 2024

	2024 £	2023 £
Income and endowments		
Donations and legacies		
Donations and fundraising	21,667	14,421
Durham County Council Public Health - Cree Projects	6,000	8,000
The National Lottery - Awards For All	—	9,991
County Durham Community Foundation	1,997	56,886
Durham County Council - Other grants	—	1,499
Community Foundation Tyne & Wear	2,000	—
NHS North East & North Cumbria Integrated Care Board	6,789	—
Postcode Neighbourhood Trust	25,000	—
Sir James Knott Trust	5,000	—
NHS NENC ICB Durham Community Action	3,736	—
	<u>72,189</u>	<u>90,797</u>
Charitable activities		
Contract income	2,661	1,312
Other income from charitable activities	<u>1,755</u>	<u>1,667</u>
	<u>4,416</u>	<u>2,979</u>
Investment income		
Bank interest receivable	<u>1,167</u>	<u>143</u>
Total income	<u>77,772</u>	<u>93,919</u>
Expenditure		
Wages	75,955	71,110
Employer's NIC	1,343	445
Pension costs	1,879	1,624
Premises costs	8,951	7,773
Insurance	—	718
Publicity and promotion	95	236
Motor and travel costs	6,736	2,556
Legal and professional fees	8,529	6,089
Telephone	426	820
Other office costs	1,548	1,000
Depreciation	192	192
Materials	1,916	1,368
Facilitator fees	21,664	36,110
Equipment and IT renewals	540	1,576
Other costs	684	2,438
Total expenditure	<u>130,458</u>	<u>134,055</u>
Net expenditure	<u>(52,686)</u>	<u>(40,136)</u>

RT COMMUNITY PROJECTS LTD

England & Wales - Charity number 1141017

Accounts

Company Registration Number: 06868423
Charity Registration Number: 1141017

R T Community Projects Ltd
Financial Statements
For the year ending
31 March 2023

JANE ASCROFT AACCOUNTANCY LIMITED

Chartered Accountants
Enterprise House
Harmire Enterprise Park
Barnard Castle
Durham
DL12 8XT

R T Community Projects Ltd

Financial Statements

Year ended 31 March 2023

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R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report)

Year ended 31 March 2023

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 March 2023.

Chair's report

The 12 months from April 2022 to March 2023 has been both challenging and rewarding for all of us at RTProjects. This year has felt like the first year that we have got back to some sort of normality after a pretty traumatic and uncertain couple of years. We have been able to form proper meaningful relationships with our beneficiaries once more, and we have been able to conduct face to face support for people throughout their RTProjects experience.

Only it isn't quite 'back to normal' and probably will never be for this generation. We are now dealing with the 'fall out' of lockdown. The trauma that we experienced both individually and collectively now must be dealt with emotionally. There are new fears, new threats, and a whole new way of thinking. Sadly, we have seen an increase in younger people accessing RTProjects services.

However, there are some positives to come out of the whole affair. We learned a lot about supporting people remotely and, for some, our online support still exists by producing a lifeline for those who cannot attend RTProjects in person.

Perhaps most importantly RTProjects is a community. A community of support where we all look out for and support each other. If anything, the RTProjects community has become stronger as people search for companionship and reach out for a sense of belonging. Going through adverse experiences together brings us closer to each other and unites us all.

There is a feeling of hope within RTProjects. A hope borne out of the belief that things can only get better.

There are a few moments of significance from this year to mention:

- Saying goodbye to Alice after four years at RTProjects, to be Volunteer Manager at Amnesty International Bookshop in Newcastle. Alice was instrumental in her role as a pals support worker, particularly throughout the Covid period. She's had a huge impact during her time at RTProjects. Her cheeriness and her goodness will be missed.
- Partnering with Music Durham to put on the 4th Never Give Up event at the Assembly Rooms Theatre
- Reaching over 1,000 views for the song Never Give Up - our song to reach out to those considering suicide
- Performing 'Breathing' on ITV Tyne Tees news, on the piano donated by Durham University
- Adam's Artathon, during which he created 24 paintings in 24 hours, raising over £600.
- Being nominated for the Kings Award for Voluntary Service, invited to host a visit by Sajid Javid Secretary of State for Health & Social Care, and receiving a commendation from His Majesty's Lord-Lieutenant of County Durham.

I know, however, that it is the intrinsic rewards that motivate our team, the sense of making a real, lasting difference to people's lives. There are so many moments that remind us of this every day at RTProjects, comments such as "RT is a place where I feel most accepted and understood. It's never mattered here how ill I've been or how willing to participate. I've always been welcomed, encouraged, hugged and people have tried to give me hope - eventually it's sunk in a bit!" It's easy to understand how we make it through the hardest of times.

Thank you to each and every one of our funders and donors, particularly to all the individual donors who choose to support RTProjects as their charitable cause. Large or small, your support really makes a difference.

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

Objectives and activities

The objects of the charity are:

- 1) The promotion, preservation and protection of good mental and emotional health through the provision of art projects and courses.
- 2) To advance the education of the public in the creative and visual arts by the provision of educational courses, facilities and other support.

About R T Projects

RTProjects is a front-line mental health charity which was founded in 2007. We aim to transform the mental health of people experiencing emotional distress through community, connection, creativity, and compassion. Our ultimate aim is to save lives from suicide. Based in Gilesgate, Durham, UK, we run groups, workshops and events incorporating a wide range of creative activities, at our art studio, online and in the community.

Primary Beneficiaries

Our primary beneficiaries are predominantly adults suffering with poor mental health who live in County Durham. However, we don't limit our reach, which spans a regional, national, and international audience. Our primary beneficiaries prefer to be called our pals, and we use this term to refer to people who attend our regular sessions.

Aims

Our primary aim is to minimise the number of deaths by suicide in County Durham. We aim to achieve this by improving individual resilience of those suffering with poor mental health; and improving community resilience.

Objectives

To meet these aims our objectives are to:

- Provide a safe space for people enduring poor mental health, where they are supported to build emotional resilience and
- Provide information and resources to increase individual's capacity to manage their own mental health.

Outcomes

Outcomes for our primary beneficiaries are:

- increased self-confidence and self-worth
- reduced feelings of isolation
- reduced reliance on clinical/pharmaceutical interventions
- improved mental and physical wellbeing
- improved social connectivity
- increased capacity to manage their own finances and/or the welfare system
- a better understanding of and access to a range of other support services

Outcomes for the wider community are:

- increased awareness of the prevalence and nature of mental health
- reduced stigma associated with mental illness

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

The Issues

Suicide

Suicide is a leading, preventable cause of death in the UK. Statistically it is the most likely cause of death for a man under the age of 50, and the number of women taking their own lives is increasing as well. County Durham's suicide rate is significantly higher than the suicide rate for England, as is the rate of self-harm.

Living with depression and anxiety

People die from suicide because their pain is so unbearable, or so relentless, that for them it's the only way they can see to end their suffering. They feel they have nothing to live for, or that the world would be better off without them. The human beings who attend RTProjects regular art groups are living with these feelings every day. They've been labelled with various mental health conditions: depression, anxiety, personality disorder. What that feels like, in reality, is a constant feeling of dread, wishing every moment away. Exhaustion through endless sleepless nights. Sudden panic attacks. Flashbacks of abuse. Intrusive thoughts of self-harm. Drinking too much to numb the pain. Living in poverty and isolation. Living with the hopelessness of living with someone who feels this way and feeling helpless to make a difference.

Because this experience is invisible, no one else can see the suffering. It feels shameful. It feels like being a burden to the family, and to the rest of society.

The message implicit in our culture is that it is our fault if we can't cope. Having a mental illness carries a terrible stigma, which only compounds the shame. In this vicious circle, life can lose all meaning, and hope. Without hope, we die.

Art can save lives

We believe that in order to reduce suicide we need to reduce distress. We also believe that distress and suffering is a normal response to traumatic experiences, and that suffering can be alleviated through the portal of art, creativity, connection, safety, and compassion.

RTProjects has been using art to manage anxiety and depression since 2007. In our safe and supportive space, we accept people exactly as they are. We foster a love for creativity and cultivate a sense of meaning and hope. We provide opportunities for friendship, and a community of mutual support.

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

Core Activities

To meet these objectives, we run several art-based therapy sessions every week at our dedicated studio, 'The Open Art Surgery', for people experiencing mental health challenges. In these sessions, participants explore creative activity as a means of self-expression and self-discovery, and a tool to foster good mental health. We provide a warm, safe space within which people suffering with poor mental health can gather as a community and participate in art-based therapeutic group sessions, encouraging community development.

The sessions are staffed by highly experienced mental health practitioners who introduce participants to evidence-based self-help strategies and provide non-time-limited one-to-one emotional support. They assess each new participant such that, where necessary, we can establish personalised recovery plans comprising robust support networks. These can include RTPProjects' services, along with support outside of sessions, e.g. signposting to third parties, and involving friends and family. One-to-one support addresses a broad spectrum of mental health and well-being needs, including but not limited to financial, welfare, debt, budgeting, energy advice, and signposting to other services. We provide support for participants throughout meetings with such services.

We run a fortnightly online music session - Sounds Good - for people unable to visit the Open Art Surgery in-person sessions. Sounds Good has become a lifeline to many during the last three years, bringing light-hearted relief, some hilarity along with tender words of wisdom and a much-needed regular connection with loved ones.

We run additional creative projects and workshops throughout the year as part of a continually changing programme in response to the interests of our community. From 'Art in the Park' to songwriting and sound-bathing sessions, there's something for everyone.

We undertake suicide awareness raising activities and community events, such as the 'Never Give Up' suicide intervention project, lantern parades, live concerts, and exhibitions.

How does Art Save Lives?

Meaningful, positive activity. Immersing oneself in meaningful creative activity, anytime, is a great distraction from ruminating thoughts. Practicing it regularly, on a weekly basis, imparts a sense of meaning or purpose to our whole lives. Incorporating any positive activity into a routine will make a difference to how we feel.

A sense of control. Our Pals choose to explore their own activity and project at their own pace, in their own time, with the level of support they choose. We don't tell them what to do. They are invited to experience feeling in control over an aspect of their own lives.

Positive relationships As humans, we need other people to survive. Group sessions create the opportunity for friendship, for companionship. Meeting others who feel the same as you helps you to know you are not alone. You belong. This sense has a huge impact on relief of suffering.

Our Pals are constantly introduced to new people. Students, academics, therapists, artists, musicians, poets; all people with the same fears, hopes and struggles. Having a wider social network develops an appreciation of diversity, enables and challenges Pals to experience life outside of their comfort zone in the safety of supportive others. It also encourages independence, and a sense of control over one's own life.

Experiencing positive emotions, such as laughter, joy and delight, releases feel good hormones that trigger feelings of pleasure and relieve pain.

A creative environment. Our community art studio, the Open Art Surgery, is dedicated to the sole

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

purpose of creating and experiencing art. Everything is accessible; the possibilities to create are endless. It has been described as 'homely', 'non-stigmatising' 'welcoming', 'non-clinical'. A bungalow in a residential area, it's abundant with creativity in all colours, shapes and forms. The physical entity of the Open Art Surgery immediately puts people at ease.

Skilled, compassionate people. The people who work at RTProjects are not only specialists in a variety of creative activities, but are also compassionate and accepting. We help to bring creative ideas to life, and are open and non-judgmental. We listen. Our staff are trained in Mental Health First Aid and Suicide Intervention Skills, so Pals are in safe hands. Experiencing compassion and feeling heard and validated by others is often the turning point in people's lives.

Exhibitions & Events. We put on regular exhibitions showing artwork created by Pals. If something you produce is valued, you feel valued. As a result, self-esteem and self-confidence begin to grow. Events such as the Never Give Up Variety show and regular live music events are spectacular, inclusive, engage the wider community, and they're fun!

No time limit. RTProjects is a community, not a project. Offering regular sessions for as long as someone wants to attend allows them to invest themselves into relationships and a community without fear of abandonment or being let down.

Evidence

We actively engage in research and external training to inform and adapt our approach; into good practice in the fields of mental health; neuroscience, trauma and therapeutic interventions; and neuroaesthetics.

Partnerships

We collaborate formally and informally with an extensive range of partners, local, regional, and national. We refer to and receive referrals from a host of other organisations, to maximise the range and quality of support and advice available to our beneficiaries.

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

Achievements in 2022/23

Impact

"I am living with schizo-affective disorder. It is extremely debilitating, and I've had three lengthy hospital stays within the last ten years. I experience severe chronic depression and episodes of psychosis. Before I came to RTPProjects, I was depressed, lonely, socially isolated, had no confidence or self-esteem. I had no occupational therapy or structure in my life, apart from mental health appointments. I was also suffering from a bereavement, and I cried every day. I had no meaning in my life and no hope for the future. There were many times that I felt suicidal.

My support worker knew that I was interested in doing art in a supportive environment. She knew about RTPProjects and took me to have a look around. I was given a warm welcome. My support worker came with me for the first six weeks, and then I attended on my own. Since then, my life has been transformed into one that is meaningful, interesting, and full of connections. Through RTPProjects, I have been given a good quality of life, that I did not think was possible for someone with my mental health condition. I do art and other creative activities that RTPProjects offer, and I find it good therapy for trauma. For example, I drew and painted scenes relating to my psychoses and grief. I found the process very helpful and cathartic. I have made good friends at RTPProjects, and I met my partner there too. I really enjoy doing lots of activities there and it is a really supportive, safe environment.

Through RTPProjects, I have experienced friendship, support, art, drumming, poetry, music, film making and day trips. RTPProjects has changed my life completely. I am no longer depressed, lonely, isolated and without structure in my life. I am a lot more confident now and my self-esteem has improved. I cannot thank RT projects enough for saving and giving me a life worth living." Sam.

"Thank you to RTPProjects for being a beacon in the darkness. You have shown me how arts and crafts can be life changing and lifesaving. I have surprised myself how creative I can be ... this gives me hope for the future. I am often in mental torture and I've found art and crafts give me a welcome distraction and keeps me in the present moment." Jo.

"As a Social Prescribing Link Worker, I work with many individuals with complex needs when it comes to the wider determinants of their health. It can be difficult to find community services who ultimately have the person's individual needs at the fore front of what they deliver. RTPProjects is absolutely one of the most amazing services I've had the pleasure of working alongside and every individual who I have accompanied there for a visit have gone on to thrive and fulfil any aspirations they've had with RT's help and support. The effects on an individual's mental wellbeing can be life changing when you have people around you who genuinely care, who want to lift you, increase your confidence, magnify your strengths and allow any negatives to be turned into positives. This to me is what RTPProjects is all about and I'd like to thank Beano, Emma and crew for supporting our patients and changing their whole outlook on life." Emma Spencer - Social Prescribing Link Worker

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

Delivery

Over the year April 2022 to March 2023, RTProjects was funded to deliver a range of projects by several different funders. We've chosen to highlight a selection of these to bring to life what we do at RTProjects.

The Outdoor Art Project

Funded by County Durham Community Foundation Connector Fund

With this funding we ran a series of different outdoor activities including Art in the Park, Nature Calm, Open Spaces, Winter Solstice Celebration, and some trips to places of special interest. The emphasis was on mental wellbeing, so each session encouraged mindful activity, experiencing the benefit of awareness of the 'here and now' as well as the outdoors.

The Outdoor Art Project was a lifeline for our pals who experience significant mental and emotional challenges. It opened up new opportunities and experiences, from mindfulness in woodland settings to winter solstice rituals.

Art in the Park

A series of creative activities at Wharton Park in Durham. Each week the session incorporated the landscape within the creative process, such as sculpture from driftwood, rubbings of leaves and tree bark, artworks created from leaves and flowers. The artwork took the form of 'land art' and formed a natural exhibition that was sometimes left on display where appropriate and safe in the environment where it was created for others to discover and enjoy.

Other sessions focussed on drawing and painting in the outdoors. Participants took sketchbooks and drawing boards to a site of interest and drew from observation, such as flowers, landscapes, people, whatever 'tickled their fancy'.

Nature Calm offered participants access to green and blue spaces, both recognised for their ability to have a beneficial impact on mental health and wellbeing. Participants visited woodland settings, rivers, and beaches. We practiced mindful listening, mindful looking & mindful walking, created balanced stone sculptures, treasure walks, told stories, and listened to each other. We went in the water, challenged ourselves to experience new things, to go further than we thought we could, and overcame some of our fears in the process. We learned that use these practices to help us overcome other fears and difficulties in our lives.

Balancing rocks is an art game that incorporates awareness of impermanence -the transiency of every phenomenon- and paying attention to the present moment. Piling rocks to create forms or to defy the limits of balance can be found in the most remote moments of history. Arranging rocks to make sculptures which apparently lack a solid foundation, is also a game of the most delicate balance: a single pin carries the weight of the world.

We produced art in the sand with pebbles of different shapes and colours we'd collected.

A natural consequence of working in the environment is knowing that these installations will eventually be ruined, or destroyed, or simply taken apart. However, the ephemerality of the project is part of the appeal. Rather than worrying about the finished product, we allow ourselves to be immersed in the process and its creative purity.

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

Winter Solstice

We celebrated the winter solstice - the shortest day of the year - by embracing some ancient rituals and traditions. We had a fire in a fire pit outside in our garden, burned a yule log, honouring the return of the sun. We put things on the fire that we wanted to let go of; from messages we'd written, words to ourselves and others, to photographs and other objects. It was a very emotional and cathartic experience for some of us. We also toasted marshmallows and shared stories of fires and Christmases past. We made evergreen wreaths for protection and prosperity.

Open Spaces

In Open Spaces we took part in activities in the open air that would normally be done inside, such as singing and Mindful Movement. We sang together in groups in the woods, in the park, by the river. Because there is no acoustic, the singers have to stand closer together to hear each other - the harmony they make, and the circle they stand in, becomes the space for their singing, very different space from an indoor room. Singing helps create community - the singers are united in a common purpose, and the harmony reminds them they are both equal and different.

Mindful Movement outside helped us to connect with nature, increasing the amount of fresh air into our lungs, getting our daily dose of vitamin D, improving our concentration and focus, increasing our balance and flexibility and helping us feel revitalised.

Sounds Good Online sessions

Set up in October 2020 in response to lockdown, Sounds Good is a haphazard creation of all things music, hosted by the tenacious trio Beano, Steve Pledger and Joe Ramsey. Broadcast every Thursday evening on Zoom, it has been a lifeline to many during the last two turbulent years, bringing light-hearted relief and some hilarity and a much needed weekly connection with loved ones.

"It's hard to sum up exactly what Sounds Good is, and what it means to those of us who have joined the weekly calls on a regular basis. While other online activities have dwindled, Sounds Good continues to go from strength to strength, to remain the cornerstone of the week for people all around the country. There is a sense of community that you so rarely see online, that makes it an absolute joy to see the familiar faces pop up on the screen. In part, that's because Sounds Good offers something that you rarely get elsewhere. Due to the nature of the show, it's a world away from the passive attendance of an online gig. Instead it's a more intimate and interactive experience, with the online pals taking a more active role in proceedings, whether that's sharing comments or taking part in segments such as musical memories, or numerunotuno.

The uniqueness is also down to the personalities involved who produce an atmosphere that puts people at ease. There's always a lot of laughter, but often with moments of genuine emotion too. It's always wonderful to have a new musical guest, and to see in their eyes the moment they grasp what a special show Sounds Good is.

Since I've been attending Sounds Good, I've seen people grow in confidence from performing in the open mic all the way to starting off in their own musical careers. There's music and poetry that exist today that wouldn't be here without Sounds Good, but just as important and powerful is every smile or moment of laughter that wasn't there before. Sounds Good is about connecting, and it's just as important now as it was in the initial lockdowns." Adam Jenkins - Regular volunteer presenter.

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

WhatsApp Groups

In addition to face-to-face sessions, our WhatsApp group continues to flourish. Its success is evident by the incredible support Pals show each other, building positive relationships and increasing their sense of belonging.

"Its always nice to get along to rt. I am missing it at moment. So glad got this group. So hope you manage to get there. So much on next week that seems fab! Hope you feel better soon. You know you got us all the time though. We are a Team!! X"

Raising Awareness of suicide and mental health

We succeeded in last year's ambition of raising awareness of mental health issues and in particular the problem of suicide.

Never Give Up @ Assembly Rooms with Music Durham

Our annual suicide awareness event Never give up continues to grow with our development of live streaming the whole show, which can be viewed on YouTube even after the event. The 4th annual live performance of 'NEVER GIVE UP' Suicide Awareness Variety Show was held once again in the beautiful surroundings of the Durham Assembly Rooms Theatre. RTProjects and Music Durham joined forces to showcase an amazing array of talent, whilst the serious themes of suicide prevention and addressing mental health issues were the central theme of the evening. Compered by Beano, the show featured performances by internationally acclaimed local musicians including Bridie Jackson, Steve Pledger and Simon Wood, alongside Durham University's Gospel Choir, Brass Band and 'Foot Notes' a cappella ensemble. The show reached its fitting climax with Pals taking to the stage to perform their own composition "Breathing", joined by all the other performers, over 70 in total. The result was breath-taking. See the live performance here:

<https://youtu.be/12hpQIEeQfo?si=CMU6N8P2atjzhjk3>

The show was livestreamed to YouTube, and has been viewed by over 300 people. Many thanks to Richard Lee for volunteering his expert video conferencing skills and making the event such a success!

Arty Party Annual Celebration - Our annual celebration in September 2022 was a wonderful showcase of the creative work produced by Pals over the year alongside professional performers. Spoken Word, music, film and visual art were in abundance, as was the atmosphere of amity and joy. This wonderful event was beautifully captured by local film maker Carl Joyce.

<https://www.youtube.com/watch?v=VdS8XplPD9o>

"I've just watched the video, what an amazing event and beautiful music. I can imagine everyone there got a lot out of the evening!" Lyndsey Hocking - Community Development Officer DCA

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) (continued)

Year ended 31 March 2023

Beneficiaries

Summary of Beneficiaries

- 149 unique beneficiaries were supported over the year. 94 people were supported in person, 55 attended an online session.
- 57 people received one-to-one support from a mental health practitioner for their mental health
- 200+ people attended an event

Beneficiaries Detail

- 57 pals attended a regular weekly session
- 30 people on average attended a regular weekly session.
- 55 people attended an online session
- 44 people who attended online sessions don't attend any other sessions
- 11 of those who attended an online session were pals who attend regular weekly session
- 12 people on average attended each online session.
- 66 people attended a short course
- 37 of those attending a short course didn't attend any other course
- 29 of those attending a short course were pals who attend regular weekly sessions

Sessions & Events

Sessions & Events - Summary

- 240 sessions & events in total were held, over 51 weeks of the year.
- 153 were regular weekly sessions
- 39 were online sessions
- 41 were time-limited sessions
- 5 were community & awareness raising events

Sessions & Workshops - Detail

Session Name	No sessions	Frequency	Day of week	Month From - To
Crafty Café	51	weekly	Wednesday afternoon	April 2022 – March 2023
Headspace	51	weekly	Thursday morning	April 2022 – March 2023
Arts & Minds	51	weekly	Thursday afternoons	April 2022 – March 2023
Sounds Good	39	weekly	Thursday evenings	April 2022 – March 2023
Art in the Park	10	weekly	Monday afternoons	April 2022 – March 2023
Nature Calm	4	monthly	Various	April 2022 – March 2023
Mindful Movement	8	weekly	Tuesday afternoons	July 2022 – August 2022
Singing in Nature	4	weekly	Tuesday afternoons	July 2022 – August 2022
Songwriting	2	Various	Various	June 2022 - July 2022
Drumming	4	weekly	Fridays	July 2022 – August 2022
Film making	5	weekly	Tuesdays	August 2022 – Sept 2022
Wreath Making	1	One off	Saturday	December 2022
Talking Trees	1	Weekly	Tuesday	April 2022
Art for Wellbeing	2	Weekly	Tuesday	April 2022

Events	Venue	Date
Never Give Up	Assembly Rooms	5 th Feb 2023
Never Give Up	Collingwood College	21 st June 2022
Sounds Good Live	The Open Art Surgery on	29 th April 2022
Artathon	The Open Art Surgery	18 th June 2022
Arty Party	The Open Art Surgery	30 th Sept 2022

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

People

RTPProjects is eternally grateful to all those who make it the magical place it is. Special thanks to the following for their contributions over the year:

Staff and Freelancers

Amanda Crawford	Beano
Carl Joyce	Emily Osborne
Emma Beattie	Helen Clarkson
Joe Ramsey	Jodie Nicholson
Kate Gorman	Sam Slatcher
Simon Twigg	Simon Wood
Steve Pledger	

Volunteers

Angel Ivil	Adam Jenkins
Bogdana (Lana) Kolodiy	Carol Ming Hin Leung
Kay Fotheringham	Laura Clark Michal Szulc
Nalin Pieries	Olivia Gaynard
Sarah Knight	Sophie Peel
Sophie Wilkinson	Suzanne Williams
Valentina Carlone	Brenda Wood (for Cornerstones)
Nicola Button (for Cornerstones)	Valerie Cheung

Musicians

Alex Seel	Amy Whiter (Dragonfly Sky)
Anna Renae	Blair Dunlop
Ceithd Mac	Chris Lee-Delisle (Dragonfly Sky)
Dan Raza	Danni Nicholls
Dave Thomas	Durham University Gospel Choir
George Boomsma	Footnotes
Greg Hancock	Jim Chorley
Jimmy Ireland	Jodie Nicholson
Jim Tipler (Milton Hide)	Josie Tipler (Milton Hide)
Joe Ramsey	John Reed
Katherine Priddy	Lee Maddison
Matt Steady	Mike Reinstein
Robert Lane	Sarah Anne Szucs
Scott Wainwright	Sean Taylor
Steve Pledger	Tiki Black

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

Partnerships

In June 2022 following the publication of the controversial University report 'Death by 1000 Cuts' about TEWW's approach/services to people with Borderline Personality Disorder (BPD), we raised deep concerns with the Mental Health Provider & Stakeholder Forum about the experience of our pals who have been diagnosed with this 'disorder'. As a result of our persistent pressure, an open meeting was held with Durham County Council Adults Services, TEWW, VCS organisations, mental health service users and carers. This allowed for a conversation to be opened up about the real experiences of VCS services, service users and family members when trying to access statutory services, particularly the crisis service and community mental health services. The Clinical Director of TEWW committed to ongoing dialogue and involvement of VCS partners and service user/carers reps in improving access to and response from the crisis services and integrated community mental health services. A new partnership comprising heads of mental health services of Durham Council, TEWW and the VCS and service user groups. Our mental health lead is a founder member of this group. We are proud to have been instrumental in establishing this partnership, which will provide a direct connection between service users and the people that make decisions that directly affect their lives and look forward to making new and important contacts with the various service leads.

Some of our other partnerships included the Northern Learning Trust who provided tutors for some of our workshops and Music Durham who co-produced Never Give Up at the Assembly Rooms Theatre. Thanks to Lewis, Matthew, Yusuf, and James (technician) for their contributions to making it work, and to all 60 student musicians who made it an evening to remember. Also Durham Minds, spearheaded by Olivia Gaynard who was also a dedicated volunteer throughout the year, and Cornerstones Centre for the Community in Chester le Street who commissioned a series of Art for Wellbeing workshops. The sessions proved hugely popular and an important outlet for people to speak out about their troubles.

Referral Organisations

We are proud to work in partnership with a wide range of referral partners. We value each and every one of your referrals and we are privileged to be trusted to provide a safe place and support in the journey of their recovery:

GP Surgeries	NHS Trusts	Other Referral Organisations
Belmont & Sherburn Surgery Chastleton Medical Centre Claypath & University Medical Practice Cheveley Park Medical Centre Coxhoe Medical Practice Gilesgate Medical Practice West Rainton Surgery	County Durham & Darlington NHS Trust Tees Esk & Wear Valley NHS Trust Cumbria, Northumberland, Tyne & Wear NHS Trust Newcastle Centre for Specialist Psychological Therapies Durham & Darlington Occupational Therapy service Early Intervention in Psychosis Team South Durham Local Authority Services Support & Recovery Social Prescribing Chester Le Street Primary Care Network	Groundwork NE & Cumbria Home Group

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

Call to Action

If you like what we do and are moved to support our work, we are always looking to collaborate with passionate people and organisations.

Are you...

..A psychotherapist, counsellor, psychologist or therapist in any discipline? If you can offer free or reduced rates to our Pals, we need you. Many of our Pals cannot afford the therapy they need to process previous trauma, often keeping them stuck in a cycle of depression and self-blame.

..Good with your hands? A joiner, builder, gardener or handyman? We need occasional help building, cupboards, sheds groundworks etc. Not to mention cutting the grass...

..A Creative Crafter? Could you make 1000 origami butterflies, or paint 1000 rocks to help our fundraising initiatives? <https://>

..An Event organiser? Could you run an event to raise funds to support our work?

..Part of a community group or organisation? Why not organise a unique art installation with our 1000 Butterflies Project! <https://>

...a Business with a social conscience? Sponsor one of our events, such as the Never Give Up concert, or the Gilesgate Lumiere Lantern Parade.

Fundraise for RTProjects!

Whatever your interest, there is a way you can help, by fundraising whilst doing what you love! Cake Bakers can bake and sell cakes, Socialites hold Coffee Mornings, Sky Divers jump out of planes, Mountain Climbers climb the Three Peaks, Walkers to walk Coast to Coast, Knitters to Knit & Natter. The list is endless. If you'd like to help but need some inspiration, drop us a line. We can help with ideas!

Want to help, but don't have the time? You can make a one off or a monthly donation if you have any spare cash. Even a little goes such a long way.

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

Financial review

Income for the year totalled £93,919 (2022 - £157,554) of which £76,376 (2022 - £134,432) was restricted income and £17,543 (2022 - £23,122) was unrestricted.

Expenditure for the year totalled £134,055 (2022 - £121,240) of which £82,783 (2022 - £84,917) was restricted expenditure and £51,272 (2022 - £36,323) was unrestricted. In addition £9,294 was transferred from restricted to unrestricted funds in respect of room hire. This resulted in a deficit of £15,701 (2022 - surplus of £39,901) on restricted funds and a deficit of £24,435 (2022 - £3,587) on unrestricted funds. The overall deficit was £40,136 (2022 - surplus of £36,314).

Reserves Policy

RTProjects provides support to people who live with significant mental health issues and experience high levels of distress. Pals (service users) are vulnerable adults and depend on our services. We are therefore sensitive to the fact that we need to ensure sufficient reserves to cushion any temporary shortfall in external funding, should it occur, so as not to affect negatively on the lives of our Pals and their families.

In the event of closure of RTProjects being required, it is critical that we can continue to support our Pals for a period of time to try and ensure that the future support needed by each individual is in place before we are required to cease service. In other words, each Pal will require a transition period.

For this reason, the trustees have established a policy to aim to hold between 4 and 8 months' free reserves, based on forecast expenditure. This currently amounts to between £56,000 and £112,000. As at 31 March 2023 reserves were £46,355 which is below this range.

RTProjects currently holds one designated fund which covers costs of closure, including redundancy costs. This fund is currently valued at £31,528.

In the event that RTProjects holds more than this amount in free reserves, the trustees will assess if there is a valid reason to exceed the level of reserves e.g. in the event of planned expansion or, alternatively, if appropriate activity should be undertaken to reduce the reserves in a way that benefits our Pals.

Where our money came from:

This year our income came from the following sources:

Grants - £76,376

Donations & Fundraising - £14,421

Income from Charitable Activities - £2,979

Bank Interest - £143

We are deeply thankful to our voluntary donors who chose to support RTProjects with donations. No matter the size, every single penny makes a difference to the work that we can do and the people we can support. These donations represent more than just money though, they reflect the concerns of those people who want to make a difference, and trust RTProjects to make that difference. The sense of a supportive community is hugely important to us. It reminds us that we are not alone.

Thank you to all the organisations that supported us through providing grants. These grants fund the backbone of the work we can do, providing a reliable, safe space for those most in need, week in, week out.

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

Plans for future periods

Delivery

One thing we can almost guarantee is an increased demand for our services. Based on the number of referrals and enquiries for the previous year there is an increase in people needing support, in particular from younger people. This has placed extra demands on RTPProjects. From initial enquiry to providing appropriate support an extra demand is placed on everyone at RTPProjects, from additional administration, induction, ongoing review, group support, creative support, one to one support, and reporting. This has resulted in increased demand on all staff, a need for more staff and more sessions. We aim to meet these needs in the coming year.

Staff Recruitment

In response to the increased demand, we need to take on more staff, both employed and freelance. This will be a big challenge in terms of finding the funding, but on a positive note we have already found some wonderful capable people who now have the mission of RTPProjects close to their heart. The next step is to recruit staff with specialised skills in specific areas, such as finance and fundraising.

Raising Awareness of suicide and mental health

We will continue to build on last year's ambition of raising awareness of mental health issues and in particular the problem of suicide. Our annual suicide awareness event Never give up continues to grow. We are also planning to host and support local mental health awareness events together with giving talks both live and online.

Partnerships

We will continue to build and strengthen links with other local, regional and national organisations. We will develop the genuine relationships we have forged with several Durham University departments including our longstanding five-year relationship with Music Durham. There is also now the opportunity to partner with Launchpad - the community outreach arm of the Durham University Fashion Show. After a successful partnership with Durham Minds which is a student run Durham university mental health support organisation for students, the previous president has left a legacy document for their successor to continue the partnership each year. We look forward to the development of the TEWW, DCC VCS partnership which aims to improve the experience of our many beneficiaries who are statutory mental health service users.

Volunteering

We believe that volunteering not only has a positive effect on the lives of our Pals and on the organisation itself, but also can have a significant impact on the emotional and physical wellbeing of the volunteer, as well as developing their skillset. Volunteers are vital to our work and the increased fundraising activities which student volunteers undertake. We will also continue to develop our volunteer programme by recruiting volunteers with specific skills and abilities, who can make valuable contributions towards running and developing our organisation.

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

Structure, governance and management

The company is a charitable company limited by guarantee and does not have a share capital. The company was registered as a charity on 31 March 2011. The company's governing instrument is the Memorandum and Articles of Association. The governing body is a voluntary Board of Trustees.

The trustees meet at least four times a year to consider the company's strategies, policies and financial status. At each annual general meeting one-third of the trustees or, if their number is not three or a multiple of three, the number nearest to one-third, must retire from office. The trustees select a chair, vice-chair and treasurer amongst themselves. All new trustees are welcomed into the organisation with the provision of an induction pack containing RTProjects Aims and Objectives, Policies and Procedures, as well as information regarding previous achievements, current activities and future hopes for the organisation.

Day to day operational and financial management is delegated to the administrator, project manager, project director and voluntary secretary.

Public Benefit Statement

Our main activities and those whom we help are described elsewhere in this report. All our charitable activities are undertaken to further our charitable purposes for the public benefit. The committee have had regard to the Charity Commission's guidance on public benefit throughout the year when deciding on the activities of the charity.

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

Reference and administrative details

Registered charity name R T Community Projects Ltd

Charity registration number 1141017

Company registration number 06868423

Principal office and registered office 23 Mill House Court
Gilesgate
Durham
DH1 2JJ

The trustees

Simon Woolley (Chair)
Bryony Hayter
Sara Punshon
Rachel Baker
Sarah Henderson
Isobel Armitage
Dr Jan Panke
Joseph Cashmore

Company secretary Emma Beattie

Independent examiner Jane Ascroft FCA MA (Cantab)
Enterprise House
Harmire Enterprise Park
Barnard Castle
Durham
DL12 8XT

Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

The trustees' annual report was approved on 28/11/23 and signed on behalf of the board of trustees by:



Emma Beattie
Charity Secretary

R T Community Projects Ltd

Independent Examiner's Report to the Trustees of R T Community Projects Ltd

Year ended 31 March 2023

I report to the trustees on my examination of the financial statements of R T Community Projects Ltd ('the charity') for the year ended 31 March 2023.

Responsibilities and basis of report

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

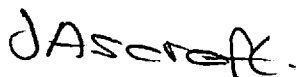
Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). 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 statement

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

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

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



Jane Ascroft FCA MA (Cantab)
Independent Examiner

Enterprise House
Hamire Enterprise Park
Barnard Castle
Durham
DL12 8XT

R T Community Projects Ltd

Statement of Financial Activities (including income and expenditure account)

Year ended 31 March 2023

		Unrestricted funds £	2023 Restricted funds £	Total funds £	2022 Total funds £
	Note				
Income and endowments					
Donations and legacies	5	14,421	76,376	90,797	148,250
Charitable activities	6	2,979	–	2,979	6,422
Investment income	7	143	–	143	215
Other income	8	–	–	–	2,667
Total income		<u>17,543</u>	<u>76,376</u>	<u>93,919</u>	<u>157,554</u>
Expenditure					
Expenditure on charitable activities	9,10	51,272	82,783	134,055	121,240
Total expenditure		<u>51,272</u>	<u>82,783</u>	<u>134,055</u>	<u>121,240</u>
Net (expenditure)/income		<u>(33,729)</u>	<u>(6,407)</u>	<u>(40,136)</u>	<u>36,314</u>
Transfers between funds		9,294	(9,294)	–	–
Net movement in funds		<u>(24,435)</u>	<u>(15,701)</u>	<u>(40,136)</u>	<u>36,314</u>
Reconciliation of funds					
Total funds brought forward		102,318	54,910	157,228	120,914
Total funds carried forward		<u>77,883</u>	<u>39,209</u>	<u>117,092</u>	<u>157,228</u>

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

The notes on pages 21 to 31 form part of these financial statements.

R T Community Projects Ltd

Statement of Financial Position

31 March 2023

	Note	2023 £	2022 £
Fixed assets			
Tangible fixed assets	16	385	577
Investments	17	2,200	2,200
		<u>2,585</u>	<u>2,777</u>
Current assets			
Debtors	18	1,426	3,712
Cash at bank and in hand		125,609	159,865
		<u>127,035</u>	<u>163,577</u>
Creditors: amounts falling due within one year	19	13,133	9,126
Net current assets		<u>113,902</u>	<u>154,451</u>
Total assets less current liabilities		<u>116,487</u>	<u>157,228</u>
Net assets		<u>116,487</u>	<u>157,228</u>
Funds of the charity			
Restricted funds		39,209	54,910
Unrestricted funds		77,883	102,318
Total charity funds	21	<u>117,092</u>	<u>157,228</u>

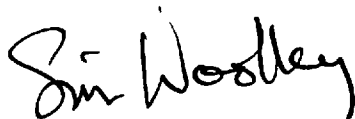
For the year ending 31 March 2023 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

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

These financial statements were approved by the board of trustees and authorised for issue on, and are signed on behalf of the board by:



Simon Woolley (Chair)
Trustee

The notes on pages 21 to 31 form part of these financial statements.

R T Community Projects Ltd

Notes to the Financial Statements

Year ended 31 March 2023

1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 23 Mill House Court, Gilesgate, Durham, DH1 2JJ.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Companies Act 2006.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

There are no material uncertainties about the charity's ability to continue.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances. The trustees consider that there are no significant judgements or estimates affecting these financial statements.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

R T Community Projects Ltd

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

3. Accounting policies *(continued)*

Income

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Expenditure

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses.

R T Community Projects Ltd

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

3. Accounting policies *(continued)*

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Equipment - 25% straight line

Investments

Fixed asset investments are initially recorded at cost, and subsequently stated at cost less any accumulated impairment losses.

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

Financial instruments

The charity only has financial assets and liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

When contributions are not expected to be settled wholly within 12 months of the end of the reporting date in which the employees render the related service, the liability is measured on a discounted present value basis. The unwinding of the discount is recognised as an expense in the period in which it arises.

R T Community Projects Ltd

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

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.

Accrued income and tax recoverable is included at the best estimate of the amounts receivable at the balance sheet date.

Cash at Bank and in Hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors

Creditors 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 are normally recognised at their settlement amount after allowing for any trade discounts due.

Taxation

The company is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the company is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

4. Limited by guarantee

The company is limited by guarantee. At 31st March 2023 there were 8 members each of whom had undertaken to contribute an amount not exceeding £10 in the event of a winding up.

R T Community Projects Ltd

Notes to the Financial Statements (continued)

Year ended 31 March 2023

5. Donations and legacie

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Donations			
Donations and fundraising	14,421	–	14,421
Grants			
Durham County Council - Cree projects	–	8,000	8,000
The National Lottery - A4A	–	9,991	9,991
County Durham Community Foundation	–	56,886	56,886
Durham County Council - Other grants	–	1,499	1,499
	<u>14,421</u>	<u>76,376</u>	<u>90,797</u>
	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Donations			
Donations and fundraising	13,818	–	13,818
Grants			
Durham AAP	–	5,000	5,000
Durham County Council - Cree projects	–	8,000	8,000
The National Lottery - A4A	–	10,000	10,000
DCC - COMF	–	7,830	7,830
DCMS Suicide Prevention Fund	–	32,082	32,082
The Worshipful Company of Grocers	–	5,000	5,000
The Rothley Trust	–	1,000	1,000
County Durham Community Foundation	–	24,757	24,757
Durham Works	–	276	276
Durham County Council - Other grants	–	500	500
Community Foundation 1989 Willan Trust	–	9,987	9,987
Community Foundation G&R	–	30,000	30,000
	<u>13,818</u>	<u>134,432</u>	<u>148,250</u>

6. Charitable activities

	Unrestricted Funds £	Total Funds 2023 £	Unrestricted Funds £	Total Funds 2022 £
Contract income	1,312	1,312	4,292	4,292
Other income from charitable activities	1,667	1,667	2,130	2,130
	<u>2,979</u>	<u>2,979</u>	<u>6,422</u>	<u>6,422</u>

R T Community Projects Ltd

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

7. Investment income

	Unrestricted Funds	Total Funds 2023	Unrestricted Funds	Total Funds 2022
	£	£	£	£
Bank interest receivable	<u>143</u>	<u>143</u>	<u>215</u>	<u>215</u>

8. Other income

	Unrestricted Funds	Total Funds 2023	Unrestricted Funds	Total Funds 2022
	£	£	£	£
DCC Covid Support grant	<u>—</u>	<u>—</u>	<u>2,667</u>	<u>2,667</u>

9. Expenditure on charitable activities by fund type

	Unrestricted Funds	Restricted Funds	Total Funds 2023
	£	£	£
Costs of charitable activities (see page 34)	<u>51,272</u>	<u>82,783</u>	<u>134,055</u>

	Unrestricted Funds	Restricted Funds	Total Funds 2022
	£	£	£
Costs of charitable activities (see page 34)	<u>36,323</u>	<u>84,917</u>	<u>121,240</u>

10. Expenditure on charitable activities by activity type

	Activities undertaken directly	Total funds 2023	Total fund 2022
	£	£	£
Costs of charitable activities (see page 34)	<u>134,055</u>	<u>134,055</u>	<u>121,240</u>

11. Net (expenditure)/income

Net (expenditure)/income is stated after charging/(crediting):

	2023 £	2022 £
Depreciation of tangible fixed assets	<u>192</u>	<u>342</u>

12. Independent examination fees

	2023 £	2022 £
Fees payable to the independent examiner for:		
Independent examination of the financial statements	600	600
Other financial services	<u>1,457</u>	<u>3,876</u>
	<u>2,057</u>	<u>4,476</u>

R T Community Projects Ltd

Notes to the Financial Statements (continued)

Year ended 31 March 2023

13. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2023	2022
	£	£
Wages and salaries	71,110	69,723
Social security costs	445	950
Employer contributions to pension plans	1,624	1,837
	<u>73,179</u>	<u>72,510</u>

The average head count of employees during the year was 4 (2022: 3). The average number of full-time equivalent employees during the year is analysed as follows:

	2023	2022
	No.	No.
Number of project staff	<u>4</u>	<u>3</u>

In addition to the above staff, the charity paid freelancers a total of £36,109 (2022 - £27,580) and freelancers equated to 0.3 FTE.

No employee received employee benefits of more than £60,000 during the year (2022: Nil).

14. Trustee remuneration and expenses

No remuneration or other benefits from employment with the charity or a related entity were received by the trustees.

No trustee expenses have been incurred.

15. Transfers between funds

During the year £9,294 (2022 - £9,614) was transferred from restricted to unrestricted funds in respect of room hire charged to the projects.

16. Tangible fixed assets

	Equipment £
Cost	
At 1 April 2022 and 31 March 2023	<u>6,801</u>
Depreciation	
At 1 April 2022	6,224
Charge for the year	192
At 31 March 2023	<u>6,416</u>
Carrying amount	
At 31 March 2023	<u>385</u>
At 31 March 2022	<u>577</u>

R T Community Projects Ltd

Notes to the Financial Statements (continued)

Year ended 31 March 2023

17. Investments

	Other Investments £
Cost or valuation	
At 1 April 2022	2,200
Additions	—
At 31 March 2023	2,200
Impairment	
At 1 April 2022 and 31 March 2023	—
Carrying amount	
At 31 March 2023	2,200
At 31 March 2022	2,200

All investments shown above are held at valuation.

18. Debtors

	2023 £	2022 £
Trade debtors	—	1,519
Prepayments and accrued income	—	764
Accrued income	1,426	—
Other debtors	—	1,429
	1,426	3,712

19. Creditors: amounts falling due within one year

	2023 £	2022 £
Trade creditors	5,297	560
Accruals and deferred income	1,373	1,045
Social security and other taxes	420	—
Other creditors	6,043	7,521
	13,133	9,126

20. Pensions and other post retirement benefits

Defined contribution plans

The amount recognised in income or expenditure as an expense in relation to defined contribution plans was £1,624 (2022: £1,837).

R T Community Projects Ltd

Notes to the Financial Statements (continued)

Year ended 31 March 2023

21. Analysis of charitable funds

Unrestricted funds

	At 1 April 2022	Income	Expenditure	Transfers	At 31 March 2023
	£	£	£	£	£
General funds	70,790	17,543	(51,272)	9,294	46,355
Closure costs	31,528	—	—	—	31,528
	<u>102,318</u>	<u>17,543</u>	<u>(51,272)</u>	<u>9,294</u>	<u>77,883</u>

	At 1 April 2021	Income	Expenditure	Transfers	At 31 March 2022
	£	£	£	£	£
General funds	83,905	23,122	(14,323)	(21,914)	70,790
Closure costs	—	—	—	31,528	31,528
Barings Foundation	12,000	—	(12,000)	—	—
Garfield Weston Foundation	10,000	—	(10,000)	—	—
	<u>105,905</u>	<u>23,122</u>	<u>(36,323)</u>	<u>9,614</u>	<u>102,318</u>

Restricted funds

	At 1 April 2022	Income	Expenditure	Transfers	At 31 March 2023
	£	£	£	£	£
CDCF Connector 2021	21,357	—	(20,793)	(564)	—
Awards For All - Art in the Studio	5,693	—	(5,405)	(288)	—
DCC - Community Buildings Fund	230	500	(730)	—	—
DCC - COMF - Never Give Up	217	—	(217)	—	—
DCC - COMF - Sounds Good Live	3,650	—	(3,290)	(360)	—
DCC Safe Space	2,597	—	—	—	2,597
Community Foundation 1989 Willan Trust	5,968	—	(5,514)	(454)	—
CDCF - HiF	—	19,271	(7,409)	—	11,862
Community Foundation G&R	15,198	—	(15,198)	—	—
DCC CREE Men's Shed	—	3,000	—	(3,000)	—
DCC CREE She Shed	—	3,000	—	(3,000)	—
DCC CREE Plus	—	2,000	(2,000)	—	—
Sweet Soul Music (A4A)	—	9,991	(2,090)	(182)	7,719
DCC Councillors Pot	—	999	(999)	—	—
CDCF - Organisational Sustainability	—	9,967	(5,416)	—	4,551
CDCF - Poverty Hurts Large	—	9,992	(4,344)	(463)	5,185
CDCF - Through the Lens	—	7,677	(382)	—	7,295
Connector - Outdoor Art	—	9,979	(8,996)	(983)	—
	<u>54,910</u>	<u>76,376</u>	<u>(82,783)</u>	<u>(9,294)</u>	<u>39,209</u>

R T Community Projects Ltd

Notes to the Financial Statements (continued)

Year ended 31 March 2023

21. Analysis of charitable funds (continued)

	At 1 April 2021 £	Income £	Expenditure £	Transfers £	At 31 March 2022 £
AAP - Spring Resilience	–	5,000	(5,000)	–	–
CDCF Connector 2021	–	24,757	(1,709)	(1,691)	21,357
Awards For All - Art in the Studio	–	10,000	(3,730)	(577)	5,693
The Worshipful Company of Grocers	–	5,000	(5,000)	–	–
The Rothley Trust	–	1,000	(660)	(340)	–
DCMS Suicide Prevention Fund	–	32,082	(31,820)	(262)	–
DCC - Community Buildings Fund	–	500	(270)	–	230
DCC - COMF - Never Give Up	–	4,180	(3,503)	(460)	217
DCC - COMF - Sounds Good Live	–	3,650	–	–	3,650
DCC Safe Space Community Foundation	2,597	–	–	–	2,597
1989 Willan Trust	–	9,987	(3,565)	(454)	5,968
CDCF - HiF	–	–	–	–	–
Believe 2020 Craft Cafe Durham Works	1,255	–	(1,149)	(106)	–
Community Foundation G&R	–	276	(396)	120	–
Time to Change	7,907	30,000	(22,708)	(1)	15,198
DCC CREE Men's Shed	3,250	–	(3,296)	46	–
DCC CREE She Shed	–	3,000	–	(3,000)	–
DCC CREE Plus	–	2,000	(2,111)	111	–
	<u>15,009</u>	<u>134,432</u>	<u>(84,917)</u>	<u>(9,614)</u>	<u>54,910</u>

R T Community Projects Ltd

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

22. Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Tangible fixed assets	385	–	385
Investments	2,200	–	2,200
Current assets	87,826	39,209	127,035
Creditors less than 1 year	(13,133)	–	(13,133)
Net assets	<u>77,278</u>	<u>39,209</u>	<u>116,487</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Tangible fixed assets	577	–	577
Investments	2,200	–	2,200
Current assets	108,667	54,910	163,577
Creditors less than 1 year	(9,126)	–	(9,126)
Net assets	<u>102,318</u>	<u>54,910</u>	<u>157,228</u>

R T Community Projects Ltd

Management Information

Year ended 31 March 2023

The following pages do not form part of the financial statements.

R T Community Projects Ltd

Detailed Statement of Financial Activities

Year ended 31 March 2023

	2023 £	2022 £
Income and endowments		
Donations and legacies		
Donations and fundraising	14,421	13,818
Durham AAP	–	5,000
Durham County Council - Cree projects	8,000	8,000
The National Lottery - A4A	9,991	10,000
DCC - COMF	–	7,830
DCMS Suicide Prevention Fund	–	32,082
The Worshipful Company of Grocers	–	5,000
The Rothley Trust	–	1,000
County Durham Community Foundation	56,886	24,757
Durham Works	–	276
Durham County Council - Other grants	1,499	500
Community Foundation 1989 Willan Trust	–	9,987
Community Foundation G&R	–	30,000
	<u>90,797</u>	<u>148,250</u>
Charitable activities		
Contract income	1,312	4,292
Other income from charitable activities	1,667	2,130
	<u>2,979</u>	<u>6,422</u>
Investment income		
Bank interest receivable	143	215
Other income		
DCC Covid Support grant	–	2,667
	<u>–</u>	<u>2,667</u>
Total income	<u>93,919</u>	<u>157,554</u>

R T Community Projects Ltd

Detailed Statement of Financial Activities *(continued)*

Year ended 31 March 2023

	2023 £	2022 £
Expenditure		
Wages	71,110	69,723
Employer's NIC	445	950
Pension costs	1,624	1,837
Premises costs	7,773	6,613
Insurance	718	714
Publicity and promotion	236	416
Motor and travel costs	2,556	2,144
Legal and professional fees	6,089	4,538
Telephone	820	962
Other office costs	1,000	1,341
Depreciation	192	342
Materials	1,368	1,136
Facilitator fees	36,110	27,580
Equipment and IT renewals	1,576	1,533
Other costs	2,438	1,411
Total expenditure	134,055	121,240
Net (expenditure)/income	(40,136)	36,314

RT COMMUNITY PROJECTS LTD

England & Wales - Charity number 1141017

Accounts

R T Community Projects Ltd
Financial Statements
For the year ending
31 March 2022

JANE ASCROFT AACCOUNTANCY LIMITED

Chartered Accountants
Enterprise House
Harmire Enterprise Park
Barnard Castle
Durham
DL12 8XT

R T Community Projects Ltd

Financial Statements

Year ended 31 March 2022

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R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report)

Year ended 31 March 2022

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 March 2022.

Chair's report

Well, that was a strange and unusual time for everyone. The Covid dust seems to have settled and brought with it new challenges, not least for those who are already struggling to make sense of their world. There remains a sense of fear, confusion, increased social anxiety and mistrust.

It seemed that for everyone a sense of not knowing who to turn to prevailed. There was no 'user manual' for us to follow. We knew our desired destination but we had no map of the area so there was a lot of 'making it up as we went along'. We had to rely on 'being creative'. Luckily this is one of RTPProjects superpowers.

Public discourse seemed focussed on 'Doing the right thing' and 'Staying Safe from Covid' whilst for RTPProjects the focus was on 'Staying Alive' since many of our Pals had endured thoughts of suicide and self-harm.

We knew that Covid could kill, but we also know that severe mental distress can also result in death. From a positive viewpoint there were many lessons learned. Some of which have improved RTPProjects.

Responding to the pandemic and subsequent lockdown was a huge challenge. Guiding people through the fear and trepidation has been equally challenging but we have now managed to re-engage nearly all our Pals and also welcomed quite a few new ones.

We've also developed our staff team, welcoming Amanda, Helen, Kate and Simon, along with several new freelance facilitators.

The transition towards 'normality' has been and continues to be hard, but in responding to the challenges, RTPProjects has learned to be more flexible. We now feel that we are prepared for almost anything.

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2022

Objectives and activities

The objects of the charity are:

- 1) The promotion, preservation and protection of good mental and emotional health through the provision of art projects and courses.
- 2) To advance the education of the public in the creative and visual arts by the provision of educational courses, facilities and other support.

About R T Projects

RTProjects is a small, independent charity, set up in 2007, based on the belief that art can change lives. Our aims are to reduce anxiety, depression and ultimately suicide, by enabling people to use art to strengthen their emotional resilience..

At our dedicated studio 'The Open Art Surgery' we provide one-to-one and group support without time restrictions. Through a journey of creative enquiry participants use the arts as a means of self-expression and self-discovery. By the provision of therapeutic art sessions, we help people to develop insight into their own emotional condition, encouraging self-belief. The workshops are staffed by both mental health practitioners and creative facilitators.

During the sessions participants learn about:

- How to use art as an expressive language
- The latest information around mental health interventions
- Self-help interventions including relaxation techniques
- Implications of having a mental health diagnosis
- Other local services available

We provide specialised short courses on both creative and therapeutic techniques. We organise community and awareness raising workshops and events, including: Exhibitions of artwork, Music events: where pals perform alongside professionals, and awareness raising concerts, lectures and talks.

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2022

Objectives and activities *(continued)*

Suicide

Suicide is a leading, preventable cause of death in the UK, statistically the most likely cause of death for a man under the age of 50, and the number of women taking their own lives is increasing. County Durham's suicide rate is significantly higher than the suicide rate for England, as is the rate of self-harm.

Living with depression and anxiety

People die from suicide because their pain is so unbearable, or so relentless, that for them it's the only way they can see to end their suffering. They feel they have nothing to live for, or that the world would be better off without them. The people who attend RTPProjects weekly art groups are living with these feelings every day. They've been labelled with various mental health conditions: depression, anxiety, personality disorder. What that feels like, in reality, is a constant feeling of dread, wishing every moment away. Exhaustion through endless sleepless nights. Sudden panic attacks. Memories of abuse. Intrusive thoughts of self-harm. Drinking too much to numb the pain. Many live in poverty and isolation. Others live with the hopelessness of living with someone who feels this way, and being helpless to make a difference.

Because their experience is invisible, no one else can see their suffering. It feels shameful, no matter how much the rest of us say it isn't. They feel worthless. They feel like a burden to their families, to the rest of society.

The message implicit in our culture is that it is our fault if we can't cope. Having a mental illness carries a terrible stigma, which only compounds the shame. In this vicious circle, life can lose all meaning, and hope. Without hope, we die.

Art can save lives

We believe that in order to reduce suicide we need to reduce distress.

We believe that distress and suffering is a normal response to adverse experiences, and can be alleviated through the portal of art and creativity and a compassionate response from others.

RTPProjects has been using art to manage anxiety and depression since 2007. In our safe, supportive space, we accept people exactly as they are. We foster a love for creativity and cultivate a sense of meaning and hope. We provide opportunities for friendship, and a community of mutual support.

Evidence

We are guided by current research in neuroscience, trauma and therapeutic interventions to inform and adapt our approach. We collaborate formally and informally with an extensive range of partners, local, regional and national. We refer to and receive referrals from a host of other organisations, to maximise the range and quality of support and advice available to our beneficiaries.

RTMinds is the collective term for the regular sessions delivered every week at the Open Art Surgery. Our beneficiaries prefer to be called our Pals, and we use this term to refer to people who attend all of our RTMinds sessions.

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2022

Objectives and activities *(continued)*

How does Art Save Lives?

Meaningful, positive activity. Immersing oneself in meaningful creative activity, anytime, is a great distraction from ruminating thoughts. Practicing it regularly, on a weekly basis, imparts a sense of meaning or purpose to our whole lives. Incorporating any positive activity into a routine will make a difference to how we feel.

A sense of control. Our Pals choose to explore their own activity and project at their own pace, in their own time, with the level of support they choose. We don't tell them what to do. They are invited to experience feeling in control over an aspect of their own lives.

Positive relationships As humans, we need other people to survive. Group sessions create the opportunity for friendship, for companionship. Meeting others who feel the same as you helps you to know you are not alone. You belong. This sense has a huge impact on relief of suffering.

Our Pals are constantly introduced to new people. Students, academics, therapists, artists, musicians, poets; all people with the same fears, hopes and struggles. Having a wider social network develops an appreciation of diversity, enables and challenges Pals to experience life outside of their comfort zone in the safety of supportive others. It also encourages independence, and a sense of control over one's own life.

Experiencing positive emotions, such as laughter, joy and delight, releases feel good hormones that trigger feelings of pleasure and relieve pain.

A creative environment. Our community art studio, the Open Art Surgery, is dedicated to the sole purpose of creating and experiencing art. Everything is accessible; the possibilities to create are endless. It has been described as 'homely', 'non-stigmatising' 'welcoming', 'non-clinical'. A bungalow in a residential area, it's abundant with creativity in all colours, shapes and forms. The physical entity of the Open Art Surgery immediately puts people at ease.

Skilled, compassionate people. The people who work at RTProjects are not only specialists in a variety of creative activities, but are also compassionate and accepting. We help to bring creative ideas to life, and are open and non-judgmental. We listen. Our staff are trained in Mental Health First Aid and Suicide Intervention Skills, so Pals are in safe hands. Experiencing compassion and feeling heard and validated by others is often the turning point in people's lives.

Exhibitions & Events. We put on regular exhibitions showing artwork created by pals. If something you produce is valued, you feel valued. As a result, self-esteem and self-confidence begin to grow. Events such as the Gilesgate Lumiere Lantern Parade, and the Shadow Puppet Show are spectacular, inclusive, engage the wider community, and they're fun! We put on regular exhibitions showing artwork created by Pals. If something you produce is valued, you feel valued. As a result, self-esteem and self-confidence begin to grow. Events such as the Never Give Up Variety show and regular live music events are spectacular, inclusive, engage the wider community, and they're fun!

Experiencing Culture. Trips to Museums, Art Galleries, Gardens and visits from Artists, Illustrators, Musicians and Poets enrich lives with culture, creativity and a sense of community.

No time limit. Offering regular sessions for as long as someone wants to attend allows them to invest themselves into relationships and a community without fear of abandonment or being let down.

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2022

Achievements in 2021/22

Our main focus was to get our Pals coming back into the studio. We knew that in order to do this they had to feel safe and reassured and perhaps most of all excited about taking part in creative activities again. To this end we introduced a range of new activities, from small group sessions to ones which took place outside. This helped people not only get out and about after lockdown and enjoy some fresh air but also to accommodate those who still felt nervous about being in the studio. We utilised two large gazebos which protected people from the heat of the sun more than from the usual rainfall. Apart from practical interventions and above all else we needed to make RTProjects feel like a 'Safe Place' for people to come back to. We believe we got this right, as our Pals and partners have told us:

"RT is a place where I feel most accepted and understood. It's never mattered here how ill I've been or how willing to participate. I've always been welcomed, encouraged, hugged and people have tried to give me hope - eventually it's sunk in a bit!"

"As a Social Prescribing Link Worker, I work with many individuals with complex needs when it comes to the wider determinants of their health. It can be difficult to find community services who ultimately have the person's individual needs at the fore front of what they deliver. RTProjects is absolutely one of the most amazing services I've had the pleasure of working alongside and every individual who I have accompanied there for a visit have gone on to thrive and fulfil any aspirations they've had with RT's help and support. The effects on an individual's mental wellbeing can be life changing when you have people around you who genuinely care, who want to lift you, increase your confidence, magnify your strengths and allow any negatives to be turned into positives. This to me is what RTProjects is all about and I'd like to thank Beano, Emma and crew for supporting our patients and changing their whole outlook on life."

We supported 39 Pals in total through the delivery of 114 sessions.

RTMinds Regular sessions

Crafty Café and Arts & Minds

We began the year with two regular sessions of the Crafty Café on Wednesdays and Arts & Minds on Thursday afternoons, for Pals at high risk of self harm, hospitalization, or suicide. From December 2021, we introduced Headspace on Thursday mornings for Pals who were anxious about being back out in the world post lockdown.

RTMinds Online

In the first half of the year we continued to offer online activities as we gradually moved out of lockdown. From April to September we delivered 100 online sessions, including Figure Drawing, Watercolours, Book Group, Creative Writing, Art History and access to music and entertainment in the form of 'Sounds Good' - RTProjects live music session which has attracted and continues to attract people and musicians from all over the world and is achieving a 'cult' status amongst music lovers.

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2022

Achievements in 2021/22 *(continued)*

RTMinds Online: Sounds Good

Set up in October 2020 in response to lockdown, Sounds Good is a haphazard creation of all things music, hosted by the tenacious trio Beano, Steve Pledger and Joe Ramsey. Broadcast every Thursday evening on Zoom, it has been a lifeline to many during the last two turbulent years, bringing light-hearted relief and some hilarity and a much needed weekly connection with loved ones. Between April 2021 and March 2022 we broadcast 44 Sounds Good sessions to 88 participants, and 500+ Facebook views.

Art in the Park

From May to August we delivered 24 outdoor sessions attended by 27 Pals.

Art in the Park provided participants with access to creative activities in the safety of outdoor settings. The creative sessions incorporated the landscape within the creative process, such as sculpture from driftwood, rubbings of leaves and tree bark, artworks created from leaves and flowers. The artwork formed a natural exhibition that was sometimes left on display in the environment where it was created for others to discover and enjoy. Other sessions focussed on drawing and painting in the outdoors. Participants took sketchbooks and drawing boards to a site of interest and drew from observation, such as flowers, trees and landscapes.

Each session encouraged mindful activity, experiencing the benefit of awareness of the 'here and now' as well as the natural buoyancy of the outdoors.

"I've bought myself an art journal so I'm enjoying doodling in there. It's amazing how it can help change your thoughts or just halt the madness for a while"

'Art in the Park' still continues as a regular activity and has become integral to RTPProjects delivery.

Short Courses and Workshops

Over the year we delivered a programme of short courses and workshops covering a range of therapeutic activities including music, dance, drumming, painting and printmaking. Led by various creative facilitators, supported by wellbeing workers, sessions were designed to build emotional resilience and help people manage their mental health; helping them express emotions and feelings that they are sometimes unable to with words alone. As with all our sessions, the workshops provided valuable social contact to reduce loneliness and support people's routines, to provide a focus and something to look forward to.

- **Drumming** with Simon Wood
- **Singing** with Sam Slatcher
- **Crochet** with Lynne in collaboration with the Northern Learning Trust
- **Mixed Media** with local artist Amanda Smith
- **Talking Trees** - Creative Writing with Bridget Hamilton in collaboration with New Writing North.

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2022

Achievements in 2021/22 *(continued)*

- Pivot Moments with Shunyata Improvisation Group - a group of musicians specialising in improvised music working with RTPProjects to create spoken word soundscape production to feature on their upcoming album, and for RTPProjects Pals to create the artwork for the CD. The Soundscape and their artwork can be found here: <https://www.shunyata.co.uk/>
- Sound bathing with Simon Wood - A different sort of session than usual, with participants being bathed in sounds rather than creating it themselves. The Open Art Surgery was transformed into a magical 'grotto' encased in hangings and beautiful fabric. A wonderfully relaxing experience that transported Pals to a place of peace and tranquillity.

Art Stops was a fantastic initiative. Working with Newcastle based artist Peter McAdam to get RTPProjects Pals involved with his public art project whereby local bus stops would feature the artwork of local artists instead of the usual adverts. Pals produced some fantastic artworks in various formats which were enlarged, printed and displayed in bus stops around Durham for over a month. When asked how they felt about the project afterwards, here's what they said:

"Brilliant, as loads of people notice the art. Even if someone isn't interested in art they will notice it, even if it's subconsciously. Hopefully it will encourage people to go and look for more of the stops."

"It meant a lot to me as I felt it was a genuine and honest way to exhibit my work. I felt the whole general public got to see it and not just a person who would go to an art gallery, it is free and visible to all"

Art for Wellbeing @ Cornerstones. We were delighted to work with Cornerstones Centre for the Community in Chester le Street, to provide 10 Art for Wellbeing sessions introducing the people of Chester le Street to the power of creative activity to improve mental health. Whilst also transferring skills and techniques to the team at Cornerstones. 14 people took part in a variety of activities including art, craft, singing and drumming, experiencing a taste of the possibilities. Cornerstones have since established their own regular art for wellbeing programme due to the success of the introductory sessions.

WhatsApp Groups

In addition to face to face sessions, our WhatsApp groups continued to flourish. Their success was evident by the incredible support Pals showed each other over the lockdown period. Each session had its own group, as well as a larger RTPProjects group chat. These have been a hugely successful unintended outcome of the lockdown, as Pals got to grips with the, for many, new and daunting technology. We provided one to one training to make sure that everyone could access the chat groups and really get to know each other much better and develop meaningful and lasting friendships outside of the sessions. It's also a brilliant way to monitor project outcomes and gather feedback, seeing how Pals are supporting each other and reducing social isolation.

Some 'eavesdropping' on chat in the WhatsApp group:

"It's always nice to get along to rt. I am missing it at the moment. So glad got this group. So hope you manage to get there. So much on next week that seems fab! Hope you feel better soon. You know you got us all the time though. We are a Team!! X"

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2022

Achievements in 2021/22 *(continued)*

Exhibitions and Events

Normal Art - An online Exhibition of Pals artwork. In April 2021 we held our first online exhibition. The virtual private opening preview was every bit as good as a real life event. Everyone had a glass of wine and nibbles and were guided around a virtual gallery with a fabulous range of artwork produced over the last year. The exhibition can be viewed online here:
<https://artspaces.kunstmatrix.com/en/exhibition/4269644/rtpalsart-exhibition>

Pivot Moments Live Improvisation performance in February 2022- with the Shunyata Improvisation Group. Performed at our Open Art Surgery by the musicians and with Pals performing their spoken word parts live.

Arty Party Annual Celebration - Our annual celebration in October 2021 was a wonderful showcase of the creative work produced by Pals over the year alongside professional performers. Spoken Word, music, film and visual art were in abundance, as was the atmosphere of amity and joy. This felt like a real turning point, a celebration of all being together again. This wonderful event was captured here.
<https://www.youtube.com/watch?v=V2ralJjXi8s>

Never Give Up @ Assembly Rooms with Music Durham

The 3rd annual live performance of 'NEVER GIVE UP' Suicide Awareness Variety Show was held in the beautiful surroundings of the Durham Assembly Rooms Theatre. RTPProjects and Music Durham joined forces to showcase an amazing array of talent, whilst the serious themes of suicide prevention and addressing mental health issues were the central theme of the evening. Compered by - RTPProjects' trailblazer, Beano, the show featured performances by internationally acclaimed local musicians including Ceitidh Mac, Steve Pledger and Simon Wood, alongside Durham University's Gospel Choir, Jazz Society, Brass Band and 'Foot Notes', an a cappella ensemble. The show reached its fitting climax with Pals taking to the stage to perform their own composition "Breathing", joined by all the other performers. The result was breath-taking. The song is planned to be recorded and released as a charity single, so watch this space! Special thanks to Eve Battersby for choral arrangement. See the live performance here: <https://www.youtube.com/watch?v=V2ralJjXi8s>

The show was live-streamed to YouTube, reaching over 500 people. Many thanks to Jamie Cook for his expert tech skills in making our event reach such a wide audience, and to Eve Battersby for making it all happen.

Run to the Sun

Over 10 'fun'-draisers rose to the challenge of doing something silly or creative in support of RTPProjects:

- Kate Gorman's 24 runs in a month
 - Emma's 24 Keepy ups
 - Lewis Dean's 24 hour Tetris Challenge
 - Collingwood P7 Students' 24km walk
 - Simon Woolley's 24 Daddy Dances
 - Chloe Hill's Online Singing Concert
 - Bradley Yardy's Super Mario
 - Izzy Armitage's 24 sketches in 24 hours
 - Jena Parkin's 24 hour clay modelling challenge
-

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2022

Achievements in 2021/22 *(continued)*

Sam Slatcher's 24 songs in 24 hrs

It may have been a crazy idea, but for Run to the Sun 2021, Sam Slatcher pledged to write and perform 24 songs in 24 hours. One day in June, Sam was joined at the Open Art Surgery by a group of Pals who helped him to reach his target. Even with only a few hours sleep, the results were spectacular! It all ended with a brand new song called 'Run to the Sun' that we can use every year to accompany our annual fundraiser. Thank you Sam!

Stories of Hope

It's the stories we hear from Pals that tell us we are getting it right.

F has been coming to RTPProjects since 2016, after many years in mental health services. F has lived with depression most of her life, and during the period 2019-2021 was in and out of hospital, during an episode of severe and enduring depression. She would say over and over that she felt a desperate urge to end the pain, that it was unbearable, and she felt no-one in the mental health services had an understanding of her needs. She felt she had been mis-diagnosed, and the medication she'd been prescribed was worsening her condition rather than making it better, but that no-one was listening. She drifted away from RTPProjects in 2019 although we remained in contact via social media, as she lost her home and lived in various accommodation across the North-East.

Whilst in hospital during lockdown, F's mental health had deteriorated rapidly, messages were getting increasingly concerning and we were worried about her safety. She told us that she had been sleeping with a knife close to her body. In an attempt to connect and remind her of the support and friendship she once knew, we asked all Pals who knew her to either write a few words or better still to record a short video clip telling her what they appreciated about her, and a message of hope. We sent these messages over a period of a few days. It seemed to work.

A few weeks later, F started attending sessions at RTPProjects again. She told us that the messages she got from Pals had moved her so much that it reignited her will to live.

After being discharged from hospital the main activity in her care plan is to attend regular sessions at RTPProjects. This is a message she sent via WhatsApp after she attended online figure drawing sessions:

"So exciting yesterday. Any chances of pics up of people's work? So people can discuss how wonderful it was!? Honestly, first time I have felt like me for 2 years xx& xx were in the background making pancakes, she said I can go again if I am going to be so well when there! She said the gasps of delight and me laughing at trying to do it was lovely, also she understood how with a 2 min or 10 second pose some were so rubbish in the past (just scribbles). Anyway fab fab fab, we were only a little jelly at how good others were, loved how you stepped in and said we are all at different stages, I'm using the fact I was without Easel or proper equipment as my excuse, xx saw me frantically trying to clean my rubber on brand new trousers, I really didn't care !! Never have, but man what an amazing experience xxx"

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2022

Achievements in 2021/22 *(continued)*

People

RTProjects is eternally grateful to all who make it the magical place it is. Special thanks to the following for their contributions over the year:

All Staff and Freelancers

Alice Burgess
Amanda Crawford
Amanda Smith
Amanda Quinn
Beano
Bridget Hamilton
Dawn Belshaw
Dorota Modlinger
Ellie Grassick
Emma Beattie
Helen Clarkson
Holly Gray
Jamie Cook 'Howzat TV'
Joe Ramsey
Sam Slatcher
Simon Twigg
Simon Wood
Steve Pledger

Partners and Associates

Lynne Carr (Northern Learning Trust)
Peter McAdam (Funded by Arts Council England)
Martin Donkin & the Shunyata Improvisation Group

Volunteers

Angel Ivil
Adam Jenkins
Arjun Johal
Chris Freestone (Wally)
Hazel Donkin
Kay Fotheringham
Michelle Kindleysides
Olivia Gaynard
Sophie Peel
Sophie Wilkinson
Suzanne Williams
Valentina Carlone
Brenda Wood (for Cornerstones)
Nicola Button (for Cornerstones)

Musicians

Anne Sumner
Ceithd Mac
Danni Nichols
Dave Thomas
Dragonfly Sky
Durham University Gospel Choir
Eve Battersby
Footnotes

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2022

Achievements in 2021/22 *(continued)*

George Boomsma
Greg Hancock
Jim Chorley
Joe Ramsey
John Gallagher
John Reed
Lee Maddison
Mike Reinstein
Sarah Anne Szucs
Scott Wainwright
Steve Pledger
Tiki Black

Partners

Referral Organisations

We are proud to work in partnership with a wide range of referral partners. We value each and every one of your referrals and we are privileged to be trusted to offer support in the journey of their recovery:

Northern Learning Trust
Jack Drum Arts

GP Surgeries:

Claypath Medical Practice
Belmont & Sherburn Surgery
Cheveley Park Medical Centre
West Rainiton Surgery
Coxhoe Medical Practice

NHS Trusts:

County Durham & Darlington NHS Trust
Tees Esk & Wear Valley NHS Trust -
Durham & Darlington Occupational Health Service
Early Intervention in Psychosis Team South Durham
Newcastle Centre for Specialist Psychological Therapies
Cumbria, Northumberland, Tyne & Wear NHS Trust

Local Authority:

Durham County Council Support & Recovery Team
Social Prescribing Chester Le Street Primary Care Network
Wellbeing for Life under Local Authority

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2022

Achievements in 2021/22 *(continued)*

Call to Action

If you like what we do and are moved to support our work, we are always looking to collaborate with passionate people and organisations.

Want to help, but don't have the time? You can make a one off or a monthly donation if you have any spare cash. Even a little goes such a long way.

Are you...

..A psychotherapist, counsellor, psychologist or therapist in any discipline? If you can offer free or reduced rates to our Pals, we need you. Many of our Pals cannot afford the therapy they need to process previous trauma, often keeping them stuck in a cycle of depression and self-blame.

..Good with your hands? A joiner, builder, gardener or handyman? We need occasional help building, cupboards, sheds groundworks etc. Not to mention cutting the grass...

..A Creative Crafter? Could you make 1000 origami butterflies, or paint 1000 rocks to help our fundraising initiatives? <https://>

..An Event organiser? Could you run an event to raise funds to support our work?

..Part of a community group or organisation? Why not organise a unique art installation with our 1000 Butterflies Project! <https://>

...a Business with a social conscience? Sponsor one of our events, such as the Never Give Up concert, the Gilesgate Lumiere Lantern Parade, or Run to the Sun.

Whatever your interest, there is a way you can help, by fundraising whilst doing what you love! Cake Bakers can sell cakes, Socialites hold Coffee Mornings, Sky Divers jump out of planes, Mountain Climbers climb the Three Peaks, Walkers to walk Coast to Coast, Knitters to Knit & Natter. The list is endless. If you'd like to help but need some inspiration, drop us a line. We can help with ideas!

"Thank you to RTPProjects for being a beacon in the darkness. They have shown me how arts and crafts can be life changing and lifesaving. I have surprised myself how creative I can be ... this gives me hope for the future. I am often in mental torture and I've found art and crafts give me a welcome distraction and keeps me in the present moment."

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2022

Financial review

Income for the year totalled £157,554 (2021 - £150,230) of which £134,432 (2021 - £102,307) was restricted income and £23,122 (2021 - £47,923) was unrestricted.

Expenditure for the year totalled £121,240 (2021 - £110,073) of which £84,917 (2021 - £85,353) was restricted expenditure and £36,323 (2021 - £24,720) was unrestricted. In addition £9,614 was transferred from restricted to unrestricted funds in respect of room hire. This resulted in a surplus of £39,901 on restricted funds and a deficit of £3,587 on unrestricted funds. The overall surplus was £36,314 (2021 - £40,157).

Reserves Policy

RTProjects provides support to people who live with significant mental health issues and experience high levels of distress. Pals (service users) are vulnerable adults and depend on our services. We are therefore sensitive to the fact that we need to ensure sufficient reserves to cushion any temporary shortfall in external funding, should it occur, so as not to affect negatively on the lives of our Pals and their families.

In the event of closure of RTProjects being required, it is critical that we can continue to support our Pals for a period of time to try and ensure that the future support needed by each individual is in place before we are required to cease service. In other words, each Pal will require a transition period.

For this reason, the trustees have established a policy to aim to hold between 4 and 8 months' free reserves, based on forecast expenditure. This currently amounts to between £56,000 and £112,000. As at 31 March 2022 reserves were £70,790 which is within this range.

RTProjects currently holds one designated fund which covers costs of closure, including redundancy costs. This fund is currently valued at £31,528.

In the event that RTProjects holds more than this amount in free reserves, the trustees will assess if there is a valid reason to exceed the level of reserves e.g. in the event of planned expansion or, alternatively, if appropriate activity should be undertaken to reduce the reserves in a way that benefits our Pals.

Where our money came from:

This year our income came from the following sources:

Grants - £134,432

Donations & Fundraising - £13,818

Other (DCC Covid Support Grant) - £2,667

Income from Charitable Activities - £6,422

Bank Interest - £215

We are deeply thankful to our voluntary donors who chose to support RTProjects with donations. No matter the size, every single penny makes a difference to the work that we can do and the people we can support. These donations represent more than just money though, they reflect the concerns of those people who want to make a difference, and trust RTProjects to make that difference. The sense of a supportive community is hugely important to us. It reminds us that we are not alone.

Special thanks to Matthew from Lofty Solution, who generously fitted us a loft ladder and created space in our loft for absolutely nothing. We are not sure if he realises quite how happy that made us!

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2022

Financial review *(continued)*

Thank you to all the organisations that supported us through providing grants. These grants fund the backbone of the work we can do, providing a reliable, safe space for those most in need, week in, week out.

Durham County Council: Durham Area Action Partnership (AAP), Public Health Cree (DCC Cree) and Public Health Cree Plus (DCC Cree Plus), Covid Management Outbreak Fund (COMF) and Community Buildings Support Fund;

The National Lottery - Awards for All (A4A);

County Durham Community Foundation - NHS Mental Health and Learning Disability Community Connector Fund (CDCF - Connector);

Department of Digital Culture, Media & Sport (DCMS) Suicide Prevention Fund (DCMS Suicide Prevention Fund);

The Worshipful Company of Grocers;

The Rothley Trust;

DurhamWorks;

Community Foundation Tyne & Wear - 1989 Willan Charitable Trust (Community Foundation 1989 Willan Trust);

Community Foundation Tyne and Wear - Growth and Resilience Fund (Community Foundation G&R);

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2022

Plans for future periods

Delivery

As we came out of lockdown, we emerged more connected and appreciative of our shared vulnerabilities. We navigated a difficult time with blind faith and determination, trusting in our own wisdom and ability to make it work. We maintained relationships, we facilitated community cohesion and promoted positivity. We are dynamic and resilient, and we are confident in our identity. We plan to continue to provide opportunities to engage in activities that are joyful and reflective, that allow us to express fear, pain and joy, and opportunities to simply be, whoever, whatever and wherever we are. We will offer more of a range of sessions of various activities known to be restorative, to include more relaxation and therapy-based classes, as well as more music and poetry, theatre and performance-based work. Online activities will continue where demand exists, such as Sounds Good and Art History lectures. Outdoor activities will continue as a regular feature in the warmer months, and colder ones if that's what people want and the funding is available. Run to the Sun will co-exist both as online and real-life events, whilst we try to showcase the efforts of passionate people doing their own thing to fundraise. Never Give Up the variety show will become an annual event in the calendar. Most importantly, we will continue to stay connected, ensuring that no-one gets left behind.

Income generation

Our focus before Covid was to move RTProjects into a position to be able to develop plans for long term sustainability, primarily through the development and implementation of reliable income streams. As part of our business plan we have detailed the methods that are available to us in both the short and long term, including sales of artwork, training courses, and increasing voluntary donations.

Raising awareness of suicide and mental health

We want to continue to be high profile local advocates of raising mental health awareness and reducing stigma of mental health issues. We want to promote the importance of developing emotional resilience through social and self-care. To achieve this we aim to continue to deliver presentations and talks at various events and to local organisations, universities and colleges, and see no reason why this work cannot continue online. Our Never Give Up campaign is going from strength to strength, with over 2000 views on YouTube to date. We are becoming more and more trauma-informed, and are particularly passionate about raising awareness of how trauma can impact all aspects of our lives.

Partnerships

We will continue to build and strengthen links with other local, regional and national organisations. We will seek to build on the partnerships we have made with Durham University and their various departments, colleges and societies.

Staff recruitment

We are still developing our staff team, with a focus on support with fundraising and income generation.

Volunteering

We will continue to develop our volunteer programme by recruiting volunteers with specific skills and abilities, who can make valuable contributions towards running and developing our organisation. We endeavour to make opportunities for as many volunteers who are moved enough to ask us. We believe that volunteering not only has a positive effect on the lives of our Pals and on the organisation itself, but also can have a significant impact on the emotional and physical wellbeing of the volunteer, as well as developing their skillset.

In the new digital landscape, a world of possibilities has opened up.

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2022

Structure, governance and management

The company is a charitable company limited by guarantee and does not have a share capital. The company was registered as a charity on 31 March 2011. The company's governing instrument is the Memorandum and Articles of Association. The governing body is a voluntary Board of Trustees.

The trustees meet at least four times a year to consider the company's strategies, policies and financial status. At each annual general meeting one-third of the trustees or, if their number is not three or a multiple of three, the number nearest to one-third, must retire from office. The trustees select a chair, vice-chair and treasurer amongst themselves. All new trustees are welcomed into the organisation with the provision of an induction pack containing RTPProjects Aims and Objectives, Policies and Procedures, as well as information regarding previous achievements, current activities and future hopes for the organisation.

Day to day operational and financial management is delegated to the administrator, project manager, project director and voluntary secretary.

Public Benefit Statement

Our main activities and those whom we help are described elsewhere in this report. All our charitable activities are undertaken to further our charitable purposes for the public benefit. The committee have had regard to the Charity Commission's guidance on public benefit throughout the year when deciding on the activities of the charity.

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2022

Reference and administrative details

Registered charity name R T Community Projects Ltd

Charity registration number 1141017

Company registration number 06868423

Principal office and registered office 23 Mill House Court
Gilesgate
Durham
DH1 2JJ

The trustees

Simon Woolley (Chair)
Bryony Hayter
Sara Punshon
Rachel Baker
Sarah Henderson
Isobel Armitage
Dr Jan Panke
Joseph Cashmore

Company secretary Emma Beattie

Independent examiner Jane Ascroft FCA MA (Cantab)
Enterprise House
Harmire Enterprise Park
Barnard Castle
Durham
DL12 8XT

Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

The trustees' annual report was approved on and signed on behalf of the board of trustees by:

Emma Beattie
Charity Secretary

R T Community Projects Ltd

Independent Examiner's Report to the Trustees of R T Community Projects Ltd

Year ended 31 March 2022

I report to the trustees on my examination of the financial statements of R T Community Projects Ltd ('the charity') for the year ended 31 March 2022.

Responsibilities and basis of report

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

Having satisfied myself that the 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 the 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 statement

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

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

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

Jane Ascroft FCA MA (Cantab)
Independent Examiner

Enterprise House
Harmire Enterprise Park
Barnard Castle
Durham
DL12 8XT

R T Community Projects Ltd

Statement of Financial Activities (including income and expenditure account)

Year ended 31 March 2022

			2022		2021
	Note	Unrestricted funds £	Restricted funds £	Total funds £	Total funds £
Income and endowments					
Donations and legacies	5	13,818	134,432	148,250	138,575
Charitable activities	6	6,422	–	6,422	1,577
Investment income	7	215	–	215	78
Other income	8	2,667	–	2,667	10,000
Total income		<u>23,122</u>	<u>134,432</u>	<u>157,554</u>	<u>150,230</u>
Expenditure					
Expenditure on charitable activities	9,10	36,323	84,917	121,240	110,073
Total expenditure		<u>36,323</u>	<u>84,917</u>	<u>121,240</u>	<u>110,073</u>
Net income		<u>(13,201)</u>	<u>49,515</u>	<u>36,314</u>	<u>40,157</u>
Transfers between funds		9,614	(9,614)	–	–
Net movement in funds		<u>(3,587)</u>	<u>39,901</u>	<u>36,314</u>	<u>40,157</u>
Reconciliation of funds					
Total funds brought forward		105,905	15,009	120,914	80,757
Total funds carried forward		<u>102,318</u>	<u>54,910</u>	<u>157,228</u>	<u>120,914</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

The notes on pages 21 to 31 form part of these financial statements.

R T Community Projects Ltd

Statement of Financial Position

31 March 2022

	Note	2022 £	2021 £
Fixed assets			
Tangible fixed assets	16	577	150
Investments	17	2,200	2,200
		<u>2,777</u>	<u>2,350</u>
Current assets			
Debtors	18	3,712	1,584
Cash at bank and in hand		159,865	127,474
		<u>163,577</u>	<u>129,058</u>
Creditors: amounts falling due within one year	19	9,126	10,494
Net current assets		<u>154,451</u>	<u>118,564</u>
Total assets less current liabilities		<u>157,228</u>	<u>120,914</u>
Net assets		<u>157,228</u>	<u>120,914</u>
Funds of the charity			
Restricted funds		54,910	15,009
Unrestricted funds		102,318	105,905
Total charity funds	21	<u>157,228</u>	<u>120,914</u>

For the year ending 31 March 2022 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

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

These financial statements were approved by the board of trustees and authorised for issue on, and are signed on behalf of the board by:

Simon Woolley (Chair)
Trustee

The notes on pages 21 to 31 form part of these financial statements.

R T Community Projects Ltd

Notes to the Financial Statements

Year ended 31 March 2022

1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 23 Mill House Court, Gilesgate, Durham, DH1 2JJ.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Companies Act 2006.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

There are no material uncertainties about the charity's ability to continue.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances. The trustees consider that there are no significant judgements or estimates affecting these financial statements.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

R T Community Projects Ltd

Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

3. Accounting policies *(continued)*

Income

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Expenditure

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses.

R T Community Projects Ltd

Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

3. Accounting policies *(continued)*

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Equipment - 25% straight line

Investments

Fixed asset investments are initially recorded at cost, and subsequently stated at cost less any accumulated impairment losses.

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

Financial instruments

The charity only has financial assets and liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

When contributions are not expected to be settled wholly within 12 months of the end of the reporting date in which the employees render the related service, the liability is measured on a discounted present value basis. The unwinding of the discount is recognised as an expense in the period in which it arises.

R T Community Projects Ltd

Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

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.

Accrued income and tax recoverable is included at the best estimate of the amounts receivable at the balance sheet date.

Cash at Bank and in Hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors

Creditors 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 are normally recognised at their settlement amount after allowing for any trade discounts due.

Taxation

The company is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the company is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

4. Limited by guarantee

The company is limited by guarantee. At 31st March 2022 there were 8 members each of whom had undertaken to contribute an amount not exceeding £10 in the event of a winding up.

R T Community Projects Ltd

Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

5. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Donations			
Donations and fundraising	13,818	–	13,818
Grants			
Durham AAP	–	5,000	5,000
DCC - Cree	–	8,000	8,000
The National Lottery - A4A	–	10,000	10,000
DCC - COMF	–	7,830	7,830
CDCF - Connector	–	24,757	24,757
DCMS Suicide Prevention Fund	–	32,082	32,082
The Worshipful Company of Grocers	–	5,000	5,000
The Rothley Trust	–	1,000	1,000
DCC - Community Buildings Fund	–	500	500
Durham Works	–	276	276
Community Foundation 1989 Willan Trust	–	9,987	9,987
Community Foundation G&R	–	30,000	30,000
	<u>13,818</u>	<u>134,432</u>	<u>148,250</u>
	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Donations			
Donations and fundraising	14,268	–	14,268
Grants			
Durham AAP	–	4,995	4,995
DCC - Cree	–	6,000	6,000
County Durham Community Foundation	–	29,728	29,728
Durham Works	–	1,584	1,584
Durham County Council	–	5,000	5,000
Baring Foundation	12,000	–	12,000
Believe Housing	–	10,000	10,000
Garfield Weston Foundation	10,000	–	10,000
The National Lottery	–	20,000	20,000
Community Foundation G&R	–	25,000	25,000
	<u>36,268</u>	<u>102,307</u>	<u>138,575</u>

R T Community Projects Ltd

Notes to the Financial Statements (continued)

Year ended 31 March 2022

6. Charitable activities

	Unrestricted Funds £	Total Funds 2022 £	Unrestricted Funds £	Total Funds 2021 £
Contract income	4,292	4,292	–	–
Other income from charitable activities	2,130	2,130	1,577	1,577
	<u>6,422</u>	<u>6,422</u>	<u>1,577</u>	<u>1,577</u>

7. Investment income

	Unrestricted Funds £	Total Funds 2022 £	Unrestricted Funds £	Total Funds 2021 £
Bank interest receivable	215	215	78	78

8. Other income

	Unrestricted Funds £	Total Funds 2022 £	Unrestricted Funds £	Total Funds 2021 £
DCC Covid Support grant	2,667	2,667	10,000	10,000

9. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Costs of charitable activities (see page 34)	36,323	84,917	121,240

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Costs of charitable activities (see page 34)	24,720	85,353	110,073

10. Expenditure on charitable activities by activity type

	Activities undertaken directly £	Total funds 2022 £	Total fund 2021 £
Costs of charitable activities (see page 34)	121,240	121,240	110,073

11. Net income

Net income is stated after charging/(crediting):

	2022 £	2021 £
Depreciation of tangible fixed assets	342	150

R T Community Projects Ltd

Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

12. Independent examination fees

	2022 £	2021 £
Fees payable to the independent examiner for:		
Independent examination of the financial statements	600	600
Other financial services	3,876	3,554
	<u>4,476</u>	<u>4,154</u>

13. Staff costs

The average head count of employees during the year was 3 (2021: 4). The average number of full-time equivalent employees during the year is analysed as follows:

	2022 No.	2021 No.
Number of project staff	<u>3</u>	<u>4</u>

In addition to the above staff, the charity paid freelancers a total of £27,580 (2021 - £25,330) and freelancers equated to 0.3 FTE.

No employee received employee benefits of more than £60,000 during the year (2021: Nil).

14. Trustee remuneration and expenses

No remuneration or other benefits from employment with the charity or a related entity were received by the trustees.

No trustee expenses have been incurred.

15. Transfers between funds

During the year £9,614 was transferred from restricted to unrestricted funds in respect of room hire charged to the projects.

R T Community Projects Ltd

Notes to the Financial Statements (continued)

Year ended 31 March 2022

16. Tangible fixed assets

	Equipment £
Cost	
At 1 April 2021	6,032
Additions	769
At 31 March 2022	<u>6,801</u>
Depreciation	
At 1 April 2021	5,882
Charge for the year	342
At 31 March 2022	<u>6,224</u>
Carrying amount	
At 31 March 2022	<u>577</u>
At 31 March 2021	<u>150</u>

17. Investments

	Other investments £
Cost or valuation	
At 1 April 2021	2,200
Additions	—
At 31 March 2022	<u>2,200</u>
Impairment	
At 1 April 2021 and 31 March 2022	<u>—</u>
Carrying amount	
At 31 March 2022	<u>2,200</u>
At 31 March 2021	<u>2,200</u>

All investments shown above are held at valuation.

18. Debtors

	2022 £	2021 £
Trade debtors	1,519	—
Prepayments and accrued income	764	—
Other debtors	1,429	1,584
	<u>3,712</u>	<u>1,584</u>

R T Community Projects Ltd

Notes to the Financial Statements (continued)

Year ended 31 March 2022

19. Creditors: amounts falling due within one year

	2022 £	2021 £
Trade creditors	560	302
Accruals and deferred income	1,045	600
Social security and other taxes	–	678
Other creditors	7,521	8,914
	<u>9,126</u>	<u>10,494</u>

20. Pensions and other post retirement benefits

Defined contribution plans

The amount recognised in income or expenditure as an expense in relation to defined contribution plans was £1,837 (2021: £1,564).

21. Analysis of charitable funds

Unrestricted funds

	At 1 April 2021 £	Income £	Expenditure £	Transfers £	At 31 March 2022 £
General funds	83,905	23,122	(14,323)	(21,914)	70,790
Closure costs	–	–	–	31,528	31,528
Barings Foundation	12,000	–	(12,000)	–	–
Garfield Weston Foundation	10,000	–	(10,000)	–	–
	<u>105,905</u>	<u>23,122</u>	<u>(36,323)</u>	<u>9,614</u>	<u>102,318</u>

	At 1 April 2020 £	Income £	Expenditure £	Transfers £	At 31 March 2021 £
General funds	68,773	25,923	(24,720)	13,929	83,905
Closure costs	–	–	–	–	–
Barings Foundation	–	12,000	–	–	12,000
Garfield Weston Foundation	–	10,000	–	–	10,000
	<u>68,773</u>	<u>47,923</u>	<u>(24,720)</u>	<u>13,929</u>	<u>105,905</u>

R T Community Projects Ltd

Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

21. Analysis of charitable funds *(continued)*

Restricted funds

	At 1 April 2021	Income	Expenditure	Transfers	At 31 March 2022
	£	£	£	£	£
AAP - Spring Resilience	–	5,000	(5,000)	–	–
CDCF Connector 2021	–	24,757	(1,709)	(1,691)	21,357
Awards For All - Art in the Studio	–	10,000	(3,730)	(577)	5,693
The Worshipful Company of Grocers	–	5,000	(5,000)	–	–
The Rothley Trust	–	1,000	(660)	(340)	–
DCMS Suicide Prevention Fund	–	32,082	(31,820)	(262)	–
DCC - Community Buildings Fund	–	500	(270)	–	230
DCC - COMF - Never Give Up	–	4,180	(3,503)	(460)	217
DCC - COMF - Sounds Good Live	–	3,650	–	–	3,650
DCC Safe Space	2,597	–	–	–	2,597
Tampon Tax	–	–	–	–	–
Community Foundation 1989 Willan Trust	–	9,987	(3,565)	(454)	5,968
Believe 2020 Craft Cafe	1,255	–	(1,149)	(106)	–
Durham Works	–	276	(396)	120	–
Community Foundation G&R	7,907	30,000	(22,708)	(1)	15,198
The National Lottery	–	–	–	–	–
Time to Change	3,250	–	(3,296)	46	–
DCC CREE Men's Shed	–	3,000	–	(3,000)	–
DCC CREE She Shed	–	3,000	–	(3,000)	–
DCC CREE Plus	–	2,000	(2,111)	111	–
	<u>15,009</u>	<u>134,432</u>	<u>(84,917)</u>	<u>(9,614)</u>	<u>54,910</u>

R T Community Projects Ltd

Notes to the Financial Statements (continued)

Year ended 31 March 2022

21. Analysis of charitable funds (continued)

	At 1 April 2020	Income	Expenditure	Transfers	At 31 March 2021
	£	£	£	£	£
DCC Safe Space	2,597	–	–	–	2,597
Tampon Tax	9,387	–	(7,282)	(2,105)	–
AAP RTMinds Online	–	4,995	(4,862)	(133)	–
Believe 2020 Craft Cafe	–	10,000	(7,572)	(1,173)	1,255
CDCF Covid 19	–	5,000	(5,000)	–	–
Durham Works	–	1,584	(1,584)	–	–
Community Foundation G&R	–	25,000	(17,093)	–	7,907
The National Lottery	–	20,000	(17,653)	(2,347)	–
Time to Change	–	5,000	(1,750)	–	3,250
Winter Resilience	–	24,728	(22,557)	(2,171)	–
DCC CREE Men's Shed	–	3,000	–	(3,000)	–
DCC CREE She Shed	–	3,000	–	(3,000)	–
	<u>11,984</u>	<u>102,307</u>	<u>(85,353)</u>	<u>(13,929)</u>	<u>15,009</u>

22. Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Tangible fixed assets	577	–	577
Investments	2,200	–	2,200
Current assets	108,667	54,910	163,577
Creditors less than 1 year	(9,126)	–	(9,126)
Net assets	<u>102,318</u>	<u>54,910</u>	<u>157,228</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Tangible fixed assets	150	–	150
Investments	2,200	–	2,200
Current assets	114,049	15,009	129,058
Creditors less than 1 year	(10,494)	–	(10,494)
Net assets	<u>105,905</u>	<u>15,009</u>	<u>120,914</u>

R T Community Projects Ltd

Management Information

Year ended 31 March 2022

The following pages do not form part of the financial statements.

R T Community Projects Ltd

Detailed Statement of Financial Activities

Year ended 31 March 2022

	2022 £	2021 £
Income and endowments		
Donations and legacies		
Donations and fundraising	13,818	14,268
Durham AAP	5,000	4,995
DCC - Cree	8,000	6,000
The National Lottery - A4A	10,000	–
DCC - COMF	7,830	–
CDCF - Connector	24,757	–
DCMS Suicide Prevention Fund	32,082	–
The Worshipful Company of Grocers	5,000	–
The Rothley Trust	1,000	–
DCC - Community Buildings Fund	500	–
County Durham Community Foundation	–	29,728
Durham Works	276	1,584
Durham County Council	–	5,000
Community Foundation 1989 Willan Trust	9,987	–
Baring Foundation	–	12,000
Believe Housing	–	10,000
Garfield Weston Foundation	–	10,000
The National Lottery	–	20,000
Community Foundation G&R	30,000	25,000
	<u>148,250</u>	<u>138,575</u>
Charitable activities		
Contract income	4,292	–
Other income from charitable activities	2,130	1,577
	<u>6,422</u>	<u>1,577</u>
Investment income		
Bank interest receivable	215	78
Other income		
DCC Covid Support grant	2,667	10,000
	<u>157,554</u>	<u>150,230</u>
Total income		

R T Community Projects Ltd

Detailed Statement of Financial Activities *(continued)*

Year ended 31 March 2022

	2022 £	2021 £
Expenditure		
Wages	69,723	58,540
Employer's NIC	950	—
Pension costs	1,837	1,564
Premises costs	6,613	6,115
Insurance	714	704
Publicity and promotion	416	2,914
Motor and travel costs	2,144	1,666
Legal and professional fees	4,538	4,288
Telephone	962	1,096
Other office costs	1,341	169
Depreciation	342	150
Materials	1,136	2,502
Facilitator fees	27,580	25,330
Equipment and IT renewals	1,533	3,844
Other costs	1,411	1,191
Total expenditure	<u>121,240</u>	<u>110,073</u>
 Net income	 <u>36,314</u>	 <u>40,157</u>

RT COMMUNITY PROJECTS LTD

England & Wales - Charity number 1141017

Accounts

R T Community Projects Ltd
Financial Statements
For the year ending
31 March 2021

JANE ASCROFT AACCOUNTANCY LIMITED

Chartered Accountants
Enterprise House
Harmire Enterprise Park
Barnard Castle
Durham
DL12 8XT

R T Community Projects Ltd

Financial Statements

Year ended 31 March 2021

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R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report)

Year ended 31 March 2021

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 March 2021.

Chair's report

On 23rd March 2020, the UK Government announced what was to be the first of three national lockdowns over the next 12 months as a result of the Covid-19 pandemic - RTProjects entire financial year. Along with the rest of the UK, RTProjects was required to close its doors for an unknown length of time. For our Pals, who in 'normal' times are in great need of support, this was highly distressing. It was also really tough for staff, who care deeply about the care they provide.

Despite the circumstances, we adapted quickly. We prioritised regular contact with each of our Pals, assessing individual risk and ensuring their immediate safety. After some weeks we knew had to get some online activity going as it became clear that this was going to go on for some time. We began to plan a programme of online activities and to design and build a website for Pals to access it. RTMinds online was launched in October 2020, and was hugely successful with over 180 registered users over the year.

Outdoor sessions were introduced in August 2020 once restrictions allowed, enabling people to connect in person again whilst being creative and safe outdoors.

Studio sessions reopened for Pals at high risk from July 2020 onwards, gradually accommodating more and more individuals as our capacity increased. We maintained all other new activities alongside these, including the regular contact, especially throughout the winter months when it just felt like it had gone on too long. We just kept going.

Covid-19 had a devastating impact on many of our Pals, but it has also shown us all that we can not only survive extremely challenging situations, but thrive as a result of facing them together. We survived in a community. We got through it together. We have experienced what we already believed to be true: In the face of adversity, with the support and love of others, we can emerge stronger and more resilient.

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2021

Objectives and activities

The objects of the charity are:

1) The promotion, preservation and protection of good mental and emotional health through the provision of art projects and courses. 2) To advance the education of the public in the creative and visual arts by the provision of educational courses, facilities and other support.

About R T Projects

RT Projects is a small, independent charity, set up in 2007, based on the belief that art can change lives. Our aims are to reduce anxiety, depression and ultimately suicide, by enabling people to use art to strengthen their emotional resilience. We run six 'Art for Wellbeing' sessions a week at the Open Art Surgery, as well as several one-off and outreach projects.

Integral to our delivery is our community art studio in Gilesgate, Durham. 'The Open Art Surgery' is a fully equipped artist's studio, which is specifically designed to enable people to flourish both creatively and emotionally. It is a safe and supportive environment, which nurtures opportunities for social interaction. It is a stimulating and inspiring place to be.

Beneficiaries learn painting, drawing, photography, music, sculpture, printmaking, ceramics, silk painting, sewing, the history of art, and much more.

Sessions are facilitated by 'mental health artists' who are trained to support and enable our clients to achieve their potential. RT Projects facilitators have a comprehensive understanding of mental health issues, trained to recognise mental ill health including signs of suicide, and to react appropriately. We promote other forms of therapy known to improve mental health by signposting to other organisations and services.

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2021

Suicide

Suicide is a leading, preventable cause of death in the UK. In 2019 male suicide was the highest since 2000 and County Durham endured one of the highest suicide rates in the country. For a man under the age of fifty, it is statistically the most likely cause of death. In women, suicide rates are increasing.

Living with depression and anxiety

People die from suicide because their pain is so unbearable, or so relentless, that for them it's the only way they can see to end their suffering. They feel they have nothing to live for, or that the world would be better off without them. The people who attend RTProjects weekly art groups are living with these feelings every day. They've been labeled with various mental health conditions: depression, anxiety, personality disorder. What that feels like, in reality, is a constant feeling of dread, wishing every moment away. Exhaustion through endless sleepless nights. Sudden panic attacks. Memories of abuse. Intrusive thoughts of self-harm. Drinking too much to numb the pain. Many live in poverty and isolation. Others live with the hopelessness of living with someone who feels this way, and being helpless to make a difference.

Because their experience is invisible, no one else can see their suffering. It feels shameful, no matter how much the rest of us say it isn't. They feel worthless. They feel like a burden to their families, to the rest of society.

The message implicit in our culture is that it is our fault if we can't cope. Having a mental illness carries a terrible stigma, which only compounds the shame. In this vicious circle, life can lose all meaning, and hope. Without hope, we die.

Art can save lives

We believe that in order to reduce suicide we need to reduce distress.

We believe that distress and suffering is a normal response to adverse experiences, and can be alleviated through the portal of art and creativity and a compassionate response from others. . People need each other for survival.

RTProjects has been using art to manage anxiety and depression since 2007. In our safe, supportive space, we accept people exactly as they are. We foster a love for creativity and cultivate a sense of meaning and hope. We provide opportunities for friendship, and a community of mutual support.

Evidence

We are guided by current research in neuroscience, trauma and therapeutic interventions to inform and adapt our approach. We collaborate formally and informally with an extensive range of partners, local, regional and national. We refer to and receive referrals from a host of other organisations, to maximise the range and quality of support and advice available to our beneficiaries.

RTMinds is the collective term for the regular sessions delivered every week at the Open Art Surgery. Our beneficiaries prefer to be called our pals, and we use this term to refer to people who attend all of our RTMinds sessions.

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2021

Objectives and activities *(continued)*

How does Art Save Lives?

Creative Activity. Every week. Immersing oneself in meaningful creative activity, anytime, is a great distraction from ruminating thoughts. Practicing it regularly, on a weekly basis, imparts a sense of meaning or purpose to our whole lives. Incorporating any positive activity into a routine will make a difference to how we feel.

A sense of control. Our pals choose to explore their own activity and project at their own pace, in their own time, with the level of support they choose. We don't tell them what to do. They are invited to experience feeling in control over an aspect of their own lives.

Relationships. As humans, we need other people to survive. Group sessions create the opportunity for friendship, for companionship. Meeting others who feel the same as you help you to know you are not alone. You belong. This sense has a huge impact on relief of suffering.

Actually experiencing positive emotions, such as laughter, releases feel good hormones that trigger feelings of pleasure and relieve pain. Our pals are constantly introduced to new people. Students, academics, therapists, artists, musicians, poets; all people with the same fears, hopes and struggles. Having a wider social network develops an appreciation of diversity, enables and challenges pals to experience life outside of their comfort zone in the safety of supportive others. It also encourages independence, and a sense of control over one's own life.

A creative environment. Our community art studio 'The Open Art Surgery' is dedicated to the sole purpose of creating and experiencing art. Everything is accessible; the possibilities to create are endless. It has been described as 'homely', 'non-stigmatising', 'welcoming', 'non-clinical'. A bungalow in a residential area, it's abundant with creativity in all colours, shapes and forms. The physical entity of the Open Art Surgery immediately puts people at ease.

Skilled, compassionate people. The people who work at RTProjects are not only specialists in a variety of creative activities, but are compassionate & accepting. We help to bring creative ideas to life, and are open and non-judgmental. We listen. Our staff are trained in Mental Health First Aid and Suicide Intervention Skills, so pals are in safe hands. Experiencing compassion and feeling heard & validated by others is often the turning point in people's lives.

Exhibitions & Events. We put on regular exhibitions showing artwork created by pals. If something you produce is valued, you feel valued. As a result, self-esteem and self-confidence begin to grow. Events such as the Gilesgate Lumiere Lantern Parade, and the Shadow Puppet Show are spectacular, inclusive, engage the wider community, and they're fun!

Experiencing Culture. Trips to Museums, Art Galleries, Gardens and visits from Artists, Illustrators, Musicians, Poets enrich lives with culture, creativity and a sense of community.

No time limit. Offering regular sessions for as long as someone wants to attend allows them to invest themselves into relationships without fear of abandonment or being let down

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2021

Achievements in 2020/21

One to One support

Following the announcement that the UK would go into social isolation, our immediate priority was to ensure we remained in contact with everyone we worked with every week. We worked through communication barriers, and established what each Pal needed to maintain contact and stay safe, identified each Pal's preferred method of communication to ensure that Pals could communicate remotely. We got people online, and skilled them up to use digital communications such as Zoom and Whats App.

These steps allowed us to engage and connect Pals via telephone, email and online through private groups on social media platforms. This one to one support formed the backbone of our work throughout the year, with staff contacting Pals on a weekly basis or more depending on need. Telephone calls ranged from a quick 10 minute update to an hour and a half of in depth support. This continued throughout the year, reducing only as we introduced other forms of support. Pals told us how vital this weekly call was to their mental and emotional wellbeing. In many cases it has been the only support they have received. Staff have said they learned so much about everyone as a result of this one to one contact. We really got to know and understand each and everyone of them by listening to them talking about their lives, week in week out.

We did what we could do remain visible to those in our close vicinity, to help people feel cared for such as waving through windows and delivering things they needed, as well as encouraging support for others by baking cakes for each other, and sending each other videos and messages. We provided Covid-19 safe face to face emergency support by meeting up in outdoor spaces for people experiencing extreme emotional distress with suicidal thoughts.

The intensity of some of the one to one calls was challenging for staff, as some of our Pals were experiencing extreme distress. This was inevitable, given the new and complex situation for all of us. Staff were dealing with the same anxieties as everyone else. We are a super responsive team, with weekly meetings to ensure any problems that arise are highlighted and addressed at the earliest opportunity. We needed to ensure staff were able to manage their own mental health whilst being sufficiently grounded to support others. This was achieved by rotating some of the calls, implementing rest periods, providing the opportunity for independent counselling for staff and implementing strategies for self compassion and self care. We established Mindful Mornings, during which staff shared mindful practices for half an hour first thing every Wednesday.

Halfway through the year we asked Pals if they'd felt supported by RTProjects during lockdown. We received 100% positive feedback. Only 38% had received support from anywhere else. When we asked how we'd helped them individually, this is what they said:

Feedback

"I got a lot more social contact than I otherwise would have and support for mental health at a time when the official services were failing me."

"Helped by having someone to listen and be non judgemental. Provided reassurance that the way you were feeling was understandable and you were coping well with the current situation. Enjoyed speaking to someone outside of the family group. Also it was good to know that someone was available to chat each week if you felt the need. Credit to Alice for doing a great job texting each week and chatting when needed."

"Brought me an easel through to my flat for me"

"Weekly phone calls from Emma have maintained a connection and given support. I look forward to chatting to Emma and she brightens my day. It's been wonderful to meet up at Wharton Park. Social

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2021

contact and creativity in the outdoors is really great and very enjoyable. It is the highlight of my week. Thank you."

"Checking in on me by phone and by dropping off milk. Keeping me connected and encouraged."

"ALICE - Week after week I looked forward to our chats when she left milk on the doorstep and her phone calls every week. I spoke to family and friends on the internet but for months she was the only contact I had face to face in the flesh."

Penny's Story

Penny lives on her own, so lockdown was particularly isolating for her. Just before the pandemic Penny had been attending RTProjects and had been dealing with some difficult emotions after having experienced childhood PTSD. A few weeks into lockdown, unable to cope, Penny turned to alcohol again. She admitted over the phone that it had become out of control; she had found herself on a bridge contemplating suicide. Penny related that she had been referred to a variety of different organisations from her GP to alcohol recovery services, who had each passed her on, each said 'we can't help you'. A sad but familiar story. Recognising the hopelessness Penny must have felt by this rejection, we made it clear to Penny that she wouldn't have to go through her struggle alone. We talked through using self compassion and self awareness to manage the feelings, developed strategies to get through the unbearable moments, and listened to stories of painful memories and how they impacted her life now. Incredibly, after one phone call,

"I've had a very bad time in lockdown. RTProjects have kept in touch with me with kind words and lots of support. When I could not get support from the Drug and Alcohol unit and before my appointment with the Community Psychiatric Nurse, they were a life saver. I have been attending the art classes for a while now and they have been so helpful, it's a journey I started with their help, but they really helped when I found myself on the edge. Thank you so much."

The one to one support was funded by Believe Housing, County Durham Community Foundation Covid-19 Support Fund and Tampon Tax. Grants was originally designed for group activities and we were grateful to be able to re-purpose the grant for the immediate need.

Art in the Park Outdoor Sessions

The outdoor sessions came about as a response to the easing of coronavirus restrictions on social gatherings and social distancing. The physical size of the studio meant it was difficult to maintain a distance of two metres from others, and as most of our Pals struggle with anxiety, wearing a mask indoors can trigger feelings of anxiety and panic. We wanted to recreate our usual mode of delivery of studio based creative activity in an outside space, where Pals could undertake independent creative projects with art materials, tools and equipment readily available to create a whole range of different types of artwork.

We provided a variety of materials that could be used to facilitate the creation of natural artworks, such as raffia, recycled paper, willow sticks, chalk, stones etc. The idea was to provide enough material for individuals to have the choice to create something that was personal to them, rather than be prescriptive about what to create. Some needed inspiration, which we provided in the form of photos of other people's art, while others created art from their own imaginations.

Pals were very enthusiastic about the outdoor sessions particularly as they were allowed to spend time outdoors with others for the first time for months. It provided a very welcome and much needed outlet for people to express themselves, their fears and anxieties about their world and the world around them. For those living on their own, the relief was palpable.

Pals were all now part of a Whats App social group, and the sharing and reflecting of experiences after the session were as rich as the sessions themselves:

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2021

Feedback

"Hello everyone hope everyone is ok and those who came to the outdoor art sessions at Wharton Park today enjoyed it. I loved it and can't wait to do it again! I forgot my mobile phone today so I didn't manage to get any pics of all the wonderful art that everyone made and I was wondering if anyone would be willing to share some pics on here. I'd love to see what everyone else got up in the other sessions as I was really inspired by all the gorgeous creativity today. I'm not on any social media so can't see stuff from RT outside of this group."

"Here's my contribution this morning. It was great to see friendly faces and relaxing to just wander around. It was also great to hear children in the background finding the art we had created. Really enjoyed this morning."

"I really love your work with the leaves. What a blooming talented bunch of people. I'm loving this idea of combining art with nature (two of my favourite things in the world)."

"I think the photos show how much we have all missed being creative together"

"Such superb pictures, definitely given me the feel good vibes. Thank you so much for sharing all the pics. I really loved looking at them all."

"Miss my RTProjects family. so good to see you today! Big hugs."

Funded by Time to Change, the outdoor sessions took place at Wharton Park where there were toilet facilities, tables and benches.

Studio Sessions

"You have created a safe haven for expression of pain which is a beautiful and rare thing."

Government rules allowed mental health support groups to meet in person, traditionally thought of as 'talking' groups. At RTProjects we have witnessed profound transformations in people's mental health through the channel of creativity. Paradoxically, during this extremely challenging time the transformations have been more prolific than ever before.

From July 2020 we opened the studio for Covid safe, indoor, group sessions in the Open Art Surgery. Due to capacity, the sessions were for much smaller numbers of people than usual and for Pals in greatest need. We ran shorter programmes of specific activities, such as drumming with Simon Wood, and songwriting with Sam Slatcher of Citizen Songwriters, in order to allow for more Pals to attend.

Jack's Story

Jack was referred in November 2020 by his father, who became concerned about his son's safety after hearing him alluding to suicide. Jack began attending studio sessions, dabbling in painting, but appeared frustrated by a lack of confidence and fear of failure. He worked really well alongside other artists, producing some large scale collaborative paintings, obviously buoyed by their support. Jack hadn't really spoken very much about anything. When we introduced a songwriting course with Citizen Songwriters, Jack was a keen participant. Using a mannequin as a starting point for writing the lyrics, and perhaps acting as a symbol for himself, the collaborative effort of the group provided a safe container to express feelings. Jack used the medium of song lyrics to express himself through in a way painting previously hadn't allowed.

'Mannequin'

"Never smoked a cigarette, or sipped a glass of wine
Haven't had a lover, or someone to call mine?
I've seen you at your worst, angry and unkind?"

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2021

I'll be here forever, til the death of all mankind
Mannequin, oh mannequin, you dress me up in any skin
But never ask me what could lie beneath?
Mannequin, oh mannequin, I'm not the mask you put me in
I've heard your secrets, but I've never told you mine
I'm just a Mannequin watching the world go by
What's going on behind those empty eyes??
Dry-less cries and muted screams?
That last for eternity?
Until I stumbled into RTP where I reflect on broken dreams"

During this period, we ran two face to face sessions per week within a combined offering across different funding streams, with significant financial support January to March 2021 thanks to the Winter Resilience Fund and the County Durham Community Foundation.

RTMinds Online

In October we launched RTMinds Online. This was an entirely online offering of interactive creative activities via Zoom video conferencing and allowed us to pilot new ways of working. Brought to life by Joe Cashmore at DHProductions we created a website which provided a complete online support system for our service users, including access to live interactive online group therapeutic art sessions, creative activities, resources and mental health advice.

We created a timetable of events and sessions that people could sign up for or drop into. It also featured a private space for safe online interaction between service users, as well as more open access sessions where the wider community could pay for interactive creative workshops. The website included signposts to other services and support and links to various relevant resources.

Staff spent a considerable amount of time working individually with Pals to enable them to access the website and then the activity. Quite a challenge over the phone! It worked, and after a few weeks everyone who wanted to join was able to do so, thanks to the patience and support of the staff and volunteer team.

The online activities programme has been hugely successful and made a huge difference by reducing feelings of loneliness brought about by the isolation. It reached people who were isolated both during the Covid-19 pandemic and those who were isolated before the lockdown. It enabled people who were socially and physically isolated to join in with interactive sessions, which they would otherwise not have been able to attend. It allowed people to remain anonymous online, allaying some Pals discomfort with being seen. It enabled people to access an unlimited number of sessions whereas pre-Covid, individual members had limited access to sessions due to the physical size of the Open Art Surgery. Pals have learned specific skills as the sessions are necessarily designed around 'doing' and learning something.

Through the online programme we've been able to work with professionals we may not otherwise have worked with, and forged some very important relationships, increasing our network of excellent partners, and bringing greater depth and creativity to the experience of RTPProjects for everyone.

RTMinds Online sessions

Pals Corner

A session created as a safe space for Pals who knew each other well before lockdown. Sessions began with drawings from natural objects found outside, creating the necessity to go outdoors to get some fresh air. After conversations around how much folks had enjoyed watching the garden birds during the long days and a curiosity to learn about them, the sessions developed into selecting and painting a familiar bird chosen each week by a member of the group. It was a beautifully simple and tranquil session. "It was lovely to do this, to be around everyone, all of yous. Just going outside and getting leaves made a difference to how I felt. Its really good. Its just doing it bit by bit. You've got to

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2021

force yourself. Living in isolation its just so lonely that Ive got to get involved, and cut through the fear. Emma & Holly helped me to start with and the first time it was too much I bottled it, but the second time I did it and I'm glad I did" John - Pals Corner 28th Oct 2020

The Bookwormery

One hour of all things books with guest authors, book readings, book reviews and "Confessions of a Bookworm." If you liked books then 'The Book Wormery' was for you! Every Wednesday at 6pm. "Book group was great. I struggle with reading, so because you helped me get the audio book, I'm excited I can be a part of something I never thought I could be."

Talking Words

An hour of playing with words. A wonderful creative melange of words and crafts. "It was a great session yesterday. Good to have positive thoughts"

Art Journaling and Upcycled Art

"A lovely fun session gently guided by Claire through various creative techniques to learn how to be more reflective and mindful of one's own creativity, and included a box of art goodies containing everything needed to take part in the course. Love the Art Journaling, Claire is very friendly and engaging with clear instructions. It is an hour where I can completely let my mind be absorbed into the activity and be free from anxiety."?

Creative Writing

A 10 week course learning and developing some creative writing techniques.

Fun with Watercolours

A popular course where the emphasis really was on fun!

"It was wonderful. Just what I needed and so chilled. She's a great teacher too. I felt so cared for when you sent me the pack out. It really touched me. Brilliant work from you setting this up. Can't wait for next week!"

Figure Drawing

Who would have thought live figure drawing would work so well online? With the ability to work with artists and models anywhere in the world, we had participants from Barcelona, Ohio and Liverpool. "Any chances of pics up of people's work? So people can discuss how wonderful it was!? Honestly, first time I have felt like me for two years xx Sadie and Ian were in the background making pancakes, she said I can go again if I am going to be so well when there! She said the gasps of delight and me laughing at trying to do it was lovely, also she understood how with a two min or 10 second pose some were so rubbish in the past (just scribbles) . Anyway fab fab fab, we were only a little jelly at how good others were, loved how you stepped in and said we are all at different stages , I'm using the fact I was without Easel or proper equipment as my excuse, Sadie saw me frantically trying to clean my rubber on brand new trousers , I really didn't care!! Never have, but man what an amazing experience xxxx"

Looking at Art with Dr Hazel Donkin

A series of art history lectures including 'Women Surrealist Artists' and 'How do Artists get Meaning into Paintings', these sessions were hugely popular with 20 participants attending the monthly lectures.

Songwriting with Citizen Songwriters (a hybrid zoom and live project)

Our first trial of working live in the studio and with a zoom link up, it worked pretty well! Four Zoom Pals joined four Pals live in the studio to create the song Mannequin described above in Studio Sessions. Singing outside in January proved rather chilly though!

Sounds Good

Sounds Good is a music based weekly online session. Every Thursday Beano, Joe Ramsey and Steve Pledger present a loosely structured event to encourage people to explore and share their own music, or the music that inspires them. Each week they are joined by a musical guest who shares several

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2021

songs, there's a musical memory section where someone shares a song that holds meaning for them, an open mic session, Adam's Album's, and the popular Wally's Words of Wisdom. Artists such as Greg Hancock, Jim Chorley, Anne Sumner, and Steve Pledger himself have performed on the sessions, inspiring the online Pals with their music. The sessions can be interactive, but crucially anyone who wants to watch rather than take part is perfectly able to do so. The weekly event also gives that bit of structure to the weeks of many who feel a bit lost in lockdown; Beano describes it as a punctuation mark in the rambling sentence of the week.

"Sounds Good may be charmingly chaotic at times, but undeniably there is something quite magical and inspirational about it. It's not preachy, there's an abundance of humour throughout, but it really does highlight what is so important about music. Whether it's about the memories that certain music evoke, the inspiration we take from our favourite tracks, or the simple power of watching incredible musicians perform live, Sounds Good shows that music is a momentous force for good that can help heal us all. At the end of a session you might not quite be able to put your finger on what just happened, but you can't help but feel the glow from the warmth and inclusiveness of everybody involved... and you can't help but want to do it again the very next week."

"What you have put together is excellent. There is so much online music related stuff especially with lockdown, it's just completely saturated so well done in putting together something that is entertaining and different from everything else that seems to be out there."

"The inclusiveness and the friendliness of Sounds Good really struck a chord, and while it took a few weeks to get to the point of having my video on during the sessions, it quickly became a high point of my week. It took a long time to actively take part in the sessions, as I was more used to sitting back and watching, but gaining the confidence to create my own poetry and have it played out was a big deal for me. To get over that bubble of anxiety was no small thing."

"You've created an incredibly safe place in which people feel they can come out of their shells and be supported fully without judgement. At a time when everybody has been forced to be insular, it's been such an important outlet for many of us. Not just Sounds Good, but the life drawing, and I'm sure the creative writing and watercolour sessions too."

"Well I don't know quite what has happened to me but since writing that song and playing it, I just can't stop writing more songs. I have written a few more and every day a new one just pops into my mind and I rush for a piece of paper to scribble it down. I would be happy to share another one on Thursday if you would like me to? I am so thankful to have found you guys it has given me a new lease of life, even when I am feeling sad it means now I can just write it down in a song and it's out of my head but not forgotten :)"

"One of the reasons for it (Bridge over Troubled Water) was that I think you provide a bridge for so many people by your RTProjects. It can change lives. It changed mine when I joined your Art classes 16 years ago and I've never been the same since!! So thank you for all that you are doing - you don't always know how you have affected peoples' lives."

Inspired by Sounds Good:

A Ghost on Every Corner by Adam Jenkins. View on YouTube here: <https://www.youtube.com/watch?v=...>

Who Am I? A Spoken word video by Sarah Bowey.

The website and online programme were produced with funding from Durham AAP, the Big Lottery Community Fund, and the Winter Resilience Fund.

'Virtual' Social Groups

The development of peer support groups (monitored by staff) which sit beside the online activity have been a great source of encouragement and support between Pals. In order to facilitate more informal group conversation and sharing of experiences, we developed Whats App groups alongside many of the online sessions. This transformed the experience of participants from the time-limited restriction of

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2021

sessions, enabling them to communicate with other Pals, RTPProject staff and volunteers and support each other. Friendships were made and strengthened during this difficult time. Some developed regular communication with people they barely knew at the start, with one friendship group forming a 'bubble' when regulations allowed for individuals living alone. By implementing these groups alongside the online sessions, the facets of face to face studio sessions that were missing during Zoom groups were successfully re-instated.

Online Events

Run to the Sun

14th June 2020

We undertook a significant reimagining of our annual Run to the Sun fundraising event and moved online. Rather than a 24 hour running challenge, Run to the Sun became a way for people to generate their own "24" challenge to raise money for RTPProjects, and to culminate in an online community event streamed over 24 hours. Some fundraisers retained the traditional running theme albeit with some imaginative interpretations, including Simon's 24 laps of his house wearing a different costume for each lap! Others ventured into more creative arenas such as 24 pictures in 24 hours, and others again just plain silly such as Sara's 24 buckets of cold water tipped over her head by her gleeful sister. Then there was Janey's 2400 hula hoops, Izzy's slack line walk, and Triffie's 24 chalk suns drawn all over the pavements of Durham.

Our 24 hour Zoom party, became a more realistic 12 hour stint instead, joined by many big hearted folks, both live and on Facebook, performing songs and telling stories, playing music and sharing memories. It was a wonderful opportunity for the community to meet for the first time in months, albeit virtually. Despite, or perhaps because of, the huge challenges to run a fundraiser, Run to the Sun 2020 was actually our most successful ever, both financially and in terms of engagement. It is likely that this will become the new format for Run to the Sun in future years. Many thanks to all those people who came up with madcap ideas to raise money for RTPProjects and for performing during the Run to the Sun broadcast. Ustinov College Choir, Becky Fletcher, The Downie Family, Elvet Striders, Josephine Butler College, Georgia Crowther, Simon Woolley's House Circuits, Stephens 10k, Sarah Henderson, Triffie Axworthy, Janey B, Bryony Hayter, Izzy Armitage, James Beattie, Hannah Wade, Sara Punshon, Rachel & Ethan Baker and Simon Wood.

Never Give Up Campaign - World Suicide Prevention Day 2020

10th September 2020

2020 was the year of Zoom, and we timed our Never Give Up campaign event to coincide with World Suicide Prevention Day. We hosted a two hour event on Zoom and streamed Live on Facebook, reaching over 1000 people. With invited guests to say a few words about themselves or their organisation and how they try to make a difference for those people who have lost all hope. We heard from Keith a long serving Samaritan, Andrew Lovell - drumming and Somatic Experiencing Therapist, Bob Malpiedi from Chilli Studios, Paul Bannister from ManHealth, Kylie from Durham Minds and Ricky Kumar from Mentally Sound Radio show. We listened to some great original music from Scott Wainwright, Simon Wood, Steve Pledger and Poetry from Teo Tranca and Beano.

Arty Party

13th October 2020

A celebration of the year on Zoom, joined live by some of the RTPProjects community and watched live on Facebook by more than 100 more. Including performances by musicians including Nicky Rushton, Simon Wood and Joe Ramsey, interviews with inspirational individuals including Chris Fisher the Blind Woodworker, Bob Malpiedi from Chilli Studios, Dr Hazel Donkin, and a sneak preview of things to come on RTMinds online and the virtual exhibition space.

"Wonderful! You are, and continue to be amazing. This was enjoyable, informative, funny and thought provoking. Your ideas and workshops are truly inspirational. Good luck to all involved." June.

R T Community Projects Ltd

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Year ended 31 March 2021

"It is amazing what you guys have done and what you are doing!" Patricia

The recording of the event can be seen on our Facebook page here: <https://www.facebook.com/RTCommunityProjects/>

Summary In Numbers:

116 people received some form of intervention over the year
103 people attended an online creative activity session
52 people received regular telephone support
43 people received one to one support
19 people attended a weekly face to face, creative activity session
400+ people attended an online event

0 people died by suicide

174 sessions were delivered
103 online sessions
9 outdoor sessions
62 studio sessions
3 online events
1000+ telephone calls
2500+ text messages

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2021

Financial review

Income for the year totalled £150,230 (2020 - £75,887) of which £102,307 (2020 - £42,731) was restricted income and £47,923 (2020 - £33,156) was unrestricted.

Expenditure for the year totalled £110,073 (2020 - £89,113) of which £85,353 (2020 - £47,200) was restricted expenditure and £24,720 (2020 - £41,913) was unrestricted. In addition £13,929 was transferred from restricted to unrestricted funds in respect of room hire. This resulted in a surplus of £37,132 on unrestricted funds and a surplus of £3,025 on restricted funds. The overall surplus was £40,157 (2020 - deficit of £13,226).

At 31st March 2021 reserves were £105,905. The trustees aim to keep about 6 months of running costs in reserve which equates to approximately £55,000. The Trustees consider the level of reserves held at 31st March 2021 to be satisfactory.

Where our money came from:

This year our income came from the following sources:

Grants - £138,575

Donations & Fundraising - £14,268

Other (DCC Covid Support Grant) - £10,000

Income from Charitable Activities - £1,577

Bank Interest - £78

We are deeply thankful to our donors who chose to support RTProjects with their voluntary donations. No matter the size, every single penny of every donation makes a difference to the work that we can do and the people we can support. These donations also represent something else to us too - they represent people who are thinking about RTProjects, people who want to make a difference. The sense of a supportive community is hugely important to us too.

Thank you to all the organisations that supported us through providing grants. These grants fund the backbone of the work we can do, providing a reliable, safe space for those most in need, week in, week out.

Durham County Council, Durham Area Action Partnership, Durhamworks, Public Health, The Baring Foundation, Believe, County Durham Community Foundation, Community Foundation Tyne & Wear and Northumberland, Garfield Weston Foundation, The National Lottery.

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2021

Plans for future periods

Delivery

We still don't really know what the future looks like, in terms of enforced isolation and other government restrictions to limit the damage of Covid-19. We do know that we can respond to whatever challenges arise with hope, trust and belief. We can create virtual spaces and maintain relationships, we can facilitate community cohesion and promote positivity. We are dynamic and resilient, we can be simultaneously serious and light-hearted. Joy and pain can co-exist. We plan to continue to embody this outlook, and provide opportunities to engage in activities that are joyful and reflective, spaces that allow us to express our pain and our fears. Online activities will continue where demand exists, such as Sounds Good and Art History lectures. Outdoor activities will continue in the warmer months, and throughout the winter too if that's what's wanted. We will re-introduce studio sessions for all Pals when funding and staff capacity allows. Run to the Sun will undoubtedly exist as an online annual event, showcasing the efforts of passionate people doing their own thing to fundraise. Most importantly, we will continue to stay connected, ensuring that no-one gets left behind.

Staff Recruitment

Our focus just before Covid-19 was to move RTProjects into a position to develop plans for long term sustainability. This would mainly focus on recruiting staff in key positions and to develop and implement other income streams, ultimately resulting in the development of a five year Business Plan. This was side-lined whilst we adapted to the new challenges, and respond to the immediate needs of our beneficiaries. We are now back on track, with a focus on attracting the right people to support the backroom work, particularly administration, communications and fundraising.

Raising Awareness of suicide and mental health

We want to continue to be high profile local advocates of raising mental health awareness and reducing stigma of mental health issues. We want to promote the importance of developing emotional resilience through social and self-care. To achieve this we aim to continue to deliver presentations and talks at various events and to local organisations, universities and colleges, and see no reason why this work cannot continue online. Our Never Give Up campaign is going from strength to strength, with over 1000 views on Youtube to date. We are becoming more and more trauma-informed, and are particularly passionate about raising awareness of how trauma can impact all aspects of our lives.

Partnerships

We will continue to build and strengthen links with other local, regional and national organisations. We will build on the partnerships we have made with Durham University and their various departments, colleges and societies.

Volunteering

We will continue to develop our volunteer programme by recruiting volunteers with specific skills and abilities, who can make valuable contributions towards running and developing our organisation. We endeavour to make opportunities for as many volunteers who are moved enough to ask us. We believe that volunteering not only has a positive effect on the lives of our Pals and on the organisation itself, but also can have a significant impact on the emotional and physical wellbeing of the volunteer, as well as developing their skillset. In the new digital landscape, a world of possibilities has opened up.

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2021

Structure, governance and management

The company is a charitable company limited by guarantee and does not have a share capital. The company was registered as a charity on 31st March 2011. The company's governing instrument is the Memorandum and Articles of Association. The governing body is a voluntary Board of Trustees.

The trustees meet at least four times a year to consider the company's strategies, policies and financial status. At each annual general meeting one-third of the trustees or, if their number is not three or a multiple of three, the number nearest to one-third, must retire from office. The trustees select a chair, vice-chair and treasurer amongst themselves. All new trustees are welcomed into the organisation with the provision of an induction pack containing R T Projects Aims and Objectives, Policies and Procedures, as well as information regarding previous achievements, current activities and future hopes for the organisation.

Day to day operational and financial management is delegated to the administrator, project manager, project director and voluntary secretary.

Public Benefit Statement

Our main activities and those whom we help are described elsewhere in this report. All our charitable activities are undertaken to further our charitable purposes for the public benefit. The committee have had regard to the Charity Commission's guidance on public benefit throughout the year when deciding on the activities of the charity.

Growth and Resilience

In July 2020 RTProjects received a £25k Growth and Resilience grant from the Community Foundation Tyne & Wear, to enable us to employ a full time Manager/Project Director. At a time of such flux and uncertainty this provided much needed capacity to adapt and evolve as an organisation to meet the needs of our Pals, both new and existing. Coupled with an unrestricted grant from The Baring Foundation, together the grants were highly influential in enabling us to substantially increase our revenue by enabling the Project Manager to focus on developing new services and projects rather than purely on project delivery. We responded effectively both to the extreme need we faced but also the opportunities that arose. This also enabled us to extend our delivery, relieving pressure on staff, both in terms of existing workload and the pressure generated by the complexity that Covid-19 brought. We were able to recruit new staff, bringing extended skill sets into the organisation and providing stability. The increased revenue that we generated and the time that we have been able to commit to a rapidly changing situation has enabled us to experiment with new delivery methods, and to be more strategic about how we will respond to the needs of our community in the coming weeks, months and years.

Workforce

Although we employ just four members of staff (each wearing several hats!), to achieve our aims we also depend on freelance workers and organisations, both creative and administrative, as well as volunteers and partners. Thank you team, for your incredible contributions.

Staff & Freelancers

Beano - General Manager - Programme Manager - PR Manager - Graphic Designer - Artist & Facilitator - Studio Technician - Caretaker - Handyman
Emma Beattie - Assistant Manager - Health & Wellbeing Manager - Finance Manager - Artist & Creative Facilitator - Senior Administrator
Alice Burgess - Pals Support Worker - Session Facilitator - Project Support Worker
Holly Gray- Project Assistant - Session Support Worker
Kate Gorman - Finance & Budget analyst, Finance Operations, Monitoring & Evaluation Officer
Suzanne Williams - Online facilitator
Simon Wood - Creative Facilitator (Drumming)

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2021

Sam Slatcher - Creative Facilitator (Songwriting & Singing)
Amanda Smith - Creative Facilitator (Visual Art)
Claire Ford - Creative Facilitator (Visual Art)
Katharine Goda - Creative Facilitator (Words)
Valentina Carlone - Figure Model
Dorota Modlinger - Figure Model & Figure Drawing Facilitator
Rosie Newton - Figure Model

Volunteers

This year volunteers gave over an incredible 400 hours to support others in distress. We are so very grateful for your support, and for the community you help to build.

Hazel Donkin, Deb Place, Kay Fotheringham, Vicki Shouksmith Sophie Peel, Teodor Tranca , Michelle Kindleysides, Mohammed Rabbani, Red Visaya, Lesley Wood.

Referral Partners

These magnificent people and organisations were involved to help people find their way through the darkness:

Claypath Medical Centre
Support & Recovery - Durham County Council
Music Durham - Durham University
One Point Hub Seaham
Sedgefield Affective Disorders Team
Durham City Affective Disorders Team - Tees Esk and Wear Valley NHS Trust Wellbeing for Life
County Durham
Social Prescribers County Durham

Publicity

- Fatea Magazine reviewed Sounds Good. (see Appendix)
- UK Men's Sheds Newsletter: Tackling suicide with RTPProjects Men's Shed. (see Appendix)
- Down by the River wrote a blog post all about Never Give Up (see Appendix)
- MMC Agency featured RTPProjects and the song lyrics to 'Never Give Up' in a research paper for Public Health into the link between debt and suicide:<https://>
- Radio Newcastle featured an interview with Beano raising awareness of suicide in October 2020.
- Never Give Up video reached 1000 views - <https://>

Call to Action

If you are moved to support our work, we are always looking to collaborate with passionate people and organisations.

Are you...

..A psychotherapist, counsellor, psychologist or therapist in any discipline? If you can offer free or reduced rates to our Pals, we need you. Many of our Pals cannot afford the therapy they need to process previous trauma, keeping them stuck in a cycle of depression and self-blame.

..Good with your hands? A joiner, builder, gardener or handyman? We need occasional help building sheds, cupboards, groundworks etc. Not to mention cutting the grass...

..A Creative Crafter? Could you make 1000 origami butterflies, or paint 1000 rocks to help our fundraising initiatives?

..An Event organiser? Could you run an event to raise funds to support our work?

..Part of a community group or organisation? Organise a unique art installation with our 1000 Butterflies Project.

...a Business with a social conscience? Sponsor one of our events, such as the Gilesgate Lumiere Lantern Parade, or Run to the Sun.

..someone with disposable income? You can make a one off or monthly donation if you have any spare cash. A little goes such a long way...

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2021

Whatever your interest, there is a way you can help, by fundraising whilst doing what you love! Cake Bakers can sell cakes, Socialites hold Coffee Mornings, Sky Divers jump out of planes, Mountain Climbers climb the Munros, Walkers to walk Coast to Coast, Knitters to Knit & Natter. The list is endless. If you'd like to help but need some inspiration, drop us a line. We can help with ideas!

Do you need Mental Health Support Skills Training, for yourself or your team? Get in touch! We can teach you what we've learned through years of experience of saving lives, from Listening Skills to Suicide Intervention Training.

Reference and administrative details

Registered charity name R T Community Projects Ltd

Charity registration number 1141017

Company registration number 06868423

Principal office and registered office 23 Mill House Court
Gilesgate
Durham
DH1 2JJ

The trustees

Simon Woolley (Chair)
Bryony Hayter
Sara Punshon
Rachel Baker
Sarah Henderson
Isobel Armitage
Dr Jan Panke
Joseph Cashmore (Appointed 13 October 2020)

Company secretary Emma Beattie

Independent examiner Jane Ascroft FCA MA (Cantab)
Enterprise House
Harmire Enterprise Park
Barnard Castle
Durham
DL12 8XT

Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

R T Community Projects Ltd

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2021

The trustees' annual report was approved on and signed on behalf of the board of trustees by:

Emma Beattie
Charity Secretary

R T Community Projects Ltd

Independent Examiner's Report to the Trustees of R T Community Projects Ltd

Year ended 31 March 2021

I report to the trustees on my examination of the financial statements of R T Community Projects Ltd ('the charity') for the year ended 31 March 2021.

Responsibilities and basis of report

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

Having satisfied myself that the 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 the 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 statement

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

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

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

Jane Ascroft FCA MA (Cantab)
Independent Examiner

Enterprise House
Harmire Enterprise Park
Barnard Castle
Durham
DL12 8XT

R T Community Projects Ltd

Statement of Financial Activities (including income and expenditure account)

Year ended 31 March 2021

		Unrestricted funds	2021 Restricted funds	Total funds	2020 Total funds
	Note	£	£	£	£
Income and endowments					
Donations and legacies	5	36,268	102,307	138,575	56,921
Charitable activities	6	1,577	–	1,577	18,639
Investment income	7	78	–	78	327
Other income	8	10,000	–	10,000	–
Total income		<u>47,923</u>	<u>102,307</u>	<u>150,230</u>	<u>75,887</u>
Expenditure					
Expenditure on charitable activities	9,10	24,720	85,353	110,073	89,113
Total expenditure		<u>24,720</u>	<u>85,353</u>	<u>110,073</u>	<u>89,113</u>
Net income/(expenditure)		<u>23,203</u>	<u>16,954</u>	<u>40,157</u>	<u>(13,226)</u>
Transfers between funds		13,929	(13,929)	–	–
Net movement in funds		<u>37,132</u>	<u>3,025</u>	<u>40,157</u>	<u>(13,226)</u>
Reconciliation of funds					
Total funds brought forward		68,773	11,984	80,757	93,983
Total funds carried forward		<u>105,905</u>	<u>15,009</u>	<u>120,914</u>	<u>80,757</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

The notes on pages 22 to 32 form part of these financial statements.

R T Community Projects Ltd

Statement of Financial Position

31 March 2021

	Note	2021 £	2020 £
Fixed assets			
Tangible fixed assets	16	150	300
Investments	17	2,200	2,200
		<u>2,350</u>	<u>2,500</u>
Current assets			
Debtors	18	1,584	240
Cash at bank and in hand		127,474	80,594
		<u>129,058</u>	<u>80,834</u>
Creditors: amounts falling due within one year	19	10,494	2,577
Net current assets		<u>118,564</u>	<u>78,257</u>
Total assets less current liabilities		<u>120,914</u>	<u>80,757</u>
Net assets		<u>120,914</u>	<u>80,757</u>
Funds of the charity			
Restricted funds		15,009	11,984
Unrestricted funds		105,905	68,773
Total charity funds	21	<u>120,914</u>	<u>80,757</u>

For the year ending 31 March 2021 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

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

These financial statements were approved by the board of trustees and authorised for issue on, and are signed on behalf of the board by:

Simon Woolley (Chair)
Trustee

The notes on pages 22 to 32 form part of these financial statements.

R T Community Projects Ltd

Notes to the Financial Statements

Year ended 31 March 2021

1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 23 Mill House Court, Gilesgate, Durham, DH1 2JJ.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Companies Act 2006.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

There are no material uncertainties about the charity's ability to continue.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances. The trustees consider that there are no significant judgements or estimates affecting these financial statements.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

R T Community Projects Ltd

Notes to the Financial Statements *(continued)*

Year ended 31 March 2021

3. Accounting policies *(continued)*

Income

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Expenditure

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses.

R T Community Projects Ltd

Notes to the Financial Statements *(continued)*

Year ended 31 March 2021

3. Accounting policies *(continued)*

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Equipment - 25% straight line

Investments

Fixed asset investments are initially recorded at cost, and subsequently stated at cost less any accumulated impairment losses.

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

Financial instruments

The charity only has financial assets and liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

When contributions are not expected to be settled wholly within 12 months of the end of the reporting date in which the employees render the related service, the liability is measured on a discounted present value basis. The unwinding of the discount is recognised as an expense in the period in which it arises.

R T Community Projects Ltd

Notes to the Financial Statements *(continued)*

Year ended 31 March 2021

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.

Accrued income and tax recoverable is included at the best estimate of the amounts receivable at the balance sheet date.

Cash at Bank and in Hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors

Creditors 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 are normally recognised at their settlement amount after allowing for any trade discounts due.

Taxation

The company is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the company is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

4. Limited by guarantee

The company is limited by guarantee. At 31st March 2021 there were 8 members each of whom had undertaken to contribute an amount not exceeding £10 in the event of a winding up.

R T Community Projects Ltd

Notes to the Financial Statements *(continued)*

Year ended 31 March 2021

5. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Donations			
Donations and fundraising	14,268	–	14,268
Grants			
Durham AAP	–	4,995	4,995
CREE project	–	6,000	6,000
County Durham Community Foundation	–	29,728	29,728
Durham Works	–	1,584	1,584
Durham County Council	–	5,000	5,000
Baring Foundation	12,000	–	12,000
Believe Housing	–	10,000	10,000
Garfield Weston Foundation	10,000	–	10,000
The National Lottery	–	20,000	20,000
Growth & Resilience Fund from the Community	–	25,000	25,000
Foundation Tyne & Wear	–	25,000	25,000
	<u>36,268</u>	<u>102,307</u>	<u>138,575</u>
	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
Donations			
Donations and fundraising	14,190	–	14,190
Grants			
CREE project	–	6,000	6,000
CDHG	–	10,000	10,000
Peoples' Health Trust	–	8,731	8,731
Durham County Council	–	3,000	3,000
Tampon Tax	–	10,000	10,000
1989 Willan Charitable Trust	–	5,000	5,000
	<u>14,190</u>	<u>42,731</u>	<u>56,921</u>

R T Community Projects Ltd

Notes to the Financial Statements (continued)

Year ended 31 March 2021

6. Charitable activities

	Unrestricted Funds £	Total Funds 2021 £	Unrestricted Funds £	Total Funds 2020 £
Contract income	–	–	17,905	17,905
Other income from charitable activities	1,577	1,577	628	628
Other income	–	–	106	106
	<u>1,577</u>	<u>1,577</u>	<u>18,639</u>	<u>18,639</u>

7. Investment income

	Unrestricted Funds £	Total Funds 2021 £	Unrestricted Funds £	Total Funds 2020 £
Bank interest receivable	<u>78</u>	<u>78</u>	<u>327</u>	<u>327</u>

8. Other income

	Unrestricted Funds £	Total Funds 2021 £	Unrestricted Funds £	Total Funds 2020 £
DCC Covid Support grant	<u>10,000</u>	<u>10,000</u>	<u>–</u>	<u>–</u>

9. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Costs of charitable activities (see page 35)	<u>24,720</u>	<u>85,353</u>	<u>110,073</u>
	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
Costs of charitable activities (see page 35)	<u>41,913</u>	<u>47,200</u>	<u>89,113</u>

10. Expenditure on charitable activities by activity type

	Activities undertaken directly £	Total funds 2021 £	Total fund 2020 £
Costs of charitable activities (see page 35)	<u>110,073</u>	<u>110,073</u>	<u>89,113</u>

R T Community Projects Ltd

Notes to the Financial Statements *(continued)*

Year ended 31 March 2021

11. Net income/(expenditure)

Net income/(expenditure) is stated after charging/(crediting):

	2021	2020
	£	£
Depreciation of tangible fixed assets	<u>150</u>	<u>150</u>

12. Independent examination fees

	2021	2020
	£	£
Fees payable to the independent examiner for:		
Independent examination of the financial statements	600	500
Other financial services	<u>3,554</u>	<u>280</u>
	<u>4,154</u>	<u>780</u>

13. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2021	2020
	£	£
Wages and salaries	58,540	47,358
Employer contributions to pension plans	<u>1,564</u>	<u>1,316</u>
	<u>60,104</u>	<u>48,674</u>

The average head count of employees during the year was 4 (2020: 4). The average number of full-time equivalent employees during the year is analysed as follows:

	2021	2020
	No.	No.
Number of project staff	<u>4</u>	<u>4</u>

No employee received employee benefits of more than £60,000 during the year (2020: Nil).

14. Trustee remuneration and expenses

No remuneration or other benefits from employment with the charity or a related entity were received by the trustees.

No trustee expenses have been incurred.

15. Transfers between funds

During the year £13,929 was transferred from restricted to unrestricted funds in respect of room hire charged to the projects.

R T Community Projects Ltd

Notes to the Financial Statements *(continued)*

Year ended 31 March 2021

16. Tangible fixed assets

	Equipment £
Cost	
At 1 April 2020 and 31 March 2021	<u>6,032</u>
Depreciation	
At 1 April 2020	5,732
Charge for the year	<u>150</u>
At 31 March 2021	<u>5,882</u>
Carrying amount	
At 31 March 2021	<u>150</u>
At 31 March 2020	<u>300</u>

17. Investments

	Other investments £
Cost or valuation	
At 1 April 2020	2,200
Additions	<u>—</u>
At 31 March 2021	<u>2,200</u>
Impairment	
At 1 April 2020 and 31 March 2021	<u>—</u>
Carrying amount	
At 31 March 2021	<u>2,200</u>
At 31 March 2020	<u>2,200</u>

All investments shown above are held at valuation.

18. Debtors

	2021 £	2020 £
Trade debtors	—	240
Other debtors	<u>1,584</u>	<u>—</u>
	<u>1,584</u>	<u>240</u>

R T Community Projects Ltd

Notes to the Financial Statements *(continued)*

Year ended 31 March 2021

19. Creditors: amounts falling due within one year

	2021 £	2020 £
Trade creditors	302	–
Accruals and deferred income	600	600
Social security and other taxes	678	871
Other creditors	8,914	1,106
	<u>10,494</u>	<u>2,577</u>

20. Pensions and other post retirement benefits

Defined contribution plans

The amount recognised in income or expenditure as an expense in relation to defined contribution plans was £1,564 (2020: £1,316).

21. Analysis of charitable funds

Unrestricted funds

	At 1 April 2020 £	Income £	Expenditure £	Transfers £	At 31 March 2021 £
General funds	68,773	25,923	(24,720)	13,929	83,905
Barings Foundation	–	12,000	–	–	12,000
Garfield Weston Foundation	–	10,000	–	–	10,000
	<u>68,773</u>	<u>47,923</u>	<u>(24,720)</u>	<u>13,929</u>	<u>105,905</u>

	At 1 April 2019 £	Income £	Expenditure £	Transfers £	At 31 March 2020 £
General funds	62,120	33,156	(41,913)	15,410	68,773
	<u>62,120</u>	<u>33,156</u>	<u>(41,913)</u>	<u>15,410</u>	<u>68,773</u>

R T Community Projects Ltd

Notes to the Financial Statements (continued)

Year ended 31 March 2021

21. Analysis of charitable funds (continued)

Restricted funds

	At 1 April 2020 £	Income £	Expenditure £	Transfers £	At 31 March 2021 £
CREE Men's Shed/She Shed	–	6,000	–	(6,000)	–
DCC Safe Space	2,597	–	–	–	2,597
Tampon Tax	9,387	–	(7,282)	(2,105)	–
AAP RTMinds Online	–	4,995	(4,862)	(133)	–
Believe 2020 Craft Cafe	–	10,000	(7,572)	(1,173)	1,255
CDCF Covid 19	–	5,000	(5,000)	–	–
Durham Works	–	1,584	(1,584)	–	–
Growth & Resilience Fund	–	25,000	(17,093)	–	7,907
The National Lottery	–	20,000	(17,653)	(2,347)	–
Time to Change	–	5,000	(1,750)	–	3,250
Winter Resilience	–	24,728	(22,557)	(2,171)	–
	<u>11,984</u>	<u>102,307</u>	<u>(85,353)</u>	<u>(13,929)</u>	<u>15,009</u>

	At 1 April 2019 £	Income £	Expenditure £	Transfers £	At 31 March 2020 £
CREE Men's Shed/She Shed	–	6,000	(127)	(5,873)	–
CDHG - Believe	–	10,000	(7,240)	(2,760)	–
Seedbed 2019	10,000	–	(10,000)	–	–
Awards For All - Men's Shed	10,000	–	(7,220)	(2,780)	–
CDCF - Headspace	4,000	–	(3,620)	(380)	–
CDCF - HIF	7,500	–	(7,500)	–	–
PHT - Renaissance Arts	363	8,731	(7,294)	(1,800)	–
DCC Safe Space	–	3,000	(403)	–	2,597
Tampon Tax	–	10,000	(613)	–	9,387
1989 Willan Charitable Trust	–	5,000	(3,183)	(1,817)	–
	<u>31,863</u>	<u>42,731</u>	<u>(47,200)</u>	<u>(15,410)</u>	<u>11,984</u>

R T Community Projects Ltd

Notes to the Financial Statements *(continued)*

Year ended 31 March 2021

22. Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Tangible fixed assets	150	–	150
Investments	2,200	–	2,200
Current assets	114,049	15,009	129,058
Creditors less than 1 year	(10,494)	–	(10,494)
Net assets	<u>105,905</u>	<u>15,009</u>	<u>120,914</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
Tangible fixed assets	300	–	300
Investments	2,200	–	2,200
Current assets	68,850	11,984	80,834
Creditors less than 1 year	(2,577)	–	(2,577)
Net assets	<u>68,773</u>	<u>11,984</u>	<u>80,757</u>

R T Community Projects Ltd

Management Information

Year ended 31 March 2021

The following pages do not form part of the financial statements.

R T Community Projects Ltd

Detailed Statement of Financial Activities

Year ended 31 March 2021

	2021 £	2020 £
Income and endowments		
Donations and legacies		
Donations and fundraising	14,268	14,190
Durham AAP	4,995	–
CREE project	6,000	6,000
CDHG	–	10,000
Peoples' Health Trust	–	8,731
County Durham Community Foundation	29,728	–
Durham Works	1,584	–
Durham County Council	5,000	3,000
Tampon Tax	–	10,000
1989 Willan Charitable Trust	–	5,000
Baring Foundation	12,000	–
Believe Housing	10,000	–
Garfield Weston Foundation	10,000	–
The National Lottery	20,000	–
Growth & Resilience Fund from the Community Foundation Tyne & Wear	25,000	–
	<u>138,575</u>	<u>56,921</u>
Charitable activities		
Contract income	–	17,905
Other income from charitable activities	1,577	628
Other income	–	106
	<u>1,577</u>	<u>18,639</u>
Investment income		
Bank interest receivable	<u>78</u>	<u>327</u>
Other income		
DCC Covid Support grant	<u>10,000</u>	<u>–</u>
Total income	<u>150,230</u>	<u>75,887</u>

R T Community Projects Ltd

Detailed Statement of Financial Activities *(continued)*

Year ended 31 March 2021

	2021 £	2020 £
Expenditure		
Wages	58,540	47,358
Pension costs	1,564	1,316
Premises costs	6,115	5,861
Insurance	704	–
Publicity and promotion	2,914	2,263
Motor and travel costs	1,666	1,372
Legal and professional fees	4,288	1,705
Telephone	1,096	1,209
Other office costs	169	404
Depreciation	150	150
Materials	2,502	1,874
Facilitator fees	25,330	23,040
Equipment and IT renewals	3,844	817
Other costs	1,191	1,744
Total expenditure	<u>110,073</u>	<u>89,113</u>
 Net income/(expenditure)	 <u>40,157</u>	 <u>(13,226)</u>