

R T Community Projects Ltd
Financial Statements
For the year ending
31 March 2021

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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.

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

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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.

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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.

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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

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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 RTPProjects 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

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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:

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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?"

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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

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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

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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, its 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 RTPProjects. 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

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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

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

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 RTPProjects 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 RTPProjects 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

| | | | 2021 | | 2020 |
|--------------------------------------|------|-------------------------|-----------------------|------------------|------------------|
| | Note | Unrestricted funds £ | Restricted funds £ | Total funds £ | Total funds £ |
| 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> |