

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
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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.

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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

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

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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.

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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

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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.

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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

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Year ended 31 March 2023

Delivery

Over the year April 2022 to March 2023, RTPProjects 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 RTPProjects.

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.

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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.

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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. 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 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

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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

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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

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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

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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').

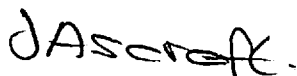
Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act').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

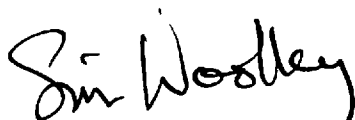
For the year ending 31 March 2023 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

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
