

# STEPPING STONE THEATRE FOR MENTAL HEALTH

**The year of 20 – 21** was the year of lock down. Stepping Stone Theatre was unable to do any work face to face. But this did not deter our leaders. They rose like a phoenix from the ashes.

All our offerings were provided on line. These included:

**LIVETALK** – Bill Rodgers and Kate Hull Rodgers host an hour long broadcast. This is open and honest discussion about living with mental health challenges. The presentation is video as well as audio.

**Kate and Bill** cover a wide range of subjects. Everything from what makes people happy to how to alleviate depression to what supplements positively impact on your mental health.

We have about 100 followers who join live. Each show attracts about 20 at a time. The broadcast is available on Facebook and YouTube to be listened to later. Analytics tell us that we have approximately 2000 unique viewers.

The live viewers affectionately call themselves The Krazy Krew. We have set up a Facebook group for the Krew and Bill feeds this daily. Kate and Bill started by being presenting 7 days a week. Gradually they have settled on broadcasting 3 times a week.

If viewing live, the participants can contribute their written comments through a chat facility. They can also phone in. Around 165 shows were produced during this year.

**The Glide:** During these sessions, Bill has begun to do a fun and silly dance called The Glide. Viewers join in. The Krew love it. Bill is creating a video of people gliding which he hopes will go viral. It has also been performed by the High Sheriff of Lincoln when he came to deliver Kate and Bill's second High Sheriff award for services to the community online. Not many, if any get two High Sheriff awards. They also won the highly commended award in the small charity big impact section of the East Midlands Charity awards.

**Don't Get it Right; Get it Written** – 3 online writing courses per week lead by Kate Hull Rodgers. They are 90 minute sessions of creative writing. Some of the exercises are testimonial writing, some are fictional writing. It is very cathartic and participants report it has positively impacted their mental health. The group is known as the Stepping Stone Scribblers. Classes are drop in. Each session is a stand-alone lesson. Kate has 22 participants on her books. Each session attracts 5 -8 people each. (Tuesday at Noon, Friday at 6 and 8:00)

**Both Sides of the Medication Cart** – a podcast by Bill and Kate tracing the history of Kate's illness. Bill interviews Kate as she tells the testimonial story of her challenges and triumphs. Together they explore the truth about living with mental illness. Available on Google Podcasts, Stitcher, Anchor, Spotify, and other Podcast platforms.

**The Lock down Legacy podcast** – a podcast hosted by Bill. These are interviews with every day people telling every day stories. The legacy outlines what people have gone through during Lock Down and how Covid has impacted upon their lives. Especially the stories of how the Pandemic has affected their mental health. We have also been gathering writing, photographs and art work all based on peoples lockdown experiences.; these are going to be compiled and printed in a booklet which will be produced 4 times over the next 12 months.

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**One to One Peer Support and Befriending** – Kate and Bill are always available to offer a sympathetic ear and some home spun advice. They reiterate that they are not experts in anything except what they know. They are experts by experience.

**Winter Pressures:** During December, January, February and March we were part of this partnership. It was an NHS Initiative to relieve some of the difficulties experienced during the dark days. We provided a weekly Broadcast and did a PODCAST, (including new year's day, new year's eve and Christmas day) – interviewing the people involved... this included the Salvation Army, The Voluntary Centre Services, the Lincolnshire Foundation Trust and the NHS Neighbourhood team.

**2021** is already proving to be an exciting year. As well as continuing with all our present offers we have relaunched the Stepping Stone Strollers, a weekly walking group, and WOW , an online support group for women.

**Future projects** include working with University students, taking workshops to Gainsborough's surrounding villages and a festival of celebration to mark International Mental Health Day around October the 10<sup>th</sup>. We are also creating a commemorative book of stories and photographs of the Lock Down and Covid. And, we are hoping to start a self-help singing group called; singing for sanity. We are in the throes of developing this now.

**When Bill met Scott** - Live interview with Radio one's Scott Mills; about setting everything up on line. Bill was thrilled with this because Scott Mills called Bill a ledge. Which we think is youth parlance for someone really good. **To watch the "When Bills Met Bill" video visit:** <https://youtu.be/IUN1t-JZZ20> Stepping Stone Theatre For Mental Health launched an online radio show last year and has aired more than 180 shows to support its members during lockdown.


Scott Mills, who presents a weekday afternoon show on Radio 1, points to how radio has created a vital sense of connection in recent months and expresses his admiration for Stepping Stone's efforts: "At a time when no-one could see each other, radio was an absolute lifeline. More than we would have ever thought before all this. What you are doing at the moment, and have been doing through all this, is a real inspiration."

Charity Name <b>Stepping Stone Theatre</b>		No (if any) 1165525		CC16a
Receipts and payments accounts				
For the period from	Period start date 01/04/2020	To	Period end date 31/03/2021	

## Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Donations	-	-	-	-	3,998
Grants	52,654	-	-	52,654	20,300
Fundraising & other	265	-	-	265	19
WLDC Lottery	184	-	-	184	-
Co Op	893	-	-	893	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>53,996</b>	<b>-</b>	<b>-</b>	<b>53,996</b>	<b>24,317</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>53,996</b>	<b>-</b>	<b>-</b>	<b>53,996</b>	<b>24,317</b>
<b>A3 Payments</b>					
Costumes & show expenses	182	-	-	182	2,528
Printing & advertsing	719	-	-	719	133
Insurances	-	-	-	-	221
Travel & entertaining	435	-	-	435	1,093
Trustee & meeting expenses	65	-	-	65	50
Venue hire	120	-	-	120	688
Website & domain name	386	-	-	-	100
Sundries	398	-	-	398	888
Workshop, mentoring and teaching costs	21,500	-	-	21,500	9,450
Administration costs	8,010	-	-	8,010	8,070
<b>Sub total</b>	<b>31,815</b>	<b>-</b>	<b>-</b>	<b>31,815</b>	<b>23,221</b>
<b>A4 Asset and investment purchases, (see table)</b>					
Computer & broadcast	4,011	-	-	4,011	836
Buddy Bench	737	-	-	737	-
<b>Sub total</b>	<b>4,748</b>	<b>-</b>	<b>-</b>	<b>4,748</b>	<b>836</b>
<b>Total payments</b>	<b>36,563</b>	<b>-</b>	<b>-</b>	<b>36,563</b>	<b>24,057</b>
<b>Net of receipts/(payments)</b>	<b>17,433</b>	<b>-</b>	<b>-</b>	<b>17,433</b>	<b>260</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>7,403</b>	<b>-</b>	<b>-</b>	<b>7,403</b>	<b>7,143</b>
<b>Cash funds this year end</b>	<b>24,836</b>	<b>-</b>	<b>-</b>	<b>24,836</b>	<b>7,403</b>

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Last year to nearest £
B1 Cash funds	Cash at bank	24,836	-	7,403
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>24,836</b>	<b>-</b>	<b>7,403</b>
	(agree balances with receipts and payments account(s))			
B2 Other monetary assets		-	-	-
	Shed	836	-	836
	Computer & broadcast equipment	4,011	-	-
	Buddy Bench	737	-	-
		-	-	-
		-	-	-
B3 Investment assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities			-	
			-	
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name		Date of approval
		Ian Burgess		8.6.21
		Kate Hull Rodgers		8.6.21





Section A

Independent Examiner's Report

Report to the trustees/  
members of

Charity Name  
Stepping Stone Theatre

On accounts for the year  
ended

31<sup>st</sup> March 2021

Charity no  
(if any)

1165525

Set out on pages

1 to 2

Responsibilities and  
basis of report

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the period ended 31/08/2019.

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent  
examiner's statement

[  
I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below \*) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

\* Please delete the words in the brackets if they do not apply.

Signed: 

Date: 8<sup>th</sup> June 2021

Name: Jenni Coleman

Relevant professional  
qualification(s) or body  
(if any):

Address: c/o ABC Accounting Services, Unit 1 Sandars Rd, Gainsborough DN21 1RZ

Sandars Road, Heapham Road Industrial Estate, Gainsborough
Lincs DN212 1RZ

**Section B****Disclosure**

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

**Give here brief details of any items that the examiner wishes to disclose.**

None