

# **Stepping Stone Theatre for Mental Health**

## **Annual Report April 1 2021 to March 31 2022**

**The year 21 - 22 proved to be a very busy one for Stepping Stone Theatre. We attracted many new members; most of whom came to us via online portals but as Covid lockdowns lifted we began to see members come to us face to face.**

**These are our offerings for the year:**

**Don't Get it Right, Get it Written** continues to be our flagship on line offering. This comprised of 3 online writing courses lead by Kate Hull Rodgers. 90-minute sessions of creative writing. Some of the exercises are about testimonial writing – this can be so cathartic and healing. Some of the exercises are about fictional writing, this is creativity at its core and can lift the mood. Classes are drop in, each session is a stand-alone lesson. These attract 5 -8 people each. (Tuesday at Noon, Friday at 6 and 7:45) To join, one must become a member of the Stepping Stone Scribblers Writers Group on Facebook and start by befriending Kate Hull Rodgers.

**LIVETALK** is a stunning success with an extremely loyal following. 3 times a week Bill Rodgers and Kate Hull Rodgers host an hour-long broadcast. This is video as well as audio. If listening live the participants can contribute their written comments through a live feed. They can also phone in. All they have to do is follow Stepping Stone Theatre on Facebook. (Tuesday, Thursday, Sunday at 3 pm)The shows are also available to be listened to later on YouTube. Around 200 shows to date by the end of March 2021.

**Both Sides of the Medication Cart** is 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. Available on Google Podcasts, Stitcher, Anchor, Spotify, and other Podcast platforms.

**The Lock Down Legacy podcast** is a podcast hosted by Bill. This is interviews with everyday people telling every day stories. Outlines what people have gone through during Lock Down. Especially the stories of how the Pandemic has affected their mental health.

**The Lock Down Legacy Booklet** is a quarterly booklet comprised of writing and photographs by our members. Currently three books have been published and they have been met by unquestionably wonderful feedback. The contributors have improved their mental health and are very proud to see themselves in print. Readers have spontaneously sent excellent feedback to Stepping Stone. Bill, who oversees this project, is very pleased that we now have health professionals, as well as service users, contributing to the booklets.

**Stepping Stone Strollers** is a walking group that meets each Sunday at 10 at Roses Sports Ground. We do a leisurely walk around the playing fields. There is a

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Stepping Stone Buddy Bench on route. The walk is followed by free cake and coffee or tea..

**Singing for Sanity** is a face to face singing group, singing for fun, meeting at Roses Friday at 1:00 – 2:30. This has been a huge success with an average of 30 people attending. Many of our singers are learning disabled. It is a joy to hear them sing. There are no egos just sheer fun.

**Author at Work: Stepping Stone Scribblers**, face to face writing workshops - Mondays 10:00 – 12:00 Gainsborough Library, Mondays 1:00- 3:00 Blyton Memorial Hall

**WOW** – Women One o'clock Wednesday – is an online support group for women. This is more than a virtual coffee group, this is an ensemble of friendship. Kate ran this group for about 2 months and discovered that most of the women attending could only come once. Therefore there was never a core group of supporters. It was too transient to provide the kind of help Kate wanted to provide.

**Winter Pressures Podcast** combination of Podcasts and live broadcasts outlining the initiatives in the Gainsborough community during the winter. This ran from January 1, 2022 to March 31, 2022

**Author at Work:** Stepping Stone Scribblers, face to face writing workshops. In late 2021 we ran 6 workshops at both Blyton and Corringham Village Halls. The group was so well received that we continue to offer face to face workshops We now meet Mondays 10:00 – 12:00 Gainsborough Library, Mondays 1:00 - 3:00 Blyton Memorial Hall

**Writing With a Twist**, face to face fun and games, some writing, at the x-church Wednesday 2 :00 – 3:30. Led by Kate this ran for 8 weeks.

**Shout Out**, a festival and celebration of mental health. Networking and fun fact sharing day. Attended by over 100 people. Took place at Roses Sports Ground.

We also worked very hard to get a project at Bishop Grosseteste University off the ground. Bill and Kate started a drop in group, but unfortunately this was not well attended. At present, Kate and Bill plan to go into the class room and teach the students. This begins in October.

Stepping Stone continues to have a high profile. We are active members in the Mental Health Partnership. Because of all the networking Kate and Bill do, Stepping Stone often gets referrals and is signposted to by several organizations including Voluntary Centre Services which house the social prescribers. We have also received referrals from x-church, Shine, Acis and the Trinity Foundation.

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Kate is honoured to be writing a column called UPFRONT for the quarterly Shine Newsletter.

Stepping Stone continues to win awards. Kate won a national one at the UK Mental Health and Well Being Awards. She won for Most Inspirational Story, Lived Experience. We won another High Sherriff award, one of the few organizations to receive this award more than once.


We received funds from West Lindsey Lottery, Shine (Lincolnshire County Council), Arnold Clark, LPFT (Managed Care Network), the Inner Wheel, ESC Lottery Fund, Leeds Building Society, Local Giving, Local Councillors Initiative Fund, Gainsborough Town Council, Evan Cornish Fund, Co Op, Private Donations (D Casbolt and A Lowe Hall), Thonock Trust, Hexadex , Anglian water and We raised money by having all our hair shaved off and doing a birthday fundraiser on Facebook. We gave most of that to other organisations; disability network, fibromyalgia group, A new crafting group, Be the difference, and we bought a £50 teddy bear for a three-year-old girl with cancer going through Kemo.

Stepping Stone Theatre				CC16a
Receipts and payments accounts				
For the period from	01/04/2021	To	31/03/2022	

### 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	70	-	-	70	-
Grants	67,145	-	-	67,145	52,654
Fundraising & other	-	-	-	-	265
WLDC Lottery	349	-	-	349	184
Co Op	2,662	-	-	2,662	893
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>70,226</b>	<b>-</b>	<b>-</b>	<b>70,226</b>	<b>53,996</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>70,226</b>	<b>-</b>	<b>-</b>	<b>70,226</b>	<b>53,996</b>
<b>A3 Payments</b>					
Props	263	-	-	263	182
Printing & advertising	1,699	-	-	1,699	719
Insurances	303	-	-	303	-
Travel & entertaining	1,632	-	-	1,632	435
Trustee & meeting expenses	65	-	-	65	65
Venue hire	156	-	-	156	120
Equipment repairs & accessories	807	-	-	807	-
Website & domain name	220	-	-	220	386
Bank charges	17	-	-	17	-
Sundries	535	-	-	535	398
Subscriptions	192	-	-	192	-
Volunteer expenses	360	-	-	360	-
Workshop, mentoring and sessional costs	35,200	-	-	35,200	21,500
Administration costs	8,800	-	-	8,800	8,010
<b>Sub total</b>	<b>50,250</b>	<b>-</b>	<b>-</b>	<b>50,250</b>	<b>31,815</b>
<b>A4 Asset and investment purchases, (see table)</b>					
Lap Top	694	-	-	694	-
Karaoke Machine	1,263	-	-	1,263	-
Computer & broadcast	-	-	-	-	4,011
Buddy Bench	-	-	-	-	737
<b>Sub total</b>	<b>1,957</b>	<b>-</b>	<b>-</b>	<b>1,957</b>	<b>4,748</b>
<b>Total payments</b>	<b>52,208</b>	<b>-</b>	<b>-</b>	<b>52,208</b>	<b>36,563</b>
<b>Net of receipts/(payments)</b>	<b>18,018</b>	<b>-</b>	<b>-</b>	<b>18,018</b>	<b>17,433</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>24,836</b>	<b>-</b>	<b>-</b>	<b>24,836</b>	<b>7,403</b>
<b>Cash funds this year end</b>	<b>42,854</b>	<b>-</b>	<b>-</b>	<b>42,854</b>	<b>24,836</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 £
<b>B1 Cash funds</b>	Cash at bank	42,854	-	7,403
		-	-	-
		-	-	-
	<b>Total cash funds</b> (agree balances with receipts and payments account(s))	<b>42,854</b>	<b>-</b>	<b>7,403</b>
<b>B2 Other monetary assets</b>	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
	Shed	836	-	836
	Computer & broadcast equipment	4,011	-	4,011
	Buddy Bench	737	-	737
	Lap top	694	-	-
	Karaoke machine	1,263	-	-
<b>B3 Investment assets</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B4 Assets retained for the charity's own use</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B5 Liabilities</b>	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name		Date of approval
		Ian Burgess		11.5.22
		Kate Hull Rodgers		11.5.22

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			-	-
			-	-
			-	-
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			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
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			-	
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			-	
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