

Stepping Stone Theatre for Mental Health

Annual Report 22 - 23

The year running April 1, 2022 - Mar 31, 2023 was extremely busy. We continued to do many projects that were started the year previously. Please see below the projects we did during this year. Some projects continue to be on going and some have finished.

Don't Get it Right, Get it Written - 3 online writing courses lead by Kate Hull Rodgers. 90 minute sessions of creative writing. Some of the exercises are about testimonial writing, some are about fictional writing. Classes are drop in, each session is a stand-alone lesson. These attract 5 -8 people each. (Friday at 6 and 8 pm) To join, one must become a member of the Stepping Stone Scribblers Writers Group on Facebook. Start by befriending Kate Hull Rodgers.

We also lead face to face workshops in the community and surrounding villages. These are led by both Bill and Kate.

LIVETALK - 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 500 shows to date.

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. Available on Google Podcasts, Stitcher, Anchor, Spotify, and other Podcast platforms.

The Lock Down Legacy podcast - a podcast hosted by Bill. Interviews with every day 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 - a quarterly booklet comprised of writing and photographs by our members. We completed a series of Six, the last one printed in March this year. All six are now an official library book in Gainsborough Library. In September we will launch IN OUR OWN WORDS - written by Stepping Stone Scribblers. Another collection of peoples mental health stories, but will

feature hints and tips on how to maintain and manage good mental health practices.

Stepping Stone Strollers - a walking group that meets each Sunday at 10 at Clip at the Bridge. We do a leisurely walk along the Riverside. (No sessions in August, back in Sept) The walk is followed by free cake and coffee or tea..

Singing for Sanity - a face to face singing group, singing for fun, all levels....meeting at Roses Friday at 1:00 - 3:00

Author at Work: Stepping Stone Scribblers, face to face writing workshops - Mondays 9:00 - 11:00 Gainsborough Library, Wednesdays 1:00- 3:00 Blyton Memorial Hall

Winter pressures - This was an over stretching initiative to help people get through the months running from December 1 - March 31. Our contribution was to do a Live Talk telling people about all the winter facilities and groups that were available in our community. Bill also did a podcast interviewing people who ran the groups and those who provided statutory assistance.

Bishop Grosseteste - Kate and Bill delivered mental health and theatre workshops to the students at Bishop Grotte. The groups would be approximately 20 participants. Bill and Kate worked with students studying psychology, teaching and special needs. The workshops were approximately 3 hours long. The feedback from this was extremely positive. Kate and Bill also attended the University several times to promote their work.

Writing With a Twist - Kate ran an 8 week face to face fun and games, writing, weekly workshop, at the x-church . This was well attended and the feedback was excellent.

One To One Support - Both Kate and Bill Have been supporting people as and when needed with telephone befriending and helping people with interview and job searching. Two people were successful at getting work, but found it a struggle with their mental health issues. They continue to come to the Groups.

Events - We have performed several events over the last year. World mental health day, organised by Kate and Bill and The Stepping Stone team is just one of them. Over 100 people came to that event.

Charity Name Stepping Stone Theatre		No (if any) 1165525	CC16a
Receipts and payments accounts			
For the period from	Period start date 01/04/2022	To Period end date 31/03/2023	

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 £
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A1 Receipts

Donations	2,620	-	-	2,620	70
Grants	21,680	-	-	21,680	67,145
Foyle Foundation	3,000	-	-	3,000	-
WLDC Lottery	153	-	-	153	349
Co Op	-	-	-	-	2,662
Sub total (Gross income for AR)	27,453	-	-	27,453	70,226

A2 Asset and investment sales, (see table).

Sub total					
Total receipts	27,453	-	-	27,453	70,226

A3 Payments

Props	243	-	-	243	263
Printing & advertising	3,751	-	-	3,751	1,699
Insurances	303	-	-	303	303
Travel & entertaining	1,720	-	-	1,720	1,632
Trustee & meeting expenses	27	-	-	27	65
Venue hire & catering	1,034	-	-	1,034	156
Equipment repairs & accessories	60	-	-	60	807
Website & domain name	86	-	-	86	220
Bank charges	67	-	-	67	17
Sundries	653	-	-	653	535
Subscriptions	-	-	-	-	192
Volunteer expenses	250	-	-	250	360
Workshop, mentoring and sessional costs	32,000	-	-	32,000	35,200
Administration costs	8,000	-	-	8,000	8,800
Sub total	48,194	-	-	48,194	50,250

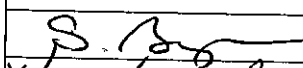
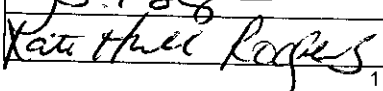
A4 Asset and investment purchases, (see table)

Lap Top	-	-	-	-	694
Karaoke Machine	-	-	-	-	1,263
Sub total	-	-	-	-	1,957
Total payments	48,194	-	-	48,194	52,207

Net of receipts/(payments)

A5 Transfers between funds	-	-	-	20,741	18,019
A6 Cash funds last year end	42,855	-	-	-	-
Cash funds this year end	22,114	-	-	42,855	24,836
				22,114	42,855

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	22,114	-	42,854
	Total cash funds (agree balances with receipts and payments account(s))	22,114	-	42,854
		OK	OK	Agreement Error
B2 Other monetary assets	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	-	694
	Karaoke machine	1,263	-	1,263
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B5 Liabilities	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	20.7.23	
		Kate Hull Rodgers	20.7.23	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
Stepping Stone Theatre

On accounts for the year
ended

31st March 2023

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 31/03/2023.

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: 20th July 2023

Name:

Belinda Darley

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

Address:

c/o ABC Accounting Services, 1 Willoughton Place, Wharton Close,
Gainsborough, Lincs DN21 1EB

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

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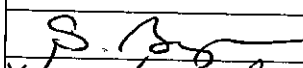
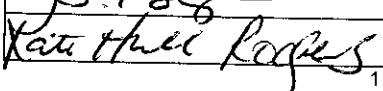
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