

# Stepping Stone Theatre for Mental Health

## Annual Report 24 -25

**The year running April 1, 2024 – Mar 31, 2025 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.**

**Aims and Objectives** – Our ethos really is straight forward. We want to bring together people who have mental health challenges and present activities that are creative. Mental Health is often stigmatized and those suffering are often marginalized. We see to increase well-being through creativity.

**Don't Get it Right; Get it Written** – 2 online writing courses lead by Kate Hull Rodgers. 120 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. We ran workshops at the local library and the alternative training centre, Clip. The popularity of these events means that we have a waiting list of people who would like to join.

We ran a total of four writing workshops a week. These resulted in Book 2 and Book 3 of the In Our Own Words series. This is a continuation from the Lock Down Legacy. By March 25, we have published 9 books of testimonial and creative writing. All eight books are now an official library book in Gainsborough Library. Written by Stepping Stone Scribblers the books are a collection of people's mental health stories. They feature hints and tips on how to maintain and manage good mental health practices.

**Gainsborough Standard and Shine Newsletter** – Kate Hull Rodgers continued to write her monthly mental health blog for the Gainsborough Standard. She has gone from being a guest writer to having her own bi-line. Kate also wrote her popular Upfront Column for the Shine Newsletter which is distributed throughout the county. This has helped to keep Stepping Stone's profile high.

**LIVETALK** – Twice 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. (Thursday and Sunday at 3 pm)The shows are also available to be listened to later on YouTube. Around 500 shows to date.

**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. The sessions ran spring and summer of 2024. The walk is followed by free cake and coffee or tea.

**Stepping Stone Singing Social**– a face to face singing group, singing for fun, all levels. We moved venues and are now homed at Clip Friday at 1:00 – 3:00. The event has attracted many SENDI people, so we truly have an integrated group, with a joy for singing bringing them all together.

**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.

**Downtown Drama Group** – this year, thanks to receiving enough funding, we were finally able to establish a drama group. We met weekly, members have had to be very committed to the group. It is not drop in, members must make a commitment. This allows our director, Bill – who has 40 years experience – to really make the performances special.

**Performance** – We have performed 2 major theatre shows over the last year. We celebrated Stepping Stone Theatre’s ninth birthday in June and World Mental Health Day in October. The company members came together to perform before an audience theatre style. They read from the books and they sang meaningful songs. The shows were directed by Bill and they were a great success. The World Mental Health Day was so well attended that the audience was spilling out onto the road. Stepping Stone has built a powerful reputation and our events go from strength to strength.

## **Finances –**

### **INCOME**

Private Donor	£500
Arnold Clark	£200
Lincolnshire County Council	£17,750
Town Council	£650
People’s Health Trust	£11,873
Evan Cornish Foundation	£5,000
People’s Postcode Trust	£21,000
West Lindsey District Council	£500
<b>Total</b>	<b>£61973</b>

**OUTGO**

Workshop leaders and administrators £48,000

Running costs (volunteers, travel, refreshments, office sundries, insurances etc)

Running costs	£7379
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Bank charges	£62
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Graphic artist and trophy	£60
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Room hire	£775
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<b>Total</b>	<b>£56,276</b>
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## Future

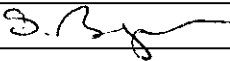
Our plans for the year 24-25 will be to continue to deliver the sessions that are meeting with great success. We plan an event to celebrate World Mental Health Day. We remain open to any further opportunities. Meanwhile we carry on and have become a resource that people can rely on. We are always there and that is a great accolade for the board and sessional leaders of Stepping Stone. During this year we plan to make a comprehensive documentary film about Stepping Stone and why creativity can so positively impact on our mental health.

Charity Name <b>Stepping Stone Theatre</b>	No (if any) 1165525	CC16a
Receipts and payments accounts		
For the period from 01/04/2024	To Period end date 31/03/2025	

## Section A Receipts and payments

	Unrestricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £
<b>A1 Receipts</b>				
Donations	1,350	-	1,350	2,550
Grants	60,623	-	60,623	66,183
WLDC Lottery	-	-	-	26
Co Op	-	-	-	2,667
Councillors' grants	-	-	350	350
Other	-	-	5	5
<b>Sub total (Gross income for AR)</b>	<b>61,973</b>	<b>-</b>	<b>62,328</b>	<b>71,781</b>
<b>A2 Asset and investment sales, (see table).</b>				
<b>Sub total</b>				
<b>Total receipts</b>	<b>61,973</b>	<b>-</b>	<b>62,328</b>	<b>71,781</b>
<b>A3 Payments</b>				
Props	-	-	-	126
Printing, postage & advertising	1,481	-	1,481	3,841
Insurances	591	-	-	
Travel, subsistence & entertaining	1,623	-	1,623	2,219
Trustee & meeting expenses	20	-	20	36
Venue hire, events & catering	1,418	-	1,418	1,595
Equipment, repairs & accessories	277	-	277	1,165
Website & domain name	151	-	151	80
Bank charges	61	-	61	60
Sundries	498	-	498	596
Volunteer expenses	387	-	387	1,364
Workshop, mentoring and sessional costs	38,400	-	38,400	38,400
Administration costs	10,200	-	10,200	9,600
<b>Sub total</b>	<b>55,107</b>	<b>-</b>	<b>55,107</b>	<b>59,082</b>
<b>A4 Asset and investment purchases, (see table)</b>				
Lap Tops	599	-	599	
Film recording equipment	790	-	790	
<b>Sub total</b>	<b>1,389</b>	<b>-</b>	<b>1,389</b>	
<b>Total payments</b>	<b>56,496</b>	<b>-</b>	<b>56,496</b>	<b>59,082</b>
<b>Net of receipts/(payments)</b>	<b>5,477</b>	<b>-</b>	<b>5,477</b>	<b>12,698</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>34,812</b>	<b>-</b>	<b>34,812</b>	<b>22,114</b>
<b>Cash funds this year end</b>	<b>40,289</b>	<b>-</b>	<b>40,289</b>	<b>34,812</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	40,289	-	34,812
	<b>Total cash funds</b> (agree balances with receipts and payments account(s))	<b>40,289</b>	<b>-</b>	<b>34,812</b>
		OK	OK	Agreement
		Unrestricted funds to nearest £	Restricted funds to nearest £	Error
				Endowment funds to nearest £
B2 Other monetary assets	Details			
	Shed	836	-	836
	Computer & broadcast	4,011	-	4,011
	Buddy Bench	737	-	737
	Lap top	694	-	694
	Karaoke machine	1,263	-	1,263
	Lap Tops	599	-	-
	Video recording equipment	790	-	-
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		27.5.25
		Kate Hull Rodgers		27.5.25