

BEDROCK RADIO

England & Wales · Charity number 1180476

Details

Other names BEDROCK

Status Registered

Legal form CIO

Registered 2018-10-29

Register [View on the Charity Commission register](#)

Contact

Address Queens Hospital
Rom Valley Way
Romford
RM7 0AG

Phone 01708503113

Email studio@bedrockradio.org.uk

Website <http://www.bedrockradio.org.uk/>

Activities

Objects: (1) THE RELIEF OF SICKNESS, POOR HEALTH AND OLD AGE AMONGST PEOPLE LIVING IN EAST LONDON, SOUTH ESSEX AND IMMEDIATE SURROUNDING AREAS, BY PROVIDING A LOCAL BROADCASTING SERVICE FOR HOSPITALS, RESIDENTIAL HOMES AND SIMILAR INSTITUTIONS, AND FOR PATIENTS RECEIVING COMMUNITY CARE; AND (2) THE ADVANCEMENT OF HEALTH AND PREVENTION OR RELIEF OF SICKNESS FOR THE PUBLIC BENEFIT THROUGH THE PROMOTION OF THE BENEFITS OF LIVING A HEALTHY LIFESTYLE, AND THE IMPORTANCE OF MAINTAINING GOOD PERSONAL MENTAL AND PHYSICAL HEALTH BY (MAINLY, BUT NOT EXCLUSIVELY) THE MEANS OF BROADCASTING HEALTH EDUCATION MESSAGES TO PEOPLE LIVING IN EAST LONDON, SOUTH ESSEX AND IMMEDIATE SURROUNDING AREAS

Activities: Providing community health / hospital radio services across East London, South Essex and immediate surrounding areas. Serving the wider health community in providing relief of sickness, poor health and old age, and the advancement and promotion of living a healthy lifestyle of mental and physical health. Successor to unincorporated charity bedrock (formerly registered; 1094330)

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- Barking And Dagenham
- Havering
- Redbridge
- Thurrock
- Waltham Forest

Finances

Period end	Income	Expenditure	Assets	Employees
2025-01-31	£2,741	£5,958	-	-
2024-01-31	£2,398	£5,753	-	-
2023-01-31	£10,783	£7,883	-	-
2022-01-31	£2,057	£4,330	-	-
2021-01-31	£12,799	£5,617	-	-

Trustees

Name	Role	Appointed
MATHEW WATSON	Chair	2019-01-20
BEVERLEY STROUD		2022-03-24
Barry Felton		2022-03-24
CHRIS DEIGHTON		2019-01-20
Gillian Rowley		2023-04-25
LEE HOWE		2019-01-20

BEDROCK RADIO

England & Wales - Charity number 1180476

Accounts



Annual Report

Of The Trustees

2024

Overview.

The Trustees of Bedrock Radio have compiled a report of station activities over the last 12-month period, including annual accounts.

Reporting period: 01.02.2024 to 31.01.2025.

Our Charity.

Bedrock Radio is a Charitable Incorporated Organisation (CIO), registered with the Charity Commission of England & Wales on 29th October 2018 with Charity number: 1180476, we are the successor to unincorporated charity bedrock formerly registered; 1094330 in June 2002.

Bedrock Radio is run entirely by a membership volunteers, with no paid staff.

The CIO is governed by a constitution, supported with associated policies, that is managed by the charity trustees who are elected by CIO membership. The trustees oversee the daily operations of Bedrock Radio, acting in best interest of the CIO and supporting its volunteers to further the charitable objectives.

In 2023 Bedrock radio where successful in securing a Community Digital Sound Programme Service (C-DSP) licence from The Office of Communications (Ofcom), ahead of the new ultra-local small-scale DAB+ macro broadcast area, which will cover the North East London and South West Essex region.

Charitable Objective of the CIO

- 1) The relief of sickness, poor health and old age amongst people living in East London, South Essex, and immediate surrounding areas by providing a local broadcasting service for hospitals, residential homes, and similar institutions, and for patients receiving community care;
- 2) The advancement of health and prevention or relief of sickness for the public benefit through the promotion of the benefits of living a healthy lifestyle, and the importance of maintaining good personal mental and physical health by (mainly, but not exclusively) the means of broadcasting health education messages to people living in East London, South Essex and immediate surrounding areas.

Key Commitments with Ofcom

Key commitments (known as a character of service) are agreed with regulator Ofcom and provide a condition of licencing of the nature of community service we provide as a C-DSP service.

Description of character of service:

Bedrock Radio is a radio service intended to serve People using healthcare services, and healthcare staff. Targeting those with sickness, poor health, and long-term conditions, who are users of health services such as Hospitals, units, clinics, residential homes, and similar institutions and for patients receiving community care, in East London and South Essex.

Trustee Reports & Accounts

Trustee Board 2024:

Mat Watson Station Manager | **Chris Deighton** Secretary | **Lee Howe** Engineering
Beverley Stroud Treasurer & Fundraising | **Gill Rowley** Admin Support

Introduction.

2024 has been a year of celebration for Bedrock Radio, as we marked our 60-year heritage in Hospital Radio, while the current iteration of our charity as a CIO maybe new, our history has been full of merges, relaunches, relocations and even some rivalry. Allowing us to be here today proudly serving the community.

Bedrock Radio currently have approximately 20 volunteers, of which around 50% are on-air over the week, While we are broadcasting 24 hours a day to the hospitals and online, we have had a slight decline in presenters on-air, which began started conversations around scheduling and allocations in late 2024.

Our Ward Radio system at Queen's hospital is very much in demand, with regular requests for radios and expansions to various departments, we have continued a positive trend of having long listening hours throughout 2024. It has been quite uplifting walking onto a ward and hearing our radios playing. Funding remains the biggest obstacle to invest in more radios, Since the system was introduced, we acquired around 40 radios – of which at least seven of our radios have gone missing from the hospital. Meanwhile, at Goodmayes, we have performed very poorly not having anyone visiting the site for the entire year. This is something we are really have let ourselves down on, trustees are aware of technical issues that may have developed on-site, which we must address to improve our presence on this site.

We are proudly playing on the speakers throughout Whipps Cross Hospital, although some minor technical issues beyond our control, which we believe the fault of the local mobile 4G/5G mast. However, we did manage to drop magazines to the site, and re-secure some of the rooms after an internal door was found unsecured.

Ofcom finally announced after a delay (partly caused by snap-elections) that east London and Essex Digital, who we wrote supporting letters for, were awarded to operate the SSDAB Multiplex for Northeast London and Southwest Essex. The SSDAB transmission area is expected to launch in 2025, which we hope Bedrock Radio will join from launch to provide a much broader community health and wellbeing radio service broadcasting on DAB+, along with existing broadcast methods of Ward radios, Bedrock App and online via our website.

Volunteer Membership.

In 2023 number of changes occurred to the recruitment process and most of 2024 has been spent getting used to these changes. Most notably how much longer it is taking to on-board volunteers.

There advantages to the new process, which ensures all volunteers have complete all required paperwork and have had the relevant up-to-date information before being handed back to us, the process also means Bedrock no longer handle the sensitive personal documents required for checks – sort of removing the 'Middle Man' in this process and reducing our risks in handling sensitive documents (We have policies and practices in place) meaning Trustees have been able to focus more on Recruitment, applications and interview stages.

The biggest disadvantage is the process is slower than we would prefer and requires our volunteer applicants to be more pro-active in attending the seminar stages and completing relevant documents with the Trust.

Overall the process remains robust and throughout 2024, we have continued to receive a few enquires online, many from the local area. Unusually we have begun receiving application from further afield; Kent, Hertfordshire, and South London to name a few – either our online search engine terms are strong, or the more local hospital radio services have out-dated information online or are not being as responsive as us. While we have no issue from taking volunteers from outside the local area, we do check before proceeding their application if they are able to get to our studios in Romford.

In a policy review in 2024 Trustees proposed a new ‘Volunteer Standards Policy’ to replace the ‘Rules of Conduct’ with new sections on raising concerns, confidentiality, training, and feedback along with an updated membership rules to reflect updates procedures at the Hospital.

Two radical actions were also taken by Trustees in 2024:

- 1) Annual Subscription (Subs) fees to become £0.00p
- 2) Removal of all inactive members.

Annual Subs - why £0 and not free? This allows us to keep the default wording in place in the membership policy, should we decide to re-introduce a subscription at a later date, but also ask volunteers if they would rather make donation (with gift aid) where possible to support Bedrock instead.

Inactive Members – Approximately eight people were removed for not responding to our direct and group communications nor have attended any meetings in the past 6 to 12 months. This action is in line with our Membership Policy; however, this action was relaxed during the pandemic, having resumed full normal service for a couple of years now, it was deemed necessary to bring this process back into action.

At the time of drafting this report, we have approximately 20 volunteers on file.

Two socials took place for members to meet and socialise with other volunteers these where;
The 60th Celebration party at a local Pub and the Christmas Meal.
We aim to have two Bedrock socials in 2025 where possible.

On-Air

Throughout 2024 we have continued to give presenters the option of presenting in the studio, or remotely. There are no right or wrong options here, what comes out of the radio matters most!

Our biggest feature was our 60 years’ celebration, with a special two-day broadcast, full of past and present volunteers from our founding hospital radio services Harold Wood, Radio Rush Green, Radio 174, Oldchurch and Goodmayes, we managed to create a two-part podcast, which can be heard on our website.

We started 2024 with good number of programmes, with at least a couple of local (Live or Voice Tracked) programmes per day, this fluctuated quite a bit throughout the year as presenter’s reliability and commitment dropping notably.

To the point we have ended with year with many daytimes consisting of a rolling jukebox of music and news updates.

In December it was decided that in 2025 we would be starting with a series of 'Presenter Meetings' to look at changing our schedule to boost reliability before we launch on DAB, as we need a schedule that works for volunteers and importantly the station.

We are looking to securing programme sponsorships and light advertising once launched on DAB to help fund the services additional fees, but this requires reliable presenters to commit to programmes week on week to make this possible.

On-Air we have continued to provide a range of local, community news sourced mostly from local newspapers, we have tested using some 'AI Voices' to read our scripts and provide alternative voices to our regular on-air presenters, some results have been interesting to say the least but has provided a useful tool. As local news has remained a strong regular feature on-air. Members interested in helping on the community news desk should talk to a trustee.

Many of the Bank Holidays and special days run additional or special programmes with regular themes such as Back to the 80s, Timeless Classics Day and 80s vs 90s making their annual comebacks and provide a nice feature, it is hoped we may be able to get some of these sponsored in the near future.

We were able to take the Bedrock Roadshow out to a few events this year across Hornchurch, Upminster, Collier Row and Elm Park. Of which two we successfully did outside broadcasts back to the studio. Although recent local Council cutbacks resulted in us attending less Christmas events, therefore generating less income from these popular events. It is anticipated the Bedrock Roadshow will be out again in 2025, and we are looking for more opportunities to do outside broadcasts to help promote the station when DAB arrives.

We haven't been without faults in 2024 - our silence alarm has triggered one too many times for our liking, some of this has been due to silly faults and equipment failures, as part of our mitigation measures, an additional layer of failover has been installed in the form an online 'Auto DJ' which activates if connection between the studio and the streaming servers are lost.

We also had a number of presenter errors, whereby procedures have not been followed in either transferring playout control, or others not re-setting the desk for the next user to use. However, some training refreshers have helped individuals, and we will look to offer more of these moving forward.

Publicity & Fundraising

As part of 60 years celebration a new Bedrock Radio Magazine was published, with thanks to Hospital Radio Publications, we are grateful to those advertisers who have supported this edition.

We have been steadily getting through our supply and invested in a few magazine holders which there is one at Queen's, Whipps Cross and a couple of local clinics. There are a still a few boxes of magazines we need to distribute far and wide. – Once complete we can look towards our next publication.

2024 also saw the Launch of the Havering Local Lottery, which Bedrock is a beneficiary of, and we have been promoting as supporters have a chance each week to win £25,000 plus other prizes every month.

Our socials go through peaks and being updated, this is partly to do with changes in X (Formerly Twitter) API tools and Facebook Pages structure, meaning Myriad is unable to integrate with either of them properly. In January 2025 we have setup a Bedrock Radio BlueSky Social account, as Myriad now integrates with it, how popular this will be is unknown being a new platform.

The Aiir Platform has proven useful with the socials, as we are able to post to multiple platforms from one location, including scheduling posts. It has been great to see presenters using this more and encouraging listeners to use the App to listen and contact the studio. We are sure this will get used more when we launch on DAB.

In 2025 I would encourage more volunteers to interact with Bedrock's socials to promote programmes & events tagging the station accounts too, it is helpful in boosting our profiles.

We have not used much of Google's 'Ad-Grants' scheme, this year, nor have done any advertising, partly as we have not needed to, but also to preserve our funds. However, we intend to allocate a small amount of advertising funds to promote our launch on DAB when it happens in 2025.

Pre-covid Bedrock used to have a fundraising stall in the atrium and a book trolley that was taken around the wards by volunteers. Due to infection control we had to stop these activities. The trust is still not allowing stalls in the atrium but have agreed that we may resume taking the trolley around the wards. Trustees have reviewed our book volunteer policy and are currently approaching Havering Volunteer Service to see if they can help us recruit 4-6 new volunteers to resume taking the trolley around the wards. If we were able to do two rounds a week and make £10 each time you can see how this could easily be worth £1000 a year to Bedrock. These volunteers could also check the hospital radios to make sure that they are switched on and report faults to trustees (a job currently only undertaken by a limited number of trustees at present) as well as collect requests another job we currently do not do.

Finances:

We've just about covered running costs if anything having a small loss this year.

We updated the branding on our chained collection tins and distributed three into the local area, Ma Bakers, The Fruit Hut, and Wheatsheaf Pub all agreed to have a Bedrock Radio Tin, which is a good start on this passive collection method. We have more tins to distribute with willing local businesses.

On subject of tins, we performed our first Tin Shake / Bucket Collection in over five years, Although the weather was not on our side being a very windy, cold December day we raised £120 at Tesco Roneo Corner. We aim to have at least a couple of tin-shakes per year where possible.

The Christmas Roadshows in 2024 raised £420 as we attended Upminster, Elm Park, and Collier Row. We are grateful that Havering Council worked with us, despite their own fanatical situation.

A former Bedrock Volunteer had secured us a grant from the Royal Bank of Canada, we thank her for thinking of us and nominating Bedrock Radio for this generous donation.

The Havering Local Lottery launched in 2024, we have a few supporters playing with our referral link (lottery.bedrock.radio) From August to January we have raised over £150 from the scheme, The more players we have, the more our donations we receive (50p of every £1 played comes to us).

EasyFundraising has also proven to be a steady stalwart of our fundraising with regular donations coming in from the platform. These small donations are certainly adding up, we're averaging around £30 a quarter donation!

We encourage all members, friends, and their families to use our referral links (easy.bedrock.radio)

Sadly, Trustees were unable to secure any sponsors on-air or for the ward radios this year, with around 7 radios going missing we have not raised any money to replace them, however a run of plug replacements has cost us another £100 this year. Although since our re-distribution of radios less plugs are being broken.

Disappointingly, we were forced to cancel our Quiz Night, this was due to underwhelming ticket sales, we postponed until 2025 but are working with the venue to get a better date, as it was felt a midweek 'school night' was a hard sell to many. We still aim to have two quiz or events nights one supported by a local venue and one that Bedrock host ourselves.

Furthermore, our live singer night at the Romford Legion was cancelled as no tickets were sold, this was very disappointing for us, The December General Meeting it was debated if a band would be better than a solo singer? We will look to have a live music night in 2025.

We welcomed a slight reduction in our insurance bill this year from Policy Bee, sadly, BOnline informed us that Openreach where increases the costs of ADSL lines – Which is very unfair as we have no other option as no Fibre alternative has been installed at Queen's – however, BOnline did us a new deal as we've been such a loyal customer.

Fiscal breakdown on the following pages;

2024 – Bedrock Radio Accounts

Bedrock Radio - Registered Charitable Incorporated Organisation (CIO) 1180476

Year Ended 31 January 2025

Receipts and Payments

Income

Donations	2094.86
Fundraising	636.54
Members subs	0.00
Other	9.91

Total Receipts	2741.31
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Expenditure

Office Supplies	0.00
Phone/Postage	1530.45
Small components	1095.12
Repairs	746.27
Fees and Licences	1249.27
Advertising and Publicity	0.00
Monthly Bank Charges	60.00
Broadcasting Expenses	1068.62
Fundraising Expenses	87.80
Other	120.34

Total Expenses	5957.87
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Balances:

2024-2025

1st Feb 2024

31st Jan 2025

Opening

Closing

Current Account

12,288.90

8235.83

Cash

0.00

0.00

Floats

0.00

0.00

Total

12,288.90

8235.83

Surplus

Deficit

4053.07

Simplified Accounts

Income: £2741.31

Expenditure: £5957.87

Engineering:

2024 provided much of the same, keeping us busy, not for the right reasons.

We received a donation of a new Uninterruptable Power Supplies (UPS) for the server room, thanks to stakeholders who have helped us acquire it.

Myriad 6 has received a number of updates, with new features and more functionality and stability.

In 2023, you may recall we installed a 5G router to speed up general 'internetting' while it's not perfect, it is proven helpful and provided a much superior speed. Part of this install being successful has allowed us in 2024 to decommission one of our two ADSL lines, as mentioned earlier BOnline have given us a new deal on the remaining line, which is being used exclusively for streaming, as we need to ensure a stable connection is maintained, especially for our future on DAB.

The AutoDJ failover unfortunately was used this year during a planned hospital power test, our ADSL modem went offline and refused to come back, meaning we had to order a new one. However, with a new modem and the UPS installed this problem appears to have eliminated itself.

The AutoDJ proved itself particularly useful externally, we have replicated it internally, with the Ward Radios system using this great bit of software.

Towards the end of 2024 / Early 2025 we began having problems with Remote Voice Tracking, while nothing has changed internally, we believe the secure routing that connects presenters to RVT is being blocked by 5G network, and we're not sure why. Rendering RVT unusable, Therefore Presenters have been asked to come into the studio to record their shows, we are scheduling three weeks in advance to help presenters record forward a couple of weeks.

We also need to start migrating all our PCs onto Windows 11, as support for Windows 10 is being withdrawn. We again thank EduNetICT for their continued support in 2024.

In 2025 there are a number of checks we need to perform to ensure we are 'DAB Ready' and we are meeting all legal requirements.

Our assets in hospitals:

Queens: Ward radio demand keeps growing, although approximately seven radios have gone missing, presumed stolen. Positively, our streaming monitor has recorded impressive listening figures with most radios being used for many hours every day. Even the nearby Tactical team and discharge lounges have our radios and are regular listeners - We are looking at other nearby locations that may benefit in some small way. We consider the requests from other departments, However, without funding there will be limited growth. Trustees decided to focus most of our radio deployment onto specific wards, based on data from our listening figures (usage and duration), revealed by far we had most usage / listeners across the second floor on Amber, Sahara, and Ocean wards. This redeployment has resulted in improvements to our ward visiting, with most of our radios showing as online, with the bonus of less bulk maintenance.

The Amplifier in the food court decided to breakdown, although it has been online consistently for around 12 years now, a new amp was sourced and installed the catering staff where severely “*missing our tunes*”.

No progress was made on investigations into infrastructure for a ward radio system at King George Hospital, However, this area will be covered when DAB launches in 2025, ideas have been floated about finding a DAB

Goodmayes:

There has been no action or involvement from Bedrock at Goodmayes throughout all 2024.

We are disappointed in our own inaction at the site, to take accountability for our poor performance, a plan is being formulated to get our engineers attend this site early 2025 to see what is going on technically, following this we must then dispatch request collectors back promptly.

A Trustee will be appointed become the point of contact and become accountable with Goodmayes & NELFT to improve the patients (& staffs) listening experience and will monitor our activities here.

Like King George, this could be a site where DAB also allows us to improve services by covering more areas, but we must ensure we are actively visiting the site.

Whipps Cross:

We have managed a couple of visits to Whipps Cross as where we were not satisfied the rooms were fully secure, as evidence showed someone had been able to access the former WXHR studios to undertake hospital maintenance without our knowledge. We have taken provisions to prevent this.

Our equipment remains untouched, with the speakers playing loud and clear throughout. Although the minor 5G mast issues persist, these are beyond our control and is mobile infrastructure issue.

Our biggest obstacle remains communication from Barts Health Trust, we have made contacts and sent emails out, with the response rate being disappointingly slow, and others confusing us with another hospital radio station whose service is sporadic in comparison to ours.

We did take some magazines to Whipps Cross and places these around public areas to boost awareness of Bedrock Radio at this location.

Presently we do not know if the DAB signal will reach here based on the limited coverage maps, we have seen, however it is likely our signal will cover the Plaistow Area

Online: Our Mobile App had an interesting issue this year, where we had to re-register with the Google Play store due to an administration error, the app was re-issued in May 2024, meaning we have lost all previous download data – That being said since May to January 2024 Google Play store has reported; 60 downloads, all of these would be new users as the app was re-listed and deemed as new.

January 2024 to January 2025 on Apple App store has reported 150 downloads – Of which 117 of these are first-time downloads (new users).

Online & Mobile listening we are maintaining a small but steady number of daily listeners, with notable peaks in live shows.

Again, our main website servers have increased in cost, while it is still affordable, we continue to monitor this, we have also purchased an additional domain name to add to our online portfolio– bedrockradio.co.uk

We have had around 7600 views of our website. With a notable spike in visits and listening August.

And Finally

2024 we celebrated 60 years of Hospital Radio in the local area, where our founding station Warley Hospital Radio started in February 1964. Celebrations were enjoyed by all, with many former volunteered impressed with how far we have come and our ambitious plans for 2025.

The advent of the small-scale DAB will allow us to better serve and improve our coverage of other locations such as King George and Goodmayes Hospitals and outreach many clinics locally. This will only be possible with the support of our volunteers and local businesses to help make it a success.

Trustees would like to offer a **Thank You** to all volunteers, the community and Edunet ICT for their support and dedication to Bedrock Radio.

Bedrock Radio

Community health and hospital radio for the health community across East London and South Essex.

We are a charity, run entirely by volunteers, providing entertainment, and promoting a healthy lifestyle to patients, staff, and the local area and in local hospitals.

www.bedrockradio.org.uk

www.bedrock.radio | www.bedrockradio.co.uk | www.hospital-radio.org

Accounts



Annual Report

Of The Trustees

2023

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Overview.

The Trustees of Bedrock Radio have compiled a report of the station activities over the last 12-month period, including annual accounts.

Reporting period: 01.02.2023 to 31.01.2024.

Our Charity.

Bedrock Radio is a Charitable Incorporated Organisation (CIO), registered with the Charity Commission of England & Wales No as number:1180476.

The CIO is run entirely by volunteers, who pay an annual membership subscription. Bedrock Radio is governed by the CIO Constitution and managed by a board of Trustees who are elected by the membership at the Annual General Meetings. Elected Trustees oversee the daily operations, acting in best interest of the CIO to further the charitable objectives.

Charitable Objective of the CIO.

In December 2022, members voted by resolution at a general meeting to amend the charitable objective wording, to broaden the charity's overall service area. The charity commission of England and Wales approved the members approved objectives in February 2023.

- 1) The relief of sickness, poor health and old age amongst people living in East London, South Essex and immediate surrounding areas by providing a local broadcasting service for hospitals, residential homes and similar institutions, and for patients receiving community care;
- 2) The advancement of health and prevention or relief of sickness for the public benefit through the promotion of the benefits of living a healthy lifestyle, and the importance of maintaining good personal mental and physical health by (mainly, but not exclusively) the means of broadcasting health education messages to people living in East London, South Essex and immediate surrounding areas.

Trustee Reports & Accounts

Trustee Board 2023:

Mat Watson Station Manager | **Chris Deighton** Secretary | **Beverley Stroud** Treasurer
Lee Howe Engineering | **Barry Felton** Fundraising | **Gill Rowley** Admin

Introduction.

Welcome to this Annual Report looking back at 2023 at Bedrock Radio.
2023 has been a steady year for Bedrock.

Group meeting attendance has been suboptimal, it's been noted members are not always giving apologies if unable to attend meetings, with at least one meeting this year being outright cancelled, aside Trustees, only one member attended. Trustees have noted that virtual meetings had a higher attendance. Even higher than in-person & hybrid (Virtual & In-person) meetings. It was hoped that in-person meetings would enable volunteers to meet and socialise, as members had previously asked for opportunities to socialise. Moving forward, it's likely that general meetings will be held virtually continuing a mixture of weekdays and Sundays. Trustee Meetings will still have a mixture of both physical and virtual due to our need to collaborate.

Our Ward Radio system at Queen's hospital has grown and is being very well received, with some fantastic listen hours being recorded. However, the biggest obstacle on this project has been funding, we have attempted to seek out grants but have been unsuccessful. It was hoped that we would be able to sell some sort of sponsorship, through advertising stickers on the sides of the radios, however this was never followed through.

Goodmayes still requires our attention, we have struggled to have any volunteer visit wards on a regular basis, nor has anyone else stepped up to the task when asked. This is something as an organisation we need to greatly improve on, patients in Goodmayes are often in hospital for long periods and are more likely to interact with our service, providing we are sending a ward visitor / request collector to them

We have also seen the first year of Bedrock broadcasting across Whipps Cross Hospital, although we have had technical issues to overcome, most of these have been resolved.

The big-ticket item for 2023 was Bedrock Radio securing a DAB broadcasting licence with Ofcom. We have managed to obtain a Community-Digital Sound Programme licence which will allow us to join on the North East London, South West Essex Multiplex, when it launches in 2024/2025 as a Community DAB Service.

Recruitment has been slow and steady, with a major change in process as we align our procedures more with BHRUT Volunteer Services, this has also resulted in a new Volunteers Conduct policy to be introduced from the forthcoming AGM

The Bedrock Roadshow again made some appearances locally in Collier Row, Elm Park, Hornchurch and Upminster providing vital promotion and raising much needed funds to keep us on-air.

Our two quiz nights were every bit enjoyable but needed better promotion and members support.

Barry Felton has decided to step down from being a trustee. I am sure you will all join us in thanking Barry for all the hard work that he has put in as a trustee. Barry will continue to contribute to Bedrock in the future as a general member.

Volunteer Membership.

Throughout 2023, we have continued to collaborate and strengthen our relationship with Voluntary Services & Patient Experience at BHR Hospitals Trust (BHRUT). We have met the new members of staff in the department and have been sharing ideas and plans, of which we hope to work on in the coming year.

Our recruitment process has had a minor overhaul, following changes to BHRUT Volunteers recruitment process, we have aligned and amalgamated some elements of our recruitment processes. This includes volunteers now attending the Trusts volunteers' seminars, which covers important elements of safeguarding and other essential information.

The process (simplified): Volunteer application forms received by Bedrock and interviewed by Bedrock Trustees. The applicant is then passed to BHRUT Volunteer Services who will complete the Volunteer on-boarding (Including DBS) with the Trust, on completion of on-boarding, they are handed back to Bedrock to commence our induction and training. They are then a volunteer of Bedrock.

Our recruitment process remains robust, with Trustees overseeing the process looking for applicants who have taken time to mention our values and objectives to show they have an understanding and show interest in furthering the charity, these are being prioritised over some of the short 'one sentence' applications that have been received.

Volunteer recruitment remains steady we are averaging 28 members on our records; we hope this will increase slightly in 2024.

Several of our training materials were updated to reflect changes ahead of launching on DAB+ in 2024, it is planned nearer the launch date we will run volunteer seminars about being 'DAB Ready'. As there will be little room for error when broadcasting to a much larger audience.

We have had a slight reduction in programmes in 2023, due to commitment and availability of volunteers. It remains a long term aim to fill all weekday lunchtime shows with a Live or Voice Tracked presenters. We also still want to have local sport coverage on a Saturday Afternoon and fill a few more of our specialist show times in evenings and weekends.

There are presenters who enjoy the flexibility of voice tracking from home to fit around their other life commitments, whilst others like the ability to pop to the studio and escape reality for a few hours. There are no right or wrong options here, what comes out of the radio matters most! Using the training and resources provided by Bedrock, all presenters can produce great and maintain constant programming. Meeting both our charitable objectives and our Ofcom Key Commitments.

Unfortunately, the relationship between Bedrock Radio and the Havering Volunteer Centre has disintegrated. HVC do not seem willing to listen to Bedrock Trustees about how we wish to recruit members and what the responsibilities of our members would be. In past communications we have politely tried to point out our recruiting process to them highlighting why our process is a certain way Highlighting that 'one sentence answers' on applications forms do not give us suitable information if the volunteer would be suitable fit or have desirable skills, in addition as we work with BHRUT for on-boarding they must be able to complete the safeguarding aspects.

We tried to raise the subject, only to receive a stropmy email from the HVC Manager saying that they no longer wished to have anything to do with us due to how 'inflexible' Bedrock where being, as to our processes requiring a more complete application form, this situation is likely to remain until a staff change takes place at HVB, or they are willing to meet with us and understanding our processes.

Meanwhile, DAB is on the horizon in 2024 and is at the forefront of our minds and while there are no guarantees on how long we can financially sustain a digital radio service, we have been putting work into our on-air policies are in place, along with sponsorship packages, a refined music selection and updating our training materials. To try and give Bedrock Radio the best possible opportunity to succeed across the East London and South Essex area when the multiplex launches.

Publicity & Promotion

2023 We have tried to use social media more, continuing our efforts from last two years.

Many of our postings this past year have been around events (Quiz Nights, Christmas), Promoting EasyFundraising, and showcasing programmes plus how to listen in.

Upgrades to Myriad 6 has allowed us to re-integrate X (Twitter) back into our Social Posting on Myriad Payout. Which has allowed us to add social posts back into the live log,

A few presenters are using personal socials to promote programmes & events tagging the station accounts too, which has been very helpful in boosting our pages and profiles.

Towards the end of 2023, we've begun to sign up to Google's 'Ad-Grants' scheme, which allows non-profits to receive free advertising credits on the popular Google Ads online advertising platform.

As 2024 marks 60 years of Hospital Radio in (North) East London! We spend the last quarter of 2023 drafting a history article to form a new magazine that is coming together with our chosen publisher to mark the occasion and is due to arrive in 2024.

Disappointingly, we still have a few boxes of our old magazines, while many were given out at Christmas events, Trustees requested volunteers help to distribute these, sadly this help has not been forthcoming to deliver copies across the health community (Hospitals, Units, Clinics) or even onto the wards of the hospitals we're located in!

It is unknown to Trustees why there has been such reluctance from our volunteers to help us on tasks such as magazines, wards visits' etc, which provide a way to promote Bedrock and help meet our charitable aims by interacting with patients.

Our Ward Radio's at Queen's are proving popular with more requests for radios in more areas. Over at Whipps Cross on a maintenance visit, we were able to attach some small stickers to the speakers (The ones we could reach) promoting 'Bedrock Radio' playing throughout the hospital.

Finances:

Financially 2023 has been flat, we've just about covered running costs.

We've not been able to build up the cash reserves to support the future of projects such as Ward Radios.

Trustees were unable to secure any sponsors for our ward radios this year, meaning any investment has been at cost to Bedrock from fundraising and existing funds. Unfortunately, the bad luck continued as all our grants applications were unsuccessful in 2023. We will try for new grants in 2024.

A handful of fundraising activities with Bedrock Roadshow including several Christmas events, However, we have been made aware Havering Council may not fund any festive events in 2024 due to their own severe budget cuts being made in 2023/4 as the council faces "Bankruptcy". We can only hope events run by the community ventures (town teams) go-ahead and we are able support them next year.

Trustees are eager to make 2024 a better fundraising year,

We are aiming to get some of our collection tins out into the community and have been discussing restarting a couple of collections (Tin Shakes) with a view to ensuring we have card acceptancy. Along with regular events such as Quiz nights. These can only succeed with support from our volunteers' base to help at these events. Without it a lot of effort from the organising Trustee is wasted, which is extremely disheartening to the individual, but also disadvantages the Charity when volunteers are not interested furthering the charities work.

EasyFundraising has proven to be popular this year, and provides a steady run of donations, we have continued to run on-air adverts & social media posts on this as it does make a small difference.

A JustGiving page was set up to crowdfund for the Ward Radio Project but has been underused and underpromoted, this needs to be revisited as the project is unable to progress due to the lack of funding for it.

As mentioned earlier, we have applied to the Google Ad-grants campaign to allow us to advertise & promote Bedrock Radio online better in 2024, with the expected DAB launch, we're hoping to use the scheme to promote Bedrock on DAB, plus to promote things like our ward radio project.

Our new Ofcom licence will cost us £100 a year to maintain, Looking ahead to 2024 and our future on DAB+, It won't come cheap! estimated costs so far suggest that it will cost £3600 in Music Licencing and Multiplex fees per year to sustain our DAB transmission, based on the accounts overleaf we can sustain this for a period, but will need to be proactive in seeking fundraising, advertising and sponsorship to operate our service for longer than a couple of years

As part of our Ofcom licencing there will be fiscal limits on broadcasting activities on our licenced DAB service, for instance we have a revenue cap of £15,000 that can be generated through advertising and sponsorship, However, no singular advertiser / source can contribute more than 50% of that total income (£7500). To be clear **this will not affect our charitable activities** of fundraising (Quiz nights, stalls, roadshows, collections, etc) grants or subscriptions, this is purely a cap for the DAB service.

It is intended we sell sponsorship and advertising to help cover broadcasting costs, using fundraising to cover other charitable activities (such as funding ward radios & the Bedrock App).

Unfortunately, the broadcast marathon was cancelled for a second year running because we were unable to secure enough participation from volunteers to make the event a success. This is disappointing as this event has proven popular and successful in the past with a guest and a full studio, donations from our 'Sponsor A Song' often totalling more than £1000. Fiscal breakdown on the following pages;

2023 – Bedrock Radio Accounts

Bedrock Radio - Registered Charitable Incorporated Organisation (CIO) 1180476

Year Ended 31 January 2023

Receipts and Payments

Income		
Donations	709.74	
Fundraising	959.48	
Members subs	125.00	
Other	603.75	

Total Receipts	2397.97	
Expenditure		
Office Supplies	0.00	
Phone/Postage	1385.34	
Small components	99.09	
Repairs	0.00	
Fees and Licences	1769.44	
Advertising and Publicity	0.00	
Monthly Bank Charges	60.00	
Broadcasting Expenses	2374.61	
Fundraising Expenses	40.00	
Other	25.00	

Total Expenses	5753.48	
Balances:		
	1st Feb 2023	2023-2024
	Opening	Closing
Current Account	15,183.33	11,646.34
Cash	0.00	0.00
Floats	0.00	0.00
	-----	-----
Total	15183.33	11646.34
<i>Surplus</i>		
<i>Deficit</i>		3536.99

Engineering:

2023 has kept us busy in various ways.

A topic from 2022 that rolled into 2023 was our Uninterruptable Power Supplies (UPS) replacement, as we publish the report a UPS has potentially been sourced for the server room, with possibly a second for the storeroom racks. Thanks to stakeholders who have helped us acquire these.

The studios received an upgrade to Myriad V6 - This latest iteration of Myriad brings extra tools and functionality, improving on V5 including improvements to Myriad Anywhere (for remote voice tracking).

The studio switching hardware & Handoff software was installed as planned, however the associated switching hardware wasn't up-to the task, after diagnosing the issue with the manufacture the switching unit was retuned. Resulting in Myriad handing-off to another PC being implemented, but the studio mixing desk stays live (if in PGM Mode) but this does make the desk available for production (in AUD Mode). Another switching unit is available, so this project can be revisited in the future.

Our internal backups (NAS drives) suffered a major failure, whereby windows could not communicate with the storage system properly which resulting in Bedrock not having a server back up for almost 5 months! This resulted in Bedrock needing to invest in a new NAS hardware, which is backing up all our data, should the worse happen, we could restore our studio in a few hours.

EduNet ICT has continued to support Bedrock Radio and are helping develop and support us in various areas, Including donating a newer server that is being installed in February 2024, this will give us more resilience in our core operations and will slightly speed things up with newer hardware.

Our 5G Broadband is proving to be very useful, we will be looking at getting rid of one of our two of our ADSL lines as soon as they go out of contract. The remaining ADSL line is being used exclusively for streaming Bedrock Radio as we need to ensure a stable connection is maintained, especially for our future on DAB.

We made some streaming changes; as EduNet is hosting a streaming server for us, which provides an 'Auto DJ' functionality, should the studio internet connection ever fail or disconnect the Auto DJ will take over automatically, until the studio feed is restored.

We are looking at moving the Bedrock Gold stream to the EduNet streaming server, which would allow us to make a small yearly saving on other services.

The software running the 'Auto DJ' has proven to be very efficient and have plans in 2024 to install it onto our Ward Radio Server for added protection.

As we move forward, we need to ensure that the technology we work with remains reliable with DAB on the horizon, we also need to ensure our internal and cloud services are being utilised to their full and best extent, making best use of our Microsoft 365 accounts for email, teams and SharePoint etc.

Our assets in hospitals:

Queens: Our Ward Radio system grew slightly in 2023, with approximately 40 radios in circulation across the wards, plus a radio in the Infusion Suite and Discharge Lounge. Towards the end of the year the radio monitoring had recorded many of the radios where in use for long periods, with some wards listening for 8-12 hours of use per day! However, the biggest setback on this project is funding, we have been unsuccessful with grants and finding sponsors and despite trying with distributors we are unable to get the costs any lower.

The start of the year we slumped in visiting the wards, which resulted in the radio system going into disarray, with 1/3 of all ward radios being offline, creating a dip in overall listeners, as faulty & damaged radios where not being reported or attended too.

A concerted effort was taken to start addressing this, with 10 radios being fixed in one weekend & redeployed to the wards.

Towards the end of the year and into early 2024 we have improved this, with regular ward visits to check the radios every couple of weeks.

Sadly at least 3 radios have been offline for approx. 12 months, which desperately need to be found, they represent a loss of approx. £300 loss which if unfound would need to be written off.

As a team, if we were checking the wards properly around the time they first went offline, we may have been able to recover them sooner. It is hoped they are still in the hospital somewhere, just out of range of our network. We must continue throughout 2024 and beyond to keep our presence up on the wards & maintain our radio system, to avoid such significant losses.

Sadly, without securing any funding we have been unable to install our Wi-Fi to remaining wards and have focused on maintaining what we currently have – A common point of failure is the Micro USB Plugs on the radios, we believe common failures are caused by the radios be shoved against walls or being dropped breaking the connectors, plus the USB power cables are common with some mobile phones.

Through discussions with stakeholders, there may be a possibility of getting a similar system installed at King George, which is also in desperate need of a new entertainment system, we are monitoring what is happening to see what is possible, but this will need significant funding.

We keep looking for grants and sponsors to help fund this project, as it provides the key backbone of our Charity, if we are unable to make a success of community DAB licence, our Hospital Radio service will still need to continue well into the future.

Goodmayes:

Unfortunately, our engineers haven't been able to check the system on-site either due to several factors. It's hoped they will be able to assess our speaker system in the first quarter of 2024

We have sadly made little to no progress with restoring request collecting duties and maintaining a positive presence at the NELFT site. As previously mentioned, when the wider membership was asked to help with this, nobody stepped up. Trustees are trying to recruit some volunteers near to the hospital, or who actively want to request collect to visit the site, even initially on a monthly basis.

While there are many ambitions for this site and improvements to be identified on the speaker the system, the costing of such projects and ideas are the largest obstacle. We need to make more effort with this location in general.

We are looking to have a Trustee who becomes a point of contact with Goodmayes & NELFT to improve the patients (& staffs) listening experience, but also to seek funding for any upgrades and improvements.

Whipps Cross:

We experienced several issues with the streaming connection, we have checked on the site, made some changes and resolved many of the issues. It is possible, we need to replace the PC on-site as it's believed this is creating one of the issues.

Former radio rooms are also not as secure as we would like, however our main area of focus is the technical room, and we hope to make some minor changes in 2024 to ensure our equipment remains safe on site.

Our biggest obstacle so far as been trying to communicate with Barts Health Trust, we have tried emails and socials via communications, volunteer experience, however we are struggling to get any meaningful contact with the Trust. Changes to Barts NHS Wi-Fi has resulted in broken links, meaning no radio service is easily accessible on NHS Wi-Fi, we have tried to raise this issue too, but this was also ignored.

Meanwhile, Bedrock Radio continues to play across the speakers at Whipps Cross and is checked periodically, so we are providing some sort of service to the Trust, which is better than other services are doing.

Online: Our Mobile App continues to be stable; majority of users are on the Apple iOS who make up around 65% of all users, however constant changes in terms & conditions on the app platforms are making it difficult to provide links to our donation sites, as the platforms increasingly want users to pay via their platforms (Apple Pay / GPay) which we are not signed up to.

Yet again, our main website has increased in cost, now at the £100 a year mark, while it's still affordable we're monitoring it as there are cheaper alternatives, we're still receiving small, but steady number of clicks through from the NHS Wi-Fi across all locations, of which the majority have gone onto listening in. But this is comparatively low, when compared to the ward radios & their listening hours.

And Finally

2024 is promising to a year of celebration for Bedrock Radio.

Marking 60 years of Hospital Radio in the local area, where our founding station Warley Hospital Radio started in Feb 1964!

Hopefully Ofcom will be appointing the DAB Multiplex (Transmission) Operator in the first quarter of 2024, all being well we're hoping things will be running by Mid to end of the 2024 we'll be broadcasting to a further 1 million people across the health community

Together we're creating a fantastic community health & hospital radio station.

Thank You to all volunteers for the support and helping keep us on-air.

We have a lot of work ahead, and need as much support to get money coming in to ensure we have a good future on DAB Digital Radio

Although we must remember who our audience is and what our objectives and commitments are:

Bedrock radio is broadcast throughout Queen's, Goodmayes and Whipps Cross on speaker systems & ward radios. Plus, NHS Wi-Fi to all these and King George. (BHRUT in recently recorded over 300,000 in their Emergency Department at Queen's) – They have recently asked for a radio this report was drafted.) The advent of SSDAB will allow us to better serve other locations such as King Georges, but also outreach many of the units and clinics locally.

Before we get our 'go live' date, we need to make a concerted effort to target the local health community which includes; clinics, units, surgeries, but also care homes, dentists, opticians and potentially private hospitals locally. Making it the best success we can.

Bedrock Radio

Bedrock is the Community health and hospital radio station serving the wider health community across East London and South Essex.

We are a charity who is run entirely by volunteers, we pride ourselves on providing entertainment and promoting a healthy lifestyle to patients, staff and the local area.

www.bedrockradio.org.uk

bedrock.radio | hospital-radio.org

Accounts



Annual Report

Of The Trustees

2022



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Overview.

The Trustees of Bedrock Radio have compiled a report of the station activities over the last 12-month period, including annual accounts.

Reporting period: 01.02.2022 to 31.01.2023.

Our Charity.

Bedrock Radio is a Charitable Incorporated Organisation (CIO), registered with the Charity Commission of England & Wales No as number:1180476.

The CIO is run entirely by volunteers, who pay an annual membership subscription. Bedrock Radio is governed by the CIO Constitution and managed by a board of Trustees who are elected by the membership at the Annual General Meetings. Elected Trustees oversee the daily operations, acting in best interest of the CIO to further the charitable objectives.

Charitable Objective of the CIO.

In December 2022, members voted by resolution at a general meeting to amended the charitable objective wording, to broaden the charity's overall service area. The charity commission of England and Wales approved the members approved objectives in February 2023.

- 1) The relief of sickness, poor health and old age amongst people living in **East London, South Essex and immediate surrounding areas** by providing a local broadcasting service for hospitals, residential homes and similar institutions, and for patients receiving community care; and
- 2) The advancement of health and prevention or relief of sickness for the public benefit through the promotion of the benefits of living a healthy lifestyle, and the importance of maintaining good personal mental and physical health by (mainly, but not exclusively) the means of broadcasting health education messages to people living in **East London, South Essex and immediate surrounding areas**.

Trustee Reports & Accounts

Trustee Board 2022:

Mat Watson Station Manager | **Chris Deighton** Secretary | **Beverley Stroud** Treasurer |
Lee Howe Engineering | **Barry Felton** Fundraising | **Gill Rowley** Admin

Introduction.

Welcome to this Annual Report looking back at 2022 at Bedrock Radio.

2022 was an eventful year for Bedrock, and the Nation as a whole, we began the year still emerging from the pandemic, with restrictions being slowly lifted and finding our 'post pandemic' way of working.

We celebrated the 20th anniversary of Bedrock in June 2022. Bedrock formed in 2002 as a result of the merger of Oldchurch & Harold Wood hospital radio, in readiness for the opening of Queen's Hospital. On-Air we celebrated with an on-air history, looking at how far we had come! The station is now looking forward to marking 60 years of Hospital Radio Services in Havering / East London in 2024.

In July we installed the first bits of equipment to start live testing of our Ward Radio Project, reusing dormant cabling we have been able to begin deploying a WiFi radio system, restoring hospital radio services to the wards at Queen's Hospital. Just in time for the HM The Queen's Platinum Jubilee celebrations, where we ran some extra programming over the celebratory weekend. The ward radio project is still developing and proving successful, but requires funding, to this end we launched our 'sponsor a radio' campaign offering sponsorship for three years.

We found out that our friends and neighbours at Whipps Cross Hospital Radio (WXHR) were planning to shut down at the end of 2022. We began discussions with WXHR about Bedrock Radio becoming a replacement service upon their closure and expanding our service dramatically.

Recruitment has been slow and steady, with a number of enquiries and interviews being undertaken, There are a few things we need to look at adjusting in our processes, of which we're working with Volunteer Services at BHR Hospitals to ensure best practice.

We were saddened to hear of the sudden passing of our volunteer Barrie Ware, Barrie often helped in fundraising events, books service and stalls. He is missed by the team.

The Bedrock Roadshow again made some appearances locally in Hornchurch and Upminster in Summer and Winter, even managing to broadcast a live / link up with the studio from some of the events. Providing vital promotion and raising much needed funds to keep us on-air.

We have experienced a few issues over at Goodmayes Hospital with the ward speaker system, we have not had the resources to arrange a maintenance visit, nor have we had members request collecting to keep an eye (& ear) on the system there. We will make this a priority to fix in 2023.

As we closed on 2022 – We did assume the place of WHXR, successfully have 25 radios in circulation at Queen's & finally sorted our abysmally slow internet connection.

Volunteer Membership.

Back in 2021 Trustees worked on 'Project Restart', looking into various areas to resume 'business as usual' post-pandemic. We continued some of this work throughout 2022.

The Bedrock Books service at Queen's Hospital has been unable to be restarted, due to the limitations in visitors on the wards, and our diminishing number of books volunteers, at present the service remains dormant. Additionally, we have been unable to restart our fundraising stall due to the foyer being used the waiting area for the Emergency Department.

However, we are exploring the idea of running 'pop-up stalls' held outside the hospitals in 2023/4 to begin reducing our stock of books and more importantly raise funds.

Request collecting at Goodmayes came to a halt as our request collectors Geoff and Marj became unavailable, with no one else willing to go over to the hospital we have not had any presence on the site. This is concerning for the Trustees, as we do not want to give NELFT the impression we have given up on the site.

July 2022, we began installing our Ward Radios at Queen's Hospital, at present Trustees have been visiting the wards to check up on the system, whereby in talking to the staff, we have been able to get a couple of song requests. As more radios are distributed, we will be encouraging members to start getting involved in request collecting, we are working with the hospital to see if there are any special measures required before we let you loose on the wards.

Chris, Gill and Mat have been leading on the recruitment side of things, having worked hard to develop and review our recruitment procedures. However, recruitment in 2022 was very slow for us, despite a number of enquires and applications, we realistically had around five people join our team.

While our process is robust, in December a small DBS issue resulted in Bedrock liaising with Volunteer Services in order to find a resolution, highlighting an area of review and improvement for both of us. Delays in the on-boarding steps is causing a concern for volunteer retention, something we are working with the Volunteer Services on.

Like last year, we have been trying to find volunteers who are interested in staying in the medium to long term, this reassures the value of the time spent on training is well invested in the person, with a view to them volunteering for a number of years.

It's still a long-term plan to build up our presenters and ensure our output remains of high-quality. Mat continues to adjust the training materials to ensure they are all relevant and up-to-date, the slideshows are available to all members on the Members Sharepoint site.

Chris has continued to liaise with Havering Volunteer Centre from which we receive a steady trickle of enquiries. However, the quality of those enquiries is very mixed and has not resulted in any new members joining.

Thank you to The Havering Daily for their ongoing support with our community news, Bedrock Radio have granted them Cooperate Associate Membership, making them an official supporter of our charity.

We are averaging 25-30 members on our records; we hope this will increase slightly in 2023.

Publicity & Promotion

Throughout 2022 there has been a more focused effort in scheduling social media posts.

We made more use of Myriad OCP to post online, these are social media posts included into the playout log to promote various cornerstone shows (i.e., Breakfast), these mixed in with Facebook / Twitter & Aiir (App) scheduling, we have been able to promote things a bit more effectively across some of the main social outlets.

We have also been re-posting various social media items from the various NHS Trusts we serve, in order to increase our interactions with the Trust and general public.

Since Bedrock became available across Barts Health Trust locations, we are getting more traffic coming from NHS WiFi, which many are continuing into the online web player.

We still have a number of boxes of magazines left which desperately need to be distributed to the local health community, or through door drops. Some of the information in these are gradually becoming dated. We need all current copies to be distributed as during in 2023, we are putting together a special edition for release in 2024 to celebrate 60 years of Hospital Radio in East London, looking back at our heritage.

At Queen's Hospital, our Ward Radio Project has begun providing a visual and audible reminder to staff to our existence. To co-inside with the radio launch, Barry and Mat updated the artwork in the vast majority of snap-board posters on the wards (ex-premier boards), providing current information of how to listen on NHS WiFi with the artwork promoting both our stations.

Towards the end of 2022, we began giving the stations their own similar branding with a view to giving each on-air station its own 'identity' (as seen on the front cover) the main charity logo hasn't and will not change.

It is intended the identities are used in places where both our stations are offered such as directories, or to promote the radio station itself, the station identities don't refer to 'Hospital Radio' which is intentional to appeal to the wider local public, where as the main charity logo will.

We hope to get permission from the various NHS Trusts served about having stickers put up to promote our services to patients and staff, raising further awareness about us.

Finances:

Financially the vast majority of the year we have had very little income and lots of outgoing as various projects got underway, thanks to the grants we had received in 2021.

Beverley finally chased a long overdue invoice from studio equipment which we sold in 2020, getting a much needed £2000, which went towards expanding the ward radio project.

Mat also secured a new and much cheaper insurance, saving around £300 from the renewal quote Beverley received, with the new cover provider giving us a much broader insurance coverage.

Lee, through EduNet was successful in getting Bedrock Radio signed up to LGFL, getting us 5G Mobile Broadband, which works out cheaper than our ADSL Broadband lines, as soon as the ADSL lines are out of contract, we will terminate their use where we will begin saving money.

We gained a second 5G Mobile Broadband from LGFL to avoid the same high costs, low speed issue when we took over from Whipps Cross Hospital Radio.

Our Ward Radio Project was launched with our 'sponsor a radio' campaign, so far, we have had three companies interested with one company (Haverling Daily) taking up sponsorship of a radio at the end of the year.

Trustees will be working to promote our 'sponsor the radio' campaign to local businesses in order for Bedrock to recover installation costs and provide us with an ongoing maintenance fund to support our newly installed radio system. The intention is for sponsorship to be re-sold roughly every three years. With our radio system designed to be scalable to other locations while keeping maintenance costs low.

Unfortunately, our grants applications were unsuccessful in 2022. We will try for new grants in 2023.

A handful of fundraising activities with Bedrock Roadshow took place bringing in around £400 in fundraising activities. Unfortunately, a few planned events were rescheduled for 2023 due to venue issues and volunteers becoming unwell.

We aim to make 2023 a better fundraising year, with a view possible having some collections (Tin Shakes) with a view to ensuring we have card acceptancy.

January 2023, just before the end of our fiscal year we received a notable cash donation from Whipps Cross Hospital Radio as they closed down.

Bedrock was a member of Amazon Smile which closed in February 2023 after which we stop receiving donations. Amazon Smile worked in the same way as Easyfundraising, with those using Amazon Smile for online purchases generating a small donation for Bedrock. In reality this did not raise much money as the percentages donated by Amazon were small and only a very few people made use of the smile programme.

Easyfundraising on the other hand seems more popular and we have averaged a donation of about £25 a quarter from them. All members, their friends and families who shop online are encouraged to register with Easyfundraising as this will raise money for our charity. Throughout 2022, we began encouraging and promoting the use of our EasyFundraising link on-air and online. Please ask Chris for further details on raising funds through this platform.

Fiscal breakdown on the following pages;

2022 – Bedrock Radio Accounts

Bedrock Radio - Registered Charitable Incorporated Organisation (CIO) 1180476

Year Ended 31 January 2023

Receipts and Payments

Income

Donations	9843.57
Fundraising	810.15
Members subs	123.95
Other	5.43

Total Receipts **10783.10**

Expenditure

Office Supplies	58.20
Phone/Postage	1196.39
Small components	45.02
Repairs	0.00
Fees and Licences	1302.26
Advertising and Publicity	0.00
Monthly Bank Charges	63.00
Broadcasting Expenses	4921.40
Fundraising Expenses	256.92
Other	40.00

Total Expenses **7883.19**

Balances:

2022-2023

	1 st Feb 2022	31 st Jan 2023
	Opening	Closing
Current Account	12288.90	15183.33
Cash	0.00	0.00
Floats	0.00	0.00
Total	12288.90	15183.33
<i>Surplus</i>		2899.91
<i>Deficit</i>		0.00

Simplified Accounts

Income: £ 10,783

Expenditure: £ 7883

Engineering:

2022 was a very busy year technically for Bedrock Radio.

All of our Uninterruptable Power Supplies (UPS) have now failed, all having dead battery cells, these have all been removed from use on safety grounds and a decision is being made on what equipment actually benefits from having UPS power, as the cost of replacing all cells is expensive.

Myriad V5 has a number of upgrades over the year, bringing over more functionality and tools from Myriad 4, which has improved scheduling and made playout more stable.

Towards the end of 2022, Mat began looking to introduce new switching equipment, allowing automation computer to take control from the studio.

This has the benefit of allowing the studio to be taken off-air (without the need to unplug anything), freeing it up for training, production and repairs. Plus, provide another level of failover should the studio have problems. This is due to be installed around Easter 2023.

July 2022 saw Lee take on our biggest project at Queen's Hospital - The Ward Radio Project.

Using grant money from 2021 we created the 'Hospital Radio Network', working with contractor Globe, we established where the cabling runs for the defunct patient entertainment network across Queen's Hospital with EduNet helping us design our system and acquire equipment.

The initial trial began in July begun with just seven WiFi radios, restricted to tune into our radio stations; Bedrock RADIO & Bedrock GOLD.

We used the funds from the delayed equipment sale to buy more WiFi points & radios, covering the majority of the 'Orange Side' of the building, which has allowed us to install our radio network into two wards that have never received patient entertainment before. At the end of 2022 there 24 radios in the trial and we received enquiries from other departments about getting radio installed.

We have set ourselves a target to have 150 radios deployed at Queen's Hospital.

Throughout 2023, we want to complete the WiFi installation across the rest of Queen's Hospital, and will liaise with BHR Hospitals, Globe & EduNet about the viability of reaching other areas which have shown interest.

After this we want to explore installing a similar system into King George Hospital and work with Barts Health and NELFT to see how scalable the system could be.

At the end of 2022 Bedrock Radio replaced Whipps Cross Hospital Radio (WXHR), working with WiFi Spark we managed to get a seamless transition for patients using NHS WiFi to access radio services across the entire Barts Health Trust, with all locations now able to quickly and directly access Bedrock Radio.

In January the speaker system along the corridor of Whipps Cross has "*Made The Switch To Your Healthy Music Mix*" as the system is mono, we had to create a mono streaming feed for Whipps Cross.

The Hospital at Whipps Cross is due to be re-built over the next few years, the Trustees will need to opening discussion with Barts Health Trust to see what the plans are.

Goodmayes has suffered problems in 2022, which urgently require Lee and Mat to diagnose and repair, however access can only be gained weekdays in 'office hours' which is proving to become a resourcing and time management issue, delaying the repairs. This has become an urgent job to get all of Goodmayes working fully. There is still a long-term ambition to upgrade the speaker system across the hospital, but this requires full research and funding, due to the nature of the building the ward radio project wouldn't be viable.

Engineering Continued

2022 was the year we finally got faster internet! Lee has been battling for years to improve the service, We have operated on two ADSL telephone lines to give us a workable broadband speed.

Lee, through EduNet managed to get us accepted into the LGFL programme that supports schools and non-profits. Our broadband is now a 5G mobile broadband connection, with a powerful antenna pointing towards the nearest 5G masts on the o2 network. We are achieving a much greater internet speed and stability.

As we took over WXHR, we installed a second 5G mobile at Whipps Cross to avoid the expensive and slow ADSL line, with the Whipps Cross site due to be redeveloped for a new hospital, the 5G antenna is easier to relocate and get online, rather than waiting for BT / Openreach to run new cables.

Throughout the year we took the opportunity to tidy up some of our IT network, and re-install windows on all of our workstations in the studio and office, providing a 'clean start' for many of our machines, as they were becoming slow due to the number of updates and profile data stored.

Lee has made great contacts with WiFi Spark in 2022, and we gained a better understanding of how their system operates across the various Trusts. We now understand there is the possibility to have a limited number of devices permanently connected to the NHS WiFi for ability to play hospital radio.

We have ideas of a test we would like to do, but will need support from an NHS Trust to operate the trial.

Our Mobile App continues to be stable, with the developers (Aiir) now including connectivity for Apple CarPlay & Android Auto, with improvements in app for the now-playing artwork. Overall usage shows 65% of App users are iOS (Apple) users.

The website has increased in cost, but remains strongly affordable, in 2022 we also invested in a new dot-Radio domain. of www.bedrock.radio. In purchasing we have prevented anyone else from buying the domain name and have secured it for a few years.

We took the opportunity give our main website (bedrockradio.org.uk) a little reorganisation in late December updating information for Barts Health Listeners and when we gave our two radio stations their own new identities, moved all of our charitable aspects together under the 'about us' section encompassing volunteering, fundraising and history of our charity under one section of our website.

As Bedrock own the domain of www.hospital-radio.org we have redirected this to our tidied up 'About' section.

The radio stations; Bedrock RADIO & Bedrock GOLD webpages focusing on their 'On-Air' content.

We're pleased to have seen a small, but steady number of clicks through from the NHS WiFi across all locations, of which the majority have gone onto listening in.

Mat discovered Ofcom are launching a small-scale DAB licence in 2023, with a projection of covering South West Essex, North East London area. With the groups approval in 2022, Mat has continued to research, talking with other local community stations about the licencing. Trustees have begun the application paperwork with the prospect of taking forward an application to Ofcom, if successful, will gain Bedrock more listeners, however our running costs will increase dramatically and we are mindful that more effort on fundraising & sponsorship will be required from everyone to ensure the success of getting Bedrock Radio onto the ultra-local DAB.

And Finally

2023 is promising to be a more 'normal' year of operation for Bedrock Radio, with a number of projects and ideas on the go and a big celebration to come in 2024 we're hoping the coming year will be prosperous for our charity.

Together we're creating a fantastic community health & hospital radio station.

Thank You to all volunteers for the support and helping keep us on-air.

It's hard to believe that Bedrock Radio has once again grown our listener base, possibly making us one of the biggest services in London and in the UK.

Trustees are thrilled to have gotten a major project off the ground, and welcome our new listeners from five hospitals to our services.

We need to ensure we have a strong income over the next few years, to ensure the charities successes. We remain optimistic in applying for a local DAB over the coming year, but know this will bring a new pressure in keeping the funds coming in, and ensuring we have a strong, reliable team of presenters.

Bedrock Radio

Bedrock is the Community health and hospital radio station serving the wider health community across East London and South Essex.

We are a charity who is run entirely by volunteers, we pride ourselves on providing entertainment and promoting a healthy lifestyle to patients, staff and the local area.



On Bedrock Radio you'll hear local events listings, news, hospital and health information, plus a mix of songs from the 80s, 90s, 00s, 2010s, 2020s and latest releases on Your Healthy Music Mix.

Over on Bedrock Gold we feature audiobooks, talk shows and play *Great Memories, Classic Hits* from the 40s 50s, 60s 70s and 80s plus we feature Classical Music & More!

www.bedrockradio.org.uk

bedrock.radio | hospital-radio.org

BEDROCK RADIO

England & Wales - Charity number 1180476

Accounts



Annual Report

Of The Trustees

2021

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Overview.

The Trustees of Bedrock Radio have compiled a report of the charities activities over the last 12-month period, including annual accounts, verified by external audit.

Reporting period: 1.2.2021 to 31.1.2022

Our Charity.

Bedrock Radio is a Charitable Incorporated Organisation (CIO), registered with the Charity Commission of England & Wales No: 1180476.

The CIO is run entirely by volunteers, who pay an annual membership subscription. Bedrock Radio is governed by the CIO Constitution and policies, it is managed by a board of Trustees who are elected by the membership of Bedrock Radio at Annual General Meetings.

Elected Trustees oversee the daily operations of the charity, acting in best interest of the CIO to further the charitable objectives.

Charitable Objective of the CIO

- 1) The relief of sickness, poor health and old age amongst people living in The London Boroughs of Havering, Barking and Dagenham, and Redbridge by providing a local broadcasting service for hospitals, residential homes and similar institutions, and for patients receiving community care; and
- 2) The advancement of health and prevention or relief of sickness for the public benefit through the promotion of the benefits of living a healthy lifestyle, and the importance of maintaining good personal mental and physical health by (mainly, but not exclusively) the means of broadcasting health education messages to people living in The London Boroughs of Havering, Barking and Dagenham, and Redbridge.

Trustee Reports.

Trustees 2021: Mathew Watson (Station Manager) | Chris Deighton (Secretary) | Lee Howe (Engineering) | Beverley Stroud (Fundraising & Finance) | Gill Rowley (Admin)

Introduction.

Welcome to the Annual Report looking back at 2021 at Bedrock Radio.

We began the year with a number of uncertainties in regards to the coronavirus pandemic. Understandably presenters wanted to get back into the studio, a select few had taken to remote voice tracking to present shows and many waited for their training.

By the middle of the year with vaccines rolling out nicely, we were able to resume a semi-normal service, with a small number of volunteers able to return to the studios and limited request collections taking place at Goodmayes. The late summer and winter saw the Bedrock Roadshow back on the road, raising much needed funds to keep the station running.

Thank you for your patience and for sticking by Bedrock Radio in another challenging year, with things now somewhat returning to the 'new normal' in 2022, We look forward to seeing you in the Cornwall Suite studios soon.



Membership & Studio.

In the early part of 2021, the Trustees met virtually to discuss how we are going to move forward post-pandemic. Dubbed '**Project Restart**'. Trustees looked at all aspects of our operations and what changes need to be made and what items need to be restarted.

We identified the following:

- **Requests and Ward Visiting:** Restart collecting at Goodmayes and ward visiting at Queens and King George hospitals to distribute magazines promoting listening on the free NHS Wi-Fi in a safe manor.
- **Training:** We are behind on training for current membership. Training will resume as soon as practically possible. Once volunteers are trained they can fill the programme schedule.
- **Recruitment:** Resume active volunteer recruitment, identifying applicants that would add value to further our charitable objectives.
- **Fundraising:** Immediately resume and improve fundraising activities, exploring more avenues such as on-air sponsorships & other potentials.
- **Books and Stall:** The Foyer Stall or Book Trolley would not resume for a while longer due to limitations at the Hospital. Trustees also felt there was a higher risk for volunteers to catch or pass on Coronavirus dealing with the public and handling multiple items. However, we must explore other ways of selling stock to raise funds.
- **The Trusts:** Liaise with Hospitals Trusts; NELFT ensure that we are involved when they are building new medical hubs locally. BHRUT raise Wi-Fi issues and how we move forward at Queen's.

Chris has been working with Trustees in restarting volunteer recruitment, we have been receiving a small, but steady flow of applications throughout the year. Chris has been trying to bring in new members that offer a value or long-term commitment to Bedrock Radio and make it worth our while with on-boarding & training volunteers (that would a value hundreds of pounds if offered in a commercial world). One of our limitations at present is speed of training. Hopefully our new recruits can be trained up quickly and build up a cadre of presenters to add to our growing high-quality output.

Gill is assisting in recruitment, sitting in with interviews and helping liaise with BHRUT Voluntary Services to help process volunteers faster. In addition, Gill has been helping maintain our membership database, contacting members who have had very little or no communication since 2020, asking if they wanted to still be involved with us.

Sadly, this has resulted in a slight reduction of our membership, nevertheless we are gradually replacing them with new people that Chris recruits.

Membership & Studio Continued;

Trustees have continued to check government coronavirus guidance and have kept reviewing our covid-19 policies, as policies relaxed, we have been able to welcome more members back to the studio, but still have to follow hospital guidelines such as wearing masks.

On-Air the programme schedule was again started to be populated, with refinements being made to ensure we have a simple schedule that sounds professional.

Weekdays (11am – 2pm) we have presenters for every Lunchtime Show, this along with the Weekend

Brunch (10am – 1pm) results in a presented show being on midmorning / lunchtime throughout the week.

After Trustees checked with NELFT, Geoff has restarted requested collecting every couple of weeks at Goodmayes Hospital, He has also given us feedback about the best time to play requests being mid-mornings / lunchtime.

Traditionally, this has been an evening feature of Hospital Radio. However, based upon feedback a decision was made to amalgamate patients requests into the first hour of the weekday Lunchtime shows. This appeared to work well and will continue going forward.

Mat has spent a great deal of time adjusting settings on Myriad and learning about new features in V5 to make programming more seamless; such as Myriad being able to play events guides of different lengths and being able to fade the backing bed out when the voice over stops. This saves on needless editing, making production of events and news faster.

A lot of discussion has taken place over our music policy, since Bedrock GOLD was created, we have minimised the amount of 60s & 70s songs playing on Bedrock RADIO. Meaning a lot more ‘newer’ songs are played. We have used the Bedrock Radio App song voting data (which allows listeners to up or down vote on each song played) along with requested songs when looking about our music policy.

Mat & Gill have tested running newer 2010s / 2020s ‘pop’, which made the station feel too fast. We then tested less 2010s and more 80s / 90s but found Myriad began picking the more obscure songs of the decades.

After some debate, we agreed that almost every song played should be ‘hit songs’ (well known), Mat has adjusted Bedrock RADIO’s Myriad music policy to feature more 80s, 2010s with some 90s & 00s and Gill has continued to trawl through our database, to ensure songs we want myriad to pick most are in the core categories.

At the start of 2022, you can already hear some of the changes on-air.

We will continue to add new songs onto the database and make further refinements to ensure that we achieve this target.

Bedrock GOLD meanwhile continues to be our jukebox station hits of the 50s to the 80s.

Community Engagement.

Bedrock Community News has grown from strength to strength. Towards the end of 2020, we learned of a new local news outlet, The Havering Daily (THD) who captures ‘ultra-local’ news focused on Havering. Chris contacted THD to see if we could work together, as a result of discussions; THD began provide us with a weekly Havering focused Bulletin.

THD, Gill, Chris & Mat have produced over 250 community news & sport bulletins for the Bedrock Community News in 2021. Our Newsdesk is always looking for members to help script and record weekly news.

In 2020 we announced the potential for a sports programme – We’re pleased to say in 2021 we achieved this! Introducing a brand new ‘*Saturday Stack Sports*’ (our first sport programme in over seven years!) Barry has taken the lead on the programme developing a plan with Mat with practical targets of how the programme should evolve.

As we enter 2022, Mat has reached out to Mike (The voice for Bedrock GOLD) who is able to provide

updates for Dagenham & Redbridge home games. Chris is also investigating through a contact, to see if we can receive updates from Hornchurch FC too.

The sport programme is ever developing and promises to be a true social and interactive programme. Chris, Gill, Liam & Scott have been helping Barry with the latest sporting action every week.

Publicity and Promotion

As part of the agreement with The Havering Daily (THD), we have reciprocal adverts running online. THD has also been pro-active in working with us to promote anything we've sent out by press release – often publishing before other local news sources. THD also provided the studio with live updated of the poppy parade in Romford, we're also hoping to work with them on other local items such as elections and events.

The Bedrock Roadshow has been able to get back on the road again, which provided us with a great opportunity to give out our free magazines and gave us great publicity by ensuring we took banners, flags and where possible the branded gazebo out with us.

Online, Mat has created some 'show cards' sized for social media platforms, using post scheduling tools we have been able to use this for promoting various shows throughout the week. Members that have Facebook, Twitter and Instagram are encouraged to like, follow and share posts that the station puts up as this can help reach more people. Especially with events such as quiz nights, or even to promote shows.

In January 2022 Mat was able to secure the domain: **Bedrock.Radio** as an additional domain forwarding to our website. dot Radio domains are a top-level, exclusive for radio station domains, we have secure bedrock.radio for a number of years for very reasonable price, having this extra domain will make it easier for people to find us online and helps with promotions. It currently forwards to our main website of **bedrockradio.org.uk**

Finances.

It's been another 'penny pinching' year, however we have seen some income resume from events and fundraising activities which has allowed us the luxury of being able to make some equipment purchases and carry out some repairs, along with our running costs.

It was agreed that 2021 we would resume annual subscriptions following the wavier in 2020 due to not being able to access the studio. However, it was very disappointing that payment of these didn't seem to materialise despite Beverley chasing members to pay.

Trustees have agreed for 2022 to keep the annual subscription rates the same for all levels, and payments become due as of the AGM.

Members are reminded that failure to pay subscriptions after a three-month period will result in termination of membership.

Bedrock Radio received £0 of grants in 2021, although we still have money remaining to spend from The National Lottery grant from 2020, of which Lee has purchased further equipment for the Wi-Fi Radio project (more on this later).

We have been able to resume fundraising activities in 2021 and have done the following events: Havering Mind's Essex Family Fest (Formally Wings & Wheels), The Big Bedrock Broadcast Marathon, Crumpled Horn Quiz Night, Hornchurch, Upminster & Collier Row Christmas Light Switch On, along with receiving donations.

Gill signed Bedrock Radio up for the yet unlaunched 'The Havering Lottery'. A local lottery designed to raise funds for clubs & charities supported by Havering Council. The launch has been postponed a number of times due to Covid-19 and we hope this will start in 2022.

Bedrock Radio received a few enquiries into advertising & sponsorship throughout the year, We have a range of suggested 'sponsor' prices on our website, and Mat was successful in securing a three-month sponsorship deal with Connect Lifetime Mortgages.

Members & Trustees are encouraged to help review our 'suggested' donation prices to ensure they are affordable; sponsorship could be a great source of income for Bedrock Radio.

We attempted to make the foyer stall virtual, by utilising our SumUp online store. SumUp proved useful in selling quiz night tickets online. Sadly, the online store performed dismally for selling surplus stock over Christmas, it's unlikely our foyer stall will be operational inside Queen's Hospital and would need to go external (outside the building or at events) which presents its own problems. This will have to be reviewed in 2022.

Gift Aid became an issue this year. Trustees have been trying to register for Gift Aid with HMRC, it's unclear if Bedrock Radio is actually registered for Gift Aid or what we do next. There is a degree of laxity between Beverley and Martin (Volunteer & Accountant) over how and who should be processing our Gift Aid with HMRC (which can apparently be done online)

A solution looks to have been found from our banking provider, CAF Bank.

CAF offer a service 'CAF Donate' which processes donations online for a small fee of 3.6% - This could be deemed the price of convenience. Martin has confirmed that we're expecting our Gift Aid payments from CAF Donate in April 2022 and should be processed annually.

Bedrock Radio Accounts:

Annual Accounts

Bedrock Radio - Registered Charitable Incorporated Organisation (CIO) 1180476
 Year Ended 31 January 2021
 Receipts and Payments

Income			
	Donations		353.68
	Fundraising		1628.67
	Foyer stall Books	0	
	Foyer stall merchandise	0.00	
	School disco	0.00	
		0	
	Members subs		75.00
	Other		0.00
	Total Receipts		2057.35
Expenditure			
	Office Supplies		0.00
	Phone/Postage		1163.12
	Small components		-31.24
	Repairs		0.00
	Fees and Licences:		636.42
09.02.21	Website Fees (One.Com)	40.64	
07.04.21	Apple Developer Program (Membership Fee)	79.00	
13&04.06.21	Website Fees (Both Hospitals)	131.68	
29.07.21	Music Licence (PPL)	-69.30	
23.11.21	Lottery Licence (Lon Boro of Havering)	20.00	
18&28.01.22	Music Licence (PPL)	434.40	
		636.42	
	Advertising and Publicity		0.00
	Paypal Charges		
	Card Charges deducted		18.83
	Monthly Bank Charges		96.00
	Broadcasting Expenses		1582.96
09.03.21	Mobile app that allows patients in Queen's & King Georges' + local people to download to listen.	468.00	
11.03.21	News + Other Broadcasting - DropBox	95.88	
25.05.21	News Broadcasting - RadioNewsHub	284.99	
16.06.21	Annual Sports Pass (RadioNewsHub)	95.99	
07.07.21+	Streaming Server (BT Online)	113.40	
15.10.21	Website Builder Tools (Elementor \$49USD)	36.07	
22.10.21	Studio Screen Display	202.80	
22.11.21	Repairs to Silence Alarm (Sonnifex)	198.48	
06.01.22	New Domain	87.35	
		1582.96	
	Fundraising Expenses		104.93
09.06.21	Studio Business Rates	43.52	
17.06.21	Engineer's Expense	5.99	
02.12.21	Insurance	709.99	
	Total Expenses		4330.52
Balances:		At 1st February 2021 Opening	At 31 January 2022 Closing
	Current Account	14562.07	12288.90
	Paypal Account		
	Cash	0.00	0.00
	Floats (Mobile Book Library)	0.00	0.00
	Total	14562.07	12288.90
Simplified Accounts			
	Income	2057.35	
	Expenditure	4330.52	
	Surplus	0.00	
	OR Deficit	-2273.17	

21/02/22

Bedrock Radio Profit & Loss Prev Year Comparison

February 2021 through January 2022

Receipts and Payments Account

	Feb '21 - Jan '22	Feb '20 - Jan '21	£ Change	% Change
Ordinary Income/Expense				
Income				
Donations				
Easy fundraising	72.51	49.76	22.75	45.7%
Magazine	0.00	810.00	-810.00	-100.0%
Sum Up	270.00	0.00	270.00	100.0%
Various	0.00	10,623.75	-10,623.75	-100.0%
Donations - Other	11.17	16.00	-4.83	-30.2%
Total Donations	353.68	11,499.51	-11,145.83	-96.9%
Fund Raising				
Foyer stall books	0.00	177.19	-177.19	-100.0%
Foyer Stall Merchandise	12.50	87.60	-75.10	-85.7%
Marathon	792.17	0.00	792.17	100.0%
Quiz Night	170.00	0.00	170.00	100.0%
Various	654.00	0.00	654.00	100.0%
Fund Raising - Other	0.00	68.42	-68.42	-100.0%
Total Fund Raising	1,628.67	333.21	1,295.46	388.8%
Membership Subscriptions	75.00	100.00	-25.00	-25.0%
Sale of Equipment	0.00	815.00	-815.00	-100.0%
Total Income	2,057.35	12,747.72	-10,690.37	-83.9%
Expense				
Advertising & Publicity				
Archant	0.00	65.00	-65.00	-100.0%
Facebook	0.00	87.92	-87.92	-100.0%
Other Advertising	0.00	10.00	-10.00	-100.0%
Total Advertising & Publicity	0.00	162.92	-162.92	-100.0%
Bank Service Charges				
CAF Donate Charges	13.20	0.00	13.20	100.0%
PayPal Charges	0.00	3.63	-3.63	-100.0%
Sum Up Charges	11.00	1.43	9.57	669.2%
Bank Service Charges - Other	90.63	63.00	27.63	43.9%
Total Bank Service Charges	114.83	68.06	46.77	68.7%
Broadcasting Expenses	1,582.96	1,508.14	74.82	5.0%
Fund Raising Expenses	104.93	44.86	60.07	133.9%
Insurance	709.99	539.52	170.47	31.6%
Licenses, Permits & Fees	636.42	1,395.35	-758.93	-54.4%
Printing, Post & Stationery				
Postage and Delivery	11.35	0.00	11.35	100.0%
Total Printing, Post & Stationery	11.35	0.00	11.35	100.0%
Rates - Studio	43.52	43.82	-0.30	-0.7%
Small items of Equipment	-31.24	641.42	-672.66	-104.9%
Suspense items	5.99	0.00	5.99	100.0%
Telephone				
B Online - 00235932 Goodmayes	491.53	362.24	129.29	35.7%
B Online 0232374 Queens	660.24	579.04	81.20	14.0%
Broadband/Modem Postage	0.00	36.90	-36.90	-100.0%
Landline	0.00	183.14	-183.14	-100.0%
Total Telephone	1,151.77	1,161.32	-9.55	-0.8%
Total Expense	4,330.52	5,565.41	-1,234.89	-22.2%
Net Ordinary Income	-2,273.17	7,182.31	-9,455.48	-131.7%
Net Income	-2,273.17	7,182.31	-9,455.48	-131.7%

Engineering:

Myriad 5 has received a number of updates over the year, more scheduling features have been added and some bug fixes. Overall Myriad 5 has been reliable and throughout 2021 all remaining Myriad 4 software has now been removed from our computers.

The studio display clock had begun to freeze or failing to load, we soon discovered that it had lost its software licences and wouldn't work correctly. We have replaced this with a new one, made by Broadcast Radio, so it's integrated with myriad.

We also discovered our silence alarm had developed a fault and stopped working. Lee arranged with Sonifex to have the unit repaired, fortunately we had a spare unit that is due to be re-installed back at Goodmayes. The now repaired unit is now earmarked to go over to Goodmayes.

Towards the end of 2021 we discovered a couple of our Barix ex-streaming boxes are being problematic dropping offline, they may require replacing or updating we will monitor their behaviour.

In addition, Mat has repurposed the Myriad Network splitter (formally used between Queen's & Goodmayes studios) to work between Bedrock RADIO & Bedrock GOLD, most notably for our 'Solid Gold' Sunday afternoons where programming is shared between the stations. This means both stations retain their identities (jingles etc.) when networked, rather than just repeating the Bedrock RADIO web stream.

Lee has been busy running his own company throughout 2021. The majority of things at Bedrock have been running somewhat okay (if it isn't broken... don't fix it) it's noted that some hardware items are no longer supported and may require upgrading in the next couple of years.

Once again Lee investigated the possibility of getting faster broadband for the studio, as BT now offer a Single Order Generic Ethernet Access (SOGEA) Lines (internet without a phone) which promises faster connections than our dual ADSL lines. However, despite most of the local area being covered, BT doesn't offer this service to the cabinet located at the hospital. Our mission for better broadband continues.

More items are covered in the in Site Specific section.

Site Specific Updates.

BHRUT (Queen's & King Georges)

It's been noted that old Bedrock posters are still up in many locations across Queen's Hospital, a new poster is being designed & will replace the old ones once printed. We will see if we can also put these up at King George Hospital too.

The Trust: Mat, Chris & Gill have kept in touch with volunteer services at BHRUT, keeping each other updated who is active / inactive in volunteering. We are slightly behind on DBS renewals due to the pandemic. However Mat & Gill will be working on this in 2022.

NHS Wi-Fi: This has been problematic for a few years across BHRUT locations.

Mat contacted Wi-Fi Spark and found they had updated the Wi-Fi system to redirect to a new Spark Media 'entertainment page' Where patients will see a prominent Hospital Radio button that directs to Bedrock Radio website to listen.

TV System: James at Globe has confirmed the trial TV system in paediatrics (Tropical Bay / Lagoon) was coming to an end. With the ward TVs to be removed in 2021. However, the TVs still located around the building run on the same system, of which Bedrock is available on. In 2022 we plan to work with Globe on getting Bedrock channels to display video of some sort, then ensuring this channel is available across all TVs in the building with audio, and where possible we are the default channel.

Wi-Fi Radio Project: 2021 saw a slowdown of the whole project.

However, we made use of the Lottery Grant as Lee ordered and took delivery of the Unifi Access (Wi-Fi) Points. This will be installed around the hospital to create 'Bedrock Wi-Fi' for our radio system to work on. We have been unable to install these, due to waiting on the network switches to arrive, these will give our newly purchased access points, power and data connections needed to make the system work.

Lee still has the prototype 'RockBox' radio, Lee & Mat did revisit the prototype to see what could be modified, the screen was proving problematic to mount safely and will likely be removed in a slight redesign, this has the bonus of saving money and assembly time.

The longest aspect is still the 3D printing of the radio's body.

Trustees are also researching if there are other Wi-Fi solutions using current 'off the shelf' products, however these all offer the ability for end-users (patients & staff) to change to a non-Bedrock station. We hope to pick this project up and develop it further in 2022.

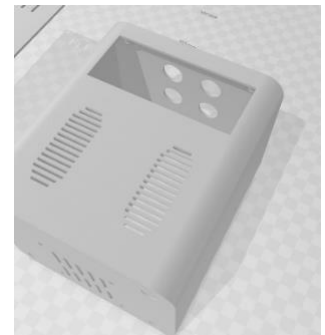


Figure 1 - 'RockBox' Prototype

NELFT (Goodmayes)

Goodmayes Equipment Rack: Our new fibre was activated during the lockdowns of 2020; however, we've been unable to secure time between Lee and staff from NELFT IT department to grant us access to the rooms we require to install our new rack & connect the new broadband up.

In this time, we have changed the plan for the equipment rack, it's unlikely we will be running a separate myriad database with Remote Voice Tracking at Goodmayes. We will continue to install the Sonifex silence alarm that can failover to a USB stick pre-loaded with many hours of content and provide an adequate local failover device in the event of our broadband failing. We still plan to install a PC in our to manage network & Barix streaming boxes.

It's hoped this will be installed in the first half of 2022, improving our reliability of our broadband at Goodmayes.

NELFT Meetings: Chris reached out to NELFT requesting a meeting about updating the speaker system at Goodmayes and expanding Bedrock into other buildings they work in.

In this virtual meeting we discussed how we support the new St George's health centre in Hornchurch and would like to discuss having Bedrock Radio play in the centre that's also expected to provide community facilities and include a café or coffee shop space.

We will be following up with The Trust about St George's in 2022.

We also spoke about expanding into other buildings they operated, The Trust have suggested Meadow Court and/or Woodbury Place (Leytonstone) would likely be achievable locations that both have inpatients, these locations offer rehabilitation and respite so patients maybe listening over an extended period of recovery.

The Trust were supportive of our efforts and suggested we talk with league of friends, for funding support for any projects we want to work on.

Meadow Court: Rather excitingly Lee was in contact with NELFT as Bedrock received an enquiry from nurses at NELFT in regards to how the radio could be heard at Meadow Court.

Lee has been liaising with NELFT estates, ward staff and patients experience over installing a radio system into this building. Lee has been in contact with BOSH to have a speaker system designed that also meets our ambition to give listeners the choice to switch between both Bedrock RADIO and Bedrock GOLD. A quote was also obtained from Access & Lock (NELFTs preferred contractor) to install the system, the quote for equipment & install is in the range of £70,000 and has been sent to NELFT to see how much they are willing to help fund and see if their charities division could help. We are still waiting for an update on this as of 2022 but expect we're waiting for the fiscal year to see if it can be funded.

NELFT (Goodmayes) Continued.

The main thing Bedrock would need to do is get internet to the building in order to provide the radio service. Once we have a better idea of where this project is at, Bedrock Radio will apply for grants and funding to help support the meadow court installation.

Other Locations: Trustees will need to follow up again in 2022 to see if there is any movement in getting radio into other NELFT sites. We additionally need to check on the NHS Wi-Fi service at NELFT sites and investigate if using NHS Wi-Fi to provide the wider NELFT sites could be viable along with dedicated systems.

And Finally.

2021 been a year of celebration with Lee and Chirag both becoming Full LIFE members on reaching 10 years' voluntary service and Mat reaching 15 years.

2022 will see more members reaching volunteering milestones; Chris reaching 15 years and Beverley reaching 40 years voluntary service in Hospital Radio and Bedrock Celebrating The Platinum Jubilee of the Queen from our studios at Queen's Hospital.

Bedrock will be celebrate its 20th anniversary in June 2022, after forming back in 2002 as the result of a merger between Oldchurch & Harold Wood, in readiness for the opening of Queen's Hospital. A bigger celebration is on the horizon in 2024, when our legacy of Hospital Radio Services (in Havering) reaches 60 Years!

Bedrock Radio has some very exciting times ahead, hopefully we can continue to expand and grow the station and pushing forward our charitable objective of providing a great community health & hospital radio service.

Thank You for your patience throughout the pandemic and your ongoing support.

We look forward to working with you in 2022.

Bedrock Radio Trustees

Bedrock Radio

Bedrock is the Community health and hospital radio station to Barking, Havering and Redbridge University Hospitals Trust (Queen's & King George) and North East London Foundation Trust (Goodmayes).

We are a charity who is run entirely by volunteers, we pride ourselves on providing entertainment and promoting a healthy lifestyle to patients, staff and the wider community of Havering, Barking and Dagenham, and Redbridge



On Bedrock Radio you'll hear local events listings, hourly news, hospital and health information, plus a mix of songs from 80's, 90's, 00's, 2010s and latest releases on
Your Healthy Music Mix.

Over on Bedrock Gold we feature audiobooks, talk shows and play
Great Memories, Classic Hits
from the 40's 50's, 60's, 70's and 80's plus we feature Classical Music, Radio Dramas & More!

www.bedrock.radio

Accounts



Annual Report

Of the Trustees

2020

Overview.

The Trustees of Bedrock Radio have compiled a report of the station activities over the last 12-month period.

The annual accounts are included and verified external audit.
Our account period ran from 31.1.2020 to 31.1.2021.

Our Organisation

Bedrock Radio is a Charitable Incorporated Organisation (CIO). Registered with the Charity Commission of England & Wales No: 1180476.

The CIO is run entirely by volunteers, who pay an annual membership subscription. It is governed by the CIO Constitution and managed by a board of Trustees that are elected by the membership at the Annual General Meeting. The Trustees oversee the daily operations, acting in best interest of the CIO to further the charitable objectives.

Charitable Objective of the CIO

- 1)** The relief of sickness, poor health and old age amongst people living in The London Boroughs of Havering, Barking and Dagenham, and Redbridge by providing a local broadcasting service for hospitals, residential homes and similar institutions, and for patients receiving community care; and
- 2)** The advancement of health and prevention or relief of sickness for the public benefit through the promotion of the benefits of living a healthy lifestyle, and the importance of maintaining good personal mental and physical health by (mainly, but not exclusively) the means of broadcasting health education messages to people living in The London Boroughs of Havering, Barking and Dagenham, and Redbridge.

Trustee Report

Mathew Watson (Station Manager) | Chris Deighton (Secretary) | Lee Howe (Engineering)
Beverley Stroud (Fundraising & Finance) | Gill Rowley (Admin)

2020 had started off with much promise for growth of our CIO & our charity.

However, the pandemic has temporarily setback our ambitions, we would like to thank all members for your patience and for sticking by Bedrock Radio, we made some difficult decisions to ask you all to keep away from the studio during the height of lockdown one (at the expense of running our service), then only allowing a limited number of members onsite during further lockdowns & tiers.

We hope with the roll out of the vaccine that we can welcome you all back to the Cornwall Suite, so we can commence training & return to our full radio service.

Community Engagement & Membership.

We've made some progress with our Community-based focus for the station.

The Bedrock Community News Bulletins have developed substantially. Chris, Gill & Mat are producing three news bulletins per week, along with a local sport & planned travel closures to aid staff.

This has provided a great local focus to the station additionally at the end of every month a news roundup podcast is published online to provide a 'listen again' material on our website.

We're hoping to expand on this great work so far, by encouraging presenters to host interviews on their programmes & potentially working on a weekend sports programme.

The delivery of our Hospital Radio Publications magazines late 2019 in readiness to distribute these around all three hospitals, local health centres & events as a way of promoting ourselves, the magazine also provides us with income from the advertisers. Volunteer Services / Patient Experience at Queen's Hospital had kindly distributed some magazines for us during Lockdown to give patients something to read & also remind patients how to listen into Bedrock Radio.

As & when things have some normality, it's important we start distributing these magazines, as the advertisers support its creation, once our stocks get low, we can look at making the next edition of the magazine.

We had a couple of enquires asking us if we served Barking (Upney) Hospital, at present we do not, but it's believed that NELFT run the site & BHRUT also provide services from there.

It's a potential discussion Trustees need to have with the relevant Trusts about broadcasting into the hospital. Furthermore, a similar conversation & information finding exercise needs to take place in regards to Brentwood Community Hospital & the proposed health centre for the St George's former Hospital Site, Hornchurch.

We have not recruited any new members in the last year as it would have been difficult to interview applicants safely. And with the cessation of fundraising activities and the need to keep activities in the studio to a minimum there would have been little that we could offer that would have engaged or maintained interest for new members. We thought it more important to concentrate on maintaining and supporting the existing membership.

Publicity & Promotion

We have not paid for any publicity in the last year, as we are trying to keep our costs to a minimum due to the lack of income. Furthermore, we have not found any of the paid for publicity that we have used in the Recorder and on Facebook particularly fruitful, neither has extended our listenership or enquiries to join the station. That said we would very much welcome members continuing to push us on their own social media pages, as these appear to get more engagements / interactions than any previous paid campaigns. We want to have bigger discussion around advertising once income levels start to go up again.

We have sent press releases to local media outlets with mixed success. The Recorder and Yellow Advertiser don't seem interested unless you are a big charity (who may have the budget to advertise in print regularly). However, the Brentwood Gazette and BHRUT website did publish our Christmas schedule press releases. We will continue to send press releases to these organisations and once things open up again it might be worth trustees having a conversation to see if local media or other outlets can offer any professional advice as to how we could promote or publicise the station more cost effectively.

Finances:

Financially it's been a 'penny pinching' year, apart from running costs, all other expenditure was stopped temporally as our income streams had been decimated due to the pandemic. Trustees also took the decision to waiver annual subscriptions for 2020 as members were being asked not to come in. This has highlighted that we should consider other forms of income, perhaps online or through sponsorships.

That being said Chris & Beverley were fortunate enough to secure for us a couple of grants. Chris applied for the "Havering Funding Programme", The FORE (a local seed funding organisation for charities & non-profits) awarded Bedrock Radio an Emergency COVID-19 response grant - to keep us on-air during the pandemic.

Beverley managed to secure another grant from the National Lottery Community Fund and the Government to support the creation of our WiFi Radio project. (More on this later)

This year has shown our pure running costs – The things that keep us on air; Broadband, music licences, fees, insurances to be approximately £3800 a year. Bedrock is currently in a comfortable financial position for the time being. Trustees remain prudent to seeking income streams and minimising expenditure, especially with a number of projects we would like to progress.

Due to COVID-19 Bedrock Books & The Foyer Stall is currently suspended until further notice, Beverley will be liaising with the volunteers when it is deemed safe for these to restart. With social distancing expected to be in place for quite a while & temporary changes made to the entrance of Queen's Hospital it's looking unlikely the foyer stall will restart this year.

That being said, we have the option to run the 'Foyer Stall' an online store via Sum-Up* (The card reader), furthermore we may also have potential to external stalls at future events.

With a list of potential projects to work on, we ask members to help on finding & securing avenues of income for Bedrock Radio – Remember all monies raised, is put straight back into improving the service!

*Sum-up online store fee of 2.50% for each sale. (approx. 25p) – Correct as of Feb 2021

Engineering:

The Bedrock Radio mobile app received a much-needed upgrade, Mat tried to contact AudioSpace a few times over a number of small issues with the App especially regarding newer software & devices.

However, these were not resolved & it's very likely we lost a few listeners from the Android version not loading properly. Mat contacted a few companies for quotes; from £500 for 'just a single station player' to £2000 for 'a fully bespoke app, for Apple only' before settling with Aiir (who specialise in radio apps) to create our app (£700PA). The New app offers a better interface, with a clear change when swapping between Bedrock Radio & Bedrock Gold.

A key difference between the apps is that 'Bedrock Radio' is listed as a developer with Apple & Google meaning we could have other apps (including paid apps) developed under our own name in the future.

Lee has upgraded the servers to improve speed and capacity and reinstalled windows to ensure we had fresh devices to work from, once this work was complete, we began upgrading to Myriad 5.

As part of the upgrade, the Studio Machine had a fresh re-install of windows 10 along with a new soundcard, however, the soundcard proved to cause more problems with Myriad 5 & Windows 10 resulting in the previous sound card being re-installed. – The old sound card has worked fault free (so far).

Bedrock GOLD was the first of our stations to move fully onto Myriad V5, allowing us to learn more about how it worked & iron out any problems, a few minor issues were resolved and the main station playout moved across, again with very little issue. Mat produced a couple of introductory (training) videos onto Office 365 & a socially distanced number of presenters have received V5 Training.

By January 2021 we upgraded our scheduling licences to take advantage of the new Myriad 5 Schedule Plus, this brings majority of the functionality from AutoTrack Scheduler, but is fully integrated into Myriad 5. Bedrock GOLD was again the first to use Schedule Plus and proved to work very well.

Testing of Bedrock Radio on Myriad Schedule Plus commenced in February & again is so far working well. AutoTrack will be kept updated at the same time, in case we need or want to switch back to it.

With the introduction of V5, we opened up Remote Voice Tracking (RVT) to more users which has helped keep some presenters on-air during lockdown, I'm pleased to say Geoff, Gill, Scott, Arron & Mat have taken advantage of RVT during the lockdowns.

When we get back into the studio, everybody will receive studio re-training, this will ensure that all members have received the same information & have had a chance to familiarise themselves with Myriad, before commencing programmes.

Sadly, Lee never managed to order new Uninterruptable Power Supply (UPS / Batteries) partly due to the pandemic & the logistics required (The UPS for the server comes on a pallet due to its weight.)

However, we will need to health check all our UPS units at to see if others require battery replacements, so it would make sense to order these all at once (i.e., reduce delivery costs etc)

At present, there haven't been many power outages or tests in the hospitals, if there had been, 99% of our computers have rebooted themselves with very little human intervention.

As well as looking after our own systems;

In December, we sold our spare Sonifex SO mixer that was in storage, this mixer was sold for £800 to community radio station Nomad 92FM located in Hammersmith & is now in use daily.

Lee & Mat have visited Harlow Hospital Radio to repair and upgrade their system, we hope Bedrock & Harlow will continue to work together, perhaps in the near future work on some sort of 'linked up' programming.

More Engineering items are covered in the 'site specific' part of the report.

Site Specific Updates

Queen's:

Mat & Chris have kept in touch with volunteer services at BHRUT, we have worked with them to keep records updated we've attempt to update some volunteers DBS records, these have been due to the surge of urgent medical staff needing processing first. For some members we may find it easier & faster to start processing again rather than trying to muddle through outdated paperwork.

Telephone: During the lockdowns we've come across a unique problem – We can't access the studio phone externally & due to not having many people onsite the voicemail system isn't being checked regularly. We tried to forward this to a mobile number, but it needs Trust Telecoms to arrange it, which required a job ticket to be raised. Lee has come up with an idea of digitising our phone system using the 3CX phone system. If we can arrange for our main landline (01708 503 113) to be diverted into 3CX we could have an accessible digital voicemail system & potentially enable Trustees to answer calls directly from an app on their smartphones.

Office: Lee & Mat have been looking at tidying up the office further, some basic repairs are required caused by the natural movement of the building (expanding gaps) & a lick of paint. We're looking to tidy up the production desk corner by installing with a wider desk to fit in the recess to give more room, which would be aided by a smaller mixing desk (cost depending). In general, a tidy up of Office & Store room has been undertaken by Trustees to create more space.

WiFi Radio Project:

The start of 2020 this project had made some great strides, Bedrock Radio WiFi was available on MRU ward where the Radio Tablet trial was taking place. Then come march, the pandemic hit. We retrieved our two trial tablets & returned them to studio (One has been repurposed to become the 'sign on' system).

Lee has built a prototype WiFi radio device. The 3D printed device (Dubbed the 'RockBox') has 4 buttons to control volume & station, a small screen shows which station it's connected to & a pair of small stereo speakers.

Beverley had managed to secure a Lottery Grant to help fund this project, sadly due the pandemic the prototype hasn't been tested at the Hospital. Lee has had the radio working from initial building and testing at home.

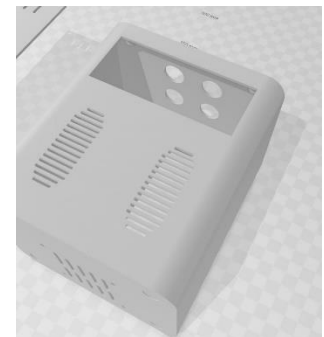


Figure 1 - 'RockBox' Prototype

Lee has further identified design and build adjustments to improve the 'RockBox'.

Once testing is underway with the prototypes, we're looking to see a company (preferably local) can help us refine and produce the circuit boards needed to reduce the number of loose components.

Using the Grand funds to develop the project further.

We have managed to use the grant to buy critical components of the WiFi Radio Project; The WiFi access points. These will eventually be deployed around Queen's Hospital (One per ward initially), these are what our 'RockBox' will connect to;

Furthermore, the rollout of Bedrock WiFi will allow for a digital request collection form (The second trial tablet maybe used for this), It could also open up opportunities to broadcast 'Live from the wards' using our WiFi.

This is project we will be working on more when things ease.

Goodmayes:

At the end of 2019, we sadly had to vacate the Goodmayes Studio due the closure of the old hospital building, the studio equipment was temporally put in storage until being bought a local school (Beam Primary, Dagenham) of which Lee & Mat installed for the school early March.

Internet: Lee arranged for a new broadband line to be installed at Goodmayes to provide more reliability to our service & have arranged with NELFT that we have a small equipment rack placed in a server room (Where one of our amplifiers lives for the wards). This rack would tidy up existing equipment & provide us with more reliable internet in readiness for the speaker upgrade project.

Sadly, activation date for our new broadband was the exact same time the first lockdown happened. Therefore, we've not been able to transfer equipment & connect to our new line.

Equipment: The small equipment rack that's due to go back to Goodmayes after being re-fitted in the server room will also enable the ability for some localised content to be broadcast bespoke for Goodmayes Hospital / NEFLT utilising Remote Voice Tracking & Myriad Importer. It will also act as a backup if the broadband connection goes down.

This is an urgent job in 2021.

At present Goodmayes is still on-air, but is reliant on the existing unstable broadband line.

As all content broadcast is the same across Queen's & Goodmayes and since the Goodmayes studio closure in 2019, "Bedrock Goodmayes" was dropped as a separate station in-app & on our website.

The Goodmayes stream now provides the "Low Quality" feed and Queen's Stream provides the "High Quality" feed. However, it is still possible for online & smart speakers (via services such as TuneIn & MyRadioStream) to find separate 'Bedrock Radio & 'Bedrock Goodmayes' stations.

Even when our equipment rack is returned, it's intended that 'Bedrock Goodmayes' remains in place, allowing allow us to potentially connect it to NEFLT sites to & more importantly monitor the Goodmayes output.

Requests: Geoff & Marj had made great progress with the request rounds at Goodmayes Hospital. It certainly was a struggle in 2020, Geoff did try to visit the wards in a COVID safe way, but this proved challenging, in the interest for his own and patient's safety we stopped request rounds.

Trustees wanted to make more progress in working with NELFT in 2020. The Trust covers a vast area of which we're very interested in tapping into and finding ways to work with NELFT to talk more about mental health and find ways to better support listeners and be more active within the Trust.

We hope for this to resume soon.

& Finally

We're Looking forward to 2021 & 2022, we've got cause to celebrate as a few individuals of our team mark key milestones in volunteering at Bedrock Radio.

Together we'll get our community agenda well and truly underway making Bedrock a fantastic community & hospital radio station. **Thank You** for your patience and support. Especially to those who have gone the extra mile this year, to keep us operational & been able to provide content.

Members' passion and help for Bedrock Radio is always greatly appreciated and has not gone unnoticed!

Trustees are looking forward to being involved with the challenges and projects ahead, working with you all in making our network of stations Bedrock RADIO & Bedrock GOLD fantastic community & hospital stations.

Bedrock Radio

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Over on Bedrock Gold we feature audiobooks, talk shows and play **Great Memories, Classic Hits** from the 40's 50's, 60's and 70's plus we feature Classical Music, Radio Dramas & More!

Don't forget our listen again content - **Bedrock Radio Podcasts** available to download from our website.

Bedrock Books Visiting the wards at Queen's Hospital, Romford throughout the week.
We have a wide variety of soft-back books for all adults with a range of tastes.
Books are handed out to patients, with a suggestion donation of 20p.

Annual Results

Bedrock Radio - Registered Charitable Incorporated Organisation (CIO) 1180476 Year Ended 31 January 2021 Receipts and Payments

Income		
Donations		11499.51
(including Magazine Income of £810)		
Fundraising		384.79
Foyer stall Books	177.19	
Foyer stall merchandise	87.60	
School disco	120.00	

	384.79	

Members subs		100.00
Asset Sales - this is a CAPITAL item		815.00
Other		0.00

Total Receipts		12799.30
		=====
Expenditure		
Office Supplies		0.00
Phone/Postage		1161.32
Small components		641.42
Repairs		0.00
Fees and Licences:		1439.17
03.02.20 Music Licence (PPL)	502.80	
14.02.20 Broadcasting Licence (One.com)	27.83	
06.03.20 Annual Fee for News and other shows (Dropbox)	95.88	
26.05.20 Radio News Hub	259.07	
19.06.20 Website Plugin that manages events (Modern Tribe \$89.00)		
	74.57	
03.08.20 London Borough of Havering Rates	43.82	
14.12.20 London Borough of Havering - outside events	20.00	
11.01.21 PPL - 2nd of 3	235.20	
11.01.21 PPL - 3rd of 3	180.00	

	1439.17	

Bank Charges		63.00
Paypal Charges		3.63
Card Charges deducted		1.43
Advertising and Publicity		162.92
Broadcasting Expenses		1508.14
05.03.20 Google Play App Update	19.60	
07.04.20 Mobile app that allows patients in Queen's & King Georges' + local people to download to listen.	468.00	
18.09.20 WiFi for Wards (CADMUS)	1020.54	

	1508.14	

Fundraising Expenses		96.44
Insurance		539.52

Total Expenses		5616.99
		=====
Balances:	At 1st February 2020 Opening	At 31 January 2021 Closing
Current Account	7185.07	14562.07
Paypal Account	194.69	0.00
Cash	0.00	0.00
Floats (Mobile Book Library)	0.00	0.00
Total	7379.76	14562.07
	=====	=====
Simplified Accounts		
Income	12799.30	
Expenditure	5616.99	

Surplus	7182.31	
OR Deficit	0.00	
	=====	