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Rationale Arts

Yearly Report: 2021 -2022

Trustees:

Vignesh Murali (Chair) Author

Jason King

Dr Caroline Mawer

Chris Morris

Employees:

Nathan Geering – Charity Director



1. Mission Statement

Rationale Arts is a registered charitable arts organisation with the key aims to promote, improve, and maintain public education and appreciation of the arts. Specifically, but not exclusively the art of dance, music, and theatre.

We aim to achieve our mission mainly through 4 avenues.

- **Community engagement:** We work with communities on topics they feel are relevant to them and develop bespoke arts packages to tackle specific issues the community faces.
- **Theatre:** We pride ourselves on creating professional standard accessible theatrical productions that are created in consultation with the communities we are trying to engage with.
- **Injury Prevention:** We deliver special courses to people with visual impairment These incorporates b-boying (Breakdance) as a means of injury prevention by improving spatial awareness.
- **Workshops:** We offer a variety of artistic workshops including:
 - Theatre Skills
 - Hip Hop Dance
 - Contemporary Dance
 - Disc jockey'ing and Music Production

2. Background

Rationale Arts officially received charity status in February 2019 from the charity commission. Our first board meeting took place on the 2nd of April 2019 and we have had regular board meetings since.

3. Review of 2021-22

Like many other charities, the ongoing Coronavirus Pandemic led to a significant downturn in Rationale's activity at the beginning of the financial year. However, we were determined to adapt to the situation and to carry on with our mission to make art accessible in ever more innovative ways.

3.1. Highlights

3.1.1. Our Charity Director Nathan Geering was awarded the prestigious award of RNIB 2022 community contributor of the year. <https://www.rationalearts.com/post/rnib-community-contributor-of-the-year-2022-nathan-geering>

3.1.2 Nathan Geering delivered the 'Final Word' at the Children's Media Conference on 9th July 2021 about our ground breaking work surrounding children from vulnerable backgrounds.

3.1.3. Trust in Care

We worked in partnership with Derbyshire Council and Derby Theatres in February 2020 for our first pilot Theatre production.

Then we worked with young people in care and people with disabilities throughout the year to finalise our Trust in Care theatre production. This had its first official performance in June 2021 at the Crucible theatre in Sheffield.

Feedback from the show can be seen at:

<https://www.rationalearts.com/post/trust-in-care-may-2021>

Trust in Care is truly a culmination of all the work the charity has been involved in since its inception in 2019 and we look forward to developing the show further and going on a national tour in the coming years.

3.2. Injury prevention courses

We bid for £20,000 to the Postcode Lottery to deliver our state-of-the-Art Injury Prevention course in 20-21. This bid was successful.

Responding to the pandemic restrictions, we created online content which was accessible for visually impaired people. We have begun to transfer our face-to-face content to online learning - to try to spread our work as widely as possible. We have successfully delivered online injury prevention courses to people with visual impairment across the country. We've been able to carry on with work in 21-22

The sessions not only prevented injury but also addressed the increase in social isolation and loneliness amongst the sight loss community. This has been further heightened by the Pandemic.

3.3. Workshops

We collaborated with Bluebell Wood Hospice and delivered hip-hop handplay and smashing street art sessions both face to face and virtually.

We have recently started a project with Sheffield Children's Hospital and their in-house therapy team to create hip hop rehabilitation. This project will run over the next few months.

As part of the Showroom Cinema's Anime Festival, we taught children how to draw anime characters - through Graffiti workshop.

3.3. ACTs of creativity

ACT is Acceptance and Commitment Therapy. Over the past year we have successfully delivered Socialising Mindfulness (also known as ACTs of Creativity) sessions to schools in the Bolsover district.

The initial plan was to deliver the sessions in a mixture of primary and secondary schools. However, many secondary schools were overwhelmed with the integration of students transitioning from home learning back to face-to-face learning. So, we - and our partners - concluded that it would be more beneficial to focus on delivering face to face sessions to primary schools and one SEN school.

Therefore, the schools we worked with were:

- Arkwright primary school
- Brockley primary school
- Duckmanton primary school
- Bolsover primary school
- Stubbin Wood SEN School.

The sessions in each school were a huge success and had an instant positive impact on the children. With every session, children were reporting increases in emotional well-being which was measured by children rating how they were feeling on a scale of 1 to 5.

The scales were as follows:

- 1 - Feeling very bad
- 2 – Feeling bad
- 3 – Feeling Ok
- 4 – Feel good
- 5 – Feeling amazing

These measures were taken at the beginning of the class and then again at the end of the class. Generally, most children had a substantial increase in their mood by the end of the session when compared with their mood at the beginning of each session. Even after just two weeks children were taking the initiative and teaching their siblings and parents the dance meditation techniques. These could be - and were - implemented at home during emotionally challenging times.

The digital content that we created worked particularly well to incite initial interest in school staff. This helped cultivate relationships and further developed an ongoing appetite for the sessions. The digital content has also been used to deliver challenges based on the 5 ways to well-being to pupils in schools.

Teachers also reported improvements in children's well-being and said they would definitely recommend the ACTs of Creativity sessions to other schools. In addition to this all of the involved schools have expressed an interest for the sessions to continue in September. In total we have delivered a minimum of 50 sessions and have engaged with a minimum of 115 children. We have trained 4 members of staff and provided continuing support so they can continue to deliver their sessions to the highest standard. We have received written quotes from many of the children and teachers that took part in the activity. Here are a couple of examples of the quotes we have received:

“I felt happy. It got rid of all of my anger”

From a pupil at Stubbin Wood

“In the sessions ... it’s the only time I feel like my one true self”

From a pupil at Arkwright



“... When my mum gets stressed out, I tell her to do the calming move. I LOVE doing the moves”

From a pupil at Brockley Primary School

“Its been very nice and has helped me with my stress and with the breathing and has been amazing!!!”

From a pupil at Brockely Primary School

We have also delivered ACTs of Creativity Sessions to BAME Communities in Sheffield. This was part of an initiative to improve mental health and emotional wellbeing and so to reduce the adverse effects of the pandemic on Children and young people.

3.4. Festival in the Square

Last August, Rationale Arts was given the amazing opportunity to be a part of a brand new two week festival: Festival on the Square, in Tudor Square Sheffield. Its goal was to highlight the creative arts in the city and included workshops, performance, music and movie screenings.

Rationale Arts gave outdoor dance sessions that focused on Hip Hop and breathing techniques. Specifically, we showed how Breakin' and Popping can act as a form of meditation when combined with controlled breath work.

Participants learnt some of the fundamentals of the dance forms and were given an introduction to how our emotions and performance can be affected, and therefore controlled, by breathing techniques.

These sessions offered an exciting and welcoming environment for people of all ages. Some people returned for multiple sessions through the duration of the festival.

We feel fortunate to be able to lead these sessions and so give back to the community we grew up in by sharing the knowledge we have about HipHop and Rationale Arts.

3.5. Tales from the playground

In the summer of 2021, we were invited to take part in Sheffield's HAF 'Holiday Activities and Food' scheme. This programme aims to make free 'holiday club' places available. It is locally-coordinated by Tales from the Playground.

We delivered mindful street-dance workshops which aimed to utilise the physical and mental benefits of street-dance, and provided opportunities to build key-skills such as mindfulness, problem-solving and confidence using a variety of methods. 'Be kind to others and be kind to yourself' is the simple phrase we reminded the students while they learnt moves and performed.

We believe it is key to make everyone aware of positive mindsets. This enables us all to enjoy the process of learning and creates a supportive environment for the individual as well as those around them. Plus, if a student can really take on-board a positive mindset, then they have the power to lead-by-example and influence their peers outside of the initial setting.

It was a pleasure to meet and teach local communities especially since the scheme enabled the workshops to be accessible for underprivileged areas and families. Every place we visited was very welcoming and provided space for us to deliver the workshops. On some days we conducted sessions inside a youth centre or hall, but when the weather was good weather days we utilised local playgrounds and fields.

Regardless of the venue it was good to provide positive associations wherever we taught. This highlights to the children that even outside of school their local area supports fun, learning and their own development as individuals.

The number of children involved varied from session to session, but it was lovely and reassuring that many children revisited with enthusiasm. Parents and caregivers gave positive feedback and expressed their interest for more sessions in the future. With regards to future sessions, we have recently been contacted to deliver more workshops at the end of December 2021. We are excited to engage with these communities again: it's another chance to establish key-skills supporting physical, plus mental development through communities. The art-form of dance provides all this and more in fun and positive processes.

3.6. Hip Hop Horror Show

For Halloween 2021 Rationale Arts performed our fully Immersive Hip-hop horror show at Theatre Deli. The production was originally performed at Theatre Deli Sheffield's Woolworths venue back in 2014 as part of Horror Souk. This production was incredibly unique as it was the first ever fully immersive Hip-Hop Horror show of its kind, featuring street dancing

skeletons and chilling hip hop soundtracks. The show was such a huge success that it was bought back for multiple performances in subsequent years to wow audiences with its unique blend of hip hop dance and jump scares all whilst navigating your ways through an eerie basement. Fast forward to 2021 Theatre Deli has moved venues and had at the time taken over an old Mothercare building. This posed new opportunities to further develop our show. The new layout meant that there was a lot of open space which meant that we would have to rethink the audience's journey and create new ways of scaring the living daylights out of those who dared to set foot in our Hip-Hop Horror venue. Our new show levelled up in some ways as incorporated Hip-hop Contortion, fire-eating with storytelling, fire sword performances, audience members performing for their undead audiences and scary aerial slings.

The most noteworthy change was that we converted the entire open space into a scare-maze which meant we had the freedom to create a bespoke audience journey within the space.

All of this refinement contributed to another sell out run of our Hip-hop horror show with audiences saying it was the scariest thing they had experienced throughout Halloween. So be sure to stay tuned for 2022's Hip-Hop horror show as rumours are already circulating that this one could be the scariest one ever as it may take place in one of Sheffield's old museums. One thing that is for sure is that Rationale Arts blend of Hip-Hop and horror is a winning combination.

4. Other Activities

- We further developed a state-of-the-art website showcasing our work which can be accessed at www.rationalearts.com.
- Our first ever scientific report reflects on the 'ACTs of Creativity' project delivered in schools across Derbyshire, England. This highlighted some of the therapeutic benefits of Hip Hop, focusing on Breakin' and mindfulness and shared some of the tools and strategies we used in schools with pupils. We continue to reflect on pupil, teacher, and practitioner feedback to consider the next steps for ACTs of Creativity in schools.



ACTs of Creativity
Report 2022.pdf



- Performed for International Roma Day with young children from Sheffield's Roma Community.
- Recently granted 6K funding by Network for Social Change to cover core charity costs which will help us in 22-23.
- Granted 3 years funding by Children in Need to deliver our injury prevention courses starting later this year.
- We had several media outputs during the year which can be found on our website.
<https://www.rationalearts.com/media-articles-press-pr>

5. Finance Accounts

During the financial year 2021-22 the Charity received a total income of £30,519 and had a total expenditure of £29,430 with a total surplus of £13,869 (which includes monies carried over from the previous year). Most of the surplus was created as we are still delivering some of work which we were granted funding for and we have recently received a grant to cover core charity costs. Since our inception as a Charity, we have managed to raise **£76,275** to ***'make art accessible'***.

2021 -22 Overview		
Month	Income	Expenditure
Balance 2019/20	£12,781.03	
Apr-21	£1,852.83	£2,518.32
May-21	£0.00	£3,318.61
Jun-21	£0.00	£6,284.48
Jul-21	£1,897.09	£1,426.08
Aug-21	£0.00	£640.00
Sep-21	£0.00	£1,258.40
Oct-21	£10,000.00	£1,098.32
Nov-21	£3,350.00	£6,857.97
Dec-21	£850.00	£2,824.20
Jan-22	£5,900.00	£23.32
Feb-22	£0.00	£418.12
Mar-22	£6,668.76	£2,762.12
Totals	£30,519	£29,430
Closing Balance		£13,869.77

6. Summary

Overall, a very successful third year despite the Pandemic in which we created some further inroads into our mission and built some sustainability into the Charity functions. We have gained national recognition for our projects and we have several partnerships lined up for 22-23 and where able we will be returning to delivering more face-to-face content.

RATIONALE ARTS

FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2022

RATIONALE ARTS

CHARITY INFORMATION

Charity Number	1181681
Trustees	Dr Caroline Mawer Jason King Vignesh Murali Timothy Bei Chris Morris
Address	2 Wallingfield Court Wales Sheffield S26 5RP
Accountants	Lindrick Accountancy Services Ltd 205 Outgang Lane Dinnington Sheffield S25 3QY

RATIONALE ARTS

INCOME AND EXPENDITURE ACCOUNT

YEAR ENDED 31 MARCH 2022

	<u>£</u> Restricted Funds	<u>£</u> Unrestricted Funds	<u>£</u> Total
INCOME			
Fees	-	13,850	13,850
Grants and Donations	16,669	-	16,669
Total Income	<u>16,669</u>	<u>13,850</u>	<u>30,519</u>
EXPENDITURE			
Materials	-	700	700
Subcontractors	20,454	7,014	27,467
Travel	45	-	45
IT	-	352	352
Insurance	-	202	202
Accountancy	-	421	421
Subscriptions	-	138	138
Bank Charges	-	16	16
Depreciation - Equipment	-	240	240
Total Expenditure	<u>20,499</u>	<u>9,082</u>	<u>29,581</u>
Surplus for the period	<u>- 3,830</u>	<u>4,768</u>	<u>938</u>
Balance b/f 1 April 2021	9,251	4,703	13,954
Balance c/f 31 March 2022	<u>5,421</u>	<u>9,471</u>	<u>14,892</u>

The income and expenditure account includes all gains and losses recognised in the year.

RATIONALE ARTS**BALANCE SHEET****YEAR ENDED 31 MARCH 2022**

	31 March 2022	31 March 2021
	£	£
TANGIBLE FIXED ASSETS	1,262	1,413
CURRENT ASSETS		
Cash at Bank	<u>13,870</u>	<u>12,781</u>
CURRENT LIABILITIES		
Accruals	<u>240</u>	<u>240</u>
NET CURRENT ASSETS	<u>13,630</u>	<u>12,541</u>
TOTAL ASSETS LESS CURRENT LIABILITIES	<u><u>14,892</u></u>	<u><u>13,954</u></u>
RESERVES		
Unrestricted Funds	9,471	4,703
Restricted Funds	5,421	9,251
Total Reserves	<u><u>14,892</u></u>	<u><u>13,954</u></u>

The financial statements were approved by the Board of Trustees on xx xxxxxxxx xxxx and signed on its behalf by:

V Murali
Trustee

RATIONALE ARTS

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF RATIONALE ARTS

I report on the accounts of the charity for the year ended 31 March 2022 which are set out on pages 1 - 2.

Respective Responsibilities of Trustees and Examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 and that an independent examination is required. The charity's gross income exceeded £25,000 and I am qualified to undertake the examination as a qualified member of the Institute of Chartered Accountants in England and Wales.

It is my responsibility to:

1. examine the accounts under section 145 of the Charities Act 2011
2. follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the Charities Act 2011; and
3. state whether particular matters have come to my attention

Basis of Independent Examiner's Statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and as such no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the below statement.

Independent Examiner's Statement

In connection with my examination, no matter has come to my attention which,:

1. gives me reasonable cause to believe that, in any material respect, the requirements:
 - (a) to keep proper accounting records in accordance with section 130 of the Charities Act 2011; and
 - (b) to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Acthave not been met; or
2. in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Mr John P Waining FCA
Lindrick Accountancy Services Ltd
205 Outgang Lane, Dinnington, Sheffield, S25 3QY

RATIONALE ARTS

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