

RUTLAND FIRST CIC
ANNUAL REPORT
1 APRIL 2019 TO 31 MARCH 2020



One of the new primary school quiet rooms



CHAIR'S INTRODUCTION



This has been an interesting year for Rutland First. National Lottery funded activity with Resilient Rutland has been the major area of activity. In addition, there have been initiatives related to young people's mental health that are not funded by the lottery, and support by some Board Members for the Rutland Health and Social Care Policy Consortium. We have also promised initial start-up funding to the new project Dying Matters in Rutland.

The first part of the year was spent in setting in place contracts with Anna Freud to deliver a programme of wellbeing measurement in the secondary schools, and with YoungMinds to deliver Academic Resilience Approach training, again in the secondary schools. Work then moved to reviewing with the schools, especially the primaries, what services the project would deliver – whether the original ideas were still relevant and what new concepts had arisen. This work culminated in a report for the National Lottery reviewing what had been carried out in the first year and making recommendations for some major changes in emphasis going forward, including extending the project into a fourth year. I am delighted to report that the National Lottery accepted our proposals in full.

Just as we were getting going with the new programme, Covid-19 struck and the schools were shut down. The team is continuing to post material on Facebook and Twitter that is helpful to young people and their parents, arranging mental health first aid training for school staff and making plans with the schools for ongoing support that can be provided without making excess demands on school staff or necessitating entry to schools.

Miles Williamson-Noble

Chair Rutland First

RESILIENT RUTLAND

The bid for the Resilient Rutland project was submitted in the autumn of 2018, and we received notice of its success in October 2018. The formal launch was on 29 January 2019. One year on from this, the team has produced the Resilient Rutland Annual Review Jan 2020. The review is attached as Annex A to this report.

Key activities during the year have been:

- Implementation of the Academic Resilience Approach by YoungMinds in all the secondary schools.
- Piloting of an in-school counselling service delivered by Relate Leicestershire in the three state secondaries.
- Provision of Emotional Literacy Support Assistant training for 17 of the 18 primary schools. This was jointly funded with Rutland County Council.
- Establishment of a Primary Working Group to identify needs and understand challenges.
- Converting and equipping quiet rooms in three primary schools. This was not covered by National Lottery funding and was made possible by generous corporate and personal contributions with help also from Uppingham Rotary.
- Implementing wellbeing surveys for Year 7 and 9 pupils in the secondary schools. These were carried out by Anna Freud and the Child Outcomes Research Consortium, with help from the school staff and pupils.

OTHER ACTIVITIES

When Rutland First was formed out of the old Healthwatch Rutland, it still had a small amount of funding left, and it has been putting this to good use.

A Rutland Health and Social Care Policy Consortium was formed to review the application of national and local policies to health and social care services in Rutland. The Consortium had no funds of its own, but wanted to hold a consultation event with Rutland residents. Rutland First agreed to fund the hire of the Rutland Museum for an evening.



The Lord-Lieutenant of Rutland has been keen to set up a community interest company under the heading Dying Matters in Rutland. It is intended that this will identify its own appropriate funding sources in the long term, but in order to help it to get launched, Rutland First has promised £2,500 from funds previously intended to be spent on end-of-life care but which Rutland First has not had the capacity to address.

GOVERNANCE

Rules and Procedures

Rutland First started the year with a full set of articles of association, standing orders and procedures, all of which can be seen on the website www.rutlandfirst.co.uk As we entered 2020, it became apparent that revised governance arrangements were needed to cover changes in the operating procedures of Resilient Rutland. Geoff Thompson carried out an extensive review and questionnaire, and new procedures are in the course of development.

Board Membership

At the 2019 AGM, elections were held to bring the Board up to the full strength of 10, and to bring in additional expertise and knowledge. Paul Kitson was elected to enhance the company's financial expertise, and he has been appointed Treasurer. Gina Head was elected to bring in specialist knowledge of public relations, and Dr Carole East was elected to enhance knowledge and experience of mental health in young people. Carole has been working with Lyn Harte on consulting the young people to ensure that what we provide matches what they need.



Gina Head



Carole East



Paul Kitson

FINANCE

Rutland First receives periodic funding for the Resilient Rutland project from The National Lottery. This activity is segregated in a separate bank account. Financing for the project is provided in instalments over the life of the project in order to fund an agreed schedule of expenditure. In this financial year, Rutland First has received two instalments amounting to £162, 050 and has incurred

expenditure of £22,105 directly with third parties for services to the project; £34,671 on project management; £3,803 on general and administration expenses and £963 on computing equipment.

Expenditure has lagged behind funding, mainly due to the aforementioned review which slowed expenditure and changed the balance of expenditure going forward between secondary and primary schools.

Rutland First also has residual funds from other sources, which in this financial year have been used for funding a quiet room for a primary school and arranging the policy consortium meeting mentioned above.

ACKNOWLEDGEMENTS

We would like to acknowledge the help we have received from our accountants Bulley Davey in overseeing our financial dealings, and from Hegarty LLP Solicitors in preparing contracts.

We would also like to acknowledge Warners Midlands plc, Mrs Judith Worthington and Uppingham Rotary as well as the National Lottery Community Fund for their financial support, without which there would be no Resilient Rutland project.

ANNEXES

- A.** Resilient Rutland Annual Review Jan 2020
- B.** Annual Accounts 1 Apr 2019 to 31 Mar 2020