

SPIRAL - PREVENTING THE EFFECT OF BULLYING

England & Wales · Charity number 1179662

Details

Status Registered

Legal form CIO

Registered 2018-08-24

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

Contact

Address Unit 1
Tun House
Old Brewery Residences
Bridge Lane
Caldewgate
CARLISLE

Phone 01228642641

Email maryann@spiralcumbria.org.uk

Website www.spiralcarlisle.com

Activities

Objects: TO PROMOTE THE MENTAL HEALTH OF YOUNG PEOPLE THAT HAVE/ARE BEING BULLIED OR AT RISK OF BEING TARGETED BY BULLYING, IN CUMBRIA. THE PROMOTION OF MENTAL HEALTH WILL BE DONE BY 1-2-1 SUPPORT, GROUP WORK, AND MEDIATION. RAISE AWARENESS AND UNDERSTANDING OF THE EFFECTS OF BULLYING.

Activities: Spiral works with young people that have/are being effected by bullying or at higher risk of being targeted by bullying. We offer 1-21 support and group work to build emotional resilience in young people and their families.

Classification

- **How:** Provides Services
- **What:** Other Charitable Purposes
- **Who:** Children/young People

Geography

- Cumbria

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£156,281	£117,195	-	-
2023-12-04	£66,226	£60,600	-	-
2022-12-04	£52,280	£44,669	-	-
2021-12-04	£44,669	£39,712	-	-
2020-12-04	£31,981	£34,912	-	-

Trustees

Name	Role	Appointed
William Brown	Chair	2023-05-12
Alan Rodney Culley		2024-03-07
Anna Bainbridge		2024-03-25
Anne-Marie Bainbridge		2023-08-16
Margaret O'brien		2019-11-01

SPIRAL - PREVENTING THE EFFECT OF BULLYING

England & Wales - Charity number 1179662

Accounts

Spiral's – Annual General Meeting
Date- 5th September 2025, 12.30-2pm. Location - SPIRAL Office,
Carlisle

Attendees; Maryann Liddle CEO, Alan Brown OBE Chair, Margaret O'Brien Secretary, Anne – Marie Bainbridge trustee, Chris Wilcox trustee, Kim Hobbs Trustee, Sol Valistar Staff, Lynda Kyle Staff, Stuart Cochrane volunteer, Luke McGill accountants, Juan Shimmons – CYA, Mark Wear – National Lottery.

Apologies; Alan Culley Trustee, Jackie Rudd – Cumberland Council, representatives from the Cumbria Community Foundation and FCSCT, Chris Turner – Children in Need. Emma Amirs – Kingmoor Consulting, Jo Thomas – volunteer, Adam Kyles – volunteer.

1. Opening remarks and welcome and housekeeping Maryann Liddle

Maryann welcomed all attendees to the AGM and following introductions she briefly acknowledged the Edgar Schein model of organisational culture which will underpin the progress of Spiral going forward.

2. Chairs Report

Alan Brown

Alan acknowledged that we had now been in the current office premises for a year which has played a role in the positive progress made in this period of time.

He stated that the recent sponsored walk was a great success and raised approximately £1442.00 which can be utilised in any way towards Spirals requirements. He verified that the charity had continued to focus on the intervention and prevention of bullying, strengthening networking and expanding into providing services for parents and young people. Alan also acknowledged our expansion into offering training out to other agencies and the example of a diversity and inclusion event was delivered successfully to house and to a number of other services in the local area. Alan gave credit to our champion Diana Banks who has completed a number of fund raising events and donated monies collected from these to Spiral. He thanked her for this support. Another supporter of the charity is Emma Aimers who has strong links to a successful local business and will hopefully assist us network with more businesses in the Cumbria region. Emma and Kingmoor Consulting donates to Spiral on a monthly basis and we are very grateful for this. Other funders which have shown financial support for Spiral were acknowledged by Alan. These included;

National lotteries, Francis Scott Trust, Albert Hunt Trust, Cumbria Community Foundation, local branch of Freemasons, Brathay Trust. Donations from these funders has helped us continue to deliver our professional services to young people in Cumbria.

Alan acknowledged the level of commitment Maryann has evidenced over the past year and although involved in a business masters degree alongside running Spiral she has shown a creative and tireless approach to promoting and growing Spiral.

3. Financial report

Luke McGill

Luke gave a full overview of the current financial status and how the past year has developed in terms of funding and spending. I attach notes from his comprehensive report.

Notes on Spiral Accounts Y.E 31st March 2025 for AGM on 5th September 2025

- €First of all, it's worth mentioning the change in financial year end to 31st March (as proposed in previous AGM) to align with the tax year –preferable from previous year end of 4th December
- €Making the current year a 15-month period rather than 12- makes it difficult to give a like-for-like comparison against previous year
- €I'll give figures for the 15-month period ended 31st March 2025 first, and then I've calculated the figures as if they were in a 12-month period by dividing by 15 and multiplying by 12 to give a better comparison

Period to 31st March 2025 (15 months)

- €Total income for the period is £135k
- €Majority of income is from funders, who've enabled us to run the brilliant projects we do. Credit to Maryann for the fantastic work she does bringing funding in, these include: National Lottery (£64k), Francis Scott Trust (£15k), Cumbria Community Foundation (£14k), Cumbria Youth Alliance (also £14k), Cumberland Council (£12k) Hadfields (£5k) Free Masons (£2.5k) and Albert Hunt Trust (£2k)
- €As well as smaller, but still significant amounts - From the fundraising by Diana Banks with her sponsored walks, to general donations including a bucket in Bordo Lounge – all making well over £2k
- €Also a big thank you to Alan for his generous in-kind donations for equipment and resources throughout the year
- €As well as this in the current period Spiral has also began to make it's own earnings through workshops ran in schools as well as through room hire of the office space for a total of £4.6k – extra income we hadn't previously had

•€Total expenditure for the period is £96k - Bulk of this on salaries (£74k), £7k spent on rent which has significantly increased this period due to moving into lovely new office space

•€Net Surplus for the period of £39k (Some of this may be due to timing of funding coming in and not yet being spent)

Comparisons – both 12 months (not an exact science)

- €Total income of £108k against previous year of £66k (63% growth)
- €Expenditure also higher of £77k against previous year of £61k (only 26% increase)
- €Would still leave a £31k surplus against £5.6k P.Y

- €Salaries increased to £59k from £52k this is down to increase in hourly rate as well as having an additional employee within the year
- €Rent of £5732 up from £1300 – as previously explained
- €Training costs are £1700 up from £334 this is down to Spiral's contribution to Maryann's management course as well as cyber security training implemented
- €Also spent £1056 on Upshot System for monitoring of projects etc.
- €Repair and maintenance costs have gone down to £160 from £600 in previous year (painting of rooms and removal of assembly and furniture)
- €Telephone & Internet costs increased to £1930 from £1409 – down to O2 phone costs increasing plus paying focus group for internet – portion of this is now being covered from Kingmoor Consulting funding

These accounts were ratified and agreed by the board of trustees

4. Report on staff Projects

Lynda Kyle and Sol Valistar

Lynda reported on the preventative effects project that has been running in Carlisle and Eden. This to date has involved 61 young people over 419 sessions. A new project which started in April 2024 is currently working with 18 young people over 94 sessions. In addition she has been involved in 'drop-in' sessions of 2 hour duration which Spiral has provided over 4 schools and this has totalled to date 75 sessions. In terms of developmental work Lynda stated that staff training has been delivered in the DNAV model which fosters flexibility and confidence in young people dealing with difficult events and encouraging new skills to strengthen autonomy. Lynda did touch on some of the challenges she has encountered in rolling out these projects but it appears these are few and obviously not too problematic to impact on the success of the work she is doing. Lynda finished with a case study of an isolated 8 year old girl with whom she has worked closely. The positive results she has achieved were echoed in feedback from the child's mother who has seen a marked difference in her daughter and couldn't thank Lynda enough both personally, and Spiral in general for the support offered and given.

Sol outlined the 3 projects he has been involved in. These were 1/the listening project, 2/the social media project and 3/the journey together project.

1/ these focusses on how young people think they are heard. 16 young people have been involved in making a short film, locally based and relevant to those in this area. A second short film is in progress now with a third in collaboration with Caldewlea School has just begun and the launch will aim to coincide with anti-bullying week. Sol spoke about a survey he has conducted looking at young people's experiences of bullying which to date 55 young people have responded to. Although the survey will look to involve far more young people the results so far are very telling. Only 4% reported that they have never seen or experienced bullying. The age group targeted were 11 to 24 so the proportion of those young people witnessing or directly experiencing bullying is extremely high.

2/ Sol has been involved in building and improving our social networking and has so far engaged with Facebook, Instagram, TikTok and YouTube. To date Facebook seems to get the most attention from mothers. Spiral has 70 followers and to date 1018 interactions. This would appear to be instrumental in attracting people to apply for the current youth worker post. The thought is that Instagram and TikTok might get to more young people so this needs to be further developed.

3/ Sol spoke passionately about the work he has been involved with in the Journey Together project. This involves using the principals of the fantasy game of Dungeons and Dragons. The benefits of this approach would seem to be very evident in the young people who take part, increasing confidence, improved problem solving, working with others, greater self esteem etc. Since its inception in May of this year 13 young people have been involved over 16 sessions and Sol acknowledged that the on going group situated in the local Youth Zone has been particularly successful.

5. Moving into the next year

Maryann Liddle

Maryann outlined Spirals goals for the coming year;

1/ growing Spiral safely! This includes supporting staff, measuring results, matching output to resources and ensuring the ethos of Spiral is never compromised.

2/ Strengthen collaborative working. This is already showing benefits and it is hoped that these networks and partnerships can be grown over the next year.

3/ Proactively approach conflict, bullying, and anti-social behavior.

4/ Increase direct contact time with young people and their parents/carers/supporters. This will be assisted by the more creative use of the office space.

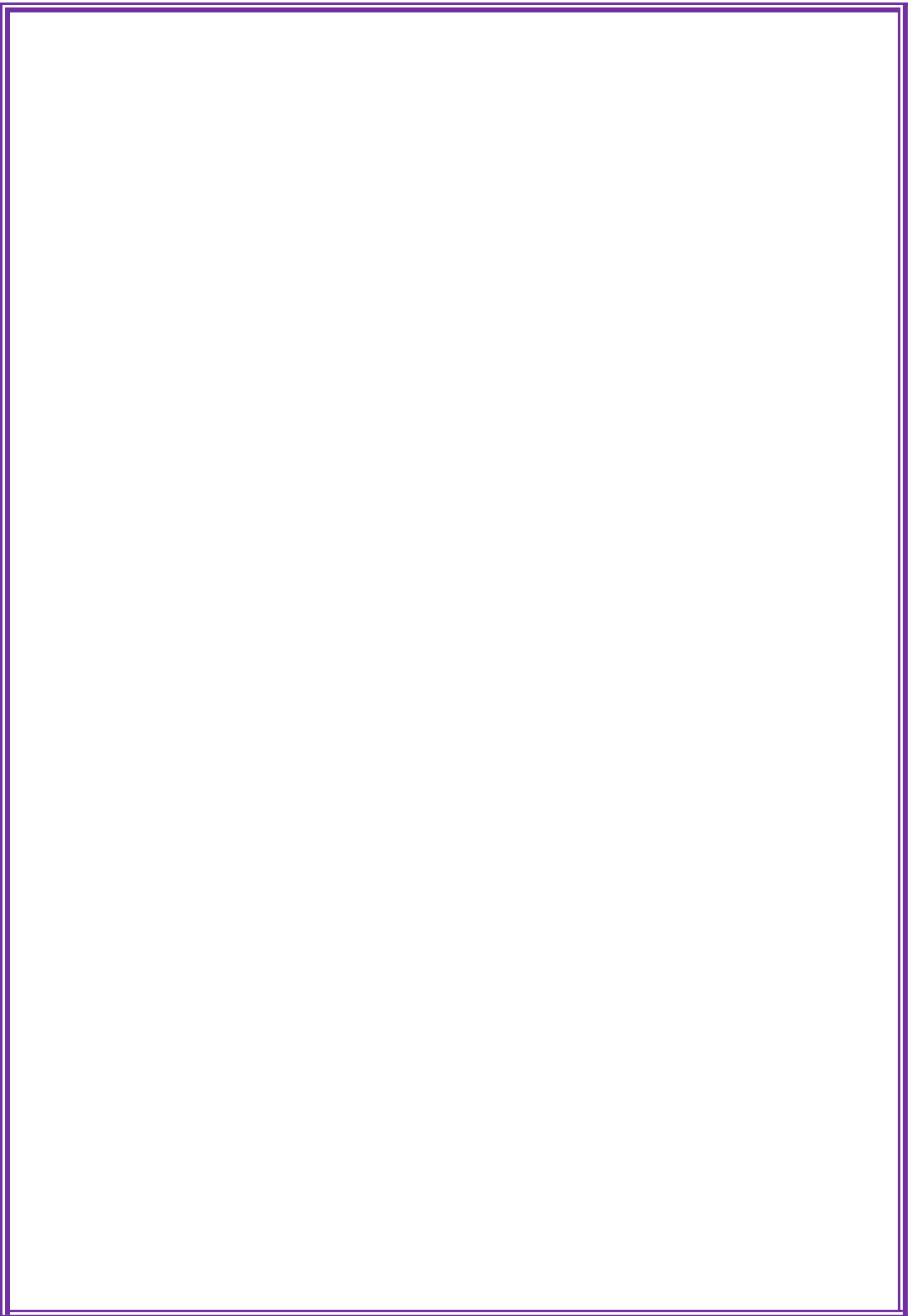
Thanks and gratitude's;

To the staff and volunteers who don't just 'do the hours' but evidence an innovative, creative and passionate approach to their involvement with young people and their families. Thank you.

To the trustees who's role and commitment is to support every aspect of Spirals journey in addressing the damage done by bullying. Thank you.

It is to be recognised that Spirals existence and obvious success is due to Maryann's passion and commitment to bringing about solutions and strategies to empower young people. The energy she consistently brings to this work is really showing dividends. Thank you.

Margaret O'Brien, secretary





Section A

Independent Examiner's Report

Report to the trustees/ members of	Spiral – Preventing the effects of bullying	
On accounts for the year ended	31 st March 2025	Charity no (if any) 1179662
	Set out on pages 1 - 2	

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2025

Responsibilities and basis of report As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act")

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed:  **Date:** 01/09/2025

Name: Jackie Fisher

Relevant professional qualification(s) or body (if any): N/a

Address: Charlesville
Station Hill
Wigton CA7 9BW

Section B

Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

None





CHARITY COMMISSION
FOR ENGLAND AND WALES

Spiral - Preventing the Effects of Bullying

1179662

CC16a

Receipts and payments accounts

For the period from	5th December 2023	To	31st March 2025
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Albert Hunt Trust		2,000	-	2,000	
Cumbria Community Foundation	-	14,000	-	14,000	12,000
Co-op Local Community Fund	-		-	-	2,387
Hadfield Charity	-	5,000	-	5,000	
Francis Scott Trust	-	15,000	-	15,000	5,000
Donations	4,351		-	4,351	316
Tesco Community Grants	-		-	-	1,000
Cumbria Youth Alliance	-	13,889	-	13,889	13,902
National Lottery	-	64,226	-	64,226	30,717
Cumbria County Council	-	12,000	-	12,000	
Spiral's Earnings	4,600			4,600	
In-Kind Funding		20,900		20,900	
Fundraising	315	-	-	315	904
Sub total (Gross income for AR)	9,266	147,015	-	156,281	66,226
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	9,266	147,015	-	156,281	66,226
A3 Payments					
Insurance		181	-	181	146
Advertising & Marketing	250	149		399	
Networking	348			348	
Resources	723	103	-	826	486
Accountancy Fees		2,279	-	2,279	855
Supervision Costs	60	540	-	600	1,725
DBS checks	86	241		327	36
Travel & Mileage	67	240	-	307	156
Staff Training		2,181	-	2,181	334
Repairs and Maintenance	199		-	199	600
Salaries		75,854		75,854	52,585
Rent	-	7,165	-	7,165	1,300
Subscriptions	35	592	-	627	523
Upshot System License		1,056		1,056	
In Kind Funding		20,900		20,900	
Telephone & Internet		3,946	-	3,946	1,854
Sub total	1,768	115,427	-	117,195	60,600
A4 Asset and investment purchases. (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	1,768	115,427	-	117,195	60,600
Net of receipts/(payments)	7,498	31,588	-	39,086	5,626

A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	268	30,903	-	31,171	-
<i>Cash funds this year end</i>	7,766	62,491	-	70,257	5,626

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted to nearest £	Restricted to nearest £	Endowment to nearest £
B1 Cash funds	Bank Account	7,766	62,491	-
		-	-	-
		-	-	-
	Total cash funds <small>(agree balances with receipts and payments account(s))</small>	7,766	62,491	-

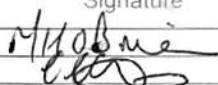
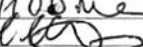
Categories	Details	Unrestricted to nearest £	Restricted to nearest £	Endowment to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	MARGARET O'BRIEN CHP11	5/9/25
	WILCOX	5/9/25



SPIRAL

Preventing the Effects of Bullying

Spiral – Preventing the Effectives of Bullying

Unit 1, Tun House

Old Brewery Residences

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Caldewgate

Carlisle

01228 642641

maryann@spiralcumbria.org.uk

www.spiralcumbria.org.uk

Charity Number 1179662

RESERVES POLICY – updated 31st March 2025

Charitable status requires organisations to spend income on charitable objectives and not build up funds for a rainy day. However, the Charity Commission does recommend that to maintain financial stability all charities should hold reserves at a level to cover any unforeseen circumstances that might arise and to ensure that Spiral’s core activity can continue, or to retain funds for planned specific projects.

At Spiral we consider that:

- In the event of event of permanent closure, we would need enough reserves to cover staff redundancies and comply with current employment legislation. This is currently £5,443.00
- If we had to close temporarily due to natural disaster, or move due to building works etc, we would need 3 months to find alternative accommodation. To cover this period, we consider that we need to hold three months operational expenditure, to include rent, staff wages, insurance, supplies etc. This is calculated based on the average expenditure of the previous year’s accounts.

Total expenditure for year to 31st March 2025 (16-month period) = £96,295.00 of which 3 months is calculated as £18,055.00

The total Reserves Policy is calculated as £23,498.00 (rounded to £23,500.00).

- The Committee will review and amend the actual Reserves held annually and update accordingly.

Spiral will retain £23,500.00 within its Barclay’s Bank as its reserve and shall account for this within its accounting records as a separate item.

This policy was adopted at the Committee Meeting and AGM of Spiral held on 05/09/25 This will be reviewed annually.

Name William Alan Brown O.B.E.

Signed [Signature] Date 05/09/25
Chairperson



Section A

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Name: Jackie Fisher

Relevant professional qualification(s) or body (if any): N/a

Address: Charlesville
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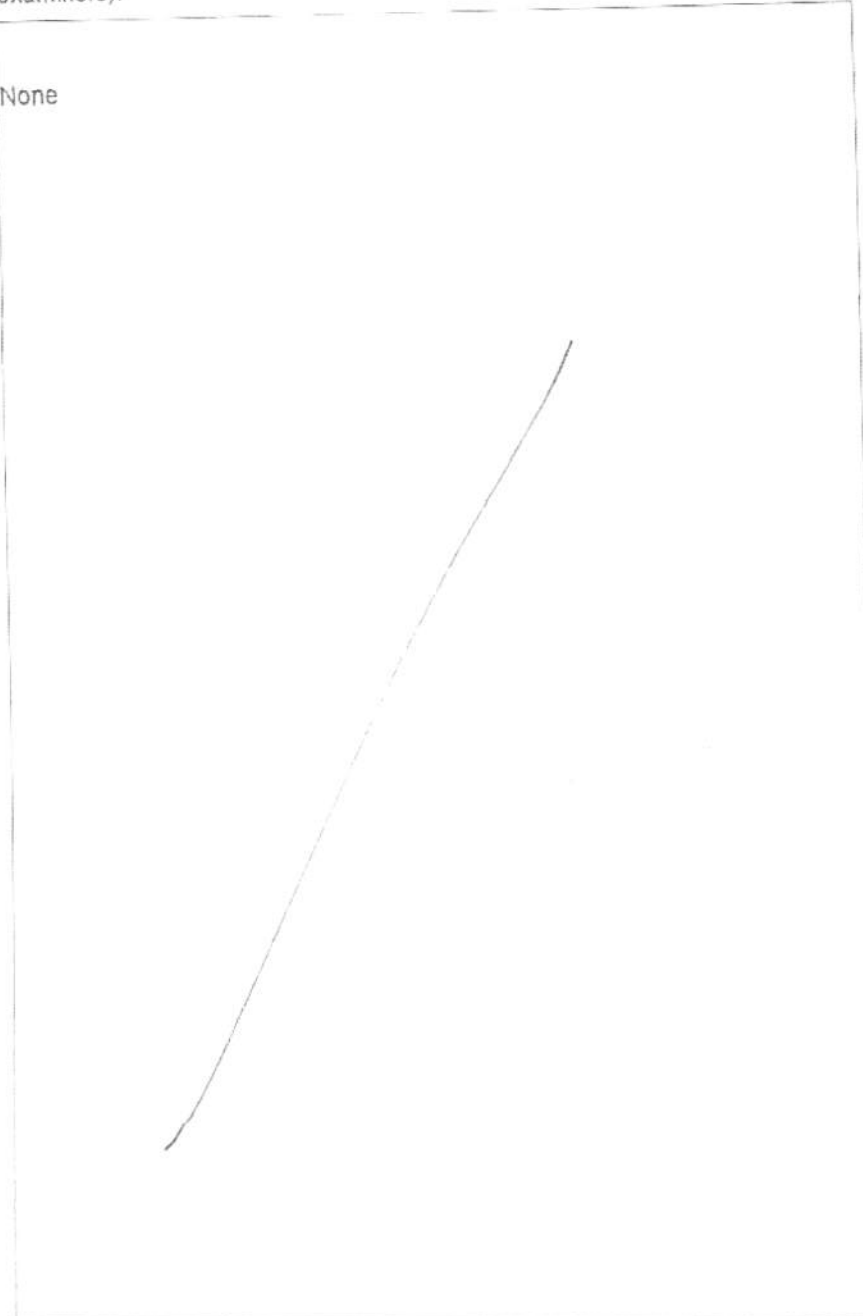
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		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

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			-	-
			-	-
			-	-
			-	-

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			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
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			-	
			-	
			-	
			-	

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Signature	Print Name	Date of approval
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	WILCOX	5/9/25



SPIRAL

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Name William Alan Brown O.B.E.

Signed [Signature] Date 05/09/25
Chairperson

SPIRAL - PREVENTING THE EFFECT OF BULLYING

England & Wales - Charity number 1179662

Accounts

Minutes of Spiral Annual General

Spiral Office

Meeting 25th July 2024 1.30 pm to 2.30 pm

Attendees – Alan Brown OBE Chair, Maryann Liddle CEO, Alan Culley Trustee, Anne – Marie Bainbridge Trustee, Luke McGill, Accountant, Joanne Ashbridge Finance Manager, Lynda Kyle, Staff, Dave Stewart, Staff, Sol Valistar, Staff.

Apologies – Margaret O'Brien Secretary

1. Maryann, the CEO, opened the meeting and thanked everyone for their attendance.
2. Alan updated the meeting on the previous year's performance
 - We have continued to develop our services over the past 12 months
 - Preventing the Effects Carlilse and Eden
59 YP referred in for emotional coaching support
60 YP accessed drop – ins, 10 of these accessed the service twice and 5 accessed the service 3 time
75 YP were referred from 2 schools over the last 12 months
 - Peer Community Allerdale and Copeland
32 YP accessed the emotional coaching service
22 YP accessed the drop- in service from 1 school over 4 months
 - Podcasts
4 Podcasts were produced and uploaded onto SPIRAL'S U tube account which attracted 122 views

- **Parent Support**

We supported parents in Carlilse x 3 and Allerdale x 1 through our volunteer program.

- **Volunteers**

2 x Volunteers were recruited and trained to offer emotional coaching in Carlilse

1. Our services continue to be in demand and more funding is needed to increase service delivery over a wider area.
2. Our research findings were turned into flyers advertising our services.
3. We have secured and moved into an office suite, fit for purpose which will offer us the chance to provide better services.
4. We have recruited a member of staff to deliver workshops.
5. We have appointed a Trustee Secretary.
6. We have recruited a Trustee Treasurer who has a specific skill in fund raising.
7. Our Business Plan includes developing and advertising the cost of our services, which we can share with other organisations.
8. We need to recruit a further Trustee due to a resignation.

I would like to thank Maryann for her firm leadership in taking the Charity forward in such a powerful way, despite carrying out office moves, recruitment and training and all the other pressures which arrive on her desk. I would also like to thank the staff for their unwavering delivery of SPIRAL services. Finally for those volunteers and Trustees who offer their time and skills Thank you.

3. Finance report from Luke McGill,

- Income from the previous year was £66k, an increase of £14k from the previous year.
- Main spending from account was on salaries.
- One area of concern was the cost of the telephone service, which has tripled. Maryann advised we are tied into a contract until 2026. The reason for the increase is because all employees now have work phones.

Action - Maryann and Treasurer to review telephone contract in 2025.

- The current bank balance is a healthy £31.4 k with a reserve of £18k.
- Jo Ashbridge raised the issue of our reserves and advised that we should consider investing the sum in a high interest account for the long term

Action - Joanne, Luke and our Treasurer to consider how best to invest in this reserve, discuss with the CEO and make a recommendation to the Board of Trustees. ASAP

- Another area of costs needing reviewed was Yu Life staff support scheme which is not being used.

Action – Maryann and Treasurer to review costs and usage of this service to cancel if it is not cost effective.

- Jo raised the issue of Banking services and how previous issues with Barclays had led us to consider changing banks. We do not believe we are getting the best service i.e.; they will not even allow us to have a Bank Debit Card.

Action – It was agreed that the accountancy team and Treasurer should review our bank service with consideration of moving the service to another provider. ASAP

4. Election of Trustee Treasurer

- Alan Culley Trustee has agreed to accept the responsibility as Treasurer for the Charity. The appointment was unanimously agreed by the Trustees and Charity CEO

Action – Maryann on behalf of the Charity to arrange with our accountancy team and the bank to support this appointment. ASAP

5. A general discussion then took place on the future development of the charity. How we might best exploit our new accommodation.

1. Maryann led the discussion,
 - Dave is developing a training package which we can use with schools. Using different approaches to managing bullying within their organisation's. How to monitor and evaluate effectiveness.
 - Lynda focuses 1:1s on Bully proofing young people using resilience building and the golden rule.
 - Sol and Maryann are developing a project called “**listen**” which will be a film based using young people we have worked with. This will be about Anti- bullying which will relate to young people.

Action – Anne - Marie has a contact in the film industry who can help, and she will put Sol in touch with them. ASAP

Action – Alan Culley has experience working with young people in acting sessions and will offer support to Sol and others in this area.

2. Maryann finished the discussion stating,
 - We need to ensure all our projects finish on a high.
 - We need to engage with the media and publish our successes.
 - Marketing is central to our future success.

Alan on behalf of the Board of Trustees thanked all present for their attendance and for the work completed to date.

The AGM was followed by a successful launch of our new office suite. There were in the region of 30- 40 visitors from other charities and organisation's.

The event finished at 5.30

Charity No. 1179662

Unit 1, Tun House, Old Brewery Residences, Bridge Lane, Carlilse, CA2 5SR



Section A Independent Examiner's Report

Report to the trustees/ members of

Charity Name
Spiral – preventing the effects of bullying

On accounts for the year ended

04 December 2023

Charity no (if any)

1179662

Set out on pages

1-2

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 04/12/2023.

Responsibilities and basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:

Date: 17/4/2024

Name: Jackie Fisher

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

Address:

Charlesville, Station Hill
Wigton
Cumbria CA7 9BW

Section B Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

NONE

Receipts and payments accounts

For the period from	5th December 2022	To	4th December 2023
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Arnold Clark		-	-	-	1,000
Cumbria Community Foundation	-	12,000	-	12,000	12,000
Co-op Local Community Fund	-	2,387	-	2,387	
Hadfield Charity	-	-	-	-	4,000
Francis Scott Trust	-	5,000	-	5,000	
Donations	96	220	-	316	589
Tesco Community Grants	-	1,000	-	1,000	
Cumbria Youth Alliance	-	13,902	-	13,902	13,683
National Lottery Awards for All	-	30,717	-	30,717	15,359
Cumbria County Council	-	-	-	-	5,650
Fundraising	904	-	-	904	
Sub total (Gross income for AR)	1,000	65,226	-	66,226	52,280
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	1,000	65,226	-	66,226	52,280
A3 Payments					
Insurance	146	-	-	146	146
Resources	486	-	-	486	755
Accountancy Fees	-	855	-	855	530
Supervision Costs	-	1,725	-	1,725	
DBS checks	36	-	-	36	158
Venue Hire	156	-	-	156	320
Staff Training	334	-	-	334	
Repairs and Maintenance	-	600	-	600	-
Salaries	-	52,585	-	52,585	43,107
Rent	-	1,300	-	1,300	1,355
Subscriptions	523	-	-	523	
Telephone & Internet	-	1,854	-	1,854	523
Sub total	1,681	58,919	-	60,600	46,894
A4 Asset and investment purchases. (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	1,681	58,919	-	60,600	46,894
Net of receipts/(payments)	- 680	6,307	-	5,627	5,386
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	948	24,614	-	25,562	
Cash funds this year end	268	30,921	-	31,189	5,386

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank Account	268	30,921	-
		-	-	-
		-	-	-
	Total cash funds	268	30,921	-
(agree balances with receipts and payments account(s))		OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature 	Print Name ALAN COLLEY Anne-Marie Bamberidge	Date of approval 25/7/24 25/7/24
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SPIRAL

Preventing the Effects of Bullying

Spiral – Preventing the Effectives of Bullying
First Floor, Fred Bear Carpets Ltd
Tower Court, 1 West Tower Street
Carlisle, Cumbria
CA3 8QT
01228 642641
maryann@spiralcumbria.org.uk
www.spiralcarlisle.com
Charity Number 1179662

RESERVES POLICY – updated 4th December 2023

Charitable status requires organisations to spend income on charitable objectives and not build up funds for a rainy day. However, the Charity Commission does recommend that to maintain financial stability all charities should hold reserves at a level to cover any unforeseen circumstances that might arise and to ensure that Spiral’s core activity can continue, or to retain funds for planned specific projects.

At Spiral we consider that:

- In the event of event of permanent closure, we would need enough reserves to cover staff redundancies and comply with current employment legislation. This is currently £2,505.00.
- If we had to close temporarily due to natural disaster, or move due to building works etc, we would need 3 months to find alternative accommodation. To cover this period, we consider that we need to hold three months operational expenditure, to include rent, staff wages, insurance, supplies etc. This is calculated based on the average expenditure of the previous year’s accounts.

Total expenditure for year to 4 December 20223 = £60,599.96 of which 3 months is calculated as £15,150.00 (rounded to £15,500.00)

The total Reserves Policy is calculated as £18,005.00 (rounded to £18,000.00).

- The Committee will review and amend the actual Reserves held annually and update accordingly.

Spiral will retain £18,000.00 within its Barclay’s Bank as its reserve and shall account for this within its accounting records as a separate item.

This policy was adopted at the Committee Meeting and AGM of Spiral held on 25/07/24 This will be reviewed annually.

Name William Alan Brown OBE

Signed [Signature] Date 25 07 2024
Chairperson

SPIRAL - PREVENTING THE EFFECT OF BULLYING

England & Wales - Charity number 1179662

Accounts



Spiral - Preventing the Effects of Bullying Charity No. 1179662

Report of the Trustees for the year ending 31st July 2023

The Trustees of the Spiral charity present this report in support of our audited accounts.

Our Aim

Preventing the Effects of Bullying

Our Objectives

To offer support to young people and families in Carlisle and Cumbria

Review of activities and achievements

Reviewing our activities over the past 12 months demonstrate the success of our charity in achieving its aims.

We have delivered services across Cumbria, in Carlisle and Eden, Allerdale and Copeland.

A total of 83 young people were seen during one to one sessions with a large number of the young people seen reporting improved well being.

There were 3,021 hits on the Spiral website during the 12 month period demonstrating the real need for the service we deliver.

Staff uploaded 4 podcasts during the 12 month period and those podcasts were accessed 194 times.

Research was carried out by Cumbria University during the financial year to evaluate the services we deliver and that research concluded that -

“ the support Spiral is providing and success of such is needs matched, well - informed and useful for those who engage in the process”



Financial Position

The charity remains in a good position financially having attracted a number of donations during the financial year. The Trustees review budgets and spends against budget on a regular basis throughout the year.

Future Plans

- The Charity intends to continue to offer its services in Carlisle and across Cumbria within the constraints of its budget.
- The research conducted by Cumbria University will be used to attract further funding to support the charities work in the future.
- A recruitment campaign to attract more trustees and volunteers is ongoing.

As Chair to the Board of Trustees I would like to acknowledge on behalf of the Trustees, the hard work and dedication by all the staff, volunteers and supporters of Spiral during the past 12 months.

William Alan Brown OBE
Chair to The Board of Trustees
Spiral
Preventing the Effects of Bullying



CHARITY COMMISSION
FOR ENGLAND AND WALES

Spiral - Preventing the Effects of Bullying

1179662

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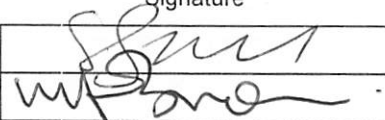
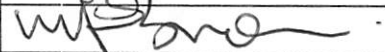
Receipts and payments accounts

For the period from	5th December 2021	To	4th December 2022
------------------------	----------------------	----	----------------------

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Arnold Clark		1,000	-	1,000	1,000
Cumbra Community Foundation	-	12,000	-	12,000	15,448
Cumbria Foundation	-	-	-	-	4,994
Hadfield Charity	-	4,000	-	4,000	10,000
Asda Green Tokens	-	-	-	-	500
Donations	387	201	-	588	130
Cumbria Police & Crime Commissioner	-	-	-	-	1,402
Cumbria Youth Alliance	-	13,683	-	13,683	5,927
Postcode Lottery	-	-	-	-	5,264
Amazon Smile Donation	-	-	-	-	5
CYA Funding	-	-	-	-	-
National Lottery Awards for All	-	15,359	-	15,359	-
Cumbria County Council	-	5,650	-	5,650	-
Fundraising	-	-	-	-	-
Sub total (Gross income for AR)	387	51,893	-	52,280	44,669
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	387	51,893	-	52,280	44,669
A3 Payments					
Insurance	-	146	-	146	146
Resources	738	17	-	755	1,908
Accountancy Fees	530	-	-	530	-
Advertising	-	-	-	-	-
DBS checks	158	-	-	158	105
Venue Hire	320	-	-	320	-
Fundraising Costs	-	-	-	-	-
Salaries	-	43,107	-	43,107	36,823
Rent	-	1,355	-	1,355	490
Telephone & Internet	21	503	-	523	241
Sub total	1,767	45,127	-	46,894	39,712
A4 Asset and investment purchases. (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	1,767	45,127	-	46,894	39,712
Net of receipts/(payments)	1,380	6,766	-	5,386	4,957
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	2,328	17,848	-	20,176	-
Cash funds this year end	948	24,614	-	25,562	4,957

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank Account	948	24,614	-
		-	-	-
		-	-	-
	Total cash funds	948	24,614	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B4 Assets retained for the charity's own use	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B5 Liabilities	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		SARAH SMITH	6/7/23	
		W.A. BROWN OBE	6/7/23	



Section A Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Spiral – preventing the effects of bullying

**On accounts for the year
ended**

04 December 2022

**Charity no
(if any)**

1179662

Set out on pages

1-2

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 04/12/2022.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:

Date:

4/7/23

Name:

Jackie Fisher

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

Address:

Charlesville, Station Hill

Wigton

CA7 9BW

Give here brief details of any items that the examiner wishes to disclose.

None

SPIRAL - PREVENTING THE EFFECT OF BULLYING

England & Wales - Charity number 1179662

Accounts



SPIRAL

Preventing the Effects of Bullying

Spiral – Preventing the Effectives of Bullying

First Floor, Fred Bear Carpets Ltd

Tower Court, 1 West Tower Street

Carlisle, Cumbria. CA3 8QT

01228 642641

maryann@spiralcumbria.org.uk

www.spiralcarlisle.com

Charity Number 1179662

TREASURER'S REPORT

For the year 5 December 2020 to 4 December 2021

Another challenging year here at Spiral but one that has seen us go from strength to strength. The continuing impact of Covid-19 pandemic and its affect on our young people has saw us working in new ways to give vital support to the young people of Cumbria. We have strengthened our team with an excellent cohort of volunteers and in 2022 we expect to employ more staff to help deliver our services.

We have found new ways of working and interacting with our young people and have been delighted with the success of our Minecraft evenings which went down very well. Visits to schools/and colleges have begun again and the 1-2-1 sessions are achieving great results. We hope to continue this and grow on our firm foundations during 2022.

Maryann Little has worked incredibly hard to find/apply for and gain grant funding from a variety of sources. We have received so many messages of support that it is clear more and more providers are keen to support our good work and long may this continue. From a small start, even through a pandemic we leave 2021 stronger than ever and this is all down to the team – thank you Maryann, Alison, and Sol

Income: Spiral received funding totalling £44,668.72 this year. We thank everyone that has given us this much needed funding in particular Cumbria Community Foundation with £15,446.66, The Postcode Lottery with £5,264.00; Cumbria Youth Alliance with £5,927.00 and Community Fund £10,000.00. Along with smaller donations which we are thankful for too, we were fortunate to receive £1,000.00 from Tesco's Groundworks and a further £500.00 from Asda's Green Token Giving Vote. We thank all our providers for their contributions, and we look forward to continuing to work with them in the future.

Expenditure: Normal office expenditure with nothing out of the ordinary this year. Our biggest expenditure is on salaries amounting to £36,822.00.

Summary: Our year end funds balance is £20,175.91 and although this is to cover future costs we can achieve our revised Reserves Policy of £13,500.00 whilst we look forward to the challenges that lie ahead in 2022.

Well done and thank you.

Simon Pritchard
Treasurer

31 May 2022

1/2



SPIRAL

Preventing the Effects of Bullying

Spiral – Preventing the Effectives of Bullying
First Floor, Fred Bear Carpets Ltd
Tower Court, 1 West Tower Street
Carlisle, Cumbria
CA3 8QT
01228 642641
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www.spiralcarlisle.com
Charity Number 1179662

RESERVES POLICY – for year 2021-2022

Charitable status requires organisations to spend income on charitable objectives and not build up funds for a rainy day. However, the Charity Commission does recommend that to maintain financial stability all charities should hold reserves at a level to cover any unforeseen circumstances that might arise and to ensure that Spiral’s core activity can continue, or to retain funds for planned specific projects.

At Spiral we consider that:

- In the event of event of permanent closure, we would need enough reserves to cover staff redundancies and comply with current employment legislation. This is currently £3,500.00.
- If we had to close temporarily due to natural disaster, or move due to building works etc, we would need 3 months to find alternative accommodation. To cover this period, we consider that we need to hold three months operational expenditure, to include rent, staff wages, insurance, supplies etc. This is calculated based on the average expenditure of the previous year’s accounts.

Total expenditure for year to 4 December 2021 = £39,675 of which 3 months is calculated as £9,920 (rounded to £10,000.00)

The total Reserves Policy is calculated as £13,500.00.

- The Committee will review and amend the actual Reserves held annually and update accordingly.

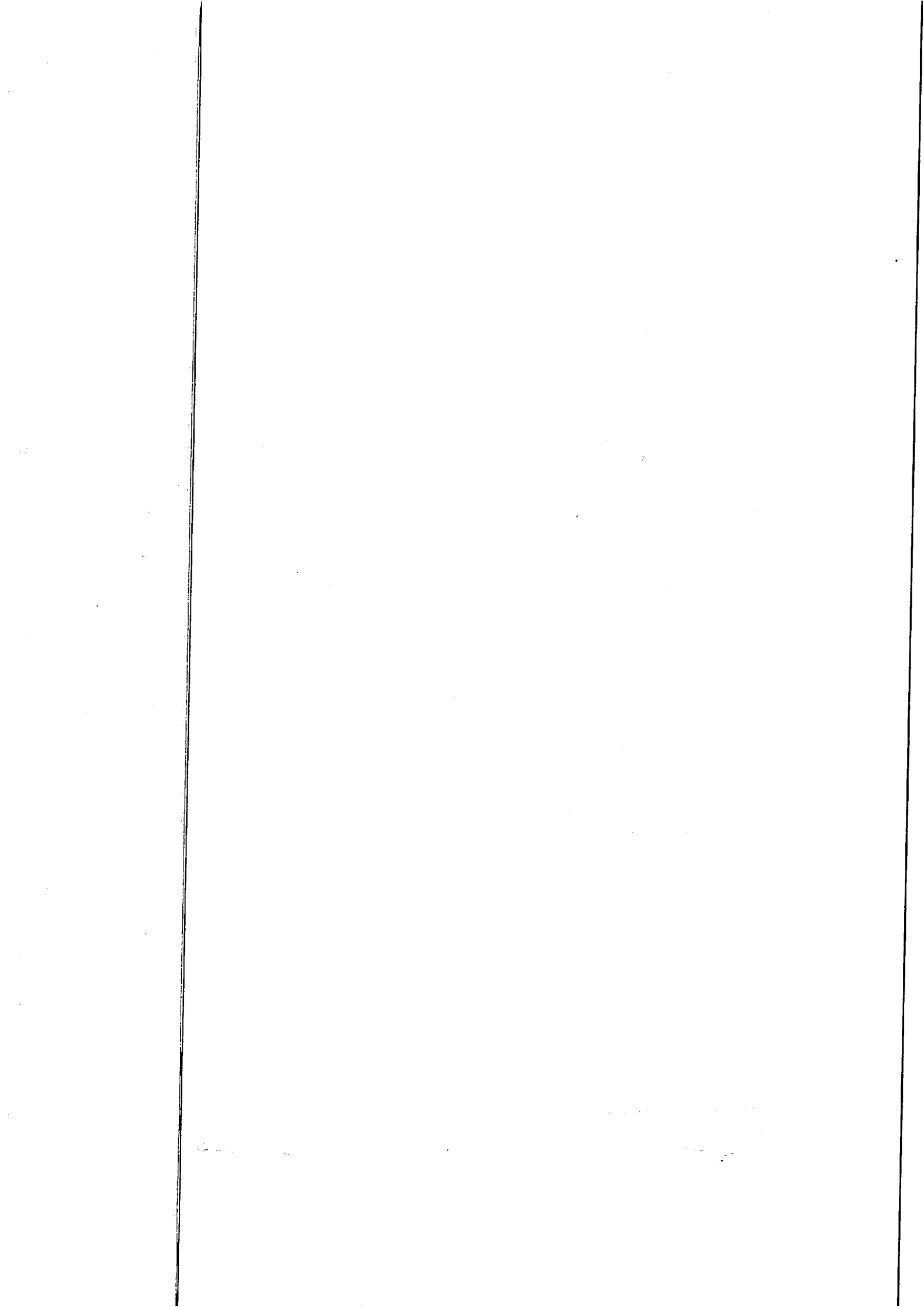
Spiral will retain £13,500.00 within its Barclay’s Bank as its reserve and shall account for this within its accounting records as a separate item.

This policy was adopted at the Committee Meeting and AGM of Spiral held on Tuesday 31 May 2021. This will be reviewed at our next Annual General Meeting to be held in 2023.

Name *Michael Hedderley*

Signed *MB* Date *31/5/22*

Chairperson



Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank Account	2,328	17,848	-
		-	-	-
		-	-	-
	Total cash funds	2,328	17,848	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval



Receipts and payments accounts

For the period from	5th December 2020	To	4th December 2021
------------------------	----------------------	----	----------------------

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Tesco Groundworks	1,000	-	-	1,000	-
Cumbria Community Foundation	-	15,447	-	15,447	-
Cumbria Foundation	-	4,994	-	4,994	-
Community Fund	-	10,000	-	10,000	-
Asda Green Tokens	500	-	-	500	-
Donations	130	-	-	130	1,453
Cumbria Police & Crime Commissioner	-	1,402	-	1,402	3,271
Cumbria Youth Alliance	-	5,927	-	5,927	-
Postcode Lottery	-	5,264	-	5,264	-
Amazon Smile Donation	5	-	-	5	-
CYA Funding	-	-	-	-	11,927
National Lottery Awards for All	-	-	-	-	10,000
Job Retention Scheme	-	-	-	-	5,331
Fundraising	-	-	-	-	-
Sub total (Gross income for AR)	1,635	43,034	-	44,669	31,981
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	1,635	43,034	-	44,669	31,981
A3 Payments					
Insurance	-	146	-	146	146
Resources	1,187	721	-	1,908	1,386
Accountancy Fees	-	-	-	-	215
Advertising	-	-	-	-	371
DBS checks	105	-	-	105	105
Website	-	-	-	-	-
Fundraising Costs	-	-	-	-	-
Wages	-	36,822	-	36,822	32,305
Rent	-	490	-	490	265
Telephone & Internet	-	241	-	241	120
Sub total	1,292	38,420	-	39,712	34,912
A4 Asset and investment purchases. (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	1,292	38,420	-	39,712	34,912
Net of receipts/(payments)	343	4,614	-	4,957	- 2,931
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	1,985	13,234	-	15,219	-
Cash funds this year end	2,328	17,848	-	20,176	- 2,931



Section A Independent Examiner's Report

Report to the trustees/ members of

Spiral – preventing the effects of bullying

On accounts for the year ended

4 December 2021

Charity no (if any)

1179662

Set out on pages

1-2

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 04/12/2021.

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:

[Handwritten signature]

Date:

20/5/22

Name:

Jackie Fisher

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

[Blank line]

Address:

Charlesville, Station Hill

Wigton CA7 9BW

[Empty rectangular box]

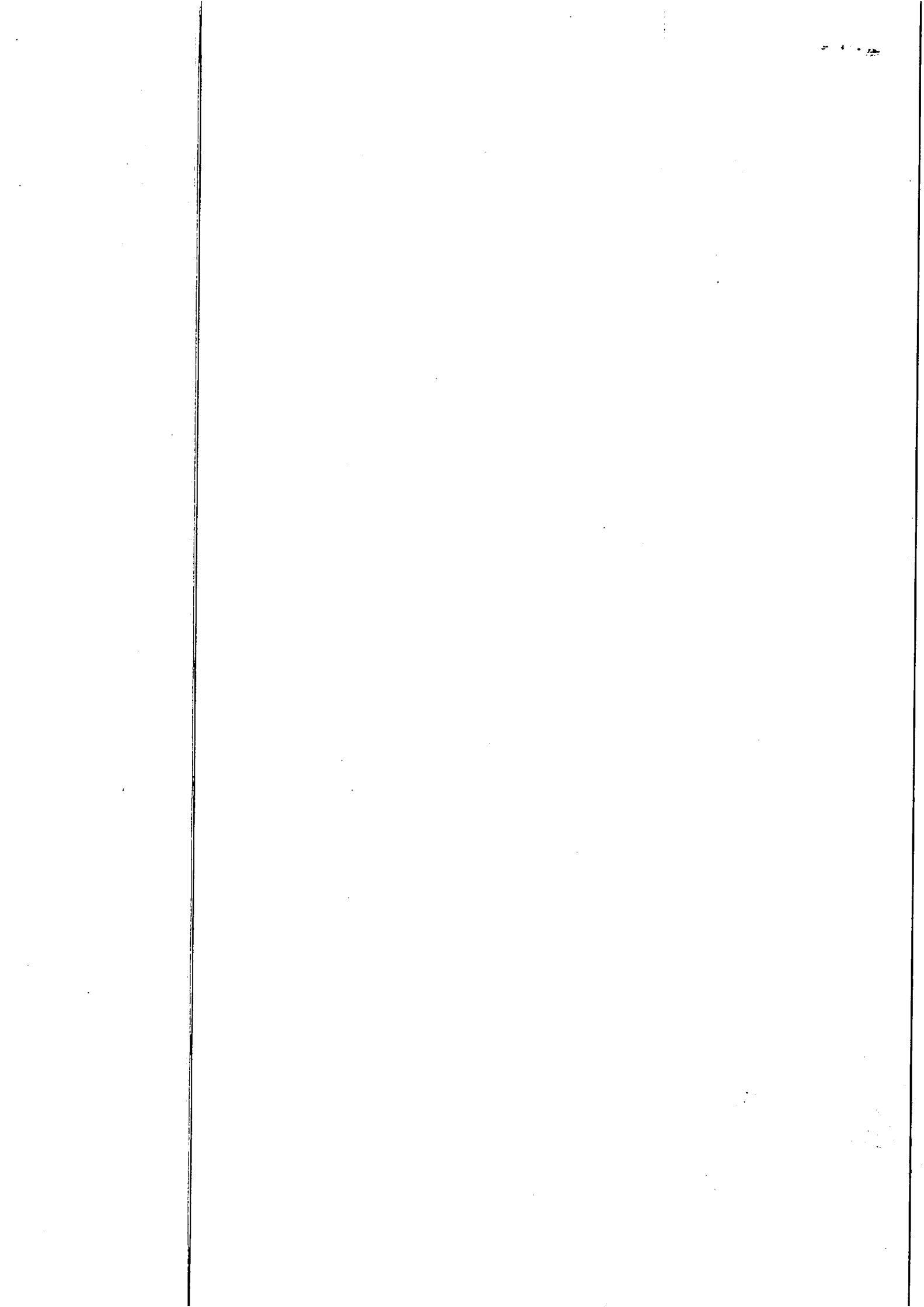
Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

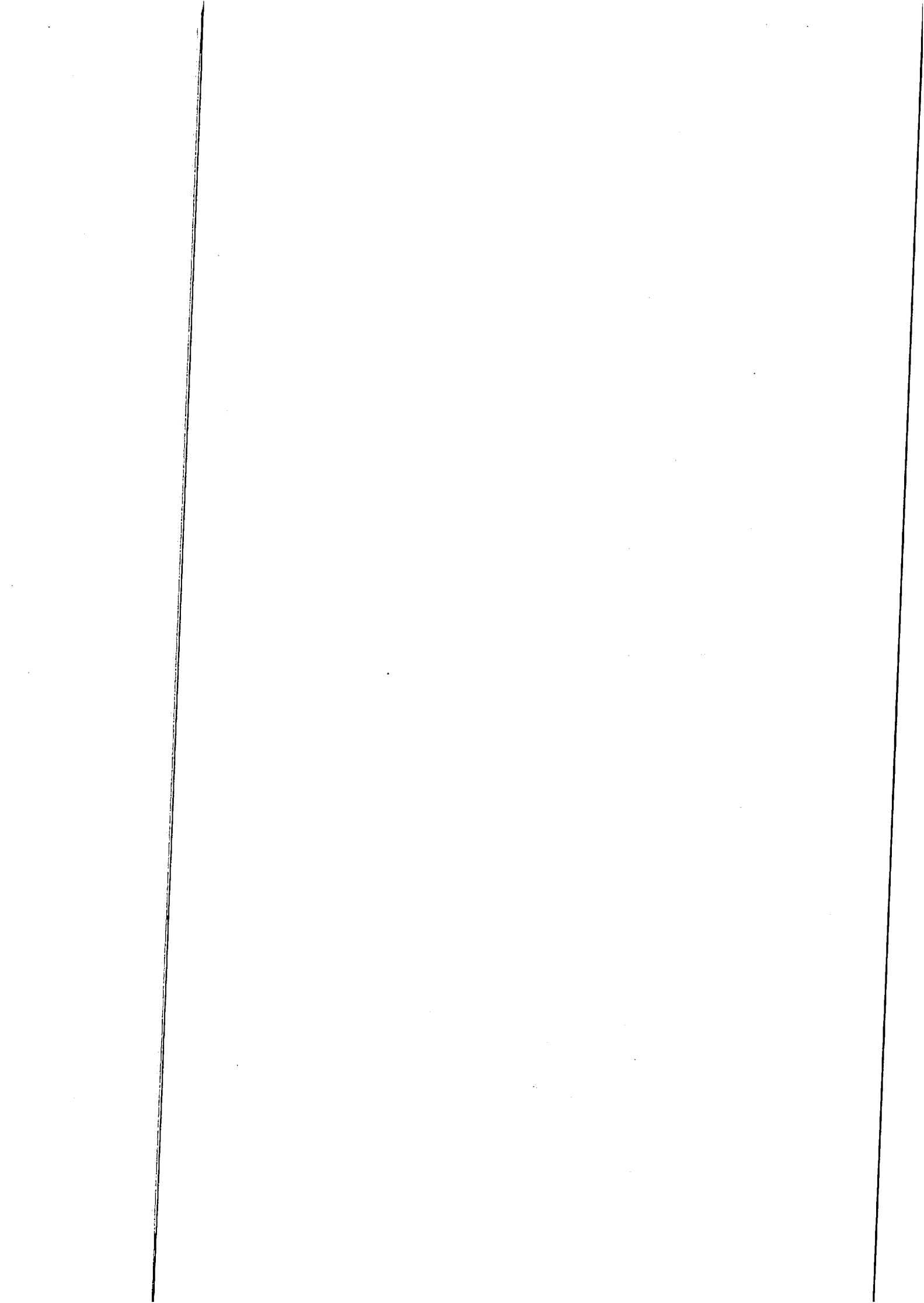
Give here brief details of any items that the examiner wishes to disclose.

None



Spiral Preventing the Effects of Bullying
Balance Sheet as at 4 December 2021

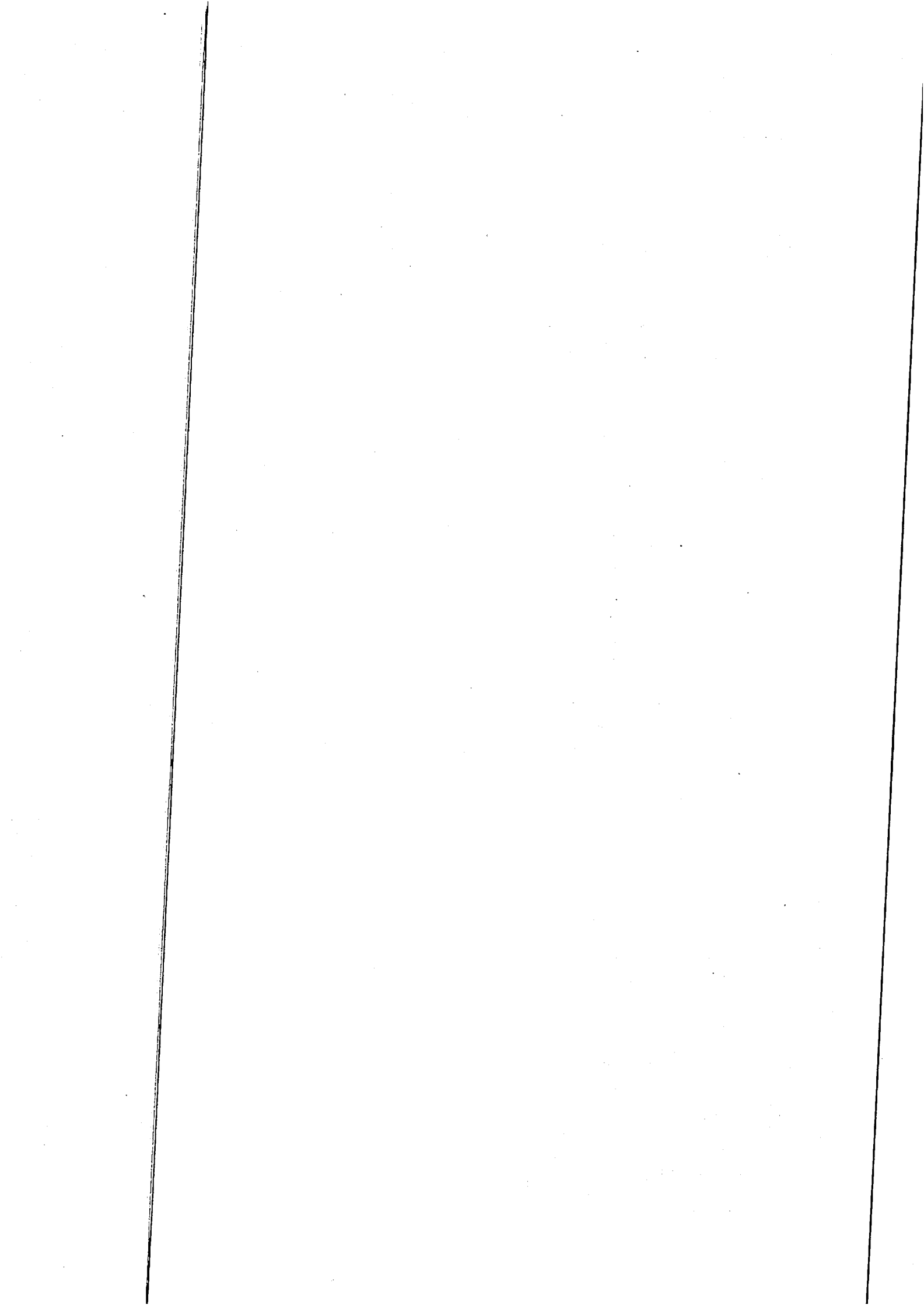
	Opening Balance	December 2020 (Start of Year)	JANUARY 2021	FEBRUARY 2021	MARCH 2021	APRIL 2021	MAY 2021	JUNE 2021	JULY 2021	AUGUST 2021	SEPTEMBER 2021	OCTOBER 2021	NOVEMBER 2021	YEAR END		
														DECEMBER 2021 (END OF YEAR)	Cash	Year End
Assets																
Bank	15,493.64	16,147.41	33,092.53	39,922.57	37,119.02	40,938.56	43,616.94	40,286.76	36,923.65	33,884.86	30,446.02	26,364.64	23,640.87	20,667.60		20,667.60
Cash																
Outstanding Bank Lodgements				500.00	500.00	500.00										
Total Assets	15,493.64	16,147.41	33,092.53	40,422.57	37,619.02	41,438.56	43,616.94	40,286.76	36,923.65	33,884.86	30,446.62	26,364.64	23,640.87	20,667.60		20,667.60
Liabilities																
Outstanding Withdrawals	311.11			99.16											491.69	491.69
Total Liabilities	311.11			99.16											491.69	491.69
Total Net Assets (Assets less Liabilities)	15,182.53	16,147.41	33,092.53	40,323.41	37,619.02	41,438.56	43,616.94	40,286.76	36,923.65	33,884.86	30,446.52	26,364.64	23,640.87	20,175.91		20,175.91
Equity																
Current Year Earnings (Net Profit/Loss)		964.88	16,945.12	7,230.88	-2,704.39	3,619.54	2,178.38	-3,330.19	-3,363.11	-3,038.79	-3,438.24	-4,061.98	-2,723.77	-3,464.96		
Retained Earnings	15,182.53															20,175.91
Total Equity	15,182.53	16,147.41	33,092.53	40,323.41	37,619.02	41,438.56	43,616.94	40,286.76	36,923.65	33,884.86	30,446.62	26,364.64	23,640.87	20,175.91		20,175.91
Total Equity <i>must</i> equal Total Net Assets																
		December 2020 (Start of Year)	JANUARY 2021	FEBRUARY 2021	MARCH 2021	APRIL 2021	MAY 2021	JUNE 2021	JULY 2021	AUGUST 2021	SEPTEMBER 2021	OCTOBER 2021	NOVEMBER 2021	DECEMBER 2021 (END OF YEAR)	Cash	Year End



Spiral Preventing the Effects of Bullying

Profit and Loss Statement Spiral - 5th December 2020 to 4 December 2021

	Part December	January	February	March	April	May	June	July	August	September	October	November	Part December	Cash	YTD
Income															
Restricted															
Restricted Funding			10,000.00			5,264.00									15,264.00
Donations (restricted)															
Grants Restricted		20,440.82			7,328.90										27,769.72
Unrestricted															
Donations (unrestricted)	1,000.00		500.00			5.00			30.00						1,535.00
Fundraising															
Other Income							100.00								100.00
Total Income	1,000.00	20,440.82	10,500.00		7,328.90	5,269.00	100.00		30.00						44,668.72
Expenses															
Restricted															
Rent						490.00									490.00
Insurance										145.60					145.60
Travel Expenses															
Advertising															
Stationery	35.12		498.13			40.99	64.49		40.99				40.99		720.71
Internet		14.99	14.99	26.03	20.51	20.51	20.51	20.87	20.51	20.51	20.51	20.51	20.51		240.96
Bank Interest															
Counselling Fees		3,463.51	2,756.00	2,678.36	3,343.85	2,539.12	3,230.18	3,247.24	3,007.29	3,272.13	3,386.47	2,536.77	3,361.34		36,822.26
Unrestricted															
Other Spend		2.20			100.00		100.00	80.00			660.00	166.49	42.12		1,150.81
Membership Fees															
DBS		15.00			45.00		15.00	15.00			15.00				105.00
Fundraising															
Total Expenses	35.12	3,495.70	3,269.12	2,704.39	3,509.36	3,090.62	3,430.18	3,363.11	3,068.79	3,438.24	4,081.98	2,723.77	3,464.96		39,675.34
Net Profit(Loss)	964.88	16,945.12	7,230.88	(2,704.39)	3,819.54	2,178.38	(3,330.18)	(3,363.11)	(3,038.79)	(3,438.24)	(4,081.98)	(2,723.77)	(3,464.96)		4,993.38
(Gross Profit less Expenses)	December	January	February	March	April	May	June	July	August	September	October	November	December	Cash	Total YTD



SPIRAL - PREVENTING THE EFFECT OF BULLYING

England & Wales - Charity number 1179662

Accounts

Spiral – preventing the effects Of bullying Annual Report 179662

From: 5th December 2020

To: 4th December 2021

This year has been like no other year with Spiral feeling the impact of Covid-19 and the resulting pandemic and lockdown. What has become more prevalent is the good work that Spiral has achieved and how the services offered are more and more in demand.

Objectives and Activities The purpose of Spiral is to promote mental health of young people that have/are being bullied or at risk of being targeted by bullying in Cumbria. The promotion of mental health will be done by 1-2-1 support, group work, mediation. Raise awareness and understanding the effects of bullying.

Spiral worked on 3 projects over the last year

1. Peer Community

Project: Online community that young people can access, it is a monitored space where young people can talk to other peers, staff, and volunteers, attend game nights run by staff and volunteers, access free downloadable resources and local information. Young people can attend this as often and for as long as they wish.

Delivery: Online

Impact: Support the developing brain and cognitive thinking and brings and can bring some happiness to their day, reduce isolation, feel connected to others, learn about difference from others.

2. Preventing the effects

Project: Providing emotional education, to give young people the tools they can use to manage difficult situations and overwhelming emotions, 4-8 sessions available.

Delivery: 1-2-1 and a video on managing difficult and overwhelming emotions. 1-2-1 took place on Teams.

Impact: Health & wellbeing – improve physical / mental / emotional health, education & skills – improve access to volunteering, tackling disadvantage & exclusion – support vulnerable people.

3. Every Mind Matters

Project: create webinars on cyberbullying and distribute to schools.

Impact: Raise awareness,

Statement from the trustees *'Spiral has, from its inception, maintained its focus on benefiting children and young people in the community and within the school environment. The overarching commitment is to benefit the wider community by equipping children and young people with the ability to be resilient and confident in moving into adulthood. The work of Spiral has spotlighted bullying as something the wider public has a responsibility to discuss and resolve and continues to offer support to allow communities to do so'.*

Volunteers have contributed over 50 hours, this has been done by supporting young people in 1-2-1's, attending training and coaching, and admin.

Achievements and Performance

2020 was a challenging year for Spiral, when Covid-19 started there was a huge uncertainty of how the services would be delivered. Due to this we had to change our delivery style, Spiral have recruited 12 volunteers, 10 that are actively working on projects.

The difference Spiral is making to the wider community is providing volunteer opportunities. Volunteers are choosing to volunteer at Spiral and provide support to young people within the community they live. This shows that the community want to be involved in supporting each other in a difficult time. This has been measured in the interest in the volunteer role and the commitment by volunteer.

For volunteers this is has provided opportunities to gain experience, build on their CV, give back to the community, and reduce isolation as they are working as a part of a team.

Volunteer aged 25

'I would say to anyone thinking of volunteering to go for it as it's such a great opportunity and the support you get is fantastic. It was nerve-wracking at first but the best way to get over that is to through yourself into it and now I feel so much more confident in delivering sessions and talking to YP as well as parents/teachers'.

The volunteers have provided support to young people and the support has improved their daily living, feedback provided has shown that the support is reducing anger and anxious thoughts, and improving low mood.

Statements from young people

'understand why it happens now. I can take control when feeling more overwhelmed whereas week one she didn't think anxiety was something many people experience and how normal it was in everyday lives.' Female aged 15

'I have been getting better at describing my emotions' male aged 9

Case study:

One young girl who was not attending school self-rated that she was now likely to return and whose parents commented that they had seen a significant difference in her motivation, self-esteem and confidence after 4 sessions. Supporting young people to better manage her fear through learning new skills and strategies to reduce arousal and self-regulate. Most report having more self-control over their difficult feelings and thoughts. Recovering a sense of Hope and Optimism about the future through gaining self-worth and confidence and taking power back from the bullies by getting on with their goals and doing what matters to them. Gaining social confidence and a sense of belonging when feeling different/excluded. Greater self-understanding of thoughts, feelings and behaviours.

The difference the services have made to young people using the services Spiral provide is reducing isolation and supporting young people to stay connected to peers through our online community. Spiral have worked with 300+ young people during 2019-2020, this is lower than the previous year however we have had to change how we were working as an organisation.

Spiral managed to increase volunteer capacity and continue to work through the Covid-19 pandemic, this shows great resilience within the charity and the commitment from staff and volunteers.

Financial review

Reserves of £1000 are currently held to allow spiral to wind down and stop the running of its services should funding cease. Should the charity spiral be unsuccessful in raising funds to benefit the community the funds reserved will allow spiral to wind down its core services.

If we had to close temporarily due to natural disaster, or move due to building works etc, we would need 3 months to find alternative accommodation. To cover this period, we consider that we need to hold three months operational expenditure, to include rent, staff wages, insurance, supplies etc. This is calculated based on the average expenditure of the previous year's accounts. Total expenditure during 2020/21 = £34,912.00 of which 3 months is calculated as £8,728.00. The total Reserves Policy is calculated as £10,000.00 being £1,000.00 + £8,728.00 rounded up. The Committee will review and amend the actual Reserves held annually and update accordingly.

There are no funds materially in deficit. There is no materiality level set as the accounts are based on cash basis and there is no uncertainty about the charity continuing as a going concern.

All trustees have agreed that the charities financial position at the end of the 2020 period is good.



CHARITY COMMISSION
FOR ENGLAND AND WALES

Spiral - Preventing the Effects of Bullying

1179662

CC16a

Receipts and payments accounts

For the period from	5th December 2019	To	4th December 2020
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Elizabeth Fell Memorial Trust	-	-	-	-	500
CYA Funding	-	11,927	-	11,927	5,362
Frances Scott Charitable Trust	-	-	-	-	4,000
Bauer Radio CFM	-	-	-	-	510
Peoples Lottery Grant	-	-	-	-	5,000
Hadfield Charitable Trust	-	-	-	-	2,000
National Lottery Awards for All	-	10,000	-	10,000	2,000
Donations	1,453	-	-	1,453	1,342
Fundraising	-	-	-	-	-
Cumbria Police & Crime Commissioner	-	3,271	-	3,271	-
Job Retention Scheme	-	5,331	-	5,331	-
Big Lottery Fund	-	-	-	-	-
Cumbria Foundation	-	-	-	-	1,500
Sub total (Gross income for AR)	1,453	30,529	-	31,981	22,214
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	1,453	30,529	-	31,981	22,214
A3 Payments					
Insurance	-	146	-	146	134
Resources	1,074	312	-	1,386	2,352
Accountancy Fees	215	-	-	215	-
Advertising	149	222	-	371	-
DBS checks	105	-	-	105	-
Website	-	-	-	-	-
Fundraising Costs	-	-	-	-	51
Wages	-	32,305	-	32,305	16,043
Rent	-	265	-	265	785
Internet Services EU Ltd	-	120	-	120	-
Sub total	1,543	33,370	-	34,912	19,365
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	1,543	33,370	-	34,912	19,365
Net of receipts/(payments)	- 90	- 2,841	-	- 2,931	2,849
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	2,075	16,075	-	18,150	-
Cash funds this year end	1,985	13,234	-	15,219	2,849

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank Account	1,985	13,234	-
		-	-	-
		-	-	-
	Total cash funds	1,985	13,234	-

(agree balances with receipts and payments account(s))

OK

OK

OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	SARAH SMITH	
	SIMON FRITCHARD	



**CHARITY COMMISSION
FOR ENGLAND AND WALES**

**Independent examiner's
report on the accounts**

Section A

Independent Examiner's Report

Report to the trustees/ members of	Charity name Spiral – preventing the effects of bullying		
On accounts for the year ended	4 December 2020	Charity no (if any)	1179662
Set out on pages	1-2 <small>(remember to include the page numbers of additional sheets)</small>		

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 04/12/2020.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed: **Date:**

Name:

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

Address:

Section B

Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Structure and governance

Trustees are responsible for ensuring spiral is carrying out its purpose for public benefit, comply with the governing document and law, acting in the charity's best interest, manage Spiral's resources responsibly, and ensure Spiral is accountable. The manager is responsible for the daily running of staff and volunteers and writes a monthly report to trustees.

Trustees, staff and volunteers are entitled to appoint one person, this person must not be related to them. The process for the post of a trustee is via application and an interview process with minimum of 2 people on the interview panel.

Trustees

Jack Paton - Chair

Michael Huddart - Vice Chair

Simon Pritchard - Treasurer

Sarah Smith - Secretary

Scott Squire - Trustee

Margaret O'Brien - Trustee

Thank you to all the funders and the community for supporting Spiral through 2019-2020.