

# Spiral – preventing the effects Of bullying Annual Report 179662

From: 5<sup>th</sup> December 2020

To: 4<sup>th</sup> 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

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## Receipts and payments accounts


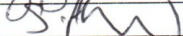
For the period from	5th December 2019	To	4th December 2020
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### Section A Receipts and payments

	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 £
<b>A1 Receipts</b>					
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
<b>Sub total (Gross income for AR)</b>	<b>1,453</b>	<b>30,529</b>	<b>-</b>	<b>31,981</b>	<b>22,214</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>1,453</b>	<b>30,529</b>	<b>-</b>	<b>31,981</b>	<b>22,214</b>
<b>A3 Payments</b>					
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	-
<b>Sub total</b>	<b>1,543</b>	<b>33,370</b>	<b>-</b>	<b>34,912</b>	<b>19,365</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>1,543</b>	<b>33,370</b>	<b>-</b>	<b>34,912</b>	<b>19,365</b>
<b>Net of receipts/(payments)</b>	<b>- 90</b>	<b>- 2,841</b>	<b>-</b>	<b>- 2,931</b>	<b>2,849</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>2,075</b>	<b>16,075</b>	<b>-</b>	<b>18,150</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>1,985</b>	<b>13,234</b>	<b>-</b>	<b>15,219</b>	<b>2,849</b>



## 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 £
<b>B1 Cash funds</b>	Bank Account	1,985	13,234	-
		-	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>1,985</b>	<b>13,234</b>	<b>-</b>
(agree balances with receipts and payments account(s))		OK	OK	OK
<b>B2 Other monetary assets</b>	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		SARAH SMITH		
		SIMON FRITCHARD		



**CHARITY COMMISSION  
FOR ENGLAND AND WALES**

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

**Section A**

**Independent Examiner's Report**

<b>Report to the trustees/ members of</b>	Charity Name Spiral – preventing the effects of bullying		
<b>On accounts for the year ended</b>	4 December 2020	<b>Charity no (if any)</b>	1179662
<b>Set out on pages</b>	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:** 20/7/2021

**Name:** Jackie Fisher

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

MICB - Member Institute of Certified Bookkeepers

**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).

## **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.***