



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

CC16a

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
Cumbria 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	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	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 W.A. BROWN OBE	6/7/23 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