

# **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.

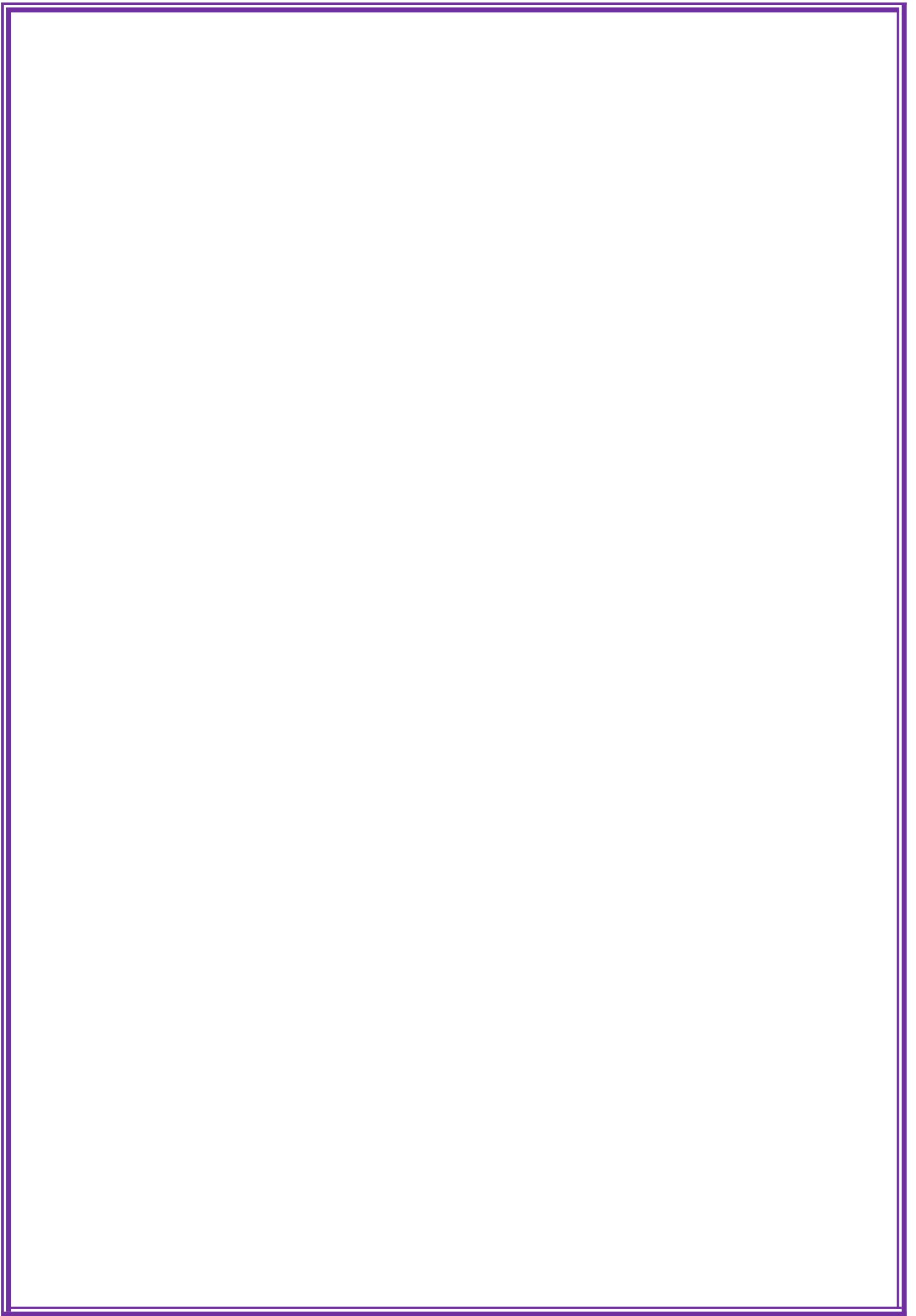
Thanks and gratitude's;

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





**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>	Spiral – Preventing the effects of bullying		
<b>On accounts for the year ended</b>	31 <sup>st</sup> March 2025	<b>Charity no (if any)</b>	1179662
<b>Set out on pages</b>	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 £
<b>A1 Receipts</b>					
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
<b>Sub total (Gross income for AR)</b>	<b>9,266</b>	<b>147,015</b>	<b>-</b>	<b>156,281</b>	<b>66,226</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>9,266</b>	<b>147,015</b>	<b>-</b>	<b>156,281</b>	<b>66,226</b>
<b>A3 Payments</b>					
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
<b>Sub total</b>	<b>1,768</b>	<b>115,427</b>	<b>-</b>	<b>117,195</b>	<b>60,600</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>1,768</b>	<b>115,427</b>	<b>-</b>	<b>117,195</b>	<b>60,600</b>
<b>Net of receipts/(payments)</b>	<b>7,498</b>	<b>31,588</b>	<b>-</b>	<b>39,086</b>	<b>5,626</b>



A5 Transfers between funds					
	-	-	-	-	-
A6 Cash funds last year end	268	30,903	-	31,171	
Cash funds this year end	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	-
		-	-	-
		-	-	-
	<b>Total cash funds</b> (agree balances with receipts and payments account(s))	7,766	62,491	-

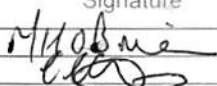
	Details	Unrestricted to nearest £	Restricted to nearest £	Endowment to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
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 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 CHP15 WILCOX	5/9/25 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](mailto:maryann@spiralcumbria.org.uk)

[www.spiralcumbria.org.uk](http://www.spiralcumbria.org.uk)

Charity Number 1179662

## RESERVES POLICY – updated 31<sup>st</sup> 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 31<sup>st</sup> 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



**CHARITY COMMISSION  
FOR ENGLAND AND WALES**

**Independent examiner's  
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**Section A**

**Independent Examiner's Report**

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Spiral – Preventing the effects of bullying

**On accounts for the year  
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**Charity no  
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**Date:** 01/09/2025

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Jackie Fisher

**Relevant professional  
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(if any):**

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**Address:**

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CHARITY COMMISSION  
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CC16a

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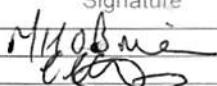
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		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
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 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
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Name William Alan Brown O.B.E.

Signed [Signature] Date 05/09/25  
Chairperson