

**REGISTERED CHARITY NUMBER: 1200459**

Report of the Trustees and  
Unaudited Financial Statements  
for the Period 22 September 2022 to 30 September 2023  
for  
Sparks Project CIO

Asquith & Co Accountants Limited  
Rowan House  
7 West Bank  
SCARBOROUGH  
North Yorkshire  
YO12 4DX

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for the Period 22 September 2022 to 30 September 2023

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# Sparks

supporting people and communities

**TRUSTEES REPORT**  
2022-2023



## **The Sparks Project CIO**

### **Legal and Administrative Information**

#### **Legal Status**

We became a Charitable Incorporated Organisation (CIO) on 22nd September 2002 and started trading as a CIO on 1st October 2022.

We were a Community Interest Company and this was converted to a CIO on 1st October 2022. Our only voting members are our Trustees.

#### **Trustees**

Jane Susan Baxter

Christina Boden

Dr. Asif Firfirey

Michael Whiteley

(appointed 23rd June 2023)

Timothy Loy

(resigned 12th September 2023)

#### **Charity number: 1200459**

#### **Principal Address**

Sparks Project CIO  
30 Wreyfield Drive  
Scarborough  
YO12 6NN

#### **Independent Examiner**

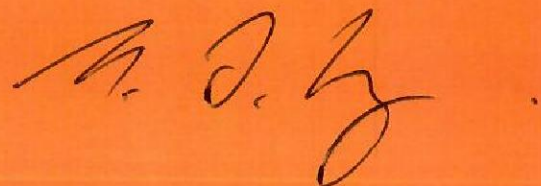
Asquith & Co Accountants Limited  
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The Trustees present their annual report and financial statements for the year ended 30th September 2023.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements. They comply with our charity's governing document, the Charities Act 2011 and FRS 102 (Statement of Recommended Practice applicable to charities).

This Trustees Report was approved by the Trustees on 22nd December 2023 and signed on its behalf by our chair of Trustees Michael Whiteley

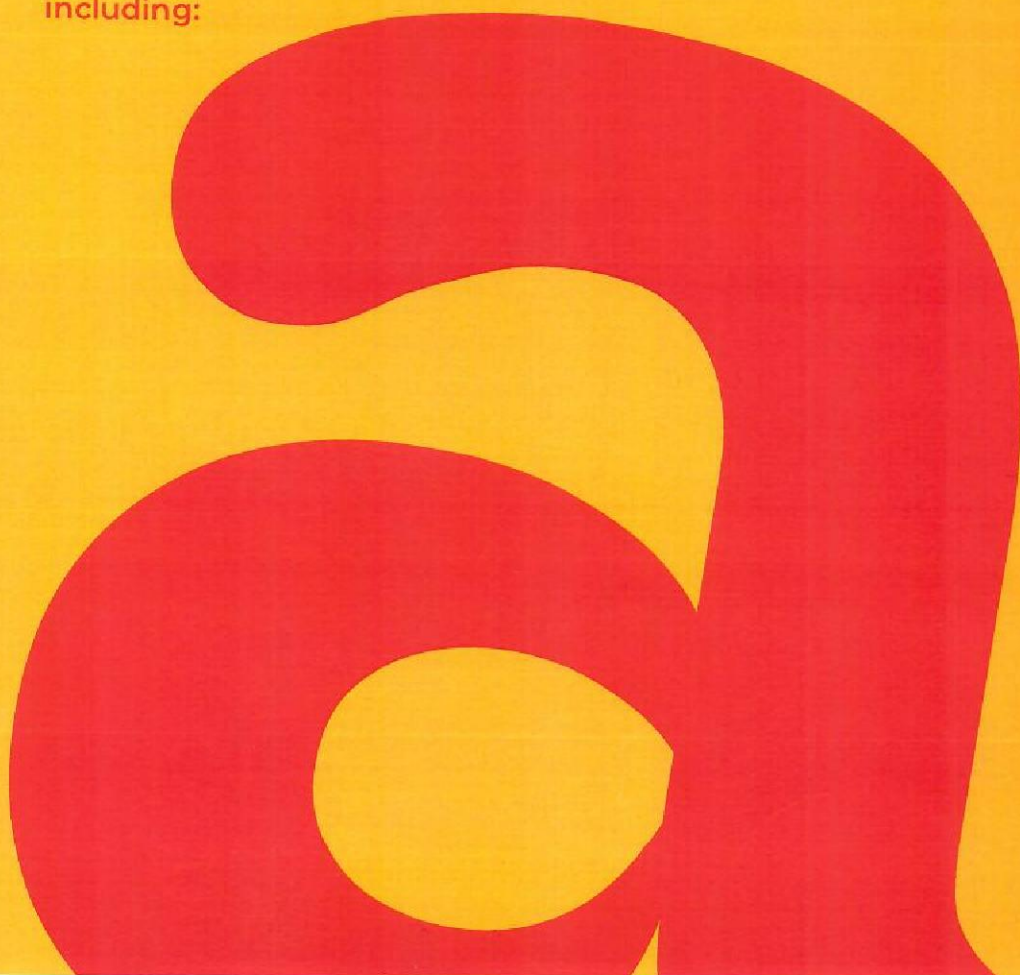
A handwritten signature in black ink, appearing to read 'M. Whiteley', is positioned below the approval text. The signature is fluid and cursive, with a small dot at the end.



# OBJECTIVE AND ACTIVITIES

As a Charitable Incorporated Organisation (CIO), we have our objectives specifically defined in our written constitution. Our objectives are the relief of charitable need arising by reason of age, poor mental or physical health, disability or other social and economic disadvantage in the communities of North Yorkshire, by providing practical hands-on support as well as information, advice, guidance, coaching and counselling.

SPARKS was created in 2018 from community led research with residents identifying a need for an independent organisation based on their estate. 5 years on SPARKS is embedded within the communities we serve and works with residents to develop and deliver services that respond to the needs of people in crisis in Barrowcliff and Eastfield Estates. Both these communities we support are in the 10% most deprived in the country. These people are hard to reach and lack trust in government agencies and statutory bodies. We have 5 core services including:







## **CRISIS SUPPORT**

Food Parcels  
Fuel Vouchers  
Use of Phones, Laptops and Internet Access  
Benefits Support  
Mental Health & Wellbeing  
Suicide Prevention  
Information, Advice & Guidance



## **CONNECTIONS**

Improving connections with others  
Group Sessions  
Cooking  
Crafting  
Beach Therapy  
Walking  
Family and Adult Days Out



## **COACHING**

One-to-One appointments with a Life Coach  
Health and Wellbeing  
Budgeting and Finances  
Goal Setting and Aspirations



## **COUNSELLING**

One-to-One appointments  
In-House Trainee Counsellors  
BACP and UKCP Registered

Our qualified life coaches have a practical hands-on approach when mentoring and coaching clients in their own homes or in our premises.

Throughout the period the trustees have paid due regard to the guidance issued by the Charity Commission on public benefit.



# ACHIEVEMENT AND PERFORMANCE

**OCT  
TO  
DEC  
2022**

We completed our CLLD Programme in both Barrowcliff and Eastfield. This saw the end of a ESF project working with unemployed people furthest from the labour market and building aspirations and confidence to move forward into training and work. This impact of this work is that people feel more confident and have taken control of their own lives and futures. We have empowered individuals to become more resilient and more able to deal with life's stresses without falling into crisis.

We have educated people to become better versions of themselves as individuals and as parents, thus having a positive impact on family relationship, friendships and the community as a whole.

	Barrowcliff	Eastfield	Total
<b>New Starts - Unemployed</b> including long term unemployed	<b>90</b>	<b>46</b>	<b>136</b>
<b>New Starts - Inactive</b>	<b>84</b>	<b>63</b>	<b>147</b>
<b>Participants who are ethnic minorities</b>	<b>3</b>	<b>7</b>	<b>10</b>
<b>Participants with disabilities</b>	<b>94</b>	<b>67</b>	<b>161</b>

<b>ESF RESULTS</b>	Barrowcliff	Eastfield	Total
<b>Participants in education/ training on leaving</b>	<b>55</b>	<b>36</b>	<b>91</b>
<b>Unemployed participants into employment</b> (inc. self employment on leaving)	<b>40</b>	<b>17</b>	<b>57</b>
<b>Inactive participants into employment of job search upon leaving</b>	<b>14</b>	<b>7</b>	<b>21</b>



We completed our "Sparks Days Out" project funded by Anglo American Ambassadors for Good programme. The funding allowed us to have five adult days out and five family days out to various places across North Yorkshire including; York Railway Museum, Flamingo Land, Goathland via a steam train and Playdale farm.

The people who took advantage of the days out all said "they felt more confident going to new places and trying new things". They were grateful for the opportunity to do these activities as all said "they would not have done them at all due anxiety, going alone and or the cost of the trips."

The benefit has been more confident individuals who have built friendships and are less socially isolated and more likely to try new activities in the future.

We continued to deliver our Connection Sessions in both Barrowcliff and Eastfield to reduce social isolation, improve mental and physical health and as part of our suicide prevention work.

## MONDAYS

### MONDAY CLUB

Various activities with limited spaces

**10am - 12noon**

### OVER 60'S

Tea Chat and games

*Eastfield Library*

**1pm - 3pm**

## TUESDAYS

### CRAFT CLUB

Connecting People

*Eastfield Scout Hut*

**10am - 12noon**

### SPARKS

Appointments for:

Crisis, Coaching, Careers

**1pm - 4pm**

## WEDNESDAYS

### CRAFT CLUB

Connecting People &

Pre-booked Counselling Sessions

*Wreyfield Drive Methodist Church*

**10am - 12noon**

### SPARKS

Appointments for:

Crisis, Coaching, Careers

**1pm - 4pm**

## THURSDAYS

### SPARKS

Appointments for:

Crisis, Coaching, Careers

**10am - 12noon**

### BABY WEIGH

*Eastfield Scout Hut*

**1pm - 3pm**

## FRIDAYS

### BEACH CHALET

### WALKING/BEACH THERAPY

Connecting People

**10am - 12noon**

### SPARKS

Appointments for:

Crisis, Coaching, Careers

**1pm - 4pm**



**JAN  
TO  
MAR  
2023**

We opened our services to people of all ages and people who are in employment. This saw an increase in sign ups of 67 new clients in January 2023 alone!

### **SHARED PROSPERITY FUND**

We successfully delivered the first phase of the Shared Prosperity Fund in both Barrowcliff and Eastfield in contract with North Yorkshire Council.



### **BUSINESS BREAKFAST IN EASTFIELD**

We held our first Business Breakfast in Eastfield with over 25 local businesses in attendance.

Raising our profile and receiving great feedback including offers of funding, being nominated as the charity of the year and offering support to us and our clients

### **AQUA FIT**

We were able to continue our Connection Sessions in Barrowcliff funded by Woodsmith Foundation and our Monday club decided to try out "Aqua Fit!"

This was a huge achievement for clients that were struggling with confidence, body image and anxiety with crowds.

**"It was an amazing experience and a new skill to learn and something I will try to continue with, thank you so much Sparks"**

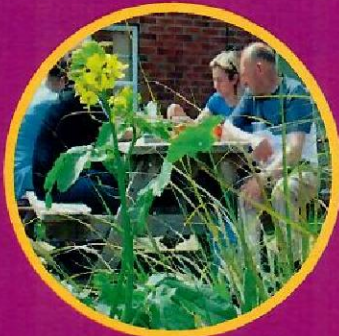


## CRAFTING & MENTAL HEALTH SUPPORT GROUPS

Our Crafting and mental health support groups continued at Wreyfield Methodist Church in Barrowcliff and Eastfield Scout Hut in Eastfield, reducing social isolation in our communities, improving mental health and confidence.

## FUN FRIDAY

Walking group and Beach therapy at our North Bay Beach chalet to support people to with mental and physical health as well as social isolation.



## 65+ AGE GROUP

We started working with people age 65+ plus via our funding from Woodsmith Foundation.

## SIGNAL LIFE MAPPING TOOL

We are working with Anglo American to pilot a client survey tool called SIGNAL which is a Life Mapping tool we can use with clients to see which areas of their life they would like to focus on and goal set to move forward.



**APR  
TO  
JUN  
2023**

## **CONNECTION SESSIONS**

Connection Sessions continued in Barrowcliff and Eastfield with 65+ group, cooking, and crafting as part of are weekly sessions to reduce social isolation and to improve mental health and confidence.



## **BABY WEIGH AND PARENT SUPPORT**

We started a new Baby weigh and parent support group in partnership with Eastfield Medical Centre. The NHS had decommissioned baby weigh groups and we identified this as a priority need in the area. This has gone from strength to strength and the feedback has been excellent. We have engaged with over 92 adults and 89 children over a 6 month period.

## **COUNSELLING SERVICE**

We extended our in-house Counselling service into Eastfield and are able to offer one to one sessions with a UKCP registered therapist.

**"I feel since starting my sessions my level of anxiety has reduced and I can deal with situations confidently and am also able to assert myself with ease."**



## SCALBY WALK

We were the charity of choice for SCALBY WALK which raised our profile and funding of £2,800, this also led to us recruiting another trustee who is now our chair of Trustees.



JUL  
TO  
SEP  
2023



## BBC RADIO YORK MAKE A DIFFERENCE AWARDS

Our CEO becomes a member of the See Change Leadership Board which oversees the delivery of a project looking at ways Voluntary, private sector, and public sector can work better together to eliminate Health inequalities. Sparks were finalists in the BBC Radio York Make a Difference awards and received the "Highly Commended Community Group Award"

R



# FINANCIAL REVIEW

Our total reserves at the end of the year were £41,640 of which £23,542 were restricted. Our objective is to hold reserves of at least 12 months turnover.

Our sources of income and more likely to come from charitable foundations and this is the primary reason we converted from a Community Interest Company (CIC) to a Charitable Incorporated Organisation. The success of funding applications and private donations will be critical to Sparks continuing. The filing of these accounts will allow us to pitch to more charitable foundations that specifically support the most deprived areas of the country in which we operate.

Since our year end, we have been notified of grant awards and received donations of over £70,000 which means that we now have reserves representing over 7 months turnover.





## OUR FUNDERS

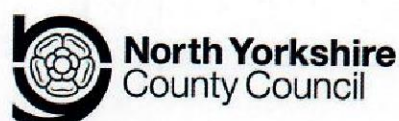
A huge Thank you to our Funders October 2022 to 30 September 2023



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**EASTFIELD PACT**

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**UK SHARED PROSPERITY FUND  
ROUND 1**

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**PRIVATE  
DONATIONS**



# STRUCTURE, GOVERNANCE AND MANAGEMENT

We have some major strides in improving governance and management this year. We have improved our systems operationally and have robust systems to assess clients and signpost to our core services and external agencies.

We have built a strong board of Trustees who wholeheartedly believe in the vital services that SPARKS provide for the most vulnerable in society.

Supported by Woodsmith Foundation we have benefitted from the guidance of Michelle Smith from Quiet Leaders. We now have a clear vision, purpose and values.

## **VISION**

Everyone accessing effective help when they need it.

## **PURPOSE**

Helping people practically and emotionally.  
Making connections and sparking change in communities.

## **VALUES**

Being Approachable. Giving time and hope.  
Making a difference.



## **MEASURING IMPACT**

Supported by North Yorkshire Council's Stronger Communities Fund we have worked with Alan Graver on how we measure impact. This work enabled us to focus on the services we provide and present them in a coherent way and to monitor the difference we make.

## **IDENTIFYING REAL NEEDS AND INSPIRING CHANGE**

Supported by Anglo American Foundation we have access to SIGNAL is a tool which helps people identify their real needs while inspiring them to make the changes that are required to transform their lives. At the same time, it enables us to gain clarity and respond more effectively to those needs.

## **UPDATED ACCOUNTANCY SOFTWARE**

We have with the help of our accountants Asquith & Co updated our accounting software so that we can properly measure all income and expenditure including being able to report on the restricted funds.

## **THE FUTURE**

We are looking forward to the future with confidence in our governance, trustees and staff. The core services we provide are essential for the communities we serve and we will continue to build our reputation with clients, partner organisations and the wider geographical area.





**Sparks**

supporting people and communities

Sparks Project CIO, 30 Wreyfield Drive, Scarborough, YO12 6NN

[sparksproject.co.uk](http://sparksproject.co.uk) | [info@sparksproject.co.uk](mailto:info@sparksproject.co.uk)



Independent Examiner's Report to the Trustees of  
Sparks Project CIO

**Independent examiner's report to the trustees of Sparks Project CIO ('the Company')**

I report to the charity trustees on my examination of the accounts of the Company for the period 22 September 2022 to 30 September 2023.

**Responsibilities and basis of report**

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

**Independent examiner's statement**

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.



Miss Jennifer Springham FCCA

Asquith & Co Accountants Limited  
Rowan House  
7 West Bank  
SCARBOROUGH  
North Yorkshire  
YO12 4DX

22 December 2023



Sparks Project CIO

Statement of Financial Activities

for the Period 22 September 2022 to 30 September 2023

	Notes	Unrestricted fund £	Restricted fund £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>				
Donations and legacies		1,104	-	1,104
<b>Charitable activities</b>				
Activities undertaken directly		<u>50,191</u>	<u>148,504</u>	<u>198,695</u>
<b>Total</b>		<u>51,295</u>	<u>148,504</u>	<u>199,799</u>
<b>EXPENDITURE ON</b>				
<b>Charitable activities</b>				
Support costs		3,477	885	4,362
Activities undertaken directly		<u>29,721</u>	<u>124,076</u>	<u>153,797</u>
<b>Total</b>		<u>33,198</u>	<u>124,961</u>	<u>158,159</u>
<b>NET INCOME</b>		<u>18,098</u>	<u>23,542</u>	<u>41,640</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u>18,098</u>	<u>23,542</u>	<u>41,640</u>

The notes form part of these financial statements



Sparks Project CIO

Balance Sheet  
30 September 2023

	Notes	Unrestricted fund £	Restricted fund £	Total funds £
<b>CURRENT ASSETS</b>				
Debtors	4	1,189	-	1,189
Cash at bank and in hand		<u>23,278</u>	<u>23,542</u>	<u>46,820</u>
		24,467	23,542	48,009
<b>CREDITORS</b>				
Amounts falling due within one year	5	(6,369)	-	(6,369)
		<u>18,098</u>	<u>23,542</u>	<u>41,640</u>
<b>NET CURRENT ASSETS</b>				
		<u>18,098</u>	<u>23,542</u>	<u>41,640</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>				
		<u>18,098</u>	<u>23,542</u>	<u>41,640</u>
<b>NET ASSETS</b>				
		<u>18,098</u>	<u>23,542</u>	<u>41,640</u>
<b>FUNDS</b>	7			
Unrestricted funds				18,098
Restricted funds				<u>23,542</u>
<b>TOTAL FUNDS</b>				<u>41,640</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 22 December 2023 and were signed on its behalf by:

M J Whiteley - Trustee



## **1. ACCOUNTING POLICIES**

### **Basis of preparing the financial statements**

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'. The financial statements have been prepared under the historical cost convention.

### **Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

### **Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

### **Taxation**

The charity is exempt from corporation tax on its charitable activities.

### **Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

### **Pension costs and other post-retirement benefits**

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

## **2. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the period ended 30 September 2023.

### **Trustees' expenses**

There were no trustees' expenses paid for the period ended 30 September 2023.



Sparks Project CIO

Notes to the Financial Statements - continued  
for the Period 22 September 2022 to 30 September 2023

**3. STAFF COSTS**

The average monthly number of employees during the period was as follows:

Management	1
Finance manager	1
Life Coaches	2
Administration	<u>1</u>
	<u>5</u>

No employees received emoluments in excess of £60,000.

Key management personnel had total benefits of £31,069.

**4. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	£
Prepayments	<u>1,189</u>

**5. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	£
Social security and other taxes	2,036
Pension liability	438
Accrued expenses	<u>3,895</u>
	<u>6,369</u>

**6. LEASING AGREEMENTS**

Minimum lease payments under non-cancellable operating leases fall due as follows:

	£
Within one year	<u>5,833</u>

**7. MOVEMENT IN FUNDS**

	Net movement in funds £	At 30.9.23 £
<b>Unrestricted funds</b>		
General fund	18,098	18,098
<b>Restricted funds</b>		
Restricted	<u>23,542</u>	<u>23,542</u>
<b>TOTAL FUNDS</b>	<u>41,640</u>	<u>41,640</u>



## Sparks Project CIO

Notes to the Financial Statements - continued  
for the Period 22 September 2022 to 30 September 2023

### 7. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	51,296	(33,198)	18,098
<b>Restricted funds</b>			
Restricted	148,503	(124,961)	23,542
	<hr/>	<hr/>	<hr/>
<b>TOTAL FUNDS</b>	<u>199,799</u>	<u>(158,159)</u>	<u>41,640</u>

### 8. RELATED PARTY DISCLOSURES

The breakdown of restricted funds held in the accounts is as follows:

Fund Name	Opening Balance	Income	Expenses	Closing Balance
Anglo	Nil	£2,787	£2,563	£224
Cost of Living Crisis	Nil	£6,980	£2,949	£4,031
ERYC	Nil	£24,160	£24,160	£Nil
Measuring Impact	Nil	£9,724	£4,152	£5,572
Police and Crime	Nil	£10,000	£7,707	£2,293
Woodsmith Cost of Living Crisis	Nil	£3,000	£2,535	£465
SBC	Nil	£76,853	£69,648	£7,205
Woodsmith 65+	Nil	£15,000	£11,250	£3,750
Total				£23,540



Sparks Project CIO

Detailed Statement of Financial Activities  
for the Period 22 September 2022 to 30 September 2023

£

**INCOME AND ENDOWMENTS**

**Donations and legacies**

Donations	984
Bursary	<u>120</u>

1,104

**Charitable activities**

Grants	<u>198,695</u>
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<b>Total incoming resources</b>	199,799
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**EXPENDITURE**

**Charitable activities**

Wages	107,859
Social security	9,147
Pensions	2,242
Rent	14,491
Water rates	341
Heat and light	1,059
Telephone and internet	1,544
Printing and stationery	1,285
Minibus hire	307
Advertising and website	431
Motor expenses	183
Insurance	1,198
Repairs and renewals	174
Sundry expenses	758
Licences and subscriptions	490
Staff training	2,439
Purchases for clients	563
Travel and trips	2,337
Food and refreshments	<u>6,049</u>

152,897

**Support costs**

**Governance costs**

Accountancy fees	2,843
Legal and professional fees	2,400
Bank charges	<u>19</u>

5,262

<b>Total resources expended</b>	<u>158,159</u>
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<b>Net income</b>	<u><u>41,640</u></u>
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