

Sparks

supporting people and communities

Registered Charity Number: 1200459

Report of the Trustees and Unaudited Financial Statements
for the period 1st October 2023 to 30th September 2024
for Sparks Project CIO

Metcalf's Accountancy Services

Unit 11, Yorkshire Coast Business Centre, Aulborough Street,
Scarborough, North Yorkshire, YO11 1HT

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A large, stylized graphic of the letter 'S' in a vibrant red color, composed of two thick, rounded strokes, positioned behind the main title.

Sparks

supporting people and communities

TRUSTEES REPORT
2023-2024

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


Charity number: 1200459

Principal Address

Sparks Project CIO
30 Wreyfield Drive
Scarborough
YO12 6NN

Independent Examiner

Metcalf's Accounting Services,
Unit 11,
Yorkshire Coast Enterprise Centre,
Auborough Street,
Scarborough,
YO11 1HT



The Trustees present their annual report and financial statements for the year ended 30th September 2024. 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 Companies Act 2006 and FRS 102 (Statement of Recommended Practice applicable to charities).

This Trustees Report was approved by the Trustees on 13th June 2025 and signed on its behalf by our chair of Trustees Michael Whiteley



OBJECTIVES 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. 6 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
Baby & Parent
Crafting & Wellbeing
Beach Therapy
Walking & Sporting activities
LGBTQIA craft group



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



CAREERS

Careers advice
Courses, training and volunteering
CVs and job searching

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.



CRISIS SUPPORT

980
FOOD
PARCELS

----- GIVEN OUT -----

1225
PEOPLE
----- PRESENTING -----
IN CRISIS
----- AT THE DOOR -----



COACHING & CAREERS

3520
APPOINTMENTS
----- ATTENDED -----



CONNECTIONS

NINE
GROUPS

PROVIDED WITH

4822
INTERVENTIONS



COUNSELLING

SIX

COUNSELLORS

WITH

476

HOURS OF
COUNSELLING
PROVIDED

SUMMARY

OCTOBER 2023 - SEPTEMBER 2024

FIVE contract successes, fundraising and opening a second office!!!

Our grant application to the Integrated Care Board (ICB) Health Inequalities fund in partnership with SCORE Primary Care Network (PCN) who are a collective of four GP Surgeries in Scarborough, Including Haxby, Brook Square, Castle and Eastfield Medical Centre was successful. This allowed us to expand our Baby groups to 3 in total, one in Barrowcliff, one in Eastfield and one in Scarborough town.

We were also successful with a second bid to the ICB Health Inequalities fund in partnership with the PCN that covers five GP surgeries, Hackness Road, Danes Dyke, Southcliff, Hunmanby and Filey. This contract is to work with patients who aim to return to work, giving them the foundations and support to move towards the labour market.

Great news on our new NY Sport contract for "Sparks Get Moving pilot programme" This is a two-layer project supporting people to get out and get moving and to recruit a bank of volunteers to support us to make this happen.

We are a partner organisation delivering the Rise 2 Thrive programme via Better Connect, with funding from UK Shared Prosperity and Levelling Up.

This programme supports inactive clients move towards the labour market, via interventions, one to one and group support. Unusually it also supports employed people who are in work but struggling with mental health issues and/or issues regarding neurodiversity.

Woodsmith Foundation Expression of Interest has helped us develop and fund a pilot for our new Life MAPS programme. Maps stands for **Mindset, Activity, Purpose and Success** this is a 26-week course for people struggling with mental health issues. There is a 12-week workshop style course with our tutor and a wraparound one-to-one service with a Life Coach for 26 weeks.

We secured new premises at Manham Hill in Eastfield which allows us to have our own accessible office where we have a counselling room, kitchen for one to ones and a large creative space for our group sessions. Lots of hard work to reconfigure, decorate and refurbish ready to open November 2024.

All of this is in addition to the work we continue to do on a daily basis including our emergency food bank, fuel and data poverty support and our group sessions including, beach chalet, walking, crafting and wellbeing groups

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 TO FRIDAYS		CRISIS SUPPORT LIFE COACHING COUNSELLING CAREERS 9am - 4pm	
TUESDAYS		CRAFTING 52 Manham Hill 10am-12noon	BABY GROUP Wreyfield Drive Church 1pm - 3pm
WEDNESDAYS		CRAFTING Wreyfield Drive Church 10am-12noon	GET MOVING Scarborough Rugby Club 1pm - 3pm
THURSDAYS		BABY GROUP Eastfield Scout Hut 1pm - 3pm	
FRIDAYS		WALKING/BEACH THERAPY Meet at Gallows Close 10am - 12noon	CREATIVE LGBTQIA+ 52 Manham Hill 1pm - 3pm



COACHING



BETTER CONNECT RISE 2 THRIVE

We offer intense one to one support with our qualified Life Coach to a cohort of clients furthest from the labour market but hoping to move towards employment. Offering practical and emotional support weekly to overcome barriers and obstacles that clients are facing regarding mental, physical and emotional health and wellbeing.

We work with people who are very socially isolated, who require support, encouragement and reassurance to build new healthy habits and ways of being. This takes courage and trust from the client to try new things, adjust their mindset and build resilience. Many have gained confidence to join our group sessions of walking, crafting and sporting activities.

We are working closely with other partner organisations in Scarborough, including Yorkshire in Business and Carers Plus for interventions delivered by other providers.

For those in employment but struggling with mental health or issues around neurodiversity our Life Coach offers bespoke tailored support including one to ones, counselling referrals to Art Therapy Scarborough and Sparks inhouse counsellors.

COUNSELLING SERVICE

We extended our in-house Counselling service with 5 therapists and 15 more starting in January 2025 due to self referrals. All allowing one to one sessions with UKCP & BACS registered therapists.

"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."



PCN EMPLOYABILITY PROJECT

We have built a new relationship with Filey, Hunmanby, Southcliff, Danes Dyke and Hackness Road surgeries to support patients who are unemployed or off work due to illness. We offer bespoke support to clients and help tackle issues such as social isolation, lack of confidence and mental health issues. The feedback from the Mental Health Nurses has been brilliant. They have seen a decrease in patients referred to us needing to access the GP surgery and are delighted at the success of our partnership working.

From working one to one with clients, many have moved onto group sessions including crafting, cooking, and walking.



TOTEM ART PROJECT WITH SCARBOROUGH ART @ OPO ART SPACE

We were invited to take part in the TOTEM exhibition at the Old Parcels Office in Scarborough in partnership with Scarborough Art. We were supported by artist Caroline (Bobby) Hick who enabled clients to bring their ideas to life. Our Eastfield craft group rose to the challenge creating an 18-foot-high Totem to represent what Sparks meant to them. The outcome was amazing and was part of an exhibition with five other community groups.

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.





NY SPORT “SPARKS GET MOVING”

We are working in partnership with Scarborough Rugby Club to support people to get active. The sessions run every Wednesday afternoon at the Rugby Club, which is a super facility that our clients would not normally access. Due to the location, we use a local taxi service to take clients there and back and we support them whilst trying out various activities including padel tennis, squash, badminton, netball, tennis, circuit training and use of the gym.

We also offer one to one support for our clients including walking, swimming and gym sessions.

The feedback has been great, and clients are feeling more confident trying new activities, communicating with others.



BABY GROUP & PARENT SUPPORT

We have organised some amazing interventions this year with music sessions from Kathy Seabrook, Baby Massage, Pediatric First Aid Training. Donations of cots, prams, nappies, milk and clothes that have gone to grateful clients.

We also introduced a Mum and Baby walking groups and family fun days at our Beach chalet.

PARTNERSHIPS & VOLUNTEERS



SPECIAL THANKS TO OUR PARTNERS & VOLUNTEERS

Scarborough Rugby Club

Scarborough Rugby Club Ladies' Day

Scarborough Rotary International

Nigel Wood at Peace of Mind Financial Solutions

Gary Dixon, Scarborough South Cliff Golf Club

R



BUSINESS BREAKFAST

We have had a great response to our Business Breakfasts with over 60 attendees from small, medium and large local companies. This has allowed us to expand our network and raise awareness of the work we do in local communities. We have also benefitted with businesses choosing Sparks as their charity of the year, which has helped us continue our much-needed work.

REFERRERS BREAKFAST

We arranged our first Referrers breakfast with over 40 attendees. This was a great opportunity for organisations to network and share information and was very well received.

FINANCIAL REVIEW

Over the year our reserves have increased from £41,640 to £80,555 of which £54,884 are unrestricted reserves. Funder's commitments are still 12 months maximum and the increase in donations from less than £1,000 to over £29,000 has really helped us so much this year.

OUR FUNDERS

A huge Thank you to our Funders October 2023 to 30 September 2024



UK SHARED PROSPERITY FUND
ROUND 2



UKSPF / LEVELLING UP



OUR FUNDRAISERS

Kathy Lish Sponsored Walk
Nigel Wood
Rotary International
Scarborough Rugby Club Ladies' Day

Scalby Fair
Gary Dixon,
Scarborough South Cliff Golf Club
Baron's Fitness

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.

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.

REORGANISATION

We have re-organised our team to make the best use of their exceptional skills. We continue to review our structures and organisation to best meet the needs of our clients who we consult regularly.

DATA CAPTURE

We continue to improve our data capture. Our records are audited every 3 months and we are now confident that our systems are robust and suitable to introduce a CRM system to reduce data processing time and improve data search and reporting capabilities.

VOLUNTEERS

During this year we have attracted more than 20 volunteers to assist in delivering our services. We will continue to search for volunteers that can help us expand the services we offer.

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.

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 2023 to 30 September 2024.

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').

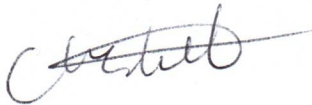
Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). 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 Caroline Metcalf MIAB Cert Acc (open)

Metcalf's Accountancy Services
Unit 11, Yorkshire Coast Enterprise Centre
Auborough Street
SCARBOROUGH
North Yorkshire
YO11 1HT

23rd June 2025

Sparks Project CIO

Statement of Financial Activities

for the Period 1 October 2023 to 30 September 2024

	Unrestricted fund	Restricted fund	Total funds
	£	£	£
TOTAL FUNDS BROUGHT FORWARD	18098	23542	41,640
INCOME AND ENDOWMENTS FROM			
Donations and legacies	35,921	-	35,921
Charitable activities			
Activities undertaken directly	83,810	106,717	190,527
Interest Received	269		269
Total	<u>120,000</u>	<u>106,717</u>	<u>226,717</u>
EXPENDITURE ON			
Charitable activities			
Support costs	2,164		2,164
Activities undertaken directly	81,905	103,733	185,638
Total	<u>84,069</u>	<u>103,733</u>	<u>187,802</u>
NET INCOME	<u>35,931</u>	<u>2,984</u>	<u>38,915</u>
TOTAL FUNDS CARRIED FORWARD	<u><u>54,029</u></u>	<u><u>26,526</u></u>	<u><u>80,555</u></u>

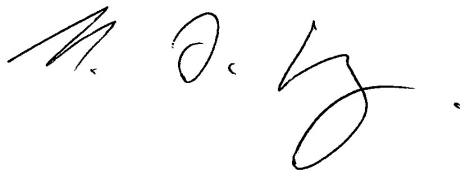
The notes form part of these financial statements

Sparks Project CIO

Balance Sheet At 30 September 2024

	Notes	Unrestricted fund £	Restricted fund £	Total funds £
CURRENT ASSETS				
Debtors	4	770	7355	8,125
Cash at bank and in hand		66,377	19,171	85,548
		67,147	26,526	93,673
CREDITORS Amounts falling due within one year	5	13,118	-	13,118
NET CURRENT ASSETS		54,029	26,526	80,555
CURRENT LIABILITIES		-	-	-
TOTAL ASSETS LESS CURRENT LIABILITIES		54,029	-	54,029
NET ASSETS		<u>54,029</u>	<u>26,526</u>	<u>80,555</u>
FUNDS Unrestricted funds	7			54,029
Restricted funds				26,526
TOTAL FUNDS				<u>80,555</u>

The Financial Statements were approved by the board of trustees on 13th June 2025 and were signed on its behalf by Mr M Whiteley



Sparks Project CIO

Notes to the Financial Statements for the Period 1st October 2023 to 30 September 2024

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 2024.

Trustees' expenses

There were no trustees' expenses paid for the period ended 30 September 2024.

Sparks Project CIO

Notes to the Financial Statements - continued for the Period 01 October 2023 to 30 September 2024

3. STAFF COSTS The average monthly number of employees during the period was : At 30.9.24 30.9.23

Management	1	1
Finance Manager	0	1
Life Coaches	3	2
Administration	1	1
	<hr/>	<hr/>
TOTALS	5	5

No employees received emoluments in excess of £60,000. Key management personnel had total benefits of £33494 Previously this was £31069

4. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR £ 8125

5.CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR £ -

Social Security & Other Taxes 6895

Pension Liability 555

Accrued Expenses 5668

13118

6. Leasing Agreements -

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

£

Within one year 5833

7. MOVEMENT IN FUNDS

	Net Movement In Funds	At 30.9.24	30.9.23
General Fund	35931	54029	18098
Restricted Funds	2984	26526	23542
Total Funds	<hr/> 38915	<hr/> 80555	<hr/> 41640

Sparks Project CIONotes to the Financial Statements - continued for the Period 01 October 2023 to 30 September 2024

7. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	119999	84068	35931
Restricted funds			
Restricted	106718	103734	2984
TOTAL FUNDS	<u>226717</u>	<u>187802</u>	<u>38915</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	225	-	225	-
Cost of Living Crisis	4031	-	4031	-
COUNSELLING	-	2000	2000	-
Measuring Impact	5573	-	5573	-
Police and Crime	2293	-	2293	-
Woodsmith Cost of Living Crisis	465	-	465	-
Wellbeing Workshop	3750	2000	5750	-
NYC	7205	19973	27178	-
Rise To Thrive	-	17993	17993	-
Score PCN	-	21230	21230	-
Travis Perkins / Beyond Housing	-	15000	1239	13761
North Yorkshire Sport	-	18522	5757	12765
Woodsmith 65+	-	10000	10000	-
Total	<u>23542</u>	<u>106718</u>	<u>103734</u>	<u>26526</u>

Sparks Project CIODetailed Statement of Financial Activities for the Period 01 October 2023 to 30 September 2024

INCOME AND ENDOWMENTS	30.9.24	30.9.23
Donations and Legacies		
Donations	28743	984
Bursary	6980	120
Interest Received	269	
Charitable Activities		
Grants	190725	198695
Total Income Resources	226717	199799
EXPENDITURE		
Charitable Activities		
Wages Incl Social security	131950	117006
Pensions	2632	2242
Rent	20383	14491
Water Rates	275	341
Heat and Light	842	1059
Telephone and Internet	1835	1544
Printing and Stationary	1409	1285
Minibus Hire	378	307
advertising and Website	3164	431
Motor Expenses	188	183
Insurance	1335	1198
Repairs and Renewals	4327	174
Sundry Expenses	2378	758
Licences and Subscriptions	3201	490.00
Staff Training	3193	2,439.00
Purchases for Clients	2232	563.00
Travel and Trips	40	2,337.00
Food and Refreshments	5486	6,049.00
IT Support	390	-
	185638	152897
Support Costs		
Governance Costs		
Accountancy Fees	2108	2843
Legal and Professional Fees	0	2400
Bank Charges	56	19
	2164	5262
Total Resources Expended	187802	158159
Net Income	38915	41640

NOTES

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Sparks

supporting people and communities

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

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