

APPENDIX 1



Office of the Scottish Charity Regulator

Trustees' Annual Report for the period							
Period start date				Period end date			
	Day	Month	Year		Day	Month	Year
From	01	04	2024	To	31	03	2025

Reference and administration details

Charity name	Spiral Arts Therapies SCIO		
Other names charity is known by			
Registered charity number	SC050289		
Charity's principal address	51 Cadogan Street		
	1 Cadogan Square		
	Floor 1		
	Lanarkshire	Postcode G2 7HF	

Names of the charity trustees on date of approval of Trustees' Annual Report

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1				
2				
3				
4			April 2024	
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Reference and administration details

Names of all other charity trustees during the period, if any, (for example, those who resigned part way through the financial period)

Name	Dates acted if not for whole year

Structure, governance and management

Type of governing document

Single Tier SCIO constitution

Trustee recruitment and appointment

The board may at any time appoint any person to be a charity trustee -
by way of a resolution passed by majority vote at a board meeting.

Objectives and activities

Charitable purposes

The organisation's purposes are to advance health of children, and the relief of children in need by reason of age, ill-health, disability, financial hardship or other disadvantage, through the application of creative therapies and the creative arts.
The advancement of health and wellbeing. The relief of those in needs by reason of age, ill-health, disability, financial hardship or other disadvantage.

Summary of the main activities in relation to these objects

Spiral Arts Therapy supports young people in Glasgow, especially in kinship care, through arts therapy. Key activities include:

- **Kinship Care Project:** Improved well-being for 27 young people, with flexible, ongoing support.
- **Schools Programme:** Partnerships with Glasgow schools and ASN schools, offering embedded mental health services.
- **Youth Link Project:** 40-week arts program for 32 young people, culminating in a showcase.
- **Sustainability:** Fundraising, lottery participation, and tendering for new contracts. Future goals include expanding services and diversifying income.

Achievements and performance

Summary of the main achievements of the charity during the financial period

In 2024, Spiral Creative Arts Therapies increased the delivery of services to children and young people in kinship care. With funding from Corra £92,099 over two years (2023-2025) and matched funding from The Robertson Trust and RS Macdonald (2023-2026) of £15,000 per year.

This year we gained further project funding from Youthlink Scotland £14,793, Essentia (Foundation of Scotland) £3,000. The Trade House Glasgow £3,646 and The Champ Trust £5,000. Separately, the local parent partnership raised funds to allow us to deliver a project for young people transitioning to secondary school, and we received funding to deliver an additional support needs project for young people.

Financial review

Brief statement of the charity's policy on reserves

The charity would like to keep three months running costs in reserves at any time.

Details of any deficit

N/A

Donated facilities and services (if any)

N/A

Other optional information

Governance

Spiral Arts Therapy announces the passing of chair Scott McNair. Bernadette Sweeny, a current board member, has assumed his trustee role. May Simpson has also been appointed as a trustee, and we welcome both to their new roles.

The organisation continues to work and develop with young people across Glasgow, thanks to our funders The Robertson Trust, R S MacDonald, Corra, as well as individual funded projects from various funders.

Project Work / Service Delivery

There are two strands to Spiral: one where we continue to grow our service delivery to the kinship community by building on our experience of working with children and young people in kinship care with our funded kinship care project.

Kinship Care Project

Spiral is currently in its second year of a three-year partnership, with ongoing funding from Corra for an additional two years to support the young people involved in our programs.

This year, Spiral has been able to work with 27 young people. From our impact report 2023–2024 to 2024–2025, engagement rates have shown significant improvements in areas such as Family Relationships, Self-esteem and Confidence, Reducing Isolation, and Communication. Our data also indicates that our work enhances engagement with education.

The young people we have worked with this year face unique challenges, issues and experiences due to parental substance use. We have observed that they are dealing with increasingly complex family situations compared to previous years, across all age groups. The fact that Spiral's involvement does not have a fixed start or end date, as shown in our impact reports, demonstrates that our approach continues to support them effectively, regardless of the challenges they face.

Schools Programme

Spiral has maintained its involvement in Glasgow schools and was recognised as a preferred supplier for Glasgow City Council's Embedded Mental Health service. This enables schools to collaborate with us using dedicated local government funding.

We also continued our partnership with Glasgow Virtual School, encompassing primary and secondary institutions across Glasgow.

Thanks to funding from previous years, Spiral persists in working with an ASN school, with our music therapist engaging non-verbal young people. This vital work is ongoing today.

Youth Link Project

This year, Spiral Arts Therapies partnered with Youth Link Scotland to offer a youth-led kinship care project in Glasgow. Providing a 40-week multi-arts program allowing young people to choose their artistic activities. Led by a youth steering group, the project offers diverse mediums like visual arts, drama, and storytelling, supported by professional facilitators and artists who mentor and build skills. Weekly sessions are managed by the youth group, which makes key decisions on resources, timelines, and evaluation. The program culminates in a showcase for friends and family, celebrating their achievements and raising awareness of the talents of young people in kinship care. This project aims to create a meaningful arts experience that enhances well-being, develops skills, and fosters lifelong appreciation for the arts.

This project will finish at the end of 2025 but has already increased engagement, enhanced access to the arts, and ongoing support for young people. To date, it has helped an additional 32 young people.

Sustainability

Spiral has submitted a tender to North Lanarkshire Council's Education Services for counselling, support, and advice services and is awaiting the outcome.

Separately, the organisation is now part of Yaldi Lottery, which supports Glasgow's third sector by raising income through a local lottery. The organisation aims to sell 50 tickets and has sold 11 so far, generating a new income of £286 per year towards its £1,300 target.

Meanwhile, we have updated our website and donation pages to enable us to accept direct debits and enhance our fundraising efforts. We are also preparing for our first-ever Kiltwalk later in the year. This diversification has equipped us with the knowledge and understanding to increase donations and support for our local community. We want to thank those who support us in this way.

As the number of projects grew, the organisation required a therapist coordinator to handle referrals and support for therapists. This role was introduced in September and remains active, with a team member working one day a week. Spiral continues to be managed and operated by a small, part-time staff team employed by the charity.

Looking Forward

- Continue to deliver quality arts therapeutic services to children in kinship care and their families.
- Create a fundraising plan to sustain Spiral for the next three years, covering both core and project expenses for our kinship care programme.
- Develop more arts therapeutic services in the community for children and their families.
- Continue to deliver quality therapeutic services to children and young people through our school’s programme
- Explore solutions to bring in income and move away from grant reliance.
- Increase the promotion of our services via council tendering frameworks.
- Ongoing recruitment of additional trustees.
- Increase volunteer capacity and training opportunities

Declaration

The trustees declare that they have approved the trustees’ report above.

Signed on behalf of the charity’s trustees

Signature(s)		
Full name(s)		
Position (e.g. Chair)	Secretary	
Date	03/11/2025	

Spiral Creative Arts Therapy SCIO

SC050289



Receipts and payments accounts							
For the period from	Period start date			to	Period end date		
	Day	Month	Year		Day	Month	Year
	01	04	2024		31	03	2025

Section A Statement of receipts and payments

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total funds current period to nearest £	Total funds last period to nearest £
A1 Receipts						
Donations	109				109	100
Legacies					-	
Grants	10,149	104,458			114,607	90,008
Receipts from fundraising activities					-	
Gross trading receipts					-	
Income from investments other than land and buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities	38,770				38,770	31,704
					-	
A1 Sub total	49,027	104,458	-	-	153,485	121,812
A2 Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
A2 Subtotal	-	-	-	-	-	-
Total receipts	49,027	104,458	-	-	153,485	121,812
A3 Payments						
Expenses for fundraising activities					-	
Gross trading payments	3,345				3,345	4,580
Investment management costs					-	
Payments relating directly to charitable activities	24,057	95,710			119,767	97,687
Grants and donations					-	
Governance costs:					-	
Audit / independent examination	348				348	316
Preparation of annual accounts					-	
Legal costs	259				259	
Other					-	
					-	
A3 Sub total	28,008	95,710	-	-	123,719	102,583
A4 Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
A4 Sub total	-	-	-	-	-	-
Total payments	28,008	95,710	-	-	123,719	102,583
Net receipts / (payments)	21,019	8,748	-	-	29,767	19,229
A5 Transfers to / (from) funds						
					-	
Surplus / (deficit) for year	21,019	8,748	-	-	29,767	19,229

Section B Statement of balances

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
B1 Cash funds	Cash and bank balances at start of year	28,550	23,182			51,732	32,503
	Surplus / (deficit) shown on receipts and payments account	21,019	8,748			29,767	19,229
						-	
	Cash and bank balances at end of year	49,569	31,930	-	-	81,499	51,732
	(Agree balances with receipts and payments account(s))	-	0	-	-	0	0

	Details	Fund to which asset belongs	Market valuation to nearest £	Last year to nearest £
B2 Investments				
		Total	-	-

	Details	Fund to which asset belongs	Cost (if available) to nearest £	Current value (if available) to nearest £	Last year to nearest £
B3 Other assets					
		Total	-	-	-

	Details	Fund to which liability relates	Amount due to nearest £	Last year to nearest £
B4 Liabilities				
		Total	-	-

	Details	Fund to which liability relates	Amount due (estimate) to nearest £	Last year to nearest £
B5 Contingent liabilities				
		Total	-	-

Signed by one or two trustees
on behalf of all the trustees

Signature

Print Name

Date of
approval

3/11/2025

Section C Notes to the Accounts

C1 Nature and purpose of funds (may be stated on analysis of funds worksheets)

C2 Grants

Type of activity or project supported	Individual / institution	Number of grants made	£
Total			-

C3a Trustee remuneration

If no remuneration was paid during the period to any charity trustee or person connected to a trustee cross this box (otherwise complete section 3b)	x
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Authority under which paid

£

C3b Trustee remuneration - details

C4a Trustee expenses

If no expenses were paid to any charity trustee during the period then cross this box (otherwise complete section 4b)	x
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Number of trustees

£

C4b Trustee expenses - details

C5 Transactions with trustees and connected persons

Nature of relationship	Nature of transaction	Transaction amount (£)	Balance outstanding at period end (£)

C6 Other information

APPENDIX 3



		Independent examiner's report on the accounts						v2
Report to the trustees/members of	Charity name	Spiral Art Therapies SCIO						
	Registered charity number	SC050289						
	On the accounts of the charity for the period	Period start date				Period end date		
		Day	Month	Year		Day	Month	Year
	01	04	2024	to	31	03	2025	
Set out on pages							(remember to include the page numbers of additional sheets)	
Respective responsibilities of trustees and examiner	<p>The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) 2005 Act and the Charities Accounts (Scotland) Regulations 2006 (as amended). The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.</p>							
Basis of independent examiner's statement	<p>My examination is carried out in accordance with Regulation 11 of the 2006 Accounts Regulations. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeks explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, I do not express an audit opinion on the view given by the accounts.</p>							
Independent examiner's statement	<p>In the course of my examination, no matter has come to my attention</p> <ol style="list-style-type: none"> which gives me reasonable cause to believe that in any material respect the requirements: <ul style="list-style-type: none"> to keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations <p>have not been met, or</p> <ol style="list-style-type: none"> to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached. 							
Signed:								
Name:								
Relevant professional qualification(s) or body (if any):								
Address:	27 Vernon Street							
	Saltcoats							
	KA21 5HE							

APPENDIX 3

Disclosure section

Only complete if the examiner needs to highlight material problems.

Give here brief details of
any items that the
examiner wishes to
disclose