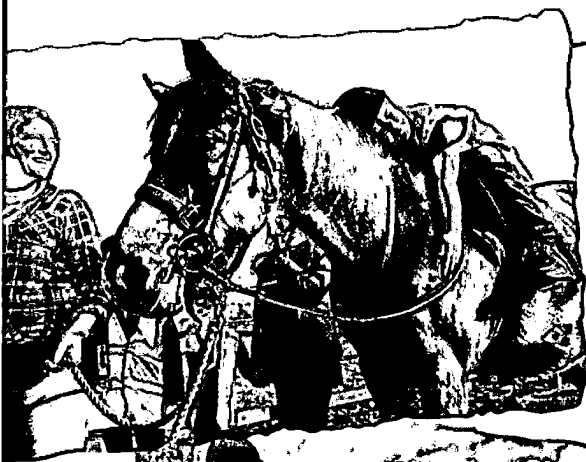
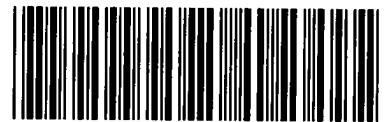


Annual Report & Accounts

Autism Angels Ltd - Year ended 31 August 2019



SATURDAY



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25/07/2020

#307

COMPANIES HOUSE



Autism Angels

Our Mission: To create a safe therapeutic environment where families can heal, learn and have fun together.



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Registered Charity number: 1160289. Company limited by guarantee number 08168948

Foreward

2019 was a tremendous year for Autism Angels, mixed with big changes including a move of location and the tragic loss of one of our horses.

The year began with Autism Angels being recognised with four Oscars at the volunteer Oscars Awards, we then got the community engaging with a 500-mile walk, to support the founder in a fundraiser. The Autism Angels community won a trophy having covered the most miles collectively and celebrated this at the end of the 30-day challenge.

This then led to the move from Sicklinghall, near Harrogate, to Summerbridge, northwest of Harrogate and the closure of our southern centre. Our new base at Throstle Nest Farm gives our community and horses the best possible location for the success of our therapeutic work. Woodlands, the river Nidd, ponds, and the rolling hills are all now available to our families as well as unique horse facilities within the grounds.



We took the year at a slower pace to ensure the safety of all in an unfamiliar environment. Changeover timings differed between children and their families and we knew we would need a year to settle in and get to know the environment in each of the different seasons.

We lost a few of our families and volunteers with the move but gained others as the location was more convenient and appealing for them.

We would normally be heading into our busiest time of the year and our second year at the farm, however due to Covid-19 our doors are currently closed, but we are still very much open online with a weekly Zoom call with families, a support line open 7 days a week and private Zoom or FaceTime sessions available to all our families.

The money that was raised with our corporate sponsor Strata Homes Ltd has helped us relocate to a more suitable location and support over 382 unique people over 141 different events.

Our year was a huge success and the team's enormous efforts to relocate whilst still delivering to our families was nothing short of amazing.

strata

Foreward



A highlight of our year was winning four Oscars at the Harrogate and District Volunteering Oscars.

We won Organisation of the Year, Young Volunteer of the Year - Hannah Pears; Volunteer of the Year- Amanda Whittaker who was subsequently invited to the Queen's Garden Party at Buckingham Palace and Strata Homes Ltd won corporate sponsor for the support they gave us.

The loss of Rocky our beloved Shetland was a great shock to us all, but as a community we all grieved together, spread his ashes and made a flower garden in his memory. It was a unique opportunity for our children to learn about loss and grief.



We have now settled into our new home and have already seen the benefits of our beautiful environment such as families appreciating access to nature and being away from internet access. There is space for children to move freely and safely, exploring nature with parents able to see their children and themselves relax, take a breath and become more mindful.

At Autism Angels we continue to strive for best practice whilst also thinking outside of the box and using therapeutic coaching to support families and children who are struggling with everyday life.



Sarah, Founder Autism Angels

Values, Vision and Mission

Faith... in you
Hope...for the future
Love...enables



Autism Angels is a nurturing community of families, made up of parents, carers, foster carers, grandparents and children, volunteers, supporters, and our dedicated team.

We specialise in empowering families with children with additional needs or that have been through a challenging emotional experience. The whole family's mental and emotional health is a primary focus for us.

We are committed to provide a safe, nurturing and therapeutic environment that feels like a home from home. We aim to support children and adults experiencing the challenges that life can bring and all too often can begin to feel overwhelming.



Combining a therapeutic coaching approach and adding the dimension of the horse, a reactionary animal to human emotions, we can get to the root cause of the concern fast. Once the root cause is found, it is then easier to see the best way forward for each individual's road to recovery.

When families meet other families experiencing similar difficulties, they realise they are not on their own. This helps them build new friendships. Understanding, empathy, and kindness are shared, hope is re-born, and new happier memories are made.

It is our aim to continue to build on the strength of our community to support more families.

Some Stats around Autism, SEN and Mental Health

- Autism is much more common than many people think. There are around 700,000 people on the autism spectrum in the UK – that's more than 1 in 100. If you include their families, autism is a part of daily life for 2.8 million people. <https://www.autism.org.uk/about/what-is/myths-facts-stats.aspx>
- There are approximately 351,000 children aged 0-17 with a learning disability in the UK.
- Children with special educational needs (SEN) are twice as likely as other children to be bullied regularly (IoE 2014).
- Special educational needs (SEN) can affect a child or young person's behaviour, reading and writing, concentration levels, ability to understand things, or their physical ability (Gov.uk 2016).
- Not all children and young people with SEN have a learning disability. In 2018, 67,765 children in England with a statement of SEN or an Education, Health and Care (EHC) plan had a primary SEN associated with learning disability. This is only 29% of all children with a statement of SEN or an EHC plan. However, at the broader level of SEN support (previously School Action and School Action Plus), 228,315 children had a primary SEN associated with learning disability (Public Health England, 2019b). <https://www.mencap.org.uk/learning-disability-explained/research-and-statistics/children-research-and-statistics>
- One in ten children aged between 5 and 16 in the UK have a mental health disorder, according to figures by the Office of National Statistics, and around 4% of children suffer from an emotional disorder such as anxiety or depression. Promoting mental health and wellbeing is important for all children, but particularly if your child has special educational needs. Children need to develop the skills to understand and express their emotions, and to develop strategies for coping with the ups and downs of life.
- Children with special educational needs may experience a range of social, emotional and mental health problems, which can create a barrier to learning. But it's not always easy to identify mental health difficulties when many of the symptoms overlap with impairments such as autism or Attention Deficit Hyperactive Disorder (ADHD). <https://www.theschoolrun.com/positive-mental-health-tips-for-parents-of-sen-children>



Some Stats around Autism, SEN and Mental Health

- Data produced by Relate indicate that, if not effectively addressed, these pressures can negatively impact upon the couple, family and social relationships of parents with children with a learning disability, with knock-on effects on their wellbeing. The survey sample showed that parents of a child with a learning disability were:
 - More likely to experience lower relationship quality: over a third of parents of children with a learning disability were in distressed relationships, and they were more likely to be in distressed relationships than other parents (34% in distressed relationships compared to 26% of other parents);
 - More than a third more likely to cite money worries as a source of strain, with 39% doing so;
 - More likely to feel relationship strain as a result of childcare or bringing up children (18% compared to 12% of other families);
 - Less likely to find time for 'date nights': nearly a quarter (24%) only have date nights once a year or less, compared to less than a fifth (17%) of other parents;
 - More likely to have no close friends: almost one in six (17%) said they have no close friends;
 - More likely to feel lonely: over a fifth (22%) said they felt lonely often/all the time.
- One in ten children and young people in the UK aged between 5 and 16 have a diagnosable mental health problem, and one in five of these have more than one of the main types of mental disorder. Up to one in six young adults aged between 16 and 24 will be experiencing anxiety and depression at any one time, and one in 15 young people aged 15 to 25 are thought to self-harm. The average age for the onset of psychosis and for schizophrenia is around 22, and three quarters of all mental health disorders will be evident by the mid-20s. Children and adolescents with learning disabilities are over six times more likely to have a diagnosable psychiatric disorder than their peers who do not have learning disabilities.
- For children and young people, the prevalence rate of a diagnosable psychiatric disorder is 36% in children and adolescents with learning disabilities, compared with 8% of those who did not have a learning disability. These young people were also 33 times more likely to be on the autistic spectrum and were much more likely than others to have emotional and conduct disorders.

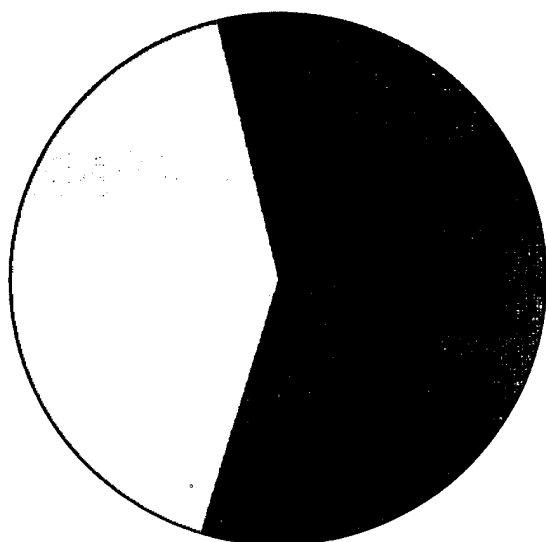


What we offer at Autism Angels

Autism Angels provided support to 127 families or 382 unique individuals over the year.

Families and children with additional needs require more support than ever. Higher risks of mental health means we need to bring families together so we reduce isolation and raise the happiness of everyday life, it is therefore critical we continue to deliver our services.

Individuals Supported by Autism Angels

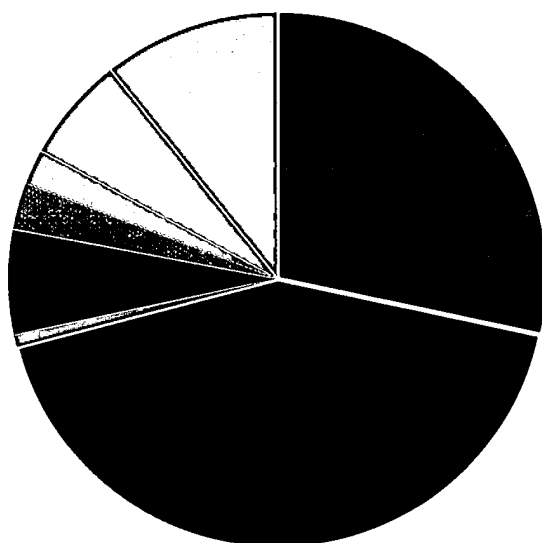


- Child with Diagnosis
- Siblings
- Parents
- Grandparents/Other Family

We offer a wide range of services that have been tried, tested and developed over 20 years to provide the most up to date equine facilitated coaching practice.

Although the horses don't need to be included in the sessions, they can add a unique dimension that more traditional therapies can't. It is the family's choice to work with the horses or our dog, it is not a requirement.

Sessions Delivered by Autism Angels



- Childrens Fun Clubs
- Family Mentoring
- Parent Programme
- Family Taster Days
- Family Fun Days
- Accessible Grottos
- Summer Camps
- 1:1 Sessions

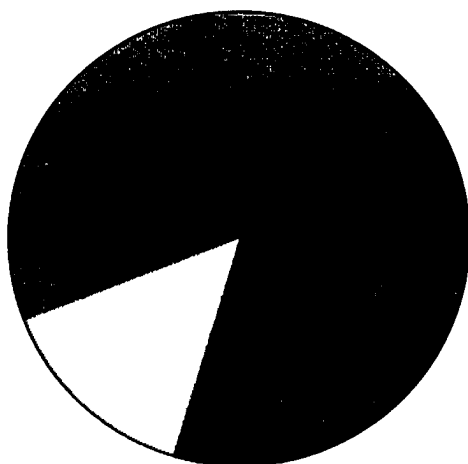
What we offer at Autism Angels

How many males/females?

During our 141 sessions we have supported 191 males (55 male adults and 136 male children) and 191 females (118 female adults and 73 female children).

We have more young boys that attend than girls.

How Many Males and Females have Autism Angels supported?

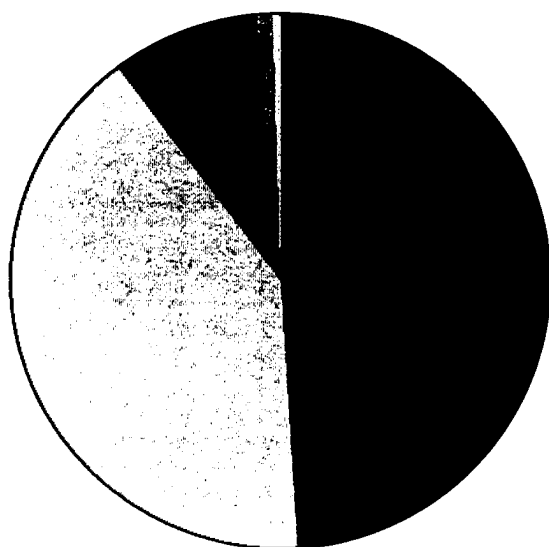


- Male Child
- Female Child
- Male Adult
- Female Adult

Age Ranges of Children

We offer our services to children as young as 2yrs old right through to Grandparents.

Ages of Children Supported



- 0-3 yrs
- 4-7 yrs
- 8-12 yrs
- 13-16 yrs
- 17-18 yrs
- 18+

Photos of our Sessions

Camps



Private Family Sessions



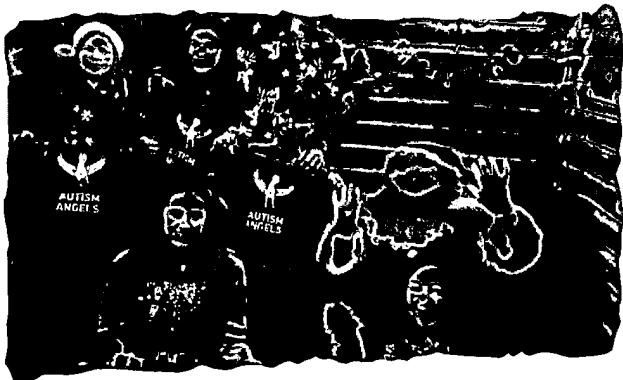
Volunteer Training Sessions



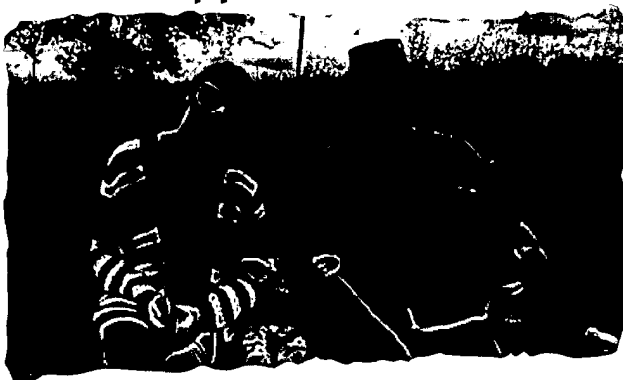
Riding Therapy



Christmas Grottos



Parent Support



Saturday Club



Fun Family Days



A word from our families

We have just done our first event with Autism Angels and went to their Summer Camp. I wanted somewhere that was supportive to us all and somewhere for some family time. I got that and so much more! The staff, volunteers and other families were very welcoming, and we have a great time. The best part of the weekend was seeing the trust my kids had in those working with them and the confidence they had to try all the new experiences that came up.

Huge thanks to everyone. LN

Went to a taster day today and was amazed with how brilliant the staff were and how fast the kids learnt new skills now hoping to attend regularly. LL

Autism Angels have been fantastic with my daughter. She has been doing horse therapy and the work they have put in with her has been invaluable. Before starting she could not leave my side at all and now, she has started to gain confidence and even managed to come to her last session with her grandma and not me. I can't thank Nicki and Sarah enough for all their hard work and supporting my daughter, the work you do is fantastic! Thank you so much. SP

My son Dylan absolutely loves coming, would 10000% recommend to anyone considering using these guys as they are always so helpful and friendly x BH

An amazing place to be, a safe and supporting environment that allows everyone to be their true authentic selves. A place where everyone builds each other up and focuses on the 'can dos'. Magical! JK

"Autism Angels has been a bit of a godsend for us. Archie has been excluded from other clubs so it allows him some independence and is somewhere that he is totally encouraged and accepted for who he is, by everyone there.

He has flourished at Autism Angels, communing with nature, spending time outside with the horses and

supported by the staff to ride independently, in a lovely safe, calm setting.

Archie also attends the Animal Care days as well as the Back to School days, which help to manage his anxiety and prepare for the new term. TM

I took my son Rhys to his first 1:1 riding session at autism angles on Saturday. Yvonne was amazing! She was so in tune with Rhys and connected so well with him.

Rhys thoroughly enjoyed the session and we cannot wait to go back! SP

Just got home from a session with my daughter Olive. What a fantastic time we've had. We were both made to feel so comfortable, we loved learning about the horses and Olive particularly loved riding. Would highly recommend, can't wait till next time! TJ

One of the most life changing trips I've ever made.

My daughter found true friendship overcame her fear of horses and showed confidence I've never seen before.

Thank you x GS

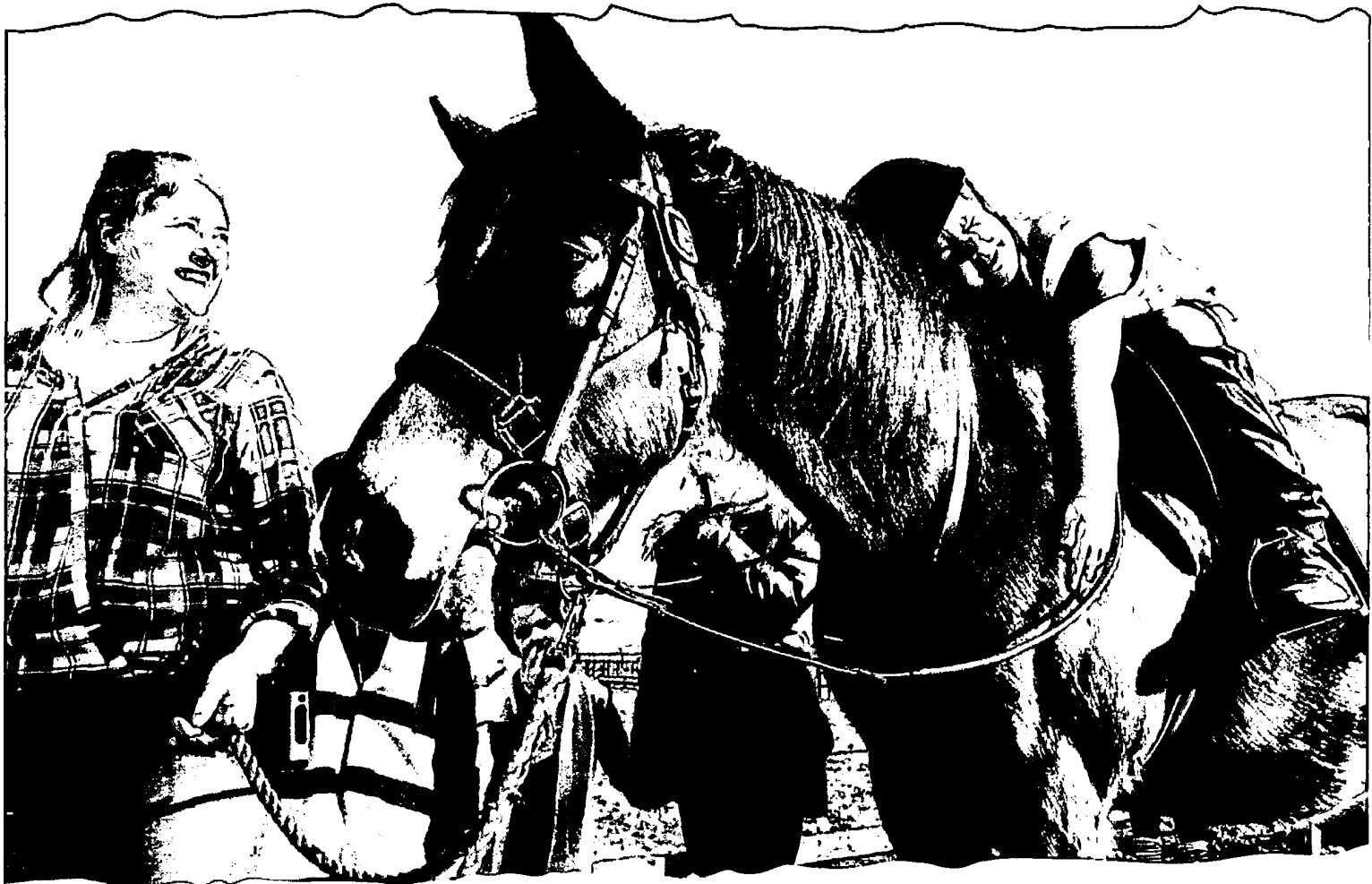
A word from our families

We feel that the staff at Autism Angels provide an invaluable service to families like us. They deserve all the support and funding they require to maintain it."

From a Teacher in Charge (Communication and Interaction)

Many of the children I work with struggle to find their place in the world – and school can be especially challenging. Autism Angels creates an environment where children with autism are accepted as their wonderful selves. I have seen children, families and school staff grow together – working as a team – and building confidence, understanding and joy. The powerful connections built have enabled children to achieve amazing things and develop the self-belief which enables them to continue to believe in their abilities at home and at school. Parents and teachers learn to support the children effectively whilst never underestimating them and always having high expectations of their abilities.

I have volunteered at Autism Angels with a number of children who I work with in their mainstream schools. For a number of these children there has been a serious risk of exclusion from school. Autism Angels has had an incredibly positive impact on many of these young lives and the lives of their whole families. By enabling these children to make positive connections with themselves and others, Autism Angels gives them the ability to grow, learn and connect in the wider world.



Case Study

After our daughter's diagnosis of autism there was an expectation that we could now access the help and support that both she and we needed. This was not the case and if anything, support from involved professionals reduced or stopped altogether. A battle started to get our daughter the right support. All parents just want the best for their children- we felt like we were letting our daughter down and were desperately trying to learn as we went along. As a family there was just an enormous sense that we were on this journey alone. We even started to feel isolated from friends and other family members.

We discovered the Autism Angels when looking for an autism friendly Santa experience. As soon as we arrived, we were welcomed by the friendly faces of the Autism Angels. A few months later we signed up for a taster session at the farm. We all loved being on the farm and meeting the wonderful horses.

Normally when we are out and about there is a constant uncertainty of how things are going to be today. A knot in our stomach. A sense that people are looking and judging. Autism Angels put you straight at ease. There is a feeling of understanding and overall a sense of relief we can remove our masks, and all be ourselves. We knew we had found something special.

We signed up for some family coaching where in a short space of time we feel like we have learnt so much. Autism Angels support the whole family, not just our daughter. Our daughter loves working with the horses and enjoys being at the farm. The movement of the riding calms her and allows us to work on some challenging behaviours and communication.

We have learnt about the importance of looking after ourselves. For the family to be a happy unit we all individually need to know ourselves better and be happy. Sarah puts you at ease, ensures you do not feel alone, and she has this amazing knack of just getting you and understanding.

As a mother I was running at 100 miles an hour, trying to pre-empt and manage every melt down or situation and running myself into the ground thinking I was making everything better for everyone. Sarah and Autism Angels have helped me look at why I was doing this and help me realise I need to take some time for myself and ensure I look after myself more.

As a man I don't find it easy talking about feelings- through my work with Sarah and Autism Angels I now have a better understanding of why I do things a certain way and why I find it hard to cope with our daughter at times.

We have recently started going along to Saturday riding club and meeting other families and their children. This has been a great support knowing we are not alone.

Before finding Autism Angels we were exhausted, lost, fearful for the future. Autism Angels 'can do' attitude' is infectious and we now have so much more self-belief in our daughter and ourselves. The farm is now our special place where as a family we feel at home, no judging, just friendship and love from humans and animals- we feel so thankful to have found Autism Angels.



Referrals

We receive referrals through:

SCHOOLS

PRIVATE
SOCIAL
MEDIA

NHS
word of
mouth



Why do people come to us:

Eating-Disorders

Trauma Depression Stress

Self esteem **Fear** Socialising

Isolation as a family

Attachment issues

Autism Nowhere else to turn
mental health

Abuse **Shame**

Anger issues

Neglect
Bullying

Struggling at School

Marriage breakdown

Nothing else has worked

Not coping

Sexuality Loneliness

Insecurity

Animals

Nature

Confidence building

IMPACT OF WORK

Impact of sessions on people

Adults

increase happiness
improved resilience
reduce medication
Remove self from abusive relationships

Improved medical conditions
less stressed
Improve family dynamics
Back to work

Improved confidence

Children

More Compassionate
Less aggressive
reduce medication
Improved speech
Increased self esteem
Returned to school
Increased self awareness

More empathetic
Improved medical conditions
Stopped self harming
Improved communication with family peers
Reduced anxiety
Stopped physical violence
Won awards in school
Engaged in school

Volunteers

We recruited 17 new volunteers in 2019 and 24 volunteers attended training or refresher training.

We offer a course of 6 basic sessions of training that have to be completed by everyone. Areas such as the following are covered:

- Personal development
- Horse behaviour and care
- Child psychology and behaviour
- Nuggets of Autism

- Health & Safety
- Safeguarding
- Environmental & Equipment care
- Training techniques and methodology

We have a core volunteer team that are consistently reliable, but we are aiming to recruit more to ease the pressure from the few. Every volunteer is required to complete online safeguarding training and complete a DBS application. Our core team complete first aid training every three years, where volunteers are invited to attend.

In 2019 one of our greatest achievements was attending the Harrogate and District Volunteer Oscars and winning 4 Oscars, Organisation, Volunteer and Young Volunteer of the year and Corporate Sponsor.

Our volunteers continue to be instrumental in our team bringing varying skills such as:

Teachers

Speech and Language Therapists

University students studying Autism

Care workers

Parents who want to support other families



Achievements

We have provided love and support to 127 families in a safe, non-judgemental environment. Our high expectations, challenge and support ethos have enabled families to find their own ways and to achieve more than they believed possible. Children who were at risk of exclusion from school have learned to communicate their needs and express their emotions in a healthy way. For some this has led to the children staying in school or moving to a different school in which they could flourish. In other cases, parents have chosen to home educate. Whatever decision the families have made, they have our ongoing support and acceptance.

Fundraising achievements

The team are, as always, working tirelessly to raise much need awareness and funds for Autism Angels. 2019 was challenging with prioritising the move and ensuring everyone adjusted to the changes but we continued to research, write and achieve a number of successful fundraising bids and campaigns.

- Skipton Charitable Foundation awarded us £3000 for our enrichment days
- Persimmon Homes local grant awarded us £1000 for our Riding therapy sessions
- Aviva Community fund awarded us £1125
- Local Giving 'Little magic grants' awarded us £500
- Leeds RAG awarded us £500
- Ecclesiastical - Movement For Good awarded as £1000
- Strata - Being chosen by Strata to be their charity of the year 2018 receiving a cheque for £113,948.44 in December 2018

Other achievements

Winning 3 awards at the volunteer Oscars

Nominated at the National Diversity Awards

Yorkshire 3 Peaks

Buckingham Palace visit for our Volunteer winner

Features in

Wetherby News

Reaching
5000
followers on
Facebook

Team away overnight
Moving farm locations
Sticker campaign



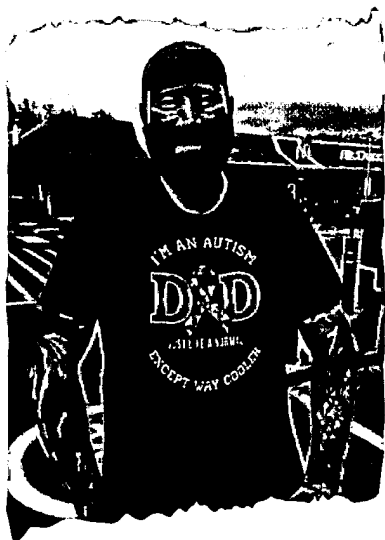
Featuring in 'Taking the Reins' video

Featuring in Strata promotional video

Our Year in Photos

September

Parent programme, 5 families joined us for 6 parent sessions



October

Mentoring Programme, 5 families attended the 38 session programme run over the year.



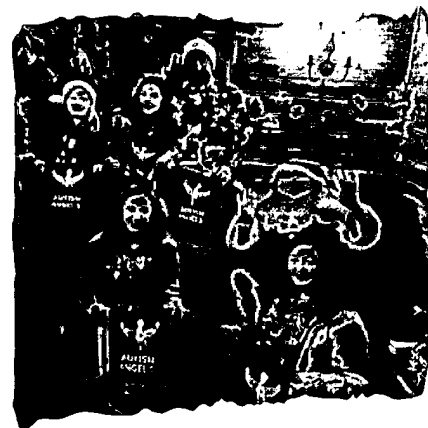
November

Enrichment days, 32 children attended throughout the year.



December

Santa's grotto- In partnership with Stockeld Park 62 families attended



January

500 mile walk in partnership with I Choose Life Foundation. Over 30 days, 74 people walked to support the fundraiser.



February

Taster days, 56 families attended our tasters throughout the year.



Our Year in Photos

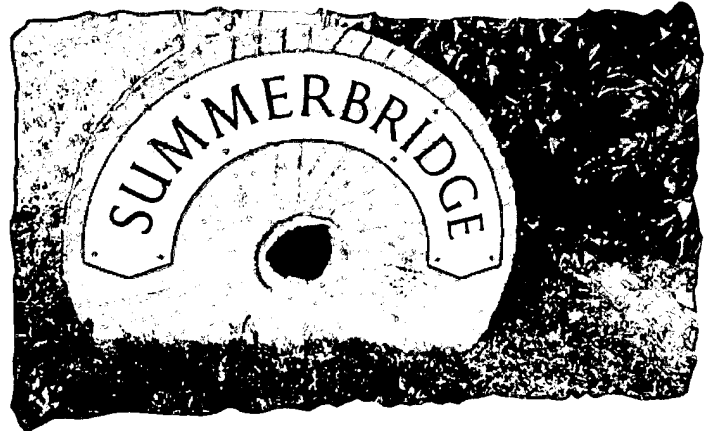
March

Volunteer training 24 attended 6 sessions of training.



April

Moved location and family picnic



May

Family fun day – 25 families attended our family fun days over the year



June

Kids Club – 28 children and their parents attended our Saturday kids club



July & August

Summer camps, 15 families attended 3 camps and travelled from as far as Malta



Thank you to the following on behalf of the trustees

We'd like to thank the exceptional Autism Angels Team including the horses. Our dedicated team are second to none with the work they do to support families and children. We can't thank you all enough for your continued dedication and commitment with particular mentions to Nicki H, Amanda W, Sarah E, Yvonne W and Tina H for your extra hard work and dedication.

Autism Angels Supporters – We would like to thank all our supporters from those of you who raise funds for us, host collection tins, help us spread the word and who help us at the farm. You are all incredible and we couldn't do it without you.

Moorland Nurseries

Spofforth Deli and
Post Office

G.H Books and Co - Harrogate

The Fuse Creative Marketing - Harrogate

Mrs Smith's Café

Discounted feeds - Wetherby

Fundraisers

To all you amazing people who get out there and run, climb mountains, jump out of perfectly good planes and bake cakes. You guys rock and we can't wait to see what you will be up to next.

Families

For their continued support – We are equally supported by our families as we support them. Thank you for your continued love, encouragement and hugs.

Volunteers

Thank you to our awesome volunteers. They make our jobs so much easier and are highly valued members of our team.

Corporate Sponsors

Thank you to all our fabulous corporates who donate their time and money to support our families. We certainly got the place cleaned up faster when you all got involved.

ASDA

Strata Homes Ltd

Natalia – You cut off all your hair to raise funds for us. Such a selfless thing to do and thank you for coming to visit us too.

WMG Digital Marketing

Inson Harrison

Financial Force

Betty's & Taylors

Skipton Building Society

Persimmons

Leeds RAG

Aviva

Marks and Spencer

There are so many people to thank and it's hard to capture them all on here but thank you all from the bottom of our hearts for all your continued support and encouragement. We are so blessed to have you supporting our community.

Supporting Other Organisations

Here at Autism Angels we also feel it is important to support other organizations, knowing that together we are more able to in turn support our families. Here are some other wonderful places we encourage our families to explore.

The Curly Hair Project

Uni Students Research Projects

Eureka

O'Conner Chiropractic

Talking Tots

Author Liza Shaw

Dogs for Good

Shine Your Light

North Yorkshire County Council



The Future

Currently our farm doors are closed due to the COVID-19 epidemic, however, we were able to move our support to virtual, with Zoom calls for both group and private sessions and a support line open seven days a week. These are backed-up with WhatsApp groups so families can stay in constant contact with each other, with team members being able to integrate with support as well. These have been very successful and we aim to continue this service in the future.

Our social media platforms have also offered a tailored approach to health and well-being with 3 daily posts full of support, tips and encouragement to over 5,500 people.

We are now starting to implement a phased return back to the farm to work with the horses. We are in contact with the families to discuss their needs and their safety.

Families are able to visit the farm, pat the horses over the fence, have a walk on public footpaths through the farm and area and take a picnic to the river. This has been a vital resource for our families to be able to go somewhere they feel safe and familiar and be able to do their daily exercise.

We aim to phase up to private sessions, small group activities and camping within the summer months. We are hoping to commence our Saturday Club sessions soon and our families have expressed a great need and wish for these.

We are going to run our "Back to School with Confidence" and the Enrichment Days to support children who are finding it difficult to go back to school, especially after such an extended period of home schooling. These days are also available for children who struggle to attend school full time.

Parents have asked for support away from their children and we are planning to run our Parent Support Group, where parents and careers can speak freely and access new skills to utilise at home. Our current Zoom sessions will continue to run for our parents on a weekly basis.

We have secured funding to be able to film training and educational sessions to put online and with the winter months fast approaching and the uncertainty of COVID-19 we feel this will be invaluable for our families when accessing the farm isn't possible. We aim to have these ready for release early 2021.

As restrictions ease from COVID-19 we have a suitable phased approach to return to activities at the farm with the back-up of online support if or when face to face support isn't possible, whether that is through COVID-19, illness or weather conditions. Our return will be at a steady pace to ensure the safety and well-being of our families, volunteers and team.

We are all very much looking forward to returning to a new normal in 2021.



Autism Angels Ltd Information

Directors and trustees

The directors of the charitable company (the charity) are its Trustees for the purpose of charity law. The trustees and officers who served during the year were as follows:

Key Management Personnel for 2018 - 2019

Trustees/Directors

Joanne Lynn Richardson (resigned 16 March 2020)

Elizabeth Maw (resigned 3 March 2020)

Sarah Kekoa

Howard Whittaker (appointed 3 March 2020)

Amanda Whittaker (appointed 3 March 2020)

Chair

Sarah Kekoa

Treasurer

Elizabeth Maw (resigned 3 March 2020) Howard Whittaker (appointed 3 March 2020)

Secretary

Joanne Lynn Richardson (resigned 16 March 2020) Amanda Whittaker (appointed 3 March 2020)

Structure, governance and management

Governing Documents

The charity is governed by its articles of association, which are based on the model articles for a charitable company. These were initially approved on 06 August 2012 and subsequently amended 10 October 2014.

Appointment of trustees

Trustees are appointed by the members in accordance with the provisions contained in the Articles of Association.

Trustee training and induction

New trustees are briefed on their obligations under charity law, the constitution of the charity and on the Charity Commission Guidance on public benefit. Trustees attend external training events to facilitate the undertaking of their role, where appropriate.

Organisational structure

The Board of Trustees administers the charity and appointed Sarah Kekoa (Shearman) (a Trustee) to act as Chair on 13 February 2015. She also deals with the day to day operational matters and manages the Centre.

Objects of the charity

For the public benefit, the relief of those in need by reason of autism and other disabilities, in particular but not exclusively by:

Autism Angels Ltd Information

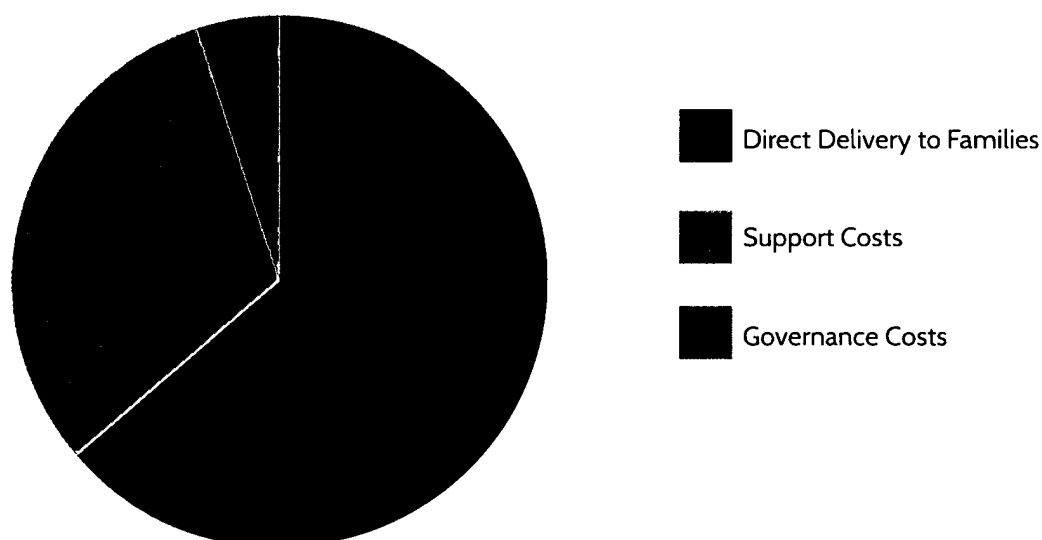
- Advancement of education through training programmes and development activities to improve their skills, capacities and capabilities
- Advancement of education through training and development programmes for the families, carers and professionals who have a role in supporting the individuals with disabilities
- Advancement of health and wellbeing, in particular but not exclusively, by raising awareness and removing limiting beliefs of the benefits of the natural environment and working with animals

Details of how the charities achieves is objectives, its activities in the year and future plans are detailed on pages 1 to 20.

The Trustees have referred to the Charity Commission's general guidance on public benefit and we are confident that the charity meets the public benefit requirement.

Financial review and reserves

During the year the charity successfully raised funds of £175,356 (2018 - £87,566) largely through the receipt of donations and the provision of services to beneficiaries. These resources were spent in the following manner:



The free reserves of the charity as at 31 August 2019 were £42,369 (2018 - £10,669) which is a significant improvement on the prior year. This is the equivalent of 3-4 months expenditure of the charity. The charity holds reserves to ensure the charity can provide continuity of service during periods of fluctuating income. This is particularly important to the charity as it relies heavily on donated income.

Risk management

The trustees have a risk management strategy which comprises:

- Periodic reviews of the risks the charity.
- The establishment of systems and procedures to mitigate the identified risks.

This work has identified that financial sustainability is the major financial risk. Attention has also been focused on non-financial risks arising from child protection issues, fire, health and safety of employees, associated members and members of the public. A key element of the management of financial risk is the retention of adequate working capital.

The trustees are satisfied that systems and procedures are in use to adequately manage the risks to which the charity is exposed.

Autism Angels Ltd Information

Reference and administrative details

Charity number 1160289

Company number 8168948

Principal / registered office 71 West Cliffe Terrace, Harrogate, HG2 0PU

Advisors

Independent Examiner:

Sarah Wearing, Partner: HPH Chartered Accountants 13 Hornbeam Square South, Harrogate HG2 8NB

Bankers

Barclays, 15 James Street, Harrogate HG1 1QX

Related parties

Related party transactions are set out at note 10 to the financial statements.

Trustees responsibilities in relation to the financial statements

The trustees (who are also directors of Autism Angels Ltd for the purposes of company law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company and charity law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources for that year. In preparing these financial statements, the trustees are required to:

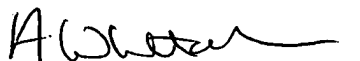
- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In preparing this report advantage has been taken of the small companies exemption within Part 15 of the Companies Act 2006.

Approved by the Board of Trustees and signed on behalf of the Board of Trustees on 30 June 2020.

Howard Whittaker



AUTISM ANGELS LTD

(A company limited by guarantee)

STATEMENT OF FINANCIAL ACTIVITIES (INCOME AND EXPENDITURE ACCOUNT) YEAR ENDED 31 AUGUST 2019

	Note	Unrestricted funds £	Restricted funds £	2019 £	2018 £
INCOME					
Donations and legacies	3	145,687	5,000	150,687	42,619
Charitable activities	4	21,182	-	21,182	32,643
Other trading activities					
Fundraising		3,487	-	3,487	12,304
TOTAL INCOME		170,356	5,000	175,356	87,566
EXPENDITURE					
Raising Funds	6	19,933	-	19,933	6,694
Charitable activities	7	107,489	5,000	112,489	71,903
TOTAL EXPENDITURE		127,422	5,000	132,422	78,597
Net income before transfers		42,934	-	42,934	8,969
Transfers between funds		-	-	-	-
Net movement in funds		42,934	-	42,934	8,969
Reconciliation of funds					
Total funds brought forward	12,13	7,909	3,000	10,909	1,940
Total funds carried forward	12,13	£ 50,843	£ 3,000	£ 53,843	£ 10,909

All activities derive from continuing operations.

The notes on pages 26 to 32 form part of the accounts.

AUTISM ANGELS LTD

(A company limited by guarantee)

BALANCE SHEET AS AT 31 AUGUST 2019 Company registration number: 08168948

	Note	2019	2018
		£	£
FIXED ASSETS			
Tangible Assets	9	8,474	240
CURRENT ASSETS			
Debtors	10	-	2,535
Cash at Bank and in hand		48,451	24,760
		<u>48,451</u>	<u>27,295</u>
LIABILITIES: amounts falling due within one year	11	(3,082)	(16,626)
NET CURRENT ASSETS		<u>45,369</u>	<u>10,669</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>53,843</u>	<u>10,909</u>
NET ASSETS		<u>£ 53,843</u>	<u>£ 10,909</u>
THE FUNDS OF THE CHARITY			
Restricted Funds	12	3,000	3,000
Unrestricted Funds			
- Undesignated	13,14	42,369	7,909
- Designated	13,14	8,474	-
TOTAL FUNDS		<u>£ 53,843</u>	<u>£ 10,909</u>

For the financial year ended 31 August 2019, the Charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies. The Members have not required the Charitable Company to obtain an audit of its accounts for the year in question in accordance with section 476. The Directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

The financial statements have been prepared in accordance with the special provisions of Part VII of the Companies Act 2006 relating to small companies.

The notes on pages 26 to 32 form part of the accounts.

These financial statements were approved by the trustees on 30 June 2020 and signed on its behalf by:

Sarah Kekoa - Trustee



AUTISM ANGELS LTD

(A company limited by guarantee)

NOTES TO THE ACCOUNTS FOR YEAR ENDED 31 AUGUST 2019

1 GENERAL INFORMATION

The Charitable Company is a private company limited by guarantee, which is incorporated and registered in England and Wales (no.08168948). The Charity number is 1160289. In the event of the company being wound up or dissolved the members are required to contribute an amount not exceeding £10.

The address of its registered office is 71 West Cliffe Terrace, Harrogate, England, HG2 0PU.

2 ACCOUNTING POLICIES

2.1 Basis of preparation of accounts

The financial statements have been prepared in accordance with 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 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Autism Angels Ltd meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

2.2 Going Concern policy

The Trustees have a reasonable expectation that the Charitable Company has adequate resources to continue in operational existence for the foreseeable future. They continue to adopt the going concern basis of accounting in preparing the annual financial statements.

2.3 Fund accounting

The trustees have a defined policy for identification of different types of income:

- a) Designated funds are unrestricted funds but are specifically earmarked by the Trustees for a particular purpose.
- b) Restricted funds are only to be used for the specific purpose laid down by the donor. Expenditure which meets this criteria is charged to the fund.
- c) Unrestricted funds are the residue of income receivable or generated from the objects of the charity without further specified purposes and are available as general funds.

2.4 Income

All income is recognised in the statement of financial activities when the conditions for receipt have been met and there is reasonable assurance of receipt. Except for the following:

Grants receivable

Grants for immediate expenditure are accounted for when they become receivable. Grants received for specific purposes are treated as restricted funds. Grants which are received for a future accounting period are deferred and recognised in those periods.

Capital Grants for specific fixed assets are included in restricted income when received. Once the asset is purchased these monies are transferred to unrestricted funds unless there is a restriction on the disposal of the asset. If so, the net book value of the asset is shown as a restricted fund.

AUTISM ANGELS LTD

(A company limited by guarantee)

NOTES TO THE ACCOUNTS FOR YEAR ENDED 31 AUGUST 2019

2 ACCOUNTING POLICIES (continued)

2.5 Expenditure

Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be recovered and is reported as part of the expenditure to which it relates.

Costs of generating funds	- costs associated with attracting voluntary income.
Charitable activities	- costs incurred by the Charitable Company in delivering its counselling services to clients. It includes costs that can be allocated directly and those of an indirect nature necessary to support them.
Support costs	- allocated to charitable activities on an actual basis.
Governance costs	- costs associated with meeting the constitutional and statutory requirements

2.6 Tangible fixed assets and depreciation

Fixed assets for the Charitable Company to use are capitalised at cost. Donated assets are valued at market value on donation. They are stated in the accounts at cost/original value less depreciation.

Depreciation is calculated to write off the cost or valuation of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Equipment, fixtures and tools	10% to 33.3% straight line basis per annum
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2.7 Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

2.8 Cash at bank and in hand

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

2.9 Creditors

Creditors are recognised where the Charitable Company has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors are normally recognised at their settlement amount after allowing for any trade discounts due.

2.10 Financial Instruments

The Charitable Company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

AUTISM ANGELS LTD

(A company limited by guarantee)

NOTES TO THE ACCOUNTS FOR YEAR ENDED 31 AUGUST 2019

	Unrestricted Funds 2019 £	Restricted Funds 2019 £	Total Funds 2019 £	Total Funds 2018 £
3 DONATIONS AND LEGACIES				
Donations and gifts	144,687	-	144,687	42,619
Grant income	1,000	5,000	6,000	-
	<u>£ 145,687</u>	<u>£ 5,000</u>	<u>£ 150,687</u>	<u>£ 42,619</u>

Restricted donations and legacies in 2018 was £3,000.

The Charitable Company also benefits greatly from the involvement and enthusiastic support of its many volunteers. In accordance with Charities SORP, the economic contribution of general volunteers is not recognised in the accounts.

4 INCOME FROM CHARITABLE ACTIVITIES

Session fees	<u>£ 21,182</u>	<u>£ -</u>	<u>£ 21,182</u>	<u>£ 32,643</u>
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5 TOTAL STAFF COSTS

The key management personnel of the Charitable Charity comprise the trustees, see note 8 for details of transactions. No staff are directly employed by the charity.

6 FUNDRAISING EXPENDITURE

Fundraising and event costs	18,894	-	18,894	1,833
Advertising and promotion	1,039	-	1,039	4,861
	<u>£ 19,933</u>	<u>£ -</u>	<u>£ 19,933</u>	<u>£ 6,694</u>

AUTISM ANGELS LTD

(A company limited by guarantee)

NOTES TO THE ACCOUNTS FOR YEAR ENDED 31 AUGUST 2019

7 ANALYSIS OF TOTAL EXPENDITURE

	Unrestricted Funds 2019 £	Restricted Funds 2019 £	Total Funds 2019 £	Total Funds 2018 £
7.1 Charitable activities				
Horse and animal expenses	22,083	-	22,083	3,433
Facilitators	32,936	5,000	37,936	30,364
Food and refreshments	1,408	-	1,408	1,270
Equipment	1,153	-	1,153	-
Training	1,110	-	1,110	150
Management fee	9,900	-	9,900	-
Support costs (below)	33,526	-	33,526	35,486
Governance costs (below)	5,373	-	5,373	1,200
	<u>£ 107,489</u>	<u>£ 5,000</u>	<u>£ 112,489</u>	<u>£ 71,903</u>
7.2 Support costs				
Rent and facilities costs	9,737	-	9,737	17,610
Office costs	13,452	-	13,452	9,191
Computer costs	61	-	61	-
Telephone	1,253	-	1,253	1,146
Printing and stationery	70	-	70	169
Repairs and maintenance	4,339	-	4,339	4,312
Insurance costs	1,877	-	1,877	2,101
Travel costs	835	-	835	173
Bank charges	-	-	-	467
Sundry costs	1,736	-	1,736	151
Depreciation	166	-	166	166
	<u>£ 33,526</u>	<u>£ -</u>	<u>£ 33,526</u>	<u>£ 35,486</u>
7.3 Governance costs				
Independent examiner's fee	1,080	-	1,080	1,200
Professional fees	4,293	-	4,293	-
	<u>£ 5,373</u>	<u>£ -</u>	<u>£ 5,373</u>	<u>£ 1,200</u>

AUTISM ANGELS LTD

(A company limited by guarantee)

NOTES TO THE ACCOUNTS FOR YEAR ENDED 31 AUGUST 2019

8 RELATED PARTIES AND TRUSTEE TRANSACTIONS

Trustee Transactions

An amount of £22,506 (2018- £4,440) was paid to a business operated by S Kekoa (a trustee) for time spent in management and facilitation as well as £13,337 (2018 - £Nil) for fundraising work. In addition and amount of £5,300 (2018- £24,452) was paid to that business under a shared services agreement to cover of property and other costs, such as phone, utilities insurance and horse care jointly incurred by the charity and the business. An amount of £Nil (2018- £13,395) was paid to a business operated by J Richardson (a trustee) for facilities and facilitation.

No trustees were reimbursed for expenses other than the transactions disclosed above.

Related Parties

There are no other related parties transactions other than the trustee transactions disclosed above.

9 TANGIBLE FIXED ASSETS

	Fixtures & Fittings £	Equipment £	Total £
Cost			
At 1 September 2018	-	1,434	1,434
Additions	8,400	-	8,400
At 31 August 2019	8,400	1,434	9,834
Depreciation			
At 1 September 2018	-	1,194	1,194
Charge for year	-	166	166
At 31 August 2019	-	1,360	1,360
Net Book Amounts			
At 31 August 2019	£ 8,400	£ 74	£ 8,474
At 31 August 2018	£ -	£ -	£ 240

10 DEBTORS

	2019 £	2018 £
Trade Debtors	-	2,535
	£ -	£ 2,535

AUTISM ANGELS LTD

(A company limited by guarantee)

NOTES TO THE ACCOUNTS FOR YEAR ENDED 31 AUGUST 2019

	2019 £	2018 £
11 LIABILITIES: Amounts falling due within one year		
Trade Creditors	1,700	4,746
Accruals	1,382	1,200
Deferred Income (below)	-	10,680
	<u>£ 3,082</u>	<u>£ 16,626</u>
Deferred income		
Balance brought forward	10,680	10,140
Amount deferred / (utilised) in the year	(10,680)	540
	<u>£ -</u>	<u>£ 10,680</u>

At the balance sheet date the Charitable Company was holding funds received in advance of providing services, which is fully released in the following financial year.

12 RESTRICTED FUNDS

	Balance at 1 September 2018 £	Income £	Expenditure £	Transfers £	Balance at 31 August 2019 £
Current year					
Playground	3,000			-	3,000
Horse Sessions	-	5,000	(5,000)	-	-
	<u>£ 3,000</u>	<u>£ 5,000</u>	<u>£ (5,000)</u>	<u>£ -</u>	<u>£ 3,000</u>
Prior year					
Playground	-	3,000	-	-	3,000
	<u>£ -</u>	<u>£ 3,000</u>	<u>£ -</u>	<u>£ -</u>	<u>£ 3,000</u>

Playground - Monies received for the installation of a playground from the local fence club.

Horse sessions - Monies received for the provision of sessions with Horses from Sport Tech.

AUTISM ANGELS LTD

(A company limited by guarantee)

NOTES TO THE ACCOUNTS FOR YEAR ENDED 31 AUGUST 2019

13 UNRESTRICTED FUNDS	Balance at 1 September 2018 £	Income £	Expenditure £	Transfers £	Balance at 31 August 2019 £
Current year					
<i>Designated</i>					
Fixed Assets	-	-	(166)	8,640	8,474
<i>Undesignated</i>					
Free reserves	7,909	170,356	(127,256)	(8,640)	42,369
Total Unrestricted Funds	<u>£ 7,909</u>	<u>£ 170,356</u>	<u>£ (127,422)</u>	<u>£ -</u>	<u>£ 50,843</u>
Comparative year	Balance at 1 September 2017 £	Income £	Expenditure £	Transfers £	Balance at 31 August 2018 £
<i>Undesignated</i>					
Free reserves	1,940	84,566	(78,597)	-	7,909
Total Unrestricted Funds	<u>£ 1,940</u>	<u>£ 84,566</u>	<u>£ (78,597)</u>	<u>£ -</u>	<u>£ 7,909</u>

Designated Funds

The Fixed Asset Fund represents the level of money invested in fixed assets for the use of charity.

14 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted Undesignated Funds £	Designated Funds £	Restricted Funds £	Total Funds £
Current year				
Tangible Fixed Assets	-	8,474	-	8,474
Current Assets	45,451	-	3,000	48,451
Current Liabilities	(3,082)	-	-	(3,082)
At 31 August 2019	<u>£ 42,369</u>	<u>£ 8,474</u>	<u>£ 3,000</u>	<u>£ 53,843</u>
Comparative year				
Tangible Fixed Assets	240	-	-	240
Current Assets	24,295	-	3,000	27,295
Current Liabilities	(16,626)	-	-	(16,626)
At 31 August 2018	<u>£ 7,909</u>	<u>£ -</u>	<u>£ 3,000</u>	<u>£ 10,909</u>

15 POST BALANCE SHEET EVENT

The outbreak of COVID-19 is having a significant impact in the UK and has caused a high degree of uncertainty in the economy.

The Charity considers the COVID-19 outbreak to be a non-adjusting post balance sheet event. The Charity has temporarily closed the farm and adapted to provide remote services.

Independent Examiner's Report

AUTISM ANGELS LTD
(A Company Limited by Guarantee)

Independent examiner's report to the trustees

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 August 2019, which are set out on pages 24 to 32.

This report is made solely to the charitable company's trustees, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006 and the charitable company's trustees as a body in accordance with section 154 of the Charities Act 2011. My independent examiner's work has been undertaken so that I might state to the charitable company's trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charitable company, the charitable company's members as a body and the charitable company's trustees as a body for my independent examiner's work, for this report, or for the opinions I have formed.

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

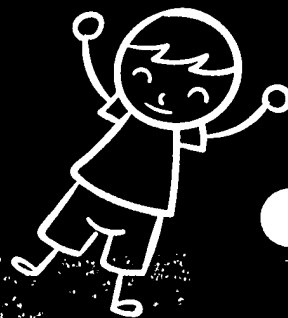
I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

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.

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.

Sarah Wearing, FCA, DChA
30 June 2020

HPH, Chartered Accountants
13 Hornbeam Square South
Hornbeam Park
Harrogate
HG2 8NB



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Registered Charity No. 1160289



**Autism
Angels**