



(A company limited by guarantee)

Report and Financial Statements

Year Ended: 31st March 2023

Charity no: 1100722

Company no: 04632497

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Legal and Administrative Information

Status

The organisation is a charitable company limited by guarantee, incorporated on 9th January 2003, and registered as a charity on 14th November 2003.

The company was established under a Memorandum of Association, which established the objects and powers of the charitable company and is governed under its Articles of Association. Under those Articles, the members of the Management Committee are elected at the A.G.M. to serve a period of 3 years, subject to ratification at each A.G.M. At each A.G.M. members may stand again.

Management Committee 2022/2023

The Members of the Management Committee are Trustees of the Charitable Company and Directors for the purposes of Company Law.

The following Trustees held office during the year:

- Jeff Bulled, Finance Director
- Philip Delafield
- Pat Guy
- Lauraine Montgomery, Chair
- Peter Scott, Secretary
- Pamela Wrest
- Paula Parr

Charity Information

Registered Office and Operation Address:

Suite B1, 1 Hammond Road, Elms Farm Industrial Estate, Bedford, MK41 0UD

Telephone: Tel: 01234 350704 (helpline) / Tel: 01234 214871 (general enquiries)

Email: enquiries@autismbeds.org

Website: www.autismbedfordshire.net

Company Registration Number: 04632497

Charity Registration Number: 1100722

Senior Statutory Auditor

David A. Cox BA F.C.C.A F.C.A of Cox & Co (Accountancy) Limited, The Granary, High Street, Turvey, Bedfordshire MK43 8DB

Bankers

CAF Bank Ltd, Kings Hill, West Malling, Kent ME19 4QJ. Barclays Bank UK plc, 1 Churchill Place, London E14 5HP

REPORT OF THE MANAGEMENT COMMITTEE FOR THE YEAR ENDED 31ST MARCH 2023

The Management Committee presents its Report and Financial Statements for the year ended 31st March 2023.

Autism Bedfordshire is an independent charity providing countywide support in a variety of ways including information, advice, emotional and practical support to individuals with Autistic Spectrum Conditions, their parents/carers, families, and associated professionals. The charity was founded in 1991 by a small group of parents of autistic children, to share information and support each other. Over the last 32 years, the charity has expanded and developed its services, earning a widespread reputation for being an excellent provider of quality specialist support, including Ofsted gradings of Good and Outstanding.

Autism Bedfordshire provides support, information and guidance via a telephone helpline, information packs, e-newsletters, website, Facebook, and training courses and events. We work with the three local authorities in Bedfordshire, Hertfordshire, and Milton Keynes to represent our members' views and to influence local policymaking and provision. Practical support and short breaks are provided through weekend family activity groups, evening youth groups, children's summer activity schemes, adult social groups, adult skills courses, and employment support. These services are co-ordinated by our office staff and run by specialist trained staff and volunteers. We have two charity shops, in Dunstable and Bedford that provide volunteering and employment opportunities. Our Keyworker team support children, young people, and adults to help avoid unnecessary admissions to mental health hospitals/support those currently in inpatient settings. Additionally, Autism Bedfordshire's Training and Consultancy team, provide a suite of autism training courses for parents/carers and practitioners.

Finance

The net incoming resources for the year were £2,105,121 (2022: £1,277,435) Of this £1,816,621 (2022: £1,039,207) was restricted to projects and £288,500 (2022: £238,228) was not restricted. The Trustee Board have officially designated £240,000 as necessary to our Supported Living Project, with the remaining £16,370 undesignated income adding to our reserves. The total undesignated reserves for year ending 31st March 2023 £305,265 (restricted £98,574 and unrestricted £206,691) an increase from 2021-22: £192,355 (restricted £2,034 and unrestricted £190,321).

Office and Service Staff

We are exceedingly proud of our team at Autism Bedfordshire, who have been innovative and worked tirelessly to support the autistic community over the last year. We have facilitated and led more services and sessions than ever, which has been an incredible local offer across Bedfordshire, Hertfordshire, and Milton Keynes. During the year we had 48 office staff and 4 shop staff.

Volunteers

Across the charity, volunteers contributed nearly 30,000 hours of support and leadership over all services, shops, and the Board of Trustees. This equates to 17 full time equivalent staff and would cost the charity more than £250,000 annually.

We are ever indebted to Autism Bedfordshire's Board of Trustees who volunteer their time to set the vision and standards for the charity and ensure its safe management and solvency through crisis and opportunity. We are immensely grateful and proud of all our volunteers and appreciate every contribution each and everyone makes.

Paid Staff at Services

We are fortunate to have such driven and dedicated staff working at our groups and we are enormously thankful to them for their level of diligence, care, and enthusiasm to providing a safe, inspiring, and fun time for the autistic children, young people and adults who attend our services. During the year we had 107 staff, equivalent to 8 full time staff.

Membership

Autism Bedfordshire supported over 2,275 household memberships during the year and many more through our online information and guidance on our website and social media.

Information

Our e-newsletters are sent to users of our services and other interested parties: 'Grapevine' focusses on our Children's Services, whilst 'The Orchard' is specifically for users of our Adults' Services and our Staff and Volunteers', and finally "Autism Herts Post" which is our e-newsletter dedicated to Adults Services in Hertfordshire. During the year 37,135 people accessed our website which included 31,643 new users. We also keep our members and staff informed through social media and by the end of the year we reached 85,553 users on Facebook and 1,526 on Instagram. We had 1,971 page likes on our Facebook page and 992 Instagram followers.

Bedfordshire Helpline

Our Helpline service has continued to help support adults, parents, and children across Bedfordshire, with an increase in helpline calls and emails from professionals seeking advice. Our telephone helpline is open 9am - 5pm, Monday to Friday for information, advice, and guidance on all aspects of Autistic Spectrum Conditions and associated problems. We provide advice and support to autistic individuals, parents, carers, partners, and professionals. We continued to see a high number of calls during this year with a total of 1,921 helpline calls being taken.

We have provided resources and information on the following:

- Autism
- Learning and development

- Adult Services initial assessment
- Training and support
- Employment
- Social opportunities
- Diagnosis
- Benefits and welfare
- Housing
- Health/mental health
- Relationships

Children's Services

L.O.A.F. (Loads of Autistic Fun)

L.O.A.F. is a Saturday morning social activity and family support group for autistic children up to age 12 and their siblings and parents/carers. We deliver across the county: Bedford, Biggleswade, Leighton Buzzard and Luton. At L.O.A.F. the children can enjoy a wide range of social, educational, physical and play activities with the support of our trained staff and volunteers while their parents can have a short break.

In 2022/2023, we delivered a total of 109 L.O.A.F. sessions which supported 139 autistic children and 39 siblings. The 118 parents/carers benefited from 1436 hours of short breaks.

Wanted Fun

Our Wanted Fun evening youth groups provide social opportunities for young people aged 10-17 years with lower support needs with the opportunity to meet fortnightly during term time in the evenings at 6 locations across the county: Bedford, Kempston, Flitwick, Biggleswade, Leighton Buzzard and Luton.

During 2022/2023, we delivered a total of 113 Wanted Fun sessions, supporting 135 autistic young people and the families enjoyed 2,520 hours of short breaks.

Summer Activities

We were delighted to run 6 separate specialist schemes for autistic children and young people in Bedfordshire. Between 18th July and 5th August 2022, 3 schemes operated in Bedford and 3 in Luton. Each of our schemes is specially designed to cater for the different needs, interests, ages, and abilities of each child.

A total of 34 days of scheme were delivered, providing a variety of activities for autistic children and young people, whilst offering a short break for their families. Our Junior Activity Scheme and Holiday Clubs were delivered for 6 days, and our Summer Fun Schemes provided up to 5 days of activities. The schemes were delivered between 9.30am and 1.30/3pm.

Our Children's Services Team, in consultation with the scheme leaders, put together a fun packed programme of activities for the children. These included on site visits, as well as trips including bowling, footgolf and the Orbital trampolining park. We

supported 134 autistic children and young people, and their families enjoyed a total of 2573 hours of short breaks.

Girls Group Youth Club

The Girls' Social Group is a youth club based in Dunstable that runs for 2 hours fortnightly, for autistic girls aged 10-17. It aims to build confidence, self-esteem, support friendships and develop communication skills. Each session offers a variety of activities based on the interests of attendees, where each attendee is included in decision-making and planning, including trips in the community. A total of 20 sessions were provided for 19 girls, giving families 286 hours of respite support.

Family Farm Days

We continued to deliver unique and bespoke experiences to autistic young people aged 10-17 years who are finding mainstream education unmanageable. We delivered private sessions at Animal Edge Farm where young people could interact with animals, spend time in nature and try activities tailored to their interests to boost their wellbeing, self-esteem, and sense of community.

The farm visits provide children and families with a place where they can interact with animals, spend time in nature and try activities tailored to their interests. The project allows children and young people to engage in a variety of activities, such as feeding animals, walking goats, grooming ponies and horses, horse agility, collecting chicken eggs, cleaning animal pens, board games, arts and crafts, and painting.

We delivered 217-hour long sessions on the farm during the year, supporting 19 children. The farm visits provide children and families with a place where they can interact with animals, spend time in nature and try activities tailored to their interests.

Our Farm Project creates positive experiences within a safe, nurturing environment and allows the whole family to enjoy the experience together.

Additional Services

Our additional services continued to be as popular as ever with children and young people. These services can vary from sporting, fun, social, or creative activities across the country. Some of the additional services we provided this year included: Family Soft Play sessions, Family Swimming sessions, Free Play Gymnastics sessions, Trampolining courses, Tennis courses, Multi-sports courses, Art courses and Laser Tag.

The 92 additional activities ranged from 1 day to 6 weeks, and a total of 266 autistic children and young people, along with 144 siblings accessed 109 hours of activities.

Keyworker Function

In July 2021 Autism Bedfordshire began delivering the Keyworker Function Pilot Project across Bedfordshire, part of a national initiative in response to the NHS long-term plan for children and young people (CYP) with autism, learning disabilities or

both, who are inpatients in, or at risk of being admitted to, a mental health hospital. This service supports children and young people with the most complex needs and their families and carers to make sure families are fully involved in their plans, feel listened to, and informed with personalised plans and the support they need at the right time, in a coordinated way. The Keyworker team make sure that local systems are responsive to fully meeting the young person's needs in a joined-up way and where necessary, challenge these systems if they are failing to provide appropriate and timely support.

Key outcomes for children, young people, and families within the service:

- to feel safe and happy
- to feel listened to and informed
- to feel involved in their plans, care, and support
- to experience a reduction in stress/uncertainty and an increase in stability

The Keyworker Function has proven to be successful and continues to do so. Between April 22 to March 23 a total of 86 young people, and adults had an allocated Keyworker to support them and their families. This included 84 de-escalations, 10 escalations and 21 cases in which hospital admission was avoided.

Adults' Services

Social Activity Groups

Our Social Groups provide social opportunities to autistic adults who are looking to develop friendships within a supported and structured setting where individuals can learn social skills and gain greater self-esteem by developing an independent social life away from their family unit. Group members are encouraged and enabled to decide, plan, and organise social activities with the support of our experienced staff team. Our evening social groups typically take advantage of the local community facilities and members will be either visiting restaurants, the cinema or other local leisure activities.

Sessions are generally supported by two members of staff and take place across Bedfordshire. Daytime groups included: bi-weekly social groups in Bedford and Luton, monthly social groups in Biggleswade and Marston Moretaine, tennis, dance, and yoga. Evening Social groups were delivered during the year in: Ampthill, Biggleswade, Luton, Leighton Buzzard, and Dunstable. Along with 2 additional groups in Bedford, one for 18-25 and another for 25 plus. During the year we provided 8,631 hours of support and delivered 411 hours of social groups,

Autism Bedfordshire launched in Milton Keynes, and we provided 10 day-groups, supporting 19 adults, and 8 evening groups, supporting 21 adults.

Adult Skills Development Courses and Workshops

Adult Services has continued to deliver skills development courses and workshops, both online and in person. The flexibility to offer both virtual and face to face courses enabled us to remain accessible and adaptable to our members' needs. Courses were delivered for 6 weeks providing attendees with the opportunity to develop relationships

and tools. Topics included 'Understanding my Autism', 'Strategies for Social Exhaustion' and 'How to be Kind to Yourself'. We also launched a brand-new relationships course for autistic adults and their partners with the aim to build better relationships and an opportunity to learn and understand each other better.

Employment Support

Our employment support service is designed for autistic adults who are looking to find paid work, volunteering, or enter into education or training. The personalised program is designed to fit around the individual's strengths, needs, and aspirations. We aim to ensure every person who enters employment support is not only closer to the job market but leaves more confident and independent. Alongside being able to offer 1-2-1 support, the team will often deliver webinars and skills courses to support those who are taking their first steps into the world of work, helping them to understand what it means to be 'work ready'.

This year, our Employment Service team supported 13 autistic people into sustainable paid employment and 3 into volunteering and training, 2 of which were successfully accepted onto university courses.

'My Future' Transitions Support

At the start of 2021 the Adult Services department launched 'My Future', a new and exciting transition support service that was designed to help young autistic adults (18-25) and their families to navigate the confusing world of adulthood.

The service was split into 3 key areas which had been identified to us through feedback from our parents/carers and autistic individuals. It was made up of: Parent Support Workshops, 1-2-1 Support for Autistic adults, and a summer program to support young autistic adults about to transition into college or university.

Over the past 12 months this provision has grown in response to the demand; we have hosted a transitions conference, held 9 parent support sessions, and delivered 5 extra programs to support young people whilst still providing 1:1 support in the community.

Support Groups

During the year, we increased the number of support group sessions because of the needs shared with us by our members and launched a Wellbeing Support Group.

We are currently running an online Female Voice group, which provides a safe space to share experiences, and explore relevant topics and resources. This is a bi-monthly group and two face-to-face meet ups. We have explored a variety of topics this year within the female voice group. We are also running a parent support group, which provides a space for autistic parents to share mutual experiences of parenting whilst providing support and resources. We have also continued the Carers support group which is aimed at those who are autistic and caring for others.

Wellbeing Support

In January 2022, we launched a Wellbeing Group as a response to the number of autistic individuals requesting wellbeing support. Many of these members wanted a safe space to share how their week/month had been and what emotions they were feeling. The wellbeing group was launched to also explore relevant topics, resources, and coping strategies with 112 total attendees. We piloted the group in January 2022, and it has had a successful attendance throughout 2022/2023.

Hear me, See me

During the summer of 2021, we initiated the Hear Me, See Me campaign, an initiative in partnership with the NHS exploring inequalities autistic adults face when accessing healthcare services. 2022 has recognised an increase in engagement compared to 2021/2022. Since launching we have held 6 professionals' workshops which have been attended by over 1000 healthcare professionals.

Benefits Support

Our benefits department in the last 12 months has supported 46 autistic adults across Bedfordshire to collectively receive £131,000 in entitlements and support. The benefits team have provided information, advice and guidance with PIP and universal credit.

Post Diagnostic Support BLMK

Our Post Diagnostic Support department was launched (February 2022) to provide support on a one-to-one basis in Bedfordshire and Milton Keynes. This support was available to individuals who have had a recent diagnosis and are wanting to understand their diagnosis further or are wanting to discuss specific difficulties and looking for support and strategies. Over the year 21 adults received support for more than 95 appointments that were attended.

AUTISM HERTFORDSHIRE

Autism Hertfordshire, delivered by Autism Bedfordshire, provides both pre- and post-diagnostic support to adults with autism and their carers through a range of interventions including: group work, skills training, and development, and also one to one support. We recognise that receiving the right support at the right time is crucial to achieving better outcomes in the longer term.

Helplines

Our telephone helpline is open 9am - 5pm, Monday to Friday for information, advice, and guidance on all aspects of Autistic Spectrum Conditions and associated problems. We provide advice and support to autistic individuals, parents, carers, partners, and professionals. Over the year we have taken 657 helpline calls which has amounted to 285 hours of support given.

Support Groups

Autism Hertfordshire offered a variety of support groups that are for both autistic people and their parent/carers. All groups are supported and coordinated by specialist trained staff. These groups were attended by over 60 of our members, and included a monthly wellbeing group, a monthly Peer Support for Newly Diagnosed support group, a bi-monthly Autistic Carer support group, a monthly Female Voice group, a Carers Support 25 plus group, and a Transitions Carers Support group.

Post Diagnostic Support

There are various types of support someone might want to explore after getting a diagnosis. Adults may need to approach/and or be supported to approach professionals and local services for this support. Those who access this service will be offered up to eight 1:1 sessions either online or in-person with a member of staff from Autism Hertfordshire.

Transitions Support

Our Transitions support service is designed to support young autistic adults over the age of 16+ as they take their first steps into the adult world whilst also offering their parents or carers a monthly workshop that helps them understand how to navigate the adult world of health and social care.

A total of 45 members have accessed the specialist skills development courses during school holidays and term time and a bi-weekly social group; both activities are focused on giving the young person every opportunity to learn and develop the skills needed in the adult world.

Skills Development Courses and Workshops

The main aim of this service is to create an inclusive environment for all adults to feel safe to share any personal experiences away from any judgement. We pride ourselves on having a person-centred approach with our members when developing our courses and workshops. The feedback we have from our members over the 1149 hours of attendance helps us to facilitate new courses and workshops, specifically tailored to support autistic adults in a neurotypical world.

Carers Support

Carers can attend groups as and when it is convenient for them. We delivered 12 sessions supporting 72 carers and bespoke transitions Carers Support 10 sessions supporting 25 carers.

AUTISM TRAINING

We offer a diverse range of face to face and virtual training to all practitioners, health and social care services, schools, employers, and community groups, to develop a deeper understanding of autism across Bedfordshire, neighbouring counties and

beyond. Where possible our training is delivered in partnership with autistic guest speakers.

- Autism & Demand Avoidance
- Autism, Women, & Girls
- Autism & Sensory Processing
- Autism & Behaviour
- Autism & Mental Health
- 5 Week Parent Carer Training Workshop
The First Steps to Supporting an Autistic Individual

During the year we trained 1,526 delegates attending 113 courses and events. Delegates came from the public, private, and voluntary sector and included parents/carers and practitioners from education and health services. 32 of these courses were paid per place and 60 were commissioned by organisations for their staff. 21 sessions were commissioned internally. We also delivered an e-learning course for Central Bedfordshire Council.

Both face-to-face and online training was made available; online delivery continued to prove popular with delegates and attracted attendees who found it difficult to reach a physical training venue. 92% of delegates responded they would recommend the courses to others.

Parent Support, Conferences and Events

Annual General Meeting (A.G.M.) 2022

On Wednesday 19th October 2022, we held our AGM which was presented in person and via zoom to make the meeting accessible to all. This was attended by members, professionals, Autism Bedfordshire staff and trustees. Our guest speaker was Shiloh Hopkins who presented "Autistic Me".

Parent Training: Workshops

Over the year we offered several online workshops. We delivered 12 training workshops for parents/carers, these included 'First Steps to Supporting a Child with Autism Spectrum Conditions' for parents of newly diagnosed or undiagnosed children, along with a further 11 courses including two sets of 5 week coursed, sessions covering Anxiety, Behaviour, Demand Avoidance, Sensory Processing, and Women, Girls, and Autism. We offered morning and evening sessions where possible to allow as many parents/carers as possible to attend. In total, 179 parents/carers benefited from attending the training sessions. All parents said they had gained greater understanding about autism and that they had learnt new skills/strategies to manage and cope with their child's autism.

Conference

Each year, we gather feedback about what talks and workshops delivered were most useful, and what parents/ carers would like to see next. A member-led approach ensures we as a charity are listening and responding to family's needs.

Across January and February 2023, we delivered our third virtual conference, and this involved delivering talks and workshops over 5 days where parents/ carers could choose to join, as and when topics related to them and their family.

- SEND Legal Advice
- Autism & Demand Avoidance
- Autism Advocate & Public Speaker
- Benefits of Exercise
- Local Support Talks
- Sensory Processing
- ASC Assessments
- Mental Health Social Subscribing
- EOTAS info
- Mindfulness & Wellbeing

In total 154 parents and carers attended (62 from Bedford Borough, 53 from Central Bedfordshire, 34 from Luton Borough, 6 from Northamptonshire and Cambridgeshire).

Luton VCS Short Breaks Consortium

Autism Bedfordshire acts as the Lead Body for the Consortium of Voluntary and Community Service short break providers for children and young people in Luton, with an Operations Manager overseeing the management and administration of the Consortium. The Consortium is funded by Luton's Community Investment Fund which is managed by Bedfordshire and Luton Community Foundation as part of the Luton Airport Limited (LLAL) Community Investment Fund (now known as Luton Rising).

Following the disruption of the previous year owing to the pandemic, 2021/22 was a successful year for the Consortium with its members helping over 350 children and young people from Luton. 275 were children and young people (aged 0-25) with disabilities and 79 were siblings. Consortium members organised over 750 short break sessions which provided parents and carers in Luton with over 28,500 short break hours.

The 54 different clubs and activities provided included after-school clubs, weekend clubs, holiday playschemes, and outings. During the year there were again six members of the Consortium:

- Autism Bedfordshire
- Centre for Youth and Community Development (CYCD)
- CHUMS
- Families United Network (FUN)
- Friends of Bright Eyes (FOBE)
- Special Needs Out of School Club (SNOOSC)

Grants, Donations and Fundraising

Grants

Autism Bedfordshire would like to acknowledge and thank the below Trusts and Foundations for their generous grant awards received in 2022/2023:

Bedfordshire & Luton Community Foundation Stability Fund	£10,000
Harpur Trust Covid-19 Fund	£5,000
BBC Children In Need and Youth Futures Foundation – Inspiring Futures	£17,000
Baily Thomas Charitable Fund	£15,000
Beatrice Laing Foundation	£30,000
Mark Benevolent Fund	£30,000
Bedfordshire & Luton Comm Fund - GVC Fund	£7,772
The Clothworkers' Foundation	£44,000
Gale Family Foundation	£30,000

Donations and Fundraising

As we recover from the initial impact of the pandemic on community and corporate fundraising, we have successfully raised and received through training, fundraising, and donations, £72,904.51.

Future Plans and Strategy

We reflected on the learnings from delivering services differently through the pandemic and how this increased access to our support in many ways. Continuing to offer a hybrid model will enable Autism Bedfordshire to continue to grow and increase our reach across the age groups, across the spectrum and Bedfordshire, Hertfordshire, and Milton Keynes. We will hold a number of consultation events/questionnaires in 2023 and early 2024 with all stakeholders to seek to pilot a suite of services across Milton Keynes and open our first Supported Living house, providing accommodation for 3 autistic adults.

Future Plans 2023/2024:

1. **Support at Home and Supported Living:** launch 2023/2024
2. **Training:** increase the number of trainers, online offer and consultancy for parents and practitioners
3. **Funding:** increase income across a mixed funding model
4. **Local authority and Health partnerships:** secure for all services to keep pace with the need
5. **Quality and reach:** develop our quality standard, expertise, and reach
6. **Staff and Volunteers:** increase retention, performance, and satisfaction
7. **Opportunities:** remain agile to respond to new need/opportunities

The senior management team at Autism Bedfordshire is highly driven and committed to the plans/vision that Autism Bedfordshire needs to grow in a sustainable way, so

that we can meet the needs of our autistic community, now and in the future. We again remain secure in the knowledge that the social enterprise models highlighted will require detailed economic planning, based on their individual sets of business plans – the developments of these models will require careful risk management to mitigate risks to our existing core services.

Across the charity, we are privileged to have a substantial amount of skills, experience, and proficiency to manage and progress Autism Bedfordshire. We hold the data, understanding, adherence, and initiative to cautiously and effectively manage the changes set out in our plans. The board of Trustees are insistent on having regular and rigorous reporting structures in place monthly and specialised areas of finance, funding and operations quarterly led by Trustees, where they provide leadership, scrutiny, and support.

Reserves Policy

The reserves policy of the Management Committee of Autism Bedfordshire is to have available unrestricted reserves of 20% of the annual expenditure. This year's expenditure of £1,752,211 includes the purchase of our first Supported Living house. Excluding that sum our reserves represent about 20% of expenditure. The Board of Trustees is therefore confident that Autism Bedfordshire has sufficient funds available to meet foreseeable demands.

Risk Management

The Board of Trustees and Senior Management Team, recognise the charity's duties regarding the management of risk, and this is highlighted, reported on, and discussed at monthly board meetings. Additionally, we have a financial risk audit committee who assess, identify, and reduce the major risks to which the charity is vulnerable. We are committed to updating our business continuity plans and strategic Risk Management Matrix (risk probability, area, and impact) that we use to monitor and evaluate we establish protocols to mollify and govern them, including the following areas:

- Mission/objectives
- Law and regulation
- Governance and management
- External, environmental, and operational factors
- Human resources
- Technological
- Financial
- Funds and fundraising
- Fraud

Responsibilities of the Management Committee

Our processes are driven by the committal to our constitution as a member-led charity, whereby members elect the charity's Trustees (also referred to as the Board of Directors in company law) for up to twelve members. The Charity Commission guidance and our Constitution and Articles of Memorandum note that 50% of trustees should be directly affected by the condition of which the charity supports. Trustees

who hold office for three years, may also stand for re-election at Autism Bedfordshire's Annual General Meeting. Throughout the year the Board of Trustees may recruit for vacancies, using the Trustee Recruitment Toolkit, and appoint them. However, Trustees appointed through that process may only hold office until the next Annual General Meeting (A.G.M) through which they will be eligible for re-election – alternatively they will be appointed at a General Meeting of the Company. The Board of Trustees must assign the roles of Chair, Finance Director, and Company Secretary.

Company law requires the Management Committee to prepare financial statements for each financial year which give a true and fair view of the state of the affairs of the charitable company as at the balance sheet date, and of its incoming resources and application of resources, including income and expenditure, for the financial year. In preparing those financial statements, the Management Committee should follow best practice and:

- select suitable accounting policies and then apply them consistently.
- make judgements and estimates that are reasonable and prudent.
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the financial statements; and
- prepare the financial statements on an ongoing concern basis unless it is inappropriate to assume that the company will continue on that basis.

The Management Committee is responsible for maintaining proper accounting records, which disclose with reasonable accuracy, at any time, the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act. The Management Committee is 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.

Members of the Management Committee

Members of the Management Committee, who are directors for the purpose of company law and Trustees for the purpose of charity law, who served during the year and up to the date of this report are set out on page 1. Only those that have passed their probationary period of six months, have a suitable DBS disclosure and two satisfactory references are listed. Members of the charitable company guarantee to contribute an amount not exceeding £1 to the assets of the charitable company in the event of winding up. The total number of such guarantees as of 31st March 2023 was seven.

Public Benefit Statement

The Trustees have complied with their duty to have due regard to the guidance on public benefit published by the Charity Commission in exercising their powers or duties.

Senior Statutory Auditor

David. A. Cox BA F.C.C.A F.C.A of Cox & Co (Accountancy) Limited, The Granary High Street Turvey, Beds MK43 8DB

Autism Bedfordshire

This report has been prepared in accordance with the Statement of Recommended Practice – Accounting and Reporting by Charities and in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

Approved by the Management Committee and signed on its behalf by:

Lauraine Montgomery

Chair, Autism Bedfordshire: Lauraine Montgomery

Date: 30/10/2023

Independent Auditors Report to the Trustees of Autism Bedfordshire

Opinion

We have audited the financial statements of Autism Bedfordshire (the 'charitable company') for the year ended 31st March 2023 which comprise the Statement of Financial Activities, the Balance Sheet and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31st March 2023 and of its incoming resources and application of resources, including its result, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters where the Charities (Accounts and Reports) Regulations 2008 requires us to report to you if, in our opinion:

- the information given in the Report of the Trustees is inconsistent in any material respect with the financial statements; or
- the charitable company has not kept adequate accounting records; or
- the financial statements are not in agreement with the accounting records and returns; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Our responsibilities for the audit of the financial statements

We have been appointed as auditors under Section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be

expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

- Enquiry of management around actual and potential litigation and claims;
- Performing audit work over the risk of management override of controls, including testing of journal entries and other adjustments for appropriateness, evaluating the business rationale of significant transactions outside the normal course of business and reviewing accounting estimates for bias;
- Reviewing financial statement disclosures and testing to supporting information to assess compliance with applicable laws and regulations.

Because of the inherent limitations on audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website:

www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Auditors.

Use of our report

This report is made solely to the charitable company's trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charitable company's trustees those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's trustees as a body, for our audit work, for this report, or for the opinions we have formed.

Signed by David A. Cox

Date:19/11/2023

David A. Cox BA F.C.C.A F.C.A

Senior Statutory Auditor

For and on behalf of Cox & Co. (Accountancy) Limited

Eligible to act as an auditor in terms of Section 1212 of the Companies Act 2006

The Granary, High Street, Turvey, Bedford, Bedfordshire MK43 8DB

Autism Bedfordshire

Statement of Financial Activities (including Income and Expenditure account) For the year ended 31st March 2023

		2023			2022		
	Notes	Unrestricted £	Restricted £	Total £	Unrestricted £	Restricted £	Total £
Incoming resources							
Donations and legacies							
Donations (including Gift Aid)		21,566	-	21,566	37,310	1,371	38,681
Membership Subscriptions		5,023	-	5,023	6,210	-	6,210
		26,589	-	26,589	43,520	1,371	44,891
Other trading activities							
Fundraising and Autism Training		50,741	-	50,741	35,227	-	35,227
Charity Shop	2	118,321	92,921	211,242	95,390	70,039	165,429
		169,062	92,921	261,983	130,617	70,039	200,656
Income from investments							
		6,788	-	6,788	101	-	101
Income from charitable activities							
Grants	3	32,617	1,723,700	1,756,317	33,800	967,797	1,001,597
Fees from Children, Young People & Family Service		42,716	-	42,716	26,634	-	26,634
Fees from Adult Services		9,313	-	9,313	2,161	-	2,161
Fees from Parent Training		1,415	-	1,415	1,395	-	1,395
		86,061	1,723,700	1,809,761	63,990	967,797	1,031,787
Total income		288,500	1,816,621	2,105,121	238,228	1,039,207	1,277,435
Resources expended							
Expenditure on raising funds							
Autism Training		-	43,742	43,742	-	13,945	13,945
Fundraising		-	10,417	10,417	258	9,483	9,741
Charity Shop	2	30,062	92,921	122,983	59,481	70,039	129,520
		30,062	147,080	177,142	59,739	93,467	153,206
Expenditure on charitable activities							
Children, Young People & Family Service		-	419,415	419,415	-	305,930	305,930
Adult Services		-	251,657	251,657	-	144,515	144,515
Parent Training		-	6,960	6,960	-	11,071	11,071
Supported Living		-	96,953	96,953	-	24,604	24,604
Key Worker Project		-	371,319	371,319	-	-	-
New Projects		-	166,493	166,493	-	351,430	351,430
Support Activities		-	33,853	33,853	-	26,577	26,577
Hertfordshire Services		-	193,555	193,555	-	76,242	76,242
Management and Administration		2,524	32,340	34,864	29,544	4,000	33,544
		2,524	1,572,545	1,575,069	29,544	944,369	973,913
Total expenditure	4	32,586	1,719,625	1,752,211	89,283	1,037,836	1,127,119
Net income/(expenditure) and net movement							
in funds in the year		255,914	96,996	352,910	148,945	1,371	150,316
Transfers between funds		456	(456)	-	1,308	(1,308)	-
Net movement in funds		256,370	96,540	352,910	150,253	63	150,316
Reconciliation of funds							
Total funds brought forward		384,691	2,034	386,725	234,438	1,971	236,409
Total funds carried forward		641,061	98,574	739,635	384,691	2,034	386,725

Autism Bedfordshire

Balance Sheet As at 31 March 2023

	Notes	£	2023 £	£	2022 £
Fixed assets	10		395,557		22,324
Current assets					
Debtors	11	165,081		90,033	
Cash at bank	16	<u>1,288,577</u>		<u>996,021</u>	
		<u>1,453,658</u>		<u>1,086,054</u>	
Current liabilities					
Deferred income	12	801,549		663,833	
Bank Loan	12	9,000		0	
Other creditors and accruals	12	<u>75,531</u>		<u>57,820</u>	
		<u>886,080</u>		<u>721,653</u>	
Net current assets			567,578		364,401
Creditors: Due after more than one year					
Bank Loan			(223,500)		-
Net assets			<u>739,635</u>		<u>386,725</u>
Reserves					
Unrestricted funds			206,691		190,321
Designated Funds - Supported Living			434,370		194,370
Restricted funds			98,574		2,034
Total funds	14		<u>739,635</u>		<u>386,725</u>

The trustees acknowledge their responsibility for:

- Ensuring that the charitable company keeps accounting records which comply with section 386 and 387 of the Companies Act 2006 and
- Preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies and with Financial Reporting Standards FRS 102 (effective January 2015).

Approved by the Trustees on 30/10/2023 and signed on behalf by:

Lauraine Montgomery
Chair, Autism Bedfordshire

Lauraine Montgomery

Autism Bedfordshire

Statement of cash flows For the Year Ended 31st March 2023

	2023 £	2022 £
Cash flows from operating activities:		
Net cash provided by (used in) operating activities	<u>440,146</u>	<u>513,056</u>
Cash flows from investing activities:		
Purchase of fixed assets	(380,090)	(16,746)
Net cash used in investing activities:	<u>(380,090)</u>	<u>(16,746)</u>
Cash flows from financing activities		
Bank Loan	<u>232,500</u>	<u>0</u>
Change in cash and cash equivalents in the year	292,556	496,310
Cash and cash equivalents at the beginning of the year	996,021	499,711
Cash and cash equivalents at the end of the year	<u>1,288,577</u>	<u>996,021</u>

Reconciliation of net income to net cash flow from operating activities For the Year Ended 31st March 2023

	2023 £	2022 £
Net income for the year	352,910	150,316
Adjustments for:		
Depreciation	6,857	5,412
Decrease (Increase) in debtors	(75,048)	42,297
Increase in creditors	155,427	315,031
Net cash provided by operating activities	<u>440,146</u>	<u>513,056</u>

Analysis of cash and cash equivalents As at 31st March 2023

	2023 £	2022 £
Cash at bank and in hand	<u>1,288,577</u>	<u>996,021</u>

Accounting policies

a) Basis of preparation

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 1st 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..

b) Preparation of the accounts on a going concern basis

The Management Committee have reviewed the forecasts for Autism Bedfordshire for the remainder of the 2023-24 financial year, and are content that the charitable company will be able to meet its liabilities as they fall due. Accordingly, these accounts have been prepared on a going concern basis.

c) Voluntary income

Voluntary income received by way of donations and gifts is included in full in the statement of Financial Activities when receivable. The value of services provided by volunteers has not been included.

d) Grants

Grants, including grants for the purchase of fixed assets, are recognised in full in the Statement of Financial Activities in the year which they are receivable.

e) Resources expended

Resources expended are recognised in the period in which they incurred. Resources expended include attributable VAT, which cannot be recovered.

f) Allocation of support costs

Costs are allocated to the particular activity where the cost directly relates to that activity. However, the cost of overall direction and administration on each activity, comprising the salary and overhead costs on the central function, is apportioned according to the percentage of staff time and resources estimated to have been spent/attributed to each activity.

g) Tangible Fixed Assets

Depreciation is provided at rates calculated to write off the cost of each asset over its expected useful life, which in all cases is estimated at 5 years. Items of equipment are capitalised where the purchase price exceeds £500.

h) Unrestricted and Restricted Funds

Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose and are available as general funds. Restricted Funds are to be used for the specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund, together with a fair allocation of management and support costs.

i) Financial instruments

The charity 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 amortised cost using the effective interest method. However, all the financial instruments are payable or receivable within one year and are therefore measured at the undiscounted amount of the cash expected to be paid or received.

j) Donations

The Charity benefits greatly from the involvement and dedicated support of its many volunteers, details of which are given in the annual report. In accordance with FRS 102 and the Charities SORP (FRS 102), the economic contribution of general volunteers is not recognised in the accounts.

Autism Bedfordshire

Notes forming part of the financial statements for the year ended 31st March 2023 (cont.)

2 - Charity Shop Activity

	2023	2022
Income		
Income generated through shop sales	115,606	72,770
Donations	948	1,305
Gift Aid	293	3
Grants	92,921	90,772
Other	1,475	579
Total Income	211,242	165,429
Expenditure		
Salaries and Overheads	122,983	129,520
Total Expenditure	122,983	129,520
Surplus / (Deficit)	88,259	35,909

3 - Grants and Contracts

	Unrestricted £	Restricted £	2023 Total £	2022 Total £
Central Government/Local Authority Grants	5,000	425,646	430,646	343,641
Grant Making Trusts and Foundations	27,617	1,390,975	1,418,592	748,728
	32,617	1,816,621	1,849,238	1,092,369
Included in the Statement of Financial Activities:				
Charity Shop Grants	-	92,921	92,921	90,772
Other Grants	32,617	1,723,700	1,756,317	1,001,597
	32,617	1,816,621	1,849,238	1,092,369

4 – Resources Expended

	Staff costs £	Direct costs £	Indirect costs £	Depreciation £	Total £
Fundraising, Consultation and Autism Awareness	-	1,041	9,376	-	10,417
Charity Shop	66,713	550	55,571	149	122,983
Children, Young People & Family Service	248,469	101,905	67,236	1,805	419,415
Adult Services	197,937	24,636	27,880	1,204	251,657
Supported Living	-	24,089	72,864	-	96,953
Autism and Parent Training	41,608	4,404	4,446	244	50,702
Key Worker Project	326,697	12,468	30,364	1,790	371,319
New Projects	8,762	143,989	12,977	765	166,493
Support Services	28,266	-	5,424	163	33,853
Hertfordshire Services	173,762	6,562	12,494	737	193,555
Management and Administration	34,860	-	4	-	34,864
	1,127,074	319,644	298,636	6,857	1,752,211

Staff costs for the year include £1,092,215 (2022: £687,740) incurred as direct costs of providing services in line with the charity's objects. Management and Administration costs include £24,655 (2022: £7,111) for managing the Luton VCS Consortium of Short Break Providers

Notes forming part of the financial statements for the year ended 31st March 2023 (cont.)

5 – Summary analysis of expenditure and related income for charitable activities

	Children Young People & Family Services £	Adult Services & Supported Living £	Autism & Parent Training £	Hertfordshire Services £	Keyworker Project £	Support Activities & New Projects £	Total £
Costs	(419,414)	(348,610)	(50,701)	(193,555)	(371,319)	(200,346)	(1,583,945)
Grants received (restricted)	321,752	450,944	51,081	194,699	471,096	234,128	1,723,700
Net cost funded from other income	(97,662)	102,334	380	1,144	99,777	33,782	139,755

6 – Net incoming resources for the year

	2023	2022
This is stated after charging:	£	£
Audit Fee	6,000	4,200
Depreciation	6,857	5,412

7 – Trustee remuneration and the cost of key management personnel

The key management personnel of the Charity are the Chief Executive Officer, Chief Operating Officer, Adults' Services Director and the Children's Services Manager and Keyworker Operational Lead. Their employee benefits total £329,344 (2022: £178,917)

8 – Staff Numbers

The average monthly headcount was 99 staff (2022: 83 Staff)

9 – Taxation

The Charitable company is exempt from corporation tax on its charitable activities

10 – Tangible Fixed Assets

	Freehold Property £	Equipment £	Total £
Cost			
As at 1st April 2022	-	74,520	74,520
Additions	377,324		380,090
Disposals	-	-	-
As at 31st March 2023	377,324	77,286	454,610
Depreciation			
As at 1st April 2022	-	52,196	52,196
Additions	-	6,857	6,857
Disposals	-	-	-
As at 31st March 2023	-	59,053	59,053
Net book Value			
As at 31st March 2023	377,324	18,233	395,557
As at 1st April 2022	-	22,324	22,324

11 – Debtors

	31.3.23	31.3.22
Accrued income receivable	1,354	24,222
Other debtors and prepayments	163,727	65,811
	165,081	90,033

12 – Creditors: amounts falling due within one year

	31.3.23	31.3.22
Deferred Income	801,549	663,833
Other creditors and accruals	75,531	57,820
Bank Loan	9,000	
	886,080	721,653

The deferred income amount of £801,549 includes the following:

£214,362: 7 grants awarded for periods that overlap 2022/23 and 2023/24 financial years and the remaining service delivery is scheduled for April 2023 - March 2024

£3,514: Prepayments for Autism Awareness Training courses where either the delivery date has either been postponed to after the 31st of March 2023 or that the payment has been made prior to delivery date 01/04/23 - 31/03/24 to secure their place.

£4,129: represents session fees for LOAF and Wanted Fun spring and summer terms and deposits and payments for the July and August 2022 Summer Activity Schemes

£243,205: NHS / CCG Grants awarded for periods that overlap the 2022-23 and 2023-24 financial years and the remaining service delivery is scheduled from April 2023 - March 2024

£243,205: Represents grants restricted for supported living delayed project expenditure until 2022-24

13 – Creditors: amounts falling due after more than one year

	31.3.23	31.3.22
Bank Loan	223,500	
	<u>223,500</u>	-

Notes forming part of the financial statements for the year ended 31st March 2023 (cont.)

14 – Analysis of net assets held by funds

	Fixed Assets	Cash	Other net assets	Total
	£	£	£	£
Restricted funds				
Summer Activities	-	2,825	(2,825)	-
LOAF	160	125	-	285
Wanted Fun	46	14,280	(13,099)	1,227
Personalised Support	-	39,754	(39,754)	-
Key Worker Project	-	171,441	(74,444)	96,997
Adult Skills Project	-	8,000	(8,000)	-
Adult Social Groups	-	900	(900)	-
Campaigns Project	-	48,890	(48,890)	-
Adult Employment Support	-	65	-	65
Beds Adult NHS Post Diagnostic	-	10,000	(10,000)	-
Hertfordshire Services	-	136,777	(136,777)	-
Adults Supported Living	-	336,338	(336,338)	-
Autism Awareness Training	-	5,522	(5,522)	-
Diabetes Awareness	-	75,000	(75,000)	-
Oliver McGowen Training	-	50,000	(50,000)	-
LLAL Consortium	-	-	-	-
Total Restricted funds	<u>206</u>	<u>899,917</u>	<u>(801,549)</u>	<u>98,574</u>
Unrestricted funds				
General fund	18,027	331,614	(142,950)	206,691
Designated Supported Living	377,324	57,046		434,370
Total Unrestricted funds	<u>395,351</u>	<u>388,660</u>	<u>(142,950)</u>	<u>641,061</u>
Total funds	<u>395,557</u>	<u>1,288,577</u>	<u>(944,499)</u>	<u>739,635</u>

15 – Movements in funds

	Balance at 01-Apr-22 £	Movement in period			Balance at 31-Mar-23 £
		Incoming Resources £	Outgoing Resources £	Transfers £	
Restricted funds					
Adult and Child Helplines	-	34,107	(34,107)	-	-
Summer Activities	-	120,822	(120,822)	-	-
LOAF	601	77,919	(77,919)	(316)	285
Wanted Fun	1,368	84,988	(84,989)	(140)	1,227
Skills 4 Success Project	-	16,599	(16,599)	-	-
Extended Services and Trips	-	21,423	(21,423)	-	-
Personalised Support	-	100,465	(100,465)	-	-
Key Worker Project	-	471,096	(374,099)	-	96,997
Adult Skills Project	-	38,942	(38,942)	-	-
Adult Social Groups	-	51,978	(51,978)	-	-
My Futures Project	-	9,300	(9,300)	-	-
Campaigns Project	-	60,355	(60,355)	-	-
Benefits Officer	-	13,200	(13,200)	-	-
Adult Employment Support	65	33,251	(33,251)	-	65
Beds Adult NHS Post Diagnostic	-	46,500	(46,500)	-	-
Hertfordshire Services	-	194,699	(194,699)	-	-
Adults Supported Living	-	96,953	(96,953)	-	-
Parent Training	-	7,012	(7,012)	-	-
Autism Awareness Training	-	44,069	(44,069)	-	-
Charity Shop	-	92,922	(92,922)	-	-
Capital and Training	-	167,681	(167,681)	-	-
LLAL Consortium	-	32,340	(32,340)	-	-
Total Restricted funds	2,034	1,816,621	(1,719,625)	(456)	98,574
Unrestricted funds					
General fund	190,321	288,500	(32,586)	(239,544)	206,691
Designated Supported Living	194,370	-	-	240,000	434,370
Total Unrestricted funds	384,691	288,500	(32,586)	456	641,061
Total Funds	386,725	2,105,121	(1,752,211)	-	739,635

16 – Financial instruments

The financial instruments held by the charity are as follows

	31.03.23 £	31.03.22 £
Debtors, other than prepayments	134,793	38,588
Cash at bank	1,288,577	996,021
Creditors and amounts due within one year	886,080	721,653