

Thinking Autism CIO

England & Wales · Charity number 1113628

Details

Other names	THINKING AUTISM LTD, TREATING AUTISM
Status	Registered
Legal form	CIO
Registered	2006-04-06
Register	View on the Charity Commission register

Contact

Address	International House 109-111 Fulham Palace Road London W6 8JA
Phone	07518131697
Email	mail@thinkingautism.org.uk
Website	www.thinkingautism.org.uk

Activities

Objects: THE RELIEF OF PEOPLE WITH AUTISM OR OTHER DEVELOPMENTAL DISORDERS PARTICULARLY BY PROMOTING OR ASSISTING IN THE PROMOTION OF EDUCATION AND RESEARCH INTO BIO-MEDICAL TREATMENTS AND PUBLISHING THE RESULTS THEREOF.

Activities: Raising awareness amongst parents, carers, professionals and adults with autism of the medical issues commonly associated with a diagnosis of autism spectrum disorder. We believe many children and adults with autism are medically ill and when these needs are properly assessed and appropriately treated these individuals can and do improve in health, behaviour and quality of life.

Classification

- **How:** Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, People With Disabilities, Other Defined Groups, The General Public/mankind

Geography

- **Area of benefit:** NATIONAL
- Scotland
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£12,825	£32,820	-	-
2024-03-31	£31,137	£47,040	-	-
2023-03-31	£16,716	£26,519	-	-
2022-03-31	£14,664	£29,957	-	-
2021-03-31	£43,726	£51,782	-	-

Trustees

Name	Role	Appointed
ANITA ANN KUGELSTADT	Chair	
JOANNE ELISABETH ALLMAN		2011-06-09
KAREN JULIE CHARMAN		
Professor Jane Margaret Wills		2025-11-21
Suzanne Mary Partridge		2017-04-01

Thinking Autism CIO

England & Wales - Charity number 1113628

Accounts

Charity Registration Number: 1113628

THINKING AUTISM
A Charitable Incorporated Organisation (CIO)

TRUSTEES' ANNUAL REPORT AND
FINANCIAL STATEMENTS

For The Year Ended
31 March 2025

THINKING AUTISM CIO

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THINKING AUTISM CIO

MEMBERS OF THE BOARD AND PROFESSIONAL ADVISORS

Registered Charity Name	Thinking Autism CIO
Charity Number	1113628
Registered Office	International House 24 Holburn Viaduct London EC1A 2BN
Trustees	Karen Julie Charman Anita Ann Kugelstadt Joanne Elisabeth Allman Suzanne Mary Partridge Professor Jane Margaret Wills (appointed 21/11/2025)
Independent Examiners	Community Accounting Lancashire C.I.C. Foxfields 9 Norley Close Chadderton Oldham Lancashire OL1 2RA
Bankers	Unity Trust Bank 9 Brindley Place Birmingham B1 2HB

THINKING AUTISM CIO
TRUSTEES ANNUAL REPORT

TRUSTEES ANNUAL REPORT 1 APRIL 2024 to 31 MARCH 2025

Thinking Autism CIO, a Charitable Incorporated Organisation
(registered charity number: 1113628).
Thinking Autism, International House, 109-111 Fulham Palace Road, London W6 8JA
Website: www.thinkingautism.org.uk
Email: mail@thinkingautism.org.uk

During this reporting period, the volunteers and employee of Thinking Autism continued to provide support and information to thousands of Autism families across the UK and world, utilising live online events, social media, free publications and person-to-person conversations on social media platforms.

EVENTS

In this reporting year, our charity undertook only one live social media event detailed below.
March 2025: The Oura Ring and ASD: Helping Parents with Data for Tracking Information and Decision-Making.

This event brings our total available free webinars to 49. Members can access them any time. We also provided our members with information about other online events, both free and paid, including conferences in the United Kingdom, United States, Canada and Europe. We planned a live Parent2Parent weekend event in October, but it had to be postponed due to logistical reasons.

PUBLICATIONS

We updated some of our printed resources, including our membership health care resource list, and had more copies printed to share with professionals and families. We also started a major update of our website to reflect our ongoing and upcoming advocacy work.

ADVOCACY

Our advocacy work in this reporting period focused on collaboration with a group of medical doctors and researchers. With their help, we have made a legal challenge against the long wait lists for autism diagnosis, as well as challenging local authority frameworks and recommendations that we believe discriminate against young children with possible autism and their families. We are awaiting further information on the outcomes before we publish what we have done.

Through these ongoing collaborative efforts, we are also trying to get the authorities to update the NICE guidelines to reflect more current research about medical comorbidities in ASD. As part of that effort, we have reached out to collaborate with experts and autism families in the UK with the goal of a larger advocacy campaign and new publications to accompany that campaign.

FOUNDATIONAL ACTIVITIES

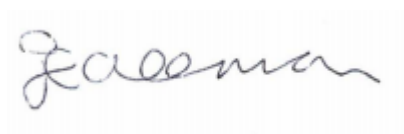
We continued to maintain our very active Facebook accounts, Twitter account, and website. The website receives more than 6500 distinct engagements each month. Our Facebook groups in particular allow isolated families to offer support to one another emotionally, socially and with information, and in total have more than 10,000 engagements per month. We signpost our followers to current research, autism events and other supportive organisations/charities. We responded to many journalist enquiries.

We remained highly responsive to the email and direct messages we receive on a daily basis, providing personalised support and information to anyone who contacts us.

As we have always done, we offered free membership to any who could not afford the cost of membership at €15 a year. We maintained our relationship with businesses and organisations who offer discounts to our members, saving our members thousands of pounds each year. During this reporting period, we gained 9 new members.

We continued our fundraising activities.

Signed on behalf of the board of Thinking Autism by

A handwritten signature in blue ink, appearing to read 'Joanne Allman', is written over a light blue rectangular background.

Joanne Allman, Trustee and Treasurer

1 December 2025

THINKING AUTISM CIO

REPORT TO THE MEMBERS ON THE UNAUDITED FINANCIAL STATEMENTS OF THINKING AUTISM CIO

FOR THE YEAR ENDED 31 MARCH 2025

I report on the accounts for the year ended 31 March 2025 as set out on pages 6 to 8.

Respective Responsibilities of Trustees and Examiner

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

The charity's trustees consider an audit is not required for this year under section 144 of the 2011 Act, and that an independent examination is needed.

It is my responsibility as independent examiner to:

- ~ examine the accounts under section 145 of the 2011 Act
- ~ follow the applicable Directions given by the Charity Commissioners under section 145(5)(b) of the 2011 Act, and
- ~ to state whether particular matters have come to my attention

Basis of Independent Examiners Report

My examination was carried out in accordance with the Directions given by the Charity commission.

An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters.

The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the accounts.

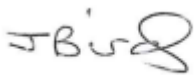
Independent Examiners Statement

I have completed my examination for the year ended 31 March 2025.

I can confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- ~ accounting records were not kept in accordance with section 130 of the 2011 Act or
- ~ the accounts do not accord with the accounting records to comply with the accounting requirements of the 2011 Act

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.



12th January 2026

Miss Jacqueline Bird F.M.A.A.T.

Community Accounting Lancashire C.I.C.

Foxfields

9 Norley Close

Chadderton

Oldham

OL1 2RA

THINKING AUTISM CIO

RECEIPTS AND PAYMENTS ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2025

		Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total Funds 2025 £	Total Funds 2024 £
	Notes				
RECEIPTS					
Grants	2	-	-	-	-
Membership Fees		4,070	-	4,070	4,815
Donations		7,088	-	7,088	8,372
London Conference		-	-	-	16,650
Roadshows		-	-	-	-
Merchandise Sales		-	-	-	625
Refunds		-	-	-	-
Interest Received		1,667	-	1,667	675
Sundry Income		-	-	-	-
TOTAL RECEIPTS		12,825	-	12,825	31,137
PAYMENTS					
London Conference		-	-	-	20,595
Roadshows		-	-	-	-
Salaries Costs		22,792	-	22,792	19,873
Training		-	-	-	96
Consultancy & Advice		6,754	-	6,754	2,400
Marketing		350	-	350	-
Research		-	-	-	17
Gifts		-	-	-	100
Donations		-	-	-	-
Just Giving Fees		-	-	-	-
Membership Packs		-	-	-	-
Membership Fee Refunds		-	-	-	380
Merchandise		-	-	-	261
IT Equipment (Laptop)		-	-	-	449
Website & Software Costs		283	-	283	271
Mail Forwarding		102	-	102	90
Printing & Stationery		311	-	311	-
Postage & Courier Costs		4	-	4	-
Travel Costs		-	-	-	-
Storage		724	-	724	626
Insurance		538	-	538	552
Accountancy Fees		495	-	495	615
Payroll Costs		244	-	244	214
Bank & Paypal Charges		223	-	223	501
Sundries		-	-	-	-
TOTAL PAYMENTS		32,820	-	32,820	47,040
Net of receipts/(payments)		(19,995)	-	(19,995)	(15,903)
Cash funds as at 31 March 2024	5	71,035	-	71,035	86,938
Cash funds as at 31 March 2025	5	51,040	-	51,040	71,035

THINKING AUTISM CIO

STATEMENT OF ASSETS AND LIABILITIES

FOR THE YEAR ENDED 31 MARCH 2025

	Unrestricted Funds As at 31/03/25 £	Restricted Funds As at 31/03/25 £	Total Funds As at 31/03/25 £	Total Funds As at 31/03/24 £
CASH FUNDS				
Bank	18,289	-	18,289	29,377
Cash on Deposit	32,342	-	32,342	40,675
Paypal	354	-	354	928
Petty Cash	55	-	55	55
	<u>51,040</u>	<u>-</u>	<u>51,040</u>	<u>71,035</u>
LIABILITIES			£	£
Fee for Independent Examination			398	495
Other Accounts Costs			-	-
			<u>398</u>	<u>495</u>

The financial statements were approved by the Board of Trustees on the 12th of January 2026 and signed on their behalf by:



J Allman
Trustee

THINKING AUTISM CIO

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

1. Receipts and Payments Accounts

Receipts and Payments accounts are statements that summarise the movement of cash into and out of the organisation during the financial year. In this context “cash” includes cash equivalents, for example, bank accounts where cash can be readily withdrawn to pay for debts as they become due.

2. Grants

Grants are credited to revenue on a receivable basis, and all income is allocated to appropriate funds based on the income, and the amount of income receivable can be measured reliably.

Restricted funds are to be used for specified purposes as laid down by the donor.

Expenditure which meets these criteria's is identified to the fund, together with a fair allocation of overheads and support costs.

Unrestricted funds are donations and other incoming resources received or generated for charitable purposes.

3. Grants Received

There were no grants received during the financial year.

4. Trustees & Staff Costs

During the financial year there were no remunerations paid to trustees.

No employee received emoluments of £60,000 or above (2024: none).

5. Funds Analysis

	Balance as at 1 April 2024 £	Incoming Resources £	Resources Expended £	Balance as at 31 March 2025 £
Unrestricted Funds	71,035	12,825	(32,820)	51,040
Restricted Funds	-	-	-	-
Total Funds	<u>71,035</u>	<u>12,825</u>	<u>(32,820)</u>	<u>51,040</u>

Thinking Autism CIO

England & Wales - Charity number 1113628

Accounts

Charity Registration Number: 1113628

THINKING AUTISM
A Charitable Incorporated Organisation (CIO)

TRUSTEES' ANNUAL REPORT AND
FINANCIAL STATEMENTS

For The Year Ended
31 March 2024

THINKING AUTISM CIO

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THINKING AUTISM CIO

MEMBERS OF THE BOARD AND PROFESSIONAL ADVISORS

Registered Charity Name	Thinking Autism CIO
Charity Number	1113628
Registered Office	International House 24 Holburn Viaduct London EC1A 2BN
Trustees	K. Charman A. Kugelstadt J. Allman S. Partridge
Independent Examiners	Community Accounting Lancashire C.I.C. Foxfields 9 Norley Close Chadderton Oldham Lancashire OL1 2RA
Bankers	Unity Trust Bank 9 Brindley Place Birmingham B1 2HB

THINKING AUTISM CIO
TRUSTEES ANNUAL REPORT

TRUSTEES ANNUAL REPORT 1 APRIL 2023 to 31 MARCH 2024

Thinking Autism CIO, a Charitable Incorporated Organisation
(registered charity number: 1113628).

Thinking Autism, International House, 109-111 Fulham Palace Road, London W6 8JA

Website: www.thinkingautism.org.uk

Email: mail@thinkingautism.org.uk

EVENTS

October 6-8, 2023: ***Differential Diagnosis: Actionable Pathways to Improved Well-Being***. The event which demanded the most effort and financial investment was our International Conference. The conference featured 15 talks given by international and local speakers over three days, including MD's, PhD's, parents and practitioners, and was held at Queen's Gate House, London. The presentations were attended by 186 people, including parents of autistic children, people with autism, and professionals. Members could attend for £80 which included refreshments and lunches on both days, a price lower than most one-day online conferences. We engaged autism-related exhibitors to provide information to delegates during breaks. We also organised two social events for delegates and speakers. Feedback from the conference was overwhelmingly positive; we received dozens of messages from attendees, speakers and exhibitors, thanking us for the excellent information, supportive atmosphere, opportunities to interact with other autism families, and first-rate organisation.

April 6, May 4, July 6 and November 2, 2023: We held online **informal chats** for any members wishing to attend on these dates. We select a topic to start but encourage all discussion on any topic. These events, along with our social media, help support families who are often struggling with isolation.

November 23, 2023; January 15, 2024; March 6, 2024: We continued to offer our **Face2Face webinars**, live events at which attendees can ask questions of the speakers. We record these live events to continue to build our library of webinars for members, as live attendance is difficult for most of the families we support. This library of webinars now houses 57 recorded events that busy parents and new members can access any time. Many of our webinars have hundreds of views. The webinars held during this reporting period were *The Benefits of Resistant Starch*, *Autonomic Nervous System Dysfunction* and *The NeuroNeeds Approach: Treating the Mechanisms of Disease*.

PUBLICATIONS

In October of 2023, we published *Brain Glucose and Glycogen in Autism: Speech, Seizures, Sleep and Beyond*.

FOUNDATIONAL ACTIVITIES

We continued to maintain our very active Facebook accounts, Twitter account, and website. The website receives about 4500 distinct engagements each month. We signpost our followers to research, publications, events, and other charities and organisations. In total, our social media platforms receive approximately 10,000 engagements each month, many of those parents providing support to other parents.

We remain highly responsive to the emails and direct messages we receive on a daily basis, providing personalised support and information to anyone who contacts us. We provide commentary to journalists who contact us, and our words have been featured in about six periodical articles this reporting year. Although we maintain a very low membership fee of only £15 each year, we continue to offer free membership to any who cannot afford the cost. This year, we gained 38 new member families.

We have continued to maintain and build our relationship with businesses and organisations which offer discounts to our members, saving our members thousands of pounds each year. We continued our fundraising activities. This year we received £8,371 in donations from member families and friends, and fundraising events.

Signed on behalf of the board of Thinking Autism by



Joanne Allman, Trustee and Treasurer

15 May 2024

THINKING AUTISM CIO

REPORT TO THE MEMBERS ON THE UNAUDITED FINANCIAL STATEMENTS OF THINKING AUTISM CIO

FOR THE YEAR ENDED 31 MARCH 2024

I report on the accounts for the year ended 31 March 2024 as set out on pages 6 to 8.

Respective Responsibilities of Trustees and Examiner

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

The charity's trustees consider an audit is not required for this year under section 144 of the 2011 Act, and that an independent examination is needed.

It is my responsibility as independent examiner to:

- ~ examine the accounts under section 145 of the 2011 Act
- ~ follow the applicable Directions given by the Charity Commissioners under section 145(5)(b) of the 2011 Act, and
- ~ to state whether particular matters have come to my attention

Basis of Independent Examiners Report

My examination was carried out in accordance with the Directions given by the Charity commission.

An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters.

The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the accounts.

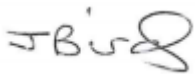
Independent Examiners Statement

I have completed my examination for the year ended 31 March 2024.

I can confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- ~ accounting records were not kept in accordance with section 130 of the 2011 Act or
- ~ the accounts do not accord with the accounting records to comply with the accounting requirements of the 2011 Act

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.



17th of May 2024

Miss Jacqueline Bird F.M.A.A.T.

Community Accounting Lancashire C.I.C.
Foxfields
9 Norley Close
Chadderton
Oldham
OL1 2RA

THINKING AUTISM CIO

RECEIPTS AND PAYMENTS ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2024

		Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £	Total Funds 2023 £
	Notes				
RECEIPTS					
Grants	2	-	-	-	-
Membership Fees		4,815	-	4,815	4,800
Donations		8,372	-	8,372	10,310
London Conference		16,650	-	16,650	-
Roadshows		-	-	-	-
Merchandise Sales		625	-	625	-
Refunds		-	-	-	-
Interest Received		675	-	675	1,606
Sundry Income		-	-	-	-
TOTAL RECEIPTS		31,137	-	31,137	16,716
PAYMENTS					
London Conference		14,843	5,752	20,595	-
Roadshows		-	-	-	-
Salaries Costs		19,873	-	19,873	21,392
Training		96	-	96	-
Consultancy & Advice		2,400	-	2,400	-
Marketing		-	-	-	870
Research		17	-	17	1,001
Gifts		100	-	100	-
Donations		-	-	-	-
Just Giving Fees		-	-	-	-
Membership Packs		-	-	-	-
Membership Fee Refunds		380	-	380	-
Merchandise		261	-	261	-
IT Equipment (Laptop)		449	-	449	-
Website & Software Costs		271	-	271	1,072
Mail Forwarding		90	-	90	-
Printing & Stationery		-	-	-	-
Postage & Courier Costs		-	-	-	8
Travel Costs		-	-	-	-
Storage		626	-	626	490
Insurance		552	-	552	499
Accountancy Fees		615	-	615	720
Payroll Costs		214	-	214	240
Bank & Paypal Charges		501	-	501	227
Sundries		-	-	-	-
TOTAL PAYMENTS		41,288	5,752	47,040	26,519
Net of receipts/(payments)		(10,151)	(5,752)	(15,903)	(9,803)
Cash funds as at 31 March 2023	5	81,186	5,752	86,938	96,741
Cash funds as at 31 March 2024	5	71,035	-	71,035	86,938

THINKING AUTISM CIO

STATEMENT OF ASSETS AND LIABILITIES

FOR THE YEAR ENDED 31 MARCH 2024

	Unrestricted Funds As at 31/03/24 £	Restricted Funds As at 31/03/24 £	Total Funds As at 31/03/24 £	Total Funds As at 31/03/23 £
CASH FUNDS				
Bank	29,377	-	29,377	84,737
Cash on Deposit	40,675	-	40,675	-
Paypal	928	-	928	2,146
Petty Cash	55	-	55	55
	<u>71,035</u>	<u>-</u>	<u>71,035</u>	<u>86,938</u>
LIABILITIES			£	£
Fee for Independent Examination			495	365
Other Accounts Costs			-	250
			<u>495</u>	<u>615</u>

The financial statements were approved by the Board of Trustees on the 8th of May 2024 and signed on their behalf by:



J Allman
Trustee

THINKING AUTISM CIO

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

1. Receipts and Payments Accounts

Receipts and Payments accounts are statements that summarise the movement of cash into and out of the organisation during the financial year. In this context “cash” includes cash equivalents, for example, bank accounts where cash can be readily withdrawn to pay for debts as they become due.

2. Grants

Grants are credited to revenue on a receivable basis, and all income is allocated to appropriate funds based on the income, and the amount of income receivable can be measured reliably.

Restricted funds are to be used for specified purposes as laid down by the donor.

Expenditure which meets these criteria’s is identified to the fund, together with a fair allocation of overheads and support costs.

Unrestricted funds are donations and other incoming resources received or generated for charitable purposes.

3. Grants Received

	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £	Total Funds 2023 £
Big Lottery Fund*	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>

4. Trustees & Staff Costs

During the financial year there were no remunerations paid to trustees.

No employee received emoluments of £60,000 or above (2023: none).

5. Funds Analysis

	Balance as at 1 April 2023 £	Incoming Resources £	Resources Expended £	Balance as at 31 March 2024 £
Unrestricted Funds	81,186	31,137	(41,288)	71,035
Restricted Funds:				
Big Lottery Fund*	<u>5,752</u>	<u>-</u>	<u>(5,752)</u>	<u>-</u>
Total Funds	<u>86,938</u>	<u>31,137</u>	<u>(47,040)</u>	<u>71,035</u>

* The balance of £5,752 from the Big Lottery Fund was carried forward from previous years, as the charity had been unable to hold their annual London Conference due to the impact of the covid-19 pandemic. The conference was held this year and the remaining Big Lottery Fund was fully utilised at the event.

Thinking Autism CIO

England & Wales - Charity number 1113628

Accounts

Charity Registration Number: 1113628

THINKING AUTISM
A Charitable Incorporated Organisation (CIO)

TRUSTEES' ANNUAL REPORT AND
FINANCIAL STATEMENTS

For The Year Ended
31 March 2023

THINKING AUTISM CIO

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THINKING AUTISM CIO

MEMBERS OF THE BOARD AND PROFESSIONAL ADVISORS

Registered Charity Name	Thinking Autism CIO
Charity Number	1113628
Registered Office	International House 24 Holburn Viaduct London EC1A 2BN
Trustees	K. Charman A. Kugelstadt J. Allman S. Partridge
Independent Examiners	Community Accounting Lancashire C.I.C. Foxfields 9 Norley Close Chadderton Oldham Lancashire OL1 2RA
Bankers	Unity Trust Bank 9 Brindley Place Birmingham B1 2HB

TRUSTEES ANNUAL REPORT AND ACCOUNTS

1 APRIL 2022 – 31 MARCH 2023

Thinking Autism CIO was registered under the Charity Commission number 1113628 on 3 March 2022.

Address: International House, 109-111 Fulham Palace Road, London W6 8JA

Website: www.thinkingautism.org.uk

Email address: mail@thinkingautism.org.uk

During the reporting period, the volunteers and employee of Thinking Autism continued to provide support and information to thousands of families across the UK and world, utilising live online events, social media, free publications and person-to-person communication on social media platforms.

EVENTS

While we had hoped to begin live, in-person events again after the lockdowns had lifted, unfortunately we did not feel confident doing so because of an investigation undertaken by the Charity Commission following what we believed to be an inaccurate and sensationalistic article by Shanti Das, published in two large newspapers. Our events often face protestors, and we were further concerned that the negative publicity generated by the article may have encouraged certain groups that seek to undermine our charity to protest and disrupt any in-person events we might hold. We therefore decided against arranging any such events during the reporting period.

Furthermore, because of the investigation kick-started by the article, the trustees had to spend many hours in meetings, preparing our responses, meeting with a lawyer who kindly helped us pro bono, and communicating with our members about what had happened. This took up the majority of our available time for a few months. We were grateful that the Charity Commission closed the investigation on 8 February 2023, allowing us to continue our work.

We did hold a number of online informal gatherings with members of Thinking Autism. Hosted by TA volunteers, these daytime meetings were held on Facebook using our members-only page. These events focused on allowing members to socialise, as a survey we had conducted with our members during this reporting period had identified increased isolation as an ongoing and worsening problem. We continue to organise these events.

We also held a Face2Face live, Aggression and Possible Underlying Health Issues. The rest of our catalogue of presentations, over 25 of them, remain available to all members.

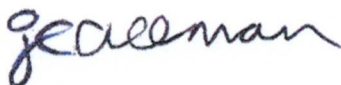
In November, we began planning our upcoming three day conference, to be held 6-8 October 2023 at Queen's Gate House, London. During this reporting period, we invited and confirmed speakers, organised all of the logistical details concerning the venue, and worked out all financial considerations. We expect approximately 250 delegates at the event.

FOUNDATIONAL ACTIVITIES: During this reporting period, trustees provided commentary approximately 12 times to queries from reporters; we worked behind the scenes on an upcoming Netflix documentary about autism; we worked behind the scenes on an autism book published by a parent.

We continued to maintain our active Facebook and Twitter accounts, as well as our website, which receives on average 6000 engagements each month. We remained responsive to emails and social media messages, which we receive on a daily basis. We continued to signpost important autism research information through newsletters and social media posts.

We continued to offer free memberships to those who could not afford one, and the low cost of £15 annually for those who can afford.

We supported some fundraising events undertaken on our behalf, including a world record setting DJ set by Aldo Vanucci which raised more than £9000 for the charity. We were very grateful to receive a number of donations set up in memory of individuals, as well as the monthly donations made by Friends of TA.



Joanne Allman

Trustee, Thinking Autism

THINKING AUTISM CIO

REPORT TO THE MEMBERS ON THE UNAUDITED FINANCIAL STATEMENTS OF THINKING AUTISM CIO

FOR THE YEAR ENDED 31 MARCH 2023

I report on the accounts for the year ended 31 March 2023 as set out on pages 4 to 6.

Respective Responsibilities of Trustees and Examiner

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

The charity's trustees consider an audit is not required for this year under section 144 of the 2011 Act, and that an independent examination is needed.

It is my responsibility as independent examiner to:

- ~ examine the accounts under section 145 of the 2011 Act
- ~ follow the applicable Directions given by the Charity Commissioners under section 145(5)(b) of the 2011 Act, and
- ~ to state whether particular matters have come to my attention

Basis of Independent Examiners Report

My examination was carried out in accordance with the Directions given by the Charity commission.

An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items of disclosures in the accounts, and seeking explanations from the trustees concerning any such matters.

The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the accounts.

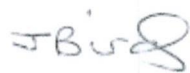
Independent Examiners Statement

I have completed my examination for the year ended 31 March 2023.

I can confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- ~ accounting records were not kept in accordance with section 130 of the 2011 Act or
- ~ the accounts do not accord with the accounting records to comply with the accounting requirements of the 2011 Act

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.



28th September 2023

Miss Jacqueline Bird F.M.A.A.T.

Community Accounting Lancashire C.I.C.
Foxfields
9 Norley Close
Chadderton
Oldham
OL1 2RA

THINKING AUTISM CIO

RECEIPTS AND PAYMENTS ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2023

		Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £	Total Funds 2022 £
	Notes				
RECEIPTS					
Grants	2	-	-	-	-
Membership Fees		4,800	-	4,800	5,100
Donations		10,310	-	10,310	8,175
London Conference		-	-	-	-
Roadshows		-	-	-	-
Community Support		-	-	-	150
Merchandise Sales		-	-	-	-
Refunds		-	-	-	214
Interest Received		1,606	-	1,606	1,025
Sundry Income		-	-	-	-
TOTAL RECEIPTS		16,716	-	16,716	14,664
PAYMENTS					
London Conference		-	-	-	-
Roadshows		-	-	-	-
Advocacy (Conferences & Events)		-	-	-	-
Community Support		-	-	-	450
Salaries Costs		21,392	-	21,392	20,886
Consultancy & Advice		-	-	-	6,262
Marketing		870	-	870	36
Research		1,001	-	1,001	-
Gifts		-	-	-	125
Donations		-	-	-	300
Just Giving Fees		-	-	-	90
Membership Packs		-	-	-	-
Membership Fee Refunds		-	-	-	15
Merchandise (Books)		-	-	-	-
Equipment		-	-	-	-
Training		-	-	-	-
Website & Software Costs		1,072	-	1,072	238
Mail Forwarding		-	-	-	192
Printing & Stationery		-	-	-	13
Postage & Courier Costs		8	-	8	-
Travel Costs		-	-	-	-
Storage		490	-	490	390
Insurance		499	-	499	467
Accountancy Fees		720	-	720	50
Payroll Costs		240	-	240	198
Bank & Paypal Charges		227	-	227	232
Sundries		-	-	-	13
TOTAL PAYMENTS		26,519	-	26,519	29,957
Net of receipts/(payments)		(9,803)	-	(9,803)	(15,293)
Cash funds as at 31 March 2022	5	90,989	5,752	96,741	112,034
Cash funds as at 31 March 2023	5	81,186	5,752	86,938	96,741

THINKING AUTISM CIO
STATEMENT OF ASSETS AND LIABILITIES
FOR THE YEAR ENDED 31 MARCH 2023

	Unrestricted Funds As at 31/03/23 £	Restricted Funds As at 31/03/23 £	Total Funds As at 31/03/23 £	Total Funds As at 31/03/22 £
CASH FUNDS				
Bank	78,985	5,752	84,737	22,094
Cash on Deposit	-	-	-	64,172
Paypal	2,146	-	2,146	10,420
Petty Cash	<u>55</u>	<u>-</u>	<u>55</u>	<u>55</u>
	<u>81,186</u>	<u>5,752</u>	<u>86,938</u>	<u>96,741</u>

		£	£
LIABILITIES – fee for Independent Examination		<u>365</u>	<u>720</u>

The financial statements were approved by the Board of Trustees on the 27th of September 2023 and signed on their behalf by:



J Allman
Trustee

THINKING AUTISM CIO

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

1. Receipts and Payments Accounts

Receipts and Payments accounts are statements that summarise the movement of cash into and out of the organisation during the financial year. In this context "cash" includes cash equivalents, for example, bank accounts where cash can be readily withdrawn to pay for debts as they become due.

2. Grants

Grants are credited to revenue on a receivable basis, and all income is allocated to appropriate funds based on the income, and the amount of income receivable can be measured reliably.

Restricted funds are to be used for specified purposes as laid down by the donor.

Expenditure which meets these criteria's is identified to the fund, together with a fair allocation of overheads and support costs.

Unrestricted funds are donations and other incoming resources received or generated for charitable purposes.

3. Grants Received

	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £	Total Funds 2022 £
Big Lottery Fund	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>

4. Trustees & Staff Costs

During the financial year there were no remunerations paid to trustees.

No employee received emoluments of £60,000 or above (2022: none).

5. Funds Analysis

	Balance as at 1 April 2022 £	Incoming Resources £	Resources Expended £	Balance as at 31 March 2023 £
Unrestricted Funds	90,989	16,716	(26,519)	81,186
Restricted Funds:				
Big Lottery Fund	<u>5,752</u>	<u>-</u>	<u>-</u>	<u>5,752</u>
Total Funds	<u>96,741</u>	<u>16,716</u>	<u>(26,519)</u>	<u>86,938</u>

Thinking Autism CIO

England & Wales - Charity number 1113628

Accounts

Charity Registration Number: 1113628

THINKING AUTISM

A Charitable Incorporated Organisation (CIO)

**TRUSTEES' ANNUAL REPORT AND
FINANCIAL STATEMENTS**

For The Year Ended

31 March 2022

THINKING AUTISM CIO

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THINKING AUTISM CIO

MEMBERS OF THE BOARD AND PROFESSIONAL ADVISORS

Registered Charity Name	Thinking Autism CIO
Charity Number	1113628
Registered Office	International House 24 Holburn Viaduct London EC1A 2BN
Trustees	K. Charman A. Kugelstadt J. Allman S. Partridge
Independent Examiners	Community Accounting Lancashire C.I.C. Foxfields 9 Norley Close Chadderton Oldham Lancashire OL1 2RA
Bankers	Unity Trust Bank 9 Brindley Place Birmingham B1 2HB

TRUSTEES ANNUAL REPORT AND ACCOUNTS

1 APRIL 2021 to 31 MARCH 2022

Thinking Autism Limited, a Charitable Company (company registered number: 05594787 – registered charity number: 1113628), converted to Thinking Autism CIO (a Charitable Incorporated Organisation) under registered charity number 1113628 at the Charity Commission on 3rd March 2022.

A resolution to convert Thinking Autism from a charitable company limited by guarantee into a Charitable Incorporated Organisation was passed by the board of Thinking Autism on 3rd August 2021. On 23rd February 2022, the board passed a further resolution to adopt the Charity Commission's Foundation Model for a Charitable Incorporated Organisation.

The annual accounts last year (for the year ended 31/03/2021) are classed as the "Pre-Conversion Year" and were prepared as a Charitable Company under FRS102 Charity SORP regulations under the Companies Act 2006.

Thinking Autism CIO was registered at the Charity Commission on 3rd March 2022 (before the year end date of 31st March 2022). As such, the accounts for this financial year (year ended 31st March 2022) are classed as the "Conversion Year", and are therefore prepared on a Receipts and Payments basis under the Charities Act 2011.

[Reference "The Charitable Incorporated Organisations (Conversion) Regulations 2017 (SI 2017/1232) Regulations 13-14].

Thinking Autism, International House, 24 Holborn Viaduct, London EC1A 2BN

Website: www.thinkingautism.org.uk Email: mail@thinkingautism.org.uk.

During this reporting period, the volunteers and employees of Thinking Autism continued to provide support and information to thousands of autism families across the UK and world, utilising live online events, social media, free publications and person-to-person on social media platforms. We were unable to hold any in-person events due to Covid restrictions. This does hamper our work to some degree but we look forward to returning to live events very soon.

Events

In this reporting year, our charity undertook the live social media events detailed below.

We held six live Face-2-Face events on Facebook, each of which is recorded and accessible to members at their leisure. Face-2-Face events allow our members to ask questions of presenters, creating a more personalised education experience and greater sense of support for our members.

We also offered to members a three part small group online course to four different groups of parents and professionals to learn The Scotson Technique for breathing. The charity covered 67% of the costs. This course was a follow up to the three-part breathing series of presentations.

April 2021: The origins of emotional upper chest breathing and its central connection to the diverse symptoms of ASD.

April 2021: How emotional breathing influences experience and behaviour.

April 2021: Diaphragmatic versus emotional breathing and their effects on sleep, speech, eating, digestion and gut health.

June 2021: Top Biomedical Tests for Autism, PANDAS and PANS - an overview.

October 2021: Using diet and targeted supplements to support your child with ADHD

September 2021: NeurOptimal Neurofeedback - an overview.

Publications

As part of our research and science news documentation:

<https://www.frontiersin.org/articles/10.3389/fpsyt.2021.775017/full> *Autoimmune Encephalitis and Autism Spectrum Disorder* was written in collaboration with doctors and researchers and published in *Frontiers in Psychiatry* in December 2021.

<https://www.thinkingautism.org.uk/autoimmune-encephalitis-treatable-form-of-autism/> Blog post published April 2021

<https://www.thinkingautism.org.uk/press-release-vaccine-passports-would-deepen-discrimination-against-people-with-autism/> Blog post published April 2021

<https://www.thinkingautism.org.uk/depression-in-autism-more-than-meets-the-eye/> Blog post published June 2021

<https://www.thinkingautism.org.uk/aggression-in-autism-one-simple-cause/> Blog post published July 2021

<https://www.thinkingautism.org.uk/autism-and-metabolic-diseases-more-treatable-autisms-hiding-in-plain-sight/> Blog post published September 2021

<https://www.thinkingautism.org.uk/what-happens-when-your-adult-child-needs-hospitalisation/>
Blog post published in September 2021

<https://www.thinkingautism.org.uk/mouth-development-in-autism/> Blog post published in October 2021

Our new publications, like our old ones, are provided free to all who need them, including as printed documents which we mail to all who request them.

<https://www.thinkingautism.org.uk/taking-action/resources-and-publications/>

Once again, we were approached by other organisations looking to translate some of our publications, this time into Greek. We have also been holding meetings with a new volunteer for a publication on brain development and approaches to ensure this happens optimally. We responded with our commentary to six requests from reporters regarding recent autism research publications.

Foundational Activities

We continued to maintain our very active Facebook accounts, Twitter account, and website. The website receives more than 6000 distinct engagements each month. Our Facebook groups in particular allow isolated families to offers support to one another emotionally, socially and with information and in total have more than 10,000 engagements per month. We signpost our followers to current research, autism events and other supportive organisations/charities.

We remained highly responsive to the email and direct messages we receive on a daily basis, providing personalised support and information to anyone who contacts us.

As we have always done, we offered free membership to any who could not afford the cost. We lowered membership costs to £15 a year. We maintained our relationship with businesses and organisations which offer discounts to our members, saving our members thousands of pounds each year.

We continued our fundraising activities. This year we had more than £8000 in donations from member families.

Signed on behalf of the board of Thinking Autism by Joanne Allman, Trustee and Treasurer



14 June 2022

THINKING AUTISM CIO

REPORT TO THE MEMBERS ON THE UNAUDITED FINANCIAL STATEMENTS OF THINKING AUTISM CIO

FOR THE YEAR ENDED 31 MARCH 2022

I report on the accounts for the year ended 31 March 2022 as set out on pages 4 to 6.

Respective Responsibilities of Trustees and Examiner

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

The charity's trustees consider an audit is not required for this year under section 144 of the 2011 Act, and that an independent examination is needed.

It is my responsibility as independent examiner to:

- ~ examine the accounts under section 145 of the 2011 Act
- ~ follow the applicable Directions given by the Charity Commissioners under section 145(5)(b) of the 2011 Act, and
- ~ to state whether particular matters have come to my attention

Basis of Independent Examiners Report

My examination was carried out in accordance with the Directions given by the Charity commission.

An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items of disclosures in the accounts, and seeking explanations from the trustees concerning any such matters.

The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the accounts.

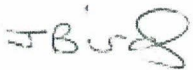
Independent Examiners Statement

I have completed my examination for the year ended 31 March 2022.

I can confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- ~ accounting records were not kept in accordance with section 130 of the 2011 Act or
- ~ the accounts do not accord with the accounting records to comply with the accounting requirements of the 2011 Act

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.



20th June 2022

Miss Jacqueline Bird F.M.A.A.T.
Community Accounting Lancashire C.I.C.
Foxfields
9 Norley Close
Chadderton
Oldham
OL1 2RA

THINKING AUTISM CIO

RECEIPTS AND PAYMENTS ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2022

		Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	Total Funds 2021 £
	Notes				
RECEIPTS					
Grants	2	-	-	-	21,362
Membership Fees		5,100	-	5,100	5,640
Donations		8,175	-	8,175	15,533
London Conference		-	-	-	-
Roadshows		-	-	-	-
Community Support		150	-	150	-
Merchandise Sales		-	-	-	-
Refunds		214	-	214	42
Interest Received		1,025	-	1,025	1,147
Sundry Income		-	-	-	2
TOTAL RECEIPTS		14,664	-	14,664	43,726
PAYMENTS					
London Conference		-	-	-	-
Roadshows		-	-	-	21
Advocacy (Conferences & Events)		-	-	-	353
Community Support		450	-	450	-
Salaries Costs		20,886	-	20,886	41,634
Consultancy & Advice		6,262	-	6,262	2,463
Marketing		36	-	36	436
Gifts		125	-	125	89
Meet & Treat		-	-	-	85
Donations		300	-	300	-
Just Giving Fees		90	-	90	216
Membership Packs		-	-	-	-
Membership Fee Refunds		15	-	15	75
Merchandise (Books)		-	-	-	-
Equipment		-	-	-	2,165
Training		-	-	-	302
Website		238	-	238	1,022
Mail Forwarding		192	-	192	279
Printing & Stationery		13	-	13	48
Postage & Courier Costs		-	-	-	147
Travel Costs		-	-	-	10
Storage		390	-	390	412
Insurance		467	-	467	575
Accountancy Fees		50	-	50	770
Payroll Costs		198	-	198	398
Bank & Paypal Charges		232	-	232	269
Sundries		13	-	13	13
TOTAL PAYMENTS		29,957	-	29,957	51,782
Net of receipts/(payments)		(15,293)	-	(15,293)	(8,056)
Cash funds as at 31 March 2021	5	106,282	5,752	112,034	120,090
Cash funds as at 31 March 2022	5	90,989	5,752	96,741	112,034

THINKING AUTISM CIO

STATEMENT OF ASSETS AND LIABILITIES

FOR THE YEAR ENDED 31 MARCH 2022

	Unrestricted Funds As at 31/03/22 £	Restricted Funds As at 31/03/22 £	Total Funds As at 31/03/22 £	Total Funds As at 31/03/21 £
CASH FUNDS				
Bank	16,342	5,752	22,094	24,271
Cash on Deposit	64,172	-	64,172	83,147
Paypal	10,420	-	10,420	4,561
Petty Cash	55	-	55	55
	<u>90,989</u>	<u>5,752</u>	<u>96,741</u>	<u>112,034</u>

LIABILITIES – fee for Independent Examination

£
720

The financial statements were approved by the Board of Trustees on the 8th of June 2022 and signed on their behalf by:



J Allman
Trustee

THINKING AUTISM CIO

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

1. Receipts and Payments Accounts

Receipts and Payments accounts are statements that summarise the movement of cash into and out of the organisation during the financial year. In this context "cash" includes cash equivalents, for example, bank accounts where cash can be readily withdrawn to pay for debts as they become due.

'Thinking Autism CIO' was registered at the Charity Commission on the 3rd of March 2022. The financial statements (accounts) for this financial year are classed as the "Conversion Year", and as such are prepared on a Receipts and Payments basis under the Charities Act 2011.

The previous years' accounts, for the year ended 31st March 2021, are classed as the "Pre-Conversion Year", being prepared in accordance with Charities SORP (FRS102) under the Companies Act 2006. Prior year figures relate to the year ended 31st March 2021 of Thinking Autism Ltd (Company No: 05594787). "The Charitable Incorporated Organisations (Conversion) Regulations 2017 (SI 2017/1232) Regulations 13-14".

2. Grants

Grants are credited to revenue on a receivable basis, and all income is allocated to appropriate funds based on the income, and the amount of income receivable can be measured reliably.

Restricted funds are to be used for specified purposes as laid down by the donor.

Expenditure which meets these criteria's is identified to the fund, together with a fair allocation of overheads and support costs.

Unrestricted funds are donations and other incoming resources received or generated for charitable purposes.

3. Grants Received

	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	Total Funds 2021 £
Big Lottery Fund	-	-	-	21,362
	<u>-</u>	<u>-</u>	<u>-</u>	<u>21,362</u>

4. Trustees & Staff Costs

During the financial year there were no remunerations paid to trustees.

In the previous period for the year ended 31st March 2021 there was a consultancy fee of £2,463.07 (for the evaluation and monitoring declaration for the Big Lottery Fund) paid to a trustee, Anita Kugelstadt.

No employee received emoluments of £60,000 or above (2021: none).

5. Funds Analysis

	Balance as at 1 April 2021 £	Incoming Resources £	Resources Expended £	Balance as at 31 March 2022 £
Unrestricted Funds	106,282	14,664	(29,957)	90,989
Restricted Funds:				
Big Lottery Fund	<u>5,752</u>	<u>-</u>	<u>-</u>	<u>5,752</u>
Total Funds	<u>112,034</u>	<u>14,664</u>	<u>(29,957)</u>	<u>96,741</u>

Thinking Autism CIO

England & Wales - Charity number 1113628

Accounts

Company Registration Number: 05594787
Charity Registration Number: 1113628

THINKING AUTISM LTD

A Company Limited by Guarantee
Trustees' Annual Report and
Financial Statements
Year Ended 31 March 2021

THINKING AUTISM LTD

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THINKING AUTISM LTD

MEMBERS OF THE BOARD AND PROFESSIONAL ADVISORS

Registered Charity Name	Thinking Autism Ltd
Charity Number	1113628
Company Number	05594787
Registered Office	International House 24 Holburn Viaduct London EC1A 2BN
Directors and Trustees	K. Charman A. Kugelstadt J. Allman S. Partridge
Independent Examiners	Community Accounting Lancashire C.I.C. Foxfields 9 Norley Close Chadderton Oldham Lancashire OL1 2RA
Bankers	Unity Trust Bank 9 Brindley Place Birmingham B1 2HB

TRUSTEES ANNUAL REPORT AND ACCOUNTS

1 APRIL 2020 to 31 MARCH 2021

Thinking Autism is a registered charity (number 1113628), a company limited by guarantee, registered in England (company number 5594787).

Thinking Autism, International House, 24 Holborn Viaduct, London EC1A 2BN

Website: www.thinkingautism.org.uk Email: mail@thinkingautism.org.uk.

During this reporting period, the volunteers and employees of Thinking Autism continued to provide support and information to thousands of Autism families across the UK and world, utilizing live online events, social media, free publications and person-to-person on social media platforms. We were unable to hold any in-person events due to Covid restrictions.

Events

In this reporting year, our charity undertook the live social media events detailed below.

We held ten live Face-2-Face events on Facebook, each of which is recorded and accessible to members at their leisure. Face-2-Face events allow our members to ask questions of presenters, creating a more personalized education experience and greater sense of support for our members.

- Covid 19 Immune Support. April 9 2020
- Introduction to ABA: Teaching Skills and Reducing Behaviours that Challenge. May 29 2020
- How to use Amino Acids to Help your Child. June 22 2020
- Jin Shin Jyutsu for Increased Health and Happiness. July 17 2020
- Neuro-Optimal Feedback: An Overview. September 11 2020
- PANS and PANDAS. September 24 2020
- Brain Gym. October 16 2020
- Introduction to PACT: Paediatric Autism Communication Therapy. November 12 2020
- Introduction to Rapid Prompting Method. November 23 2020
- Live Fermentation Masterclass: How to make probiotic foods and drinks for your family. February 25 2021

We also hosted four Zoom events for parents to socialize (June 9 2020, June 10 2020, June 11 2020, March 18, 2021).

Publications

We added to our publication library, including the following in-depth documents:

<https://www.thinkingautism.org.uk/addressing-poor-health-high-death-rates-in-autism/>

<https://www.thinkingautism.org.uk/autoimmune-encephalitis-treatable-form-of-autism/>

<https://www.thinkingautism.org.uk/depression-in-autism-more-than-meets-the-eye/>

We established a relationship with this autism research centre and ran a funds drive to support their work <https://www.thinkingautism.org.uk/new-uk-autism-research-hub-the-synapse-centre-for-neurodevelopment-esneft/>

We published more blog articles including <https://www.thinkingautism.org.uk/the-neglected-side-of-autism-why-we-must-talk-medical/>

We updated our most accessed document to include dozens of recently published research papers <https://www.thinkingautism.org.uk/taking-action/resources-and-publications/medical-comorbidities-in-autism/>

Our new publications, like our old ones, are provided free to all who need them, including as printed documents which we mail to all who request them.

<https://www.thinkingautism.org.uk/taking-action/resources-and-publications/>

Foundational Activities

We continued to maintain our very active Facebook accounts, Twitter account, and website. The website receives more than 6000 distinct engagements each month. Our Facebook groups in particular allow isolated families to offer support to one another emotionally, socially and with information and in total have more than 10,000 engagements per month. We signpost our followers to current research, autism events and other supportive organizations/charities.

We remained highly responsive to the email and direct messages we receive on a daily basis, providing personalized support and information to anyone who contacts us.

As we have always done, we offered free membership to any who could not afford the cost. We lowered membership costs to £15 a year. We maintained our relationship with businesses and organizations who offer discounts to our members, saving our members thousands of pounds each year.

We continued our fundraising activities with one new addition, Friends of TA. This program allows friends and family members to offer monthly support from as little as £1/month. We provide the Friends of TA with bi-annual updates on the charity's work.

Feedback from TA families

We receive hundreds of positive messages from our members and the wider community each year in regard to the support we offer. These are a few examples.

Thank you! we had great success with ABA for my daughter, and it was done much along the lines that you described, very effective and fun! (costly, though....)

Finally got to watch this. Absolutely fab, thank you, great info

Thank you! The techniques really did help and I felt refreshed and calm!

Thank you. Really looking forward to this. So excited. Think our answers must lay here

It's great what you say about improving flexibility of thought and focus, this is exactly what we need. Would you be able to provide more info on the costs and if there are any providers you would recommend in SW London? Thank you

Thank you so much, Fiona. I hadn't realized that this is a passive intervention -- that makes it so much more appropriate for us. You did a marvelous job explaining details!

Thanks to Sue and Alex for the very informative session. Thanks also to Jane and TA for organising this

RPM is brilliant, it really helped my daughter Roxi open up a new world for her.

Thanks Stella it was a great session. I will definitely start doing this. All the best

Brilliant and so grateful you stand up for our kids. X

So well deserved. Think how many lives you have changed. Well done

Signed on behalf of the board of Thinking Autism by Joanne Allman, Trustee and Treasurer



25 November 2020

THINKING AUTISM LTD

TRUSTEES ANNUAL REPORT

The trustees and directors for the purposes of company law, present their annual report and the unaudited financial statements of the charity for the year ended 31 March 2021.

The Board have adopted the provision of the Charities SORP (FRS 102) – Accounting and Reporting by Charities: Statement of Recommended Practice applicable in the UK and Republic of Ireland (effective 1 January 2015, and including update bulletins on 2 February 2016 and 5 October 2018) in preparing the annual report and financial statements of the charity. The accounts have been prepared in accordance with the Companies Act 2006.

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

Company 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.

In preparing the financial statements, the directors are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable 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 which disclose with reasonable accuracy at any time the financial position of the charity and which enable them to ensure that the financial statements comply with 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 so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditors are unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

The report of the members of the board were approved by the Board on the 10th of January 2022 and signed on their behalf;



J Allman

Director

THINKING AUTISM LTD

REPORT TO THE MEMBERS ON THE UNAUDITED FINANCIAL STATEMENTS OF THINKING AUTISM LTD

YEAR ENDED 31 MARCH 2021

I report to the charity's trustees on my examination of the accounts of Thinking Autism Ltd for the year ended 31 March 2021 as set out on pages 5 to 10.

Respective Responsibilities of Trustees and Examiner

The charity's trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 (the 2006 Act). The trustees consider that an audit is not required for this year, and that an independent examination is needed under s144 (2) of the Charities Act 2011 (the 2011 Act).

Having satisfied myself that the charity is not subject to audit under company law (part 16 of the 2006 Act) and is eligible for independent examination, it is my responsibility to:

- examine the accounts under s145 of the Charities Act 2011 (the 2011 Act)
- follow the procedure laid down in the General Directions given by the Charity Commissioners (under s145(5)(b) of the 2011 Act, and
- to state whether particular matters have come to my attention.

Basis of Independent Examiners Opinion

My examination was carried out in accordance with General Directions given by the Charity commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items of disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an opinion as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

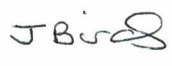
Independent Examiners Statement

I have completed my examination for the year ended 31 March 2021.

I can confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that:

- accounting records were not kept in accordance with s386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 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
- the accounts have not been prepared in accordance with the methods and principles of the Charities SORP (FRS 102) – Accounting and Reporting by Charities: Statement of Recommended Practice applicable in the UK and Republic of Ireland (effective 1 January 2015, and including update bulletins on 2 February 2016 and 5 October 2018).

I have no concerns and have come across no matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

 11th January 2022

Miss Jacqueline Bird F.M.A.A.T.
Community Accounting Lancashire C.I.C.
Foxfields, 9 Norley Close, Chadderton, Oldham, OL1 2RA

THINKING AUTISM LTD

STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING THE INCOME AND EXPENDITURE ACCOUNT)

YEAR ENDED 31 MARCH 2021

		Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total Funds 2021 £	Total Funds 2020 £
	Notes				
Income from:					
Donations		15,533	-	15,533	42,831
Charitable activities	2	5,640	21,362	27,002	108,567
Investments	3	1,147	-	1,147	-
Other income		44	-	44	647
Total		<u>22,364</u>	<u>21,362</u>	<u>43,726</u>	<u>152,045</u>
Expenditure on:					
Charitable activities	4	29,886	21,896	51,782	97,157
Other expenditure		-	-	-	-
Total		<u>29,886</u>	<u>21,896</u>	<u>51,782</u>	<u>97,157</u>
Net income/(expenditure)		<u>(7,522)</u>	<u>(534)</u>	<u>(8,056)</u>	<u>54,888</u>
Reconciliation of funds:					
Total funds brought forward		113,804	6,286	120,090	65,202
Total funds carried forward		<u>106,282</u>	<u>5,752</u>	<u>112,034</u>	<u>120,090</u>

The statement of financial activities contains all gains and losses for the year and all activities relate to continuing operations. The profit for the purposes of the Companies Act 2006 is the net incoming resources before unrealised losses/gains.

The notes on pages 7 to 10 form part of these financial statements.

Note 10 on page 10 shows comparative information for the year ended 31 March 2020.

THINKING AUTISM LTD

BALANCE SHEET

AS AT 31 MARCH 2021

	Notes	2021 £	£	2020 £	£
Current Assets				-	
Cash at Bank and in Hand		<u>112,754</u>		<u>120,810</u>	
Total Current Assets		<u>112,754</u>		<u>120,810</u>	
Liabilities					
Creditors:					
Amounts falling due within one year	7	(720)		(720)	
Net current assets or liabilities			<u>112,034</u>		<u>120,090</u>
Total net assets or liabilities			<u>112,034</u>		<u>120,090</u>
The funds of the charity	8				
Unrestricted Funds			106,282		113,804
Restricted Funds			<u>5,752</u>		<u>6,286</u>
Total funds			<u>112,034</u>		<u>120,090</u>

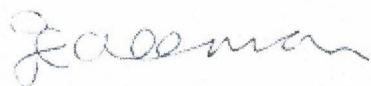
For the year ending 31 March 2021 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Director's responsibilities:

- The members have not required the 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 accounts are prepared in accordance with the provisions applicable to companies' subject to the small companies' regime.

The accounts were approved by the Board of Directors on the 10th of January 2022 and signed on its behalf by:



J Allman

Director

THINKING AUTISM LTD

NOTES TO THE FINANCIAL STATEMENTS

for the year ended 31 March 2021

1. ACCOUNTING POLICIES

Basis of accounting

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 (FRS102) issued on 16 July 2014 (as updated through Update Bulletin 1 published on 2 February 2016 and also Update Bulletin 2 published on 5 October 2018) – (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Incoming resources

All income is recognised once the charity has entitlement to the income. It is probable that the income will be received, and the amount of income receivable can be measured reliably.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

Restricted funds are to be used for specified purposes as laid down by the donor. Expenditure which meets these criteria's is identified to the fund, together with a fair allocation of overheads and support costs.

Unrestricted funds are donations and other incoming resources received or generated for charitable purposes.

Resources expended

All expenditure is accounted for on an accruals basis.

All expenses including support costs and governance costs are allocated or apportioned to applicable expenditure headings.

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that settlement will be required, and the amount for the obligation can be measured reliably.

2. Charitable activities

	Unrestricted Funds £	Restricted Funds £	2021 Total Funds £	2020 Total Funds £
Grants:				
Big Lottery Fund	-	21,362	21,362	83,763
London Conference	-	-	-	18,166
Roadshows	-	-	-	83
Membership	5,640	-	5,640	6,555
	<u>5,640</u>	<u>21,362</u>	<u>27,002</u>	<u>108,567</u>

THINKING AUTISM LTD

NOTES TO THE FINANCIAL STATEMENTS

for the year ended 31 March 2021

3. Investment Income

	Unrestricted Funds £	Restricted Funds £	2021 Total Funds £	2020 Total Funds £
Interest Received	<u>1,147</u>	<u>-</u>	<u>1,147</u>	<u>-</u>

4. Charitable activities

	Unrestricted Support & Governance Costs £	Restricted Support & Governance Costs £	Unrestricted Direct Costs £	Restricted Direct Costs £	2021 Total Funds £	2020 Total Funds £
London Conference	-	-	-	-	-	16,112
Roadshows	-	-	-	21	21	835
Conference & Events	-	-	75	278	353	11,270
Campaigns	-	-	-	-	-	-
Salaries	-	-	26,245	15,389	41,634	54,904
Training	-	-	-	302	302	-
General Expenses	400	291	326	139	1,156	2,553
Business Expenses	-	-	340	2,569	2,909	7,337
Insurance	575	-	-	-	575	570
Membership Packs	-	-	-	-	-	-
Printing, Stationery & Website	754	463	-	-	1,217	1,621
Equipment	-	-	-	2,165	2,165	501
Bank & Paypal Charges	-	-	196	73	269	277
Companies House Fee	13	-	-	-	13	13
Payroll Costs	192	206	-	-	398	394
Accounts Costs	<u>770</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>770</u>	<u>770</u>
	<u>2,704</u>	<u>960</u>	<u>27,182</u>	<u>20,936</u>	<u>51,782</u>	<u>97,157</u>

Total resources expended are stated after charging:

	2021 £	2020 £
Independent Examination Fees	720	720
Other Accountancy Services (Filing Fees)	50	50
Payroll Services	398	394

THINKING AUTISM LTD

NOTES TO THE FINANCIAL STATEMENTS

for the year ended 31 March 2021

5. Staff Costs

The movement in the year is after charging:	2021	2020
	£	£
Wages and salaries	41,634	54,904
Average number of full-time equivalent employees in the year	2021	2020
Project Co-Ordinator	0.5	1.0
Support & Services Lead	0.5	0.5
Advocacy Lead	0.5	0.5
	<u>1.5</u>	<u>2</u>

During the financial year a consultancy fee of £2,463.07 (for the evaluation and monitoring declaration for the Big Lottery Fund) was paid to a Trustee, Anita Kugelstadt. No other Trustee received any payment or remuneration during the year. No employee received emoluments of £60,000 or above (2020: none).

6. Analysis of support and governance costs

	Basis of Allocation	London Conference	Roadshows	Conference & Events	2021 Total Funds	2020 Total Funds
	£	£	£	£	£	£
Office/General	Activities	-	142	2,231	2,373	2,913
Premises	Activities	-	35	540	575	570
Governance	Activities	-	71	1,110	1,181	1,177
		<u>-</u>	<u>248</u>	<u>3,881</u>	<u>4,129</u>	<u>4,660</u>

7. Creditors: Amounts falling due within one year

	2021	2020
	£	£
Accruals	720	720
	<u>720</u>	<u>720</u>

8. Funds

	Balance as at 1 April 2020	Incoming Resources	Resources Expended	Balance as at 31 March 2021
		£	£	£
Unrestricted Funds	113,804	22,364	(29,886)	106,282
Restricted Funds:				
Big Lottery Fund	6,286	21,362	(21,896)	5,752
Total Funds	120,090	43,726	(51,782)	112,034

THINKING AUTISM LTD

NOTES TO THE FINANCIAL STATEMENTS

for the year ended 31 March 2021

9. Company Status

The charity is limited by guarantee and has no share capital. There are 4 members and the liability of each member in the event of winding up is limited to £1.

10. Comparative Information (previous year)

		Unrestricted Funds 2020 £	Restricted Funds 2020 £	Total Funds 2020 £
	Notes			
Income from:				
Donations		42,831	-	42,831
Charitable activities	2	24,804	83,763	108,567
Investments	3	-	-	-
Other income		<u>647</u>	<u>-</u>	<u>647</u>
Total		<u>68,282</u>	<u>83,763</u>	<u>152,045</u>
Expenditure on:				
Charitable activities	4	17,569	79,588	97,157
Other expenditure		<u>-</u>	<u>-</u>	<u>-</u>
Total		<u>17,569</u>	<u>79,588</u>	<u>97,157</u>
Net income/(expenditure)		<u>50,713</u>	<u>4,175</u>	<u>54,888</u>
Reconciliation of funds:				
Total funds brought forward		<u>63,091</u>	<u>2,111</u>	<u>65,202</u>
Total funds carried forward		<u>113,804</u>	<u>6,286</u>	<u>120,090</u>