

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

Contents

	Page
Members of the Board and professional advisers	2
Trustees Annual Report	Insert
Independent Examiners Report	3
Receipts and Payments Account	4
Statement of Assets and Liabilities	5
Notes to the financial statements	6

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 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 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.

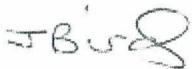
Independent Examiners Statement

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>