

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.

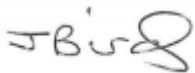
Independent Examiners Statement

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.