

Supporting emotionally and socially vulnerable children and young people



2024–2025 Annual report

To educate the public in, and to relieve the needs of, those with autistic spectrum conditions and behaviours associated with them in the Borough of Eastleigh, Hampshire.



It has been another busy year for the trustee of FOIT following last year's 20-year celebrations and reflections of how far we have come as an organization we have been looking to the future and making plans to develop the project further. This has been made possible with the security of lottery funding for running the project and the work of our fundraiser Claire Stokes endeavoring to secure funds to pilot a new group. It has also meant that there have been funds available to provide some exciting and stimulating activities for all of our young people.

The trustees have met regularly to ensure the smooth running of the project, ensuring all policies are up to date and duties of trustees are carried out. We have also received funds to update our website and would like to thank Chris Swales for his work in coordinating this and for Matthew Wakeham for ensuring the present website remains functional. We are fortunate as a committee to have two such accomplished technical experts as members.

Hui Min continues to manage finances which includes wages and accounts, and Laura Stephens our secretary ensures minutes are taken and distributed. The support of Karen Allen, our Vice Chair, has been invaluable to me just having someone around to discuss issues.

I thank fellow trustees for their work and support over the period. We are a small team and therefore look forward to your continued support. We would welcome offers of help with running the charity and fundraising. If you think you can help in any way, however big or small, please let me know.

We continue to have a very experienced team of staff, led by Hayley Halford and supported by enthusiastic volunteers, who work tirelessly throughout the year to ensure all members have safe, secure and enjoyable experiences. Our thanks go to all of them without whom the groups could not function. This past year, Hayley has undertaken supervision training which will enable her to run a new project. This has been a lot of work for Hayley but as usual she coped well with it. We also have plans to run some training events.

FOIT has been shortlisted for Mossadeq Diversity and Inclusion award and Karen, and I will be attending an award dinner on 23rd May.

Without the dedication of our staff, volunteers and trustees the project would not be able to operate, and with your support we are determined to keep the charity running smoothly, enabling us to give support to many more children, young adults, and their families in the future.

Chris Parsons, Chair



Project Coordinator's report

We celebrate another fantastic year for the project where we have supported over 50 children, young people, young adults and their families. The impact of our fundraiser has been significant for our group members with the grants secured, funding additional equipment, trips and resources. Thank you, Claire, for your ongoing hard work.

All our groups have continued to run at capacity with waiting lists for both the junior and senior youth groups. There is clearly a need for our service, and we are seeing an increase in referrals as more people are diagnosed. The JYG has 12 members with favoured activities including cooking, games, sports, art, show and tell, treasure hunts, hall games and visits to the park. The juniors have also enjoyed sessions at QE2 Activity Centre and the annual Christmas party at Kids2day.

NGS has 16 young people attending, with members enjoying various activities including film/games nights, d and d, cooking, art and games. There were visits to Boulder shack climbing, escape room, laser tag and bowling as well as the annual Christmas meal at Toby Carvery.

Both JYG and NGS have enjoyed visiting workshops from Alex at Kaya drumming and Jane Oakley who taught us decoupage.

The young adult group (YAWA) continues to thrive with 20 young adults attending. This group plan their own activities and have enjoyed quizzes, D&D nights, cooking, plus visits to the cinema, bowling and the Christmas meal at Cosmo's in Southampton. Some of the group members now meet independently outside of our sessions too, which we love hearing about.

We have a wonderful staff team, many of us with our own diagnoses, providing our group members with positive adult neurodivergent role models.

This gives us insight, understanding and aids the support we provide to members. Our staff all bring their own unique skills and as always, my thanks to Carol for keeping the admin ship afloat, Simone who provides me with much needed back up as Assistant Coordinator, Becky for your creativity, Steph for keeping us all organised and Holly for your wonderful ideas.

We are also lucky to have regular volunteer support from Bethan, Olivia and Simon, thank you all for your time. Claire continues to secure us grants and look at ways to make us sustainable for the future.

Finally on behalf of all our group members, their families and the staff a big, huge thank you to our chair, Chris Parsons, vice chair Karen Allen and all the trustees and committee for your ongoing support and the work that happens behind the scenes to run In Touch.

Hayley Halford, Project Coordinator

What parents have said:

- *"It has been great for my son to be able to socialise with similar peers, free from judgement."*
- *"It has really helped my son and given him somewhere he feels he fits in and belongs in a world that otherwise makes him feel like an outsider."*
- *"This group is the only activity he is easily able to leave the house for, he looks forward to it. His self-esteem and confidence has started to grow."*
- *"It is so vital for children with autism as it's very hard to engage in social activities and school holiday activities where their needs are understood."*
- *"It is the highlight of my son's week as he struggles with peer relationships in school with neurotypical children."*
- *"My son really enjoys attending, In Touch is the main time he interacts with people his own age. It has helped him so much."*



Fundraising Report 2024-2025

Easyfundraising

Total: £224.35

Giving Lottery

Total: £130

Grants Awarded:

The Albert Hunt Trust: £5000

Nisa Fair Oak: £250

Falcon Digital Bursary: £5678

Masonic Charitable Foundation: £6060 (split into 3 payments October 24, 25 & 26)

The Belgae Trust: £1000

ASDA Foundation: £800 (plus a workshop)

Bishopstoke Parish Council: £400

Eastleigh Training Fund: £160 for training. £500 for training videos

Hayleys Coffee Morning: £300



Future Plans:

- Training videos for sale on the updated website as an income stream for the charity.
- Topics specific to neurodiverse young people that may not be covered by other services.
- Therapy Service – once established providing a much-needed service and funds.

Clare Stokes, Fundraiser





Friends of in touch (Registered charity number 1153013)

Trustees:

Chris Parsons (*Chair*)
Hui Min Tseng (*Treasurer*)
Matthew Wakeham
Chris Swales

Karen Allen (*Vice-chair*)
Laura Stephens (*Secretary*)
Anne Rosenfeld

The Trustees would like to express their sincere thanks to:

Co-opted committee members: Hayley Halford
Fundraiser: Claire Stokes Advisor: Nathaniel Hawley

Staff:

Hayley Halford
Carol West
Simone Stewart
Becky Stewart
Steph Matthews
Holly Chamberlain

Volunteers:

Olivia Edwards (Sep 2023 to Present) Bethan Evans (Jun 2018 to Present)
Simon Hockney (Sep 2023 to present)

Venue providers: Y-Zone Youth Centre, Fair Oak



What children and young people have said:

"It has helped me form many good relationships."

"It is good, I have fun."

"I felt really welcomed into the group straight away."

"I am accepted as I am and the group makes me happy."

"Through the FOIT project I have met so many wonderful people who I might not have met otherwise."

"It has helped massively with my socialising difficulties."

"I have been attending the youth group for several years now and I have made some great friends, and it has given me opportunities."

"It is fantastic, I can be myself without anyone thinking bad things about me."

"It brings me so much joy getting to have fun with my friends."

"It has helped me a lot, it's a safe, fun space where I can make friends with people who won't judge me because I'm autistic."

"I feel I belong and can be myself."

"It's a place where I feel like I can really cut loose and expose my true self because there are people who know how locking that part of yourself away feels. Plus, most autistic people are just way nicer."



Friends of In Touch (Charity No. 1153013)
Financial Statement for the year ended 31st March 2025

Receipts and Payments

<u>Receipts</u>	<u>Restricted</u>	<u>Unrestricted</u>	<u>Total</u>	<u>Previous Year</u>
Lottery Grant	£41,006.00		£41,006.00	£39,642
Other Restricted Grants	£0.00		£0.00	£5,500
Other Fundraising		£6,294.01	£6,294.01	£1,860
JYG/NGS/YAWA Subscriptions		£6,285.95	£6,285.95	£5,674
Outings/Activities Contribution		£290.00	£290.00	£365
Bank Interest		£207.43	£207.43	£152
Total receipts	£41,006.00	£13,077.39	£54,083.39	£53,193
<u>Payments ¹</u>				
Staff Costs	£24,641.64	£6,285.95	£30,927.59	£26,635
Outings/Activities ²	£1,308.44	£290.00	£1,598.44	£1,121
Included Activities	£667.80		£667.80	£596
Group Running Expenses ³	£1,648.00		£1,648.00	£2,592
Admin Expenses	£434.97		£434.97	£400
Travel/Parking Expenses	£0.00		£0.00	£27
Venue Hire	£4,009.80		£4,009.80	£2,700
Training	£209.94		£209.94	£40
Insurance	£572.88		£572.88	£536
AGM ⁴	£439.03		£439.03	£0
Website & File Hosting	£459.47		£459.47	£236
Fundraising Expenses	£500.85		£500.85	£100
Therapy Pilot Project	£3,219.00		£3,219.00	£0
Asset Purchases	£506.20		£506.20	£1,172
Total payments	£38,618.02	£6,575.95	£45,193.97	£36,156
Net of receipts/payments)	£2,387.98	£6,501.44	£8,889.42	£17,037
Cash funds last year end	£15,025.10	£21,787.18	£36,812.28	£19,776
Cash funds this year end	£17,413.08	£28,288.62	£45,701.70	£36,812

Statement of Assets and Liabilities

<u>Cash Funds</u>	<u>Brought Forward</u>	<u>In</u>	<u>Out</u>	<u>Carried Forward</u>
Lottery Grant	£11,793.62	£41,006.00	£36,989.69	£15,809.93
EBC Covid Recovery Grant	£1,809.39	£0.00	£208.59	£1,600.80
Sovereign Grant	£26.09	£0.00	£26.09	£0.00
Abri Grant	£1,196.00	£0.00	£1,193.65	£2.35
EBC Grant for AGM	£200.00	£0.00	£200.00	£0.00
Unrestricted	£21,787.18	£13,077.39	£6,575.95	£28,288.62
Total	£36,812.28	£54,083.39	£45,193.97	£45,701.70

Breakdown of cash funds carried forward

Current account	£16,649.06
Savings account	£28,957.02
Petty cash	£95.62

<u>Assets</u>	<u>Funded By</u>	<u>Date Purchased</u>	<u>Cost</u>
Laptop for deputy project co-ordinator	Lottery Grant (expired)	Apr-17	£449.99
Laptop for project co-ordinator	Lottery Grant	Nov-23	£431.00
Nintendo Switch	Sovereign Grant	Jan-24	£291.99
iPad	Sovereign Grant	Jan-24	£449.00
Laptop for admin	Lottery Grant	Oct-24	£506.20

Notes

- (1) Unless otherwise stated, all payments using restricted funds are funded by Lottery grant.
(2) Also funded by Abri grant.
(3) Also funded by EBC Covid Recovery and Sovereign grants.
(4) Also funded by EBC grant and Abri grant.

Independent examiner's report to the trustees of Friends of In Touch

I report to the trustees on my examination of the accounts of the Friends of In Touch (the Charity) for the year ended 31 March 2025.

Responsibilities and basis of report

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

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

1. Accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. The accounts do not accord with those records; or
3. The accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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

Signed



Mark Pyne MAAT
Genio Accountants
33a Portsmouth Road
Woolston
Southampton
SO19 9BA

Date: 20 May 2025