

AUTISM ANGELS LTD

England & Wales - Charity number 1160289

Details

Other names AUTISM ANGELS

Status Registered

Legal form Charitable company

Company number [08168948](#)

Registered 2015-02-02

Register [View on the Charity Commission register](#)

Contact

Address Throstle Nest Farm
Summerbridge
Harrogate
North Yorkshire
HG3 4JS

Phone 07376134007

Email info@autismangels.co.uk

Website www.autismangels.co.uk

Activities

Objects: FOR THE PUBLIC BENEFIT, THE RELIEF OF THOSE IN NEED BY REASON OF AUTISM AND OTHER DISABILITIES, IN PARTICULAR BUT NOT EXCLUSIVELY BY: ADVANCEMENT OF EDUCATION THROUGH TRAINING PROGRAMMES AND DEVELOPMENT ACTIVITIES TO IMPROVE THEIR SKILLS, CAPACITIES AND CAPABILITIES ADVANCEMENT OF EDUCATION THROUGH TRAINING AND DEVELOPMENT PROGRAMMES FOR THE FAMILIES, CARERS AND PROFESSIONALS WHO HAVE A ROLE IN SUPPORTING THE INDIVIDUALS WITH DISABILITIES ADVANCEMENT OF HEALTH AND WELLBEING, IN PARTICULAR BUT NOT EXCLUSIVELY, BY RAISING AWARENESS AND REMOVING LIMITING BELIEFS OF THE BENEFITS OF THE NATURAL ENVIRONMENT AND WORKING WITH ANIMALS

Activities: Autism Angels offers a wide range of services to support the whole family, carers, schools and the wider community. Tasters Family Fun Days Summer Camps Family Coaching Mini Mentoring Mentoring Enrichment Days 1:1 Coaching Parent Programmes Riding Therapy Back to school with confidence Animal care Saturday Kids Club Volunteer Training Volunteer Days for businesses Couple Coaching

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, Disability, Animals
- **Who:** Children/young People, People With Disabilities, The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-08-31	£184,212	£169,046	-	-
2024-08-31	£146,826	£145,373	-	-
2023-08-31	£130,761	£141,862	-	-
2022-08-31	£115,457	£118,973	-	-
2021-08-31	£73,784	£83,156	-	-
2020-08-31	£52,388	£74,315	-	-

Trustees

Name	Role	Appointed
Catherine Flynn-Cartwright		2023-02-15
Howard Whittaker		2019-11-21
Patrick Hammond		2021-01-11
SARAH Kekoa		2015-02-02
Samantha Louise Smith		2026-02-09

AUTISM ANGELS LTD

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Accounts



Autism Angels

Annual Report & Accounts Year ended 31 August 2025

Throstle Nest Farm
Summerbridge, Nr Harrogate
North Yorkshire HG3 4JS

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Registered Charity 1160289 Company No. 08168948

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Autism
Angels

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Foreword

It is that time of year again when we pause to reflect on how far we have come as a community. Over the past year, we have focused on deepening our connections with families and understanding who we are today, together, before thoughtfully considering where we needed to go next.

There was a clear and shared sense of direction: we needed to better support our children, young people and families in their journeys within Special Educational Needs (SEN) education. While traditional education had not been a central part of our work historically, we had already established strong foundations in emotional learning, delivering what we believe to be truly transformative outcomes.

We recognised, however, that while families were thriving within the nurturing environment of the farm, many continued to struggle within the formal education system.

It was time for us to step forward and explore how we could bridge that gap.

A key milestone in this journey was welcoming a new member to our team. Having worked with Sarah M and her family for several years, we had seen first-hand her alignment with our philosophy and the remarkable transformation she and her family had experienced. Drawing on her personal journey navigating the challenges of the education system, as both a parent and a professional, Sarah brought invaluable insight, compassion and expertise. As a qualified teacher specialising in mathematics, alongside her strong understanding of educational law and advocacy, she has become an integral part of our work.



Beginning with a single weekly session, Thursdays became highly successful and a turning point for our provision. These sessions were warmly received and opened up meaningful conversations with children, young people and families about their educational needs and aspirations.

With access to a 60-acre farm, offering a rich variety of indoor and outdoor learning environments, we were able to explore and experiment with different approaches. This flexibility allowed us to meet each individual where they were, ensuring that every child, young person and family received the support they needed.

What began as a single day evolved naturally into our broader Wellbeing Days, and before long, we found ourselves taking steps towards looking to register as an Alternative Provision. This was achieved in November 2024.

This has been a carefully paced process, guided by what feels right for our community and our team. Over the year, we have worked intentionally to strip back preconceived ideas of what education “should” look like, instead creating a space where children and young people can rediscover a genuine excitement for learning and equally as important, learning about life and how they can choose to respond to it.

Many of the individuals who come to us have experienced significant challenges within traditional education, and as such, a process of “de-schooling” has been an important part of their journey. Alongside this, we have been able to provide parents with practical support, particularly around understanding their rights, navigating EHCP applications, and communicating effectively with schools in a way that promotes both accountability and collaboration in the best interests of the child and young person.



This year has marked a significant step forward. Demand for our services has grown, our team has expanded, and our community continues to flourish. Families have come together through shared lived experiences, transforming past challenges into a source of strength and guidance for others. Their journeys now shine a light for those who are just beginning their own.

We see the impact every day: parents smiling again, children and young people playing, learning, and forming friendships, and a team united by a deep sense of purpose.

We are also proud to have hosted another successful annual ball, where we explored the powerful connection between parent wellbeing and the experiences of their children. For many, this was an emotional yet affirming realisation.

Finally, we were deeply honoured to receive an award this year (details within the report) and to be invited to attend a garden party at Buckingham Palace. This recognition is a testament to the impact of the work being carried out by our entire community.

As we look ahead, we do so with gratitude, pride, and a continued commitment to supporting every family, child and young person who walks this journey with us.

We hope you enjoy our report.

Sarah

Founder

Autism Angels- Alternative Learning

Founded in 2012, Autism Angels began by supporting six families through three summer camps so they had somewhere to go, a place where they would be accepted without shame or judgement and could be with other families on a similar journey.

Since then, we have grown rapidly in response to varying demands. Over the past 14 years, Autism Angels has continually developed and refined its services, listening closely to the needs of our ever-evolving community and adapting to meet them. **Today, that need continues to rise.**

Often by the time our families arrive at the farm, they are experiencing emotional and physical exhaustion, isolation, and fear. Some have even lost marriages, friendships and often the support and understanding of their families along the way.

Many children, young people and their families were facing ongoing challenges within school-based provisions, including obtaining and maintaining appropriate educational provision that adequately met their individual needs.



Demand for Special Educational Needs (SEN) provision across North Yorkshire and the wider UK has intensified dramatically. Identifying and meeting these needs is increasingly complex, with education, care and social services under immense pressure due to underfunding and limited resources. For many parents, accessing appropriate support involves years-long battles, leaving families isolated and children without the help they urgently need.

We do not believe that children, young people and families have to choose between mental health and wellbeing, and an education.

In response, over the last 12 months Autism Angels has begun a transformative journey to redefine education for Autistic and SEN children experiencing a mental health crisis. Our Alternative Wellbeing and Learning Provision is built on a simple but powerful principle: that healing and learning must go hand in hand.

Social, emotional, mental health and wellbeing needs are at the heart of all that we do.

We are supporting children, young people and families on a journey from trauma to transformation, from isolation to community, and from withdrawal to renewed purpose. We are creating an environment where children and young people can recover from trauma, rebuild confidence, and re-engage with learning at a pace that suits them.



Autism Angels- Alternative Learning

Our approach offers an innovative and meaningful education that meets each child exactly where they are – emotionally, physically and academically. Through heart-centred, purpose-driven pathways, we celebrate each child's individuality, recognise their potential, and empower them to THRIVE, not just survive.

In Summer 2024, we welcomed to the team our Education Lead, Sarah M. Sarah brings a PGCE with Qualified Teacher Status (QTS), specialising in Mathematics and qualified to teach up to A Level.

As a mother of three neurodivergent children, she brings both professional expertise and lived experience, alongside a deep passion for alternative approaches to education. Sarah has also educated herself in educational law and around the responsibilities of schools and local authorities.



Autism Angels has access to a 60 acre farm with a naturally therapeutic environment, including woods, rolling grassland, hills, a river and specialised equine facilities

The farm is central to our trauma informed model and provides a safe, therapeutic environment for neurodivergent children and young people. Our nurturing, low demand approach and setting enables regulated, nature based and animal assisted interventions that cannot be replicated in clinical or classroom environments. For many of the children and young people we support, this is the first place they have felt safe, understood and able to engage in a very long time.



Over the year, Autism Angels has worked diligently to strengthen and formalise the quality of our provision, successfully undergoing a number of rigorous inspections and exceeding expected quality assurance standards.

- November 2024, we were proud to be formally recognised in the North Yorkshire Local Authority Alternative Provision Directory.
- Summer 2025, we were also awarded a 5-star rating for our Riding Establishment Licence, reflecting the highest standards of care and welfare for our horses.

Reflections of an Incredible Year



In May 2025, Autism Angels were incredibly honoured to be part of two Royal Garden Parties at Buckingham Palace.

Sarah Kekoa, founder of Autism Angels, was delighted to receive an invitation to Buckingham Palace to enjoy a Royal Garden Party hosted by Their Majesties King Charles and Queen Camilla.



The event on Wednesday 14th May was also supported by the Department of Education, to celebrate those working in education and skills, reflecting the work the charity does in supporting children and young people in our local community.

Autism Angels volunteer Ash and team member Sarah Morrison were also in attendance at Buckingham Palace earlier in the week for a Royal Garden Party hosted by HRH The Duke of Edinburgh.



Ash was invited following the completion of The Duke of Edinburgh's Gold Award. They enjoyed a fantastic afternoon full of energy, inspiring stories and a celebration of so many young people's achievements.

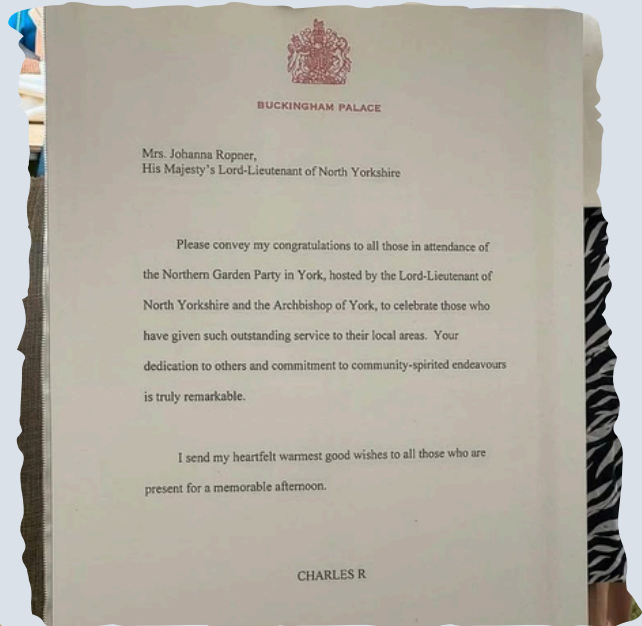


In March 2025, Autism Angels were delighted to be awarded a High Sheriff Award for Resilience; reflecting the work we do with children and young people helping them bounce back despite setbacks and difficulties.

The awards were selected by a panel of 'Children Champions' keen to acknowledge the great work of community organisations around the growth and wellbeing of children - convened for this purpose by Dr Ruth Smith, the High Sheriff of North Yorkshire



In June 2025, Autism Angels had the incredible honour of attending a garden party at The Deanery in York. Hosted by the Lord-Lieutenant of North Yorkshire and the Archbishop of York, the event celebrated the outstanding contributions of community organisations across the region.



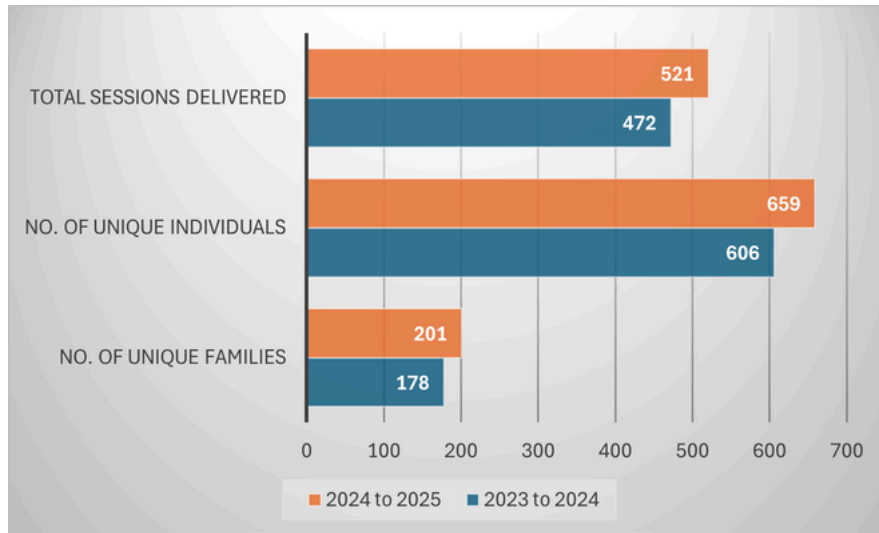
It was a true privilege to be part of such a special occasion, bringing together individuals and groups dedicated to making a positive difference. The afternoon was filled with inspiration, joy, and a shared commitment to strengthening and supporting our local community.

Statistics

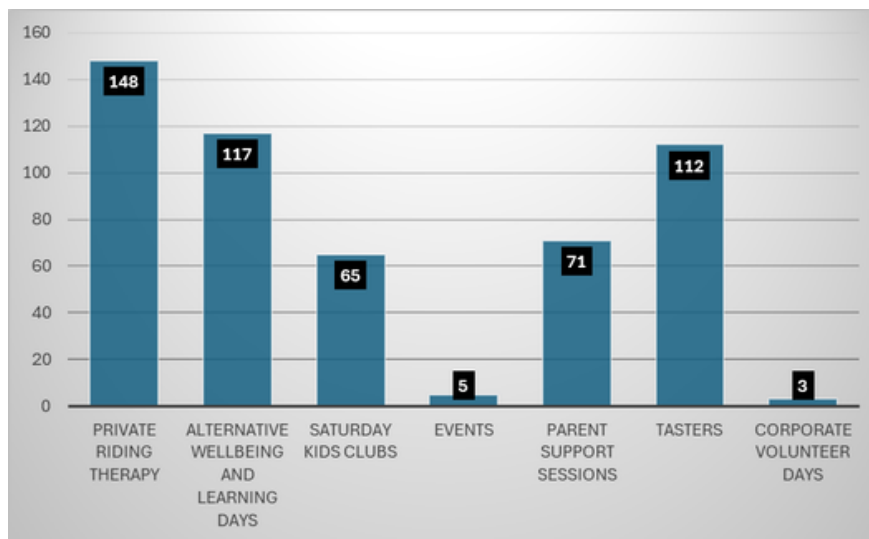
Demand for our support continues to increase every year.

Between 1st September 2024 and 31st August 2025, Autism Angels supported 201 families, overall supporting 659 unique individuals across the family unit.

In total, we delivered 521 Therapeutic Sessions between September 2024 and August 2025.



Private Riding Therapy continue to be our most popular sessions. This is followed by our Alternative Wellbeing and Learning Provision sessions which saw an increase in demand by 46% in comparison to the previous year.



Facebook has remained our primary platform for sharing news and engaging with the community online. Our content continues to reach a wide audience, with posts generating a total of 797,750 views during the reporting period.

We achieved a key milestone in August 2025, when our page surpassed 8,000 followers, highlighting sustained growth in our online community and increasing reach across our audience.

Growth and Impact Report (2019–2025)

Over the past six years, Autism Angels has experienced remarkable growth across every key area.

	2019/20	2020/21	2021/22	2022/23	2023/24	2024/25	% increase 2019 to 2025
No. of Unique Families Supported	70	146	162	193	178	201	187%
No. of Unique Individuals Supported	256	452	583	596	606	659	157%
Total Sessions Delivered	59	316	396	495	472	521	783%

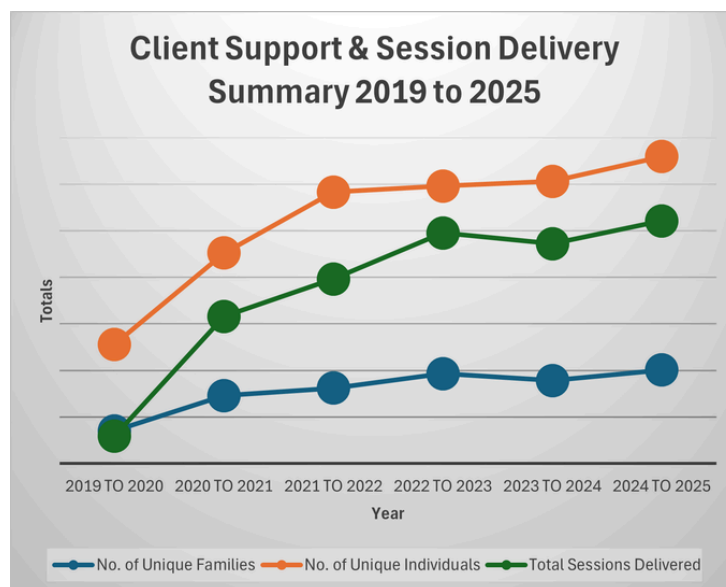
Community Impact

Autism Angels' outreach and impact within the autism community have expanded significantly:

- The number of unique families supported has grown from 70 in 2019/20 to 201 in 2024/25, marking a 187% increase.
- The number of unique individuals supported has risen by 157%, from 256 to 659, showing that the organisation continues to reach and empower more people every year.

Programme Delivery

The growth in service delivery is particularly striking. The total number of sessions delivered has increased from just 59 in 2019/20 to 521 in 2024/25 — a 783% rise. This dramatic expansion highlights Autism Angels' capacity to meet rising demand while maintaining quality and accessibility in its support.



A Story of Transformation

From modest beginnings, Autism Angels has evolved into an innovative organisation with a commitment to improving and transforming lives. We have built strong community engagement and expanded our reach to hundreds of families and individuals each year.

The journey over the last 6 years is a testament to the dedication of Autism Angels' team, supporters, and partners; highlighting that with passion and purpose- sustainable and life-changing growth is possible.

A key highlight of the year was the launch of Harrogate's latest Alternative Provision at Autism Angels, which was featured widely in local and regional press.



NIDDERDALE CHARITY OFFERS ALTERNATIVE LEARNING PROVISION FOR YOUNGSTERS'

"Autism Angels founder Sarah Kekoa wants to put the 'joy back into learning' and never compromise when it comes to mental health and wellbeing.

With that in mind, the North Yorkshire-based charity is now offering an Alternative Learning Provision (ALP) for youngsters whose needs are not accommodated in mainstream or even special schools."

Hail shining Angels

Yorkshire is lucky to be home to some amazing charities and Autism Angels is a shining example of the positive impact they have in the region and beyond.

Autism Angels was set up more than 12 years ago and provides specialist mental health and wellbeing support.

It is now offering an Alternative Learning Provision for youngsters whose needs are not accommodated in mainstream or even special schools.

Education should not be left to charities but the fact that Autism Angels is stepping up to put the "joy back into learning" and not compromise on mental health and wellbeing is in itself inspiring.

The young people and parents they have encountered clearly needed an alternative provision.

The approach undertaken by Autism Angels to learning is refreshing. Despite the name of the charity, no diagnosis for autism or any other condition is needed.



Harrogate autism charity set to offer alternative learning sessions to help children with education

"We are so excited to be able to offer this new addition to our already thriving services.

We want to bring the joy back into learning whilst keeping wellbeing and mental health at the heart of everything we do.

This will help us to continue delivering vital services and make a real difference in the community."

Harrogate Advertiser

TRUSTED NEWS
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Fundraising and Events

We continue to bring our community together through a wide range of fundraising and inclusive family fun events delivered throughout the year including, our annual Halloween and Bonfire event, Christmas party and our Charity Ball.

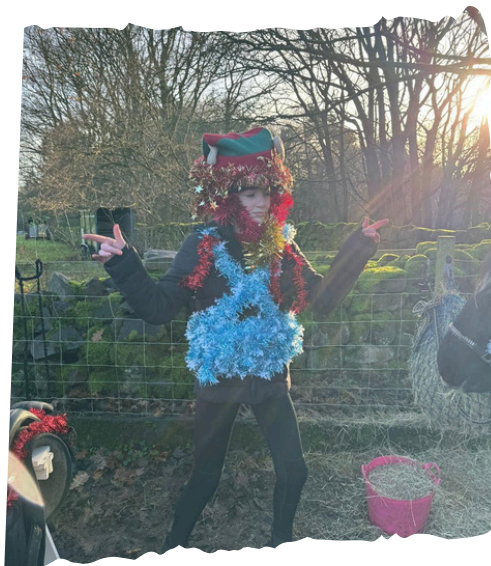
These events are more than opportunities to raise essential funds; they provide a welcoming space where families can come together, relax and enjoy meaningful time with others who share similar experiences.

Our events are carefully designed to reduce many of the stresses that families often face in typical social settings, creating an environment where everyone feels understood, supported, and fully included.

Halloween and Bonfire Event, October 2024



Christmas Family Fun Event, December 2024



Fundraising and Events

Charity Ball, November 2024

Our annual charity ball is a truly authentic Autism Angels event—far from the traditional corporate-style evening, but a magical celebration filled with fun, laughter and genuine connection. The evening brings together our incredible parents, dedicated team, volunteers and supporters, all united by a shared passion for making a positive difference in our community. More than just a fundraiser, the ball offers a heartwarming opportunity for our parents to take some well-deserved time for themselves, stepping away from their caring roles and responsibilities to relax, enjoy, and be celebrated. It is a special night that reflects the spirit of Autism Angels.



A huge thank you to all the amazing local businesses who supported this event either through event sponsorship or donations. We were truly overwhelmed by your generosity.



Fundraising and Events

Abseil and Zip Wire Fundraiser, April 2025

As part of our April fundraising for Autism Acceptance Month, our abseil event made a return—this year set against the iconic Cow and Calf rocks in Ilkley, with the added thrill of a zip wire alongside the abseil.

The event once again brought together children, families, our team and supporters from across the Autism Angels community, all stepping forward to take on this exciting challenge.

Participants pushed through fears and nerves, embracing something new and unknown with incredible courage and determination.

It was an inspiring day, filled with encouragement, achievement and community spirit. Everyone absolutely smashed it, and we couldn't have been more proud.



Huge thank you to Olly Roberts and John Proctor who facilitated this event for us and were incredible in supporting and encouraging all the children and participants.

Fundraising and Events

Sky Dive, Summer 2025

An incredible group made up of parents, volunteers and supporters soared to new heights as part of our skydive fundraiser for Autism Angels. Showing remarkable bravery and determination, they took a leap of faith to support our work. Facing their fears with courage and enthusiasm, each participant made an unforgettable impact, not only through the funds they raised but through the powerful sense of inspiration and community they created.

Their fearless commitment has made a meaningful difference, and we are immensely grateful for their support.



Huge thank you to Skydive GB- Yorkshire's Parachute Club who facilitated this event for us. Their professionalism and encouragement on the day was amazing.

Kindness of others

Like many charities, Autism Angels relies heavily on the kindness and generosity of others through donations and fundraising to enable us to deliver our vital services and make a meaningful difference in our community. The funding landscape remains increasingly competitive, with rising costs affecting the sector and grant applications becoming more oversubscribed than ever.

Behind the scenes, our team and trustees continue to work tirelessly, giving additional time, reducing running costs, raising awareness and thinking creatively about new ways to sustain and grow our support for families. Their dedication ensures that we can continue to respond to the needs of our community.

At Autism Angels, we are committed to ensuring that cost is never a barrier for families seeking help and support. We are incredibly grateful to everyone who supports us – whether through fundraising, donations, raising awareness, or volunteering their time at the farm. Their support enables us to provide timely, essential support to children, young people and their families across our local community, and we simply could not do this without them.

Thank You

The Together Group Construction Ltd

Jan Edwards Ilkley Half Marathon

Boot & Shoe, Tockwith

Birchfield Ice Cream Farm

Tony Clough Skydive

Inspiron Studios

TrenTech IT Solutions

Rose Lewis Bake Sale

Jack Stewart, MMA

Skipton Building Society Compliance Team

St Johns Church Knaresborough Christmas tree festival.

Skipton Slimming World

Voices of Yorkshire Choir

Andrew Hodder Lincoln 10km

Asda House GM Supply, Leeds

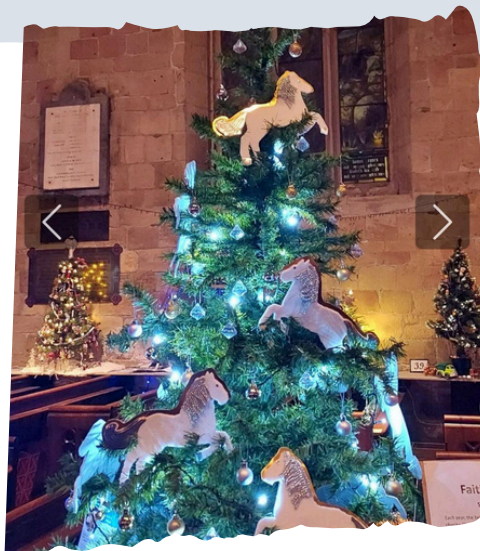
Fabrication Crafts, York

Ben Povey, BAP Coaching

Pretty Little Faces Facepainting

Lianne Jack, London-Brighton Cycle

Jordan Wing



Kindness of Others

Other Donations

Otley Lions Club

The Fernhurst Trust

The Loriners' Charitable Trust

Skipton Building Society

Soroptimist of Harrogate & District

Arla Foods

The Grace Trust

Farrah's of Harrogate

The Local Lotto

Asda Foundation

Yorkshire Peach

The Sensory Den

Busy Bees Childminding

The Old Swan, Harrogate



Corporate Volunteer days at the farm:

Skipton Building Society Compliance Team



Lewis Silkin LLP, Leeds



Case Study

We came to Autism Angels almost three years ago. The wellbeing days are our time to be outside, to repair and connect through the time spent with the Autism Angels team and their lovely herd of horses.

My daughter started at a Specialist provision that according to her EHC plan fully meets her needs. And in lots of ways it does. But a long commute and the rigours of a full school day and we had a recipe for overwhelm and meltdowns. **This is where Autism Angels came into our week.**

My daughter was constantly tired, very drained from masking her anxieties both at school and in the taxi. She would be tearful by and find it difficult to regulate her emotions after such a very long day of demands.



The days and the full school week were simply too much. Our weekends were very much affected. **We couldn't leave the house, socialise or even expect her to be part of our family activities in any way.** She simply withdrew into herself and used her computer games to regulate her exhausted nervous system. **She had very little time outside in nature** and being outdoors had always been a way that we connected and regulated as a family.

When I found Autism Angels I knew we had found a place for my daughter to recover from her days at school. A place I could be a part of too. A community that understands and allows children to be themselves with no pressures. Where nature and animals are all part of the solution to external pressures to conform and fit into a mould other than your own.



It took my daughter quite a while to find her confidence. To feel secure in her place in the team, both of people, horses and dogs. She gradually became at ease with herself and started to find her voice. This sounds like a straight forward thing to do, but it is really huge for us. Communicating how she is, how she feels and what she would like to do is a massive achievement, still a work in progress but vastly improved.

Autism Angels is really helping her to understand her own boundaries. Those she holds for herself and what she can achieve alongside her personal boundaries that others may overstep. It is giving her courage and the wherewithal to be strong, firm and clear in her language and use various strategies and positive responses when others push too far.

The horses bring calm to her world. They also allow her to learn an array of new skills and to take responsibility for their care whilst she is on the farm.

The support offered by the team is gentle and secure. She doesn't feel pressured yet she is challenged to expand her comfort zones and to do brave things that she wouldn't generally do. Slowly widening her views of herself and her self-belief that she can do difficult things.

We are forever grateful to have found Autism Angels. When all other doors were closed in our face we are especially thankful that they were able to support us with part funding enabling us to access their sessions at the farm.

Feedback and Quotes

“What an inspiring morning spent with Sarah, the parents, children and animals at Autism Angels. It is a fabulous place that has been such a life line to children with autism. The work with the horses and dogs and the supportive educational environment within nature is just so inspiring. Sarah is such a special person herself who embraces every opportunity to help children learn, achieve calm and feel grounded.”

Dr Ruth Smith, High Sheriff of North Yorkshire



“Autism Angels is an incredibly supportive, caring, and inspiring place. Everyone is welcome, everyone is included, and everyone is made to feel right at home. Our daughter has made friends, learned new skills, and absolutely loves Riley the horse to bits, this place makes her feel so happy. It's a happy place for us all!”



A good community feel with everyone getting involved and helping each other”

“I loved being in the natural setting and seeing the young people able to follow their passions and interests, but in a low demand, low arousal and person centred environment - with staff that really 'got' their needs, while scaffolding their strengths.”

Dr Russell Sharp, Educational Psychologist

“It's a happy place for our whole family”



Feedback and Quotes



“Autism Angels is a calm, supportive and nurturing environment. It was inspiring to see how the team works with children maintaining high expectations, ensuring tasks are completed and using clear cause-and-effect approaches around both demands and behaviour. I have no doubt that the children attending will continue to thrive in this setting.”
Acting Headteacher of a Mainstream Primary School.

“When I tell people Autism Angels saved my child’s life people think I am exaggerating, but it gave them the safe space to discover who they were and start to visualise what a future could look like.”



“Working alongside the staff, parents and children of Autism Angels is truly remarkable. After working in mainstream education for over 5 years, it’s been a breath of fresh air to see how education can be tailored to suit the needs of children. Seeing children and their parents have a space to thrive, be supported and enjoy education again after prolonged periods is something I wish everyone had the opportunity to witness.”
(Tutor from Home School Tutoring Leeds/Bradford)



“A joyous, freeing, accepting space where my whole family is welcome to be exactly who they are. No pretending, performing or trying to fit in. It is a little bit of magic!”



Trustees

Howard

Howard is our designated Health and Safety Officer and brings a wealth of knowledge to the charity with his H & S expertise. As a recently retired HSE Principal Inspector he carries out risk assessments and ensures health and safety procedures are in place, all to help us run a safe environment allowing our families to access the farm's natural environments, horse activities and fundraising challenges.

He has a BSC in Government, Politics and Modern History and a post graduate Diploma in Occupational Health and Safety.

Howard can often be seen walking on the hills to achieve the latest challenge all whilst supporting our families.

Thank you Howard for all you do for us.



Paddy

Paddy is a Dad of a child on the autism spectrum and knows all too well the challenges of day to day life our parents and families can face. Paddy also supports us through keeping an eye on costs, seeing where we can make savings and keeping the charity running. Paddy also fundraises for us and can be seen running a marathon or climbing mountains.

Paddy has recently completed facilitator training with Andy's Man Club and wants to expand wellbeing support and strengthen the support network for our Dads.

Thank you for all you do for us Paddy.



Catherine

Catherine is also a Mum to 2 autistic children. She brings a wealth of lived experience as a parent and fully understands the challenges many of our families can face.

Catherine supports Autism Angels arranging fundraising events, raising awareness around autism and developing community relationships.

Catherine is a fantastic ambassador for the work we do and we are very thankful for her ongoing support.

Thank you for all you do for us Catherine.



Team

Meet our inspirational Team who continue to dedicate their time way beyond remunerations given and really do add to the uniqueness of what we can offer at the farm.

Sarah Kekoa

Sarah is the founder, lead facilitator and beating heart of Autism Angels. Her passion for supporting children and parents to overcome their challenges is palpable from the moment you meet her.

Her vast experience and intuition enable Sarah to guide families on their initial steps of their journey within the Autism Angels community.

Sarah manages to balance encouragement, love and challenge when working with our families.

Sarah can be found working on all our sessions along with her malamute, Yume, and her kelpie, Toffee bar. A talented and instinctive horsewoman, Sarah has trained the team members in her equine-facilitated therapeutic approach and unique philosophy.

Thank you Sarah for all that you do.



Amanda

Amanda's smiling face is a welcome sight for our families' first visit to the farm. Amanda leads on Tasters, Safeguarding and Portfolio work.

Amanda spent her career in mainstream education including ten years as Teacher in Charge of an Enhanced Mainstream Primary School for pupils with Communication and Interaction needs- supporting children with autism in 41 primary schools. She has postgraduate qualifications in Provision for pupils with developmental disorders (Leeds) and Autism in Children (Birmingham).

She loves to work with Blackjack and specialises with children who may be nervous to start with the group work. Amanda is often seen at the farm setting up early, visiting the horses and walking her dog Ziggy.

Thank you Amanda for all you do for us.



Sarah M

Sarah is our Education Lead and has a PGCE with QTS in Education, with Maths as her specialism and qualified to teach to A level.

Sarah is also a mother of 3, whom are all neurodivergent and is very passionate about alternative forms and systems of learning. With her knowledge she also supports our families in understanding the pressures of school on children and writing reports for EHCPs to ensure that children are able to access the support they need.

Sarah is passionate about making learning accessible to people who have barriers to learning. She has also educated herself in the Law around schools' responsibilities and has a passion for anti-racism and LGBTQ+.

Thank you for all you do for us Sarah.



Katharine

Katharine is our Business Manager and she works tirelessly behind the scenes to support both the charity and is the first contact for our families. Being a Mum of an autistic child she knows all too well how hectic things can feel. She is dedicated to creating as much ease as possible for our families by developing easy booking systems, adding informative posts about what is going on at the farm, answering enquiries; all which is critical in helping our families access us.

Katharine also writes grant applications and fundraising bids for us continuously trying to reduce fees for our families.

You will often see Katharine and her family at events always making sure things are running smoothly and volunteering her help on the day.

Thank you for all you do for us Katharine.

Yvonne

Yvonne is our horse and licensing lead. She is a qualified Life and Equine Facilitated Coach. She can often be found in the field checking the horses, in the tack room sorting things out or teaching our children valuable horse skills. Yvonne brings a wealth of experience to the team both from the horse perspective but also as a Mum of an autistic child.

Yvonne specialises in body work and helping the children reconnect with their internal world. She leads on Licensing requirements, bio security and yard management, creating and ensuring policies and procedures are carried out. With her hard work over the last couple of years she has improved our licensing score from 1 star to 5 stars.

Thank you Yvonne for all you do.



Sarah B

Sarah has been working in the horse industry for 40 years and is a British Horse Society (BHS) qualified Assistant Instructor and an Intermediate Stable Manager and Horse Care Stage 4.

She also holds her Monty Roberts Introductory Horsemanship Instructor and her Institute in Leadership and Management (ILM) 5 Coaching qualification. Level 2 in Reiki.

Sarah has been working alongside Sarah Kekoia since 2003 training in her concepts and achieving her Kekoia Way Instructors certificate and Equine Facilitated Coaching Certificate.

Sarah was also instrumental in supporting Autism Angels from its conception, supporting children and parents, volunteers and team members.

Thank you for all you do Sarah.



Jess

Jess has been with Autism Angels for many years and first attended because her mum thought it would support her through her own life challenges. She has trained alongside Sarah and became a volunteer and has now joined the team training to be a facilitator. She is trained in Sarah's methodology with the children and the horses.

She has a level 3 in counselling and is studying Psychology at Newcastle University. She loves to travel and has enormous lived experience and wisdom of over-coming life's challenges to support the children.

Thank you Jess for all you do.

Tom

Tom joined Autism Angels supporting his neurodivergent sister on wellbeing days. Tom has lived experience of living in a neurodiverse household.

Tom then went on to train as a volunteer and has now joined the team and is currently training as a Facilitator. He is trained in Sarah's methodology with the children and the horses.

He supports children and families across all areas including horsemanship, riding, bio-security, volunteering and is particularly good with the children's emotional challenges,

Thank you for all you do Tom.



Volunteers

Our volunteers are at the heart of Autism Angels. They are an integral part of everything we do, and we know that without their time, energy and commitment, our work simply would not be possible.

Our growing community of young volunteers not only contributes positively to the charity and the wider local community, but also have the opportunity to embark on a powerful journey of personal development.

Through volunteering, we have seen them building in confidence, improve their wellbeing, developing practical life skills, and forming meaningful, lasting connections.

Some are neurodivergent themselves or support neurodivergent family members, bringing understanding, empathy and lived experience to their roles.

For others, their journey began at AA as clients. As they moved into adolescence and early adulthood, they started to question their place and purpose. Our volunteer programme provides a clear and supportive pathway forward.



Through structured volunteering, training and therapeutic support within our outdoor farm environment, we empower young people to build confidence, develop practical and transferable skills, and improve their mental and physical wellbeing. With essential training in areas such as safeguarding, first aid, health and safety, horsemanship and food hygiene, volunteers are supported to contribute safely and confidently, while gaining skills that open pathways into employment, further opportunities, and for some, progression into Autism Angels Facilitator roles.

It is wonderful to see our volunteers **“find their tribe”**, build friendships and experience a genuine sense of belonging within a supportive community. This connection plays a vital role in improving wellbeing and fostering self-belief.

The Future

The future is not something we are waiting for, it is something we are actively creating.

This year, we invited parents to rediscover their own joy, to lead by example and show their children what it means to live an authentic, meaningful life. What has emerged is extraordinary. Our families are no longer standing on the edges, they are stepping forward with confidence and purpose. They have moved from isolation to belonging, from overwhelm to leadership, and from limitation to possibility, travelling, connecting, and embracing life in ways that once felt out of reach.

When we asked our community to share glimpses of their “big lives,” the response was powerful. It was more than a collection of images, it was a statement of transformation, courage, and what becomes possible when the right support is in place.

We are not just supporting families, we are redefining what support can look like.

The integration of education alongside wellbeing has been a defining shift. By recognising that a child cannot thrive academically without feeling safe, understood, and regulated, we have created an approach that is both compassionate and effective. As we move towards as a registered Alternative Provision, rooted in health, wellbeing, and a trauma-informed philosophy, we are stepping into a position of leadership, demonstrating how education systems can evolve to truly meet the needs of every child.



Our vision is clear: a world where children and young people are not expected to fit into systems that were never designed for them, but where systems adapt to honour each child’s unique path.



This year has also been one of growth for our team. We have expanded, upskilled, and strengthened our collective expertise, ensuring we are ready not just to meet demand, but to lead change. With plans to extend our provision from January 2026, we will continue to create opportunities shaped by each child and young person’s interests and strengths, while holding our therapeutic approach at the core of every interaction.

To sustain and scale our impact, we are evolving our funding model, moving from a donation-based charity to a fee-funded provision, with the ambition that by September 2026, every child and young person’s place will be supported by their school or Local Authority. This shift is not just about stability; it is about recognition, that this way of working is not an “alternative,” but an essential part of the future of education and wellbeing.

Autism Angels is no longer something to be discovered by chance, it is becoming a destination. A hub of innovation, inspiration, and lived experience, where families, professionals, and communities come together to learn, grow, and lead.



Our families are at the forefront of this movement. They are not simply navigating a system that no longer works, they are showing what a new system can be. Through their courage and commitment, they are lighting the way for others.

With over 13 years of evidence, insight, and impact behind us, we are ready to take our message further, to schools, Local Authorities, the Department for Education, and Parliament. We are not just part of the conversation; we are helping to shape it.

The need for change is clear. The path forward is emerging. And together, our collective voice is powerful enough to transform what comes next.

We step into the year ahead with clarity, confidence, and ambition, ready to shine brightly, lead boldly, and reach further than ever before.

Because this is more than a vision.

It is a movement.

We hope you have enjoyed our Annual Report.

Sarah

Founder



Autism Angels Ltd Information

Registered Charity number: 1160289. Company limited by guarantee number: 08168948

Directors and trustees

The directors of the charitable company (the charity) are its Trustees for the purpose of charity law. The trustees and officers who served during the year were as follows:

Key Management Personnel for 2024 - 2025

Trustees/Directors

Sarah Kekoa

Howard Whittaker

Patrick Hammond

Catherine Flynn-Cartwright

Chair

Sarah Kekoa

Treasurer

Patrick Hammond

Secretary

Howard Whittaker

Structure, governance and management

Governing Documents

The charity is governed by its articles of association, which are based on the model articles for a charitable company. These were initially approved on 06 August 2012 and subsequently amended 10 October 2014.

Appointment of trustees

Trustees are appointed by the members in accordance with the provisions contained in the Articles of Association.

Trustee training and induction

New trustees are briefed on their obligations under charity law, the constitution of the charity and on the Charity Commission Guidance on public benefit. Trustees attend external training events to facilitate the undertaking of their role, where appropriate.

Organisational structure

The Board of Trustees administers the charity and appointed Sarah Kekoa (Shearman) (a Trustee) to act as Chair on 13 February 2015. She also deals with the day to day operational matters and manages the Centre.

Objects of the charity

For the public benefit, the relief of those in need by reason of autism and other disabilities, in particular but not exclusively by:

- Advancement of education through training programmes and development activities to improve their skills, capacities and capabilities.
- Advancement of education through training and development programmes for the families, carers and professionals who have a role in supporting the individuals with disabilities.
- Advancement of health and wellbeing, in particular but not exclusively, by raising awareness and removing limiting beliefs of the benefits of the natural environment and working with animals

The trustees have given due consideration to the Charity Commission's published guidance on the Public Benefit requirement under the Charities Act 2011 and its activities are detailed with this report.

Autism Angels Ltd Information

Financial review and reserves

The total income for the year ended 31 August 2025 was £184,212, an increase of £37,386 from the previous year.

Demand for services and growth of the charity has remained steady over the year. A large proportion of the charity's income is from charitable activities and services. Other funding sources include grants, trusts and fundraising activities. The trustees continue to develop and maintain ways the charity can increase income whilst working towards its charitable objectives. As a result, this year the charity made a total surplus of £15,166 (an increase of £13,713 from last year.)

As at 31 August 2025 undesignated funds were £20,172, an increase of £16,041 from the previous year. The charity worked hard during the year to also secure unrestricted funding and grants. A large proportion of the restricted funds are planned to be spent during the forthcoming year in support of the charity's activities and objectives. The trustees continue to review the charity's finances and expenditure as part of the charity's regular budgeting processes.

Risk management

The trustees have a risk management strategy which comprises:

- Periodic reviews of the risks the charity.
- The establishment of systems and procedures to mitigate the identified risks.

This work has identified that financial sustainability is the major financial risk. Attention has also been focused on non-financial risks arising from child protection issues, fire, health and safety of employees, associated members and members of the public. A key element of the management of financial risk is the retention of adequate working capital.

The trustees are satisfied that systems and procedures are in use to adequately manage the risks to which the charity is exposed.

Reference and administrative details

Charity number 1160289

Company number 8168948

Principal / registered office Throstle Nest Farm,
Summerbridge HG3 4JS

Advisors

Independent Examiner:

Sarah Wearing, Partner: HPH Chartered Accountants
LLP, Conyngham Hall Business Centre, Bond End,
Knaresborough HG5 9AY

Bankers

Barclays, 15 James Street, Harrogate HG1 1QX

Related parties Related party transactions are set out at note 8 to the financial statements.

Trustees responsibilities in relation to the financial statements

The trustees (who are also directors of Autism Angels Ltd for the purposes of company law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice). Company and charity 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 for that year. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and estimates that are reasonable and prudent;
- state whether applicable UK 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 that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the 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 preparing this report advantage has been taken of the small companies exemption within Part 15 of the Companies Act 2006.

Approved by the Board of Trustees and signed on behalf of the Board of Trustees on 20th May 2026

Patrick Hammond

AUTISM ANGELS LTD

(A company limited by guarantee)

STATEMENT OF FINANCIAL ACTIVITIES (INCOME AND EXPENDITURE ACCOUNT) YEAR ENDED 31 AUGUST 2025

	Note	Unrestricted funds £	Restricted funds £	2025 £	2024 £
INCOME					
Donations and legacies	3	47,809	15,729	63,538	69,611
Charitable activities	4	116,547	-	116,547	72,804
Other trading activities					
Fundraising		4,127	-	4,127	4,411
TOTAL INCOME		<u>168,483</u>	<u>15,729</u>	<u>184,212</u>	<u>146,826</u>
EXPENDITURE					
Raising Funds	6	12,245	-	12,245	4,560
Charitable activities	7	140,557	16,244	156,801	140,813
TOTAL EXPENDITURE		<u>152,802</u>	<u>16,244</u>	<u>169,046</u>	<u>145,373</u>
Net income/(expenditure) before transfers		15,681	(515)	15,166	1,453
Transfers between funds		-	-	-	-
Net movement in funds		15,681	(515)	15,166	1,453
Reconciliation of funds					
Total funds brought forward	12,13	5,181	4,199	9,380	7,927
Total funds carried forward	12,13	<u>£ 20,862</u>	<u>£ 3,684</u>	<u>£ 24,546</u>	<u>£ 9,380</u>

All activities derive from continuing operations.

The notes on pages 31 to 37 form part of the accounts.

AUTISM ANGELS LTD

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BALANCE SHEET AS AT 31 AUGUST 2025

Company registration number: 08168948

	Note	2025		2024	
		£	£	£	£
FIXED ASSETS					
Tangible Assets	9		690		1,050
CURRENT ASSETS					
Debtors	10	7,446		4,367	
Cash at Bank and in hand		21,697		9,343	
		<u>29,143</u>		<u>13,710</u>	
LIABILITIES: amounts falling due within one year	11	<u>(5,287)</u>		<u>(5,380)</u>	
NET CURRENT ASSETS			<u>23,856</u>		<u>8,330</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>24,546</u>		<u>9,380</u>
NET ASSETS			<u>£ 24,546</u>		<u>£ 9,380</u>
THE FUNDS OF THE CHARITY					
Restricted Funds	12		3,684		4,199
Unrestricted Funds					
- Undesignated	13,14		20,172		4,131
- Designated	13,14		690		1,050
TOTAL FUNDS			<u>£ 24,546</u>		<u>£ 9,380</u>

For the financial year ended 31 August 2025, the Charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies. The Members have not required the Charitable 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 financial statements have been prepared in accordance with the special provisions of Part VII of the Companies Act 2006 relating to small companies.

The notes on pages 31 to 37 form part of the accounts.

These financial statements were approved by the trustees on 20 May 2026 and signed on its behalf by:

Sarah Kekoa - Director and Trustee

AUTISM ANGELS LTD

(A company limited by guarantee)

NOTES TO THE ACCOUNTS FOR YEAR ENDED 31 AUGUST 2025

1 GENERAL INFORMATION

The Charitable Company is a private company limited by guarantee, which is incorporated and registered in England and Wales (no.08168948). The Charity number is 1160289. In the event of the company being wound up or dissolved the members are required to contribute an amount not exceeding £10.

The address of its registered office is Throstle Nest Farm, Nr Summerbridge, Harrogate, England, HG3 4JS

2 ACCOUNTING POLICIES

2.1 Basis of preparation of accounts

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Autism Angels Ltd meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

2.2 Going Concern policy

The Trustees have a reasonable expectation that the Charitable Company has adequate resources to continue in operational existence for the foreseeable future. They continue to adopt the going concern basis of accounting in preparing the annual financial statements.

2.3 Fund accounting

The trustees have a defined policy for identification of different types of income:

- a) Designated funds are unrestricted funds but are specifically earmarked by the Trustees for a particular purpose.
- b) Restricted funds are only to be used for the specific purpose laid down by the donor. Expenditure which meets this criteria is charged to the fund.
- c) Unrestricted funds are the residue of income receivable or generated from the objects of the charity without further specified purposes and are available as general funds.

2.4 Income

All income is recognised in the statement of financial activities when the conditions for receipt have been met and there is reasonable assurance of receipt. Except for the following:

Grants receivable

Grants for immediate expenditure are accounted for when they become receivable. Grants received for specific purposes are treated as restricted funds. Grants which are received for a future accounting period are deferred and recognised in those periods.

Capital Grants for specific fixed assets are included in restricted income when received. Once the asset is purchased these monies are transferred to unrestricted funds unless there is a restriction on the disposal of the asset. If so, the net book value of the asset is shown as a restricted fund.

AUTISM ANGELS LTD

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NOTES TO THE ACCOUNTS FOR YEAR ENDED 31 AUGUST 2025

2 ACCOUNTING POLICIES (continued)

2.5 Expenditure

Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be recovered and is reported as part of the expenditure to which it relates.

Costs of generating funds	- costs associated with attracting voluntary income.
Charitable activities	- counselling services to clients. It includes costs that can be allocated directly and those of an indirect nature necessary to support them.
Support costs	- allocated to charitable activities on an actual basis.
Governance costs	- costs associated with meeting the constitutional and statutory requirements.

2.6 Tangible fixed assets and depreciation

Fixed assets for the Charitable Company to use are capitalised at cost. Donated assets are valued at market value on donation. They are stated in the accounts at cost/original value less depreciation.

Depreciation is calculated to write off the cost or valuation of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Equipment, fixtures and tools	10% to 33.3% straight line basis per annum
-------------------------------	--------------------------------------------

2.7 Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

2.8 Cash at bank and in hand

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

2.9 Creditors

Creditors are recognised where the Charitable Company has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors are normally recognised at their settlement amount after allowing for any trade discounts due.

2.10 Financial instruments

The Charitable Company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

AUTISM ANGELS LTD

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NOTES TO THE ACCOUNTS FOR YEAR ENDED 31 AUGUST 2025

	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total Funds 2025 £	Total Funds 2024 £
3 DONATIONS AND LEGACIES				
Donations and gifts	36,809	-	36,809	19,769
Grant income	11,000	15,729	26,729	49,842
	£ 47,809	£ 15,729	£ 63,538	£ 69,611

Restricted donations and legacies in 2024 was £28,342

The Charitable Company also benefits greatly from the involvement and enthusiastic support of its many volunteers. In accordance with Charities SORP, the economic contribution of general volunteers is not recognised in the accounts.

4 INCOME FROM CHARITABLE ACTIVITIES

Session fees	112,757	-	112,757	72,804
Horse income	3,790	-	3,790	-
	£ 116,547	£ -	£ 116,547	£ 72,804

Restricted income from charitable activities in 2024 was £nil.

5 TOTAL STAFF COSTS

The key management personnel of the Charitable Company comprise the trustees, see note 8 for details of transactions. No staff are directly employed by the charity.

6 FUNDRAISING EXPENDITURE

Fundraising and event costs	7,076	-	7,076	1,158
Advertising and promotion	5,169	-	5,169	3,402
	£ 12,245	£ -	£ 12,245	£ 4,560

In 2024 £nil related to restricted funds

AUTISM ANGELS LTD

(A company limited by guarantee)

NOTES TO THE ACCOUNTS FOR YEAR ENDED 31 AUGUST 2025

7 ANALYSIS OF TOTAL EXPENDITURE

	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total Funds 2025 £	Total Funds 2024 £
7.1 Charitable activities				
Horse and animal expenses	10,781	-	10,781	10,477
Facilitators	49,731	14,570	64,301	53,858
Food and refreshments	4,751	-	4,751	4,335
Equipment	1,354	1,674	3,028	2,575
Training	1,057	-	1,057	30
Subcontractor costs	777	-	777	3,754
Management fee	26,000	-	26,000	20,800
Support costs (below)	42,863	-	42,863	43,169
Governance costs (below)	3,243	-	3,243	1,815
	£ 140,557	£ 16,244	£ 156,801	£ 140,813

In 2024 £37,500 related to restricted funds

7.2 Support costs

Rent and facilities costs	14,092	-	14,092	13,411
Office costs	17,979	-	17,979	15,361
Computer costs	435	-	435	252
Telephone and internet	435	-	435	439
Printing and stationery	2,109	-	2,109	264
Repairs and maintenance	2,124	-	2,124	181
Insurance costs	4,051	-	4,051	9,117
Sundry costs	1,278	-	1,278	1,464
Depreciation	360	-	360	2,680
	£ 42,863	£ -	£ 42,863	£ 43,169

In 2024 £nil related to restricted funds

7.3 Governance costs

Independent examiner's fee	1,380	-	1,380	1,200
Professional fees	1,863	-	1,863	615
	£ 3,243	£ -	£ 3,243	£ 1,815

In 2024 £nil related to restricted funds

AUTISM ANGELS LTD

(A company limited by guarantee)

NOTES TO THE ACCOUNTS FOR YEAR ENDED 31 AUGUST 2025

8 RELATED PARTIES AND TRUSTEE TRANSACTIONS

Trustee Transactions

An amount of £58,400 (2024 - £52,500) was paid to a business operated by S Kekoa (a trustee) for time spent in management and facilitation. In 2025 £11,445 (2024 £8,630) was paid to that business under a shared services agreement to cover of property and other costs, such as phone, utilities insurance and horse care jointly incurred by the charity and the business.

No trustees were reimbursed for expenses other than the transactions disclosed above.

Related Parties

During the year payments were made to members of trustees' families. An amount of £14,430 (2024: £16,187) was paid to A Whittaker in respect of facilitators fees and £17,687 (2024: £17,278) to K Hammond in respect of administration fees. A loan of £4,000 was also given by K Hammond during the year, which was fully repaid by the end of the financial year.

9 TANGIBLE FIXED ASSETS

	Fixtures & Fittings £	Equipment £	Total £
Cost			
At 1 September 2024	11,600	3,762	15,362
Additions	-	-	-
	11,600	3,762	15,362
At 31 August 2025	11,600	3,762	15,362
Depreciation			
At 1 September 2024	11,600	2,712	14,312
Charge for year	-	360	360
	11,600	3,072	14,672
At 31 August 2025	11,600	3,072	14,672
Net Book Amounts			
At 31 August 2025	£ -	£ 690	£ 690
At 31 August 2024	£ -	£ 1,050	£ 1,050

10 DEBTORS

	2025 £	2024 £
Trade Debtors	2,210	480
Accrued income	5,236	3,887
	£ 7,446	£ 4,367

AUTISM ANGELS LTD

(A company limited by guarantee)

NOTES TO THE ACCOUNTS FOR YEAR ENDED 31 AUGUST 2025

	2025 £	2024 £
11 LIABILITIES: Amounts falling due within one year		
Trade Creditors	4,207	4,020
Accruals	1,080	1,360
	£ 5,287	£ 5,380

12 RESTRICTED FUNDS

	Balance at 1 September 2024 £	Income £	Expenditure £	Transfers £	Balance at 31 August 2025 £
Current year					
Playground	2,699	-	(215)	-	2,484
Recording equipment	1,500	-	(300)	-	1,200
Session costs	-	7,899	(7,899)	-	-
Maintenance	-	1,160	(1,160)	-	-
Wellbeing days	-	5,170	(5,170)	-	-
Training	-	1,500	(1,500)	-	-
	£ 4,199	£ 15,729	£ (16,244)	£ -	£ 3,684
	£ 14,499	£ 28,342	£ (37,500)	£ (1,142)	£ 4,199

Playground - Monies received for the installation of a playground from the local fence club.

Recording equipment - Money was received for the purchase of recording equipment.

Session costs - Funding received to support session costs

Maintenance - Grant received for the maintenance of water supply and facilities.

Wellbeing days - Monies received for the provision of Wellbeing sessions held during the year.

Training - Grant received for volunteer associated costs including training and safeguarding.

AUTISM ANGELS LTD

(A company limited by guarantee)

NOTES TO THE ACCOUNTS FOR YEAR ENDED 31 AUGUST 2025

13 UNRESTRICTED FUNDS

	Balance at 1 September 2024 £	Income £	Expenditure £	Transfers £	Balance at 31 August 2025 £
Current year					
<i>Designated</i>					
Fixed assets	1,050	-	(360)		690
<i>Undesignated</i>					
Free reserves	4,131	168,483	(152,442)	-	20,172
Total Unrestricted Funds	<u>£ 5,181</u>	<u>£ 168,483</u>	<u>£ (152,802)</u>	<u>£ -</u>	<u>£ 20,862</u>
	Balance at 1 September 2023 £	Income £	Expenditure £	Transfers £	Balance at 31 August 2024 £
Comparative year					
<i>Designated</i>					
Fixed Assets	2,588	-	(2,680)	1,142	1,050
<i>Undesignated</i>					
Free reserves	(9,160)	118,484	(105,193)	-	4,131
Total Unrestricted Funds	<u>£ (6,572)</u>	<u>£ 118,484</u>	<u>£ (107,873)</u>	<u>£ 1,142</u>	<u>£ 5,181</u>

Designated Funds

The fixed asset fund represents the level of money invested in fixed assets for the use of charity.

14 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted			
	Undesignated Funds £	Designated Funds £	Restricted Funds £	Total Funds £
Current year				
Tangible fixed assets	-	690	-	690
Current assets	25,459	-	3,684	29,143
Current liabilities	(5,287)	-	-	(5,287)
At 31 August 2025	<u>£ 20,172</u>	<u>£ 690</u>	<u>£ 3,684</u>	<u>£ 24,546</u>
Comparative year				
Tangible fixed assets	-	1,050	-	1,050
Current assets	9,511	-	4,199	13,710
Current liabilities	(5,380)	-	-	(5,380)
At 31 August 2024	<u>£ 4,131</u>	<u>£ 1,050</u>	<u>£ 4,199</u>	<u>£ 9,380</u>

AUTISM ANGELS LTD
(A Company Limited by Guarantee)

Independent examiner's report to the trustees

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 August 2025, which are set out on pages 29 to 37.

This report is made solely to the charitable company's trustees, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006 and the charitable company's trustees as a body in accordance with section 154 of the Charities Act 2011. My independent examiner's work has been undertaken so that I might state to the charitable company's trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charitable company, the charitable company's members as a body and the charitable company's trustees as a body for my independent examiner's work, for this report, or for the opinions I have formed.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities.

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.

Sarah Wearing, FCA, DChA
20 May 2026

HPH, Chartered Accountants
Conyngnam Hall Business
Centre
Bond End
KNARESBOROUGH
HG5 9AY



  AutismAngelsUK

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Registered Charity No. 1160289



**Autism
Angels**

AUTISM ANGELS LTD

England & Wales - Charity number 1160289

Accounts



Autism Angels

Annual Report & Accounts

Year ended 31 August 2024

Throstle Nest Farm
Summerbridge, Nr Harrogate
North Yorkshire HG3 4JS

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Registered Charity 1160289 Company No. 08168948

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Autism
Angels

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Foreword

Each year before I start to write the next annual report I go back to revisit the previous one. I am always looking for improvements; Are we delivering what we aimed to deliver? Can we improve our services? Can we improve how we share our achievements? and more...

The one thing that I always find hard to get across in words is the full impact of our services and the miracles that happen at the farm every day. We take a lot of photos and videos and they speak a thousand words but often people won't know the heartache that came before these moments were captured. I'm not sure I'll ever be able to fully capture these transformations in this report so we will continue to invite people to visit us at the farm to see it and feel it for themselves.



We used this year as a bit of a 'holding year'. We had been flat out establishing ourselves at the new farm, building environments, getting to know the farm, welcoming new families and really getting to understand their needs. This year the pause really helped us tune into where we needed to go and how best we could support our children and their families with lasting impact that would set them up for life.

As we relaxed into a year of enjoying what we, the team and families had created, I was surprised to see our families thriving even more. It was like the less we did (eg not organising every detail in the day), the more the children actually wanted to do. This taught us a lot about how 'less is more' and how it works better for all of us, not just our families. An example of this could be our abseil fundraiser. Previous fundraisers we have completed something like the Coast to Coast trek with horses. It took a lot of preparation time, 3 months of training and 12 full days to complete. This year we did a one day abseil that was facilitated by someone else and we had the most magical day together, doing something new and off the farm. It was a lot less work for the team but still had the impact we wanted for our families.

WIN-WIN

I'd to share the overview of the year, our statistics which are still increasing and also our values, alongside photos and a short description to capture our families special moments.

It has truly been another wonderful year where our team and community continue to thrive in coming back to their true selves and creating the life they want in spite of their continuous challenges.

I hope you enjoy our report

Sarah



What makes it work at Autism Angels

When Autism Angels was founded we began by delivering summer camps to families so they had somewhere to go, a place where they would be accepted without shame or judgement and could be with other families on a similar journey. The model was simple- nature, animals, love and a tent.

Over the last 13 years Autism Angels has developed and fine tuned its services, listening to and meeting the needs of our ever evolving community.

We now offer support four days a week; including 3 days as a mental health and wellbeing alternative provision to school and 2 sessions of kids clubs on a Saturday. We also offer private sessions for children and families who are not ready for group work.

Family events are also run throughout the year with Halloween and Bonfire event in October, Duck Race and family fun picnic in July, a fundraiser in April for Autism Acceptance month and our Charity Ball in November.



Autism Angels has a very clear vision to provide a safe and nurturing environment where children and families feel welcomed and accepted. A place they can overcome trauma, heal and learn to thrive together.



Often by the time our families arrive at the farm, they are lost, sometimes because they took a wrong turning, but mostly emotionally. They have lost faith in themselves. They have lost hope in a happy childhood for their children. They have lost hope in a life they thought they would have. They have even lost marriages, friendships and often the support and understanding of their families.

Isolation has become an everyday occurrence for them alongside bullying and public shaming.

Somehow from what feels out of the blue Autism Angels appears, usually on Facebook. They book a Taster and arrive at the gate.

We welcome them with open arms saying, 'We got you, let's have a cuppa and tell us your story'. We listen, we cry together, we eat cake.

Now this is where it might be different from what you expect...

We don't all have lived experience of being autistic at Autism Angels, BUT we do all have lived experience of,

Overcoming loss,
Overcoming trauma,
Overcoming many things, but most of all
Overcoming our FEARS.

So when we turn to our families and say **we got you**, we don't say this lightly. We say it because we know the road well and have travelled it many, many times.

When our families arrive what they feel is,

You see me...

You see my pain...

You understand my fears...



There are so many stories of our families' journeys it is impossible to pick just one to share. Here are some of the amazing miracles that happen at Autism Angels...

- ♥ A boy beating up his mum and wanting to take his own life, to now advocating to other children that hitting isn't the answer.
- ♥ A girl born with cerebral palsy hating herself, hating her mum, wishing she died at birth to coming 2nd in the National Championship Para Dressage finals and also volunteers at Autism Angels.
- ♥ A single mum who was broken by an educational system that wasn't working for her children. Now part of creating her own style of neurodiverse education and supports other parents.
- ♥ A Dad who wanted to take his own life. Now offering neurodiverse and mental health training at his workplace.
- ♥ A young person who wanted to take their own life. Now has secured a place at veterinary college, is a volunteer at Autism Angels and is also heading to Buckingham Place this summer.



The list goes on....

Values

JOY



We remind the children and families that joy is possible and is often found in the present moment. Animals and nature help us to return to the present where joy is waiting.

COURAGE



Often we can let our fears rule and take over making our lives smaller. When children learn about the LOVE/FEAR concept, they learn to understand their fears and face them straight on.



TEAMWORK

Often when we ask for help we can feel vulnerable or not good enough. At the farm we encourage team work, speaking up about our needs & asking for help.

TRUST



Often our children have lost trust in a world that hasn't understood them. However when they come to us the first person we want them to trust is themselves. Once they can trust that they will stay their authentic self, speak up and boundary, they can feel if others are trustworthy and trust again.

CONNECTION



We put connection at the heart, firstly getting the child to connect back to themselves, to recognise what makes them happy & what they love to do so they actually want to get out of bed every day. This also includes connecting to the team, other children and making new friends.

Values

FAMILY



The whole family is welcome on the farm and to share time with us and other families on a similar journey. The farm is a place for everyone to enjoy.

PRAISE



An older brother praising his younger sister for completing the abseil after he pushed through his own fears and showed her how to do it.

PEACE

When people arrive at our door there is often a lot of noise going on in their heads. What will people think of me, my child, my parenting? What if I make a mistake? We support individuals to come back to themselves, their authentic place. We support them to recognise what's important to them (their values), their beliefs and help them see where they might have some limiting beliefs that no longer serve them. This is where they can finally find their peace when they accept themselves as the incredible being that they are.



SELF EXPRESSION



Two children unable to access mainstream education having lost all sense of self worth, now accessing a special education place full time after expressing themselves fully at the farm and sharing their needs.

COMMUNITY



Parents supporting parents, children supporting children. Families who have been through similar experiences and understand the challenges supporting each other on the journey.

Values

FUN



Our days are filled with fun on the farm. Children learn more when they are regulated and relaxed. Fun is an important daily practice.

STRENGTH



When a young girl thinks she can't do anything for herself begins to realise how capable she really is. This also includes speaking up and putting in boundaries.



PERSONAL RESPONSIBILITY

When we support someone to see their part in any situation it helps them to take action from their learnings. When we stay in the 'blame game' we can never fully feel empowered in our life. Everyone at the farm is encouraged & coached to recognise what they could have done differently if they had the chance again.

TEACHABILITY



We are all learning. At the farm once we have shared our wisdom with someone they are then able to share what they have learnt with others. This builds their self worth & confidence back up very quickly. Here an older student is teaching a younger one.

ADVENTURE



Having an adventure is good for the soul. In our community we encourage our families to adventure with us on the farm but also get back out into this beautiful world and see it.

Case Study

Our daughter is 12 years old. Her experience of primary school was not a happy one and was characterized by a pattern of burnouts, meltdowns, high levels of anxiety, low moods and low self-esteem. By the time she received an EHCP, she was only able to engage in education for a few hours a week and our family was at crisis point desperately trying to meet her needs whilst juggling work demands and our own mental health and wellbeing.



We first attended Autism Angels in 2022, around the time that our daughter received her diagnosis. To begin with, we had some private riding therapy sessions as a family which were wonderful as we could begin to process the trauma of navigating under-resourced and often adversarial health and education systems. We also attended some family days which really helped us connect with other people who were having similar experiences.

Autism Angels is such a nurturing space, and these sessions were the first time where we felt truly seen and accepted instead of different.

The biggest difference came when our daughter could start regularly attending Wellbeing Wednesdays. School had always resisted this because they believed that if children weren't in school, they couldn't be supported. We used a part-time timetable as the mechanism to attend and self-funded the sessions.

When our daughter began Wellbeing Wednesdays, she had huge OCD around cleanliness, she barely spoke to anyone other than through me, she didn't trust the dogs, she didn't want to make any friends or eat lunch with anyone. Despite these challenges, she absolutely loved the sessions and couldn't wait to return to them following her transition to secondary school. The consistency of attending the sessions during the transition was a huge help as it gave her stability and consistency as well as a trusted group of people to speak to about new challenges. The icing on the cake was that she made a really good friend at Wellbeing Wednesdays who is in the same school so they can support each other every single day.

The staff at Autism Angels have worked really hard to help to meet our daughter's needs which include not liking to feel challenged, having limited nonverbal communication, not being motivated by or misunderstanding social interactions, needing scaffolding to develop peer relationships and difficulties with emotional regulation.

As parents of autistic children, we fight so hard to advocate for our children and it takes its toll on our own wellbeing. The staff and other parents at Autism Angels have been an invaluable support network to me as well – propping me up when things get too much, sharing information and advice, and celebrating when things go well. All this joint working means that our family is now in a much happier, more positive place with our daughter's new school fully supporting (and funding!) her attendance at Wellbeing Wednesdays as respite provision and a therapeutic intervention. I am starting to go off-site for longer periods of time, knowing that our daughter feels completely safe and secure, and as a result I have more headspace and can begin to engage in some of my own interests. We can book additional private sessions when we hit bumps in the road, and these are really effective as we have such great relationships with the team.

We love being part of the Autism Angels community and have such a positive outlook on our future, thanks to them!

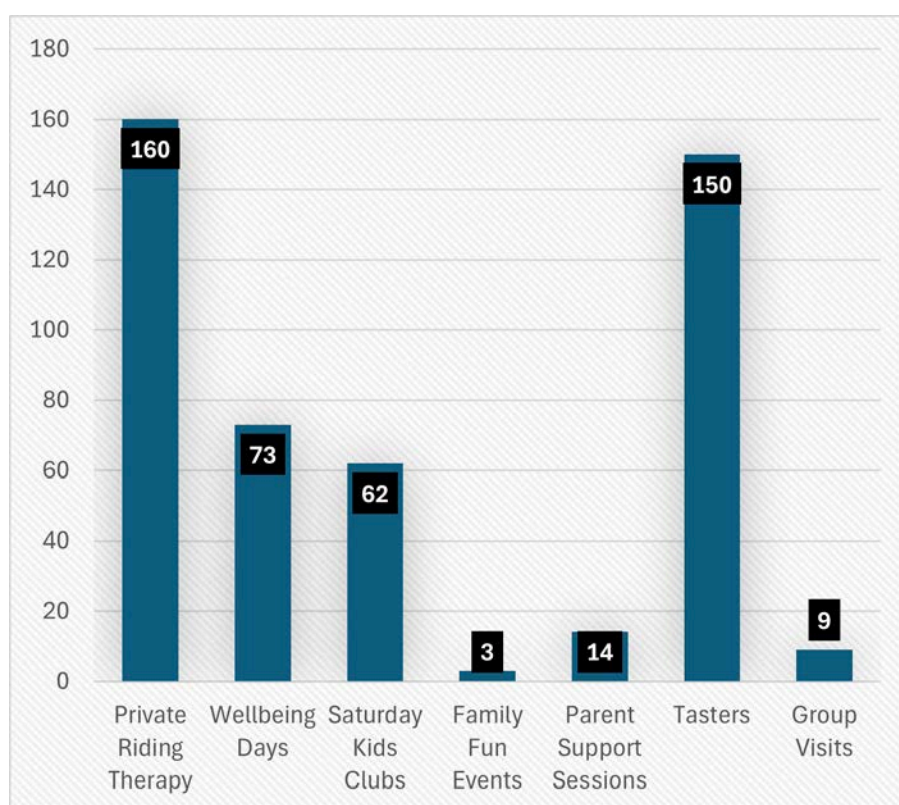
Statistics

Demand for our support continues to increase every year. Between 1st September 2023 and 31st August 2024 Autism Angels have supported 178 families, overall supporting 606 unique individuals across the family unit.



Between 1st September 2023 and 31st August 2024 Autism Angels have delivered 472 therapeutic sessions. Private Riding Therapy and Taster Sessions continue to be our most popular sessions followed by Wellbeing Days and Saturday Kids Clubs.

Total of 472 Sessions delivered Sept 23 to Aug 24



Taster Conversion Rate

40% families who attended a taster session returned on one or more sessions. This figure remains unchanged from the previous year. This can be because funding isn't in place yet or school isn't in support. Very occasionally a child visits who isn't interested in animals or being outside and our placement isn't the best fit for that child.

A word from our families

“When I tell people Autism Angels saved my child’s life people think I am exaggerating, but it gave them the safe space to discover who they were and start to visualise what a future could look like.”



“The team are so patient and so kind. They understand the needs of each individual child which is so refreshing.”



“Autism Angels have been a shining light in our lives”

“The taster gave me hope when no other service did. We were broken and desperate for support but all agencies kept saying we didn’t meet the criteria.”



“Wonderful Halloween event as always, thank you for everyone’s hard work”

“Autism Angels is an incredibly supportive, caring and inspiring place. Everyone is welcome, everyone is included and everyone is made to feel right at home”

“It is a place where my child feels safe, included, accepted and happy”

A word from our families

“At a recent visit to Autism Angels I was lucky enough to meet some of the children and their parents. It was evident how the children thrived with the animals and just how comfortable they were in the environment. I was also impressed with how much the parents of the children benefit and how the service encompasses them and their needs. This is a fantastic service and must always continue.”

Young Persons Social Prescriber, NHS Primary Care Network



“After a school day my son doesn’t share with me how his day went. When he goes to Autism Angels he is always so eager to share his day with me which means the world to me and my family.”



“It’s a happy place for our whole family”

“Thank you for all that you do to help our young people on their journeys.”

“A good community feel with everyone getting involved and helping each other”



The Need

There are currently estimated 700,000 autistic people in the UK that's more than 1 in 100. If you include their families, autism is a part of daily life for 2.8 million people. However these figures are only estimates and with over 200,000 people on waiting lists for assessment the actual figure is thought to be significantly higher. (Source: National Autistic Society 2023).

Autism is a wide spectrum; identifying and qualifying need has become complex for education, care, and social service settings all of whom are currently in crisis resulting in significant issues with meeting needs as a result of underfunding, lack of training, resources, and educational provision issues.

As a result demand for support at Autism Angels is increasing every year. We have never seen as many children out of education, struggling with their mental health and wellbeing including self-harm, and talking about and attempting suicide.

The current crisis across services continues to be featured in both national and local media nearly every day including The Times, The Guardian, BBC and ITV news.



Children and Young people referred for autism assessment can expect to wait approximately 40 months. (April 2025, Harrogate and District NHS Foundation Trust)

4 out of 5 autistic young people experience mental health issues (Source: Ambitious about Autism)

Almost one million children and young people had active referrals for mental health services in England in 2022/23 (Dame Rachel de Souza, Children's Commissioner for England)

A significant number of children waiting for mental health support. In 2023/24 78,577 were waiting over a year and 44% over 2 years. 59% of young people reported their mental health getting worse while waiting for support. (Source: Young Minds)

“Every child has a fundamental right to an education, yet more than 100,000 children each year are being denied this basic right. These children, many of whom have slipped through the cracks of our education system, are not just numbers—they are young lives at risk of being forgotten. I am deeply concerned about this situation, as it reflects a troubling gap in our ability to protect and support some of the most vulnerable members of our society.”

(Dame Rachel de Souza, Children's Commissioner for England Report: Children Missing Education: The Unrolled Story, September 2024)

Team

Meet our inspirational Team who continue to dedicate their time way beyond remunerations given and really do add to the uniqueness of what we can offer at the farm.

Sarah

Sarah is the founder and beating heart of Autism Angels. When she meets new clients, it is like being welcomed by sunshine. Her vast experience and intuition enable Sarah to guide families on their initial steps of their journey within the Autism Angels community.

Sarah manages to balance encouragement, love and challenge when working with our families. She is especially successful when working with parents in private or group sessions including the landmark Parent Programme and a range of empowering experiences, challenges, and adventures.

Sarah can be found working on all our sessions along with her malamute, Yume, and her kelpie, Toffee bar. A talented and instinctive horsewoman, Sarah has trained the team members in her equine-facilitated therapeutic approach and ensures that the volunteers are also constantly learning and developing their skills.

Thank you Sarah for all that you do.



Amanda

Amanda's smiling face is a welcome sight for our families first visit to the farm. Amanda leads on Tasters, Safeguarding and Portfolio work.

She loves to work with Blackjack and specialises with children who may be nervous to start. Amanda is often seen at the farm setting up early, visiting the horses and walking her dog Ziggy.

Amanda was previously a Special Needs Teacher and Teacher in Charge of an Enhanced Mainstream School for children with Communication and Interaction needs – supporting children with autism in 41 primary schools. With her knowledge Amanda also supports our families in understanding the pressures of school on children and writing reports for EHCPs to ensure that children are able to access the support they need.

Thank you Amanda for all you do for us.

Team

Yvonne

Yvonne is a qualified Life and Equine Facilitated Coach. She can often be found in the field checking the horses, in the tack room sorting things out or teaching our children valuable horse skills. Yvonne brings a wealth of experience to the team both from the horse perspective but also as a Mum of an autistic child, so knows all too well of the challenges for our parents.

Yvonne specialises in body work and helping the children reconnect with their internal world. She leads on Licensing requirements, bio security and yard management, creating and ensuring policies and procedures are carried out. With her hard work she recently improved our licensing score from 1 star to 3 stars.

Thank you for all you do Yvonne.



Katharine

Katharine is our business manager and she works tirelessly behind the scenes to support both the charity and our families. Being a Mum of a child on the autism spectrum she knows all too well how hectic things can feel. She is dedicated to creating as much ease as possible for our families by developing easy booking systems, adding informative posts about what is going on at the farm, answering enquiries; all which is critical in helping our families access us.

Katharine also writes grant applications and fundraising bids for us continuously trying to reduce fees for our families.

You will often see Katharine and her family at events always making sure things are running smoothly and volunteering her help on the day.

Thank you for all you do for us Katharine.

Rachel

Rachel currently shares her time between Autism Angels and Evolve College in Ripon where she is a Progress Coach. Rachel studied at York University where she gained a BSc (Hons) Psychology in Education. She then went on to get a first class MSc in Mental Health and Wellbeing in Education and even wrote her dissertation on the experiences of equine facilitated learning programmes at Autism Angels for parents of autistic children and young people.

Thank you for all you do Rachel.



Trustees

Howard

Howard is our designated Health and Safety Officer and brings a wealth of knowledge to the charity. He carries out risk assessments, ensures health and safety procedures are in place all to help us run a safe environment allowing our families to access the farm's natural environments, horse activities and fundraising challenges.

Howard can often be seen walking on the hills to achieve the latest challenge all whilst supporting our families. He also loves to visit the farm to see how everyone is doing (when he is not playing golf).

Thank you Howard for all you do for us.



Paddy

Paddy is a Dad of a child on the autism spectrum and knows all too well the challenges of day to day life our parents and families can face. Paddy also supports us through keeping an eye on costs, seeing where we can make savings and keeping the charity running.

Paddy also fundraises for us and can be seen running a marathon or climbing mountains.

Paddy has recently completed facilitator training with Andy's Man Club and wants to expand wellbeing support and strengthen the support network for our Dad's.

Thank you for all you do for us Paddy.

Catherine

We welcomed Catherine to the board of trustees in 2023. Catherine is also a Mum to children on the autism spectrum. She brings a wealth of lived experience as a parent and fully understands the challenges many of our families can face.

Catherine has supported Autism Angels for a number of years regularly arranging fundraising events and raising awareness around autism. Catherine is a fantastic ambassador for the work we do and we are very thankful for her ongoing support. Thank you for all you do for us Catherine.



Volunteers

This year we would like to focus on our volunteers and the integral work they do to support our families.

Often our volunteers have been clients to start with which means they are clear in the way we work, familiar with the farm and have seen the standards we aim for in our environments. Knowing how it feels to be a client is a great asset to helping them support our families especially when they first arrive because they know how daunting this can feel. They also know how hard it is to share vulnerabilities, heal past traumas and trust people again, all things that can be hard to teach if you haven't been there.

This is why our volunteers start from a unique place; often having personally experienced the transformational impact they want to share it with others so move from being a client to being a volunteer and then can even go on to train up to be a Coach or Equine Facilitated Coach in our methodology.



Sarah has developed a series of models and fine tuned them over two decades having worked with thousands of families and children. She first began her training as a Horse Whisperer in the UK and then in America becoming a part of a development team to open a learning centre where people would travel from across the globe to learn how horses were communicating with us. They were sent the most difficult horses (perception of?) to work supporting them to overcome their past traumas so they could be integrated into the equine world. Horses would arrive with riding issues such as bucking, rearing, bolting and other issues such as trailer issues, wont be caught, tacking up problems and going into the racing stalls. These horses lives would be transformed by listening to their fears, working at a pace that best suited them and holding sure boundaries. Not dissimilar to what people need when they want to heal their traumas. The difference is, horses don't speak English so a deeper kind of awareness is needed such as high self-awareness and body language to create two-way communication.

With Sarah's background in working with 500kg of frightened horses she has learnt a unique way of working with frightened families. She takes her own personal lived experience of overcoming her own life traumas, combined with learning a non-verbal language and over two decades of fine tuning the models and has come up with a methodology that can support not only the person delivering the models but each individual that you come in contact with (or any living being). And this isn't only limited to when you are on the farm, they can be used anywhere at any time with anyone throughout the world. This is what makes them so transformational.



The volunteers are given basic training to get them started but then trained on the job as they go along. Each session is started with a check-in which is a way of seeing how each individual is feeling as this will impact how they deliver to the families. Depending how each individual is will depend on where they are placed throughout the day and this can change at any time. If the team is to remain 'strong' then their needs must be taken into consideration too, as must the horses, dogs etc.

Everyone is then put in a role that matches their ability and wants for the day (**Strength zones**). There are plenty of opportunities for volunteers.

Volunteers



As the volunteers develop their skills they can step into other opportunities such as licencing, bio-security, portfolios, team leader etc. The opportunities are endless and skills can be taken into any environments and working with people away from the farm. This builds an enormous amount of self-esteem and self-worth.

It takes away a lot of the 'shame' around having struggled in the neurotypical world and helps our volunteers realise that they too are of value and have something to offer this world. It brings back their meaning and purpose which massively supports their mental health.

Teamwork is of high value at the farm. We advocate collaboration and everyone is highly praised for asking for help and working as a team. Teambuilding activities are an integral part of our training and can be most amusing when Sarah brings the horses in to be a part of the team. Learning to trust again and recognise that we are stronger together is enlightening for our volunteers as they have often been let down by others. We show them how to create a strong, authentic team that works to their strengths but also recognises their vulnerabilities and knows how to ask for help.

Often throughout the year we also get in other specialists in their areas such as farrier, horse dentist, licencing, Uni students doing research or their doctorate and maximise extra learning for everyone, volunteers and families. This also shows just how many pathways are out there that can be turned into a vocation. The licencing is always a useful one as many of our volunteers have had very negative experiences with 'exam' style process. We show them a new way of dealing with these situations which again reduces stress and anxiety.

Our volunteers are integral to the success of Autism Angels and we repay them by supporting them personally, training them in this unique way and support them to find a pathway that is fulfilling, meaningful and gives back. Because they know the power of the work themselves it is easy for them to show and believe in the families that come to us that they too can overcome their challenges.

This year our young team of volunteers achieved all their goals that are set at the beginning of each half term. Some of these included making friends, speaking up, improving their horse skills, developing their paperwork skills and understanding, leadership, teamwork and their goal was to go away together on a riding holiday. This was a thrilling experience for them all as some had not been away without parents before, some had to learn to ride and some were struggling to make friends. Both the core team, parents and the volunteers were all overwhelmed by the success of their achievements. They transported their team building learning into a brand new environment and supported each other, stayed safe and had a lot of fun on their trip away. It was what dreams are made of.

We will continue to deliver high quality training and support to our volunteers as the win-win of this is vital as these relationships are so rich for all involved and also enable us to support the ever increasing needs from our families.



Kindness of others

Like many other charities Autism Angels relies heavily on the support of generous donations and fundraising to help us to deliver our vital services and make a real difference in our community. Over the last 12 months the funding landscape has been difficult with many other charities struggling in the cost of living crisis making grant applications oversubscribed and more competitive than ever.

The team and trustees continue to have worked tirelessly behind the scenes to reduce running costs, volunteered more hours, raise awareness and getting creative in finding different ways to support both the charity and our families.

At Autism Angels we never want cost to be a barrier to families seeking the help and support they need. We are extremely thankful to all in our community who are active in their support of us whether that be with fundraising donations, raising awareness of our charity or volunteering their time helping at the farm.

Thank You

The Together Group Construction Ltd

Lauren Walker

Strensall Community Cafe £300.00

Victoria Sharpe, Leeds Dash £512.50

Donation in memory of Margaret Gardiner £500.00

Lianne Jack, London to Brighton Cycle ride £1,424.00

Todwick Village Ladies Coffee Morning £100.00

Caty Potter, Yorkshire Three Peaks £591.00

Bonnie Lawson Jewellery Sale

The Gilby family, donation in memory of Helen.

Faye Kenny-Broom, Northern Heart Photography

Aaron Rydquist, Ultra MMA £237.50

Birchfield Ice Cream Farm

Asda House Supply Teams, Leeds

Skipton Slimming World

In April 2024 John Peet and friends took on the epic challenge of climbing the Yorkshire Three Peaks raising a fantastic £1,381.00



Kindness of Others

Other Donations

Co-op Local Community Fund £1,541.50
W.L.Pratt Trust
The Openwork Foundation £10,000
The Loriners' Charitable Trust £1,300
Ken & Edna Morrison Charitable Trust
DLA Piper
Stonehouse Projects £744.00

Pets at Home Foundation £10,000
Farrah's of Harrogate
Tesco Stronger Starts £500
The Basil Samuel Charitable Trust
The Beauty Cabin
TX Maxx Community Grant £500
The Malvern Highland Pony Show £1,000



Corporate Volunteer days at the farm:

GM Supply Team, Asda



Fundraising and Events

We continue to deliver our fundraising and inclusive family fun events throughout the year offering our families somewhere to come to enjoy time together with other families who are also on a similar journey. Understanding that when you arrive at the event you already know the team, the facilities and that the others attending just 'get it' helps remove a lot of the usual stress.

This year we have been able to deliver our annual Halloween and Bonfire party, Christmas party and Duck Race and Picnic all which were a great success.

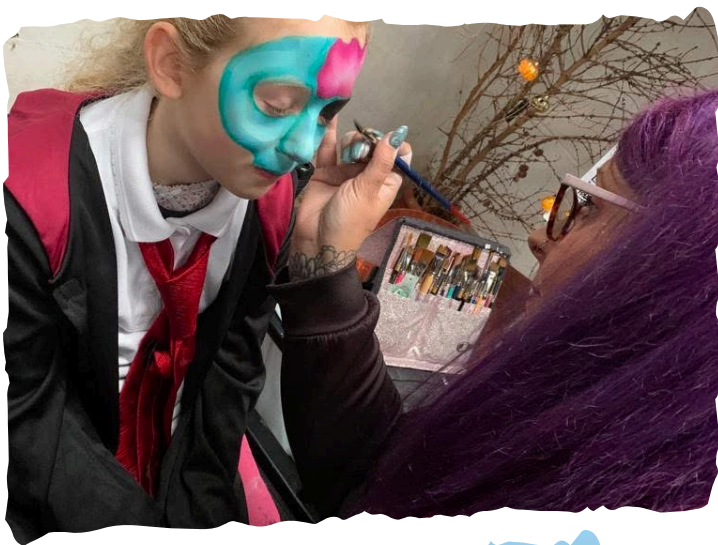
We also introduced some new additions to our events calendar this year including our first ever Charity Ball and an Abseil fundraiser.

We will continue to do these events as we feel it is a great way for our families and community to come together, to meet each other and socialise throughout the year.

Halloween and Bonfire Event, October 2023

Our Harry Potter themed Halloween and Bonfire event was just magical...our families enjoyed lots of Halloween fun around the farm including a trail, face painting, crafts including wand making and biscuit decorating and more.

A huge thank to Mandy Clare Abbott and her son Sori who brought some very special guests along to visit. The event finished with a traditional bonfire and sparklers.



Fundraising and Events

Charity Ball, November 2023

This year saw Autism Angel's first ever Charity Ball. The evening was packed full of fun and entertainment including games, a raffle, casino tables, photobooth and entertainment. Huge thank you to Amy Cawthray, Catherine Gamble and Victoria Martin from our community who volunteered their time, fully organising the event on our behalf to raise support and funds for our charity.



A huge thank you to all the amazing local businesses who supported this event either through event sponsorship or donations. We were truly overwhelmed by your generosity.

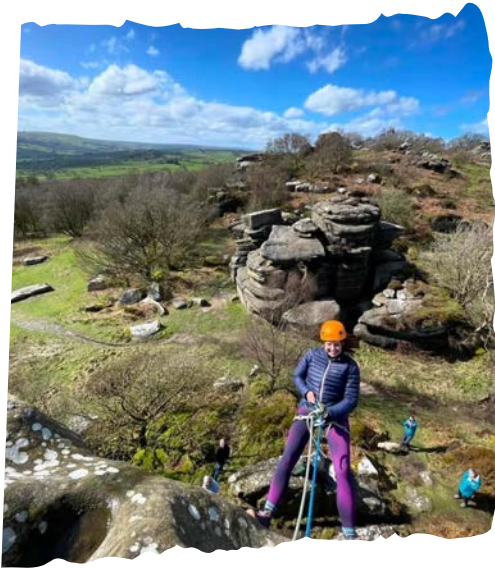


Fundraising and Events

Abseil Fundraiser, April 2024

This year saw another first for Autism Angels with an abseil fundraising event at Brimham Rocks held in April for Autism Acceptance month. The event brought together children, families, team and supporters from our community who stepped out to brave this new challenge, pushing through their fears and nerves, taking on something new and unknown. Everyone absolutely smashed it and we couldn't have been any more proud.

Huge thank you to Olly Roberts and John Proctor who facilitated this event for us and were incredible in supporting and encouraging all the children and participants.



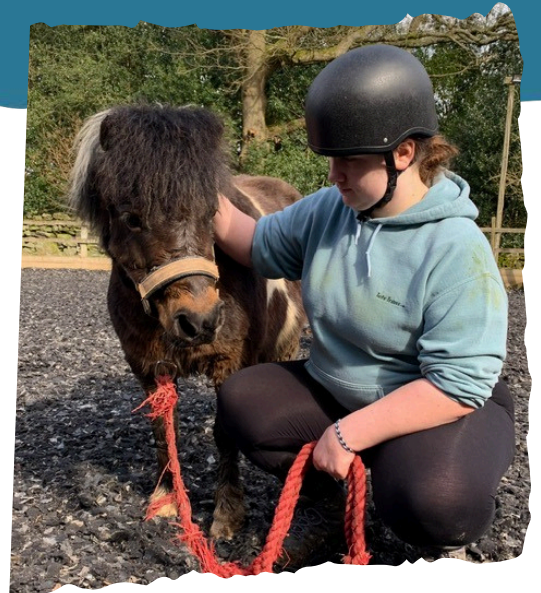
Duck Race and Picnic, July 2024

July saw our annual Duck Race Fundraising Event, Once again the event was an amazing success and a fantastic event bringing together the community- from all the fantastic prizes donated by local businesses and supporters, to Birchfield Ice Cream Farm who supported us with ice creams, Pretty Little Faces Face Painting and of course everyone who sponsored a duck for the race.. Despite the typical summer weather of rain, everyone had a 'quacking' time.



The Future

As our year came to an end I could really see and feel the benefits to taking the 'pause' in our year. We were still able to meet need for our team and families but also have time to re-group, to all agree on a way forward.



As I reintroduced the concept of increasing our services to include an Alternative Provision this was now taken with a sense of excitement and not dread as it had been the year before.

The time for our children to 'de-school' and families to recover from burn out, exhaustion and stress was just what they needed.

So now as we look forward to our next year we embrace the new challenges of offering an educational element whilst understanding that the new pace we have come to know works better for everyone.

As our team grows we continue to keep our own mental health and wellbeing at the forefront, modelling for our families an enjoyable work life balance. It is critical that we don't burn ourselves or the animals out but show instead how to look after ourselves whilst supporting others.

We will continue to improve our learning spaces around the farm so all aspects can be enjoyed from the river to riding, from the library to walking the dogs. The 60 acre farm continues to work its magic as it nurtures each individual who visits.

We will journey steadily into the year bringing our creativity as to how the educational element works alongside our mental health and wellbeing, and not instead of it. We believe both can be achieved.



We hope you have enjoyed our report. If you would like to see more or have any feedback please get in touch.

Take care

Sarah

Autism Angels Ltd Information

Registered Charity number: 1160289. Company limited by guarantee number: 08168948

Directors and trustees

The directors of the charitable company (the charity) are its Trustees for the purpose of charity law. The trustees and officers who served during the year were as follows:

Key Management Personnel for 2023 - 2024

Trustees/Directors

Sarah Kekoa

Howard Whittaker

Patrick Hammond

Catherine Flynn-Cartwright

Chair

Sarah Kekoa

Treasurer

Patrick Hammond

Secretary

Howard Whittaker

Structure, governance and management

Governing Documents

The charity is governed by its articles of association, which are based on the model articles for a charitable company. These were initially approved on 06 August 2012 and subsequently amended 10 October 2014.

Appointment of trustees

Trustees are appointed by the members in accordance with the provisions contained in the Articles of Association.

Trustee training and induction

New trustees are briefed on their obligations under charity law, the constitution of the charity and on the Charity Commission Guidance on public benefit. Trustees attend external training events to facilitate the undertaking of their role, where appropriate.

Organisational structure

The Board of Trustees administers the charity and appointed Sarah Kekoa (Shearman) (a Trustee) to act as Chair on 13 February 2015. She also deals with the day to day operational matters and manages the Centre.

Objects of the charity

For the public benefit, the relief of those in need by reason of autism and other disabilities, in particular but not exclusively by:

- Advancement of education through training programmes and development activities to improve their skills, capacities and capabilities.
- Advancement of education through training and development programmes for the families, carers and professionals who have a role in supporting the individuals with disabilities.
- Advancement of health and wellbeing, in particular but not exclusively, by raising awareness and removing limiting beliefs of the benefits of the natural environment and working with animals

The trustees have given due consideration to the Charity Commission's published guidance on the Public Benefit requirement under the Charities Act 2011 and its activities are detailed with this report.

Autism Angels Ltd Information

Financial review and reserves

The total income for the year ended 31 August 2024 was £146,826, an increase of £16,065 from last year.

Demand for services and growth of the charity has remained steady over the year. A large proportion of the charity's income is from charitable activities and services. Other funding sources include grants, trusts and fundraising activities. The trustees continue to develop and maintain ways the charity can increase income whilst working towards its charitable objectives. As a result, this year the charity made a total surplus of £1,453 (an increase of £12,554 from last year.)

As at 31 August 2024 undesignated funds were £4,131, an increase of £13,291 from last year. The Charity has worked hard this year to secure unrestricted monies which has enabled the Charity to meet its restricted funding commitments and restore the undesignated funds to a surplus. The trustees continue to review the charity's finances and expenditure as part of the charity's regular budgeting processes

Risk management

The trustees have a risk management strategy which comprises:

- Periodic reviews of the risks the charity.
- The establishment of systems and procedures to mitigate the identified risks.

This work has identified that financial sustainability is the major financial risk. Attention has also been focused on non-financial risks arising from child protection issues, fire, health and safety of employees, associated members and members of the public. A key element of the management of financial risk is the retention of adequate working capital.

The trustees are satisfied that systems and procedures are in use to adequately manage the risks to which the charity is exposed.

Reference and administrative details

Charity number 1160289

Company number 8168948

Principal / registered office Throstle Nest Farm,
Summerbridge HG3 4JS

Advisors

Independent Examiner:

Sarah Wearing, Partner: HPH Chartered Accountants LLP, Conyngham Hall Business Centre, Bond End, Knaresborough HG5 9AY

Bankers

Barclays, 15 James Street, Harrogate HG1 1QX

Related parties Related party transactions are set out at note 8 to the financial statements.

Trustees responsibilities in relation to the financial statements

The trustees (who are also directors of Autism Angels Ltd for the purposes of company law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice). Company and charity 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 for that year. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and estimates that are reasonable and prudent;
- state whether applicable UK 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 that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the 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 preparing this report advantage has been taken of the small companies exemption within Part 15 of the Companies Act 2006.

Approved by the Board of Trustees and signed on behalf of the Board of Trustees on 23rd May 2025

Patrick Hammond

AUTISM ANGELS LTD

(A company limited by guarantee)

STATEMENT OF FINANCIAL ACTIVITIES (INCOME AND EXPENDITURE ACCOUNT) YEAR ENDED 31 AUGUST 2024

	Note	Unrestricted funds £	Restricted funds £	2024 £	2023 £
INCOME					
Donations and legacies	3	41,269	28,342	69,611	51,589
Charitable activities	4	72,804	-	72,804	72,084
Other trading activities					
Fundraising		4,411	-	4,411	7,088
TOTAL INCOME		<u>118,484</u>	<u>28,342</u>	<u>146,826</u>	<u>130,761</u>
EXPENDITURE					
Raising Funds	6	4,560	-	4,560	3,612
Charitable activities	7	103,313	37,500	140,813	138,250
TOTAL EXPENDITURE		<u>107,873</u>	<u>37,500</u>	<u>145,373</u>	<u>141,862</u>
Net income/(expenditure) before transfers		10,611	(9,158)	1,453	(11,101)
Transfers between funds		1,142	(1,142)	-	-
Net movement in funds		11,753	(10,300)	1,453	(11,101)
Reconciliation of funds					
Total funds brought forward	12,13	(6,572)	14,499	7,927	19,028
Total funds carried forward	12,13	<u>£ 5,181</u>	<u>£ 4,199</u>	<u>£ 9,380</u>	<u>£ 7,927</u>

All activities derive from continuing operations.

The notes on pages 27 to 33 form part of the accounts.

AUTISM ANGELS LTD

(A company limited by guarantee)

BALANCE SHEET AS AT 31 AUGUST 2024

Company registration number: 08168948

	Note	2024		2023	
		£	£	£	£
FIXED ASSETS					
Tangible Assets	9		1,050		2,588
CURRENT ASSETS					
Debtors	10	4,367		1,927	
Cash at Bank and in hand		9,343		10,188	
		<u>13,710</u>		<u>12,115</u>	
LIABILITIES: amounts falling due within one year	11	<u>(5,380)</u>		<u>(6,776)</u>	
NET CURRENT ASSETS			8,330		5,339
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>9,380</u>		<u>7,927</u>
NET ASSETS			<u>£ 9,380</u>		<u>£ 7,927</u>
THE FUNDS OF THE CHARITY					
Restricted Funds	12		4,199		14,499
Unrestricted Funds					
- Undesignated	13,14		4,131		(9,160)
- Designated	13,14		1,050		2,588
TOTAL FUNDS			<u>£ 9,380</u>		<u>£ 7,927</u>

For the financial year ended 31 August 2024, the Charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies. The Members have not required the Charitable 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 financial statements have been prepared in accordance with the special provisions of Part VII of the Companies Act 2006 relating to small companies.

The notes on pages 27 to 33 form part of the accounts.

These financial statements were approved by the trustees on 23 May 2025 and signed on its behalf by:

Sarah Kekoa - Director and Trustee

AUTISM ANGELS LTD

(A company limited by guarantee)

NOTES TO THE ACCOUNTS FOR YEAR ENDED 31 AUGUST 2024

1 GENERAL INFORMATION

The Charitable Company is a private company limited by guarantee, which is incorporated and registered in England and Wales (no.08168948). The Charity number is 1160289. In the event of the company being wound up or dissolved the members are required to contribute an amount not exceeding £10.

The address of its registered office is Throstle Nest Farm, Summerbridge, North Yorkshire, HG3 4JS

2 ACCOUNTING POLICIES

2.1 Basis of preparation of accounts

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Autism Angels Ltd meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

2.2 Going Concern policy

The Trustees have a reasonable expectation that the Charitable Company has adequate resources to continue in operational existence for the foreseeable future. They continue to adopt the going concern basis of accounting in preparing the annual financial statements.

2.3 Fund accounting

The trustees have a defined policy for identification of different types of income:

- a) Designated funds are unrestricted funds but are specifically earmarked by the Trustees for a particular purpose.
- b) Restricted funds are only to be used for the specific purpose laid down by the donor. Expenditure which meets this criteria is charged to the fund.
- c) Unrestricted funds are the residue of income receivable or generated from the objects of the charity without further specified purposes and are available as general funds.

2.4 Income

All income is recognised in the statement of financial activities when the conditions for receipt have been met and there is reasonable assurance of receipt. Except for the following:

Grants receivable

Grants for immediate expenditure are accounted for when they become receivable. Grants received for specific purposes are treated as restricted funds. Grants which are received for a future accounting period are deferred and recognised in those periods.

Capital Grants for specific fixed assets are included in restricted income when received. Once the asset is purchased these monies are transferred to unrestricted funds unless there is a restriction on the disposal of the asset. If so, the net book value of the asset is shown as a restricted fund.

AUTISM ANGELS LTD

(A company limited by guarantee)

NOTES TO THE ACCOUNTS FOR YEAR ENDED 31 AUGUST 2024

2 ACCOUNTING POLICIES (continued)

2.5 Expenditure

Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be recovered and is reported as part of the expenditure to which it relates.

Costs of generating funds	- costs associated with attracting voluntary income.
Charitable activities	- counselling services to clients. It includes costs that can be allocated directly and those of an indirect nature necessary to support them.
Support costs	- allocated to charitable activities on an actual basis.
Governance costs	- costs associated with meeting the constitutional and statutory requirements.

2.6 Tangible fixed assets and depreciation

Fixed assets for the Charitable Company to use are capitalised at cost. Donated assets are valued at market value on donation. They are stated in the accounts at cost/original value less depreciation.

Depreciation is calculated to write off the cost or valuation of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Equipment, fixtures and tools	10% to 33.3% straight line basis per annum
-------------------------------	--------------------------------------------

2.7 Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

2.8 Cash at bank and in hand

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

2.9 Creditors

Creditors are recognised where the Charitable Company has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors are normally recognised at their settlement amount after allowing for any trade discounts due.

2.10 Financial instruments

The Charitable Company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

AUTISM ANGELS LTD

(A company limited by guarantee)

NOTES TO THE ACCOUNTS FOR YEAR ENDED 31 AUGUST 2024

	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £	Total Funds 2023 £
3 DONATIONS AND LEGACIES				
Donations and gifts	19,769	-	19,769	13,742
Grant income	21,500	28,342	49,842	37,847
	<u>£ 41,269</u>	<u>£ 28,342</u>	<u>£ 69,611</u>	<u>£ 51,589</u>

Restricted donations and legacies in 2023 was £25,182

The Charitable Company also benefits greatly from the involvement and enthusiastic support of its many volunteers. In accordance with Charities SORP, the economic contribution of general volunteers is not recognised in the accounts.

4 INCOME FROM CHARITABLE ACTIVITIES

Session fees	<u>£ 72,804</u>	<u>£ -</u>	<u>£ 72,804</u>	<u>£ 72,084</u>
--------------	-----------------	------------	-----------------	-----------------

Restricted income from charitable activities in 2023 was £nil.

5 TOTAL STAFF COSTS

The key management personnel of the Charitable Company comprise the trustees, see note 8 for details of transactions. No staff are directly employed by the charity.

6 FUNDRAISING EXPENDITURE

Fundraising and event costs	1,158	-	1,158	270
Advertising and promotion	3,402	-	3,402	3,342
	<u>£ 4,560</u>	<u>£ -</u>	<u>£ 4,560</u>	<u>£ 3,612</u>

AUTISM ANGELS LTD

(A company limited by guarantee)

NOTES TO THE ACCOUNTS FOR YEAR ENDED 31 AUGUST 2024

7 ANALYSIS OF TOTAL EXPENDITURE

	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £	Total Funds 2023 £
7.1 Charitable activities				
Horse and animal expenses	477	10,000	10,477	7,784
Facilitators	26,816	27,042	53,858	59,525
Food and refreshments	4,335	-	4,335	4,110
Equipment	2,117	458	2,575	3,179
Training	30	-	30	1,217
Subcontractor costs	3,754	-	3,754	853
Management fee	20,800	-	20,800	20,900
Support costs (below)	43,169	-	43,169	37,930
Governance costs (below)	1,815	-	1,815	2,752
	<u>£ 103,313</u>	<u>£ 37,500</u>	<u>£ 140,813</u>	<u>£ 138,250</u>

In 2023 £16,212 related to restricted funds

7.2 Support costs

Rent and facilities costs	13,411	-	13,411	10,382
Office costs	15,361	-	15,361	14,329
Computer costs	252	-	252	307
Telephone and internet	439	-	439	596
Printing and stationery	264	-	264	129
Repairs and maintenance	181	-	181	161
Insurance costs	9,117	-	9,117	7,476
Travel costs	-	-	-	-
Sundry costs	1,464	-	1,464	1,224
Dab debts w/off	-	-	-	700
Depreciation	2,680	-	2,680	2,626
	<u>£ 43,169</u>	<u>£ -</u>	<u>£ 43,169</u>	<u>£ 37,930</u>

In 2023 £nil related to restricted funds

7.3 Governance costs

Independent examiner's fee	1,200	-	1,200	1,200
Professional fees	615	-	615	1,552
	<u>£ 1,815</u>	<u>£ -</u>	<u>£ 1,815</u>	<u>£ 2,752</u>

In 2023 £nil related to restricted funds

AUTISM ANGELS LTD

(A company limited by guarantee)

NOTES TO THE ACCOUNTS FOR YEAR ENDED 31 AUGUST 2024

8 RELATED PARTIES AND TRUSTEE TRANSACTIONS

Trustee Transactions

An amount of £52,500 (2023 - £54,900) was paid to a business operated by S Kekoa (a trustee) for time spent in management and facilitation. In 2024 £8,630 (2023 £8,330) was paid to that business under a shared services agreement to cover of property and other costs, such as phone, utilities insurance and horse care jointly incurred by the charity and the business.

No trustees were reimbursed for expenses other than the transactions disclosed above.

Related Parties

During the year payments were made to members of trustees' families. An amount of £16,187 (2023: £14,275) was paid to A Whittaker in respect of facilitators fees and £17,278 (2023: £16,848) to K Hammond in respect of administration fees.

9 TANGIBLE FIXED ASSETS

	Fixtures & Fittings £	Equipment £	Total £
Cost			
At 1 September 2023	11,600	2,620	14,220
Additions	-	1,142	1,142
At 31 August 2024	11,600	3,762	15,362
Depreciation			
At 1 September 2023	9,280	2,352	11,632
Charge for year	2,320	360	2,680
At 31 August 2024	11,600	2,712	14,312
Net Book Amounts			
At 31 August 2024	£ -	£ 1,050	£ 1,050
At 31 August 2023	£ 2,320	£ 268	£ 2,588

	2024 £	2023 £
10 DEBTORS		
Trade Debtors	480	-
Accrued income	3,887	1,927
	£ 4,367	£ 1,927

AUTISM ANGELS LTD

(A company limited by guarantee)

NOTES TO THE ACCOUNTS FOR YEAR ENDED 31 AUGUST 2024

	2024 £	2023 £
11 LIABILITIES: Amounts falling due within one year		
Trade Creditors	4,020	5,411
Accruals	1,360	1,365
	£ 5,380	£ 6,776

12 RESTRICTED FUNDS

	Balance at 1 September 2023 £	Income £	Expenditure £	Transfers £	Balance at 31 August 2024 £
Current year					
Playground	2,699	-	-	-	2,699
Recording equipment	1,800	-	(300)	-	1,500
Parents and carers	10,000	-	(10,000)	-	-
Kids Club	-	2,042	(2,042)	-	-
Wellbeing days	-	15,000	(15,000)	-	-
Animal costs	-	10,000	(10,000)	-	-
Equestrian equipment	-	1,300	(158)	(1,142)	-
	£ 14,499	£ 28,342	£ (37,500)	£ (1,142)	£ 4,199
Prior year					
Playground	2,699	-	-	-	2,699
Recording equipment	1,800	-	-	-	1,800
Private therapy days	1,030	-	(1,030)	-	-
Parents and carers	-	10,000	-	-	10,000
Kids Club	-	6,332	(6,332)	-	-
Wellbeing days	-	8,850	(8,850)	-	-
	£ 5,529	£ 25,182	£ (16,212)	£ -	£ 14,499

Playground - Monies received for the installation of a playground from the local fence club.

Recording equipment - Money was received for the purchase of recording equipment.

Parents and carers - Grant funding received for parents and careers projects.

Kids Club - Funding received for Saturday kids club.

Wellbeing days - Monies received for the provision of Wellbeing sessions held during the year.

Animal costs - Grant received for animal related costs during the year.

Equestrian equipment - Monies received for equestrian equipment.

AUTISM ANGELS LTD

(A company limited by guarantee)

NOTES TO THE ACCOUNTS FOR YEAR ENDED 31 AUGUST 2024

13 UNRESTRICTED FUNDS

	Balance at 1 September 2023 £	Income £	Expenditure £	Transfers £	Balance at 31 August 2024 £
Current year					
<i>Designated</i>					
Fixed assets	2,588	-	(2,680)	1,142	1,050
<i>Undesignated</i>					
Free reserves	(9,160)	118,484	(105,193)	-	4,131
Total Unrestricted Funds	£ (6,572)	£ 118,484	£ (107,873)	£ 1,142	£ 5,181
Comparative year					
<i>Designated</i>					
Fixed Assets	5,214	-	(2,626)	-	2,588
<i>Undesignated</i>					
Free reserves	8,285	105,579	(123,024)	-	(9,160)
Total Unrestricted Funds	£ 13,499	£ 105,579	£ (125,650)	£ -	£ (6,572)

Designated Funds

The fixed asset fund represents the level of money invested in fixed assets for the use of charity.

14 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted			Total Funds £
	Undesignated Funds £	Designated Funds £	Restricted Funds £	
Current year				
Tangible fixed assets	-	1,050	-	1,050
Current assets	9,511	-	4,199	13,710
Current liabilities	(5,380)	-	-	(5,380)
At 31 August 2024	£ 4,131	£ 1,050	£ 4,199	£ 9,380
Comparative year				
Tangible fixed assets	-	2,588	-	2,588
Current assets	(2,384)	-	14,499	12,115
Current liabilities	(6,776)	-	-	(6,776)
At 31 August 2023	£ (9,160)	£ 2,588	£ 14,499	£ 7,927

AUTISM ANGELS LTD
A Company Limited by Guarantee)

Independent examiner's report to the trustees

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 August 2024, which are set out on pages 25 to 33.

This report is made solely to the charitable company's trustees, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006 and the charitable company's trustees as a body in accordance with section 154 of the Charities Act 2011. My independent examiner's work has been undertaken so that I might state to the charitable company's trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charitable company, the charitable company's members as a body and the charitable company's trustees as a body for my independent examiner's work, for this report, or for the opinions I have formed.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities.

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.

Sarah Wearing, FCA, DChA
23 May 2025

HPH, Chartered Accountants
Conyngnam Hall Business
Centre
Bond End
KNARESBOROUGH
HG5 9AY



  AutismAngelsUK

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Registered Charity No. 1160289



**Autism
Angels**

AUTISM ANGELS LTD

England & Wales - Charity number 1160289

Accounts



Annual Report & Accounts



Autism Angels Ltd
Year ended 31 August 2023



Autism
Angels

Our Mission: To create a safe therapeutic environment where families can heal, learn and have fun together.

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Foreword

Welcome to our annual report. Wow, what another incredible year we have had as we have grown organically and got closer to our families so we can meet their needs more personally.

We started our new year, which runs the same as school term times, with our 10th Birthday celebrations. We held a party to celebrate the occasion and invited all our families to join us. It was a wonderful day and we were really pleased with the idea of Katharine, our office manager, to have a Bubbleologist deliver the entertainment, also alongside the horses, dog agility, ice creams, face painting and field games. Everyone absolutely loved the giant bubbles, they worked wonderfully in our environment and were perfect for our children, very visual, inclusive where everyone could do their own but also no noise. It was truly magical to see everyone playing and making these giant bubbles for everyone to see. Fab idea Katharine, thank you.



We have continued to deliver our core days, Wellbeing Wednesdays, Feel Good Fridays and Saturday Club, which have now become the back bone of our services and work well for both the families and the team. We have kept one or two days a week for private sessions to support the children and families who aren't ready to integrate into more social days or have time or budget restraints as these are more flexible and sessions only last 1.5 hours. We have been thrilled with the breakthroughs the families have made and have seen children returning to education, accessing home schooling where they weren't before or speaking up about relocating schools as their needs could be met at an alternative provision. The bravery of our children to learn to speak up their needs without feeling the need to dysregulate or 'melt down' has inspired us all but most of all their parents and this year we would like to feature

our parents as their breakthroughs and learning has seriously changed their families' lives.

This year we have seen family after family take on the concepts from being at the farm and turn their families' lives around. From children wanting to take their own lives, to school refusing, to social confinement, our parents have had to take great leaps of faith, start listening to their needs and make the changes in their lives so their children could do the same. Getting our parents to put themselves back on the list of self-care and doing what makes them happy can sometimes feel like an up hill battle but when they see the difference it makes to their children's life they never look back. We are so proud of our parents and we hope you enjoy hearing about what they have achieved this year too.



Foreword



We have also enjoyed delivering our inclusive events throughout the year offering our families somewhere to come to enjoy family time together with other families who are also on a similar journey. Understanding that when you arrive at the event you already know the team, the facilities and that the others attending just 'get it' helps remove a lot of the usual stress. This year we have been able to deliver our birthday party, a Halloween and Bonfire party, Christmas party, Easter Trail and a Duck Race which was a great success and new addition to our events calendar. The children often help getting ready for the events and love showing their parents around when they arrive. We will continue to do these seasonal events as we feel it is a great way for our families to meet each other, socialise and share down time together throughout the year.

We continually feel grateful for our dedicated team of facilitators, trustees and volunteers and as we all continue to journey together our relationships deepen. We really have created a special bond and commitment not only to each other but also to our community.

We hope you enjoy this years' annual report as much as we have enjoyed delivering our services.

Sarah

Sarah and the Autism Angels Team



Values, Vision and Mission

Faith... in you
Hope...for the future
Love...enables



The values for Autism Angels were created 10 years ago. Every year I go back to them to see if they need adjusting in any way. I am yet to find 3 stronger words that can describe as quickly and deeply about what we represent at Autism Angels.

I understand that these words are faith based words and I don't want them to put anyone off but sometimes in this world when life can feel a real struggle, where hope is a faint memory and in those moments all you feel is fear taking over your life, I have found that something magical happens. Something arrives in front of you. That could be a conversation with someone, a post

on Facebook or a random e-mail, who knows, but in that moment you see another chance, an opportunity to try something one more time.



This is often how people arrive at our door. They have lost hope, they have no understanding of why this is all happening to them, the fear of failure, not being good enough, making mistakes and so on, have taken over every thought. It is here where we can shine a light on some dark times and begin to see them for what they really are; untruths.

We are not a group of people that are based in any particular faith but we believe in miracles because we see them every day. The combination of a belief in what people can overcome, a calm nurturing environment and a commitment to getting to the truth is a recipe for miracles to happen.

Vision

Autism Angels was founded 10 years ago. It started out by delivering summer camps to families so they had somewhere to go that was more understanding and in keeping with what their children needed. It was simple - nature, animals, a lot of love and a tent!

I had no idea then how it would develop and change shape to meet the needs of so many families. A few things have remained the same - nature, animals and a lot of love.



Whether we deliver a private session, a group session, call it Well-being Wednesday or Day Camp, the way we support our families is the same. They are accepted for exactly where they are when they arrive, we believe wholeheartedly that they can overcome whatever challenges they are going through and they can stay with us for as long as they need.

Our vision has grown significantly from where it started. We now have access to a 60 acre farm with a naturally therapeutic environment, including woods, rolling grassland, hills, a river and specialised equine facilities. It is important that we continue to grow organically, focussing on the quality of the sessions, not quantity, small groups that are able to adapt to the needs and ages of the children. With this in mind, this is our vision for Autism Angels...

‘Supporting the whole family through life’s challenges’



The Need

Autism is a lifelong developmental disability which affects how people communicate and interact with the world. More than one in 100 people are on the autism spectrum and there are around 700,000 autistic adults and children in the UK.

If you include their families, autism is a part of daily life for 2.8 million people.

(Source: National Autistic Society 2023).

As of December 2023, 172,022 people were waiting for an autism assessment in England. This is a 47% increase in the number of people waiting in just one year. (Source: NHS Data)

Children and Young people referred for autism assessment can expect to wait approximately 37 months (March 2024, Harrogate and District NHS Foundation Trust)

There are lots of different aspects to autism and because autism is a 'spectrum' condition it affects different people in different ways. The characteristics of autism can present themselves in a wide variety of combinations. Two people with the same diagnosis can have a very different profile of needs and skills as Matt Lowry's work shows (July 2022).

The School Report 2021 published by the National Autistic Society found:

- There are over 160,000 autistic pupils in schools across England. Over 70% are in mainstream school, with the rest in specialist education, home educated or out of education altogether.
- Three quarters (74%) said their child's school place did not fully meet their needs – this has almost doubled since 2017
- Parents also reported facing huge battles trying to get help, with 57% saying they had to wait more than a year for support and 26% waiting over three years.
- Seven in ten autistic children and young people said school would be better if more teachers understood autism.



The Need

According to the 2023 annual education report from the National Autistic Society, only 14% of Secondary School teachers had had more than half a day of autism training. Among Primary teachers the figure was only 39%.

4 out of 5 autistic young people experience mental health issues

(Source: Ambitious about Autism)

A survey conducted in 2023 found that 1 in 5 children and young people aged 8 to 25 years had a probable mental disorder. (Source: NHS, Mental Health of Children and Young People)

The number of open referrals to Children and Young People's Mental Health Services is the highest on record with 496,897 referred to services in November 2023.

Suicide was the leading cause of death for males and females aged between five to 34 in 2019 (Source: www.youngminds.org.uk)

In a Young Minds survey, three-quarters (76%) of parents said that their child's mental health had deteriorated while waiting for support from Child and Adolescent Mental Health Services.

"Figures show a record number of appeals were made to the SEND Tribunal in 2021-22. There were 11,052 new appeals- an increase in 29% from the year before. Of the hearings only 3.7% of decisions made by local authorities were upheld. The majority were ruled by the Tribunal to be unlawful." (Source: IPSEA)

- Over 1.5 million pupils in England have special educational needs.
- 389,171 pupils in schools in England have EHC plans, an increase in 9.5% from the previous year.
- 1,183,384 pupils in schools in England are receiving SEN support without an EHC plan.

(Source: GOVUK June 2023)

In a survey of 1,048 school leaders in England, 99% stated the funding they received for children with special educational needs is inadequate and insufficient to meet children's needs.

(Source: National Headteachers Union NAHT, April 2024)



Statistics 2022-2023

Between 1st September 2022 and 31st August 2023 Autism Angels have supported **193 families** (an increase of 19% from the previous year) overall supporting **596 unique individuals** across the family and support unit.

Sessions Delivered

Between 1st September 2022 and 31st August 2023 Autism Angels have delivered 495 therapeutic sessions (compared to 396 sessions the previous year, an increase of 25%).

Private Riding Therapy and Family Taster Sessions were our most popular session, followed by Wellbeing Days and Saturday Kids Clubs.

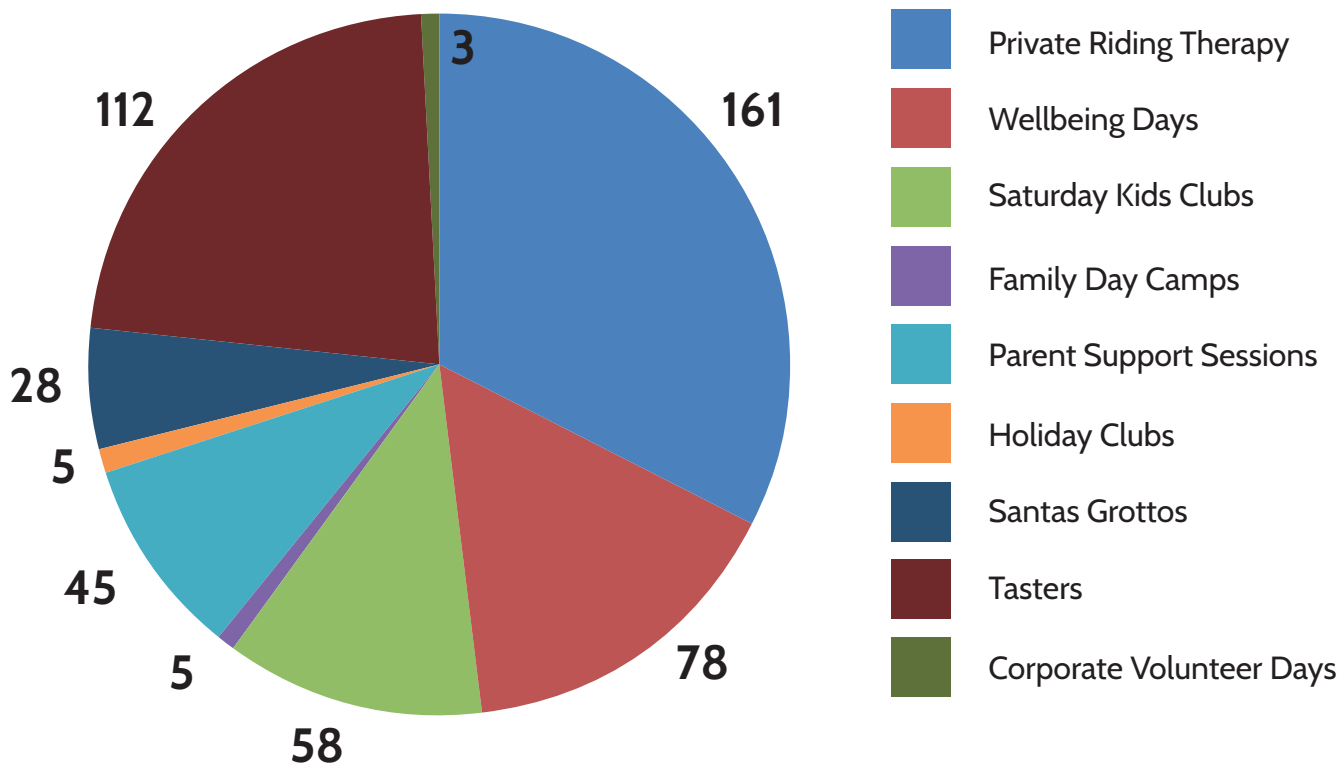
Autism Angels introduced more Family Fun Events such as Halloween and Christmas plus Holiday Clubs concept (trial).

Autism Angels also expanded Parent Support Sessions through Parent Drop Ins, Parent Programme, Dad's Support Group and Mum's Riding.

These additional sessions have contributed to the increase in overall sessions delivered.



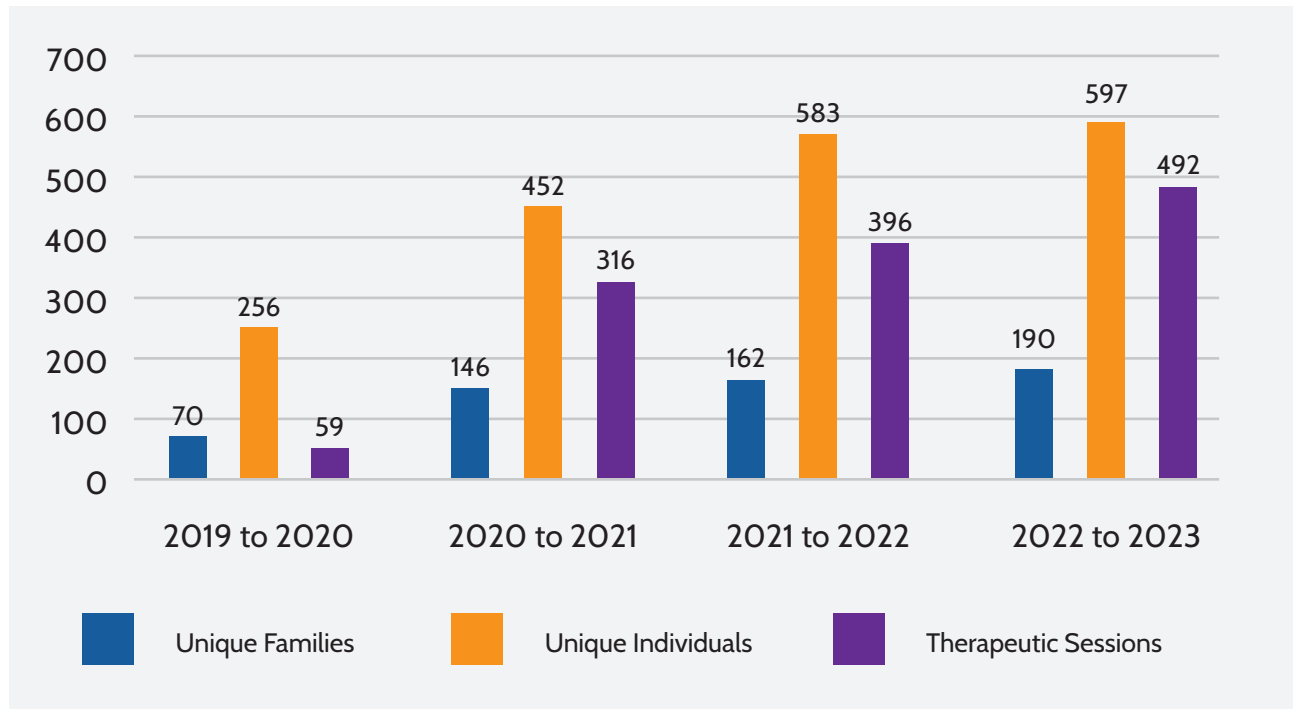
Total of 495 Sessions delivered Sept 22 to Aug 23



Statistics 2022-2023

Growth

Autism Angels have continued to show growth in all areas over the last four years. See below chart for a breakdown of total sessions, total number of unique families and individuals supported.



Taster Conversion Rate

40% families who attended a taster session returned on one or more sessions. This shows a slight decrease from 43% the previous year.



Photos of our Sessions

Easter Trail



Family Sessions



Halloween & Bonfire Event



Kids Clubs



Parent Adventures



Parent Programme



Riding Therapy



Wellbeing Days



Parent Support



This year we would like to celebrate our parents. When parents arrive at Autism Angels, they have come to us because their child is in need of support but what they have also realised is that they too are feeling lost, alone and broken. They have often forgotten all sense of who they are, having been swallowed up by the demands of parenting a neurodivergent child. They have felt like an outcast often in their own families and certainly in the school playground at pick up times. Sometimes even their relationship has not been able to withstand the extremely high demands of their child's needs.

I have heard so many stories of parents looking everywhere for support, for answers of what to do, who can they turn to as life is plummeting deeper and deeper into a dark hole and everything feels like it is crashing to the ground around them. Their mental health, self-care and family life are at an all-time low. They feel like they have tried everything and with waiting lists so long and educational systems struggling with demands too, its hard to get answers fast.

Between 1st September 2022 and 31st August 2023 Autism Angels have supported 596 unique individuals across the family and support unit of which 48% were parents or carers.



It's often at this time that our parents find us. Yes, they are coming to us to find support for their children but what they don't realise is that we also are here to support them and their whole family. The first thing they need to do is book a Taster. This gives them a 45 mins slot at the farm to see if this is the best fit for the family. Not everyone loves being outside, getting muddy, wet and sometimes even cold and not everyone loves dogs and horses.

Parent Support



During the Taster the parents get a chance to ask questions, often at this stage it's all about the children. It's not until a team member checks in with the parents, 'How are you?' that they realise that we see them too. As the children go off and play with Black Jack, one of the horses, the parents get a chance to have a cuppa and tell some of their story. It's at this time that we are able to share with them that they are important too.

“Approximately, 68% of women and 57% of men with mental health problems are parents with 71% of carers having poor mental or physical health.”

(Source: Mental Health Foundation)

We help them recognise how hard they are working and there is another way and we often get a chance to show them there and then how different things could be with just a few tweaks. It's at this moment that hope arrives back in our families lives.



Then the work begins as bookings are made to the best way forward for everyone. That could be Well-being Days, Parent Groups, Privates or Kids Club, it doesn't really matter the path as they all lead to 'Rome', a happy, thriving family.

When our parents put themselves at the centre of their world they are able to make choices from a place of love and knowing not

“..being with other parents on similar journeys has really brought me comfort..”

Parent Support

fear and unsureness. I will ask them a simple question like, 'What do you want?' They will often look at me confused. A foreign concept to them now as they had not met their own needs for so long they had completely forgotten what they were. But what does this teach our children? Not to know their own needs? Not to meet them? To meet others needs first? To put everyone else first? That the child can't meet their own needs? This maybe true on some occasions but certainly not all. So our 'can do' attitude is a belief in each individual that comes to us, parents and children, that they can know their needs, meet them or ask for help if its needed. Once the parents start modelling looking after themselves the children want to start looking after themselves too because we know they do as we do, not as we say!

Our parents have overcome some of the most painful places to come from whilst being with us over the year. From mental health struggles themselves to feeling suicidal and wanting to give up, to relationship challenges to hearing their children want to take their own lives, feeling isolated with no friendships or not even wanting to leave the house, the list goes on. Even with all this they have dared to stand back up and try again.

I believe this generation of parents are trailblazing the way for our future generations. Standing up and saying the system isn't working for our children and something needs to be done about it. It's hard, its back breaking and they are dismissed time and time again but seek the courage to keep going from the other parents who have been before them and seen that change can happen.

We want to honour our parents as they are the ones who live 24/7 with the needs of a child who is also saying, this world needs to change. Please slow down. Everything is going too fast and I'm burning out. Let me be quiet for a while. Let me go back into my world because I feel safer there. Please stop putting more demands on me to please you. Let me speak my truth to you without you taking it personally and getting upset. Let me run free and jump around because I actually don't care what anyone else thinks, this makes me feel good.

Our parents are the system breakers that need to be heard because they have the answers to what our next generation needs and if we don't listen they will only need to shout louder. Fantastic work parents and keep going.

"Autism Angels have enabled us to see a new perspective. The day we changed our parenting approach our children were set free."

"I feel so alive"



Case Study

We have been attending Autism Angels Wellbeing Sessions for a few years now and my daughter's life is unrecognisably better as a result.

In the last few months we have also started weekly 1:1 sessions with myself. I had been stuck in a rut, unable to be present or enjoy life. I was on auto pilot or survival mode, feeling panic and resentment. The stress of taking on fights for the children to access suitable education had taken a toll on my mental health (constant panic attacks, sat zoning out of life) on my diet (we were existing on convenience food and takeaways) and my health (high blood pressure, sore joints and asthma).

The 1:1 sessions have impacted on my whole life, the change I am most thankful for is that I now see my family as enough, as functioning as it should, not lacking just different. I'm no longer just allowing things to happen to me. I'm making decisions, setting boundaries and prioritising my needs. Since I'm no longer scared to upset the children, scared of looking like "a bad mum" and know my children feel loved without me being a doormat I've started to get out in nature daily, eat healthy fresh food and then this has given me the ability to focus quality fun time on activities with the children (eg nerf war / sharing in an interest with them). Before starting these sessions I was in a bleak place mentally and completely isolated, I now look forward to Thursdays.

As a bi product of me having my needs met and setting boundaries my children's lives are improving as they become more independent and less scared. My 17 year old is becoming more responsible for their own learning and self care. The massive change is in my 11 year old who has been unable to access education for 3/4 years and had me carrying out all tasks for him as if a toddler. He still soils himself and was reliant on me to clean him, he was also having violent meltdowns 1/2 times a day. As a result of me setting a boundary of him cleaning himself (with lots of emotional support and cheerleading from Sarah) I stayed strong and he is now perfectly able to care for himself (now also doing his teeth twice a day - which I thought was impossible too) Being able to clean himself meant he no longer felt shame / guilt / embarrassment about it... which has cut the violence down to 1-2 times a week. Because he knows he can fix things himself he is now attending medical education and signed up to extra lessons and is starting to attend events in real life rather than just online.

I'm so thankful for these sessions, my life has improved so much, I'm no longer pulling the quilt over my head when I wake up. I'm able to be present, notice my surroundings and have fun. Practically I haven't vaped for 5 months (my asthma has disappeared), I'm getting exercise daily, we are eating healthily (most of the time), I'm slowly losing weight and I feel lighter and less stuck.

I'm excited to be supported to keep these amazing changes and look forward to challenging myself further to show up and appreciate every day, thanks to Sarah and all the amazing team!



A word from our families

'At Autism Angels young people and parents are empowered that they know the answers for themselves, and for their family life.'



'I think expressing his needs and thoughts makes him feel better about himself. It's improved his self esteem and our relationship is stronger.'



'The taster gave me hope when no other service did'

'We'd found a safe place'

I went on the parenting course to learn how to help my son but ended up learning how to help myself first which in turn improved my relationship with my son'

'When we found Autism Angels we knew straight away we had found something special'



'Autism Angels 'can do' attitude is infectious'

'I can't thank everyone enough...it is such a long time since we have seen [our child] come home happy, confident and proud'

'The team at Autism Angels have been our salvation, their work is empowering and life giving'

'Autism Angels is an incredibly supportive, caring and inspiring place. Everyone is welcome, everyone is included and everyone is made to feel right at home'

'It's a happy place for our whole family'

'Wonderful Halloween event as always, thank you for everyone's hard work'

'Hearing someone tell me that putting myself first sometimes isn't selfish, but is actually a great example to set for the children, has caused a massive shift in my mindset. I had got so overwhelmed prioritising everyone else and trying to make things better for all of them, I had forgotten about myself'



'It is a place where my child feels safe, included, accepted and happy'

'It's been an incredible, life changing experience for us'

'I felt lost and needed support'

'My daughter was suicidal and refusing to leave their bedroom, they hadn't been to school for almost 2 years and were unable to access any support'

'Our child had been struggling again with depression and the threat of self-harm'



'It was time to relax, nurture, grow and reflect on myself. To share life experiences with people that understood and got it. To feel supported and learn so much about life with the horses showing the way'

'I couldn't believe the difference in my daughter and how calm she was so quickly working with the horses'





'For my daughter to be in an environment that promotes independence and acceptance'

'At first just wanted them to behave better.. however, I quickly learnt it was about them being able to recognise and articulate their needs'

'Having a safe place to be vulnerable'

'It's really important to be able to access somewhere that feels safe and where you can be yourself and be honest'

'We were so isolated and limping through life'

'We were broken and desperate for support but all agencies kept saying we didn't meet the criteria'



Team

Meet our inspirational Team They who dedicate their time way beyond renumerations given and really do add to the uniqueness of what we can offer at the farm.

Sarah

Sarah is the founder and beating heart of Autism Angels. When she meets new clients, it is like being welcomed by sunshine. Her vast experience and intuition enable Sarah to guide families on their initial steps of their journey within the Autism Angels community.

Sarah manages to balance encouragement, love and challenge when working with our families. She is especially successful when working with parents in private or group sessions including the landmark Parent Programme and a range of empowering experiences, challenges, and adventures.

Sarah can be found working on all our sessions along with her malamute, Yume, and her kelpie, Toffee bar. A talented and instinctive horsewoman, Sarah has trained the team members in her equine-facilitated therapeutic approach and ensures that the volunteers are also constantly learning and developing their skills.

Thank you Sarah for all that you do.



Amanda

Amanda is a familiar face of the farm working across all services and she is also our Safeguarding Lead. She loves to work with Blackjack and the younger children who are maybe nervous to start with. Amanda is often seen at the farm setting up early, visiting the horses and walking her dog Ziggy.

Amanda was previously a Special Needs Teacher and Teacher in Charge of an Enhanced Mainstream School for children with Communication and Interaction needs – supporting children with autism in 41 primary schools. With her knowledge Amanda also supports our families in understanding the pressures of school on children and writing reports for EHCPs to ensure that children are able to access the support they need.

Thank you Amanda for all you do for us.

Team

Yvonne

Yvonne is a qualified Life and Equine Facilitated Coach. She can often be found in the field checking the horses, in the tack room sorting things out or teaching our children valuable horse skills. Yvonne brings a wealth of experience to the team both from the horse perspective but also as a Mum of an autistic child, so knows all too well of the challenges for our parents.

Yvonne also takes care of our Licensing requirements creating and ensuring policies and procedures are carried out. With her hard work she recently improved our licensing score from 1 star to 3 stars.

Thank you for all you do Yvonne.



Katharine

Katharine is our business manager and she works tirelessly behind the scenes to support both the charity and our families. Being a Mum of a child on the autism spectrum she knows all too well how hectic things can feel. She is dedicated in creating as much ease as possible for our families from creating easy booking systems, adding informative posts about what is going on at the farm, answering enquiries; all which is critical in helping our families access us.

Katharine also writes grant applications and fundraising bids for us continuously trying to reduce fees for our families.

You will often see Katharine and her family as events always making sure things are running smoothly and volunteering her help on the day.

Thank you for all you do for us Katharine.

Cath

Cath works behind the scenes volunteering her time and supporting us with our website and marketing materials. Cath loves to help organise our fundraisers and new adventures. She can often be seen supporting our Mums on their adventures away usually on a horse or paddle board or supporting our fundraising challenges.

Thank you for all you do for us Cath.



Team

Rachel

We welcomed Rachel to the team in 2023. Rachel has been a volunteer at Autism Angels since 2015 supporting our Wellbeing Wednesdays, Saturday Kids Clubs, Tasters, Holiday Camps and Events.

Rachel currently shares her time between Autism Angels and Evolve College in Ripon where she is a Progress Coach.

Rachel studied at York University where she gained a BSc (Hons) Psychology in Education. She then went on to get a first class MSc in Mental Health and Wellbeing in Education and even wrote her dissertation on the experiences of equine facilitated learning programmes at Autism Angels for parents of autistic children and young people.

Welcome to the team Rachel.



Trustees

Howard

Howard is our designated Health and Safety Officer and brings a wealth of knowledge to the charity. He carries out risk assessments, ensures health and safety procedures are in place all to help us run a safe environment allowing our families to access the farms natural environments, horse activities and fundraising challenges.

Howard can often be seen walking on the hills to achieve the latest challenge all whilst supporting our families. He also loves to visit the farm to see how everyone is doing (when he is not playing golf).

Thank you Howard for all you do for us.



Paddy

Paddy is a Dad of a child on the autism spectrum and knows all too well the challenges of day to day life our parents and families can face. Paddy also supports us through keeping an eye on costs, seeing where we can make savings and keeping the charity running.

Paddy also fundraises for us and can be seen running a marathon or climbing mountains.

Paddy has more recently set up a Dad Support Group as he feels there is a real need for Dads to get together and be supported also.

Thank you for all you do for us Paddy.

Catherine

We welcomed Catherine to the board of trustees in 2023.

Catherine is also a Mum to children on the autism spectrum. She brings a wealth of lived experience as a parent and fully understands the challenges many of our families can face.

Catherine has supported Autism Angels for a number of years regularly arranging fundraising events and raising awareness around autism. Catherine is a fantastic ambassador for the work we do and we are very thankful for her ongoing support.

Welcome to the team Catherine.



Volunteers

We continue to feature our volunteers and once again would like to thank them for their continued support.

Our volunteers are a crucial part of our team and we know the work we do is not possible without them. They are extremely hard working, dedicated, committed to attending week after week to support our children and families no matter what the weather. From poo picking a field, hand pulling thousands of sycamore seedlings, leading horses, to making drinks our volunteers continue to change our families lives.

In addition to supporting during sessions our volunteers also attend regular training days across the year learning more about our environment and their volunteer roles and responsibilities, ensuring they feel skilled and safe whilst they work with us. This year the volunteer team have completed both an Equestrian Emergency First Aid Training Course and Safeguarding Children Level 1 Training Course.

A huge thank you goes to Liz, Lindsay, Jess, Elle, Briar, Tom W, Oliver, Tom B and Eleanor for the hours of volunteering you do for us throughout the year. We love working with you and thank you all so much.



Achievements

Demand for our support continues to increase every year. This year we have provided support to 193 families in our safe and accepting environment.

We continue to achieve so much as a community pushing through limiting beliefs, showing just what our children and parents are capable of.

To meet increasing demand we have developed and expanded our support for parents and carers including weekly Parent Support Drop-ins, Dad's Walk and Talk Support Groups, Parent Programme, Private Parent Support Sessions and Parent Adventures.

We have also expanded our inclusive events throughout the year creating a safe and welcoming space for our families to come and enjoy family time together alongside other families who are also on a similar journey.

Kindness of others

The Fuse Creative Marketing who kindly donate their time and all marketing support to Autism Angels.

The Together Group Construction Ltd for their ongoing support and sponsorship of events.

The Hawksworth family for their kindness and incredible support this year.

Chris and Kate Anson who asked for donations to Autism Angels instead of gifts for their 30th Wedding Anniversary raising £620.00

TK Maxx who donated gift vouchers for our dedicated volunteers

Harrogate Ladies College who organised a music concert £99.84

River Beacon climbing Mount Everest virtually on his stairs fundraising over £300.00

Victoria Sharpe who completed Leeds Abbey Dash £475.00

Outwood Primary Academy Fundraising Autism Acceptance Month £200

Thank you to all the families who supporters who make a monthly donation to support our services.

Skipton Slimming World who kindly donate gifts for our Christmas Party



In June some of the Autism Angels Trustees took on the epic challenge of climbing the Yorkshire Three Peaks raising an amazing £2,030.00



Achievements

Corporate Volunteer days at the farm:

Asda GM Team, Health and Safety Executive



Other Donations

Facebook Birthday Donations

Co-op Local Community Fund £5,331.56

North Yorkshire Council Get Going Grant £1,000

Asda Green Token Giving £300

W.L.Pratt Trust

The Local Lotto Donations

The Loriners' Charitable Trust £1,000

Ken & Edna Morrison Charitable Trust

Two Ridings Community Grants £500

Comic Relief Community Fund in partnership with the Evening Standard & Independent £3,000

Farrah's of Harrogate

Magic Little Grants £500

DLA Piper £100

Comic Relief Community Fund £4,850

The National Lottery Community Fund £10,000



Fundraising

Like many other charities Autism Angels relies heavily on the support of generous donations and fundraising to help us to deliver our vital services and make a real difference in our community. Over the last 12 months the funding landscape has been difficult with many other charities struggling in the current cost of living crisis making grant applications oversubscribed and more competitive than ever.

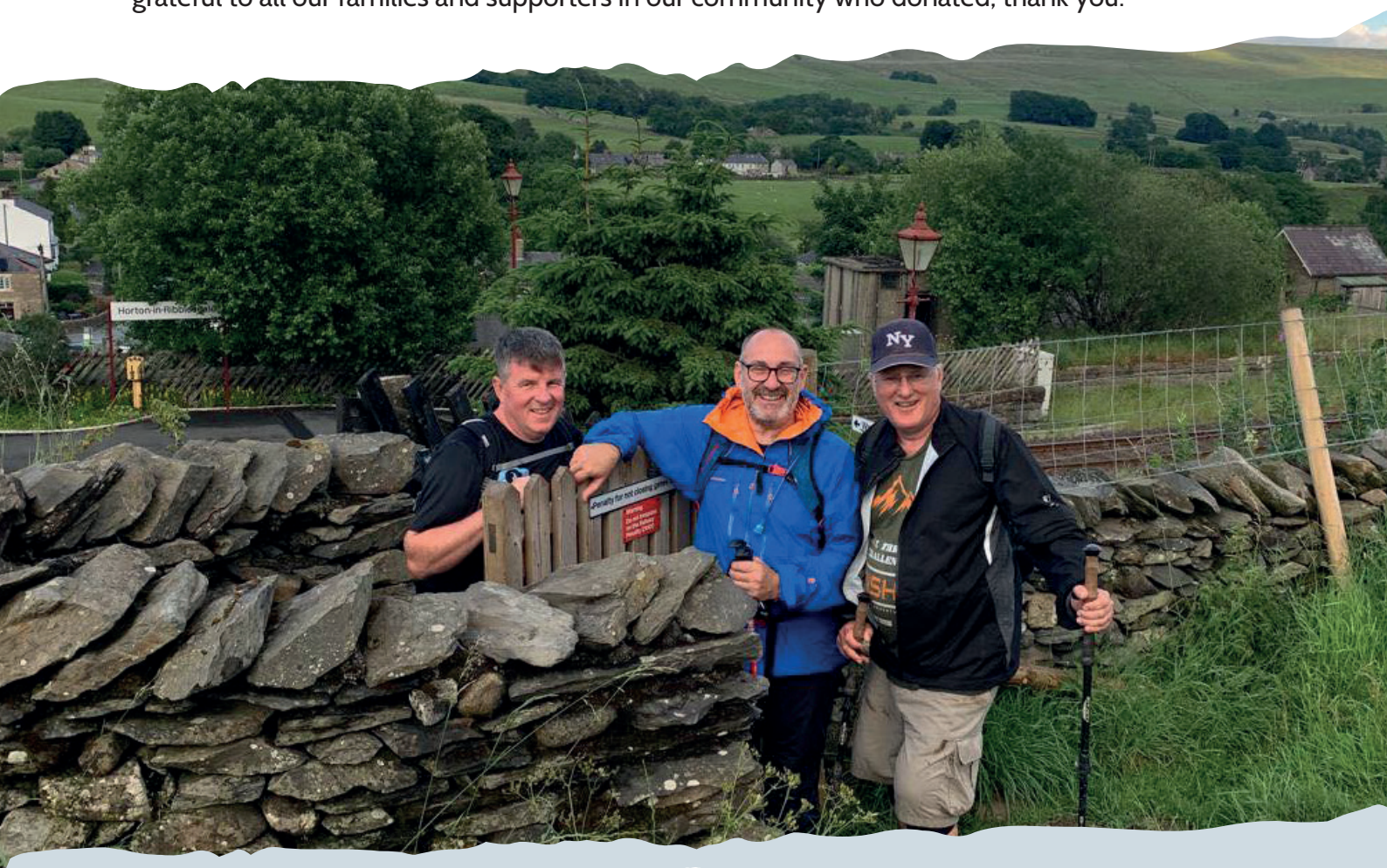
At Autism Angels we never want cost to be a barrier to families seeking the help and support they need. Our families have also struggled financially during the cost of living crisis and it is vital our sessions remain affordable.

We are extremely thankful to all in our community who are active in their support of us whether that be with fundraising donations, raising awareness of our charity or volunteering their time helping at the farm.

The team, as always, continue to work tirelessly to raise much needed awareness and funds for Autism Angels and over the last 12 months have been getting creative in finding different ways to fundraise supporting both the charity and our families.

We introduced the concept that families can organise their own fundraising events, any money raised in their child's name could then be allocated into a pot which they can access to fund sessions at Autism Angels.

This year's fundraising also included our 'Double your Dosh' Crowdfunder with match funding thanks to The Co-operative Group raising an incredible £7,730.00. We were overwhelmed and grateful to all our families and supporters in our community who donated, thank you.



Fundraising

Duck Race

In July Autism Angels held their first ever Duck Race Fundraising Event, another new concept which was suggested by our new team member Rachel. Our families and supporters were encouraged to sponsor a duck to be in with a chance of winning some amazing prizes all whilst helping us raise vital funds. The event was an amazing success with an incredible 500 ducks sold for the race on the River Nidd at the farm. This was a real community event with so many fantastic prizes donated from local businesses and supporters.

The Duck Race was combined with a Family Fun Picnic bringing our wonderful families together to enjoy a 'quacking' afternoon of fun, face painting, bubble fun and ice creams. Despite the typical summer weather of rain, great fun was had by all.

Duck Race Thank Yous

A huge thank you to all the amazing local businesses who supported this event and donated prizes. We were truly overwhelmed by your generosity.

The Together Group Construction Ltd for sponsoring the event

Friends of Ripon Cathedral Primary for kindly letting us use their ducks for our event

Birchfield Ice Cream who supplied ice creams for our families

Design Delight Face Painting

To all the families and supporters who sponsored a duck and attended the event.



The Future

As we bring another year to a close, our 10th year we are able to reflect back over the decade to see the consistent organic growth of the Autism Angels community.

We have had another successful year with the stats showing a steady increase in unique family uptake, an increase in unique individuals and increased delivery of our therapeutic sessions. This really does show the demand is increasing in our area.

We have been thrilled with our year at the farm and the impact we have had on the families that have attended our sessions. Children have re-engaged with society, education, moved schools, gone back to school and attended weekly sessions at the farm. These breakthroughs have given hope to other families attending and newcomers to the farm. Our parents have made the most of learning alongside us when we are supporting their children during the sessions. Group work has had an enormous impact on everyone as parents have been able to support and encourage each other and the children have seen this and have learnt to do the same. It has been nothing less than magical to watch the community transform from feeling hopeless to happy and thriving in their family lives.

Our team remains dedicated and committed to daily and weekly sessions, training and our own growth to be able to deliver very unique and dynamic sessions to meet the needs of each individual. The team's skills have been challenged and tested regularly which has enabled lived experience and organic growth on a daily basis. Everyday has its opportunities for everyone and learning together becomes a fun experience rather than a feeling of failure or isolation. Together we are stronger, we have more fun and we can all work towards common goals such as happiness, personal responsibility and what we want from our lives. Our community is thriving, growing and our techniques are having a positive impact beyond the farm and into a wider community; we couldn't ask for more.



The Future



We have tried a few new services throughout the year such as our Summer Camps and Holiday Clubs. We found that these were a stretch for our core team and would need to look at expanding the team if we were to deliver these in the future.

We did however successfully expand our social events to include Easter, Halloween and bonfire night as well as our usual Christmas party and fundraisers. Although these still pull on our team we have found that the children love getting involved with setting things up and it has greatly expanded their own social lives so these will continue and the team really enjoy them too.

Funding and grants remain extremely competitive and we have had to work very hard to secure extra funding to reduce costs for our families or provide better facilities. Katharine our business manager continues to work tirelessly behind the scenes writing bids for us. Catherine our new Trustee is taking a more public approach and is working with local supermarkets and businesses including standing in doorways talking to people about what we do, often alongside a team of enthusiastic mums. The team are always trying to come up with original ideas as to how we can get people involved with our fundraisers. We didn't have the capacity to do a Coast to Coast version this year but we are working on being creative to get our families and community involved with some fundraising events next year.



We had looked last year at whether we needed to expand our provision into an Alternative Provision and possibly a School. Even the mention of the word school in this context sent a ripple of anxiety through our children. We are still looking at how we can support parents more with funding, especially when the children are with us during the school week and get Autism Angels on a more secure financial footing. For now we will continue to try and engage with schools and work alongside them to provide excellent wellbeing services to support the children's and parents mental health. Ultimately having all the schools pay for the provision would be an ideal situation for parents and us and I believe also for the schools as we can concentrate on mental health whilst they concentrate on education, a win-win in my opinion.

So to round up another wonderful year at Autism Angels we are extremely thrilled to see our community thriving, the delivery of our services having a profound impact on the whole family and our Team still so dedicated to supporting us. We will continue to keep growing at an organic rate and focussing on quality of our provision and sessions whilst bringing our families back to thriving together.

We hope you have enjoyed our Annual Report

Sarah

Founder and Director of Autism Angels

Our Year in Photos

September

Parent drop in sessions



October

Halloween event



November

Comic Relief filming



December

Santa's grottos



January

Snow fun



February

Shetlands at the farm



Our Year in Photos

March

Mum's weekend away



April

Easter fun



May

Harvesting



June

Corporate Volunteer Day



July

Duck race



August

Holiday clubs



Autism Angels Ltd Information

Registered Charity number: 1160289. Company limited by guarantee number: 08168948

Directors and trustees

The directors of the charitable company (the charity) are its Trustees for the purpose of charity law. The trustees and officers who served during the year were as follows:

Key Management Personnel for 2022 - 2023

Trustees/Directors

Sarah Kekoa

Howard Whittaker

Patrick Hammond

Helen Chapman (Resigned February 2023)

Catherine Flynn-Cartwright (Appointed February 2023)

Chair

Sarah Kekoa

Treasurer

Patrick Hammond

Secretary

Howard Whittaker

Structure, governance and management

Governing Documents

The charity is governed by its articles of association, which are based on the model articles for a charitable company. These were initially approved on 06 August 2012 and subsequently amended 10 October 2014.

Appointment of trustees

Trustees are appointed by the members in accordance with the provisions contained in the Articles of Association.

Trustee training and induction

New trustees are briefed on their obligations under charity law, the constitution of the charity and on the Charity Commission Guidance on public benefit. Trustees attend external training events to facilitate the undertaking of their role, where appropriate.

Organisational structure

The Board of Trustees administers the charity and appointed Sarah Kekoa (Shearman) (a Trustee) to act as Chair on 13 February 2015. She also deals with the day to day operational matters and manages the Centre.

Objects of the charity

For the public benefit, the relief of those in need by reason of autism and other disabilities, in particular but not exclusively by:

- Advancement of education through training programmes and development activities to improve their skills, capacities and capabilities.
- Advancement of education through training and development programmes for the families, carers and professionals who have a role in supporting the individuals with disabilities.
- Advancement of health and wellbeing, in particular but not exclusively, by raising awareness and removing limiting beliefs of the benefits of the natural environment and working with animals

The trustees have given due consideration to the Charity Commission's published guidance on the Public Benefit requirement under the Charities Act 2011 and its activities are detailed with this report.

Autism Angels Ltd Information

Financial review and reserves

The total income for the year ended 31 August 2023 was £130,761 (an increase of £15,304). Demand for services and growth of the charity has continued although income has slowed slightly from the previous year due to the impact of the cost of living crisis.

A large proportion of the charity's income is from charitable activities and services. Other funding sources include grants, trusts and fundraising activities. The trustees continue to develop and maintain ways the charity can increase income whilst working towards its charitable objectives.

As at 31 August 2023 undesignated funds were recorded as a deficit of £9,160. This arose due to a short period of cashflow complications. Since the yearend the Charity has managed to secure unrestricted monies which has enabled the Charity to meet its restricted funding commitments and restore the undesignated fund to a surplus. The trustees confirm that a full review of the charity's finances and expenditure has been carried out and will continue to be reviewed by the trustees' as part of the charity's regular budgeting processes.

Risk management

The trustees have a risk management strategy which comprises:

- Periodic reviews of the risks the charity.
- The establishment of systems and procedures to mitigate the identified risks.

This work has identified that financial sustainability is the major financial risk. Attention has also been focused on non-financial risks arising from child protection issues, fire, health and safety of employees, associated members and members of the public. A key element of the management of financial risk is the retention of adequate working capital.

The trustees are satisfied that systems and procedures are in use to adequately manage the risks to which the charity is exposed.

Reference and administrative details

Charity number 1160289

Company number 8168948

Principal / registered office 71 West Cliffe Terrace,
Harrogate, HG2 0PU

Advisors

Independent Examiner:

Sarah Wearing, Partner: HPH Chartered Accountants LLP, Conyngham Hall Business Centre, Bond End, Knaresborough HG5 9AY

Bankers

Barclays, 15 James Street, Harrogate HG1 1QX

Related parties

Related party transactions are set out at note 8 to the financial statements.

Trustees responsibilities in relation to the financial statements

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

Company and charity 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 for that year. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and estimates that are reasonable and prudent;
- state whether applicable UK 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 that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the 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 preparing this report advantage has been taken of the small companies exemption within Part 15 of the Companies Act 2006.

Approved by the Board of Trustees and signed on behalf of the Board of Trustees on 16 May 2024.

Patrick Hammond

AUTISM ANGELS LTD

(A company limited by guarantee)

STATEMENT OF FINANCIAL ACTIVITIES (INCOME AND EXPENDITURE ACCOUNT) YEAR ENDED 31 AUGUST 2023

	Note	Unrestricted funds £	Restricted funds £	2023 £	2022 £
INCOME					
Donations and legacies	3	26,407	25,182	51,589	75,030
Charitable activities	4	72,084	-	72,084	40,427
Other trading activities					
Fundraising		7,088	-	7,088	-
TOTAL INCOME		105,579	25,182	130,761	115,457
EXPENDITURE					
Raising Funds	6	3,612	-	3,612	5,245
Charitable activities	7	122,038	16,212	138,250	113,728
TOTAL EXPENDITURE		125,650	16,212	141,862	118,973
Net expenditure before transfers		(20,071)	8,970	(11,101)	(3,516)
Transfers between funds		-	-	-	-
Net movement in funds		(20,071)	8,970	(11,101)	(3,516)
Reconciliation of funds					
Total funds brought forward	12,13	13,499	5,529	19,028	22,544
Total funds carried forward	12,13	£ (6,572)	£ 14,499	£ 7,927	£ 19,028

All activities derive from continuing operations.

The notes on pages 34 to 41 form part of the accounts.

AUTISM ANGELS LTD

(A company limited by guarantee)

BALANCE SHEET AS AT 31 AUGUST 2023 Company registration number: 08168948

	Note	2023		2022	
		£	£	£	£
FIXED ASSETS					
Tangible Assets	9		2,588		5,214
CURRENT ASSETS					
Debtors	10	1,927		3,570	
Cash at Bank and in hand		10,188		16,205	
		<u>12,115</u>		<u>19,775</u>	
LIABILITIES: amounts falling due within one year	11	(6,776)		(5,961)	
NET CURRENT ASSETS			5,339		13,814
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>7,927</u>		<u>19,028</u>
NET ASSETS			<u>£ 7,927</u>		<u>£ 19,028</u>
THE FUNDS OF THE CHARITY					
Restricted Funds	12		14,499		5,529
Unrestricted Funds					
- Undesignated	13,14		(9,160)		8,285
- Designated	13,14		2,588		5,214
TOTAL FUNDS			<u>£ 7,927</u>		<u>£ 19,028</u>

For the financial year ended 31 August 2023, the Charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies. The Members have not required the Charitable 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 financial statements have been prepared in accordance with the special provisions of Part VII of the Companies Act 2006 relating to small companies.

The notes on pages 34 to 41 form part of the accounts.

These financial statements were approved by the trustees on 16th May 2024 and signed on its behalf by:

Sarah Kekoa - Director and Trustee

AUTISM ANGELS LTD

(A company limited by guarantee)

NOTES TO THE ACCOUNTS FOR YEAR ENDED 31 AUGUST 2023

1 GENERAL INFORMATION

The Charitable Company is a private company limited by guarantee, which is incorporated and registered in England and Wales (no.08168948). The Charity number is 1160289. In the event of the company being wound up or dissolved the members are required to contribute an amount not exceeding £10.

The address of its registered office is 71 West Cliffe Terrace, HARROGATE, England, HG2 0PU.

2 ACCOUNTING POLICIES

2.1 Basis of preparation of accounts

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Autism Angels Ltd meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

2.2 Going Concern policy

The Trustees have a reasonable expectation that the Charitable Company has adequate resources to continue in operational existence for the foreseeable future. They continue to adopt the going concern basis of accounting in preparing the annual financial statements.

2.3 Fund accounting

The trustees have a defined policy for identification of different types of income:

- a) Designated funds are unrestricted funds but are specifically earmarked by the Trustees for a particular purpose.
- b) Restricted funds are only to be used for the specific purpose laid down by the donor. Expenditure which meets this criteria is charged to the fund.
- c) Unrestricted funds are the residue of income receivable or generated from the objects of the charity without further specified purposes and are available as general funds.

2.4 Income

All income is recognised in the statement of financial activities when the conditions for receipt have been met and there is reasonable assurance of receipt. Except for the following:

Grants receivable

Grants for immediate expenditure are accounted for when they become receivable. Grants received for specific purposes are treated as restricted funds. Grants which are received for a future accounting period are deferred and recognised in those periods.

Capital Grants for specific fixed assets are included in restricted income when received. Once the asset is purchased these monies are transferred to unrestricted funds unless there is a restriction on the disposal of the asset. If so, the net book value of the asset is shown as a restricted fund.

AUTISM ANGELS LTD

(A company limited by guarantee)

NOTES TO THE ACCOUNTS FOR YEAR ENDED 31 AUGUST 2023

2 ACCOUNTING POLICIES (continued)

2.5 Expenditure

Expenditure is recognised on a accruals basis. Expenditure includes any VAT which cannot be recovered and is reported as part of the expenditure to which it relates.

Costs of generating funds	- costs associated with attracting voluntary income.
Charitable activities	- costs incurred by the Charitable Company in delivering its counselling services to clients. It includes costs that can be allocated directly and those of an indirect nature necessary to support them.
Support costs	- allocated to charitable activities on an actual basis.
Governance costs	- costs associated with meeting the constitutional and statutory requirements.

2.6 Tangible fixed assets and depreciation

Fixed assets for the Charitable Company to use are capitalised at cost. Donated assets are valued at market value on donation. They are stated in the accounts at cost/original value less depreciation.

Depreciation is calculated to write off the cost or valuation of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Equipment, fixtures and tools	10% to 33.3% straight line basis per annum
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2.7 Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

2.8 Cash at bank and in hand

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

2.9 Creditors

Creditors are recognised where the Charitable Company has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors are normally recognised at their settlement amount after allowing for any trade discounts due.

2.10 Financial instruments

The Charitable Company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

AUTISM ANGELS LTD

(A company limited by guarantee)

NOTES TO THE ACCOUNTS FOR YEAR ENDED 31 AUGUST 2023

	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £	Total Funds 2022 £
3 DONATIONS AND LEGACIES				
Donations and gifts	13,742	-	13,742	21,486
Grant income	12,665	25,182	37,847	53,544
	<u>£ 26,407</u>	<u>£ 25,182</u>	<u>£ 51,589</u>	<u>£ 75,030</u>

Restricted donations and legacies in 2022 was £nil

The Charitable Company also benefits greatly from the involvement and enthusiastic support of its many volunteers. In accordance with Charities SORP, the economic contribution of general volunteers is not recognised in the accounts.

4 INCOME FROM CHARITABLE ACTIVITIES

Session fees	<u>£ 72,084</u>	<u>£ -</u>	<u>£ 72,084</u>	<u>£ 40,427</u>
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Restricted income from charitable activities in 2022 was £nil.

5 TOTAL STAFF COSTS

The key management personnel of the Charitable Company comprise the trustees, see note 8 for details of transactions. No staff are directly employed by the charity.

6 FUNDRAISING EXPENDITURE

Fundraising and event costs	270	-	270	-
Advertising and promotion	3,342	-	3,342	5,245
	<u>£ 3,612</u>	<u>£ -</u>	<u>£ 3,612</u>	<u>£ 5,245</u>

AUTISM ANGELS LTD

(A company limited by guarantee)

NOTES TO THE ACCOUNTS FOR YEAR ENDED 31 AUGUST 2023

7 ANALYSIS OF TOTAL EXPENDITURE

	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £	Total Funds 2022 £
7.1 Charitable activities				
Horse and animal expenses	7,784	-	7,784	6,037
Facilitators	43,313	16,212	59,525	45,770
Food and refreshments	4,110	-	4,110	1,908
Equipment	3,179	-	3,179	2,881
Training	1,217	-	1,217	-
Subcontractor costs	853	-	853	-
Management fee	20,900	-	20,900	18,000
Support costs (below)	37,930	-	37,930	35,667
Governance costs (below)	2,752	-	2,752	3,465
	<u>£ 122,038</u>	<u>£ 16,212</u>	<u>£ 138,250</u>	<u>£ 113,728</u>

In 2022 £12,950 related to restricted funds

7.2 Support costs

Rent and facilities costs	10,382	-	10,382	9,057
Office costs	14,329	-	14,329	14,365
Computer costs	307	-	307	343
Telephone and internet	596	-	596	1,238
Printing and stationery	129	-	129	111
Repairs and maintenance	161	-	161	408
Insurance costs	7,476	-	7,476	5,898
Travel costs	-	-	-	404
Sundry costs	1,224	-	1,224	1,217
Dab debts w/off	700	-	700	-
Depreciation	2,626	-	2,626	2,626
	<u>£ 37,930</u>	<u>£ -</u>	<u>£ 37,930</u>	<u>£ 35,667</u>

In 2022 £400 related to restricted funds

7.3 Governance costs

Independent examiner's fee	1,200	-	1,200	1,140
Professional fees	1,552	-	1,552	2,325
	<u>£ 2,752</u>	<u>£ -</u>	<u>£ 2,752</u>	<u>£ 3,465</u>

In 2022 £1,600 related to restricted funds

AUTISM ANGELS LTD

(A company limited by guarantee)

NOTES TO THE ACCOUNTS FOR YEAR ENDED 31 AUGUST 2023

8 RELATED PARTIES AND TRUSTEE TRANSACTIONS

Trustee Transactions

An amount of £54,900 (2022 - £42,500) was paid to a business operated by S Kekoa (a trustee) for time spent in management and facilitation. In 2023 £8,330 (2022 £8,920) was paid to that business under a shared services agreement to cover of property and other costs, such as phone, utilities insurance and horse care jointly incurred by the charity and the business.

No trustees were reimbursed for expenses other than the transactions disclosed above.

Related Parties

During the year payments were made to members of trustees' families. An amount of £14,275 (2022: £12,525) was paid to A Whittaker in respect of facilitators fees and £16,848 (2022: £16,884) to K Hammond in respect of administration fees.

9 TANGIBLE FIXED ASSETS

	Fixtures & Fittings £	Equipment £	Total £
Cost			
At 1 September 2022	11,600	2,620	14,220
Additions	-	-	-
At 31 August 2023	11,600	2,620	14,220
Depreciation			
At 1 September 2022	6,960	2,046	9,006
Charge for year	2,320	306	2,626
At 31 August 2023	9,280	2,352	11,632
Net Book Amounts			
At 31 August 2023	£ 2,320	£ 268	£ 2,588
At 31 August 2022	£ 4,640	£ 574	£ 5,214

10 DEBTORS

	2023 £	2022 £
Trade Debtors	-	2,200
Accrued income	1,927	1,370
	£ 1,927	£ 3,570

AUTISM ANGELS LTD

(A company limited by guarantee)

NOTES TO THE ACCOUNTS FOR YEAR ENDED 31 AUGUST 2023

	2023 £	2022 £
11 LIABILITIES: Amounts falling due within one year		
Trade Creditors	5,411	4,574
Accruals	1,365	1,387
	£ 6,776	£ 5,961

12 RESTRICTED FUNDS

	Balance at 1 September 2022 £	Income £	Expenditure £	Transfers £	Balance at 31 August 2023 £
Current year					
Playground	2,699	-	-	-	2,699
Recording equipment	1,800	-	-	-	1,800
Private therapy days	1,030	-	(1,030)	-	-
Parents and carers	-	10,000	-	-	10,000
Kids Club	-	6,332	(6,332)	-	-
Wellbeing days	-	8,850	(8,850)	-	-
	£ 5,529	£ 25,182	£ (16,212)	£ -	£ 14,499
Prior year					
Playground	2,699	-	-	-	2,699
Bid writer project	2,000	-	(2,000)	-	-
Recording equipment	1,800	-	-	-	1,800
Private therapy days	-	3,430	(2,400)	-	1,030
Wellbeing days	1,700	6,850	(8,550)	-	-
	£ 8,199	£ 10,280	£ (12,950)	£ -	£ 5,529

Playground - Monies received for the installation of a playground from the local fence club.

Bid writer project - Monies received for the cost of bid writer services.

Recording equipment - Money was received for the purchase of recording equipment.

Wellbeing days - Monies received for the provision of Wellbeing sessions held during the year.

Private therapy days - Money was received to support private riding therapy sessions.

Parents and carers - Grant funding received for parents and careers projects.

Kids Club - Funding received for Saturday kids club.

AUTISM ANGELS LTD

(A company limited by guarantee)

NOTES TO THE ACCOUNTS FOR YEAR ENDED 31 AUGUST 2023

13 UNRESTRICTED FUNDS

	Balance at 1 September 2022 £	Income £	Expenditure £	Transfers £	Balance at 31 August 2023 £
Current year					
<i>Designated</i>					
Fixed assets	5,214	-	(2,626)	-	2,588
<i>Undesignated</i>					
Free reserves	8,285	105,579	(123,024)	-	(9,160)
Total Unrestricted Funds	<u>£ 13,499</u>	<u>£ 105,579</u>	<u>£ (125,650)</u>	<u>£ -</u>	<u>£ (6,572)</u>
Comparative year					
	Balance at 1 September 2021 £	Income £	Expenditure £	Transfers £	Balance at 31 August 2022 £
<i>Designated</i>					
Fixed Assets	7,840	-	(2,626)	-	5,214
<i>Undesignated</i>					
Free reserves	6,505	105,177	(103,397)	-	8,285
Total Unrestricted Funds	<u>£ 14,345</u>	<u>£ 105,177</u>	<u>£ (106,023)</u>	<u>£ -</u>	<u>£ 13,499</u>

Designated Funds

The fixed asset fund represents the level of money invested in fixed assets for the use of charity.

14 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted			
	Undesignated Funds £	Designated Funds £	Restricted Funds £	Total Funds £
Current year				
Tangible fixed assets	-	2,588	-	2,588
Current assets	(2,384)	-	14,499	12,115
Current liabilities	(6,776)	-	-	(6,776)
At 31 August 2023	<u>£ (9,160)</u>	<u>£ 2,588</u>	<u>£ 14,499</u>	<u>£ 7,927</u>
Comparative year				
Tangible fixed assets	-	5,214	-	5,214
Current assets	14,246	-	5,529	19,775
Current liabilities	(5,961)	-	-	(5,961)
At 31 August 2022	<u>£ 8,285</u>	<u>£ 5,214</u>	<u>£ 5,529</u>	<u>£ 19,028</u>

AUTISM ANGELS LTD

(A company limited by guarantee)

DETAILED INCOME & EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 AUGUST 2023

	2023		2022	
	£	£	£	£
<u>INCOME</u>				
Donations		13,742		21,486
Grants		37,847		53,544
Fundraising income		7,088		-
Sessions		72,084		40,427
		<hr/>		<hr/>
		130,761		115,457
<u>FUNDRAISING EXPENDITURE</u>				
Fundraising and event costs	270		-	
Advertising and promotion	3,342		5,245	
	<hr/>		<hr/>	
		(3,612)		(5,245)
		<hr/>		<hr/>
		127,149		110,212
<u>DIRECT CHARITABLE EXPENDITURE</u>				
Facilitator fees	59,525		45,770	
Horses	7,395		4,612	
Animals	76		452	
Licences	313		973	
Equipment and equipment hire	3,179		2,881	
Accommodation and meals	4,110		1,908	
Subcontractor costs	853		-	
Training costs	1,217		-	
	<hr/>		<hr/>	
		(76,668)		(56,596)
		<hr/>		<hr/>
		50,481		53,616
<u>OVERHEADS</u>				
Rent and facility costs	10,382		9,057	
Management fee	20,900		18,000	
Office expenses	14,329		14,365	
Computer maintenance and Software	307		343	
Telephone and internet costs	596		1,238	
Printing, postage and stationery	129		111	
Travel costs	-		404	
Sundry costs	1,224		1,217	
Maintenance	161		408	
Independent examiner's fees	1,200		1,140	
Professional fees	1,552		2,325	
Insurance	7,476		5,898	
Bad debts written off	700		-	
Depreciation	2,626		2,626	
	<hr/>		<hr/>	
		(61,582)		(57,132)
		<hr/>		<hr/>
Net deficit for the year		£ (11,101)		£ (3,516)

AUTISM ANGELS LTD
(A Company Limited by Guarantee)

Independent examiner's report to the trustees

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 August 2023, which are set out on pages 32 to 41.

This report is made solely to the charitable company's trustees, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006 and the charitable company's trustees as a body in accordance with section 154 of the Charities Act 2011. My independent examiner's work has been undertaken so that I might state to the charitable company's trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charitable company, the charitable company's members as a body and the charitable company's trustees as a body for my independent examiner's work, for this report, or for the opinions I have formed.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities.

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.

HPH, Chartered Accountants
Conyngham Hall Business Centre
Bond End
KNARESBOROUGH
HG5 9AY

Sarah Wearing, FCA, DChA
16 May 2024



  AutismAngelsUK

E: info@autismangels.co.uk
w: www.autismangels.co.uk

Registered Charity No. 1160289



**Autism
Angels**

AUTISM ANGELS LTD

England & Wales - Charity number 1160289

Accounts



Annual Report & Accounts



Autism Angels Ltd -
Year ended 31 August 2022



Autism
Angels

Our Mission: To create a safe therapeutic environment where families can heal, learn and have fun together.



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Foreword

Here is our 2021-2022 Annual Report. We hope you enjoy reading about our progress, achievements and learning points over the year.

Our doors flew open on the 3rd September and we started our new season off with a Teacher Team Building Day. Fourteen teachers came to feel the peacefulness of the farm, brush up on some team building skills and to learn about the magic the horses can bring to our lives. We enjoy and continue to build relationships with schools in the local community with many now funding children to attend sessions with us.

September and October were glorious months at the farm with Wellbeing Days, Kids Clubs and Private Sessions fully booked. With the sun shining the vegetables were still growing and the children really enjoyed picking them, in particular the potatoes which they took home to cook and eat.

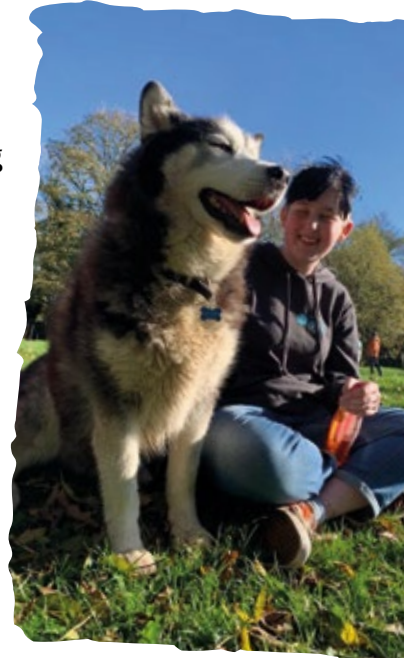


Our sessions just for parents continued to be popular. In September we started another successful Parenting Programme and in October took eight Mums away for a long weekend to the Lake District paddleboarding. The weekend was magical for our Mums as they felt the freedom from having someone else to care for and could focus on themselves. Tears and laughter were shared, connections were made as stories were shared about the difficulties of bringing up children with additional needs, but also the joys. The Mums were a great support to each other and continue to be.

We finished the Autumn term with a wonderful Halloween party, dressing up and enjoying a trail around the farm. Sessions continued up to Christmas and we ended the year with a party sharing our wishes around the fire and celebrating all our achievements over the past year.

The New Year arrived with excitement for our big annual fundraiser. This year it was the Coast to Coast with our horses and families. For 12 weeks from January to March children and families from our sessions trained walking and riding. We started on the farm with all the children learning to support each other with leading, helping with stirrups, legging up and getting fit. Once we had established a level of fitness and safety training we progressed the walking and riding off the farm. By the end of the 12 weeks the children could walk 5 miles in one go, supporting each other, carrying their own rucksacks, remembering their own kit for all weathers and riding for as long as they wanted. The journey to this point was truly transformational for everyone and showed the children and their parents just what they were capable of. Then the event began.

From 2nd to 12th April we walked 174 miles across the country from Carnforth on the west coast to just below Bridlington on the east coast. We put all the learning into practice and it was such an enormous achievement not only for our team but also for each individual involved. Over 70 people and 2 horses joined us on our challenge, from children as young as 2 years old to grandparents coming out to support their grandchildren. We even appeared live on Channel



Foreword

4's Steph's Packed Lunch. It was an epic event of a community coming together to help raise funds to keep services going. £13,602 was raised through sponsorship by the children and their families. Even after the event breakthroughs continued to happen as families took their learning forward into other activities that they never thought would be possible from going to concerts to abseiling and the children reassuring the adults on overcoming their fears. It was a truly magical experience for everyone involved and one we will talk about for years to come.

Our Summer season flew by with the sun shining, BBQ's and the children learning to cook the food they had grown. We introduced a second Wellbeing Day with lots of riding and friendships being formed by both children and parents. We saw families in our community starting to meet up outside our sessions for days out which is what it's all about for us. We saw more volunteer days from corporate organisations coming to support us. We also took another group of Mums away paddleboarding again, this time to the coast. As the season came to a close all the children who attended our Wellbeing Days received photo books from their year and all their achievements.



It has been another wonderful year at the farm bringing families back together, healing past traumas so everyone can move forward into a happier and healthier life together.

We are very proud of our communities' welcoming nature to support the new families who continue to come through our gates. We are extremely grateful to our dedicated team and volunteers who show up regardless of the weather, day in and day out, to support and encourage our families to keep going.

We are very pleased with this year and can see the areas we can continue to develop as we step into our 2023 season. We look forward to continuing to journey with our families and team, building deeper relationships and achieving great things together.

Sarah

Sarah and the Autism Angels Team



Values, Vision and Mission

Faith... in you
Hope...for the future
Love...enables



The values for Autism Angels were created 10 years ago. Every year I go back to them to see if they need adjusting in any way. I am yet to find 3 stronger words that can describe as quickly and deeply about what we represent at Autism Angels.

I understand that these words are faith based words and I don't want them to put anyone off but sometimes in this world when life can feel a real struggle, where hope is a faint memory and in those moments all you feel is fear taking over your life, in those moments, I have found that something magical happens. Something arrives in front of you. That could be a conversation

with someone, a post on Facebook or a random e-mail, who knows, but in that moment you see another chance, an opportunity to try something one more time.



This is often how people arrive at our door. They have lost hope, they have no understanding of why this is all happening to them, the fear of failure, not being good enough, making mistakes and so on, have taken over every thought. It is here where we can shine a light on some dark times and begin to see them for what they really are; untruths.

We are not a group of people that are routed in any particular faith but we believe in miracles because we see them every day. The combination of a belief in what people can overcome, a calm nurturing environment and a commitment to getting to the truth is a recipe for miracles to happen.

Vision

Autism Angels was founded 10 years ago. It started out by delivering summer camps to families so they had somewhere to go that was more understanding and in keeping with what their children needed. It was simple - nature, animals, a lot of love and a tent!

I had no idea then how it would develop and change shape to meet the needs of so many families. A few things have remained the same - nature, animals and a lot of love.



Whether we deliver a private session, a group session, call it Well-being Wednesday or Day Camp, the way we support our families is the same. They are accepted for exactly where they are when they arrive, we believe wholeheartedly that they can overcome whatever challenges they are going through and they can stay with us for as long as they need.

Our vision has grown significantly from where it started. We now have access to a 60 acre farm with a naturally therapeutic environment, including woods, rolling grassland, hills, a river and specialised equine facilities. It is important that we continue to grow organically, focussing on the quality of the sessions, not quantity, small groups that are able to adapt to the needs and ages of the children. With this in mind, this is our vision for Autism Angels...

‘To be there for any family going through a tough time’



The Need

1 in 6 children aged five to 16 were identified as having a probable mental health problem in July 2021, a huge increase from 1 in 9 in 2017. That's 5 children in every classroom.

83% of young people with mental health needs agreed that the coronavirus pandemic had made their mental health worse.

www.youngminds.org.uk



10.6% of 6 to 16 year olds missed more than 15 days of school during the 2020 Autumn term.

NHS Surveys Mental Health of Children and Young People in England February 2021

Over the pandemic, girls and young women, older young people (16 to 24 year olds), disadvantaged children and young people, and those with SEND were more likely to report difficulties with mental health and well-being.

www.childrenscommissioner.gov.uk *The Big Ask Report September 2021*



COVID-19 has had a significant impact on the mental health and well-being of many children and young people.

Data shows that the pandemic has impacted on many people's relationships, financial situations, and their physical and mental health. This has placed many families under heightened pressure.

Professionals, who would normally be providing children and their families with support and advice as well as identifying and referring child protection concerns, have not been seeing children and families as regularly as usual.

NSPCC



The Need

Around one in 57 (1.76%) children in the UK is on the autistic spectrum, significantly higher than previously reported, according to a study of more than 7 million children carried out by researchers from Newcastle University in collaboration with the University of Cambridge's Department of Psychiatry and Maastricht University.

Newcastle University March 2021



Children and young people with special educational needs and disabilities (SEND) have been adversely affected by the COVID-19 pandemic and associated lockdowns.

Many suffered isolation and had their access to education, health services and social, emotional and mental health support disrupted or withdrawn.

National Institute for Health Research's (NIHR) Policy Research Programme May 2021



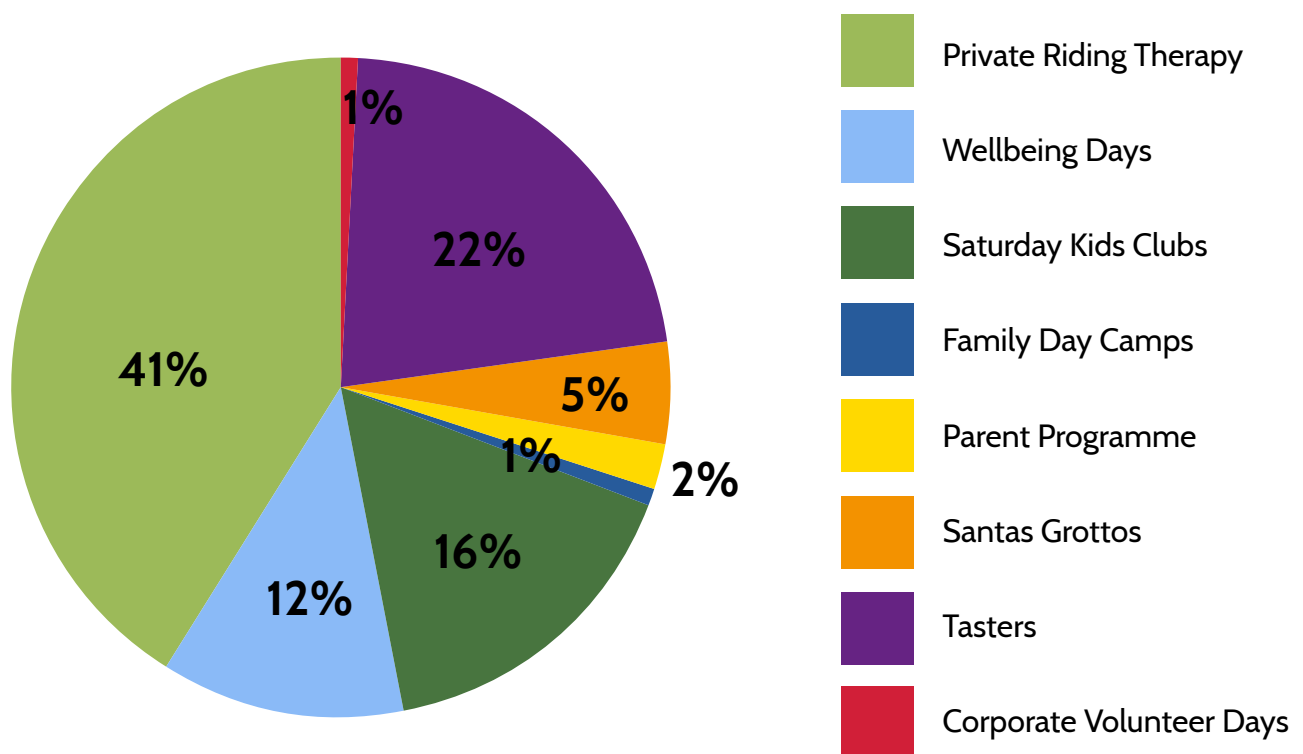
Statistics 2021-2022

Between 1st September 2021 and 31st August 2022 Autism Angels have supported 162 families, supporting 583 unique individuals across the family and support unit. This is an increase of 29% from the previous year.

Between 1st September 2021 and 31st August 2022 Autism Angels have delivered 396 therapeutic sessions, an increase of 25% from the previous year. Private Riding Therapy and Family Sessions being our most popular, followed by Saturday Kids Clubs and our Wellbeing Days.



Sessions Delivered



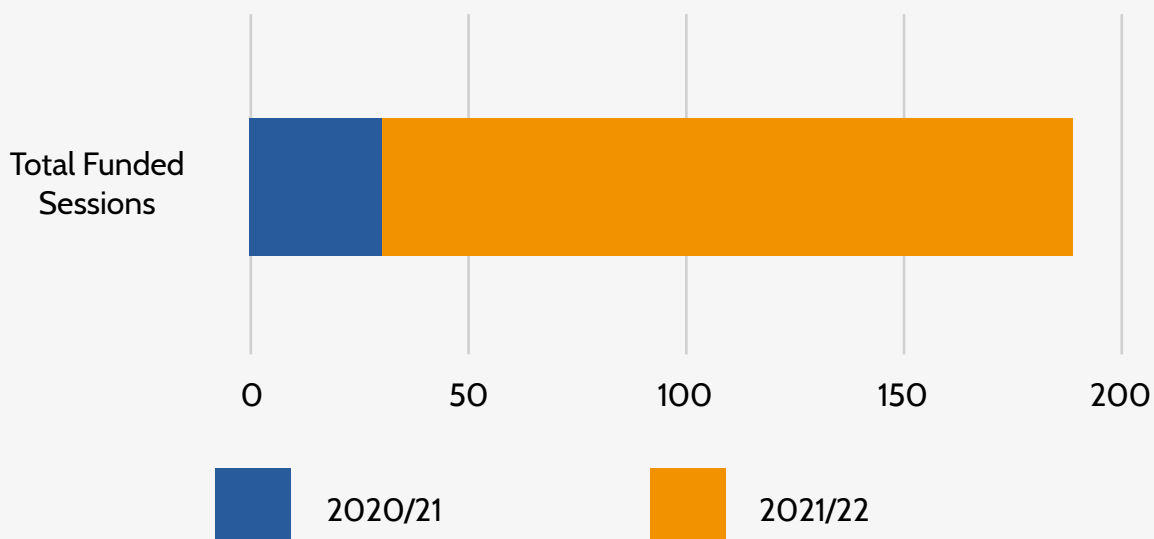
43%

families who attended a taster returned on one or more sessions/programmes

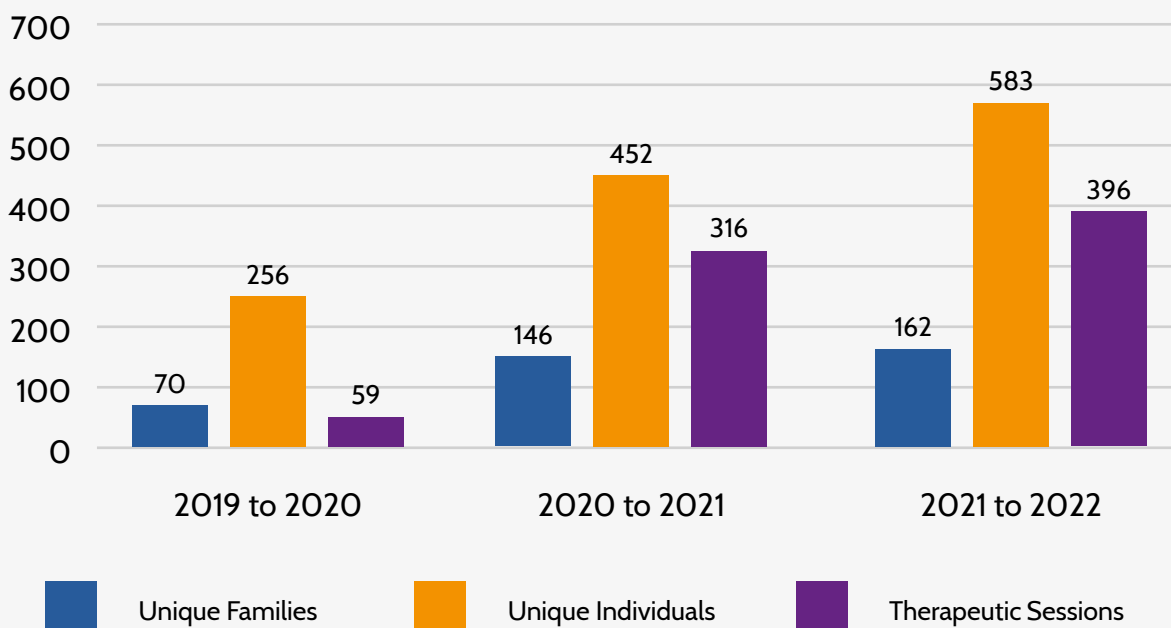
Statistics 2021-2022

Between 1st September 2021 and 31st August 2022 Autism Angels saw a substantial increase in sessions being funded by local schools and local authorities. A total number of 158 sessions were funded, an increase of 527% from the previous year.

Sessions Funded by Schools and Local Authorities



Autism Angels have shown growth in all areas over the last three years. See below charts for a breakdown of total sessions, total number of unique families and individuals supported.



Mental Health & Wellbeing Dissertation

Experiences of Equine Facilitated Learning Programmes at Autism Angels for Parents of Autistic Children and Young People.

One of our volunteers Rachel Gilby who was studying a MSc Mental Health and Wellbeing in Education at The University of York invited parents at Autism Angels to take part in a research project on their experiences of Equine Facilitated Learning at Autism Angels to support her Dissertation.

Abstract:

Improving the mental health and wellbeing of children and young people is of increasing concern in the United Kingdom. This includes neurodiverse children, with research suggesting vulnerabilities in the autistic community towards lower wellbeing outcomes. One avenue to improving the wellbeing of autistic children and young people is through providing support to their parents, equipping them with additional skills to enable their children to flourish.

Autism Angels is a small charity which utilises equine facilitated learning methods and coaching to support the mental health and wellbeing of autistic children, young people and their families. An environment known well to the researcher prior to the study, this masters dissertation research project aims to explore the foundations of the novel approaches utilised, with emphasis on parents experiences of the equine facilitated learning methods.

The study explored 4 key research questions including: why parents chose to access the provision, what their experiences were of the equine facilitated learning programmes, if they felt there were any benefits for their children and their perceptions towards wellbeing outcomes.

19 parents completed an online questionnaire exploring their experiences of the Autism Angels Parent Programme and Parent/Family Private Coaching Sessions.

Findings suggest that parents chose to engage with the programmes provided by Autism Angels for two key reasons: mental health and wellbeing support and the acquisition of skills.

Environmental factors also appealed to families, with some citing that their needs were not being met by other services. Discussing positive experiences, parents highlighted the qualities of the approach, coaches and the environment as important to the programmes.



Mental Health & Wellbeing Dissertation

Parents perceptions suggest that, in addition to receiving wellbeing support and the acquisition of skills, the equine facilitated learning methods also provided knowledge and understanding beneficial to supporting their child(ren). Within their responses, parents suggested positive impacts for their children, focusing particularly on relationship and wellbeing outcomes. Finally, parents reported positive wellbeing outcomes for the whole family from engaging in the equine facilitated parents support programmes at Autism Angels.

Future research should look to provide further evidence of the efficacy of equine facilitated learning methods to improve wellbeing outcomes for autistic children, young people and their families. In addition, developing further knowledge regarding the underlying mechanisms of approaches which appear beneficial, may assist in supporting Autistic children and young people in other settings.



Conclusion:

To conclude, experiences of equine facilitated learning programmes at Autism Angels for parents of autistic children and young people appear are generally positive, with parents discussing positive impacts on their own and their children's wellbeing. The qualities of the approach, coaches and environment contribute to people's experiences of the programmes.

Experiences of safety, trust, honest communication, empowerment and calmness appear prominent throughout parents' responses. Parents discussed why they chose the provision, citing a need for mental health support, consistent with previous research and a desire

to acquire skills to support their children. In addition to this support and skills acquisition, there was notable mention of gaining knowledge and understanding, as well as empowerment and the development of relationships both within and external to the family.

Parents experiences of the parent programmes and coaching at Autism Angels suggest that more can be learnt from exploring novel approaches and alternative provisions of mental health and wellbeing support. Future research may explore the efficacy of the provision in further depth and a deeper understanding of the components which lead to the positive experiences found within the present study. Not only may this add to the evidence base for the use of equine facilitated learning to support parents of autistic children, but further insight on best practices to support autistic children and young people, transferable to other environments including education and therapeutic settings.

Coast to Coast Walk

2nd to 12th April 2022

Walked 174 miles across the country from Carnforth on the west coast to just below Bridlington on the east coast.

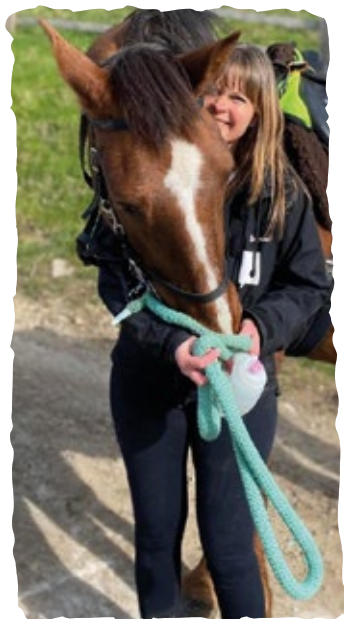
Over 70 people, 2 horses and one support vehicle joined us on our epic challenge

£13,602 was raised through sponsorship by the children and their families.

We were truly overwhelmed by the amazing support and sense of community shown to us on our Coast to Coast Challenge from our families giving their time to come and walk with us, leading horses and managing traffic. Families and supporters who went the extra mile for us with fundraising, gaining sponsors and raising our profile. Across the breadth of the country we had accommodation donated to us for both horses and the team, breakfasts and lunches made, home baked cakes, hot water for drinks, evening meals bought and so much more.

We would also like to say a huge thank you to our dedicated team and volunteers who gave up their time and fully supported this amazing challenge. There is a lot of work that goes on in training, behind the scenes and also on the actual challenge. Every single role is important, no one more than the other, with everyone needed to make it work.

Acts of kindness change lives and we couldn't have done any of it without all the wonderful support we had and we wouldn't want to either. Thank you



Coast to Coast Walk

Community Donations and Acts of Kindness:

A huge thank you to

Wild Duck Hall, Carnforth

Lane House Farm

The Coach Inn, High Bentham

Harts Head Hotel

Millfield Stud

Kilnsey Trekking and Riding Centre

Tenant Arms, Kilnsey

Robert Kreuzer Brett

Carthorpe House Farm

Yorkshire Steel Buildings

Pickhill Highness Farm

Tracy Thompson

Jill and Henry White

The White Horse, Ampleforth

Wolds Inn, Huggate

Life Hill Farm

West End, Ampleforth

The Old Chapel, Claxton

Blacksmiths Cottage, Kilham

The Old Star, Kilham

Katie and Nick, Burton Agnes

Transport Kate Kerr

Sponsored T Shirts and Kit from The Together Group Construction Ltd

Media Support:

Harrogate Advertiser Charity of the Week

Greatest Hits Radio World Autism Acceptance Day bulletin

Drifffield and Wolds Weekly

Live on Steph's Packed Lunch

BBC Radio Humberside

Coast to Coast Quotes



“My family got so much out of being involved with the C2C. The training up to it was amazing for motivation and gave us all a shared goal on the Wellbeing Wednesdays. The actual challenge was amazing to be involved in. We were lucky enough to be involved in 3 of the days. Each day was different and brought us closer to the families we walked with. It gave us opportunities to build on friendships, meet new people, see new landscapes and most of all have fun and feel part of a very special team of people. We feel blessed to have been involved in this challenge and welcome more opportunities for new challenges in the future.”

“Just a quick message to say thankyou. Since getting home from the coast to coast the children have been so much more confident and we’ve all bonded so much more. It gave so much confidence to the point I decided to take them to a concert last night in Sheffield, we used what we had learnt from coast to coast so we planned it all out, I called the venue to say what we would need (they were awesome and so supportive) each child made up a backpack of what they needed (eg spare clothes / fidget toys / drinks). Then we set off - loads of team work and encouraging each other with the tricky stuff. And we all had the best time, singing and dancing and not getting home til midnight. Thank you so much for helping me see that knowing these issues means we make plans to manage things easier, rather than allow those issues to stop us engaging with trickier things! “



“Being part of the coast to coast has honestly changed my life. I've found a vibrant, understanding and inclusive community who will lift one another up, without judgement and with all the support I've never felt from anywhere else.

For me, as an individual, I've found a space that I can resonate with, feel accepted, and feel like part of a team. This is huge for me as I've always felt on the outskirts of life.

For my children, it's been massive. My youngest has taken part in the 12 week challenge which has provided him with strength, resilience, and a sense of purpose and belonging. My other 2 children have rallied round and supported both my youngest and myself to be able to partake in this immense challenge.

I feel like we have all come out of this challenge with new tools under our belt, an increased sense of family and belonging, and able to support one another more holistically and without judgement.”



Coast to Coast Quotes

"This challenge and all the preparation leading up to it has been amazing for XXXX – she loves riding Akua and enjoys learning about horse management. XXXX Occupational Therapist has said this of her taking part in the Coast to Coast challenge; "I hope she is rightly proud of herself and enjoys the challenge - she is an inspirational young lady!" As parents we can't thank the team at Autism Angels enough for providing this opportunity for so many children, helping them to feel empowered and improving their self-esteem."



"The training for the coast to coast challenge has helped me and my son so much. We have both got fitter and stronger with my son recently been able to complete 8 mile walk! The training has also deepened my sons connection with the other children and parents. We have really learnt to work as a team and it has also improved my sons self esteem. Following last Wednesdays training walk he said to me, 'mummy, I actually felt for the first time that I loved myself after that walk.' Training for this event has been an amazing experience for both of us and I feel brought us closer together, given us purpose and improved our mental health . Thank you for giving us this opportunity."

'We are now thriving in life and doing awesome challenges like the Coast to coast'

"The coast to coast training has created so many positive outcomes for me. Being part of a supportive group of strong and knowledgeable women, out in nature and being able to take time for myself and address my own needs has helped me to establish time for my own self care. I am blessed to spend my time walking and talking, connecting with the horses and enjoying beautiful surroundings. It has helped both my mental and physical health and I've loved every moment!"



Coast to Coast Quotes



“Sarah has had such an incredibly positive impact on my daughter and indeed, all my family...I thought I'd join the C2C training to try to help out, perhaps make the tea but gradually with the support of these strong and kind women, I've got a little braver and become more involved and week by week, I've felt stronger and stronger and very much part of this fantastic team. I feel, after my daughter's recovery, that I'm now recovering my old self.”

“I've been really thankful for the opportunity to join in weekly training for the Coast to Coast walk. Training has not only improved my physical health but also my mental wellbeing.

It has enabled me to take some time for myself, spending time with others on a similar journey, understanding and supporting each other. “



“I am so incredibly grateful to be able to participate in the training for the coast to coast. The training has given me great structure every Monday to take time out for myself, spend time with amazing strong women, connect with the horses and just walk! It has been inspiring, strength building mentally, physically and has had an overwhelmingly positive impact on my life. I am so very grateful and loving every single minute of it”



Photos of our Sessions

Wellbeing Days



Volunteer Training



Parent Programme



Riding Therapy



Kids Club



Halloween Event



School Funded Sessions



Parent Adventures



A word from our families

'The environment of AA appealed to me greatly. I met other parents with autism in the family. It was a great experience'



'We needed the support from the team who we could immediately tell got us and our situation, there was a genuine understanding in their approach and language. '

"Amazing session with Sarah at Autism Angelsa chance to reflect on how far myself and **** have come in the past seven months. It's been an incredible, life changing experience for us both. We've met some amazing people on the way who also believe in magic.... We can't be more grateful for Sarah's dedication to supporting families with children with Autism and her wise insights into life...Also grateful for the staff, volunteers and horses who have helped guide us on our way..."



"Absolutely amazing women who have literally changed our lives in only a matter of a few weeks. ***** was so scared of dogs she would run into on coming traffic to ensure she went no where near. She now runs towards Yume which now means we are able to go out on weekends. I can not thank you enough."

'We arrived at AA in crisis with our daughter's school refusal and mental health issues putting a huge strain on us all as a family. We felt from the information on the website that the organisation would be helpful.'

'The taster gave me hope when no other service did. We were broken and desperate for support but all agencies kept saying we didn't meet the criteria.'

'I attended the parent course to develop my own strategies for positive parenting, to better understanding myself and what behaviours from all the family particularly my own increase the chances of meltdown.'



'Hearing someone tell me that putting myself first sometimes isn't selfish, but is actually a great example to set for the children, has caused a massive shift in my mindset. I had got so overwhelmed prioritising everyone else and trying to make things better for all of them, I had forgotten about myself.'

'I couldn't believe the difference in my daughter and how calm she was so quickly working with the horses.'

'by working with [the horses] in the sessions it is easier to relate to problems happening in day to day life and how to work through these. The memory of having worked through these with the horses is confidence boosting and somehow the memory of having practically worked through something is more vivid.'

'really important to be able to access somewhere that feels safe and where you can be yourself and be honest.'



'The staff are all amazing. Their experiences of working with children with additional needs showed me a different approach to supporting my son.'



'Autism Angels is where we feel safe as community. We feel included and accepted.'

'..a genuine understanding and appreciation of what we were going through.'

'We were so isolated and limping through life. Now my son has wonderful, deep friendships.'

'Learning to step back and not do everything for my child. Empower them so that they can be stronger and more confident.'



"We haven't been with Autism Angels very long but in the time we have been there, they have changed our lives and we can't thank them enough. Instead of feeling extremely lonely we feel part of the family"

"...Had the most magical morning at Autism Angels. Found this amazing charity last year. The space they have created and the work they do is invaluable. So grateful to have found it..."

Case Study

Our Daughter Maddie who has Hemiplegia (Cerebral Palsy) affecting the right side of her body, a mild learning disability and who is a young person on the autistic spectrum suffered greatly with transitioning to secondary school during the pandemic years. Her mainstream school didn't execute her EHCP very well or in fact want to listen to Maddie (or us) about how things needed to be for her to be successful at school. As a result, she suffered autistic burnout and went into a very poor state of mental health, refusing to go to school for months on end. We arrived as a family at Autism Angels for a taster session in July 2021. I had seen information on the website that encouraged me to know that this could be a great place. Maddie loves horses and has been riding for a few years but what we didn't realise was the magic that equine facilitated rehabilitation and learning has on situations for children and parents. Sarah welcomed us with compassion, understanding and love from the offset. Sarah facilitated our first session brilliantly, ensuring everyone's voice was heard and was able to sense from us all individually what the stresses and strains might be. It was so refreshing and nurturing to be in the countryside and to meet people that you felt safe with and where we could all share the huge mental strain, we were all experiencing. The team already seemed to know the difficult pathway we had already trodden and the challenges ahead and there was no judgment when I admitted "we were broken".

Subsequent equine facilitated rehabilitation sessions with the team for Maddie and for us allowed us to explore the state of panic and fear about not going to school. To accept it, move on and find a brighter future. The team worked with the horses to create a connection and example of how fear manifests itself and how we all must be able to express our true feelings and be courageous in stepping out to say what isn't working and what we need. Maddie attended the Wednesday Wellbeing Sessions for a full academic year, it was the highlight of our week while we were creating a model of home schooling and battling with the LA. Maddie was able to enjoy nature, horses and meet others in the same situation which really helped to get a perspective. Knowing that others have similar problems with educational settings was important for both Maddie and us as parents, it provided a reference and helped us talk through as a family what next steps might be.

The encouragement, love, understanding and relationship with the team at Autism Angels has allowed Maddie to know how great she is, to celebrate her skills, it has encouraged her to do more physically and for the first-time inspired Maddie to begin her pathway of acceptance. For years Maddie had been a very angry young girl growing up with a physical disability, finding things tricky with learning, socially and physically but inside wanting to be just like all the girls she saw around her. As a family we have experienced years of very challenging behaviour and family life has been difficult.

We can't thank Autism Angels enough for how they have turned Maddie's life around and the knock-on effect it has had on all family members. Maddie attends on Saturday afternoons and is learning to be a volunteer at the farm. She is back in full time education in a resourced provision, and I can't see a time when we won't be involved with this fantastic charity doing such transformational work. Seeing the family unit from a holistic viewpoint is key, equipping, and empowering young neurodivergent people to be their true self's and offering a beautiful learning and work experience setting with horses, animals and horticulture is just fantastic. The way the team builds parents up, offering guidance, support and SEND knowledge is a gift that SEN parents don't find anywhere else as our plight is constantly fighting a broken and underfunded system. Offering respite, mentoring, fun activities, creating a sense of community and communicating the importance of emotional self-care and how parent / carers might improve their mental health is truly life changing.



Referrals

We receive referrals through:

SCHOOLS

PRIVATE

NHS

SOCIAL

**word of
mouth**

MEDIA



Why do people come to us:

guilt

addictions

Trauma

Depression

Stress

Self esteem

Fear

Socialising

Isolation as a family

Attachment issues

Autism

Nowhere else to turn

mental health

Neglect

Abuse

Shame

Bullying

Anger issues

Struggling at School

Animals

Marriage breakdown

Nothing else has worked

Not coping

Sexuality

Loneliness

Insecurity

Eating-Disorders

Nature

Confidence building

IMPACT OF WORK

Impact of sessions on people

Adults

increase happiness
improved resilience
reduce medication
Remove self from abusive relationships
Improved confidence
Improved medical conditions
less stressed
Improve family dynamics
Back to work

Children

More Compassionate
Less aggressive
reduce medication
Improved speech
Improved communication with family peers
Increased self esteem
Reduced anxiety
Returned to school
Increased self awareness
More empathetic
Improved medical conditions
Stopped self harming
Stopped physical violence
Won awards in school
Engaged in school

Team

This year we would like to feature our truly inspirational Team. They dedicate their time way beyond remunerations given and really do add to the uniqueness of what we can offer at the farm.

Sarah

Sarah is the founder and beating heart of Autism Angels. When she meets new clients, it is like being welcomed by sunshine. Her vast experience and intuition enable Sarah to guide families on their initial steps of their journey within the Autism Angels community.

Sarah manages to balance encouragement, love and challenge when working with our families. She is especially successful when working with parents in private or group sessions including the landmark Parent Programme and a range of empowering experiences, challenges, and adventures.

Sarah can be found working on all our sessions along with her malamute, Yume, and her kelpie, Toffee bar. A talented and instinctive horsewoman, Sarah has trained the team members in her equine-facilitated therapeutic approach and ensures that the volunteers are also constantly learning and developing their skills.

Thank you Sarah for all that you do.



Amanda

Amanda is a familiar face of the farm working across all services and she is also our Safeguarding Lead. She loves to work with Blackjack and the younger children who are maybe nervous to start with. Amanda is often seen at the farm setting up early, visiting the horses and walking her dog Ziggy.

Amanda was previously a Special Needs Teacher and Teacher in Charge of an Enhanced Mainstream School for children with Communication and Interaction needs – supporting children with autism in 41 primary schools. With her knowledge Amanda also supports our families in understanding the pressures of school on children and writing reports for EHCPs to ensure that children are able to access the support they need.

Thank you Amanda for all you do for us.

Team

Yvonne

Yvonne is a qualified Life and Equine Facilitated Coach. She can often be found in the field checking the horses, in the tack room sorting things out or teaching our children valuable horse skills. Yvonne brings a wealth of experience to the team both from the horse perspective but also as a Mum of an autistic child, so knows all too well of the challenges for our parents.

Yvonne also takes care of our Licensing requirements creating and ensuring policies and procedures are carried out. With her hard work she recently improved our licensing score from 1 star to 3 stars.

Thank you for all you do Yvonne.



Katherine

Katharine is our business manager and she works tirelessly behind the scenes to support both the charity and our families. Being a Mum of a child on the autism spectrum she knows all too well how hectic things can feel. She is dedicated in creating as much ease as possible for our families from creating easy booking systems, adding informative posts about what is going on at the farm, answering enquiries; all which is critical in helping our families access us.

Katharine also writes grant applications and fundraising bids for us continuously trying to reduce fees for our families.

You will often see Katharine and her family as events always making sure things are running smoothly and volunteering her help on the day.

Thank you for all you do for us Katharine.

Cath

Cath works behind the scenes volunteering her time and supporting us with our website and marketing materials. Cath loves to help organise our fundraisers and new adventures. She can often be seen supporting our Mums on their adventures away usually on a horse or paddle board or supporting our fundraising challenges.

Thank you for all you do for us Cath.



Trustees

Howard

Howard is our designated Health and Safety Officer and brings a wealth of knowledge to the charity. He carries out risk assessments, ensures health and safety procedures are in place all to help us run a safe environment allowing our families to access the farms natural environments, horse activities and fundraising challenges.

Howard can often be seen walking on the hills to achieve the latest challenge all whilst supporting our families. He also loves to visit the farm to see how everyone is doing, when he is not playing golf!

Thank you Howard for all you do for us.



Paddy

Paddy is a Dad of a child on the autism spectrum and knows all too well the challenges of day to day life our parents and families can face. Paddy also supports us through keeping an eye on costs, seeing where we can make savings and keeping the charity running.

Paddy also fundraises for us and can be seen running a marathon or climbing mountains.

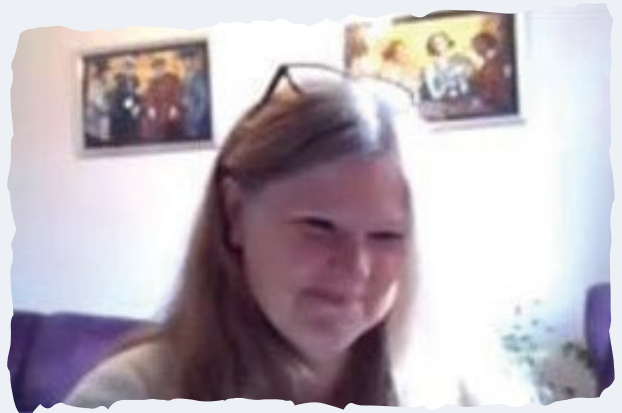
Paddy has more recently set up a Dad Support Group as he feels there is a real need for Dads to get together and be supported also.

Thank you for all you do for us Paddy.

Helen

Helen supports us with our safeguarding policies and procedures bringing a wealth of knowledge and experience from working in Probation. Helen is also a Mum of 3 children and understands the ups and downs of parenting. Helen visits the farm to support our team training days and also to meet with our families.

Thank you for all you do for us Helen.



Volunteers

We featured our volunteers last year and would like to continue in thanking them this year.

Our volunteers are a crucial part of our team and we know the work we do is not possible without them. They are extremely dedicated, attending week after week to support our children and families no matter what the weather. From poo picking a field, leading horses, making drinks to climbing mountains for us our volunteers continue to change our families lives.

A huge thank you goes to Rachel, Lindsay, Jess, Paul, Ellie, Elle, Briar, Liz and Bella for the hours of volunteering you do for us throughout the year. We love working with you and thank you all so much.



Achievements

We have provided love and support to 162 families in our safe and accepting environment. This year we continue to achieve so much as a community pushing through limiting beliefs, showing just what our children and parents are capable of.

We continue to work alongside our parents raising awareness and supporting them to find their own ways and to achieve more than they believed possible.

To meet increasing demand a second wellbeing day was introduced supporting those children who are struggling in school. Children have learned to communicate their needs and express their emotions in an authentic way. For some this has led to the children staying in school or moving to a different school in which they could flourish. In other cases, parents have chosen to home educate.

Whatever decision the families have made, they have our ongoing support and acceptance.

Kindness of others

The team, as always, continue to work tirelessly to raise much need awareness and funds for Autism Angels. We are also thankful to our community who are active in their support of us whether that be with fundraising donations, raising awareness or volunteering their time helping at the farm.

Other achievements



Santa's Grottos at Stockeld Park

Teacher Wellbeing and Team Building Day Broadwood School

Introduction of new Wellbeing Day

Parent Programme

Corporate Volunteer Days- HSE, DLA Piper, Neom, Smith+Nephew

Volunteer Training Days

Other donations:

Asda Community Grant £500

The National Lottery Community Fund £10,000

Co-op Community Fund £6,063

Facebook Birthday Donations

WLPratt £1,000

The Basil Samule Charitable Trust £5,000

Leathersellers £1,400

The Local Lotto Donations

Forrester Family Grant £5,000

North Yorkshire Stronger Communities £3,430

The Loriners' Charitable Trust £1,000

Tom Brittain Jumble Sale £50

Catherine Flynn Cartwright School Summer Fair £130

Cambian Spring Hill School Market £75.25

Ken and Edna Morrison Charitable Trust £5,000

Patrick Hammond Edinburgh Marathon £825

Two Ridings Community Grants £2,000

Albert Hunt £1,000

Magic Little Grants £500

Comic Relief £4,850

Duke of Devonshire DDCT Grant £2,500

Dawn Sherbet Fundraising £452

Thea Oliver 1k Brilliant Bounce £450

Collette Ellingford Skydive £338

Lindsay Winter Paddleboarding challenge £325

Calvin Perks UTMB in memory of Judith Taylor £2,500

The Future

As we leave another successful year of connection, growth and opportunities we are grateful to have achieved so much as a community.

Looking to the future we are clear of what is working well and where we want to be able to support our families more.

All our current sessions are working really well, Private sessions, Wellbeing Days and Kids Clubs remain consistent and full most of the time. Winter months can drop due to the weather conditions so we want to remain creative with activities to keep everyone warm.

Our sessions run during school term times and we would like to expand into the holidays with holiday clubs running for parents who need to keep working. We look to trial these from Spring onwards.

We are also looking to bring more seasonal events in. Currently we run a Halloween and end of term Christmas events for our Wellbeing children. We would like to expand this into a Christmas party, Easter and Bonfire events plus summer picnics which will be open to the whole community. Our events are more accessible for our families and the children know our environment and team well so feel more able to attend these kind of events at the farm.



We are also looking to bring the overnight Summer Camps back as these were very popular before the covid pandemic.

We love to hear from our families about what their needs are and how we could be of more support. Reducing cost is often the primary response and more work with the horses. On this basis we will look to expand our herd with another ridden horse but also look for partnerships where we could work with their horses but not incur more costs.

Our business manager continues to thrive with office systems. Katharine is also writing fundraising bids; being a parent of a child on the autism spectrum she is well placed and understands the needs of our families. Her focus has been reducing costs to our families whilst balancing the increasing costs that the charity is seeing.

Reducing costs is always a primary focus for us and we will continue to be creative in ways we can do this. Another way for us to secure funding to support our families, or at least make it easier for schools to fund, is for Autism Angels to gain accreditation and get on the 'Alternative Provision' register with the local authority. We aim to have this achieved by July 2023 ready for the start of the Autumn Term in September 2023. This would massively support our families financially and make it easier for schools to send children to our sessions.

Our future is bright with still many areas we can develop into around the farm to offer a wider range of activities. Funding and grant applications remains a competitive area due to such high demands.

Our team remains absolutely dedicated and committed to supporting our community. We feel so blessed to have such a diverse and enthusiastic team who continue to grow and develop with us.

We are very much looking forward to our 2022-2023 season.

We hope you have enjoyed our Annual Report. Please feel free contact us if you have any questions or would like to offer us any feedback on what else you would like to see in our report.

Sarah

Founder and Director of Autism Angels

Our Year in Photos

September

Teacher Team Building Day



October

Mums Paddle Boarding



November

Corporate Volunteer Days



December

Christmas



January

Coast to Coast Mums Training



February

Coast to Coast Kids Training



Our Year in Photos

March

Parent Programme



April

Live on C4 Steph's Packed Lunch



May

Horse Care



June

Harvesting



July

Parent's Adventure



August

Turning 10



Autism Angels Ltd Information

Directors and trustees

The directors of the charitable company (the charity) are its Trustees for the purpose of charity law. The trustees and officers who served during the year were as follows:

Key Management Personnel for 2021 - 2022

Trustees/Directors

Sarah Kekoa

Howard Whittaker

Patrick Hammond

Helen Chapman

Chair

Sarah Kekoa

Treasurer

Patrick Hammond

Secretary

Howard Whittaker

There were no changes to the trustee board during 2021-2022.

The trustees aim to recruit further trustees to expand the board including those who could support us with fundraising and governance duties.

Structure, governance and management

Governing Documents

The charity is governed by its articles of association, which are based on the model articles for a charitable company. These were initially approved on 06 August 2012 and subsequently amended 10 October 2014.

Appointment of trustees

Trustees are appointed by the members in accordance with the provisions contained in the Articles of Association.

Trustee training and induction

New trustees are briefed on their obligations under charity law, the constitution of the charity and on the Charity Commission Guidance on public benefit. Trustees attend external training events to facilitate the undertaking of their role, where appropriate.

Organisational structure

The Board of Trustees administers the charity and appointed Sarah Kekoa (Shearman) (a Trustee) to act as Chair on 13 February 2015. She also deals with the day to day operational matters and manages the Centre.

Objects of the charity

For the public benefit, the relief of those in need by reason of autism and other disabilities, in particular but not exclusively by:

- Advancement of education through training programmes and development activities to improve their skills, capacities and capabilities.
- Advancement of education through training and development programmes for the families, carers and professionals who have a role in supporting the individuals with disabilities.
- Advancement of health and wellbeing, in particular but not exclusively, by raising awareness and removing limiting beliefs of the benefits of the natural environment and working with animals

The trustees have given due consideration to the Charity Commission's published guidance on the Public Benefit requirement under the Charities Act 2011 and its activities are detailed with this report.

Autism Angels Ltd Information

Financial review and reserves

Income has increased by £41,673 during the year. The free reserves of the charity as at 31 August 2022 were £8,285 (2021 -£6,505). This is the equivalent to 1 months of unrestricted expenditure.

Risk management

The trustees have a risk management strategy which comprises:

- Periodic reviews of the risks the charity.
- The establishment of systems and procedures to mitigate the identified risks.

This work has identified that financial sustainability is the major financial risk. Attention has also been focused on non-financial risks arising from child protection issues, fire, health and safety of employees, associated members and members of the public. A key element of the management of financial risk is the retention of adequate working capital.

The trustees are satisfied that systems and procedures are in use to adequately manage the risks to which the charity is exposed.

Reference and administrative details

Charity number 1160289

Company number 8168948

Principal / registered office 71 West Cliffe Terrace, Harrogate, HG2 0PU

Advisors

Independent Examiner:

Sarah Wearing, Partner: HPH Chartered Accountants LLP, Conyngham Hall Business Centre, Bond End, Knaresborough HG5 9AY

Bankers

Barclays, 15 James Street, Harrogate HG1 1QX

Related parties

Related party transactions are set out at note 8 to the financial statements.

Trustees responsibilities in relation to the financial statements

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

Company and charity 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 for that year. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and estimates that are reasonable and prudent;
- state whether applicable UK 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 that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the 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 preparing this report advantage has been taken of the small companies exemption within Part 15 of the Companies Act 2006.

Approved by the Board of Trustees and signed on behalf of the Board of Trustees on 26 May 2023.

Patrick Hammond

AUTISM ANGELS LTD

(A company limited by guarantee)

STATEMENT OF FINANCIAL ACTIVITIES (INCOME AND EXPENDITURE ACCOUNT) YEAR ENDED 31 AUGUST 2022

	Note	Unrestricted funds £	Restricted funds £	2022 £	2021 £
INCOME					
Donations and legacies	3	64,750	10,280	75,030	39,355
Charitable activities	4	40,427	-	40,427	34,429
TOTAL INCOME		<u>105,177</u>	<u>10,280</u>	<u>115,457</u>	<u>73,784</u>
EXPENDITURE					
Raising Funds	6	5,245	-	5,245	4,248
Charitable activities	7	100,778	12,950	113,728	78,908
TOTAL EXPENDITURE		<u>106,023</u>	<u>12,950</u>	<u>118,973</u>	<u>83,156</u>
Net expenditure before transfers		(846)	(2,670)	(3,516)	(9,372)
Transfers between funds		-	-	-	-
Net movement in funds		(846)	(2,670)	(3,516)	(9,372)
Reconciliation of funds					
Total funds brought forward	12,13	14,345	8,199	22,544	31,916
Total funds carried forward	12,13	<u>£ 13,499</u>	<u>£ 5,529</u>	<u>£ 19,028</u>	<u>£ 22,544</u>

All activities derive from continuing operations.

The notes on pages 35 to 41 form part of the accounts.

AUTISM ANGELS LTD

(A company limited by guarantee)

BALANCE SHEET AS AT 31 AUGUST 2022 Company registration number: 08168948

	Note	2022		2021	
		£	£	£	£
FIXED ASSETS					
Tangible Assets	9		5,214		7,840
CURRENT ASSETS					
Debtors	10	3,570		2,300	
Cash at Bank and in hand		16,205		15,583	
		19,775		17,883	
LIABILITIES: amounts falling due within one year	11	(5,961)		(3,179)	
NET CURRENT ASSETS			13,814		14,704
TOTAL ASSETS LESS CURRENT LIABILITIES			19,028		22,544
NET ASSETS			£ 19,028		£ 22,544
THE FUNDS OF THE CHARITY					
Restricted Funds	12		5,529		8,199
Unrestricted Funds					
- Undesignated	13,14		8,285		6,505
- Designated	13,14		5,214		7,840
TOTAL FUNDS			£ 19,028		£ 22,544

For the financial year ended 31 August 2022, the Charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies. The Members have not required the Charitable 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 financial statements have been prepared in accordance with the special provisions of Part VII of the Companies Act 2006 relating to small companies.

The notes on pages 35 to 41 form part of the accounts.

These financial statements were approved by the trustees on 26 May 2023 and signed on its behalf by:

Sarah Kekoa - Director and Trustee

AUTISM ANGELS LTD

(A company limited by guarantee)

NOTES TO THE ACCOUNTS FOR YEAR ENDED 31 AUGUST 2022

1 GENERAL INFORMATION

The Charitable Company is a private company limited by guarantee, which is incorporated and registered in England and Wales (no.08168948). The Charity number is 1160289. In the event of the company being wound up or dissolved the members are required to contribute an amount not exceeding £10.

The address of its registered office is 71 West Cliffe Terrace, HARROGATE, England, HG2 0PU.

2 ACCOUNTING POLICIES

2.1 Basis of preparation of accounts

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Autism Angels Ltd meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

2.2 Going Concern policy

The Trustees have a reasonable expectation that the Charitable Company has adequate resources to continue in operational existence for the foreseeable future. They continue to adopt the going concern basis of accounting in preparing the annual financial statements.

2.3 Fund accounting

The trustees have a defined policy for identification of different types of income:

- a) Designated funds are unrestricted funds but are specifically earmarked by the Trustees for a particular purpose.
- b) Restricted funds are only to be used for the specific purpose laid down by the donor. Expenditure which meets this criteria is charged to the fund.
- c) Unrestricted funds are the residue of income receivable or generated from the objects of the charity without further specified purposes and are available as general funds.

2.4 Income

All income is recognised in the statement of financial activities when the conditions for receipt have been met and there is reasonable assurance of receipt. Except for the following:

Grants receivable

Grants for immediate expenditure are accounted for when they become receivable. Grants received for specific purposes are treated as restricted funds. Grants which are received for a future accounting period are deferred and recognised in those periods.

Capital Grants for specific fixed assets are included in restricted income when received. Once the asset is purchased these monies are transferred to unrestricted funds unless there is a restriction on the disposal of the asset. If so, the net book value of the asset is shown as a restricted fund.

AUTISM ANGELS LTD

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NOTES TO THE ACCOUNTS FOR YEAR ENDED 31 AUGUST 2022

2 ACCOUNTING POLICIES (continued)

2.5 Expenditure

Expenditure is recognised on a accruals basis. Expenditure includes any VAT which cannot be recovered and is reported as part of the expenditure to which it relates.

Costs of generating funds	- costs associated with attracting voluntary income.
Charitable activities	- costs incurred by the Charitable Company in delivering its counselling services to clients. It includes costs that can be allocated directly and those of an indirect nature necessary to support them.
Support costs	- allocated to charitable activities on an actual basis.
Governance costs	- costs associated with meeting the constitutional and statutory requirements

2.6 Tangible fixed assets and depreciation

Fixed assets for the Charitable Company to use are capitalised at cost. Donated assets are valued at market value on donation. They are stated in the accounts at cost/original value less depreciation.

Depreciation is calculated to write off the cost or valuation of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Equipment, fixtures and tools	10% to 33.3% straight line basis per annum
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2.7 Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

2.8 Cash at bank and in hand

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

2.9 Creditors

Creditors are recognised where the Charitable Company has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors are normally recognised at their settlement amount after allowing for any trade discounts due.

2.10 Financial Instruments

The Charitable Company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

AUTISM ANGELS LTD

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NOTES TO THE ACCOUNTS FOR YEAR ENDED 31 AUGUST 2022

	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	Total Funds 2021 £
3 DONATIONS AND LEGACIES				
Donations and gifts	21,486	-	21,486	22,491
Grant income	43,264	10,280	53,544	16,864
	<u>£ 64,750</u>	<u>£ 10,280</u>	<u>£ 75,030</u>	<u>£ 39,355</u>

Restricted donations and legacies in 2021 was £10,900

The Charitable Company also benefits greatly from the involvement and enthusiastic support of its many volunteers. In accordance with Charities SORP, the economic contribution of general volunteers is not recognised in the accounts.

4 INCOME FROM CHARITABLE ACTIVITIES

Session fees	<u>£ 40,427</u>	<u>£ -</u>	<u>£ 40,427</u>	<u>£ 34,429</u>
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Restricted income from charitable activities in 2021 was nil.

5 TOTAL STAFF COSTS

The key management personnel of the Charitable Company comprise the trustees, see note 8 for details of transactions. No staff are directly employed by the charity.

6 FUNDRAISING EXPENDITURE

Advertising and promotion	<u>5,245</u>	<u>-</u>	<u>5,245</u>	<u>4,248</u>
	<u>£ 5,245</u>	<u>£ -</u>	<u>£ 5,245</u>	<u>£ 4,248</u>

AUTISM ANGELS LTD

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NOTES TO THE ACCOUNTS FOR YEAR ENDED 31 AUGUST 2022

7 ANALYSIS OF TOTAL EXPENDITURE

	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	Total Funds 2021 £
7.1 Charitable activities				
Horse and animal expenses	6,037	-	6,037	4,748
Facilitators	34,820	10,950	45,770	24,408
Food and refreshments	1,908	-	1,908	212
Equipment	2,881	-	2,881	2,233
Training	-	-	-	177
Management fee	18,000	-	18,000	15,600
Support costs (below)	35,267	400	35,667	26,723
Governance costs (below)	1,865	1,600	3,465	4,807
	£ 100,778	£ 12,950	£ 113,728	£ 78,908

In 2021 £6,800 related to restricted funds

7.2 Support costs

Rent and facilities costs	9,057	-	9,057	7,846
Office costs	13,965	400	14,365	8,907
Computer costs	343	-	343	391
Telephone and internet	1,238	-	1,238	928
Printing and stationery	111	-	111	752
Repairs and maintenance	408	-	408	50
Insurance costs	5,898	-	5,898	3,489
Travel costs	404	-	404	956
Sundry costs	1,217	-	1,217	778
Depreciation	2,626	-	2,626	2,626
	£ 35,267	£ 400	£ 35,667	£ 26,723

In 2021 £nil related to restricted funds

7.3 Governance costs

Independent examiner's fee	1,140	-	1,140	1,080
Professional fees	725	1,600	2,325	3,727
	£ 1,865	£ 1,600	£ 3,465	£ 4,807

In 2021 £3,000 related to restricted funds

AUTISM ANGELS LTD

(A company limited by guarantee)

NOTES TO THE ACCOUNTS FOR YEAR ENDED 31 AUGUST 2022

8 RELATED PARTIES AND TRUSTEE TRANSACTIONS

Trustee Transactions

An amount of £42,500 (2021 - £34,196) was paid to a business operated by S Kekoa (a trustee) for time spent in management and facilitation as well as £nil (2021 - £nil) for fundraising work. In 2022 £8,920 (2021 £11,509) was paid to that business under a shared services agreement to cover of property and other costs, such as phone, utilities insurance and horse care jointly incurred by the charity and the business.

No trustees were reimbursed for expenses other than the transactions disclosed above.

Related Parties

During the year payments were made to members of trustees' families. An amount of £12,525 (2021: £2,100) was paid to A Whittaker in respect of facilitators fees and £16,884 (2021: £5,282) to K Hammond in respect of administration fees.

9 TANGIBLE FIXED ASSETS

	Fixtures & Fittings £	Equipment £	Total £
Cost			
At 1 September 2021	11,600	2,620	13,034
Additions	-	-	-
At 31 August 2022	11,600	2,620	14,220
Depreciation			
At 1 September 2021	4,640	1,740	6,380
Charge for year	2,320	306	2,626
At 31 August 2022	6,960	2,046	9,006
Net Book Amounts			
At 31 August 2022	£ 4,640	£ 574	£ 5,214
At 31 August 2021	£ 6,960	£ 880	£ 7,840

10 DEBTORS

	2022 £	2021 £
Trade Debtors	2,200	1,640
Accrued income	1,370	660
	£ 3,570	£ 2,300

AUTISM ANGELS LTD

(A company limited by guarantee)

NOTES TO THE ACCOUNTS FOR YEAR ENDED 31 AUGUST 2022

	2022 £	2021 £
11 LIABILITIES: Amounts falling due within one year		
Trade Creditors	4,574	1,841
Accruals	1,387	1,338
	£ 5,961	£ 3,179

12 RESTRICTED FUNDS

	Balance at 1 September 2021 £	Income £	Expenditure £	Transfers £	Balance at 31 August 2022 £
Current year					
Playground	2,699	-	-	-	2,699
Bid writer project	2,000	-	(2,000)	-	-
Recording equipment	1,800	-	-	-	1,800
Private therapy days	-	3,430	(2,400)	-	1,030
Wellbeing days	1,700	6,850	(8,550)	-	-
	£ 8,199	£ 10,280	£ (12,950)	£ -	£ 5,529
Prior year					
Playground	3,000	-	-	(301)	2,699
Bid writer project	-	5,000	(3,000)	-	2,000
Recording equipment	1,800	-	-	-	1,800
Computer Equipment	-	400	-	(400)	-
Wellbeing days	-	5,500	(3,800)	-	1,700
	£ 4,800	£ 10,900	£ (6,800)	£ (701)	£ 8,199

Playground - Monies received for the installation of a playground from the local fence club.

Bid writer project - Monies received for the cost of bid writer services.

Recording equipment - Money was received for the purchase of recording equipment.

Computer equipment - Money was received for the purchase of computer equipment during in the year.

Wellbeing days - Monies received for the provision of Welling sessions held during the year.

Private therapy days - Money was received to support private riding therapy sessions.

AUTISM ANGELS LTD

(A company limited by guarantee)

NOTES TO THE ACCOUNTS FOR YEAR ENDED 31 AUGUST 2022

13 UNRESTRICTED FUNDS

	Balance at 1 September 2021	Income	Expenditure	Transfers	Balance at 31 August 2022
	£	£	£	£	£
Current year					
<i>Designated</i>					
Fixed Assets	7,840	-	(2,626)	-	5,214
<i>Undesignated</i>					
Free reserves	6,505	105,177	(103,397)	-	8,285
Total Unrestricted Funds	£ 14,345	£ 105,177	£ (106,023)	£ -	£ 13,499
Comparative year					
	Balance at 1 September 2020	Income	Expenditure	Transfers	Balance at 31 August 2021
	£	£	£	£	£
<i>Designated</i>					
Fixed Assets	9,280	-	(2,626)	1,186	7,840
<i>Undesignated</i>					
Free reserves	17,836	62,884	(73,730)	(485)	6,505
Total Unrestricted Funds	£ 27,116	£ 62,884	£ (76,356)	£ 701	£ 14,345

Designated Funds

The Fixed Asset Fund represents the level of money invested in fixed assets for the use of charity.

14 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted		Restricted	Total
	Undesignated Funds	Designated Funds	Funds	Funds
	£	£	£	£
Current year				
Tangible Fixed Assets	-	5,214	-	5,214
Current Assets	14,246	-	5,529	19,775
Current Liabilities	(5,961)	-	-	(5,961)
At 31 August 2022	£ 8,285	£ 5,214	£ 5,529	£ 19,028
Comparative year				
Tangible Fixed Assets	-	7,840	-	7,840
Current Assets	9,684	-	8,199	17,883
Current Liabilities	(3,179)	-	-	(3,179)
At 31 August 2021	£ 6,505	£ 7,840	£ 8,199	£ 22,544

AUTISM ANGELS LTD
(A Company Limited by Guarantee)

Independent examiner's report to the trustees

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 August 2022, which are set out on pages 33 to 41.

This report is made solely to the charitable company's trustees, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006 and the charitable company's trustees as a body in accordance with section 154 of the Charities Act 2011. My independent examiner's work has been undertaken so that I might state to the charitable company's trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charitable company, the charitable company's members as a body and the charitable company's trustees as a body for my independent examiner's work, for this report, or for the opinions I have formed.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities.

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.

HPH, Chartered Accountants
Conyngham Hall Business Centre
Bond End
KNARESBOROUGH
HG5 9AY

Sarah Wearing, FCA, DChA
26 May 2023



AutismAngelsUK

E: info@autismangels.co.uk
w: www.autismangels.co.uk

Registered Charity No. 1160289



Autism
Angels

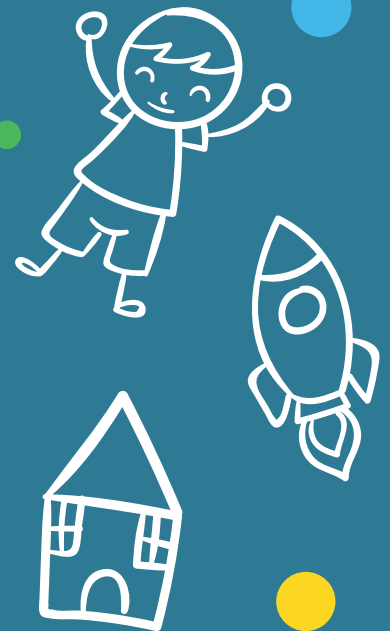
AUTISM ANGELS LTD

England & Wales - Charity number 1160289

Accounts



Annual Report & Accounts



Autism Angels Ltd -
Year ended 31 August 2021



Autism
Angels

Our Mission: To create a safe therapeutic environment where families can heal, learn and have fun together.



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Web: www.autismangels.co.uk

Foreward

We are delighted to produce our 2020-2021 annual report, we hope you enjoy reading it.

September 2020 our doors were able to open again and we started slowly with families that were familiar with us and small groups. To keep costs down we looked at ways to cut back and not riding the horses and only working with them on the ground greatly reduced our insurance costs, so we were able to get back to sessions, just cutting out the ridden part.

This meant we needed to get creative with sessions and how to look at using obstacle courses and other areas on the farm to keep the children engaged without the ridden aspect. This was a great success and has opened up more doors for us to deliver sessions not just based around the horses being ridden. The families had a blast at working together to train the horses around the farm and it was a win-win which enabled us to stay open but also reduce costs until things stabilized with the Covid-19 pandemic.



The winter months are usually a little quieter for us due to weather conditions as our activities are mostly outdoors. This year however families were so pleased to be able to access the support, be outside and see other families, in a safe environment that our sessions continued throughout the winter months regardless of the weather - including snow and torrential rain! We were both thrilled and amazed at the resilience of the children that had previously often come with sensory issues around such things.

Due to the children engaging so wonderfully during the coldest months and not even being able to ride, one

family took it upon themselves to raise funds which then enabled us to reinstate the insurance fully to cover the riding aspect.

This was a delight for everyone and a wonderful example of what can be done when we all pull together. Thank you to the Leslie family for this enormous contribution that had a positive impact on so many families when the children could ride again.

Spring was on its way and a welcome arrival. Restrictions were easing a little more and we could start to invite new families to the farm by offering our Taster sessions again. Our Taster sessions were quickly booked up and we could start to see which services were need. Children were struggling to re-engage at school and our private sessions and Well-being Wednesdays booked up very quickly as we supported families to stabilise their children back into school or settle in their home schooling.



Private sessions, Well-being Wednesdays and Saturday Clubs remain our most popular services. We were able to secure funding for both Private sessions and Well-being Wednesdays to keep the costs down for families. In return, the families agreed to support us with case studies and answering questionnaires so we could continue to gather data to help us develop our services and make sure we were meeting needs. The 6 week part funded private sessions were a great success and enabled us to get consistent weekly sessions with the families. I believe this had a deeper, longer lasting positive impact on all involved. We would like to continue to find funding that enables us to reduce the cost to our families and gives them the security of knowing they can have time with us.

Well-being Wednesdays have had another enormous impact on the families. There was definitely a settling in period where children had even struggled to leave the home, not wanted to walk, get dirty, wet, eat in front of others, meet new people and even last a whole day outside. By the summer months the children were flying and settled into walking a 3 mile route when they first arrived in the mornings, having lunch and then engaging in activities in the afternoons with the horses, swimming in the river and cooking their own food on a BBQ. It truly was a beautiful sight to see.



There were a few filming days for us, a chat with Prince Edward and a visit from the High Sheriff. These were wonderful opportunities for Autism Angels and the families to share the fantastic progress we are all making together.

One of the biggest events of the year was the Wharfedale 3 Peaks Challenge, which trustees, parents and a local businessman took part in.

This group dedicated a lot of time to their training and went on to do the National 3 Peaks Challenge with our sister organisation I Choose Life Foundation. This was a great achievement, not only for the participants but for the families watching the Facebook posts on the build up and during the event. The participants also got a great deal personally from being a part of achieving something together and one parent had what he called a 'life changing moment' on the side of one of the mountains.



As the summer weather came we found ourselves migrating to the bottom of the farm to be nearer to the river as the days were so warm. Our vegetables were coming along nicely, and we could even cook them on the BBQ. The families enjoyed some wonderful quality time together on the Day Camps, swimming in the river, having BBQ's and watching their children play as they have never seen before. It was a lovely way to end the season.

We are really pleased with how we have been able to meet our family's needs, whilst adjusting what we could offer to make sure we could stand the test of time whilst restrictions lifted again. We have been able to share our needs with our families who in turn have supported us though their understanding and even raised extra funds for us. We feel a lot closer as a community having come through a difficult time together, through the pandemic.

We feel that we have solid foundations in place, both behind the scenes in the office, with a strong business manager in place, a team of dedicated trustees who are committed to the future of Autism Angels and an experienced team who can deliver the services. The future looks bright and we are excited to step in to our 2022 season.



Sarah

Sarah and the Autism Angels Team

Values, Vision and Mission

Faith... in you
Hope...for the future
Love...enables



The values for Autism Angels were created 10 years ago. Every year I go back to them to see if they need adjusting in any way. I am yet to find 3 stronger words that can describe as quickly and deeply about what we represent at Autism Angels.

I understand that these words are faith based words and I don't want them to put anyone off but sometimes in this world when life can feel a real struggle, where hope is a faint memory and in those moments all you feel is fear taking over your life, in those moments, I have found that something magical happens. Something arrives in front of you. That could be a conversation

with someone, a post on Facebook or a random e-mail, who knows, but in that moment you see another chance, an opportunity to try something one more time.



This is often how people arrive at our door. They have lost hope, they have no understanding of why this is all happening to them, the fear of failure, not being good enough, making mistakes and so on, have taken over every thought. It is here where we can shine a light on some dark times and begin to see them for what they really are; untruths.

We are not a group of people that are routed in any particular faith but we believe in miracles because we see them every day. The combination of a belief in what people can overcome, a calm nurturing environment and a commitment to getting to the truth is a recipe for miracles to happen.

Vision

Autism Angels was founded 10 years ago. It started out by delivering summer camps to families so they had somewhere to go that was more understanding and in keeping with what their children needed. It was simple - nature, animals, a lot of love and a tent!

I had no idea then how it would develop and change shape to meet the needs of so many families. A few things have remained the same - nature, animals and a lot of love.



Whether we deliver a private session, a group session, call it Well-being Wednesday or Day Camp, the way we support our families is the same. They are accepted for exactly where they are when they arrive, we believe wholeheartedly that they can overcome whatever challenges they are going through and they can stay with us for as long as they need.

Our vision has grown significantly from where it started. We now have access to a 60 acre farm with a naturally therapeutic environment, including woods, rolling grassland, hills, a river and specialised equine facilities. It is important that we continue to grow organically, focussing on the quality of the sessions, not quantity, small groups that are able to adapt to the needs and ages of the children. With this in mind, this is our vision for Autism Angels...

‘To be there for any family going through a tough time’



The Need

1 in 6 children aged five to 16 were identified as having a probable mental health problem in July 2021, a huge increase from 1 in 9 in 2017. That's 5 children in every classroom.

83% of young people with mental health needs agreed that the coronavirus pandemic had made their mental health worse.

www.youngminds.org.uk



10.6% of 6 to 16 year olds missed more than 15 days of school during the 2020 Autumn term.

NHS Surveys Mental Health of Children and Young People in England February 2021

Over the pandemic, girls and young women, older young people (16 to 24 year olds), disadvantaged children and young people, and those with SEND were more likely to report difficulties with mental health and well-being.

www.childrenscommissioner.gov.uk *The Big Ask Report September 2021*



COVID-19 has had a significant impact on the mental health and well-being of many children and young people.

Data shows that the pandemic has impacted on many people's relationships, financial situations, and their physical and mental health. This has placed many families under heightened pressure.

Professionals, who would normally be providing children and their families with support and advice as well as identifying and referring child protection concerns, have not been seeing children and families as regularly as usual.

[NSPCC](http://www.nspcc.org.uk)



The Need

Around one in 57 (1.76%) children in the UK is on the autistic spectrum, significantly higher than previously reported, according to a study of more than 7 million children carried out by researchers from Newcastle University in collaboration with the University of Cambridge's Department of Psychiatry and Maastricht University.

Newcastle University March 2021



Children and young people with special educational needs and disabilities (SEND) have been adversely affected by the COVID-19 pandemic and associated lockdowns.

Many suffered isolation and had their access to education, health services and social, emotional and mental health support disrupted or withdrawn.

National Institute for Health Research's (NIHR) Policy Research Programme May 2021



Autism Angels Survey & Results

A survey examining the charity's impact was distributed to families who access the service via social media (Facebook) and on the charity's well-being WhatsApp groups. In total 27 people responded, all of whom were parents. Of these, 8 identified as male and 19 identified as female, 3 were in the age bracket of 25-34 (11%) and 24 (89%) were in the age bracket 35-64. Of those who responded, 40.74% *(N=11) first heard about the service via social media, 22.22% (N=6) from the website, 14.81% (N=4) via word of mouth and 3.7% (N=1) from NHS packs. 18.52% (N=5) heard from other sources, citing 'Google search', 'My wife came across Autism Angels', 'Sons school' and 'Co-op'. The 27 respondents accessed a total of 63 services across the charity, the most popular being Saturday Kids Club accessed by 77.8% (N=21). The table below demonstrates the areas of the service accessed by respondents of the survey.

Service Area	Number who access
Private 1:1 Sessions	5
Private Family Sessions	3
Saturday Kids Club	21
Family Fun Days	4
Summer Camps	2
WhatsApp Support Group	5
Support Phone Line	2
Wednesday Well-being	8
Monday Zoom Calls	4
Riding Therapy	3
Couples Coaching	2
Taster	4
Other	0
Total	63



*(N=) Number of people

The 5 point likert scale was used to ascertain how much respondents agreed or disagreed with statements about the impact of the services they access. The results are outlined in the table below.

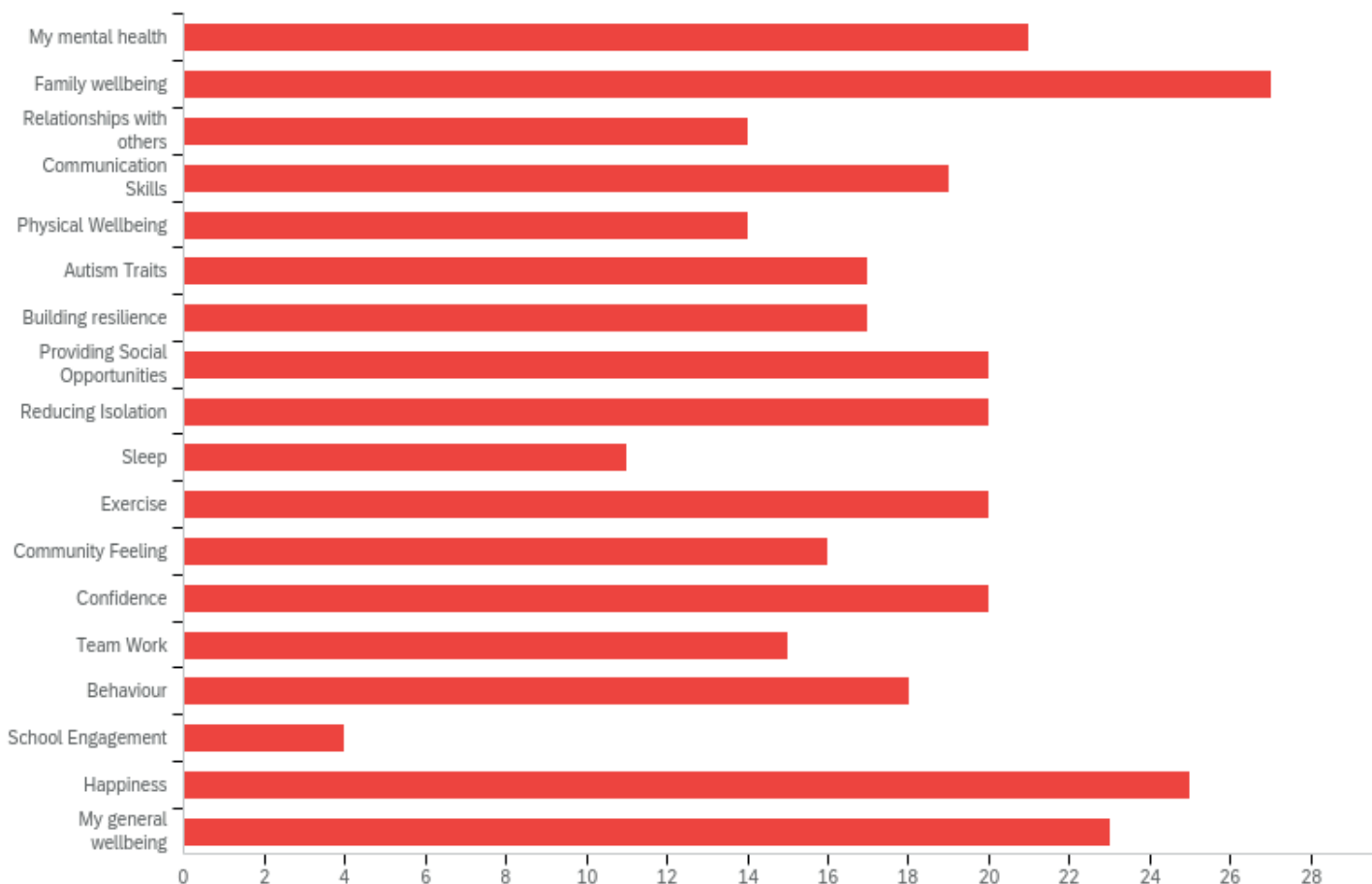
#	Field	Strongly disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Strongly agree	Total
1	Autism Angels makes a positive difference to my life	7.41% 2	0.00% 0	3.70% 1	18.52% 5	70.37% 19	27
2	Autism Angels has made a negative impact on my family life	100.00% 27	0.00% 0	0.00% 0	0.00% 0	0.00% 0	27
3	Autism Angels has given me more skills to improve my/my families wellbeing	7.41% 2	0.00% 0	11.11% 3	37.04% 10	44.44% 12	27
4	Since engaging with Autism Angels, I feel better supported	3.70% 1	0.00% 0	14.81% 4	29.63% 8	51.85% 14	27
5	Autism Angels has made a positive impact on my physical wellbeing	11.11% 3	0.00% 0	22.22% 6	25.93% 7	40.74% 11	27
6	I do not feel like I belong at Autism Angels	88.89% 24	3.70% 1	3.70% 1	3.70% 1	0.00% 0	27
7	The school engagement of my self/my child/the children I work with has improved since working with Autism Angels	3.70% 1	0.00% 0	37.04% 10	25.93% 7	33.33% 9	27
8	Autism Angels benefits the whole family	0.00% 0	0.00% 0	0.00% 0	25.93% 7	74.07% 20	27
9	Inclusion is important at Autism Angels	0.00% 0	0.00% 0	0.00% 0	3.70% 1	96.30% 26	27
10	The team at Autism Angels aren't very helpful	96.30% 26	0.00% 0	0.00% 0	0.00% 0	3.70% 1	27
11	I would recommend Autism Angels to someone else in the same position of me	0.00% 0	0.00% 0	0.00% 0	3.70% 1	96.30% 26	27

They highlight that 100% (N=27) agree that inclusion is important at Autism Angels, of which 96.3% (N=26) strongly agree, 100% (N=27) also agree that Autism Angels benefits the whole family, of which 74.04% (N=22) strongly agree with the statement. 88.89% (N=24) agree or strongly agree that Autism Angels has made a positive influence to their own life. 81.5% (N=22) agree or strongly agree that Autism Angels have given them more skills to improve their/their families well-being. 59.26% (N=16) agree or strongly agree that school engagement of their child(ren) has improved since accessing the service, 34.04% (N=10) neither agree or disagree with the statement and 3.7% (N=1) strongly disagreed with the statement. On reversed questions 96.3% (N=26) disagree with the statement that 'The team at Autism Angels aren't very helpful', implying the helpfulness of the team and 92.59% strongly disagree with the statement that they did not feel they belonged at Autism Angels, implying the sense of belonging felt within those accessing the service. 66.7% (N=18) agree or strongly agree that Autism Angels has had a positive impact on their physical well-being.

100% of families who responded to the survey agree or strongly agree with the statement 'I would recommend Autism Angels to someone else in the same position as me.'



Respondents were also asked to tick from a list areas 'Autism Angels has a positive impact on'. Results are demonstrated in the table below.



family
well-being,
was the top
scorer



Within the survey, it was also asked what Autism Angels could do/offer to improve the experience of those accessing the survey. Responses are detailed below:

What could Autism Angels do/offer to improve your experience with us?

Fantastic organisation . Sadly distance to sessions is a barrier and cost . Some sessions I think would be beneficial however cant afford them

More information via social media of weekly events and availability of these. More live Facebook feed from the farm. End of Saturday club bbq? Family fun days, small groups where people can connect. After Covid has gone. Dads mental health day at farm, working with horses, beer, bbq and talking and building a fire!

We are very new but so far we couldn't ask for more

I've only attended once so far everything seems great so far from what I already know and seen but I've not yet experienced it enough.

I am brand new to it all. However my experience over the last month has already greatly supported my son with autism and I

More newsletter/ monthly email with what's on and how to access/ apply

Slightly better toilet/hand washing facilities but appreciate it is a farm.

Keep doing what you do do well. Providing a calm non judgemental environment.

**Dad's
mental
health day
at the farm
needed**



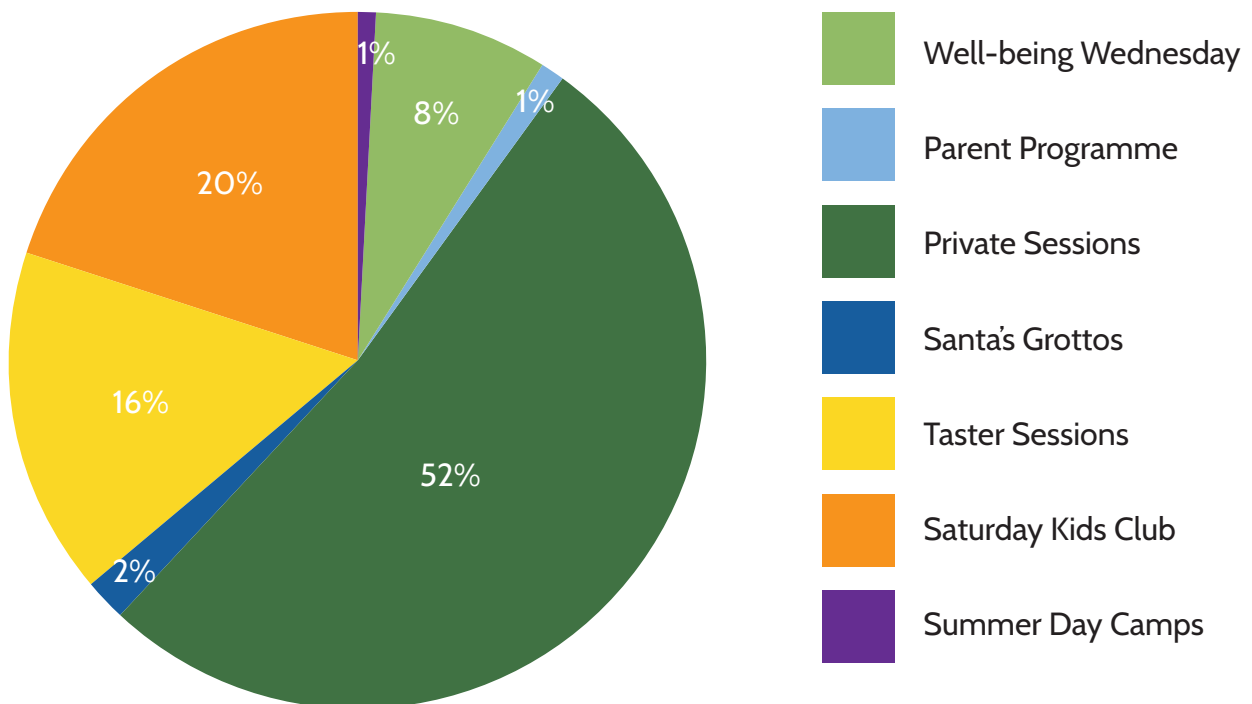
What we offer at Autism Angels

Between 1st September 2020 and 31st August 2021 Autism Angels have supported 146 families, supporting 452 unique individuals across the family and support unit. This is an increase of 76% from the previous year.

We have delivered 316 therapeutic sessions (an increase of 435% from the previous year) with Private Riding Therapy and Family Sessions being our most popular, followed by Saturday Kids Clubs.



Sessions Delivered



40%

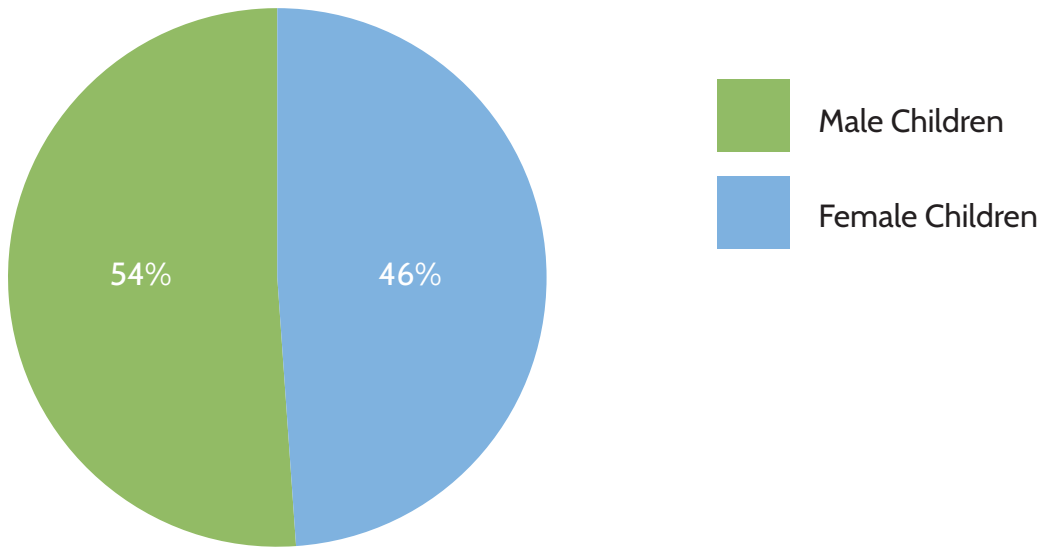
families who attended a taster returned on one or more sessions/programmes

What we offer at Autism Angels

How many males/females?

During our sessions this year we have supported 204 individual children (an increase of 88% from the previous year). There has continued to be an equal amount of both male and female children accessing our sessions.

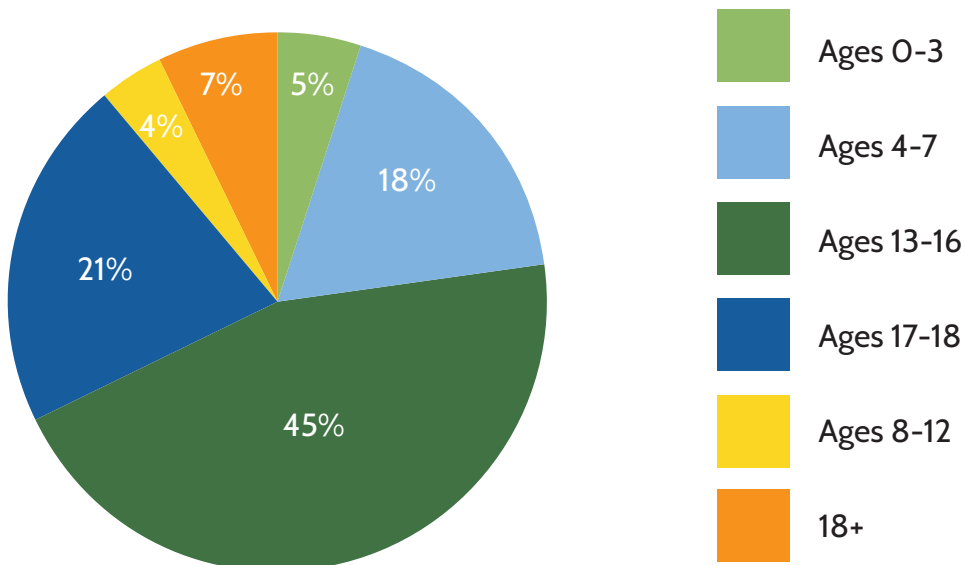
Children Supported



Age Ranges of Children

Children across all ages have been supported from children as young as 2 years old up to 18.

Ages of Children Supported



Photos of our Sessions

Private Family Sessions



Well-being Wednesdays



Volunteer Training Sessions



1:1 Sessions



Riding Therapy



Saturday Club



Parent Support Online



Christmas Events



A word from our families



Absolutely fantastic

Sessions have definitely increased mine and my sons confidence. He really enjoyed riding Blackjack, and has asked to go back to the farm. He was struggling with anxiety at bedtime, and not wanting us to be away from him, but that has now stopped. I feel more confident in treading the fine line between when to challenge him and when not too, to encourage him to lead a big life, as doing new things and going out and about to places can be really difficult for him at times.

“Autism Angels have provided support to my son with autism and my wife supporting him in lockdown. He could not wait to tell me about his horse riding the first time he had a day riding. Offering core strength on the horse as well for his arthritis is an amazing addition to the support Autism Angels has given.”



Engaging, inviting and supportive.



“Fantastic. The snow was very special. We love being outdoors This is a safe outdoor space with lots of room. Amazing to see my daughters smile get bigger as she rode towards me on Paco. She wouldn't leave at the end - too busy with the fire.”



My daughter has benefited greatly from attending Autism Angels. She is calmer and more confident, and has better communication skills. This in turn has improved our general family life. We would like to continue attending Autism Angels for as long as we can.

A good community feel with everyone getting involved and helping each other.

Amazing.. it's been life changing for me and my kids



A joyous, freeing, accepting space where my whole family is welcome to be exactly who they are. No pretending, performing or trying to fit in. It is a little bit of magic.



Inspiring. Great ethos. Friendly knowledgeable

My son has been attending autism angels on and off for the last 3 years, since finding autism angels his confidence has flourished. It is great to have something he feels he can achieve when he usually struggles at things his peers can do. Autism angels has given him a challenge that he feels he can do and the volunteers there have been amazing at giving him the encouragement and guidance that he's needed. We started Autism angels before our child had a diagnosis and so not only for my sons benefit but from the first session I attended and the opportunity just to talk to other families experiencing the same lifestyle we were having and finally not feeling 'alone' and like our child was not the only one who behaved in these ways, hearing others stories filled us more with hopes and dreams rather than fears for what our sons future would hold. We always recommend Autism Angels to anyone we meet.



As a parent I feel like a weight has been lifted off my shoulders when I drive down the lane there.

Autism Angels have been a shining light in our lives since first starting to go in November.

We have had some really challenging times through lockdown and the opportunity to see XXX so happy and comfortable with the animals and people has been wonderful. The team have a way of bringing out the best in him. As a parent it is a wonderful opportunity to focus on all of his positive characteristics which is good for us all as a family.



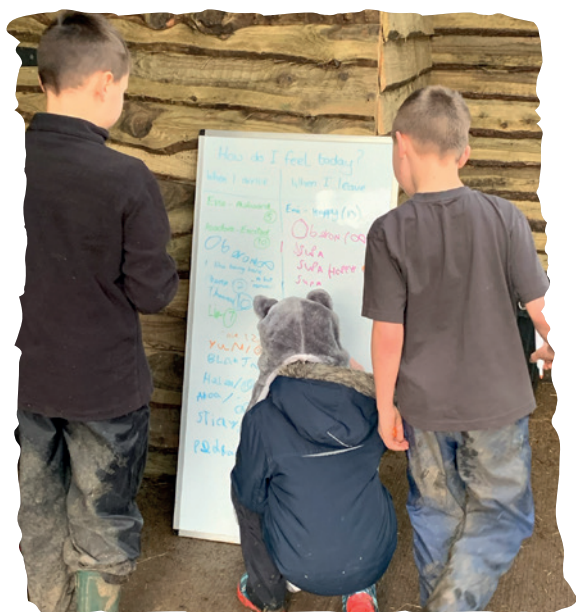
Autism Angels provides a safe happy place where my daughter can be herself and feels

accepted without any judgement. I've never seen her interact with new people so easily.



Amazing place to go. Treated as family and so supportive in our lives. Thank you

An amazing group who really support the whole family. We felt very alone and isolated before finding them. They have been an amazing help not only to our family to me as an individual too. It's such a comfort to know we are not on this journey alone and we can share it with both the fantastic team and other families.



Engaging, inviting and supportive. This is the most understanding support I have yet accessed. They have genuine focus on both parent and child, catering to an individual child's need rather than generic autism. My sons arthritis has also been thoroughly supported alongside his Autism.

It is a place where my child feels safe, included, accepted and happy!

Autism Angels is absolutely fantastic. Every experience we have had with the team has been positive. Our son lights up when we are on our way there and is overjoyed to be there. Having found somewhere that makes him so happy and relieves him of his everyday anxieties provides stress relief for the whole family. We recently had our first trip there as a family of four - it was just wonderful to spend such a happy afternoon there together without any need to worry. The team are so supportive and understanding of the everyday issues that our son and we face and there is zero judgement from them. They take time to explain the thought process behind everything that they do and in doing so help us to see how we can adapt our behaviour to help our son. We are so thankful to have found this wonderful charity - they make such a positive difference to our lives and they work so hard to do so. Thank you!



It's amazing the freedom to roam in a safe environment spending quality time together building confidence

Thanks so much for the sessions and support. It has really helped with exploring some of our challenges and finding ways forward, especially having support to approach things differently and in ways that are right for our family. It has definitely given me more confidence to follow what's right for us. My son definitely got a big sense of calm from the riding, and being with Blackjack.

We as a family can't thank Autism Angels enough, they have helped us more than they will ever know. My son is like a different child, so much more happy, calm and able to share his feels more. Plus I am so much more aware of my own behaviour when helping my son, I feel stronger and more confident. They really have changed our lives for the better and we are forever grateful to the whole team.



**Inspiring. Great ethos.
Friendly knowledgeable**

As a parent I love going, whilst my child has been struggling so much with his anxiety it has meant we've not left the house for more than 10 minutes and some days not at all. So it really helps to know that he feels safe enough to battle with his anxiety to come and see everybody. Even when he's having a tough day and feels as though the challenge is too much the no pressure approach means that he can try in his own time and build his confidence. In a short time he has achieved so much. The fact he overcomes so much to even leave the house and then be able to get in the car and meet new people, yes he has found it incredibly tough but the fact he has perseveres shows how much it means to him too.



“We have all massively benefited today.”

Sarah and the Autism Angels team have really changed both mine and my son's lives. I think we are on a much better and healthier path now and I will be forever grateful for our paths crossing.

This is the most understanding support I have yet accessed. They have genuine focus on both parent and child, catering to an individual child's need rather than generic autism



A huge thank you to the wonderful team and horses at Autism Angels. I truly believe they saved us from going down a very different path. Just even knowing we are part of a community who understands and supports us is such a comfort.

As a parent I love going, whilst my child has been struggling so much with his anxiety it has meant we've not left the house for more than 10 minutes and some days not at all. So it really helps to know that he feels safe enough to battle with his anxiety to come and see everybody. Even when he's having a tough day and feels as though the challenge is too much the no pressure approach means that he can try in his own time and build his confidence. In a short time he has achieved so much. The fact he overcomes so much to even leave the house and then be able to get in the car and meet new people, yes he has found it incredibly tough but the fact he has perseveres shows how much it means to him too.

The team are very welcoming and ensure that everyone can join in at their own level and feel confident when they leave.

It has been great to see XXX develop her social skills over the last few months and her self confidence and self belief increase. Before she started attending Autism Angels her self esteem and confidence had plummeted. She was feeling overwhelmed by the pressures of remote schooling and the forced change to her routines brought about by lockdowns and the pandemic. However Well-being Wednesdays have taught her skills for life that can't be taught in a classroom or a playground filled with judgement. At Autism Angels she has found a safe space filled with acceptance where she is free to be herself and not judged for it. It's a place where she can drop the mask which is exhausting to keep up for 6 hours a day at school and make friends with others who are unique and accepting of each other.



Autism Angels is a safe space that my family can relax in and be their true selves which is a rarity.

Autism Angels has given myself and my son a community. A safe space where we can just be ourselves. We are accepted and understood. We were so isolated before, hidden away, ashamed and very unhappy. Now both myself and my son feel part of something magical and when we leave Autism Angels we have a glow about us. My son will say 'mum that's been a great day, it's my favourite day of the week. I feel happy, I love Autism Angels.'

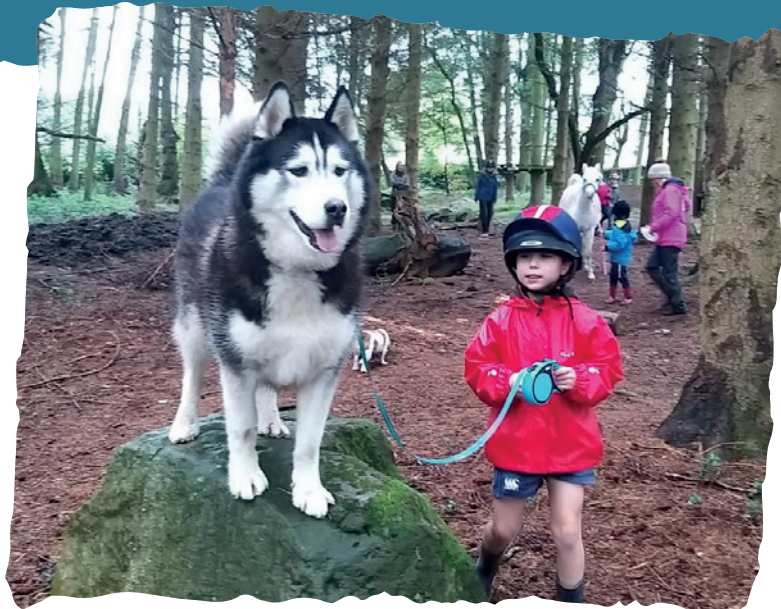
On a Wednesday I have seen my son play and talk to other children, improving his social skills, his confidence, his well-being. I get the opportunity to talk to other parents who understand and support each other....Autism Angels has been THE ONLY service that has supported us and actually helped both me and my son. For that I am forever grateful. Thank you for all your wonderful work :)

Since my session, my life has changed so much for the better. Sarah has a very practical way of looking at things which is exactly what I needed. Looking back now I can honestly say I had lost myself. I was too focused on being mum, wife etc. Some very direct (but kind) words from Sarah during my session have changed my outlook. You can now find me making time to sit and read a book, or relaxing with a face mask on too even painting my nails. Not to mention I now spend more time outdoors in the garden or going for a walk. I had forgotten to make time for these things and now that I am doing them again I feel like a different person.



The confidence and self-reflections XXXX has gained from the horses is mind blowing, our family has changed so much for the better and is unrecognisable from when we started.

I found it to be a place where children and families can feel comfortable, confident and empowered.



It has been great to see XXX develop her social skills over the last few months and her self confidence and self belief increase. Before she started attending Autism Angels her self esteem and confidence had plummeted. She was feeling overwhelmed by the pressures of remote schooling and the forced change to her routines brought about by lockdowns and the pandemic. However Well-being Wednesdays have taught her skills for life that can't be taught in a classroom or a playground filled with judgement. At Autism Angels she has found a safe space filled with acceptance where she is free to be herself and not judged for it. It's a place where she can drop the mask which is exhausting to keep up for 6 hours a day at school and make friends with others who are unique and accepting of each other.

Why do I love coming to Kids Club with Autism Angels? The title may suggest it's for Kids but the support it gives us parents is invaluable too. To the untrained eye it may look like we stand and chat and ignore our children. I try to make the most of the time to speak openly with other parents.

They are happy to listen to the ongoing traumas of why hair brushing is so difficult, the dilemma when the ingredients of a favourite food are changed and it's no longer liked, why so many items of school uniform have to be bought to find one that's OK. Our children are all very different but as parents we all share a similar journey, working out what's needed to help our children on a day to day basis.

No judgement just kindness. Sarah and the volunteers work very hard to provide this environment for us.

Case Study

Gabriella

In May 2021 Gabriella had been unable to access education since 2019, she has a complete mental breakdown in 2020 and refused to come out of her room or speak to anyone for several months. During this time she would not bath, talk a single word, leave her room or communicate with anyone in anyway. In the Spring of 2021, she was starting to talk again to her immediate family but was still unable to participate in any group activities or even know what support she needed to access anything. She started self-harming and attempted suicide, saying she was weird and would never have a life. We managed to convince Gabriella to come “look at some horses” for a trial session, she reluctantly agreed. As soon as she arrived at the farm, she felt safe. The low demand nature and beautiful scenery showed her she could be outside, around other people and still feel safe.

We have been attending the well-being Wednesdays now for a year and in that time Gabriella’s mental health has massively improved, she started accessing medical needs education for 5 hours a week and is in the process of starting a full-time education package and studying for her GCSEs. Thanks to Sarah and the team she is now able (and very vocal about) to identify if her needs are not being met. She has joined groups and because of the support for AA she sets healthy boundaries so is developing healthy friendships with peer (something we never felt was possible). Being at the well-being Wednesday taught her she could “fit in” and make friends when the environment was right. She started to realise that there wasn’t something wrong with her, it was the situation she was in that wasn’t suitable. She now attends her own EHCP to ensure her needs are met by provisions. Autism angels gave her the determination and self awareness to do this.

We recently were involved in the Coast-to-Coast challenge which developed Gabriella’s self-worth and confidence even more making her realise you can put things in place, so other activities are possible, as a family we put this into practise a fortnight later where Gabriella got to attend a concert she had been wanting to go to for years! When I tell people Autism Angels saved Gabriella’s life people think I am exaggerating, but it gave her the safe space to discover who she was and start to visualise what a future could look like. Gabriella still has a tough journey ahead in many spaces that are not suitable for autistic people, but we know that every Wednesday she will receive the support and acceptance she needs to start to cope. When things go wrong, stuff gets stressful or she achieves something she didn’t think possible the first thing she always says is “I’ll have to tell Sarah about that on Wednesday”



Referrals

We receive referrals through:

SCHOOLS

PRIVATE

NHS

SOCIAL

**word of
mouth**

MEDIA



Why do people come to us:

guilt

addictions

Trauma

Depression

Stress

Self esteem

Fear

Socialising

Isolation as a family

Attachment issues

Autism

Nowhere else to turn

mental health

Neglect

Abuse

Shame

Bullying

Anger issues

Struggling at School

Animals

Marriage breakdown

Nothing else has worked

Not coping

Sexuality

Loneliness

Insecurity

Eating-Disorders

Nature

Confidence building

IMPACT OF WORK

Impact of sessions on people

Adults

increase happiness
improved resilience
reduce medication
Remove self from abusive relationships

Improved medical conditions
less stressed
Improve family dynamics
Back to work

Improved confidence

Children

More Compassionate
Less aggressive
reduce medication
Improved speech

More empathetic
Improved medical conditions
Stopped self harming
Improved communication with family peers
Increased self esteem
Reduced anxiety
Returned to school
Increased self awareness

Stopped physical violence
Won awards in school
Engaged in school

Volunteers

We would like to say a special thank you to our volunteer team. They have been extremely committed, attending every week to support our families no matter what the weather during the winter months which can be especially hard.

We have had some young volunteers join us and they have been great at engaging with the younger children. They have also worked really hard to develop not only their horses skills but also built their confidence with meeting new families, adapting to changes and supporting the core team to deliver services. They have attended all training sessions and make a real contribution to the charity.

Our volunteers have to attend 6 sessions of training, covering areas such as:

- Horse behaviour
- Horse care
- Health and safety
- Environment and equipment management

- Safeguarding
- Personal development
- Traits of Autism
- Autism Angels Philosophy

Weekly feedback sheets are done so they can reflect on their learning and facilitators can give feedback. Mostly the learning is done on the job and each volunteer is supported by a team member or more experienced volunteer. They work within their team, being given a role to support the delivery of services.

The volunteers are an integral part of our team. They add enormous value bringing their unique skills and personalities whilst also helping us to reduce costs to the families. We see the relationships we have with our volunteers as a win-win where by we get extra support and they get to develop their skills in an area that is of interest to them.

People come to us with all sorts of skills and from different background such as teachers, care workers, business, school children, students and retirement. Volunteers have to go through a Taster and DBS checks and an interview to make sure we both feel that we are the best fit.

We couldn't manage as well without our volunteers and we wouldn't want to.



Achievements

We have provided love and support to 146 families in a safe, accepting environment. Our high expectations of what is possible, alongside raising parents' awareness and support ethos have enabled families to find their own ways and to achieve more than they believed possible. Children who were at risk of exclusion from school have learned to communicate their needs and express their emotions in an authentic way. For some this has led to the children staying in school or moving to a different school in which they could flourish. In other cases, parents have chosen to home educate. Whatever decision the families have made, they have our ongoing support and acceptance.

Kindness of others

The team are, as always, working tirelessly to raise much need awareness and funds for Autism Angels. 2020-21 was still challenging after being closed from the pandemic. However our amazing supporters have been there for us raising money, giving their time and raising our profile.

Other achievements



ITV News Filming for World Autism Day

Virtual Visit from HRH Prince Edward and Lord Lieutenant of North Yorkshire

Wharfedale Three Peaks challenge
Friday 2nd April

Corporate Volunteer Days HSE

High Sheriff of North Yorkshire visit to farm

Online Suicidal and Mental Health Training

Santa's Grottos at Stockeld Park

New Well-being Days

Expanding Environment- new room,
new mounting block

Other donations:

Shirley Haywood (riding challenge through Patagonia) £1557

Chrisi and Ian Leslie Marathon £2500

TKMaxx £500

The Loriners' Charitable Trust £900 for new mounting block

W.L.Pratt Charitable Trust £1000

Co-op Community Fund £2861.55

Two Ridings/ Bettys and Taylors Group £5000.00

Asda and Waitrose Easter Egg Donations

Year 3 at Archbishop of York's Church of England Junior School £135

Neighbourly Grants £400

Magic Little Grants £500

Albert Hunt Trust £1000

Arnold Clark £1000

Yvonne and Colin Brookes £1000.00

Stonebridge Homes £500

Two Ridings Community Foundation £3000

Gemma Ager Marathon £190

Lucy Hammond/Cestria Primary School Non Uniform Day £407

Facebook Birthday Fundraisers

Amelia Vance Easter Challenge £379

Thomason Family Charity event £293

Jake Durant Minecraft Build £280

Catherine Flynn-Cartwright Virtual Walk £205

George Cragg 5 Mile bike ride £533

Sponsor a Pony

Dawn Sherbert £500

Local Lotto

The Old Man's Parliament £370

The Future

With the impact of the Covid Pandemic subsiding, Autism Angels has been able to build back up to offering most of its previous services, we are really pleased with the statistics showing the increase in delivery and aim to keep reaching more families.

Our team remains solid and consistent made up of our facilitators, volunteers and trustees. We have two new trustees in place with skills that are adding value to the governances needed. We will aim to recruit another trustee who will support us even more with governance and trustee duties.

We also have a new business manager who manages the office enabling us to plan more strategically and ensure Autism Angels runs as efficiently as possible whilst delivering the highest standard of services.

We can see where we can develop more with a business model where costs are being covered and extra funding bids, donations and fundraisers can help us reduce direct costs to the families.



Our business manager has introduced more efficient systems for booking sessions, getting disclaimers and paperwork in place to be able to pull statistics and accounts off more easily for team and trustee meetings. This will continue to develop so we can monitor progress more efficiently.

Our recruitment of a bid writer to support us with grant applications did not go as well as hoped, even though rigorous interviews and follow up references were carried out by trustees. Numerous meetings were held with Autism Angels and the bid writer to establish clear outcomes and the approach in the bids but in the end it was agreed Autism Angels had a different approach to the way it wanted to be represented in bids and we agreed to go our separate ways.

We now have our business manager Katharine dedicating one day per week to bid writing and this is working well. The founder will continue to work closely together with the business manager to raise funds and to keep costs down for families.

Our foundations are solid now with an ideal location for our families and horses. There is still room for growth at the farm and with the quantity of sessions that can be delivered across the week we still have capacity to deliver during the holidays and evenings which we haven't gone back to since Covid 19.

Our new room at the bottom of the farm has not yet fully found its purpose. We thought it would be used during the colder months,

but families still loved to be outside no matter the weather. The room ended up being used more in the summer for BBQ's and the Christmas party. We aim to continue to improve our facilities to include a kitchen area, fire and UPVC windows so we can use it to introduce new services such as a Feel Good Friday sessions.

The vegetable patches grew well, and the children enjoyed trying a variety of fruits and vegetables. We learnt that not all vegetables were to everyone's liking so next year we will choose more carefully and consider peoples preferences.

We have done small amounts in the woodland areas such as campfires and feel this area has real scope for development with the children who may not want to ride as much, or struggle during the hotter months. These sessions can be delivered with more ground-based activities around the farm.

Social media remains our best marketing tool with nearly 7000 followers we are able to keep reaching new families. Certain posts have reached over 35,000 people. We find it to be the fastest and fairest way to advertise to all our families at the same time to ensure everyone gets the chance to book our services.

Taster sessions remain very popular and fill up quickly. We will continue to ask each family to attend a taster session first to make sure we are the best fit and the family are able to see the way we work before committing to any bookings.



Overall, we are really pleased with the progress of Autism Angels this year. The feedback from our families tells us that we are meeting needs and often exceeding people's expectations which is wonderful to hear.

We are thrilled with the progress of our team, volunteers and trustees who dedicate an enormous amount of time and resources to enable the business and sessions to run as effectively as they do, all leading to great statistics and a higher licensing star rating from North Yorkshire County Council.

We are really looking forward to our 2022 season and building on our solid foundations of 2021.

We hope you enjoyed our annual report

Sarah

Founder and Director of Autism Angels



Our Year in Photos

September

Dentist visited the horses



October

Gifts from the kids



November

Tasters



December

Ian and Chrisi Leslie fundraising, running everyday in December



January

Delivering sessions whatever the weather



February

Family Riding Therapy Sessions



Our Year in Photos

March

Asda and Waitrose donate Easter Eggs



April

Wharfedale Three Peak Challenge



May

New mounting block installed



June

Veg patch produce



July

Corporate Volunteer Day



August

Private sessions



Autism Angels Ltd Information

Directors and trustees

The directors of the charitable company (the charity) are its Trustees for the purpose of charity law. The trustees and officers who served during the year were as follows:

Key Management Personnel for 2020 - 2021

Trustees/Directors

Sarah Kekoa

Howard Whittaker

Amanda Whittaker (resigned 27th April 2021)

Paddy Hammond (appointed 11th January 2021)

Helen Chapman (appointed 3rd March 2021)

Chair

Sarah Kekoa

Treasurer

Howard Whittaker

Secretary

Patrick Hammond

During 2020-2021 Autism Angels appointed two new trustee members.

Patrick Hammond is a serving police sergeant and also has knowledge and experience in accounting and finance. Patrick also has an autistic daughter and brings valuable and lived experience. Helen Chapman is a probation officer and brings safeguarding knowledge and experience.

Our two new trustees are adding value to the charity foundations. We also aim to recruit another trustee in the near future who will support us on governance and trustee duties.

Structure, governance and management

Governing Documents

The charity is governed by its articles of association, which are based on the model articles for a charitable company. These were initially approved on 06 August 2012 and subsequently amended 10 October 2014.

Appointment of trustees

Trustees are appointed by the members in accordance with the provisions contained in the Articles of Association.

Trustee training and induction

New trustees are briefed on their obligations under charity law, the constitution of the charity and on the Charity Commission Guidance on public benefit. Trustees attend external training events to facilitate the undertaking of their role, where appropriate.

Organisational structure

The Board of Trustees administers the charity and appointed Sarah Kekoa (Shearman) (a Trustee) to act as Chair on 13 February 2015. She also deals with the day to day operational matters and manages the Centre.

Risk management

The trustees have a risk management strategy which comprises:

- Periodic reviews of the risks the charity.
- The establishment of systems and procedures to mitigate the identified risks.

This work has identified that financial sustainability is the major financial risk. Attention has also been focused on non-financial risks arising from child protection issues, fire, health and safety of employees, associated members and members of the public. A key element of the management of financial risk is the retention of adequate working capital.

The trustees are satisfied that systems and procedures are in use to adequately manage the risks to which the charity is exposed.

Autism Angels Ltd Information

Financial review and reserves

Income has increased by £21,396 during the year as the charity recovers from the impact of COVID-19. The free reserves of the charity as at 31 August 2021 were £6,505 (2020 - £17,836). This is the equivalent to 2 months of unrestricted expenditure.

Risk management

The trustees have a risk management strategy which comprises:

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The trustees are satisfied that systems and procedures are in use to adequately manage the risks to which the charity is exposed.

Reference and administrative details

Charity number 1160289

Company number 8168948

Principal / registered office 71 West Cliffe Terrace, Harrogate, HG2 0PU

Advisors

Independent Examiner:

Sarah Wearing, Partner: HPH Chartered Accountants LLP, Conyngham Hall Business Centre, Bond End, Knaresborough HG5 9AY

Bankers

Barclays, 15 James Street, Harrogate HG1 1QX

Related parties

Related party transactions are set out at note 8 to the financial statements.

Trustees responsibilities in relation to the financial statements

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

Company and charity 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 for that year. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and estimates that are reasonable and prudent;
- state whether applicable UK 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 that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the 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.

Autism Angels Ltd Information

In preparing this report advantage has been taken of the small companies exemption within Part 15 of the Companies Act 2006.

Approved by the Board of Trustees and signed on behalf of the Board of Trustees on 26 May 2022.

Patrick Hammond

AUTISM ANGELS LTD

(A company limited by guarantee)

STATEMENT OF FINANCIAL ACTIVITIES (INCOME AND EXPENDITURE ACCOUNT) YEAR ENDED 31 AUGUST 2021

	Note	Unrestricted funds £	Restricted funds £	2021 £	2020 £
INCOME					
Donations and legacies	3	28,455	10,900	39,355	46,909
Charitable activities	4	34,429	-	34,429	4,536
Other trading activities					
Fundraising		-	-	-	943
TOTAL INCOME		62,884	10,900	73,784	52,388
EXPENDITURE					
Raising Funds	6	4,248	-	4,248	7,925
Charitable activities	7	72,108	6,800	78,908	66,390
TOTAL EXPENDITURE		76,356	6,800	83,156	74,315
Net (expenditure)/ income before transfers		(13,472)	4,100	(9,372)	(21,927)
Transfers between funds		701	(701)	-	-
Net movement in funds		(12,771)	3,399	(9,372)	(21,927)
Reconciliation of funds					
Total funds brought forward	12,13	27,116	4,800	31,916	53,843
Total funds carried forward	12,13	£ 14,345	£ 8,199	£ 22,544	£ 31,916

All activities derive from continuing operations.

The notes on pages 37 to 44 form part of the accounts.

AUTISM ANGELS LTD

(A company limited by guarantee)

BALANCE SHEET AS AT 31 AUGUST 2021 Company registration number: 08168948

	Note	2020		2020	
		£	£	£	£
FIXED ASSETS					
Tangible Assets	9		7,840		9,280
CURRENT ASSETS					
Debtors	10	2,300		6,143	
Cash at Bank and in hand		15,583		20,777	
		<u>17,883</u>		<u>26,920</u>	
LIABILITIES: amounts falling due within one year	11	<u>(3,179)</u>		<u>(4,284)</u>	
NET CURRENT ASSETS			14,704		22,636
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>22,544</u>		<u>31,916</u>
NET ASSETS			<u>£ 22,544</u>		<u>£ 31,916</u>
THE FUNDS OF THE CHARITY					
Restricted Funds	12		8,199		4,800
Unrestricted Funds					
- Undesignated	13,14		6,505		17,836
- Designated	13,14		7,840		9,280
TOTAL FUNDS			<u>£ 22,544</u>		<u>£ 31,916</u>

For the financial year ended 31 August 2021, the Charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies. The Members have not required the Charitable 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 financial statements have been prepared in accordance with the special provisions of Part VII of the Companies Act 2006 relating to small companies.

The notes on pages 37 to 44 form part of the accounts.

These financial statements were approved by the trustees on 26 May 2022 and signed on its behalf by:

Sarah Kekoa - Trustee

AUTISM ANGELS LTD

(A company limited by guarantee)

NOTES TO THE ACCOUNTS FOR YEAR ENDED 31 AUGUST 2021

1 GENERAL INFORMATION

The Charitable Company is a private company limited by guarantee, which is incorporated and registered in England and Wales (no.08168948). The Charity number is 1160289. In the event of the company being wound up or dissolved the members are required to contribute an amount not exceeding £10.

The address of its registered office is 71 West Cliffe Terrace, Harrogate, England, HG2 0PU.

2 ACCOUNTING POLICIES

2.1 Basis of preparation of accounts

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Autism Angels Ltd meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

2.2 Going Concern policy

During the year COVID-19 continued to have an impact on the charities ability to raise funds and provide sessions in person.

The Trustees have a reasonable expectation that the Charitable Company has adequate resources to continue in operational existence for the foreseeable future. They continue to adopt the going concern basis of accounting in preparing the annual financial statements.

2.3 Fund accounting

The trustees have a defined policy for identification of different types of income:

- a) Designated funds are unrestricted funds but are specifically earmarked by the Trustees for a particular purpose.
- b) Restricted funds are only to be used for the specific purpose laid down by the donor. Expenditure which meets this criteria is charged to the fund.
- c) Unrestricted funds are the residue of income receivable or generated from the objects of the charity without further specified purposes and are available as general funds.

2.4 Income

All income is recognised in the statement of financial activities when the conditions for receipt have been met and there is reasonable assurance of receipt. Except for the following:

Grants receivable

Grants for immediate expenditure are accounted for when they become receivable. Grants received for specific purposes are treated as restricted funds. Grants which are received for a future accounting period are deferred and recognised in those periods.

Capital Grants for specific fixed assets are included in restricted income when received. Once the asset is purchased these monies are transferred to unrestricted funds unless there is a restriction on the disposal of the asset. If so, the net book value of the asset is shown as a restricted fund.

AUTISM ANGELS LTD

(A company limited by guarantee)

NOTES TO THE ACCOUNTS FOR YEAR ENDED 31 AUGUST 2021

2 ACCOUNTING POLICIES (continued)

2.5 Expenditure

Expenditure is recognised on a accruals basis. Expenditure includes any VAT which cannot be recovered and is reported as part of the expenditure to which it relates.

Costs of generating funds	- costs associated with attracting voluntary income.
Charitable activities	- costs incurred by the Charitable Company in delivering its counselling services to clients. It includes costs that can be allocated directly and those of an indirect nature necessary to support them.
Support costs	- allocated to charitable activities on an actual basis.
Governance costs	- costs associated with meeting the constitutional and statutory requirements

2.6 Tangible fixed assets and depreciation

Fixed assets for the Charitable Company to use are capitalised at cost. Donated assets are valued at market value on donation. They are stated in the accounts at cost/original value less depreciation.

Depreciation is calculated to write off the cost or valuation of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Equipment, fixtures and tools	10% to 33.3% straight line basis per annum
-------------------------------	--------------------------------------------

2.7 Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

2.8 Cash at bank and in hand

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

2.9 Creditors

Creditors are recognised where the Charitable Company has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors are normally recognised at their settlement amount after allowing for any trade discounts due.

2.10 Financial Instruments

The Charitable Company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

AUTISM ANGELS LTD

(A company limited by guarantee)

NOTES TO THE ACCOUNTS FOR YEAR ENDED 31 AUGUST 2021

	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total Funds 2021 £	Total Funds 2020 £
3 DONATIONS AND LEGACIES				
Donations and gifts	22,491	-	22,491	22,491
Grant income	5,964	10,900	16,864	27,764
	<u>£ 28,455</u>	<u>£ 10,900</u>	<u>£ 39,355</u>	<u>£ 50,255</u>

Restricted donations and legacies in 2020 was £5,400.

The Charitable Company also benefits greatly from the involvement and enthusiastic support of its many volunteers. In accordance with Charities SORP, the economic contribution of general volunteers is not recognised in the accounts.

4 INCOME FROM CHARITABLE ACTIVITIES

Session fees	<u>£ 34,429</u>	<u>£ -</u>	<u>£ 34,429</u>	<u>£ 4,536</u>
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5 TOTAL STAFF COSTS

The key management personnel of the Charitable Charity comprise the trustees, see note 8 for details of transactions. No staff are directly employed by the charity.

6 FUNDRAISING EXPENDITURE

Fundraising and event costs	-	-	-	2,600
Advertising and promotion	4,248	-	4,248	5,325
	<u>£ 4,248</u>	<u>£ -</u>	<u>£ 4,248</u>	<u>£ 7,925</u>

AUTISM ANGELS LTD

(A company limited by guarantee)

NOTES TO THE ACCOUNTS FOR YEAR ENDED 31 AUGUST 2021

7 ANALYSIS OF TOTAL EXPENDITURE

	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total Funds 2021 £	Total Funds 2020 £
7.1 Charitable activities				
Horse and animal expenses	4,748	-	4,748	6,836
Facilitators	20,608	3,800	24,408	7,220
Food and refreshments	212	-	212	539
Equipment	2,233	-	2,233	2,925
Training	177	-	177	639
Management fee	15,600	-	15,600	15,900
Support costs (below)	26,723	-	26,723	30,058
Governance costs (below)	1,807	3,000	4,807	2,273
	£ 72,108	£ 6,800	£ 78,908	£ 66,390
7.2 Support costs				
Rent and facilities costs	7,846	-	7,846	7,706
Office costs	8,907	-	8,907	9,343
Computer costs	391	-	391	610
Telephone	928	-	928	1,402
Printing and stationery	752	-	752	209
Repairs and maintenance	50	-	50	3,281
Insurance costs	3,489	-	3,489	3,103
Travel costs	956	-	956	1,299
Sundry costs	778	-	778	711
Depreciation	2,626	-	2,626	2,394
	£ 26,723	£ -	£ 26,723	£ 30,058
7.3 Governance costs				
Independent examiner's fee	1,080	-	1,080	1,080
Professional fees	727	3,000	3,727	1,193
	£ 1,807	£ 3,000	£ 4,807	£ 2,273

AUTISM ANGELS LTD

(A company limited by guarantee)

NOTES TO THE ACCOUNTS FOR YEAR ENDED 31 AUGUST 2021

8 RELATED PARTIES AND TRUSTEE TRANSACTIONS

Trustee Transactions

An amount of £34,196 (2020 - £18,216) was paid to a business operated by S Kekoa (a trustee) for time spent in management and facilitation as well as £nil (2020 - £nil) for fundraising work. In 2021 £11,509 (2020 £5,300) was paid to that business under a shared services agreement to cover of property and other costs, such as phone, utilities insurance and horse care jointly incurred by the charity and the business.

No trustees were reimbursed for expenses other than the transactions disclosed above.

Related Parties

There are no other related parties transactions other than the trustee transactions disclosed above.

9 TANGIBLE FIXED ASSETS

	Fixtures & Fittings £	Equipment £	Total £
Cost			
At 1 September 2020	11,600	1,434	13,034
Additions	-	1,186	1,186
At 31 August 2021	11,600	2,620	14,220
Depreciation			
At 1 September 2020	2,320	1,434	3,754
Charge for year	2,320	306	2,626
At 31 August 2021	4,640	1,740	6,380
Net Book Amounts			
At 31 August 2021	£ 6,960	£ 880	£ 7,840
At 31 August 2020	£ 9,280	£ -	£ 9,280

	2021 £	2020 £
10 DEBTORS		
Trade Debtors	2,300	6,143
	£ 2,300	£ 6,143

AUTISM ANGELS LTD

(A company limited by guarantee)

NOTES TO THE ACCOUNTS FOR YEAR ENDED 31 AUGUST 2021

	2021 £	2020 £
11 LIABILITIES: Amounts falling due within one year		
Trade Creditors	1,841	2,962
Accruals	1,338	1,322
	£ 3,179	£ 4,284

12 RESTRICTED FUNDS

	Balance at 1 September 2020 £	Income £	Expenditure £	Transfers £	Balance at 31 August 2021 £
Current year					
Playground	3,000	-	-	(301)	2,699
Bid writer project	-	5,000	(3,000)	-	2,000
Recording equipment	1,800	-	-	-	1,800
Computer Equipment	-	400	-	(400)	-
Wellbeing days	-	5,500	(3,800)	-	1,700
	£ 4,800	£ 10,900	£ (6,800)	£ (701)	£ 8,199
Prior year					
Playground	3,000	-	-	-	3,000
Helpline and support	-	2,000	(2,000)	-	-
Recording equipment	-	1,800	-	-	1,800
Container unit	-	1,600	-	(1,600)	-
	£ 3,000	£ 5,400	£ (2,000)	£ (1,600)	£ 4,800

Playground - Monies received for the installation of a playground from the local fence club.

Bid writer project - Monies received for the cost of bid writer services.

Recording equipment - Money was received for the purchase of recording equipment.

Computer equipment - Money was received for the purchase of computer equipment during in the year.

Wellbeing days - Monies received for the provision of Welling sessions held during the year.

AUTISM ANGELS LTD

(A company limited by guarantee)

NOTES TO THE ACCOUNTS FOR YEAR ENDED 31 AUGUST 2021

13 UNRESTRICTED FUNDS	Balance at 1 September 2020	Income	Expenditure	Transfers	Balance at 31 August 2021
Current year	£	£	£	£	£
Designated					
Fixed Assets	9,280		(2,626)	1,186	7,840
Undesignated					
Free reserves	17,836	62,884	(73,730)	(485)	6,505
Total Unrestricted Funds	<u>£ 27,116</u>	<u>£ 62,884</u>	<u>£ (76,356)</u>	<u>£ 701</u>	<u>£ 14,345</u>
Comparative year					
	Balance at 1 September 2019	Income	Expenditure	Transfers	Balance at 31 August 2020
	£	£	£	£	£
Designated					
Fixed Assets	8,474	-	(2,394)	3,200	9,280
Undesignated					
Free reserves	42,369	46,988	(69,921)	(1,600)	17,836
Total Unrestricted Funds	<u>£ 50,843</u>	<u>£ 46,988</u>	<u>£ (72,315)</u>	<u>£ 1,600</u>	<u>£ 27,116</u>

Designated Funds

The Fixed Asset Fund represents the level of money invested in fixed assets for the use of charity.

14 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted		Restricted Funds	Total Funds
	Undesignated Funds	Designated Funds		
	£	£	£	£
Current year				
Tangible Fixed Assets	-	7,840	-	7,840
Current Assets	9,684	-	8,199	17,883
Current Liabilities	(3,179)	-	-	(3,179)
At 31 August 2021	<u>£ 6,505</u>	<u>£ 7,840</u>	<u>£ 8,199</u>	<u>£ 22,544</u>
Comparative year				
Tangible Fixed Assets	-	9,280	-	9,280
Current Assets	22,120	-	4,800	26,920
Current Liabilities	(4,284)	-	-	(4,284)
At 31 August 2020	<u>£ 17,836</u>	<u>£ 9,280</u>	<u>£ 4,800</u>	<u>£ 31,916</u>

AUTISM ANGELS

(A company limited by guarantee)

DETAILED INCOME & EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 AUGUST 2021

	2021		2020	
	£	£	£	£
<u>INCOME</u>				
Donations		22,491		25,048
Grants		16,864		21,861
Fundraising income		-		943
Sessions		34,429		4,536
		73,784		52,388
<u>FUNDRAISING EXPENDITURE</u>				
Fundraising and event costs	-		2,600	
Advertising and promotion	4,248		5,325	
		(4,248)		(7,925)
		69,536		44,463
<u>DIRECT CHARITABLE EXPENDITURE</u>				
Facilitator fees	24,408		7,220	
Horses	4,089		6,279	
Animals	27		19	
Licences	632		538	
Equipment and equipment hire	2,233		2,925	
Accommodation and meals	212		539	
Training costs	177		639	
		(31,778)		(18,159)
		37,758		26,304
<u>OVERHEADS</u>				
Rent and rates	7,846		7,706	
Management fee	15,600		15,900	
Office expenses	8,907		9,343	
Computer maintenance and Software	391		610	
Telephone and internet costs	928		1,402	
Printing, postage and stationery	752		209	
Travel expenses	956		1,299	
Sundry expenses	778		711	
Maintenance	50		3,281	
Independent examiner's fees	1,080		1,080	
Professional fees	3,727		1,193	
Insurance	3,489		3,103	
Depreciation	2,626		2,394	
		(47,130)		(48,231)
Net surplus for the year		£ (9,372)		£ (21,927)

Independent Examiner's Report

AUTISM ANGELS LTD
(A Company Limited by Guarantee)

Independent examiner's report to the trustees

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 August 2021, which are set out on pages 35 to 44.

This report is made solely to the charitable company's trustees, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006 and the charitable company's trustees as a body in accordance with section 154 of the Charities Act 2011. My independent examiner's work has been undertaken so that I might state to the charitable company's trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charitable company, the charitable company's members as a body and the charitable company's trustees as a body for my independent examiner's work, for this report, or for the opinions I have formed.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities.

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.

Sarah Wearing, FCA, DChA
27th May 2022

HPH, Chartered Accountants
Conyngham Hall Business Centre
Bond End
Knaresborough
HG5 9AY



AutismAngelsUK

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Registered Charity No. 1160289



Autism
Angels

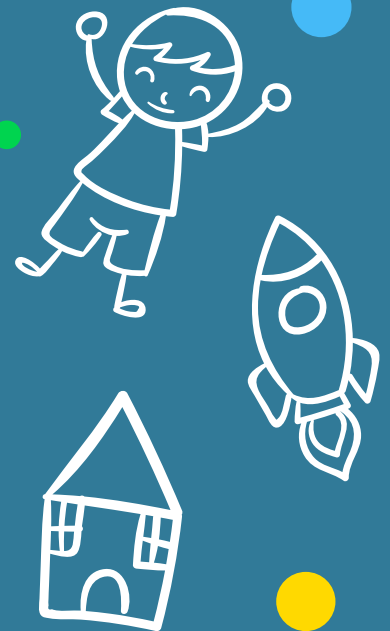
AUTISM ANGELS LTD

England & Wales - Charity number 1160289

Accounts



Annual Report & Accounts



Autism Angels Ltd -
Year ended 31 August 2020



**Autism
Angels**

Our Mission: To create a safe therapeutic environment where families can heal, learn and have fun together.



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Foreward

As we started our Autumn season we had no idea what was just around the corner- Covid 19. Life was great down on the farm, kids clubs were running. Training two horses for our winter fundraiser, 500 miles around Yorkshire, was underway.

As things shut down for lockdown we got to work with things behind the scenes, paperwork, maintenance and licensing. This time gave us some unexpected time to catch up with things.

As we moved out of the first lockdown we were able to open again under the support group banner. We started back with small groups of families that we knew and who knew us.

Our families were struggling, frightened and grateful for our doors opening again.

We found ourselves in a unique situation as the world locked down yet again, we were able to stay open. This was a moment for us at Autism Angels. Whilst the world was closing, our doors had never been more open, our families flooded in. The farm became a haven of safety, freedom and laughter for our families, things they were struggling to find in their own worlds.

Although our year 2019-2020 was quiet on the delivery front at the farm we stepped up as a team and were able to reach our families through Zoom, social media, calls and our helpline. We got our paperwork up to date and were ready when our doors opened again in September 2020.

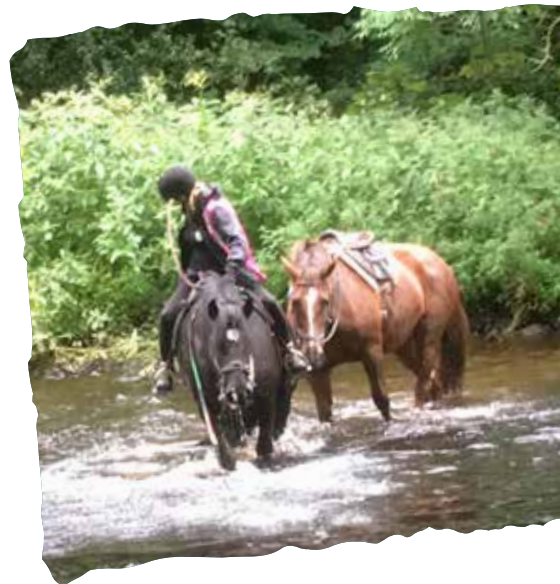
I know it has been a difficult year for the world but for Autism Angels it's been a special year where we have become closer to our families and each other, we have achieved things we didn't know we had in us.

At Autism Angels we continue to strive for best practice whilst also thinking outside of the box and using our therapeutic environment to support families and children who are struggling with the challenges life can bring.

Please enjoy our report

Sarah

Sarah and the Autism Angels Team



Values, Vision and Mission

Faith... in you
Hope...for the future
Love...enables



Autism Angels is a nurturing community of families, made up of parents, carers, foster carers, grandparents and children, volunteers, supporters, and our dedicated team.

We specialise in empowering families' with children with additional needs or that have been through a challenging emotional experience. The whole families mental and emotional health is a primary focus for us.

We are committed to providing a safe, nurturing and therapeutic environment that feels like a home from home. We aim to support children and adults experiencing the challenges that life can bring and all too often can begin to feel overwhelming.



Combining a therapeutic coaching approach and adding the dimension of the horse, a reactionary animal to human emotions, we can get to the root cause of the concern fast. Once the root cause is found, it is then easier to see the best way forward for each individual's road to recovery.

When families meet other families experiencing similar difficulties, they realise they are not on their own. This helps them build new friendships. Understanding, empathy, and kindness are shared, hope is re-born, and new happier memories are made.

It is our aim to continue to build on the strength of our community to support more families.

Some Stats around Autism, SEN and Mental Health

- Autism is much more common than many people think. There are around 700,000 people on the autism spectrum in the UK – that's more than 1 in 100. If you include their families, autism is a part of daily life for 2.8 million people. <https://www.autism.org.uk/about/what-is/myths-facts-stats.aspx>
- There are approximately 351,000 children aged 0-17 with a learning disability in the UK.
- Children with special educational needs (SEN) are twice as likely as other children to be bullied regularly (IoE 2014).
- Special educational needs (SEN) can affect a child or young person's behaviour, reading and writing, concentration levels, ability to understand things, or their physical ability (Gov.uk 2016).
- Not all children and young people with SEN have a learning disability. In 2018, 67,765 children in England with a statement of SEN or an Education, Health and Care (EHC) plan had a primary SEN associated with learning disability. This is only 29% of all children with a statement of SEN or an EHC plan. However, at the broader level of SEN support (previously School Action and School Action Plus), 228,315 children had a primary SEN associated with learning disability (Public Health England, 2019b). <https://www.mencap.org.uk/learning-disability-explained/research-and-statistics/children-research-and-statistics>
- One in ten children aged between 5 and 16 in the UK have a mental health disorder, according to figures by the Office of National Statistics, and around 4% of children suffer from an emotional disorder such as anxiety or depression. Promoting mental health and wellbeing is important for all children, but particularly if your child has special educational needs. Children need to develop the skills to understand and express their emotions, and to develop strategies for coping with the ups and downs of life.
- Children with special educational needs may experience a range of social, emotional and mental health problems, which can create a barrier to learning. But it's not always easy to identify mental health difficulties when many of the symptoms overlap with impairments such as autism or Attention Deficit Hyperactive Disorder (ADHD). <https://www.theschoolrun.com/positive-mental-health-tips-for-parents-of-sen-children>



Some Stats around Autism, SEN and Mental Health

- Data produced by Relate indicate that, if not effectively addressed, these pressures can negatively impact upon the couple, family and social relationships of parents with children with a learning disability, with knock-on effects on their wellbeing. The survey sample showed that parents of a child with a learning disability were:
 - More likely to experience lower relationship quality: over a third of parents of children with a learning disability were in distressed relationships, and they were more likely to be in distressed relationships than other parents (34% in distressed relationships compared to 26% of other parents);
 - More than a third more likely to cite money worries as a source of strain, with 39% doing so;
 - More likely to feel relationship strain as a result of childcare or bringing up children (18% compared to 12% of other families);
 - Less likely to find time for 'date nights': nearly a quarter (24%) only have date nights once a year or less, compared to less than a fifth (17%) of other parents;
 - More likely to have no close friends: almost one in six (17%) said they have no close friends;
 - More likely to feel lonely: over a fifth (22%) said they felt lonely often/all the time.
- One in ten children and young people in the UK aged between 5 and 16 have a diagnosable mental health problem, and one in five of these have more than one of the main types of mental disorder. Up to one in six young adults aged between 16 and 24 will be experiencing anxiety and depression at any one time, and one in 15 young people aged 15 to 25 are thought to self-harm. The average age for the onset of psychosis and for schizophrenia is around 22, and three quarters of all mental health disorders will be evident by the mid-20s. Children and adolescents with learning disabilities are over six times more likely to have a diagnosable psychiatric disorder than their peers who do not have learning disabilities.
- For children and young people, the prevalence rate of a diagnosable psychiatric disorder is 36% in children and adolescents with learning disabilities, compared with 8% of those who did not have a learning disability. These young people were also 33 times more likely to be on the autistic spectrum and were much more likely than others to have emotional and conduct disorders.



What we offer at Autism Angels

Autism Angels provided support to 70 families or 256 unique individuals over the year. This number is down from the previous year by 126 but considering the circumstances we are still very pleased with this number.

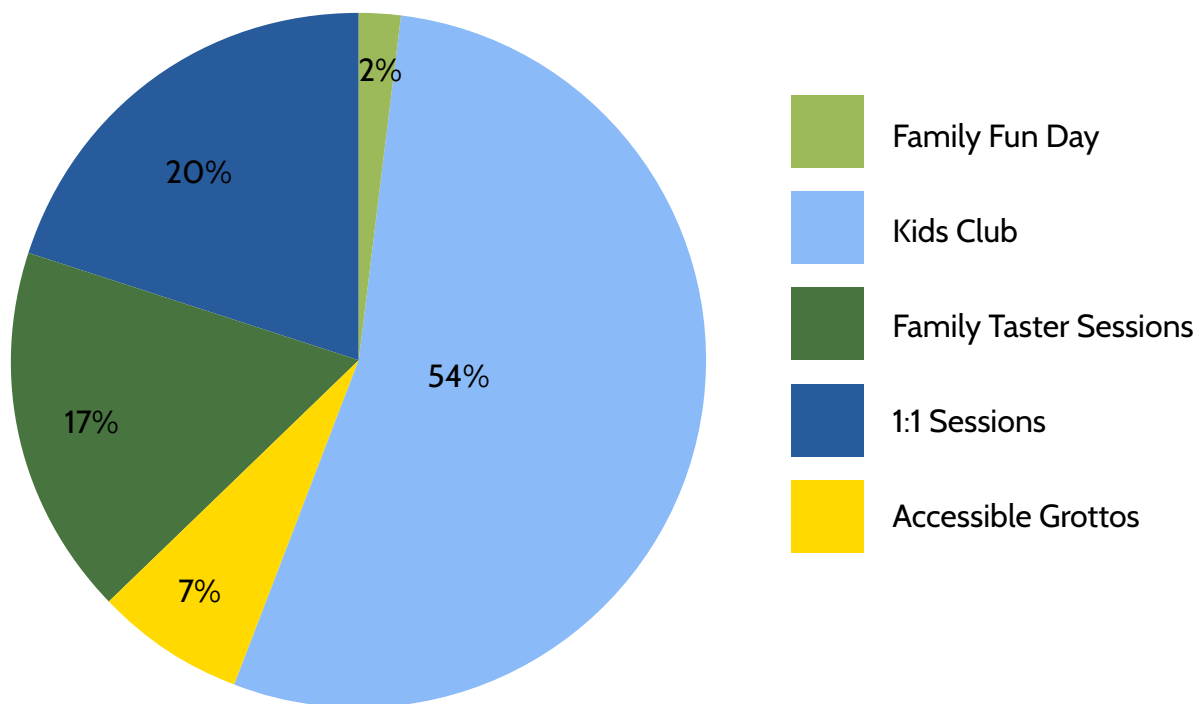
Families and children with additional needs require more support than ever. Higher risks of mental health means we need to bring families together so we reduce isolation and raise the happiness of everyday life, it is therefore critical we continue to deliver our services.

We offer a wide range of services that have been tried, tested and developed over 20 years to provide the most up to date equine facilitated practice.

Although the horses don't need to be included in the sessions, they can add a unique dimension that more traditional therapies can't. It is the family's choice to work with the horses or our dog, it is not a requirement.



Sessions Delivered



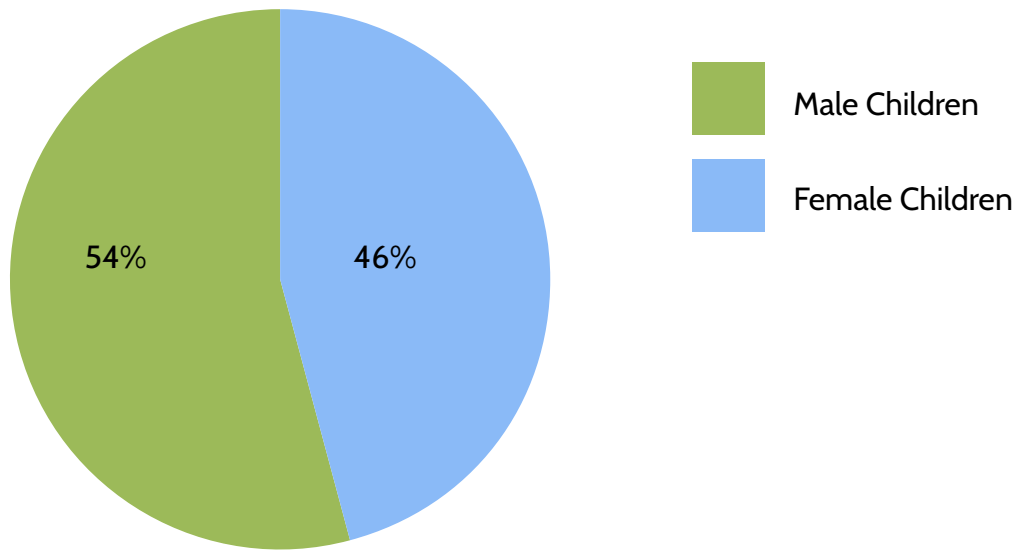
What we offer at Autism Angels

How many males/females?

During our 59 sessions we have supported 108 children, 58 were males and 50 female

This year we have seen the number of girls rising with nearly an equal amount of boys and girls now attending sessions.

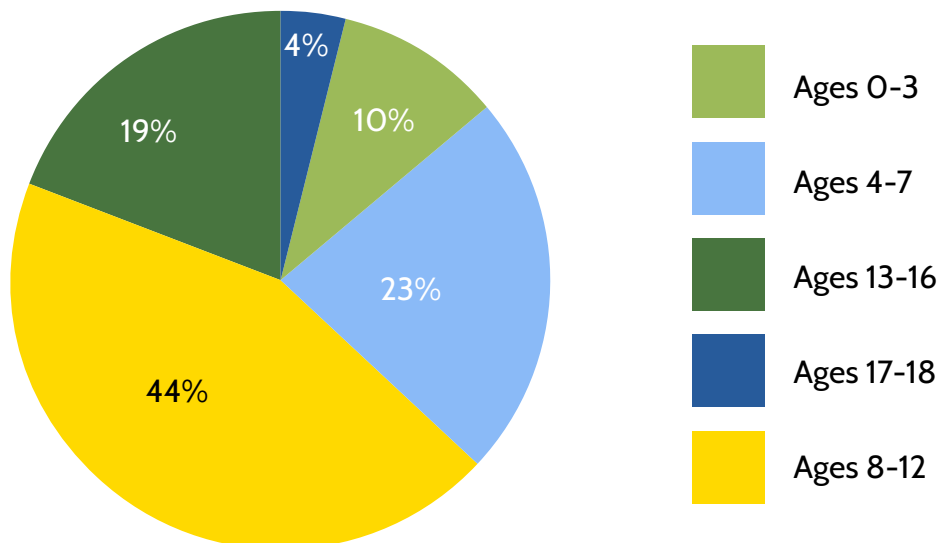
Children Supported



Age Ranges of Children

We offer our services to a range of ages including children as young as 2yrs right through to adults.

Ages of Children Supported



Photos of our Sessions

Private Family Sessions



Wellbeing Wednesdays



Volunteer Training Sessions



1:1 Sessions



Riding Therapy



Saturday Club



Parent Support Online



Christmas Grottos



A word from our families



“In lockdown 1 last year getting XXXXX to leave the house/garden became a huge battle - he became hysterical at the thought of leaving what had become his world. Even in just one week of this lockdown we have noticed an increasing reluctance to leave home again. Today there was real enthusiasm at going somewhere and not a second thought of leaving home which was lovely to see. XXXXX also suffers from tics when his anxiety is high leading him to repeat sounds and words and occasionally these become physical tics too. I know that when he talks to you, he is his usual articulate self and has no problem expressing himself or getting his thoughts out. Thank you for today - it was fantastic”

“It is amazing! The freedom to roam in a safe environment, spending quality time together and building confidence.”

“We as a family can’t thank Autism Angels enough. They have helped us more than they will ever know. My son is like a different child. So much more happy, calm and able to share his feelings more. Plus, I am so much more aware of my own behaviour when I am helping my son. I feel stronger and more confident. They really have changed our lives for the better and we are forever grateful to the whole team.”



We love being outdoors. This is a safe outdoor space with lots of room. Amazing to see my daughter’s smile get bigger as rode towards me on Paco.”



An amazing group who really support the whole family. We felt very alone and isolated before finding them. They have been an amazing help not only to our family to me as an individual too. It's such a comfort to know we are not on this journey alone and we can share it with both the fantastic team and other families.

Amazing place to go too. Treated as family and so supportive in our lives. Thank you

Amazing.. it's been life changing for me and my kids



"My son can be very anxious and resistant to going to new places and doing new things, especially with regards to organised activities. I wasn't sure we would ever manage to get him on the horse! However, within two weeks, he was riding along on a horse, looking very confident and happy. We are not sure we have ever seen him so relaxed and concentrated as he did on the horse that second session! Sitting still and focusing are both incredibly difficult for XXXX but there is obviously something about the setting and the horses that helps him feel calm. XXXX is clearly relaxed and happy to be on the farm - he will often say he wants to stay at home even when we are going somewhere he has previously enjoyed; however, the second time we arrived at the farm, XXXX jumped out of the car with a huge smile on his face and went running over to the main area! XXXX has been more relaxed and happy at home than usual after each session and has slept really well too, which has had a knock-on effect for the next few days. Thank you so much to all the staff for being so incredibly accommodating, welcoming, friendly and inclusive. It has also been amazing for my daughter to be able to take part in an activity alongside her brother as a lot of their interests are very different. It has been wonderful for her to be able to do something different that she is really interested in, but to have the whole family together."



An amazing group who really support the whole family. We felt very alone and isolated before finding them. They have been an amazing help not only to our family to me as an individual too. It's such a comfort to know we are not on this journey alone and we can share it with both the fantastic team and other families.

My son has been attending autism angels on and off for the last 3 years, since finding autism angels his confidence has flourished. It is great to have something he feels he can achieve when he usually struggles at things his peers can do. Autism angels has given him a challenge that he feels he can do and the volunteers there have been amazing at giving him the encouragement and guidance that he's needed. We started Autism angels before our child

had a diagnosis and so not only for my sons benefit but from the first session I attended and the opportunity just to talk to other families experiencing the same lifestyle we were having and finally not feeling 'alone' and like our child was not the only one who behaved in these ways, hearing others stories filled us more with hopes and dreams rather than fears for what our sons future would hold. We always recommend Autism Angels to anyone we meet.



It's amazing the freedom to roam in a safe environment spending quality time together building confidence

It is a place where my child feels safe, included, accepted and happy!

My daughter has benefitted greatly from attending Autism Angels. She is calmer and more confident, and has better communication skills. This in turn has improved our general family life. We would like to continue attending Autism Angels for as long as we can.

Amazing, welcoming & warm x



Engaging, inviting and supportive. This is the most understanding support I have yet accessed. They have genuine focus on both parent and child, catering to an individual child's need rather than generic autism. My sons arthritis has also been thoroughly supported alongside his Autism.

Refreshing. Autism Angels is a safe space that my family can relax in and be their true selves which is a rarity.

I found it to be a place where children and families can feel comfortable, confident and empowered. The team are very welcoming and ensure that everyone can join in at their own level and feel confident when they leave.

A joyous, freeing, accepting space where my whole family is welcome to be exactly who they are. No pretending, performing or trying to fit in. It is a little bit of magic.



A good community feel with everyone getting involved and helping each other.

Autism Angels have been a shining light in our lives since first starting to go in November. We have had some really challenging times through lockdown and the opportunity to see James so happy and comfortable with the animals and people has been wonderful. The team have a way of bringing out the best in him. As a parent it is a wonderful opportunity to focus on all of his positive characteristics which is good for us all as a family.

I am working busy shifts. Autism Angels have provided support to my son with autism and my wife supporting him in lockdown. He could not wait to tell me about his horse riding the first time he had a day riding. Offering core strength on the horse as well for his arthritis is an amazing addition to the support Autism Angels has given.



Absolutely fantastic



We have now settled into our new home and have already seen the benefits of our new environment such as families appreciating access to nature and being away from internet access. There is space for children to move freely and safely, exploring nature with parents able to see their children and themselves relax, take a breath and become more mindful.

At Autism Angels we continue to strive for best practice whilst also thinking outside of the box and using therapeutic coaching to support families and children who are struggling with everyday life.

“We have all massively benefitted today.”

Fantastic. The snow was very special. We love being outdoors. This is a safe outdoor space with lots of room. Amazing to see my daughters smile get bigger as she tides towards me on Paco. She wouldn't leave at the end - too busy with the fire.



We as a family can't thank Autism Angels enough, they have helped us more than they will ever know. My son is like a different child, so much more happy, calm and able to share his feels more. Plus I am so much more aware of my own behavior when helping my son, I feel stronger and more confident. They really have changed and live for the better and we are forever grateful to the whole team. Just a shame we still can't do anything with them still.



As a parent I love going, whilst my child has been struggling so much with his anxiety it has meant we've not left the house for more than 10 minutes and some days not at all. So it really helps to know that he feels safe enough to battle with his anxiety to come and see everybody. Even when he's having a tough day and feels as though the challenge is too much the no pressure approach means that he can try in his own time and build his confidence. In a short time he has achieved so much. The fact he overcomes so much to even leave the house and then be able to get in the car and meet new people, yes he has found it incredibly tough but the fact he has persevered shows how much it means to him too.



Autism Angels is absolutely fantastic. Every experience we have had with the team has been positive. Our son lights up when we are on our way there and is overjoyed to be there. Having found somewhere that makes him so happy and relieves him of his everyday anxieties provides stress relief for the whole family. We recently had our first trip there as a family of four - it was just wonderful to spend such a happy afternoon there together without any need to worry. The team are so supportive and understanding of the everyday issues that our son and we face and there is zero judgement from them. They take time to explain the thought process behind everything that they do and in doing so help us to see how we can adapt our behaviour to help our son. We are so thankful to have found this wonderful charity, they make such a positive difference to our lives and they work so hard to do so.

thank you!

Case Study

George and I have been attending Autism Angels since February of this year. We have attended the taster session, six 1:1 sessions and we have been attending the Wellbeing Wednesday sessions weekly for the past couple of months.

There are so many benefits for us attending Autism Angels, it really has been invaluable for both of us.

My son has Autism with challenging behaviour. He really struggles to attend school 5 days a week due to the school environment. Since going to Autism Angels Wellbeing day he is able to regulate himself more at school and is happier on the days he does attend. Without Autism Angels I am not sure he would be able to cope with being in a school environment at all. The Wednesdays allow him to have respite from school, to re charge, be in the outdoor environment, have some exercise, connect with nature, learn different skills, such as setting boundaries and social skills with the children and have fun! He has also been able to establish and maintain friendships, something that he struggles with a lot.

George has worked as part of a team with the staff and children to care for the horses. He has showed real empathy for the horses and has a real bond with Blackjack. He talks to Blackjack and tells him how he is feeling and takes a soft toy Blackjack around with him everywhere which brings him comfort in times that he needs it.

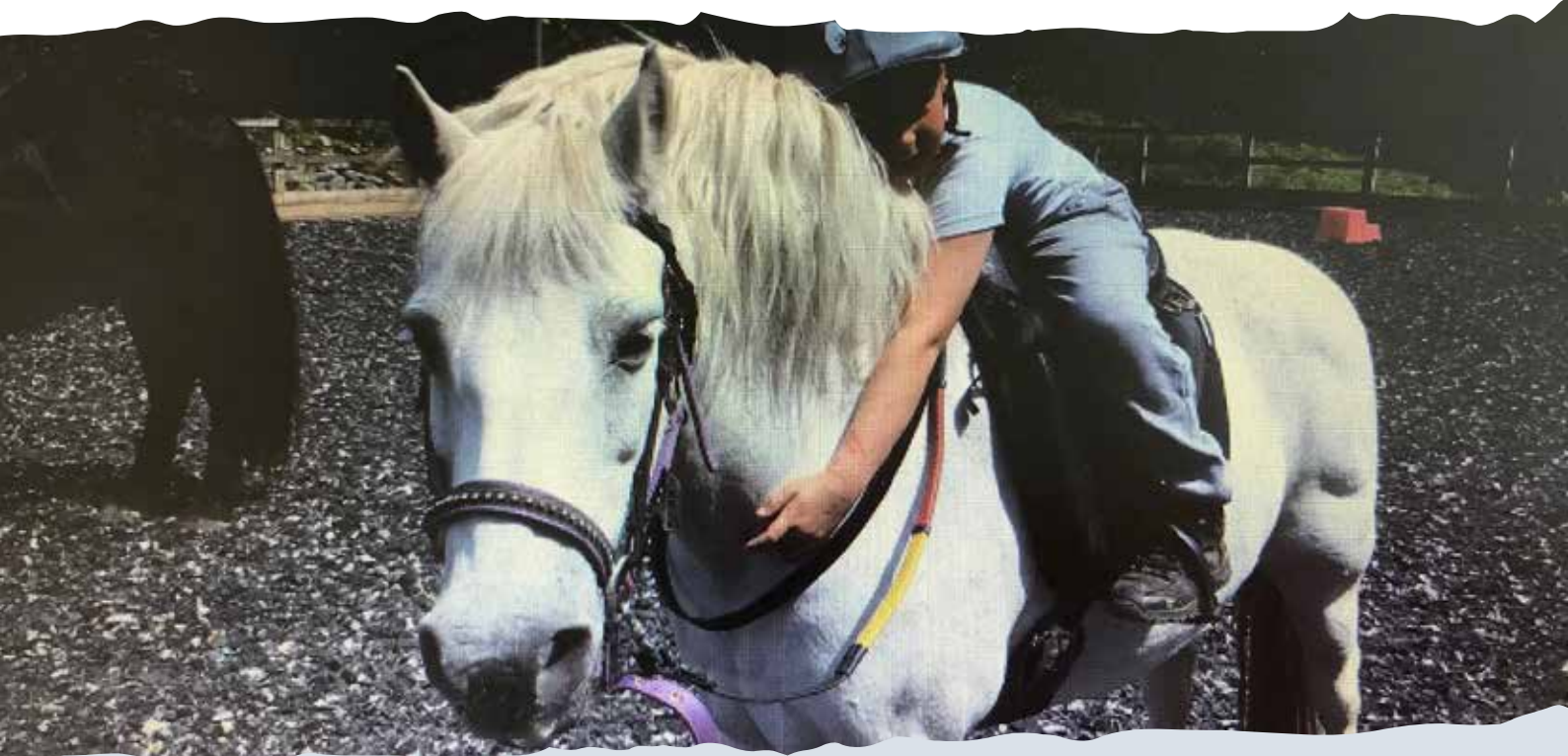
With Sarah's guidance he is also understanding his feelings and behaviour and the reduction in his challenging behaviour, especially at home has been huge. His self-esteem and confidence has also improved dramatically. He trusts Sarah and sees her as an adult he can talk to about his feelings and who he can express how life is for him.

For myself as a part time social worker and carer the sessions have been vital for my wellbeing also. The 1:1 sessions were fantastic for improving my mental health, which really was at a low point when I started due to the enormity of my caring role. The Wellbeing sessions have given me the opportunity to spend time with parents on the same wavelength, who understand and are going through similar journeys to mine and my sons. I have also found the support from the staff and volunteers at Autism Angels to be invaluable to my wellbeing and maintaining good mental health and physical health. The sessions have also given me an opportunity to reconnect with horses which is something I have missed for a long time.

Autism Angels has given us a sense of worth, belonging, acceptance and a community where we can thrive and be the best we can be. I feel I am not alone anymore in my parenting journey and am forever grateful for crossing paths with Autism Angels.

Felicity Hubbard

Social Worker and Parent



Referrals

We receive referrals through:

SCHOOLS

PRIVATE

NHS

SOCIAL

**word of
mouth**

MEDIA



Why do people come to us:

Eating-Disorders

Trauma

Depression

Stress

Self esteem

Fear

Socialising

Isolation as a family

Attachment issues

Autism

Nowhere else to turn

mental health

Abuse

Shame

Neglect

Anger issues

Bullying

Struggling at School

Marriage breakdown

Nothing else has worked

Not coping

Sexuality

Loneliness

Insecurity

Animals

Nature

Confidence building

IMPACT OF WORK

Impact of sessions on people

Adults

increase happiness
improved resilience
reduce medication
Remove self from abusive relationships

Improved medical conditions
less stressed
Improve family dynamics
Back to work

Improved confidence

Children

More Compassionate
Less aggressive
reduce medication
Improved speech
Increased self esteem
Returned to school
Increased self awareness

More empathetic
Improved medical conditions
Stopped self harming
Improved communication with family peers
Reduced anxiety
Stopped physical violence
Won awards in school
Engaged in school

Volunteers

Recruitment was down in this year and we made the decision to not take on any more new volunteers until we knew what was happening with the pandemic. However, our regular volunteers were as committed as ever and found the volunteering gave them a sense of normality and were grateful to see people and be able to support others.

Here's what one volunteer had to say.....

I volunteer for autism angels to be part of a team of passionate people who I can learn from and be supported by, while working alongside horses. Autism angels has helped me during the pandemic by creating a space where you can take a break and get in touch with yourself through nature and meet others to ultimately gain a supportive and loving community.

We offer a course of 6 basic sessions of training that have to be completed by everyone. Areas such as the following are covered:

- Personal development
- Horse behaviour and care
- Child psychology and behaviour
- Nuggets of Autism

- Health & Safety
- Safeguarding
- Environmental & Equipment care
- Training techniques and methodology

We have a core volunteer team that are consistently reliable, but we are aiming to recruit more to ease the pressure from the few. Every volunteer is required to complete an online safeguarding programme and complete a DBS application. Our core team complete first aid training every three years, where volunteers are also invited to attend.

Our volunteers continue to be instrumental in our team bringing varying skills such as:

Teachers

University students studying Autism

Care workers

Parents who want to support other families



Achievements

We have provided love and support to 70 families in a safe, non-judgemental environment. Our high expectations of what is possible, alongside raising parents' awareness and support ethos have enabled families to find their own ways and to achieve more than they believed possible. Children who were at risk of exclusion from school have learned to communicate their needs and express their emotions in a healthy way. For some this has led to the children staying in school or moving to a different school in which they could flourish. In other cases, parents have chosen to home educate. Whatever decision the families have made, they have our ongoing support and acceptance.

Kindness of others

The team are, as always, working tirelessly to raise much need awareness and funds for Autism Angels. 2020 was challenging with having to shut our doors for 6 months of the year. We were lucky to be able to cut expenses down and be gifted 3 months half rent from our landlords and a generous donation from the founders father to cover a further 3 months rent. This all supported Autism Angels to survive the pandemic lockdown.

Other donations:

- Waitrose Token Scheme £270
- Yorkshire Resin Coatings £100
- Worshipful Company of Loriners £1000
- Two Ridings Coronavirus Grant £2000
- Groundwork Grants £500
- Clothworkers Grant £1800
- Covid Response Grant £8500
- Lottery Fund £7461
- Local Giving £500
- West Riding Masonic PGM Fund £1600
- Asda £300

Other achievements

Completing 500 mile challenge with 2 horses

Produced a new film promoting AA

Setting up Zoom and WhatsApp support groups

Attended Autism Awareness Conference Sheffield and Leeds

Santa Grottos

Corporate Volunteer Days

2.6 Challenge

Features in



2020 was not the year anyone had expected or hoped for, however there have been some real blessings from the lockdown situation and ones that have added value and resources to our community.

We were able to create a helpline almost immediately where families could call just to have a chat or seek wisdom on how to manage the changes happening around them. This line still remains open to this day.

We were able to set up a wellbeing WhatsApp group where our families could all communicate on a daily basis, sharing their ups and downs and get the support they needed.

Zoom weekly calls were set up so parents could come together to talk to each other about the week and learn new skills from each other.

Parents were able to arrange private zoom calls to speak to a facilitator if they were struggling and need more time to work through their worries.



During the first lockdown we had over 5000 interactions with our families. This was an incredible influx of interactions from our families and we are so proud to have been able to be there to support them during such an unknown time.

We were also able to give local families a safe place to go to have their daily exercise. The change in routines was hard enough for the families and when we offered allocated slots for their daily exercise the families were so pleased to be able to go somewhere where the children felt safe and everyone could relax.

As soon as we got the go ahead to re-open in September, having spoken to the council and police to confirm we were classed as a support service, our email was flooded with enquiries.

We understand that it has been a hugely challenging year for most people and we have been thrilled that we could be there to support our families. Our team is very proud of this achievement.

We were also able to put a new accounting system in place and go through NYCC licencing process.



Our Year in Photos

September

Kids Club



October

Training for 500 mile walk



November

Corporate volunteer days



December

Santa grottos



January

Doing and completing 500 with horses



February

Tasters



Our Year in Photos

March

Kids club/family sessions



April

Fundraising including 2.6 challenge



May

Lockdown helpline, zoom calls, well-being
Monday nights



June

Looking after the horses



July

The Farm was available as a safe
space for our families to get outdoors



August

Preparing the centre for more families coming in September



Thank you to the following on behalf of the trustees

We'd like to thank the exceptional Autism Angels Team including the volunteers and horses. Our dedicated team are second to none with the work they do to support families and children. We can't thank you all enough for your continued dedication and commitment with particular mentions to Amanda W, Yvonne W, Jess DN and Tina H for your extra hard work and dedication.

Autism Angels Supporters – We would like to thank all our supporters from those of you who raise funds for us, host collection tins, help us spread the word and who help us at the farm. You are all incredible and we couldn't do it without you.

Two Ridings HSE Country Store The Fuse Creative Marketing

- Julie Shaw who raised £425 doing a skydive
- Nun Monkton who raised £250 Carol Singing
- M&S Knaresborough Foodhall £500
- Sole Mates Footwear £113
- Catherine Flynn-Cartwright/Asda office £217
- Paddy Hammond Marathon training raised £670
- YRC £200 for tack
- Lucy Hammond raised £611 walking 2.6 miles as part of the 2.6 challenge
- Jakob and Eliana raised £326 walking 2.6 miles as part of the 2.6 challenge

Fundraisers

To all you amazing people who get out there and run, climb mountains, jump out of perfectly good planes and bake cakes. You guys rock and we can't wait to see what you will be up to next.

Families

For their continued support – We are equally supported by our families as we support them. Thank you for your continued love, encouragement and hugs.

Volunteers

Thank you to our awesome volunteers. They make our jobs so much easier and are highly valued members of our team.

Corporate Sponsors

Thank you to all our fabulous corporates who donate their time and money to support our families. We certainly got the place cleaned up faster when you all got involved.

ASDA Waitrose
WMG Digital Marketing Financial Force
Betty's & Taylors Inson Harrison Persimmons

There are so many people to thank and it's hard to capture them all on here but thank you all from the bottom of our hearts for all your continued support and encouragement. We are so blessed to have you supporting our community.

The Future



Currently we have an influx of families needing support with mental health issues going through the roof. We have particularly seen an increase in teenage girls struggling.

We have never been so busy and were recently awarded funding to secure a bid writer to find much needed funds to support the demand.



We have a solid team of facilitators, trustees and volunteers that have been consistent during this turbulent time. We have established quality services that meet the current needs of our families and are delivering to 80% capacity with waiting lists on two of the services we are currently offering and at 80% capacity on other services.

The future looks bright for Autism Angels. The team are set to deliver services into the foreseeable future, new trustees are in place and dedicated to the sustainability of the charity and our volunteers are young and growing with the learning they are receiving from the experience.

Our future plans are to build on these solid foundations to be able to reach even more families whilst keeping our relaxed atmosphere and natural environment.

We have just taken on an extra room at the farm that provides more warmth, electric and running water for the cooler months of the year. We aim to grow our own vegetables, have a fire pit and be able to cook healthy foods.

We will continue to grow by word of mouth and use our Facebook and WhatsApp groups to let people know what we have on offer.

Right now our main priority is to secure funds to reduce costs for our families so they can continue to access the support they need. New research shows that there is a high link between Autism and mental health and we aim to support children at a young age so this pandemic doesn't continue to escalate.

We will continue to develop our teams skills and work towards delivering to full capacity as and when funds and the current situation enables us.

We look forward to 2021-2022 and welcoming more families to the farm.



Autism Angels Ltd Information

Directors and trustees

The directors of the charitable company (the charity) are its Trustees for the purpose of charity law. The trustees and officers who served during the year were as follows:

Key Management Personnel for 2019 - 2020

Trustees/Directors

Joanne Lynn Richardson (resigned 16 March 2020)

Elizabeth Maw (resigned 3 March 2020)

Sarah Kekoa

Howard Whittaker (appointed 3 March 2020)

Amanda Whittaker (appointed 3 March 2020)

Chair

Sarah Kekoa

Treasurer

Elizabeth Maw (resigned 3 March 2020) Howard Whittaker (appointed 3 March 2020)

Secretary

Joanne Lynn Richardson (resigned 16 March 2020) Amanda Whittaker (appointed 3 March 2020)

Note: Due to the current situation with the pandemic we did not take on any new trustees to enlarge the board for this time period. However we did advertise that we were looking to take on new trustees in 2021

Structure, governance and management

Governing Documents

The charity is governed by its articles of association, which are based on the model articles for a charitable company. These were initially approved on 06 August 2012 and subsequently amended 10 October 2014.

Appointment of trustees

Trustees are appointed by the members in accordance with the provisions contained in the Articles of Association.

Trustee training and induction

New trustees are briefed on their obligations under charity law, the constitution of the charity and on the Charity Commission Guidance on public benefit. Trustees attend external training events to facilitate the undertaking of their role, where appropriate.

Organisational structure

The Board of Trustees administers the charity and appointed Sarah Kekoa (Shearman) (a Trustee) to act as Chair on 13 February 2015. She also deals with the day to day operational matters and manages the Centre.

Risk management

The trustees have a risk management strategy which comprises:

- Periodic reviews of the risks the charity.
- The establishment of systems and procedures to mitigate the identified risks.

This work has identified that financial sustainability is the major financial risk. Attention has also been focused on non-financial risks arising from child protection issues, fire, health and safety of employees, associated members and members of the public. A key element of the management of financial risk is the retention of adequate working capital.

The trustees are satisfied that systems and procedures are in use to adequately manage the risks to which the charity is exposed.

Autism Angels Ltd Information

The free reserves of the charity as at 31 August 2020 were £17,836 (2019 - £42,369) which is a fall from the prior year due to the impact of COVID-19. This is the equivalent of 3 months expenditure of the charity

Risk management

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- Periodic reviews of the risks the charity.
- The establishment of systems and procedures to mitigate the identified risks.

This work has identified that financial sustainability is the major financial risk. Attention has also been focused on non-financial risks arising from child protection issues, fire, health and safety of employees, associated members and members of the public. A key element of the management of financial risk is the retention of adequate working capital.

The trustees are satisfied that systems and procedures are in use to adequately manage the risks to which the charity is exposed.

Reference and administrative details

Charity number 1160289

Company number 8168948

Principal / registered office 71 West Cliffe Terrace, Harrogate, HG2 0PU

Advisors

Independent Examiner:

Sarah Wearing, Partner: HPH Chartered Accountants 13 Hornbeam Square South, Harrogate HG2 8NB

Bankers

Barclays, 15 James Street, Harrogate HG1 1QX

Related parties

Related party transactions are set out at note 8 to the financial statements.

Trustees responsibilities in relation to the financial statements

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

Company and charity 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 for that year. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and estimates that are reasonable and prudent;
- state whether applicable UK 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

Autism Angels Ltd Information

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the 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 preparing this report advantage has been taken of the small companies exemption within Part 15 of the Companies Act 2006.

Approved by the Board of Trustees and signed on behalf of the Board of Trustees on 30 June 2021.

Howard Whittaker



AUTISM ANGELS LTD

(A company limited by guarantee)

STATEMENT OF FINANCIAL ACTIVITIES (INCOME AND EXPENDITURE ACCOUNT) YEAR ENDED 31 AUGUST 2020

	Note	Unrestricted funds £	Restricted funds £	2020 £	2019 £
INCOME					
Donations and legacies	3	41,509	5,400	46,909	150,687
Charitable activities	4	4,536	-	4,536	21,182
Other trading activities					
Fundraising		943	-	943	3,487
TOTAL INCOME		46,988	5,400	52,388	175,356
EXPENDITURE					
Raising Funds	6	7,925	-	7,925	19,933
Charitable activities	7	64,390	2,000	66,390	112,489
TOTAL EXPENDITURE		72,315	2,000	74,315	132,422
Net (expenditure)/ income before transfers		(25,327)	3,400	(21,927)	42,934
Transfers between funds		1,600	(1,600)	-	-
Net movement in funds		(23,727)	1,800	(21,927)	42,934
Reconciliation of funds					
Total funds brought forward	12,13	50,843	3,000	53,843	10,909
Total funds carried forward	12,13	£ 27,116	£ 4,800	£ 31,916	£ 53,843

All activities derive from continuing operations.

The notes on pages 30 to 36 form part of the accounts.

AUTISM ANGELS LTD

(A company limited by guarantee)

BALANCE SHEET AS AT 31 AUGUST 2020 Company registration number: 08168948

	Note	2020		2019	
		£	£	£	£
FIXED ASSETS					
Tangible Assets	9		9,280		8,474
CURRENT ASSETS					
Debtors	10	6,143		-	
Cash at Bank and in hand		20,777		48,451	
		<u>26,920</u>		<u>48,451</u>	
LIABILITIES: amounts falling due within one year	11	<u>(4,284)</u>		<u>(3,082)</u>	
NET CURRENT ASSETS			22,636		45,369
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>31,916</u>		<u>53,843</u>
NET ASSETS			<u>£ 31,916</u>		<u>£ 53,843</u>
THE FUNDS OF THE CHARITY					
Restricted Funds	12		4,800		3,000
Unrestricted Funds					
- Undesignated	13,14		17,836		42,369
- Designated	13,14		9,280		8,474
TOTAL FUNDS			<u>£ 31,916</u>		<u>£ 53,843</u>

For the financial year ended 31 August 2020, the Charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies. The Members have not required the Charitable 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 financial statements have been prepared in accordance with the special provisions of Part VII of the Companies Act 2006 relating to small companies.

The notes on pages 30 to 36 form part of the accounts.

These financial statements were approved by the trustees on 30 June 2021 and signed on its behalf by:

Sarah Kekoa - Trustee

AUTISM ANGELS LTD

(A company limited by guarantee)

NOTES TO THE ACCOUNTS FOR YEAR ENDED 31 AUGUST 2020

1 GENERAL INFORMATION

The Charitable Company is a private company limited by guarantee, which is incorporated and registered in England and Wales (no.08168948). The Charity number is 1160289. In the event of the company being wound up or dissolved the members are required to contribute an amount not exceeding £10.

The address of its registered office is 71 West Cliffe Terrace, Harrogate, England, HG2 0PU.

2 ACCOUNTING POLICIES

2.1 Basis of preparation of accounts

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Autism Angels Ltd meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

2.2 Going Concern policy

During the year COVID-19 had a large impact on the charities ability to raise funds and provide sessions in person.

The Trustees have a reasonable expectation that the Charitable Company has adequate resources to continue in operational existence for the foreseeable future. They continue to adopt the going concern basis of accounting in preparing the annual financial statements.

2.3 Fund accounting

The trustees have a defined policy for identification of different types of income:

- a) Designated funds are unrestricted funds but are specifically earmarked by the Trustees for a particular purpose.
- b) Restricted funds are only to be used for the specific purpose laid down by the donor. Expenditure which meets this criteria is charged to the fund.
- c) Unrestricted funds are the residue of income receivable or generated from the objects of the charity without further specified purposes and are available as general funds.

2.4 Income

All income is recognised in the statement of financial activities when the conditions for receipt have been met and there is reasonable assurance of receipt. Except for the following:

Grants receivable

Grants for immediate expenditure are accounted for when they become receivable. Grants received for specific purposes are treated as restricted funds. Grants which are received for a future accounting period are deferred and recognised in those periods.

Capital Grants for specific fixed assets are included in restricted income when received. Once the asset is purchased these monies are transferred to unrestricted funds unless there is a restriction on the disposal of the asset. If so, the net book value of the asset is shown as a restricted fund.

AUTISM ANGELS LTD

(A company limited by guarantee)

NOTES TO THE ACCOUNTS FOR YEAR ENDED 31 AUGUST 2020

2 ACCOUNTING POLICIES (continued)

2.5 Expenditure

Expenditure is recognised on a accruals basis. Expenditure includes any VAT which cannot be recovered and is reported as part of the expenditure to which it relates.

Costs of generating funds	- costs associated with attracting voluntary income.
Charitable activities	- costs incurred by the Charitable Company in delivering its counselling services to clients. It includes costs that can be allocated directly and those of an indirect nature necessary to support them.
Support costs	- allocated to charitable activities on an actual basis.
Governance costs	- costs associated with meeting the constitutional and statutory requirements

2.6 Tangible fixed assets and depreciation

Fixed assets for the Charitable Company to use are capitalised at cost. Donated assets are valued at market value on donation. They are stated in the accounts at cost/original value less depreciation.

Depreciation is calculated to write off the cost or valuation of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Equipment, fixtures and tools	10% to 33.3% straight line basis per annum
-------------------------------	--------------------------------------------

2.7 Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

2.8 Cash at bank and in hand

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

2.9 Creditors

Creditors are recognised where the Charitable Company has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors are normally recognised at their settlement amount after allowing for any trade discounts due.

2.10 Financial Instruments

The Charitable Company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

AUTISM ANGELS LTD

(A company limited by guarantee)

NOTES TO THE ACCOUNTS FOR YEAR ENDED 31 AUGUST 2020

	Unrestricted Funds 2020 £	Restricted Funds 2020 £	Total Funds 2020 £	Total Funds 2019 £
3 DONATIONS AND LEGACIES				
Donations and gifts	25,048	-	25,048	144,687
Grant income	16,461	5,400	21,861	6,000
	<u>£ 41,509</u>	<u>£ 5,400</u>	<u>£ 46,909</u>	<u>£ 150,687</u>

Restricted donations and legacies in 2019 was £5,000.

The Charitable Company also benefits greatly from the involvement and enthusiastic support of its many volunteers. In accordance with Charities SORP, the economic contribution of general volunteers is not recognised in the accounts.

4 INCOME FROM CHARITABLE ACTIVITIES

Session fees	<u>£ 4,536</u>	<u>£ -</u>	<u>£ 4,536</u>	<u>£ 21,182</u>
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5 TOTAL STAFF COSTS

The key management personnel of the Charitable Charity comprise the trustees, see note 8 for details of transactions. No staff are directly employed by the charity.

6 FUNDRAISING EXPENDITURE

Fundraising and event costs	2,600	-	2,600	18,894
Advertising and promotion	5,325	-	5,325	1,039
	<u>£ 7,925</u>	<u>£ -</u>	<u>£ 7,925</u>	<u>£ 19,933</u>

AUTISM ANGELS LTD

(A company limited by guarantee)

NOTES TO THE ACCOUNTS FOR YEAR ENDED 31 AUGUST 2020

7 ANALYSIS OF TOTAL EXPENDITURE

	Unrestricted Funds 2020 £	Restricted Funds 2020 £	Total Funds 2020 £	Total Funds 2019 £
7.1 Charitable activities				
Horse and animal expenses	6,836	-	6,836	22,083
Faciliators	5,220	2,000	7,220	37,936
Food and refreshments	539	-	539	1,408
Equipment	2,925	-	2,925	1,153
Training	639	-	639	1,110
Management fee	15,900	-	15,900	9,900
Support costs (below)	30,058	-	30,058	33,526
Governance costs (below)	2,273	-	2,273	5,373
	£ 64,390	£ 2,000	£ 66,390	£ 112,489
7.2 Support costs				
Rent and facilities costs	7,706	-	7,706	9,737
Office costs	9,343	-	9,343	13,452
Computer costs	610	-	610	61
Telephone	1,402	-	1,402	1,253
Printing and stationery	209	-	209	70
Repairs and maintenance	3,281	-	3,281	4,339
Insurance costs	3,103	-	3,103	1,877
Travel costs	1,299	-	1,299	835
Sundry costs	711	-	711	1,736
Depreciation	2,394	-	2,394	166
	£ 30,058	£ -	£ 30,058	£ 33,526
7.3 Governance costs				
Independent examiner's fee	1,080	-	1,080	1,080
Professional fees	1,193	-	1,193	4,293
	£ 2,273	£ -	£ 2,273	£ 5,373

AUTISM ANGELS LTD

(A company limited by guarantee)

NOTES TO THE ACCOUNTS FOR YEAR ENDED 31 AUGUST 2020

8 RELATED PARTIES AND TRUSTEE TRANSACTIONS

Trustee Transactions

An amount of £18,216 (2019 - £22,506) was paid to a business operated by S Kekoa (a trustee) for time spent in management and facilitation as well as £nil (2019 - £13,337) for fundraising work. In 2019 £5,300 was paid to that business under a shared services agreement to cover of property and other costs, such as phone, utilities insurance and horse care jointly incurred by the charity and the business.

No trustees were reimbursed for expenses other than the transactions disclosed above.

Related Parties

There are no other related parties transactions other than the trustee transactions disclosed above.

9 TANGIBLE FIXED ASSETS

	Fixtures & Fittings £	Equipment £	Total £
Cost			
At 1 September 2019	8,400	1,434	9,834
Additions	3,200	-	3,200
At 31 August 2020	11,600	1,434	13,034
Depreciation			
At 1 September 2019	-	1,360	1,360
Charge for year	2,320	74	2,394
At 31 August 2020	2,320	1,434	3,754
Net Book Amounts			
At 31 August 2020	£ 9,280	£ -	£ 9,280
At 31 August 2019	£ 8,400	£ -	£ 8,474

	2020 £	2019 £
10 DEBTORS		
Trade Debtors	6,143	-
	£ 6,143	£ -

AUTISM ANGELS LTD

(A company limited by guarantee)

NOTES TO THE ACCOUNTS FOR YEAR ENDED 31 AUGUST 2020

	2020	2019			
	£	£			
11 LIABILITIES: Amounts falling due within one year					
Trade Creditors	2,962	1,700			
Accruals	1,322	1,382			
	£ 4,284	£ 3,082			
 12 RESTRICTED FUNDS					
	Balance at 1 September 2019	Income	Expenditure	Transfers	Balance at 31 August 2020
Current year	£	£	£	£	£
Playground	3,000	-	-	-	3,000
Helpline and support	-	2,000	(2,000)	-	-
Recording equipment	-	1,800	-	-	1,800
Container unit	-	1,600	-	(1,600)	-
	£ 3,000	£ 5,400	£ (2,000)	£ (1,600)	£ 4,800
	Balance at 1 September 2018	Income	Expenditure	Transfers	Balance at 31 August 2019
Prior year	£	£	£	£	£
Playground	3,000	-	-	-	3,000
Horse Sessions	-	5,000	(5,000)	-	-
	£ 3,000	£ 5,000	£ (5,000)	£ -	£ 3,000

Playground - Monies received for the installation of a playground from the local fence club.

Helpline and support - Money received for the continuation of the helpline and support groups.

Recording equipment - Money was received for the purchase of recording equipment.

Container unit - Money was received for the purchase of a container unit in the year.

Horse sessions - Monies received for the provision of sessions with Horses from Sport Tech.

AUTISM ANGELS LTD

(A company limited by guarantee)

NOTES TO THE ACCOUNTS FOR YEAR ENDED 31 AUGUST 2020

13 UNRESTRICTED FUNDS	Balance at 1 September 2019 £	Income £	Expenditure £	Transfers £	Balance at 31 August 2020 £
Current year					
<i>Designated</i>					
Fixed Assets	8,474	-	(2,394)	3,200	9,280
<i>Undesignated</i>					
Free reserves	42,369	46,988	(69,921)	(1,600)	17,836
Total Unrestricted Funds	<u>£ 42,369</u>	<u>£ 46,988</u>	<u>£ (72,315)</u>	<u>£ 1,600</u>	<u>£ 27,116</u>
Comparative year	Balance at 1 September 2018 £	Income £	Expenditure £	Transfers £	Balance at 31 August 2019 £
<i>Undesignated</i>					
<i>Designated</i>					
Fixed Assets	-	-	(166)	8,640	8,474
<i>Undesignated</i>					
Free reserves	7,909	170,356	(127,256)	(8,640)	42,369
Total Unrestricted Funds	<u>£ 7,909</u>	<u>£ 170,356</u>	<u>£ (127,422)</u>	<u>£ -</u>	<u>£ 50,843</u>

Designated Funds

The Fixed Asset Fund represents the level of money invested in fixed assets for the use of charity.

14 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted		Restricted Funds £	Total Funds £
	Undesignated Funds £	Designated Funds £		
Current year				
Tangible Fixed Assets	-	9,280	-	9,280
Current Assets	22,120	-	4,800	26,920
Current Liabilities	(4,284)	-	-	(4,284)
At 31 August 2020	<u>£ 17,836</u>	<u>£ 9,280</u>	<u>£ 4,800</u>	<u>£ 31,916</u>
Comparative year				
Tangible Fixed Assets	-	8,474	-	8,474
Current Assets	45,451	-	3,000	48,451
Current Liabilities	(3,082)	-	-	(3,082)
At 31 August 2019	<u>£ 42,369</u>	<u>£ 8,474</u>	<u>£ 3,000</u>	<u>£ 53,843</u>

Independent Examiner's Report

AUTISM ANGELS LTD
(A Company Limited by Guarantee)

Independent examiner's report to the trustees

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 August 2020, which are set out on pages 28 to 36.

This report is made solely to the charitable company's trustees, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006 and the charitable company's trustees as a body in accordance with section 154 of the Charities Act 2011. My independent examiner's work has been undertaken so that I might state to the charitable company's trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charitable company, the charitable company's members as a body and the charitable company's trustees as a body for my independent examiner's work, for this report, or for the opinions I have formed.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities.

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.

Sarah Wearing, FCA, DChA
8 July 2021

HPH, Chartered Accountants
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Hornbeam Park
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Registered Charity No. 1160289



**Autism
Angels**