

# ASPERGER LONDON AREA GROUP (ALAG)

England & Wales · Charity number 1160477

## Details

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**Other names** ASPERGER LONDON AREA GROUP, ALAG

**Status** Registered

**Legal form** CIO

**Registered** 2015-02-13

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

## Contact

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c/o Voluntary Action Islington  
200A Pentonville Road  
N1 9JP

**Phone** 07435560568

**Email** [info@alag.org.uk](mailto:info@alag.org.uk)

**Website** [www.alag.org.uk](http://www.alag.org.uk)

## Activities

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**Objects:** 1. TO RELIEVE THE NEEDS OF ADULTS WITH ASPERGER SYNDROME AND RELATED CONDITIONS AND THEIR FAMILIES AND CARERS ESPECIALLY THOSE LIVING AND WORKING IN THE GREATER LONDON AREA BY PROVIDING SUPPORT, INFORMATION AND ADVICE. 2. TO ADVANCE THE EDUCATION OF THE PUBLIC IN ASPERGER SYNDROME AND RELATED CONDITIONS, IN PARTICULAR AMONG THOSE WHO WORK WITH PEOPLE WHO HAVE SUCH CONDITIONS.

**Activities:** ALAG provides invaluable social support to high functioning but vulnerable adults on the autism spectrum. We support individuals to understand their diagnosis and provide the social and emotional support essential to their well-being. ALAG offers information, advice and guidance to our members and associates, supporting them to access services and engage in their community.

## Classification

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- **How:** Provides Advocacy/advice/information
- **What:** Disability
- **Who:** People With Disabilities

## Geography

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- Throughout London

## Finances

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| Period end | Income   | Expenditure | Assets | Employees |
|------------|----------|-------------|--------|-----------|
| 2025-03-31 | £279,694 | £241,067    | -      | -         |
| 2024-03-31 | £273,685 | £180,553    | -      | -         |
| 2023-03-31 | £250,550 | £144,473    | -      | -         |
| 2022-03-31 | £181,299 | £94,379     | -      | -         |
| 2021-03-31 | £59,824  | £28,488     | -      | -         |

## Trustees

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| Name                 | Role  | Appointed  |
|----------------------|-------|------------|
| <b>JOHN HARRISON</b> | Chair | 2014-08-31 |
| Christian Leibl      |       | 2024-12-19 |
| Dr Jason Crabtree    |       | 2016-04-01 |
| Nicholas Stone       |       | 2020-01-02 |

**ASPERGER LONDON AREA GROUP (ALAG)**

England & Wales - Charity number 1160477

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# Accounts

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# ALAG/Autism Hub

Registered Charity No. 1160477

## TRUSTEES' REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

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# **ALAG/Autism Hub (Asperger London Area Group)**

**Registered Charity No. 1160477**

## **ORGANISATIONAL PROFILE** **FOR THE YEAR ENDED 31 MARCH 2025**

### **TRUSTEES**

|            |                 |               |
|------------|-----------------|---------------|
| Chair      | John Harrison   |               |
| Vice Chair | Jason Crabtree  |               |
| Secretary  | Nick Stone      |               |
| Treasurer  | Chrsitian Leibl |               |
|            | Jennifer Barker | resigned 2024 |
|            | Ricki Rittstieg | resigned 2024 |

**REGISTERED OFFICE:** C/o VAL, 200A Pentonville Road  
London  
N1 9JP

**BANKERS:** National Westminster BankPlc  
490 Holloway Road  
London  
N7 6HN

**ACCOUNTANT/  
INDEPENDENT EXAMINER:** Charles Osei, BSc (Hons), MSc, FCIE, AFA, ATA, MCIPP  
Flat 3, 11 Rochdale Way  
Deptford London  
SE8 4LY



**ALAG**  
Asperger London Area Group

**autism**  
**hub** ●●●

**ALAG/Autism Hub –**  
**Trustees' Annual Report**

From 1 April 2024 to 31 March 2025

Charity name: ALAG (Asperger London Area Group)

Charity registration number: 1160477



## **About ALAG and the Autism Hub**

ALAG (Asperger London Area Group) has been a registered charity since 2015, providing vital support to autistic adults without a learning disability across London. As a pan-London membership organisation, we collaborate with statutory services and the voluntary sector to advocate for this often-overlooked group and to ensure their needs are recognised and addressed.

Our mission is to improve the wellbeing, confidence, and independence of autistic adults through tailored, practical support. A cornerstone of this work is the Autism Hub, established in 2018 in the London Boroughs of Islington and Camden. The Hub is a user-led service, designed by and for autistic adults who frequently fall through gaps in mainstream provision. Many are told they do not meet eligibility criteria, leaving them without the essential support they require. The Hub bridges this gap, connecting individuals to resources, services, and opportunities that enhance quality of life.

The Autism Hub delivers a wide range of services, including advocacy, peer support, specialist advice, information, and signposting for service users, families, carers, and professionals. In addition, the Hub offers autism-informed counselling and bespoke, autism-led training to external partners, organisations, and professionals. These services not only provide direct support to autistic adults but also build wider awareness, capacity, and expertise within the community, creating a sustainable, positive impact across London.

## **Overview**

The Trustees of ALAG (Asperger London Area Group) and its affiliate, the Autism Hub have considered the guidance issued by the Charity Commission on public benefit in the operation of this charity.

Over the past financial year, ALAG/Autism Hub has strengthened its financial position through successful local authority funding applications and focusing expenditure/ investments. This has allowed the recruitment of paid staff to work alongside our volunteers, enabling the delivery of a broader range of services and extending support to autistic adults who do not have a learning disability.

The Board of Trustees, in collaboration with the Chief Executive, has continued to implement policies and procedures designed to maintain high standards of service delivery and ensure compliance with funders' expectations. Trustees are pleased that local authorities recognise the value of our work, and express their gratitude to all those who contributed to securing this funding.

As responsible custodians of public funds, the Board of Trustees remains committed to ensuring that all services are delivered in accordance with the agreed purposes of the funding, with robust oversight, governance, and accountability measures in place.



## **Governance**

ALAG/Autism Hub operates with a clearly defined management structure, ensuring that strategic and operational decisions are made effectively and with appropriate oversight. Trustees' meetings are scheduled a minimum of four times per year, and, in line with our approved governance framework, meetings continue to be held online, as authorised by the Charity Commission.

The Board of Trustees currently comprises five members. During this reporting period, a new Treasurer was appointed following the resignation of the previous postholder in February 2024. In the interim, the Chair and Vice-Chair assumed additional responsibilities to ensure that the organisation continued to meet its statutory and regulatory obligations. External advice was sought from professionals with expertise in finance and the charitable sector to support continuity and maintain robust governance during this transition.

Additionally, one long-standing trustee stepped down during the year for health reasons. The organisation has since begun recruiting additional trustees, with a particular focus on strengthening oversight of service operations. Expanding the board's skills and experience will further enhance its effectiveness and ensure continued strategic leadership. Trustees remain actively engaged in governance, safeguarding, and compliance, providing assurance that the organisation's management and decision-making processes are robust and well-maintained.

The ALAG/Autism Hub Board of Trustees:

John Harrison - Chair  
Jason Crabtree - Vice Chair  
Christian Leibl - Treasurer (appointed 19 December 2024)  
Nick Stone - Secretary  
Ricki Rittstieg – Trustee (resigned 01 September 2024)

## **Staff & Volunteers**

ALAG/Autism Hub's operations and service provision have continued to expand during the 2024/2025 reporting period. Since the last reporting cycle, we have recruited an additional member of staff, increased contracted hours for existing staff from part-time to full-time, and supported internal progression through role development. ALAG/Autism Hub intends to continue expanding its workforce in line with service demand and strategic priorities.

Our staffing model comprises a combination of employed and self-employed specialist practitioners to ensure the delivery of high-quality, autism-specific services. Trustees are satisfied that workforce development is being managed responsibly and at a sustainable pace, with appropriate oversight in place to maintain service quality and continuity.

During this reporting period, the Chief Executive Officer commenced maternity leave in November 2024, maintaining regular engagement with the organisation through Keeping in Touch (KIT) days. To ensure continuity of leadership and the safe and effective delivery of services, the organisation expanded the role of senior staff and appointed an Operational Lead on a one-year contract to assume key responsibilities previously overseen by the CEO.

Additional adjustments to staff roles were implemented, with team members taking on expanded responsibilities in a structured and supported manner. Trustees are satisfied that



these arrangements have been managed with appropriate oversight, ensuring that safeguarding, service quality, and operational continuity remain uncompromised throughout the period of leadership transition.

### Autism specific counsellors:

The Autism Hub's counselling service is delivered by six self-employed counsellors, all of whom are fully qualified and registered with either the British Association for Counselling and Psychotherapy (BACP) or the National Counselling and Psychotherapy Society (NCPS). The service was initially established with three trainee counsellors, who completed their qualifications while undertaking student placements with the organisation.

The counselling team includes individuals who are autistic, have lived experience, or possess an autism specialism. This expertise ensures that therapy is autism-informed, with appropriate adjustments implemented to meet the needs of each client. The service provides support for individuals to process their diagnosis, understand their autism, and develop strategies to manage anxiety.

All clients are initially offered a package of up to ten sessions of free counselling. Trustees are assured that robust quality assurance measures are in place, including adherence to professional standards, supervision requirements, and safeguarding protocols, to ensure safe and effective service delivery.

### Volunteers & Sessional workers:

ALAG/Autism Hub benefits from a diverse cohort of volunteers who contribute substantial skills and experience. Many are autistic or neurodivergent and initially engaged with us as service users, reflecting the strength and authenticity of our user-led approach.

Volunteers and staff provide support across key operational functions, including website content development, marketing and promotional design, autism training design and delivery, technical support, and administrative tasks. We maintain an autism-informed working environment that prioritises wellbeing, professional growth, and accessible development pathways.

We also engage paid sessional workers to deliver defined activities such as workshops, training sessions, consultations, classes, and public speaking engagements. A number of these individuals first joined us as volunteers and have since transitioned into paid roles as their skills, confidence, and readiness developed. This progression pathway enables participants to access training, build transferable skills, and improve future employment prospects and personal independence.

To ensure we can meet demand and sustain service quality, we continue to expand our delivery capacity through the growth of our staff team, volunteer base, and sessional workforce. As a user-led organisation, we implement growth at a measured and considered pace, ensuring the reasonable adjustments, supervision structures, and wellbeing supports necessary to maintain retention, safeguard staff and volunteers, and ensure long-term sustainability, as well as sustained financial flexibility of our Charity overall

## **Funding and Finance**

ALAG/Autism Hub's financial position has continued to strengthen over recent years. The organisation has maintained strong cash levels, managing expenditures and investments in a way that negate the need for external debt funding. We have successfully secured multi-year grant funding from local authorities, alongside additional support from local community grant funders, contributing to greater financial resilience and improved forward planning.

As outlined in the previous reporting period, trustees and senior leadership have continued to work collaboratively with Camden and Islington Local Authorities to develop a robust business case for ongoing grant funding. This work is intended to ensure the long-term sustainability of the service and support the development of the infrastructure required to meet increasing demand. Trustees remain engaged in oversight of this process and are satisfied that progress continues in line with strategic objectives.

See table.

| <b>Income Source<br/>2024/2025</b>                      | <b>Amount</b>      | <b>Comment</b>  |
|---|--------------------|---|
| <b>Autism Hub – Funding and Projects</b>                |                    |   |
| London Borough of Islington (LBI)- VCS grants programme | £20,000            | VCS grant of £20,000 was secured per year over three years to cover our core costs. Year 1/3  |
| London Borough of Camden (LBC)- Better Care Fund        | £231,200           | Multi-year grant to support the Autism Hub's core offer, build capacity and infrastructure to sustain the service. This grant has been approved through Cabinet. Year 3/3           |
| Islington Cripplegate Foundation                        | £15,000            | Community grant- £15,000 per year for three years to build capacity and cover core costs. Year 3/3  |
| Autism Hub- unrestricted income                         | £2,852.34          | Donations made by regular donors, organisations and corporates and income generated by delivery of Autism Awareness Training workshops.   |
| <b>ALAG- Funding and Projects</b>                       |                    |   |
| NHS England   | £6,970             | Project grant to facilitate and support coproduction, co-chair role, community of practice forum, and consultation as part of NHS England Learning Disability and Autism Programme. |
| ALAG- unrestricted income                               | £1,658.51          | Donations made by regular donors, members, organisations and corporates. This includes donations received from specialist consultancy, and speaking at events.                      |
| ALAG- Membership fees                                   | £1,390             | Membership fees.  |
| <b>Total Income</b>                                     | <b>£279,070.85</b> |   |



### ***Grant Funding Position***

As indicated in the chart, two of our multi-year grants—the LBC Better Care Fund and the Islington Cripplegate Foundation—came to an end during this reporting period, together representing over 88% of our income. We are pleased to report that, following constructive work with LBC commissioners on a new report and funding application, we successfully secured a seven-year grant commencing on 1 April 2025. We also met with our funders at Cripplegate, who expressed strong confidence in our progress and offered a new three-year multi-grant. Final figures for both funding awards will be confirmed in the next reporting period.

In the previous reporting period, we successfully reapplied for the LBI VCS multi-year grant and were awarded an increased amount compared with previous years.

However, funding previously anticipated from the LBI Adult Social Care Commissioning team was not received, resulting in some disruption to services available to Islington residents. Through continued advocacy, combined with the demonstrable needs of local autistic adults and the disparity in available funding between the London Boroughs of Camden and Islington, the Islington Adult Social Care Commissioning team has now committed to awarding £200,000 over a three-year period for support to Islington residents. This funding will begin on 1 April 2025.

### ***Reserves and Income revenue –***

ALAG/Autism Hub maintains six months of unrestricted cash reserves to ensure our capacity to respond to any operational emergencies in a timely and effective manner. In the event that all funding ceased or restricted funds were withdrawn, we would be able to continue delivering core services for a minimum of six months. As grant funding has increased, we are also building our non-committed reserves proportionately with expenditure to ensure effective risk management. This position is reviewed on a quarterly basis.

The organisation does not have any external debt funding in place.

We continue to diversify and increase our income through donations, the delivery of bespoke autism training led by autistic facilitators, and specialist consultation with external partners. ALAG/Autism Hub is actively expanding this portfolio and broadening our training offer to a wide range of organisations, businesses, institutions, and charities.



## **Emerging Themes**

As previously reported, the impact of the pandemic continues to be felt acutely by autistic adults. Heightened anxiety, increased social isolation, bereavement, disrupted routines, and reduced access to health and mental health services have combined with ongoing challenges in housing and employment. Rather than diminishing, these pressures have persisted in the years following the pandemic and have been further exacerbated by the cost-of-living crisis and reductions in welfare support.

During this reporting period, we have observed a significant rise in complex housing issues, including affordability concerns, disrepair, and homelessness. Multiple health conditions and co-occurring needs are becoming more visible, with a noticeable deterioration in mental health across our membership compared with previous years. We have also seen increased hospital admissions, worsening physical health outcomes, severe social isolation, and more complex support requirements. Our counsellors report that many autistic adults continue to experience high levels of anxiety and uncertainty related to finances, housing stability, social care provision, and both physical and mental health needs. These difficulties are compounded by lengthy waiting lists, service backlogs, and under-resourced statutory provision. Alarming, we have encountered instances where autistic adults have been denied access to crisis or mental health support solely on the basis of their diagnosis.

As a result, community-based, user-led organisations such as ALAG/Autism Hub are increasingly required to support individuals while they await statutory intervention or after support has been declined. This places greater demand on the voluntary and community sector and highlights the importance of ensuring sufficient resources, safeguarding oversight, and staff wellbeing to maintain safe, sustainable services.

Persistent inequalities in access to statutory services remain a significant challenge for autistic people. ALAG/Autism Hub is committed to advocating for improved pathways and working collaboratively with commissioners and service providers to address these inequities and enhance service accessibility.

Despite these challenges, ALAG/Autism Hub continues to raise awareness of autism within local communities and across London. As we grow, we aim to further expand our reach, strengthen partnerships, and build capacity to sustain and develop this vital work.

## **Our Work and Impact**

Over the past year, our charity has continued to provide a comprehensive range of specialist services, including counselling, peer support, peer-led activities, workshops, and advocacy. Through these initiatives, we have empowered autistic individuals to lead healthier, more fulfilling lives. Our focus remains on promoting social and emotional well-being by fostering meaningful connections within local communities.

We have also supported individuals in understanding and coming to terms with their diagnosis through targeted counselling and structured peer-support groups. These services play a vital role in reducing isolation, enhancing self-awareness, and improving overall quality of life.



### **Monthly Peer Meetings –**

During the reporting period, our organisation delivered 12 peer-led meetings — comprising 8 online webinars and 4 in-person sessions — all facilitated by our dedicated Peer Facilitator. Meeting topics were chosen collaboratively by our members, reflecting the issues most relevant to their lived experiences.

Themes explored throughout the year included mental health and well-being, coping strategies, current research, and navigating support services. These meetings provided a safe and inclusive space for open discussion, peer connection, and shared learning. Participants were able to exchange insights, offer mutual support, and access information about local and London-wide resources.

Guest speakers and lived-experience panels also enriched several sessions, offering valuable perspectives and enhancing the learning experience for all attendees.

### **Peer Support and Drop-In Services –**

The Autism Hub continues to deliver two weekly drop-in sessions designed to meet the diverse access needs and schedules of our members. These peer-led spaces provide vital opportunities for connection, discussion, and mutual support.

#### Online Drop-In – Mondays, 11:00–13:00

Held weekly via Zoom and facilitated by two trained Peer Facilitators, these sessions combine open discussion with structured activities such as *'Know Your Rights'* quizzes and mindfulness exercises. The first half of each session encourages participants to raise topics, share experiences, and ask questions, while the second half focuses on guided group activities. These sessions provide a safe, welcoming environment for members to stay informed about community events, express their needs, and receive timely peer support.

#### In-Person Drop-In – Wednesdays, 16:00–18:00

Since launching in February 2023 at a local community centre, our evening drop-in has become a key part of our weekly offer. It caters to those who prefer face-to-face interaction or who may find virtual or formal settings anxiety-provoking. The sessions are open to autistic individuals, the wider community, and professionals seeking to learn more about lived experience. This informal, pressure-free space enables individuals to connect, ask questions, and access support without barriers or expectations.

### **Wellbeing Activities –**

In response to member feedback, our organisation has developed a varied programme of monthly wellbeing activities aimed at reducing social isolation and improving mental health outcomes. Activities include board game afternoons, art workshops, photography sessions, and monthly walks at Kew Gardens.

We have also organised group visits to relaxed or autism-friendly events such as the Science Museum, the Barbican's relaxed screenings, the *Nutcracker* performance at the Royal Opera House, London Zoo, and the Transport Museum. These activities emerged through our *Relaxed Spaces* initiative and have been instrumental in helping participants build confidence, social connections, and a sense of belonging within their communities.

### ***Relaxed Spaces Newsletter –***

Launched in October 2022, our *Relaxed Spaces Newsletter* has become a cornerstone of our community engagement work. Developed in response to the cost-of-living crisis, its purpose is to help autistic adults access welcoming community spaces, reduce social isolation, and manage the emotional and financial impact of spending more time at home.

Produced monthly with support from our volunteers, the newsletter highlights autism-friendly and relaxed venues across London — including theatres, museums, cinemas, and exhibitions — many of which are free or offer concessionary rates. We continue to work collaboratively with participating venues, providing constructive feedback to improve accessibility and the overall experience for autistic visitors.

### ***Autism-Specific Counselling –***

Over the reporting period, the Autism Hub delivered approximately 472 counselling sessions. Each client is initially offered ten weekly sessions, with extensions provided based on individual need. To meet growing demand, we have expanded both the number of counselling slots and the overall capacity of the service.

Since the pandemic, we have seen an increase in both self-referrals and referrals from mental health services, often involving more complex cases requiring additional sessions. Our counsellors continue to provide specialist, autism-informed therapeutic support that helps individuals understand their diagnosis, manage anxiety, and develop tools for emotional resilience.

### ***Casework and Advocacy Support –***

Our advocacy service provides vital one-to-one support to individuals navigating complex systems such as benefits, housing, and adult social care. Many autistic adults struggle to access the statutory support to which they are entitled, and we play an essential role in ensuring their voices are heard and their rights upheld.

We work closely with external agencies and commissioned advocacy services to promote reasonable adjustments, contribute to the development of autism-informed pathways, and provide guidance to professionals. We also raise awareness of autistic people's rights under the *Autism Act 2009*, empowering both service users and service providers to create more equitable systems.

### ***Autism Training –***

The Autism Hub and ALAG have continued to deliver bespoke, autism-led training to a wide range of organisations, services, charities, and community groups. These sessions are designed to increase understanding of autism and neurodiversity, improve accessibility, and equip participants with practical strategies to create more inclusive environments.

Over the reporting period, we have delivered training to professionals from the London Borough of Camden (including social workers and practitioners), the Young Kensington and Chelsea Foundation, and the Stuart Low Trust/Theatre Group, among others.



Our training programmes are developed and delivered by autistic trainers with lived experience, ensuring authenticity and relevance. Feedback continues to highlight the positive impact of these sessions in increasing awareness, challenging misconceptions, and encouraging organisational change. This ensures that more services across the borough are informed by autistic perspectives.

### ***Consultancy –***

ALAG and the Autism Hub provide specialist consultancy services to organisations seeking to make their projects, services, and environments more autism-informed. Our consultants — all of whom have lived experience — are appropriately remunerated for their expertise and insights, recognising the value of authentic co-production.

Over the past year, we have contributed to a range of high-impact projects, including collaborations with NHS England, Camden and Islington Council's commissioned services, Camden's Autism Strategy, The Autism Partnership Board, and the Royal Opera House.

Through this consultancy work, we continue to influence systemic change, ensuring that autistic voices are embedded in service design, delivery, and policy development at every stage.

### ***Collaborations –***

Our organisation has developed strong and meaningful partnerships across a range of sectors. Through our '*A Day in the Life...*' initiative, we have worked with corporate partners including Take Two, Mastercard, and Sage to promote autism-informed workplace practices and broaden employment opportunities for autistic individuals.

We also collaborate with community partners to deliver projects that foster inclusion and belonging. For example, as part of Google's annual Google Serve programme, volunteers worked alongside our team at Jean Stokes Community Centre to repaint the centre's main hall in preparation for a community exhibition.

These collaborations not only strengthen relationships between autistic and non-autistic communities but also demonstrate the positive impact of collective action in creating more inclusive, understanding, and supportive spaces across society.

### **Overall Impact**

Collectively, these initiatives demonstrate our ongoing commitment to improving the lives of autistic adults through person-centred, accessible, and empowering support. Across our counselling, peer support, wellbeing activities, and advocacy work, we have created safe and inclusive spaces where individuals feel valued, understood, and connected. Our training, consultancy, and partnership initiatives have extended our influence beyond direct service delivery — driving systemic change, raising awareness, and building more autism-informed communities.



Through these combined efforts, we continue to champion autistic voices, reduce isolation, and promote equality, ensuring that every individual we support is equipped to live a healthier, more confident, and fulfilling life.

The trustees are pleased with the progress achieved between April 2024 and March 2025. The successful expansion of services, despite post-pandemic pressures and the cost-of-living crisis, reflects the dedication, professionalism, and lived-experience insight of our staff team, counsellors, and volunteers. Their commitment ensures meaningful and measurable improvements in the lives of autistic individuals and contributes to stronger, more inclusive communities. We believe we are well-positioned to continue delivering sustainable, user-led support in 2025/26 and beyond.



Signed on behalf of the ALAG/Autism Hub trustees

Signature: *Christian Leibl*

Full name: Christian Leibl

Position: Trustee, Treasurer

Date: 26 November 2025

Trustees' Annual Report for ALAG/Autism Hub

From 1 April 2024 to 31 March 2025

Charity name: ALAG (Asperger London Area Group)

Charity registration number: 1160477

Charity Registered Address: ALAG, C/o VAI, 200A Pentonville Road, London N1 9JP

The ALAG/Autism Hub Trustees for April 2024 to March 2025 are as follows:

Mr John Harrison - Chair

Dr Jason Crabtree - Vice Chair

Mr Christian Leibl - Treasurer

Mr Nick Stone – Secretary

Ms Ricki Rittstieg – Trustee (resigned September 2024)

# **ALAG/Autism Hub (Asperger London Area Group)**

Registered Charity No. 1160477

## **INDEPENDENT EXAMINER'S REPORT ON THE FINANCIAL STATEMENTS TO THE TRUSTEES OF ALAG/AUSTISM HUB**

I report on the financial statements for the year ended 31 March 2025 set out on pages 16 - 23.

This report is made solely to the Trustees of ALAG/Autism Hub, as a body, in accordance with regulations made under section 145 of the Charities Act 2011 and Charity SORP (frsse). My work has been undertaken so that I might state to the Trustees 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 Charity and Charity's trustees for my independent examination work, for this report, or for the statement I have given below.

### **Respective responsibilities of Trustees and independent examiner**

As charity trustees, for the purposes of charity law, are responsible for the preparation of the financial statements, the Trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the Act) and that an independent examination is needed.

Having satisfied myself that the Charity is not subject to an audit under company law and is eligible for independent examination, it is my responsibility to:

- a) examine the accounts under section 145 of the 2011 Act;
- b) follow the procedures laid down in the general Directions given by the Charity Commissioners under section 145(5)(b) of the 2011 Act; and
- c) state whether particular matters have come to my attention.

### **Basis of independent examiner's statement**

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the Charity, and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair view" and the reports limited to those matters set out in the statement on the next page.

# ALAG/Autism Hub (Asperger London Area Group)

Registered Charity No. 1160477

## INDEPENDENT EXAMINER'S REPORT ON THE FINANCIAL STATEMENTS TO THE TRUSTEES OF ALAG/AUTISM HUB (Cont'd)

### Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- 1) which gives me reasonable cause to believe that in any material respect the requirements
  - a) to keep accounting records in accordance with Section 130 of the Charities Act; and
  - b) to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Acthave not been met; or
- 2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Charles Osei, BSc (Hons), MSc, FCIE, AFA, ATA, MCIPP  
Flat 3, 11 Rochdale Way  
Deptford London  
SE8 4LY

Date: 06/12/2025

# ALAG/Autism Hub (Asperger London Area Group)

Registered Charity No. 1160477

## BALANCE SHEET AS AT 31 MARCH 2025

|                                       | <u>Notes</u> | <u>2024/25</u><br>£   | <u>2023/24</u><br>£   |
|---------------------------------------|--------------|-----------------------|-----------------------|
| Fixed Assets                          |              | -                     | -                     |
| Current Assets                        |              |                       |                       |
| Cash at Bank and in hand              | 5            | 396,321               | 351,779               |
| Accrued Income                        | 6            | 600                   | 300                   |
|                                       |              | <u>396,921</u>        | <u>352,079</u>        |
| Creditors: Amount due within One Year | 7            | (9,651)               | (3,436)               |
| Net Assets/Liabilities                |              | <u><u>387,270</u></u> | <u><u>348,643</u></u> |
| <b>Reserves</b>                       |              |                       |                       |
| General Funds                         |              | 124,607               | 121,988               |
| Restricted Funds:                     |              | 262,663               | 226,655               |
|                                       |              | <u><u>387,270</u></u> | <u><u>348,643</u></u> |

Approved by the Management Committee on .....

and signed on their behalf by:

*Christian Leibl*

.....  
Christian Leibl  
Treasurer

Date... 26 November 2025 .....

## ALAG/Autism Hub (Asperger London Area Group)

Registered Charity No. 1160477

### STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2025

|   | Notes | Unrestricted<br>Funds<br>£ | Restricted<br>Funds<br>£ | 2024/25<br>Total Funds<br>£ | 2023/24<br>Total Funds<br>£ |
|---|-------|----------------------------|--------------------------|-----------------------------|-----------------------------|
| <b>Resources Arising</b>                  |       |                            |                          |                             |                             |
| Income from Charitable Activities         | 2     | 5,900                      | 273,170                  | 279,070                     | 273,685                     |
| Other Income                              | 3     | 624                        | 0                        | 624                         | 0                           |
| <b>Total Income</b>                       |       | <b>6,524</b>               | <b>273,170</b>           | <b>279,694</b>              | <b>273,685</b>              |
| <br>                                      |       |                            |                          |                             |                             |
| <b>Direct Charitable Expenditure</b>      | 4     | 2,515                      | 238,552                  | 241,067                     | 180,553                     |
| <br>                                      |       |                            |                          |                             |                             |
| <b>Total Expenditure</b>                  |       | <b>2,515</b>               | <b>238,552</b>           | <b>241,067</b>              | <b>180,553</b>              |
| <br>                                      |       |                            |                          |                             |                             |
| <b>Resources retained for further use</b> |       | 4,009                      | 34,618                   | 38,627                      | 93,132                      |
| <br>                                      |       |                            |                          |                             |                             |
| <b>Transfer between Funds</b>             |       |                            |                          |                             |                             |
| <br>                                      |       |                            |                          |                             |                             |
| <b>Net Movement in Funds</b>              |       |                            |                          |                             |                             |
| <br>                                      |       |                            |                          |                             |                             |
| <b>Reconciliations of Funds</b>           |       |                            |                          |                             |                             |
| <b>Brought forward 01/04/2024</b>         |       | 121,988                    | 226,655                  | 348,643                     | 255,511                     |
| <br>                                      |       |                            |                          |                             |                             |
| <b>Carried forward 31/03/2025</b>         |       | <b>125,997</b>             | <b>261,273</b>           | <b>387,270</b>              | <b>348,643</b>              |

# ALAG/Autism Hub (Asperger London Area Group)

Registered Charity No. 1160477

## STATEMENT OF CASHFLOWS FOR THE YEAR ENDED 31 MARCH 2025

|   | Notes | 2024/25<br>£          | 2023/24<br>£          |
|---|-------|-----------------------|-----------------------|
| <b>Cash flows from operating activities</b>                               |       |                       |                       |
| Cash generated from operations  | 11    | 44,542                | 234,482               |
|   |       | <hr/>                 | <hr/>                 |
| Net cash (used in)/provided by operating activities                       |       | 44,542                | 234,482               |
|   |       | <hr/>                 | <hr/>                 |
| <b>Change in cash and cash equivalents in the reporting period</b>        |       | 44,542                | 234,482               |
|   |       | <hr/>                 | <hr/>                 |
| <b>Cash and cash equivalents at the beginning of the reporting period</b> |       | 351,779               | 117,297               |
|   |       | <hr/>                 | <hr/>                 |
| <b>Cash and cash equivalents at the end of the reporting period</b>       |       | <b><u>396,321</u></b> | <b><u>351,779</u></b> |

# **ALAG/Autism Hub (Asperger London Area Group)**

Registered Charity No. 1160477

## **NOTES TO THE ACCOUNTS** **FOR THE YEAR ENDED 31 MARCH 2025**

### **1. Accounting Policies**

#### **Basis of Preparation.**

These accounts have been prepared on an accrual basis and include income and expenditure as they are earned or incurred, rather than as cash received or paid. The recommendations of the Financial Reporting Standard applicable in the UK and Republic of Ireland (frs) and Charities Act 2011 have been followed.

#### **Fund Accounting.**

The general funds consist of funds that the Trustees may use for ALAG/Autism's charitable purposes at their discretion.

The restricted funds are those where the donor has imposed restrictions on the use of the funds, which are legally binding. Restricted funds held in reserve at the end of the year represent income received from donors to be spent within the following year. Details of these funds are set out on the separate schedule in Note 2.

#### **Direct Charitable Expenditure.**

Direct charitable expenditure comprises all costs incurred in running the Charity that are directly attributable to the Charity's projects.

#### **Taxation**

The charity is exempt from corporation tax on its charitable activities.

#### **Pension costs**

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

#### **Voluntary Contribution**

All voluntary income and donations are recognised and included in the accounts as they are received.

#### **Governance Costs**

Include those costs associated with meeting the constitutional and statutory requirements of the charity.

## ALAG/Autism Hub (Asperger London Area Group)

Registered Charity No. 1160477

### NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2025

#### 2 Income

|                                     | Unrestricted | Restricted     | 2024/25        | 2023/24        |
|-------------------------------------|--------------|----------------|----------------|----------------|
|                                     | £            | £              | £              | £              |
| HUB - Cripplegate                   | -            | 15,000         | 15,000         | 15,000         |
| HUB - LB Islington                  | -            | 20,000         | 20,000         | 17,500         |
| HUB - LBC Core Offer                | -            | 231,200        | 231,200        | 231,000        |
| HUB - Ad Hoc                        | 2,852        | -              | 2,852          | 1,053          |
| ALAG - Membership                   | 1,390        | -              | 1,390          | -              |
| ALAG - NHS England                  | -            | 6,970          | 6,970          | 5,760          |
| ALAG -Ad Hoc                        | 1,658        | -              | 1,658          | 1,750          |
| Prior year error - Donations/Grants | -            | -              | -              | (1,578)        |
| HUB - LBC Race & Equality           | -            | -              | -              | 3,200          |
| <b>Totals</b>                       | <b>5,900</b> | <b>273,170</b> | <b>279,070</b> | <b>273,685</b> |

#### 3 Other Income

|               |            |          |            |          |
|---------------|------------|----------|------------|----------|
| Donation      | 112        | -        | 112        | -        |
| Bank Interest | 512        | -        | 512        | -        |
|               | <b>624</b> | <b>-</b> | <b>624</b> | <b>-</b> |

#### 4 Resources Expended

|  | Unrestricted | Restricted     | 2024/25        | 2023/24        |
|--|--------------|----------------|----------------|----------------|
|  | £            | £              | £              | £              |
| IT & Communication                       | -            | 5,652          | 5,652          | 3,874          |
| Staff - Client Facing Hub                | -            | 57,854         | 57,854         | 53,013         |
| Staff - Salaries ALAG                    | -            | 135,905        | 135,905        | 102,393        |
| NI ers                                   | -            | 13,127         | 13,127         | 4,810          |
| Pension                                  | -            | 3,661          | 3,661          | 2,976          |
| Printing & Stationery                    | 102          | -              | 102            | 243            |
| Insurance                                | 600          | -              | 600            | 599            |
| Counselling                              | -            | -              | -              | -              |
| Rent                                     | -            | 3,083          | 3,083          | 1,587          |
| Professional fee & Accountancy           | -            | 6,165          | 6,165          | 4,477          |
| Sundry -Services Expenses                | 1,377        | -              | 1,377          | 748            |
| Entertainment                            | -            | -              | -              | -              |
| Bank charges                             | 49           | -              | 49             | 54             |
| Sundry Costs/Fees                        | 58           | -              | 58             | -              |
| Administration costs -Volunteers & Staff | -            | 9,659          | 9,659          | 4,518          |
| Recruitment Expenses                     | 329          | -              | 329            | 272            |
| Wellbeing Expenses                       | -            | 3,448          | 3,448          | 990            |
| <b>Totals</b>                            | <b>2,515</b> | <b>238,552</b> | <b>241,067</b> | <b>180,553</b> |

# ALAG/Autism Hub (Asperger London Area Group)

Registered Charity No. 1160477

## NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2025

|                                   |                                    |                |                |
|-----------------------------------|------------------------------------|----------------|----------------|
| <b>5 Cash at bank and in Hand</b> | <b>Amounts Due within One Year</b> | <b>2024/25</b> | <b>2023/24</b> |
|                                   |                                    | £              | £              |
|                                   | ALAG Asperger London               | 23,717         | 319,161        |
|                                   | WISE - Asperger London Area Group  | 29             | 12,790         |
|                                   | Metro - ALAG                       | -              | 19,828         |
|                                   | HUB - Restricted                   | 255,718        | -              |
|                                   | HUB - Unrestricted                 | 116,857        | -              |
|                                   |                                    | <u>396,321</u> | <u>351,779</u> |
| <b>6 Accrued Income</b>           | <b>Amounts Due within One Year</b> | <b>2024/25</b> | <b>2023/24</b> |
|                                   |                                    | £              | £              |
|                                   | Accruals                           | 0              | 0              |
|                                   | Debtors                            | 600            | 300            |
|                                   |                                    | <u>600</u>     | <u>300</u>     |
| <b>7 Creditors</b>                | <b>Amounts Due within One Year</b> | <b>2024/25</b> | <b>2023/24</b> |
|                                   |                                    | £              | £              |
|                                   | Creditors                          | 9,651          | 3,436          |
|                                   |                                    | <u>9,651</u>   | <u>3,436</u>   |

## ALAG/Autism Hub (Asperger London Area Group)

Registered Charity No. 1160477

### NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2025

#### 8 ANALYSIS OF NET ASSETS BETWEEN FUNDS

|                     | 2024/25<br>funds | 2024/25<br>Total<br>funds | 2023/24<br>Total<br>funds |
|---------------------|------------------|---------------------------|---------------------------|
|                     | £                | £                         | £                         |
| Current assets      | 396,921          | 396,921                   | 352,079                   |
| Current Liabilities | (9,651)          | (9,651)                   | (3,436)                   |
|                     | <u>387,270</u>   | <u>387,270</u>            | <u>348,643</u>            |

#### 9 MOVEMENT IN FUNDS

|                    | At 1.4.24      | Net<br>movement<br>in funds | At<br>31.3.25  |
|--------------------|----------------|-----------------------------|----------------|
|                    | £              | £                           | £              |
| Unrestricted funds |                |                             |                |
| General fund       | 121,988        | 4,009                       | 125,997        |
| Restricted funds   |                |                             |                |
| Restricted fund    | 226,655        | 34,618                      | 261,273        |
|                    | <u>348,643</u> | <u>38,627</u>               | <u>387,270</u> |

Net movement in funds, included in the above are as follows:

|                    | Incoming<br>resources | Resources<br>expended | Movement<br>in funds |
|--------------------|-----------------------|-----------------------|----------------------|
|                    | £                     | £                     | £                    |
| Unrestricted funds |                       |                       |                      |
| General fund       | 6,524                 | 2,515                 | 4,009                |
| Restricted funds   |                       |                       |                      |
| Restricted fund    | 273,170               | 238,552               | 34,618               |
| <b>TOTAL FUNDS</b> | <u>279,694</u>        | <u>241,067</u>        | <u>38,627</u>        |

# ALAG/Autism Hub (Asperger London Area Group)

Registered Charity No. 1160477

## NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2025

### 10 RELATED PARTY DISCLOSURES

There were no related party transactions for the year 31st March 2025.

### 11 RECONCILIATION OF NET (EXPENDIYURE)/INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

|   | 2024/25       | 2023/24        |
|---|---------------|----------------|
|   | £             | £              |
| <b>Net (expenditure)/income for the reporting period (as per the Statement of financial activities)</b> | 38,627        | 93,132         |
| Adjustment for:   |               |                |
| Depreciation charges  | -             | -              |
| (Increase)/decrease in detors   | (300)         | 140,700        |
| Increase/(decrease) in creditors  | 6,215         | 650            |
| <b>Net cash (used in)/provided by operations</b>  | <u>44,542</u> | <u>234,482</u> |

### 12 ANALYSIS OF CHANGES IN NET FUNDS

|                          | At 1.4.24      | Cash flow     | At 31.3.25     |
|--------------------------|----------------|---------------|----------------|
|                          | £              | £             | £              |
| <b>Net Cash</b>          |                |               |                |
| Cash at Bank and in hand | 351,779        | 44,542        | 396,321        |
|                          | <u>351,779</u> | <u>44,542</u> | <u>396,321</u> |
| <b>Total</b>             | <u>351,779</u> | <u>44,542</u> | <u>396,321</u> |

**ASPERGER LONDON AREA GROUP (ALAG)**

England & Wales - Charity number 1160477

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# Accounts

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# **ALAG/Autism Hub**

**Registered Charity No.                      1160477**

## **TRUSTEES' REPORT AND FINANCIAL STATEMENTS** **FOR THE YEAR ENDED 31 MARCH 2024**

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# **ALAG/Autism Hub (Asperger London Area Group)**

**Registered Charity No.**

**1160477**

## **ORGANISATIONAL PROFILE**

**FOR THE YEAR ENDED 31 MARCH 2024**

### **TRUSTEES**

|            |                  |               |
|------------|------------------|---------------|
| Chair      | John Harrison    |               |
| Vice Chair | Jason Crabtree   |               |
| Secretary  | Nick Stone       |               |
| Treasurer  | Jennifer Barker  | resigned 2024 |
|            | Ricki Rittstiegl |               |

### **REGISTERED OFFICE:**

C/o VAL, 200A Pentonville Road  
London  
N1 9JP

### **BANKERS:**

National Westminster BankPlc  
490 Holloway Road  
London  
N7 6HN

### **ACCOUNTANT/ INDEPENDENT EXAMINER:**

Charles Osei, BSc (Hons), MSc, ACIE, AFA, ATA, MCIPP  
Flat 3, 11 Rochdale Way  
Deptford London  
SE8 4LY



## **Trustees' Annual Report for ALAG/Autism Hub**

From 1 April 2023 to 31 March 2024

Charity name: ALAG (Asperger London Area Group)

Charity registration number: 1160477

The Trustees of ALAG (Asperger London Area Group) and its affiliate, the Autism Hub have taken regard of the guidance issued by the Charity Commission on public benefit in operating this charity. ALAG/Autism Hub continues to be a user-led organisation providing valuable social and emotional support to autistic adults (and their families) to build confidence, resilience, to help improve their sense of wellbeing and live more fulfilled lives.

Over the last financial year ALAG/Autism Hub has managed to gain a stronger footing with local authority funding. These successful funding applications have resulted in our services now operating with paid members of staff working alongside our volunteers. We now are able to provide a wider range of support for our members and to offer these much-needed services to more autistic adults who do not have a learning disability. The board of trustees have, with the chief executive, continued to put in place policies and procedures to ensure the quality of the services we provide meets our funders' expectations.

The ALAG/Autism Hub trustees are pleased that local authorities recognise the value of our work, and we are grateful to everyone who has helped to make this funding breakthrough happen. As trustees, we are committed to being responsible custodians of public funds and are committed to deliver our services in line with the agreed purpose of the funding.

### **ALAG/Autism Hub Governance**

ALAG/Autism Hub has a clearly defined management structure ensuring effective decisions are being made within the organisation. As a general rule, we aim to have trustees' meetings approximately four times a year as a minimum. We continue to hold our meetings online rather than in person. This has been approved by the Charity Commission.

The ALAG/Autism Hub board of trustees is currently made up of five trustees:

John Harrison - Chair  
Jason Crabtree - Vice Chair  
Jennifer Barker - Treasurer (resigned 29 February 2024)  
Nick Stone - Secretary  
Ricki Rittstiege – Trustee

During this reporting period, our Treasurer made a decision to resign from their position due to health reasons. We are currently in the process of recruiting a new Treasurer to post and hope to recruit additional trustees in the near future.



## **ALAG/Autism Staff & Volunteers**

ALAG/Autism Hub operations and services have continued to expand and grow in 2023/2024. Since the last reporting period, ALAG/Autism Hub has recruited new members to the team and increased current staff hours. ALAG/Autism Hub aim to continue to expand the staff team and recruit people into new roles. The staff team consists of a mix of employed and self-employed specialists to deliver autism specific services.

### Staff team:

Zainab Rahemtulla – Chief Executive  
Jill Bradford – Volunteer & Projects Coordinator + HR Coordinator  
Rebecca Lee – Service Coordinator  
Nick Stone – ALAG/Autism Hub Peer Facilitator  
Ange Nzitonda – Autism Hub Peer Facilitator  
Guy Eaton – Advocate  
Nasima Roman – Referrals Assessor & Benefits Advisor

### Autism specialist counsellors/therapists:

Sue Burchett  
Rebecca Whitcher  
Lorna Aher  
Dr. Ruth Millman  
Jennifer Snow  
Anna Hayward

The Autism Hub's counselling service consists of six self-employed counsellors – all of whom are now fully qualified counsellors and registered with the British Association for Counselling and Psychotherapy (BACP) or the National Counselling and Psychotherapy Society (NCPS). When the counselling offer was initially set-up, we started with 3 trainee counsellors who finished their qualifications whilst they were on a student placement with the Autism Hub. Our counsellors, most of whom are autistic themselves, have lived experience, or have an autism specialism, provide autism informed therapy which considers any adjustments required during the sessions. Our counselling service supports individuals to process their diagnosis, understand their autism, and manage anxiety. We initially offer 10 sessions of free counselling to individuals under the Autism Hub.

### Volunteers:

We have a range of volunteers that offer their support to ALAG/Autism Hub. Most of our volunteers are autistic or neurodiverse and often started their journey with us as individuals accessing support or services from us.

We are incredibly fortunate that our volunteers have a range of skills which truly make the service user-led. Our volunteers and staff team support with website content, marketing and promotional material design, autism training development and delivery, technical support and administrative support to name a few. We aim to create a working environment that enables our team to develop their professional skills in a safe space that is autism informed.



We continue to build our capacity, by expanding our staff team and volunteers. However, as we are a user-led service, we require to do this at an appropriate pace to ensure reasonable adjustments are made and adequate supports are in place to support wellbeing and reduce turnover.

### **ALAG/Autism Hub Funding and Finance**

ALAG/Autism Hub's financial position has steadily grown over the last few years. We have secured multi-year grant funding from the local authorities and other local community grant funders.

As mentioned in the previous reporting period, we have been working collaboratively with Camden and Islington Local Authorities to build a business case for ongoing grant funding to sustain the service and build the required infrastructure

See table.

| <b>Income Source<br/>2022/2023</b>                          | <b>Amount</b>      | <b>Comment</b>  |
|---|--------------------|---|
| <b>Autism Hub – Funding and Projects</b>                    |                    |   |
| London Borough of Islington (LBI)- VCS grants programme     | £17,500            | VCS grant of £17,500 per year over three years to cover our core costs. Year 3/3  |
| London Borough of Camden (LBC)- Better Care Fund            | £231,000           | Multi-year grant to support the Autism Hub's core offer, build capacity and infrastructure to sustain the service. This grant has been approved through Cabinet. Year 2/3           |
| London Borough of Camden (LBC)- Race and equality (project) | £3,200             | Race & Equality collaboration and co-chair project fund with LBC.   |
| Islington Cripplegate Foundation                            | £15,000            | Community grant- £15,000 per year for three years to build capacity and cover core costs. Year 2/3  |
| Autism Hub- unrestricted income                             | £1,750             | Donations made by regular donors, organisations and corporates and income generated by delivery of Autism Awareness Training workshops.   |
| <b>ALAG- Funding and Projects</b>                           |                    |   |
| NHS England   | £5,760             | Project grant to facilitate and support coproduction, co-chair role, community of practice forum, and consultation as part of NHS England Learning Disability and Autism Programme. |
| ALAG- unrestricted income                                   | £1,053.24          | Membership fees and donations made by regular donors, members, organisations and corporates.  |
| <b>Total Income</b>   | <b>£273,685.24</b> |   |



ALAG/Autism Hub holds cash reserves as a means of ensuring that it is able to respond to emergencies in a timely manner. Due to the increased grant funding, we are also building our non-committed reserves at a pace in line with increased expenditure to ensure we are able to manage any risks. This is reviewed quarterly.

We aim to increase our income revenue by delivering bespoke autism training led by autistic staff and volunteers as well as engaging in specialist consultation with external partners. The staff team and volunteers have delivered a series of training sessions to various organisations. We continue to build this portfolio and expand our training offer to various organisations, businesses, institutions and charities.

### ***Banking –***

We have opened three additional accounts during this reporting period as the organisation is expanding and various projects are funded. This is to support organisation of various funding streams under ALAG as the over-arching charity and support services delivered by the Autism Hub.

Previously, all the funds were held under one account at Nat West. This included the Autism Hub projects, other restricted funds and unrestricted funds. Holding all the funding in one place without distinction was no longer a viable practice to manage various budgets. We have since opened two accounts at Metro Bank that separate ALAG funds and Autism Hub funds. We are looking to open a further account at Metro Bank specifically for unrestricted reserves. We also opened an online Wise account specifically to make payments such as staff payroll that our Financial Officer has access to for this purpose. The Wise payment system is also connected with the Xero accounting system which is a helpful tool and also supports risk management as users are restricted and have access to limited funds that are moved over monthly.

### **ALAG/Autism Hub Services**

ALAG/Autism Hub continues to offer specialist counselling, peer support, peer-led activities, workshops, and advocacy support. In turn, we have supported autistic individuals to live healthier, more fulfilled lives. Providing the social and emotional support essential to their well-being by enabling them to be connected to their communities. We have also supported individuals to understand and come to terms with their diagnosis through counselling and peer-support groups.

### ***Monthly meetings –***

ALAG/Autism Hub have delivered 12 peer-led meetings- 8 online webinars and 4 in-person events moderated by our Peer-Facilitator. Meeting themes are selected by our members. Over the reporting period there has been focus on mental health and wellbeing factors, coping strategies, relevant research, and navigating services. The monthly meetings offer a safe space for discussion, to socialise amongst peers, receive peer support, share experiences of what has been helpful and what has not, ask questions and find out what is available locally and London wide. Sometimes we have guest speakers that present at the meetings, and panel speakers with lived experience.



### ***Peer-Support- Drop-in Service –***

The Autism Hub offers 2 weekly drop-in sessions to meet people's various schedules and access needs.

1. **Online – Monday Drop-in 11:00-13:00:**  
Weekly peer-led drop-in sessions for 2hrs every Monday between 11:00-13:00. Led by two peer facilitators. First half of the session is less structured and provides an opportunity for people to meet, raise topics they would like to discuss, and ask questions. Second half is more structured with an activity e.g 'my rights' quiz, mindfulness. It is a forum for peer-support in a small group setting, to keep users informed of relevant and upcoming events, to voice what matters to them, and what they may need support with.
2. **In-person – Wednesday Drop-in 16:00-18:00**  
Started 01 February 2023 at a local Community Centre, we continue to hold weekly informal peer-led drop-in sessions for 2hrs in the evening to accommodate those who are in employment. Open to anyone who either prefers in-person meet-ups, just wanting a safe space to come to or has any questions, including members of the public, organisations, and professionals. These sessions have allowed people who struggle to initiate contact via email/telephone, or where appointments are too anxiety provoking, to come to without any expectations or pressure.

### ***Wellbeing activities –***

ALAG/Autism Hub have developed a range of activities delivered monthly that our members have suggested. These include: boardgames afternoon, art workshops, photography sessions, cartoon making. We have also organised a variety of visits to relaxed spaces at the Science Museum, Barbican relaxed screenings, Nutcracker performance at the Royal Opera House, London Zoo, Transport Museum to name a few. These have emerged from our Relaxed Spaces newsletter (see further details below).

The aim of the activities is to reduce social isolation and improve mental health and wellbeing outcomes.

### ***Relaxed spaces newsletter –***

Monthly newsletter launched in October 2022. One of the aims especially in the midst of the cost-of-living crisis, has been to support our users to access their community to reduce consumption of heating/electric costs but most importantly reduce isolation and the impact this has on mental health and wellbeing. With the support of our volunteers, we have now launched a monthly newsletter that inform our users of autism friendly and relaxed spaces geared towards adults all around London. This includes theatres, museums, cinemas, exhibitions, performances etc. Often these are either free or concessionary fee applies. We continue to expand the newsletter and work in collaboration with the various vendors to ensure they receive constructive feedback to improve user access and experience.



### ***Autism specific counselling –***

The Autism Hub have delivered over 500 counselling sessions during the reporting period. We initially offer 10 weekly sessions per client. We have increased the number sessions delivered as well as our capacity by increasing number of counselling slots available and sessions offered. Following the pandemic, we have received an increased number of self-referrals, as well as referrals from mental health services and have been dealing with cases of increased complexity which require additional sessions and support.

### ***Casework & advocacy support –***

We provide advocacy for individuals who require support to navigate and liaise with external services and systems ie. Benefit claims, housing, adult social care etc. Unfortunately, there is little advocacy support available and accessible to our members, and who often do not receive support they are entitled to by statutory services. Our aim is to work with external agencies to make reasonable adjustments, offer consultation on creating autism-informed pathways for our users to access, and educating our users as well as other professionals, rights of autistic people under the Autism Act 2009.

### ***Autism training –***

The Autism Hub/ALAG have delivered bespoke autism-led training to various organisations, services, community groups to increase basic autism knowledge and support their services to become accessible to autistic people as well as other neurodivergent individuals. We have delivered training to the London Borough of Camden staff, King's College libraries, Bloomsbury Football Club, Young Camden Foundation, City University, Re-Think Advocacy to name a few.

We have also been funded by Camden Council to deliver further tailored training to practitioners, and relevant staff in 2024.

### ***Consultancy –***

ALAG/Autism Hub work with different organisations to consult on projects and services to make them more autism informed. Consultants are remunerated for their invaluable input and feedback. We have consulted on co-production projects with NHS England, with Camden and Islington Council's commissioned services, Camden's Autism Strategy, The Autism Partnership Board, as well as the Barbican and Tate Modern.

### ***Collaborations –***

We have partnered with various corporates to co-produce 'A Day in the Life...' events to broaden employment opportunities and consulting on autism informed practice with: Take Two, Mastercard and Google.



### ***Emerging Themes –***

As previously reported, during the height of the pandemic, many autistic adults reported increased levels of anxiety, isolation, bereavement, disruption to routines, difficulty accessing health and mental health services, housing issues, and employment issues. In response, ALAG/Autism Hub initiated the Covid Response Project supported by Camden and Islington local authorities and adapted all its services to be delivered virtually or by telephone in order to reach our users during lockdown.

In the years following the pandemic, these issues and themes still remain very relevant and continue to be compounded by the cost-of-living crisis. The growing complexity and mental health deterioration is more so prevalent in our membership during this reporting period, than previous. We have noted an increase in hospital admissions, severe social isolation, negative impact on physical health conditions, and complex presentations. Our counsellors report that many autistic individuals are struggling with their anxiety and uncertainty around finances, housing, social care needs, mental health and physical health needs. This is exacerbated by increased backlogs with long waiting times, and under-resourced statutory services. We also note many autistic people are being turned away from statutory support such as crisis services, and mental health services purely on the basis that they are autistic.

This has a residual impact on community sector services, who tend to support individuals whilst they are waiting for statutory services or have been denied support. This increases the risk we carry including staff burnout, and safeguarding concerns/risks that we must manage.

There are significant inequalities autistic people face when it comes to services especially statutory services available and accessible to autistic people. ALAG and the Autism Hub aim to work closely with statutory commissioners and service providers to address issues around equity for autistic people.

ALAG/Autism Hub continues to raise the autism profile in local communities and across London. As we grow and expand, we hope to broaden our reach, and build capacity to carry out this important work.

The ALAG/Autism Hub trustees are pleased with the successes and achievements through April 2023 to March 2024. The expansion of services despite the challenges post pandemic and the cost-of-living crisis, is a testament of the hard work, dedication and commitment of our staff team, counsellors and volunteers who have gone the extra mile in all areas to ensure this excellent service continues to have a positive impact on individual lives and the community as a whole. We believe we are well placed to continue delivering our services in the coming year 2024/25 and sustaining our service going forward.



ALAG  
Asperger London Area Group

autism  
hub ...

Signed on behalf of the ALAG/Autism Hub trustees

Signature:

Full name: Mr John Harrison

Position: Chair of Trustees

Date: 23/07/2024

Trustees' Annual Report for ALAG/Autism Hub

From 1 April 2023 to 31 March 2024

Charity name: ALAG (Asperger London Area Group)

Charity registration number: 1160477

The ALAG/Autism Hub Trustees for April 2023 to March 2024 are as follows:

Mr John Harrison - Chair

Dr Jason Crabtree - Vice Chair

Ms Jennifer Barker - Treasurer (resigned Feb 2024)

Mr Nick Stone – Secretary

Ms Ricki Rittstieg – Trustee

Charity Registered Address: ALAG, C/o VAI, 200A Pentonville Road, London N1 9JP

**Bank details:**

National Westminster Bank Plc- Asperger London Area Group (ALAG)

Sort code: 60-08-22

Account number: 60696257

Wise- Asperger London Area Group (ALAG)

Sort code: 23-14-70

Account number: 50287480



ALAG  
Asperger London Area Group

**autism  
hub ...**

Metro Bank- Asperger London Area Group ALAG/TA

Sort code: 23-05-80

ALAG- Account number: 52969719

Autism Hub- Account number: 52969707

# **ALAG/Autism Hub (Asperger London Area Group)**

**Registered Charity No. 1160477**

## **INDEPENDENT EXAMINER'S REPORT ON THE FINANCIAL STATEMENTS TO THE TRUSTEES OF ALAG/AUTISM HUB**

I report on the financial statements for the year ended 31 March 2024 set out on pages 13 - 20.

This report is made solely to the Trustees of ALAG/Autism Hub, as a body, in accordance with regulations made under section 145 of the Charities Act 2011 and Charity SORP (frsse). My work has been undertaken so that I might state to the Trustees 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 Charity and Charity's trustees for my independent examination work, for this report, or for the statement I have given below.

### **Respective responsibilities of Trustees and independent examiner**

As charity trustees, for the purposes of charity law, are responsible for the preparation of the financial statements, the Trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the Act) and that an independent examination is needed.

Having satisfied myself that the Charity is not subject to an audit under company law and is eligible for independent examination, it is my responsibility to:

- a) examine the accounts under section 145 of the 2011 Act;
- b) follow the procedures laid down in the general Directions given by the Charity Commissioners under section 145(5)(b) of the 2011 Act; and
- c) state whether particular matters have come to my attention.

### **Basis of independent examiner's statement**

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the Charity, and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair view" and the reports limited to those matters set out in the statement on the next page.

## ALAG/Autism Hub (Asperger London Area Group)

Registered Charity No. 1160477

### INDEPENDENT EXAMINER'S REPORT ON THE FINANCIAL STATEMENTS TO THE TRUSTEES OF ALAG/AUTISM HUB (Cont'd)

#### Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- 1) which gives me reasonable cause to believe that in any material respect the requirements
  - a) to keep accounting records in accordance with Section 130 of the Charities Act; and
  - b) to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Acthave not been met; or
- 2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Charles Osei, BSc (Hons), MSc, ACIE, AFA, ATA, MCIPP  
Flat 3, 11 Rochdale Way  
Deptford London  
SE8 4LY

30/07/24  
Date .....

## ALAG/Autism Hub (Asperger London Area Group)

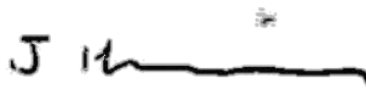
Registered Charity No. 1160477

### BALANCE SHEET AS AT 31 MARCH 2024

|                                       | <u>Notes</u> | <u>2023/24</u><br>£   | <u>2022/23</u><br>£   |
|---------------------------------------|--------------|-----------------------|-----------------------|
| Fixed Assets                          |              | -                     | -                     |
| Current Assets                        |              |                       |                       |
| Cash at Bank and in hand              | 4            | 351,779               | 117,297               |
| Accrued Income                        | 5            | 300                   | 141,000               |
|                                       |              | <u>352,079</u>        | <u>258,297</u>        |
| Creditors: Amount due within One Year | 6            | (3,436)               | (2,786)               |
| Net Assets/Liabilities                |              | <u><u>348,643</u></u> | <u><u>255,511</u></u> |
| <b>Reserves</b>                       |              |                       |                       |
| General Funds                         |              | 121,988               | 69,763                |
| Restricted Funds:                     |              | 226,655               | 185,748               |
|                                       |              | <u><u>348,643</u></u> | <u><u>255,511</u></u> |

Approved by the Management Committee on .....

and signed on their behalf by:

  
.....  
John Harrison  
Chair

Date 23/07/2024 .....

## ALAG/Autism Hub (Asperger London Area Group)

Registered Charity No. 1160477

### STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2024

|   | Notes | Unrestricted<br>Funds<br>£ | Restricted<br>Funds<br>£ | 2023/24<br>Total Funds<br>£ | 2022/23<br>Total Funds<br>£ |
|---|-------|----------------------------|--------------------------|-----------------------------|-----------------------------|
| <b>Resources Arising</b>                  |       |                            |                          |                             |                             |
| Income from Charitable Activities         | 2     | 52,225                     | 221,460                  | 273,685                     | 250,550                     |
| Grants                                    |       |                            | 0                        | -                           | -                           |
| Other Income                              |       |                            | 0                        | -                           | 0                           |
| <b>Total Income</b>                       |       | <u>52,225</u>              | <u>221,460</u>           | <u>273,685</u>              | <u>250,550</u>              |
| <br>                                      |       |                            |                          |                             |                             |
| <b>Direct Charitable Expenditure</b>      | 3     | -                          | 180,553                  | 180,553                     | 144,473                     |
| <br>                                      |       |                            |                          |                             |                             |
| <b>Total Expenditure</b>                  |       | <u>-</u>                   | <u>180,553</u>           | <u>180,553</u>              | <u>144,473</u>              |
| <br>                                      |       |                            |                          |                             |                             |
| <b>Resources retained for further use</b> |       | 52,225                     | 40,907                   | 93,132                      | 106,077                     |
| <b>Transfer between Funds</b>             |       |                            |                          |                             |                             |
| <b>Net Movement in Funds</b>              |       |                            |                          |                             |                             |
| <br>                                      |       |                            |                          |                             |                             |
| <b>Reconciliations of Funds</b>           |       |                            |                          |                             |                             |
| Brought forward 01/04/2023                |       | 69,763                     | 185,748                  | 255,511                     | 149,434                     |
| <br>                                      |       |                            |                          |                             |                             |
| Carried forward 31/03/2024                |       | <u>121,988</u>             | <u>226,655</u>           | <u>348,643</u>              | <u>255,511</u>              |

## ALAG/Autism Hub (Asperger London Area Group)

Registered Charity No. 1160477

### STATEMENT OF CASHFLOWS FOR THE YEAR ENDED 31 MARCH 2024

|   | Notes | 2023/24<br>£   | 2022/23<br>£   |
|---|-------|----------------|----------------|
| <b>Cash flows from operating activities</b>                               |       |                |                |
| Cash generated from operations  | 10    | 234,482        | (32,137)       |
|   |       | <hr/>          | <hr/>          |
| Net cash (used in)/provided by operating activities                       |       | 234,482        | (32,137)       |
|   |       | <hr/>          | <hr/>          |
| <b>Change in cash and cash equivalents in the reporting period</b>        |       | 234,482        | (32,137)       |
|   |       | <hr/>          | <hr/>          |
| <b>Cash and cash equivalents at the beginning of the reporting period</b> |       | 117,297        | 149,434        |
|   |       | <hr/>          | <hr/>          |
| <b>Cash and cash equivalents at the end of the reporting period</b>       |       | <b>351,779</b> | <b>117,297</b> |

# ALAG/Autism Hub (Asperger London Area Group)

Registered Charity No. 1160477

## NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2024

### 1. Accounting Policies

#### **Basis of Preparation.**

These accounts have been prepared on an accrual basis and include income and expenditure as they are earned or incurred, rather than as cash received or paid. The recommendations of the Financial Reporting Standard applicable in the UK and Republic of Ireland (frs) and Charities Act 2011 have been followed.

#### **Fund Accounting.**

The general funds consist of funds that the Trustees may use for ALAG/Autism's charitable purposes at their discretion.

The restricted funds are those where the donor has imposed restrictions on the use of the funds, which are legally binding. Restricted funds held in reserve at the end of the year represent income received from donors to be spent within the following year. Details of these funds are set out on the separate schedule in Note 5.

#### **Direct Charitable Expenditure.**

Direct charitable expenditure comprises all costs incurred in running the Charity that are directly attributable to the Charity's projects.

#### **Exceptional transaction**

Exceptional transaction of amount £1,578 occurred in prior year accounts on charitable donations and omitted but it has been taken into account and rectified in the current year account.

#### **Taxation**

The charity is exempt from corporation tax on its charitable activities.

#### **Pension costs**

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

#### **Voluntary Contribution**

All voluntary income and donations are recognised and included in the accounts as they are received.

#### **Governance Costs**

Include those costs associated with meeting the constitutional and statutory requirements of the charity.

## ALAG/Autism Hub (Asperger London Area Group)

Registered Charity No. 1160477

### NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2024

#### 2 Income

|                                     | Unrestricted  | Restricted     | 2023/24        | 2022/23        |
|-------------------------------------|---------------|----------------|----------------|----------------|
|                                     | £             | £              | £              | £              |
| HUB -LB Camden Projects             | -             | -              | -              | 5,200          |
| HUB - Cripplegate                   | -             | 15,000         | 15,000         | 19,500         |
| HUB - LB Islington                  | -             | 17,500         | 17,500         | 17,500         |
| HUB - LBC Core Offer                | 51,000        | 180,000        | 231,000        | 141,000        |
| HUB - Ad Hoc                        | 1,053         | -              | 1,053          | 51,000         |
| ALAG - NHS England                  | -             | 5,760          | 5,760          | 9,999          |
| ALAG -Ad Hoc & Membership           | 1,750         | -              | 1,750          | 6,351          |
| Prior year error - Donations/Grants | (1,578)       | -              | (1,578)        | -              |
| HUB - LBC Race & Equality           | -             | 3,200          | 3,200          | -              |
| <b>Totals</b>                       | <b>52,225</b> | <b>221,460</b> | <b>273,685</b> | <b>250,550</b> |

#### 3 Resources Expended

|  | Unrestricted | Restricted     | 2023/24        | 2022/23        |
|--|--------------|----------------|----------------|----------------|
|  | £            | £              | £              | £              |
| IT & Communication                       | -            | 3,874          | 3,874          | 1,140          |
| Staff - Client Facing Hub                | -            | 53,013         | 53,013         | 116,174        |
| Staff - Salaries ALAG                    | -            | 102,393        | 102,393        | 15,047         |
| NI ers                                   | -            | 4,810          | 4,810          | 6,176          |
| Pension                                  | -            | 2,976          | 2,976          | 87             |
| Printing & Stationery                    | -            | 243            | 243            | 307            |
| Insurance                                | -            | 599            | 599            | 473            |
| Counselling                              | -            | -              | -              | -              |
| Rent                                     | -            | 1,587          | 1,587          | 912            |
| Professional fee & Accountancy           | -            | 4,477          | 4,477          | -              |
| Training costs                           | -            | -              | -              | 200            |
| Travel                                   | -            | -              | -              | 177            |
| Sundry -Esrvice Expenses                 | -            | 748            | 748            | 231            |
| Entertainment                            | -            | -              | -              | 366            |
| Bank charges                             | -            | 54             | 54             | 1              |
| Canteen expenses                         | -            | -              | -              | 9              |
| Administration costs -Volunteers & Staff | -            | 4,518          | 4,518          | 2,744          |
| Recruitment Expenses                     | -            | 272            | 272            | 429            |
| Wellbeing Expenses                       | -            | 990            | 990            | -              |
| <b>Totals</b>                            | <b>-</b>     | <b>180,553</b> | <b>180,553</b> | <b>144,473</b> |

## ALAG/Autism Hub (Asperger London Area Group)

Registered Charity No. 1160477

### NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2024

|                                   |                                    |                |                |
|-----------------------------------|------------------------------------|----------------|----------------|
| <b>4 Cash at bank and in Hand</b> | <b>Amounts Due within One Year</b> | <b>2023/24</b> | <b>2022/23</b> |
|                                   |                                    | £              | £              |
|                                   | ALAG Asperger London               | 319,161        | 102,247        |
|                                   | WISE - Asperger London Area Group  | 12,790         | 15,050         |
|                                   | Metro - ALAG                       | 19,828         | -              |
|                                   |                                    | <u>351,779</u> | <u>117,297</u> |
| <b>5 Accrued Income</b>           | <b>Amounts Due within One Year</b> | <b>2023/24</b> | <b>2022/23</b> |
|                                   |                                    | £              | £              |
|                                   | Accruals                           | 0              | 141,000        |
|                                   | Debtors                            | 300            | 0              |
|                                   |                                    | <u>300</u>     | <u>141000</u>  |
| <b>6 Creditors</b>                | <b>Amounts Due within One Year</b> | <b>2023/24</b> | <b>2022/23</b> |
|                                   |                                    | £              | £              |
|                                   | Prepaid income                     | 0              | 132            |
|                                   | Creditors Control                  | 1,083          | 674            |
|                                   | P.A.Y.E./NIC                       | 1,807          | 1,981          |
|                                   | Pension                            | 546            | -              |
|                                   |                                    | <u>3,436</u>   | <u>2,786</u>   |
|                                   | <b>Deferred Income</b>             | <b>2023/24</b> | <b>2022/23</b> |
|                                   |                                    | £              | £              |
|                                   | Grants received in advance         | <u>-</u>       | <u>-</u>       |

## ALAG/Autism Hub (Asperger London Area Group)

Registered Charity No. 1160477

### NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2024

#### 7 ANALYSIS OF NET ASSETS BETWEEN FUNDS

|                     | 2024<br>funds  | 2023/24<br>Total<br>funds | 2022/23<br>Total<br>funds |
|---------------------|----------------|---------------------------|---------------------------|
|                     | £              | £                         | £                         |
| Fixed assets        |                | 0                         | 0                         |
| Current assets      | 352,079        | 352,079                   | 258,297                   |
| Current Liabilities | (3,436)        | (3,436)                   | (2,786)                   |
|                     | <u>348,643</u> | <u>348,643</u>            | <u>255,511</u>            |

#### 8 MOVEMENT IN FUNDS

|                    | At 1.4.23      | Net<br>movement<br>in funds | At<br>31.3.24  |
|--------------------|----------------|-----------------------------|----------------|
|                    | £              | £                           | £              |
| Unrestricted funds |                |                             |                |
| General fund       | 69,763         | 52,225                      | 121,988        |
| Restricted funds   |                |                             |                |
| Restricted fund    | 185,748        | 40,907                      | 226,655        |
|                    | <u>255,511</u> | <u>93,132</u>               | <u>348,643</u> |

Net movement in funds, included in the above are as follows:

|                    | Incoming<br>resources | Resources<br>expended | Movement<br>in funds |
|--------------------|-----------------------|-----------------------|----------------------|
|                    | £                     | £                     | £                    |
| Unrestricted funds |                       |                       |                      |
| General fund       | 52,225                | -                     | 52,225               |
| Restricted funds   |                       |                       |                      |
| Restricted fund    | 221,460               | 180,553               | 40,907               |
| <b>TOTAL FUNDS</b> | <u>273,685</u>        | <u>180,553</u>        | <u>93,132</u>        |

## ALAG/Autism Hub (Asperger London Area Group)

Registered Charity No. 1160477

### NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2024

#### 9 RELATED PARTY DISCLOSURES

There were no related party transactions for the year 31st March 2024.

#### 10 RECONCILIATION OF NET (EXPENDIYURE)/INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

|   | 2023/24               | 2022/23                |
|---|-----------------------|------------------------|
|   | £                     | £                      |
| <b>Net (expenditure)/income for the reporting period (as per the Statement of financial activities)</b> | 93,132                | 106,077                |
| Adjustment for:   |                       |                        |
| Depreciation charges  | -                     | -                      |
| (Increase)/decrease in debtors  | 140,700               | (141,000)              |
| Increase/(decrease) in creditors  | 650                   | 2,786                  |
| <b>Net cash (used in)/provided by operations</b>  | <b><u>234,482</u></b> | <b><u>(32,137)</u></b> |

#### 11 ANALYSIS OF CHANGES IN NET FUNDS

|                          | At 1.4.23             | Cash flow             | At 31.3.24            |
|--------------------------|-----------------------|-----------------------|-----------------------|
|                          | £                     | £                     | £                     |
| <b>Net Cash</b>          |                       |                       |                       |
| Cash at Bank and in hand | <u>117,297</u>        | <u>234,482</u>        | <u>351,779</u>        |
| <b>Total</b>             | <b><u>117,297</u></b> | <b><u>234,482</u></b> | <b><u>351,779</u></b> |

**ASPERGER LONDON AREA GROUP (ALAG)**

England & Wales - Charity number 1160477

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# Accounts

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# **ALAG/Autism Hub (Asperger London Area Group)**

**Registered Charity No.                      1160477**

## **TRUSTEES' REPORT AND FINANCIAL STATEMENTS** **FOR THE YEAR ENDED 31 MARCH 2023**

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| 9-10        | Independent Examiner's report     |
| 11          | Balance Sheet                     |
| 12          | Statement of Financial Activities |
| 13          | Cash Flow Statement               |
| 14-18       | Notes to the Accounts             |

# **ALAG/Autism Hub (Asperger London Area Group)**

**Registered Charity No.**

**1160477**

## **ORGANISATIONAL PROFILE**

### **FOR THE YEAR ENDED 31 MARCH 2023**

#### **TRUSTEES**

|            |                  |
|------------|------------------|
| Chair      | John Harrison    |
| Vice Chair | Jason Crabtree   |
| Secretary  | Nick Stone       |
| Treasurer  | Jennifer Barker  |
|            | Ricki Rittstiegl |

#### **REGISTERED OFFICE:**

C/o VAL, 200A Pentonville Road  
London  
N1 9JP

#### **BANKERS:**

National Westminster BankPlc  
490 Holloway Road  
London  
N7 6HN

#### **ACCOUNTANT/ INDEPENDENT EXAMINER:**

Charles Osei, BSc (Hons), MSc, ACIE, AFA, ATA, MCIPP  
Flat 3, 11 Rochdale Way  
Deptford London  
SE8 4LY

## **Trustees' Annual Report for ALAG/Autism Hub**

From 1 April 2022 to 31 March 2023

Charity name: ALAG (Asperger London Area Group)

Charity registration number: 1160477

The Trustees of ALAG (Asperger London Area Group) and its affiliate, the Autism Hub have taken regard of the guidance issued by the Charity Commission on public benefit in operating this charity. ALAG/Autism Hub continues to be a user-led organisation providing valuable social and emotional support to autistic adults (and their families) to build confidence, resilience, to help improve their sense of wellbeing and live more fulfilled lives.

Over the last financial year ALAG/Autism Hub has managed to gain a stronger footing with local authority funding. These successful funding applications have resulted in our services now operating with paid members of staff working alongside our volunteers. We now are able to provide a wider range of support for our members and to offer these much-needed services to more autistic adults who do not have a learning disability. The board of trustees have, with the lead service coordinators, continued to put in place policies and procedures to ensure the quality of the services we provide meets our funders' expectations.

The ALAG/Autism Hub trustees are pleased that local authorities recognise the value of our work, and we are grateful to everyone who has helped to make this funding breakthrough happen. As trustees, we are committed to being responsible custodians of public funds and are committed to deliver our services in line with the agreed purpose of the funding.

### **ALAG/Autism Hub Governance**

ALAG/Autism Hub has a clearly defined management structure ensuring effective decisions are being made within the organisation. As a general rule, we aim to have trustees' meetings approximately four times a year as a minimum. We continue to hold our meetings online rather than in person. This has been approved by the Charity Commission.

The ALAG/Autism Hub board of trustees is currently made up of five trustees:

John Harrison - Chair  
Jason Crabtree - Vice Chair  
Jennifer Barker - Treasurer  
Nick Stone - Secretary  
Ricki Rittstiegl - Trustee

During this reporting period, we have maintained the number of trustees from the previous year. However, we do plan to recruit additional trustees in the near future.



## ***ALAG/Autism Staff & Volunteers***

ALAG/Autism Hub operations and services have expanded and grown in 2022/2023. Since the last reporting period, ALAG is now a registered employer and has been able to offer contracts of employment to core staff, as further funding is secured. ALAG/Autism Hub aim to continue to expand the staff team and recruit people into new roles. The staff team consists of a mix of employed and self-employed specialists to deliver autism specific services.

### Staff team:

Zainab Rahemtulla – Service & Operations Coordinator  
Jill Bradford – Volunteer & Projects Coordinator + HR Coordinator  
Ella Celeste – Autism Hub Drop-in Peer Facilitator  
Nick Stone – ALAG/Autism Hub Peer Facilitator  
Ange Nzitonda – Autism Hub Peer Facilitator  
Guy Eaton – Advocate  
Nasima Roman – Referrals Assessor & Benefits Advisor  
Rebecca Whitcher – Referrals Assessor  
Nora Nstabana – Data Administrator

### Autism specialist counsellors/therapists:

Sue Burchett  
Lorna Aher  
Dr. Ruth Millman  
Jennifer Snow  
Dr. Kassy Drossou  
Anna Hayward

ALAG/Autism Hub's counselling service consists of six self-employed counsellors – all of whom are now fully qualified counsellors and registered with the British Association for Counselling and Psychotherapy (BACP). We started with 3 trainee counsellors who finished their qualifications whilst they were on a student placement with the Autism Hub. Our counsellors, most of whom are autistic themselves, or have an autism specialism, provide autism informed therapy which considers any adjustments required during the sessions. Our counselling service supports individuals to process their diagnosis, understand their autism, and manage anxiety. We offer 6-10 sessions of free counselling to our users.

### Volunteers:

We have a range of volunteers that offer their support to ALAG/Autism Hub. Most of our volunteers are autistic or neurodiverse and often started as service users. We receive support from our volunteers in a range of areas.

We are incredibly fortunate that our volunteers, most of whom are autistic, have a range of skills which truly make the service user-led. Our volunteers and staff team support with website content, marketing and promotional material design, autism training development and delivery, technical support and administrative support to name a few. We aim to create a working environment that enables our team to develop their professional skills in a safe space that is autism informed.

We continue to build our capacity, by expanding our staff team and volunteers. However, as we are a user led service, we require to do this at an appropriate pace to ensure reasonable adjustments are made and adequate supports are in place to support wellbeing and reduce turnover.

**ALAG/Autism Hub Funding and Finance**

ALAG/Autism Hub’s financial position has steadily grown over the last 2 years. We have secured multi-year grant funding from the local authorities and other local community grant funders.

As mentioned in the previous reporting period, we have been working collaboratively with Camden and Islington Local Authorities to build a business case for ongoing grant funding to sustain the service and build the required infrastructure

See table.

| <b>Income Source 2022/2023</b>           | <b>Amount</b>   | <b>Comment</b>  |
|--|-----------------|---|
| <b>Autism Hub – Funding and Projects</b> |                 |   |
| LBI- VCS (Islington)                     | £17,500         | VCS grant of £17,500 per year over three years to cover our core costs. Year 2/3  |
| LBC- Core Funding (Camden)               | £181,000        | Multi-year grant to support the Autism Hub’s core offer, build capacity and infrastructure to sustain the service. This grant has been approved through Cabinet. Year 1/3 |
| Camden Giving                            | £15,000         | Community grant- £15,000 per year for two years to cover core costs- rent, bills, staff salaries, volunteer expenses. Year 2/2  |
| Islington Cripplegate Foundation         | £19,500         | Community grant- £15,000 per year for three years to build capacity and cover core costs. Year 1/3  |
| Autism Hub- unrestricted income          | £6,236          | Donations made by regular donors and corporates and income generated by delivery of Autism Awareness Training workshops.  |
| <b>ALAG- Funding and Projects</b>        |                 |   |
| NHS England                              | £9,999          | Project grant to facilitate and support coproduction workshops with NHS England.  |
| ALAG- unrestricted income                | £1,315          | Donations made by regular donors and corporates.  |
| <b>Total Income</b>                      | <b>£250,550</b> |   |

ALAG/Autism Hub holds cash reserves as a means of ensuring that it is able to respond to emergencies in a timely manner. Due to the increased grant funding, we are also building our non-committed reserves at a pace in line with increased expenditure to ensure we are able to manage any risks. This is reviewed quarterly.

We aim to increase our income revenue by delivering bespoke autism training led by autistic staff and volunteers. The staff team and volunteers have delivered a series of training

sessions to various organisations. We continue to build this portfolio and expand our training offer to various organisations, businesses, institutions and charities.

### ***ALAG/Autism Hub Services***

ALAG/Autism Hub continues to offer specialist counselling, peer support, peer-led activities, workshops, and advocacy support. In turn, we have supported autistic individuals to live healthier, more fulfilled lives. Providing the social and emotional support essential to their well-being by enabling them to be connected to their communities. We have also supported individuals to understand and come to terms with their diagnosis through counselling and peer-support groups.

#### *Monthly meetings –*

ALAG/Autism Hub have delivered 12 peer-led meetings which are delivered as online webinars and in-person events and moderated by our Peer-Facilitator. Meeting themes are selected by our users. Over the reporting period there has been focus on mental health and wellbeing factors, coping strategies, relevant research, and navigating services. The monthly meetings offer a safe space for discussion, to socialise amongst peers, receive peer support, share experiences of what has been helpful and what has not, ask questions and find out what is available locally and London wide. Sometimes we have guest speakers that present at the meetings, and panel speakers with lived experience.

#### *Peer-Support- Drop-in Service –*

ALAG/Autism Hub offers 2 weekly drop-in sessions to meet people's various schedules and access needs.

1. Online – Monday Drop-in 11:00-13:00:  
Weekly peer-led drop-in sessions for 2hrs every Monday between 11:00-13:00. Led by two peer facilitators. First half of the session is less structured and provides an opportunity for people to meet, raise topics they would like to discuss, and ask questions. Second half is more structured with an activity e.g 'my rights' quiz, mindfulness. It is a forum for peer-support in a small group setting, to keep users informed of relevant and upcoming events, to voice what matters to them, and what they may need support with.
2. In-person – Wednesday Drop-in 16:00-18:00  
Started 01 February 2023 at a local Community Centre. Informal Weekly peer-led drop-in sessions for 2hrs in the evening to accommodate those who are in employment. Open to anyone who either prefers in-person meet-ups, just wanting a safe space to come to or has any questions, including members of the public, organisations, and professionals. These sessions have allowed people who struggle to initiate contact via email/telephone, or where appointments are too anxiety provoking, to come to without any expectations or pressure.

### *Autism specific counselling –*

ALAG/Autism Hub have delivered over 500 counselling sessions during the reporting period. We offer weekly 6-10 sessions per client. We have increased our capacity by increasing number of counselling slots available and sessions offered. Following the pandemic, we have received an increased number of self-referrals, as well as referrals from mental health services and have been dealing with cases of increased complexity which require additional sessions and support.

### *Casework & Advocacy support –*

We provide advocacy for service users who require support to navigate and liaise with external services and systems ie. Benefit claims, housing, adult social care etc. Our aim is to work with external agencies to make reasonable adjustments and offer consultation on creating autism-informed pathways for our users to access.

### *Training –*

The Autism Hub/ALAG received funding to deliver five Autism Awareness Training (AAT) sessions to London Borough of Camden staff with the aim to increase autism-informed practice and knowledge amongst front-line staff. This can include practitioners, customer service representatives, housing officers etc. In addition, we have collaborated with other organisations and institutions to deliver bespoke AAT to library staff, and unique events at universities.

### *Consultancy –*

ALAG/Autism Hub work with different organisations to consult on projects and services to make them more autism informed. Consultants are remunerated for their invaluable input and feedback. We have consulted on co-production projects with NHS England, with Camden and Islington Council's services, The Barbican and Tate Modern to name a few.

### *Relaxed spaces newsletter –*

Monthly newsletter launched in October 2022. One of the aims especially in the midst of the cost-of-living crisis, has been to support our users to access their community to reduce consumption of heating/electric costs but most importantly reduce isolation and the impact this has on mental health and wellbeing. With the support of one of our volunteers, we have now launched a monthly newsletter that informs our users of autism friendly and relaxed spaces geared towards adults all around London. This includes theatres, museums, cinemas, exhibitions, performances etc. Often these are either free or concessionary fee applies. We continue to expand the newsletter and work in collaboration with the various vendors to ensure they receive constructive feedback to improve user access and experience.

### *Post-pandemic service delivery and cost of living crisis –*

During the height of the pandemic, many autistic adults reported increased levels of anxiety, isolation, bereavement, disruption to routines, difficulty accessing health and mental health services, housing issues, and employment issues. In response, ALAG/Autism Hub initiated the Covid Response Project supported by Camden and Islington local authorities and adapted all its services to be delivered virtually or by telephone in order to reach our users during lockdown.



Post-pandemic era- these issues and themes still remain very relevant and are compounded by the cost-of-living crisis. We have noted an increase in mental health issues, resulting in increased hospital admissions, isolation, negative impact on physical health conditions, and complex presentations. This is exacerbated by increased backlogs with long waiting times, and under-resourced services. This has a residual impact on community sector services, who tend to support individuals whilst they are waiting for statutory services. This increases the risk we carry including staff burnout, and safeguarding concerns/risks that we must manage.

On a positive note, we have secured premises at a local community centre and increased our online and in-person offer throughout the week to ensure we can meet varying needs and interests of our users. We aim to reduce further isolation, and maintain a connected community.

The ALAG/Autism Hub trustees are pleased with the successes and achievements through April 2022 to March 2023. The expansion of services despite the challenges post pandemic and the cost-of-living crisis, is a testament of the hard work, dedication and commitment of our staff team, counsellors and volunteers who have gone the extra mile in all areas to ensure this excellent service continues to have a positive impact on individual lives and the community as a whole. We believe we are well placed to continue delivering our services in the coming year 2023/24 and sustaining our service going forward.



Signed on behalf of ALAG/Autism Hub trustees

Signature:

A handwritten signature in black ink, appearing to read 'J Harrison', with a horizontal line extending to the right.

Full name: Mr John Harrison

Position: Chair of Trustees

Date: 26 September, 2023

Trustees' Annual Report for ALAG/Autism Hub

From 1 April 2022 to 31 March 2023

Charity name: ALAG (Asperger London Area Group)

Charity registration number: 1160477

The ALAG/Autism Hub Trustees for April 2022 to March 2023 are as follows:

Mr John Harrison - Chair

Dr Jason Crabtree - Vice Chair

Ms Jennifer Barker - Treasurer

Mr Nick Stone – Secretary

Ms Ricki Rittstiege – Trustee

Charity Registered Address: ALAG, C/o VAI, 200A Pentonville Road, London N1 9JP

National Westminster Bank Plc

Branch sort code: 60-08-22

Account number: 60696257

# **ALAG/Autism Hub (Asperger London Area Group)**

**Registered Charity No. 1160477**

## **INDEPENDENT EXAMINER'S REPORT ON THE FINANCIAL STATEMENTS TO THE TRUSTEES OF ALAG/AUTISM HUB**

I report on the financial statements for the year ended 31 March 2023 set out on pages 11 - 18

This report is made solely to the Trustees of ALAG/Autism Hub, as a body, in accordance with regulations made under section 145 of the Charities Act 2011 and Charity SORP (frsfe). My work has been undertaken so that I might state to the Trustees 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 Charity and Charity's trustees for my independent examination work, for this report, or for the statement I have given below.

### **Respective responsibilities of Trustees and independent examiner**

As charity trustees, for the purposes of charity law, are responsible for the preparation of the financial statements, the Trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the Act) and that an independent examination is needed.

Having satisfied myself that the Charity is not subject to an audit under company law and is eligible for independent examination, it is my responsibility to:

- a) examine the accounts under section 145 of the 2011 Act;
- b) follow the procedures laid down in the general Directions given by the Charity Commissioners under section 145(5)(b) of the 2011 Act; and
- c) state whether particular matters have come to my attention.

### **Basis of independent examiner's statement**

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the Charity, and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair view" and the reports limited to those matters set out in the statement on the next page.

# ALAG/Autism Hub (Asperger London Area Group)

Registered Charity No. 1160477

## INDEPENDENT EXAMINER'S REPORT ON THE FINANCIAL STATEMENTS TO THE TRUSTEES OF ALAG/AUTISM HUB (Cont'd)

### Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- 1) which gives me reasonable cause to believe that in any material respect the requirements
  - a) to keep accounting records in accordance with Section 130 of the Charities Act; and
  - b) to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act

have not been met; or

- 2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Charles Osei, BSc (Hons), MSc, ACIE, AFA, ATA , MCIPP  
Flat 3, 11 Rochdale Way  
Deptford London  
SE8 4LY

28/04/23  
Date .....

# ALAG/Autism Hub (Asperger London Area Group)

Registered Charity No. 1160477

## BALANCE SHEET AS AT 31 MARCH 2023

|                                       | <u>Notes</u> | <u>2022/23</u><br>£   | <u>2021/22</u><br>£   |
|---------------------------------------|--------------|-----------------------|-----------------------|
| Fixed Assets                          |              | -                     | -                     |
| Current Assets                        |              |                       |                       |
| Cash at Bank and in hand              | 4            | 117,297               | 149,434               |
| Accrued Income                        | 5            | 141,000               | -                     |
|                                       |              | <u>258,297</u>        | <u>149,434</u>        |
| Creditors: Amount due within One Year | 6            | (2,786)               | 0                     |
| Net Assets/Liabilities                |              | <u><u>255,511</u></u> | <u><u>149,434</u></u> |
| <b>Reserves</b>                       |              |                       |                       |
| General Funds                         |              | 69,763                | 25,664                |
| Restricted Funds:                     |              | 185,748               | 123,770               |
|                                       |              | <u><u>255,511</u></u> | <u><u>149,434</u></u> |

Approved by the Management Committee on .....

and signed on their behalf by:



.....  
John Harrison  
Chair

Date 26/09/2023

# ALAG/Autism Hub (Asperger London Area Group)

Registered Charity No. 1160477

## STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2023

|   |       | 2022/23                    |                          | 2021/22               |                       |
|---|-------|----------------------------|--------------------------|-----------------------|-----------------------|
|   | Notes | Unrestricted<br>Funds<br>£ | Restricted<br>Funds<br>£ | Total Funds<br>£      | Total Funds<br>£      |
| <b>Resources Arising</b>                  |       |                            |                          |                       |                       |
| Income from Charitable Activities         | 2     | 57,351                     | 193,199                  | 250,550               | 16,570                |
| Grants                                    |       |                            | 0                        | -                     | 164,729               |
| Other Income                              |       |                            | 0                        | -                     | 0                     |
| <b>Total Income</b>                       |       | <u>57,351</u>              | <u>193,199</u>           | <u>250,550</u>        | <u>181,299</u>        |
| <br>                                      |       |                            |                          |                       |                       |
| <b>Direct Charitable Expenditure</b>      | 3     | 13,252                     | 131,221                  | 144,473               | 87,534                |
| <br>                                      |       |                            |                          |                       |                       |
| <b>Total Expenditure</b>                  |       | <u>13,252</u>              | <u>131,221</u>           | <u>144,473</u>        | <u>87,534</u>         |
| <b>Resources retained for further use</b> |       | 44,099                     | 61,978                   | 106,077               | 93,765                |
| <b>Transfer between Funds</b>             |       |                            |                          |                       |                       |
| <b>Net Movement in Funds</b>              |       |                            |                          |                       |                       |
| <br>                                      |       |                            |                          |                       |                       |
| <b>Reconciliations of Funds</b>           |       |                            |                          |                       |                       |
| Brought forward 01/04/2021                |       | 25,664                     | 123,770                  | 149,434               | 55,669                |
| <br>                                      |       |                            |                          |                       |                       |
| <b>Carried forward 31/03/2022</b>         |       | <u><u>69,763</u></u>       | <u><u>185,748</u></u>    | <u><u>255,511</u></u> | <u><u>149,434</u></u> |

# ALAG/Autism Hub (Asperger London Area Group)

Registered Charity No. 1160477

**STATEMENT OF CASHFLOWS**  
**FOR THE YEAR ENDED 31 MARCH 2023**

|   | Notes | 2022/23<br>£          | 2021/22<br>£          |
|---|-------|-----------------------|-----------------------|
| <b>Cash flows from operating activities</b>                               |       |                       |                       |
| Cash generated from operations  | 10    | (32,137)              | 93,765                |
|   |       | <hr/>                 | <hr/>                 |
| Net cash (used in)/provided by operating activities                       |       | (32,137)              | 93,765                |
|   |       | <hr/>                 | <hr/>                 |
| <b>Change in cash and cash equivalents in the reporting period</b>        |       | (32,137)              | 93,765                |
|   |       | <hr/>                 | <hr/>                 |
| <b>Cash and cash equivalents at the beginning of the reporting period</b> |       | 149,434               | 55,669                |
|   |       | <hr/>                 | <hr/>                 |
| <b>Cash and cash equivalents at the end of the reporting period</b>       |       | <b><u>117,297</u></b> | <b><u>149,434</u></b> |

# **ALAG/Autism Hub (Asperger London Area Group)**

**Registered Charity No. 1160477**

## **NOTES TO THE ACCOUNTS** **FOR THE YEAR ENDED 31 MARCH 2023**

### **1. Accounting Policies**

#### **Basis of Preparation.**

These accounts have been prepared on an accrual basis and include income and expenditure as they are earned or incurred, rather than as cash received or paid. The recommendations of the Financial Reporting Standard applicable in the UK and Republic of Ireland (frsfe) and Charities Act 2011 have been followed.

#### **Fund Accounting.**

The general funds consist of funds that the Trustees may use for ALAG/Autism's charitable purposes at their discretion.

The restricted funds are those where the donor has imposed restrictions on the use of the funds, which are legally binding. Restricted funds held in reserve at the end of the year represent income received from donors to be spent within the following year. Details of these funds are set out on the separate schedule in Note 5.

#### **Direct Charitable Expenditure.**

Direct charitable expenditure comprises all costs incurred in running the Charity that are directly attributable to the Charity's projects.

#### **Exceptional transaction**

Exceptional transaction of amount £6,845 occurred in prior year accounts and omitted but it has been taken into account and rectified in the current year account.

#### **Taxation**

The charity is exempt from corporation tax on its charitable activities.

#### **Pension costs**

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

#### **Voluntary Contribution**

All voluntary income and donations are recognised and included in the accounts as they are received.

#### **Governance Costs**

Include those costs associated with meeting the constitutional and statutory requirements of the charity.

# ALAG/Autism Hub (Asperger London Area Group)

Registered Charity No. 1160477

## NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2023

### 2 Income

|                         | Unrestricted  | Restricted     | 2022/23        | 2021/22        |
|-------------------------|---------------|----------------|----------------|----------------|
|                         | £             | £              | £              | £              |
| HUB -LB Camden Projects | -             | 5,200          | 5,200          | -              |
| HUB - Cripplegate       |               | 19,500         | 19,500         | -              |
| HUB - LB Islington      | -             | 17,500         | 17,500         | -              |
| HUB - LBC Core Offer    | -             | 141,000        | 141,000        | -              |
| HUB - Ad Hoc            | 51,000        | -              | 51,000         | -              |
| ALAG - NHS England      |               | 9,999          | 9,999          | -              |
| ALAG -Ad Hoc            | 6,351         | -              | 6,351          | -              |
| All Grants              | -             | -              | -              | 164,729        |
| ALAG HUB                | -             | -              | -              | 16,570         |
| <b>Totals</b>           | <b>57,351</b> | <b>193,199</b> | <b>250,550</b> | <b>181,299</b> |

### 3 Resources Expended

|                           | Unrestricted  | Restricted     | 2022/23        | 2021/22       |
|---------------------------|---------------|----------------|----------------|---------------|
|                           | £             | £              | £              | £             |
| IT & Communication        | 1,140         | -              | 1,140          | 500           |
| Staff - Client Facing Hub |               | 116,174        | 116,174        | 85,177        |
| Staff Client Facing ALAG  |               | 15,047         | 15,047         |               |
| NI ers                    | 6,176         | -              | 6,176          |               |
| Pension                   | 87            | -              | 87             |               |
| Printing & Stationery     | 307           | -              | 307            | 321           |
| Insurance                 | 473           | -              | 473            | 466           |
| Counselling               | -             | -              | -              | -             |
| Rent                      | 912           | -              | 912            | 535           |
| Research gift vouchers    | -             | -              | -              | -             |
| Training costs            | 200           | -              | 200            | -             |
| Travel                    | 177           | -              | 177            | -             |
| Sundry                    | 231           | -              | 231            | -             |
| Entertainment             | 366           | -              | 366            | -             |
| Bank charges              | 1             | -              | 1              | -             |
| Canteen expenses          | 9             | -              | 9              | -             |
| Administration costs      | 2,744         | -              | 2,744          | -             |
| Recruitment Expenses      | 429           | -              | 429            | -             |
| LB Camden                 | -             | -              | -              | -             |
| Professional fees         | -             | -              | -              | 535           |
| <b>Totals</b>             | <b>13,252</b> | <b>131,221</b> | <b>144,473</b> | <b>87,534</b> |

# ALAG/Autism Hub (Asperger London Area Group)

Registered Charity No. 1160477

## NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2023

|                                   |                                    |                |                |
|-----------------------------------|------------------------------------|----------------|----------------|
| <b>4 Cash at bank and in Hand</b> | <b>Amounts Due within One Year</b> | <b>2022/23</b> | <b>2021/22</b> |
|                                   |                                    | £              | £              |
|                                   | ALAG Asperger London               | 102,247        | 130,961        |
|                                   | WISE - Asperger London Area Group  | 15,050         | 18,473         |
|                                   |                                    | <u>117,297</u> | <u>149,434</u> |
| <b>5 Accrued Income</b>           | <b>Amounts Due within One Year</b> | <b>2022/23</b> | <b>2021/22</b> |
|                                   |                                    | £              | £              |
|                                   | Accruals                           | 141,000        | 0              |
|                                   |                                    | <u>141,000</u> | <u>0</u>       |
| <b>6 Creditors</b>                |                                    | <b>2022/23</b> | <b>2021/22</b> |
|                                   | <b>Amounts Due within One Year</b> | £              | £              |
|                                   | Prepaid income                     | 132            | 0              |
|                                   | Creditors Control                  | 674            | 0              |
|                                   | P.A.Y.E.                           | 1,981          | 0              |
|                                   |                                    | <u>2,786</u>   | <u>0</u>       |
|                                   | <b>Deferred Income</b>             | <b>2022/23</b> | <b>2021/22</b> |
|                                   |                                    | £              | £              |
|                                   | Grants received in advance         | <u>-</u>       | <u>0</u>       |

# ALAG/Autism Hub (Asperger London Area Group)

Registered Charity No. 1160477

## NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2023

### 7 ANALYSIS OF NET ASSETS BETWEEN FUNDS

|                     | 2023<br>funds  | 2022/23<br>Total<br>funds | 2021/22<br>Total<br>funds |
|---------------------|----------------|---------------------------|---------------------------|
|                     | £              | £                         | £                         |
| Fixed assets        |                | 0                         | 0                         |
| Current assets      | 258,297        | 258,297                   | 149,434                   |
| Current Liabilities | (2,786)        | (2,786)                   | 0                         |
|                     | <u>255,511</u> | <u>255,511</u>            | <u>149,434</u>            |

### 8 MOVEMENT IN FUNDS

|                    | At 1.4.22      | Net<br>movement<br>in funds | At<br>31.3.23  |
|--------------------|----------------|-----------------------------|----------------|
|                    | £              | £                           | £              |
| Unrestricted funds |                |                             |                |
| General fund       | 25,664         | 44,099                      | 69,763         |
| Restricted funds   |                |                             |                |
| Restricted fund    | 123,770        | 61,978                      | 185,748        |
|                    | <u>149,434</u> | <u>106,077</u>              | <u>255,511</u> |

Net movement in funds, included in the above are as follows:

|                    | Incoming<br>resources | Resources<br>expended | Movement<br>in funds |
|--------------------|-----------------------|-----------------------|----------------------|
|                    | £                     | £                     | £                    |
| Unrestricted funds |                       |                       |                      |
| General fund       | 57,351                | 13,252                | 44,099               |
| Restricted funds   |                       |                       |                      |
| Restricted fund    | 193,199               | 131,221               | 61,978               |
| <b>TOTAL FUNDS</b> | <u>250,550</u>        | <u>144,473</u>        | <u>106,077</u>       |

# ALAG/Autism Hub (Asperger London Area Group)

Registered Charity No. 1160477

## NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2023

### 9 RELATED PARTY DISCLOSURES

There were no related party transactions for the year 31st March 2023.

### 10 RECONCILIATION OF NET (EXPENDIYURE)/INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

|   | 2022/23                | 2021/22              |
|---|------------------------|----------------------|
|   | £                      | £                    |
| <b>Net (expenditure)/income for the reporting period (as per the Statement of financial activities)</b> | 106,077                | 93,765               |
| Adjustment for:   |                        |                      |
| Depreciation charges  | -                      | -                    |
| (Increase)/decrease in detors   | (141,000)              | 0                    |
| Increase/(decrease) in creditors  | 2,786                  | -                    |
| <b>Net cash (used in)/provided by operations</b>  | <u><u>(32,137)</u></u> | <u><u>93,765</u></u> |

### 11 ANALYSIS OF CHANGES IN NET FUNDS

|                          | At 1.4.22             | Cash flow              | At 31.3.23            |
|--------------------------|-----------------------|------------------------|-----------------------|
|                          | £                     | £                      | £                     |
| <b>Net Cash</b>          |                       |                        |                       |
| Cash at Bank and in hand | 149,434               | (32,137)               | 117,297               |
|                          | <u>149,434</u>        | <u>(32,137)</u>        | <u>117,297</u>        |
| <b>Total</b>             | <u><u>149,434</u></u> | <u><u>(32,137)</u></u> | <u><u>117,297</u></u> |

**ASPERGER LONDON AREA GROUP (ALAG)**

England & Wales - Charity number 1160477

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# Accounts

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ALAG/Autism Hub

Registered Charity No. 1160477

**TRUSTEES' REPORT AND FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2022**

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| 11          | Statement of Financial Activities |
| 12-13       | Notes to the Accounts             |

ALAG/Autism Hub

Registered Charity No.

1160477

**ORGANISATIONAL PROFILE**  
**FOR THE YEAR ENDED 31 MARCH 2022**

**TRUSTEES**

|            |                  |
|------------|------------------|
| Chair      | John Harrison    |
| Vice Chair | Jason Crabtree   |
| Secretary  | Nick Stone       |
| Treasurer  | Jennifer Barker  |
|            | Desmond Meldrum  |
|            | Ricki Rittstiegl |

**REGISTERED OFFICE:**

C/o VAL, 200A Pentonville Road  
London  
N1 9JP

**BANKERS:**

National Westminster Bank Plc  
490 Holloway Road  
London  
N7 6HN

**ACCOUNTANTS:**

Charles Osei, BSc(Hons), MSc, ACIE, AFA, ATA, MCIPP  
Practical Accounting Training Ltd  
Equitable House, 2nd Floor  
10 Woolwich New Road  
London, SE18 6AB



## Trustees' Annual Report for ALAG/Autism Hub

From 1 April 2021 to 31 March 2022

Charity name: ALAG (Asperger London Area Group)

Charity registration number: 1160477

The Trustees of ALAG (Asperger London Area Group) and its affiliate, the Autism Hub have taken regard of the guidance issued by the Charity Commission on public benefit in operating this charity. ALAG/Autism Hub continues to be a user-led organisation providing valuable social and emotional support to autistic adults (and their families) to build confidence, resilience, to help improve their sense of wellbeing and live more fulfilled lives.

Over the last financial year ALAG/Autism Hub has managed to gain a stronger footing with local authority funding. These successful funding applications have resulted in our services now operating with paid members of staff working alongside our volunteers. We now are able to provide a wider range of support for our members and to offer these much-needed services to more autistic adults who do not have a learning disability. The board of trustees have, with the lead service coordinators, continued to put in place policies and procedures to ensure the quality of the services we provide meets our funders' expectations.

The ALAG/Autism Hub trustees are pleased that local authorities recognise the value of our work, and we are grateful to everyone who has helped to make this funding breakthrough happen. As trustees, we are committed to being responsible custodians of public funds and are committed to deliver our services in line with the agreed purpose of the funding.

### ALAG/Autism Hub Governance

ALAG/Autism Hub has a clearly defined management structure ensuring effective decisions are being made within the organisation. As a general rule we aim to have trustees' meetings approximately four times a year as a minimum. Additional meetings were held after the lead joint coordinator retired in December 2021, to ensure a smooth handover. We continue to hold our meetings online rather than in person. This has been approved by the Charity Commission.

The ALAG/Autism Hub board of trustees is currently made up of five trustees:

John Harrison - Chair  
Jason Crabtree - Vice Chair  
Jennifer Barker - Treasurer  
Nick Stone - Secretary  
Ricki Rittstiege - Trustee

Desmond Meldrum - Trustee (resigned December 2021)

During this reporting period, one trustee has resigned, and one service coordinator has retired. At present we have the minimum number of trustees, however, we do plan to recruit additional trustees in the near future.

Our new lead service coordinator attended a training course on 'How to recruit trustees' delivered by Getting on Board. The practical guides obtained from the training course will inform future recruitment of trustees.



### *ALAG/Autism Staff & Volunteers*

ALAG/Autism Hub operations have expanded and been able to secure the expertise of self-employed specialists to deliver grant funded services.

#### Staff team:

Zainab Rahemtulla – Service & Operations Coordinator  
Jill Bradford – Volunteer & Projects Coordinator + HR Coordinator  
Nick Stone – ALAG/Autism Hub Peer Facilitator  
Ella Celeste – Autism Hub Drop-in Peer Facilitator  
Guy Eaton – Advocate  
Nasima Roman – Referrals Assessor & Benefits Advisor  
Nora Nstabana – Data Administrator

#### Autism specialist counsellors:

Sue Burchett  
Lorna Aher  
Dr. Ruth Millman  
Jennifer Snow  
Dr. Kassy Drossou  
Anna Hayward

ALAG/Autism Hub's counselling service consists of six self-employed counsellors – all of whom are now fully qualified counsellors and registered with the British Association for Counselling and Psychotherapy (BACP). We started with 3 trainee counsellors who finished their qualifications whilst they were on a student placement with the Autism Hub. Our counsellors, most of whom are autistic themselves, or have an autism specialism, provide autism informed therapy which considers any adjustments required during the sessions. Our counselling service supports individuals to process their diagnosis, understand their autism, and managing anxiety. We offer 6-10 sessions of free counselling to our users.

#### Volunteers:

JT – Technical support  
AN – Drop-in support  
AE – Training support  
RR – Administrative and training support  
VJ – Marketing and promotional material support  
Big Alliance CoRe Corporate Volunteers – content development, strategic advice

During the pandemic we had fewer volunteers than pre-pandemic, however, we have started to grow our volunteer pool again. We are still working on building our capacity to meet the demand, by expanding our staff team and volunteers, however, as we are a user led service, we require to do this at an appropriate pace to ensure reasonable adjustments are made and adequate supports are in place. We are incredibly fortunate that our volunteers, most of whom are autistic, have a range of skills which truly make the service user-led. Our volunteers and staff team support with website content, marketing and promotional material design, autism training development and delivery, technical support and administrative support to name a few. We aim to create a working environment that enables our team to develop their professional skills in a safe space that is autism informed.



### ALAG/Autism Hub Funding and Finance

ALAG/Autism Hub's financial position has significantly improved and developed since 2020/21. This is primarily due to the increased grant funding from local authorities and other local community grant funders. See table for details.

ALAG/Autism Hub holds cash reserves as a means of ensuring that it is able to respond to emergencies in a timely manner. Due to the increased grant funding, we are also building our non-committed reserves at a pace in line with increased expenditure to ensure we are able to manage any risks. This is reviewed quarterly.

We aim to increase our income revenue by delivering bespoke autism training led by autistic staff and volunteers. The staff team and volunteers have delivered a series of training to Camden Council staff and are contracted to deliver further training.

In line with our monitoring obligations, we are collating relevant qualitative and quantitative data to build a business case for Camden and Islington Local Authorities, for longer term grant funding to support their autistic residents and sustain the service.

| Income Source<br>2021/2022     | Amount    | Comment  |
|--------------------------------|-----------|--|
| LBI- VCS                       | £17,500   | VCS grant of £17,500 per year over three years to cover our core costs.  |
| Cloudesley Community Fund      | £2,000    | To cover core costs- data administration   |
| LBI/LBC Commissioners funding  | £75,000   | To support the Autism Hub Covid Response project for Islington & Camden residents                                    |
| LBC multi-project funding      | £49,150   | Camden specific autism co-researcher project, Race & Equality project, and capacity building.                        |
| Camden Giving                  | £15,000   | Community grant- £15,000 per year for two years to cover core costs- rent, bills, staff salaries, volunteer expenses |
| London Catalyst Fund           | £700      | Remaining funding from our Partners for Health project which commenced prior to the pandemic.                        |
| City of London- London Funders | £15,000   | To cover staffing costs for advocate post for ALAG members.  |
| Donations                      | £1,849.20 | Donations made by regular donors and corporates.   |
| Training income                | £4,250    | To deliver Autism Awareness Training to LBC staff.   |
| Bank compensation              | £850      |  |



|                             |             |            |  |
|-----------------------------|-------------|------------|--|
| Total Income                | £181,299.20 |            |  |
| Non-committed cash reserves |             | £18,533.20 |  |
|                             |             |            |  |

*ALAG/Autism Hub Services*

Throughout April 2021 – March 2022 ALAG/Autism Hub has continued to offer specialist counselling, peer support, advocacy, case work around housing issues, employment support, welfare benefits guidance and in addition supported autistic individuals to live healthier, more fulfilled lives. Providing the social and emotional support essential to their well-being by enabling them to be socially active and connected to their communities. We have also supported individuals to understand and come to terms with their diagnosis as part of our Partners for Health collaboration with the C&I diagnostic service and Covid Response Project funded by LBC and LBI.

Monthly meetings –

ALAG/Autism Hub have delivered 12 peer-led webinars and hybrid events moderated by our Peer-Facilitator, with a focus on wellbeing, staying safe and navigating the community during the uncertainty of the pandemic, managing lifting of lockdown, coping strategies, mental health and wellbeing, and navigating a post-pandemic world. The webinars offer a safe space for discussion, to receive peer support, share experiences of what has been helpful and what has not, ask questions and find out what is available locally and London wide.

Peer-Support- Drop-in Service –

ALAG/Autism Hub have delivered 46 virtual and in-person weekly drop-in sessions. Our peer-led drop-in sessions run for 2hrs every Monday between 11:00-13:00. The first half of the session is less structured and provides an opportunity for people to meet, raise topics they would like to discuss, and ask questions. The second half is more structured with an activity ie a quiz, or mindfulness practice. It is a forum for peer-support in a small group setting, to keep users informed of relevant and upcoming events, to voice what matters to them, and what they may need support with.

Autism specific counselling –

ALAG/Autism Hub have delivered over 450 counselling sessions during the reporting period. We offer weekly 6-10 sessions per client. We have increased our capacity for sessions delivered including number of sessions offered. Due to the pandemic, we have received an increased number of self-referrals and have been dealing with cases of increased complexity which require additional sessions and support.

Casework & Advocacy support –

We provide advocacy for service users who require support to navigate and liaise with external services and systems ie. Benefit claims, housing, adult social care etc. Our aim is to



work with external agencies to make reasonable adjustments and offer consultation on creating autism-informed pathways for our users to access. We have employed two part-time Advocates during this reporting period.

#### Skill building workshops –

ALAG/Autism Hub have built partnerships with local corporations as part of their corporate social responsibility agenda. This has enabled us to raise autism awareness and encouraged them to adopt reasonable adjustments with their staff team in exchange for delivering skills-based workshops for our members and service users. This includes CV writing, Interview skills, coding and organised visits for members and users to learn about various industries.

#### Training –

The Autism Hub/ALAG have received funding to deliver 5 Autism Awareness Training (AAT) sessions to LBC staff with the aim to increase autism-informed practice and knowledge amongst front-line staff. This can include practitioners, library staff, customer service representatives, housing officers etc.

#### Pandemic and post-pandemic service delivery –

During the height of the pandemic, many autistic adults reported increased levels of anxiety, isolation, bereavement, disruption to routines, difficulty accessing health and mental health services, housing issues, and employment issues. In response, ALAG/Autism Hub initiated the Covid Response Project supported by Camden and Islington local authorities and adapted all its services to be delivered virtually or by telephone in order to reach our users during lockdown.

As we enter a post-pandemic era, these issues and themes still remain very relevant. We have noted an increase in ill mental health and wellbeing, isolation, negative impact on physical health conditions, and complex presentations. As a result, statutory services have increased backlogs with long waiting times, and are heavily under-resourced. This has a residual impact on community sector services, who tend to support individuals whilst they are waiting for statutory services. This increases the risk we carry including staff burnout, and safeguarding concerns/risks that we must manage.

We are mindful that the pandemic is not over and we continue to support our members to access our services by offering a combination of some in-person and online activities. We completed a survey earlier this year to ask our users their preference for online and in-person events. The majority opted for the option for events to be delivered in a hybrid format so that people have the option online and in-person. We have delivered two hybrid events during this reporting period at a cost, and are searching for suitable venues where we can deliver hybrid events at a reasonable cost.

The ALAG/Autism Hub trustees are pleased with what has been achieved in the year April 2021 to March 2022. The expansion of services despite the drawback and disadvantages of the pandemic is a testament of the hard work, dedication and commitment of our staff team, counsellors and volunteers who have gone the extra mile in all areas to ensure this excellent service continues to have a positive impact in the community as a whole. We believe we are well placed to continue delivering our services in the coming year 2022/23.



Signed on behalf of ALAG/Autism Hub trustees

Signature:

A handwritten signature in cursive script, appearing to read 'Jennifer Barker'.

Full name: Jennifer Barker

Position: Treasurer Trustee

Date: 04/12/2022

Trustees' Annual Report for ALAG/Autism Hub

From 1 April 2021 to 31 March 2022

Charity name: ALAG (Asperger London Area Group)

Charity registration number: 1160477

The ALAG/Autism Hub Trustees for April 2021 to March 2022 are as follows:

Mr John Harrison - Chair

Dr Jason Crabtree - Vice Chair

Ms Jennifer Barker - Treasurer

Mr Nick Stone – Secretary

Ms Ricki Rittstiege – Trustee

Mr Desmond Meldrum – Trustee (resigned December 2021)

Charity Registered Address: ALAG, C/o VAI, 200A Pentonville Road, London N1 9JP

National Westminster Bank Plc

Branch sort code: 60-08-22

Account number: 60696257

ALAG/Autism Hub

Registered Charity No. 1160477

**INDEPENDENT EXAMINER'S REPORT ON THE FINANCIAL STATEMENTS  
TO THE TRUSTEES OF ALAG/AUSTISM HUB**

I report on the financial statements for the year ended 31 March 2022 set out on pages 8 - 13

This report is made solely to the Trustees of ALAG/Autism Hub, as a body, in accordance with regulations made under section 145 of the Charities Act 2011 and Charity SORP (frsse). My work has been undertaken so that I might state to the Trustees 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 Charity and Charity's trustees for my independent examination work, for this report, or for the statement I have given below.

**Respective responsibilities of Trustees and independent examiner**

As charity trustees, for the purposes of charity law, are responsible for the preparation of the financial statements, the Trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the Act) and that an independent examination is needed.

Having satisfied myself that the Charity is not subject to an audit under company law and is eligible for independent examination, it is my responsibility to:

- a) examine the accounts under section 145 of the 2011 Act;
- b) follow the procedures laid down in the general Directions given by the Charity Commissioners under section 145(5)(b) of the 2011 Act; and
- c) state whether particular matters have come to my attention.

**Basis of independent examiner's statement**

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the Charity, and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair view" and the reports limited to those matters set out in the statement on the next page.

ALAG/Autism Hub

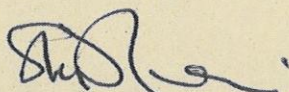
Registered Charity No. 1160477

**INDEPENDENT EXAMINER'S REPORT ON THE FINANCIAL STATEMENTS  
TO THE TRUSTEES OF ALAG/AUTISM HUB (Cont'd)**

**Independent examiner's statement**

In connection with my examination, no matter has come to my attention:

- 1) which gives me reasonable cause to believe that in any material respect the requirements
  - a) to keep accounting records in accordance with Section 130 of the Charities Act; and
  - b) to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Acthave not been met; or
- 2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Charles Osei, BSc (Hons), MSc, ACIE, AFA, ATA, MCIPP  
Practical Accounting Training Ltd,  
Equitable House, 2nd Floor  
10 Woolwich New Road, London, SE18 5AB

Date 5/12/22

ALAG/Autism Hub

Registered Charity No. 1160477

**BALANCE SHEET**  
**AS AT 31 MARCH 2022**

| <u>Notes</u>                          | <u>2021/22</u><br>£ | <u>2020/21</u><br>£ |
|---------------------------------------|---------------------|---------------------|
| Fixed Assets                          | -                   | -                   |
| Current Assets                        |                     |                     |
| Cash at Bank and in hand              | 142,589             | 55,669              |
|                                       | 142,589             | 55,669              |
| Creditors: Amount due within One Year |                     |                     |
| Net Assets/Liabilities                | <u>142,589</u>      | <u>55,669</u>       |
| <b>Reserves.</b>                      |                     |                     |
| General Funds                         | 25,664              | 10,884              |
| Restricted Funds:                     | 116,925             | 44,785              |
|                                       | <u>142,589</u>      | <u>55,669</u>       |

Approved by the Management Committee on  
and signed on their behalf by:

John Harrison  
Chair

Jennifer Barker  
Treasurer

ALAG/Autism Hub

Registered Charity No. 1160477

**STATEMENT OF FINANCIAL ACTIVITIES**  
**FOR THE YEAR ENDED 31 MARCH 2021**

|   | Notes | Unrestricted<br>Funds<br>£ | Restricted<br>Funds<br>£ | 2021/22<br>Total Funds<br>£ | 2020/21<br>Total Funds<br>£ |
|---|-------|----------------------------|--------------------------|-----------------------------|-----------------------------|
| <b>Resources Arising</b>                  |       |                            |                          |                             |                             |
| Income from Charitable Activities         |       | 16,570                     |                          | 16,570                      | 900                         |
| Grants                                    |       |                            | 164,729                  | 164,729                     | 58,324                      |
| Other Income                              |       |                            | 0                        | -                           | 600                         |
| <b>Total Income</b>                       |       | <u>16,570</u>              | <u>164,729</u>           | <u>181,299</u>              | <u>59,824</u>               |
| <br>                                      |       |                            |                          |                             |                             |
| <b>Direct Charitable Expenditure</b>      | 2     | 1,080                      | 93,299                   | 94,379                      | 28,488                      |
| <br>                                      |       |                            |                          |                             |                             |
| <b>Total Expenditure</b>                  |       | <u>1,080</u>               | <u>93,299</u>            | <u>94,379</u>               | <u>28,488</u>               |
| <br>                                      |       |                            |                          |                             |                             |
| <b>Resources retained for further use</b> |       | 15,490                     | 71,430                   | 86,920                      | 31,336                      |
| <br>                                      |       |                            |                          |                             |                             |
| <b>Transfer between Funds</b>             |       |                            |                          |                             |                             |
| <br>                                      |       |                            |                          |                             |                             |
| <b>Net Movement in Funds</b>              |       |                            |                          |                             |                             |
| <br>                                      |       |                            |                          |                             |                             |
| <b>Reconciliations of Funds</b>           |       |                            |                          |                             |                             |
| Brought forward 01/04/2021                |       | 10,174                     | 45,495                   | 55,669                      | 24,333                      |
| <br>                                      |       |                            |                          |                             |                             |
| <b>Carried forward 31/03/2022</b>         |       | <u>25,664</u>              | <u>116,925</u>           | <u>142,589</u>              | <u>55,669</u>               |

ALAG/Autism Hub

Registered Charity No. 1160477

**NOTES TO THE ACCOUNTS**  
**FOR THE YEAR ENDED 31 MARCH 2022**

**1. Accounting Policies**

**Basis of Preparation.**

These accounts have been prepared on an accrual basis and include income and expenditure as they are earned or incurred, rather than as cash received or paid. The recommendations of the Financial Reporting Standard applicable in the UK and Republic of Ireland (frs) and Charities Act 2011 have been followed.

**Fund Accounting.**

The general funds consist of funds that the Trustees may use for ALAG/Autism's charitable purposes at their discretion.

The restricted funds are those where the donor has imposed restrictions on the use of the funds, which are legally binding. Restricted funds held in reserve at the end of the year represent income received from donors to be spent within the following year. Details of these funds are set out on the separate schedule in Note 5.

**Voluntary Income**

All voluntary income and donations are recognised and included in the accounts as they are received.

**Direct Charitable Expenditure.**

Direct charitable expenditure comprises all costs incurred in running the Charity that are directly attributable to the Charity's projects.

**Governance costs**

Include those costs associated with meeting the constitutional and statutory requirements of the charity.

**Fund-raising Expenditure.**

Fund-raising expenditure comprises costs incurred in inducing people or organisations to contribute financially to the Charity's work.

ALAG/Autism Hub

Registered Charity No. 1160477

NOTES TO THE ACCOUNTS  
FOR THE YEAR ENDED 31 MARCH 2021

2 Resources Expended

|                        | Unrestricted | Restricted    | 2021/22       | 2020/21       |
|------------------------|--------------|---------------|---------------|---------------|
|                        | £            | £             | £             | £             |
| IT & Communication     | -            | 500           | 500           | 429           |
| Staff - Client facing  | 1,080        | 84,097        | 85,177        | 8,491         |
| General Expenses       | -            | 321           | 321           | 39            |
| Insurance              | -            | 466           | 466           | 445           |
| Counselling            | -            | -             | -             | 7,507         |
| Rent                   | -            | 7,380         | 7,380         | 1,155         |
| Research gift vouchers | -            | -             | -             | 360           |
| LB Camden              | -            | -             | -             | 10,000        |
| Professional fees      | -            | 535           | 535           | 63            |
| <b>Totals</b>          | <b>1,080</b> | <b>93,299</b> | <b>94,379</b> | <b>28,488</b> |

**ASPERGER LONDON AREA GROUP (ALAG)**

England & Wales - Charity number 1160477

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# Accounts

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**ALAG/Autism Hub**

**Registered Charity No. 1160477**

**TRUSTEES' REPORT AND FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2021**

**CONTENTS**

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| 2-6         | Report of Trustees                |
| 7-8         | Independent Examiner's report     |
| 9           | Balance Sheet                     |
| 10          | Statement of Financial Activities |
| 11-12       | Notes to the Accounts             |

**ALAG/Autism Hub**

**Registered Charity No.**

**1160477**

**ORGANISATIONAL PROFILE**

**FOR THE YEAR ENDED 31 MARCH 2021**

**TRUSTEES**

|            |                 |
|------------|-----------------|
| Chair      | John Harrison   |
| Vice Chair | Jason Crabtree  |
| Secretary  | Nick Stone      |
| Treasurer  | Jennifer Barker |
|            | Desmond Meldrum |
|            | Ricki Rittstieg |

**REGISTERED OFFICE:**

C/o VAL, 200A Pentonville Road  
London  
N1 9JP

**BANKERS:**

National Westminster BankPlc  
490 Holloway Road  
London  
N7 6HN

**ACCOUNTANTS:**

Charles Osei, BSc(Hons), MSc, ACIE, AFA, ATA, MCIPP  
Practical Accounting Training Ltd  
Equitable House, 2nd Floor  
10 Woolwich New Road  
London, SE18 6AB



autism  
hub ...

**Trustees' Annual Report for ALAG/Autism Hub**

**From 1 April 2020 to 31 March 2021**

**Charity name: ALAG (Asperger London Area Group)**

**Charity registration number: 1160477**

The ALAG/Autism Hub Trustees for April 2020 to March 2021 are as follows:

Mr John Harrison - Chair

Dr Jason Crabtree - Vice Chair

Ms Jennifer Barker - Treasurer

Mr Nick Stone - Secretary

Mr Desmond Meldrum - Trustee

Ms Ricki Rittstieg - Trustee

Charity Registered Address:

ALAG/Autism Hub

C/o VAI, 200A Pentonville Road,

London N1 9JP

National Westminster Bank Plc

Branch sort code: 60-08-22

Account number: 60696257



The Trustees of ALAG (Asperger London Area Group) and its affiliate, the Autism Hub have taken regard of the guidance issued by the Charity Commission on public benefit in operating this charity. ALAG/Autism Hub continues to be a user led organisation providing valuable social and emotional support to autistic adults (and their families) to build confidence, resilience, to help improve their sense of wellbeing and live more fulfilled lives. Over the last financial year ALAG/Autism Hub has managed to gain a stronger footing with local authority funding. These successful funding applications have resulted in our services now operating with paid members of staff working alongside our volunteers. We now are able to provide a wider range of support for our members and to offer these much-needed services to more autistic adults who do not have a learning disability. The board of trustees have, with the lead service coordinators, continued to put in place policies and procedures to ensure the quality of the services we provide meets our funders expectations.

The ALAG/Autism Hub trustees are pleased that local authorities recognise the value of our work, and we are grateful to everyone who has helped to make this funding breakthrough happen. As trustees, we are committed to being responsible custodians of public funds and are expected to deliver our services in line with the agreed purpose of the funding.

#### *ALAG/Autism Hub Governance*

ALAG/Autism Hub has a clearly defined management structure ensuring effective decisions are being made within the organisation. As a general rule we aim to have trustees' meetings approximately four times a year, however due to the pandemic and subsequent lockdown, the board of trustees were only able to meet three times during this financial period. It was agreed (and approved by the Charity Commission) that these meetings could be held online rather than in person to ensure the safety of our trustees.

The ALAG/Autism Hub board is currently made up of six trustees with one vacancy:

John Harrison - Chair  
Jason Crabtree - Vice Chair  
Jennifer Barker - Treasurer  
Nick Stone - Secretary  
Desmond Meldrum - Trustee  
Ricki Rittstieg - Trustee

Unfortunately, due to the pandemic, the programme of training for the trustees was restricted such that only the safeguarding training and some fundraising training was undertaken. A new programme of training for trustees is being developed in conjunction with our lead service coordinator and is expected to be proposed in April 2021.

#### *ALAG/Autism Staff & Volunteers*

ALAG/Autism Hub operations have expanded and been able to secure the expertise of several self-employed specialists to deliver grant funded services alongside the service coordinators and volunteer members.

#### **Staff team:**

Ethney Anderson – Joint Service & Operations Coordinator  
Zainab Rahemtulla – Joint Service & Operations Coordinator  
Nick Stone - ALAG/Autism Hub Peer Facilitator & Communications Officer  
Jill Bradford – Volunteer & Projects Coordinator



Ella Celeste - Autism Hub Drop-in Facilitator

**Volunteers:**

JT – Technical Support

AN – Drop-in Support

HT - Admin

Big Alliance CoRe Volunteers (Jill B)

We now have fewer volunteers working than before the pandemic and this has had an adverse effect on the delivery of our in-person autism awareness training as none has taken place. Our administrative capacity has also decreased so there has been a delay in some of the communication we provide.

**Counsellors:**

ALAG/Autism Hub's counselling service consists of six counsellors – three of whom are fully trained autism specialist counsellors and three are trainee placement counsellors in their final year of training.

*ALAG/Autism Hub Funding and Finance*

ALAG/Autism Hub's financial position has improved since 2019/20 due to the increased grant funding from local authorities and trust funders. See table below for details. The new funding is mainly to pay part-time staff to coordinate the online services. Plans to develop a new fundraising strategy and ideas for joint funding bids with relevant partners under the guidance of Voluntary Action Islington have been delayed in order to concentrate on ensuring we deliver the new online services in a way that our service users find accessible and can engage and benefit from. ALAG/Autism Hub holds cash reserves as a means of ensuring that it is able to respond to emergencies in a timely way.

| Income Source 2020/21                  | £             |         | Comment   |
|--|---------------|---------|---|
| London Borough Islington VCS - £17,500 | 4,325         |         | VCS grant of £17,500 per year over three years to cover our core costs.   |
| Cripplegate - £5,000                   | 5,000         |         | Grant to go toward staff costs  |
| LBI/LBC Commissioners funding          | 20,000        |         | To coordinate the Covid Response project for Islington & Camden residents |
| LB Camden research project funding     | 5,000         |         | To fund a Facilitator the Coresearcher Autism Group                       |
| London Catalyst fund                   | 3,000         |         | Funding for our Partners for Health project                               |
| Cloudesley Grant                       | 10,000        |         | Funding a part-time post to continue our Partners for Health project      |
| <b>Total</b>                           | <b>47,325</b> |         |   |
| Non-committed cash reserves            |               | £10,325 |   |



### *ALAG/Autism Hub Services*

Throughout April 2020 – March 2021 ALAG/Autism Hub has continued to offer specialist counselling, peer support, advocacy, case work around housing issues, employment support, welfare benefits guidance and in addition supported ASC individuals to live healthier, more fulfilled lives. We have also supported individuals to understand and come to terms with their diagnosis as part of our Partners for Health collaboration with the C&I diagnostic service. Providing the social and emotional support essential to their well-being by enabling them to be socially active and connected to their communities.

### *Year of the pandemic*

During the height of the pandemic, many autistic adults have reported increased levels of anxiety, isolation, bereavement, disruption to routines, difficulty accessing health and mental health services, housing issues, and employment issues. In response to the impact of the pandemic, ALAG/Autism Hub adapted all its services to be delivered virtually or by telephone – including the in-person peer drop-in service which is now a weekly online service.

Throughout the pandemic year, ALAG/Autism Hub monthly support meetings, previously held in Islington Town Hall, were moved online and developed as a series of monthly webinars where we invited specialist speakers as well as engaged in group discussions. We also saw an increase in numbers of counselling sessions provided, advocacy support, telephone and email consultations, peer to peer support 'drop-in' sessions and employability themed workshops.

The ALAG/Autism Hub trustees are pleased with what has been achieved in the year April 2020 to March 2021. The expansion of services despite the drawback and disadvantages of the pandemic is a testament of the hard work, dedication and commitment of our staff team, counsellors and volunteers who have gone the extra mile in all areas to ensure this outstanding service continues to have a positive impact in the community as a whole. We believe we are well placed to continue delivering our services in the coming year - 2021/22.



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hub ...

Signed on behalf of ALAG/Autism Hub trustees

Signature: 

Full name: Jennifer Barker

Position: Treasurer Trustee

Date: Friday 10 December 2021

Signed on behalf of ALAG/Autism Hub Trustees

Signature: 

Full name: Ethney Anderson

Position: Joint Service & Operations Coordinator

Date: Friday 10<sup>th</sup> December 2021

Trustees' Annual Report for ALAG/Autism Hub

From 1 April 2020 to 31 March 2021

Charity name: ALAG (Asperger London Area Group)

Charity registration number: 1160477

**ALAG/Autism Hub**

**Registered Charity No. 1160477**

**INDEPENDENT EXAMINER'S REPORT ON THE FINANCIAL STATEMENTS  
TO THE TRUSTEES OF ALAG/AUSTISM HUB**

I report on the financial statements for the year ended 31 March 2021 set out on pages 8 - 12

This report is made solely to the Trustees of ALAG/Autism Hub, as a body, in accordance with regulations made under section 145 of the Charities Act 2011 and Charity SORP (frsse). My work has been undertaken so that I might state to the Trustees 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 Charity and Charity's trustees for my independent examination work, for this report, or for the statement I have given below.

**Respective responsibilities of Trustees and independent examiner**

As charity trustees, for the purposes of charity law, are responsible for the preparation of the financial statements, the Trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the Act) and that an independent examination is needed.

Having satisfied myself that the Charity is not subject to an audit under company law and is eligible for independent examination, it is my responsibility to:

- a) examine the accounts under section 145 of the 2011 Act;
- b) follow the procedures laid down in the general Directions given by the Charity Commissioners under section 145(5)(b) of the 2011 Act; and
- c) state whether particular matters have come to my attention.

**Basis of independent examiner's statement**

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the Charity, and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair view" and the reports limited to those matters set out in the statement on the next page.

ALAG/Autism Hub

Registered Charity No. 1160477

**INDEPENDENT EXAMINER'S REPORT ON THE FINANCIAL STATEMENTS  
TO THE TRUSTEES OF ALAG/AUTISM HUB (Cont'd)**

**Independent examiner's statement**

In connection with my examination, no matter has come to my attention:

- 1) which gives me reasonable cause to believe that in any material respect the requirements
  - a) to keep accounting records in accordance with Section 130 of the Charities Act; and
  - b) to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Acthave not been met; or
- 2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Charles Osei, BSc (Hons), MSc, ACIE, AFA, ATA , MCIPP  
Practical Accounting Training Ltd,  
Equitable House, 2nd Floor  
10 Woolwich New Road, London, SE18 5AB

Date 14/12/21

ALAG/Autism Hub

Registered Charity No. 1160477

**BALANCE SHEET**  
**AS AT 31 MARCH 2021**

| <u>Notes</u>                          | <u>2020/21</u> | <u>2019/20</u> |
|---------------------------------------|----------------|----------------|
|                                       | <u>£</u>       | <u>£</u>       |
| Fixed Assets                          | -              | -              |
| Current Assets                        |                |                |
| Cash at Bank and in hand              | 55,669         | 24,333         |
|                                       | 55,669         | 24,333         |
| Creditors: Amount due within One Year |                |                |
| Net Assets/Liabilities                | <u>55,669</u>  | <u>24,333</u>  |
| <b>Reserves</b>                       |                |                |
| General Funds                         | 10,884         | 9,404          |
| Restricted Funds:                     | 44,785         | 14,930         |
|                                       | <u>55,669</u>  | <u>24,333</u>  |

Approved by the Management Committee on  
and signed on their behalf by:

John Harrison  
Chair

Jennifer Barker  
Treasurer



ALAG/Autism Hub

Registered Charity No. 1160477

**STATEMENT OF FINANCIAL ACTIVITIES**  
**FOR THE YEAR ENDED 31 MARCH 2021**

|   | Notes | Unrestricted<br>Funds<br>£ | Restricted<br>Funds<br>£ | 2020/21<br>Total Funds<br>£ | 2019/20<br>Total Funds<br>£ |
|---|-------|----------------------------|--------------------------|-----------------------------|-----------------------------|
| <b>Resources Arising</b>                  |       |                            |                          |                             |                             |
| Income from Charitable Activities         |       | 900                        |                          | 900                         | 1,608                       |
| Grants                                    |       |                            | 58,324                   | 58,324                      | 9,000                       |
| Other Income                              |       |                            | 600                      | 600                         | 4,670                       |
| <b>Total Income</b>                       |       | <u>900</u>                 | <u>58,924</u>            | <u>59,824</u>               | <u>15,277</u>               |
| <br>                                      |       |                            |                          |                             |                             |
| <b>Direct Charitable Expenditure</b>      | 2     | 130                        | 28,359                   | 28,488                      | 10,628                      |
| <br>                                      |       |                            |                          |                             |                             |
| <b>Total Expenditure</b>                  |       | <u>130</u>                 | <u>28,359</u>            | <u>28,488</u>               | <u>10,628</u>               |
| <br>                                      |       |                            |                          |                             |                             |
| <b>Resources retained for further use</b> |       | 771                        | 30,565                   | 31,336                      | 4,649                       |
| <br>                                      |       |                            |                          |                             |                             |
| <b>Transfer between Funds</b>             |       |                            |                          |                             |                             |
| <br>                                      |       |                            |                          |                             |                             |
| <b>Net Movement in Funds</b>              |       |                            |                          |                             |                             |
| <br>                                      |       |                            |                          |                             |                             |
| <b>Reconciliations of Funds</b>           |       |                            |                          |                             |                             |
| Brought forward 01/04/2020                |       | 9,404                      | 14,930                   | 24,333                      | 19,683                      |
| <br>                                      |       |                            |                          |                             |                             |
| <b>Carried forward 31/03/2021</b>         |       | <u><u>10,175</u></u>       | <u><u>45,495</u></u>     | <u><u>55,669</u></u>        | <u><u>24,333</u></u>        |

## ALAG/Autism Hub

Registered Charity No. 1160477

### NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2021

#### 1. Accounting Policies

##### **Basis of Preparation.**

These accounts have been prepared on an accrual basis and include income and expenditure as they are earned or incurred, rather than as cash received or paid. The recommendations of the Financial Reporting Standard applicable in the UK and Republic of Ireland (frsfe) and Charities Act 2011 have been followed.

##### **Fund Accounting.**

The general funds consist of funds that the Trustees may use for ALAG/Autism's charitable purposes at their discretion.

The restricted funds are those where the donor has imposed restrictions on the use of the funds, which are legally binding. Restricted funds held in reserve at the end of the year represent income received donors to be spent within the following year. Details of these funds are set out on the separate schedule in Note 5.

##### **Voluntary Income**

All voluntary income and donations are recognised and included in the accounts as they are received.

##### **Direct Charitable Expenditure.**

Direct charitable expenditure comprises all costs incurred in running the Charity that are directly attributable to the Charity's projects.

##### **Governance costs**

Include those costs associated with meeting the constitutional and statutory requirements of the charity.

##### **Fund-raising Expenditure.**

Fund-raising expenditure comprises costs incurred in inducing people or organisations to contribute financially to the Charity's work.

ALAG/Autism Hub

Registered Charity No. 1160477

**NOTES TO THE ACCOUNTS**  
**FOR THE YEAR ENDED 31 MARCH 2021**

**2 Resources Expended**

|                             | <b>Unrestricted</b> | <b>Restricted</b> | <b>2020/21</b> | <b>2019/20</b> |
|-----------------------------|---------------------|-------------------|----------------|----------------|
|                             | <b>£</b>            | <b>£</b>          | <b>£</b>       | <b>£</b>       |
| Zoom - Meetings             | 130                 | -                 | 130            | -              |
| Ethney Anderson             | -                   | 3,386             | 3,386          | 1,200          |
| Mobile Phone                | -                   | 179               | 179            | 185            |
| Stationary                  | -                   | 39                | 39             | -              |
| Insurance                   | -                   | 445               | 445            | 449            |
| Counselling                 | -                   | 7,507             | 7,507          | 1,035          |
| Uwe Web Management          | -                   | 120               | 120            | -              |
| Nick Stone                  | -                   | 2,400             | 2,400          | -              |
| Rent                        | -                   | 1,155             | 1,155          | 3,809          |
| Research gift vouchers      | -                   | 360               | 360            | -              |
| Zainab Rahemtulla - The Hub | -                   | 2,187             | 2,187          | -              |
| LB Camden                   | -                   | 10,000            | 10,000         | -              |
| Ella Chijocke               | -                   | 518               | 518            | -              |
| DBS Islington               | -                   | 63                | 63             | -              |
| Christmas Meal              | -                   | -                 | -              | 391            |
| Laptop                      | -                   | -                 | -              | 233            |
| Food                        | -                   | -                 | -              | 676            |
| Conference                  | -                   | -                 | -              | 1,950          |
| COVID                       | -                   | -                 | -              | 3              |
| Volunteer's Lunch           | -                   | -                 | -              | 72             |
| Volunteer's expenses        | -                   | -                 | -              | 432            |
| Printing                    | -                   | -                 | -              | 192            |
| <b>Totals</b>               | <b>130</b>          | <b>28,359</b>     | <b>28,488</b>  | <b>10,628</b>  |

ALAG/Autism Hub

Registered Charity No. 1160477

**BALANCE SHEET**  
**AS AT 31 MARCH 2021**

| <u>Notes</u>                          | <u>2020/21</u> | <u>2019/20</u> |
|---------------------------------------|----------------|----------------|
|                                       | <u>£</u>       | <u>£</u>       |
| Fixed Assets                          | -              | -              |
| Current Assets                        |                |                |
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| Creditors: Amount due within One Year |                |                |
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| <b>Reserves</b>                       |                |                |
| General Funds                         | 10,884         | 9,404          |
| Restricted Funds:                     | 44,785         | 14,930         |
|                                       | <u>55,669</u>  | <u>24,333</u>  |

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Chair



Jennifer Barker  
Treasurer

