



**North Devon Forum for
Autistic Spectrum
Conditions and ADHD**
www.ndfautism.co.uk

PO Box 174
Bideford
EX39 9EA
Mobile: 07923 481332
Reg. Charity No. 1172597
info@ndfautism.co.uk
facebook.com/groups/ndfarb
@NorthDevonForum

JOINT OFFICERS REPORT FOR AGM ON 30 NOVEMBER 2024
FROM CHAIR, SECRETARY, TREASURER, RESOURCE,
COFFEE MORNINGS, EVENTS AND FUNDRAISING TRUSTEES

Since our AGM last year, the Forum has continued to build on its base. Unfortunately, our numbers at the coffee morning are still low compared to what it used to be. For this reason we have not been bringing the library to the coffee mornings, nor have we been holding the room draw. Also we have had few speakers but those who have attended have brought information much needed by our members. DIAS have attended in the side room and under their own steam and has been well received. At each coffee morning we have 'newbies' and can offer information and support to them, and often learn items ourselves, we have therefore booked the 4th Thursday of each month at Roundswell Community Centre for 2025 (not December), so hopefully see you there. We have a core group of trustees who keep the coffee morning on track. We have a new trustee, Linda Falkner, who is taking over the library. She is attempting to retrieve the lent books so would ask that these are returned during a book amnesty.

This year Gabby has stepped down as a Trustee after establishing a link with the Charity Commission. Tom will continue to liaise with the Charity Commission with our end of year accounts.

We continue to function as the Forum is a much needed resource for the area, there are always new members joining often who did not know we exist. However, if we are to continue we desperately need more trustees/volunteer and amongst these active members. (Debbie to insert her piece)

We have been fortunate in receiving funds as grants from Bideford Town Council and Bideford Bridge Trust which has enabled us to maintain our bookings of Torridge Pool, Northam for swimming, and in 2025 we have organised the use of an inflatable every 3rd month. The dates and details already sent are:-

Following the generosity of the grants from Bideford Bridge Trust and Bideford Town Council we are pleased to announce that the forum has booked the following swimming sessions. Please note the addition of the inflatable every 3rd month.

Please be responsible for your family members, and ensure respective behaviour is observed. This event, like many others – ie Big Sheep, are organised for the benefit of our members and trustees are not always in attendance, and we do not get involved in disputes between families / children which on the rare occasion occur. If a dispute does happen please discuss it calmly directly with the parent yourself as you would if in a public situation. These sessions are designed to develop social skills and ability to share - as well as being a freebee. Please use disputes as a learning opportunity,

Since 1 May there is now a charge for parking in the car park BUT if you are using the facilities you can obtain a parking permit for 2 hours which is free. So when you sign in for our session remember to collect a parking permit!

SWIMMING SESSIONS

These take place on the 1st Saturday of the month at Torridge Pool, Northam 2.45 to 3.45

On arrival please sign in at the Reception desk – just to keep a track on who is attending and how many. This event is free to our Forum members, swimming is a neutral activity for any age and we hope it gives a focus for you. The Forum pays for lifeguards to cover 49 swimmers, if we reach this number will have to do a juggle to make sure the ASC people can swim. We receive grants from Bideford Bridge and Bideford Town Council to cover this event. When swimming please follow all safety guidelines and directions. If the swimmer has a float aid which is a comfort aid please let the lifeguards know, otherwise please do not pass the no swimming mark. There are no locks on the lockers so if you need to secure anything whilst you are swimming please take a lock with you to use. If ending the session is difficult please let us know of any way we can make this easier. Ideally we would ask that men and women keep to their own changing room, but we appreciate this is not always possible. If this is the case please be as discreet as possible – although at the moment we do not have any of the ‘general public’ changing at the same time. We have use of the flat mat floats and other similar items. On the dates when an inflatable is used please ensure that the pool is cleared promptly at 3.45 to enable the inflatable to be cleared in time for the next session at 4.00pm.

- December = 07.12.2024
- January = 04.01.2025
- February = 01.02.2025
- March = 01.03.2025 plus inflatable
- April = 05.04.2025
- May = 03.05.2025
- June = 07.06.2025 plus inflatable
- July = 05.07.2025
- August = 02.08.2025
- September = 06.09.2025 plus inflatable
- October = 04.10.2025
- November = 01.11.2025
- December = 06.12.2025 plus inflatable
- January = 03.01.2026

The surplus grants have been used towards the hire of the Big Sheep, two evenings at Christmas and two at Easter. Despite spending extra to ensure all Eventbrite invites were sent at the same time there was a hiccup in the system this year. It has added unnecessarily to the workload, but the actual system is in place. We have also organised a visit to the Queens Theatre to see Beauty and the Beast, again at a heavily discounted amount. This follows input from our Membership trustee, and is very much appreciated. She organised a visit in the summer to visit the Theatre.

We are very fortunate that we have a Trustee who is very hands on with IT which has saved us much money as we have been able to keep much inhouse. However, Denver's career is moving forwards and he would like to step down – offering his position to someone else who wished to learn about IT and maintain a system. Denver would remain to guide through the transition. The current computer system is well maintained and balanced and with Lineal's guidance is working very well. Denver has submitted a separate report.

For events that we organise we make a nominal charge - partly to help cover some of the costs but also to act as a commitment from those who book in. We have been fortunate in that most of the grants and donations have not been ring-fenced so we have been flexible on how we have been able to use the funds.

The coffee mornings have been organised for 2025 and an email with the dates has been sent.

COFFEE MORNINGS

Roundswell Community Centre, Barnstaple (next to Sainsburys) EX31 3NL

Starts at 10.00am (please do not arrive before as we are still setting up) to 12.30 – we can provide parking permits if needed.

Since Covid we have not been bringing the books held in the library, nor the resource items . If you require a book just ask and we will sort it out.

The cost is £1.50 which includes a tea / coffee / squash and a wrapped biscuit – often a top up is had. You do not have to be a member to attend, come along and sound us out to see what we are about. Take the opportunity to show your proof of diagnosis to a Trustee if you do not wish to go on line with it. It is an ideal opportunity to chat to others in similar circumstances, gain and give information.

Since Covid our numbers have dropped from about 30 to 10 / 14 (which includes the 3+ trustees). If anyone has a possible speaker and on what topic please let us know their contact details. We meet at 10, the speaker has the floor at 11am and speaks for about 15 minutes then a Q & A session, often those attending take the opportunity to have a quiet chat.

Children are welcome at these events – especially in school holiday time – may we suggest they bring something to keep themselves occupied during the morning, even more so if we have a speaker.

23 January

27 February

27 March

24 April

22 May

26 June

24 July

28 August

25 September

23 October

27 November

NONE IN DECEMBER

Library

Linda has worked hard in getting to grips with the library and will be available as from November 2024. Also, when there is no speaker she will have a themed discussion – suggestions please so she can bring the most relevant books to the discussion.

During the year we have promoted the group at various events – Braunton Wheels, North Devon Health Fest, Atlantic Village, Atlantic Academy, Bideford College and Tesco (we are next in store on 17 December so come and see us). We have not held so many activities this year – mainly due to funds and organising them. We had two coaches that took us to Paignton Zoo in the summer holidays to help fill the time – thank you to the trustees who were on the coaches, especially as it was their first time. We

have organised a visit to the Pantomime on 27 December – a relaxed performance at 2pm which will cater for the special needs aspect of our people with quieter ‘bangs’ etc.

If anyone has any time to devote in obtaining funding and organising trips (two people who will need to work together) please step forward. Lin has changed her trustee status from Secretary to Funding and Events Trustee to try and sort things for the older person but plans have not worked out, and is now taking a low-key position as she has been diagnosed with Parkinsons. She will remain as a Trustee but will not be organising events or raising funds – coffee mornings have been booked (and are relatively self funding) and the swimming sessions have been booked.

Thank you to all the Trustees past and present, without a unified group working together there will be a shortage of support and no moving forward, and our group will no longer exist.

Thank you for attending the AGM,

From	Debbie – Chair
	Tom – Treasurer
	Lin – Events and Funding
	Clare – Coffee Mornings
	Helen - Membership
	Julia – PDA
	Penny – Secretary

North Devon Forum for Autistic Spectrum Conditions and ADHD
Registered Charity no.1172597

Treasurer's Statement for Annual General Meeting
Saturday 30th November, 2024

INCOME

Cash from Activities	£100.92
Cash from Coffee Morning	£50.00
Charities Trust	£100.00
Contributions towards activities Including money from Craft Group and Library	£1,766.98
Eventbrite	£519.88
Grant: Bideford Bridge Trust	£2,500.00
Grant: Bideford Bridge Trust	£2,000.00
Grant: Bideford Town Council	£1,000.00
Grant: DYS Space	£540.00

EXPENDITURE

Activities	£5,082.31
Auditor (John Cox)	£75.00
Cargo Self Storage	£1,156.99
Coach Hire	£3,200.00
DBS Check	£21.90
Eventbrite Costs	£48.75
Insurance	£899.03
IT (Lineal, Microsoft, etc.)	£1,253.46
Leaflets, 5000 reprinted	£265.00
NON-GBD Trans Fee	£11.26
Office/Admin/Supplies	£26.00
Org Sub Fee	£103.02
Room Hire & Roundswell	£569.00
Sundries (Easter Eggs, Refreshments etc)	£66.25
Trustees Expenses	£556.74

SUMMARY

01.11.2023	Bank Balance	£14,407.54
2023-2024	Total Income	£ 8,577.78
	Total Expenditure	£11,432.71
31.10.2024	Balance per Bank Statement	£11,552.61



Tom Bayliss, Treasurer