

AWARE Annual Report 2022-23



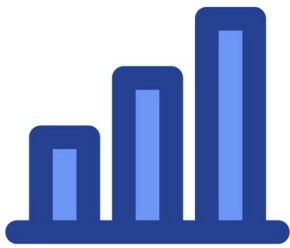
"They are a lifeline for the parents of Bradford and Airedale District."

"What did we ever do without AWARE?!"



This year we have...

- **Launched a brand-new parent support group in Bradford**
- **Launched a pre-diagnosis parent training course solely for Urdu speakers**
- **Held our largest-ever World Autism Acceptance Day Event**
- **Held parent/carer craft sessions in both Bingley and Bradford**
- **Been on our first High Adventure residential with our young people**
- **Saw our membership increase to an astounding 1,150 people!**
- **Launched our first-ever AWARE advent calendar**



100% of parents found our parent training courses a positive experience!

More than **90%** of parents said that joining AWARE has improved their knowledge of autism

100% of new parents found AWARE to be welcoming and inclusive to them and their families

95% of families who have attended our Saturday club have found it a positive experience for their family

100% of professionals said AWARE supports families well and values equality and respect of all children/young people regardless of ability

NB: Statistics based on our 2023 surveys results

**Letter From
Our Project
Manager,
Rachel
Miller**



This year has been another very busy one for the AWARE staff and it is the first year that we are running a lot of our activities for children and young people at full speed after the pandemic: we have all enjoyed seeing our amazing families in person again!

We are delighted to be back with our support groups and a wide range of sessions for parents and families in Addingham, Keighley and Bradford. Nikki and I have continued to run the parent support group in Girdlington, where attendance grows every session; our monthly BEAT group (for parents of children on the assessment pathway) in central Bradford is also very well attended; and we continue to work in partnership with Big Local to hold Café Eden at Keighley College.

We have been running Stay & Play sessions during the school holidays at Green Lane Primary in Central Bradford for over a year now and this is working really well for families and staff. We also continue to rent Addingham Youth Centre for

our Youth Club, Saturday Club and Stay & Play sessions during the holidays.

Our parent training offer, both for pre- and post-diagnosis, is growing. We continue to run the NAS EarlyBird and EarlyBird Plus courses and also delivered a Cygnet Puberty, Sexuality and Relationships course (the only one in Bradford). We also facilitated six of our very own BEAT pre-diagnosis courses in English AND Urdu. This very special course in autumn, our first Introduction to Neurodiversity facilitated in Urdu and also our first face-to face, was a very emotional but positive experience for everyone involved in the pilot; learning together; sharing personal stories and suggesting strategies and tips to each other. The group bonded very quickly to become a mini support-group for each other, even going out for a celebratory lunch at the end of the course. Thank you and well done to our BEAT support workers, Rakhshandah and Javaria, for their hard work translating and facilitating the BEAT course: we are so proud of you!

We were sad to lose Kizzi earlier this year but would like to welcome Leanne Hunt and Philippa McCann, the newest members of the

BEAT team, who bring some new skills to AWARE - it feels like they have been with us a lot longer than the few weeks they actually have, but all in a good way!

Thank you to EVERYONE involved with AWARE, especially the amazing volunteers; we could not run without their commitment, passion and dedication. Our volunteers make every youth club, fundraiser and of course our World Autism Acceptance Day Event extra special! We also have some fantastic members who run stalls and their own fundraising events for us and each brings something different and unique; we are incredibly grateful to ALL of you! AWARE could not do as much as we do without the support donations that we receive from our members and their families and friends.



You Said, We Did!



"More for younger children. More for pre-diagnosis."



Regular BEAT pre-diagnosis courses and meet ups

"Please do more events in Bradford!"



New stay & play location in in Bradford and brand new Girlington support group

"Doing more work to raise community awareness of autism would really help."



We have hosted our second WAAD at Bradford City with some brand new stallholders

"If you don't already maybe meet with local SENCOS...go into local schools."



We have started going into local schools to do presentations on neurodiversity and AWARE

"Face-to-face meet ups More sessions, to meet more parent carers."



We have so far held three successful parent and carer craft sessions

**Letter
From Our
Chair,
Geoff
Winnard**



I hope that you enjoy reading AWARE's 2022/23 annual report, which highlights the wide range of activities that our charity continues to provide to support autistic children and young people and their families.

The AWARE team has continued to deliver well-received face-to-face events for children and young people and in-person and online sessions for parents and carers. Just as importantly, AWARE is seen as an important source of advice and signposting for families struggling to navigate and understand the various services available in our area.

We continue to improve our communications and have further developed our monthly newsletter, e-updates and our presence on Facebook. We have also tried to ensure that local services understand the issues and challenges faced by families; AWARE is widely recognised and respected as an important stakeholder by both our local authority and the NHS.

The successful World

Autism Acceptance Day Event at Bradford City's football ground in March was a particular highlight that enabled AWARE to work alongside a number of important partners to promote awareness and acceptance of autism and to promote the various support and services available. I know the team were buzzing after the day and really enjoyed seeing so many parent carers come to find out how they can make life better for their children and young people ... which is what we all want.

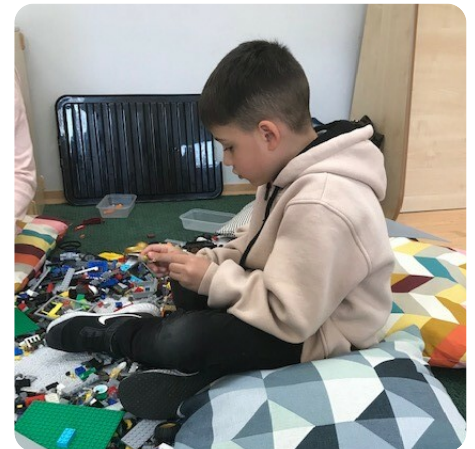
Many thanks to Rachel Miller and Margaret Nash for their management of the charity and to our brilliant team of staff and volunteers who show such commitment and enthusiasm when delivering our various activities.

I once again express my personal thanks to my fellow trustees for their contribution and advice over the last year. The trustees meet regularly to ensure that AWARE continues to operate and determine its priorities in a realistic and financially-sustainable way. We all remain committed to ensuring that AWARE continues to maintain its unique ethos as a parent-run group supporting families with children and young adults on the autistic spectrum.

I would like to thank you, our members, volunteers, and all the organisations who have helped to fund our activities for your continued support. It's

always great to see the positive feedback that AWARE receives and we are open to suggestions of how we can better deliver our services and activities, so please do get in touch if you have any ideas or feedback for us.

**"The Facebook
members page
means I don't feel
so much on my own
with my boys'
needs."**



**"I can never
thank you enough
for your help."**

**The best thing about
AWARE, according to our
members, is...**

**Saturday Club
in Addingham**

**The Stay &
Plays!**

EarlyBird

**Youth Club &
residentials**

Online groups

**Nikki is
incredible with
her legal
knowledge**

**I don't feel so
much on my
own with my
boys' needs**

**The opportunity
it gives my child
to socialise with
other
neurodivergent
peers**

**The
knowledge
base from the
volunteers and
parents is
invaluable**

**Parents
sharing
without
judgement.
Knowing that
there's
someone who
knows what
it's like**

**The
friendship that
has been
offered to my
daughter**

**The information on
the Facebook groups**

**The play sessions, the
staff (you're all incredible)
and meeting other parents
on the same journey**

**The sense of
community &
friendship**

**The community of
people willing to
share and help
each other with
advice, tips or
professional
information is
second to none**

**Knowledgeable
staff**

**The staff have so
much knowledge**

**The constant
offer of support
and openness**

**The support
network**

**Craft sessions with other parents
Meeting other families
The peer support**

**Somewhere I
can take my
children**

How did we fulfil our core values year?

No 1 - valuing the individual

"AWARE is very inclusive"

- This year, we launched our first-ever BEAT pre-diagnosis course in Urdu to meet the needs of our increasing number of parents who speak Urdu. As far as we know, this is a first in the UK (maybe even worldwide!).
- Lots of you told us you loved the Zoom sessions we launched during COVID, BUT other individuals told us you wanted a return to face-to-face sessions as soon as possible! So, we have launched a brand-new face-to-face support group in Bradford while continuing to hold our weekly Zoom sessions



- We are always re-evaluating what we offer so we can appeal to all the different needs and interests of your children and young people. We secured funding this year to bring an even greater range of activities to the Stay & Plays with a new range of sensory toys AND have put on new session activities such as circus skills

- Lots of AWARE parent carers have told us they find it easier to relax and connect with other members if they are doing an activity! So with this in mind we have held three craft sessions this year - two in Bingley and one in Bradford - with three different types of crafting on offer. One parent commented:



"The session made me feel seen, heard and understood.."



- Our Trip Club and Moving On Club have enjoyed an even wider range of different trips this year ranging from climbing to crazy golf to picnics!



No 2- a place to belong and be understood

"AWARE gives me a support network and I know there are other parents in the same position as me."

- The opportunity for young people to find a place to belong is one of the biggest strengths about AWARE
- This year we ran our first residential since COVID where young people from our groups had a trip away without their parents. It was so amazing to see new friendships forged and existing ones strengthened, especially for young people who struggle to access mainstream activities
- We were thrilled to see a group of parents from one of our recent EarlyBird courses arrange to meet up separately with their children - the learning opportunities on our courses are great but even better is seeing these friendships made!
- For those who struggle to attend events, our Facebook and WhatsApp groups offer a constant offer of support and virtual friendship in a supportive community!



No 3 - learning from each other



- The most common benefit parents told us about since joining AWARE is forming connections with other parents and carers

- Survey comments told us that parents and carers rely on our closed Facebook groups for their main source of support

- Many of our volunteers are autistic themselves and are able to provide great role models and supportive figures for our young people and children

- Parents told us that our regular groups and residentials allowed their young people to experience new things and gain confidence due to the supportive friends they make there.

"I can find out about things without being judged."



"There's always something new to learn; informal chats are helpful."

"I really appreciate the ideas from people in similar circumstances."



No 4 - being in the community

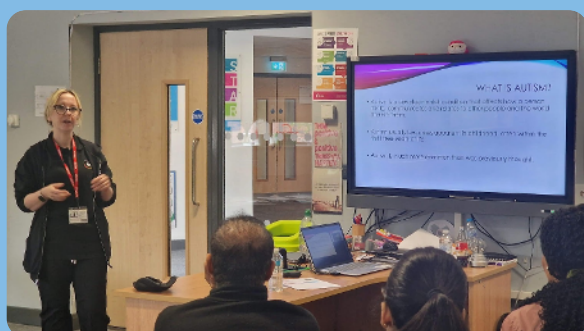
- We are so proud that our World Autism Acceptance Day events are getting more and more interest every year, both from parents and carers looking for support and from organisations who wish to have a stall!
- The event, which is the only one of its type in Bradford, brings together a community of autism-related support services and groups, allowing them to reach new families and to network with each other. It is also a key way we bring awareness of both autism and what AWARE does for its members
- Just as importantly, it helps parents and carers of autistic children and young people realise they are not alone and that there is a whole community of people in similar situations



"It made me emotional seeing the amazing turnout, knowing there are so many families like ours in similar circumstances. What an amazing community."

- Meanwhile, our brilliant BEAT team have been going into schools to do talks to parents and staff on neurodiversity, which has helped provide increased knowledge and awareness to staff about both AWARE and autism

- We are so lucky to have support from Ilkley Round Table and, in return, we rely on the goodwill of our members who volunteer with us at their events, which this year have included a very hot and sweaty day helping at the Ilkley Half Marathon and - at the other end of the scale - the Santa Sleigh round Ilkley on a cold December evening!



**"The best thing about
AWARE is the community
of families in similar
situations."**



90% of professionals said AWARE's work has helped the general public to have an increased awareness of autism

Thank you!

Every year, we are blown away by the kindness and generosity shown by local businesses and organisations and - of course - many of our amazing members!

We are sorry if we miss out anyone from our thank yous but please know we are so grateful to each and every person who helps us!



We are so pleased that Green Lane Primary has proved a hit for our Stay & Plays - we have been running sessions there for over a year now and have now started running BEAT Urdu training there, too - thank you Jane Townend and all the staff at Green Lane!

A huge thank you to two amazing members, whose kindness and dedication to AWARE is just outstanding: Karen Mitchell and Ben Phillips (plus your fantastic colleagues at Universal Live); thank you for ALL you do!

Thank you to the Hive, Specialist Autism Services, Wycliffe School, Keighley College and Trinity Centre for letting us use your premises - it is a HUGE help!

Thank you to all the very generous members who have made donations to AWARE this year, whether via taking part in our Lottery or shopping schemes or by donating money. Thank you for making a difference through your compassion and generosity - helping us to support our amazing members better.

Ilkley Round Table (IRT) is a longstanding financial supporter of AWARE and we would like to thank not only IRT but also all the members who have offered to volunteer at the events they run, not only taking the opportunity to give back, but also to help raise further funds for charities such as AWARE and to spread autism awareness!

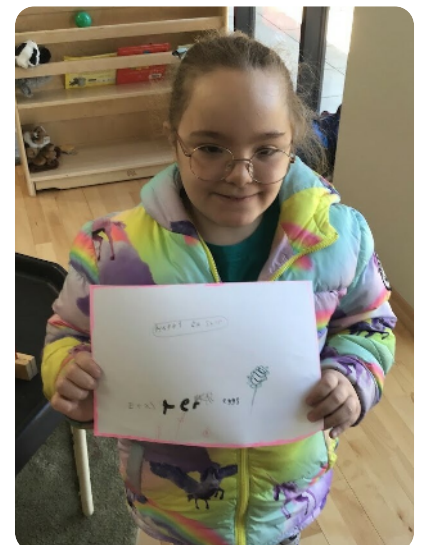
Talking of autism awareness and acceptance, a MASSIVE thanks to all members who supported our very successful World Autism Acceptance Day Event! A big thank you to Sian, Bradford City's Events Coordinator - plus her wonderful staff - who helped make WAAD so successful.



We would like also to thank:

Adamson Trust, Arnold Clark, Awards for All, Baily Thomas, Ben Phillips and Universal Live, Bradford Metropolitan District Council, Co-op, Girdlington Community Centre, Green Lane Primary School, Keighley College, NHS, Reaching Communities, Saltaire Cabaret, Sovereign Health Care, Specialist Autism Services, The Trinity Centre, Wycliffe CE Primary School and Yorkshire Cricket Club.

Plus everyone who helped us raise money and donated to us via Amazon Smile, Easy Fundraising, Local Giving, One Lottery and PayPal Giving Fund.







Our members also said...

I hope you do realise how important of a role you play in people's lives

AWARE is the only group that gives me such good support

The EarlyBird course was life-changing

I was feeling lost and super emotional and finally someone listened and offered help and gave me people and organisations to contact

My son has been given the opportunity to socialise with neurodivergent peers

I can never thank you enough for your help!

Your support is so easy to access

I like that it's the only place where you receive ongoing support and can share experiences and make genuine connections with people in the same situations as yourself

The staff 'get it'; they not only have a huge amount of knowledge but also a lived experience

AWARE feels like a community

All of my support has come from AWARE

AWARE has given me confidence!

It has been a constant in our lives for twenty years

My child couldn't access these opportunities elsewhere

AWARE has helped my son get his confidence back

We would be very isolated if it wasn't for aware

The fact that the staff are parents who understand just makes it for me



Arnold Clark



City of
BRADFORD
METROPOLITAN DISTRICT COUNCIL





SKIPTON
BUILDING SOCIETY



Since 1853



Airedale and Wharfedale Autism Resource

Charity number 1172753

Annual Report and Financial Statements for the year ended 31 March 2023



Airedale and Wharfedale Autism Resource

Annual Report and Financial Statements for the year ended 31 March 2023

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Prepared by West Yorkshire Community Accountancy Service CIO

Airedale and Wharfedale Autism Resource

Trustees' report for the year ended 31 March 2023

Reference and administrative details of the charity, its trustees and advisors

The trustees during the financial year and up to and including the date the report was approved were:

Name	Position	Dates
Geoff Winnard	Chair	
Rebecca Smith	Treasurer	Resigned 7 February 2023
Catharine Worsley Tomlinson	Treasurer	Appointed 8 November 2022
Lorna Gray		
Nathan Randell		
Lynne Fryer		
Laura Bolton		
Ann McKercher		
Jas Baxter		
Jill Cook		Appointed 8 November 2022

Charity number 1172753 Registered in England and Wales

Registered and principal address

2 Royd House Way
Keighley
BD21 4TY

Bankers

CAF Bank	Virgin Money plc	Shawbrook Bank Ltd
25 Kings Hill Avenue	Jubilee House	Warley Hill Business Park
Kings Hill	Gosforth	Great Warley
West Malling	Newcastle upon Tyne	Brentwood
ME19 4JQ	NE3 4PL	Essex CM13 3BE

Independent examiner

E J Beverley

West Yorkshire Community Accountancy Service CIO

Stringer House
34 Lupton Street
Leeds
LS10 2QW

Structure, governance and management

The charity is a Charitable Incorporated Organisation (CIO) formed on 25 April 2017 and is governed by a constitution.

Method of recruitment and appointment of trustees

The trustees of the charity are appointed by the members at the AGM.

Airedale and Wharfedale Autism Resource

Trustees' report (continued) for the year ended 31 March 2023

Objectives and activities

The charity's objects

The objects of the CIO are:

The relief of need and the advancement of the health and wellbeing of people of all ages who have an autistic spectrum condition (and who may suffer from related conditions), whether or not formally diagnosed, and their families and carers; in particular, but not exclusively, by the provision of support and social opportunities.

The advancement of education, in particular, but not exclusively by:

(a) Increasing public awareness of the needs and challenges of people with an autistic spectrum condition (and who may suffer from related conditions) and their families and carers.

(b) By providing information and training opportunities to individuals with an autistic spectrum condition, and to people working with or supporting individuals with an autistic spectrum condition.

The charity's main activities

To relieve people of all ages who are diagnosed with an autistic spectrum disorder and in particular by the provision of support and assistance to such persons and their families and their carers.

To increase public awareness regarding the problems and circumstances of people with autistic spectrum disorders and their families and carers and to encourage acceptance in the community.

Public benefit statement

In setting our objectives and planning our activities our trustees have given serious consideration to the Charity Commission's general guidance on public benefit and in particular the support of families and children living with autism in the Airedale and Wharfedale areas.

Achievements and performance

This year, we launched our first -ever BEAT pre-diagnosis course in Urdu to meet the needs of our increasing number of parents who speak Urdu. As far as we know, this is a first in the UK (maybe even worldwide!).

Lots of you told us you loved the Zoom sessions we launched during COVID, BUT other individuals told us you wanted a return to face-to-face sessions as soon as possible! So, we have launched a brand-new face-to-face support group in Bradford while continuing to hold our weekly Zoom sessions.

We are always re-evaluating what we offer so we can appeal to all the different needs and interests of your children and young people. We secured funding this year to bring an even greater range of activities to the Stay & Plays with a new range of sensory toys AND have put on new session activities such as circus skills.

Lots of AWARE parent carers have told us they find it easier to relax and connect with other members if they are doing an activity! So with this in mind we have held three craft sessions this year - two in Bingley and one in Bradford - with three different types of crafting on offer.

Our Trip Club and MovingOn Club have enjoyed an even wider range of different trips this year ranging from climbing to crazy golf to picnics!

Financial review

The net receipts for the year were £7,002, including net payments of £648 on unrestricted funds and net receipts of £7,650 on restricted funds after transfers.

Reserves policy

The charity's free reserves at the year end were £29,634.

AWARE has a wish to have between 3 and 6 months running costs in cash reserves in case of a major issue such as loss of funding.

Approved by the board of trustees on 07/11/2023

Geoffrey Winnard (Trustee)

Airedale and Wharfedale Autism Resource

Independent examiner's report to the trustees of Airedale and Wharfedale Autism Resource

I report to the charity trustees on my examination of the accounts of the CIO for the year ended 31 March 2023, which are set out on pages 5 to 8.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

- 1 accounting records were not kept in respect of the CIO as required by section 130 of the Act; or
- 2 the accounts do not accord with those records.

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

E J Beverley

10/11/2023

West Yorkshire Community Accountancy Service CIO

Stringer House
34 Lupton Street
Leeds
LS10 2QW

Airedale and Wharfedale Autism Resource
Receipts and payments account
for the year ended 31 March 2023

	Notes	2023 Unrestricted funds £	2023 Restricted funds £	2023 Total funds £	2022 Total funds £
Receipts					
Grants and donations	(2)	14,530	155,094	169,624	112,911
Fees and subscriptions		12,797	-	12,797	11,528
Fundraising		3,755	1,069	4,824	4,913
Bank interest		513	-	513	698
Total receipts		31,595	156,163	187,758	130,050
Payments					
Staff costs		7,005	115,512	122,517	99,312
Travel and other staff costs		32	1,227	1,259	1,629
Staff training		-	40	40	86
Volunteer and committee expenses		150	97	247	779
Rent and office space		1,138	338	1,476	1,362
Maintenance		-	-	-	23
Administration, postage and stationery		764	246	1,010	756
Telephone and broadband		844	631	1,475	1,167
Insurance		1,130	-	1,130	1,011
Books, publications and subscriptions		1,271	384	1,655	1,284
Independent examination		744	-	744	744
Equipment and materials		860	688	1,548	2,822
Activities and events		8,770	13,059	21,829	10,379
Health and safety		-	-	-	22
IT costs		99	835	934	881
Business development		231	337	568	171
Training		7,508	15,078	22,586	20,002
DBS checks		25	26	51	302
Bank charges		116	-	116	226
Uniforms		1,556	-	1,556	-
Recruitment costs		-	15	15	-
Total payments		32,243	148,513	180,756	142,958
Net income / (expenditure)		(648)	7,650	7,002	(12,908)
Fund balances brought forward		30,282	93,623	123,905	136,813
Fund balances carried forward	(3)	29,634	101,273	130,907	123,905

Airedale and Wharfedale Autism Resource

Statement of assets and liabilities

as at 31 March 2023

	2023	2023	2023	2022
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Cash funds				
Cash at bank	27,978	101,273	129,251	122,695
Cash in hand	1,656	-	1,656	1,210
Total cash funds	<u>29,634</u>	<u>101,273</u>	<u>130,907</u>	<u>123,905</u>

Assets retained for the charity's own use

The charity retains a full list of all equipment and resources

Liabilities

	£
Independent examination	1,200
Pension	979
HMRC	<u>4,049</u>
	<u>6,228</u>

The financial statements were approved by the board of trustees on 07/11/2023

Geoffrey Winnard (Trustee)

Airedale and Wharfedale Autism Resource

Notes to the accounts

for the year ended 31 March 2023

1 Accounting policies

Basis of accounting

The trustees have taken advantage of section 133 of the Charities Act 2011 and have prepared the accounts on a receipts and payments basis.

There has been no change to the accounting policies since last year.

No changes have been made to the accounts for previous years.

Taxation

As a charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

Further explanation of the nature and purpose of each fund is included in the notes to the accounts.

Airedale and Wharfedale Autism Resource

Notes to the accounts continued

for the year ended 31 March 2023

2 Grants and donations

	2023	2023	2023	2022
	Unrestricted	Restricted	Total	Total
	funds	funds	funds	funds
	£	£	£	£
Bradford MDC Early Years Grant	-	13,125	13,125	5,250
Ilkley Round Table	-	7,474	7,474	-
Lottery Community Fund	-	90,000	90,000	90,000
NHS Pre-Diagnosis (BEAT)	-	43,290	43,290	-
Skipton Building Society	-	994	994	-
World Autism Acceptance Day	1,000	-	1,000	-
Awards for All	-	-	-	9,960
Other donations	13,530	211	13,741	7,701
	<u>14,530</u>	<u>155,094</u>	<u>169,624</u>	<u>112,911</u>

3 Restricted funds

	Balance b/f	Receipts	Payments	Transfers	Balance c/f
	£	£	£	£	£
BMDC - Early Years Grant	13,476	13,255	8,679	-	18,052
Adamson Trust	1,000	-	1,000	-	-
Awards for All	908	-	908	-	-
Bailey Thomas	8,000	161	8,161	-	-
Ilkley Round Table	2,305	8,463	7,904	-	2,864
Jump	1,106	-	600	-	506
Lottery Community Fund	38,147	90,000	88,280	-	39,867
NHS Pre-Diagnosis (BEAT)	26,003	43,290	30,517	-	38,776
Sovereign Healthcare	2,678	-	2,464	-	214
Skipton Building Society	-	994	-	-	994
	<u>93,623</u>	<u>156,163</u>	<u>148,513</u>	<u>-</u>	<u>101,273</u>

Fund name

Purpose of restriction

BMDC - Early Years Grant	Towards the costs of parent training and running the Saturday Club.
Adamson Trust	Towards the costs of residentials.
	The transfer relates to a balance adjustment.
Awards for All	Towards the costs of parent training.
Bailey Thomas	Towards the costs of residentials.
Ilkley Round Table	Towards the costs of residentials.
Jump	To deliver sports themed activity days.
Lottery Community Fund	Towards salaries and all other general running costs.
NHS Pre-Diagnosis (BEAT)	To fund pre-diagnosis support for parents and carers.
Sovereign Healthcare	Towards the costs of residentials.
Skipton Building Society	Towards activity costs.

4 Related party transactions

Trustee expenses

No trustee received any expenses during this year or the previous year.

Trustee remuneration and benefits

No trustee received any remuneration or benefit during this or the previous year.

Airedale and Wharfedale Autism Resource

Independent examiner's report to the trustees of Airedale and Wharfedale Autism Resource

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E J Beverley

Signed:

Name: E J Beverley

10/11/2023

West Yorkshire Community Accountancy Service CIO

Stringer House
34 Lupton Street
Leeds
LS10 2QW