

TRIPLE A PROJECT (ALL ABOUT AUTISM)

England & Wales · Charity number 1177317

Details

Other names	TRIPLE A PROJECT
Status	Registered
Legal form	CIO
Registered	2018-02-26
Register	View on the Charity Commission register

Contact

Address Sandgate Resource Centre
Sandgate
Penrith
CA11 7TP

Phone 01768 867629

Email admin@tripleaproject.org.uk

Website www.tripleaproject.org.uk

Activities

Objects: THE PROMOTION OF SOCIAL INCLUSION FOR THE PUBLIC BENEFIT AMONGST AUTISTIC INDIVIDUALS AND THEIR FAMILIES WHO ARE SOCIALLY EXCLUDED FROM SOCIETY, OR PARTS OF SOCIETY, AS A RESULT OF BEING AUTISTIC BY:1. RAISING PUBLIC AWARENESS OF THE ISSUES AFFECTING AUTISTIC INDIVIDUALS AND THEIR FAMILIES, BOTH GENERALLY AND IN RELATION TO THEIR SOCIAL EXCLUSION2. PROVIDE EDUCATION OPPORTUNITIES AND INFORMATION TO SUPPORT AND ENABLE AUTISTIC PEOPLE AND THEIR FAMILIES TO MAXIMISE EDUCATIONAL, SOCIAL AND ECONOMIC OPPORTUNITIES3. PROVIDING SOCIAL AND RECREATIONAL FACILITIES AND OPPORTUNITIES FOR AUTISTIC PEOPLE AND THEIR FAMILIES4. PROVIDE WORKSHOPS, FORUMS, MENTORING AND GENERAL SUPPORT FOR AUTISTIC AND NON-AUTISTIC PEOPLE

Activities: Navigators: a one-to-on specialist mentoring service for neurodivergent people age 14 upGroups: social or shared interest groups for autistic adultsDiscover Your Autism: six session post-diagnosis courses, written and delivered by autistic people for newly diagnosed adults (youth version pending)Employment support: employment coaching and advocacyAutism Awareness: CPD accredited training

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Disability, Other Charitable Purposes
- **Who:** People With Disabilities, Other Defined Groups

Geography

- Cumbria
- Lancashire

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£224,676	£249,958	-	-
2023-12-31	£185,142	£207,180	-	-
2022-12-31	£222,530	£167,575	-	-
2021-12-31	£115,393	£160,221	-	-
2020-12-31	£181,294	£139,547	-	-

Trustees

Name	Role	Appointed
Sheila Gregory	Chair	2021-09-14
Dr Geoffrey Jolliffe		2026-01-24
Louise Galloway		2023-08-07
Penny Day		2026-01-24
Professor John Young		2026-01-24
SARAH BURROWS		2023-08-07
Stephen Edward Prior		2023-06-12

TRIPLE A PROJECT (ALL ABOUT AUTISM)

England & Wales - Charity number 1177317

Accounts



Receipts and payments accounts

For the period from	01/01/2024	To	31/12/2024
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Section A Receipts and payments

	Unrestricted funds to the nearest	£	Restricted funds to the nearest	£	Endowment funds to the nearest	£	Total funds to the nearest	£	Last year to the nearest	£
A1 Receipts										
Donations	60		-		-		60		225	
Grants	50,000		109,324		-		159,324		179,823	
Income from ASC & Health contracts	59,618		-		-		59,618		-	
Training sales	2,550		-		-		2,550		5,094	
Bank Interest	-		-		-		-		-	
Income from self funded clients	3,124		-		-		3,124		-	
	-		-		-		-		-	
	-		-		-		-		-	
Sub total (Gross income for AR)	115,352		109,324		-		224,676		185,142	
A2 Asset and investment sales, (see table).										
	-		-		-		-		-	
	-		-		-		-		-	
Sub total	-		-		-		-		-	
Total receipts	115,352		109,324		-		224,676		185,142	
A3 Payments										
Staff Costs	92,246		102,385		-		194,631		183,252	
Rent and Rates	3,825		2,175		-		6,000		5,330	
Heat, Light and Electricity	-		-		-		-		-	
Insurance	899		511		-		1,410		1,248	
Telephone and Internet	1,464		831		-		2,295		6,323	
Print, Stationery, Admin and Equipment	9,353		5,313		-		14,666		9,539	
Services, training & consultation	10,252		5,828		-		16,080		-	
Charitable Activities	655		14,221		-		14,876		1,488	
	-		-		-		-		-	
	-		-		-		-		-	
Sub total	118,694		131,264		-		249,958		207,180	
A4 Asset and investment purchases, (see table)										
	-		-		-		-		-	
	-		-		-		-		-	
Sub total	-		-		-		-		-	
Total payments	118,694		131,264		-		249,958		207,180	
Net of receipts/(payments)	- 3,342		- 21,940		-		- 25,282		- 22,038	
A5 Transfers between funds	-		-		-		-		-	
A6 Cash funds last year end	39,550		85,414		-		124,964		147,002	
Cash funds this year end	36,208		63,474		-		99,682		124,964	

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank Account	36,208	63,474	-
		-	-	-
		-	-	-
	Total cash funds	36,208	63,474	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf
of all the trustees

Signature

Print Name

Date of approval

<i>Sheila Gregory</i>

Sheila Gregory

28/10/2025



Trustees' Annual Report for the period

Period start date			Period end date				
From	01	January	2024	To	31	December	2024

Section A Reference and administration details

Charity name Triple A Project (All About Autism)

Other names charity is known by Triple A

Registered charity number (if any) 1177317

Charity's principal address

The Resource Centre
Sandgate
Penrith
Postcode CA11 7TP

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Sheila Gregory	Chair		
2	Kenneth Ford-Powell	Treasurer (Outgoing)	1 st Jan – 31 st December	
3	Andrew Asquith-Vallance	Secretary		
4	Stephen Edward Prior	Trustee		
5	Louise Galloway	Trustee (incoming treasurer)	From 31 st December	
6	Sarah Burrows	Trustee		
7				
8				
9				
10				
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12				
13				
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17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year
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Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Charity Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Appointed by Trustees

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

The promotion of social inclusion for the public benefit amongst autistic individuals who are socially excluded from society, or parts of society, as a result of being autistic by: 1. Raising public awareness of the issues affecting autistic individuals and their families, both generally and in relation to their social exclusion; 2. Provide education opportunities and information to support and enable autistic people and their families to maximise their educational, social, and economic opportunities; 3. Providing social and recreational facilities and opportunities for autistic people; 4. Provide workshops, forums, mentoring and general support for autistic and non-autistic people.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

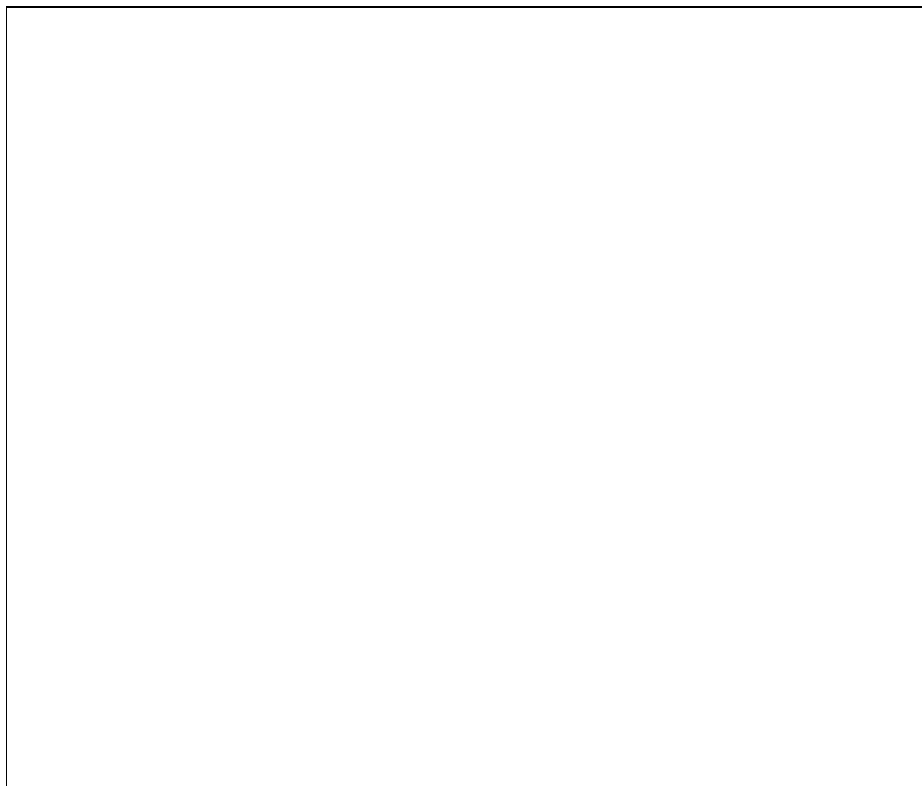
A summary of the main activities undertaken by the charity to carry out its charitable purposes for the public benefit include:

- informing public about autism by training, social media, speaking at public events, speaking at statutory meetings
- establishing volunteering and personal development opportunities for autistic adults through training, design and delivery of Discovery Your Autism programme and other programs, facilitation of social groups, focus groups and involvement in lived experience centred research
- developing peer-mentoring for autistic people through Navigator Programme to offer intense and bespoke support for autistic people;
- Providing social and recreational opportunities for autistic people through social and shared interest groups.
- Delivery of employment related support and personal development opportunities through the inclusion programme and pilot Employability Confidence workshops.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.



Section D

Achievements and performance

Summary of the main achievements of the charity during the year

Over the past year Triple A Project has worked hard to provide and enhance our services to the autistic community in Cumbria. We are pleased to be able to support around 220 autistic people across our Navigator peer-mentoring Programme, social and shared interest groups, post diagnosis Discover Your Autism courses, and Inclusion@work programme.

Some members access just one of our services, whilst others are involved in multiple Triple A activities. The NHS funded Post Diagnosis courses and peer support saw its fourth year of delivery, with available course spaces for newly diagnosed autistic adults increasing from 72 annually to 96 during 2024. We offer both in person and online sessions. We are delighted to continue providing this programme and are interested to note that 60% of newly diagnosed course attendees were female in 2024, which runs counter to historical comparative diagnosis rates between genders. We are also seeing an increase in non-cis-gendered members across our services. Our Navigator Programme continues to change lives with a pioneering approach that offers specialist, person-centred support to autistic people who may be feeling isolated, struggling with specific life-skills, have found themselves on the wrong side of the law or been the victim of crimes such as ‘cuckooing’ or mate crime. We have also been able to provide NHS funded urgent signposting and advocacy sessions to those who may be in crisis or at risk of crisis, to help those who have found difficulty connecting to appropriate services.

Social groups: Our social groups have undergone a gentle rebrand and we are no longer using the name “Positive Pals”. Our groups seek to tackle social isolation and social exclusion by providing a safe and accepting space for autistic individuals to meet socially and feel comfortable “unmasking” and being their authentic selves. Most of our groups are facilitated by autistic peers and we continue to expand our range of shared interest groups, motivated by the success of the Dungeons and Dragons groups established by one of our Navigatees. The social groups vary in character depending on the needs and interests of the group, ranging from the purely social to something closer to a peer support group. Many positive friendships have been formed throughout Cumbria, improving wellbeing, building confidence and self-esteem. Our online women's group continues to be popular with the facilitator sending out excellent blog-like session round ups detailing the interesting and far-ranging topics of discussion.

Our Discover Your Autism programme is funded in the North of Cumbria by the Cumbria Northumberland Tyne and Wear NHS Foundation Trust. This is a post diagnosis support programme that is facilitated by autistic members of the Triple A team. The programme consists of a series of six 2- hour psychoeducational workshop and discussion sessions, which are centred around lived experience. These programmes were written by autistic people, for autistic people about autism – to enable the newly diagnosed to learn, explore and understand their autism and how it impacts their lives and to identify and develop coping strategies which are tailored to their individual challenges and needs. Some course attendees go on to serve as co-facilitators on future courses and 2024 saw the co-facilitator role shift from a volunteer role to a

casual paid opportunity. We also saw two former attendees move through co-facilitator roles into the role of lead facilitator for the first time in 2024, having gained experience in the role and proven themselves to be extremely gifted trainer facilitators.

As well as support for individuals we provide Autism Awareness Training to groups and companies: The Triple A Team has delivered autism awareness training to a range of organisations recently, garnering some extremely positive feedback. Participant recommendations continue to generate new bookings and our new trainer/facilitators have helped keep up with this demand.

Inclusion @Work- saw the completion of the final year of a three-year Big Lottery award. Providing support for autistic people to gain employment. The programme project was created to support autistic individuals to identify, prepare for and apply for employment. Simultaneously we work with employers to provide the right environment to support their autistic staff. The project has shifted towards a 50/50 split between support for those seeking work and support and advocacy for those who are in work and struggling.

We could not end our report without acknowledging the sad and untimely death of our much-loved CEO Marc Crank in October of 2024. Marc will be much missed by staff, trustees and service users alike and we continue to wish his family well.

Former Operations Manager Susan Prior served as interim CEO for the remainder of 2024 and was confirmed in post as CEO at the AGM at the end of the year.

The Board of Triple A recognises that the charity could not deliver the pioneering and life-changing services it offers without the support and encouragement of its funders and the dedication and hard work of Triple A's staff and volunteers. Thanks to all.

Section E Financial review

Brief statement of the charity's policy on reserves

Trustees have set a target of three months of total operating costs, which would currently equate to approximately £53k. After defining accurate relationships between restricted and unrestricted income and expenditure, the Trustees are content that we meet the target stated and are in a healthy financial position to take the charity forward.

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F Other optional information

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	<i>Sheila Gregory</i>	
Full name(s)	Sheila Gregory	
Position (eg Secretary, Chair, etc)	Chair	
Date	28/10/2025	



Section A Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Triple A Project (All About Autism)

**On accounts for the year
ended**

31/12/2024 **Charity no
(if any)** 1177317

Set out on pages

1-2
(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31 December 2024**.

**Responsibilities and
basis of report**

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

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

**Independent
examiner's statement**

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

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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

Signed:

Date:

28/10/2025

Name:

MARTIN BORRADAILE

**Relevant professional
qualification(s) or body
(if any):**

ACA, Institute of Chartered Accountants in England & Wales

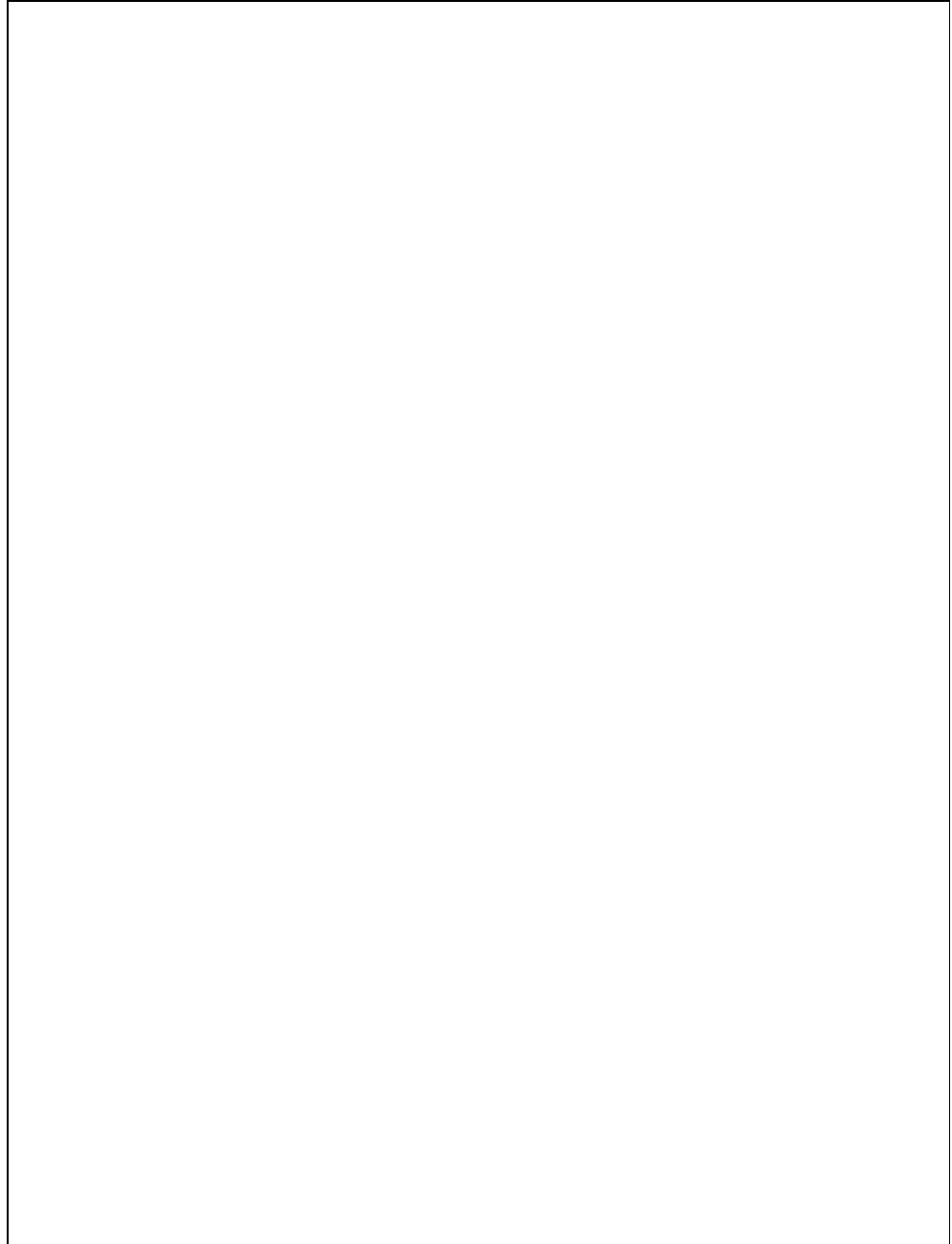
Address:

Dodd & Co Limited, FIFTEEN, Montgomery Way, Rosehill Industrial Estate
CARLISLE, CA1 2RW

Section B**Disclosure**

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.



TRIPLE A PROJECT (ALL ABOUT AUTISM)

England & Wales - Charity number 1177317

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	January	2023		31	December	2023

Section A Reference and administration details

Charity name	Triple A Project (All About Autism)		
Other names charity is known by	Triple A		
Registered charity number (if any)	1177317		
Charity's principal address	The Resource Centre		
	Sandgate		
	Penrith		
	Postcode	CA11 7TP	

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Sheila Gregory	Chair		
2	Kenneth Ford-Powell	Treasurer		
3	Andrew Asquith-Vallance	Secretary		
4	Stephen Edward Prior		Appointed 12/6/23	
5	Louise Galloway		Appointed 12/6/23	
6	Sarah Burrows		Appointed 12/6/23	
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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

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Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Charity Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Appointed by Trustees

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

The promotion of social inclusion for the public benefit amongst autistic individuals and their families who are social excluded from society, or parts of society, as a result of being autistic by: 1. Raising public awareness of the issues affecting autistic individuals and their families, both generally and in relation to their social exclusion; 2. Provide education opportunities and information to support and enable autistic people and their families to maximise their educational, social, and economic opportunities; 3. Providing social and recreational facilities and

opportunities for autistic people and their families; 4. Provide workshops, forums, mentoring and general support for autistic and non-autistic people.

A summary of the main activities undertaken by the charity to carry out its charitable purposes for the public benefit include:

- informing public about autism by training, social media, speaking at public events, speaking at statutory meetings and film making;
- establishing volunteering and personal development opportunities for autistic adults through training, design and delivery and Discovery programme, facilitation of Positive Pals, focus groups
- developing mentoring for autistic people through Navigator Programme to offer intense and bespoke support for autistic people;
- Providing social and recreational opportunities for autistic people through Positive Pals. The creation of the inclusion work employment support programme.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Section D Achievements and performance

Summary of the main achievements of the charity during the year

Over the past year Triple A Project has worked hard to provide and enhance our services to the autistic community in Cumbria. We are pleased to be able to support around 200 autistic people across our mentoring and befriending Navigator Programme, Positive Pals peer support and social groups, post diagnosis support groups, and Inclusion@work programme. Some members access just one of our services, whilst others are involved in multiple Triple A activities. The NHS funded Post Diagnosis courses and peer support has helped over 80 newly diagnosed autistic people to date, many of whom did not receive their diagnosis until middle age and beyond. We offer both in person and online sessions. We are delighted to have received continued funding after the initial pilot programme. Our Navigator Programme continues to change lives with a pioneering approach that offers specialist, person-centred support to autistic people who may be feeling isolated, struggling with specific life-skills, have found themselves on the wrong side of the law or been the victim of crimes such as ‘cuckooing’ or mate crime. We have also been able to provide sessions to those who might have suicidal thoughts. Positive Pals: Positive Pals seeks to tackle social isolation and social exclusion by providing a safe and accepting space for autistic individuals to meet socially and feel comfortable “unmasking” and being their true selves. Groups are facilitated by autistic peers. Recently we have also started some special interest groups including Dungeons and Dragons groups established by one of our Navigatees. The Positive Pals groups vary in character depending on the needs of the group, ranging from the purely social to a peer support group. Many positive friendships have been formed throughout Cumbria, improving wellbeing, building confidence and self-esteem. We have groups formed for particular sections of the autistic community e.g a

Section D

Achievements and performance

women's group. Our Discovery programme is funded in the North of Cumbria by the Cumbria Northumberland Tyne and Wear NHS Foundation Trust. This is a post diagnosis support programme that is facilitated by the Triple A team. The programme consists of a series of six 2- hour workshops, which we produce 12 times annually. These programmes were written by autistic people, for autistic people about autism – to enable the newly diagnosed to learn, explore and develop coping strategies which are tailored to their individual challenges and needs. 150 people will receive this support over the next 2 years in North Cumbria

As well as support for individuals we provide Autism Awareness Training to groups and companies: The Triple A Team has delivered autism awareness training to a range of organisations recently, garnering some extremely positive feedback. Participant recommendations have resulted in a busy calendar of bookings including three sessions with staff at Carlisle College, sessions with other charities such as Together We and Prism Arts and with companies such as Indelible Data and Morgan Sindall.

The Inclusion @Work project has reached the final year of a three-year Big Lottery award. It provides support for autistic people to gain employment. The programme project was created to support autistic individuals to identify, prepare for and apply for employment. Simultaneously we work with employers to provide the right environment to support their autistic staff. Recently the project has also been involved in supporting people who are in work but may be in danger of burning out or losing their job through lack of support or reasonable adjustments.

The Board of Triple A recognises that the charity could not deliver the pioneering and life-changing services it offers without the support and encouragement of its funders and the dedication and hard work of Triple A's staff and volunteers. Thanks to all.

Section E

Financial review

Brief statement of the charity's policy on reserves

Trustees have set a target of three months of total operating costs, which would currently equate to approximately £53k. After defining accurate relationships between restricted and unrestricted income and expenditure, the Trustees are content that we meet the target stated and are in a healthy financial position to take the charity forward.

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including

- any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F Other optional information

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	<i>Sheila Gregory</i>	
Full name(s)	Sheila Gregory	
Position (eg Secretary, Chair, etc)	Chair	
Date	7/10/24	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Triple A Project (All About Autism)

No (if any)

Receipts and payments accounts

CC16a

For the period from	Period start date 1/1/2023	To	Period end date 12/31/2023
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	100	125	-	225	498
Grants	5,600	174,223	-	179,823	220,396
Activities for fundraising	-	-	-	-	-
Training	5,094	-	-	5,094	1,370
Bank interest	-	-	-	-	266
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	10,794	174,348	-	185,142	222,530
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	10,794	174,348	-	185,142	222,530
A3 Payments					
Staff costs	26,235	157,017	-	183,252	139,023
Rent & rates	1,326	4,004	-	5,330	1,786
Heat, light & electricity	-	-	-	-	3,553
Insurance	673	575	-	1,248	1,545
Telephone & internet	1,421	4,902	-	6,323	5,136
Print, stationery, admin & equipment	1,846	7,693	-	9,539	12,421
Costs of fundraising	-	-	-	-	-
Charitable activities	338	1,150	-	1,488	4,111
Conferences	-	-	-	-	-
Sub total	31,839	175,341	-	207,180	167,575
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	31,839	175,341	-	207,180	167,575
Net of receipts/(payments)	- 21,045	- 993	-	- 22,038	54,955
A5 Transfers between funds	2,594	- 2,594	-	-	-
A6 Cash funds last year end	58,001	89,001	-	147,002	92,047
Cash funds this year end	39,550	85,414	-	124,964	147,002

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank account	39,550	85,414	-
		-	-	-
		-	-	-
	Total cash funds	39,550	85,414	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

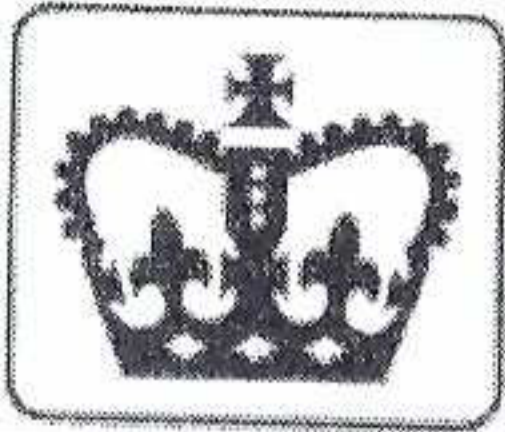
Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets		-	-
		-	-
		-	-
		-	-
		-	-

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities		-	
		-	
		-	
		-	
		-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Sheila Gregory	10/12/2024



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Triple A Project (All About Autism)

**On accounts for the year
ended**

31 December 2023

**Charity no
(if any)**

1177317

Set out on pages

1 & 2 CC16a; 1 to 7 Trustee's Annual Report

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 December 2023.

**Responsibilities and
basis of report**

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

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed 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 (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

** Please delete the words in the brackets if they do not apply.*

Signed:

Mark Cowan

Date:

10/10/2024

Name:

Mark Cowan

**Relevant professional
qualification(s) or body
(if any):**

CA

Address:

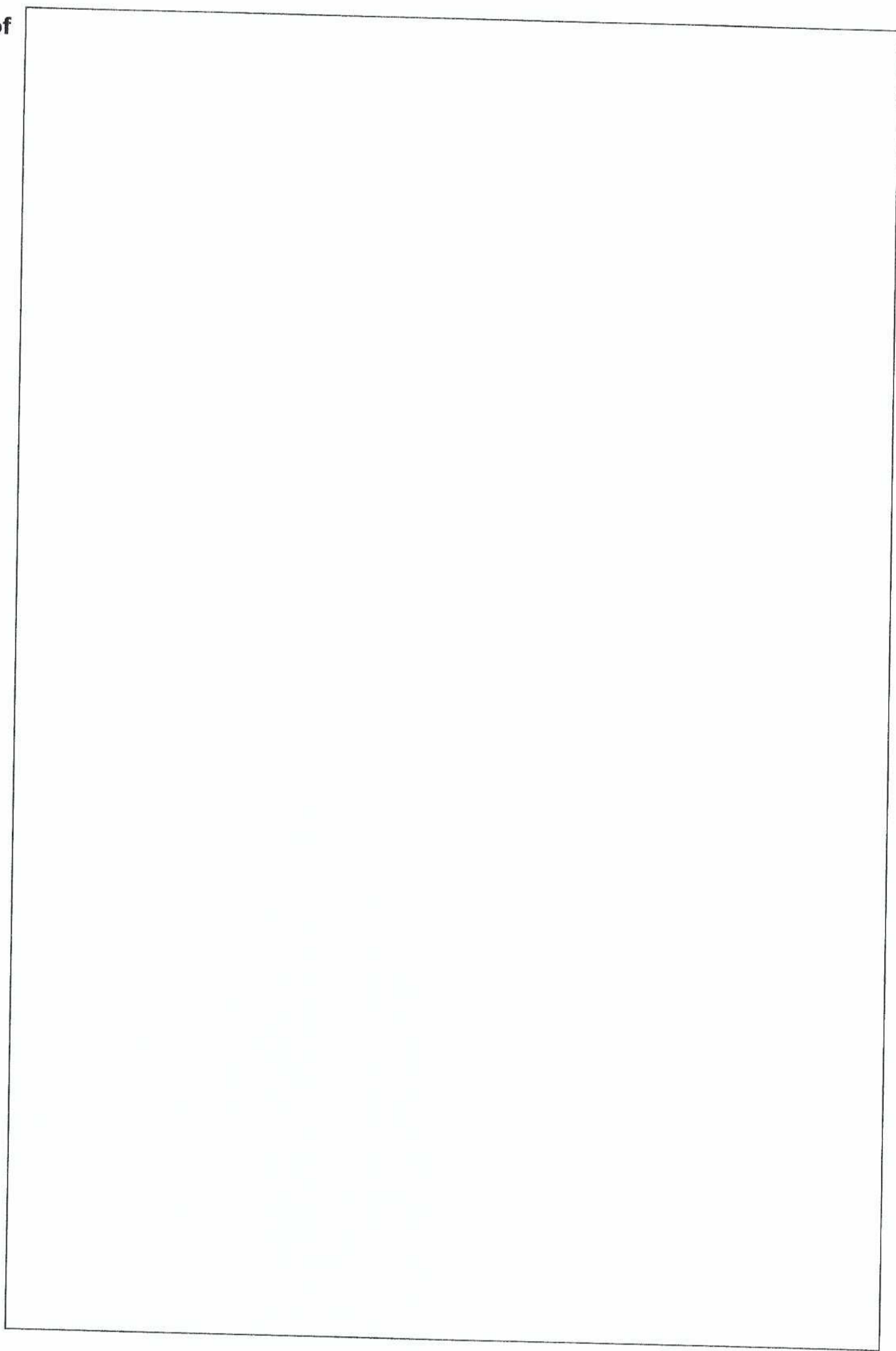
13 Hope Street

Lanark

ML11 7NL

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.



TRIPLE A PROJECT (ALL ABOUT AUTISM)

England & Wales - Charity number 1177317

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	January	2022		31	December	2022

Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

The Resource Centre	
Sandgate	
Penrith	
Postcode	CA11 7TP

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Sheila Gregory	Chair		
2	Karen Quinn	Vice Chair	Resigned 23/05/2022	
3	Murray Winters		Resigned 05/01/2022	
4	David Wheatcroft		Resigned 05/01/2022	
5	Julia McDonald		Resigned 30/10/2022	
6	Kenneth Ford-Powell	Treasurer		
7	John Craig		Resigned 15/03/2022	
8	Eileen Kirby	Joined as a Trustee	Joined 05/01/2022 resigned 25/09/2022	
9	Andrew Asquith-Vallance	Joined as a Trustee	18/01/2022	
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

--

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Charity Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Appointed by Trustees

Additional governance issues (Optional information)

You may choose to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

The promotion of social inclusion for the public benefit amongst autistic individuals and their families who are social excluded from society, or parts of society, as a result of being autistic by: 1. Raising public awareness of the issues affecting autistic individuals and their families, both generally and in relation to their social exclusion; 2. Provide education opportunities and information to support and enable autistic people and their families to maximise their educational, social, and economic opportunities; 3. Providing social and recreational facilities and opportunities for autistic people and their families; 4. Provide workshops, forums, mentoring and general support for autistic and non-autistic people.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

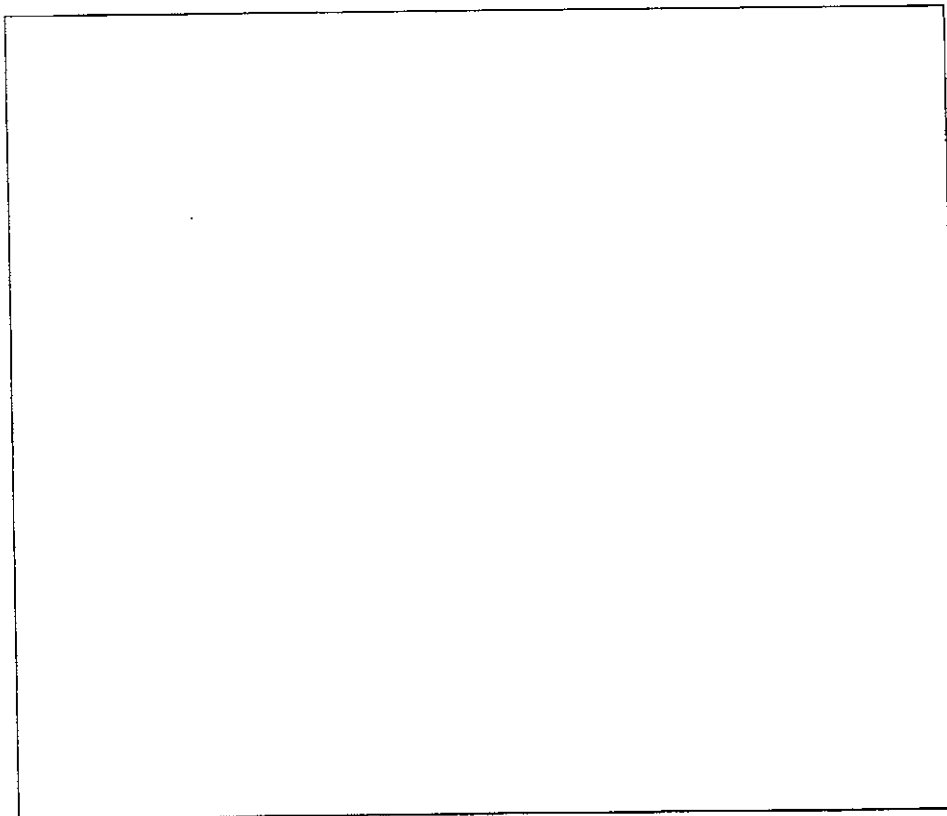
A summary of the main activities undertaken by the charity to carry out its charitable purposes for the public benefit include:

- informing public about autism by training, social media, speaking at public events, speaking at statutory meetings and film making;
- establishing volunteering and personal development opportunities for autistic adults through training, design and delivery and Discovery programme, co-facilitation of Positive Pals, focus groups and for young people with Duke of Edinburgh Award Scheme;
- developing mentoring for autistic people through Navigator Programme to offer intense and bespoke support for autistic people;
- Providing social and recreational opportunities for autistic people through Positive Pals. The creation of the inclusion work employment support programme.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.



Section D

Achievements and performance

Summary of the main achievements of the charity during the year

The Trustees have considered the guidance issued by the Charity Commission in respect of public benefit and confirm that they adhere to this guidance through the activities of the charity.

Over the past year Triple A Project has worked hard to reverse the impact of the Covid 19 pandemic for its staff and members. Returning to office working and face-to-face meetings after the lockdown restrictions was a difficult transition for many. The understanding and support provided by Triple A helped colleagues settle back into their workplace and our members resume their activities and friendships.

With our core services able to operate normally again we were able to support approximately circa 220 autistic participants across our mentoring and befriending Navigator Programme, Positive Pals peer support and social groups, Duke of Edinburgh Bronze Award Scheme and Inclusion@work programme. Some members access just one of our services, whilst others are involved in multiple Triple A activities.

The Discover Your Autism Programme, with its Post Diagnosis courses and peer support has helped 65 newly diagnosed autistic people to date, many of whom did not receive their diagnosis until middle age and beyond. We have further people accessing our new on-line course and others are signed up for future in-person courses.

Our Navigator Programme continues to change lives with a pioneering approach that offers specialist, person-centred support to autistic people who may be feeling isolated, struggling with specific life-skills, have found themselves on the wrong side of the law or been the victim of crimes such as 'cuckooing' or mate crime.

Positive Pals: Positive Pals seeks to tackle social isolation and social exclusion by providing a safe and accepting space for autistic individuals to meet socially and feel comfortable "unmasking" and being their true selves. The groups are facilitated by autistic peers. Recently we have also started some special interest groups including an art group and a Dungeons and Dragons group established by one of our Navigatees. The Positive Pals groups vary in character depending on the needs of the group, ranging from the purely social to a peer support group. Many positive friendships have been formed throughout Cumbria, improving wellbeing, building confidence and self-esteem. We have groups formed for particular sections of the autistic community e.g a women's and a young people's group.

Our Discovery programme is funded in the North of Cumbria by the NHS. This is a post diagnosis support programme that is facilitated by the Triple A team. The programme consists of a series of six 2-hour workshops, which we produce 15 times annually. These programmes were written by autistic people, for autistic people about autism – to enable the newly diagnosed to learn, explore and develop coping strategies which are tailored to their individual

challenges and needs. 150 people will receive this support over the next 2 years in North Cumbria with the intention to extend this service to the South of the county once resources permit.

Autism Awareness Training: The Triple A Team has delivered autism awareness training to a range of organisations recently, garnering some extremely positive feedback. Participant recommendations have resulted in a busy Calendar of bookings over the next few months, including two sessions with staff at Carlisle College, one with PINC young persons' LGBTQ+ charity in Carlisle and one with People First's board of trustees.

Inclusion @Work- we were delighted to receive a three-year Big Lottery award to provide support for autistic people to gain employment. The programme concentrates on supporting autistic individuals to identify, prepare for and apply for employment. Simultaneously we work with employers to provide the right environment to support their autistic staff.

The Board of Triple A recognises that the charity could not deliver the pioneering and life-changing services it offers without the support and encouragement of its funders and the dedication and hard work of Triple A's staff and volunteer team, Thank you everyone.

Section E

Financial review

Brief statement of the charity's policy on reserves

Trustees have set a target of three months of total operating costs, which would currently equate to approximately £40k. After defining accurate relationships between restricted and unrestricted income and expenditure, the Trustees are content that we meet the target stated and are in a healthy financial position to take the charity forward.

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F

Other optional information

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	<i>Sheila Gregory</i>	
Full name(s)	SHEILA GREGORY	
Position (eg Secretary, Chair, etc)	CHAIR	
Date	03/10/2023	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name Triple A Project (All About Autism)	No (if any) 1177317
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CC16a

Receipts and payments accounts

For the period from	Period start date 01/01/2022	To	Period end date 31/12/2022
------------------------	---------------------------------	----	-------------------------------

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	198	300	-	498	13,475
Grants	54,595	165,801	-	220,396	97,920
Activities for fundraising	-	-	-	-	1,848
Training	1,370	-	-	1,370	-
Bank interest	266	-	-	266	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	56,429	166,101	-	222,530	113,243
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	56,429	166,101	-	222,530	113,243
A3 Payments					
Staff costs	23,700	115,323	-	139,023	122,718
Rent & rates	79	1,707	-	1,786	6,297
Heat, light & electricity	2,132	1,421	-	3,553	1,576
Insurance	139	1,406	-	1,545	966
Telephone & internet	1,098	4,038	-	5,136	3,377
Print, stationery, admin & equipment	2,396	10,025	-	12,421	7,898
Costs of fundraising	-	-	-	-	13,878
Charitable Activities	-	4,111	-	4,111	-
Conferences	-	-	-	-	3,511
Sub total	29,544	138,031	-	167,575	160,221
A4 Asset and investment purchases. (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	29,544	138,031	-	167,575	160,221
Net of receipts/(payments)	26,885	28,070	-	54,955	- 46,978
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	31,116	60,931	-	92,047	-
Cash funds this year end	58,001	89,001	-	147,002	- 46,978

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank account	58,001	89,001	-
		-	-	-
		-	-	-
	Total cash funds	58,001	89,001	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Triple A Project (All About Autism)

**On accounts for the year
ended**

31 December 2022

**Charity no
(if any)**

1177317

Set out on pages

1 & 2 CC16a; 1 to 6 Trustees Annual Report

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 December 2022.

**Responsibilities and
basis of report**

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

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed 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 which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

** Please delete the words in the brackets if they do not apply.*

Signed:

Mark Cowan

Date:

27/09/2023

Name:

Mark Cowan

**Relevant professional
qualification(s) or body
(if any):**

CA

Address:

13 Hope Street

Lanark

ML11 7NL

Section B

Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

A large, empty rectangular box with a thin black border, occupying the majority of the page's width and height. It is intended for the user to provide details as requested in the text to its left.

TRIPLE A PROJECT (ALL ABOUT AUTISM)

England & Wales - Charity number 1177317

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	1st	January	2021		31st	December	2021

Section A Reference and administration details

Charity name Triple A Project (All About Autism)

Other names charity is known by Triple A

Registered charity number (if any) 1177317

Charity's principal address

The Resource Centre
Sandgate
Penrith
Postcode CA11 7TP

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Sheila Gregory	Chair	Appointed 14/9/2021	
2	Karen Quinn	Vice Chair	Appointed 14/9/2021	
3	Murray Winters			
4	David Wheatcroft			
5	Julia McDonald			
6	Kenneth Ford-Powell	Treasurer	Appointed 11.03.2021	
7	John Craig		Appointed 11.03.2021	
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

--

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Charity Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Appointed by Trustees

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

--

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

The promotion of social inclusion for the public benefit amongst autistic individuals and their families who are socially excluded from society, or parts of society, as a result of being autistic by: 1. raising public awareness of the issues affecting autistic individuals and their families, both generally and in relation to their social exclusion 2. provide education opportunities and information to support and enable autistic people and their families to maximise TAR 3 March 2012 educational, social, and economic opportunities 3. providing social and recreational facilities and opportunities for autistic people and their families 4. provide

workshops, forums, mentoring and general support for autistic and non-autistic people

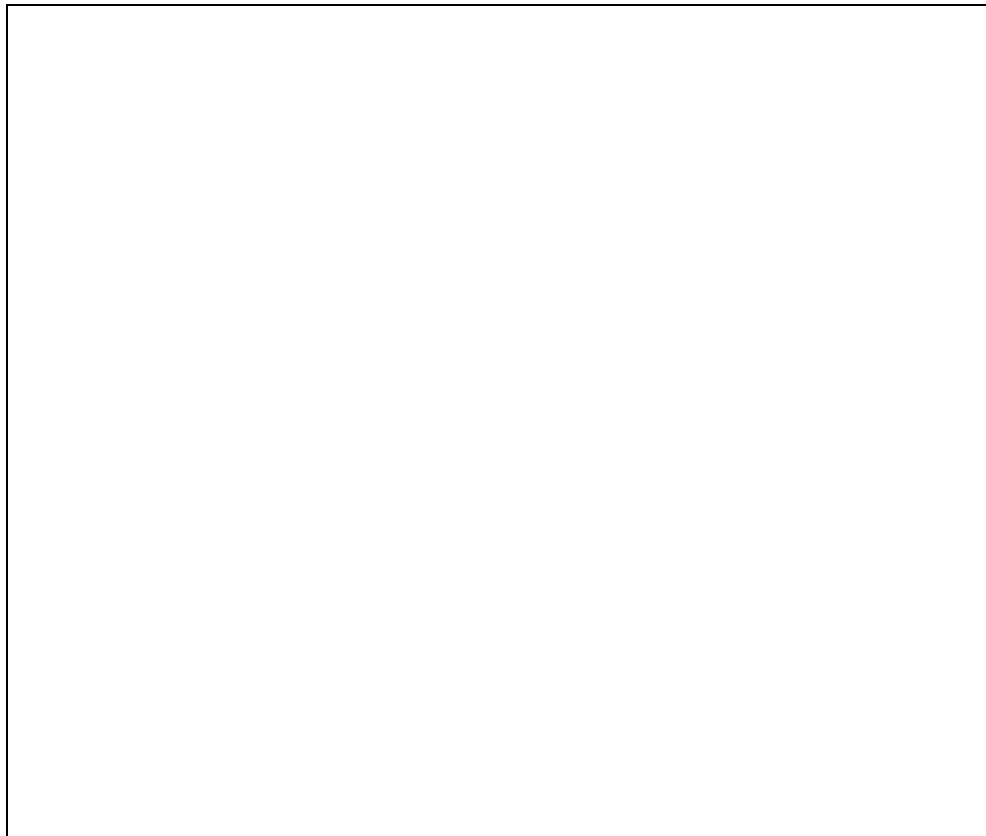
Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

A summary of the main activities undertaken by the charity to carry out its charitable purposes for the public benefit include: ▪ informing public about autism by training, social media, speaking at public events, speaking at statutory meetings and film making ▪ establishing volunteering and personal development opportunities for autistic adults through training, design and delivery and Discovery programme, co-facilitation of Positive Pals, focus groups and for young people with Duke of Edinburgh Award Scheme ▪ developing mentoring for autistic people through Navigator Programme to offer intense and bespoke support for autistic people ▪ Providing social and recreational opportunities for autistic people through Positive Pals . The creation of the inclusion work employment support programme.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.



Section D

Achievements and performance

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

The Trustees have considered the guidance issued by the Charity Commission in respect of public benefit and confirm that they adhere to this guidance through the activities of the charity.

Over the past year Triple A project supported 170 autistic participants across Navigator Programme, Positive Pals, Duke of Edinburgh Bronze Award Scheme, Inclusion@work programme and Discovery Programme. Navigator Programme: Triple A has been able to continue with the successful pioneering delivery of the Navigator Programme, which is certainly unique to the area and possibly, nationally. The navigator role is a service that offers specialist, person centred support to very vulnerable people with autism who may be isolated or have become unwittingly involved in criminal justice or been at the receiving end of a crime, for example 'cuckooing', mate crime, radicalisation, etc.

Positive Pals: Autistic individuals generally do not engage with social activities because there are challenges with communication and the environment that create barriers and situations that create fear and anxiety consequently leading to vulnerabilities. Positive Pals seeks to eradicate these barriers and create a space for autistic individuals to meet socially in a way that makes sense to them. The groups are facilitated by autistic individuals and are creating autism-friendly environments and are almost entirely made up of individuals who have been living in isolation. The Positive Pals groups have a strong focus on prevention – to enable, equip and educate individuals about their rights and responsibilities. It has been shown to reduce social isolation, improve confidence and mental wellbeing and reduce reoffending. Many positive friendships have been formed throughout Cumbria.

Discovery Panel: This programme has now developed to become the Discovery programme – which is now been funded by Cumbria, Northumberland, Tyne and Wear NHS Trust. This a post diagnosis support programme The Triple A Team is facilitating. A series of six 3-hour workshops are produced 15 times yearly. These programmes were written by autistic people, for autistics people about autism – to enable the autistic individuals to learn, explore and develop strategies on how to cope and learn about their autism. This series of workshops seek to promote safer, healthier living that diverts individuals from becoming victims or unwitting perpetrators due to lack of understanding and/or social skills. 180 people will receive this support over the next 2 years. Duke of Edinburgh Bronze Award Scheme: Our cohort of autistic individuals completed their DofE Bronze Award and were pleased to receive their awards from TV personality Ray Mears. Triple A employs a Duke of Edinburgh Manager to work with our cohorts and support them through their award.

Autism Awareness Training: The Triple A Team has delivered understanding autism training for a wide range of professionals, including trainee Doctors, health practices, and care providers.

Inclusion @Work- we were delighted to receive a three-year Big Lottery award to provide support for autistic people to gain employment. The programme concentrates on supporting employers to provide the right environment to support their autistic staff.

Section E Financial review

Brief statement of the charity's policy on reserves

RESERVE POLICY: Trustees have set a target of three months of total operating costs, which would currently equate to approximately £40k. After defining accurate relationships between restricted and unrestricted income and expenditure, Trustees are content that we meet the target stated and are in a healthy financial position to take the charity forward.

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:


- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F Other optional information

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Sheila Gregory	
Position (eg Secretary, Chair, etc)	Chair	
Date	10/11/22	




Charity Name		No (if any)		CC16a
Receipts and payments accounts				
For the period from	Period start date	To	Period end date	

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	13,475	-	-	13,475	1,412
Grants	-	97,920	-	97,920	177,269
Fundraising	-	-	-	-	512
Activities for Fundraising	1,848	-	-	1,848	2,111
Training	2,150	-	-	2,150	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	17,473	97,920	-	115,393	181,304
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	17,473	97,920	-	115,393	181,304
A3 Payments					
Wages & Pension	-	122,718	-	122,718	109,775
Rent & Rates	6,297	-	-	6,297	4,101
Heat, Light & Electricity	1,576	-	-	1,576	715
Insurance	966	-	-	966	1,050
Telephone & Internet	3,377	-	-	3,377	924
Print, stationery, admin & equipment	7,898	-	-	7,898	13,103
Costs of fundraising	13,878	-	-	13,878	47
Charitable activities	-	-	-	-	9,832
Conferences	3,511	-	-	3,511	-
Sub total	37,503	122,718	-	160,221	139,547
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	37,503	122,718	-	160,221	139,547
Net of receipts/(payments)	- 20,030	- 24,798	-	- 44,828	41,747
A5 Transfers between funds	15,538	- 15,538	-	-	-
A6 Cash funds last year end	35,608	101,267	-	136,875	95,128
Cash funds this year end	31,116	60,931	-	92,047	136,875

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cumberland Bank Account	16,116	60,931	-
	CAF Account	15,000	-	-
		-	-	-
	Total cash funds	31,116	60,931	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		K Ford-Powell	9/11/22	



Section A

Independent Examiner's Report

Report to the trustees/
members of

Triple A (All About Autism)

On accounts for the year
ended

31st Dec 2021

Charity no
(if any)

1177317

Set out on pages

1 & 2 CC16a Section A and B

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 / 12 / 2021.

Responsibilities and
basis of report

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

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

Independent
examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (~~other than that disclosed below~~*) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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

* Please delete the words in the brackets if they do not apply.

Signed:

Date:

8th November 2022

Name:

Timothy Hugh Naylor

Relevant professional
qualification(s) or body
(if any):

CEng, MIMechE, MAPM, Treasurer of Charity 1127143

Address:

35 Broom Bank, Whitehaven, Cumbria, CA28 6SB

TRIPLE A PROJECT (ALL ABOUT AUTISM)

England & Wales - Charity number 1177317

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	1st	January	2020		31st	December	2020

Section A Reference and administration details

Charity name Triple A Project (All About Autism)

Other names charity is known by Triple A

Registered charity number (if any) 1177317

Charity's principal address

The Resource Centre
Sandgate
Penrith
Postcode CA11 7TP

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Karen Quinn	Chair		
2	Murray Winters			
3	David Wheatcroft			
4	Julia McDonald			
5	Daniella Sheridan		Resigned 24.02.2021	
6	Jonna Healy		Resigned 25.04.2021	
7	Kenneth Ford-Powell		Appointed 11.03.2021	
8	John Craig		Appointed 11.03.2021	
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Charity Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Appointed by Trustees

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

The promotion of social inclusion for the public benefit amongst autistic individuals and their families who are socially excluded from society, or parts of society, as a result of being autistic by:

1. raising public awareness of the issues affecting autistic individuals and their families, both generally and in relation to their social exclusion
2. provide education opportunities and information to support and enable autistic people and their families to maximise

educational, social, and economic opportunities

3. providing social and recreational facilities and opportunities for autistic people and their families
4. provide workshops, forums, mentoring and general support for autistic and non-autistic people

A summary of the main activities undertaken by the charity to carry out its charitable purposes for the public benefit include:

- informing public about autism by training, social media, speaking at public events, speaking at statutory meetings and film making
- establishing volunteering and personal development opportunities for autistic adults through training, design and delivery and Discovery Panels, co-facilitation of Positive Pals, focus groups and for young people with Duke of Edinburgh Award Scheme
- developing mentoring for autistic people through Navigator Programme to offer intense and bespoke support for autistic people
- Providing social and recreational opportunities for autistic people through Positive Pals

The Trustees have considered the guidance issued by the Charity Commission in respect of public benefit and confirm that they adhere to this guidance through the activities of the charity.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

Over the past year Triple A supported 139 autistic participants across Navigator Programme, Positive Pals, Duke of Edinburgh Bronze Award Scheme and Discovery Panel.

Navigator Programme:

Triple A has been able to continue with the successful pioneering delivery of the Navigator Programme, which is certainly unique to the area and possibly, nationally. The navigator role is a service that offers specialist, person centred support to very vulnerable people with autism who may be isolated or have become unwittingly involved in criminal justice or been at the receiving end of a crime, for example 'cuckooing', mate crime, radicalisation, etc. Cumbria Office of Police & Crime Commissioner granted a further year of funding to continue working with criminal justice agencies via Community Fund.

Positive Pals:

Autistic individuals generally do not engage with social activities because there are challenges with communication and the environment that create barriers and situations that create fear and anxiety consequently leading to vulnerabilities. Positive Pals seeks to eradicate these barriers and create a space for autistic individuals to meet socially in a way that makes sense to them. The groups are facilitated by autistic individuals and are creating autism-friendly environments and are almost entirely made up of individuals who have been living in isolation. The Positive Pals groups have a strong focus on prevention – to enable, equip and educate individuals about their rights and responsibilities. It has been shown to reduce social isolation, improve confidence and mental wellbeing and reduce reoffending. During 2020, we had to change the way we delivered Positive Pals group due to the pandemic. We reinvented these groups online so that autistic adults had a safe place to socialise whilst being isolated at home. Many positive friendships have been formed throughout Cumbria.

Discovery Panel:

The Triple A Team has been facilitating focus groups to put together Discovery Panels. It is a series of six 3- hour workshops written by autistics, for autistics about autism – to enable the autistic individuals to learn, explore and develop strategies on how to cope and learn about their autism. This series of workshops seek to promote safer, healthier living that diverts individuals from becoming victims or unwitting perpetrators due to lack of understanding and/or social skills.

Duke of Edinburgh Bronze Award Scheme:

Our second cohort of autistic individuals completed their DofE Bronze Award despite the national lockdown. Triple A employs a Duke of Edinburgh Manager to work with our cohorts and support them through their award.

Autism Awareness Training:

The Triple A Team has delivered understanding autism training for a wide range of professionals, including trainee Doctors, health practices, housing associations, college, parents, retail establishments. This training was accredited by CPD in 2019. Due to the pandemic, training was delivered by our team virtually.

Section D

Achievements and performance

Autism Alert Card:

Originally funded by OPCC in 2017, the autism alert cards continue to be well received. Triple A are now self-funding this activity and the scheme remains to operate in partnership with Cumbria Constabulary. So far, we have created 154 cards and will soon roll this service out to those in Lancaster through Lancashire Police.

Face Mask Exemption Cards:

With wearing face masks escalating anxiety levels for autistic individuals, our team created a Face Mask Exemption Card free of charge to those in need of one. We created 43 cards.

Section E

Financial review

Brief statement of the charity's policy on reserves

RESERVE POLICY:

Trustees have set a target of three months of total operating costs, which would currently equate to approximately £33k. After defining accurate relationships between restricted and unrestricted income and expenditure, Trustees are content that we meet the target stated and are in a healthy financial position to take the charity forward.

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.


Section F**Other optional information**

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Section G**Declaration**

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Karen Quinn	
Position (eg Secretary, Chair, etc)	Chair	
Date	17/09/2021	



Section A Independent Examiner's Report

Report to the trustees/ members of

Charity Name Triple A

On accounts for the year ended

31st Dec 2020 Charity no (if any) 1177317

Set out on pages

1 & 2 CC16a Section A and B signed 17th Sept Ken Ford-Powell

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 / 2 / 2020.

Responsibilities and basis of report

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

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

Independent examiner's statement

[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. Delete [] if not applicable.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below*) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
• the accounts did not accord with the accounting records; or
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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.

* Please delete the words in the brackets if they do not apply.

Signed: [Signature]

Date: 18th Sept 2020

Name: Timothy Hugh Naylor

Relevant professional qualification(s) or body

CEng, MIMechE, MAPM, Treasurer of Charity 1127143

(if any):

Address:

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

Charity Name		No (if any)		CC16a
Receipts and payments accounts				
For the period from	01.01.20	To	31.12.20	

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	1,412	-	-	1,412	4,015
Grants	-	177,259	-	177,259	86,000
Fundraising	-	512	-	512	-
Activities for fundraising	2,111	-	-	2,111	33,253
Bank interest	-	-	-	-	17
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	3,523	177,771	-	181,294	123,285
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	3,523	177,771	-	181,294	123,285
A3 Payments					
Wages & Pension	-	109,775	-	109,775	37,415
Rent & Rates	4,101	-	-	4,101	2,255
Repairs & Maintenance	-	-	-	-	730
Heat, Light & Electricity	715	-	-	715	572
Insurance	1,050	-	-	1,050	446
Telephone & Internet	924	-	-	924	785
Print, stationery, admin & Equipment	13,103	-	-	13,103	1,776
Cost of Fundraising	47	-	-	47	275
Charitable Activities	9,832	-	-	9,832	37,341
Sub total	29,772	109,775	-	139,547	81,595
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	29,772	109,775	-	139,547	81,595
Net of receipts/(payments)	- 26,249	67,996	-	41,747	41,690
A5 Transfers between funds	60,665	60,665	-	-	-
A6 Cash funds last year end	1,192	93,936	-	95,128	53,438
Cash funds this year end	35,608	101,267	-	136,875	95,128

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cumberland Bank Account	20,608	101,267	-
	CAF Account (Reserve account)	15,000	-	-
		-	-	-
	Total cash funds	35,608	101,267	-

(agree balances with receipts and payments account(s))

OK
OK
OK


Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets		-	-
		-	-
		-	-
		-	-
		-	-

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities		-	
		-	
		-	
		-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Ken Ford-Powell	17/09/2021
2		17/09/2021