



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)

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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 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
<p>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.</p>

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

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)

Sheila Gregory

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