



# Trustees' Annual Report for the period

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

## 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	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)

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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.

**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)**

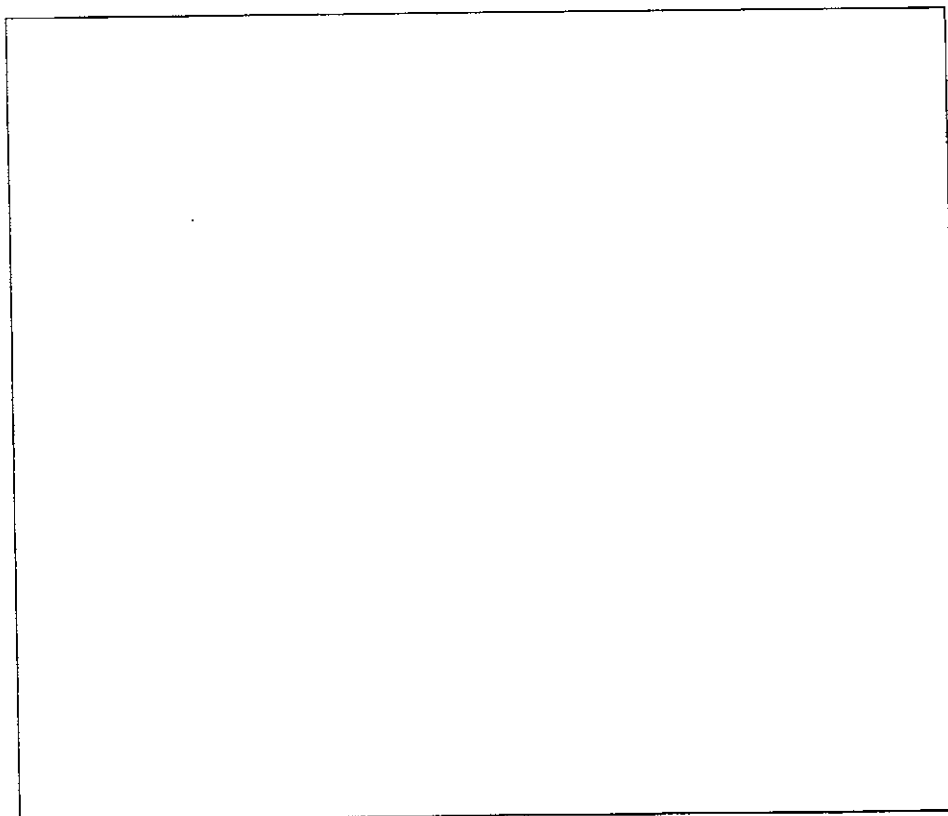
A summary of the main activities undertaken by the charity to carry out its charitable purposes for the public benefit include:

- 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 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 Navigators. 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)

*Sheila Gregory*

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

## Receipts and payments accounts

CC16a

For the period from	Period start date 01/01/2022	To	Period end date 31/12/2022
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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 £
<b>A1 Receipts</b>					
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	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>56,429</b>	<b>166,101</b>	<b>-</b>	<b>222,530</b>	<b>113,243</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>56,429</b>	<b>166,101</b>	<b>-</b>	<b>222,530</b>	<b>113,243</b>
<b>A3 Payments</b>					
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
<b>Sub total</b>	<b>29,544</b>	<b>138,031</b>	<b>-</b>	<b>167,575</b>	<b>160,221</b>
<b>A4 Asset and investment purchases. (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>29,544</b>	<b>138,031</b>	<b>-</b>	<b>167,575</b>	<b>160,221</b>
<b>Net of receipts/(payments)</b>	<b>26,885</b>	<b>28,070</b>	<b>-</b>	<b>54,955</b>	<b>- 46,978</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>31,116</b>	<b>60,931</b>	<b>-</b>	<b>92,047</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>58,001</b>	<b>89,001</b>	<b>-</b>	<b>147,002</b>	<b>- 46,978</b>



## 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 £
<b>B1 Cash funds</b>	Bank account	58,001	89,001	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>58,001</b>	<b>89,001</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
<b>B2 Other monetary assets</b>	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	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	



# CHARITY COMMISSION FOR ENGLAND AND WALES

## Independent examiner's report on the accounts

### 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 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:

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.