



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	
7				
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

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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

<p>opportunities for autistic people and their families; 4. Provide workshops, forums, mentoring and general support for autistic and non-autistic people.</p>
<p>A summary of the main activities undertaken by the charity to carry out its charitable purposes for the public benefit include:</p> <ul style="list-style-type: none"> • 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

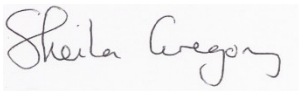
Other optional information

Section G

Declaration

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

Signed on behalf of the charity's trustees

Signature(s)		
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

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	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
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	
	Sheila Gregory	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.