



CHARITY COMMISSION
FOR ENGLAND AND WALES

Triple A Project (All About Autism)	1177317
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Receipts and payments accounts

CC16a

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
	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	Sheila Gregory	28/10/2025



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	January	2024		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	<div>The Resource Centre</div> <div>Sandgate</div> <div>Penrith</div> <div> <div>Postcode</div> <div>CA11 7TP</div> </div>

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				
11				
12				
13				
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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 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

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 Navigators. 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:

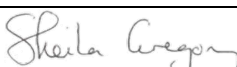
- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

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)		
Full name(s)	Sheila Gregory	

Position (eg Secretary, Chair, etc)	Chair	
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Date	28/10/2025
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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.