

# CAN-ABILITIES FOUNDATION

England & Wales · Charity number 1180031

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2018-09-21

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** 16 Brahms Road  
Basingstoke  
RG22 4JH

**Phone** 07949814776

**Website** [www.canabilities.org](http://www.canabilities.org)

## Activities

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**Objects:** TO RELIEVE THE NEEDS OF CHILDREN AND THOSE SUFFERING WITH AUTISTIC SPECTRUM CONDITIONS AND OTHER LEARNING DISABILITIES AND THEIR FAMILIES/CARER'S BY PROVIDING SUPPORT, PRACTICAL ADVICE AND TO RAISE AWARENESS OF THESE DISABILITIES TO HELP BREAK DOWN BARRIERS PARTICULARLY BUT NOT EXCLUSIVELY IN AFRO CARIBBEAN COMMUNITIES

**Activities:** Our main mission is to relieve the needs of children and those suffering with autistic spectrum conditions and other learning disabilities and their families/carer's by providing support, practical advice and raising awareness. Services offered include Information and Awareness Sessions, Sign-posting Services, Admin and Basic Clerical Services and Advocacy amongst others.

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, Disability, Human Rights/religious Or Racial Harmony/equality Or Diversity, Other Charitable Purposes
- **Who:** Children/young People, People With Disabilities, The General Public/mankind

## Geography

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- Throughout England

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-30	£6,120	£5,452	-	-
2024-03-30	£12,705	£10,013	-	-
2023-03-30	£12,705	£12,271	-	-
2022-03-30	£6,733	£5,957	-	-
2021-03-30	£3,656	£3,121	-	-

## Trustees

Name	Role	Appointed
CLARIS NSANGLI ANGAFOR	Chair	2016-12-11
GASTON FORNIMOH BEZEBOH		2016-12-11
GIDDEON NJAMNGANG ANGAFOR		2016-12-11
LINDA LUM AMUNGWA		2016-12-11
VINCENT AREM BESONG		2016-12-11

**CAN-ABILITIES FOUNDATION**

England & Wales - Charity number 1180031

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# Accounts

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## **CAN-Abilities Foundation – Charity Number 1180031**

### **Report of Trustees for 2025-26.**

As trustees of the CAN-Abilities Foundation, we are honoured to present the annual report for 2025–26. Over the past year, the foundation has continued to advance its mission through a wide range of initiatives focused on raising autism awareness, supporting families, and improving the quality of life for autistic individuals. This report provides an overview of the charity’s activities throughout the year, reflecting our ongoing commitment to the purposes outlined in our governing document.

#### **Purpose and activities**

CAN-Abilities Foundation is a small family-founded charity whose primary mission is *to relieve the needs of those suffering from autistic spectrum conditions and other learning disabilities.*

This purpose is realised through undertaking the following activities:

- Provision of practical support, such as advice and raising awareness of autism and the difficulties faced by autistic people and their families.
- Advocacy information sessions and signposting services.
- Basic admin and clerical services.
- Teach and support other parents of autistic children or those with special needs, enabling them not only to overcome the fears that come with parenting children with special needs but also to thrive despite the challenges.

In shaping our objectives and planning various activities for the year, CAN-Abilities’ trustees have considered the guidance issued by the Charity Commission on public benefit.

#### **An overview of 2025– 2026 Activities of CAN -Abilities Foundation**

##### **1. Autism Advocacy and Mentorship Program - 28<sup>th</sup> of September 2025**

In alignment with our mission to promote awareness and support for individuals on the autism spectrum, our founder, who serves as an autism ambassador and speech-language therapist, recently participated in a major training initiative. This activity took place on Zoom and aimed to foster the professional development of Young Professionals from Cameroon residing in the UK.

The Zoom training program was part of the Young Professionals Mentorship Program, which provides guidance and mentorship to young Cameroonians across various professional fields. A key focus of this initiative was to educate participants about the importance of autism advocacy and its pivotal role in fostering an inclusive society.



- a) **Promote Autism Advocacy:** Our founder highlighted the essential benefits of autism advocacy, elucidating how understanding and supporting individuals with autism can lead to more inclusive communities.
- b) **Inspire Future Therapists:** The session aimed to inspire participants interested in pursuing careers in speech and language therapy. Our founder provided insights into the academic and professional pathways available in this rewarding field.
- c) **Foster Networking Opportunities:** By connecting with young professionals, our founder helped facilitate a supportive network for aspiring therapists, parents, and advocates, enabling them to share experiences and resources.
  - Engaging presentation on the impact of autism advocacy on individuals and communities.
  - Interactive discussions that allowed participants to ask questions and share their personal experiences regarding autism.
  - Guidance on academic pathways for those interested in speech and language therapy, including insights on necessary qualifications and practical experience.

The training session was well received, with participants expressing renewed purpose in advocating for autism and pursuing careers in therapy. Feedback from attendees indicated that they gained valuable knowledge and felt inspired to take active roles in their communities as advocates and potential therapists.

This activity exemplifies our commitment to education and advocacy within the autism community. By mentoring young professionals, we are not only raising awareness of autism but also equipping the next generation of therapists with the knowledge and passion needed to support individuals on the spectrum. We look forward to continued collaboration and the positive impact our mentorship programs will have in the future.

## 2. Bridging Worlds Seminar

On September 18, 2025, our founder proudly participated in a pivotal Zoom meeting titled "Bridging Worlds: How Parenting an Autistic Child Led Me to Speech & Language Therapy." Cultural Autism Studies organised this insightful presentation at Yale (CASY), an ethnographic project led by the esteemed Dr Dawn Prince-Hughes.

During the session, our founder shared personal experiences and reflections on the journey of raising an autistic child, illustrating how this journey inspired a profound commitment to speech and language therapy. The discussion aimed not only to highlight the challenges faced by families navigating autism but also to emphasise the importance of understanding neurodiversity, particularly in the context of African cultures and communities.

By contributing to this dialogue, our founder sought to illuminate the diverse narratives surrounding autism and advocate for a more inclusive perspective that acknowledges and celebrates the richness of neurodiversity globally. This engagement not only enriches our charity's mission but also fosters a deeper connection and understanding within the broader community.

## 3. Augmentative and Alternative Communication (AAC) Community Outreach



This year, we proudly expanded our community outreach efforts through a unique initiative led by our founder, who is now a qualified speech and language therapist. Unlike previous activities, this initiative specifically targeted five parents of autistic, non-verbal children, focusing on equipping them with Augmentative and Alternative Communication (AAC) tools, including the Picture Exchange Communication System (PECS) and Proloquo.

- The program's significance was amplified by the founder's direct involvement and expertise in speech and language therapy. She provided personalised guidance to parents, helping them understand how to implement these communication tools effectively in their daily interactions with their children. This hands-on approach not only fostered trust and connection but also ensured the strategies shared were tailored to each child's specific needs.
- One notable outcome was a noticeable reduction in meltdowns for one child, whose parent reported that communicating needs through picture messages significantly reduced frustration. The founder also conducted training sessions to ensure parents were confident in using ProloquoAbilities, empowering them to help their children articulate their requests and preferences more effectively.
- This initiative not only enhanced communication but also provided emotional support to the families involved. The parents gained a deeper understanding of their children's needs and preferences, leading to stronger bonds and a more supportive home environment. Overall, this program exemplified our commitment to enabling non-verbal autistic individuals to express themselves, paving the way for greater independence and improved quality of life. The founder's expertise turned this initiative into a transformative experience for all involved, highlighting the impact that specialised knowledge can have in our community.

## Financial Overview for 2025-26

Like most small charities, CAN-Abilities Foundation has barely managed to break even this year. Our net income in 2025-2026 was £6,121.44. The total expenditure for the year amounted to £5,452.40. The balance carried over is £669.04. Full details of the income and expenditure are available in the statement of financial activities below.

### Statement of Financial Activities for 2025-26, including Income and Expenditure

	Note	Unrestricted Funds £'000	Restricted Funds £'000	Total £'000
<b>Incoming Resources</b>				
Voluntary Income	6	£387.90	0	£387.90
Donations	14	£2,108.54	0	£2,108.54
Fundraising Campaigns	3	£1,700.00	0	£1,700.00
Commercial Operations	4	£1,925.00	0	£1,925.00



<b>Total Income</b>	£6,121.44	0	£6,121.44
<b>Resources Expended</b>			
Administration Costs	£925.30	0	£925.30
Charitable Activities	£2,435.10	0	£2,435.10
Equipment Costs	£620.00	0	£620.00
Operation Costs	£1,005.00	0	£1,005.00
Other Costs	£467.00	0	£467.00
<b>Total Expenditure</b>	£5,452.40	0	£5,452.40
<b>Balance Carried Forward</b>	£669.04.	0	£669.04.

As a small charity, CAN-Abilities does not currently operate with a reserves policy and therefore holds no funds in reserve. The trustees acknowledge financial challenges; however, we remain confident in the growing recognition of our work and the increasing demand for our services. Although we do not yet have a dedicated funder or professional fundraising team, we are actively pursuing the recruitment of a fundraiser and exploring new funding opportunities. With continued commitment and emerging partnerships, we are optimistic about strengthening our sustainability and expanding our impact.

### Structure, Governance and Management

CAN-Abilities Foundation is managed by a board of trustees. The method of appointment of trustees is set out in the Constitution of CAN-Abilities Foundation.

### Administrative details

CAN-Abilities Foundation's administrative address is 16 Brahms Road, Basingstoke. CAN-Abilities Foundation is a Charitable Incorporated Organisation (CIO).

The trustees are.

- Mrs Claris Nsangli Angafor - Chairperson
- Mr Gaston Fornimoh Bezeboh – Treasurer
- Mr Gideon Njamngang Angafor - Secretary
- Mrs Linda Lum Amungwa – Trustee
- Mr Vincent Besong – Trustee

Approved by the trustees and signed by Dr G Angafor, secretary to the board of trustees.

**CAN-ABILITIES FOUNDATION**

England & Wales - Charity number 1180031

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# Accounts

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## **CAN-Abilities Foundation – Charity Number 1180031**

### **Reports of the trustees for the year ending March 2024.**

This is the report of the trustees of the CAN-Abilities Foundation for 2023-2024. The report then summarises the charity's purposes in its governing document. It also presents an overview of the main activities of the Foundation and its purposes. It confirms that the trustees have had regard to guidance issued by the charity commission on public benefit.

### **2023-2024 at a Glance**

Compared to the previous year, 2023-2024 was more productive for the CAN-Abilities Foundation because we secured some funding, enabling us to undertake some beneficial activities, especially MindMend, our Mental Health Awareness Project.

### **Purpose and activities**

CAN-Abilities Foundation is a small family-founded charity whose primary mission is *to relieve the needs of those suffering from autistic spectrum conditions and other learning disabilities.*

This purpose is realised through undertaking the following activities:

- Provision of practical support, like advice and raising awareness of autism and the difficulties faced by autistic persons and their families.
- Advocacy information sessions and signposting services.
- Basic admin and clerical services.
- Teach and support other parents of autistic children or those with special needs to be able to not only conquer the fears that come with parenting special needs children but to be able to thrive despite the challenges.

In shaping our objectives and planning various activities for the year, CAN-Abilities' trustees have considered the guidance issued by the Charity Commission on public benefit. For example,

- Parents and carers of autistic children already face daily challenges and increased mental health problems compared to other groups of parents, British Medical Journal (2021). More so during and after the pandemic. Having experienced some of our community members living through similar experiences, we undertook to run a Mental Health Awareness and Support Project (MindMend) that involved creating mental health awareness through scheduled expert talks to address issues around mental health in men and supporting people suffering from mental health conditions such as depression and anxiety through physical exercise such as organised walks, music and dance, and community sports.

### **Achievements and Performance**



Our main achievement for the 2023 -2024 fiscal year was the £ 10,000 award from the Lottery Fund to run our MindMend Project. What was particularly useful or seen as an outstanding achievement is that through this project CAN-Abilities Foundation created opportunities for our community to be resilient to mental health issues, some of which were caused by or came to surface during the COVID-19 pandemic. Feedback from the project indicated that the MindMend Project helped participants, especially men who research traditionally shows that they do not openly talk about mental health, to be more aware of it, to speak openly about their mental health and be ready to seek help if needed. It also provided opportunities for communities to build and sustain resilience through physical and psychological fitness sessions. The project started with online sessions on mental health subject matter experts and progressed to in-person sports and music sessions in venues in Reading and Basingstoke.

1. The project used community football, walks, music, and dance sessions to encourage men to take their mental health seriously, talk about how it affects them, their families, and their relations, and, most importantly, seek help when facing mental health issues.
2. It was aimed primarily at men of Afro-Caribbean and ethnic minority backgrounds because research from the Office for National Statistics (2021) identified high rates of suicide among ethnic minority and migrant populations. Despite that, the project is also open to anyone interested.
3. The project lasted 5-6 months and culminated in a community celebration. Families of all participants came together for a picnic at the park.

## Financial Review

Due to some of the challenges highlighted above, the CAN-Abilities Foundation has struggled financially this year. Our net income balance from 2020-2021 was £3,656.04. The total expenditure for the year amounted to ££3,121.51, leaving a balance of £534.53. Full details of the income and expenditure are available in the financial statement.

## Statement of Financial Activities for 2023, including Income and Expenditure

Note	Unrestricted Funds £'000	Restricted Funds £'000	Total £'000
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## Incoming Resources

Voluntary Income	6	£125.50	0	£125.50
Lottery Funding	1	£10,000.	0	£10,000
Fund Raising				
Campaigns	0	£0,00	0	£0,00
Commercial Operations	6	£2,580.00	0	£2,580.00
<b>Total Income</b>		<b>£12,705.80</b>	<b>0</b>	<b>£12,705.80</b>

## Resources Expended

### MindMend Mental Health Awareness Project Expenses

Item or Activity	Amount
Advertisement posters and Banners	500
Venue Rentals	1,475
PA Equipment Rental	1,500
Expert Talks	2,000
Trainer Costs	1,250
Transport	800
Admin Costs	1,000
Entertainment	1,278
Miscellaneous	210

<b>Section Total</b>	<b>10,013.00</b>
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### General Administration and other charitable activities

Administration Costs	£1,308.45	0	£1,308.45
Charitable Donations	£700.14	0	£700.14
Other Costs	£250.00	0	£250.00

<b>Section Total</b>	<b>£2,258.59</b>	<b>0</b>	<b>£2,258.59</b>
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<b>Grand Total</b>	<b>£12,271.59</b>		<b>£12,271.59</b>
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<b>Balance Carried Forward</b>	<b>£434.1</b>	<b>0</b>	<b>£434.1</b>
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As a small charity, CAN-Abilities does not currently have a policy for holding reserves. As such, there are zero (0) funds in reserve.

Many challenges have impacted the charity and continue to threaten its continued existence. They centre around financial unsustainability. There is a great need for the CAN-Abilities Foundation to provide services; however, the charity does not have a dedicated funder or a professional fundraising team. Though we plan to try to recruit a fundraiser, we fear that we may not be able to continue to sustain our activities amidst the increasing demand for our services.

### **Structure, Governance and Management**

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<b>Balance Carried Forward</b>	<b>£434.1</b>	<b>0</b>	<b>£434.1</b>
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**CAN-ABILITIES FOUNDATION**

England & Wales - Charity number 1180031

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# Accounts

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**CAN-Abilities Foundation**  
**Statement of Financial Activities for 2022 including Income and Expenditure**

	Note	Unrestricted Funds £'000	Restricted Funds £'000	Total £'000
<b>Incoming Resources</b>				
Voluntary Income	4	£146.70	0	£146.70
Donations	17	£2,718.93	0	£2,718.93
Fund Raising Campaigns	3	£1,465.75	0	£1,465.75
Commercial Operations	4	£2,401.84	0	£2,401.84
<b>Total Income</b>		<u>£6,733.22</u>	<u>0</u>	<u>£6,733.22</u>
<b>Resources Expended</b>				
Administration Costs		£845.96	0	£845.96
Charitable Activities		£2,672.08	0	£2,672.08
Equipment Costs		£970.06	0	£970.06
Operation Costs		£1,102.00	0	£1,102.00
Other Costs		£367.55	0	£367.55
<b>Total Expenditure</b>		<u>£5,957.65</u>	<u>0</u>	<u>£5,957.65</u>
<b>Balance Carried Forward</b>		<u>£775.57</u>	<u>0</u>	<u>£775.57</u>

**CAN-ABILITIES FOUNDATION**

England & Wales - Charity number 1180031

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# Accounts

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## **CAN-Abilities Foundation – Charity Number 1180031**

### **Reports of the trustees for the year ending March 2021.**

This is the report of the trustees of CAN-Abilities Foundation for the year 2020-2021. It begins by noting that 2020-2021 has been an incredibly challenging year mainly because of the ongoing COVID-19 pandemic. The report then presents a summary of the purposes of the charity as set out in its governing document. It also presents an overview of the main activities of the Foundation about the purposes and confirms that the trustees have had regard to guidance issued by the charity commission on public benefit.

### **2021-2022 at a Glance**

Last year has indeed been challenging for many across the globe. Especially challenging for small charities like CAN-Abilities Foundation. More so because we deal with the most vulnerable who were forced to shield during the pandemic. Also, it has impacted us financially thereby making it impossible to sustain most of our planned activities.

### **Purpose and activities**

*CAN-Abilities Foundation is a small family founded charity whose main mission is to relieve the needs of those suffering from autistic spectrum conditions and other learning disabilities*

This purpose is realised through undertaking the following activities include

- Provision of practical support, like advice and raising awareness of autism and the difficulties faced by autistic persons and their families.
- Advocacy information sessions and signposting services.
- Basic admin and clerical services.
- Teach and support other parents of autistic children or those with special needs to be able to not only conquer the fears that come with parenting special needs children but to be able to thrive despite the challenges

In shaping our objectives and planning various activities for the year, CAN-Abilities' trustees have taken into consideration the guidance issued by the Charity Commission on public benefit. For example

- As a result of the Coronavirus, there were many restrictions imposed on society such as lockdowns and social distancing amongst others. This meant that we could not organise a face-to-face event as has been the case before. Our main support and information sessions shifted to virtual space, holding online or on the phone. We used Zoom, Stream Yard, and other virtual conferencing platforms to host autism information and education sessions. For example, the main autism/ disability-related events conducted virtually since last year are presented below in date order and available on our Facebook platforms.



1. 13.3.21: International Women's Day virtual OUTREACH Summit where women around the world joined us in discussions around the theme "choose to challenge." Amongst these women were mums of special needs children who chose to challenge the Isolation and its impact on their mental health that comes because of parenting special needs children and that which have been aggravated by the presence of the Pandemic
2. 01.04.21: Our chairperson joined the learning disability Nurse at Hampshire Hospitals NHS foundation trust, as part of the autism awareness week activities, to share her experiences with raising an autistic child and tips on how to support other parents when faced with a diagnosis.
3. 2.4.21: Online event which marked the beginning of "our Virtual autism awareness conversations which will take place all through April. These conversations are aimed at educating, empowering, inspiring, and giving hope to parents of special needs children who have been struggling throughout this Pandemic. These virtual conversations will include autistic individuals, parents, schoolteachers, specialists, professionals, and everyone with a special interest in special educational needs autism and co-occurring conditions.
4. 10.4.21: AUTISM AND SIBLINGS; When autism affects a member of a family, it affects the whole family especially the siblings and the parents. So, as part of the autism awareness week celebrations, we had an online conversation with a sibling of an autistic individual, who shared his experience and challenges he faced during the lockdown. This is a way was to encourage and empower all other siblings around the world to be able to share their experiences to help those who are not able to do so. Apart from just sharing his challenges, he also shared his top tips on how to support a sibling who is autistic.
5. 11.4.21 – AUTISM AND THE CHURCH; One of the places where there seems to lack of awareness and acceptance is the church. So, during this live event, we had as guest speakers; Priests, parents and teachers of autistic individuals who shared the experiences they have had with the church and these kids in the past and the priests on the part talked extensively about the role of the church in the lives of families and individuals affected by autism and adjustments to be made soon.
6. 14.4.21 – WHEN AUTISM Grieves; as a result of the unpredictable emergence of covid 19 in our midst, the whole world was taken by surprise, we were in denial of its existence, many were angry because of the restrictions imposed on everyone; lockdown, quarantine, isolation, we all found ourselves bargaining, some were hit so hard that their mental health was affected before we eventually accepted that the virus was real. As such, it was established that despite the fact many struggled, others suffered the consequences especially families and individuals with autism. As such, there was an online webinar to look at the impact of grief on autistic individuals including those who lost loved ones during the lockdown period., how it affected them, how they coped and what can be done further to help or support many families in a comparable situation. Our guest speakers were a teacher and a parent who shared



extensively on grief. The parent shared her experience with her son when she lost her husband during the lock and because of grief and the confusion that comes with it and given his condition, her son went out looking for his dad and eventually got missing and was found in Liverpool from London

7. 2.5.21; **IMPACT OF AUTISM ON VARIOUS ASPECT OF THE COMMUNITY;** Autism does not only have an impact on the family. It extends right to the community, the church, schools, hospitals. So, during this session, we had an elaborate discussion with a priest, a teacher, a paediatric doctor, an autism consultant, and a parent.
8. There was a general awareness that autism awareness and running a charity of this nature requires more than one charity or platform. The charity's chairperson engaged in a beauty and empowerment program as a means of continuing to look for better and improved ways to continue to give a voice to and encourage love, understanding, acceptance and inclusion for those affected by autism and mental health issues. Being a contestant in the programme was used for support and exposure which helped to amplify the voice of autism awareness in the BAME communities here in the UK. The finals took place in August 2021 and even though the charity did not emerge as the winner, there were some valuable lessons learned, including the fact that parents of autistic children are not lost just because they have an autistic child does not stop them from pursuing their dreams towards empowering themselves, gaining more clarity to be able to support their children properly the others in the community. This was were shared on our YouTube channel.
9. 27.11.21; **CELEBRATING SPECIAL MEN'S POSITIVE CONTRIBUTION TO WORK, FAMILY, COMMUNITY:** This was an event in celebration of international men's day where we covered a whole episode speaking with parents of autistic children and autistic adults and their positive impact on the lives of their children and the community. It was confirmed that not all dads of special needs children abandon their children. Many stay in the lives of their children and make an enormous impact on their lives.
10. 4.12.21: Living with a disability during covid-19 and its impact on our mental health and not all disabilities are visible; During this episode, we had individuals living with different types of disabilities share the experiences living with a disability in the pandemic, how it affected them and those around them and advice on what can be done differently to improve on accessibility especially when almost all activities were online.
11. 11.12.21; **EMBRACING YOUR SPECIAL NEDS CHILD;** Speaking and engaging with parents especially of the BAME communities, we learned that some parents are still in denial of their children's diagnosis, and we decided to share a live conversation on what they can do to accept and embrace their child.
12. 18.12.21; Many parents struggled with various aspects of their health during the pandemic, and we thought it was an innovative idea to share tips on **SELF CARE FOR PARENTS OF CHILDREN WITH SPECIAL NEEDS**. It was established that just accepting and embracing your child and the journey is also self-care.



13. 15.1.22 – COPING WITH A DIAGNOSIS: A JOURNEY FROM DENIAL TO ACCEPTANCE: This episode looked more critically into a parent’s journey from when a child is diagnosed with autism and how they eventually accept and embrace the journey.
  14. 22.1.22; MONEY MINDSET: Many parents of children with a disability struggle in several aspects of their lives including financially. So, having a live event on our money mindset will go a long way to help parents understand what a money mindset is and how they can use the tips shared to help them manage their finances effectively eventually.
  15. 12.2.22: Autism; A Life in the Pandemic: The charity has been invited by another autism organisation in Manchester to present a talk on autism based on experiences during the pandemic, the difficulties faced, what worked and tips on what the community can do to support more individuals and families affected by autism.
  16. 12.3.22 – Another organisation London, Women of Influence has also invited Charity’s Chair to give a talk to other parents on Self-care and its importance on our mental health
  17. 16. 4.22: An event in Bournemouth to celebrate those who made a difference in the lives of others during the pandemic has also invited us to share our experiences during the pandemic; what helped and how others can also be supported.
- Most of these helped to raise awareness and provide advice strategies to parents, carers, and the public on how to stay safe during COVID but also about how to look after their mental and physical health during these challenging times.
  - Our volunteers were also busy on the phone, being a listening eye and providing reassurance to families and careers most of who felt abandoned as several services for their children were closed during the pandemic.

### **Achievements and Performance**

CAN-Abilities registered some achievements in 2020-2021. We managed to embrace technology, being able to learn and successfully set up our channels on useful video conferencing platforms which we used to reach a diverse audience across the globe. Our successes have also been recognised by our local media. The Chairperson of our board of trustees was featured in the Basingstoke Gazette Newspaper. Her initiatives as well as the fantastic work of CAN-Abilities was chronicled in the newspaper. As a result of this, CAN-Abilities has been invited by the Basingstoke Consortium, a group of five community-based organisations in the borough to lead autism awareness activities during events planned as part of Autism Awareness month this April.

### **Financial Review**

Due to some of the challenges already highlighted above CAN-Abilities Foundation has struggled financially this year. Our net income balance at the end of the period 2020-2021 was



£3,656.04. The total expenditure for the year amounted to ££3,121.51, leaving a balance of £534.53. Full details of the income and expenditure are available in the financial statement.

### Statement of Financial Activities for 2020 including Income and Expenditure

	Note	Unrestricted Funds £'000	Restricted Funds £'000	Total £'000
<b>Incoming Resources</b>				
Voluntary Income	3	£75.00	0	£75.00
Donations	16	£2,341.04	0	£2,341.04
Fund Raising Campaigns	0	£0.00	0	£0.00
Commercial Operations	2	£1,240.00	0	£1,240.00
<b>Total Income</b>		<b>£3,656.04</b>	<b>0</b>	<b>£3,656.04</b>
<b>Resources Expended</b>				
Administration Costs		£0,520.75	0	£0,520.75
Charitable Activities		£1,150.14	0	£1,150.14
Equipment Costs		£0,245.15	0	£0,245.15
Operation Costs		£0,759.25	0	£0,759.25
Other Costs		£0,446.22	0	£0,446.22
<b>Total Expenditure</b>		<b>£3,121.51</b>	<b>0</b>	<b>£3,121.51</b>
<b>Balance Carried Forward</b>		<b>£534.53</b>	<b>0</b>	<b>£534.53</b>

As a small charity CAN-Abilities does not currently have a policy on holding reserves. As such there are zero (0) funds held in reserve.

There are many uncertainties about the charity continuing. They centre around financial unsustainability. There is a great need for CAN-Abilities Foundation to provide services, however, the charity does not have a dedicated funder or a professional fundraising team. Though we plan to try and recruit a fundraiser, we fear that we may not be able to continue to sustain our activities amidst the increasing demand for our services.



## **Structure, Governance and Management**

CAN-Abilities Foundation is managed by a board of trustees. The method of appointment of trustees is set out in the Constitution of CAN-Abilities Foundation.

### **Administrative details**

CAN-Abilities Foundation's administrative address is 16, Brahms Road, Basingstoke. CAN-Abilities Foundation is a Charitable Incorporated Organisation (CIO).

The trustees are.

Mrs Claris Nsangli Angafor - Chairperson  
Mr Gaston Fornimoh Bezeboh – Treasurer  
Mr Gideon Njamngang Angafor - Secretary  
Mrs Linda Lum Amungwa – Trustee  
Mr Vincent Besong – Trustee

Approved by the trustees and signed on their behalf by Mr G Angafor, secretary to the board of trustees.