



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 - 28th 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 |
|---------------------------|------|--------------------------------|------------------------------|----------------|
| Incoming Resources | | | | |
| 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 |



| | | | |
|--------------------------------|-----------|---|-----------|
| Total Income | £6,121.44 | 0 | £6,121.44 |
| Resources Expended | | | |
| 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 |
| Total Expenditure | £5,452.40 | 0 | £5,452.40 |
| Balance Carried Forward | £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 Giddeon 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.