



Trustees' Annual Report - 1st May 2024 to 30th April 2025

Charity Name: MyOTAS (My Own Time And Space)

Charity CIO registration number: 1184723

Registered Office: 57a Highcliffe Road, Wickford, Essex, SS11 8JP

Our Trustees during the above year:-

Maria Denton – Chair

Jenne Seibolt

Alex Harding

Trisha McClure

Matt Prior

Our Aims, Objectives and Values

Our aim is to support neurodivergent (Autism, ADHD, OCD, Dyslexia etc.) children and young people and their families within Essex, through 3 pillars of activity:

**Activities for
Children & Young
People**

**Family
Support for Parents &
Carers**

**Raising
Awareness &
Acceptance**

Each year, we take time to reflect on our aims, objectives, and activities to celebrate our achievements and learn from our experiences. Our annual review looks at the difference we have made over the past 12 months - what we set out to do, what we achieved, and how our work has supported neurodivergent children, young people, and their families.

This process helps us understand the real impact of our key activities and ensures that everything we do continues to focus on improving the lives of those we are here to help. It also gives us the opportunity to make sure our aims and objectives remain relevant and true to our charitable purpose.

When reviewing our work and planning for the future, the trustees draw on the Charity Commission's guidance on public benefit. We carefully consider how each of our planned activities will help us achieve our goals and continue to make a positive difference for the neurodivergent community we serve.

Our Values

- **Non-judgemental** – valuing people for who they are;
- **Inclusive** – everyone is welcome, no diagnosis needed;
- **Be kind**;
- **Innovative thinking** – exploring new ideas and finding different ways to do things;
- **Collaboration** – working openly with other voluntary organisations and service providers.

Trusted relationships are often difficult to form for neurodivergent young people, so we seek to build ongoing and sustainable relationships, for young people of all ages, through to independence. We have created partnerships with SAFE Essex (Charity for autistic people of all ages) and Exceptional Individuals (Recruitment and employment services for neurodivergent people) to support this pathway.

A diagnosis is not required to access our services. Some of the families requiring the most help have a child who is undiagnosed. For example, a child may be on a waiting list for assessment - waiting times for assessment have increased dramatically and in our area, timescales often exceeding 18 months, so this is often a critical time for support. Neurodivergent conditions are often genetic, so parents may also have their own challenges or may not see the presenting difficulties as anything unusual.

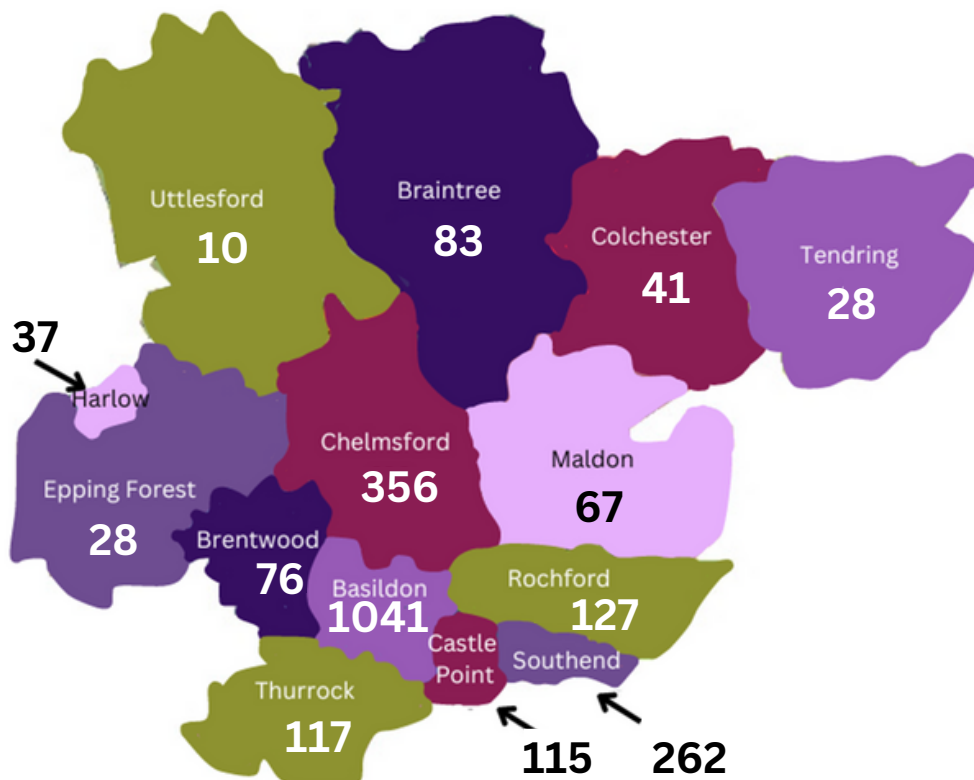


**530 families
in total attended
activities or groups or
received 1:1 support
from our team.**



Our Beneficiaries

We support neurodivergent children and young people and their families, within Essex and beyond.



Members of our online Parent Support Group by area

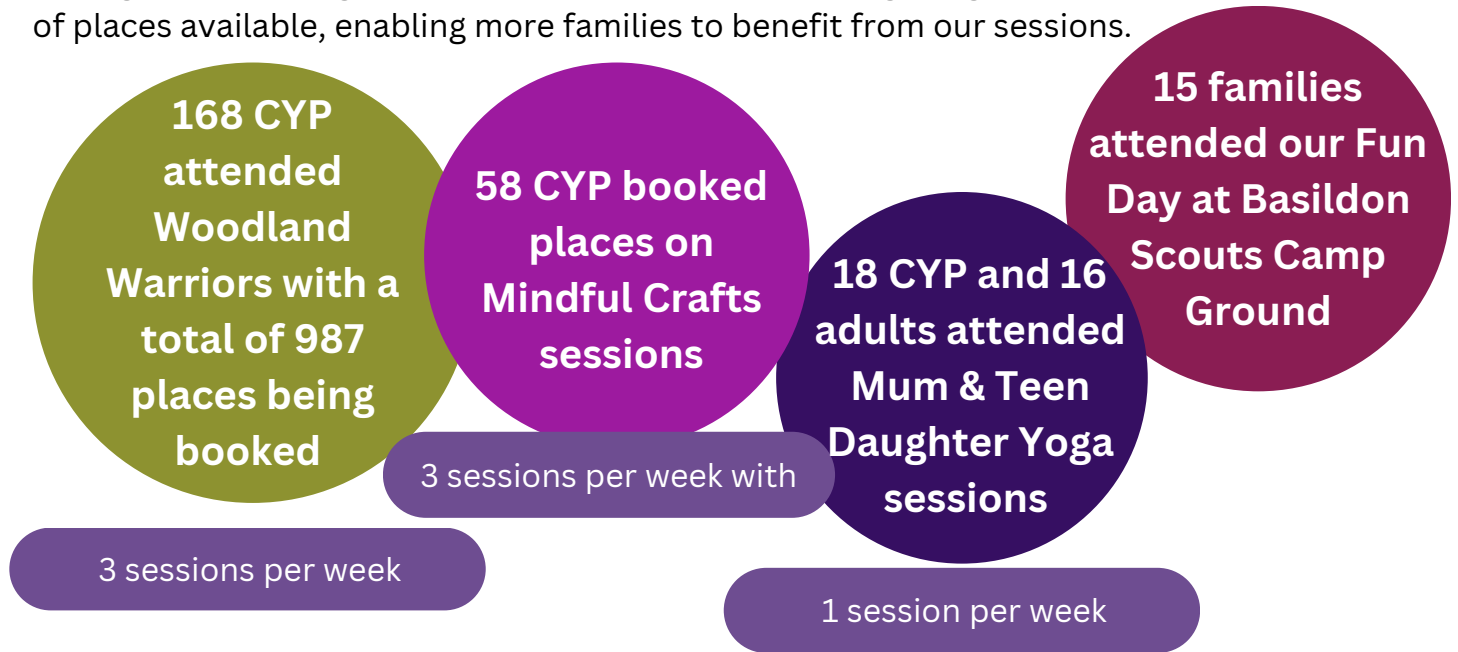
In addition there are 72 members from Greater London and 137 from the rest of the UK. The remaining members did not disclose their address.



Activities for Children & Young People

We deliver inclusive and accessible small group sessions designed to support neurodivergent children and young people alongside their parents or carers, who attend and remain responsible for their child throughout. This approach helps to reduce anxiety for participants and fosters positive shared experiences between children and their families. We also provide dedicated support for accompanying parents and carers to ensure their needs are recognised and met.

During this reporting period, we expanded both the range of groups offered and the number of places available, enabling more families to benefit from our sessions.



Principles

- **Low pressure – Accessible**
- **Support for the wider family**
- **Small groups for that children do not become overwhelmed**
- **A nominal charge is requested for some activities, but finance should never be a barrier to accessing our services, so we offer sessions for free in cases of financial hardship**



Family Support for Parents & Carers

Empowering Parents and Carers

We believe that when parents and carers feel informed, supported, and connected, their children thrive. Our work focuses on empowering families to better understand and support their neurodivergent children - helping them to celebrate strengths, navigate challenges, and feel confident in their journey.

We provide one-to-one guidance, training sessions, and both face-to-face and online support groups where parents can share experiences and find understanding. We also signpost families to other relevant services and offer a range of practical resources to help them access the right support at the right time.

Our approach is guided by core principles that shape everything we do:

- Providing information and support that families can trust and relate to.
- Ensuring every family feels seen, heard, and validated.
- Encouraging connection and community so no parent or carer feels alone.
- Reaching out proactively to families who may face barriers in accessing help.

Together, these values underpin our commitment to creating a supportive, inclusive environment where families can grow in confidence and connection.

341 families received support at our CYP's activities or in-person Parent Support Groups

An additional 189 families received 1:1 help from the Family Support Team, via email, phone or face to face appointments

Our On-line Support Group had 2.5K members as at May 2025 from all over Essex and beyond - with over 2K active members accessing the group each week

Family Support for Parents & Carers

Our team answered 222 questions from parents, with a further 189 questions being answered by other parents within the on-line support group.

100 parents booked on to full day Financial Wellbeing Courses run by Multiply and supported by the MyOTAS and STRM teams

40 parents attended a talk on Emotional Based School Avoidance (EBSA) delivered in partnership with Thurrock & Brentwood Mind

We work collaboratively with other local community groups on a number of projects, including SEND the Right Message, Essex Family Forum, SAFE, ATF, Mother's Kitchen, Motivated Minds, Basildon Scouts, Thurrock/Brentwood Mind and Castledon School

We piloted a two-part EHCP workshop, to provide information about the process, talk about why it is important and provide on-going support through a peer support network.

With special thanks to Debut Training Academy, we held a free Pamper Day for 15 SEND Parents/Carers, where they could book a blow dry, pedicure, manicure or massage.

Raising Awareness & Acceptance

We relentlessly represent the needs of neurodivergent children, young people and families – at a local and national level.

Provided training in neurodiversity and inclusion to Mind, Pedal Power and ECVYS

Continued close working relationships with Essex Family Forum, SEND the Right Message and SAFE charities

Nationally – we are active members of:

- The Children and Young People's Mental Health Coalition
- The Council for Disabled Children
- The Charlie Waller Trust
- The Place Network



**Children & Young People's
Mental Health Coalition**

We input to the Mental Health Act Bill working group with the DHSC, the Children's Commissioner's Office, the Council for Disabled Children and policy analysts and equality researchers from organisations such as Mind, Article 39 and JustEquality, to represent the lived experiences of our families.

We are active members of the Children & Young People's Mental Health Coalition and have represented the needs of neurodivergent children and young people in the priorities for inclusion within the Mental Health Bill. Our CEO, Paula will form part of the panel providing feedback to the Department of Health and Social Care. Paula is also working with the coalition legal team to ensure that the needs of neurodivergent people without learning disabilities have access to the same mental health opportunities as those with autism and/or learning disabilities.

Raising Awareness & Acceptance

The 'Supporting Your Neurodivergent Child' book, co-written by Paula Farrow and Sam Read from MyOTAS, in collaboration with Maggie Cleary from STRM Charity and Katrina Farrell from Essex Family Forum, has now been distributed to over **15,000 families** via support groups. The rights to adapt the contents have been bought by 10 other areas, including Manchester, Luton & Bedfordshire, Norfolk and Suffolk



'I have been a parent for 12 years, have hundreds of books on neurodiversity and have never seen anything of the depth and quality of this resource'

Key Highlights and Activities

Throughout the year, we have continued to grow, collaborate, and advocate for neurodivergent children, young people, and their families. From local community events to national policy influence, each milestone reflects our commitment to inclusion, empowerment, and positive change.

May 2024 – Multiply: Budgeting, Wellbeing and Neurodiversity

We were delighted to work again with our partner charities STRM, MyOTAS, and SAFE, delivering a session for parents and carers of children and young people with SEND. Participants explored ways to reduce household outgoings while focusing on their own wellbeing and self-care – recognising that supporting themselves enables them to better support their children.



Raising Awareness & Acceptance

June 2024 – Whole School Approach to Mental Health and Wellbeing

Representatives from MyOTAS – My Own Time And Space attended the Whole School Approach to Mental Health and Wellbeing event at the British Psychological Society in London. Alongside other charities, we continue to contribute to shaping local and national policy on neurodiversity, ensuring the lived experiences of parents and carers are represented.

June 2024 – National Advocacy for Children and Young People's Mental Health

Together with the Children & Young People's Mental Health Coalition (CYPMHC), MyOTAS, and 58 other organisations, we co-signed an open letter to political leaders urging them to prioritise children and young people in their election campaigns. The letter shared powerful insights and clear recommendations to help the next government improve mental health support.

July 2024 – Woodland Warriors Visit

We were thrilled to welcome Cllr Ferguson and Grant Taylor from Basildon Borough Council to one of our Woodland Warriors sessions at Memorial Park, Wickford. Their visit provided a valuable opportunity to showcase how outdoor, nature-based activities support the wellbeing and confidence of neurodivergent young people.



July 2024 – Talks and Training

In July, Paula was invited to speak to over 40 staff and volunteers at Mind, focusing on supporting children and young people with SEND. Later in the year, in November, Wendy delivered an engaging talk on Emotionally Based School Avoidance (EBSA) and Pathological Demand Avoidance (PDA), sharing insights with professionals and volunteers across the sector.



Raising Awareness & Acceptance

August 2024 – Community Engagement with Pedal Power

Paula was delighted to speak to Pedal Power, a charity helping people to access cycling, sharing our charity's mission and the importance of inclusive opportunities for neurodivergent children, young people, and their families.

September 2024 – Recognising Achievement and Community Involvement

We were immensely proud when our outdoor activity session leader, Tiffany Belford-Fry, received a Leadership Award from the Jack Petchey Foundation. Our young people Lakota, Nathan, and Harley also received Jack Petchey Achievement Awards, recognising their personal growth and contributions to our Woodland Warriors programme.



During September, we also took part in the Castledon School Careers Event, supporting young people as they explore future pathways, and joined the Find Your Active Festival in Basildon, promoting inclusion, wellbeing, and active participation.

October 2024 – ECVYS Children's Mental Health Event

Paula spoke to an audience of 50 youth workers and leaders at the Essex Council for Voluntary Youth Services (ECVYS) event on children's mental health, sharing insights into the experiences of neurodivergent young people and the importance of community-led support.

November 2024 – Continuing to Raise Awareness

In November, our team presented to 20 attendees at the Integrated Care Board (ICB) and over 200 participants at a Basildon Council meeting, held both in-person and online. These sessions offered valuable opportunities to strengthen partnerships and advocate for improved understanding and support of neurodivergent families.

Raising Awareness & Acceptance

December 2024 – Commitment to Excellence

We are delighted to announce that MyOTAS successfully completed the Cranfield Trust Journey to Excellence (J2E©) consultancy project, marking our ongoing commitment to organisational learning and continuous improvement. The Journey to Excellence assessment tool, developed from over 30 years of Cranfield Trust's experience supporting non-profit organisations, provided valuable insights into our strengths and opportunities for growth. We are deeply grateful to the Cranfield Trust and specifically our mentor Mike Nevin for their support and guidance throughout the process.



March 2025 – Advocacy and Recognition

Paula attended the Law's Role in Shaping and Responding to Disability and Motherhood event at the **University of Reading** – and gave an inspiring talk highlighting the lived experiences of neurodivergent families and the challenges they face in health, family life, and legal rights.

Paula also facilitated a session with the Othona Bradwell Community to help “build a neurodiverse community,” bringing together people with lived experience, health and education professionals, and charity leaders to share learning and strengthen collaboration.



We have worked to increase understanding and acceptance of neurodivergence with a wide range of people including:-

40 people at Thurrock/Brentwood Mind
20 at the ICB
200 at Bas Council meeting
2000 follow our public Facebook Page

8 at Pedal Power
50 at ECVYS Children's Mental Health
751 people received our newsletter

Financial Review

Our total income in money terms was £178,231. In addition, we have received donations of services, equipment, office/storage space and volunteer time in excess of £15,000.

Principal Funding Sources

The principal funding sources for the charity during this year were grants from a variety of sources.

Core Costs

National Lottery (Year 2 of 3 years funding) - £72,000

Essex Community Foundation - £1,000

Family Support

Mid/South Essex ICB - £1,600

Essex Carers Fund - Essex County Council (Year 1 of 3 years funding) - £9,200

Health Inequalities Fund - Basildon/Brentwood Alliance NHS - £19,500

Essex Community Foundation for the Four Acre Core Cost Fund and the Elspeth Hodgkinson Fund (Year 1 of 3 year funding) - £7,000

ECC - Multiply (shared with STRM and SAFE) - £20,000

Children's Activities

Jack Petchey Foundation - £1,900

Tesco Groundworks - £1,100

Basildon District Council - £1,600

Hedley Foundation - £900

Raising Awareness

Basildon District Council (Wickford fund) - £3,500

Research Engagement Network (REN) - £2,600

Financial Review

Diversifying Income

As MyOTAS continues to grow and respond to the evolving needs of neurodivergent children, young people and their families, we are intentionally diversifying our income streams to build a more resilient and sustainable organisation.

While short-term grant funding remains an important enabler of innovation and pilot projects, it is increasingly unpredictable and time-limited. By developing complementary income through consultancy work, locality-based delivery, community donations and corporate engagement, we are reducing reliance on any single funding source and strengthening our long-term stability. This blended approach allows us to reinvest unrestricted income into core costs, safeguarding, quality assurance and staff wellbeing, while also sharing our lived-experience expertise more widely to influence systems, build inclusive practice, and create lasting impact within our communities.

May - Ride London

Dave Camp, Grandad to one of the children MyOTAS supports, completed the Ford Ride London/Essex bike ride on 26th May 2024 and raised over £700.



March 25 Sponsored swim

SEND the Right Message and MyOTAS joined forces to take part in this year's Swimathon! On March 29th, 2025 - Paula, Maggie and Katrina swam 5KM to raise essential funds to support local neurodivergent children and young people, while showing their commitment to partnership working. Over £1,800 was raised and split between the 2 charities.



Financial Review

Investment Policy

Aside from retaining a prudent amount in reserves each year most of the charity's funds are to be spent in the short term so there are few funds for long term investment. A review of investment policies will be taken if our income stream significantly increases.

Reserves Policy

The Management Committee has examined the charity's requirements for reserves in light of the main risks to the organisation. It has established a policy whereby the unrestricted funds not committed or invested in tangible fixed assets held by the charity should be approximately 3 months of the annual expenditure. Budgeted expenditure for 2025/26 is £177,000 and therefore the target is £44,250 in general unrestricted funds. The reserves are needed to meet the working capital requirements of the charity and the Management Committee are confident that at this level they would be able to continue the current activities of the charity in the event of a significant drop in funding.

The level of reserves available to the charity as at May 2024 was £41,967 which therefore falls short of this target level. Although the strategy is to continue to build reserves through planned operating surpluses, the Management Committee is well aware that it is unlikely that the target range can be reached for at least three years. In the short term the Management Committee has also considered the extent to which existing activities and expenditure could be curtailed, should such circumstances arise.

Governing Document

The organisation is a Foundation Charitable Incorporated Organisation (CIO), established in May 2019 and formally registered as a charity in August 2019. The charity operates under a constitution that defines its charitable objects and powers. In accordance with this governing document, should the charity be wound up, the trustees are not required to make any financial contribution.

Recruitment and Appointment of Trustees

In line with the charity's constitution, the trustees – referred to as members of the Management Committee – are appointed to serve for a term of three years. Following this period, they are eligible for re-election at the next Annual General Meeting.

All trustees contribute their time and expertise on a voluntary basis and receive no financial remuneration or other benefits for their work. Given the nature of our charitable purpose, which focuses on supporting neurodivergent children, young people, and their families, many of our trustees bring valuable lived experience as parents or carers, helping to ensure our governance remains informed, compassionate, and reflective of the community we serve.

Governance, Structure and Management

The Management Committee seeks to ensure that the needs of this community are appropriately reflected through the diversity of its trustee body. Traditional business, educational, and medical expertise are also well represented on the Committee. To maintain this broad and balanced skill mix, trustees are asked to provide an annual record of their skills and experience. When specific expertise is lost through retirements or resignations, suitable individuals are approached and encouraged to stand for election to the Management Committee.

Trustee Induction and Training

Most trustees are already familiar with the practical work of the charity, having been encouraged to attend our activities and events prior to their appointment. New trustees are also invited to read our book *Supporting Your Neurodivergent Child*, which provides valuable insight into the ethos of the charity, the context in which we operate, and an overview of neurodiversity and its co-occurring conditions.

Trustees are provided with a comprehensive induction pack, which includes the charity's Constitution, the latest published accounts, the Code of Conduct for Trustees, Volunteers and Staff, and the Charity Commission's guidance *The Essential Trustee*. They are also directed to review all of the charity's key policies, including Safeguarding, GDPR, Health & Safety, and Financial Management.

All trustees, employees, and volunteers complete mandatory training in Safeguarding, GDPR, and Equality, Diversity and Inclusion (EDI), along with other regular development opportunities to ensure continued compliance and best practice.

Risk Management

The Management Committee conducts regular reviews of the major risks facing the charity. A detailed risk register is maintained and reviewed at least annually. Where necessary, systems and procedures have been implemented to mitigate identified risks and ensure the charity's ongoing stability and resilience.

Data Protection and Cyber Security

We maintain robust IT security and recovery plans for all our systems, which are managed by trusted external IT providers. The Board periodically reviews these measures to ensure that data protection and cyber security remain effective and compliant with current regulations.

Fundraising

The charity is registered with the Fundraising Regulator and adheres fully to its Code of Fundraising Practice. We are proud to report that we received zero complaints during this reporting period.

Governance, Structure and Management

Financial Risks

Significant external risks to funding have led to the development of a strategic plan which will allow for the diversification of funding and activities. Internal control risks are minimised by the implementation of procedures for authorisation of all transactions and projects.

Health & Safety

Procedures are in place to ensure compliance with health and safety of employees, volunteers and service users.

Safeguarding

MyOTAS have a robust safeguarding policy, a Designated Safeguarding Lead, two deputies and a trustee with specific safeguarding responsibilities.

We understand that safeguarding is a significant risk in supporting our young people and we have visited a number of independent schools and other voluntary groups to learn from their experiences.

We have taken a cautious approach to launching and expanding our activities, piloting in small groups first, and maintaining open and honest communication with families. Our approach and principles have developed with safeguarding as a key consideration. For example, we ask parents to attend all of our children's activities and to remain responsible for their child. We also have a family support worker in attendance to be available in case of need and to role model appropriate ways to support children and to help facilitate support and build relationships between parents.

Organisational Structure

Last year we identified the organisation's dependency on a small number of key staff as a significant operational risk. To address this, we have taken proactive steps to strengthen our team and build greater resilience across our operations. We have recruited new staff and sessional workers to share responsibilities, broaden skills within the organisation, and ensure continuity of service delivery. This has reduced the risk associated with staff absence or transition and enhanced our capacity to respond flexibly to the needs of children, young people, and families.

MyOTAS has a Management Committee of up to 12 members who meet quarterly and are responsible for the strategic direction and policy of the charity. During the year 2024-2025 the Committee had 8 members (5 trustees and 2 part-time management staff) from a variety of professional backgrounds, relevant to the work of the charity. A scheme of delegation is in place and day to day responsibility for the provision of the services rest with the Chair along with the rest of the committee. The Chair is responsible for ensuring that the charity delivers the services specified and that key performance indicators are met. The CEO has responsibility for the day-to-day operational management of the charity, individual supervision of the team and also ensuring that the team continue to develop their skills and working practices in line with good practice.

Governance, Structure and Management

Related Parties

Where it is complementary to the charity's objects, the charity is guided by both local and national policy. Three of the management committee are also Family Champions for Essex Family Forum. This is a multiagency group with Essex SEND as its focus. The representation of local organisations within this group has proved invaluable to the charity in establishing improved links within the community and identifying relevant gaps in support, policy developments and prospective funding.

Equity, Diversity & Inclusion

We recognise that neurodivergent individuals face significant inequalities across their lives. In the UK, it is estimated that around 15%–20 % of the population are neurodivergent in some way (for example having autism, ADHD, dyslexia or another neuro-difference).

Ethnicity and Neurodivergence

Disparities in diagnosis and access to services exist between ethnic groups. For example: In a large study of over 7 million schoolchildren in England, the standardised prevalence of autism spectrum disorder (ASD) was highest among Black pupils at 2.11 % (95 % CI 2.06–2.16) compared to an overall national average of ~1.76%. Rates of use of NHS-funded mental health, learning disability and autism services in England to March 2023 varied widely by ethnic group: for example, among people of "Mixed" ethnicity there were around 7,499 per 100,000 using those services, compared with 3,133 per 100,000 among people of Asian ethnicity. ethnicity-facts-figures.service.gov.uk

Cultural and access barriers for children from Black and minoritised communities have been highlighted: for example, more than 20,000 children from Black communities were reported to be waiting beyond statutory time-limits for Education, Health & Care Plans (EHCPs) and face punitive rather than supportive responses to neurodivergence. (The Guardian) These figures suggest that the intersection of neurodivergence and ethnicity involves added layers of disadvantage — including delayed diagnosis, mis-interpretation of behaviours, and reduced access to culturally responsive support.

LGBTQ+ Identity and Neurodivergence

Research shows a strong correlation between neurodivergence and LGBTQ+ identity: A UK study by University of Cambridge found that autistic adults and adolescents are approximately eight times more likely to identify as asexual or other non-heterosexual categories compared to non-autistic peers. (University of Cambridge)

Many sources estimate that among autistic individuals who do not have an intellectual disability, 15 %-35 % identify as lesbian, gay or bisexual. (sparkforautism.org)

In the broader UK population, the percentage identifying as lesbian, gay or bisexual is estimated at around 3% (though likely under-reported). thebraincharity.org.uk+1 This suggests that neurodivergent individuals are significantly more likely than the general population to identify as LGBTQ+, highlighting the importance of considering multiple dimensions of identity in our work.

Governance, Structure and Management

Our Approach

Given these intersectional realities:

We support families requiring light touch intervention (information and sign-posting) and those who are effectively off-grid from mainstream services — for example where children face exclusion, emotionally-based school avoidance or complex mental health challenges with limited support.

We adapt our delivery to meet diverse needs: if a child finds full group sessions difficult, we offer alternative pathways (for example 1:1 sessions followed by gradual group re-integration; or specialised format such as 1:1 yoga rather than group mindful-crafts). We proactively work within some of the most deprived post-codes in the Basildon Borough, and engage communities traditionally hard to reach. We have supported families by liaising with statutory assessment services when children have “dropped off the system”, by collaborating with local outreach agencies, and by helping families access school-based help for their child.

Through this inclusive, flexible and intersectional focus, we seek to ensure that neurodivergent children, young people and their families — across all ethnicities and including LGBTQ+ identities — are seen, supported and empowered.

Environment

As a charity seeking to improve outcomes and wellbeing for the people that we support, we recognise our responsibility to role model good practice in the way that we impact the environment. We do not currently have our own premises, but the environment is a consideration in all that we do.

All of our children’s activities are environmentally aware and we seek opportunities to reinforce best practice. For example, we ran a reduce/re-use/recycle project at Woodland Warriors, in line with the Basildon District Council programme. Our mindful crafts re-use old CDs and often use natural materials.

Conclusion

This year has been a period of strong and controlled growth for the charity. The award of national lottery funding will enable us to address the key risks in the next reporting year, namely bringing in additional resource to reduce the dependency on key members of staff and to outsource our IT security. As we strengthen our operating platform, we are well placed to meet the increasing demand for our services. We are also increasingly using our lived experience and subject matter expertise to help influence services for neurodivergent people at a local and national level.



CHARITY COMMISSION
FOR ENGLAND AND WALES

MyOTAS - My Own Time And Space

No (if any)
1184723

CC16a

Receipts and payments accounts

For the period from	Period start date	To	Period end date
	01/05/2024		30/04/2025

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 and legacies	4,846	-	-	4,846	2,878
Grants and Trusts	-	-	-	-	9,589
Community Fundraising	2,552	-	-	2,552	-
Donations - Yoga	605	-	-	605	7
Donations - Crafts	2,390	-	-	2,390	1,132
Donations - Woodland Warriors	5,716	-	-	5,716	5,509
Family Support and Training events	24	-	-	24	-
Grants and Trusts - Core Costs		73,680		73,680	30,781
Grants and Trusts - Child Activities		6,040		6,040	18,967
Grants and Trusts - Family Supp/Train		66,193		66,193	9,994
Grants and Trusts - Raising Awareness	10,400	6,160		16,560	508
Corporate fundraising				-	2,750
			-	-	-
Sub total (Gross income for AR)	26,533	152,073	-	178,606	82,115
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	26,533	152,073	-	178,606	82,115
A3 Payments					
Cost of fundraising	1,843	-	-	1,843	250
Cost of Woodland Warriors	-	12,908	-	12,908	11,820
Cost of Mindful Crafts	-	7,406	-	7,406	2,531
Cost of Yoga	-	3,259	-	3,259	198
Cost of other children's activities	222	2,036	-	2,257	692
Parent Support and Training events	-	40,212	-	40,212	15,330
Raising Awareness	-	13,064	-	13,064	2,394
Admin/Management Salaries		38,861		38,861	20,141
Travel/Petrol/Parking		71		71	214
Insurance		799		799	526
Tel/Web/Email/Zoom/IT		1,631		1,631	2,695
Print/Post/Advertising/Stationery		2,926		2,926	430
Venue Hire and refreshments		839		839	123
Staff/Volunteer costs inc DBS/training	-	2,835	-	2,835	170
Memberships/Subs	-	1,224	-	1,224	676
Sub total	2,065	128,071	-	130,136	58,190
A4 Asset and investment purchases. (see table)					
Laptops		2,716	-	2,716	
	-	-	-	-	1,185
Sub total	-	2,716	-	2,716	1,185
Total payments	2,065	130,787	-	132,852	59,375
Net of receipts/(payments)	24,468	21,286	-	45,755	22,740
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	17,499	32,649	-	50,148	-
Cash funds this year end	41,967	53,935	-	95,903	22,740

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	Metro	2,380	-	-
	NatWest	39,537	53,935	-
	Petty cash	50	-	-
	Total cash funds	41,967	53,935	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
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
			Maria Denton	16/01/2026



Section A

Independent Examiner's Report

Report to the trustees

Charity Name
MyOTAS My Own Time and Space

On accounts for the year
ended

30th April 2025

Charity no
(if any)

1184723

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 **30/04/2025**.

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.

** Please delete the words in the brackets if they do not apply.*

Signed:

Date:

26/01/26

Name:

JOANNE BUTCHER

Relevant professional
qualification(s) or body
(if any):

Chartered Institute of Public Finance & Accountancy (CIPFA)

Address:

40 Arundell Road, Weston-super-Mare, BS23 2QQ

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.

N/A