

AUTISTIC PARENTS UK

A CHARITABLE INCORPORATED ORGANISATION (CIO)
TRUSTEES' REPORT
AND
FINANCIAL STATEMENTS
FOR THE YEAR ENDED
31 MAY 2025

AUTISTIC PARENTS UK

LEGAL AND ADMINISTRATIVE INFORMATION

FOR THE YEAR ENDED 31 MAY 2025

Trustees

Jenni Guthrie
Zoe Theresa Williams
David Gray-Hammond
Tanya Danielle Adkin
Shona Murphy
Ayesha Pusey
Kieran Rose
Dr Monique Botha-Kite
Penny Wright

Charity Number

1198909

Registered Office

Office 1
Izabella House
Birmingham
B1 3NJ

Secretary

Hannah Elizabeth Eden

Independent Examiner

TaylorHobbs Limited
Cherry Trees Barn, Walcot Lane
Drakes Broughton
WR10 2AL

AUTISTIC PARENTS UK

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AUTISTIC PARENTS UK

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MAY 2025

The trustees present their annual report and financial statements for the year ended 31 May 2025.

OBJECTIVES AND ACTIVITIES

Purpose of the charity

Autistic Parents UK (APUK) is a Charitable Incorporated Organisation (CIO) dedicated to promoting social inclusion and improving the physical and mental well-being of Autistic parents in the UK. The charity seeks to address the social exclusion that many Autistic parents experience and to advocate for greater understanding and support.

The core purposes of the charity, as set out in its governing document (constitution), are:

1. Promoting Social Inclusion - Supporting Autistic parents at risk of social exclusion by providing education, information, and opportunities to help them integrate into society.
2. Advocacy & Awareness - Representing Autistic parents, raising awareness of their experiences, and engaging with healthcare professionals and service providers to improve inclusion and access to support.
3. Protecting & Promoting Wellbeing - Enhancing the mental and physical health of Autistic parents through peer support groups, information sharing, advocacy, and access to resources.

We achieve these aims through peer support, training, and advocacy initiatives, including online support groups, webinars, resource development, professional training, and collaborative advocacy efforts.

Main activities

APUK continued to strengthen and expand support services, training, and advocacy work. Through the delivery of high-impact projects, the organisation provided meaningful and practical support to Autistic parents across the UK.

During this period, APUK was successful in securing a three-year grant from the National Lottery Community Fund to support the continued development and expansion of its peer support services.

The funded project commenced in November 2024, with active delivery of peer support services formally beginning in January 2025. The figures below reflect progress achieved within this reporting period. Although they represent only the first four months of active delivery, outcomes have already exceeded half of the overall three-year target output.

Progress as at May 2025

- **One-to-one peer support**
 - Three-year target: 200 beneficiaries
 - 106 individuals matched with trained peer supporters
- **Group peer support and educational interventions**
 - Three-year target: 500 additional beneficiaries
 - 338 total attendances recorded
 - 253 unique beneficiaries reached across both formats
 - Group peer support (launched March 2025)
 - 52 attendances
 - 41 unique beneficiaries
 - Educational events (November 2024-March 2025):
 - 286 attendances
 - 212 unique beneficiaries

Forward Carers Project - Year 2

Supporting Autistic Parent Carers in Birmingham

During Year 2 of the Forward Carers funded project, APUK continued its commitment to supporting Autistic parent carers in Birmingham, with a focus on the wellbeing domains of feeling safe, health and wellbeing, and relationships.

In Quarters 1 and 2 of the reporting period, 35 carers received direct support through the programme.

Key activities delivered during this period included:

- The delivery and full rollout of the 'Navigating Social Care' course, equipping carers with the practical knowledge and confidence to engage with local social care systems.

- Ongoing peer support provision to enable carers to share experiences, reflect on challenges, and reduce isolation.

Activity in Quarters 2 and 3 will focus on development and introduction of art therapy sessions, designed to further support carers' emotional wellbeing and provide accessible, creative therapeutic engagement.

New Baby Network Project

During this reporting period, APUK launched a new perinatal support initiative in the Dudley Borough in partnership with New Baby Network CIC, funded by Dudley CVS. The project was developed to address the specific challenges faced by Neurodivergent families throughout pregnancy, birth, and the early stages of parenthood (the first 1,001 days).

Key components of the project include:

- Monthly peer support sessions led by trained Neurodivergent peer supporters, providing an inclusive space for shared experience and mutual support.
- Fully funded peer support training to grow local advocacy capacity.
- A sensory birth kit, available on loan, designated to support individual sensory needs during labour and birth.
- A neurodivergent-focused antenatal education course tailored to communication preferences and sensory adaptations relevant to pregnancy, birth, and early parenthood.

The initiative aimed to build community connection, reduce isolation, equip parents with practical strategies and advocacy skills, and foster supportive birth experiences aligned with the needs of Neurodivergent families.

Employment & Volunteering Opportunities

During the reporting period, APUK strengthened its organisational capacity through the creation of three new part-time roles funded through the National Lottery project:

- Project Lead
- Service Lead
- Project Administrator

These appointments have enhanced operational oversight, improved service coordination, and supported the sustainable expansion of peer support provision.

In addition, APUK recruited and trained eight lived-experience peer supporters. The individuals play a vital role in delivering high-quality, informed peer support, ensuring services remain grounded in authentic understanding of the experiences of Autistic parents.

The expansion of both staff and volunteer capacity represents a significant step in strengthening the charity's infrastructure and long-term sustainability.

Autistic Led Counselling

During the year, we continued to provide a free online counselling service for autistic parents who require therapeutic support. Eligible parents are offered up to 16 one-hour sessions, reducing financial and practical barriers to accessing mental health support.

The service is delivered by supervised trainee counsellors who are themselves autistic parents and are undertaking recognised therapeutic qualifications.

By providing accessible, peer-informed, client-led counselling, the service supports parental wellbeing, reduces isolation, and promotes improved mental health outcomes within autistic-led families.

The trustees confirm that they have had due regard to the guidance issued by the Charity Commission on public benefit when reviewing the charity's aims and objectives and in planning its activities for the year.

ADDITIONAL INFORMATION

Contributions made by volunteers

The Trustees would like to formally recognise and express their sincere appreciation to all those who generously give their time to support Autistic Parents UK.

Our volunteers make a significant contribution across a wide range of activities, including the delivery of peer support, social media engagement and marketing, and contributing as guest speakers within our educational

webinars. Their commitment, expertise and lived experience strengthen the quality, reach and impact of our services.

The continued dedication of our volunteers remains central to the charity's ability to support Autistic parents effectively and sustainably.

ACHIEVEMENTS AND PERFORMANCE

Main achievements of the charity

During the period June 2024 to May 2025, Autistic Parents UK made significant progress in expanding its reach, strengthening service delivery, and increasing its impact for Autistic parents and carers across the UK.

Through the continued development of peer support services, educational provision, and targeted local projects, the charity has reduced isolation, improved wellbeing, and increased confidence among beneficiaries. Peer support has enabled Autistic parents to access informed, non-judgemental guidance grounded in lived experience — addressing a critical gap in mainstream provision.

The charity's work has also fostered meaningful relationships and built strong communities, empowering Autistic parents to advocate for themselves, recognise and understand their own autistic identity, and share knowledge with others. By equipping parents with practical strategies and communication skills, APUK has supported improved interactions and relationships between service users and local social care systems, creating opportunities for positive systemic change.

Local initiatives, including specialist perinatal and carers' support programmes, have increased access to tailored information and advocacy, helping beneficiaries navigate complex social care systems with confidence. Participants report feeling heard, validated, and supported, with greater self-awareness, stronger connections to peer networks, and increased ability to articulate challenges and make informed decisions.

Collectively, these achievements demonstrate that APUK's work delivers clear public benefit, improving mental health, parenting confidence, social participation, and self-understanding while fostering empowered, connected, and resilient communities.

Beneficiary feedback

Feedback received during the reporting period demonstrates the meaningful difference APUK's services continue to make to Autistic parents and carers.

Beneficiaries have reported:

- 'I feel less isolated and more validated.'
- "Being able to talk things through with someone who has had similar experiences — most of all, feeling heard. It is an incredibly valuable service — thank you so much."
- "Being able to articulate current challenges and being met with understanding and support."

This feedback highlights the importance of lived-experience peer support in reducing isolation, increasing confidence, and creating psychologically safe spaces where Autistic parents feel understood and respected. Trustees recognise that the ability to feel heard and validated is a significant protective factor for mental wellbeing and family stability.

FINANCIAL REVIEW

Financial position

The charity generated income of £490.46 (2024: £12,073.28), received donations and legacies of £10,544.49 (2024: £170.00) and grants of £83,525.00 (2024: £13,000.00) during the financial year.

The charity ended the financial year in a stable position, with the majority of income during the period coming from restricted grants, namely the National Lottery Community Fund and Forward Carers.

Reserves policy

Total reserves held at 31 May 2025 were £61,084.60 (2024: £21,154.27). The charity aims to maintain reserves in unrestricted funds to cover at least 12 months unrestricted running costs of which were £4,289.36 during the financial year (2024: £4,482.96). The unrestricted reserves held at 31 May 2025 were £23,664.43 (2024: £16,914.14), restricted reserves held at 31 May 2025 were £37,420.17 (2024: £4,240.13).

The charity's principle sources of funds (including any fundraising)

During the financial year ending 31/05/2025, Autistic Parents UK's principal source of income was grant funding, which enabled the charity to deliver its core services, including peer support, training, and support for Autistic parents.

Key funding sources included:

- The National Lottery Community Fund – Supporting peer support services and organisational development.
- Forward Carers Grant – Funding targeted support for Autistic parent carers in Birmingham.
- New Baby Network - Funding a small perinatal initiative.

In addition to grant funding, the charity also generated income through:

- Donations – Contributions from supporters, both one-off and regular, which help sustain ongoing activities.

While grants remain the primary source of funding, the charity is committed to exploring diversified income streams, including increased fundraising, partnerships, and training services, to enhance financial sustainability in future years.

STRUCTURE, GOVERNANCE and MANAGEMENT

Governing document

The charity is governed by a Constitution, as adopted on 11/05/2022. Autistic Parents UK is constituted as a Charitable Incorporated Organisation (CIO).

Constitutional provisions

- Trustees of Autistic Parents UK are elected by the members at the AGM. The selection process follows these constitutional provisions: At each AGM, one-third of trustees must retire (or the nearest number to one-third). The longest-serving trustees step down first. Retiring trustees are eligible for re-election.
- If there is only one trustee, they must retire at the AGM.
- Vacancies not filled at the AGM can be filled by the board of trustees, who may appoint new trustees between AGMs. These appointments must be confirmed by members at the next AGM.
- The board may invite individuals to apply for trustee positions, particularly those with relevant skills and experience, and these applicants are considered and voted on by the existing trustees and members.

This means that while members elect trustees, the board has the power to appoint trustees temporarily if needed, but these appointments must still be ratified at the next AGM.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity Number

1198909

Principle Address

Office 1, Izabella House, 24-26 Regent Place, Birmingham, B1 3NJ

TRUSTEES

Jenni Guthrie

Hannah Elizabeth Eden (resigned 31/01/2026)

Tanya Adkin

David Gray Hammond

Dr Monique Botha-Kite (resigned 01/07/2025)

Zoe Williams (appointed 11/01/2025)

Shona Murphy (resigned 16/09/2024)

Ayesha Pusey (resigned 17/12/2024)

Kieran Rose (resigned 19/12/2024)

Penny Wright (resigned 20/12/2024)

This report was approved by the trustees and signed on its behalf by:

J Guthrie

Jenni Guthrie
Chair

Date : 19 March 2026

AUTISTIC PARENTS UK

INDEPENDENT EXAMINER'S REPORT

FOR THE YEAR ENDED 31 MAY 2025

Independent Examiner's Report to the Trustees of Autistic Parents Uk

I report to the Charity Trustees on my examination of the accounts of the charity for the year ended 31 May 2025 which consists of the statement of financial activities, balance sheet and the related notes

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 charity's accounts carried out under section 145 of the 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 (other than that disclosed below *) 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.

Laura Carter

Name: **Laura Carter**

for and on behalf of **TaylorHobbs Limited**

Date: **27 March 2026**

AUTISTIC PARENTS UK

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 MAY 2025

Recommended categories by activity	Notes	Unrestricted funds £	Restricted funds £	Total Funds 2025 £	Total Funds 2024 £
Income and endowments from:					
Donations and legacies	2	10,544.49	83,525.00	94,069.49	13,170.00
Charitable activities	3	490.46	-	490.46	12,073.28
Investments	4	4.70	-	4.70	4.45
Total		11,039.65	83,525.00	94,564.65	25,247.73
Expenditure on:					
Raising funds	5	60.00	-	60.00	50.00
Charitable activities	6	4,229.36	50,344.96	54,574.32	21,802.23
Total		4,289.36	50,344.96	54,634.32	21,852.23
Net income		6,750.29	33,180.04	39,930.33	3,395.50
Net movement in funds		6,750.29	33,180.04	39,930.33	3,395.50
Reconciliation of funds:					
Total funds brought forward		16,914.14	4,240.13	21,154.27	17,758.77
Total funds carried forward		23,664.43	37,420.17	61,084.60	21,154.27

AUTISTIC PARENTS UK

BALANCE SHEET

FOR THE YEAR ENDED 31 MAY 2025

Recommended categories by activity	Notes	Unrestricted funds £	Restricted funds £	Total Funds 2025 £	Total Funds 2024 £
Current assets					
Debtors	8	315.21	1,606.33	1,921.54	7,050.12
Cash at bank and in hand	9	24,249.22	37,703.28	61,952.50	15,537.75
Total current assets		24,564.43	39,309.61	63,874.04	22,587.87
Creditors: amounts falling due within one year	10	900.00	1,889.44	2,789.44	1,433.60
Net current assets/(liabilities)		23,664.43	37,420.17	61,084.60	21,154.27
Total net assets		23,664.43	37,420.17	61,084.60	21,154.27
Funds of the Charity					
Unrestricted funds	11	23,664.43		23,664.43	16,914.14
Restricted funds	11		37,420.17	37,420.17	4,240.13
Endowment funds	11			-	-
Total funds		23,664.43	37,420.17	61,084.60	21,154.27

The financial statements were approved by the trustees on 19 March 2026 and signed on its behalf by:

Jenni Guthrie *J Guthrie*
Chair

Date : 19 March 2026

AUTISTIC PARENTS UK

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MAY 2025

1. Accounting Policies

The principal accounting policies adopted by the Charity, which is a public benefit entity, in the preparation of the accounts are as follows.

1.1 Basis of preparation

These accounts have been prepared under the historical cost convention, as modified by the inclusion of charitable properties and fixed asset investments and investment properties at valuation.

These accounts have been prepared in accordance with "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

These accounts are presented in pounds sterling and rounded to the nearest pound.

1.2 Going concern

The Trustees have prepared financial projections, taking into consideration the current economic conditions and have, at the time of approving these accounts, a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus they continue to adopt the going concern basis of accounting in preparing the accounts.

2. Income from Donations and Legacies

Analysis	Unrestricted funds	Restricted funds	Total funds 2025	Total funds 2024
	£	£	£	£
Donation and gifts	544.49	-	544.49	170.00
General grants provided by Government/other charities	-	83,525.00	83,525.00	13,000.00
Legacies	10,000.00	-	10,000.00	-
Total	10,544.49	83,525.00	94,069.49	13,170.00

3. Income from Charitable Activities

Analysis	Unrestricted funds	Total funds 2025	Total funds 2024
	£	£	£
Sale of service	490.46	490.46	12,073.28
Total	490.46	490.46	12,073.28

4. Income from Investments

Analysis	Unrestricted funds	Total funds 2025	Total funds 2024
	£	£	£
Interest income	4.70	4.70	4.45
Total	4.70	4.70	4.45

5. Expenditure on Raising Funds

Analysis	Unrestricted funds	Total funds 2025	Total funds 2024
	£	£	£
Operating membership schemes and social lotteries	60.00	60.00	50.00
Total	60.00	60.00	50.00
Support Costs	-	-	-
	60.00	60.00	50.00

6. Expenditure on Charitable Activities

Analysis	Unrestricted funds	Restricted funds	Total funds 2025	Total funds 2024
	£	£	£	£
Bank charges	1.50	-	1.50	3.00
Charity management & administration	294.37	553.65	848.02	1,445.77
Charity running cost	81.19	5,793.29	5,874.48	3,229.91
Cost of services	2,952.30	6,415.64	9,367.94	8,269.50
Employee costs	-	37,582.38	37,582.38	7,754.80
Advertising and marketing	-	-	-	199.25
Total	3,329.36	50,344.96	53,674.32	20,902.23
Support Costs	900.00	-	900.00	900.00
	4,229.36	50,344.96	54,574.32	21,802.23

7. Support Costs

Analysis	Total funds 2025	Total funds 2024
	£	£
Support Costs		
Governance Costs		
Accountants fees	900.00	900.00
	900.00	900.00

8. Debtors: Amounts falling due within one year

Analysis of Debtors	Total funds 2025	Total funds 2024
	£	£
Prepayments & accrued income	1,921.54	550.12
Trade debtors	-	6,500.00
Total	1,921.54	7,050.12

9. Cash at bank and in hand

Analysis	Total funds 2025	Total funds 2024
	£	£
Cash at bank and in hand	61,952.50	15,537.75
Total	61,952.50	15,537.75

10. Creditors: Amounts falling due within one year

Analysis of Creditors	Total funds 2025	Total funds 2024
	£	£
Accruals and deferred income	900.00	900.00
Taxation and social security	1,889.44	137.60
Other creditors	-	396.00
Total	2,789.44	1,433.60

11. Charity funds

11.1 Details of material funds held and movements during the CURRENT reporting period

Fund names	Fund balances brought forward	Income	Expenditure	Transfers	Gains and losses	Fund balances carried forward
	£	£	£	£	£	£
Unrestricted funds						
	16,914.14	11,039.65	4,289.36	-	-	23,664.43
Restricted funds						
	4,240.13	83,525.00	50,344.96	-	-	37,420.17
Total	21,154.27	94,564.65	54,634.32	-	-	61,084.60

11.2 Details of material funds held and movements during the PREVIOUS reporting period

Fund names	Fund balances brought forward	Income	Expenditure	Transfers	Gains and losses	Fund balances carried forward
	£	£	£	£	£	£
Unrestricted funds						
	9,149.37	12,247.73	4,482.96	-	-	16,914.14
Restricted funds						
	8,609.40	13,000.00	17,369.27	-	-	4,240.13
Total	17,758.77	25,247.73	21,852.23	-	-	21,154.27