

EMOTION DYSREGULATION IN AUTISM

England & Wales · Charity number 1201408

Details

Status Registered

Legal form CIO

Registered 2022-12-20

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

Contact

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Birmingham
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Activities

Objects: THE OBJECTS OF THE CIO ARE:FOR THE PUBLIC BENEFIT, THE RELIEF OF SICKNESS AND THE PRESERVATION OF HEALTH AMONG YOUNG AUTISTIC AND ASPERGIC PEOPLE AND YOUNG PEOPLE WITH "EMOTION DYSREGULATION" BETWEEN THE AGES OF 12 AND 25 RESIDING PERMANENTLY OR TEMPORARILY IN ENGLAND AND WALES BY:(I) PROVIDING PSYCHOLOGICALLY INFORMED PEER SUPPORT;(II) PROVIDING TRAINING TO CLINICIANS AND COMMUNITIES (INCLUDING THROUGH CONSULTATION AND COMMUNITY WORKSHOPS IN PLACES OF WORSHIP, SCHOOLS, YOUTH GROUPS ETC.) TO HELP ADVANCE UNDERSTANDING OF THE NEEDS AND BEHAVIOUR PATTERNS OF "EMOTIONALLY DYSREGULATED AUTISTICS" (HIGH-FUNCTIONING AUTISTICS WITH A RISK OF SELF-HARM); AND(III) PROMOTING RESEARCH, POLICY AND YOUTH SOCIAL ACTION INTO HIGH-FUNCTIONING AUTISM AND RELATED SUBJECTS OF STUDY SURROUNDING EMOTION DYSREGULATION IN AUTISM TO CARE AGENCIES AND THE NHS.NOTHING IN THIS CONSTITUTION SHALL AUTHORISE AN APPLICATION OF THE PROPERTY OF THE CIO FOR THE PURPOSES WHICH ARE NOT CHARITABLE IN ACCORDANCE WITH SECTION 7 OF THE CHARITIES AND TRUSTEE INVESTMENT (SCOTLAND) ACT 2005 AND SECTION 2 OF THE CHARITIES ACT (NORTHERN IRELAND) 2008.

Activities: Providing youth social action in the form of youth-led raising awareness workshops about youth mental health and autism to marginalised communitiesProviding psychologically-informed peer support to emotionally dysregulated and autistic young people.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** People With Disabilities

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£183,291	£190,823	-	-
2023-12-31	£72,722	£19,459	-	-

Trustees

Name	Role	Appointed
Adam Burns	Chair	2021-12-23
Declan Ross-Thomas		2026-02-20
Dr LISA THOMAS-GRAY DR		2022-09-05

EMOTION DYSREGULATION IN AUTISM

England & Wales - Charity number 1201408

Accounts

Charity registration number 1201408 (England and Wales)

EMOTION DYSREGULATION IN AUTISM
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2024

EMOTION DYSREGULATION IN AUTISM

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr A Burns Mr SA Scott Ms L Thomas-Gray	
Senior management	Zaynab Sohawon Tabatha Bowler	Chief Executive Officer Operations Lead
Charity number	1201408	
Principal address	The Exchange 3 Centenary Square Birmingham B1 2DR	
Registered office	Companies 999 Ltd Blackthorn House Mary Ann Street Birmingham B3 1RL	
Independent examiner	Cottons Group Limited Chestnut Field House Chestnut Field Rugby Warwickshire United Kingdom CV21 2PD	

EMOTION DYSREGULATION IN AUTISM

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EMOTION DYSREGULATION IN AUTISM

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 DECEMBER 2024

The trustees present their annual report and financial statements for the year ended 31 December 2024.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the trust's governing document, the Charities Act 2011 and "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).

Objectives and activities

The objects of the charity are for the public benefit, the relief of sickness and the preservation of health amongst young autistic and aspergic people and young people with 'emotion dysregulation' between the ages of 12 and 25 residing permanently or temporarily in England and Wales by:

- i) Providing psychologically informed peer support
- ii) Providing training to clinicians and communities (including through consultation and community workshops in places of worship, schools, youth groups etc) to help advance understanding of the needs and behavior patterns of 'emotionally dysregulated autistics' (high-functioning autistics with a risk of self-harm); and
- iii) Promoting research, policy and youth social action into high-functioning autism and related subjects of study surrounding emotion dysregulation in autism to care agencies and the NHS.

Public benefit

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the trust should undertake.

EDA trustees have regarded evidence issued by CC on public benefit and we are satisfied that our beneficiaries (autistic young people with mental health needs) apply to these standards.

Volunteers

Volunteers for the charity have been extremely resourceful and tirelessly passionate to aid in our mission to bridging the gap between autism and mental health for young people.

EMOTION DYSREGULATION IN AUTISM

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

Achievements and performance

Significant activities and achievements against objectives

Impact Report: Two Years of Transformative Work Introduction

Over the past two years, our charity has made significant strides in supporting autistic young people with mental health challenges. Through our peer support initiatives and social action campaigns, we have created meaningful change, fostered inclusivity, and raised awareness in key institutions. This report highlights our achievements, the impact we have had on young people and professionals, and the success of our collaborative efforts.

Peer Support Services Our peer support services were co-produced with autistic young people and mental health professionals to ensure a truly collaborative and co-designed model of care. By working directly with those who have lived experience, we have developed a support system that is relevant, accessible, and effective. Over the past two years:

- We have reached 1,002 young people through our services.
- 61 individuals received direct 1-2-1 support, providing them with tailored assistance to navigate mental health challenges.
- Our collaborative approach has empowered young people to take an active role in shaping the support they receive, ensuring it meets their unique needs.
- Our peer support services have now expanded into schools, where young people can access guidance and support in familiar environments.
- We currently have 26 young people on the peer support worker caseload, further strengthening our direct support network.

Social Action Initiatives

Beyond direct support, our charity has been a strong advocate for change in key public service areas where autistic young people often face challenges. Our social action initiatives have focused on three main areas: policing, emergency healthcare, and legislative change.

1. Policing and Autism Awareness

Our work in police stations shed light on how autistic young people are often restrained or stopped by police, leading to distressing experiences.

We delivered a campaign at a police conference, which was widely successful and well-received.

Feedback from the conference indicated a greater awareness among law enforcement about the need for alternative approaches when engaging with autistic individuals.

2. Emergency Department Training

We conducted workshops for emergency department staff to promote autism-friendly practices in medical settings.

As a result of our training, 82% of emergency department staff reported feeling more knowledgeable about autism and mental health in their work environment.

These workshops have contributed to a more inclusive and understanding healthcare experience for autistic young people in crisis situations.

EMOTION DYSREGULATION IN AUTISM

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

3. Empowering Young Voices through Social Action Events

We hosted a social action event where young people shared their lived experiences through keynote speeches.

Policy makers attended as keynote listeners, ensuring that young people's voices were heard at the highest levels.

This event reinforced the importance of lived experience in shaping societal and service transformation, empowering young people to make a tangible difference.

4. Legislative Advocacy and Policy Change

Our charity has visited Parliament three times to advocate for changes to the Mental Health Bill, ensuring better protections for autistic individuals.

One of these visits was in collaboration with the National Autistic Society, where we handed in a petition with 18,000 signatures calling for reform.

We are due to give evidence in the House of Lords as part of the Autism Act legislative review, further influencing policy to better support autistic individuals.

Our ongoing mental health campaign, "Lolly's Law," aims to protect autistic girls in inpatient mental health units. The petition has already gained approximately 225,000 signatures, demonstrating widespread public support for change.

5. Recognition and Awards Our dedication and impact have been widely recognized:

We won the Start-Up Social Enterprise of the Year Award, celebrating our innovative approach and success in creating meaningful change.

We were finalists for the Mayor of Birmingham Charity Awards, acknowledging our significant contributions to the community.

We were featured in the Inspirational Youth Awards, highlighting our efforts in empowering and supporting young people.

6. Inpatient Mental Health Unit Support

In addition to our community-based peer support, we have expanded our work into inpatient mental health units. As part of a commissioned NHS England contract, we have trained peer support workers to support autistic young people in inpatient settings. Our approach utilizes the power of lived experience and psychologically informed care models to help young people transition safely and successfully out of inpatient care. This initiative aims to:

Provide emotional and practical support to autistic young people during their inpatient stay.

Facilitate smoother, more successful discharges by ensuring young people have the right community-based support in place.

Empower autistic individuals through peer-led interventions that prioritize understanding, advocacy, and lived experience.

Reduce the risk of unnecessary prolonged hospital stays by equipping young people with the skills and resources they need to thrive post-discharge.

EMOTION DYSREGULATION IN AUTISM

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

Case Study

What we have seen is the peer mentors, who are young people themselves, have undergone post-traumatic growth.

One of them said, "Being a peer mentor is incredibly fulfilling for me because it allows me to make a meaningful impact on others' lives while also growing as an individual. I love the opportunity to help others navigate challenges, whether they're academic, social, or emotional. It's rewarding to be a trusted resource and guide for someone who might be facing similar experiences or uncertainties that I once did. I also enjoy the sense of connection and community that comes with being a peer mentor. It's not just about helping others—it's about building relationships, fostering mutual respect, and creating a supportive environment. I find joy in watching my mentees grow and succeed, knowing that I played a small part in their journey. Additionally, being a peer mentor helps me develop important skills like communication, leadership, and empathy, which are valuable not only in my personal life but also in future career opportunities. The experience constantly teaches me how to be patient, adaptable, and a better listener. Ultimately, I love being a peer mentor because it allows me to contribute to others' success while also learning and evolving alongside them"

Another peer mentor said, "Being a peer support worker has added so much meaning to my life & has given what I went through a meaning. Helping young people who are struggling to see hope has been so rewarding."

While it was expected that we would see the Peer mentoring helping both the young people beneficiaries and the mentor, we did not envision the great extent to which the Peer mentoring supported their mental health recovery journey, giving feelings of empowerment and purpose to the peer mentor.

Impact on Young People.

Youth Peer mentors

The peer mentors said they were 50% more confident in offering support to peers.

67% felt more supported in their personal and professional goals as a result of being a mentor.

67% felt supported by other people

83% felt they had hopes and dreams for the future

83% said peer mentoring means something special to them

Young people beneficiaries.

85% of young people felt they achieved a personal or professional goal as a result of the support. 69% felt they were supported by other people.

54% had hopes and dreams for the future.

This is what one young person said about their time in EDA. *"I have spent 13 years in psychiatric units for my mental health. I am autistic. I had a hard adjustment to life post-section and due to poor physical health took a serious overdose in August 2023. A week or so after being released from medical treatment I had a phone call set up with Zeze (EDA's founder and CEO). Hearing all the amazing plans she had made me feel so happy and as if all my terrible experiences could finally be put to use. A week so later my therapist had asked me if I had ever had a moment where I thought "this is what life is about". I replied I hadn't for 25 years until that phone call with Zeze.*

At EDA, I "found my people". No one made anything I said feel stupid or weird; I wasn't the only person dressed in bright quirky clothes. I felt I could be honest and raw about my experiences and I would still be accepted and my voice heard. I have gained so much confidence this last year, and more importantly contributed to funding bids, training with hospital staff at Birmingham children's hospital; helped plan our Y-LEAG social action event; written two speeches about my lived experience. More recently I have found that my story is worth telling, and I am not ashamed nor do I hold back when making a hard-hitting talk to the NHS. The people in charge need to hear the reality of the situation, and we are in the best possible position to tell it."

EMOTION DYSREGULATION IN AUTISM

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

Financial review

Reserves policy

It is the policy of the trust that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the trust's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

Plans for future periods

Impact and Future Directions The past two years have demonstrated the power of collaboration, lived experience, and advocacy in creating lasting change. By supporting over 1,000 young people and educating professionals in key sectors, we have laid the foundation for continued progress. Moving forward, we aim to expand our reach, strengthen our peer support networks, and advocate for further policy changes that benefit autistic individuals with mental health challenges.

Moving forward we look to continue our inpatient

Conclusion Our charity remains committed to ensuring that autistic young people receive the support and understanding they deserve. The successes of our peer support services and social action initiatives reinforce our belief in co-production, awareness-raising, and meaningful advocacy. We look forward to building on these achievements and continuing to make a tangible impact in the lives of those we serve.

Structure, governance and management

The trust is a charitable incorporated organisation.

The trustees who served during the year and up to the date of signature of the financial statements were:

Mr. James Harrison	(Resigned 22 October 2024)
Mrs. Angela Moira Moore	(Resigned 22 October 2024)
Mr A Burns	
Mr H James	(Resigned 2 September 2024)
Mrs AM Moore	(Resigned 26 November 2024)
Mr SA Scott	
Ms L Thomas-Gray	

Recruitment and appointment of trustees

Trustee and Chair, Adam Burns is in charge of electing new trustees.

Induction and training of trustees

We have a code of conduct for all trustees which are signed.

The trustees' report was approved by the Board of Trustees.



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Mr. Adam Burns

Trustee

28/01/2026

Date: BF110000-7C1B-0EAD-8504-08DE5A941F78

EMOTION DYSREGULATION IN AUTISM

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF EMOTION DYSREGULATION IN AUTISM

I report to the trustees on my examination of the financial statements of Emotion Dysregulation in Autism (the trust) for the year ended 31 December 2024.

Responsibilities and basis of report

As the trustees of the trust you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011.

I report in respect of my examination of the trust's financial statements carried out under section 145 of the Charities Act 2011. In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the Charities Act 2011.

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared the financial statements in accordance with the relevant version of the Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn. I understand that this has been done in order for the financial statements to provide a true and fair view in accordance with UK Generally Accepted Accounting Practice.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the trust as required by section 130 of the Charities Act 2011.
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements 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 financial statements to be reached.



Cottons Group Limited

Chestnut Field House

Chestnut Field

Rugby

Warwickshire

CV21 2PD

United Kingdom

Date:
28/01/2026

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EMOTION DYSREGULATION IN AUTISM

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 DECEMBER 2024

	Notes	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Income from:							
Donations and legacies	2	94,437	88,854	183,291	18,570	54,152	72,722
Total income		<u>94,437</u>	<u>88,854</u>	<u>183,291</u>	<u>18,570</u>	<u>54,152</u>	<u>72,722</u>
Expenditure on:							
Raising funds	3	-	1,614	1,614	153	7,762	7,915
Charitable activities	4	101,267	87,942	189,209	6,828	4,716	11,544
Total expenditure		<u>101,267</u>	<u>89,556</u>	<u>190,823</u>	<u>6,981</u>	<u>12,478</u>	<u>19,459</u>
Net income/(expenditure) and movement in funds		(6,830)	(702)	(7,532)	11,589	41,674	53,263
Reconciliation of funds:							
Fund balances at 1 January 2024		11,589	41,674	53,263	-	-	-
Fund balances at 31 December 2024		<u>4,759</u>	<u>40,972</u>	<u>45,731</u>	<u>11,589</u>	<u>41,674</u>	<u>53,263</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

EMOTION DYSREGULATION IN AUTISM

BALANCE SHEET

AS AT 31 DECEMBER 2024

	Notes	2024		2023	
		£	£	£	£
Fixed assets					
Tangible assets	10		3,873		-
Current assets					
Debtors	11	499		500	
Cash at bank and in hand		51,769		54,462	
		<u>52,268</u>		<u>54,962</u>	
Creditors: amounts falling due within one year	12	<u>(10,410)</u>		<u>(1,699)</u>	
Net current assets			<u>41,858</u>		<u>53,263</u>
Total assets less current liabilities			<u>45,731</u>		<u>53,263</u>
The funds of the trust					
Restricted income funds	14		40,972		41,674
Unrestricted funds	15		4,759		11,589
			<u>45,731</u>		<u>53,263</u>

The financial statements were approved by the trustees on 28/01/2026

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Mr. Adam Burns
Trustee

EMOTION DYSREGULATION IN AUTISM

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2024

1 Accounting policies

The charity was registered with the Charities Commission on 20 December 2022. The accounts are prepared to 31 December 2023 and therefore are presented for a period of longer than one year.

Charity information

Emotion Dysregulation in Autism is a charitable incorporated organisation registered in England and Wales. The charity's principal address is Companies 999 Ltd, Blackthorn House, Mary Ann Street, Birmingham, B3 1RL.

1.1 Reporting period

The charity was registered with the Charities Commission on 20 December 2022. The accounts are prepared to 31 December 2023 and therefore are presented for a period of longer than one year.

1.2 Basis of preparation

The financial statements have been prepared in accordance with the trust's governing document, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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). The trust is a Public Benefit Entity as defined by FRS 102.

The trust has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the trust. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.3 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the trust has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.4 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the trust.

1.5 Income

Income is recognised when the trust is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

EMOTION DYSREGULATION IN AUTISM

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

1 Accounting policies

(Continued)

Cash donations are recognised on receipt. Other donations are recognised once the trust has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the trust has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

1.6 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.7 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Fixtures and fittings	25% reducing balance
Computers	33.33% straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.8 Impairment of fixed assets

At each reporting end date, the trust reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.9 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.10 Financial instruments

The trust has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the trust's balance sheet when the trust becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

EMOTION DYSREGULATION IN AUTISM

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

1 Accounting policies

(Continued)

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the trust's contractual obligations expire or are discharged or cancelled.

1.11 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the trust is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.12 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2 Income from donations and legacies

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Donations and gifts	2,437	-	2,437
Grants	92,000	88,854	180,854
	<u>94,437</u>	<u>88,854</u>	<u>183,291</u>

EMOTION DYSREGULATION IN AUTISM

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2024

2 Income from donations and legacies (Continued)

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Grants receivable for core activities			
BBC Children In Need	-	14,501	14,501
Locality	3,000	-	3,000
Born This Way Foundation	-	27,264	27,264
Young Gamechangers	-	19,979	19,979
Birmingham Womens and Childrens NHS FT	89,000	-	89,000
Commonwealth Games	-	4,500	4,500
Groundwork	-	9,900	9,900
Blagrave Listening Fund	-	12,710	12,710
	<u>92,000</u>	<u>88,854</u>	<u>180,854</u>

3 Expenditure on raising funds

	Restricted funds 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Fundraising and publicity				
Advertising	1,614	153	7,762	7,915
	<u>1,614</u>	<u>153</u>	<u>7,762</u>	<u>7,915</u>

EMOTION DYSREGULATION IN AUTISM

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

4 Expenditure on charitable activities

	Peer support and promotion research, policy and youth social action 2024 £	Peer support and promotion research, policy and youth social action 2023 £
Direct costs		
Staff costs	125,174	-
Depreciation and impairment	1,659	-
Travelling expenses	10,342	2,875
Event expenses	13,894	1,973
Direct expenses	13,711	-
	<u>164,780</u>	<u>4,848</u>
Share of support and governance costs (see note 5)		
Support	20,189	4,302
Governance	4,240	2,394
	<u>189,209</u>	<u>11,544</u>
Analysis by fund		
Unrestricted funds	101,267	6,828
Restricted funds	87,942	4,716
	<u>189,209</u>	<u>11,544</u>

5 Support costs allocated to activities

	2024 £	2023 £
Insurance	1,786	2,049
Telephone and internet	338	17
IT software and consumables	6,682	573
General expenses	240	203
Training costs	10,927	1,460
Office costs	66	-
Bank fees	47	-
Subscriptions	104	-
Governance costs	4,239	2,394
	<u>24,429</u>	<u>6,696</u>
Analysed between:		
Peer support and promotion research, policy and youth social action	<u>24,429</u>	<u>6,696</u>

EMOTION DYSREGULATION IN AUTISM

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2024

6	Net movement in funds	2024	2023
		£	£
	The net movement in funds is stated after charging/(crediting):		
	Fees payable for the independent examination of the charity's financial statements	624	624
	Depreciation of owned tangible fixed assets	1,659	-
		<u> </u>	<u> </u>

7 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the trust during the year.

8 Employees

The average monthly number of employees during the year was:

	2024	2023
	Number	Number
	7	-
	<u> </u>	<u> </u>

Employment costs

	2024	2023
	£	£
Wages and salaries	121,630	-
Social security costs	2,217	-
Other pension costs	1,327	-
	<u> </u>	<u> </u>
	125,174	-
	<u> </u>	<u> </u>

There were no employees whose annual remuneration was more than £60,000.

9 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

EMOTION DYSREGULATION IN AUTISM

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2024

10 Tangible fixed assets	Fixtures and fittings £	Computers £	Total £
Cost			
Additions	2,220	3,312	5,532
At 31 December 2024	<u>2,220</u>	<u>3,312</u>	<u>5,532</u>
Depreciation and impairment			
Depreciation charged in the year	555	1,104	1,659
At 31 December 2024	<u>555</u>	<u>1,104</u>	<u>1,659</u>
Carrying amount			
At 31 December 2024	<u><u>1,665</u></u>	<u><u>2,208</u></u>	<u><u>3,873</u></u>
11 Debtors		2024	2023
Amounts falling due within one year:		£	£
Trade debtors		499	500
		<u><u>499</u></u>	<u><u>500</u></u>
12 Creditors: amounts falling due within one year		2024	2023
		£	£
Other taxation and social security		7,501	-
Trade creditors		419	-
Other creditors		791	-
Accruals and deferred income		1,699	1,699
		<u><u>10,410</u></u>	<u><u>1,699</u></u>
13 Retirement benefit schemes		2024	2023
Defined contribution schemes		£	£
Charge to profit or loss in respect of defined contribution schemes		1,327	-
		<u><u>1,327</u></u>	<u><u>-</u></u>

The trust operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the trust in an independently administered fund.

EMOTION DYSREGULATION IN AUTISM

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

14 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 January 2024	Incoming resources	Resources expended	At 31 December 2024
	£	£	£	£
University of Birmingham	372	-	-	372
Commonwealth Games - Social action	4,491	4,500	(5,339)	3,652
Innovate UK - Peer support	6,289	-	(4,643)	1,646
Blagrave Listening Fund - Peer support	12,198	12,710	(6,012)	18,896
Allen Lane Foundation - Peer support	5,688	-	(5,688)	-
West Midlands Police Commission - Social action	2,636	-	-	2,636
National Lottery - Peer support	10,000	-	(10,000)	-
Young Gamechanges - Peer support	-	19,979	(19,979)	-
Groundwork - Peer support	-	9,900	(7,525)	2,375
Children in Need - Peer support	-	14,501	(3,508)	10,993
Born This Way Foundation - Peer support	-	27,264	(26,862)	402
	<u>41,674</u>	<u>88,854</u>	<u>(89,556)</u>	<u>40,972</u>

Previous Period:	At 1 January 2023	Incoming resources	Resources expended	At 31 December 2023
	£	£	£	£
	-	-	-	-
University of Birmingham	-	500	(128)	372
Commonwealth Games - Social action	-	9,000	(4,509)	4,491
Innovate UK - Peer support	-	13,619	(7,330)	6,289
Blagrave Listening Fund - Peer support	-	12,709	(511)	12,198
Allen Lane Foundation - Peer support	-	5,688	-	5,688
West Midlands Police Commission - Social action	-	2,636	-	2,636
National Lottery - Peer support	-	10,000	-	10,000
	<u>-</u>	<u>54,152</u>	<u>(12,478)</u>	<u>41,674</u>

As noted above the restricted funds held are to be used for peer support and social action in line with the charity's objectives, by providing training, education and organising community workshops.

EMOTION DYSREGULATION IN AUTISM

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

15 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 January 2024	Incoming resources	Resources expended	At 31 December 2024
	£	£	£	£
General funds	11,589	94,437	(101,267)	4,759
	<u>11,589</u>	<u>94,437</u>	<u>(101,267)</u>	<u>4,759</u>
Previous Period:	At 1 January 2023	Incoming resources	Resources expended	At 31 December 2023
	£	£	£	£
General funds	-	18,570	(6,981)	11,589
	<u>-</u>	<u>18,570</u>	<u>(6,981)</u>	<u>11,589</u>

16 Analysis of net assets between funds

	Unrestricted funds 2024	Restricted funds 2024	Total 2024
	£	£	£
At 31 December 2024:			
Tangible assets	2,902	971	3,873
Current assets/(liabilities)	1,857	40,001	41,858
	<u>4,759</u>	<u>40,972</u>	<u>45,731</u>
	<u>4,759</u>	<u>40,972</u>	<u>45,731</u>
	Unrestricted funds 2023	Restricted funds 2023	Total 2023
	£	£	£
At 31 December 2023:			
Current assets/(liabilities)	11,589	41,674	53,263
	<u>11,589</u>	<u>41,674</u>	<u>53,263</u>
	<u>11,589</u>	<u>41,674</u>	<u>53,263</u>

17 Related party transactions

There were no disclosable related party transactions during the year.

Document electronically signed



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More Information

For more information on electronic signatures and to validate this document was signed by the parties listed above, please visit www.fusesign.com

EMOTION DYSREGULATION IN AUTISM

England & Wales - Charity number 1201408

Accounts

Charity registration number 1201408 (England and Wales)

EMOTION DYSREGULATION IN AUTISM
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE PERIOD ENDED 31 DECEMBER 2023

EMOTION DYSREGULATION IN AUTISM

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr A Burns Mr H James Mrs AM Moore Mr SA Scott Ms L Thomas-Gray	
Senior management	Zaynab Sohawon Tabatha Bowler	Chief Executive Officer Operations Lead
Charity number	1201408	
Principal address	The Exchange 3 Centenary Square Birmingham B1 2DR	
Registered office	Companies 999 Ltd Blackthorn House Mary Ann Street Birmingham B3 1RL	
Independent examiner	Cottons Accountants LLP 1 Billing Road Northampton United Kingdom NN1 5AL	

EMOTION DYSREGULATION IN AUTISM

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Statement of financial activities	5
Balance sheet	6
Notes to the financial statements	7 - 13

EMOTION DYSREGULATION IN AUTISM

TRUSTEES' REPORT

FOR THE PERIOD ENDED 31 DECEMBER 2023

The trustees present their annual report and financial statements for the Period ended 31 December 2023.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the trust's governing document, the Charities Act 2011 and "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).

Objectives and activities

The objects of the charity are for the public benefit, the relief of sickness and the preservation of health amongst young autistic and aspergic people and young people with 'emotion dysregulation' between the ages of 12 and 25 residing permanently or temporarily in England and Wales.

Public benefit

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the trust should undertake.

- i) Providing psychologically informed peer support
- ii) Providing training to clinicians and communities (including through consultation and community workshops in places of worship, schools, youth groups etc) to help advance understanding of the needs and behavior patterns of 'emotionally dysregulated autistics' (high-functioning autistics with a risk of self-harm); and
- iii) Promoting research, policy and youth social action into high-functioning autism and related subjects of study surrounding emotion dysregulation in autism to care agencies and the NHS.

Volunteers

Volunteers for the charity have been extremely resourceful and tirelessly passionate to aid in our mission to bridging the gap between autism and mental health for young people.

Achievements and performance

Significant activities and achievements against objectives

Over the past year, the charity has taken the time to establish a peer support programme for autistic young people with mental health needs in the community and inpatient mental health settings.

The charity has engaged with over 200 young people to deliver social action events. This has resulted in 7 conferences that our young people have attended where they have expressed their stories and shared their lived experience of autism and mental health challenges.

As a result, we have been funded by the Commonwealth games to establish a social action events which was incredibly successful.

We were also funded through Innovate UK for our innovative approach to mental health peer support in autistic people. We are now a disability confident employer and have received accreditation. As a result of this, we have managed to implement support plans for all peer support workers.

EMOTION DYSREGULATION IN AUTISM

TRUSTEES' REPORT (CONTINUED)

FOR THE PERIOD ENDED 31 DECEMBER 2023

We have created a road mapping strategy for the charity as a result of Listening Fund funding, we have co produced a Live Experience Strategy and some Peer Support guides. There are 3 guides:

1. Emotion dysregulation
2. Young People
3. Clinicians.

We have co produced our theory of change for talks with autistics young people, using the term EMERGENCE. EMERGENCE stands for:

- i) Early prevention,
- ii) Trauma-informed
- iii) Focus on autism as an identify, not a disorder,
- iv) Is strengths-based,
- v) Safe,
- vi) Has a consistent approach; and
- vii) Gives them a choice in their care.

We have also co produced our lived experience strategy with young people, to transform how we work with autistic young people with lived experience. The Live Experience Strategy values are as follows.

Lived Experience working should incorporate ACTIVE care:

Acceptance
Community
Transparency and meeting expectations honestly
Individuality
Valuing lived experience contributions
Equitable Access to opportunities

Troy, one of our young people, said, "This project is important to me as it enables me to feel empowered in having a voice. This project is a way of helping other young people like me and inspiring them to make a change."

Poppie commented, "This project is to raise awareness as the more people that know that emotion dysregulation is part of autism, the better!"

Here is a link to more information on our ACTIVE strategy <https://www.youtube.com/watch?v=LRWNbaihhNw>.

We have been awarded a co-production bronze award from Birmingham City Council.

Financial review

Reserves policy

It is the policy of the trust that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the trust's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the Period.

Structure, governance and management

The trust is a charitable incorporated organisation.

EMOTION DYSREGULATION IN AUTISM

TRUSTEES' REPORT (CONTINUED)

FOR THE PERIOD ENDED 31 DECEMBER 2023

The trustees who served during the Period and up to the date of signature of the financial statements were:

Mr. Adam Burns	(Resigned 22 October 2024)
Mr. Seamus Aidan Scott	(Appointed 12 June 2023 and resigned 22 October 2024)
Ms. Lisa Thomas-Gray	(Resigned 22 October 2024)
Mr. James Harrison	(Resigned 22 October 2024)
Mrs. Angela Moira Moore	(Resigned 22 October 2024)
Mr A Burns	
Mr H James	
Mrs AM Moore	
Mr SA Scott	
Ms L Thomas-Gray	

Recruitment and appointment of trustees

Trustee Chair and James Harrison are in charge of electing new trustees.

The company's current policy concerning the payment of trade creditors is to follow the CBI's Prompt Payers Code (copies are available from the CBI, Centre Point, 103 New Oxford Street, London WC1A 1DU).

The company's current policy concerning the payment of trade creditors is to:

- settle the terms of payment with suppliers when agreeing the terms of each transaction;
- ensure that suppliers are made aware of the terms of payment by inclusion of the relevant terms in contracts; and
- pay in accordance with the company's contractual and other legal obligations.

Trade creditors of the company at the year end were equivalent to XX day's purchases, based on the average daily amount invoiced by suppliers during the year.

Induction and training of trustees

We have a code of conduct for all trustees which are signed.

The trustees' report was approved by the Board of Trustees.

Mr. Adam Burns
Trustee

31 October 2024


Adam Burns (Oct 31, 2024 15:02 GMT)

Mr. James Harrison
Trustee



EMOTION DYSREGULATION IN AUTISM

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF EMOTION DYSREGULATION IN AUTISM

I report to the trustees on my examination of the financial statements of Emotion Dysregulation in Autism (the trust) for the Period ended 31 December 2023.

Responsibilities and basis of report

As the trustees of the trust you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011.

I report in respect of my examination of the trust's financial statements carried out under section 145 of the Charities Act 2011. In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the Charities Act 2011.

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared the financial statements in accordance with the relevant version of the Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn. I understand that this has been done in order for the financial statements to provide a true and fair view in accordance with UK Generally Accepted Accounting Practice.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the trust as required by section 130 of the Charities Act 2011.
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements 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 financial statements to be reached.



Cottons Accountants LLP

1 Billing Road
Northampton
NN1 5AL
United Kingdom
31 October 2024

EMOTION DYSREGULATION IN AUTISM

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE PERIOD ENDED 31 DECEMBER 2023

		Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
	Notes			
Income from:				
Donations and legacies	2	18,570	54,152	72,722
Total income		<u>18,570</u>	<u>54,152</u>	<u>72,722</u>
Expenditure on:				
Raising funds	3	153	7,762	7,915
Charitable activities	4	6,828	4,716	11,544
Total expenditure		<u>6,981</u>	<u>12,478</u>	<u>19,459</u>
Net income and movement in funds		11,589	41,674	53,263
Reconciliation of funds:				
Fund balances at 20 December 2022		-	-	-
Fund balances at 31 December 2023		<u>11,589</u>	<u>41,674</u>	<u>53,263</u>

The statement of financial activities includes all gains and losses recognised in the Period. All income and expenditure derive from continuing activities.

EMOTION DYSREGULATION IN AUTISM

BALANCE SHEET

AS AT 31 DECEMBER 2023

	Notes	2023 £	£
Current assets			
Debtors	10	500	
Cash at bank and in hand		54,462	
		<u>54,962</u>	
Creditors: amounts falling due within one year	11	(1,699)	
Net current assets			<u>53,263</u>
The funds of the trust			
Restricted income funds	12		41,674
Unrestricted funds	13		11,589
			<u>53,263</u>

The financial statements were approved by the trustees on 31 October 2024

Mr. Adam Burns
Trustee

Mr. James Harrison
Trustee



Adam Burns (Oct 31, 2024 15:02 GMT)



EMOTION DYSREGULATION IN AUTISM

NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 DECEMBER 2023

1 Accounting policies

The charity was registered with the Charities Commission on 20 December 2022. The accounts are prepared to 31 December 2023 and therefore are presented for a period of longer than one year.

Charity information

Emotion Dysregulation in Autism is a charitable incorporated organisation registered in England and Wales. The charity's principal address is Companies 999 Ltd, Blackthorn House, Mary Ann Street, Birmingham, B3 1RL.

1.1 Reporting period

The charity was registered with the Charities Commission on 20 December 2022. The accounts are prepared to 31 December 2023 and therefore are presented for a period of longer than one year.

1.2 Accounting convention

The financial statements have been prepared in accordance with the trust's governing document, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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). The trust is a Public Benefit Entity as defined by FRS 102.

The trust has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the trust. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.3 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the trust has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.4 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the trust.

1.5 Income

Income is recognised when the trust is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

EMOTION DYSREGULATION IN AUTISM

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE PERIOD ENDED 31 DECEMBER 2023

1 Accounting policies

(Continued)

Cash donations are recognised on receipt. Other donations are recognised once the trust has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the trust has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

1.6 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.7 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.8 Financial instruments

The trust has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the trust's balance sheet when the trust becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

EMOTION DYSREGULATION IN AUTISM

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE PERIOD ENDED 31 DECEMBER 2023

1 Accounting policies

(Continued)

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the trust's contractual obligations expire or are discharged or cancelled.

1.9 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the trust is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2 Income from donations and legacies

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Donations and gifts	1,730	-	1,730
Grants	16,840	54,152	70,992
	<u>18,570</u>	<u>54,152</u>	<u>72,722</u>
Grants receivable for core activities			
Unltd Fund	4,590	-	4,590
Heart of England	5,000	-	5,000
Bateswell	2,500	-	2,500
University of Birmingham	4,250	500	4,750
National Lottery	-	10,000	10,000
Commonwealth Games	-	9,000	9,000
Innovate UK	-	13,619	13,619
Blagrove Listening Fund	-	12,709	12,709
Allen Lane Foundation	-	5,688	5,688
West Midlands Police Commission	-	2,636	2,636
Other	500	-	500
	<u>16,840</u>	<u>54,152</u>	<u>70,992</u>

EMOTION DYSREGULATION IN AUTISM

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE PERIOD ENDED 31 DECEMBER 2023

3 Expenditure on raising funds

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023
Fundraising and publicity			
Advertising	153	7,762	7,915
	<u>153</u>	<u>7,762</u>	<u>7,915</u>
Trading costs			
	<u>-</u>	<u>-</u>	<u>-</u>
	<u><u>-</u></u>	<u><u>-</u></u>	<u><u>-</u></u>

4 Expenditure on charitable activities

	Peer support and promotion research, policy and youth social action 2023 £
Direct costs	
Travelling expenses	2,875
Event expenses	1,973
	<u>4,848</u>
Share of support and governance costs (see note 5)	
Support	4,302
Governance	2,394
	<u>11,544</u>
Analysis by fund	
Unrestricted funds	6,828
Restricted funds	4,716
	<u>11,544</u>
	<u><u>11,544</u></u>

EMOTION DYSREGULATION IN AUTISM

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE PERIOD ENDED 31 DECEMBER 2023

5	Support costs allocated to activities	2023
		£
	Insurance	2,049
	Telephone and internet	17
	IT software and consumables	573
	General expenses	203
	Training costs	1,460
	Governance costs	2,394
		<u>6,696</u>
		<u>6,696</u>
	Analysed between:	
	Peer support and promotion research, policy and youth social action	6,696
		<u>6,696</u>
6	Net movement in funds	2023
		£
	The net movement in funds is stated after charging/(crediting):	
	Fees payable for the independent examination of the charity's financial statements	624
		<u>624</u>
7	Trustees	
	None of the trustees (or any persons connected with them) received any remuneration or benefits from the trust during the Period.	
8	Employees	
	The average monthly number of employees during the Period was:	
		2023
		Number
	Total	-
		<u>-</u>
	There were no employees whose annual remuneration was more than £60,000.	
9	Taxation	
	The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.	
10	Debtors	2023
	Amounts falling due within one year:	£
	Trade debtors	500
		<u>500</u>

EMOTION DYSREGULATION IN AUTISM

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE PERIOD ENDED 31 DECEMBER 2023

11 Creditors: amounts falling due within one year

2023

£

Accruals and deferred income

1,699

12 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 20 December 2022	Incoming resources	Resources expended	At 31 December 2023
	£	£	£	£
University of Birmingham	-	500	(128)	372
Commonwealth Games - Social action	-	9,000	(4,509)	4,491
Innovate UK - Peer support	-	13,619	(7,330)	6,289
Blagrove Listening Fund - Peer support	-	12,709	(511)	12,198
Allen Lane Foundation - Peer support	-	5,688	-	5,688
West Midlands Police Commission - Social action	-	2,636	-	2,636
National Lottery - Peer support	-	10,000	-	10,000
	-	54,152	(12,478)	41,674

As noted above the restricted funds held are to be used for peer support and social action in line with the charity's objectives, by providing training, education and organising community workshops.

13 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 20 December 2022	Incoming resources	Resources expended	At 31 December 2023
	£	£	£	£
General funds	-	18,570	(6,981)	11,589

EMOTION DYSREGULATION IN AUTISM

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE PERIOD ENDED 31 DECEMBER 2023

14 Analysis of net assets between funds

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
At 31 December 2023:			
Current assets/(liabilities)	11,589	41,674	53,263
	<u>11,589</u>	<u>41,674</u>	<u>53,263</u>

15 Related party transactions

There were no disclosable related party transactions during the Period.