

Charity no. (England and Wales): 1206758



Aurum Autism Support
Trustees' Annual Report

1 October 2024 to 30 September 2025

Reference and Administrative Details

Trustees:

Dr Natalie Sarah Lambert, Chair
Claire Elizabeth Fox, Trustee
Susan Elaine Malin, Trustee

Charity registered number:

1206758

Principal address:

Como House
Como Rod
Malvern
WR14 2TH

Report of the Trustees

The trustees present their report with the financial statements of the charity for the period to 30th September 2025.

Who We Are: Our objectives and our activities

Aurum Autism Support (Aurum) was initially established in September 2021 as an unincorporated charitable organisation. On 29th January 2024 we became a registered Charitable Incorporated Organisation (CIO).

Our objectives are to relieve the needs of autistic girls and women and their families and dependants in the Midlands area for the public benefit by:

- providing a safe, supportive and professionally-led space for autistic girls and women to be their authentic selves;
- providing specialist individual support for autistic girls and women;
- providing opportunities to engage in social, recreational and discussion-based groups;
- providing specialist individual and group support for parents and carers of autistic girls and women;
- facilitating increased engagement in the broader community; and
- advancing education, in particular by sponsoring and promoting research into autistic women and girls and by disseminating any useful results.

Aurum currently provides specialist support for autistic women and girls, and their families, in the Worcestershire and Shropshire areas. Aurum is led by autistic women and specialist professionals. We provide social, craft, and discussion groups for autistic women, and social and activity groups for autistic girls. We also offer support groups for parents of autistic women and girls.

Aurum helps to build stronger communities, while supporting autistic women and girls to reach their potential. Aurum was founded by autistic women based on the belief that autistic females can improve their lives by supporting each other. Aurum's services are designed to give autistic women and girls the opportunity to learn from and help each other, forming a community where they feel accepted and supported. This level of acceptance and understanding can be difficult for autistic people to find within other, non-autism-specific, settings. Moreover, this peer support helps autistic women and girls to develop their confidence and build coping skills, improving their life chances and helping them to reach their full potential.

Aurum's specialist services are designed to support autistic women and girls, and their families, to better understand the strengths and challenges of being an autistic female. By providing a range of support options, including: individual and group sessions, in-person and online formats, and different activities (e.g. arts and craft sessions, outdoor activities, group meals), people can choose the option that best suits their needs. This individualised approach helps autistic women and girls to improve their wellbeing, build confidence, develop coping skills, sustain education or employment, and ultimately feel more connected with the wider community.

Support Provided

Over the reporting period we have provided:

- Monthly social groups for women (Worcestershire)
- Monthly craft groups for women (Worcestershire)
- Monthly online discussion groups for women
- Fortnightly girl's groups for girls aged 10-17 (Worcestershire)
- Monthly online parent/carer groups
- Individual group member and parent/carer support
- Monthly social and discussion group for women (Shropshire)
- Monthly yoga sessions for girls aged 10-17 and women aged 18+

Our work in 2024-25: Outcome Measures

Meeting the needs of the individuals we support is imperative to the core tenets of Aurum, and so feedback is a key factor in how we evaluate and iterate the development of our services.

The impact of our services was evaluated in two ways:

Number of new enquiries

Number of new enquiries across the reporting period = 120.

Number of participants

Worcestershire Groups

Most of our Worcestershire groups run from venues in Malvern; however, they are open to Autistic people (diagnosed or undiagnosed) from across Worcestershire. Groups are advertised on our website (www.aurumautismsupport.org.uk).

Individuals that accessed Aurum's Worcestershire groups within the reporting period include:

Group	Number
Girls' Social and Activity Group	23
Women's In-person Social Group	21
Women's In-person Craft Group	21
Yoga Group	29

Shropshire Group

For our monthly group for autistic women based in Bridgnorth, Shropshire, individuals that accessed this group within the reporting period include:

Group	Number
Women's Discussion Group	13

Online Groups

For our monthly online groups for autistic women, and parents/carers, based in across Worcestershire and Shropshire, individuals that accessed these groups within the reporting period include:

Group	Number
Women's Online Discussion Group	21
Parents/Carers Group	15

Regular qualitative feedback from group members and their families

Qualitative information is most useful for us as a means of helping us to understand what we are doing well and the areas in which we could make changes. Our feedback generally encompasses areas such as social engagement and psychological and emotional wellbeing. Quantitative feedback has less pertinence to our work as the benefits of our services are often unique to attendees; for example,

- Some attendees find the groups help alleviate anxiety,
- Some benefit from the opportunities for safe social interaction,
- Others benefit from learning how to perform tasks that are integral to social interaction, such as ordering a meal at a pub.

We would like to share feedback from those who have accessed our services; we feel their experiences best describes the positive impact of our work on their mental health and wellbeing. The golden thread throughout their words is that Aurum has provided a lifeline to autistic people and parents, the importance and impact of which is profound. This feedback encompasses direct quotes from group members and parents in their own words, with their collective experiences emphasising the critical need for the support we provide.

Autistic women:

"Aurum has had an overwhelmingly positive impact upon my life. The group has really aided me in understanding my autism, which has helped with my self-compassion and helped me start developing ideas about how to look after myself better and understand my needs. Despite having friends and family around me I was experiencing some feelings of social isolation, but often found socialising to be incredibly draining, whereas in the 'safe space' of the Aurum groups I am able to socialise but am significantly less drained, as I have less need to mask my autism... I'm really looking forward to further interactions with Aurum going forward."

"Aurum is a lifeline. I cannot express enough just how beneficial it has been to have a group of like minded people to speak to. They are filling a frankly huge gap in the black hole that is women's autism support."

"I have really benefitted from attending the group. Discussing autistic experiences with people who understand and believe me has helped build my self-esteem. I feel more empowered to be my own person and celebrate my strengths and differences. I feel less lonely thanks to the group. Because I feel less lonely, I'm less desperate for contact with others so I get myself into fewer damaging social situations and relationships... It's helpful to have autistic role models. I would find life hard without a group like that. It makes me feel more 'normal'..."

Parents:

"The groups have provided my daughter a safe, non-judgemental space to explore friendship dynamics and social relationships. This has increased her confidence when interacting with others. The friendships she has made within the groups have expanded to

provide her with a peer support network outside of the groups. As a parent one of my biggest worries for my daughter has been loneliness and isolation, seeing her making arrangements with peers, independent of me, is wonderful. I am so proud of her and so grateful to the groups and Natalie's support."

"Aurum is a wonderful organisation which has been a very useful resource for my daughter, who has complex difficulties, including an autism diagnosis and social anxiety. It has also supported me as a parent. My daughter has attended the social group for young women held at Wetherspoons. This is the first social outing she has felt able to go to locally in years and she felt able to go because Aurum is so welcoming and provides so much scaffolding. The atmosphere of the group was warm and friendly. She is keen to attend more events when possible and we hope this will really improve her self-esteem... This support is supplemented by the parent group which meets regularly online. Parenting a child with complex difficulties can feel very lonely and I am very grateful to Aurum for offering such expert help."

"I was so lucky to find staff at Aurum... the Aurum girls group that has been set up is a lifeline for our daughter to meet other autistic girls monthly and to try to start to establish friendships. Staff have been so thoughtful in the activities the girls engage in and also in creating an atmosphere where the girls seem to feel very safe and comfortable... Being differently wired is a challenge in this world that is designed for those who are the majority in the bell curve - thank goodness for Aurum, Natalie and the rest of the team who give us support we so desperately need. So lifesaving would be the word I would use to describe Aurum and what they provide. I will be eternally grateful."

The Trustees have had regard to the Charity Commission's guidance on public benefit in managing the activities of the charity.

Our structure, governance and management

Our governing document is our constitution which is dated 29th January 2024.

The charity has three trustees.

Aurum's staff team over the reporting period was comprised of 17 members who undertake the following roles on a part time basis:

- Women's lead x 2
- Girls' lead x 2
- Administration assistant x 4
- Parent Group Lead
- Online Group Lead
- Girls' Group Support x 4
- Girls' Group Volunteer x 2

Six of our service users carried out paid or voluntary work for Aurum and drew on their experiences to help us shape our services.

Volunteers

All trustees are volunteers and claim no remuneration for their role as trustee.

Aurum is also fortunate to benefit from the support of volunteers who give their time to raise funds for Aurum and, where appropriate, to support our activities.

The trustees wish to acknowledge and thank our supporters.

Financial Review

The total income of the charity during the reporting year totalled £18,830, comprised of grants £16,100, fundraising and donations £2,363, and parent contributions £367.

During the year we spent £15,023 on our charitable activities, £100 on raising funds and £2,972 on general administration.

The Charities main sources of funding during the period were:

- ASDA Foundation
- Bridgnorth Lions
- Charities Aid Foundation (CAF)
- Lady Forester Trust
- National Lottery Community Fund
- Shropshire Community Foundation
- TK Maxx and Homesense Foundation Charity
- Worcestershire Community Foundation

In terms of expenses the majority of costs were spent on delivering front line services for groups, 1:1 sessions, and activities and resources (56%), with the remaining expenses split across administration costs (33%), and general charity operational costs (11%).

Reserves Policy

Given the inherent uncertainty in fundraising income and the need to ensure continuity of service, the Trustees have agreed that the charity should aim to retain a reserve of circa £5000 to cover future overheads and known liabilities. The reserves are considered adequate to enable the charity to meet its commitments and take appropriate action to manage cash flow as necessary.

Future Plans

We are aiming to apply for further funding to increase our staff team and to run additional groups/activities, alongside consolidating funding for administration, communications and fundraising processes.

Our medium term strategy aims are:

- Building financial resilience to ensure we have the income we need to deliver services.
- Improving our governance framework to ensure we can continue to be compliant with legislative changes.
- Building staffing resilience to enable cover of existing services and scope for covering additional sessions where appropriate.

- Networking with organisations as required where this will enable Aurum to enhance our services.

The annual report was approved by the trustees of the charity on 12 July 2026 and signed on its behalf by

A handwritten signature in black ink, appearing to be 'S E Malin', written in a cursive style.

S E Malin - Trustee



Receipts and payments accounts

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For the period from	01/10/2024	To	30/09/2025
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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					
Grants	500	15,600	-	16,100	24,089
Fundraising/Donations	2,362	-	-	2,362	6,982
Private Mentoring	-	-	-	-	1,740
Other	1	366	-	367	235
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	2,864	15,966	-	18,830	33,046
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	2,864	15,966	-	18,830	33,046
A3 Payments					
Group Delivery costs	1,180	6,157	-	7,337	8,540
Resources for groups	62	409	-	471	1,871
Activities for groups	-	923	-	923	1,499
Private mentoring delivery costs	-	-	-	-	1,690
1:1 delivery costs	45	325	-	370	1,490
Membership	-	-	-	-	35
Gifting	-	-	-	-	27
Insurance	-	248	-	248	248
Phone costs	113	148	-	261	261
Website and email hosting	438	266	-	705	407
Venue hire	180	941	-	1,121	474
Administration	1,141	4,801	-	5,942	4,807
Fundraising	-	100	-	100	187
Training	589	29	-	617	36
Sub total	3,748	14,347	-	18,095	21,573
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	3,748	14,347	-	18,095	21,573
Net of receipts/(payments)	884	1,619	-	735	11,473
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	16,098	9,960	-	26,058	14,585
Cash funds this year end	15,214	11,579	-	26,793	26,058

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		15,214	11,579	-
		-	-	-
		-	-	-
	Total cash funds	15,214	11,579	-
	(agree balances with receipts and payments account(s))			
B2 Other monetary assets				
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)

B3 Investment assets

		-	-
		-	-
		-	-
		-	-
		-	-

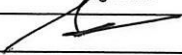
B4 Assets retained for the charity's own use

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
	Susan Malin	12/07/2026