

Helping Hands Autism Support Group

Northern Ireland · Charity number 105722

Details

Status Received

Registered 2016-09-30

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

Contact

Address Helping Hands Centre
Millars Lane
Dundonald
Belfast
BT16 2da
BT16 2DA

Phone 07889 542960

Email hello@helpinghandsautism.com

Website www.helpinghandsautism.com

Activities

Purposes: The Charity's objects ('the Objects') are to:- (1) Promote the health, welfare, care and education of children and young people that have Autistic Spectrum Disorder and their families and carers in the Belfast and North Down area by providing: (a) recreational and leisure time activities and organising events for such children and young people, their siblings, other family members and carers; (b) access to creative therapies and learning opportunities; (c) access to resources, practical advice and general family support; (d) opportunities to network, find mutual support and encouragement; (e) training for parents, volunteers and carers. (2) To promote understanding of Autism Spectrum Disorder within the wider community and to represent the views of those affected by autism.

What the charity does: The advancement of education, The relief of those in need by reason of youth, age, ill-health, disability, financial hardship or other disadvantage, Other charitable purposes

How the charity works: Community development, Disability, General charitable purposes, Playgroup/after schools, Volunteer development, Youth development

Who the charity helps: Adult training, Carers, Children (5-13 year olds), Learning disabilities, Mental health, Parents, Preschool (0-5 year olds), Sensory disabilities, Voluntary and community sector, Volunteers, Youth (14-25 year olds)

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£148,089	£91,629	£0	0

Trustees

Name	Role	Appointed
Mr Jake McCleery		
Mrs Caroline Birch		
Mrs Gillian Caulfield		
Mrs Gillian Rigby		
Ms Sharon Gamble		

Helping Hands Autism Support Group

Northern Ireland - Charity number 105722

Accounts

The Charity Commission for Northern Ireland Registration No. **NIC103164**

HELPING HANDS AUTISM SUPPORT GROUP

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

Tony Clarke

53 Andersonstown Road

Belfast

BT11 9AG

HELPING HANDS AUTISM SUPPORT GROUP

CONTENTS	PAGE
General Information	1
Annual Report of the Trustees	2-5
Independent Examiner Report	6
Statement of Receipts and Payments	7
Statement of Assets and Liabilities	8
Notes to the Financial Statements	9

HELPING HANDS AUTISM SUPPORT GROUP
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025

GENERAL INFORMATION

CHARITY NAME

Helping Hands Autism Support Group

REGISTERED CHARITY NUMBER

Charity Commission NI

NIC105722

Approved 19 April 2016

CHAIRPERSON

Mrs Caroline Birch

CHARITY TRUSTEE'S

Mrs Gillian Caulfield

Mrs Caroline Birch

Chair

Mrs Gillian Rigby

Mr Jake McCleery

Mrs Sharon Cowen

Vice Chair

Ms Sharon Gamble

PUBLIC ADDRESS

Millars Lane

Dundonald

BT16 2DA

INDEPENDENT EXAMINER

Tony Clarke

53 Andersonstown Road

Belfast

BT11 9AG

BANKERS

Ulster Bank

1-2 King's Square, King's Road

Belfast

BT5 7EA

ANNUAL REPORT OF THE TRUSTEES

Structure

Trustees present their report and the unaudited financial statements of the charity for the year ended 31 March 2025.

Reference and Administrative Information

The name of the charity's trustees at the date this report was approved are listed on page 1, together with the address of the principal office of the charity and the charity's registration numbers.

Objectives and Activities

The first purpose of HHASG is to promote the health, welfare, care and education of children and young people that have Autistic Spectrum Disorder and their families and carers in the Belfast and North Down area. Children and Young people with ASD and their siblings will be healthier, happier and more confident. The direct benefits are: -Children and young people with ASD are better enabled, prepared, equipped and skilled for life educationally, emotionally and socially.

Children and Young people with ASD will develop skills to fulfil their potential.

Parents are less isolated and have enhanced emotional well being.

Parents learn new skills and knowledge to create a more positive family environment.

The second purpose of HHASG is to promote understanding of Autism Spectrum Disorder within the wider community and to represent the views of those affected by autism. The direct benefits are:

Develop and understand ASD in the wider community to promote a positive image of ASD which will give communities and ASD families an increase in confidence

Increase knowledge of Autism Spectrum Disorder in the community to build confidence and capacity with those who are neurotypical.

In setting our objectives and planning our activities for the year, the trustees have given careful consideration to the Charity Commission for Northern Ireland's guidance on public benefit to ensure that the activities have helped to achieve the charity's purposes and provide a benefit to the beneficiaries.

Achievements and Performance

We have been continuing on with our fundraising efforts which included our annual golf charity event, Asda Sit out and the families taking part in sponsored walks etc to help raise funds for our centre. In the first 3 months of 2025 we have been focusing on fundraising towards a new playpark outside our centre, this will continue into the next financial year. We have developed a new proposal for outside area with LCCC Peaceplus programme which we hope will be successful in 2025/2026 to develop a fun area for the children and young people.

We are delighted that our centre is used 7 days a week now, with being open for Birthday party rentals on a Sunday, which is fully booked, we finally have got to fulfil our initial business plan, in ensuring that the centre is used everyday. We would like to focus on day time usage again with the nearby schools. but this is difficult as we also need time for the cleaning process to take place.

Achievements and Performance continued...

We were also supported this year again by Three Guineas Trust that we are so grateful for, this allows us to bring in facilitators and offer parents respite times and trips during the summer break this is an invaluable service to those families with ASD and with complex needs. This year we were able to self employ 8 members of staff over 3 weeks in the summer, plus 3 staff members at night time for a young peoples project.

We are delighted that Children In Need funding was successful in 2023 and we have a confirmed letter of offer for the next 3 years taking us to June 2026. This funding allows us to self employ 2 part time members of staff, one a project and activity coordinator in the youth clubs each week and the other as an outreach worker. We are very grateful for this opportunity and for Children in Need support.

Other support was achieved this year from the Clear Project supported by the PHA, for facilitation of extra programmes including, mindfulness, confidence building, life skills and calming skills, this programme allowed us to provide extra support in the groups each week for October to February.

Lisburn Castlereagh City Council have also continued to support our charity with help with equipment and running costs through the hardship fund and the community services grant, which is always needed to continue to support the children and young people each week. This year they also helped with the costs towards raising awareness during a Twinkle all the way - Sensory Christmas experience we held at the nearby park, we invited all the local schools and businesses to join us and learn something about sensory processing.

Our weekly sessions continue and are now offered 8 times per week, we aim in 2025/2026 to increase our volunteer opportunities and possibly bring in more facilitators to help with weekly programmes, this will give the committee time to focus on other things. We desperately need new outdoor space for the children and young people as they love spending time out there, and its great to get outside too and we hope that SEUPB Peace Plus programme through LCCC will help with this.

Feel Good Friday mums & carers group continues to meet each week, providing activities that support parents through challenging weeks, with the provision of art and crafts, cooking projects, therapies etc. Our plans for this group is to achieve funding for the group to be supported by facilitated programmes and a residential to build confidence and resilience skills, we are grateful this year to avail of funding from National Lottery Awards for All programme for our weekly mum and carers group.

We are also providing facilitated sessions to those young people with high levels of anxiety, who are waiting on appointments with the Health Trust mental health services, we are finding a lot of younger people struggling with their feelings and how to manage them. We also have expanded our services and partnership working with Hanwood Gym and the Tullycarnet Boxing Club to give teenagers some active fitness each weekend. .

2025/2026 Priorities:

- Fundraise for an extra funds needed for the play area outside and gain funding from LCCC Peace to develop a fun and vibrant area.
- Staff and volunteers to feel supported, offer training and expenses to attract more volunteers
- Continue to receive funding for programmes and activities through facilitation but mainly for the running costs of the centre.
- Support the new members of the committee to feel included (3 in total)
- Gain support for a new Friday club when time is free for registered members
- Residential for FGF group
- Aim to full fill each group to capacity.
- Offer training to volunteers each month and keep up to date with Safeguarding
- New policies and update of policy file
- Seek online accounts package
- Keep advertising birthday parties each week to avail of unrestricted income for the centre.
- Support CIN staff /Facilitators to develop new ideas for the programmes and for the young people.
- Seek a new accountant for the charity for charities returns.
- Replace old and tired equipment, also the contents of the centre that are not serving their purpose anymore.
- Gain Feedback from parents about moving forward after CIN funding is complete.

Outcomes

Across the year to 31 March 2025, the club had 150+ players from Primary School to All Ireland Superleague team.

Plan for the future

Continue to grow participation within the club across teams and age groups.

Financial review

The results for the year are set out on page 7 & 8. The charity returned net receipts/payments for the year of £56,460 (2024 net receipts/payments £13,095). At 31 March 2025 the total funds the charity held amounted to £97,919 (2024: £41,459) of which restricted funds were £Nil (2024:£Nil) and £97,919 (2024: £41,459) were unrestricted.

Reserves policy and going concern

Of the total funds reported above, £97,919 (2024: £41,459) is made up of cash at the bank. The trustees are confident that the cash reserves, together with expected future incomes, will be sufficient to meet the working capital requirements for the forthcoming year. The trustees have also considered the extent to which existing activities and expenditure could be curtailed, should the need arise.

ANNUAL REPORT OF THE TRUSTEES (CONTINUED)

Plan for the future

To maintain the same level of services in the area.

Structure, governance and management

Belfast Star Basketball Club is a registered charity, number NIC103164 and is governed by its constitution.

New trustees are appointed when appropriate. Suitable candidates are considered on the basis of their skills, experience and sympathy with the aims of the charity. New trustees will be agreed at a trustees meeting before being invited to join.

Responsibilities of Trustees

As the charity's trustees we are aware of our responsibilities for the preparation of the accounts in accordance with the Charities Act (Northern Ireland) 2008.

It is also our responsibility to:

- select suitable accounting policies and then apply them consistently
- make judgements and estimates that are responsible and prudent
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with CCNI guidelines. The Trustees are also responsible for safeguarding the assets of the charity and hence to take reasonable steps to prevent and detect fraud and other

Disclosures of Information to Independent Examiners

To the knowledge and belief of the Trustees there is no relevant information of which the organisation's independent examiners are not aware. The Trustees have taken all the necessary steps of which they are aware, provided relevant information and established that the organisation's independent examiners are aware of the information.

Signed on behalf of the board of the Trustees



Mrs Gillian Caulfield

Date: 27/01/2026



Mrs Caroline Birch

Date: 27/01/2026

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF HELPING HANDS AUTISM SUPPORT GROUP ON THE UNAUDITED FINANCIAL STATEMENTS

I report on the accounts of Helping Hands Autism Support Group for the year ended 31 March 2025, which are set out on pages 7 and 8.

Respective responsibilities of charity trustees and the examiner

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the Charities Act (Northern Ireland) 2008.

It is my responsibility to:

- examine the accounts under section 65 of the Charities Act
- follow the procedures laid down in the general Directions given by the Commission under section 65(9)(b) of the Charities Act
- state whether particular matters have come to my attention.

Basis of Independent Examiner's report

I have examined your charity accounts as required under section 65 of the Charities Act and my examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act.

My examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It was also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning any such matters.

My role is to state whether any material matters have come to my attention giving me cause to believe:

- 1 That accounting records were not kept in accordance with section 63 of the Charities Act
- 2 That the accounts do not accord with those accounting records
- 3 That the accounts do not comply with the accounting requirements of the Charities Act
- 4 That there is further information needed for a proper understanding of the accounts to be

Independent examiner's statement

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the directions of the Charity Commission for Northern Ireland, I have found no matters that require drawing to your attention.



Tony Clarke
53 Andersonstown Road
Belfast
BT11 9AG

27/01/2026

Date:

HELPING HANDS AUTISM SUPPORT GROUP

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

STATEMENT OF RECEIPTS AND PAYMENTS

	Unrestricted	Restricted	Year to	Year to
	Funds	Funds	Mar-25	Mar-24
	£	£	TOTAL	TOTAL
Receipts			£	£
Fundraising	45,262	-	45,262	23,821
TGT Foundation	14,891	-	14,891	10,000
LCCC	19,258	-	19,258	11,942
Tullycarnet Neighbourhood Project	2,898	-	2,898	6,481
PHA Clear Project	2,133	-	2,133	2,094
Awards for All - Lottery	20,000	-	20,000	-
Education Authority	3,000	-	3,000	3,577
CFNI RTE Toy Appeal	9,350	-	9,350	-
BBC Children in Need	14,235	-	14,235	12,287
Misc. Income	1,600	-	1,600	640
Membership Fees	13,120	-	13,120	12,759
Donations	2,342	-	2,342	8,524
Total Receipts	148,089	-	148,089	92,124
Payments:				
Programmes	40,874	-	40,874	21,829
Facilitation	15,258	-	15,258	17,711
Equipment	7,993	-	7,993	10,925
Misc Costs	75	-	75	150
Expenses Staff/Volunteers	1,920	-	1,920	2,072
Marketing/ Publicity/ Advertising	34	-	34	690
Bank Charge	291	-	291	71
Fundraising Costs	6,293	-	6,293	6,681
Accounts Administration	1,373	-	1,373	1,806
Insurance	2,262	-	2,262	2,008
Utilities	14,787	-	14,787	13,270
Maintenance	470	-	470	1,817
Total Payments:	91,629	-	91,629	79,029
Net receipts/(payments)	56,460	-	56,460	13,095
Transfers to/(from) funds	-	-	-	-
Surplus/(deficit) for the year	56,460	-	56,460	13,095
Reconciliation 31.03.25				
Cash at bank & in hand 31.03.24	41,459	-	41,459	28,364
Surplus/(deficit) for this year end	56,460	-	56,460	13,095
Cash at bank & in hand 31.03.25	97,919	-	97,919	41,459

The statement of receipts and payments includes all gains and losses recognised in the year. All incoming resources and resources expended derive from continuing activities.

HELPING HANDS AUTISM SUPPORT GROUP
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025

STATEMENT OF ASSETS AND LIABILITIES

Funds Reconciliation	Unrestricted Funds £	Restricted Funds £	Total 2025 £	Total 2024 £
Cash at bank & in hand 31.03.24	41,459	-	41,459	28,364
Surplus/(deficit) for this year end	56,460	-	56,460	13,095
Cash at bank & in hand 31.03.25	97,919	-	97,919	41,459

Bank & Cash Balances	Unrestricted Funds £	Restricted Funds £	Total 2025 £	Total 2024 £
Cash at Bank	97,619	-	97,619	41,459
	97,619	-	97,619	41,459

Liabilities	Unrestricted Funds £	Restricted Funds £	Total 2025 £	Total 2024 £
	-	-	-	-
	-	-	-	-

The financial statements were approved by the board Trustees on 27/01/2026 and were signed on their behalf by:



Mrs Gillian Caulfield



Mrs Caroline Birch

NOTES TO THE ACCOUNTS (CONTINUED)

1 Independent examiner's remuneration

The independent Examiner's remuneration amounts to an Independent Examination fee of £320.

2 Post-Balance Sheet Events

None.

3 Related Parties

The Charity does not have any related parties.

4 Trustees remuneration & expenses

During the year, no Trustees received any remuneration (2024 - £NIL).

During the year, no Trustees received any benefits in kind (2024 - £NIL).

During the year, no Trustees received any reimbursement of expenses (2024 - £NIL).

Helping Hands Autism Support Group

Northern Ireland - Charity number 105722

Accounts

Helping Hands Autism Support Group - Charity Reg No NIC105722

Annual Accounts period 01-04-2023 to 31st March 2024

Account Number 10174038

Sort Code 98-01-25

Ulster Bank, Kings Square. Belfast

Income:

Opening Balance:	10154.38
Fundraising	23820.71
LCCC	11942.00
TGT Foundation	10000.00
Clear Pr PHA	2094.00
TNC Project	6481.00
Aviva Insure	2483.33
EA	3577.00
Children in Need	12287.20
Trf To ACC	650.23
Misc	639.96

Total Income: 73975.43

Balance at Bank: 13621.04

Expenditure

Programme Costs	21709.00
Facilitation	16289.00
Equipment	9324.51
Misc. Costs	150.23
Vol Exps.	1502.81
Marketing/Advertising	514.00
Bank Charge	70.72
Fundraising Costs	6680.50
Administration	1206.00
Trf Account	13062.00

Total Expenditure 70508.77

For the period of 01-04-2023 to 31-03-2024

Opening Balance	10154.38
Total Income:	73975.43
Total Expenditure:	70508.77
Balance at bank 31-3-2024	13621.04

The above accounts have be prepared according to the information that has been examined by:

Signed: 

Date: 27/1/25.

Charlene Sheridan (Independent)

Signed: 

Date: 27/1/2025

Chairperson

Helping Hands Autism Support Group

Northern Ireland - Charity number 105722

Annual report

Year ended 31 March 2023/2024 - Annual Report Helping Hands Autism Support Group- Charity registration NIC105722

Objectives and activities

The first purpose of HHASG is to promote the health, welfare, care and education of children and young people that have Autistic Spectrum Disorder and their families and carers in the Belfast and North Down area. Children and Young people with ASD and their siblings will be healthier, happier and more confident. The direct benefits are: -Children and young people with ASD are better enabled, prepared, equipped and skilled for life educationally, emotionally and socially

-Children and Young people with ASD will develop skills to fulfil their potential

-Parents are less isolated and have enhanced emotional well being

-Parents learn new skills and knowledge to create a more positive family environment

The second purpose of HHASG is to promote understanding of Autism Spectrum Disorder within the wider community and to represent the views of those affected by autism. The direct benefits are:

Develop and understand ASD in the wider community to promote a positive image of ASD which will give communities and ASD families an increase in confidence

Increase knowledge of Autism Spectrum Disorder in the community to build confidence and capacity with those who are neurotypical.

In setting our objectives and planning our activities for the year, the trustees have given careful consideration to the Charity Commission for Northern Ireland's guidance on public benefit to ensure that the activities have helped to achieve the charity's purposes and provide a benefit to the beneficiaries.

Achievements and performance

We have been continuing on with our fundraising efforts which included our annual golf charity event, Asda Sit out and the families taking part in sponsored walks etc to help raise funds for our centre. We are delighted that our centre is used 7 days a week now, with being open for Birthday party rentals on a Sunday, which is fully booked, we finally have got to fulfil our initial business plan, in ensuring that the centre is used everyday. We would like to focus on day time usage again with the nearby schools, but this is difficult as we also need time for the cleaning process to take place.

We were also supported this year again by Three Guineas Trust that we are so grateful for, this allows us to bring in facilitators and offer parents respite times and trips during the summer break this is an invaluable service to those families with ASD and with complex needs. This year we were able to self employ 6 members of staff over 3 weeks in the summer, plus 2 staff members at night time for a young peoples project.

We are delighted that Children In Need funding was successful in 2023 and we have a confirmed letter of offer for the next 3 years taking us to June 2026. This funding allows us

to self employ 2 part time members of staff, one a project and activity coordinator in the youth clubs each week and the other as an outreach worker. We are very grateful for this opportunity and for Children in Need support.

Other support was achieved this year from the Clear Project supported by the PHA, for facilitation of extra programmes including, mindfulness, confidence building, life skills and calming skills, this programme allowed us to provide extra support in the groups each week for October to February.

Lisburn Castlereagh City Council have also continued to support our charity with help with equipment and running costs through the hardship fund and the community services grant, which is always needed to continue to support the children and young people each week. This year they also helped with the costs towards raising awareness during a Twinkle all the way - Sensory Christmas experience we held at the nearby park, we invited all the local schools and businesses to join us and learn something about sensory processing.

Our weekly sessions continue and are now offered 7 times per week, we aim in 2024 to increase our volunteer opportunities and possibly bring in more facilitators to help with weekly programmes, this will give the committee time to focus on other things. We desperately need new outdoor space for the children and young people as they love spending time out there, and its great to get outside too and we hope that SEUPB Peace Plus programme through LCCC will help with this.

Feel Good Friday mums & carers group continues to meet each week, providing activities that support parents through challenging weeks, with the provision of art and crafts, cooking projects, therapies etc. Our plans for this group is to achieve funding for the group to be supported by facilitated programmes and a residential to build confidence and resilience skills

We are also providing facilitated sessions to those young people with high levels of anxiety, who are waiting on appointments with the Health Trust mental health services, we are finding a lot of younger people struggling with their feelings and how to manage them. We also have expanded our services and partnership working with Hanwood Gym and the Tullycarnet Boxing Club to give teenagers some active fitness each weekend.

2024/2025 Priorities:

- Floor at the centre and the outside area needs replaced work with Peace Plus Programme through LCCC
- Fundraise for an extra funds needed for the play area outside.
- Staff and volunteers to feel supported, offer training and expenses to attract more volunteers
- Continue to receive funding for programmes and activities but mainly for the running costs of the centre.
- Attract new people with fresh ideas to the committee
- No more booking on Saturdays develop into a proper group
- Gain support for a new Friday club when time is free for registered members
- Residential for FGF group
- Aim to full fill each group to capacity.
- Offer training to volunteers each month and keep up to date with Safeguarding
- New policies and update of policy file
- Seek online accounts package



Helping Hands Autism Support Group

Northern Ireland - Charity number 105722

Annual return

Re: Helping Hands Autism Support Group NIC105722

I report on the accounts of the Trust for the year ending 31st March 2024, which are set out on pages 01 to 01.

It is my responsibility to:

- examine the accounts under section 65 of the Charities Act.
- Follow the procedures laid down in the general directions given by the Commission under section 65 (9) of the Charities Act.
- State whether particular matters have come to my attention.

Basis of independent examiners report:

I have examined your accounts as required under section 65 of the Charities Act and my examination was carried out in accordance with the general Direction given by the Charities Commission for Northern Ireland under section 65 (9) (b) of the Charities Act.

My examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning any such matters.

My role is to state whether any material matters have come to my attention given me cause to believe:

1. The accounting records were not kept in accordance with section 63 of the Charities Act.
2. That the accounts do not accord with those accounting records
3. That the accounts do not comply with the accounting requirements of the Charities Act.
4. That there is further information needed for a proper understanding of the accounts to be reached.

Independent Examiners Statement

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with the following the directions of the Charity Commission of Northern Ireland, I have found no matters that require drawing your attention to.

Name: Charlene Sheridan

Relevant professional qualification or body: Finance Manager

Address: 275 Newtownards Road Belfast

Date: 27th January 2025

Helping Hands Autism Support Group

Northern Ireland - Charity number 105722

Accounts

Helping Hands Autism Support Group - Charity Reg No NIC105722

Annual Accounts period 01-04-2022 to 31st March 2023

Account Number 10174038
Sort Code 98-01-25
Ulster Bank, Kings Square, Belfast

Income:

Opening Balance:	23563.53
Fundraising	20696.12
LCCC	1860.00
TGT Foundation	10000.00
Clear Pr PHA	3888.00
CFNI New Needs	9830.00
Movement for Good	1000.00
Misc	57.94
Membership Fee	4881.08

Total Income: 72108.65

Balance at Bank: 10154.38

Expenditure

Insurance	1917.47
Programme Costs	23675.40
Facilitation	15444.00
Equipment	7903.05
Misc. Costs	70.00
Vol Exps.	2794.02
Marketing/Advertising	862.60
Bank Charge	29.73
Fundraising Costs	3108.00
Administration	6150.00

Total Expenditure 61954.27

For the period of 01-04-2022 to 31-03-2023

Total Income:	72108.65
Total Expenditure:	61954.27
Balance at bank 31-3-2022	10154.38

The above accounts have be prepared according to the information that has been examined by:

Signed:

Date: 24th January 2024

Charlene Sheridan (Independent)

Signed:



Date:

24/1/24

Vice Chairperson

Helping Hands Autism Support Group

Northern Ireland - Charity number 105722

Annual report

Year ended 31 March 2022

Objectives and activities

The first purpose of HHASG is to promote the health, welfare, care and education of children and young people that have Autistic Spectrum Disorder and their families and carers in the Belfast and North Down area. Children and Young people with ASD and their siblings will be healthier, happier and more confident. The direct benefits are: -Children and young people with ASD are better enabled, prepared, equipped and skilled for life educationally, emotionally and socially

-Children and Young people with ASD will develop skills to fulfil their potential

-Parents are less isolated and have enhanced emotional well being

-Parents learn new skills and knowledge to create a more positive family environment

The second purpose of HHASG is to promote understanding of Autism Spectrum Disorder within the wider community and to represent the views of those affected by autism. The direct benefits are:

Develop and understand ASD in the wider community to promote a positive image of ASD which will give communities and ASD families an increase in confidence

Increase knowledge of Autism Spectrum Disorder in the community to build confidence and capacity with those who are neurotypical.

In setting our objectives and planning our activities for the year, the trustees have given careful consideration to the Charity Commission for Northern Ireland's guidance on public benefit to ensure that the activities have helped to achieve the charity's purposes and provide a benefit to the beneficiaries.

Achievements and performance

This year has been a more settled year with lockdown being lifted and our centre being allowed to be opened for most of the year, the children and young people have loved getting back to their normal weekly youth activities. We have been continuing on with our fundraising efforts which included our annual golf charity event, Asda Sit out and the families taking part in sponsored walks etc to help raise funds for our centre.

We were also supported this year again by Three Guineas Trust that we are so grateful for, this allows us to bring in facilitators and offer parents respite times and trips during the summer break this is an invaluable service to those families with ASD and with complex needs.

Other support was achieved this year from the Clear Project supported by the PHA and from CFNI for training programme for parents and volunteers and carers too. This was great as therapies were offered, new techniques were supported and our carers received some time away to learn new skills.

Lisburn Castlereagh City Council have also continued to support our charity with help with equipment and running costs which is always needed to continue to support the children and young people each week. This year they also helped with the costs towards raising awareness during a Twinkle all the way - Sensory Christmas experience we held at the nearby park, we invited all the local schools and businesses to join us and learn something about sensory processing.

We also received funding from Movement for Good this year to purchase new equipment for the children which included sensory toys.

Our weekly sessions continue and are now offered 7 times per week, we aim in 2023 to increase our volunteer opportunities and possibly bring in more facilitators to help with weekly programmes, this will give the committee time to focus on other things. We desperately need new outdoor space for the children and young people as they love spending time out there, and its great to get outside too.

We are also providing facilitated sessions to those young people with high levels of anxiety, who are waiting on appointments with the Health Trust mental health services, we are finding a lot of younger people struggling with their feelings and how to manage them.

2022/2023 has been a busy year, which we have loved as our charity has been able to grow further and support more children and young people with Autism in the local area and right across Belfast, Lisburn/Castlereagh and North Down areas.



Helping Hands Autism Support Group

Northern Ireland - Charity number 105722

Annual return

Re: Helping Hands Autism Support Group.

Charity Number: NIC105722

I report on the accounts of the Trust for the year ending 31st March 2023, which are set out on pages 01 to 01.

It is my responsibility to:

- examine the accounts under section 65 of the Charities Act.
- Follow the procedures laid down in the general directions given by the Commission under section 65 (9) of the Charities Act.
- State whether particular matters have come to my attention.

Basis of independent examiners report:

I have examined your accounts as required under section 65 of the Charities Act and my examination was carried out in accordance with the general Direction given by the Charities Commission for Northern Ireland under section 65 (9) (b) of the Charities Act.

My examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning any such matters.

My role is to state whether any material matters have come to my attention given me cause to believe:

1. The accounting records were not kept in accordance with section 63 of the Charities Act.
2. That the accounts do not accord with those accounting records
3. That the accounts do not comply with the accounting requirements of the Charities Act.
4. That there is further information needed for a proper understanding of the accounts to be reached.

Independent Examiners Statement

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with the following the directions of the Charity Commission of Northern Ireland, I have found no matters that require drawing your attention to.

Name: Charlene Sheridan

Relevant professional qualification or body: Finance / Administrator Charter

Address: 275 Newtownards Road, Belfast, BT4 1AF

Date: 25th January 2024