

Avalon (Autism Parental Support & Respite Services)

Scotland · Charity number SC048395

Details

Status	Active
Legal form	Unincorporated association
Registered	2018-05-21
Register	View on the OSCR register

Contact

Address 16 Worsley Crescent
Newton Mearns
Glasgow
G77 6DW

Website www.avalon.scot

Activities

Activities: 'It carries out activities or services itself'

Purposes: 'the relief of those in need by reason of age, ill-health, disability, financial hardship or other disadvantage'

What the charity does: Avalon is a parent led charity established in 2017 to support parents, carers and families caring for autistic children. The charity offers a range of programmes and services designed to improve the physical and mental wellbeing of parents, carers, siblings and individuals with autism. We offer practical advice and guidance, peer support, wellbeing programmes and family connection days. We offer a range of innovative programmes and services that aim to: • Improve overall wellbeing for parents, carers, and autistic children • Equip parents with the practical advice, tools, and self-care strategies • Reduce the stress that can be created with the demands of caring • Increase social connection through supportive peer network

Beneficiaries: 'Children or young people', 'People with disabilities or health problems'

Objectives: The association's objects are: A) SUPPORT PARENTS/GUARDIANS/FAMILY WHOSE CHILDREN HAVE BEEN IDENTIFIED AS HAVING AUTISM OR THOSE WHO MAY BE IN THE PROCESS OF BEING DIAGNOSED AS ON THE AUTISM SPECTRUM, BY: 1. PROVIDING INFORMATION ABOUT AUTISM, REFERRAL SYSTEMS AND SUPPORT AVAILABLE INCLUDING WHAT TO EXPECT TO DURING THE ASSESSMENT PROCESS. 2. PROVIDE ACCESS TO AND SIGNPOST TO APPROPRIATE FORMAL AND INFORMAL AUTISM DIAGNOSIS SERVICES (BY REGISTERED PROFESSIONALS) ENSURING THAT PARENTS/GUARDIANS/FAMILY CAN IDENTIFY THE NEED FOR ACCESS TO APPROPRIATE SUPPORT AND EARLY INTERVENTIONS. B) PROVIDE ACCESS TO RESPITE

SERVICES FOR PARENTS/GUARDIANS/FAMILY OF INDIVIDUALS DIAGNOSED WITH AUTISM TO INCREASE THEIR HEALTH AND WELL BEING.

Geography

- **Main operating location:** Glasgow City
- **Geographical spread:** Operations cover all or most of Scotland

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£80,599	£49,053	-	4
2024-03-31	£49,473	£35,388	-	2
2023-03-31	£35,165	£9,877	-	2
2022-03-31	£10,409	£4,948	-	1
2021-03-31	£10,409	£4,948	-	1

Accounts

Trustees' Annual Report for the period							
Period start date				Period end date			
	Day	Month	Year		Day	Month	Year
From	01	04	2024	To	31	03	2025

Reference and administration details

Charity name	Avalon (Autism Parental Support and Respite Services)
Other names charity is known by	Avalon
Registered charity number	SC048395
Charity's principal address	16 Worsley Crescent
	Newton Mearns
	Glasgow
	Postcode G77 6DW

Names of the charity trustees on date of approval of Trustees' Annual Report

Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1			OSCR
2			OSCR
3			OSCR
4			OSCR
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			

Reference and administration details

Names of all other charity trustees during the period, if any, (for example, those who resigned part way through the financial period)

Name	Dates acted if not for whole year
N/A	

Structure, governance and management

Type of governing document

Avalon (Autism Parental Support and Respite Services) is an Unincorporated Association and received its charitable status on 21st May 2018 with the charity number SC048395. The charity is governed by a constitution.

Trustee recruitment and appointment

Objectives and activities

Charitable purposes

Avalon was established with the following charitable purpose:

1. Supporting parents and guardians whose children have been identified as having autism or those who may be in the process of being diagnosed as having ASD.
2. Providing information about autism, referral systems and support available including what to expect from the assessment process.
3. Provide access and signpost to appropriate formal and informal autism diagnosis services (by registered professionals) ensuring parents and guardians can identify the need for access to appropriate support for early intervention.
4. Provide access to respite for parents and guardians/families of individuals caring for children with autism to increase their physical and mental health and general wellbeing.

Summary of the main activities in relation to these objects

The main activities of Avalon are:

- Provide one to one support, practical advice, guidance, and signposting to parents and carers.
- Develop our online support groups and resource library.
- Deliver our Parental Wellbeing Programmes
- Delivered our Family Connection events

APPENDIX 1

Achievements and performance

Summary of the main achievements of the charity during the financial period

- Secured two years of funding from RS McDonald to enhance our service delivery in Family Connection offer.
- Secured funding from Bank of Scotland to develop a volunteer programme and to introduced targeted outdoor activities as part of our families connection events.
- Piloted a new Peer Support Programme and secured funding from the Lottery to extend 6 new modules for parents over the next two years.
- Recruited and inducted two new employees to support the delivery of new projects and to cover maternity leave.
- Delivered and evaluated 9 wellbeing programmes for parents caring for autistic children and successfully delivered 9 family connection events supporting 600 people in total.
- Diversified our core offer to include group peer support programmes and piloted coffee mornings to provide greater support to parents and carers.
- Developed our Resource Library by uploading to our website to include resources for wellbeing and new resources with practical advice and guidance.
- Continued to deliver one to one support, practical advice, guidance, and signposting for parents and carers both remotely and face to face (40 parents in total)
- Continued to support parents through private Facebook page and private what's app groups.

Financial review

Brief statement of the charity's policy on reserves

The charity's reserves at the end of the financial period were £80,658 (2024: £49,113).

Details of any deficit

Income of £80,599 (2024: £49,473) was received during the financial year and the main source of funding was donations, fundraising and grant income.

Expenditure totalling £49,053 (2024: £35,388) were made carrying out the charitable activities. At the end of the financial period, the charity has a surplus of £31,545 (2024: £14,085).

Donated facilities and services (if any)

APPENDIX 1

Other optional information

Declaration

The trustees declare that they have approved the trustees’ report above.

Signed on behalf of the charity’s trustees

Signature(s) <i>OSCR will accept digital or typed signatures</i>		
Full name(s)		
Position (e.g. Chair)	Chairperson	
Date	17/07/2025	

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Receipts and payments accounts							
For the period from	Period start date			to	Period end date		
	Day	Month	Year		Day	Month	Year
	01	April	2024		31	March	2025

Section A Statement of receipts and payments

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total funds current period to nearest £	Total funds last period to nearest £
A1 Receipts						
Donations	19,840				19,840	11,127
Legacies					-	
Grants	1,000	59,759			60,759	38,316
Receipts from fundraising activities					-	
Gross trading receipts					-	
Income from investments other than land and buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities					-	30
					-	
A1 Sub total	20,840	59,759	-	-	80,599	49,473
A2 Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
A2 Sub total	-	-	-	-	-	-
Total receipts	20,840	59,759	-	-	80,599	49,473
A3 Payments						
Expenses for fundraising activities		18,573			18,573	8,347
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities					-	
Grants and donations	60				60	
Governance costs:					-	
Audit / independent examination	648				648	468
Preparation of annual accounts					-	
Legal costs					-	
Other	4,344	25,428			29,772	26,573
					-	
A3 Sub total	5,052	44,002	-	-	49,053	35,388
A4 Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
A4 Sub total	-	-	-	-	-	-
Total payments	5,052	44,002	-	-	49,053	35,388
Net receipts / (payments)	15,788	15,757	-	-	31,545	14,085
A5 Transfers to / (from) funds						
					-	
Surplus / (deficit) for year	15,788	15,757	-	-	31,545	14,085

Section B Statement of balances

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
B1 Cash funds	Cash and bank balances at start of year	33,491	15,623			49,113	35,028
	Surplus / (deficit) shown on receipts and payments account	15,788	15,757			31,545	14,085
						-	
						-	
	Cash and bank balances at end of year	49,278	31,380	-	-	80,658	49,113
	(Agree balances with receipts and payments account(s))	-	-	-	-	-	-

	Details	Fund to which asset belongs	Market valuation to nearest £	Last year to nearest £
B2 Investments				
		Total		

	Details	Fund to which asset belongs	Cost (if available) to nearest £	Current value (if available) to nearest £	Last year to nearest £
B3 Other assets	HP - Laptop		403	112	246
			333	102	213
		Total	736	214	459

	Details	Fund to which liability relates	Amount due to nearest £	Last year to nearest £
B4 Liabilities	PAYE Payable	Restricted Fund	394	394
		Total	394	394

	Details	Fund to which liability relates	Amount due (estimate) to nearest £	Last year to nearest £
B5 Contingent liabilities				
		Total		

Signed by one or two trustees
on behalf of all the trustees

Signature*

Print Name

Date of
approval

		17 July 2025

Section C Notes to the Accounts

C1 Nature and purpose of funds *(may be stated on analysis of funds worksheets)*

The purpose of all funds raised and spend on salaries and hosting events and activities to improve parental physical and mental wellbeing. In addition, we host events for family connection events for autistic children and their families to improve wellbeing, reduce isolation and increase peer support.

C2 Grants

Type of activity or project supported	Individual / institution	Number of grants made	£
Total			

C3a Trustee remuneration

If no remuneration was paid during the period to any charity trustee or person connected to a trustee cross this box (otherwise complete section 3b)

Authority under which paid

C3b Trustee remuneration - details

	£

C4a Trustee expenses

If no expenses were paid to any charity trustee during the period then cross this box (otherwise complete section 4b)

C4b Trustee expenses - details

	Number of trustees	£

C5 Transactions with trustees and connected persons

Nature of relationship	Nature of transaction	Transaction amount (£)	Balance outstanding at period end (£)

C6 Other information

Analysis of receipts and payments

	Unrestricted funds	Restricted funds	Expendable endowment funds	Permanent endowment funds	Total current period	Total last period
	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £
Donations	19,840				19,840	11,127
					-	30
					-	
					-	
Total	19,840	-	-	-	19,840	11,157

2 Grants	Unrestricted funds to nearest £	Restricted funds to nearest £	Total current period to nearest £	Total last period to nearest £
Scope Wealth Management Grant	1,000		1,000	38,316
Lottery Funding		42,259	42,259	
RS MacDoanld		7,500	7,500	
BOS		10,000	10,000	
Total	1,000	59,759	60,759	38,316

[illegible]

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
Salaries		25,428			25,428	22,694
Service Costs		18,573			18,573	8,347
Admin Costs	4,344				4,344	3,880
Audit / independent examination	648				648	468
Donations	60				60	-
Total	5,052	44,001			49,053	35,389

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Additional analysis (2)

5 Breakdown of unrestricted funds

	Unrestricted fund 1 - enter name of fund below	Unrestricted fund 2 - enter name of fund below	Unrestricted fund 3 - enter name of fund below	Unrestricted fund 4 - enter name of fund below	Total unrestricted funds	Total unrestricted funds last period
Receipts						
Donations	19,840				19,840	11,127
Legacies					-	
Grants	1,000				1,000	
Receipts from fundraising activities					-	
Gross trading receipts					-	
buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities					-	30
<i>Sub total</i>	20,840	-	-	-	20,840	11,157
Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
<i>Sub total</i>	-	-	-	-	-	-
<i>Total receipts</i>	20,840	-	-	-	20,840	11,157
Payments						
Expenses for fundraising activities	-				-	8,347
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities					-	
Grants and donations	60				60	
Governance costs:					-	
Audit / independent examination	648				648	468
Preparation of annual accounts					-	
Legal costs					-	
Other	4,344				4,344	3,880
<i>Sub total</i>	5,052	-	-	-	5,052	12,694
Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
<i>Sub total</i>	-	-	-	-	-	-
<i>Total payments</i>	5,052	-	-	-	5,052	12,694
<i>Net receipts / (payments)</i>	15,788	-	-	-	15,788	(1,537)
Transfers to / (from) funds					-	
<i>Surplus / (deficit) for year</i>	15,788	-	-	-	15,788	(1,537)

Nature and purpose of funds

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Additional analysis (3)

6 Breakdown of restricted funds

	Restricted fund 1 - enter name of fund below	Restricted fund 2 - enter name of fund below	Restricted fund 3 - enter name of fund below	Restricted fund 4 - enter name of fund below	Total restricted funds	Total restricted funds last period
Receipts						
Donations					-	
Legacies					-	
Grants	59,759				59,759	38,316
Receipts from fundraising activities					-	
Gross trading receipts					-	
Income from investments other than land and buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities					-	
Sub total	59,759	-	-	-	59,759	38,316
Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
Sub total	-	-	-	-	-	-
Total receipts	59,759	-	-	-	59,759	38,316
Payments						
Expenses for fundraising activities	18,573				18,573	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities					-	
Grants and donations					-	
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
Other	25,428				25,428	22,694
Sub total	44,002	-	-	-	44,002	22,694
Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
Sub total	-	-	-	-	-	-
Total payments	44,002	-	-	-	44,002	22,694
Net receipts / (payments)	15,757	-	-	-	15,757	15,623
Transfers to / (from) funds					-	
Surplus / (deficit) for year	15,757	-	-	-	15,757	15,623

Nature and purpose of funds

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APPENDIX 3



	Independent examiner's report on the accounts v2						
Report to the trustees/members of	Charity name Avalon (Autism Parental Support & Respite Services)						
Registered charity number	SC048395						
On the accounts of the charity for the period	Period start date				Period end date		
	Day	Month	Year		Day	Month	Year
	01	April	2024	to	31	March	2025
Set out on pages	Appendix 2						
Respective responsibilities of trustees and examiner	The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) 2005 Act and the Charities Accounts (Scotland) Regulations 2006 (as amended). The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.						
Basis of independent examiner's statement	My examination is carried out in accordance with Regulation 11 of the 2006 Accounts Regulations. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeks explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, I do not express an audit opinion on the view given by the accounts.						
Independent examiner's statement	In the course of my examination, no matter has come to my attention						
	1. which gives me reasonable cause to believe that in any material respect the requirements: - to keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and - to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations						
	have not been met, or						
	2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.						
Signed**:					Date:	17/07/2025	
Name:							
Relevant professional qualification(s) or body (if any):							
Address:	Clarity Accounting (Scotland) Limited						
	234 West George Street						
	Glasgow						
	G2 4QY						

*Please delete the words in the brackets if they do not apply. If the words do apply, set out those matters which have come to your attention on the following page.
** OSCR will accept digital or typed signatures

APPENDIX 3

Disclosure section

Only complete if the examiner needs to highlight material problems.

Give here brief details of any items that the examiner wishes to disclose

None

