

## **Charity trustees' annual report – London Autism Group Charity**

**April 2019-April 2020**

Your charity's name: London Autism Group Charity

Registration number: 1176341

Address: 66 Chase Way, London, N14 5DG.

Trustee names: Dr Chris Papadopoulos (Chair), Morgan Papadopoulos, James Gordon, Emma Lazenby

Its structure and details of how it is managed, including how it recruits trustees:

The trustees follow and abide to the Charity's Governing Document which is based on the Constitution of a Charitable Incorporated Organisation whose only voting members are its charity trustees ('Foundation' model constitution).

The appointment of new charity trustees follows the following rules:

- (1) Apart from the first charity trustees, every trustee must be appointed for a term of two years by a resolution passed at a properly convened meeting of the charity trustees.
- (2) In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

Its activities and objectives in the year:

Our activities this year have been aligned with our overall charity objective which is 'to relieve the needs of individuals in London (and surrounding counties) with a formal diagnosis of autism spectrum disorder, and their family carers, by the provision of information and support'.

We believe we can achieve this objective by conducting activities related to the following goals:

- To provide support for autistic people and/or their family carers living in London or surrounding counties
- To promote social inclusion of autistic people and family carers.
- To promote social awareness and acceptance of autism and to reduce autism stigma and discrimination
- To advance the mental and physical health and wellbeing of autistic people and family carers

Its achievements and performance, including reporting on its public benefit:

In the past year, we have conducted the following successful and impactful activities:

1. Continued management of the London Autism Group. The London Autism Group is a private Facebook group aimed at supporting anyone whose lives have been influenced by autism and reside in or near to London. As of the end of January, we currently have 1900. The group is extremely popular and active, with 1523 of the 1900 members being 'active' on the group in the past month (i.e. they have read or interacted with posts). Also, each month, we receive over 42,000 views on posts made. The group consists of a wide and balanced socio-demographic and includes members who identify as autistic, family carers, health and social care professionals, scientists/researchers and more.

2. The Autism Podcast: The Autism Podcast continues to be extremely successful and impactful. The aim of the podcast is 'to improve our understanding of autism, boost acceptance, reduce autism stigma, and generate impactful, transformative ideas ranging from practical everyday advice to thoughts on policy, practice, and wider socio-cultural challenges.' We have been releasing an episode almost every month with a wide range of guests and impactful topics. Our statistics continue to rise; we now have almost 22,900 downloads and a growing membership. We appear among the first results listings when the word 'autism' is searched for in most podcast apps (including Apple Podcasts). We also appear among the top Google listings when 'Autism podcast' is searched for. We have also been listed in many 'top autism podcasts' lists (e.g. [https://blog.feedspot.com/autism\\_podcasts/](https://blog.feedspot.com/autism_podcasts/)). Overall, we are confident that our podcast is among the most listened to autism-related podcasts in the world and continues to create considerable impact.
3. Website: We have continued to improve our website in the past year ([londonautismgroupcharity.org](http://londonautismgroupcharity.org)) which details our charity's mission and values, the work that we do, and how to get in touch. As can be seen on the 'What We Do' page (<https://www.londonautismgroupcharity.org/what-we-do>), we have also produced several accessible maps that users can gain information about legal services, services, schools and more. These maps have been accessed more than 40,300 times.
4. Community livestreams: We supported the autism community during Covid-19, we produced 8 Facebook-based livestreams to provide expert advice and support regarding the support of the community's mental health and psychological wellbeing during this period. These videos have been watched over 8000 times. We interviewed a range of autistic experts and professionals who answered questions from the community.
5. Neurodiversity articles: We have published several articles pertaining to neurodiversity and other themes related to our charitable objectives
6. Supporting new autistic advocates: We have helped to support the launch and continued production of two youtube channels belonging to aspiring young autistic people aiming to produce impact (My Autistic Sparkle and Green Streak)
7. SOLACE mental health intervention for family carers: We have also commissioned a run of the SOLACE mental health intervention for new family carers of recently diagnosed autistic children. We selected SOLACE as it's aims align with our own; namely to improve the mental health of family carers in part through the reduction of autism stigma (in this case, the prevention of self-stigma and the rejection of courtesy & social stigma). SOLACE is also evidence-based and has been trialled by the University of Bedfordshire (who provided us a free license). The intervention was incredibly successful, with our group participants unanimously agreeing over its positive impact upon their mental health and thus an improved ability to care for their child effectively.

A financial review including any debts and details of your reserves policy (if applicable):

The Charity has raised £973.36 in funds and has spent £728.25.

Current balance as of April 2020 is £4343.30

Details of any funds held as a custodian trustee: n/a

Account Balance April  
2019 4098.52

Date	Info	Depoit	Withdrawal
29/4/2019	E Lazenby	40	
30/4/2019	M Nichola	10	
01/05/2019	Amazon Europe	8.46	
30/5/2019	M Nichola	10	
6/6/2019	Facebook Payout	157.6	
01/07/2019	M Nichola	10	
29/7/2019	Stripe Payments	1.77	
30/7/2019	M Nichola	10	
16/08/2019	E Coldrey Scummy	519	
22/08/2019	Facebook Payout	104	
30/8/2019	M Nichola	10	
09/09/2019	Amazon Mkplc		6.59
30/9/2019	M Nichola	10	
07/10/2019	Zoom		14.39
30/10/2019	M Nichola	10	
30/10/2019	Podbean		86.66
05/11/2019	Zoom		14.39
07/11/2019	Cheque (Annemarie Lodder payment for facilitating SOLACE)		500
18/11/2019	Amazon	14.29	
19/11/2019	Alliance GR		79.65
2/12/2019	M Nichola	10	
20/02/2020	Amazon	22.92	
20/03/2020	Paypal *Belive		26.9
23/03/2020	Paypal *Belive	25.32	
		973.36	728.58

Account Balance April 2020 4343.30