

**Company Registration Number: 05594787**  
**Charity Registration Number: 1113628**

**THINKING AUTISM LTD**

**A Company Limited by Guarantee**  
**Trustees' Annual Report and**  
**Financial Statements**  
**Year Ended 31 March 2020**

# THINKING AUTISM LTD

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## THINKING AUTISM LTD

### MEMBERS OF THE BOARD AND PROFESSIONAL ADVISORS

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<b>Registered Charity Name</b>	Thinking Autism Ltd
<b>Charity Number</b>	1113628
<b>Company Number</b>	05594787
<b>Registered Office</b>	International House 24 Holburn Viaduct London EC1A 2BN
<b>Directors and Trustees</b>	K. Charman A. Kugelstadt J. Allman S. Partridge
<b>Independent Examiners</b>	Community Accounting Lancashire C.I.C. Foxfields 9 Norley Close Chadderton Oldham Lancashire OL1 2RA
<b>Bankers</b>	Unity Trust Bank 9 Brindley Place Birmingham B1 2HB

# TRUSTEES ANNUAL REPORT AND ACCOUNTS

**1 APRIL 2019 to 31 MARCH 2020**

Thinking Autism is a registered charity (number 1113628), a company limited by guarantee, registered in England (company number 5594787).

Thinking Autism, International House, 24 Holborn Viaduct, London EC1A 2BN

Website: [www.thinkingautism.org.uk](http://www.thinkingautism.org.uk) Email: [mail@thinkingautism.org.uk](mailto:mail@thinkingautism.org.uk).

The volunteers and employees of Thinking Autism continued to provide support and information to thousands of Autism families across the UK and world, utilizing live events, social media, free publications and person-to-person interaction.

## Events

In this reporting year, our charity undertook many events, detailed in this report below. Highlights include:

We held eleven live Face-2-Face events on Facebook, each of which is recorded and accessible to members at their leisure. These events had a total of over 1900 participants, either at the live event or people who accessed the recordings. Face-2-Face events allow our members to ask questions of presenters, creating a more personalized education experience and greater sense of support for our members

- *Do your child's symptoms flare at specific times of the year?* with Stella Chadwick, April 25, 2019.
- *The importance of relationships in early childhood and beyond* with Denise Wilson, June 21, 2019
- *Care of the carer* with Paula Lattimer, June 25, 2019
- *Liver support and controlling the yeast beast* with Stella Chadwick, July 12, 2019
- *Our Nemechek miracle* with Toni McCann, September 13, 2019
- *Primitive reflexes and autism* with Nikki McGlynn, October 11, 2019
- *Homeopathy and the treatment of autistic spectrum conditions* with Paula Lattimer, November 14, 2019
- *Stomach acid and why it's important & Constipation* with Stella Chadwick, December 6, 2019
- *Primitive reflexes part 2* with Nikki McGlynn, January 31, 2020
- *Homeopathy for first aid and acute ailments* with Paula Lattimer, February 28, 2020
- *More joy, less stress: the three principles of innate health* with Paula Lattimer, March 03, 2020



While we had to postpone the one day conference planned for May 2020 and a few other smaller events because of Covid-19, we did have in-person events, including:

- *Meet and Treat*, where parents of children with ASD were given the chance to be pampered, learn a bit about possible interventions, and spend time with one another, all at no cost (second iteration of this event cancelled because of Covid)
- Reading Roadshow February 2020, free for members, including three speakers and lunch.
- Two Waterloo support group meetings.
- *International Autism Conference*, May 17, 18, 19, 2019: low cost conference attended by over 280 parents, carers, people with ASD, and professionals. The event included a *round table discussion* attended by more than 25 MDs and PhDs from the UK and around the world. The event also included over 14 planned hours of social time for beneficiaries.

## Publications

We added significantly to our publication library, including the following in-depth documents:

- *Constipation in Autism* <https://www.thinkingautism.org.uk/taking-action/resources-and-publications/constipation-in-autism/>
- *Cannabis for Treating Core and Comorbid Autism Symptoms* <https://www.thinkingautism.org.uk/cannabis-for-treating-core-and-comorbid-autism-symptoms/>
- *Transcranial Direct Current Stimulation for Autism* <https://www.thinkingautism.org.uk/transcranial-direct-current-stimulation-tdcs-for-autism/>.
- *Bridging the Gap Between Physical Health and Autism Spectrum Disorder*. Thinking Autism was a participant in the publication of this peer-reviewed article <https://www.dovepress.com/bridging-the-gap-between-physical-health-and-autism-spectrum-disorder-peer-reviewed-article-NDT> which summarizes much of the biomedical research the charity has shared with members in a variety of ways. This publication targets as an audience the professionals our families look to for support.
- We published more blog articles and made contact with members of the wider community who have volunteered to write for our blog in the future.

Our new publications, like our old ones, are provided free to all who need them, including as printed documents which we mail to all who request them.

<https://www.thinkingautism.org.uk/taking-action/resources-and-publications/>

## Foundational Activities

We sent our employee responsible for professional networking and liaison to a conference attended by hundreds of professionals who specialise in ASD, gave a presentation to other charities at the BNPA and are involved in supporting an NHS treatment and research centre for paediatric neurodevelopmental disorders soon to open in the UK.

We continued to maintain our very active Facebook accounts, Twitter account, and website. The website receives more than 6000 distinct engagements each month. Our Facebook groups in particular allow isolated families to offer support to one another emotionally, socially and with information and in total have more than 10,000 engagements per month. We remained highly responsive to the email and direct messages we receive on a daily basis.

As we have always done, we offered free membership to any who could not afford the cost. We lowered membership costs to £15 a year. We increased the number of businesses and organizations who offer discounts to our members to 21, saving our members thousands of pounds each year.

We have continued to make efforts to work with other organizations in order to reach more people in the autism community. One example of that from this year was our association with the Hull Pirates Hockey team. While events were cut short because of Covid-19, the Hull Pirates were working to help make our charity more visible as well as to support us financially <https://www.hullpirates.co.uk/news/thinking-autism-pirates-2019-20-adopted-charity/>.

## Feedback from TA families

*"Hello to everyone at Thinking Autism. Thank you. Thank you so much. I thought this day would never come. My 11 year old daughter had her first day at secondary school. She is in a regular mainstream class in a regular mainstream school without a teaching assistant. She has friends, she goes to sleepovers and parties, she is independent. She used to have autism, learning disability and language delay and she has overcome all 3 conditions. She used to go to a special school with 5 kids and 4 teachers in the class, and she still couldn't cope and she used to try and escape from school. This earned her the nickname of "The Runner". If it wasn't for organisations like Thinking Autism, my kid would probably still have all 3 diagnoses and would still be running today. Thank you. From the bottom of my heart, thank you."*

*"Really enjoying my Thinking Autism membership this year. The TA conference in May was very inspiring and informative. I got a list of practitioners emailed recently and decided on a new one to work with my son. I and got £30 off my order with NHR essential oils and 15% off a Metabolics order. The talks on Face to Face are really useful and all the articles you post are much appreciated. Thanks so much for being there for us!"*

*"Just had a message from Jacob's school (he went back yesterday), teacher is so happy with him. Have never heard that from school. The therapies I used which I believe helped my son are all from your group."*

*"Thank you! The techniques really did help and I felt refreshed and calm!"*



"Huge thanks for all your hard work in setting this up and running it so brilliantly and being so generous in sharing your knowledge too .It's been an absolutely fantastic and unique resource for so many of us . You should be so proud of your wonderful achievement xx"

"Brilliant and so grateful you stand up for our kids. X"

"So well deserved. Think how many lives you have changed. Well done."

"Full spectrum CBD & CBG from quality products improved our social anxiety/ social phobia slightly on day 3; on day 6 visible improvement seen by everyone, he even started going out, mixing with people and stopped hiding and running away when out when seeing people, at the same time handwriting improved, mood visibly improved, less upset about the change of the tone in people's voice, started being interested in the outside world and hobbies, extreme fatigue has gone and has a lot of energy now and sometimes is able to control compulsions to do with OCD. That's all in just a week! Our endocannabinoid system regulates neurotransmitters and hormones thus is as important.

And I forgot to add! Hypersensitivity to noises (and phobic reactions to noise) disappeared within days!"

"A huge thank you to all the TA team for arranging and putting on this years conference. I know that the amount of behind the scenes organising that has to take place is huge and that you are a small team - so just wanted to say that all your work is appreciated by many - you fill a huge gap in the uk and help so many parents who do not know what to do . Well done everyone."

"Right there with you and the great help you are to many x"

"This is a great blog post. Feels very isolated at times in the 'autism world' when everyone else's child doesn't have the same challenges as your own. Resonated with every bit of this thank you."

"Thank you for organising. Great insights from the speakers."

"I just wanted to thank the Thinking Autism team for a wonderful roadshow in Reading.It was lovely to meet some of those involved in TA and to talk to other parents who are on the same wavelength.All of the information was so useful and relevant and I will be following up with The Key Clinic for sure. I also wanted to thank Irina for sharing her personal journey with her daughter - it was amazing to see the progress she has made. Keep up the good work! Kindest regards"

"Just wanted to say thank you for organising this event today (Reading roadshow). Your efforts in taking the time to do this are greatly appreciated. It was a great day and I've been at this along time but I always find I learn something new!"

"Just a line to say thank you so much for all your and your team's hard work and dedication. The conference was once again wonderful..... bringing together so many lovely families and empowering them with the knowledge to improve their individual circumstances."

Bless you all for your work and for the passion you have helping our wonderful children  
Kindest regards, Maria

.... warm congratulations to all for such a high quality and well-organised conference!! For me it was one of the best I've ever attended in terms of (literally) take-home messages and in terms of meeting

such a supportive and welcoming community, including people affected by ASD and inspirational world experts.

Thank you very much for your email. Please pass on my sincere thanks to whomever put the document together; they have done a sterling job. As a parent of a child with 'severe' autism, I am so thankful to have people like you in my corner

Looking forward to this - very timely for us as we are transitioning to Keto diet now.

I would like to thank you for organising this event, and at such a reasonable fee. This event exceeded my expectations totally; very stimulating, informative and encouraging! I also liked the friendly atmosphere at the conference.

Wonderful organisation, knowledgeable speakers; you're making a difference to this world - keep it up. Thanks.

Just a line to say thank you so much for all your and your team's hard work and dedication. The conference was once again wonderful..... bringing together so many lovely families and empowering them with the knowledge to improve their individual circumstances.

Really fantastic conference! Cutting edge science presentations. I am invigorated, re-motivated and extremely optimistic for my son's future. Can't thank you enough.

This is by far the most beneficial thing I have done to further my knowledge and understanding in years - thank you!

can you tell paula that I have already listened to her talk twice now, and I think it is one I will return to again and again. I have really needed what she is saying. Xx

Thank you so much for organising an amazing weekend of inspiring and very informative talks. Great to get together with likeminded parents to share and laugh with. The break did me the world of good. I made an action plan, started working on it today and feeling calm and hopeful about the future armed with more knowledge. To top it all my son is calm, playful and has just stroked a cat for the first time ever with no intention of hurting it.

This gives us all so much hope, inspiration & a brighter future for our children. Thank you TA.

I love to read these uplifting messages from parents thank you guys.

This forum and access to professional researchers gives us as parents hope that our children are not forgotten. The effect that this has on us as a family cannot be underestimated. Thank you for all your hard work.

I've spent 15 years researching autism since my grandson was diagnosed with autism aged 2 1/2. I've attended every conference organised by TA and your organisation has been a big help to me and my daughter. Keep up the good work. A major target for the future for TA is engaging GPs and persuading them to treat co-morbidities.

Seriously heartfelt thanks and appreciation to all involved in making TA Conference 2019 the best yet.



Absolutely! A new brilliant learning curve! Always fab to catch up with you courageous people!! X

Great conference and lovely to meet so many warrior parents there!

I'm even more knackered than usual but had an amazing time. Need a few days off to digest all the new information. I really liked the lunches too (not so much the coffee ☺) Well done to everyone, a great success!

Thanks so much Paula - I love that you are so open about yourself and willing to share . When Chris was younger I spent so much energy beating myself up about not doing stuff / always feeling I should be doing more that I also forgot about myself - and about finding joy in every moment ! I'm by no means perfect and still have bad days so this is a great reminder !

That was really helpful and a good reminder of looking after us. Thank you for sharing your story.

Thank you so much for your talk Paula and your honesty. My son has also told me recently (he is 16) that the worst feeling for him is thinking that he could be responsible in any way for causing me distress and pain. He has not been able to articulate this before and thankfully we are able to discuss these feelings now <3

Brilliant honest talk and 100 percent how I feel so thanks for sharing your views on this very important matter. Our kids as you rightly point out are little sponges and feel everything we are thinking and feeling and this is a lesson I have learnt along the way too. Fin is like a radar for how I am feeling ie anxious, overthinking, thinking negatively about myself etc etc  
I think a huge part of healing our kids starts with healing ourselves and we should always be mindful of that and of finding joy in the present moment

Yes we are interested. We have a 27 year old daughter with severe autism who lives at home with us. She is on the brink of losing her place at a lovely day centre for adults with autism, where she has been for the last 9 years because of increasing challenging/aggressive behaviour. We have always been of the opinion that we don't want to put her on anti psychotics but things have almost reached breaking point now and we need to do something. I mentioned CBD to her psychologist who said that in about 5 years time they will probably be in a position to prescribe CBD more freely but we can't wait that long, we are desperate for help now. She is suffering daily and so are we as her parents. I will be writing to you and thanks for running such an informative and helpful site that Thinking Autism is.

I have attended the Thinking Autism conferences for a number of years. As a parent of a child with autism, the access to hear of the latest research with respect to the health issues that accompany the diagnosis of autism, is absolutely invaluable. My son has an improved outlook that is a direct result of the information I have learned.

Denise thank you for your talk today. It came at the perfect time after a hectic morning and a call from the school saying that my son had a difficult day and needed to be collected early. I left the house panicked but with your words in my ears I thought about how important it was for me to contain my own anxiety so I could effectively contain his. This approach worked beautifully and my son responded so well. My boy is now calm and happy and because he's happy so am I so thank you for that.

Thanks Denise this talk was so helpful. My son is in the process of developing his higher level thinking and I think sharing your diagram with him with a brief explanation will really help him to understand

himself and aid him with his personal emotional regulation :-). I also plan to look into the moro reflex (not sure on that spelling) and check out that book you recommended so all in that was a very productive 30 mins for me ;-)

I would definitely trial this for my son. It all makes so much sense to me. I am convinced that all of his issues are caused by his microbiome being altered due to so many antibiotics given to him as a baby and throughout his little life.

Yes it worked for my boys, the body has a system of receptors in it, take CBD & they activate & provide balance, it's totally legal in the UK, it doesn't become illegal until the THC is above 0.03%, my boys reported it lifted a Fog.

We use keffir juice (apple) every day and it is wonderful. My mom stopped me and asked what we were doing different for him; he was only on day four.

PANS/PANDAS are often misdiagnosed as autism, however they can be treated, often with a success. Children with autism are 3 times more likely to develop PANS/PANDAS ( watch for sudden worsening of symptoms or new symptoms, strange behaviours, change of personality, mental regression, severe anxiety and aggression etc., especially after a cold or exposure to infection). My 10 year old son suddenly, after bacterial infection developed PANS and the NHS, CAMHS, and all the other children services were trying to push autism diagnosis on him. I had a real battle on my hands ( and even been put down in CAMHS report that apparently it is I who has mental health issues) to get my son a proper diagnosis and treatment and he is getting better. I had to fundraise and use private care, though, since only 10% of GPs ever heard of PANS/ PANDAS. This situation is disgusting, especially that 1 in 200 children have Pans/ Pandas and their and families are left with no help. Thank you for sharing.

Signed on behalf of the board of Thinking Autism by Joanne Allman, Trustee and Treasurer



25 November 2020



## THINKING AUTISM LTD

### TRUSTEES ANNUAL REPORT

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The trustees and directors for the purposes of company law, present their annual report and the unaudited financial statements of the charity for the year ended 31 March 2020.

The Board have adopted the provision of the Charities SORP (FRS 102) – Accounting and Reporting by Charities: Statement of Recommended Practice applicable in the UK and Republic of Ireland (effective 1 January 2015, and including update bulletins on 2 February 2016 and 5 October 2018) in preparing the annual report and financial statements of the charity. The accounts have been prepared in accordance with the Companies Act 2006.

The trustees (who are also directors of Thinking Autism Ltd for the purposes of company law) are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and with the provision for small companies.

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources.

In preparing the financial statements, the directors are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which enable them to ensure that the financial statements comply with Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditors are unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

The report of the members of the board were approved by the Board on the 1<sup>st</sup> of March 2021 and signed on their behalf;



J Allman

**Director**

## THINKING AUTISM LTD

### REPORT TO THE MEMBERS ON THE UNAUDITED FINANCIAL STATEMENTS OF THINKING AUTISM LTD

YEAR ENDED 31 MARCH 2020

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I report to the charity's trustees on my examination of the accounts of Thinking Autism Ltd for the year ended 31 March 2020 as set out on pages 5 to 10.

#### Respective Responsibilities of Trustees and Examiner

The charity's trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 (the 2006 Act). The trustees consider that an audit is not required for this year, and that an independent examination is needed under s144 (2) of the Charities Act 2011 (the 2011 Act).

Having satisfied myself that the charity is not subject to audit under company law (part 16 of the 2006 Act) and is eligible for independent examination, it is my responsibility to:

- examine the accounts under s145 of the Charities Act 2011 (the 2011 Act)
- follow the procedure laid down in the General Directions given by the Charity Commissioners (under s145(5)(b) of the 2011 Act, and
- to state whether particular matters have come to my attention.

#### Basis of Independent Examiners Opinion

My examination was carried out in accordance with General Directions given by the Charity commission.

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 of disclosures in the accounts, and seeking 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 opinion as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

#### Independent Examiners Statement

I have completed my examination for the year ended 31 March 2020.

I can confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that:

- accounting records were not kept in accordance with s386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the methods and principles of the Charities SORP (FRS 102) – Accounting and Reporting by Charities: Statement of Recommended Practice applicable in the UK and Republic of Ireland (effective 1 January 2015, and including update bulletins on 2 February 2016 and 5 October 2018).

I have no concerns and have come across no matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.



3<sup>rd</sup> March 2021

**Miss Jacqueline Bird F.M.A.A.T.**

Community Accounting Lancashire C.I.C.

Foxfields, 9 Norley Close, Chadderton, Oldham, OL1 2RA

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# THINKING AUTISM LTD

## STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING THE INCOME AND EXPENDITURE ACCOUNT)

YEAR ENDED 31 MARCH 2020

		Unrestricted Funds 2020 £	Restricted Funds 2020 £	Total Funds 2020 £	Total Funds 2019 £
	<i>Notes</i>				
<b>Income from:</b>					
Donations		42,831	-	42,831	22,384
Charitable activities	2	24,804	83,763	108,567	86,512
Investments	3	-	-	-	3
Other income		<u>647</u>	<u>-</u>	<u>647</u>	<u>5,213</u>
<b>Total</b>		<u>68,282</u>	<u>83,763</u>	<u>152,045</u>	<u>114,112</u>
<b>Expenditure on:</b>					
Charitable activities	4	17,569	79,588	97,157	88,497
Other expenditure		<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
<b>Total</b>		<u>17,569</u>	<u>79,588</u>	<u>97,157</u>	<u>88,497</u>
<b>Net income/(expenditure)</b>		<u>50,713</u>	<u>4,175</u>	<u>54,888</u>	<u>25,615</u>
<b>Reconciliation of funds:</b>					
Total funds brought forward		<u>63,091</u>	<u>2,111</u>	<u>65,202</u>	<u>39,587</u>
<b>Total funds carried forward</b>		<u>113,804</u>	<u>6,286</u>	<u>120,090</u>	<u>65,202</u>

The statement of financial activities contains all gains and losses for the year and all activities relate to continuing operations. The profit for the purposes of the Companies Act 2006 is the net incoming resources before unrealised losses/gains.

The notes on pages 7 to 10 form part of these financial statements.

Note 10 on page 10 shows comparative information for the year ended 31 March 2019.

# THINKING AUTISM LTD

## BALANCE SHEET

AS AT 31 MARCH 2020

	Notes	2020 £	£	2019 £	£
<b>Current Assets</b>				-	
Cash at Bank and in Hand		<u>120,810</u>		<u>66,929</u>	
<b>Total Current Assets</b>		<u>120,810</u>		<u>66,929</u>	
<b>Liabilities</b>					
Creditors:					
Amounts falling due within one year	7	(720)		(1,727)	
<b>Net current assets or liabilities</b>		<u>120,090</u>		<u>65,202</u>	
<b>Total net assets or liabilities</b>		<u>120,090</u>		<u>65,202</u>	
<b>The funds of the charity</b>	8				
Unrestricted Funds		113,804		63,091	
Restricted Funds		<u>6,286</u>		<u>2,111</u>	
<b>Total funds</b>		<u>120,090</u>		<u>65,202</u>	

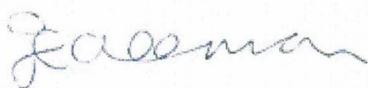
For the year ending 31 March 2020 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Director's responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

The accounts are prepared in accordance with the provisions applicable to companies' subject to the small companies' regime.

The accounts were approved by the Board of Directors on the 1<sup>st</sup> of March 2021 and signed on its behalf by:



J Allman

Director

# THINKING AUTISM LTD

## NOTES TO THE FINANCIAL STATEMENTS

for the year ended 31 March 2020

### 1. ACCOUNTING POLICIES

#### Basis of accounting

The financial statements have been prepared in accordance with 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 (FRS102) issued on 16 July 2014 (as updated through Update Bulletin 1 published on 2 February 2016 and also Update Bulletin 2 published on 5 October 2018) – (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

#### Incoming resources

All income is recognised once the charity has entitlement to the income. It is probable that the income will be received, and the amount of income receivable can be measured reliably.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

Restricted funds are to be used for specified purposes as laid down by the donor.

Expenditure which meets these criteria's is identified to the fund, together with a fair allocation of overheads and support costs.

Unrestricted funds are donations and other incoming resources received or generated for charitable purposes.

#### Resources expended

All expenditure is accounted for on an accruals basis.

All expenses including support costs and governance costs are allocated or apportioned to applicable expenditure headings.

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that settlement will be required, and the amount for the obligation can be measured reliably.

### 2. Charitable activities

	Unrestricted Funds £	Restricted Funds £	2020 Total Funds £	2019 Total Funds £
Grants:				
Big Lottery Fund	-	83,763	83,763	78,450
London Conference	18,166	-	18,166	675
Roadshows	83	-	83	1,137
Membership	6,555	-	6,555	6,250
	<u>24,804</u>	<u>83,763</u>	<u>108,567</u>	<u>86,512</u>



# THINKING AUTISM LTD

## NOTES TO THE FINANCIAL STATEMENTS

for the year ended 31 March 2020

### 3. Investment Income

	Unrestricted Funds £	Restricted Funds £	2020 Total Funds £	2019 Total Funds £
Bank Interest	<u>-</u>	<u>-</u>	<u>-</u>	<u>3</u>

### 4. Charitable activities

	Unrestricted Support & Governance Costs £	Restricted Support & Governance Costs £	Unrestricted Direct Costs £	Restricted Direct Costs £	2020 Total Funds £	2019 Total Funds £
London Conference	-	-	16,112	-	16,112	6,107
Roadshows	-	-	-	835	835	2,694
Conference & Events	-	-	-	11,270	11,270	9,705
Campaigns	-	-	-	-	-	-
Salaries	-	-	-	54,904	54,904	52,328
Volunteer Support	-	-	-	-	-	83
General Expenses	41	1,251	259	1,002	2,553	2,231
Business Expenses	-	-	959	6,378	7,337	7,944
Insurance	-	570	-	-	570	561
Membership Packs	-	-	-	-	-	47
Printing, Stationery & Website	23	1,598	-	-	1,621	1,448
Equipment	-	-	175	326	501	3,955
Bank & Paypal Charges	-	-	-	277	277	267
Companies House Fee	-	13	-	-	13	13
Payroll Costs	-	394	-	-	394	394
Accounts Costs	-	770	-	-	770	720
	<u>64</u>	<u>4,596</u>	<u>17,505</u>	<u>74,992</u>	<u>97,157</u>	<u>88,497</u>

Total resources expended are stated after charging:

	2020 £	2019 £
Independent Examination Fees	720	720
Other Accountancy Services (Filing Fees)	50	-
Payroll Services	394	394



# THINKING AUTISM LTD

## NOTES TO THE FINANCIAL STATEMENTS

for the year ended 31 March 2020

### 5. Staff Costs

The movement in the year is after charging:	2020	2019
	£	£
Wages and salaries	54,904	52,238
<b>Average number of full-time equivalent employees in the year</b>	<b>2020</b>	<b>2019</b>
Project Co-Ordinator	0.5	0.5
Project Co-Ordinator	0.5	0.5
Support & Services Lead	0.5	0.5
Advocacy Lead	0.5	0.5
	<u>2</u>	<u>2</u>

During the financial year a consultancy fee of £1,487.24 (for the evaluation and monitoring declaration for the Big Lottery Fund) was paid to a Trustee, Anita Kugelstadt. No other Trustee received any payment or remuneration during the year. No employee received emoluments of £60,000 or above (2019: none).

### 6. Analysis of support and governance costs

	Basis of Allocation	London Conference	Roadshows	Conference & Events	2020 Total Funds	2019 Total Funds
	£	£	£	£	£	£
Office/General	Activities	874	437	1,602	2,913	2,929
Premises	Activities	171	86	313	570	561
Governance	Activities	353	177	647	1,177	1,127
		<u>1,398</u>	<u>700</u>	<u>2,562</u>	<u>4,660</u>	<u>4,617</u>

### 7. Creditors: Amounts falling due within one year

	2020	2019
	£	£
Accruals	720	1,727
	<u>720</u>	<u>1,727</u>

### 8. Funds

	Balance as at 1 April 2019	Incoming Resources	Resources Expended	Balance as at 31 March 2020
		£	£	£
Unrestricted Funds	63,091	68,282	(17,569)	113,804
Restricted Funds:				
Big Lottery Fund	2,111	83,763	(79,588)	6,286
<b>Total Funds</b>	<u>65,202</u>	<u>152,045</u>	<u>(97,157)</u>	<u>120,090</u>

# THINKING AUTISM LTD

## NOTES TO THE FINANCIAL STATEMENTS

for the year ended 31 March 2020

### 9. Company Status

The charity is limited by guarantee and has no share capital. There are 4 members and the liability of each member in the event of winding up is limited to £1.

### 10. Comparative Information (previous year)

		Unrestricted Funds 2019 £	Restricted Funds 2019 £	Total Funds 2019 £
	Notes			
<b>Income from:</b>				
Donations		22,384	-	22,384
Charitable activities	2	8,062	78,450	86,512
Investments	3	3	-	3
Other income		<u>5,213</u>	<u>-</u>	<u>5,213</u>
<b>Total</b>		<u>35,662</u>	<u>78,450</u>	<u>114,112</u>
<b>Expenditure on:</b>				
Charitable activities	4	1,808	86,689	88,497
Other expenditure		<u>-</u>	<u>-</u>	<u>-</u>
<b>Total</b>		<u>1,808</u>	<u>86,689</u>	<u>88,497</u>
<b>Net income/(expenditure)</b>		<u>33,854</u>	<u>(8,239)</u>	<u>25,615</u>
<b>Reconciliation of funds:</b>				
Total funds brought forward		<u>29,237</u>	<u>10,350</u>	<u>39,587</u>
<b>Total funds carried forward</b>		<u>63,091</u>	<u>2,111</u>	<u>65,202</u>