



CAN-Abilities Foundation – Charity Number 1180031

Reports of the trustees for the year ending March 2020.

This is the report of the trustees of CAN-Abilities Foundation for the year 2019-2020. It begins by noting that 2020-2021 has been a very challenging year mainly due to the effects of the ongoing COVID-19 pandemic. The report then presents a summary of the purposes of the charity as set out in its governing document. It also presents an overview of the main activities of the Foundation about the purposes and confirms that the trustees have had regard to guidance issued by the charity commission on public benefit.

2020-2021 at a Glance

The last year has indeed been challenging for many across the globe. It has been particularly challenging for many small charities like CAN-Abilities Foundation. More so because we deal with some of the most vulnerable who were forced to shield during the pandemic. Also, because it has impacted us financially thereby making it impossible to sustain some of our planned activities.

Purpose and activities

CAN-Abilities Foundation is a small family founded charity whose main mission is *to relieve the needs of those suffering from autistic spectrum conditions and other learning disabilities.*

This purpose is realised through undertaking the following activities include.

- Provision of practical support, like advice and raising awareness of autism and the difficulties faced by autistic persons and their families.
- Advocacy information sessions and signposting services.
- Basic admin and clerical services.

In shaping our objectives and planning various activities for the year, CAN-Abilities the trustees have taken into consideration the guidance issued by the Charity Commission on public benefit. For example

- As a result of the Coronavirus, there were many restrictions imposed on society such as lockdowns and social distancing amongst others. This meant that we could not organise a face-to-face event as has been the case before. Our main support and information sessions shifted to virtual space, holding mainly online or on the phone. We utilised Zoom, Stream Yard, and other virtual conferencing platforms to host autism information and education sessions. For example, the main autism/ disability-related events carried out virtually since last year are listed below in date order and could be found on our Facebook platforms.

Our team, including the chairperson, actively volunteers with one of the Community centres to pick up prescriptions from the pharmacy, do grocery shopping and deliver to



parents or individuals for families who are self-isolating or shielding or those who fall under the high-risk conditions.

As of last year, the following virtual events have taken place, with some still ongoing.

1. **23.03.2020:** an online live show was held on top tips on Covid-19 for special needs parents.
 2. **30.03.2020:** Practical live show on Supporting an autistic child during the Pandemic in washing hands and staying safe and healthy.
 3. **02.04.2020:** A family talks covid and raising an autistic child in challenging times.
 4. **16.5.2020:** Covid-19 and friendships -Preventing Isolation during the Pandemic
 5. **06.06.2020:** Depression and suicide in Men with Male guest Speakers
 6. **14.06.2020;** Pathological Demand Avoidance: What it is all about presented by parents of children with PDA.
 7. **08.08.2020:** With guest Speakers, we discussed: When a man faces Grief during the Pandemic/coping mechanical- Special needs fathers.
 8. **22.08.2020:** with guest Speakers, we looked into the benefits of exercises (push-ups)
 9. **11.10.2020:** Prevention of special needs burnout during the Pandemic presented special needs mums.
 10. **7.11.2020:** Autism awareness/Acceptance in the black community with two black autistic guest Speakers
 11. **7.12.2020:** A Glance into autism and related conditions with an autism mum and how autism parents can support their non-autistic child.
 12. **09.01.2021:** When God Blesses one with a special and having to face the Pandemic, presented by an autism mum. Coping Mechanisms
 13. **13.03.2021:** International Women's day virtual OUTREACH Summit where discussions took place by women all around the world based on the theme " choose to challenge". Amongst these women were mums of special needs children who chose to challenge the Isolation that comes as a result of parenting special needs children and that which has come as a result of the Pandemic.
 14. professionals, and everyone with a special interest in special educational needs autism and co-occurring conditions.
- Most of these helped to raise awareness and provide advice strategies to parents, carers, and the public on how to stay safe during COVID but also about how to look after their mental and physical health during these challenging times.
 - Our volunteers were also very busy on the phone, being a listening eye and providing reassurance to families and careers most of who felt abandoned as several services for their children were closed during the pandemic.



Achievements and Performance

CAN-Abilities registered a few achievements in 2020-2021. We managed to embrace technology, being able to learn and successfully set up our channels on some useful video conferencing platforms which we used to reach many not just in the UK but across the globe. Our successes have also been recognised by our local media. The Chairman of our board of trustees was featured in the Basingstoke Gazette Newspaper. Her initiatives and as well as the fantastic work of CAN-Abilities was chronicled in the newspaper.

Other achievements include awards received by our chairperson on behalf of the charity are an award for outstanding involvement in activities in the community, helping and supporting other families of children with autism and other forms of disabilities, encouraging love, understanding and Acceptance. Individual achievements include:

- a) Mother of the year award, 07.03.2020
- b) Women Appreciating Women award; recognised as one of the 100 most inspirational person, 08.03.2020.
- c) Community achievers award and a certificate, 20.10.2020.

CAN-Abilities has been invited by the Basingstoke Consortium, a group of 5 community-based organisation in the borough to lead autism awareness activities during events planned as part of Autism Awareness month this April.

Financial Review

Due to some of the challenges already highlighted above CAN-Abilities Foundation has struggled financially this year. Our net income balance at the end of the period 2020-2021 was £3,656.04. The total expenditure for the year amounted to ££3,121.51, leaving a balance of £534.53. Full details of the income and expenditure are available in the financial statement.

Statement of Financial Activities for 2020 including Income and Expenditure

	Note	Unrestricted Funds £'000	Restricted Funds £'000	Total £'000
Incoming Resources				
Voluntary Income	3	£75.00	0	£75.00



Donations	16	£2,341.04	0	£2,341.04
Fund Raising				
Campaigns	0	£0,00	0	£0,00
Commercial Operations	2	£1,240.00	0	£1,240.00
Total Income		£3,656.04	0	£3,656.04
Resources Expended				
Administration Costs		£0,520.75	0	£0,520.75
Charitable Activities		£1,150.14	0	£1,150.14
Equipment Costs		£0,245.15	0	£0,245.15
Operation Costs		£0,759.25	0	£0,759.25
Other Costs		£0,446.22	0	£0,446.22
Total Expenditure		£3,121.51	0	£3,121.51
Balance Carried Forward		£534.53	0	£534.53

As a small charity CAN-Abilities does not currently have a policy on holding reserves. As such there are zero (0) funds held in reserve.

There are many uncertainties about the charity continuing. They centre around financial unsustainability. There is a great need for CAN-Abilities Foundation to provide services, however, the charity does not have a dedicated funder or a professional fundraising team. Though we plan to try and recruit a fundraiser, we fear that we may not be able to continue to sustain our activities amidst the increasing demand for our services.

Structure, Governance and Management

CAN-Abilities Foundation is managed by a board of trustees. The method of appointment of trustees is set out in the Constitution of CAN-Abilities Foundation.

Administrative details

CAN-Abilities Foundation's administrative address is 16, Brahms Road, Basingstoke. CAN-Abilities Foundation is a Charitable Incorporated Organisation (CIO).

The trustees are.

Mrs Claris Nsangli Angafor - Chairperson
 Mr Gaston Fornimoh Bezeboh – Treasurer
 Mr Giddeon Njamngang Angafor - Secretary
 Mrs Linda Lum Amungwa – Trustee



Mr Vincent Besong – Trustee

Approved by the trustees and signed on their behalf by Mr G Angafor, secretary to the board of trustees.