



Annual report and accounts

For the year ending 31 March 2019

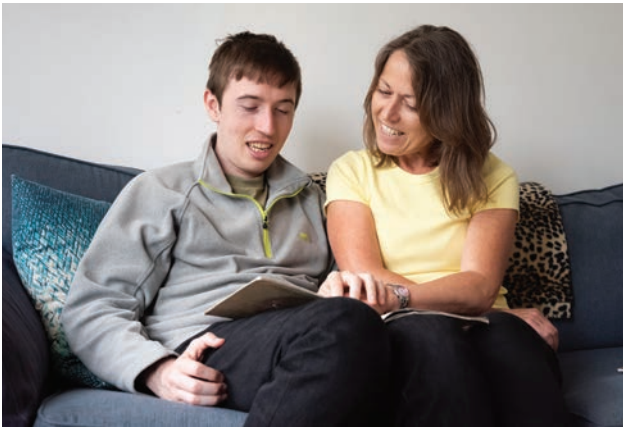
AUTISTICA

Building brighter futures through autism research



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All of our photos are of autistic children, adults and families that we work with. They are either members of our Discover network or pupils at Queensmill School in West London.

Honorary Roles and Charity Management

Honorary Roles

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Professor Sir Michael Rutter

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Dame Stephanie Shirley CH

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Honorary Treasurer: James Lowe (retired November 2018)
Matthew Harris (joined November 2018)

Trustees

Dr Sarah Caddick PhD

John Carey

Edward Chandler (retired February 2019)

Matt Davis (joined May 2018)

Michael Earl

Professor Jonathan Green (joined November 2018)

Heather Kleeman (joined May 2018)

Jeff Saul

Vinny Smith

Professor Eric Taylor (retired November 2018)

Key Management Personnel

Chief Executive: Jon Spiers

Director of Science

Dr James Cusack

Director of Fundraising

Jennie Chambers

Auditors

Wilkins Kennedy Audit Services

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E info@autistica.org.uk

www.autistica.org.uk

Company registration no.

05184164

Charity registration no.

1107350

Chairman and Chief Executive's Report

As the UK's leading autism research charity, Autistica exists to harness the potential of cutting-edge science to improve the lives of every autistic person. Since our foundation, we have funded the set-up and development of some of the most important UK studies and scientific assets in autism, including the BASIS and iBASIS trials, the ASD-UK and AASC databases and the Autism Brain Bank. We fund leading scientists and rising stars at top universities across the UK, including Cambridge, UCL, Edinburgh, Newcastle, King's College London, Plymouth, Bangor, Birmingham, Exeter and Nottingham.

Autistica's mission is threefold: to improve outcomes for autistic people of all ages through innovative research; to grow autism research in the UK through collaborations, campaigning and capacity-building; and to be the bridge between researchers, policymakers and autistic people. We constantly seek ways of ensuring that the voice of the autism community, in all its facets, is clearly heard and that it informs all our discussions around the board table.

In 2018-19, we hugely grew Discover, the UK's national autism research network run by Autistica, which brings together families, autistic adults, researchers, clinicians and charities to accelerate autism science nationally. Over 13,000 people have now joined Discover and more than 20 universities are members. We held our first Discover research conference sharing the latest research with over 200 autistic people, parents and researchers. Discover's Autism Insight Group grew to 250 autistic people and parents who help develop new research ideas, provide real-life insights and experiences and test new products like our anxiety app. Our new Involvement Strategy laid out how we aim to accelerate genuine involvement of autistic people and families in our work and in research in general.

Our research portfolio grew substantially including a major study into health checks for autistic people, new research into parent-led PECS at home, a study into anti-epilepsy medication and the launch of our globally unique DARE study into autistic employment. We announced our first two Future Leaders in autism science and the first four winners of our autistic-led grants scheme backed by autism philanthropist Charles Sharland, as well as making further investments in our unique cohorts at Newcastle University. We published the first ever scoping review of UK autism research demonstrating how much our community-led approach has begun to change autism science. Thanks to the kind support of the Pears Foundation, we published our first ever Impact Plan to increase the impact of all our work and accelerate our progress.

Our influencing work to push autism up the political agenda led to the NHS making autism a clinical priority for the first time. Working alone and in partnership, we used the latest research to make the case for this prioritisation and are now working closely with civil servants to embed evidence from autism science at the heart of policymaking and clinical practice.

Our fundraising remained strong, including major grants from the Shirley Foundation, Peter Sowerby Foundation and The Paul Foundation, a host of new corporate partnerships including Fujitsu and Jupiter Asset Management, and a successful recruitment drive for new regular donors.

We keep our Board composition under regular review. In 2018, we welcomed our first autistic Board Apprentices who gain board-level experience enabling them to become Trustees in the future at Autistica or elsewhere. We welcomed Matthew Harris, Heather Kleeman, Matt Davis and Professor Jonathan Green as new Trustees. We said fond farewells to Professor Eric Taylor (Trustee), James Lowe (Treasurer) and Edward Chandler (Chair) after six years on the Board. Their contribution has been immense and we wish them all the very best for the future.

In 2019-20, Autistica will continue to fund ground-breaking new science, expand our reach and influence through Discover and international partnerships, and improve lives through our highly effective policy campaigns. Our priorities include building on our success securing autism as an NHS national clinical priority; building collaborations so we drive forward research we would not be able to deliver alone; and ensuring the UK's role in autism research is recognised internationally and the best global talent and funding is focused on the autism community's priorities. We look forward to working with all of our partners within autism and beyond to ensure every autistic person has the chance of a long, happy, healthy life.



Gill Ackers,
Chair



Jon Spiers,
Chief Executive

Trustees' Strategic Report

Autistica exists to offer autistic people and their families the chance of a long, happy, healthy life through funding and promoting ground-breaking research, improving understanding and advancing new therapies and interventions.

Despite scientific advances, too many autistic individuals and their families still tell us that they face a life-long struggle to access appropriate support and services. Research can transform this experience, raise awareness, and ensure that services are based on the latest evidence. But autism research is greatly underfunded compared to other conditions and a coordinated and focused effort is required to deliver change for the one in a hundred people in the UK and around the world who are autistic.

Autistica is committed to working in partnership to achieve both a step change in the amount of resource focused on autism research and to ensure that research funding is directed to those areas of greatest need. Autistica is the UK's only national autism research charity and acts as the bridge between autistic people, the research community and other funders of autism science. This is an exciting time in autism research and significant advances have been made in the last ten years, including a deeper understanding of autistic strengths, awareness of the tragic gap in life expectancy and a marked increase in the amount of autism science globally.

Together we can and will make a real and lasting difference.

Our vision is:

That every autistic person has a long, happy, healthy life.

Our mission is:

To improve outcomes for autistic people of all ages through world-class research

To grow autism research in the UK through innovative collaborations with other funders, campaigning for increased state investment and developing capacity and infrastructure within the research community

To be the bridge between researchers, policymakers and autistic people, ensuring that services are evidence-based and research responds to the autism community's needs and desires

Three values guide our work and help us ensure that our funds always have maximum impact:

1. Our community is involved at all levels

Our research priorities are largely derived from the top ten questions for research as identified by autistic people and their allies. We are already leaders in involvement but our new involvement strategy takes this to new heights. It ensures autistic people are involved during the full research cycle through dialogue between researchers, autistic people and families. This means research will have greater, faster impact for the people we serve.



2. We are confident in our vision and in autism research's capacity to change lives

We don't accept the life chances that autistic people currently face. When that meant facing up to the early deaths of autistic people, we campaigned worldwide to make this a research priority. Now we are funding vital studies to address this appalling inequality. We have clear ideas based on cutting-edge evidence and we fund innovative ideas and kick-start research in new areas. We make the right decisions, not the easy ones.

3. We collaborate with others

Progress is best made together. We work in partnership and want everyone to win. Autistica is working with international funders to develop autism research, including initiatives to understand global trends in funding for autism research. We proudly work with national and international research funders, and charities for autism, neurodevelopmental conditions and mental health.

2018-19 Grant Commitments

In line with our mission and in consultation with autistic people, parents and professionals, we continued to invest in new science corresponding to the priorities identified through our 2016 James Lind Alliance Priority Setting Partnership and our Research Strategy's key areas of focus:

1. World class research

Through a competitive Call for Proposals, we invested in a new communication study at King's College London and began our latest call on under-represented groups. With Newcastle University, we began our flagship autistic health checks study. Our first ever Future Leaders Awards were awarded, backing two of the brightest rising stars of autism science. We awarded four Charles Sharland awards to autistic people taking their first steps into research. Our Citizen Science initiative looking at sensory processing and the environment began at the world-leading Turing Institute. We continued to invest in community priorities including epilepsy, language and employment.

2. Outstanding environment

We have continued to work and expand Discover, the UK's autism research network. Started in 2017, this strategic initiative drives progress and accelerates research by fostering new collaborations between the community we serve and the academic world. Through Discover, autistic people and their loved ones can find out about the latest research findings, join new studies and even help design and deliver research themselves. We now have around 13,000 members of Discover, which includes almost 1000 researchers, as well as community members and professionals.

3. Innovative involvement

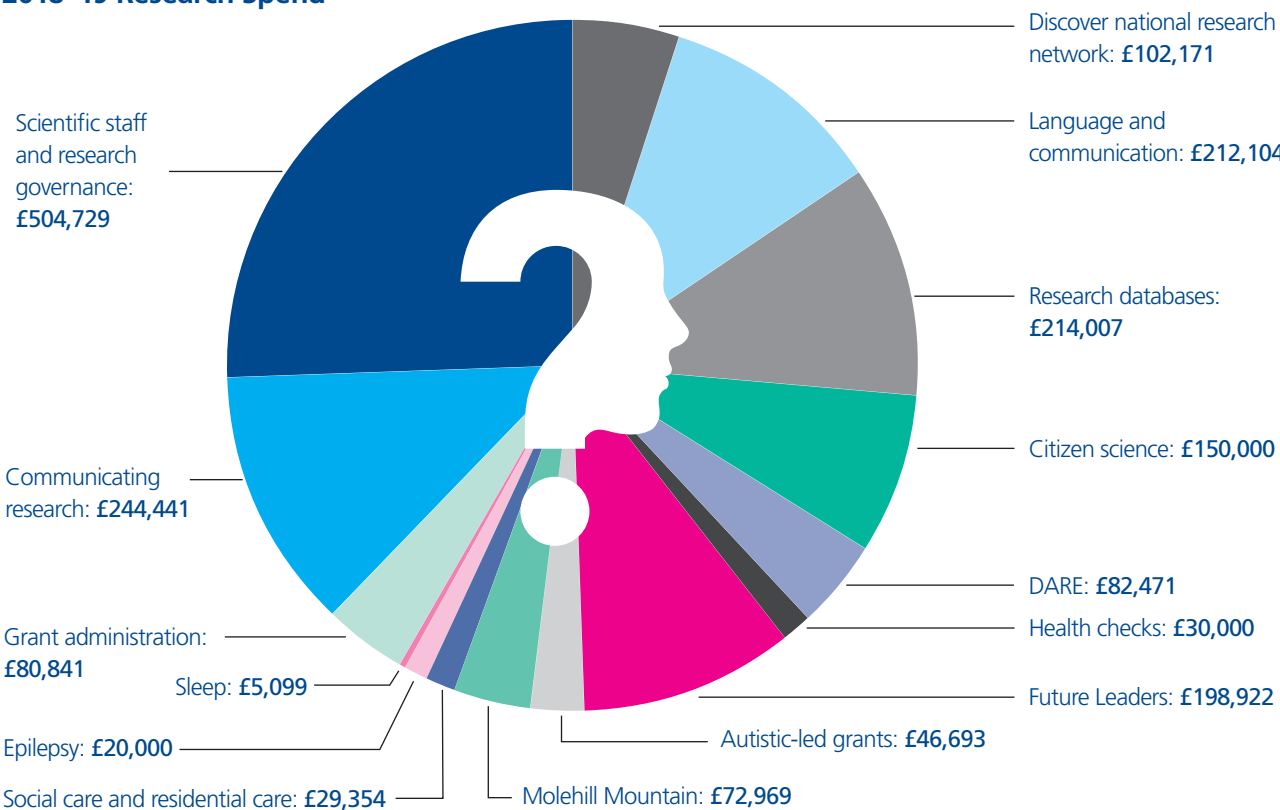
In 2018-19, we took our commitment to genuine community involvement to new heights, including an autistic-led grants scheme, a significantly widened Insight Group, new Autism Study Groups, leading on autistic and family involvement in the world's largest autism research grant and our new Involvement Promise.

4. Clear focus

We're proud that our research priorities are set by our community, tackling the outcomes that matter most to you. In 2018-19, these were mental health and suicide, physical health, language and communication, and epilepsy.

As well as existing commitments in autism across the lifespan, mental health and early intervention, we spent £2 million on our scientific work and laid the foundations for major new funding in 2019-20.

2018-19 Research Spend



2018-19 Highlights

Our Research

We believe that world-class research can provide the change that autistic people so desperately need. This year, Autistica has advanced our ability to work with others, backed future leaders, supported a raft of new high-impact projects and provided grants to enable autistic people to take their first steps into research.

Our strategy

Our research strategy aims to deliver change by focusing on your priorities, breaking new ground and supporting talented people. It positions Autistica not only as an innovative and ambitious research funder but as the driving force behind life-changing autism research across the UK.

Creating change for everyone

This year, we published a review of autism research funding in the UK. Following investment from Autistica and others, we found that the UK is beginning to become more effective at supporting community priorities and has started to fund more research across the lifespan. Yet we found that autistic women, people with learning disabilities and older adults were still often excluded from research.

Autistica will begin to address this in 2019 by funding a new call for proposals which address the need of groups who have been previously under-represented in autism research. Our call for proposals is part of an overall commitment by Autistica to serve everyone's needs and priorities.



Supporting changemakers

The key to world-class research is brilliant people. We're proud to have funded some outstanding researchers this year.

Future Leaders

We want to create a new cohort of future leaders in autism science. This year, Autistica awarded funds to our first two Future Leaders:

Dr Becky Lawson from Cambridge University is our first Future Leader and will focus on anxiety in autism. Almost half of autistic children have an anxiety disorder, an issue which affects most autistic people across their lifespan and is a top priority for our community. Becky uses innovative experimental methods which we hope will tell us much more about the mechanisms underpinning anxiety in autism. If we understand the mechanism, we can find new innovative ways to support autistic people and alleviate anxiety.

People with learning disability are often ignored in autism research. Our second Future Leader, **Dr Jane Waite at Aston University**, is dedicating her career towards changing that by specifically focussing on this population. In her future leader award, Jane will develop an intervention to give families the tools they need to help autistic children with learning disability as they deal with anxiety.

Next year we will take our work further through a new Autistica training programme that will bring together early career researchers to develop vital skills.

Autistic grantees

Perhaps more than any other area of medical research, autism research requires the insight of the people it serves for it to succeed. We believe it is vital to involve autistic people throughout the research cycle in different ways from consultation through to full participation. We also think it's important that autistic people have the opportunity to be independent researchers themselves. To achieve this goal, we launched our globally unique and cutting-edge Charles Sharland grants scheme this year to allow autistic people to take their first step into research. The result is four innovative research projects from four different autistic researchers on under-researched topics: 1) maternity services for autistic women, 2) autistic parenting, 3) gut issues in autism, and 4) disability benefits for autistic adults.



Language and communication

The biggest known childhood predictor of long-term outcomes for autistic children is their language and communication ability. Following an open contest, we funded leading expert Dr Vicky Slonims and her team at the Evelina Children's Hospital and King's College London to trial an intervention with families of young children using pictures to support communication. This system, known as PECS, is widely used in special schools but this is the first study examining how PECS can work delivered by parents at home.

Epilepsy

Seizures are a leading cause of death among autistic people, particularly those with the most complex needs. Yet virtually no studies have ever been done to understand how autistic people respond to common anti-epilepsy medications. This year, we funded Dr Rohit Shankar and colleagues at the University of Exeter to use NHS records to examine whether one of the most common epilepsy medicines is effective in autistic people. Next year, we'll make further major investments to tackle this leading killer of people on the autism spectrum.

Employment

Gaining and staying in work is a top priority for autistic people and their families. But we know very little about what actually works when autistic people are seeking work and once they are in employment. Following our groundbreaking work with Deutsche Bank, we were delighted to launch Discover Autism Research and Employment, known as DARE, a unique

collaboration between Autistica and University College London. Led by Dr Brett Heasman and Dr Anna Remington, DARE gathers data on autistic people's experiences in work and generates vital advice, information and awareness for companies of all sizes.

Mental health

Over 5,000 people have downloaded our Molehill Mountain app, designed to help autistic people live better with anxiety. Based on research we funded at King's College London, the app is a collaboration between Autistica and KCL and was designed and built with and by autistic people and their allies. It demonstrates our commitment to seeing research through until it achieves a tangible result. We're now seeking funding to add more features and assess the app's clinical effectiveness.

Collaborating on pressing issues

Citizen science

Autistic people experience the world around them differently and process sensory information such as sound and light differently. This can have a vast impact on many autistic people's day-to-day lives. We've joined forces with autistic people, parents, Fujitsu and the world-leading Alan Turing Institute to learn more about how this affects autistic people in the real world through an online 'citizen science' platform. By understanding which environments are challenging and why, we can build a better world for autistic people. We'll use the information to make environments like schools, workplaces and leisure facilities more accessible for autistic people and to educate the public.

Health checks

In 2015, we shared the tragic news that autistic people as a group die younger and face poorer health outcomes than the rest of the population. To help address this appalling and unacceptable inequality, we're funding our largest ever research grant with the kind support of the Peter Sowerby Foundation to develop a GP health check for autistic adults. This is being designed at Newcastle University in close collaboration with autistic adults, family members and experts from around the world. While the health check is being developed and trialled, we're working with NHS England to make its introduction successful from the start.

Social care

A top community priority for autism research is social care for autistic adults and the continued abuses and neglect highlighted in recent media coverage demonstrate why evidence-based care is so critical. Yet according to a scoping report we funded at the University of Kent, there's virtually no research in this area. This year we'll bring together funders, social care providers, autistic people, family members, researchers and others in a workshop to kickstart fresh, much-needed research.

Getting more autism research funded

Through our research network, Discover, researchers and funders are increasingly working with Autistica to get new research projects off the ground with autistic people and families at their heart. We've also partnered on the largest ever autism research project called AIMS-2-TRIALS. The project aims to provide personalised approaches for autistic people and our role is to support the involvement and engagement of autistic people and families in the project. We continue to work with all funders to ensure that projects based on the most pressing priorities are supported.

Autism Study Groups

2018 saw the launch of our Autism Study Groups made up of internationally renowned researchers, those toward the beginning of their careers, professionals from health, education and care settings, and autistic people and their family members. Autistica have founded four ASGs to increase the focus on areas traditionally underserved by research and to remove common barriers to high quality research. The four groups focus on Complex Needs, Mental Health, Language and Communication, and Adulthood, Physical Health and Ageing.

Each group has co-created their vision for what they hope to achieve together over the next three years to change the course of autism research. One group will influence editors of prominent academic journals to adopt guidelines allowing more research about people with complex needs to be published and another will work with organisations focused on health conditions like diabetes and heart disease to fund research to understand the intersection between those conditions and autism. Other goals include conducting truly co-produced research projects where people from different backgrounds with different types of expertise work together from the very inception of a research idea through to completing the project.

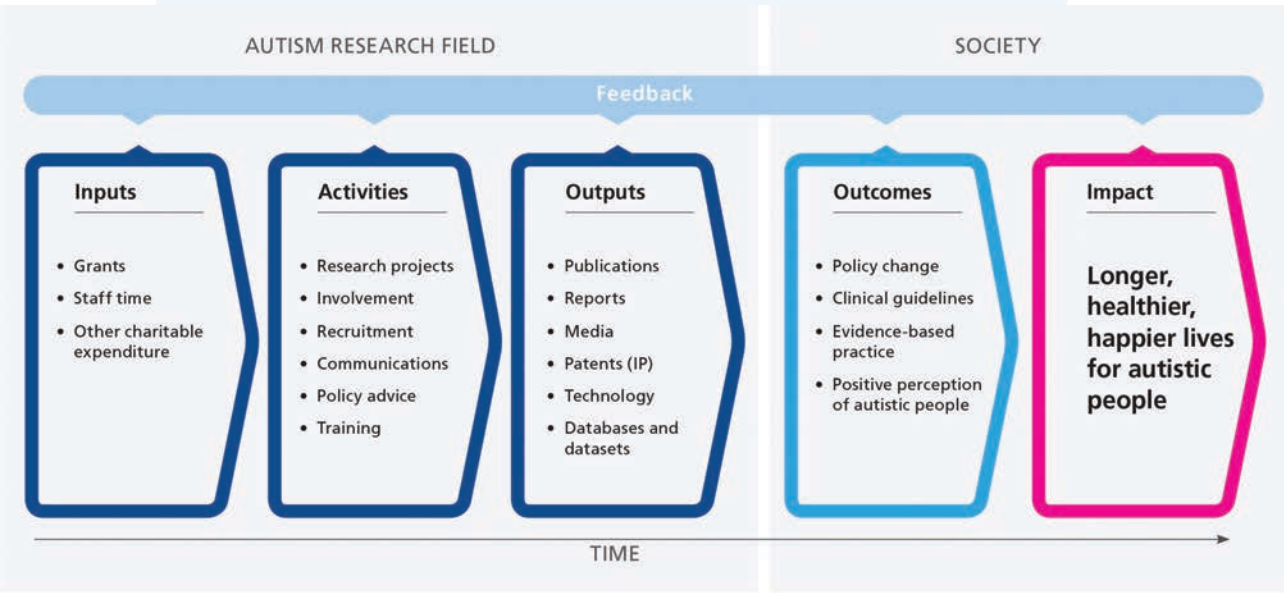


Measuring our impact

It's not enough to raise money, fund research and simply hope that it has an impact. That's why we revamped the way we think about, record and talk about the difference our work is making. We work with researchers to make sure their work has a real, positive and immediate impact on autistic people's lives. We tell researchers we fund that, rather than being motivated by their research being published in glamorous journals, we want to work with them to find the answers that matter most to autistic people and translate this new knowledge into real-world improvements. In 2018, we launched our Impact Plan with kind support from the Pears Foundation which sets out our commitment to breaking down some of the common barriers that prevent research from making a difference: ensuring research addresses questions important to the autism community, ensuring studies are high enough quality to produce meaningful results and increasing the amount of research free for everyone to access.

Our impact model

Adopted from the impact model of the Commonwealth Scientific and Industrial Research Organisation



Communicating for change

"For the last three years, many many professionals and educators have come into Beau's life, asked him for his views and then totally ignored them. You didn't. You listened to him, included him, and actively encouraged his voice." Lisa, mum of Beau – both on our Insight Group

We continue to involve more people in our work and have greater impact with our communications and policy work. The Discover Insight Group allows us to consult with the people we serve before launching campaigns and a growing Discover membership and events programme allows us to reach out to a community of people who can take part in research, support campaigns and donate to the charity.

Discover



The Discover network was launched in 2017 to bring autistic people, families, professionals and researchers closer together and solve issues that hold back the impact research can have on people's lives:

In the past	Now with Discover...
Nine in ten autistic people & parents wanted to take part in research, but didn't know how.	Families hear about studies as soon as they launch. Many projects allow families to take part online or over the phone.
Many research trials failed because they struggled to find participants.	Researchers can advertise via Discover, and get help to promote it effectively. Many now hit their recruitment target.
Researchers didn't involve autistic people in their study design, so often failed to get the results they hoped for.	The Insight Group within Discover is available to all researchers who wish to involve the community in the design of their research.
Few research studies focused on the autism community's priorities.	All researchers using Discover to recruit participants must be focused on a community priority area.

Discover Insight Group



Our Insight Group provide feedback on research proposals and study designs from researchers, campaign materials and survey designs. They attend engagement events and act as media spokespeople. In return, members receive training and are compensated for their time. This is invaluable to ensure research is as high quality and inclusive as possible and everything we communicate is accessible, sensitive and reflective of community priorities.

Discover Conference & Lectures

The inaugural Discover Conference took place in September 2018 at City, University of London. Researchers and community members who attended were extremely positive about the range of topics covered, the mix of attendees, the strong keynote talks and the efforts made to promote autistic voices. We hosted our second Discover Conference at the University of Reading in June 2019 and increased the number of interactive sessions and networking opportunities for those attending. Following the success of these two events, we are planning further events in 2020 and beyond.

Our First National Research Conference



230 people attended

"I cannot say how much attending this event has changed me. I cried with relief at the end of the day. To know that research is going on and people care, really made a huge impact on me. I felt supported, represented and that my future contributions to the area may truly make a difference."

Discover Conference Guest, 2018.

As part of our drive to involve people in research around the country, we also hosted a series of public engagement talks on community priority topics, led by our research centres in Birmingham and London. We will host more in 2019 thanks to the continued generous support of Terra Firma.

Changing opinions

We continue to work closely with the Science Media Centre and Sense About Science to provide scientific comment on autism-related news pieces, tackling myths and fake treatments and increasing the accuracy of media coverage. Our conversations with journalists led to numerous misleading stories being dropped. We believe that our role is to replace ignorance about autism with understanding and preventing the spread of "fake news" is an important part of that.



Changing public policy

This year, our work has changed public policy in ways that previously seemed impossible. Before 2018, NHS England did not have a team for improving healthcare for autistic people, particularly those without a learning disability. In 2018, following extensive campaigning by us and our allies, they appointed their first ever Autism Lead and announced that tackling autistic health inequalities would join cancer, mental health and cardiovascular disease as a top NHS clinical priority. In 2019, the Long Term Plan – the most important policy document in the NHS – committed to a range of Autistica recommendations and adopted our vision to ensure all autistic people "live happier, healthier, longer lives".

We have had huge success influencing the Department of Health and Social Care who agreed to make closing the gap in autistic people's life expectancy their highest priority for the English Autism Strategy. Our Action Briefings – co-produced with autistic people and leading academic experts – have provided Ministers and civil servants with vital evidence summaries and research ideas as they review the Strategy.

Until recently, no major NHS guidance or prevention policies addressed the high rates of suicide in the autistic community. During 2018, Samaritans began testing new text-based support services with our Autism Insight Group. NICE, who write the clinical guidelines for doctors, also acted on our advice to highlight autistic people in their suicide prevention guidelines. The Minister for Suicide Prevention committed to exploring better ways of supporting autistic people with mental health issues.

Thank you

Thank you to the autistic people, families, professionals and researchers who have given their time to shape our communications and to the influencers and celebrities who have helped raise the profile of our work. Special thanks to Ken Bruce, Paul Cornell, Carrie Grant, Gethin Jones, Kathy Lette, David Mitchell, Jules Robertson and Steve Silberman.

Funding Brighter Futures

In spite of another difficult year for many charities, Autistica has continued to benefit from the support of our dedicated and tireless donors. Our unique commitment to tackling the challenges that matter most to the people we serve remains our most powerful tool for attracting income. We were proud to be recognised with multiple awards this year, reflecting our leading status among small and medium sized charities.

Our success working with companies continued, including two new partnerships in the technology and finance sectors. In January 2019, we launched our two-year partnership with Fujitsu raising vital funds and empowering autistic people through technology to overcome sensory issues. Fujitsu are supporting our innovative citizen science project by creating an online platform where autistic people, family members and carers can share how sensory processing affects their daily life. By harnessing Fujitsu's technical expertise, this will ensure people can take part with ease and provide us with insights to make places like schools, leisure facilities and workplaces more accessible for autistic people. We also launched a new partnership with Jupiter Asset Management with employees undertaking a range of exciting and challenging fundraising and awareness events throughout the year.

We were proud to launch our new games strategy. The computer games sector is one of the fastest growing in the world, hugely financially successful yet still philanthropically under-developed. Games companies are far more likely than most to be employing autistic people which provides Autistica with a unique opportunity to partner with key studios, publishers and developers.

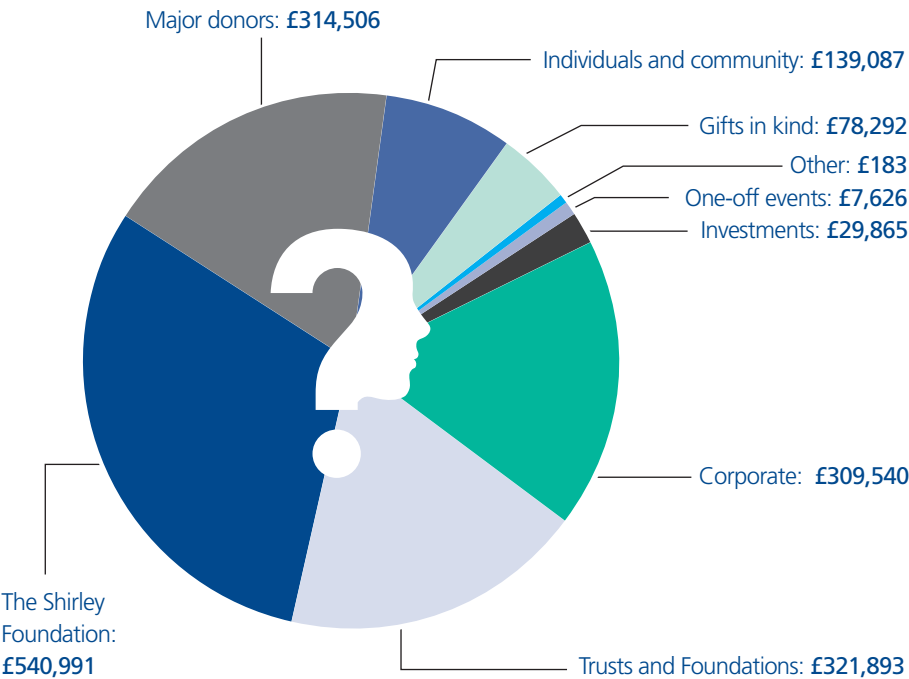
We continued to grow our individual supporter base with more people supporting us through running, cycling, abseiling and having fun to raise vital funds and awareness.

We have increased the number of trusts and foundations that support our work with a particular focus on bringing in new donors. This year, we secured significant support from The Paul Foundation to support artificial intelligence (AI) in early intervention research. This grant will allow us to launch our first AI summit and support a new major study following the summit.

Our major donors continued to be vital supporters of our work and we were particularly delighted to be the sole beneficiary of the assets of the Shirley Foundation, set up by our Founder Dame Stephanie Shirley CH over 20 years ago and officially closed in 2018. Dame Stephanie continues to work tirelessly for Autistica and the book of her extraordinary life "Let it Go" will soon begin filming. We are hugely proud of all she has achieved and humbled to be continuing her work.

We receive no government funding so we want to thank everyone who has given such invaluable support this year – we couldn't deliver our vital work without you.

Total income: £1,741,983



Looking Ahead

Thanks to the incredible support of our donors, researchers and the community we serve, Autistica has undergone major growth in the past year. But we cannot rest on our laurels: we are the only national charity dedicated to changing lives through autism research and the scale of the challenge remains enormous.

We remain dedicated to ensuring that we get the greatest return for every pound donated, and wherever possible leverage further investment on the work that we fund. Working in partnership with an expanded group of funders, including those outside the UK, will continue to be a major priority for us in 2019-20.

In the year ahead, we will:

- Invest at least £1.4m in autism research and involvement, including new studies into under-researched groups and our second round of autistic-led grant awards
- Further develop our Discover network, including delivering the second annual Discover conference and rolling out training for early career researchers
- Seek to build a coalition of funders for investment in autism and epilepsy research to get major new studies off the ground
- Continue to roll out our DARE initiative to increase the evidence base for autistic employment so more autistic people get into and stay in work
- Work with the Government and NHS to ensure your priorities are at the heart of the revised national autism strategy and NHS Long Term Plan
- Continue campaigning to change the appalling rates of premature death among autistic people.



Public Benefit and Impact

The Trustees have referred to the Charity Commission's guidance on public benefit in relation to the charity's aims and objectives. The Trustees consider it important to demonstrate to supporters and others interested in our work that the research we have funded will support medical progress and enhance understanding.

Autistic people and their families are at the heart of our Research Strategy, our national Discover research network and embedded within our wider governance processes. Our overarching aim by doing so is to improve outcomes, giving longer, healthier and happier lives to all autistic people.

Autistic people and family members play an active role on our Scientific Review Panel and the many advisory structures which oversee our work. Both our Ageing with Autism programme and our Mental Health in Autism programme are supported by the National Institute of Health Research (NIHR), building on their investment in the Biomedical Research Centres for Ageing and Mental Health. Through Discover, our autism research network, we provide mechanisms to involve autistic people and families in research as participants, advisers, co-designers and researchers. In 2019, we published our Impact Plan to better quantify, demonstrate and increase the huge impact of the work we do.

We know how important it is that scarce resources are deployed on research that is not just important to families, but is also of the highest quality, internationally competitive and does not inappropriately duplicate investment made elsewhere. As a member of the Association of Medical Research Charities, we are committed to the highest possible standards of research governance and independent peer review underscores all the research that we fund. In addition to the Scientific Review Panel which scores and deliberates on all research proposals, we are fortunate to benefit from independent strategic advice from world-leading experts in neurodevelopmental conditions, including autism.

Autistica is regulated by the Fundraising Regulator and a proud member of the Fundraising Standards Board. We are committed to best practice in fundraising and customer service.

Our fundraising team works carefully with third parties who are experts in telephone and digital fundraising, and who feel as passionately about autism research as we do. Working with agencies allows us to raise vital funds in the most cost-effective way, and we closely manage the work they do on our behalf. Through our Privacy Policies, we promise to keep our supporters informed about our work and to treat their information with respect. Over the past year, we worked with Stratcom, who provided telephone fundraising for us, and Copper, who carried out digital fundraising on our behalf.



Structure, Governance and Management

How we are governed

Autistica was registered as a charity in December 2004 and its governing document is its Memorandum and Articles of Association, which were adopted on 20 July 2004. Autistica is incorporated under the Companies Act 2006 as a company limited by guarantee having no share capital. For the purposes of this Act, the Chair and other Trustees (none of whom receives any remuneration) are the directors of the company. A full list of Trustees, together with other legal and administrative information, can be found at the front of this report.

The Board of Trustees meets formally four times a year and additionally relies on a number of Board sub-committees to provide further oversight of the work of the charity (see inside back cover), which are each chaired by a Trustee. All key decisions, including the allocation of funds for research, are taken at full meetings of the Trustee Board.

On 31 March 2019, there were ten members of our Trustee Board. Trustees may serve for up to two terms of three years and are appointed in accordance with the Memorandum and Articles of Association. The Board approved the appointment of Matt Davis and Heather Kleeman in May 2018 and Professor Jonathan Green and Matthew Harris in November 2018. James Lowe and Professor Eric Taylor stood down following two terms on the Board in November 2018 and our Chair Edward Chandler stood down following two terms on the Board in February 2019. Gill Ackers was elected Chair by the Board in February 2019.

In 2018, we recruited two autistic Board Apprentices to increase autistic involvement in our governance.

In November 2018, we amended our Objects to bring them into line with current charity law and add a new Object to fund research and provide support to autistic people and companies in order to increase autistic employment.

The following issues are addressed by the Trustees during the year:

- reviewing progress against our business plan and research strategy
- agreeing and monitoring an annual business and financial plan
- the award of all grants for research
- the risks the charity is facing in delivering its plans
- the impact of the charity's work.

Each year the skills and expertise required within the Trustee Board are reviewed to help the charity deliver its objectives. If gaps are identified or a vacancy occurs, new Trustees with the appropriate skills and experience are identified. All Trustees are offered a full induction when they join and Trustee training is available to keep Trustees up to date with the environment in which the charity operates.

How we are managed

The Chief Executive is responsible to the Board of Trustees for the management of the charity. The Director of Science and Director of Fundraising report to the Chief Executive. Remuneration for senior staff is set at market rates and reviewed annually by the Remuneration Committee.

The administrative offices of the charity are in Southwark.

Risk management

The Trustees formally consider the major risks faced by the charity as part of a risk management strategy that comprises:

- an annual review of the risks faced by the charity in delivering its plans
- the establishment of systems and procedures to manage those risks identified in the review
- the implementation of procedures designed to minimise any potential negative impact on the charity should those risks materialise.

The charity has identified a number of key risks this year, including the effect of a post-Brexit economic downturn on income, income diversification and improving national and international collaborations in autism research. Investment in fundraising, policy and communications put us in a strong position to grow income and influence. We continue to actively seek new partnerships within and beyond autism science and build pro bono support to increase capacity.

Reserves

The Trustees review the reserve policy annually and consider the charity should hold free reserves of approximately £550,000 (2017-18 – £500,000) to cover six months' operating costs with a contingency of £50,000 in the event of a significant reduction in planned income. At 31 March 2019, the charity had free reserves excluding designated funds of £534,120 (2017-18 - £557,354).

There are funds of £497,000 designated at year-end to the following projects:

£300,000	Under-served groups call for proposals in 2019
£107,000	Newcastle cohort database costs in 2020
£90,000	Epilepsy projects in 2020

At 31 March 2019, the charity had restricted reserves of £509,345 (2017-18 - £873,714).

Investments

Free reserves and other surplus cash are held in interest bearing deposit accounts with authorised UK deposit takers or in regulated money market funds, with a maximum of four to six months' operating costs (c.£400,000-£500,000) held in the current account.

Cash outside of the current account should be held in individual interest bearing deposit accounts with authorised UK deposit takers which benefit from the government FSCS guarantee scheme (currently up to £85,000), using the Insignis cash management platform. The maximum amount per deposit account should not exceed £100,000. These can be a mix of instant or close to instant access and longer-term access accounts.

A maximum of 50% of total cash or £1,100,000, whichever is lower, can be held in regulated money market funds with an AAA rating from Fitch and/or Standard & Poor's, provided that the funds offer instant, or close to instant, access.

A maximum of 25% of total cash or £750,000, whichever is the lower, can be held in equities or funds in line with the asset investment policy. These should be managed by a regulated asset manager.

Investments are reviewed by the Finance Committee, which meets four times a year, and Trustees are advised of any recommended changes at full meetings of the Trustee Board.

Approval

The report has been prepared in accordance with the Statement of Recommended Practice: 'Accounting and Reporting by Charities' and in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to smaller entities.

The Trustees' Report and Financial Statements were approved by the Board of Trustees on 1 August 2019.

On behalf of the Board

Matthew Harris
Honorary Treasurer
Date: 1 August 2019



Statement of Trustees' Responsibilities

Statement of disclosure to auditors

The trustees (who are also directors of Autistica for the purposes of company law) are responsible for preparing the Trustees' Annual Report (including the Strategic Report) and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP 2015 (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK 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 charitable company will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the 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 auditor is 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.

Gill Ackers
Chair of Trustees
Date: 1 August 2019

Independent Auditor's Report to the Members

Opinion

We have audited the financial statements of Autistica for the year ended 31 March 2019 which comprise the Statement of Financial Activities, Balance Sheet, Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 The Financial Reporting Standard applicable in the UK (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the group's and parent charitable company's affairs as at 31 March 2019, and of the group's incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006 and the Charities Act 2011.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the group and parent charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

- the trustees' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the trustees have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the group's or parent charitable company's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the

trustees' annual report, other than the financial statements and our auditor's report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information; we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the trustees' report (incorporating the strategic report and the trustees' report) for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the strategic report and the trustees' report have been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of our knowledge and understanding of the group and parent charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the strategic report and the trustees' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 and the Charities Act 2011 requires us to report to you if, in our opinion:

- adequate and sufficient accounting records have not been kept by the parent charitable company, or returns adequate for our audit have not been received from branches not visited by us; or
- the parent charitable company's financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of directors' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the trustees’ responsibilities statement set out on page 18, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the group’s and parent charitable company’s ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the group or the parent charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor’s responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor’s report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council’s website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor’s report.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

Use of our report

This report is made solely to the charitable company’s members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company’s members those matters we are required to state to them in an auditor’s report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company’s members as a, for our audit work, for this report, or for the opinions we have formed.

Michelle Wilkes FCA
for and on behalf of **Wilkins Kennedy Audit Services**

Senior Statutory Auditor
Greytown House
221-227 High Street
Orpington
Kent
BR6 0NZ



Financials

Statement of Financial Activities, including Income and Expenditure for the year ending 31 March 2019

			Year ending 31 March 2019	Year ending 31 March 2018
	Notes	Unrestricted £	Restricted £	Total Funds £
INCOME FROM:				
Donations	2	694,074	477,053	1,171,127
Shirley Foundation	2	540,991	-	540,991
Investment Income		29,865	-	29,865
Total Income		1,264,930	477,053	1,741,983
EXPENDITURE ON:				
Costs of Raising Funds				
Costs of generating donations	3	403,372	25,543	428,915
Cost of events	3	56,408	-	56,408
		459,780	25,543	485,323
Expenditure on Charitable Activities				
Grants for medical research	4	1,276,834	220,161	1,496,995
Medical research dissemination	4	450,268	46,536	496,804
		1,727,102	266,697	1,993,799
Total Expenditure		2,186,882	292,240	2,479,122
NET INCOME/(EXPENDITURE) BEFORE GAINS AND LOSSES ON INVESTMENTS AND TRANSFERS				
		(921,952)	184,813	(737,139)
Net gains on investments		32,536	-	32,536
Transfer between funds	14,15	549,182	(549,182)	-
NET MOVEMENT IN FUNDS		(340,234)	(364,369)	(704,603)
Total funds brought forward		1,371,354	873,714	2,245,068
TOTAL FUNDS CARRIED FORWARD		1,031,120	509,345	1,540,465

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

Comparative Statement of Financial Activities, including Income and Expenditure

for the year ending 31 March 2018

	Year ending 31 March 2018		
	Unrestricted Funds £	Restricted Funds £	Total Funds £
INCOME FROM:			
Donations	1,611,951	556,800	2,168,751
Investment income	26,589		26,589
Total income	1,638,540	556,800	2,195,340
EXPENDITURE ON:			
Costs of raising funds			
Costs of generating donations	467,782	10,821	478,603
Cost of events	24,729	-	24,729
	492,511	10,821	503,332
Expenditure on charitable activities			
Grants for medical research	999,239	325,995	1,325,234
Medical research dissemination	334,347	-	334,347
	1,333,586	325,995	1,659,581
Total expenditure	1,826,097	336,816	2,162,913
NET INCOME/(EXPENDITURE) FOR THE YEAR	(187,557)	219,984	32,427
Transfer between funds	(9,944)	9,944	-
NET MOVEMENT IN FUNDS	(197,501)	229,928	32,427
Total funds brought forward	1,568,855	643,786	2,212,641
TOTAL FUNDS CARRIED FORWARD	1,371,354	873,714	2,245,068

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

Balance Sheet

as at 31 March 2019

	Notes	2019 £	2018 £
FIXED ASSETS			
Tangible assets	8	942	3,094
Investments	9	573,527	-
		574,469	3,094
CURRENT ASSETS			
Debtors - amounts falling due within one year	10	245,854	293,697
Current asset investment	11	90,088	89,107
Cash at bank		2,177,063	2,761,624
		2,513,005	3,144,428
CREDITORS			
Creditors: amounts falling due within one year	12	(1,353,256)	(719,299)
NET CURRENT ASSETS		1,159,749	2,425,129
TOTAL ASSETS LESS CURRENT LIABILITIES		1,734,218	2,428,223
CREDITORS			
Creditors: amounts falling due after one year	13	(193,753)	(183,155)
NET ASSETS		1,540,465	2,245,068
RESERVES			
Unrestricted funds – general	14	534,120	557,354
Designated funds	14	497,000	814,000
Restricted funds	15	509,345	873,714
TOTAL FUNDS	16	1,540,465	2,245,068

Approved by the Board of Trustees on 1 August 2019 and signed on behalf of the Board

Matthew Harris
Honorary Treasurer

Company Registration Number: 05184164

Statement of Cash Flow

for the year ending 31 March 2019

	Notes	2019 £	2018 £
NET CASH (OUTFLOW)/INFLOW FROM OPERATING ACTIVITIES	17	(613,445)	709,331
CASH FLOW FROM INVESTING ACTIVITIES			
Bank interest		29,865	26,589
Net cash flow from investing activities		29,865	26,589
Net (decrease)/increase in cash and cash equivalents		(583,580)	735,920
Cash and cash equivalents at beginning of year		2,850,731	2,114,811
Cash and cash equivalents at the end of the year		2,267,151	2,850,731

Notes to the Financial Statements

for the year ending 31 March 2019

1 ACCOUNTING POLICIES

a Basis of preparation

Autistica is a company limited by guarantee in the United Kingdom. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The address of the registered office is given in the charity information on page 4 of these financial statements. The nature of the charity's operations and principal activities are set out on page 6.

The charity constitutes a public benefit entity as defined by FRS 102. 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 (FRS 102) issued on 16 July 2017, the Charities Act 2011 and UK Generally Accepted Practice as it applies from 31 March 2018 updated for bulletin 1 & 2.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements are prepared in sterling which is the functional currency of the charity.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

b Income

All income is included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

For donations and grants receivable are included in full in the Statement of Financial Activities when receivable.

Investment income is accounted for when received. Tax recoverable on investment income is accounted for on a receivable basis.

Other income is included in full in the Statement of Financial Activities when receivable.

Gifts in kind and donated services are included at the open market value of the goods or services provided.

c Expenditure

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably. It is categorised under the following headings:

- Raising funds are those costs incurred in attracting voluntary income.
- Expenditure on charitable activities includes expenditure associated with grants for medical research and medical research dissemination. Grants payable are accounted for at the point that either conditions for receipt have been satisfied or the post being funded is filled.

d Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

The designated fund balance has been represented to ensure that fund balance stated accurately reflects the designation policy adopted by the trustees.

e Tangible fixed assets

All assets costing over £5,000 are capitalised. Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost or valuation of fixed assets, less their estimated residual value, over their expected useful lives as follows:

- Computer equipment	33%	straight line
- Other equipment and fittings	25%	straight line

f Debtors and creditors receivable/payable within one year

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.

g Leasing commitments

Assets acquired under finance leases are capitalised and depreciated over the shorter of the lease term and the expected useful life of the asset. Minimum lease payments are apportioned between the finance charge and the reduction of the outstanding lease liability using the effective interest method. The related obligations, net of future finance charges, are included in creditors.

Rentals payable and receivable under operating leases are charged to the SoFA on a straight line basis over the period of the lease.

h Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

i Judgements and key sources of estimation uncertainty

The following judgements (apart from those involving estimates) have been made in the process of applying the above accounting policies that have had the most significant effect on amounts recognised in the financial statements:

Useful economic lives of tangible assets

The annual depreciation charge for tangible assets is sensitive to changes in the estimated useful economic lives and residual values of the assets. The useful economic lives and residual values are re-assessed annually. They are amended when necessary to reflect current estimates, based on technological advancement, future investments, economic utilisation and the physical condition of the assets. See note 8 for the carrying amount of the tangible fixed assets, and note 1(e) for the useful economic lives for each class of assets.

Bad debts

Debtors are regularly reviewed for recoverability. Any debts which in the opinion of trustees are not recoverable are provided for as a specific bad debt.

The are no key assumptions concerning the future and other key sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next financial year.

J Fixed Asset Investments

Investments are recognised initially at fair value which is normally the transaction price excluding transaction costs. Subsequently, they are measured at fair value with changes recognised in 'net gains / (losses) on investments' in the SoFA if the shares are publicly traded or their fair value can otherwise be measured reliably. Other investments are measured at cost less impairment

2 INCOME	2019	2018
	£	£
Donations	578,116	1,495,243
Shirley Foundation	540,991	-
Gifts in kind	78,292	65,622
Challenge events	37,666	51,086
Unrestricted income	1,235,065	1,611,951
Restricted donations	477,053	556,800
Total Income	1,712,118	2,168,751
	2019	2018
	£	£
Gifts in Kind		
Costs of generating donations	-	59,622
Charitable activities, disseminating information on autism and autism research	70,792	-
Governance costs and consultancy	7,500	6,000
	78,292	65,622

The above activities were organised by the charity. Income from activities organised by individuals and donated to the charity are included in voluntary income.

Notes to the Financial Statements

for the year ending 31 March 2019

3 COST OF RAISING FUNDS	2019	2018
	£	£
Costs of Generating Donations		
Website, database, literature and PR costs	23,199	12,220
Other fundraising expenses	51,648	102,946
Allocation of administrative support costs (note 6)	73,142	69,546
Staff costs (note 7)	280,926	293,891
	<u>428,915</u>	<u>478,603</u>
Cost of Events	2019	2018
	£	£
Challenge events costs	31,085	6,141
Other event costs	6,075	286
Allocation of administrative support costs (Note 6)	19,248	18,302
	<u>56,408</u>	<u>24,729</u>

4 EXPENDITURE ON CHARITABLE ACTIVITIES	Unrestricted	Restricted	2019	2018
	£	£	£	£
Grants for medical research:				
The Institute of Psychiatry, Psychology & Neuroscience	-	72,969	72,969	50,107
Mental Health - Anxiety Toolkit	-	-	-	67,724
Deutsche Bank workplace internships	-	-	-	250
The Autism Spectrum Database - UK	-	102,171	102,171	124,801
Discover Network	-	-	-	43,405
Epilepsy Summit	-	-	-	183,734
Intolerance of Uncertainty	-	-	-	166,985
Anxiety and Depression in Minimally Verbal Individuals	-	-	-	90,099
Anorexia Nervosa in Autistic Women	-	-	-	112,500
ESRC Studentship - multi-lingualism and autism	15,000	-	15,000	175,428
MQ Fellow	-	-	-	(3,375)
Research Databases	214,007	-	214,007	(5,000)
SHAPE, The Sowerby Health intervention for Autistic People	30,000	-	30,000	12,000
Social Care Scoping	9,355	-	9,355	-
Residential Care	19,998	-	19,998	-
Setting priorities for sleep research	5,099	-	5,099	-
Home based PECs	197,104	-	197,104	-
DARE	72,470	10,000	82,470	-
Impact of AED's	20,000	-	20,000	-
Future Leaders Award - Becky Lawson	99,836	-	99,836	-
Future Leaders Award - Jane Waite	99,086	-	99,086	-
Turing Citizen Science	150,000	-	150,000	-
Autistic-Led Grants - Kabie Brook	12,400	-	12,400	-
Autistic-Led Grants - Royal Holloway, University of London	12,495	-	12,495	-
Autistic-Led Grants - Sara King	12,330	-	12,330	-
Autistic-Led Grants - Joseph Scanlon	9,468	-	9,468	-
Governance costs (Note 5)	25,564	-	25,564	27,687
Grant Administration costs (Note 6)	80,842	-	80,842	76,867
Staff costs (Note 7)	191,780	35,021	226,801	202,022
Total Grant Expenditure	<u>1,276,834</u>	<u>220,161</u>	<u>1496, 995</u>	<u>1,325,234</u>
Research Dissemination	232,925	11,515	244,440	144,346
Governance costs (note 5)	25,563	-	25,563	27,687
Staff costs (note 7)	191,780	35,021	226,801	162,314
	<u>1,727,102</u>	<u>266,697</u>	<u>1,993,799</u>	<u>1,659,581</u>

5 GOVERNANCE COSTS	2019	2018
	£	£
External audit	8,700	8,690
Trustees' liability insurance	2,837	2,829
Consultancy & recruitment costs	2,694	7,285
Other governance costs	7,994	3,598
Allocation of administrative support costs (Note 6)	19,248	18,302
Staff costs (Note 7)	9,654	14,670
	<u>51,127</u>	<u>55,374</u>

No Trustees were paid during this period. No Trustees received reimbursements.
Governance costs were allocated equally against Grants and Dissemination expenditure in Charitable Activities.

6 ADMINISTRATIVE SUPPORT COSTS	2019	2018
	£	£
Telephone	7,797	7,931
IT Expenditure	40,659	13,812
Stationery, copying, postage and other office expenses	5,507	7,155
Staff recruitment and professional development	46,148	35,415
Rent and rates	30,155	33,133
Depreciation	2,152	4,463
Other	28,710	41,270
Staff costs (note 7)	31,352	39,838
Total support costs	<u>192,480</u>	<u>183,017</u>
These are divided:		
Generating donations 38% (Note 3) (2018: 38%)	73,142	69,546
Events 10% (Note 3) (2018: 10%)	19,248	18,302
Charitable activities 42% (Note 4) (2018: 42%)	80,842	76,867
Corporate governance 10% (Note 5) (2018: 10%)	19,248	18,302
	<u>192,480</u>	<u>183,017</u>

7 STAFF COSTS	2019	2018
	£	£
Salaries	673,225	635,625
Social security costs	84,223	59,487
Pension costs	18,086	17,623
	<u>775,534</u>	<u>712,735</u>
These are allocated:		
Generating donations (Note 3)	280,926	293,891
Charitable activities (£70,042 is restricted expenditure (2018 £39,708) (Note 4))	453,602	364,336
Corporate governance (Note 5)	9,654	14,670
Administration - support costs (Note 6)	31,352	39,838
	<u>775,534</u>	<u>712,735</u>
The charity employed 27 full-time and 1 part-time staff members during the year to 31 March 2019 (2018: 19 full-time and 1 part-time). Staff costs are allocated between the various activities according to time spent. The amounts disclosed above include the following number of highly paid employees:		
	2019 no.	2018 no.
£60,000-£70,000	1	1
£70,000-£80,000	2	1
£90,000-£100,000	1	1

2019 figures include the incoming and outgoing Directors of Fundraising. The total amount of employee benefits received by key management personnel is £269,304 (2017-18 - £260,216). The charity considers its key management personnel to comprise those individuals listed on page 4.

Notes to the Financial Statements

for the year ending 31 March 2019

8 TANGIBLE FIXED ASSETS			
	Computer Equipment	Other equipment and fittings	Total
	£	£	£
COST			
At 1 April 2018	2,760	6,145	8,905
Additions	-	-	-
Disposals	-	(4,860)	(4,860)
As at 31 March 2019	<u>2,760</u>	<u>1,285</u>	<u>4,045</u>
DEPRECIATION			
At 1 April 2018	1,380	4,431	5,811
Depreciation on disposals	-	(4,860)	(4,860)
Charge for the year	920	1,232	2,152
As at 31 March 2019	<u>2,300</u>	<u>803</u>	<u>3,103</u>
Net book value at 31 March 2019	<u>460</u>	<u>482</u>	<u>942</u>
Net book value at 31 March 2018	<u>1,380</u>	<u>1,714</u>	<u>3,094</u>

9 INVESTMENTS			
	2019	2018	
	£	£	
Market Value			
Additions	540,991	-	
Unrealised gains	32,536	-	
As at 31 March 2019	<u>573,527</u>	<u>-</u>	
Historical cost	<u>540,991</u>	<u>-</u>	
Investments at fair value comprise			
Fixed Income	73,653	-	
Equities	443,313	-	
Alternatives	30,176	-	
Cash	26,385	-	
	<u>573,527</u>	<u>-</u>	

All investments are carried at their fair value. Investments in equities are all traded in quoted public markets, primarily the London Stock Exchange. Holdings in common investment funds, unit trusts and open-ended investment companies are at the bid price. The basis of fair value for quoted investments is equivalent to the market value, using the bid price. Asset sales and purchases are recognised at the date of trade at cost (that is their transaction value).

Investments individually representing greater than 5% of the portfolio held are:

	2019	2018
	£	£
Waverton Portfolio Funds 'A' Inc	<u>534,800</u>	<u>-</u>

10 DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR			
	2019	2018	
	£	£	
Other debtors	206,105	254,470	
Prepayments and accrued income	39,749	39,227	
	<u>245,854</u>	<u>293,697</u>	

11 CURRENT ASSET INVESTMENTS			
	2019	2018	
	£	£	
Short term deposits	<u>90,088</u>	<u>89,107</u>	
	<u>90,088</u>	<u>89,107</u>	

Short term deposits have an original maturity of 100 days, an average maturity at the balance sheet date of 100 days and an average interest rate of 1.1%

12 CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR			
	2019	2018	
	£	£	
Trade creditors	287,080	75,707	
Other creditors	-	218	
Grant commitments	1,028,157	613,961	
Accruals and deferred income	<u>38,019</u>	<u>29,413</u>	
	<u>1,353,256</u>	<u>719,299</u>	

13 CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR			
	2019	2018	
	£	£	
Grant commitments (see table below)	<u>193,753</u>	<u>183,155</u>	
	Less than 1 year	More than 1 year	Total
	£	£	£
At 1 April 2018	613,961	183,155	797,116
Transfers	160,655	(160,655)	-
Grant commitments	803,397	171,253	974,650
Paid in year	(549,856)	-	(549,856)
As at 31 March 2019	<u>1,028,157</u>	<u>193,753</u>	<u>1,221,911</u>

14a UNRESTRICTED FUNDS CURRENT YEAR					
	Balances	Income	Expenditure	Transfers	Balances c/f
	£	£	£	£	£
Designated Funds	814,000	-	(814,000)	497,000	497,000
General unrestricted funds	557,354	1,264,930	(2,186,882)	898,718	534,120
	<u>1,371,354</u>	<u>1,264,930</u>	<u>(3,000,882)</u>	<u>1,395,718</u>	<u>1,031,120</u>

Designated funds:-
£300,000 Underserved Populations Call for Proposals
£107,000 Newcastle Cohort Database Costs,
£90,000 2020 Future Leader Awards in Epilepsy

14b UNRESTRICTED FUNDS PREVIOUS YEAR					
	Balances	Income	Expenditure	Transfers	Balances c/f
	£	£	£	£	£
Designated Funds	757,500	-	-	56,500	814,000
General unrestricted funds	811,355	1,638,540	(1,826,097)	(66,444)	557,354
	<u>1,568,855</u>	<u>1,638,540</u>	<u>(1,826,097)</u>	<u>(9,944)</u>	<u>1,371,354</u>

Designated funds -
£400,000 Language and Communication Call for Proposals
£214,000 Newcastle cohort database costs,
£100,000 2018 Future Leader Award
£100,000 Discover recruitment and donor acquisition programme

Notes to the Financial Statements

for the year ending 31 March 2019

15a RESTRICTED FUNDS CURRENT YEAR					
2019					
	Balances b/f £	Income £	Expenditure £	Transfers £	Balances c/f £
Restricted Funds					
University of Newcastle					
ASD-UK Research Database	-	26,308	-	(26,308)	-
University of Newcastle					
Autistica Centre for Ageing with Autism - Project 2	-	1,250	-	(1,250)	-
The Institute of Psychiatry, Psychology & Neuroscience					
Mental Health - Anxiety Toolkit	44,893	24,100	(72,567)	3,574	-
Bangor University					
Early intervention - Incredible Years	-	2,500	-	(2,500)	-
The University of Bedfordshire					
Early intervention - Stigma prevention	-	1,000	-	(1,000)	-
Autism Clinical Research Network	594,776	-	(160,445)	(126,426)	307,905
Epilepsy summit	28,425	-	(10,558)	(17,867)	-
Impact Reporting	28,000	-	-	(28,000)	-
Local Engagement	16,482	30,000	(31,929)	-	14,553
Epilepsy	15,000	-	-	(15,000)	-
Language and Communication Call	25,000	-	(75)	(24,925)	-
Intolerance of Uncertainty	12,500	1,400	-	(13,900)	-
Anxiety and Depression in Minimally Verbal Individuals	-	500	-	(500)	-
DB Intern Scheme (Phase 2 - UK only)	(33,862)	33,862	-	-	-
SHApe, the Sowerby Health intervention for Autistic People	30,000	152,893	(2,265)	(33,000)	147,628
Autistic-led Grants	62,500	-	-	(46,693)	15,807
Data science fellow	50,000	50,000	(51)	(99,949)	-
Residential Care	-	6,000	-	(6,000)	-
DARE	-	47,240	14,350)	(29,438)	3,452
Home Based PECs	-	80,000	-	(80,000)	-
Podcast	-	10,000	-	-	10,000
NDC Coalition	-	10,000	-	-	10,000
Total restricted funds	873,714	477,053	(292,240)	(549,182)	509,345

Restricted funds are funds where the donor has specified the funds must be spent on a particular project as listed above. All of these grants represent either programme grants for autism research at a particular institution, specific Autistica-led projects or where specified fellowships are awarded for the purposes of supporting individuals engaged in autism research.

Transfers out of restricted funds were restricted donations received after funding was committed to specific projects.
Transfers into restricted funds were donations received as unrestricted and subsequently restricted by request of the donor.
The negative fund balance for the DB Intern Scheme was due to restricted income promised but not received in the prior financial year.
This has subsequently been received.

15b RESTRICTED FUNDS PREVIOUS YEAR					
2018					
	Balances b/f £	Income £	Expenditure £	Transfers £	Balances c/f £
Restricted Funds					
University of Newcastle ASD-UK Research Database	-	7,712	(250)	(7,462)	-
University of Newcastle					
Autistica Centre for Ageing with Autism - Project 2	-	10,667	-	(10,667)	-
The Institute of Psychiatry, Psychology & Neuroscience					
Mental Health - Anxiety Toolkit	-	55,000	(50,107)	40,000	44,893
Plymouth University Early intervention - SAFE intervention	-	2,000	-	(2,000)	-
Bangor University Early intervention - Incredible Years	-	9,500	-	(9,500)	-
The University of Bedfordshire					
Early intervention - Stigma prevention	-	5,000	-	(5,000)	-
Ageing Project 3 - Personalised Anxiety Treatment	-	8,000	-	(8,000)	-
Autism Clinical Research Network	588,786	62,500	(161,812)	105,302	594,776
Epilepsy summit	55,000	16,830	(43,405)	-	28,425
Suicide summit	-	-	-	-	-
Impact Reporting	-	28,000	-	-	28,000
Local Engagement	-	30,000	(13,518)	-	16,482
Epilepsy	-	15,000	-	-	15,000
Language and Communication Call	-	25,000	-	-	25,000
Intolerance of Uncertainty	-	62,500	-	(50,000)	12,500
Anxiety and Depression in Minimally Verbal Individuals	-	13,729	-	(13,729)	-
Mental Health PhD Fellowship 4	-	13,000	-	(13,000)	-
Psychological Autopsies	-	4,000	-	(4,000)	-
DB Intern Scheme (Phase 2 - UK only)	-	33,862	(67,724)	-	(33,862)
SHApe, the Sowerby Health intervention for Autistic People (SHApe)	-	30,000	-	-	30,000
Autistic-led Grants	-	62,500	-	-	62,500
Data science fellow	-	50,000	-	-	50,000
Healx epilepsy drug repurposing	-	12,000	-	(12,000)	-
Total restricted funds	643,786	556,800	(336,816)	9,944	873,714

Restricted funds are funds where the donor has specified the funds must be spent on a particular project as listed above. All of these grants represent either programme grants for autism research at a particular institution or where specified fellowships are awarded for the purposes of supporting individuals engaged in autism research.

Transfers out of restricted funds were restricted donations received after funding was committed to specific projects.
Transfers into restricted funds were donations received as unrestricted and subsequently restricted by request of the donor.
The negative fund balance for the DB Intern Scheme was due to restricted income promised but not received in the financial year.
This has subsequently been received.

16a ANALYSIS OF NET FUNDS CURRENT YEAR	General	Restricted	Total
	£	£	£
Fixed assets	942	-	942
Investments	573,527	-	573,527
Debtors	39,749	206,105	245,854
Cash and cash equivalents	742,001	1,525,150	2,267,151
Liabilities	(325,099)	(1,221,910)	(1,547,009)
	<u>1,031,120</u>	<u>509,345</u>	<u>1,540,465</u>

16b ANALYSIS OF NET FUNDS PREVIOUS YEAR	General	Restricted	Total
	£	£	£
Fixed assets	3,094	-	3,094
Debtors	39,227	254,470	293,697
Cash and cash equivalents	1,434,371	1,416,360	2,850,731
Liabilities	(105,338)	(797,116)	(902,454)
	<u>1,371,354</u>	<u>873,714</u>	<u>2,245,068</u>

17 RECONCILIATION OF NET EXPENDITURE TO NET CASH FLOW FROM OPERATING ACTIVITIES	2019	2018
	£	£
Net movement in funds	(704,603)	32,427
Bank interest	(29,865)	(26,589)
Non-cash donations (see note 9)	(540,991)	-
Net gains on investments (see note 9)	(32,536)	-
Depreciation charges	2,152	4,462
Decrease in debtors	47,843	633,201
Increase in creditors	644,555	65,830
Net cash flow from operating activities	<u>(613,445)</u>	<u>709,331</u>

18 RELATED PARTY TRANSACTIONS
During the year, the charity paid £25,200 for communications and marketing support (2018: NIL) to Red Brick Road, of which Matt Davis (a trustee) is a shareholder. At the year-end, no amounts were outstanding (2018: NIL).

19 GUARANTEE
Autistica is a company limited by guarantee. Its Memorandum of Association prohibits any income or property of the company being paid or transferred to the members. Members of the company undertake to contribute a maximum of £1 to cover its liabilities.

20 LEASE COMMITMENTS	2019	2018
The charity had the following commitments under operating leases at the year end:		
	£	£
Due within one year	27,000	20,250
Due in 2-5 years	<u>20,250</u>	<u>-</u>
	<u>47,250</u>	<u>20,250</u>

Board of Trustees: Committees and Advisory Committees

Board Committees

Finance and Fundraising Committee

Chair: Matthew Harris

Gill Ackers

Jeff Saul

Vinny Smith

Nominations Committee

Chair: Gill Ackers

Heather Kleeman

Advisory Committees

Scientific Review Panel

Chair: Professor Terry Brugha MD (NUI), FRCPsych

Vice Chair: Professor Christopher Oliver BSc, MPhil, PhD, CPsychol

Professor Dermot Bowler, PhD

Leneh Buckle

Professor Mark Brosnan, PhD, CPsychol

Professor Lucy Henry, DPhil, DCLinPsych

Dr Catherine Jones, PhD

Claudia Klaver

Professor Jonathan Mill, PhD

Professor Courtenay Norbury, PhD

Dr Richard Rowe, MSc, PhD

Thank You

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Bain Capital
Brunswick
Dr Bhismadev Chakrabarti
Bryan Cave Leighton Paisner
Charles Sharland
City University
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Edith Murphy Foundation
Fraser Hardie
Fujitsu
GamesAid
The Gerald Palmer Eling Trust
Google
Herbert Smith Freehills
Jeff Saul
John and Margaret Skerritt
JPA
JP Morgan
Jupiter Asset Management
Julian and Fiona Mylchreest
Kenan Altunis
King's College London
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Dr Teresa Tavassoli
Terra Firma
Troy Asset Management
University of Newcastle
The Waterloo Foundation
Wellington Management Company
The Worshipful Company of Information Technologists’ Charity
Worshipful Company of Management Consultants
WSP UK Ltd

Thank you to the autism community and to all of our supporters for helping to build longer, healthier, happier lives for autistic people and their families.



www.autistica.org.uk

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