



# Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day 1st	Month April	Year 2018		Day 31st	Month March	Year 2019

## Section A Reference and administration details

Charity name

Asperger London Area Group (ALAG)

Other names charity is known by

ALAG

Registered charity number (if any)

1160477

Charity's principal address

C/o Voluntary Action Islington

200A Pentonville Road,

London

Postcode

N1 9JP

### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Desmond Meldrum	Chair		
2	John Harrison	Vice Chair		
3	Jason Crabtree	Trustee		
4	Jennifer Barker	Trustee/Treasurer		
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### Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

### Name of chief executive or names of senior staff members (Optional information)

Ethney Anderson, ALAG Facilitator, Secretary to the Board of Trustees

## Section B Structure, governance and management

### Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	CIO
Trustee selection methods (eg. appointed by, elected by)	Appointed by board of trustees

### Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

## Section C Objectives and activities

### Summary of the objects of the charity set out in its governing document

ALAG exists to support adults with high functioning autism and Asperger syndrome, their families, carers and professionals. ALAG has been established to improve the quality of life for adults on the autistic spectrum by offering support, advocacy and a chance to socialise and meet with other people who have similar issues. ALAG is committed to raising awareness of autistic spectrum conditions across London by facilitating support groups and social events, providing information, advice and guidance to those in need and to working with external agencies to achieve a greater understanding of the condition.

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

When planning ALAG activities for the year, the Trustees regularly review the Commissions guidance on public benefit and make every effort to fulfil their legal duty to reach and improve the quality of life for as many people as we can, some of whom would ordinarily be isolated because of their disability.

Throughout 2018 - 2019 the ALAG Trustees have ensured that all their decisions were guided by the two following principles:

- that of reaching out to the community to support our aims and the operation of our activities
- representing the views and interests of our service users with the hope that established provision and attitudes could better accommodate people with Autistic Spectrum Conditions.

Our main activities for 2018 – 2019 were:

- The continued facilitation of a pan-London monthly support group for people with Autistic Spectrum Conditions (ASC)
- The provision of telephone and email support, information, advice and guidance to ALAG members, Autism Hub users and the general public.
- Organising inclusive social events, some of which were with other local groups – the aim of which is to tackle isolation and facilitate the development and practise of social skills and peer support.
- Providing advocacy assistance to ALAG members in areas such as employment issues, benefits applications and appeals, pre and post diagnostic concerns, housing and education issues.
- Coordinating and supporting the training of graduate and post graduate psychology students at the Tavistock Institute.
- The development of the **Autism Hub Islington** (AHI), a user-led community initiative to tackle social isolation and exclusion of autistic people in Islington and more recently to Camden residents.
- The development and delivery of **Autism Awareness Training** workshops for local authorities, health professionals, voluntary groups, companies and individuals.
- Collaboration with two Local Authorities (Islington and Camden) **Autism Partnership Boards** to promote a better understanding of the needs of people with autism; map the different autism service pathways and identify gaps in provision; make accurate information available and easily accessible through a shared dedicated system.

**Additional details of objectives and activities (Optional information)**

Our Volunteers have once again made a tremendous contribution to ALAG and the Autism Hub in its main activities undertaken for the public benefit and in relation to achieving its objectives. We are in the process of inducting two new trustees as well as recruiting two new volunteers for the Autism Hub.

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

## Section D

## Achievements and performance

### Summary of the main achievements of the charity during the year

Throughout 2018/19 ALAG continued to provide much needed services to autistic people across all the London boroughs. During this period we held our regular monthly support group meetings at Islington Town Hall averaging around 45 people in attendance.

Attendees report that these monthly meetings provide them with a sense of belonging and acceptance as well as useful, up to date information and practical learning opportunities – all of which serve to increase confidence and improve their sense of well-being.

These successful meetings have steered ALAG to offer an expanded social events programme to include theatre trips, an annual sponsored walk, museum trips, social walks, training and awareness raising workshops and our annual Christmas meal. All these events were well attended and the overall feedback was positive.

One of ALAG's main achievements for 2018/19 was the setting up of the Autism Hub, a user-led initiative providing a range of front line services for adults with high-functioning autism or Asperger's syndrome. The Autism Hub was set up in January 2018 with funding from Cripplegate Foundation, Arsenal Foundation and The London Catalyst. The Autism Hub provides a free service offering Information & Advice, Peer Support, Counselling, a drop-in service, Advocacy and sign-posting for adults with an Autism Spectrum Condition (ASC). The aim of the service is to help adults on the spectrum by addressing problems at the earliest possible stage, preventing deterioration of mental health and improving overall health and well-being.

The idea for the Autism Hub developed out of several research projects including HealthWatch Islington and is based on their recommendations and the views of autistic adults in need of services. The need in Islington & Camden is great and the only services available are generic ones which means people are left to cope with their condition with little or no information and a lack of understanding. This often leads to loneliness and isolation, unemployment and a range of mental health problems. According to Autistica, the leading autism research charity in the UK, almost 80% of autistic people experience mental health problems during their lives. However, this is not inevitable as with the right information and support, autistic people can lead happy and fulfilled lives.

We are currently the only organisation offering this service in Islington & Camden and we have strong connections with other local services who understand the need for joined-up work to ensure positive outcomes for people with autism.

At the beginning of 2019, ALAG's trustees approved plans for an autism conference to celebrate ALAG's fifth year as an independent charity. Scheduled to take place in October 2019, the aim of the conference would be to improve delegates' understanding of what it feels like to be autistic, how autistic people may present, issues that may arise in their lives and how to move towards successfully overcoming them. It was agreed to invite professionals as well as autistic people, local councillors and local businesses to the conference and bring together a range of speakers from autistic individuals to professionals working in clinical or research settings to share their insights on different facets of the condition and life with it.

## Section E Financial review

### Brief statement of the charity's policy on reserves

ALAG is a very small organisation run by volunteers and a Facilitator and as such has a developing policy with regards to its reserves. We have limited funds that cover our day to day running costs which include a small reserve to cover room hire for 5 months should the need arise.

### Details of any funds materially in deficit

None

### Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

ALAG's principal source of funding comes from the Cripplegate Foundation, Arsenal Foundation and The London Catalyst. Fundraising is currently taking place with support from the Voluntary Action Islington capacity building project.

#### Summary of Accounts

At the start of the financial year the Total balance was £16,524.24.

This was shared between ALAG (£9,563.24) and The Autism HUB (£6,961)

The restricted funds are only for the purpose of the Autism Hub.

## Section F Other optional information

## Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s)	Ethney Anderson	
Full name(s)	ETHNEY ANDERSON	
Position (eg Secretary, Chair, etc)	Secretary	
Date	26 <sup>th</sup> January 2020	

## Bank Account for the period 1 April 2018 - 31 March 2019

Date	Details	Cheque no/ref	Project code
Opening Balance			
10/04/2018	ALAG Membership Subs		UF
10/04/2018	ALAG Meeting Entry Fees		UF
10/04/2018	E. Anderson – ALAG Facilitator Jan/Feb/March		UF
10/04/2018	Elleny A Page - Autism Hub furniture		TAH
24/04/2018	E. Anderson travel expenses		UF
02/05/2018	Morrison's ALAG food shopping		UF
02/05/2018	ABSL Printing ALAG leaflets		UF
04/05/2018	ALAG Meeting Entry Fees		UF
04/04/2018	ALAG Membership Subs		UF
11/05/2018	Automatic Credit Charities Aid Foundation donation JH		UF
25/05/2018	Arsenal Hub grant		TAH
24/05/2018	E. Anderson travel expenses		UF
30/05/2018	Cheque 0101 – V. Stechman Hub Counselling Insurance		TAH
04/06/2018	Alwyne Castle Hub volunteers lunch		TAH
06/06/2018	ALAG meeting food shopping Zaco Supermarket		UF
06/06/2018	ALAG meeting food shopping - Morrison's		UF
08/06/2018	ALAG meeting Entry Fees		UF
08/06/2018	ALAG Membership Subs		UF
08/06/2018	Mildred's London Hub volunteers lunch		TAH
18/06/2018	ABSL Print – Hub printing		TAH
21/06/2018	Hub food shopping Tesco Stores		TAH
25/06/2018	E. Anderson travel expenses		UF
04/07/2018	ALAG food shopping Morrison's Food		UF
04/07/2018	ALAG shopping Highbury Fine Food		UF
04/07/2018	ALAG meeting food shopping Budgens, Islington		UF
05/07/2018	ALAG meeting Entry Fees		UF
05/07/2018	ALAG Membership Subs		UF

05/07/2018	ALAG promotional bags sales		UF
13/07/2018	ABSL Print - ALAG Stationary		UF
08/08/2018	ALAG meeting food shopping		UF
08/08/2018	Autism Hub food shopping		UF
10/08/2018	ALAG donation from RR		UF
10/08/2018	ALAG promotional bags sales		UF
10/08/2018	ALAG membership subs		UF
10/08/2018	ALAG meeting entrance fees		UF
10/08/2018	CAF donation JH		UF
20/08/2018	Viking ALAG Stationery/equipment		UF
23/08/2018	H3G direct debit – initial payment		TAH
31/08/2018	Cheque 0105 – Autism Hub petty cash		TAH
04/09/2018	Cheque 0104 – E. Anderson ALAG Facilitator Apr/May/June		UF
05/09/2018	Morrison's – ALAG meeting food shopping		UF
05/09/2018	Garnash Ltd – ALAG meeting food shopping		UF
05/09/2018	Tesco ALAG – food meeting shopping		UF
07/09/2018	ALAG September meeting entry fees		UF
07/09/2018	ALAG membership fees		UF
10/09/2018	Darren Spillane – Sponsored walk donation		UF
10/09/2018	ALAG Charity Insurance - Access Insurance policy SC2100F190YR/8/351		UF
13/09/2018	Darren Spillane – Sponsored walk donation		UF
17/09/2018	Sponsored walk donation from DN		UF
24/09/2018	H3G Direct Debit mobile phone bill		TAH
25/09/2018	CAF donation JH		UF
26/09/2018	Darren Spillane sponsored walk		UF
28/09/2018	Darren Spillane sponsored walk		UF
01/10/2018	Argos Ltd - Autism Hub Furniture		TAH
01/10/2018	Mighty Pound – Autism Hub workshop stationary materials		TAH
02/10/2018	Prof S, Mrs G, T Marston Sponsored walk donation		
02/10/2018	Tesco stores – Autism Hub workshop refreshments		TAH
03/10/2018	Sumup payments – Hub event		TAH



03/10/2018	Morrison's ALAG food shopping online		UF
05/10/2018	Morrison's ALAG shopping undelivered – payment refunded		UF
09/10/2018	ALAG Hub Donation – Cash		TAH
09/10/2018	Autism Hub Rent – Minomics.Org		TAH
18/10/2018	Automated Credit – Darren Spillane Sponsored Walk		UF
24/10/2018	Direct Debit – H3G		TAH
29/10/2018	Automated Credit – London Catalyst Autism Hub		TAH
07/11/2018	ALAG meeting food shopping - Tesco Stores		UF
08/11/2018	Cheque 0106 – E. Anderson ALAG Facilitator July/Aug/Sept retainer		UF
09/11/2018	ALAG meeting – Entry Fees		UF
09/11/2018	Credit 515000 – ALAG Sponsored Walk		UF
09/11/2018	Credit 515000 – Darren Spillane		UF
12/11/2018	Automated Credit JH		UF
23/11/2018	Direct Debit – H3G		TAH
27/11/2018	ALAG Christmas meal Alwyne Castle deposit		UF
29/11/2018	Autism Hub rent – Minomics		TAH
30/11/2018	VS Hub counselling insurance Cheque 0107		TAH
05/12/2018	ALAG meeting food shopping Tesco		UF
07/12/2018	ALAG meeting – Entry Fees		UF
07/12/2018	ALAG promotional – Bag sales		UF
07/12/2018	ALAG Membership fees		UF
07/12/2018	ALAG Christmas meal deposit – Alwyne Castle		UF
13/12/2018	ALAG Hub Rent – Minomics Org		TAH
13/12/2018	V Stechman – Counselling supervision		TAH
27/12/2018	Cheque 0111 E. Anderson ALAG Facilitator Oct/Nov/Dec retainer		
27/12/2018	Direct Debit – H3G		TAH
31/12/2018	Autism Hub Rent – Minomics Org		TAH
09/01/2019	ALAG meeting food shopping Morrisons		
11/01/2019	ALAG meeting – Entry fees		
21/01/2019	ALAG VAI desk hire		
23/01/2019	Direct Debit – H3G		TAH
29/01/2019	Autism Hub Rent – Minomics Org		TAH
29/01/2019	V Stechman – Counselling supervision		TAH

05/02/2019	WM Morrisonfood.com ALAG meeting food shopping		TAH
06/02/2019	ALAG meeting – Zaco Mini Market ALAG food		
08/02/2019	ALAG meeting – entry fees		
08/02/2019	ALAG memberships payment		
12/02/2019	Automated Credit CAF JH		
12/02/2019	ARMANDO PARDO Accounts		TAH
12/02/2019	Hub petty cash		
25/02/2019	Direct Debit – H3G		
05/03/2019	ALAG meeting food shopping Morrisonsfood.com		
08/03/2019	ALAG meeting – entrance fees		
15/03/2019	Alan & A S CONISBEE ALAG donation		
15/03/2019	V Stechman – Autism Hub Counselling supervision		TAH
26/03/2019	H3G – Hub mobile phone direct debit		TAH
28/03/2019	Minomics Autism Hub rent		TAH



Bank account (31 March 2019)

TAH The Autism  
UF Unrestricted

Incoming	Outgoings	Balance
		16524.24
154.00		16678.24
71.00		16749.24
	300.00	16449.24
	28.99	16420.25
	136.00	16284.25
	72.41	16211.84
	35.00	16176.84
112.00		16288.84
66.50		16355.34
100.00		16455.34
2,500.00		18955.34
	131.00	18824.34
	166.00	18658.34
	76.00	18582.34
	4.57	18577.77
	61.98	18515.79
123.00		18638.79
48.00		18686.79
	36.56	18650.23
	40.00	18610.23
	11.88	18598.35
	131.00	18467.35
	64.07	18403.28
	3.98	18399.30
	4.80	18394.50
104.51		18499.01
18.00		18517.01

9.00		18526.01
	60.00	18466.01
	67.77	18398.24
	12.82	18385.42
200.00		18585.42
30.00		18615.42
40.00		18655.42
121.00		18776.42
100.00		18876.42
	111.58	18764.84
	19.44	18745.40
	150.00	18595.40
	300.00	18295.40
	60.01	18235.39
	1.75	18233.64
	4.04	18229.60
93.00		18322.60
18.00		18340.60
18.00		18358.60
	297.04	18061.56
18.00		18079.56
130.00		18209.56
	16.10	18193.46
150.00		18343.46
4.00		18347.46
10.00		18357.46
	96.00	18261.46
	20.00	18241.46
55.00		18296.46
	32.60	18263.86
1.97		18265.83

	68.72	18197.11
68.72		18265.83
32.00		18297.83
	480.00	17817.83
2.00		17819.83
	15.00	17804.83
5,000.00		22804.83
	71.73	22733.10
	300.00	22433.10
174.00		22607.10
40.00		22647.10
6.00		22653.10
100.00		22753.10
	15.00	22738.10
	100.00	22638.10
	480	22158.10
	75.22	22082.88
	89.83	21993.05
116.00		22109.05
17.00		22126.05
17.00		22143.05
100.00		22243.05
	600.00	21643.05
	60.00	21583.05
	300.00	21283.05
	15.00	21268.05
	480.00	20788.05
	73.25	20714.80
102.00		20816.80
	175.00	20641.80
	15.00	20626.80
	420.00	20206.80
	60.00	20146.80

	70.21	20076.59
	4.67	20071.92
160.00		20231.92
12.00		20243.92
100.00		20343.92
	150.00	20193.92
	100.00	20093.92
	15.00	20078.92
	66.43	20012.49
126.00		20138.49
100.00		20238.49
	60.00	20178.49
	15.00	20163.49
	480.00	19683.49
10,567.70	7,408.45	19683.49

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	Opening Balance	Income	Expenses	Balance
ch 2017)	16524.24			16,524.24
i Hub		7,533.97	4,153.79	3,380.18
d Fund		3,033.73	3,254.66	-220.93
		10,567.70	7,408.45	19,683.49
				19,683.49