

Charity trustees' annual report – London Autism Group Charity (29/1/2020)

Your charity's name: London Autism Group Charity

Registration number: 1176341

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

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

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

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

The appointment of new charity trustees follows the following rules:

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

Its activities and objectives in the year:

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

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

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

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

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

1. Continued management of the London Autism Group. The London Autism Group is a private Facebook group aimed at supporting anyone whose lives have been influenced by autism and reside in or near to London. As of the end of January, we currently have 1775 members with approximately 650 members joining in the past 12 months. The group is extremely popular and active, with 1486 of the 1775 members being 'active' on the group in the past month (i.e. they have read or interacted with posts). Also, each month, we receive over 45,000 views on posts made. The group consists of a wide and balanced socio-demographic and includes members who identify as autistic, family carers, health and social care professionals, scientists/researchers and more.

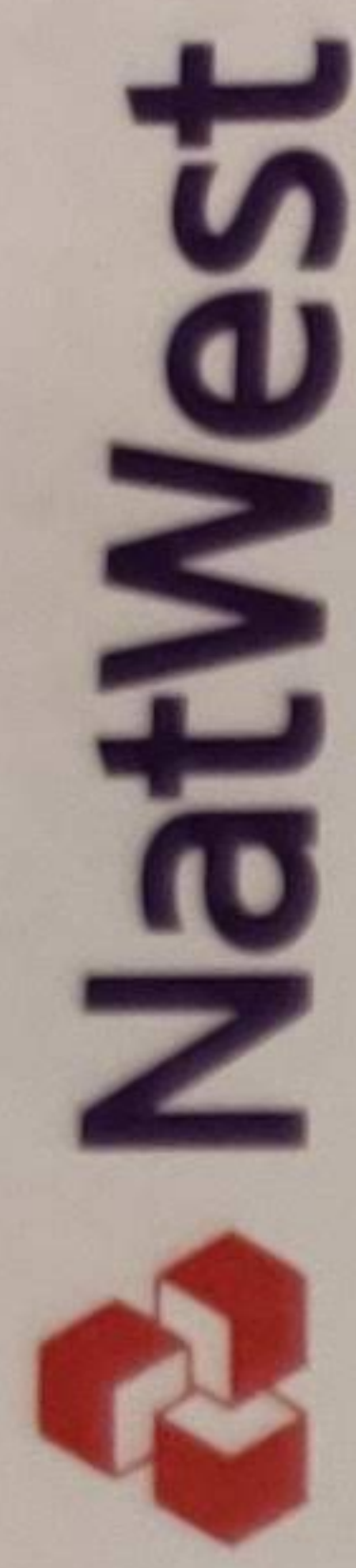
2. The Autism Podcast: The Autism Podcast continues to be extremely successful and impactful. The aim of the podcast is 'to improve our understanding of autism, boost acceptance, reduce autism stigma, and generate impactful, transformative ideas ranging from practical everyday advice to thoughts on policy, practice, and wider socio-cultural challenges.' We have been releasing an episode almost every month with a wide range of guests and impactful topics. Our statistics continue to rise; we now have almost 11,000 downloads and a growing membership. We appear among the first results listings when the word 'autism' is searched for in most podcast apps (including Apple Podcasts). We also appear among the top Google listings when 'Autism podcast' is searched for. We have also been listed in many 'top autism podcasts' lists (e.g. https://blog.feedspot.com/autism_podcasts/). The National Autistic Society have recently reached out to us and are writing a feature about our podcast in one of their upcoming 'Your Autism' magazine issues which has considerable reach. Overall, we are confident that our podcast is among the most listened to autism-related podcasts in the world and continues to create considerable impact.
3. SOLACE mental health intervention for family carers: We have also commissioned a run of the SOLACE mental health intervention for new family carers of recently diagnosed autistic children. We selected SOLACE as it's aims align with our own; namely to improve the mental health of family carers in part through the reduction of autism stigma (in this case, the prevention of self-stigma and the rejection of courtesy & social stigma). SOLACE is also evidence-based and has been trialled by the University of Bedfordshire (who provided us a free license). The intervention was incredibly successful, with our group participants unanimously agreeing over its positive impact upon their mental health and thus an improved ability to care for their child effectively.
4. Website: We have also produced a website in the past year (londonautismgroupcharity.org) which details our charity's mission and values, the work that we do, and how to get in touch. As can be seen on the 'What We Do' page (<https://www.londonautismgroupcharity.org/what-we-do>), we have also produced several accessible maps that users can gain information about legal services, services, schools and more. These maps have been accessed more than 40,000 times.

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

From the charity's inception to date we have raised £5314.89 and have spent £992.93. Our current balance is £4321.96

Details of any funds held as a custodian trustee:

n/a



00000135/00000358

MR CHRIS PAPADOPOULOS
LONDON AUTISM GROUP CHARITY
66 CHASE WAY
BARNET
LONDON
N14 5DG

NATWEST BANK
12 THE BROADWAY
SOUTHGATE
LONDON
DEPOT CODE 190
N14 6QF

Statement of Account for:

Branch sort code: 515000
Account number: 66059313

LONDON AUTISM GROUP CHARITY
BUSINESS CURRENT

Period covered: from 22/05/2018 to 09/01/2020

Page 1 of 4				Withdrawn	Paid In	Balance
Date	Details					
11/07/2018	Transfer	COMPENSATION			100.00	100.00
21/09/2018	Card Transaction	0799 20SEP18				
		AMAZON.CO.UK				
08/10/2018	Card Transaction	AMAZON.CO.UK LU		49.99		50.01
		0799 05OCT18				
		POND5				
		DUBLIN IE		39.60		10.41
12/10/2018	Automated Credit	PAYPAL CODE 6603				
		PAYPAL CODE 6603				
		FP 11/10/18 2317				
18/10/2018	CHAPS Transfer	PPRD00000000AU7U9Y			0.01	10.42
		FACEBOOK PAYOUT				
		PCM55CI83812688				
		FACEBOOK PAYMENT				
		S INTERNATIONAL				
		CHAPS TFR			161.25	171.67
30/10/2018	Card Transaction	0799 29OCT18				
		PODBEAN.COM				
		3024828110 US				
		USD 108.00				
		VRATE 1.2716				
		FGN PUR FEE 2.34		87.27		84.40
01/11/2018	Card Transaction	0799 31OCT18				
		FACEBK 3SJPVJJWR2				
		FB.ME/ADS IE				
05/11/2018	Card Transaction	0799 04NOV18				
		AMAZON		3.60		80.80
		PRIME*MT12L27M4				

180.46
261.26

Date	Details	Withdrawn	Paid In	Balance
05/11/2018	Card Transaction	79.00		1.80
24/01/2019	CHAPS Transfer			
	AMZN.CO.UK/PM LU			
	FACEBOOK PAYOUT			
	PCM55CI85409882			
	FACEBOOK PAYMENT			
	S INTERNATIONAL			
	CHAPS TFR		205.09	206.89
28/01/2019	Card Transaction			
	0799 27JAN19			
	FACEBK			
	*STJUDECHILDREN			
	DONATE.FB.COM IE	5.00		201.89
30/01/2019	Automated Credit			
	M NICHOLA			
	LONDON AUTISM			
	FP 30/01/19 0044			
	300000000435790122		10.00	211.89
08/02/2019	CHAPS Transfer			
	FACEBOOK PAYOUT			
	PCM55CI85670320			
	FACEBOOK PAYMENT			
	S INTERNATIONAL			
	CHAPS TFR	165.72		377.61
13/02/2019	Automated Credit			
	AMAZON EUROPE CORE			
	4698395575843689 A			
28/02/2019	Automated Credit		9.65	387.26
	M NICHOLA			
	LONDON AUTISM			
	FP 28/02/19 0102			
	200000000439920163		10.00	397.26
06/03/2019	Automated Credit			
	PAPADOPOULOS C			
	984+1491 JG			
	FP 05/03/19 2045			
	RP4679966188793500		2475.53	2872.79
20/03/2019	Card Transaction			
	0799 19MAR19			
	WWW.INSTANTPRINT.C			
	01709 382202 GB			
25/03/2019	CHAPS Transfer	26.79		2846.00
	FACEBOOK PAYOUT			
	PCM55CI86388039			
	FACEBOOK PAYMENT			
	S INTERNATIONAL			
	CHAPS TFR			
	M NICHOLA			
	LONDON AUTISM			
	FP 01/04/19 0112			
	600000000452436444			
29/04/2019	Automated Credit		10.00	4098.52
	LAZENBY EL			
	FROM EMMA			
	FP 29/04/19 1504			
	111371754051924001			
30/04/2019	Automated Credit		40.00	4138.52
	M NICHOLA			
	LONDON AUTISM			
	FP 30/04/19 0051			
	500000000462392417			
14/05/2019	Automated Credit		10.00	4148.52
	AMAZON EUROPE CORE			

110.79

4,178.51

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4,118.51