



Annual Report & Accounts  
2016/17





# Trustees' Annual Report

For the period ended 31 August 2017

The trustees have pleasure in presenting their report together with the financial statements for the period ended 31 August 2017.

The sail autism bank account was opened on 7th December 2015. There are four transactions out with the 2016/17 accounting period. We have included these in this, our first set of accounts, to report in entirety.

## Reference and Administrative Information

### Charity Name

Supporting Autism In Lanarkshire SCIO  
Know as: sail autism

### Charity Number

SCO 46814

### Registered Address

is available on request

### Current Trustees

Chair	Linda Morrow
Vice Chair	Ross Macfadyen
Treasurer	Ross Macfadyen (interim)
Secretary	Fiona Esler
Andrew Morrow	
James Campbell	retired
Rosemary Logan	retired

### Contact

web	<a href="http://www.sailautism.org.uk">www.sailautism.org.uk</a>
email	<a href="mailto:mail@sailautism.org.uk">mail@sailautism.org.uk</a>
telephone	07922 399 199





## Mission Statement

Our mission is to end isolation and increase understanding for all people affected by autism.

- We believe autism is a valued and unique part of a person's identity.
- We believe everyone should have same opportunities.
- We believe in creating support and social opportunities with environments where people affected by autism can flourish.

We will work to ensure everyone with autism is recognised, understood and accepted for who they are..

# Recognise

# Understand

# Accept



Supporting Autism In Lanarkshire is an SCIO, number SCO 46814



# Structure, Governance and Management

## Constitution

The Charity is a Scottish Charitable Incorporated Organisation (a SCIO). It was registered in its current legal form on 29th August 2016. It has a single tier structure and as such the trustees are the members of the charity.

## Appointment of trustees

The board of trustees normally meets on the fourth Wednesday of each month. Trustees are elected at the next board meeting after the annual general meeting which is held in November or co-opted during the year by the present board. There must be a minimum of three and a maximum of fifteen trustees.

# Purpose & Objectives

## Charitable purposes

The organisation's purposes are:

- To relieve suffering and stress for individuals with Autism, their families, carers and professionals involved in their care; by providing information and support.
- To advance the understanding of Autism by educating and informing the wider community.
- To promote and advance citizenship within the Autistic and wider community
- To provide appropriate social opportunities for individuals with Autism.

The Association shall seek to achieve the stated objectives by any and all appropriate means including:

- Bringing together those persons who it deems are most able to contribute towards the achievement of its objects.
- Assisting those individuals by the provision of information, advice, guidance and training.
- Informing the public of the role of those individuals through the production of appropriate literature.
- Promoting, establishing and operating other schemes of a charitable nature for the benefit of the residents of Lanarkshire.



# autism

a quick at-a-glance guide for professionals

- Autism is a lifelong developmental condition affecting around 1 person in 100.
- It affects how the person communicates with and relates to other people.
- Some people with autism have under or over sensory sensitivity to sounds, touch, taste, smells, lights or colours.
- People with autism can become extremely anxious in unexpected or unfamiliar situations.
- Anyone diagnosed with autism and a co-existing mental disorder may be defined as 'at risk' in law in terms of The Adult, Support and Protection (Scotland) Act 2007 and have the right to the presence of an appropriate person, or other suitable representative.

Produced in association with ARCH, Reid Street, Hamilton, ML3 0RO Tele : 0344 225 1111

Supporting Autism in Lanarkshire is a SCIO, number SCO 40514

## DOES THE PERSON YOU ARE DEALING WITH:

- Find it difficult to make or establish eye contact with you?
- Behave inappropriately, unpredictably or unusually with no obvious reason?
- Find it difficult to talk to you or seem vague or inattentive?
- Repeat what you or another person says to them?
- Speak honestly often in a blunt or rude manner?
- Appear to be over compliant?
- Seems to be unusually anxious, agitated or even scared of you?
- Displays repetitive types of behaviour?
- Seems to not realize or care about the consequences of what they have done?

## SUGGESTED FIRST STEPS:

- Try to be patient and tolerant.
- Use the person's name, talk clearly and simplify your language.
- Explain what is going to happen step-by-step if possible
- Don't insist on eye contact and try to avoid physical contact
- Protect the person from noisy and crowded areas.
- Where possible make arrangements for them to be in quiet surroundings
- Try to ensure the same person deals with them at all times
- Contact someone known to them ASAP – they may have an autism alert card
- Ensure appropriate support is sought for the person.
- Refer to your own agency's special measures process.

## THIS PERSON HAS AUTISM Please be Patient

- I may be feeling anxious and panicky
- I may not respond or will respond slowly
- My behaviour may be inappropriate
- My behaviour may help to calm me
- Please talk calmly, one question at a time

in association with Autism Resources Coordination Hub



South Lanarkshire Health and Social Care Partnership





## Activities

sail autism works in partnership with South Lanarkshire Health and Social Care Partnership to deliver some of our services at the Autism Resources Coordination Hub (ARCH), Reid Street, Burnbank, Hamilton, ML3 0RQ. We are part of the Steering Group for the centre and work in a consortium with the other voluntary groups using the centre.

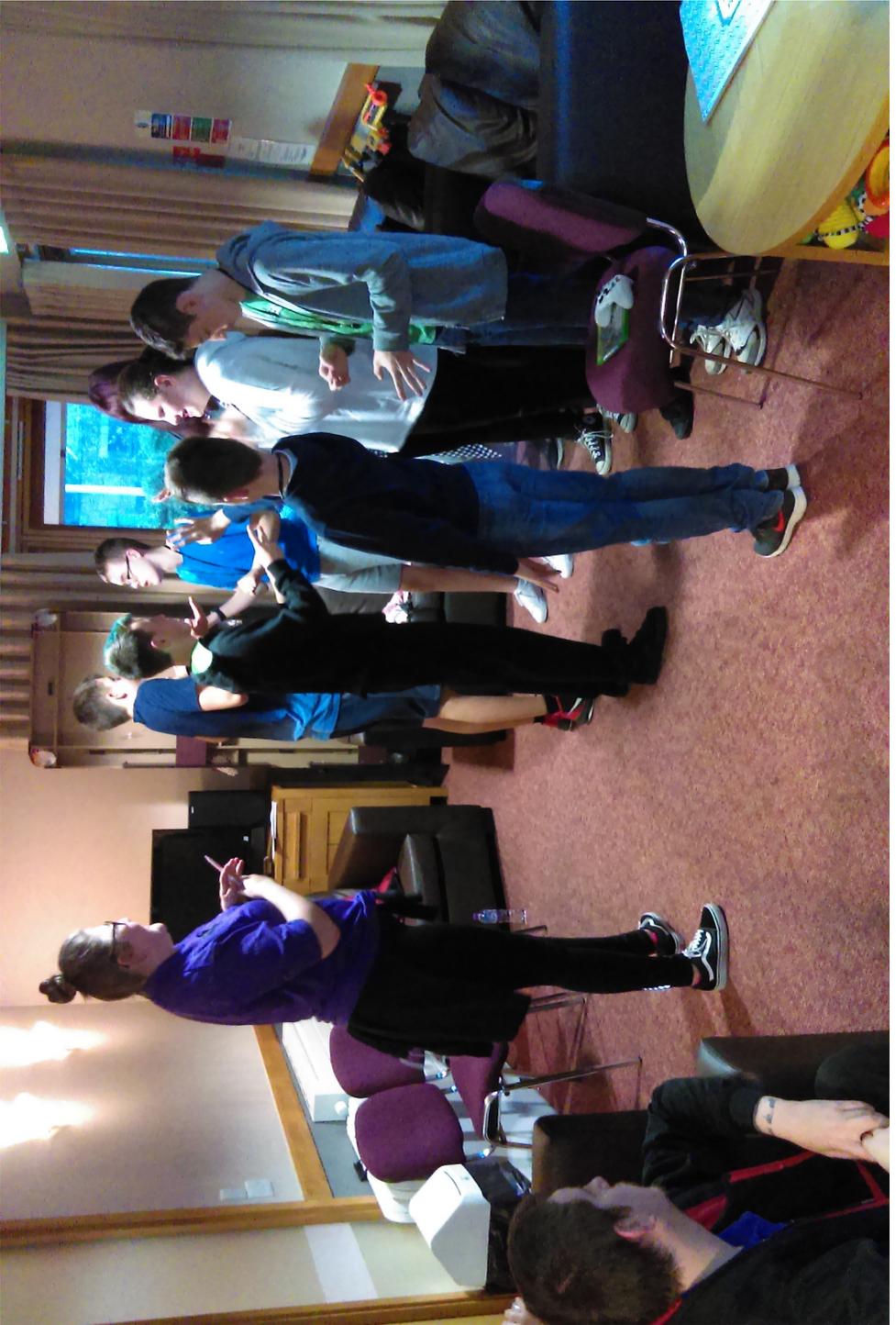
## Informing

sail autism has produced a range of materials to further the understanding of autism.

As well as promoting sail autism, we have produced two information cards, one for parents and another to guide professionals in assisting clients with autism.

Via the ARCH, the professionals card has been distributed to Police Scotland, Fire & Rescue Scotland and local councillors.

The card for parent and carers has been developed to be used in times or crises, wherein they may need to explain a child's behaviour but deal with that behaviour at the same time. The card can be given to expedite the explanation, saving the parent/carer time, energy and awkwardness.



# Activities

## Social Opportunities

### sail crew

After assessing currently available services, the Trustees decided to set up a young adult group (The sail crew) to cater for the 18 to 25 year old age group. There are currently 10 young people regularly accessing the evening.

The group is mostly unstructured; however the aim is to have planned activities going forward. We have had movie nights, played bingo, and made pizzas. We have also gone ten pin bowling and have had meals at restaurants.

### sail teen crew

An initial informational open evening attracted over 30 families looking for social opportunities for their teen children.

The original plan for a weekly group was changed to two fortnightly groups to include as many teens as possible and also to create two distinct groups. We currently cater for 18 children over both groups, leaving a waiting list of 12.

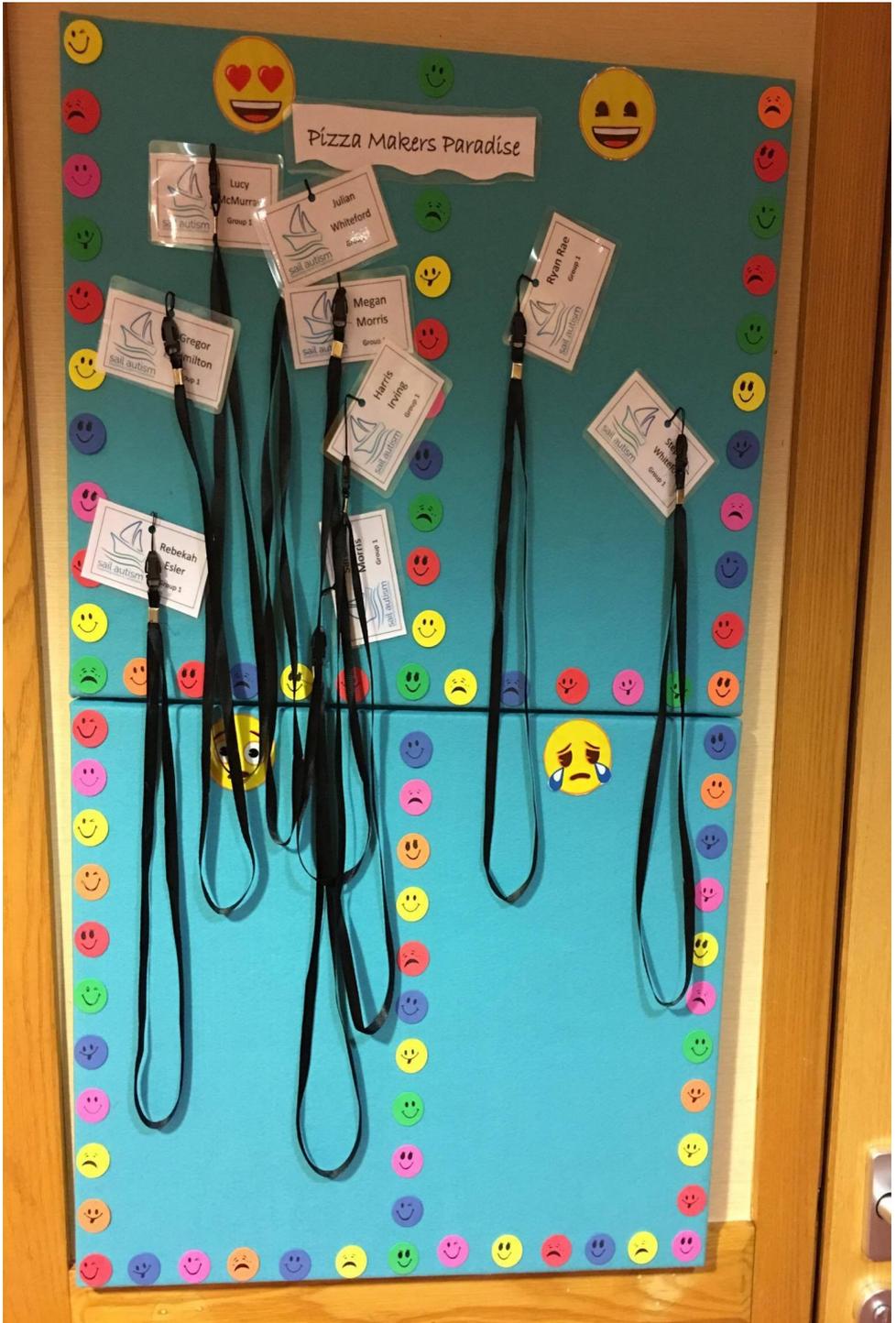
Below is an example of teen group activities.

**SAIL Teen group Activity schedule Group 1**

DATE	ACTIVITY	SPECIAL NOTES
28 <sup>th</sup> August	Introduction & special interest night	Bring along something that is of special interest or importance to you. Can be a hobby , a collection, items connected to a favourite game, book, character etc.
11 <sup>th</sup> September	Pizza Making	Wear an older t-shirt.
25 <sup>th</sup> September	Comic making	T.B.C.
9 <sup>th</sup> October	Karaoke & Clay	Could get messy wear older clothes.
16 <sup>th</sup> October	HOLIDAY NO GROUP	HOLIDAY NO GROUP
30 <sup>th</sup> October	Halloween	Fancy dress if you want to.
13 <sup>th</sup> November	Interactive Storytelling	T.B.C.
27 <sup>th</sup> November	Chocolate Treat Making	Wear an older tshirt, will be messy.
11 <sup>th</sup> December	Christmas party (Last Group of term)	Party clothes. Bring a small secret santa gift (under £5)
15 <sup>th</sup> January	Group starts back after holidays	New term details to follow

While we hope to keep to the above schedule we may have to change an activity. We will try to give notice if at all possible.

Please remember that if you miss your scheduled week you CANNOT come on the following week.





## Activities

Feedback from both groups has been good, with a unique system of feedback used for the sail teen crew.

A board with four emoticons allows group members to rate their evening.

### **trips**

As well as activities within the centre, we feel it is important to also provide community opportunities.

The sail crew have had a bowling night at M&Ds as well as two restaurant based meals.

Trips further afield have seen the sail crew at Edinburgh Mary's Close and at Stirling for a ghost walk.

### **development of services**

Our aim is to develop both the teen crew and young adults sail crew to offer sustainable quality experiences for the attendees.

We are seeking suitable learning/life skills workshops for our young people and also to support parents/carers and families.

Our original motivation in establishing sail autism was to create a centre to provide "one stop services". We are delighted to be part of a range of services offered via the Autism Resources Coordination Hub (ARCH) currently run by South Lanarkshire Council Social Work Services.

We are committed to work with the other partner agencies and groups to maintain and develop the centre.

Receipts and payments accounts							
For the period from	Period start date			to	Period end date		
	Day	Month	Year		Day	Month	Year
	01	09	2016		31	08	2017

### Section A Statement of receipts and payments

	Unrestricted funds	Restricted funds	Expendable endowment funds	Permanent endowment funds	Total funds current period	Total funds last period
	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £
<b>A1 Receipts</b>						
Donations	4,717				4,717	
Legacies					-	
Grants		250			250	
Receipts from fundraising activities	1,557				1,557	
Gross trading receipts					-	
Income from investments other than land and buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities					-	
					-	
<b>A1 Sub total</b>	<b>6,274</b>	<b>250</b>	<b>-</b>	<b>-</b>	<b>6,524</b>	<b>-</b>
<b>A2 Receipts from asset &amp; investment sales</b>						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
<b>A2 Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>6,274</b>	<b>250</b>	<b>-</b>	<b>-</b>	<b>6,524</b>	<b>-</b>
<b>A3 Payments</b>						
Expenses for fundraising activities	817				817	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities	2,325	25			2,350	
Grants and donations					-	
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
Other					-	
					-	
<b>A3 Sub total</b>	<b>3,142</b>	<b>25</b>	<b>-</b>	<b>-</b>	<b>3,167</b>	<b>-</b>
<b>A4 Payments relating to asset and investment movements</b>						
Purchases of fixed assets	730	230			960	
Purchase of investments					-	
<b>A4 Sub total</b>	<b>730</b>	<b>230</b>	<b>-</b>	<b>-</b>	<b>960</b>	<b>-</b>
<b>Total payments</b>	<b>3,872</b>	<b>255</b>	<b>-</b>	<b>-</b>	<b>4,127</b>	<b>-</b>
<b>Net receipts / (payments)</b>	<b>2,402</b>	<b>(5)</b>	<b>-</b>	<b>-</b>	<b>2,397</b>	<b>-</b>
<b>A5 Transfers to / (from) funds</b>						
					-	
<b>Surplus / (deficit) for year</b>	<b>2,402</b>	<b>(5)</b>	<b>-</b>	<b>-</b>	<b>2,397</b>	<b>-</b>



# Notes on the Accounts

## Preparation

Our accounts have been prepared on a Cash Book basis inline with OSCR requirements for charities with a turnover of less than £250,000

## Income

We thank Lodge St Andrew 524 for their kind donations which allowed us to set up sail autism. We also had a very successful Psychic Night.

A small grant was received from South Lanarkshire Council to enable the purchase of a printer and supplies.

Our thanks also extend to Wincanton Logistics for their assistance in our project to make improvements to the ARCH garden.

## Expenditure

Expenditure has focused on operating our two social opportunity groups, including a trip to Edinburgh Dungeons and the provision of information cards. We have purchased a laptop for the charity's use

## Debtors

Amazon Prime was incorrectly added to a purchase. We are awaiting a refund and we also have a small credit due from Vista-Print.

## Reserves Policy

We aim to work to a policy of having 6 months operating expenditure in reserve.

## Examination

Our accounts have been independently examined in line with OSCR regulations.

