



Annual Report & Accounts 2017/18

Recognise

Understand

Accept





Trustees' Annual Report

For the period ended 31 August 2018

The trustees have pleasure in presenting their report together with the financial statements for the period ended 31 August 2018.

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 (until 7/11/18) Ross Macfadyen (from 7/11/18)
Treasurer	Ross Macfadyen (interim)
Secretary	Fiona Esler
Andrew Morrow	retired
Fiona-Jayne Whiteford	from 7/11/18
Lee Calder	from 7/11/18
Yvonne Watson	from 7/11/18

Contact

web	www.sailautism.org.uk
email	mail@sailautism.org.uk

ARCH	0344 225 1111
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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..

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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

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.





Activities

Since our inception sail autism has worked in partnership with South Lanarkshire Health and Social Care Partnership to deliver our sail crew and sail teen crew groups at the Autism Resources Coordination Hub (ARCH), Reid Street, Burnbank, Hamilton, ML3 0RQ.

Informing

Representatives from sail autism attend the Monday morning parent/carers support group, led by the Lanarkshire Carer's Centre. This enables us to support people face to face.

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

We have a leaflet promoting our activities which includes a comprehensive section explaining "What is 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. These remain ever popular.

Via the ARCH, the professionals card has been distributed to Police Scotland, Fire & Rescue Scotland and local councillors and is now in its second run of 3,000. Another print run is under consideration.

The card for parent and carers was 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/carers time, energy and awkwardness. This has been re-printed several times.





Activities

Social Opportunities

sail crew

Our Young Adult group has continued to flourish and is still open to anyone aged 18-25 who wished to come along. Attendance of this group is more fluid and so it has been challenging to implement a more structured timetable of activities, this remains a goal in the coming year.

Sail crew members have enjoyed a wide range of activities and outings and these have been very well attended. This year we started regular Reiki & Relax sessions and these have been very well received within the group. So much so that some of our parents went on to attend Reiki training sessions via sail autism to enable them to provide this relaxing therapy for their loved ones at home.

In spring our sail crew helped make big improvements to the ARCH outside area with planting, tidying and setting up play equipment. Members have also been involved in our fundraising events showing excellent community spirit.

sail teen crew

Teen Crew has been running for just over 1 year now and has been operating at full capacity during this time. Many of the original attendees still come along and when spaces do become available these are quickly filled from our waiting list.

Particularly rewarding is seeing friendships forming and members working as a team, helping and encouraging each other. This was particularly apparent at our overnight fundraiser at the sea life centre earlier this year.

This event took our teens way out of their comfort zones and was challenging but enormous fun. Our teens banded together to help support each other and co-operated and helped each other with taking part in activities during the event. Together they raised an amazing total for sail autism funds.





Activities

Both groups have also enjoyed trips away, bowling, meals out etc.

Participants are encouraged to have a say in where they would like to go or what they would like to do. They have been increasing in confidence and make a valuable contribution to the group.

summer trips

This year we went all out for summer and organised 4 inclusive family trips offering over 130 places to a wide choice of venues. In addition we provided a summer long Wednesday evening activity schedule open to those of P7 age upwards.

These activities included music, smoothie making, lego challenges and movie nights. We ended the summer with a garden party with traditional games and lots of laughs.

Our trip places in particular were in huge demand. Most popular by far was a fantastic day out at Boness Steam Railway which was greatly enjoyed by kids and adults alike. One parent commented *"Best family day out we have ever had"*

At the end of the summer one mum kindly messaged us to say *"Thank you for organising these trips, they have made a massive difference to me and my girls this summer"*

siblings support

Ever mindful of the gaps in provision, we addressed the issue of siblings support this year. Over the summer we provided 2 x 2.5 hr sibling seminars delivered with the expertise of Tanya Tennant and aimed at two age groups.

These were very well received and it is something we would hope to look at providing again in the future.

Income & Expenditure Account 2018



Income

Donations	£4,718.85
Events	£6,254.00
Groups	£901.00
Grants	£150.00
Other	£0.00

Total Income **£12,023.85**

Expenditure

Assets	£0.00
Staffing	£2,049.83
Groups	£6,256.43
Fundraising	£1,707.93
Information	£71.44
Hospitality	£100.48
Office/Telephone	£463.81
Governance	£938.48

Total Expenditure **£11,588.40**

Income less Expenditure **£435.45**

Asset Purchases **£0.00**

Surplus/Deficit 2018 **£435.45**

Surplus/Deficit 2017 **£3,357.82**

Total Surplus/Deficit **£3,793.27**

Balance Sheet

Assets

Assets	£247.45
Debtors	£83.99
Bank Account	£3,304.88
Cash	£156.95

Total Assets **£3,793.27**

Liabilities

Creditors	£0.00
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Total Liabilities **£0.00**

Assets less Liabilities **£3,793.27**

Surplus/Deficit **£3,793.27**

Balance **£0.00**



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 the Calder family and Taqa Bratani Ltd for their contribution to the Shark Sleepover donations. Taqa Bratani Ltd doubled the Calder family donation making £3,186. Thanks, of course, to all who took part.

Our thanks also go Mr David Marks of Entertainments Tonight for the donation of his services at our Race Night event.

ARCH Autism Carer's Group made a donation of £600 towards our staffing costs for the Teen Crew group. Our thanks to them.

Expenditure

Expenditure focuses on operating our two social opportunity groups,

This summer we also provided 4 trips, open to all. We thank Park's of Hamilton for their preferential prices on coach hire.

Assets have been depreciated in line with accepted practise, writing down 2 years as none was applied in last year's accounts.

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 and will be lodged with OSCR in due course.

