



Annual Report & Accounts 2018/19

Recognise

Understand

Accept





Trustees' Annual Report

For the period ended 31 August 2019

The trustees have pleasure in presenting their annual report together with the financial statements for the period ended 31 August 2019.

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

Contact

| | |
|-------|--|
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| email | mail@sailautism.org.uk |

| | |
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| 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

Our activities revolve around our charitable aims.

We continue to work 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

Print media has been used to inform both parent/carers and the wider community.

Our promotional leaflet includes a comprehensive section explaining "What is Autism?" as well as the aims of sail autism and information about our groups.

The sail autism information cards continue to be popular.

Via the ARCH, the professionals At-A-Glance card has been distributed to Police Scotland, Fire & Rescue Scotland and local councillors. A third print run has been undertaken recently.

The card for parent and carers has been developed to be used in times of 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. This has been re-printed several times.

"Watching the friendships form among the teens and young adults is fantastic, especially as so many of them struggle with social skills"

"It was great seeing all the kids interacting and having a great time"

"The kids bonding was fantastic to watch"



Activities

Social Opportunities

sail crew

Our Young Adult group has continued to flourish and is still open to anyone aged 18-25 who wish to come along. Growing membership has continued to be a challenge. We are finding that a large group does not always work in this age range due to social and sensory issues within this group.

Work has been undertaken to provide a structured timetable of activities. This will eliminate an element of "unknown" for participants.

During the year, we were invited to take part in a Visions for the Mind project by Low Parks Museum. Both groups worked with Fiona Macgregor of Freerange ArtFarm in creating a soundscape based on a picture chosen from the museum's display. (See picture).

We also held art classes with Tanya from Hamilton Art Galleries And Studios. Tanya took us through drawing a lighthouse which was great fun.

sail teen crew

We are particularly proud of the Teen Crew.

The group continues to be well attended and always in demand.

It is particularly rewarding to see friendships being made, many now meet each other outside the group. They are extremely supportive of one another, assisting each other in tasks.

The teens and young adults have been very supportive of sail autism.

In August, they all took part in a sponsored walk in Strathclyde Park, raising over £2,000.

Parent/carers are also supported in groups which run in tandem with the teen and young adult groups. We thank them for all their support too.



Activities

Both groups have also enjoyed trips out of the Arch Centre, including bowling, visit to Low Parks Museum and seasonal meals.

summer trips

Ever popular were our trips in the summer.

The groups visited Blair Drummond, Camera Obscura and Glasgow Science Centre.

At Camera Obscura, the groups had great fun trying out the interactive activities starting with getting lost in a mirrored maze. A favourite activity was giving each other electric shocks for fun. With lots of optical illusions and hands on activities a great day was had by all

The trip to the science centre was a great success with teens and young adults taking part in different workshops. *"Each floor had so much to do and see that we ran out of time to try everything before enjoying the planetarium show: We Are Aliens"*

One parent commented, *"It was great for our son to go out and about with people his own age and not stuck with me or his dad."*

community fundraising

We are thankful for everyone taking part in our fundraising events throughout the year.

Our first Spring Fling was a joint activity and fundraiser. As well as a party with a quiet disco, there was fun and games, including face painting raising £1,800.

The end of June saw our sponsored walk in Strathclyde Park. This went beyond our expectations, raising over £2,000 and creating an event that the teens and young adults could take part in. Friendly team competition happened on Virgin Money!

Thank you to all!

Income & Expenditure Account 2019

| Income | | 2018 % Difference | |
|--------------------------------|-------------------|--------------------------|--------------|
| Donations | £5,598.11 | £4,718.35 | 18.6 |
| Events | £7,499.66 | £6,254.00 | 19.9 |
| Groups | £415.00 | £901.00 | -53.9 |
| Grants | £0.00 | £150.00 | -100.0 |
| Other | £0.00 | £0.00 | 0.0 |
| Total Income | £13,512.77 | £12,023.85 | 12.4 |
| | | | |
| Expenditure | | | |
| Assets | £0.00 | £0.00 | 0.0 |
| Staffing | £842.86 | £2,049.83 | 0.0 |
| Groups | £7,242.29 | £6,256.43 | 15.8 |
| Fundraising | £1,921.95 | £1,707.93 | 12.5 |
| Information | £0.00 | £71.44 | -100.0 |
| Hospitality | £142.63 | £100.48 | 41.9 |
| Office/Telephone | £196.63 | £463.81 | -57.6 |
| Governance | £627.09 | £938.48 | 0.0 |
| Total Expenditure | £10,973.45 | £11,588.40 | -5.3 |
| Income less Expenditure | £2,539.32 | £435.45 | 483.1 |
| Asset Purchases | £0.00 | £0.00 | 0.0 |
| Surplus/Deficit | £2,539.32 | £435.45 | 483.1 |
| Surplus/Deficit 2018 | £3,793.27 | £3,357.82 | 13.0 |
| Total Surplus/Deficit | £6,332.59 | £3,793.27 | 66.9 |

Balance Sheet

Assets

| | | |
|---------------------|------------------|--|
| Assets | £123.70 | |
| Debtors | £0.00 | |
| Bank Account | £6,138.09 | |
| Cash | £70.80 | |
| Total Assets | £6,332.59 | |

Liabilities

| | | |
|--------------------------|--------------|--|
| Creditors | £0.00 | |
| Total Liabilities | £0.00 | |

| | | |
|--------------------------------|------------------|--|
| Assets less Liabilities | £6,332.59 | |
| Surplus/Deficit | £6,332.59 | |
| 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

Our many events throughout the year have been our main source of funding. Our thanks to attendees of our Spring Fling and Sponsored Walk, both of which surpassed our expectations.

Thanks also to Stephen Rae and his friends Mark Dell & Brian Lawson who ran a half marathon on behalf of SAIL and raised an amazing £2,000.

Lee Calder and the staff of RBS Livingstone undertook the Edinburgh Kilt Walk. The funds for this will appear in next years accounts.

expenditure

Expenditure focuses on operating our two social opportunity groups, Staffing costs are lower, due to phasing out paid staffing.

Assets have been depreciated in line with accepted practise, We have also written off our Debtors, which stemmed from an Amazon Prime charge . Despite our efforts, this was never refunded.

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.

