

Space4Autism



2021/22

We Listen, We Help, We Care

SOCIAL ACCOUNTS



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Me and my family are very grateful for all the help and support we have received. Space4Autism is an amazing place with amazing people!





WELCOME

Welcome to our first set of Social Accounts as a CIO covering the period from 1st April 2021 to the 31st March 2022.

The aim of these Social Accounts, as well as providing financial and environmental performance information, is to show the social impact of our work and to highlight the achievements of the amazing families with whom we work.

On the 1st April 2021 we were delighted to change our charity status to a CIO (Charitable Incorporated Organisation), due to the pandemic this took a little longer than anticipated. I would like to take this opportunity of thanking the Board of Trustees for all their hard work in making this happen.

We have once again seen a significant growth in our membership and also our services throughout this financial year meaning we now support over 5000 individuals living with Autism Spectrum Conditions and their families.

Due to Covid restrictions we have not been able to run many of our much-needed fundraisers over the past two years, however, these are now in full swing so we are hoping 2022/23 will be another fantastic year.

I do hope you find our Social Accounts informative and interesting.

Cheryl Simpson MBE
Chief Executive Officer

Who Are Space4Autism?

We are an independent Cheshire based charity that provides a range of clubs, activities and services for children, young people and adults with Autism Spectrum Condition (ASC) and their families.

We began in 2005 when, as a group of parents of children with ASC, we got together to do something about the lack of support and services for families like ours. We felt isolated and excluded and feared for the future of our children.

We began meeting above a pub once a month with a handful of parents and in 2011 set up our 1st Social Skills Club for children aged 8-12yrs.

In 2011 we moved to our first premises but outgrew this within 2 years. We moved again in 2017 to enable us to offer drop in sessions during the week whereby we invited professionals to come and speak to parents.

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We Listen, We Help, We Care



We moved to new, larger premises, in September 2017 due to increasing demand for our services.

We now offer office and meeting room space, sensory suite, sensory garden, art room, counselling rooms and a community café

Our HQ provides us with a number of rooms which means that we can run activities simultaneously and it even provides us with office space to sublet to complementary services.

These include:

Cheshire and Wirral Partnership NHS Foundation Trust (Assessment and Diagnosis team, assessing school age children and adults for ASC), Just Drop In and the Growth Company.

Trustees

We have 6 trustees who, as well as bringing personal experience of autism, bring valuable experience from the fields of finance, law, HR, child and community care, business, operations management and safeguarding, they also volunteer a lot of their own time.

Many of the original founders are still actively involved. We consider this a real strength because as well as bringing professional, complementary skills and knowledge, they bring a shared history, experience, passion and commitment to Space4Autism which is at the heart of everything we do.

Staff Team

We now have 6 full time and 27 part time staff:

Chief Executive Officer - FT
Operations Manager - FT
Club Manager - FT
6 Revive and Strive Wellbeing Workers
14 Support Workers
Booking Co-ordinator - FT
4 Clinical Staff (autism training skills team)
Charity Administrator - FT
Chef - FT
Kitchen Technician
2 Caretakers

Volunteers

We have an amazing team of 68 volunteers that provides a wide range of services and support. Thanks to their incredible support we were awarded The Queen's Award for Voluntary Service (the MBE for charities) in 2019.



I just wanted to say how wonderful your staff are. Tonight, at gaming club, they were fantastic. I know they always are, but being the first group back it was difficult.



OUR HISTORY

2005

Space4Autism was founded.

2011

Space4Autism became a registered Charity.

Social Clubs began.

Moved into our first premises to enable us to offer more and run workshops.

2014

Moved into larger premises and started opening 2 days per week.

2017

Moved into much larger premises and began opening 7 days per week.

2018

CWP NHS Foundation Trust moved into our premises to offer the assessment and diagnosis for children.

Received the Queens Award for Voluntary Service.

2019

CWP NHS Foundation Trust moved into our premises to offer assessments and diagnosis for adults.

Commissioned by ECCCG to develop and run an extensive Parent/Carer Autism Training Programme.



2020

Commenced construction of our sensory garden.

Began working in partnership with DWP to offer a pioneering outreach service - delivered an extensive range of Covid outreach activities.

Entered into the parliamentary review for "Best Practice in Health and Social Care".

Our CEO was awarded an MBE in the Queens New Years Honours list for services to autism and the community.



2021/22

On 1st April we changed our status from standard Registered Charity to that of a Charitable Incorporated Organisation (CIO).

We started several new projects and initiatives: Revive and Strive project, Space4Carers project, Gaming Group, Space Mates and Apollo.

We opened Angie's Sensory Garden (won Best Communal Garden award from Peaks & Plains Housing Trust) and launched a Walking Group.

We became Member of the Leaders Council of Great Britain and Northern Ireland - giving us a greater voice. Expanded our Space for Art projects due to demand.

What is Autism Spectrum Condition (ASC)?

Autism Spectrum Condition is a condition that affects how a person communicates with, and relates to, other people. It also affects how they make sense of the world around them.

Individuals on the autism spectrum vary enormously from each other but they all share the two 'core' features of autism:

- Persistent difficulties with social communication and social interaction.
- Restricted, repetitive patterns of behaviour, interests, or activities.

People with autism often have other conditions, such as sensory sensitivity, epilepsy and gastrointestinal problems. They may also have mental health problems such as anxiety and depression, often as a result of inadequate support for ASC.

Some, but not all, will behave in difficult and challenging ways. Because of these problems, autistic people often struggle to make friends, do well at school, or find appropriate jobs.

However, with the right help tailored to the needs of the individual person, some people with autism can lead relatively independent lives. Others will continue to need support and understanding throughout their lives.



Around 700,000 people in the UK have autism (more than 1 in every 100). If you include their families, autism is a part of daily life for 2.8 million people.

Autism is a hidden disability – you can't always tell if someone is autistic.

While autism is incurable, the right support at the right time can make an enormous difference to people's lives.

70% of autistic adults say that they are not getting the help they need from social services.

22% of children with autism have no friends at all; 10% said their friends were mostly adults.

At least 1 in 3 autistic adults are experiencing severe mental health difficulties due to lack of support.

Autism doesn't just affect children. Autistic children grow up to be autistic adults.

Only 32% of autistic adults in the UK are in some kind of paid employment.

More than 99% of the public say that they have heard of autism but only 16% of autistic people and their families think the public have a good understanding of the condition.

MISSION

Our mission is to promote social inclusion for the benefit of children and adults on the autism spectrum and their families, principally, but not exclusively within Cheshire East, who are socially excluded from society or parts of society because of ASC, by:

- Providing education and information to support and enable parents of children and adults with ASC to maximise educational opportunities for their children/adults.
- Raising public awareness of the issues facing children and adults with ASC and their families, both generally and in relation to their social exclusion.
- Providing workshops, forums, advocacy and general support.
- Providing recreational facilities and opportunities for children and adults with ASC and their families.



Overview Of Our Service

In 2021/22 we ran the following projects, which were accessed by over 5,000 people:

Space for Kids - a social club for children aged 5 to 8. Children affected by ASC often struggle to access mainstream activities such as football, Rainbows, Cubs, and music clubs as they struggle with the context of social situations and often need 1-1 support, which can often add a further barrier to social integration.

Apollo - a club for children aged 4 to 8, started in January 2022 as Space for Kids was oversubscribed.

Fun Friday - a club for children between the ages of 9 and 13. Fun Friday has a 'youth club' vibe and provides 'chill out time' at the end of the week, whilst offering valuable socialising opportunities.

Saturday Clubs x 2 - clubs for children between the ages of 8 and 11. The Saturday Clubs started following the overwhelming demand for our Fun Friday club!

Space Mates - after school club, operating 4 days a week during term time (35 weeks a year) from 3.30pm – 5pm. It is open to children and young people aged between 0 and 18 and their siblings.

Space for You - a club for teenagers providing valuable opportunities to develop skills for independence such as social interaction, relationship building and developing communication.

Galaxy Group - providing a wide range of social and learning opportunities for ASC adults (18+).

Mission Impossible - another club for ages 8-16yrs with a focus on team building. The club also welcomes siblings of children with ASC.

Educational Workshops - a wide range of workshops for parents, carers and professionals. Subjects include sensory issues, challenging behaviour and what it is really like to live with ASC.

Art Sessions - using art media as a mode of expression and communication. Art is used as a way to address emotional issues which may be confusing and distressing for people with ASC. Art therapy also helps people to explore, understand and communicate their feelings.

Open Space - a 'drop in' project for people of all ages with ASC, their families and professionals that might encounter autism as part of their roles. Open Monday to Thursday (10am-3pm) during term time. The project offers regular talks and advice from visiting professionals, support from our in-house team and a familiar place to meet other people affected by ASC or to meet with external agencies in a safe space.

Benefits and Welfare Advice - we work with the DWP (Department for Work and Pensions) to offer 1:1 appointments for adults with ASC once a week.

Campaigning - we work with our local MP and statutory services to ensure that the experiences of those that we support are represented.

Gaming Club - after our 2019/20 survey we were asked by the membership to start a gaming club for ages 8-16yrs. We ran this as a pilot and are now looking at funding to carry this on in 2022/23.

S4A Café (including new sensory café area) - our café is open 5 days a week to members and the public. It is staffed by a highly qualified chef supported by adults with ASC and volunteers. The aim, as well as serving quality, affordable food, is to promote the abilities of people with autism, to remove stigma and to promote inclusion to our wider community. Our sensory café space offers a quiet, peaceful place to enjoy for those with sensory issues (common with ASC).

S4A Shop - with items to sell made by our members.

ASC Adult and Carer Weekly Lunch Club - groups of 6 attend the S4A café for a 2 course lunch. Providing excellent socialising and respite opportunities.

Work Experience - working with The Growth Company to offer work experience and employment advice for ASC Adults.

Autism Training - working with employers to deliver autism awareness training for staff and businesses.

Occupational Therapy Sessions - monthly sessions led by an ASC Occupational Therapist.

Sleep Clinic - monthly sessions with a sleep clinician, supporting individuals and families to combat sleep issues.

Adult Hubs - we work with CWP, Cheshire and Wirral Partnership NHS Foundation Trust (Adult Services), to provide weekly satellite drop in services throughout Cheshire for adults with ASC.

1 to 1 Advice and Support Service - delivered at our HQ, the service offers bookable sessions with highly qualified professionals offering support and advice around mental health issues such as anxiety, stress and depression, advice to help parents and carers to cope with challenging behaviour, practical advice around sleep issues and much more.

Training Programme - we were commissioned by our local Clinical Commissioning Group to develop, manage, and deliver a wide-ranging training programme throughout Cheshire. The programme included the Cygnet ASC Parenting Programme, adult support, sensory and sleep courses, play therapy, autism awareness and much more.

0-4yrs Training Programme - for parent/carers of younger children with ASC.

Autism Awareness Training for Professionals - training for companies and other charities delivered by one of our adult ASC members.

Space4All - a school holiday club for the whole family to enjoy (Tues and Thurs - all school holidays). Lots of activities and free lunch for all attendees.

Space4Carers - support group meetings to provide a valuable lifeline for families, who often feel isolated and frustrated. Offering a programme of activities, relaxation therapies and learning opportunities.

Cookery Classes - for parent/carers and children, held once a month.

Counselling Space for ASC Adults - a bespoke counselling service for adults with a diagnosis of ASC.

Children Counselling Service - delivered by Just Drop-In at our premises for children and young people aged 12yrs+.

SEND Advice and Support - delivered by Smart Bright Training Consultancy to parent/carers to help with all kinds of SEND issues. Delivered online and face to face on a fortnightly rota.

Revive and Strive Programme - an outreach service to re-engage members that have drifted away after the pandemic and to introduce new members.

Monitoring and Evaluation

Impact monitoring and evaluation are well embedded in our work and we gather information on an ongoing basis to provide quantifiable evidence by:

- **Keeping records** of attendance throughout the year
- **Using Charitylog** (cloud-based charity management CRM software), to record and monitor beneficiary numbers and demographics
- **Providing feedback questionnaires** after any external activity (professionals sessions, yoga and mindfulness, art therapy) to ascertain knowledge gained and any other benefits
- **Gathering a number of case studies** - individual stories that feedback on experiences
- **Compiling Social Accounts** - to collate information from the above activities to present to interested parties.

Key Findings - in the Year to 31st March 2022:

In the 12 months to 31st March 2022, we had **1,654** new members, taking our membership to **5,780**. An increase of over 40% in the last 12 months.

We have delivered intensive sessions with

3,566

individuals in the following areas:

Behaviour - **56**

Carer Support - **256**

Diagnosis - **58**

Education - **52**

Employment/volunteering - **105**

Finances - **24**

Health and Wellbeing - **28**

Housing - **5**

Info and Advice - **794**

Sleep - **30**

Social Opportunities - **1451**

Therapeutic Support - **139**

Training and Workshops - **568**

Activity/Number	No. of members participating	No. of sessions delivered	No. of attendances (some people attend more than once)
Art Sessions	50	106	314
Carer Breaks	203	94	331
Open Space	1066	267	6011
Social Groups	424	378	1985
Appointments i.e. OT and DWP	15	76	15
Outreach	187	111	467
Training & Workshops	266	139	807
Yoga & Keep Fit	35	21	82
ASC Counselling	32	50	155
Adult Hub Sessions	45	22	72
Galaxy Social Group	49	22	364
Lunch Clubs	55	48	118
Cookery	18	10	42
Celebrations/Fundraisers	181	15	279
Total	2,323	1,375	11,788

Monitoring and Evaluation

Our members are broken down into the following age categories:

Under 4 - **179**

4 to 8 - **592**

9 to 11 - **452**

12 to 14 - **434**

15 to 18 - **263**

19 to 25 - **261**

26 to 64 - **2467**

Over 64 - **87**

Unknown age - **1045**





This is our third set of Social Accounts and our aim is to continue to produce them every year. They help us to improve our monitoring and evaluation activities and thereby enable us to better self-report on the difference that our work is making.



5,780

children, young people and adults with ASC, and their families, received support from us in the 12 months to 31st March 2022 through the 1,375 individual club and activity sessions that we delivered.

16,023

individual contacts were made with members via email, letters and social media.

830

people were assisted by signposting to relevant support i.e. Cheshire East Autism Team, CWP Helpline, Social Care and other charities local to the individual.

340

times during the year, we were approached by professionals for ASC related advice and guidance.

Achievements During the Year to 31st March 2022

May 2020 marked our 15th year of operation.

Staff Activities:

Our staff and volunteer team completed:

- First Aid at work certificate
- Gender certification
- Allergy Awareness
- Autism Awareness level 2
- GDPR level 2
- Counselling skills level 2
- Business and team leading level 2
- Covid Recovery Psychological First Aid
- Safeguarding training

Four staff left us during this financial year, but we have taken on another 15 new staff members.

New Services and Activities:

These include:

- Gained National Lottery funding to set up an outreach service
- Set up three more social clubs
- Re-commissioned by Cheshire East Council and Cheshire Clinical Commissioning Group
- Implemented 0-4's parenting course
- Implemented a Space4Carers project
- Implemented our Friday Breakfast Club
- Achieved certification in Cyber essentials
- Implemented our membership form online on our website to help us go paperless



Awards and Supporter Activities:

- Our club manager Georgia Mallia won a Health and Wellbeing award
- We were awarded a Diamond Award Certificate from Cheshire East Council for Community Groups and Organisations
- Angie's Sensory Garden opened, and we won the Best Communal Garden Award from Peaks & Plains Housing Trust

“

I just wanted to say a huge thank you to you and your colleagues for being so patient and skilled with Martha.

”

Case Studies

We are privileged to work with some amazing children, young people and adults at Space4Autism. Here are just a few of their stories:

“

Space4Autism has become a place where the whole family is able to find support.

”





Case Study 1

Charlie*, 15 years old, attended our drop-in service with their family in January 2022. Charlie has never been able to access any social opportunities without parent/guardian support and has recently been experiencing increased anxiety around socialising with peers. The drop-in service was a great opportunity for them to come and talk to someone about all Space4Autism has to offer. After sitting with a member of staff Charlie picked out a few different activities they wanted to try. After having a tour around the building, they immediately felt comfortable, extending their drop-in visit to stay for a hot chocolate and cake in the Café.

At the Drop-in appointment Charlie agreed to try out the social club and booked on to one social club. They expressed that they had a keen interest in arts and crafts, this was valuable information for the club staff as they were able to prepare activities that would engage Charlie and help them feel more comfortable during their first session at the social club. During the session they created some wonderful artwork whilst chatting with new friends. Charlie reported that they “loved” the social club and booked the next 3 months in advance.

Charlie thoroughly enjoys the social clubs and now attends every session they can. Charlie said that they had met some lovely people and wanted to continue to see their new friends. The social club is the only activity space that they can access completely independently.

Charlie had previously struggled in social settings, so the family were surprised at how quickly and easily they were able to feel settled, and importantly loves that they come out with a huge smile after every club. After some months attending the clubs and building new friendships, Charlie had been able to make important connections with like-minded individuals and was in better spirits.

The family reported that it had made them all so happy. It had made a huge positive impact on their home life. As a result of Charlie attending the social club, they were all able to have more time to enjoy activities independently and found spending time together as a family more enjoyable. Space4Autism has become a place where the whole family is able to find support, and importantly make lasting memories doing the things they enjoy.

**Not real name*



Case Study 2

Brian* became a member of Space4Autism as he was looking for support and information after receiving an ASC diagnosis. He explained that he was feeling 'lost' in what felt like a whole new world of information to explore. Brian had never received support in the past and was apprehensive to explore what the new diagnosis meant for him. He was thrilled to be treated with respect and dignity from the moment he stepped into Space4Autism.

Brian wanted to access social opportunities to find like-minded individuals, who may have also received a diagnosis later in life. He found the moral support he was looking for at our adult social club, Galaxy. Brian expressed that he found Space4Autism a comfortable place where everyone was treated as an individual, it opened his eyes to a huge community of support where he found he was understood and could importantly enjoy the pleasant activities.

After some time, Brian reached out for more support after feeling the impact of isolation. He had become afraid to socialise in large groups and access the adult social club he had once thoroughly enjoyed. Fortunately, we had begun a walking group, with the

aims of promoting physical activity and a healthy lifestyle whilst providing a new opportunity to socialise in open, outdoor environments. Brian was thrilled to access the walking group, although his main interest was not to keep fit, this was merely a bonus that supported his aims to increase positive mental health.

He felt comfortable to access the walking club and enjoyed chatting to new and old friends that also attended the walking group. The group gave Brian a new interest in walking, and he began to seek out more outdoor opportunities.

Brian is now attending the adult social group once more after easing his way back into socialising in larger groups and finding new ways to keep safe.

**Not real name*



Case Study 3

We first joined Space4Autism when Beth* was referred for a diagnosis of Autism after signs were picked up by their school. We had very little knowledge of Autism and we felt lost and left on the waiting list with no help.

During Covid Beth got into the groove of home schooling and really seemed to thrive in her own environment, however the return to school sent her on a downward spiral. Her anxiety reached an all-time high; it was a battle to get her ready and to school in the morning. Beth was unable to cope and deal with the school environment or the demands of being in school and often we couldn't get her to go at all.

With our whole family being affected and Beth's anxiety seemingly reaching an all-time high I visited Space4Autism at breaking point. A member of staff sat down with me, listened as I offloaded and then helped put a plan together. Having someone sit with me and look through the different services and prioritise things so that I wasn't taking on everything at once, or more likely avoiding it all, was such an incredible help! We booked an appointment to discuss Beth's EHCP and also a place on the Anxiety Skills programme.

The Anxiety course really was a breath of fresh air! Being part of a group of parents that were all in a similar situation and sharing their stories and experiences made me feel like we weren't alone. The trainer was so open about her own experiences, the group was small enough that everyone's voice was heard, and I really felt like we could all relate to each other.

During the sessions we learnt about various techniques and strategies to help with anxiety, these were very much trial and error

and working out what worked for Beth but we kept trying each week the different things I was learning. We made and decorated a self-soothe box together and a few smaller self-soothe packs that she could take into school and keep in her folder or pocket. We have had fiddle toys before but never really made a point of Beth choosing them or the purpose of them but doing this together has made such a difference! She really took to this and has been able to discretely use the items in class when she starts feeling anxious.

We have introduced a daily check in for the whole family so the pressure isn't on Beth, we all just stick up our own badge on the fridge to show how we are feeling and have all encouraged each other to talk to each other and be mindful of how everyone is.

One of the things that was getting lost whilst dealing with everything happening was myself, the trainer made us all realise how important it was that we looked after ourselves and did something just for us, and by doing this and looking after our own mental health we are much better equipped to deal with our child's mental health. I used this as a reason to start attending yoga classes again and what a difference it has made. I come back more relaxed and ready to take on whatever comes next, without the guilty feeling I have always had for taking time to do anything for myself.

*Not real name

Compliances

We have the following Policies and Procedures – all of which are monitored and reviewed regularly:

- Child Protection and Safeguarding Policy
- Vulnerable Adult and Safeguarding Policy
- Transport Policy
- Work Experience Policy
- Dress Code
- Expenses Policy
- Equal Opportunities Policy
- Anti-Harassment and Bullying Policy
- Anti-Corruption and Bribery Policy
- Whistleblowing Policy
- Disciplinary and Capability Procedure
- Grievance Procedure
- Sickness Absence Policy
- Time Off for Antenatal Appointments Policy
- Time Off for Adoption Appointments Policy
- Maternity Policy
- Adoption Policy
- Paternity Policy
- Complaints Policy
- Shared Parental Leave (Birth) Policy
- Shared Parental Leave (Adoption) Policy
- Parental Leave Policy
- Time Off for Dependents Policy
- Compassionate Leave Policy
- Flexible Working Policy
- Time Off for Public Duties Policy
- Health and Safety Policy
- Risk Assessment Policy (including Covid 19)
- PPE Policy
- Social Distancing Policy
- Working Students under 16 Policy
- Smoking Policy
- Privacy Standard (GDPR)
- IT and Communications Systems Policy
- Social Media Policy

We are members of:

- Leaders Council of Great Britain and Northern Ireland
- Connect, Lead and Learn (peer support and leaders)
- BNI Silk
- CESAP (Cheshire East Social Action Partnership)
- Police Cohesion Group
- Community Mental Health Transformation
- Open2Autism/ Macclesfield Hospital/Learning Disabilities and Autism Group
- Cheshire East care & support at home
- Growth Company
- Cheshire East mental partnership board prevention sub-group
- Pilotlight
- Sensory Project with Central Cheshire Integrated Care Partnership

Company and charity law:

Our financial statements are prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)) and the Companies Act 2006.

“

I honestly didn't think she would want to stay for even 5 minutes so I'm so proud of her for braving the whole session. It's a massive step forward for her and we are so grateful that you made it happen!

”

We have the following insurance cover:

Employers Liability
Insurance - £10,000,000
Public/Products Liability
Insurance - £10,000,000

Economic Impact

Staff: In 2021/22:

- We employed 33 staff - 6 full time and 27 part time
- We paid £270,129 in wages and £17,642 in Employer National Insurance Contributions
- All of our staff live locally
- We invested over £1,500 towards building the capacity of our staff and volunteers (and therefore the community) by providing training in first aid, food hygiene, autism understanding and safeguarding.

Volunteers:

We had 68 volunteers in 2021/22 supporting a wide range of activity. Between them they contributed 3,078 hours during the year. Using the living wage of £9.50 per hour as a guide, this means that our volunteers gave time to the value of £29,241 during the year!

Inward Investment:

We have attracted £184,098 in grant and contract funding into the local area during the year enabling us to provide our much-needed project work.

Purchasing Locally:

We have a policy of purchasing locally whenever possible - around 40% of our annual spend goes to local suppliers.



Environmental Impact

We use The Green Office Checklist - a self-evaluation tool, which helps us to assess the environmental performance of our work. The Checklist gives us clear directions for improvement. It asks questions to measure our level of "Green" performance.

It is a comprehensive checklist comprising of 65 questions relating to various environmental topics such as paper usage, energy efficiency, office supplies, general office activities, recycling, transport, Health and Safety and the process for implementation of all of our activities. We scored positive responses to 49 question - equating to 75%. This is an increase of 15% over the last 12 months.

We are pleased with our progress and we will continue to use the Green Office Checklist on a regular basis to improve our performance over the coming months.

Our current key 'Green' activities include:

Paper



- We photocopy double sided
- Non-essential copies are photocopied on re-used paper
- We always trial copy before printing big batches
- We turn scrap paper into notepads
- We use email wherever possible
- We keep documents electronically rather than in paper format wherever possible
- We always reuse or return junk mail
- Margins, fonts etc. are set to minimise waste
- We use recycled paper

Energy



- All of our pipes and tanks are properly insulated
- Our water temperature is comfortably hot
- Windows and doors are free of draughts
- Lights are always turned off in empty rooms
- Lights are turned off as soon as there is enough daylight
- All windows are kept clean and free from obstructions
- All of our lights are energy efficient
- All electrical equipment is switched off when not in use
- Our boiler is regularly serviced
- Our heating is thermostatically controlled

General



- Long life products are always chosen over short life ones
- We use green products - recycled, refillable etc
- We use paperclips rather than staples
- Aerosol products with CFC propellant are avoided
- Materials are always bought in large packs to avoid excessive packaging
- All toilet paper and hand towels are made from recycled fibre
- We avoid products made from tropical hardwoods
- Dripping taps are always repaired quickly
- Low flush volume WCs have been installed
- We don't use disposable cups
- We purchase Fairtrade or organic tea and coffee
- We purchase locally whenever possible
- We use environmentally friendly cleaning materials
- Fridge and freezer door seals are clean, and seal shut
- Outside areas around the office are managed for wildlife

Recycling



- We keep a recycling bin by the photocopier
- All used paper is saved for recycling
- We recycle all electronic equipment, toner cartridges etc.

Transport



- Meeting times are organised around public transport timetables
- We have information relating to public transport available
- Employees have access to secure, dry cycle storage
- Our working hours are flexible enough to allow people to use public transport

Health and Safety



- Fresh fruit is available alongside biscuits at break time for visitors
- Drinking water is always available
- We grow house plants in the office to lower stress
- Sick Building Syndrome problems are identified and corrected
- Sitting at computers for long periods is discouraged
- We enact our policies on lone working, safe use of equipment etc.

Implementation

There are always opportunities to raise environmental issues at staff meetings and we have a suggestion box for environmental ideas. In addition to the above we promote healthy eating and waste minimisation every day at the S4A café. Many of our activities involve food choice and preparation and we always take the opportunity to extol the virtues and benefits of a healthy diet!



Key Actions/Objectives for 2022/23

- To rebrand the S4A Café. This includes decorating, branding menus, and launching new opening times.
- To open on a Friday for Breakfast Club.
- To increase provision of our social clubs, as they are still heavily over-subscribed.
- To increase the SEND (Special Educational Needs and Disability) provision by engaging the services of professionals to offer members 1:1 appointments.
- To add Occupational Therapy sessions to our ASC training programme.
- To engage with businesses to offer them ASC professional training.
- To offer work experience to some of our members and eventually help them find gainful employment.
- To increase room capacity for Cheshire and Warrington Partnership Foundation to enable them to take on another room for diagnosis – taking this to 3 rooms.
- To arrange a variety of workshops & activities for parent/carers including planning ahead, relaxation therapies, gardening groups and walking groups.
- To give parent/carers the opportunity to take a break i.e. residentials, theatre trips and meals out.
- To organise a group of volunteers to look after our sensory garden.



List of Partners and Funders

Referring Partners and Agencies

We are committed to partnership working, sharing knowledge and resources to support the people we serve.

The following organisations are either based or have office space in our HQ:

- Cheshire and Wirral Partnership NHS Foundation Trust (Adult Services and Assessment and Diagnosis Team, assessing school age children and adults for ASC)
- The Growth Company
- Just Drop-In

We also work with the following external project partners:

- | | | |
|--|--|--|
| • Cheshire Clinical Commissioning Group | • CVS - Community and Voluntary Services Cheshire East | • Local Schools |
| • CaMHS - Children and Adult Mental Health Service | • Youth Federation | • Cheshire-Online |
| • Cheshire East Autism Team (CEAT) | • Cheshire East Carers Hub | • Social Prescribers |
| • Cheshire Information and Advice Service (CEIAS) | • Healthwatch | • Cheshire East SEND Team |
| • Smart Bright training and consultancy | • New Leaf | • Department of Work and Pensions (DWP) |
| • Disability Information Bureau | • Circus Starr | • Macclesfield Community Sports Trust |
| • Cheshire East Local area co-ordinators | • Cheshire East Council – commissioning of short break social clubs for children and young people aged 5-18yrs | • Black Dog Adventures |
| • Cheshire East Parent Carer Forum | • Healthbox | • Manchester Occupational Therapy Services |
| • Cheshire and Warrington Carers Trust | • Adult Social Care | • Pilotlight |
| • Living Autism | • Family Support Workers | • Moneybox Wills and Trusts |

Funders

We would not be able to deliver our services without the kind support of our funders, including our members - too many to mention. A big thank you to the following:

Trusts and Foundations:

Tudor Trust
Garfield Weston Foundation
St James's Place Charitable Foundation
The Charles Sharland Trust
Children in Need
The Swallow Trust
M & C Trust
Active Cheshire
Cheshire Community Foundation
The CRH Charitable Trust
The Lucas Harrison Trust
The Sister Gwen Appleton Charitable Trust
Barbara Ward Children's Foundation
The Douglas Arter Foundation
Sir Jules Thorn Charitable Trust
The Equilibrium Foundation
Miss Jo Torrington Children's Fund
The N Smith Charitable Settlement

The Bain Charitable Trust
Blackwood Engineering Trust
The Emerson Foundation
The Hilary Awdry Charitable Trust
Geoff's Ludford Charitable Trust
The David Family Foundation
The Steven Bloch Image of Disability Charitable Trust
The Alan Jenkin Stokes Memorial Trust
The Orchard Trust
The Beryl and Peter Collins Charitable Trust
The Lynn Foundation
Holbeck Charitable Trust
The Grey Court Trust
The Bryan Lancaster Trust
Woodroffe Benton Foundation
The BB Charitable Foundation
The Irving Memorial Trust

UKH Foundation
The Hobson Charity Limited
The Edward Gostling Foundation
The Lee and Bakirgian Family Trust
The W O Street Charitable Foundation
The Culra Charitable Trust
The Gladys Wightwick Charitable Trust
Joan Wilkinson Charitable Trust
David Solomons Charitable Trust
Ordinary People Interesting Lives Charitable Trust
The Poynton Foundation
Pennycress Trust
The Souter Charitable Trust
Royal London
The Marsh Christian Trust
The Card Factory Foundation
The Denman Charitable Trust

The Nagle Family Foundation
Hazel and Leslie Peskin Charitable Trust
The Zochonis Charitable Trust
The Felicity Wilde Charitable Trust
Evelyn May Trust
Christadelphian Samaritan Foundation
Brian Wilson Charitable Trust
Broome Family Charitable Trust
The John and Susan Bowers Fund
The Mosse Charitable Settlement
The Bennett Family
Grantmaking Charity
Medicash Foundation
Rycroft Childrens Fund
The Henty C Hoare Charitable Trust
The Mather Family Charitable Trust

Other Funders:

The National Lottery
Community Fund - Reaching Communities & Awards for All
Cheshire East Council
Cheshire CCG)
NHS England
NCompass
Spinners Arms
Tytherington Pharmacy
AstraZeneca Unite

Co-op
Macclesfield Town Council
Jodrell Bank
Macclesfield College
Friends that Do
Yorkshire Building Society
MenCap
BNI Silk
Moneybox Wills and Trusts
B&Q

Redesmere Sailing Club
Green Shooters Golf Club
Rocketwham
Pilotlight
Chelford Primary School
Beech Hall School
Arnold Clarke
TK Maxx and Homesense

Individuals and JustGiving Supporters:

Macclesfield & District Lions
Dads that Run – Matt and Tom
P Bickerdyke
Rolph & Co Photography
C Berrett
Manchester Wheelers
Little Green Harvest Company
A Watkins
S Roche

Fragrance Direct
J Terrington
Anfield Agenda
H Bayley & L Trafford
M & L Beresford
Born Survivor 2022 Team
Emily Jenkins



Statement of financial
activities for the year to
31st March 2022

	Unrestricted Funds £	Restricted Funds £	Total Funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	276,678	408,886	685,564
Charitable activities			
Educational and club activities	1,652	1,714	3,366
Other activities	-	490	490
Other trading activities	29,137	-	29,137
Investment income	15,630	15,245	30,875
Other income	970	500	1,470
Total	324,067	426,835	750,902
EXPENDITURE ON			
Raising funds	14,319	-	14,319
Charitable activities			
Educational & club activities	1,629	3,090	4,719
Other activities	212,586	257,696	470,282
Total	228,534	260,786	489,320
NET INCOME	95,533	166,049	261,582
Transfers between funds	(2,400)	2,400	-
Net movement in funds	93,133	168,449	261,582
TOTAL FUNDS CARRIED FORWARD	93,133	168,449	261,582



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Email: info@space4autism.org

www.space4autism.com



facebook.com/Space4Autism/



[@Space4Autism](https://twitter.com/Space4Autism)

We Listen, We Help, We Care

Charity number: 1189689



“

I really enjoyed my first carers' lunch. It was lovely food and great to chat to people in the same situation as me.

”