Supporting emotionally and socially vulnerable children and young people

2025–2026 Annual report

To educate the public in, and to relieve the needs of, those with autistic spectrum conditions and behaviours associated with them in the Borough of Eastleigh, Hampshire.



Trustees' report

Another busy year for Friends of In Touch has passed, with trustees meeting regularly to ensure the smooth running of the project, keeping all policies up to date and fulfilling their responsibilities.

I would like to thank all trustees for the part they play in this; although small in number, they bring a huge amount of expertise. Hui Min continues to manage our finances and keep our spending in order. Laura Stephen, our secretary, ensures minutes are taken and distributed. Chris Swales has overseen the successful installation of our new website, and Karen Allen, our vice chair, has been a constant support across all areas.

It is with a sad heart that we say goodbye to Matthew Wakeham and thank him for his generous work for the project. He has taken on many roles and has spent time working alongside the children and young people. Thank you, Matthew. We are fortunate to have found a replacement in Helen Beckett-Oxenham, who joins us with valuable experience of working in education with pupils who have additional needs.

We continue to have a very experienced team of staff, led by Hayley Halford and supported by enthusiastic volunteers, who work tirelessly throughout the year to ensure all members have safe, secure and enjoyable experiences. Our thanks go to all of them; without their dedication, the groups simply could not function.

Claire continues to fundraise tirelessly for us, identifying many funding sources. This work is vital as we prepare for the end of our lottery funding. She is also exploring opportunities that may help us secure our own premises in the future.

Hayley, Claire Stokes and I have been meeting regularly to plan therapeutic groups. Progress has been steady rather than fast, but we are now almost there. This development has been made possible through lottery funding.

Another significant moment this year was our introduction to Liberty Specialty Markets. We were nominated by Nat Hawley to become a charity they would support for the coming year. We have already been in contact with them, and they have agreed to support us both through charitable donations and by sharing their expertise with support groups, young people and trustees.

Karen and I were honoured to attend the presentation of the Mossadeq Diversity and Inclusion Award on behalf of FOIT, and we were delighted to win — a recognition of our ongoing commitment to diversity and inclusion.

Without the dedication of our staff, volunteers and trustees, the project would not be able to operate. With your support, we are determined to keep the charity running smoothly, enabling us to support many more children, young adults and their families. If you feel able to help in any way, however big or small, please let me know.

Chris Parsons, Chair



Project Coordinator's report

I was recently going through old photos from various In Touch activities and was struck by how many of our young people stay with us and grow up with us over the years. I realised I have grown alongside them and the project too, as I reach the 19-year mark of being involved in one role or another. Seeing young people now sitting their GCSEs who joined us at age 9, or watching some of our young adults who have attended since the early days, is a privilege. We are proud of everyone who attends our project and all that they do.

We clearly create a safe place for our group members where they can be themselves. Whether group members come for weeks or for years, we aim to create an environment of acceptance, care, development and fun.

All of our groups have continued to run at capacity, with ongoing waiting lists for both the junior and senior youth groups. The juniors continue to enjoy activities in the hall or park/field, cooking, role play, sensory play, art and games. The group have had visits to Boulder Shack, Laser Tag and Go Ape, as well as workshops from Animal Encounters and Neurodivergent Arts. They also enjoyed their yearly visit to Kids2Day for the Christmas party, complete with the ever-popular raffle.

The NGS members have enjoyed a variety of activities including film and games nights, cooking, art, sports and games. There were visits to bowling, Level One for activities, and animal and art workshops, as well as the annual Christmas meal at the carvery.

The young adult group (YAWA) plan their own activities and have enjoyed quizzes, games nights, karaoke, films and cooking, plus visits to bowling and ghost or detective tours,with their Christmas meal at Cosmo's in Southampton.

We have a dedicated staff team working across the groups, each bringing their own unique skills. My thanks go to Carol, Simone, Becky and Steph for your ongoing support of the project and our group members. We said goodbye to Holly this year and will miss her bright colours and circus skills, while welcoming two new staff members, Georgie and Charlotte, to the team.

We also have volunteer support from Bethan, Olivia and Simon, whom I thank for their time and help. Carol has sadly decided to continue her role with us more behind the scenes, doing a fantastic job as administrator, and she is missed by us in the groups. What happens behind the groups is just as important, and Claire, our fundraiser, has done fantastic work securing grants to boost our funds. The year ahead should see our therapy pilot project commence — a branch of our service I aim to develop over time, and one that is much needed to support the mental wellbeing of autistic young people locally.

Finally, on behalf of all our group members, their families and the staff, a huge thank you to our chair Chris Parsons, vice chair Karen Allen, and all the trustees and committee for your ongoing support and the work that happens behind the scenes to run In Touch.

Hayley Halford, Project Leader









Friends of in touch (Registered charity number 1153013)

Trustees:

Chris Parsons ***(Chair)***
Hui Min Tseng ***(Treasurer)***
Matthew Wakeham
Chris Swales
Karen Allen ***(Vice-chair)***
Laura Stephens ***(Secretary)***
Anne Rosenfeld



The Trustees would like to express their sincere thanks to:

Co-opted committee members: Hayley Halford

Fundraiser: Claire Stokes **Advisor:** Nathaniel Hawley



Staff:

Hayley Halford
Simone Rowley
Georgie Payne
Becky Stewart
Steph Matthews
Charlotte Dixey

Administrator: Carol West

Volunteers:

Olivia Edwards (Sep 2023 to Present)
Simon Hockney (Sep 2023 to present)
Bethan Evans (Jun 2018 to Present)

Venue providers: Y-Zone Youth Centre, Fair Oak

What children and young people have said:

"It has helped me form many good relationships."

"Through the FOIT project I have met so many wonderful people who I might not have met otherwise."

"It brings me so much joy getting to have fun with my friends."

"It has helped massively with my socialising difficulties."

"It has helped me a lot, it's a safe, fun space where I can make friends with people who won't judge me because I'm autistic."

"It is good, I have fun."

"I have been attending the youth group for several years now and I have made some great friends, and it has given me opportunities."

"I feel I belong and can be myself."

"I felt really welcomed into the group straight away."

"It is fantastic, I can be myself without anyone thinking bad things about me."

"It's a place where I feel like I can really cut loose and expose my true self because there are people who know how locking that part of yourself away feels. Plus, most autistic people are just way nicer."

"I am accepted as I am and the group makes me happy."

Friends of In Touch

Fundraising Report

Reporting Period: 1 April 2025 – 31 March 2026

Introduction

This report provides an overview of fundraising activities undertaken on behalf of Friends of In Touch during the reporting period from 1 April 2025 to 31 March 2026. The funds raised have supported the charity's ongoing work and contributed towards current projects, whilst also helping to build resources for future development, including plans for a new building.

Despite a challenging fundraising environment, the charity has continued to benefit from the generosity of local businesses, community groups, grant providers, supporters, volunteers and individual donors.

Fundraising Summary

During the reporting period, Friends of In Touch secured funding through grants, community fundraising initiatives, online giving platforms and local business support.

Income Raised and Secured

Source	Amount
Tesco Stronger Starts Grant	£1,000.00
Christmas Market	£102.98
Karen's Sweet Sale	£55.20
Co-op Local Community Fund (received to date)	£500.00
Nisa Community Support Grant	£2,000.00
Hampshire County Councillor Louise Parker-Jones Donation	£1,000.00
JustGiving Donations	£1,122.34
Great South Run Sponsorship	£157.68
Donation from High Peak Competitions	£50.00
EasyFundraising	£227.87
Giving Lottery	£119.20

Total Income Received During Reporting Period

£6,335.27

Community and Corporate Support

The charity has continued to benefit from strong community engagement and support from local organisations.

Co-op Local Community Fund

Friends of In Touch was selected as a beneficiary of the Co-op Local Community Fund. To date, **429 members have chosen to support the charity**, resulting in **£500 received during this reporting period**. Further payments are expected in November 2026.

Sweet Donations

The charity received donated sweets from:

- Coopervision Facilities & Maintenance Team, Hamble

These donations supported fundraising activities and helped maximise proceeds from community events.

High Peak Competitions

High Peak Competitions generously donated:

- A Ring Doorbell to be used as a future fundraising raffle or draw prize.
- £50 towards supporting Great South Run participants.

Sporting Fundraising

Great South Run

The Great South Run continued to provide an opportunity for supporters to raise funds while promoting awareness of Friends of In Touch.

During the reporting period:

- £157.68 has been raised through sponsorship so far.
- Two charity places remain available for future participants.

Digital Fundraising

Online fundraising channels continue to provide valuable unrestricted income.

JustGiving

Supporters donated **£1,122.34** through JustGiving during the reporting period.

EasyFundraising

Supporters generated **£227.87** through their everyday online shopping at no additional cost to themselves.

Giving Lottery

The Giving Lottery contributed **£119.20** towards the charity's work.

Grant Funding

Securing grant funding remains a key priority.

Successful applications during the reporting period included:

- Tesco Stronger Starts Grant – £1,000
- Nisa Community Support Grant – £2,000
- Hampshire County Councillor Louise Parker-Jones Donation – £1,000

Work is ongoing to identify and apply for additional grant opportunities that support both current projects and future development plans.

Future Funding and Development

The charity continues to actively pursue grant funding opportunities to support:

- Existing projects and services.
- Development of a new building to enhance future provision.
- Long-term sustainability and growth.

In addition, Friends of In Touch is expecting the final payment of a **£2,020 grant from the Masonic Charitable Foundation**, anticipated in October 2026.

Acknowledgements

Friends of In Touch would like to thank all supporters, donors, volunteers, local businesses, grant providers and community partners who have contributed throughout the year. Every donation, fundraising effort and act of support helps the charity continue its important work within the community.

Special thanks are extended to:

- Tesco Stronger Starts
- Co-op Local Community Fund members
- Nisa
- Councillor Louise Parker-Jones
- Coopervision
- Facilities & Maintenance Team, Hamble
- High Peak Competitions
- All JustGiving donors
- Great South Run participants
- EasyFundraising supporters
- Giving Lottery players

Conclusion

The 2025–2026 fundraising year has delivered a strong and diverse range of income streams, generating **£6,335.27** in received income during the reporting period. Alongside this, additional future funding has been secured, demonstrating continued confidence in the work of Friends of In Touch.

The charity remains committed to expanding fundraising opportunities, securing new grants and developing resources that will support both current services and future ambitions, including the establishment of a new building to benefit the community for years to come.

Friends of In Touch (Charity No. 1153013)

Financial Statement for the year ended 31st March 2026

Receipts and Payments

Receipts	Restricted	Unrestricted	Total	Previous Year
Lottery Grant	£43,189.00		£43,189.00	£41,006
Fundraising		£13,860.54	£13,860.54	£6,294
JYG/NGS/YAWA Subscriptions		£5,344.30	£5,344.30	£6,286
Outlings/Activities Contribution		£545.00	£545.00	£290
Bank Interest		£592.24	£592.24	£207
Total receipts	**£43,189.00**	**£20,342.08**	**£63,531.08**	**£54,083**
Payments [1]				
Staff Costs	£26,738.14	£5,344.30	£32,082.44	£30,928
Outings/Activities [2]	£1,328.08	£545.00	£1,873.08	£1,598
Included Activities	£857.64		£857.64	£668
Group Running Expenses	£1,454.90		£1,454.90	£1,648
Admin Expenses	£356.26		£356.26	£435
Venue Hire	£4,182.00		£4,182.00	£4,010
Training	£606.00		£606.00	£210
Insurance	£572.88		£572.88	£573
AGM	£0.00		£0.00	£439
Website & File Hosting	£485.87		£485.87	£459
Fundraising Expenses	£811.79		£811.79	£501
Therapy Pilot Project	£204.13		£204.13	£3,219
Others	£69.19		£69.19	£0
Asset Purchases	£0.00		£0.00	£506
Total payments	**£37,666.88**	**£5,889.30**	**£43,556.18**	**£45,194**
Net of receipts/(payments)	**£5,522.12**	**£14,452.78**	**£19,974.90**	**£8,889**
Cash funds last year end	**£15,025.10**	**£30,676.60**	**£45,701.70**	**£36,812**
Cash funds this year end	**£20,547.22**	**£45,129.38**	**£65,676.60**	**£45,702**

Statement of Assets and Liabilities

Cash Funds	Brought Forward	In	Out	Carried Forward
Lottery Grant	£15,809.93	£43,189.00	£37,664.53	£21,334.40
EBC Covid Recovery Grant	£1,600.80	£0.00	£0.00	£1,600.80
Abri Grant	£2.35	£0.00	£2.35	£0.00
Unrestricted	£28,288.62	£20,342.08	£5,889.30	£42,741.40
Total	**£45,701.70**	**£63,531.08**	**£43,556.18**	**£65,676.60**

Breakdown of cash funds carried forward	
Current account	**£6,464.64**
Savings account	**£59,096.34**
Petty cash	**£115.62**

Assets	Funded By	Date Purchased	Cost
Laptop for deputy project co-ordinator	Lottery Grant (expired)	Apr-17	£449.99
Laptop for project co-ordinator	Lottery Grant	Nov-23	£431.00
Nintendo Switch	Sovereign Grant	Jan-24	£291.99
iPad	Sovereign Grant	Jan-24	£449.00
Laptop for admin	Lottery Grant	Oct-24	£506.20

Notes

(1) Unless otherwise stated, all payments using restricted funds are funded by Lottery grant.

(2) Also funded by Abri grant.

Independent examiner's report to the trustees of Friends of In Touch

I report to the trustees on my examination of the accounts of the Friends of In Touch (the Charity) for the year ended 31 March 2026.

Responsibilities and basis of report

As the trustees of the Charity, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

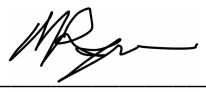
I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. Accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. The accounts do not accord with those records; or
3. The accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed 

Mark Pyne MAAT
Genio Accountants
33a Portsmouth Road
Woolston
Southampton
SO19 9BA

Date: 19 May 2026