CHARITY COMMISSION FOR ENGLAND AND WALES

Charity Name	No
Auti-Ms	1185467

Receipts and payments accounts

CC16a

For the period from	Period start date	To	Period end date
	###		###

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Grants provided by other charities		-	-		
website development					
For specific projects					250
General grants					
Donations and gifts	644		-	644	2,401
Dontated goods, facilities and other services					
Sub total*(Gross income for AR)*	644	-	-	644	2,651
A2 Asset and investment sales (see table)					
Not applicable	-	-	-	-	-
Sub total	644	-	-		-
Total receipts	644	-	-	644	2,651
A3 Payments					
Rasing funds		-	-		
Charitable activities		-	-		
Utilities and general running costs (including website		813			
Raising awareness and running workshops	424				
Training for volunteers		390			
Sub total	424	1,203		1,627	4,765
A4 Asset and investment purchases, (see table)					
Not applicable	-	-	-	-	
Sub total			-		
Total payments	424			1,627	4,765
Net of receipts/(payments)	220	- 1,203		- 983	
A5 Transfers between funds					
A6 Cash funds last year end	8,242	1,234		9,476	11,890
Cash funds this year end	8,462	31		8,493	9,476

Section B Statement of assets and liabilities at the end of the period

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at bank			-
	Total cash funds			-

	Details	Unrestricted funds	Restricted funds	Endowment funds
B2 Other monetary assets	Not applicable	-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets	Not applicable	-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	Not applicable	-	-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Not applicable	-	-	-

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
A L Gregory	Anne Lorraine Gregory	30.9.2026
G Oxley	Gabrielle Oxley	30.9.2026

j

1.00

Date	GL	Acct	Description	Debit
12 Aug 20	600	Charitable activities - raising awareness	Payment for Zoom	14.39
12 Aug 20	100	Cash	Payment for Zoom	
01 Sep 20	300	Grants expenditure - restricted	Payment for website	12.46
01 Sep 20	100	Cash	Payment for website	
10 Sep 20	300	Grants expenditure - restricted	EB Business planning	5.00
10 Sep 20	100	Cash	EB Business planning	
14 Sep 20	600	Charitable activities - raising awareness	Payment for Zoom	14.39
14 Sep 20	100	Cash	Payment for Zoom	
07 Oct 20	300	Grants expenditure - restricted	Payment to Voscur	55.00
07 Oct 20	100	Cash	Payment to Voscur	
12 Oct 20	300	Grants expenditure - restricted	Recruiting trustee	5.00
12 Oct 20	100	Cash	Recruiting trustee	
12 Oct 20	600	Charitable activities - raising awareness	Payment for Zoom	14.39
12 Oct 20	100	Cash	Payment for Zoom	
12 Nov 20	600	Charitable activities - raising awareness	Payment for Zoom	14.39
12 Nov 20	100	Cash	Payment for Zoom	
20 Nov 20	100	Cash	Charitable receipt from BT PG	40.00
20 Nov 20	400	Donations and gifts	Charitable receipt from BT PG	
07 Dec 20	900	Charitable activities - general running costs	PolicyBee insurance	84.00
07 Dec 20	100	Cash	PolicyBee insurance	
14 Dec 20	600	Charitable activities - raising awareness	Payment for Zoom	14.39
14 Dec 20	100	Cash	Payment for Zoom	
12 Jan 21	600	Charitable activities - raising awareness	Payment for Zoom	14.39
12 Jan 21	100	Cash	Payment for Zoom	
02 Feb 21	300	Grants expenditure - restricted	Training costs	46.00
02 Feb 21	100	Cash	Training costs	
12 Feb 21	600	Charitable activities - raising awareness	Payment for Zoom	14.39
12 Feb 21	100	Cash	Payment for Zoom	
22 Feb 21	100	Cash	Donation from Lea-Wilson	100.00
22 Feb 21	400	Donations and gifts	Donation from Lea-Wilson	
09 Mar 21	600	Charitable activities - raising awareness	"Using LinkedIn"	10.00
09 Mar 21	100	Cash	"Using LinkedIn"	
10 Mar 21	300	Grants expenditure - restricted	"EB Small Charity"	5.00
10 Mar 21	100	Cash	"EB Small Charity"	
12 Mar 21	600	Charitable activities - raising awareness	Payment for Zoom	14.39
12 Mar 21	100	Cash	Payment for Zoom	
18 Mar 21	100	Cash	Donation	52.50
18 Mar 21	400	Donations and gifts	Donation	
18 Mar 21	100	Cash	Donation	22.60
18 Mar 21	400	Donations and gifts	Donation	
22 Mar 21	300	Grants expenditure - restricted	"JKP UK"	35.00
22 Mar 21	100	Cash	"JKP UK"	
12 Apr 21	600	Charitable activities - raising awareness	Payment for Zoom	14.39
12 Apr 21	100	Cash	Payment for Zoom	
22 Apr 21	600	Charitable activities - raising awareness	Canva graphic design	0.99
22 Apr 21	100	Cash	Canva graphic design	
29 Apr 21	300	Grants expenditure - restricted	Training costs	5.77
29 Apr 21	100	Cash	Training costs	
12 May 21	600	Charitable activities - raising awareness	Payment for Zoom	14.39
12 May 21	100	Cash	Payment for Zoom	
21 May 21	100	Cash	Main grants	7,670.00
21 May 21	800	Grants income - restricted	Main grants	
14 Jun 21	600	Charitable activities - raising awareness	Payment for Zoom	14.39
14 Jun 21	100	Cash	Payment for Zoom	
16 Jun 21	300	Grants expenditure - restricted	The Autism Show	38.30
16 Jun 21	100	Cash	The Autism Show	
25 Jun 21	100	Cash	Grant - Inclusion Gloucestershire	2,000.00
25 Jun 21	800	Grants income - restricted	Grant - Inclusion Gloucestershire	
29 Jun 21	300	Grants expenditure - restricted	Web design cost	360.00
29 Jun 21	100	Cash	Web design cost	
12 Jul 21	600	Charitable activities - raising awareness	Zoom payment - used for workshops in year	14.39
12 Jul 21	100	Cash		
16 Jul 21	300	Grants expenditure - restricted	Trans inclusion training	10.00
16 Jul 21	100	Cash		

30 Jul 21	300	Grants expenditure - restricted	Website cost - use of grant	12.46
30 Jul 21	100	Cash		
		n/a		
		n/a		
		n/a		
		n/a		
		n/a		
		n/a		
		n/a		
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		n/a		
		n/a		
		n/a		
		n/a		

Credit	Futher notes
14.39	
	12.46
12.46	12.46
5.00	
14.39	
55.00	
5.00	
14.39	
14.39	
40.00	
84.00	
14.39	
14.39	
46.00	
14.39	
100.00	
10.00	
5.00	
14.39	
52.50	
22.60	
35.00	
14.39	
0.99	
5.77	
14.39	
7,670.00	
14.39	
38.30	
2,000.00	
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Sub category for notes
Payment for website under the £2,000 grant
Training event with the small charities coalition on mental health training - out of the restricted grant for training & website
Training was for mental health signposting.EB is Eventbrite who take the bookings.
Training was for mental health signposting.EB is Eventbrite who take the bookings.
Training
Payment for Zoom
"Charitable giving, courtesy of BT PG"
"Charitable giving, courtesy of BT PG"
NAS Women & girls conference - training
"Using LinkedIn" - This was for 2 of our trustees to join a regional networking meeting with the aim to raise our profile and link with similar charities in the locality.
"Using LinkedIn"
Group training activity
Group training activity
Group training activity
Group training activity
Canva - graphic design
Training for facilitating a support group with participants who may not have stable mental health
Training for facilitating a support group with participants who may not have stable mental health
"The autism show"
"The autism show"
Inclusion Gloucest - is this a restricted grant?
Inclusion Gloucest - is this a restricted grant?
Elimelight web design - Bristol
Elimelight web design - Bristol

Transaction number	Query/ notes	Charitable activitie
1		14.39
1		14.39
2		14.39
2		14.39
3		14.39
3		14.39
4		10.00
4		14.39
5		10.00
5		14.39
6		14.39
6		0.99
7		14.39
7		14.39
8		14.39
8		
9		
9		
10		
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20		
20		
21		
21		14.39
22		
22		
23		
23		
24		193.67
24		
25		
25		
26	Grant for a specific social skills project, as yet unspent	
26		
27		
27		
28		
28		
29	Restricted to training and website development cost	
29		
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44

600 es - raising awareness	900 Charitable activities - general running costs	Grants inc
	84.00	- -

800		100		500		30
ɔme - restricted		Cash		Raising funds		Grants expendit
7,670.00		2,827.33				12.46
2,000.00		-	14.39			5.00
		-	12.46			55.00
		-	55.00			5.00
		-	5.00			35.00
		-	14.39			
		-	14.39			
		-	14.39			5.77
		-	14.39			38.30
		40.00	-			360.00
		-	84.00			10.00
		-	14.39			12.46
		-	14.39			
		-	46.00			
		-	14.39			
		100.00	-			
		-	10.00			
		-	5.00			
		-	14.39			
		52.50	-			
		22.60	-			
		-	35.00			
		-	14.39			
		-	0.99			
		-	5.77			
		-	14.39			
		7,670.00	-			
		-	38.30			
		2,000.00	-			
		-	360.00			
		-	14.39			
		-	10.00			
		-	12.46			
						46.00
						5.00
		-	5.00			
		12,712.43	857.66			
		11,854.77				589.99
		11854.77				
		1.00				

0	700	200	40
ure - restricted	Errors/ double charges	onated goods, facilities and other service	Donations
			-
			-
			-
			-

00

s and gifts

40.00
100.00
52.50
22.60
215.10

CHARITY COMMISSION FOR ENGLAND AND WALES

Charity Name	No
Auti-Ms	1185467

Receipts and payments accounts

CC16a

For the period from	Period start date	To	Period end date
	###		###

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
General grants provided by other charities	4,424	-	-	4,424	-
Donations and gifts	317	-	-	317	-
Dontated goods, facilities and other services	90	-	-	90	-
Sub total*(Gross income for AR)*	4,831	-	-	4,831	-
A2 Asset and investment sales (see table)					
Not applicable	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	4,831	-	-	4,831	-
A3 Payments					
Rasing funds	133	-	-	133	-
Charitable activities	-	-	-	-	-
Utilities and general running costs	701	-	-	701	-
Raising awareness	1,169	-	-	1,169	-
Sub total	2,004	-	-	2,004	-
A4 Asset and investment purchases, (see table)					
Not applicable	-	-	-	-	
Sub total	-	-	-	-	-
Total payments	2,004	-	-	2,004	-
Net of receipts/(payments)	2,827	-	-	2,827	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	2,827	-	-	2,827	-

Section B Statement of assets and liabilities at the end of the period

	Details	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £
B1 Cash funds	Cash at bank	2,827	-	-
	Total cash funds	2,827	-	-

	Details	Unrestricted funds	Restricted funds	Endowment funds
B2 Other monetary assets	Not applicable	-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets	Not applicable	-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	Not applicable	-	-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Not applicable	-	-	-

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval

CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 1 /8/25 Period start date To 30/7/26 Period end date

Charity name: Auti-Ms

Charity registration number: 1185467

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	**To increase awareness of autism in women and girls. To support early identification, mental health, financial resilience and general wellbeing**
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	**Support groups, social activities, education and training.**
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	**Trustees have had regard to guidance offered by the CC**

Additional information (optional)
You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	**N/A**
Policy on social investment including program related investment	Para 1.38	**N/A**
Contribution made by volunteers	Para 1.38	**N/A**
Other		**N/A**

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	**The charity runs a monthly online support group for autistic women aged 18+. This provides an opportunity for autistic women to check in with others who may be experiencing the same life challenges, share their own barriers to wellbeing and to celebrate their successes and the strategies, resources or support which helped them.** **This group also provides a social network for individuals who find social communication difficult and hence are often on the fringes of society and are lonely.** **The charity runs a face to face social group for autistic women in the south west which runs 6 times a year and provides an opportunity for autistic women to meet each other, share their experiences and become a vital support network for each other.**

Additional information (optional)
You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	**n/a**
Performance of fundraising		**n/a**

activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	**n/a**
Other		**n/a**

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	**£8493** **This is lower than previous years.**
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	**A reserve of £2000 is always left unspent to cover management of our website for a year.**
Amount of reserves held	Para 1.22	**£2000**
Reasons for holding zero reserves	Para 1.22	**none**
Details of fund materially in deficit	Para 1.24	**none**
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	**none**

Additional information (optional)
You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	**Grant funding for projects as appropriate**
Investment policy and objectives including any social investment policy adopted	Para 1.46	**n/a**
A description of the principal risks facing the charity	Para 1.46	**Shortage of trustees**
Other		**n/a**

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	**constitution**
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	**Unincorporated association**
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	**Election to trustee status has to be nominated and seconded by current trustees**

Additional information (optional)
You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	**New trustees are mentored by existing trustees**
The charity's organisational structure and any wider network with which the charity works	Para 1.51	**n/a**
Relationship with any related parties	Para 1.51	**n/a**
Other		**n/a**

Reference and Administrative details

Charity name	Auti-ms
Other name the charity uses	
Registered charity number	1185467
Charity's principal address	Woodstock, Quarry Rd, Frenchay, Bristol BS161LY

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Gabi Oxley	Chair	2019-	Any other trustee x 2
2	Lorraine Gregory	Treasurer	2019-	As above
3	Natalia Plejic	Secretary	2021-	As above
4	Waheeda Hales	Vice Chair	2021-	As above
5	Brooke Lewis	Social Media Secretary	2026-	As above
6				
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Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	none
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	none
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	none

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Exemptions from disclosure

Reason for non-disclosure of key personnel details

Other optional information

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	Lorraine Gregory	G Oxley
Full name(s)	Anne Lorraine Gregory	Gabrielle Oxley
Position (eg Secretary, Chair, etc)	Treasurer	Chair
Date	12/10/26	