

2023

En-Fold: Impact Report



Introduction

The core purpose of our charity is two-fold:

a)	To provide information and support to autistic individuals and their families within Northamptonshire to enable them to fully access services available to them, and;
b)	To promote the advancement in quality of services available to families by raising awareness of needs- with this knowledge directly informed by autistic people and their families.

The Purpose of our charity is fulfilled through the following aims:

1.	To ensure that all autistic people within Northamptonshire have access to services to enable them to thrive
2.	To provide a support, signposting and knowledge based service for the local community in Northamptonshire
3.	To ensure the support and knowledge provided by the charity meaningfully engages with the diverse needs of the autistic community
4.	To reduce the level of isolation reported by autistic people and their families within Northamptonshire

Welcome

“This report celebrates the hard work and compassion of all of the staff, volunteers and trustees here at En-Fold. In the two years that I have had the pleasure of supporting En-Fold as a trustee I have been humbled by the dedication of everyone involved to truly listen to autistic people and their families. Diane, our CEO, has been fundamental to the growth of the charity-without whom we wouldn't have seen a 399% rise of income in a single year!

En-Fold has developed significantly in the last year, widening its provision and making an unprecedented impact on the autistic community within Northamptonshire.

I very much look forward to continuing to be a part of En-Fold's journey, as an autistic person and carer to a wonderful 7 year old.”

Dr Lauren McAllister - Acting Chairperson



This year we have worked to secure a 399% rise in income-enabling us to reach more of you...

Meet the Team

Our Trustees



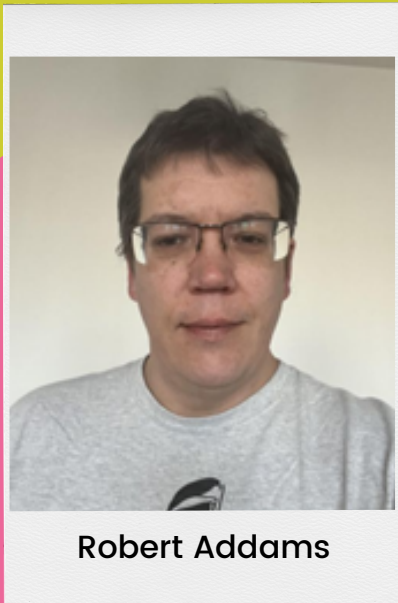
Eleanor Jeans –
Vice Chairperson



Lauren McAllister –
Acting Chairperson



Ruth Webster



Robert Addams



Lionel Boyce



Stephen Coles



Cara
Amalfitano



Ruth Woodings –
Treasurer

Meet the Staff Team



**Diane Johnson –
Founder and CEO of En-Fold**

Project Workers



Tracy Vials



Mike Williams



Fiona Jones



**Project and Participation Worker
Lisa Hurst**



**Peer Support Workers
Rachel Pickering**



Bee Manners



Message From Our CEO

”As the CEO of En-Fold I have watched our organisation more than triple in size this last year. I have spent over 14 years dedicating my energies to making sure that autistic people and their families within Northamptonshire feel valued and understood, and am excited to learn more from our autistic community in the years to come.

This past year we have exceeded all expectations and grown from an annual income of just over 60k to just over 300k. We have supported almost 200 people through our core service alone, and have expanded to offer carer groups, and multiple location adult social support groups. We have also created a Young Person Autism Advisory Project, ensuring that autistic young people have a say in important matters.“

Diane Johnson



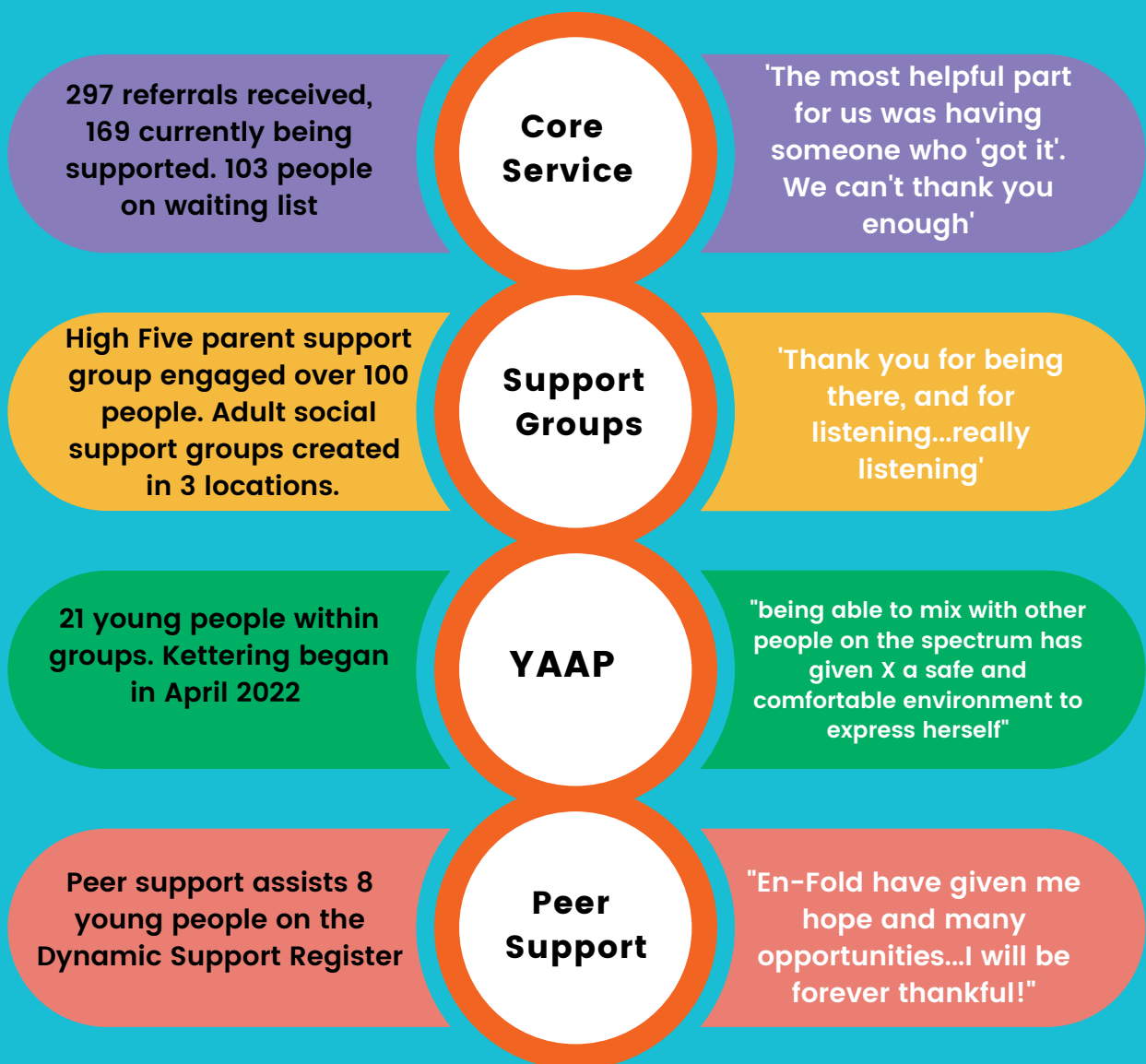
**Autistic people
and the
diversity of
their
experiences are
at the forefront
of all that we
do.**

// EN-FOLD

IMPACT REPORT 2022-2023

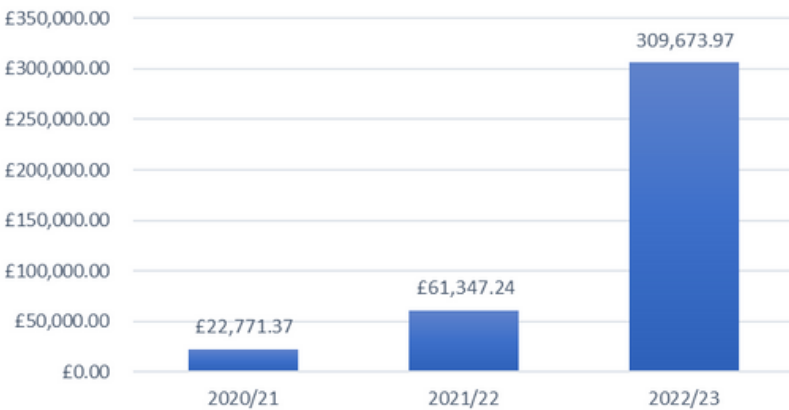
What do we do?

We offer a variety of services to better support the needs of autistic people and their families within Northamptonshire. We offer 1:1 and group based support, both of which offer tailored support for adults, young people and carers. We also have our autism training educating and equipping people with skills and knowledge for best practice with lived experience at the centre. This year saw the launch of the Peer Support project, that sits within the Keyworker service which is a collaboration with Barnado's.



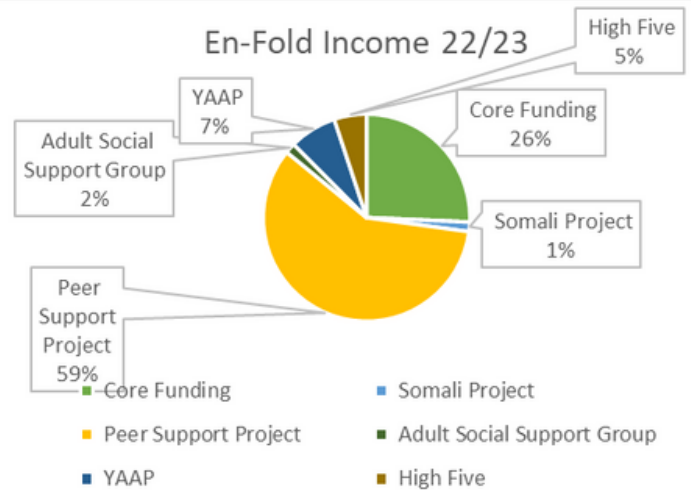
Financial Highlights

En-Fold Income



The 2022/23 financial year marked a steep increase in the resources of En-Fold, with income rising 399% on 21/22 to £309,673.97

The most significant gain - The Peer Support Project was En-Fold's first statutory sector grant award, totalling £180,000. Of this £28,324 goes towards our core budget for mobilising and managing our part of the Integrated Care Board (ICB) scheme.



The Northampton-based Somali Project 'Pathway to Jannah' is a new addition with funds of £4,541 secured in the latter part of the year. Delivery of this work will begin in the new financial year.

En-Fold was in receipt of the second tranche of our generous grant from "The Three Guineas Trust". The sum of £30,000 was received in September, with the final £30,000 being due in September 2023.

En-Fold staff have delivered training to multiple institutions - health and education settings, charities, local government and a bank - resulting in payments totalling £10,620 which supports our core service.

Looking ahead...

For 2023/24 have already secured in excess of £198,000 with further grant applications underway. We are working with the Cranfield Trust to look at our strategic and financial planning systems to help take us to the next level of successful growth. We seek to continue our growth journey as a successful charity supporting the autistic community in Northamptonshire.

The Year in Numbers

Autism Support Service

169

Families or Autistic individuals supported

100%



Of people felt they understand more about Autism as a result of our Autism Support Service

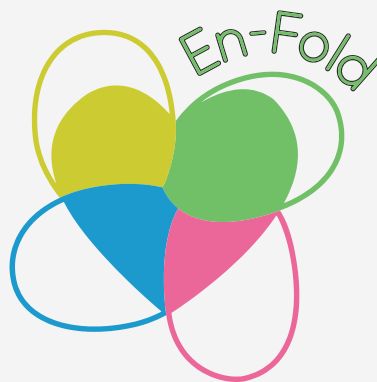
3

Adult social support groups set up



8

Children and young people being supported through Peer Support



100%

Feel better equipped to deal with meltdowns



69

Neurodivergent adults supported through ASG's

23

Autistic young voices heard through YAAP

100%

Would recommend En-Fold

Case Study

Peer Support



Oakley Hawkins-Manning

"Hello, I'm Oakley. I'm 17 and was diagnosed with autism in late 2020. I've been known to CAMHS since I was 12 and been through a lot of different services that never understood me or how to help me."

"Ever since I was little I've felt out of place and different to everybody around me. It's caused a lot of negative emotions for me. It got to the point that I felt there wasn't a safe place in the world for me and I tried to end my life on multiple occasions.

In April of this year Rachel (my Peer Support Worker) came to my house for the first time. It was very new, so I didn't feel verbally able to talk to her, which is common for me. She understood and made me feel as comfortable as I could in the moment.

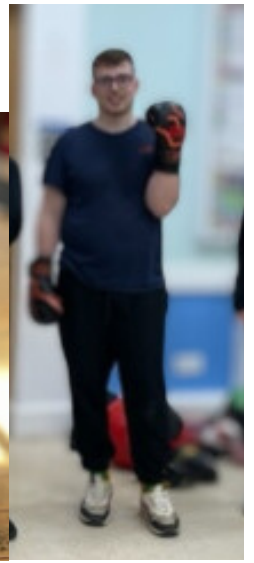
Since then I've seen Rachel at least once a week and formed a really good relationship with her. I feel more safe and supported than ever. I also go to YAPP where I've met some amazing like-minded people.

En-Fold have given me hope and many opportunities. I will be forever grateful. "

Case Study

Adult Social Support Groups

Kain Pickering



"Hi, I'm Kain. I've been going to En-Fold adult social support groups for around a year. When I was younger I used to attend a lot of clubs, activities and days out for children with autism. When I got to adulthood, there was nowhere to go.

I started to attend some of En-Fold's adult social support groups where I felt like I could be myself and drop the mask. Everyone was very supportive of each other.

I have attended the groups in Wellingborough, Rushden and Northampton, where we have played games, VR, boxing coaching and had various information sessions. I've also been on some of the activities, such as: laser maze, badminton, bike ride and bowling. There is always people of a range of ages and generally everyone gets on very well together.

I like that the groups ask us what kind of things and activities we would like to do, so that we get to do the things we enjoy. The groups are a great safe space."

Case Studies

Young Person's Autism Advisory Project (YAAP)



Rowan Jones

"YAAP is a really important part of my life. I've been going to YAAP since it first started and it's brought me so many benefits and opportunities. I have so much more confidence and purpose thanks to YAAP. I've been able to be involved in advising how to best support young autistic people in various settings, I've been part of interview panels and even given talks telling my story. I also sit on the FLARE panel thanks to Diane. Just as importantly I have a safe space in which to socialise, discuss various topics close to my heart, laugh, play games and eat pizza."

Autism Support Service

"Being involved with En-Fold has boosted my confidence and made me realise I am not alone. En-Fold are supportive and understanding. They focus on helping others and advocating for the autistic community, listening to our views. I'm glad I have access to En-Fold after reaching out for support as an adult. It has helped me heal the part of me that I was trying to reject."

Thank you En-Fold, you're amazing!



**Courtney
Ward**



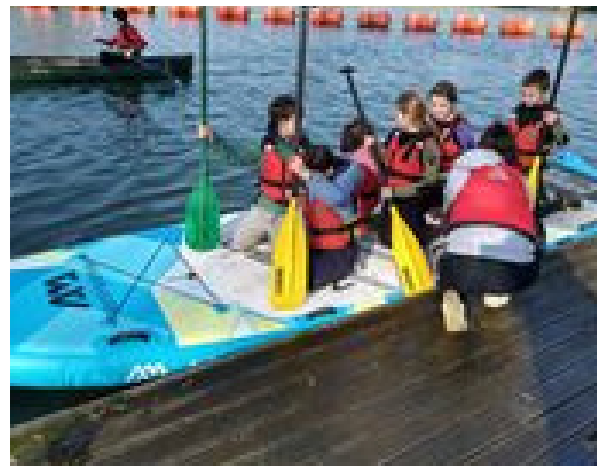
High Five Parent Support Group with Family activities

Feedback and Statistics

"Without the skating I would struggle to get my child engaging in an activity that involves other people."



9 in 10 said they have made new friends through these activities



100%

said these activities improved their mental health

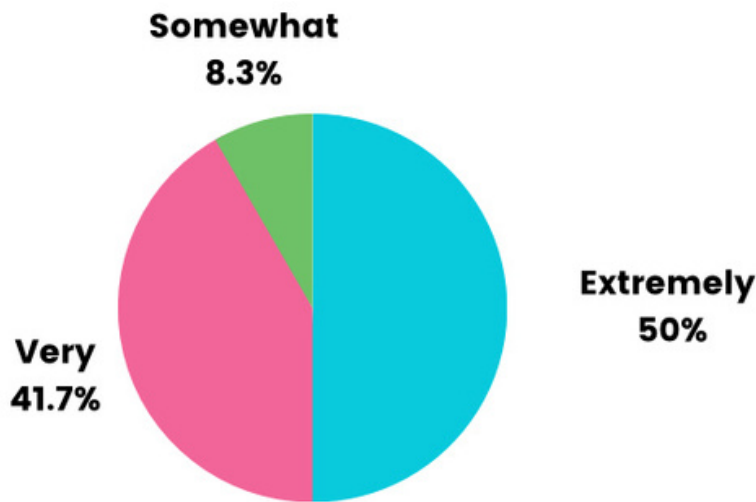


"the support from En-Fold is like nothing else around".

How do the staff and volunteers feel?

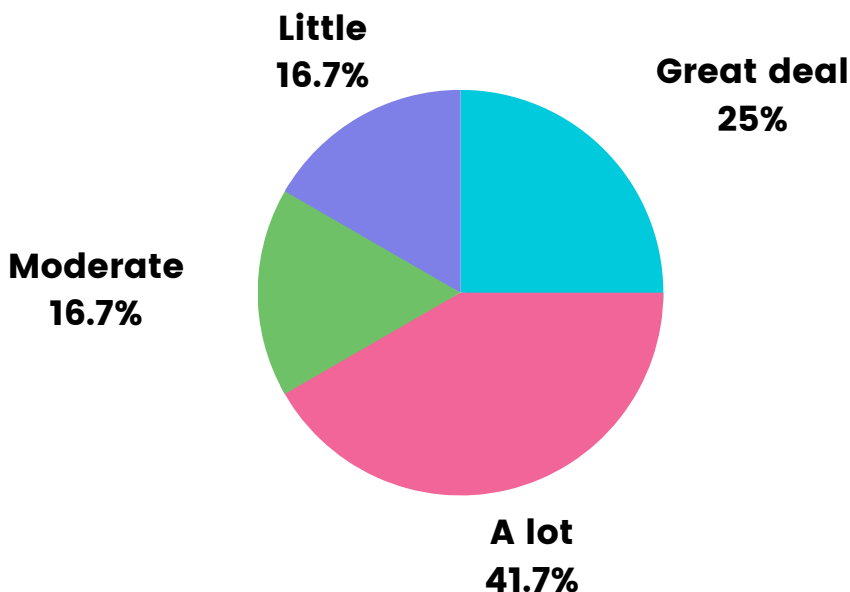
We sent out a survey to explore how our staff and volunteers felt about their roles, how supported they felt, and the impact that they feel they are making through their work. We also asked for feedback on what we could do differently.

How valued do you feel within En-Fold?



92%
Staff and volunteers feel very or extremely valued

How much of an impact do you feel you have?



66%
Staff and volunteers felt as though they had a great deal or a lot of impact

100%
of staff and volunteers felt very supported in their roles



Next Steps

Where do we go from here? Over the last year we have significantly grown in terms of the provision of services that we offer and with regards to our reach. Having reflected back on our achievements, we need to consider where we would like our journey to take us over the next 12 months.

1

To continue to listen

To ensure that we continue to gather feedback from staff, volunteers and people that we work with using meaningful and person-centred methods. In particular, we are interested in working with global ethnic majority groups* to ensure that we can meet their needs.

2

To continue to support

To continue to offer the breadth and depth of service to autistic people and their families within Northamptonshire

3

To reduce the wait

We are aware of the extended waiting times to access our core autism support service, reflecting the need for our service. However, we do not want families who are struggling to wait several months and seek to reduce this.

Conclusion

We will continue to support autistic people and their families, ensuring that they feel listened to and empowered.

Highlight 1

We have diversified the support that we offer and increased our reach.

- Over the course of the last year we have increased the number and locations of our support groups. We have also gained additional funding to recruit more project workers, and support more families through our core service. We have also established new services such as Peer Support and YAAP.

Highlight 2

We have established an autistic young persons advisory project.

- The young persons autism advisory project (YAAP) has enabled this community to be consulted within core decisions. They have been consulted on a number of projects, and been core to our recruitment for new staff within En-Fold, as well as externally.

Highlight 3

We have launched the peer support project

- We've gained a significant amount of funding to launch the peer support project, supporting autistic young people at risk of hospitalisation. This project is part of the NHS long term plan to ensure that all autistic and or learning disabled young people have a designated keyworker.

We look forward to another year of working with autistic people and their families, ensuring that services better meet their changing needs.

THANK YOU TO OUR FUNDERS

We would like to thank the
following organisations for their
generosity and support:

- Three Guineas Trust
- North Northamptonshire Council
- Rotary Club Kettering (Huxloe)
- The Frederick & Phyllis Cann Trust
- The Thomas & Rosemary Greenhalgh Trust
- The Queen's Fund
- Sporting Bears
- Sir Robert McAlpine
- Red Piece Equestrian Stables
- Bridges and Social Prescribers wellbeing fund
- Together Fund
- Marks and Spencer
- Northamptonshire ICB / NHS England
- Wellbeing North Northants
- Nationwide Building Society.

Without you we would not be able to
do what we do...

THANK YOU!

Acknowledgements

None of the great work we have achieved over the last year would have been possible were it not for generous grants that we have received. Our thanks and appreciation is extended to the funders that have enabled us to expand further.

We have also been very fortunate that a number of people have completed fundraising events for us following accessing our support service. There have been a couple of sponsored walks, a cake raffle and a head shave which is so appreciated! A special mention to Taya Nicholls, who again submitted the Colleagues Nationwide Grant!

Of course, support does not have to be purely financial. We would like to take this opportunity to say a massive thank you to our dedicated trustees who have really driven a year of significant growth and expansion. A special mention to the trustees that have left the board but made a lasting impact on the charity and its work. This year we have said goodbye to Helen Eales and Wayne Eldridge and we wish them all the very best in their next adventures. New to the team of trustees, and bringing their knowledge and experience are Ruth Woodings and Cara Amalfitano; we also welcome back Lionel Boyce.

We would like to say a personal thank you to our staff team who all go above and beyond, and our volunteers who give up their time to support, care and listen.

**We look forward to what we can
achieve together in the coming year**

Contact



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info@enfold.org.uk



En-Fold-Northamptonshire

Autism Support