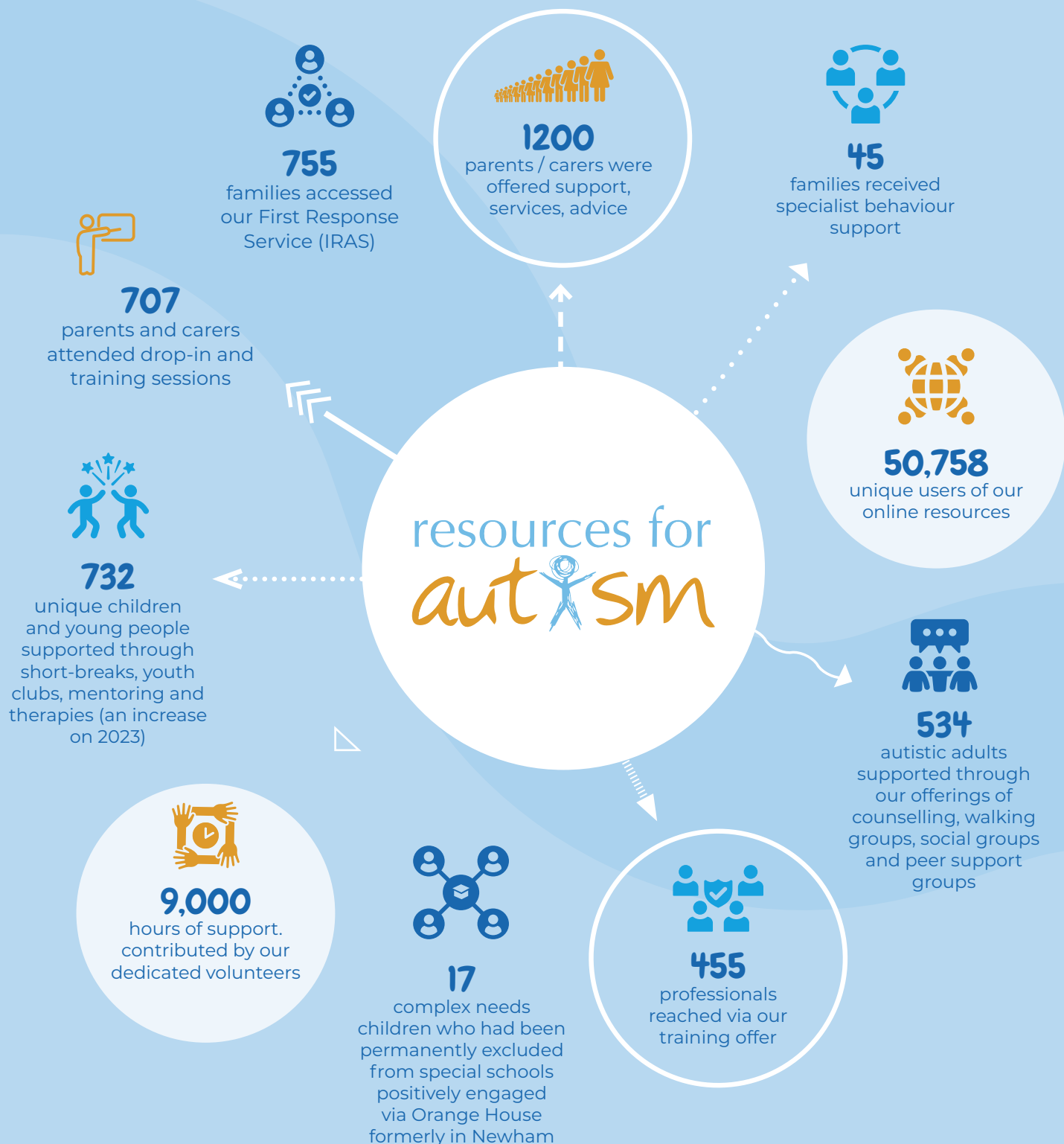


How did we do in 23/24?



Children and young people



339

Children accessed our holiday schemes

199

Children accessed our term time services

73

Young people were supported through our Reach Out mentoring scheme

17

Complex needs children were supported through Orange house

21

Children (and families) received direct support through our Early help service in Barnet

33

Children accessed our play therapy service in the West Midlands

15

Children were supported through our music therapy offer

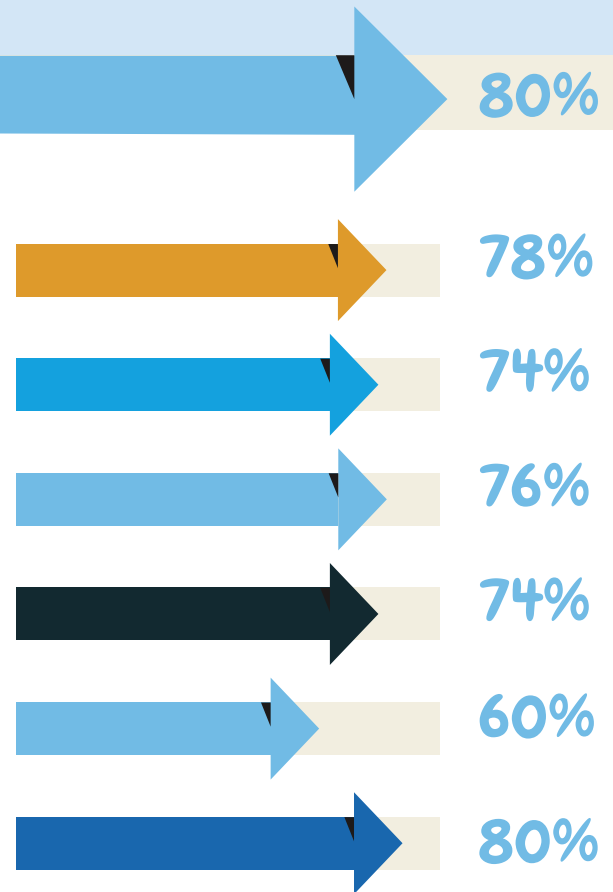
“It gives me chance to socialise with children just like me.”

“The counselling has given my daughter an opportunity to unload her worries and experiences within a safe space and given the space and support to process her worries and rationalise them without bias.”

The mentoring and befriending service, supported by funding from John Lyon's Charity and the Mayor of London, delivered over 2,340 sessions to 73 young people. Encouragingly, 80% of mentees reported improvements in various areas, including relationships, self-confidence, communication skills, and engagement in activities outside the home.

“ They [our child] have improved. We get time away from responsibilities of caring for a few hours whilst our son gets to have fun and engage with people he has come to love and cherish.”

“ RfA are the only place that offer this kids club and holiday club that I have found, so I'm so incredibly pleased that my daughter has finally got an opportunity to attend a group and meet other autistic children. It's so hard to get any kind of respite.”



- 78% felt our services have improved the child/ young persons wellbeing
- 74% felt our services have contributed to improved mental health
- 76% felt our services had enabled greater social networks to be formed
- 74% felt the child/ young persons life skills have improved
- 60% felt there have been improvements in communication
- 80% of the young people accessing Reach Out said they have had improvement in relationships/friendships, self-confidence, communication skills and engagement with activities out of the home

Direct feedback/ scores from some children and young people that attended one of our holiday schemes:

Question; how would you rate the session out of 10?



7/10 – score from 2 of the children and young people



8/10 – score from 5 of the children and young people



9/10 – score from 5 of the children and young people



10/10 – score from 4 of the children and young people

“ She loves her key worker. She gets routine and she looks forward to it every weekend. The staff are so understanding and kind to my daughter. I would never know how to thank them for all they have done for my family.”

Parent of a holiday scheme attendee

“ I have learnt how to look after myself and that I don't have to force myself to do things that make me anxious.”

Young mentee

“ Very different, from where started to where I am now. It's amazing how the team has come alongside me and mommy throughout the years. The support has been amazing.”

Child attendee of youth club

“ This group is critical to my son's wellbeing, it allows him to be part of a social group and spend time with kids his own age.”

Parent of a youth club attendee

Adults



190
adults benefited
from our initial
response advice and
signposting (IRAS)
service

“ Helped me start
getting out more
after the pandemic.
I feel I am less shy
and more social.”



26
adults received
bespoke counselling
support



478
face to face and virtual
sessions with adults
took place in the year



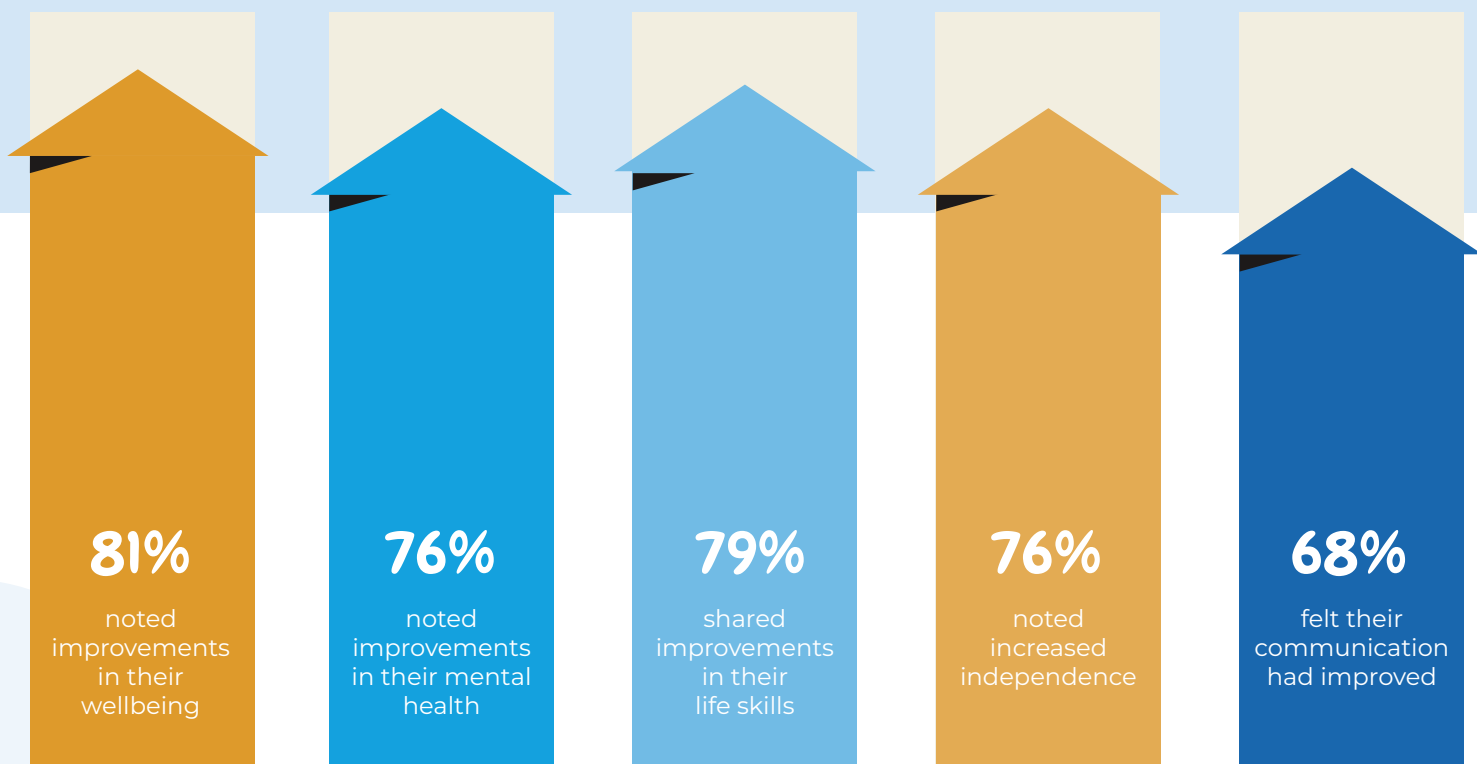
284
adults attended the
different clubs and
activities run by RfA

“ I am getting better at
communicating my needs
and feelings. I have improved
building relationships with
different staff which is
something I find very difficult.”



190
adults received critical
intervention support

Of those adults accessing our services that responded to our annual impact survey, as a result of RfA's services:



“E really enjoys the sessions and we’re so happy that he chooses to attend. We feel that his attendance has helped with developing his independent and social skills and has had a positive effect on his wellbeing through the support of the group and the client led activities, which are wide and varied. The club has increased his happiness and reduced his social isolation. Thank you for your support!”

Families, parents and carers



Working with families is core to our work. We offer peer-led coffee mornings, crisis support, behaviour support, training, specialist workshops, signposting and a siblings groups. Many of our staff and volunteers delivering these services are experts by experience.

“ Couldn’t have managed without this organisation. For many years the only one who offered support. Young man is able to stand up better for himself and challenge ignorance about autism. It has helped him accept himself – confidence building”

“ Always helped with problems. Supportive to me. The carer helped during Covid. Always willing to listen and advise.”

“RfA are a lifeline to families who really need the support. You have made both our lives happier and less stressful.”



755

families benefited from our initial response advice and signposting service



627

sessions were held with families to offer bespoke support, advice or interventions



28

courses / workshops held for parents / carers



458

parents / carers attending the different workshops / courses



249

parents / carers attended our drop-ins

Volunteering

84

people have been actively volunteering for RfA

75

new volunteers were recruited in year

8,998

volunteer hours were donated

"I really liked the satisfaction from supporting mentees to gain confidence and try new things"

"Being able to gain an understanding of Autism has been so insightful"

"I really enjoyed co-producing the sessions with my mentee, I loved that we both learnt from each other"

"The training I received as a volunteer was impactful, I learnt a lot"

Raising awareness of autism and training

Facilitating the professional growth of 455 individuals across diverse sectors such as private, public, and third sector, through participation in 33 distinct training sessions - an impressive twofold increase compared to the previous year.

x2

- Empowering 41 youth organisations across London with a comprehensive capacity-building program, made possible through a generous grant from the Mayor of London's New Deal for Young People.

"There were so many different ways that I can help support people with additional needs that I never knew about."

More feedback from professionals who attended our training included:

"I think we are extremely accessible and inclusive however I was not as well informed before this training and so now can be far more inclusive".

"I took a young autistic participant to a job interview after the training session. I already in that short space of time interacted with her differently to how I normally would, due to advice given by you in the training. This really helped the young person feel understood".

"I have a better understanding of different ways to respond and react to people with autism, for example not rewording questions, instead allowing them time to answer and process as it does not mean they didn't understand me necessarily to begin with".

resources for
autism