



Our Year in Review and Impact Report 2018/19



Pictured: Friend of Autonomie Lady Elizabeth Bloomfield MBE, young people, volunteers & staff, Strictly Our Achievements Celebration Event, 5 April 2019, La Mon Hotel & Country Club

Empowering young people with additional needs to develop the skills to live independently and reach their potential

Chairman's Foreword



The past year has once again been successful in the delivery of our programme supported by The National Lottery Community Fund. Feedback tells us that Autonomie is continuing to provide practical learning that's fun, but also that our programme is an enabling experience that builds self-esteem and confidence in everyday life.

I am delighted that we have been able to support even more young people and I am particularly impressed by the work of Autonomie's volunteers, staff and young people whose progress and achievements have made our work so rewarding.

Our greatest achievement in 2018/19 has seen us able to continue to deliver our programme with the support of The National Lottery Community Fund. Delivery of the programme has greatly enhanced the social skills of our young people and the impact has been tremendous.

Young people are at the heart of everything we do, and the highlight of the year has undoubtedly been 'Strictly Our Achievements Celebration Event.' In the company of family members and friends, young people got the recognition so richly deserved for their achievements. From initial planning to event delivery, young people were hands-on working alongside our great team of volunteers and the event showcased to families and friends the great strides in personal development our young people have made. What's more, young people thoroughly enjoyed dressing for the occasion and the feel-good factor that came with it.

Freedom to Choose continues to go from strength to strength offering access to experiences such as ten-pin bowling and visits to great places including Armagh Observatory and Exploris Aquarium.

Members got to access a variety of activities which also helped to enhance their social participation, confidence and wellbeing through the promotion of exercise and healthy eating.

Several young people have also participated in sleepovers at Lilac House to develop independent living skills and avail of social opportunities that other young people have access to. Feedback from our young people tell us this opportunity has had a real positive impact on their everyday life.

I see the prospects and opportunities for the coming year with great optimism and excitement. Autonomie offers a unique combination of social participation, skills-based learning and exercise that is accessible to young people with additional needs.

Continuing with our ongoing commitment to supporting young people, we will expand our reach and support parents, carers and siblings, signifying the next stage of our development.

Finally, I would like to offer my thanks to all who have contributed in so many ways to the success of the last year.

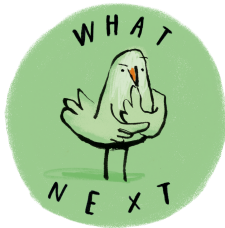
Thank you
Paul Jeffers, Chairman

"All the staff are brilliant as they make you feel an extra bit special because they sprinkle the sunshine on the Autonomie circle."

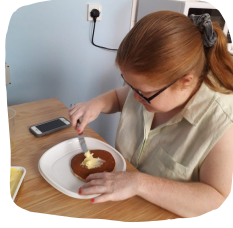
Gary Burns, volunteer and service user

Highlights

Strictly Our Achievements Celebration Event has been undoubtedly the highlight of 2018/19. Here are some more highlights of the past year.



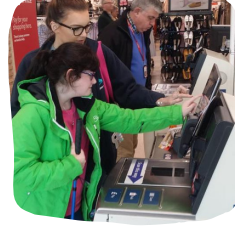
Boys sleepovers



Girls sleepovers



RADAR NI safety training



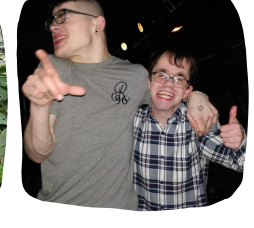
Shopping, using self-checkout



Belfast Activity Centre



Belfast Botanic Gardens



Black Moon Disco



Transportation and Jam Cards



Yoga & wellbeing



Kindness paper chain



Mums Day at Galgorm



Recipe books and convenient cookery



Healthy eating



Belfast Giants



Ten-pin bowling



Christmas Lunch



Elf The Musical



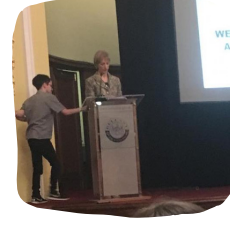
'Hands Together' collage



Volunteering at activities programmes



Volunteering at Lilac House



Millennium Volunteers Scheme Awards

Feedback

"Autonomie is great. It's all about independence, Megan can come to Autonomie, a safe environment and mix with other young adults."

Dave Coates, parent

"I love to come to Autonomie, it helps us with our everyday lives. It helps us with our confidence. It helps us with literally everything we do." *Alisha Smyth, young person*

"I like Autonomie because it's fun and there is so much for me to see and do." *Stephanie Hewitt, young person*

Plans for the future

The incoming year provides us with the opportunity to continue to deliver a vital range of services to reach more young people than ever before. Our plans for the future include delivering accredited counselling courses for young people with additional needs and family members.

We will continue to support young people by delivering an exceptional range of programmes. During this time, we will expand our reach and offer practical support to parents, carers and siblings.



Thank you to our supporters

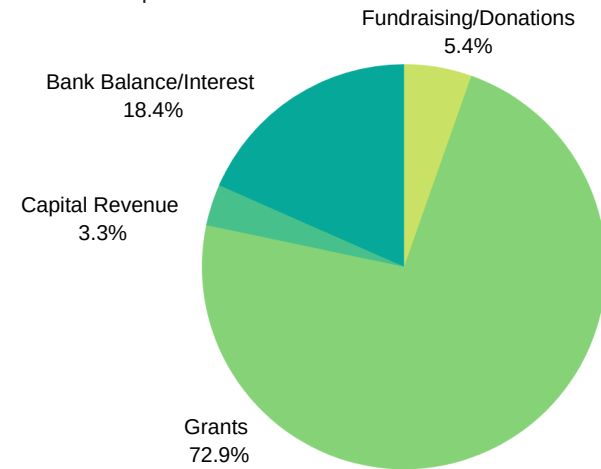
We would like to thank The National Lottery Community Fund and all the organisations, foundations and partners, and many others too numerous to mention, for their support during 2018-19. It is thanks to their investment that we have been able to help young people with additional needs to reach their potential and lead fuller, happier lives.



Financial overview

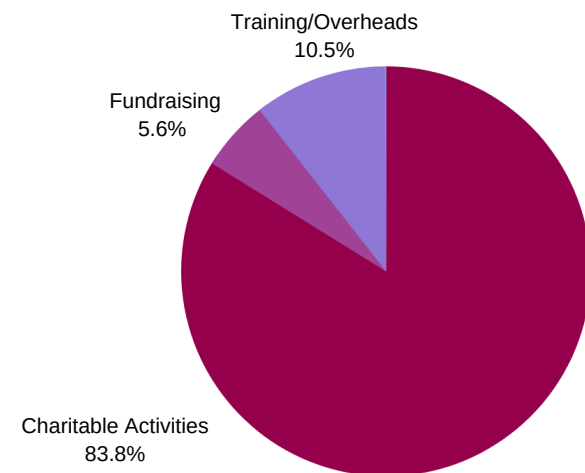
Income

Our total income for 2018/19 was £146,441.18. This was possible thanks to the generosity of all our supporters over the past 12 months. Our goal is to use their support as effectively as possible to ensure that every young person with additional needs can reach their potential.



Expenditure

In the last year our total expenditure was £112,552.69. Of this, 83.8% was spent on delivering our life-changing charitable activities.



We're committed to supporting young people with disabilities making their transition into adult life. All young people deserve full and independent lives.

Be a part of our What Next? community at Lilac House.



Autonomie

Lilac House (Linked Independent Living and Advice Centre)
4 Sandhurst Road
Belfast BT7 1PW
Northern Ireland

T: 028 9591 8051

E: Hello@autonomie.org.uk

www.autonomie.org.uk

Northern Ireland Charity Commission Registration Number 100421